

Our Church Circular

First Unitarian Church of San José * February 2014 * febrero 2014
160 N. Third Street, San José, CA 95112 * (408) 292-3858 * sanjoseuu.org



"O What Is Laughter, Hafiz?"

by the Rev. Nancy Palmer Jones

Do me a favor:

If you have access to the Internet right now, go to Google, enter "laughing videos" in the search engine, and then click on one of the links. Go ahead, I'll wait! In fact, I'll meet you back here in ... about an hour and a half.

Sitting down to write you a learned essay about February's transformational theme, "Laughter and Playfulness," I find myself instead on a 90-minute journey around the world, following the trail of laughter one click at a time. I don't end up actually guffawing today (maybe it's the pressure of this deadline?), but the corners of my mouth turn up irresistibly as I watch person after person, from curious baby to blushing bride, from slick television professional to sober-sided elder, catch the giggles and pass them on. Some of my favorite videos bring up the same bubbling sense of joy on the twentieth viewing as they do on the first.

In "Baby Laughing Hysterically at Ripping Paper," we watch an intent baby, Micah, fumbling to rip the small piece of paper in his hands. His father, offering the baby a whole page from a household bill, tears off a big chunk. Micah bursts into laughter! With each succeeding rip, Micah laughs harder and harder, a whole-bodied chuckle that almost rocks him off his seat. He glances at his own little piece of paper, but he doesn't quite have the dexterity to let 'er rip, so he looks back up at Dad with sheer joy and anticipation. Micah—like his dad and all of us strangers now watching—can't get enough of the delight that each rip brings. Eventually, we start to feel joy for no reason at all, just for the sheer fun of it ... which leads me to another video, of course. In this one—Google "Buddha on the Train"—an unassuming man gets on a crowded subway train and begins, quietly at first, to laugh, until the whole car is snorting with laughter alongside him, at which point he exits inconspicuously and takes a seat in another

train, to start the process again.

Call it laughing yoga, or laughter medicine, or the sheer contagion of laughter ... You can see how an hour and a half flew by before I knew it.

Take a break, if you can.

You'll find Micah's magic at <https://www.youtube.com/watch?v=RP4abiHdQpc>. The bodhisattva on the subway will teach you from <https://www.youtube.com/watch?v=xmDft7Obz2U>.

What makes laughter, in the right circumstances, so contagious? When does it draw us in? When does it make us open our hearts, our breath, and our mouths to join in, and when does it drive us away? Why do some of us hoot with laughter at the Daily Show's Jon Stewart, while others die over the Three Stooges? How do sources of laughter and playfulness differ from one culture to another? What, if anything, makes for universal delight? And why does the Dalai Lama laugh so often, anyway?

The 14th-century Persian poet Hafiz, rendered by Daniel Ladinsky in a small book called *I Heard God Laughing: Poems of Hope and Joy*, asks, "O what is laughter, Hafiz? / What is this precious love and laughter / Budding in our hearts? / It is the glorious sound / Of a soul waking up!"

The glorious sound of a soul waking up!

Come, my beloveds, let us reawaken our sense of play and discover how contagious our delight can be. I can't wait to see you in church!

With joy and anticipation,

Rev. Nancy

February Theme: Laughter / Playfulness
Thema de febrero: la risa y la alegría

"O Que es la Risa, Hafiz?"

Por la rev. Nancy Palmer Jones y traducido por Roberto Padilla

Háganme un favor:

Si ustedes ahora tienen acceso al Internet, vayan a Google, entren en "videos de la risas" en el motor de búsqueda y luego hagan clic en uno de los enlaces. ¡Adelante, los esperaré! De hecho, nos vemos aquí en... una hora y media.

Sentada para escribirles un ensayo aprendido sobre el tema de transformación del mes de febrero, "Risas y Alegría," me encuentro en lugar de un viaje de 90 minutos alrededor del mundo, siguiendo el rastro de risa en un solo clic a la vez. No terminar en realidad carcajeándome hoy (¿tal vez sea la presión de este plazo?), pero las esquinas de mi boca están irresistiblemente hacia arriba mientras veo persona tras persona, desde el niño curioso por el rubor de novia, del hábil profesional de la televisión medio abstemio, coger las risas y pasarlas. Algunos de mis videos favoritos traen la misma sensación burbujeante de alegría en la veinteava vez mientras ellos lo hacen en la primera.

En "Bebé Riendo Históricamente Rasgando el Papel," vemos a un bebé decidido, Micah, balbuceando para arrancar el pequeño

pedazo de papel en sus manos. Su padre, ofreciendo al bebé una página entera de una cuenta familiar, arranca un pedazo grande. ¡Micah estalla en carcajadas! Con cada ruptura, Micah ríe más y más, una risa de cuerpo entero que casi lo mece en su asiento. Él le da un vistazo a su propio pedacito de papel, pero absolutamente no tiene la destreza de rasgarlo, entonces él mira retroceder al papá con transparente alegría y anticipación. Micah—como su papá y todos nosotros extraños mirando ahora—no me canso de las delicias que trae cada rasgadura. Con el tiempo, empezamos a sentir alegría por ninguna razón en absoluto, sólo por pura diversión... que me lleva a otro video, por supuesto. En éste — Google "Buddha en el tren"—un hombre modesto sube al metro lleno de gente y comienza, tranquilamente al principio, a reír, hasta que el vagón completo esta resoplando de risa junto a él, en ese momento él sale discretamente y toma un asiento en otro tren, para iniciar el proceso otra vez.

Lo llaman risa yoga, o medicina de la risa o el puro contagio de la risa... Ustedes pueden ver cómo voló una hora y media antes de que lo notara.

Tomen un descanso, si pueden.

Ustedes encontrarán la magia de Micah en <https://www.youtube.com/watch?v=RP4abiHdQpc>. El bodhisattva en el metro le enseñará en <https://www.youtube.com/watch?v=xmDft70bz2U>.

¿Qué hace la risa, en las circunstancias adecuadas, que sea tan contagiosa? ¿Cuando nos lo saca? ¿Cuando nos hace abrir nuestros corazones, nuestro aliento y nuestras bocas para disfrutar, y cuando nos lleva lejos? ¿Por qué algunos de nosotros nos morimos de risa en el Show de Jon Stewart, mientras que otros mueren por los tres chillados? ¿Cómo las fuentes y la alegría difieren de una cultura a otra? ¿Qué, si lo hace para deleite universal? Y ¿por el Dalai Lama ríe a menudo, de todos modos?

¿El poeta persa del siglo XIV Hafiz, representado por Daniel Ladinsky en un pequeño libro llamado Yo Escucho a Dios Riendo: Poemas de Esperanza y Alegría, pregunta, "O que es la risa, Hafiz? / ¿Qué es este amor precioso y la risa / en ciernes en nuestros corazones? / Es el glorioso sonido / de un alma despierta! "

El glorioso sonido de un alma despierta!

Vengan, mis amados, permitámonos despertar nuestro sentido del juego y descubrir que tan contagiosa que puede ser nuestro deleite. No puedo esperar a verlos en la iglesia!

Con alegría y anticipación,

Rev. Nancy

Our Worship Themes

Transformational Theme-Based Ministry consists of a three-year cycle of themes that ask the Big Questions—questions that every religion, spiritual path, and faith movement ask and have asked since humans evolved:

- ◆ Who are we?
- ◆ What do we value?
- ◆ How do we make sense of life?
- ◆ How are we to live from day to day in ways that bring happiness, satisfaction, meaning, and health to ourselves and others?

We use these themes to focus our worship experiences. Every Sunday, through the lens of the theme, we take up both the Big Questions and the pressing issues of our

particular time and place. This is Year Three of our cycle.

With heartfelt thanks for your openness, depth, and curiosity.

Rev. Nancy

Third-Year Themes: 2013-2014

- ◆ September: Vision / Being Visionary
- ◆ October: Evil
- ◆ November: Ground of Our Being / Mystery
- ◆ December: Second Chances
- ◆ January: Wisdom / Truth(s)
- ◆ February: Laughter / Playfulness
- ◆ March: Democracy and Covenant
- ◆ April: Being a Body
- ◆ May: Freedom and Responsibility ●

Circle Suppers

Casual pot luck suppers offer an opportunity for members of the church community to get to know one another! Small groups come together in members' homes to share food and conversation. Singles and couples, long-time church members or new to this church community, all are welcome. If you want more information about these suppers or to sign up, contact Barbara Derbyshire at CircleSuppers@AOL.com.

The Choice is Yours / La elección es suya

by the/por el Rev. Geoff Rimositis

Keep fightin' for freedom and justice, beloveds, but don't forget to have fun doin' it, Lord, let your laughter ring forth. -Molly Ivins

Past, present and future walk into a bar. They are all tense.

The polar ice cap is melting. Japanese fishermen still round up thousands of dolphins in an annual kill. California is in a drought emergency. A high pressure area is blocking rain from the north coming to us. It is as dry as tinder; the heat of an argument could set off a conflagration.

It is no wonder we are all tense. It is serious out there. But it doesn't have to be serious in here. Yes, question the viability of fracking. Preserve open space. Be conscious of what you buy, how you travel, lessen your carbon footprint. But please don't give yourself an ulcer doing it!

Righteous anger can compel us to action: gets us out on the street and lets people know what we believe, it motivates us to join coalitions, lobby elected officials, organize teach-ins, and do whatever we can to move forward justice and a sustainable future.

Thank the anger that stirred you up and then wave it good-bye. Say adios to despair and hopelessness. No need to let them gum up your works and put you into a perpetual state of anxiety. You indeed have a choice on what feelings you let linger.

Music has always served as a corrective for me. It gets me out of myself and into a better state of mind. It helps me to remember that the anger and the anxiety is not me. I can replace those feelings with those that help me to feel good about myself. I may have to fake it until I make it. If I smile when I don't feel like it, before I know it I am smiling because I do feel like it.

I recently discovered a reggae group called The Green that has given me a positive dose of choice in letting the words that come out of my mouth reflect the inner reality I want to sustain. I am particularly inspired by their song, "The Power in the Words." I recommend it to you for your viewing pleasure on YouTube at <http://www.youtube.com/watch?v=8JC-di8CjCY>

There is power in the words and there is power in the silence. French composer Claude Debussy said, "Music is the space between the notes." We have to pause. We have to breathe. We need a moment to take it in and let it work its magic in us.

Meditation can reveal the space between the moments of our lives. It can help us



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Seguir luchando por la libertad y la justicia, amados, pero no se olviden de divertirse haciéndolo', Señor, déjanos estar dentro de tu anillo de risa. "-Molly Ivins

El casquete polar se está derritiendo. Los pescadores japoneses todavía reúnen a miles de delfines en una matanza anual. California está en emergencia por una sequía. Una zona de alta presión está bloqueando la lluvia que viene a nosotros del norte. Esta tan seco como yesca; el calor de una discusión podría estallar en una conflagración.

Es la razón que estamos tensos. Allí es grave. Pero no tienen que ser serios aquí. Sí, cuestionan la viabilidad de fracturamiento hidráulico. Preservar espacios abiertos. Ser consciente de lo que usted compra, cómo viaja, reducir sus huellas de carbono. Pero por favor no se consigan una úlcera haciéndolo!

La ira puede impulsarnos a la acción: nos lleva a salir a la calle y deja que la gente sepa lo que creemos, nos motiva a unirnos a coaliciones, presionar a los funcionarios electos, a organizar seminarios y hacer todo lo posible para mover hacia adelante la justicia y un futuro sostenible.

Gracias a la ira que los incito y entonces decir adiós. Digan adiós a la desesperación y a la desesperanza. No hay que dejarlos atascar encima de tus trabajos y ponerlos en un estado perpetuo de ansiedad. Y usted de hecho tienen una elección sobre qué sentimientos dejan persistir.

La música siempre me ha servido como un correctivo. Me pone fuera de mí mismo y en un mejor estado de ánimo. Me ayuda a recordar que la ira y la ansiedad no están en mí. Puedo reemplazar esos sentimientos con los que me ayudan a sentirme bien conmigo mismo. Puedo fingir hasta que lo hago. Si sonrío cuando no me siento como antes, yo sé que estoy sonriendo porque lo siento.

Recientemente me descubierta un grupo de reggae llamado El Verde que me ha dado una dosis positiva de la opción de dejar que las palabras que salen de mi boca reflejen la realidad interna que quiero mantener. Particularmente estoy inspirado por su canción, "El Poder de las Palabras". Se lo recomiendo a usted para su placer visual en YouTube en <http://www.youtube.com/watch?v=8JC-di8CjCY>

Hay poder en las palabras y hay poder en el silencio. El compositor francés Claude Debussy, dijo, "La música es el espacio entre las notas". Tenemos que hacer una pausa. Tenemos que respirar. Necesitamos un momento para asimilarlo y dejar trabajar su magia en nosotros.

La meditación puede revelar el espacio entre los momentos de nuestras vidas. Puede ayudarnos a tomar una decisión cuando el caliente y rojo

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Household, Group, and Community Projects

- ◆ In *Feasting with God: Adventures in Table Spirituality*, Holly W. Whitcomb provides plans for “An Outrageous Feast” designed to help us get in touch with our most flamboyant selves. Guests wear outrageous costumes and bring an outrageous food that speaks of excess — the creamiest cheesecake, the pizza with the most toppings. Everyone shares an outrageous fantasy and commits to doing one outrageous deed for the common good.
- ◆ Spend an afternoon at the local playground. Get to know your neighborhood better by trying out its toys .
- ◆ Create a “Fools Festival” for a group in your community, perhaps a ward at the hospital or a nursery school. Wear humorous outfits and take the makings for more. Paint each other’s faces. Tell jokes and put on skits.

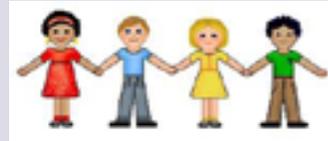
Discussion Questions, Storytelling, Sharing

- ◆ When was the last time you truly let yourself go and abandoned yourself fully to play? What did it feel like?
- ◆ The greatest criticism of religious and spiritual people is that they take themselves too seriously. What role does humor play in your faith, and why is it important to you?
- ◆ Tell jokes and share funny stories at one of your group meetings. Impersonate your favorite humorists. Show scenes from comedies. Pass around cartoons. Play group games you remember from your childhood birthday parties. Puzzle over riddles. Act out Charades. Stop anyone from being serious, even for a moment.

From <http://www.spiritualityandpractice.com/practices/practices>

UU Parents Meetup

The Meetup group is a safe venue for parents and children who embrace a Unitarian Universalist philosophy to connect. The group was formed by parents in the First Unitarian Church of San José sanjoseuu.org who wanted an easy way to get to know like-minded parents. The philosophy of the church, and the Unitarians of this group, is love. Parents belonging to this group have many different lifestyles and beliefs, but we are united in our commitment to acceptance of each other and our children. You do not have to attend any church or consider yourself religious to be part of this group. Just go to our Meetup site, www.meetup.com/UUParents/ and fill out a few profile questions, which are meant to verify you are a parent with some interest in this group, and an organizer will approve you. For more information contact the Rev. Geoff Rimositis, Grimositis@sanjoseuu.org, or (408) 292-3858, ext. 25.



First Unitarian Parents of Young Children

Parents of young children met in June to organize a monthly topic and support group. Meetings will be held in the church’s downstairs classroom once a month from 9:30-10:45 am. Child care will be provided. Rev. Geoff Rimositis will facilitate meetings. Parents volunteer to be monthly topic leaders. Each meeting will start with a deep check-in by parents followed with a topic conversation. Contact: SanJoseUUParents@yahoogroups.com.

The Choice is Yours continued from previous page

make a choice when the red hot poker of anger is ready to brand our emotions into a firestorm. We can notice anger’s inception and let it go before it builds up steam. Meditation can help us catch those troublesome feelings upstream closer to the source before they gain momentum and run out of control into white water.

You are most welcome to join me in our weekly meditation in the church sanctuary on Mondays from 6-7 pm. We will begin on Monday, February 17. We have a choice to fill the spaces of our lives with hope, strength, and love.

Blessed Be!

La decisión es suya Viene de la página anterior

atizador de la ira está listo para marcar nuestras emociones en una tormenta de fuego. Podemos notar los inicios de la ira y dejarla ir antes de que se acumule el vapor. La meditación puede ayudarnos a alcanzar esos sentimientos problemáticos río arriba cerca de la fuente antes de que ganen impulso y corran fuera de control en aguas blancas.

Ustedes son más que bienvenidos a acompañarme en nuestra meditación semanal en el santuario de la iglesia los lunes de 6-7. Empezaremos el lunes, 17 de febrero. Tenemos una opción para llenar los espacios de nuestras vidas con esperanza, fuerza y amor.

¡Bendito sea!

SUNDAY SERVICES / SERVICIOS DE DOMINGO

10:15 am

Servicios en español

Todos los domingos – Alabanzas en español

Media Hora de Reunión del Pequeño Grupo del Ministerio Multicultural. Venga a unirse a nosotros para este servicio simple de oración-meditación de media hora (sin sermón) a las 10:15 a.m en una mezcla de inglés y español en la sala Fireside Ramsden. Accesible e incluyente para todos, este servicio ofrece tiempo para cantar, meditar y reflexionar en un pequeño grupo en preparación para el servicio de las 11:00 am.

Every Sunday – Alabanzas (Spanish Lauds)

A half-hour multicultural Small Group Ministry gathering. Come join us for this simple prayer-meditation service (without sermon) held in a mixture of English and Spanish in the Ramsden Fireside Room. Accessible and welcoming to all, this service provides time to sing, meditate, and reflect in a small group in preparation for the service at 11:00 am.

Save the Dates

- ◆ **February 1, Saturday**, 1-3:30 pm, Partner Church Tea, Hattie Porter Hall ●
- ◆ **February 2, Sunday**, 10 am, HUUG Sunday Forum, Hattie Porter Hall
- ◆ **February 2, Sunday**, 1-3 pm, Historical Christianity Book Discussion Group, Board Room
- ◆ **February 6, Thursday**, 7:15-9:15 pm, Women's Alliance Meeting, Conference Room
- ◆ **February 7, Friday**, 8 pm, Dances of Universal Peace, Sanctuary
- ◆ **February 8, Saturday**, 6:30-8 pm, UU Coffee House and Pizza Party, Hattie Porter Hall
- ◆ **February 15 and 16, Saturday and Sunday**, Circle Suppers, Contact Barbara at CircleSuppers@aol.com to sign up.
- ◆ **February 15, Saturday**, 10 am, Healing Circle, Fireside Room
- ◆ **February 16, Sunday**, 1-2 pm, Come Explore Your Ministry in the World, Board Conference Room
- ◆ **February 17, Monday**, 7:30-9 pm, HUUG meeting, Youth Room
- ◆ **March 2, Sunday**, 1-3 pm, Historical Christianity Book Discussion Group, Board Room
- ◆ **March 15 and 16, Saturday and Sunday**, Circle Suppers, Contact Barbara at CircleSuppers@aol.com to sign up. ●

You make FUCSJ what it is! Whatever your talent and availability, there is an opportunity for you to serve. Contact Liz Owen at lowen@data-time.com or Bob Miess at bob@floweringenterprises.com

11:00 am

Services in English

February 2 – 2 de febrero

"The Giggle Bank" —

How Laughter and Playfulness Can Save Our Lives

What if every city, every neighborhood, could have a Giggle Bank? Imagine: we can make withdrawals from our local Giggle Bank whenever we need to, and each month's "special deal" deposits two giggles for every giggle that we use. Poet Nikki Giovanni imagines just such a world in her prose-poem "The Giggle Bank," and the Poet moves out of her Sadness because of a generous withdrawal.

Maybe you too have forgotten the way to your sources of laughter and playfulness. Maybe you are simply "looking for more of this," as one of you has said. Then join us this month as we create our own "Giggle Banks" and map our way back to the world of play. Come take out a life-loan of delight and return it with an interest of joy! We'll see you on Sundays in February!

Worship Leader: the Rev. Nancy Palmer Jones

Worship Associates: Frank Bosche and Bob Miess

"El Banco de la Risa" —

Como las Risas y la Alegría Pueden Salvar Nuestras Vidas

¿Que pasa si cada ciudad, cada barrio, pudiera tener un Banco de Risa? Imagínense: podemos hacer retiros de nuestro Banco de Risa local cada vez que necesitamos, y la "transacción especial" de cada mes se deposita dos risitas para cada risita que utilizamos. El poeta Nikki Giovanni imagina solo como un mundo en su poema en prosa "El Banco de la Risa", y el poeta se mueve fuera de su tristeza debido a un retiro generoso.

Tal vez se han olvidado la forma de sus fuentes de risas y alegría. Tal vez simplemente "buscan más de esto," como uno de ustedes ha dicho. Entonces únete a nosotros este mes mientras creamos nuestros propios "Bancos de Risas" y el mapa del camino de vuelta al mundo del juego. ¡Tomar un préstamo-vida de deleite y devolverlo con un interés de alegría! ¡Los veremos los domingos de febrero!

Dirige: la Rev. Nancy Palmer Jones

Asociados de Culto: Frank Bosche y Bob Miess

February 9 — 9 de febrero

The Courage to Laugh: A Valentine's Day Vow

Children can play with an utter abandonment to the moment and with full faith in their imaginations. Adults thrill to see children's freedom and goofiness, but only sometimes can the grownups enter into the game with the spirit of a child. Why does it often take such courage and risk to step into lightheartedness? Is playfulness possible even with serious subjects? On this Sunday we honor the Standing on the Side of Love Campaign's justice work, and Rev. Nancy nominates some of our own special congregants for Courageous Hero Awards. We'll look at ways to throw ourselves into all our commitments with healthy whole-bodied abandon and full faith in our imaginations. Let's take a Valentine's Day Vow to find the courage to laugh. *We'll take an All-Church Valentine's Day Photo during the Story for All Ages on this Sunday, too.* Come, bring a friend, grab a heart (to be revealed when you arrive), and then find yourself on our Facebook page the next day!

Worship Leader: the Rev. Nancy Palmer Jones

Worship Associates: Deb Fenzel-Alexander and Jenn Castro

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Services / Servicios

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La Valentía de la Risa: Voto del Día de San Valentín

Los niños pueden jugar con un abandono total hasta el momento y con plena fe en su imaginación. Los adultos se entusiasman con la libertad y boberías infantiles, pero sólo a veces los adultos pueden entrar en el juego con el espíritu de un niño. ¿Por qué esto a menudo toma tal valor y riesgo de entrar en el regocijo? ¿Es posible la jocosidad incluso con temas serios? En este domingo honramos la Campaña del trabajo de justicia de Estar del Lado de Amor, y la Rev. Nancy nombra a algunos de nuestros especiales congregantes para los Premios Héroe Valeroso. Veremos las maneras de lanzarnos a nosotros mismos dentro de todos nuestros compromisos con un abandono saludable de todo el cuerpo y plena confianza en nuestra imaginación. Permitámonos tomar un Voto del Día de San Valentín para encontrar el coraje para reír. Toda la Iglesia nos tomaremos una Foto del Día de San Valentín durante la Historia para todas las edades en este domingo, también. Vengan, traigan a un amigo, agarren un corazón (para ser revelado cuando lleguen) ¡y luego encontrarse a ustedes mismos en nuestra página de facebook al siguiente día!

Dirige: la Rev. Nancy Palmer Jones

**Asociadas de Culto: Deb Fenzel-Alexander
and Jenn Castro**

February 16 — 16 de Febrero

The Healing Power of Humor

Take two Stephen Colberts and Jon Stewarts and call me in the morning. Perhaps you need a strong dose of Monty Python or Ben Stiller and The Secret Life of Walter Mitty. If you're lucky you have a resident comedian living in your home. They say cats don't have owners but attendants and sidekicks for their amusing antics. The Holy Fool can be found in Christianity, Buddhism, Indigenous religions, and in your family. We'll tickle the funny bone and connect the ligaments to the spirituality and healing power of humor.

Worship Leader: The Rev. Geoff Rimositis

Worship Associate: Bev. Clifford

El poder curativo del Humor

Tomen dos Stephen Colberts y Jon Stewarts y llamenme por la mañana. Tal vez necesiten una dosis fuerte de Monty Python o Ben Stiller y La Secreta Vida de Walter Mitty. Si tienen suerte de tener a un comediante residente viviendo en su hogar. Ellos dicen que los gatos no tienen dueños pero son los ayudantes y secuaces por

Come Explore Your Ministry in the World!

**Sunday, February 16, 1 - 2 pm,
Board Conference Room**

When you think about your work in the world, do you think of it as a ministry, as a way of serving the world as a Unitarian Universalist or on behalf of the holy? In UUA President Morales' declaration on "Congregations and Beyond," he said that some of the most important work of the church is through its members working in the community, AKA "community ministry." We have decided to initiate a program to support our members in finding their community ministries and putting them into action. Our next meeting is Sunday, February 16 from 1-3 pm in the Board Conference Room. We will review how the program is organized and some of the expectations of those who want to participate, explore our callings, and explore what kind of covenant we might

sus divertidas payasadas. El Santo Bufón puede encontrarse en el cristianismo, el budismo, las religiones indígenas y en su familia. Nos haremos cosquillas y conectaremos los ligamentos de la espiritualidad y el poder curativo del humor.

Dirige: el Rev. Geoff Rimositis
Asociada de Culto: Bev Clifford

February 23— 23 de febrero

"The Play's the Thing"

In this improvisation-filled worship service, Rev. Nancy ruminates on what she learned about playfulness through her life in the theater, and we'll sum up the month by practicing ways we can keep the spirit of laughter and play alive.

Worship Leader: The Rev. Nancy Palmer Jones

**Worship Associates: Susan Miller and
Patricia Ohanian-Coffey**

"Jugar es la Cosa"

En este servicio lleno de improvisación, la Rev. Nancy reflexiona sobre lo que ella aprendió acerca de alegría a través de su vida en el teatro y resumiremos el mes practicando las formas de poder mantener el espíritu de la risa y del juego vivos.

Dirige: la Rev. Nancy Palmer Jones

**Asociadas de Culto: Susan Miller y Patricia
Ohanian-Coffey**

each consider establishing with the congregation. Come and join kindred spirits in discovering and deepening your mission, asking questions, learning about the program, and having some healthy snacks together.

Questions? Contact Bob Miess, 408-753-0541 Bob@Heart-HealthyLifestyles.com. ●

¡Venga y Explore su Ministerio en el mundo!

**Domingo, 16 de febrero, 1-2 pm.
En el Salón de Conferencias**

Cuando usted piensa en su trabajo en el mundo, ¿piensa en él como un ministerio, como una manera de servir al mundo como un Unitario Universalista o en nombre de lo sagrado? En la declaración de Morales Presidente de la UUA sobre "Las congregaciones y mas allá", dijo que algunos de los trabajos más importantes de la iglesia es a través de sus miembros trabajando en la comunidad, también conocido como "Ministerio comunitario". Hemos decidido iniciar un programa para apoyar a nuestros miembros a encontrar sus ministerios comunitarios y ponerlos en acción. Nuestra próxima reunión es el domingo, 16 de febrero de 1-3 p.m. en el salón de conferencias. En esta reunión que vamos a revisar cómo está organizado el programa y algunas de las expectativas de aquellos que quieran participar, explorar nuestros llamados y explorar qué tipo de pacto cada uno podríamos considerar estableciendolo con la congregación. Ven y únete a almas gemelas en descubrir y profundizar en su misión, pidiendo la búsqueda... aprendiendo sobre el programa y teniendo algunos aperitivos saludables juntos. ¿Preguntas? Póngase en contacto con Bob Miess, Bob@Heart-HealthyLifestyles.com, 408-753-0541. ●



**Remember to bring
your recyclable bottles
and cans to help
cover expenses of this
newsletter!**

Lifespan Faith Development

For more information about our programs for children and youth please contact our family minister, the Rev. Geoff Rimositis, GRimositis@sanjoseuu.org

Children and Youth Programs

Children and youth in Preschool (3 years) through High School join the community for the first part of worship at 11 am and then go to their respective classes until 12:30.

Nursery: Birth - three years

Location: Nursery, Church's Lower Level

Childcare Staff: Giovanna Fernandez and Kimberly Fernandez

We provide a safe, clean environment in which to support each child in initiating play activities at the developmental level they manifest. Each week our paid staff, Giovanna Fernandez and Kimberly Fernandez, provides a loving presence as they engage children in games, stories and crafts with seasonal and holiday themes throughout the year.

Three- to five-year-olds: The Spiritually Growing Child

This curriculum is based on the philosophy that young children learn about religion through relationships. What is a person? Who am I? How am I related to others? What are my responsibilities? What kind of world do I live in? These are religious questions that children begin to answer as they become acquainted with themselves, other people, and their environment; all responses are mediated by the significant adults in their lives. Each week the children look and listen to an engaging picture book that reflects the week's central theme with accompanying activities. Themes from September –June include: Individuality, Earth Day, Cycles of Life, Harvest, Thanksgiving, Christmas, Hannukah, Winter Solstice, Family, Golden Rule, etc.

Grades 1-4: Signs of Our Faith

This curriculum sees religion as the practice of being faithful to what you love. In order to do this, you must decide what you love and do your best to live that love faithfully every day. Signs of Our Faith guides children to do their best to live faithful lives every day. It presents fourteen traits or values that most Unitarian Universalist love, including the quest for knowledge, reverence for life, supporting one another on our faith journeys, and public witness. Children examine how their lives do and can exhibit these traits and values, and come to understand that their faith is a living faith whose histories and teachings are fortifications for living faithfully in a complex world.

Grades 5-8: Junior High Youth Group: Riddle and Mystery

Riddle and Mystery purpose is to assist youth in their search for understanding. Each session introduces and processes a Big Question. The first three echo Paul Gauguin's famous triptych: Where do we come from? What are we? Where are we going? The next ten, including Does God exist? and What happens when you die?, could be found on almost anyone's list of basic life inquiries. The final three are increasingly Unitarian Universalist: Can we ever solve life's mystery? How can I know what to believe? What does Unitarian Universalism mean to me?

In addition to the Sunday morning curriculum youth join with other middle school youth for weekend conferences: Middle School Unitarian Universalist Gatherings MUUGS (Middle School UUs) and a junior high backpack trip in June.

Grades 9-12: Senior High Youth Group, Youth Room

The senior high youth group meets on Sundays from 11:30-12:30. The group offers its members a safe place to share their lives and find support and friendship among open-minded and loving peers. The group engages in discussions about issues relevant to youth's lives and communities. They plan social and service projects throughout the year.

They also participate in youth conferences in area Unitarian Universalist churches under the auspices of the Pacific Central District of Unitarian Universalist Congregations and Young Religious Unitarian Universalists (YRUU, pcdyruu.org). The youth group's empowering philosophy educates youth to be leaders within the group, church community and denomination.

Youth Group Advisors: Rick Morris, Rev. Geoff Rimositis, Terra Wood-Taylor

7th-9th Grades : Curriculum: Our Whole Lives

Sexuality Education: Class Begins In January 2014

Our Whole Lives is based on the philosophy of comprehensive sexuality education, which helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. Grounded in a holistic view of sexuality, comprehensive sexuality education provides not only facts about anatomy and human development, but also helps participants to clarify their values, build interpersonal skills, and understand the spiritual, emotional, social, and political aspects of sexuality as well.

Classes are held January 5-May 4, 2014.

See Lifespan Faith Development Calendar on page 8.

Laughter and Playfulness

In a survey each spring, we ask congregants to respond to the coming year's transformational themes, offering their thoughts and questions in a few words. The diversity of responses can inspire us to discover how these "timeless questions" apply to our own lives here and now.

When we ask about this month's themes—Laughter and Playfulness—we open the floodgates on our hunger for more joy, more ease, more fun in the midst of life's seriousness.

We raise questions about what it means to be human, what it feels like to be fully alive. How old is laughter, anyway? When did playfulness evolve in species' struggle to survive? Can laughter and playfulness be learned, encouraged, cultivated?

- Now you're talking.
- We need more of this.
- Always looking for more of this!
- Actually, I hope we have this every month.
- Not enough of this in our lives. Getting more involves risk, making space, getting enough rest, stepping out.
- I need more! Other people's senses of humor often help me. Creativity in all its aspects can be play. Learn from our children—both about playfulness and about laughter.
- Laughter heals and creates peace.
- Laughter and play motivate us and comfort us when things go wrong.
- It frees up our real selves. As important as music!
- As good as, if not better than, sex.
- The life of the Pilgrims would be a grim thing.
- How about a winter May Pole and musical chairs in Hattie Porter Hall?
- How do we experience playfulness in the winter seasons of our lives? Laughter in the midst of grief and loss?
- The best remedy for any bad time in life is to laugh with a one-year-old child.
- I love watching children playing and seeing how much they learn about the world through play. It's their life's work!

- For me it's often silliness, whimsy, the absurd.
- I love this theme! We tend to live in a very serious world. As adults, I think we lose sight of the many benefits of laughter and play. This theme could give us an opportunity for healing through joy.
- I need more laughter and play in my life. I've forgotten how to play. How am I ever going to have wings and fly if I take myself so seriously all the time?!
- Laughter is that most human of activities, brought forth by play and an understanding that each individual is less important than his or her contribution to the whole of humankind.
- If I take myself too seriously, I lose.
- Essential ingredients in sanity, bearers of ease, or as Reader's Digest puts it, "The Best Medicine."
- There are many physiological benefits of laughing. How can we bring more laughing and playfulness into our lives, individually and as a congregation?
- It is such a gift and joy to laugh with gusto with friends—it is the best of life.
- Fine topic for Unitarian Universalists. Sometimes we actually need to work at this, because we take ourselves too seriously.
- I am not good at playfulness—I am often too serious, so this will be a good learning experience for me.
- Very important, life-giving spiritual practices. I wonder where sustaining spiritual practices fit into our Unitarian Universalist principles.
- There is a fine line among laughing at, laughing with, laughing for, and simply laughing.
- There's sometimes a fine line between humor or satire and offensiveness. What is the most effective way to tell someone their intended humor was hurtful and oppressive?
- What roles do sports and games play in our culture and our spirituality? How healthy or

continued on page 9

2013-'14 Lifespan Faith Development Calendar

Sunday, February 2

3-5 year olds	Maria's Comet
1st -4th grades	We Lead
5th-8th grades	Religion to the Rescue
9th-12th grades	Group meets at regular time, 11:30-12:30

Our Whole Lives (OWL): NO CLASS TODAY

Sunday, February 9

3-5 year olds	In God's Name
1st -4th grades	We Share
5th-8th grades	Thinking of Death
9th-12th grades	Group meets at regular time, 11:30-12:30

Our Whole Lives (OWL #4) 2:30-5:30 pm, FUCSJ Fireside Room

Sunday, February 16

3-5 year olds	St. Valentine
1st -4th grades	Seeking Knowledge
5th-8th grades	Looking Toward Tomorrow
9th-12th grades	Group meets at regular time, 11:30-12:30
9:30-10:45 am	Parent Support Group and Topic Discussion

Our Whole Lives (OWL): NO CLASS TODAY

Sunday, February 23

3-5 year olds	Born with a Bang
1st -4th grades	We Revere Life
5th-8th grades	Thinking of Gods
9th-12th grades	Group meets at regular time, 11:30-12:30

Our Whole Lives (OWL #5) 2:30-5:30 pm, FUCSJ Fireside Room

dangerous are online gaming and role-playing games?

- One of my favorite jokes is about how we sometimes deal with the big questions of life: "Have you heard the one about...?" "No." "Oh, neither have I."
- The fool, jesters, tricksters are wonderful archetypes for this theme. Laughter yoga. Countering the stress and seriousness of living. Creativity.
- I have a friend who is a very devout Muslim who has a great sense of humor. She says she thinks we are here on earth to enjoy life, and she does.
- Let's just make every month about social justice. If we engaged these forms of expressions [laughter and playfulness] in our justice work, we'd be more effective, and more people would want to be involved.
- "Live imperfectly but with delight!" ●

Partner Church Tea

Saturday, February 1, 1:30:30, Hattie Porter Hall

by Monty Low

Please plan to attend the Partner Church Tea and lunch; held this year on Saturday, Feb 1, 1 to 3:30 pm. It is a church favorite and a time when our church is decked out with its finest linens and china. Great food and entertainment as well, and always a few surprises. This is a good time to treat your mom, neighbors and other friends to an enjoyable afternoon at our church. (Think about a ticket as a "stocking stuffer".) We are asking for \$20 donation for adults and \$10 for children and youth.

The donations from the Event will help to fund our next trip to our Partner Church in Transylvania, Romania in the summer of 2015. Yes, it's about 18 months away, but we need to book tickets in about a year and plan the trip subsidies and the Village project that makes our pilgrimages work so well. We are looking for folks who can donate frequent flier miles to help defray trip costs. ●

Board of Directors Meeting

The FUCSJ Board of Directors met on Thursday, Jan. 23. It was a busy meeting, with four motions passed! First, we heard the budget news from Treasurer Dave Proulx. Unfortunately, pledges and building rentals are both running quite far behind what was budgeted, and building expenses are exceeding what was planned for, leaving us quite a bit in the red at this point in time. We also discussed reports from the POC and from the committee that is tasked with updating the church website. The Board passed a motion asking the POC to send us their meeting minutes on a regular basis to improve the linkage between the Board and the POC.

At General Assembly next June, delegates will vote on which of five proposed topics will be the Congregational Study/Action Issue (CSAI) for 2014 through 2018, resulting in a UU Statement of Conscience. First, the number of issues must be narrowed from six to five, and congregations are encouraged to vote in this poll. The Board took up the question of how to select five from among the six issues that have been submitted, which include

- * Empowerment: Age and Ability Reconsidered
- * Ending the War on Terror
- * Escalating Inequality
- * Gun Violence: A Public Health Issue
- * Renewing and Securing Our American Democracy
- * Unitarian Universalist Values and the Pursuit of a Just Peace for Israelis and Palestinians

Board members will create an electronic survey with links to more information on the six issues; that will hopefully go out next week. For those not on our e-mail list, the Board will ask the Social Justice Council to facilitate a non-electronic voting opportunity after the service on Feb. 2. Go to <http://www.uua.org/statements/current/index.shtml> for more information on each of these issues.

The Rights of Nature group requested that the Board look at signing on as one of the congregations that is requesting a change to the wording of our First Principle, replacing the ending of "To affirm and promote the inherent worth and dignity of every person" with "every being." The Board moved that we do not feel that we can act on the First Principle proposal at this time because it requires much more involvement and study by our congregation. Motion carried.

As a result of the recent bylaws revision, the Board would like to look at the Moral Positions that have been voted on by our congregation in the past. Members are being sought to form a committee to look in our archives and research to create that list.

During last September's Board retreat, we looked closely at our Ends statements. We discussed the idea of a personal ministry, and therefore proposed a change to our Service and Ministry End. Following a review by the POC, a motion was made to adopt End 1.3 as revised. Motion carried. The new End reads as follows: "Our congregation embodies an ethic of service through our shared ministries. We encourage individual members to recognize and develop their own ministries. We nourish and use our unique gifts to serve our wider community, and to serve one another through pastoral care, congregational leadership, building maintenance, and a host of other volunteer tasks."

Finally, we took up the topic of the 150th anniversary of the founding of First Unitarian Church of San Jose, which will be in a year and a half. Following a recommendation by the POC, a motion was made to call a Board committee to plan and implement the 150th Anniversary celebration by working with the POC to invite members from all constituent groups. Motion carried.

The next Board meeting will take place in the office conference room on Thursday, February 27 at 7 pm. All are welcome to attend.

Respectfully submitted,
Nancy Coleman
Secretary,
FUCSJ Board of Directors ●

“You’ve Got Mail” —and Telephones!

by Bob Miller

The First Unitarian Church’s new communication system went live in December, and now we have wireless Internet in all of the classrooms, in the offices, in the sanctuary and in Hattie Porter Hall. We can make conference calls from the Boardroom, and the Third Street Computer Center now has speedier Internet access. The ugly cords hanging from the ceiling in the offices are gone, and the best part is that our monthly bill has been cut in half.

Four individuals are responsible for making this happen: **Martin Vargas**, the president of **Axcelerate Networks**, **Robert Ceglaz**, **Manuel Alaniz**, and **Bob Miess**. When Axcelerate Networks moved from Campbell to San Jose, Martin decided to donate his surplus Internet/telephone system to an organization that helps children. The Third Street Center accepted the donation, and over the course

of ten months Robert and Manuel worked to remove our old system and to replace it with one that was up to date. Bob served as the church’s liaison.

We had two separate systems with several telephone lines and two DSL lines.

Since VOIP was a better way to manage our communications, the church paid to update our data lines and to integrate the Internet and voice into one unit. Axcelerate Networks donated sixteen telephones, two routers, and a Cisco switch. In addition, 155 hours of technical services needed to design the system, remove old equipment, install the new units, and to program the various components was provided without charge.

Our system is working well, and we are extremely grateful for the time and equipment provided by Axcelerate Networks. ●



Plant and Gardening Donations and Sale

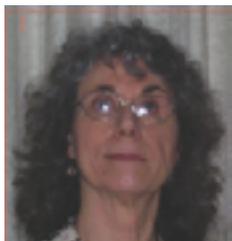
Hi Neighbors, If, as you work in your garden, you find extra pots - clay or plastic, garden tools, garden décor, or plants you no longer want, the San Jose Garden Club will be happy to receive them. We will even dig up your unwanted plants. Our annual plant sale is the first Saturday in May and we sell all types of garden-related items. Your donation is tax deductible! We have donated the proceeds from last year’s sale to several local garden projects including Veggielution at Prusch Park and a kitchen garden that provides produce for three “soup” kitchens run by Goodwill. You can contact us through our web site <http://www.sanjosegardenclub.com/>

Happy gardening,
Natalie DiGrazia, San Jose Garden
Club Plant Sale Co-Chair ●

The Doors

by Bob Miller, Chairman, Building Committee

The title of this article brings two things to mind. First is a rock star named Jim Morrison, the lead singer for The Doors. The other reference is to Joy Medders, our rock star who just completed refinishing the doors in the sanctuary.



Joy Medders

In 1892, using redwood to construct our building was not popular, so the sanctuary was made to look like oak. Joy was on the team that restored the faux oak woodwork after the fire in 1995. The six doors leading into the Narthex and one leading into the back hall were from original work done after the fire and this was their first restoration. They were filled with nicks, dents, gouges, and over the years people had tried to match the original finish with disastrous results.

Joy has been doing decorative art since the late 1980s and when her husband died she returned to a career in nursing. Last November she retired and agreed to refinish our doors. This was not a simple project, and due to our space limitations we had to divide the project up into two sets of three doors and then the final one. The project took almost two months to complete.

The process involved six applications on each door. All nicks, dents and holes in the door were filled, sanded, and two coats of base color were applied. Next two grain coats covered the base with the tooling done on the first one. The actual graining required boldness. Two coats of varnish were added to finish the job.

The old beat-up redwood doors of last year now have a warmth and beauty that enhance the experience of being in our sanctuary.

Joy is a native of San Jose, and she is moving to Oregon, but continues to be available for work in this area. She can be reached at joythatisthat@gmail.com ●

UUthful Spirits

Join our young adult and young-at-heart fellowship group for Sunday Lunch! Meet in Hattie Porter Hall near-ish the newcomers’ table about 12:45 pm. We also host a happy hour on the first Friday. For information, contact uuthful_spirits-owner@yahoo.com. ●

Connect with FUCSJ’s Online Ministries via Facebook!

Get First Unitarian Church of San José updates, reminders, inside scoops, minister’s messages, and more every day of the week on our Facebook page! You can “Like” our page at:



[facebook.com/FUCSJ](https://www.facebook.com/FUCSJ)

Rev. Nancy welcomes your Friend requests on Facebook, as well. You can find her at “Nancy Palmer Jones.” You will find lots of FUCSJ friends and friends-to-be on Facebook, as well as the UU Parents Meetup group, and more. We look forward to connecting with you! ●

Upcoming Events and Announcements

HUUG Sunday Forum

**Sunday, February 2, 10:00 am,
Hattie Porter Hall.**

Psst - Have You Heard About This?
This forum will be a presentation about the founders and principles of the Sunday Assembly (religion for atheists!) Come get the scoop. ●

Historical Christianity Book Discussion

**Embracing the Human Jesus: A
Wisdom Path for Contemporary
Christianity by David Galston**

**Led by Bob Miess in the Board Room,
Sunday, February 2, 1- 3 pm**

On February 2 we will discuss the fifth chapter, Life Practices and Schools in Antiquity. We'll see how Galston compares and contrasts the philosophies of the Cynics, the Rabbinic Schools, and Jesus and his followers. We'll each consider whether the paradox, hyperbole, and irony that Galston says Jesus uses to confront the challenges of everyday life give us any insight, and whether this sort of wisdom helps us to grapple with life in our time.

Sunday, March 2, 1 - 3 pm

On March 2 we will discuss the sixth chapter, Life Philosophy in the World of Parable. We'll see how Galston interprets the philosophy of Jesus as it is expressed in the form of parable. We'll review Galston's proposal of five features of this philosophy, and note how its expression in the form of parable affects the philosophy and how one might experience and live it. We will each consider whether this feels like a good fit for our own lives, and how it might help or hinder our personal ways of being in the world.

Questions? Contact Bob Miess, Bob@Heart-HealthyLifestyles.com, 408-753-0541. ●

Dances of Universal Peace

**Friday, February 7, 8:00 pm,
Sanctuary**

Come join us on the labyrinth under the dome of our church. The Dances of Universal Peace are a spiritual practice honoring the inherent worth and dignity of every human being, celebrating the interconnected web of all existence, and using sacred phrases from the world's religions. Beginners and experienced dancers join together in these moving meditations. The words of the sacred phrases, as well as the melodies and the movements, are taught each time. Questions? Email Patrick Smiley at patrick.smiley@sbcglobal.net or leave a message at 650-596-8829. ●

Women's Alliance Meeting

**Thursday, February 6, 7:15 – 9:15
pm, Conference Room**

Please bring any books you'd like us to consider reading for the remaining sessions between March and May. Contact Nancy Coleman at nbc Coleman@gmail.com or 408 985 5778 for further information. All are welcome. ●

Second Sunday Swap Shop

**Sunday, February 9, after 11 am
Service, Hattie Porter Hall**

Bring treasures (no clothes) to HPH to pass on; then take some new ones home! Just remember to take home anything you bring that isn't taken. ●

You Can Help the Homeless

**Sunday, February 16, after the
service, Hattie Porter Hall**

EHC LifeBuilders is dedicated to solving homelessness in Santa Clara County by getting people into housing as quickly as possible and then giving them the support they need to stay

housed. While they are waiting, EHC provides temporary housing, meals, and medical care. We can help their clients by donating gently-used jackets, coats, blankets and sleeping bags. Please bring your contributions to HPH on Sunday, February 16, and help build a big, big mountain of warmth! Questions? Contact Genie at eugeniabec@comcast.net. ●

HUUmanist Group

**Monday, February 17, 7:30-9:00 pm,
Youth Room.**

Scientific literacy is a mix of history, philosophy, and general science principles and methodology that helps us to understand the science issues of our time. Since nothing we do is untouched by science, how does your scientific literacy affect and inform your beliefs? Come share your stories. The Humanist UU Group meetings are short presentations with Q&A, followed by free-ranging and passionate discussion. Join us! ●

Spring Blood Drive

**Sunday, April 27, at First Unitarian
Church of San Jose,**

Lots of great things are plentiful in the Bay Area; unfortunately, blood donations are not among them. Whether or not you are eligible to give you can help make sure that there is enough blood available for local patients by volunteering to help with our church's blood drive. We need volunteers to recruit donors on each of the three Sundays preceding the drive (April 6th, 13th, and 20th), to put up posters around the neighborhood to recruit community members, to call donors to remind them about their appointments, and to assist with the potluck on the day of the drive (Sunday April 27th). If you would like to volunteer, please email Nicole Faby at nicole.faby@gmail.com or call her at 408-255-7673. ●

Another Side of Social Justice

by Social Justice Committee Co-Chair Gregory L. Smith

As I think back at the detainer policy meeting we held at our church not too long ago, I think about the things that keep me optimistic about the future of our communities.



Sharing my story was very liberating for me. Being able to affect social change is something that I feel I was born to do. I feel very blessed to be able to work for social justice in such a loving and caring congregation. As if I had not already felt at home from participating in the many church events (not to mention playing Rocky Raccoon in our play last year), the kind words that I have heard from many

Healing Circle

Saturday, February 15, 10 am, Fireside Room

Come join us for the first of five monthly healing circles to be held from February through June. We will engage in guided discovery exercises to promote greater well-being, drawing from healing energy practices and Systemic Constellations work. Free will donations accepted. For more information or to sign up, please email Amy Lorenzen at MsAmyLorenzen@yahoo.com.

of you have helped me to feel even more at home. I am glad to have found such a great congregation. Being able to laugh with many of you is as important to me as showing my softer, more vulnerable side. I do not feel I could feel as motivated to work and continue to work for social justice without such a warm spiritual home. Thanks.

*Breathe in Peace.
Breathe out Love.*

Weekly Meditation Group – Mondays, 6-7 pm, Sanctuary

We inaugurate the rebirth of our church meditation group on Monday, Feb. 17, 6-7 pm in the church sanctuary. We will spend the first half hour discussing Rev. Doug Kraft's book, *Buddha's Map*, and then spend the second half hour in walking or sitting meditation. Please read Chapter 1, "From Stubbornness to Ease." Please come even if you haven't read the chapter. The discussion will be accessible to all!

Convener: Rev. Geoff Rimositis, GRimositis@Gmail.com



Guitars Aloud

Wednesdays, 6:00 -7:15 pm, Sanctuary

Guitarists! Let's get together to play GUU hymns and other music suitable for services. This group welcomes multiple levels and will help you develop your musicianship as you serve the church and its ideals. Ages teen through adult. Questions? Contact Ed Gardner, 408-712-4157, ednatsj@sbcglobal.net, or Sally Cooperrider, sally@cooperrider.org.



The Alegría Singers

Wednesdays, 7:30-9:00 pm, Sanctuary

Join the FUCSJ choir in singing at regular Sunday services, at special events such as Solstice Celebrations and Coffee Houses, and bringing music to various church activities.

Community Dances

First and Third Sundays, 2:30-5 pm, Hattie Porter Hall

Live music, all dances taught, no partner needed. Join us for an afternoon of friendly fun and good exercise. Co-sponsored by BACDS (bacds.org) and FUCSJ. Proceeds benefit our Music Program.

All-Church
Pizza Party & Coffee House!



Saturday, February 8, 6:30 - 8:00 p.m.
First Unitarian Church of San José—Hattie Porter Hall

Featuring:

Music from Our Amazing Youth and Young Adults

~ Pizza, Cookies, Coffee, Soda ~
+ Great Conversation and Just Plain Fun!
All Ages Welcome and Encouraged to Attend,
And Please Do Bring a Friend!

~ Free-Will Donation (to cover cost of food): \$10/Adult
~ Youth and Children Free ~ Donations of wine, drinks, and other snacks gratefully accepted ~

CIRCLING AROUND

Milestones
in the lives of the
First Unitarian Community

The all-new all-different Circling Around

I want to be up to date with you, so here's what we need: birthdays (especially those with zeros), parties of any kind, promotions, college destinations, anything that you diverse groups are doing that is interesting to everyone else. "Tell Me Everything" when you see me at church, or e-mail me at torchyhunter@gmail.com.



by Torchy Hunter

Can't beat this couple's record! OR THE BAY AREA'S WEATHER....

Billie and Sol Wachter have been married for three thousand years. OK it's not that but some other number equally unbelievable. When I asked Sol how he did it, he said Love, Patience Compassion. I said, "Good Lord, that's a religion." Deeply amazing congratulationhs to them.

It was warm, sunny January when I asked today's question: What is the coldest you have ever been? Seems appropriate for the February column. **Joyce Miller:** Mt Kilimanjaro, when I lost the use of my fingers. **Dana Spinney:** in Alaska when it was -37, and I was cold to my marrow. **Rev Nancy:** at Harvard in a blizzard when my eyelashes were ice crystals and I realized I needed better boundaries. **Colleen Cabot:** -'69 New Year's Day in Jackson Hole. **Dana Grover:** as a wee lad in upstate New York, we were sledding off the roofs of houses at -37. **Bob Meiss:** Wisconsin, cold to the core. **Madeline Morrow:** -19 in Schenectady when breathing hurt. **Bob Redfern:** -29 in Billings, where all the cars had electrical cords hanging out of them from the block heaters. **Bev Harrison:** the dining room at school in Pebble Beach. **Bob Howd:** -20 at the top of a ski run with only one thought: get off this ski run. **Dianne Saichek:** an ice skating rink in Montana. **Bruce Halen:** -10 at a basketball tournament. **Mary Martin:** the Outer Hebrides when it was snowing and freezing. But the worst, the most terrible life threatening place, Santa Cruz, when underdressed **Geoff Rimositis** barely survived the cold. "I was in a tent attempting to go to sleep in my sleeping bag, and casually wondered if I was experiencing sleepiness or the torpor before death."

I find it hard to believe that some of you spent actual large amounts of money to go to freezing places. I do not ever care to experience slush again. Keep warm and be grateful, folks... ●

Coffee Hosts Needed

By Maggie Norris

Is the social hour your second-favorite Sunday activity? Do you start thinking about coffee and doughnuts immediately after the Benediction? Is your voice part of the hubbub of friendly conversation in Hattie Porter Hall? Are you in a position to contribute just a little bit of time and effort to this lovely tradition? Liz Owen and Maggie Norris are hoping that a few of you can step forward and answer Yes!

Volunteering for the social hour is a nice, low-key way to contribute to the life of the congregation during a time that many consider to be almost as important as the Sunday service itself. Most of you know pretty well how this works: every Sunday, a team of 2 people arrive a little early to put the finishing touches on the refreshments for the social hour. (The hard work is done earlier by the sexton.) They cut the doughnuts into bite-size pieces and put them and the other snacks on serving plates. After the service, they place the serving plates on the tables in HPH. As the social hour winds down, they take care of the cleanup tasks. Each team is scheduled for one Sunday every 2 months. That's about an hour 6 times a year. (We'd like a commitment of a year.) We welcome all volunteers.

Please speak with Maggie at the service or contact her any time: maggienorris@mac.com, 650.814.1676. ●

UU Hikers and Friends

With this hiking schedule. I have tried to balance the venues so the San Jose folks don't have to drive too often to the Page Mill park and ride. I added a new hike at Canada del Oro. If I need to make changes to the venue, I will do it the night before if possible or at least by 7 am the day of the hike. I will send out an email either in the evening or in the morning. Feel free to call me if you have questions or concerns. Now that I have an iphone, you can use that number to call or text me any time at 408 769 0534.

—Joyce Miller, j408miller@sbcglobal.net

February 2014

Saturday, February 1

Stevens Creek/Fremont/Older, 5 miles, moderate. Meet at parking lot at Stevens Creek County Park at 8:00 am. Take Foothill Expressway as though you were going to Rancho San Antonio. Don't turn off Foothill. Go about 1.5 miles to entrance to Stevens Creek Park on the left. You can see the parking lot below you as you go around a curve. Turn left and go straight ahead to the parking lot. There is \$6 parking fee.

Wednesday, February 5

Santa Teresa County Park, 6 miles, moderate. Meet at Bed, Bath & Beyond at Almaden Plaza at 8:30 am.

Saturday, February 8

Almaden Quicksilver, Mockingbird entrance, 7 miles, moderate. Meet at Bed, Bath & Beyond at Almaden Plaza at 8 am.

Wednesday, February 12

Huddart County Park, 7 miles, moderate. Meet at PageMill/280 Park and Ride at 8:30 am.

Saturday, February 15

Canada del Oro/Calero County Park, 6 miles, moderate. Meet at Bed, Bath & Beyond at Almaden Plaza at 8:00 am.

Wednesday, February 19

Shuttle hike from Sunnyvale Mt. trail head in Sanborn to Indian Rock. Although this hike is in Sanborn Park, we will be doing a trail which is accessed from Skyline. Meet at US Bank parking lot in Saratoga at 8:30 am.

Saturday, February 22

Alum Rock Park, 6 miles, moderate to strenuous. Meet at VTA Park and Ride on Capitol at Alum Rock at 8:00 am.

Wednesday, February 26

Los Trancos Open Space, 6 miles, moderate. Meet at PageMill/280 Park and Ride at 8:30 am. ●



FIRST UNITARIAN CHURCH of San José

160 North Third Street

San José, CA 95112

Want to Receive the Newsletter?

To receive the newsletter on paper, fill out the form at this link:

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Next issue copy deadline:

3:00 pm Monday, February 17

Mailing:

Wednesday, February 26

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Donations are welcome to help defray the cost of printing and mailing. Suggested donation: \$18-\$20 per year – please mail to Office Manager – or bring returnable bottles/cans for us to recycle!

For Pastoral Care

Our community strives to offer compassion, companionship, healing, and joy to all its members. Our pastoral care coordinators can help you find the listening ear or helping hands that you may need in difficult times. Please contact the Rev. Geoff Rimositis.

Contacting the Ministers

Rev. Nancy Palmer Jones and **Rev. Geoff Rimositis** feel honored to serve this congregation, and we cherish your trust! Here is how reach us: **Nancy** (408) 292-3858, ext. 23 Mon.-Thurs.; cell (408) 952-9418; e-mail: revnpj@yahoo.com. **Geoff**: (408) 292-3858, ext. 25 Mon.-Thurs.; cell (408) 309-7796; e-mail: grimositis@gmail.com.

Cuidado Pastoral

Nuestra comunidad se esfuerza en ofrecer la compasión, el compañerismo curativo, y la alegría a todos sus miembros. Nuestros coordinadores en cuidado pastoral pueden ayudarle a encontrar un oído que escucha, o las manos que ayudan cuando ustedes lo pudieran necesitar en épocas difíciles. Para el cuidado pastoral, por favor, comuníquese con el Rev. Geoff Rimositis.

Contactando a los Ministros

La Rev. Nancy Palmer Jones y **El Rev. Geoff Rimositis** se sienten honrados de servir a esta congregación y apreciamos su confianza! Aquí esta como puede contactarnos: **Nancy** (408) 292-3858, ext. 23 de Lunes a Jueves; cell (408) 952-9418; e-mail: revnpj@yahoo.com. **Geoff**: (408) 292-3858, ext. 25 de Lunes a Jueves; cell (408) 309-7796; e-mail: grimositis@gmail.com

READY TO BECOME A NEW MEMBER OF THE FIRST UNITARIAN CHURCH OF SAN JOSÉ?

Contact Rev. Geoff, grimositis@gmail.com

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Thanks for all the work you do and care you put into the newsletter.

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