



ur Church Circular

August 2016

Agosto 2016 / Nuestro periódico iglesia

Time to Get Ready for the **Homecoming Volunteer Fair**

Plus:

**We'll Miss
You, Frank**

**Snapshots
from
Studybreak**

**Rev. Geoff's
Joy Poem**

**Whadda
UU Know**

**Delegate
Report
from GA**



FIRST UNITARIAN CHURCH *of San José*



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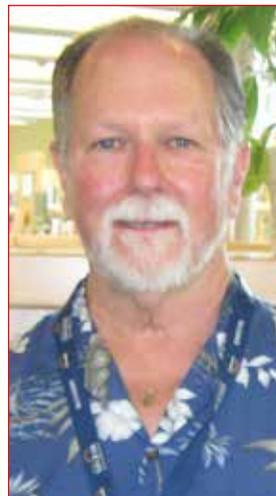
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We'll Miss You, Frank

From Rev. Nancy's note about the recent death of Frank Bosche: "*Frank has been an integral and always-growing leader in our congregation. He has been a passionate and loving small-group ministry leader, walking with, guiding, and living with that group of folks through other big losses that they have experienced, and he has always been thrilled to listen deeply to the wisdom that each member has to offer, to empathize with another's sorrow, and to gently corral conversations so that everyone has a chance to share.*" Watch for details on the Celebration of Frank's Life this month.



Homecoming Volunteer Fair & Potluck

Volunteers are the backbone of First Unitarian, and volunteering is a great way to give back to our community, meet new people and have fun in dozens of ways — **singing, cooking, making copies, writing, phone banking, setting up, cleaning up, greeting visitors, fixing things, teaching, taking photos, and SO MUCH MORE!**

After Homecoming service on September 11, come to our Volunteer Fair & Potluck to find out where your talents are needed.

**Need
Volunteers?
Be Part of
the Fair!**

If you are the liaison for an FUCSJ committee, social group or activity that works with volunteers or members, here's what you need to do to participate in the Homecoming Volunteer Fair:

- 1) Reserve space no later than Sunday, September 4 by contacting **Henry Ruddle** at rcreative1@gmail.com.
- 2) Create a display or a handout for your activity describing the volunteer/member opportunities available with important details such as when and where it happens, how much time is involved, whether any special skills are needed, whom to contact and so on.
- 3) Create a sign-up sheet.
- 4) Have someone available at your table to discuss your activity with interested parties.
- 5) Bring a contribution to the potluck. Your food will stay on your table to encourage people to visit every table. There will be very few tables for visitors to sit and eat, so try to bring something that can be eaten standing up.



Habits of the Heart for Times Such as These

by Rev. Nancy Palmer Jones

Every day throughout my teenage years, my father sits at the kitchen table in the early morning hours, a cup of coffee by his side, a yellow legal pad before him, and a pencil in his hand. He is making a list (or five, or ten): lists of to-do's for that day and that week; lists of his dreams and of steps to accomplish them; lists of instructions to give his colleagues, or his family, or the Sunday school class he'll teach that weekend; lists of jokes to share with those very same people, bless him.

For years, I railed against the content of my father's lists, especially when they offered helpful but unasked-for advice for me. Little did I know how deeply this spiritual practice of my father's—the chaos-reducing, brain-freeing, creativity-encouraging practice of list making—was seeping into my soul.

Nowadays, especially when our world—locally, nationally, personally, publicly—feels chaotic, traumatic, exhausting, and confused, I find it helpful to ground myself in this spiritual practice. I make, or I find, a list or lists that offer a pathway to clarity, peace, and a renewed sense of gladness about being alive. And lo and behold, I have found just such a list this week!

But first, a little context:

Habits of the Heart

What is a spiritual practice, after all, if not a “habit of the heart,” as writer-teacher Parker Palmer calls them? We find an activity that grounds us in our best selves and that opens our minds and hearts to new ways of seeing, thinking, being. Maybe our spiritual practice involves making lists, or praying, meditating, taking photographs, drumming, dancing, singing, beading, journaling, washing the dishes, serving meals to those in need ... Actually, any-

thing can be a spiritual practice when we bring a mindful intention to it. We practice and practice these activities until they become a habit of the heart, a steady portal into a new way of being in the world. We practice and practice, and gradually we feel ourselves beginning to change, with the side effect that our capacity to change the world around us grows, too.

In Times Such as These

As I write, the temperature of the national presidential election season has skyrocketed, with the major parties' national conventions bringing heated rhetoric and sometimes-alarming surprises. We Unitarian Universalists feel, too, the pain of this summer's brutal losses—the deaths of citizens and police officers; violence near and far; needs beyond our capacities to fix in any simple or straightforward way.

Yet this week, just when I need it most, I come across a wonderful list. Parker Palmer lists five “Habits of the Heart” to help “heal the heart of democracy.” And it strikes me that Palmer's list applies not just to our political system—though God knows we need these habits there. It can also remind us, dear ones, of the habits of the heart that we need as we strive to create the Beloved Community right here and now.

The List—Five Habits of the Heart for Us to Practice:

1. An understanding that we are all in this together.
2. An appreciation of the value of “otherness.”
3. An ability to hold tension in life-giving ways.
4. A sense of personal voice and agency.
5. A capacity to create community.

What We Do Now

This list will not surprise us Unitarian Universalists. It echoes our core principles and the very mission of our congregation.

But in times such as these, the ground of our faith must prove its strength. We must “double down” on the spiritual practices that lead us to our best selves and to deeper connections, collaborations, solidarity, and community. What we do now matters!

So: let's plunge in. Let's double down on the spiritual practices that give us the strength, hope, and courage to change and to be agents of change. We need such habits of the heart for these crucial times. I can't wait to participate in what we will create!

With deep love for you and gratitude for this journey we share,

Rev. Nancy

“So: let's plunge in. Let's double down on the spiritual practices that give us the strength, hope, and courage to change and to be agents of change. We need such habits of the heart for these crucial times. I can't wait to participate in what we will create!”

Hábitos del Corazón Para Tiempos Como Estos

por la Rev. Nancy Palmer Jones

Todos los días a lo largo de mi adolescencia, mi padre se sienta en la mesa de la cocina en la madrugada, una taza de café a su lado, un bloc amarillo de notas tamaño oficio delante de él y un lápiz en la mano. Él está haciendo una lista (o cinco o diez): listas por hacer para ese día y esa semana; listas de sus sueños y pasos para realizarlos; lista de instrucciones a sus colegas o su familia o de la clase de escuela dominical que enseñará ese fin de semana; listas de chistes para compartir con idénticas personas, que Dios lo bendiga.

Durante años, critique el contenido de las listas de mi padre, especialmente cuando estas me ofrecieron consejos útiles pero no pedidos. Poco sabía de cuán profundamente era esta práctica espiritual de mi padre—la reducción del caos, liberando el cerebro, alentadora creatividad de la elaboración de la lista—fue penetrando en mi alma.

Hoy en día, especialmente cuando nuestro mundo—local, nacional, personal, público, se siente caótico, traumático, agotador y confuso, yo lo encuentro útil para arraigarme en esta práctica espiritual. Hago o encuentro, una lista o listas que ofrecen un camino hacia la claridad, la paz y un sentido renovado de la alegría de estar vivo. Y bajo y observo, yo he encontrado esa lista esta semana!

Pero primero, un poco contexto:

Hábitos del corazón

¿Qué es una práctica espiritual, después de todo, si no un “hábito del corazón”, como el escritor-profesor Parker Palmer lo llama? Nosotros encontramos una actividad que nos arraiga en lo mejor de nosotros mismos y que abre nuestras mentes y corazones a nuevas maneras de

ver, pensar, ser. Tal vez nuestra práctica espiritual consiste en hacer listas, orando, meditando, tomando fotografías o tocando tambores, bailando, cantando, haciendo abalorios, escribiendo en un diario, lavando los platos, sirviendo comidas a los necesitados... En realidad, cualquier cosa puede ser una práctica espiritual cuando traemos una intención consciente de ello. Practicar y practicar estas actividades hasta que se convierten en un hábito del corazón, un portal constante a una nueva manera de ser en el mundo. Nosotros practicamos y practicamos y poco a poco nosotros sentimos como empezamos a cambiar, con el efecto secundario que crece nuestra capacidad de cambiar el mundo que nos rodea, crece también.

En Tiempos Como Estos

Yo escribo, la temperatura de la temporada de elecciones nacionales para presidente se ha disparado, con las convenciones nacionales de los partidos mayoritarios trayendo una retórica de odio y algunas veces alarmantes sorpresas. Nosotros los Unitarios Universalistas sentimos, también, el dolor de la pérdida brutal de este verano—las muertes de ciudadanos y de los oficiales de la policía; violencia cerca y lejos; necesidades más allá de nuestras capacidades para solucionar de alguna manera simple o sencilla.

Sin embargo esta semana, justo cuando más lo necesito, me cruzo con una maravillosa lista. Parker Palmer enumera cinco “Hábitos del Corazón” para ayudar a “sanar el corazón de la democracia”. Y me parece que la lista de Palmer se aplica no sólo a nuestro sistema político—aunque Dios sabe que necesitamos estos hábitos allí. Puede también recordarnos, queridos, de los hábitos del corazón que necesitamos mientras nos esforzamos por crear a la Amada Comunidad justo aquí y ahora.

La Lista—Cinco Hábitos del Corazón para que Nosotros Practiquemos:

1. En el entendimiento de que todos estamos juntos en esto.
2. Una apreciación del valor de la “otredad.”
3. Una capacidad de mantener la tensión en formas dadoras de vida.
4. Un sentido voz personal y de acción.
5. Una capacidad para crear comunidad.

Que Hacemos Ahora

Esta lista no nos sorprenderá a nosotros los Unitarios Universalistas. Hace eco de nuestros principios fundamentales y la misión propia de nuestra congregación.

Pero en tiempos como estos, la base de nuestra fe debe demostrar su fuerza. Nosotros debemos “ser más tenaces” en las prácticas espirituales que nos llevan a lo mejor de nosotros mismos y a las más profundas conexiones, colaboraciones, solidaridad y comunidad. ¡Lo que hacemos ahora importa!

Así que: ¡vamos a sumergirnos! Seamos más en tenaces las prácticas espirituales que nos dan la fuerza, la esperanza y el coraje para cambiar y ser agentes de cambio. Necesitamos estos hábitos del corazón para estos tiempos cruciales. ¡No puedo esperar a participar en lo que vamos a crear!

Con profundo amor y agradecimiento por este viaje que compartimos,

Rev. Nancy

Snapshots of a Study Break – Summer 2016

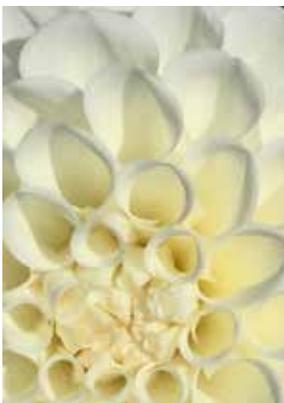
Rev. Nancy devoted most of her study break this summer to her work for our larger Unitarian Universalist movement, drafting a chapter for the book she and Karin Lin are co-authoring, *The Joy of the Journey: Unitarian Universalist Congregations on the Road to Multiculturalism*. Here are a few images from her study break:

Writing Retreat in the Mountains



Granny's Kitchen in Julian, CA, offered space to write and the reminder to "Cherish the Moment."

Finding Beauty in San Diego and in San José



Always the spiritual practice of encountering beauty up close feeds a joy in being alive.



Rev. Nancy returns to the office on Monday, August 8, ready to launch a new year of Making Love Visible with you!

And the Work for Justice Continues



Marching in the Naglee Park July 4 parade for gun violence prevention, and meeting with the Beloved Community Movement's leadership team in late July (can you spot FUCSJers Maiclaire, Mary, and Alice in this picture?)



Joy Poem: A Call to Worship

By the Reverend Geoff Rimositis

Are we deserving of joy? Is it only for the well-heeled, well-dressed, well-coiffed?

Is joy only for peak experiences: when you say I do at the altar? When the newborn is placed on the mother's chest after delivery? The double rainbow? The lottery payout? The first kiss?

Does joy only come around as often as a lighting strike, a tremor under foot, an eclipsing moon?

Do you have to wait for a special delivery? Do you have to sign for it? Tip the driver? Hope it doesn't require assembly?

Do you know joy when you see it? The skipping child down the sidewalk? The welcoming hug at the airport? The perfectly cooked pie fresh out of the oven?

Can joy be stoked out of the coldness of despair? Can it light you up when all is bleak and grey?

How tough is joy? Can it stay alive in the inner city? Can it find its way to the soup-line? In a tent under an overpass? In another too-old-to-hire rejection slip?

Is it real joy when joy delights in putting people in their place; to celebrate misfortune because might makes right?

Joy wears its heart on its sleeve. Joy shares toys, bread and butter. Joy doesn't always need to be first in line. Joy wants to bring other people along; make them feel special, celebrate all of who they are.

Joy. It is not only for the lucky few. Nothing gets the goat of an oppressor more than seeing the ones they oppressed joyful. Joy is counter-cultural. Joy refuses to be defeated by hopelessness and despair. Joy seeks out others to share itself with. It is a Jesus moment of loaves and fishes multiplying among the multitude. Joy says you cannot take it away from me. It is my natural human right to live a life with food on the table, nourishment for the mind, and joy for the heart. This is what the good life is all about. It doesn't take much. But it does take enough to bring smiles on the faces of children and a peaceful easy feeling for those who raise those children.

You know you'd like a little joy in your life. You'd like to let go of the world you carry on your shoulders and let it spin on its own axis. Say to yourself right now. I am open. Joy, make yourself at home in my heart. It is okay if it bubbles over. You will laugh at the bubbles as they fly high on the wind.

Come, let us worship together.

Poema De Alegría/ Llamado A La Devocion

Por el Rev. Geoff Rimositis

¿Somos merecedores de la felicidad? ¿Es sólo para los adinerados, bien vestidos, los de la alta sociedad?

¿Es la alegría sólo para las máximas experiencias: cuando dicen si en el altar? ¿Cuándo el recién nacido es colocado en el pecho de la madre después del parto? ¿El arco iris doble? ¿Las ganancias de la lotería? ¿El primer beso?

¿La alegría sólo viene tan a menudo como un rayo, un temblor bajo los pies, un eclipse de luna?

¿Tienen que esperar para una entrega especial? ¿Tienen que firmar por ello? ¿Dan una propina al conductor? ¿Esperan que no se requiera armar?

¿Conocen la alegría cuando la ven? ¿El salto de un niño en la acera?

¿El abrazo de bienvenido en el aeropuerto? ¿El perfecto pastel recién horneado?

¿Puede ser avivada la alegría de la frialdad de la desesperación? ¿Puede alumbrar cuando todo es sombrío y gris?

¿Cuán resistente es la alegría? ¿Puede mantenerse viva en el centro de la ciudad? ¿Puede encontrar su camino en la línea de la sopa? ¿En una tienda de campaña debajo de un puente? ¿En otra tan conocida nota de rechazo?

¿Es verdadera la alegría cuando se deleita en poner a la gente en su lugar; para celebrar la desgracia porque podría hacer lo justo?

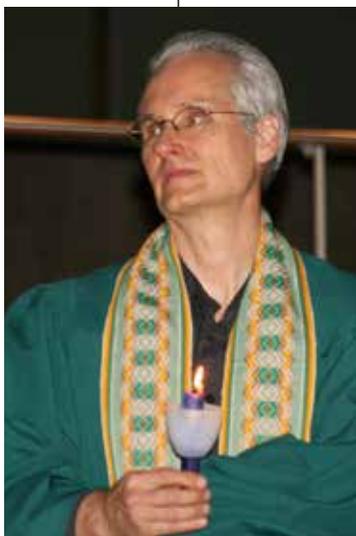
La alegría lleva su corazón en su manga. La alegría comparte juguetes, pan y mantequilla. La alegría no siempre necesita ser la primera en la línea. La alegría

quiere traer otras personas a su lado; hacerlas sentir especiales, celebrar todo lo que son.

La alegría. No es sólo para unos pocos afortunados. Nada consigue la cabra de un opresor más que viéndolos alegres a los oprimidos. La alegría es contracultural. La alegría se niega a ser derrotada por la desesperanza y la desesperación. La alegría busca otros para compartirse. Es un momento de Jesús de panes y peces que se multiplican entre la multitud. Alegría, dice que usted no puede tomar lejos de mí. Es mi natural derecho humano para vivir una vida con comida sobre la mesa, alimento para la mente y la alegría para el corazón. Esto es lo que es la buena vida. No toma mucho. Pero lo suficiente como para poner sonrisas en los rostros de los niños y una pacífica sensación de facilidad para aquellos que crían a los hijos.

Ustedes saben que les gustaría un poco de alegría en su vida. Les gustaría dejar atrás el mundo que llevan sobre sus hombros y dejarlo girar sobre su propio eje. Decirse a ustedes mismos ahora. Estoy abierto. Alegría, siéntete como en casa en mi corazón. Está bien si burbujea. Ustedes se reirán de las burbujas que vuelan alto en el viento.

Vengan, vengan al servicio juntos.



Sunday Services / Servicios Domingo

SUNDAY, AUGUST 7 11 AM



Learning to Receive

Many of us are happy to give and help, but struggle to receive and acknowledge when we need assistance. There are virtues to be learned in times of dependence and interdependence from vulnerability and humility to grace and gratitude that can enhance our connections and open us to deeper, more whole relationships with each other.

Worship Leader: Christy Baker
Worship Associates: Marnie Singer

DOMINGO, AGOSTO 7 11 AM

Aprendiendo a Recibir.

Muchos de nosotros estamos encantados de dar y ayudar, pero luchamos para recibir y reconocer cuando nosotros necesitamos ayuda. Hay virtudes que son

ALBANZAS EN ESPAÑOL 10:15 AM

Venga a unirse a nosotros para este servicio simple de oración-meditación de media hora (sin sermón) a las 10:15 am en una mezcla de inglés y español en la biblioteca de la iglesia.

Come join us for this simple prayer-meditation service (without sermon) at 10:15 am, held in a mixture of English and Spanish in the Church Library.

aprendidas en tiempos de dependencia e interdependencia de la vulnerabilidad y humildad con gracia y gratitud que pueden mejorar nuestras conexiones y nos abre a relaciones más profundas y más completas con otros.

Dirige: Christy Baker
Asociada de Culto: Marnie Singer

SUNDAY, AUGUST 14 11 AM



Jazz: Can you dig it?

Our annual jazz service timed for the weekend of the San Jose Summer Jazz Festival focuses on active listening. The audience can become part of the creative act with the musician if we practice a kind of open, empathetic listening that

Worship / Small-Group Ministry Themes for 2016-17

- September 2016:Change
- October 2016: Living with Our Fears
- November 2016: Integrity
- December 2016 Earth
- January 2017:Stages of Life
- February 2017:Kinship and Friendship
- March 2017:Understanding "the Other"
- April 2017:.. The Boundaries That Harm and That Heal Us
- May 2017: Forgiveness

also serves us in other aspects of our lives. Come hear jazz musicians from our congregation and youth from San Jose Jazz perform. Bring your checkbooks. We will have a special collection supporting the San Jose Jazz youth program.

Worship organizers: Steve Madden, Neil Kelly, Tariq Tayab, Deb Fenzel-Alexander and Rick Merritt

DOMINGO, 14 DE AGOSTO 11 AM

Jazz: ¿Pueden Ustedes Averiguarlo?

Nuestro servicio anual de jazz programado para el fin de semana del Festival de Jazz del verano de San José se centra en la escuchar en forma activa. El público puede convertirse en parte del acto creativo con el músico si practicamos una especie de escucha abierta y empática que también nos sirve en otros aspectos de nuestras vidas. Venga oír a los músicos de jazz de nuestra congregación y la presentación de los jóvenes de San José Jazz. Traigan sus chequeras. Tenemos una colección especial para apoyar el programa juvenil de Jazz de San José.

Dirigen: Steve Madden, Neil Kelly, Tariq Tayab, Deb Fenzel-Alexander y Rick Merritt



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SUNDAY, AUGUST 21 11 AM



The Spiritual Practice of Serious Joy and Disarming Delight

The seriousness of our times—and the trauma of our losses near and far this summer—ask us to double down on the spiritual practices that keep us grounded and glad to be alive! This Sunday, we share reflections on the practices that bring us “serious joy” and that disarm us with delight. Let’s “#staywoke” to both joy and pain, bringing the full strength of our humanity to this beautiful, hurting world!

Worship Leaders: the Rev. Nancy Palmer Jones and the Rev. Geoff Rimositis;
Worship Associate: Ben West

La Práctica Espiritual de la Alegría Seria y las Delicias del Desarme

¡La seriedad de nuestros tiempos—y del trauma de nuestras pérdidas cercanas y lejanas este verano—nos pide hasta el doble en las prácticas espirituales que nos mantienen conectados a la tierra y contentos de estar vivos! Este domingo, compartimos reflexiones sobre las prácticas que nos traen “importantes alegrías” y que nos desarma con deleite. ¡Vamos a “#staywoke” ambos, la alegría y el dolor, trayendo toda la fuerza de nuestra humanidad a este bello, dañando mundo!

Dirige: la Rev. Nancy Palmer Jones y el Rev. Geoff Rimositis; **Asociado de Culto:** Ben West

SUNDAY, AUGUST 28 11 AM

Let’s Play With Story

Come hear stories told by members of Olga Loya’s storytelling workshop. Olga is a nationally-known professional storyteller. She has taught the craft of storytelling to members of our church over the past two

weekends, and they will share the results with you!

Worship Leader: Olga Loya;
Worship Associate: Susan Miller

DOMINGO, 28 DE AGOSTO 11 AM



Jugaremos con Historias

Vengan a escuchar historias contadas por los miembros del taller de narración de cuentos de Olga Loya. Olga es una cuenta cuentos profesional nacionalmente conocida. Ella ha enseñado el arte de contar cuentos a los miembros de nuestra iglesia en los dos últimos fines de semana y compartirán los resultados con usted.

Dirige: Olga Loya;
Asociada de Culto: Susan Miller



Exciting News from Third Street!

By Rosemary Baez

We have some exciting news to share! HGA Architects and Engineers has offered to redesign the basement office space and to help us secure new office furniture! This is not a done deal. Although they have a team of four professionals doing the design pro bono, they are reaching out to their clients (many of whom are local technology companies) to see what would work best for our needs.

All of us who use the space on a regular basis are very excited about this opportunity. If and when all pieces come together, we will need help to make a smooth transition. In the end, we hope to have a design that makes the most efficient use of our limited space, as well as provide a more open and welcoming space for all our guests who walk through the door.

I hope this is one small way we can leverage our connections and give back to the church community for all the support you’ve

given us over the years.

On our program front, our Summer Camps are coming to an end. We had over 40 youth participating in everything from literacy, art, field trips, workshops, and college tours. Staff will have a very brief break as we prepare to welcome children back to our After School Academic Program on August 22nd!

In community spirit,

Rosemary Baez



Children and Youth Classes



Youth Classes for August

SUNDAY AUGUST 7

1st-8th Grade — The Power of Listening

9-12th Grade — A safe place for youth to share their lives and find friendship and support

SUNDAY AUGUST 14

1st-8th Grade — The Power to Shine

9-12th Grade — A safe place for youth to share their lives and find friendship and support

SUNDAY AUGUST 21

1st-8th Grade — The Power of Passion

9-12th Grade — A safe place for youth to share their lives and find friendship and support

SUNDAY AUGUST 28

1st-8th Grade — The Power of Action

9-12th Grade — A safe place for youth to share their lives and find friendship and support



A young adult group gathering.

Upcoming RE Events

By the Reverend Geoff Rimositis

SUNDAY, AUGUST 14 9:30 AM

Roots and Wings: UU Parenting 0-10 years Group

Classrooms 4-6

Our daughters receive so many mixed messages from the culture about how to be, how to look, about what is important about them, i.e. their appearance, their sexuality, their clothing, etc. As girls grow into adolescence, they often experience a diminishment of value; often their athletic or intellectual talents, and their character become less important than their appearance and their sexuality. How can we nurture our daughter's inner beauty, her character, her talents and intellect? How can we help her celebrate her femininity without moving into the world of stereotypes and constraints? Second Sundays, classrooms 4-6, 9:30 am, childcare provided. Meetings facilitated by Rev. Geoff Rimositis

SUNDAY, AUGUST 28 9:30 AM

Support Group for Parents of Teens and Tweens

Classrooms 4-6

Parenting is one of the most important and least supported roles in society. How can we support each other to stay compassionate with our children, our partners, and ourselves when the inevitable breaks in connection happen? How do we repair the connection? How do we get out and stay out of power struggles? These are some of the goals of this new group for parents of teens/tweens. We support each other, share deeply, and learn from each other and are also reading the book *Getting to Calm* by Jennifer Wyatt. Fourth Sundays, classrooms 4-6, 9:30am, childcare provided by request.

SUNDAY, AUGUST 14 1:30 PM
TUESDAY, AUGUST 23 7 PM

Young Adult Group

Youth Room

Spiritual discussion group for ages 18-35 meets 2nd Sunday afternoons and 4th Tuesday evenings for reflection, connection, meditation, discussion, and laughter! We are using the UU curriculum *Finding Your Path* by Michael Tino. Young adult life is filled with decisions and transitions. An incredible number of the most important decisions people in our society make in their lives are made between the ages of 18 and 35. Choices about family, career, relationships, community and calling are all at the forefront of our lives as young adults.

This group is a chance to get to know ourselves, to sit down and really understand what motivates us, and to connect our passions and our values with our career aspirations. Through this exploration, we will have a better sense of who we are and how we are called to live our lives in the world in a deep and meaningful way. Join us this month Sunday, June 12th at 3 pm and Tuesday, June 28th at 7 pm!

Unitarian Universalist Parents Meetup Group

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 at **First Unitarian Church of San José** <http://sanjoseuu.org> who wanted an easy way to get to know like-minded parents. You do not have to attend any church or consider yourself religious to be part of this group. Just go to our Meetup site, <http://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.

Democratic Governance

A (first-time) Delegate Report from GA, Columbus

by Robert Strong, Secretary of the Board



I was amazed by the sincerity and depth of discussions I witnessed at this year's General Assembly (GA) of our Unitarian Universalist Association (UUA). I saw a deep commitment to both respect for differing views, and for personal discernment. This was inspiring, even as passions ran high and oratory was spectacular.

"Heart Land: Where Faiths Connect" was the overarching theme, with "hearts" arising in words, video, and song, and "faiths connect" showing up in the presence of leaders of other faiths offering words, worship, and singing. Oh my! The singing!

I am writing as a first-time delegate. I had attended the "Justice" GA in Phoenix 2012, but not as a delegate. "Being a delegate" means committing to showing up to all the business meetings and being able to vote on the issues brought forward, and to convey some sense of the proceedings back to our congregation. All that is in addition to attending those workshops and talks of one's personal choosing.

There were three broad issues that came to my awareness over the five days: UU and the relations of Israel and Palestine, Black Lives of UUs, and the need for Unitarian Universalism to become more truly diverse.

Off the bat, there was what I eventually learned was a continuation of an issue from the prior GA: a condemnation of the Israeli government's destruction of homes of Palestinians. The issue had originally come then as a resolution concerning divestiture of the holdings of a list of companies complicit in the actions, but had run into trouble for seeming to question Israel's right to exist. The issue had been recast this year as a "business resolution".

Passions were high on both sides of the issue.

I was deeply impressed by the way that the UUA reps were working to maintain a "big tent". There was an amazing moderated conversation with four major advocates, asking them not to speak for or against the issue, but to give us some of their background and experience that comes to inform their view. And later, during debate, the moderator suggested that rather than cheer or applaud our agreement, that we instead reflect and try to understand what brings that person to have said what they have said. Less parliamentary procedure per se, and more civility and respect, recognizing our collective desire to include (and certainly not alienate) a variety of viewpoints within our covenant.

There was an absolutely inspirational revival meeting, lead by the Rev. Dr. William Barber, the leader of the NAACP of North Carolina, with music by the Holy Ghost (I kid you not!), calling forth, identifying, proclaiming a new "justice movement" in America. Jumping up and down, rocking, shouting, who knew UUs could be this way? Authentic, real, and inspired. I've always wanted to be an evangelical UU!

The worship services were each and all incredibly music rich, with many songs rendered in gospel stylings, especially call-and-response, to let it move where the spirit moves. The 150+ voice choir was phenomenal (thank you Joy-Ellen Lipsky!). The personal testimonies in the reflections of black ministers were riveting. The energy and presence of the Youth Caucus (including our youth delegate Elara Rivers!) was inspirational. And the variety of presentation and singing styles and cadences reflected our longings for diversity and inclusion!

There are plans afoot for a national convention of Black Lives of UU in 2017. And next year's GA will be in New Orleans.

From among the submission for topics for the 2016-2020 Congregational Study/Action Issue, we delegates selected "The Corruption of Our Democracy".

Issue: As corporations use "corporate personhood" and "money as speech" for their interests rather than the people's needs, can a constitutional amendment be passed to protect us? Could this further Unitarian Universalist work for social and environmental justice and help protect the health and safety of the people and the planet?

Grounding in Unitarian Universalism: Our Seven Principles give us spiritual grounding to put our faith into action. Our General Assembly considered CSAI proposals in 2010 and 2014 on "Revitalizing Democracy" and passed AIWs in 2011 and 2013 on amending the constitution. It is time for a full study of a possible 28th amendment.

And the Israeli-Palestine business resolution on divestiture failed, perhaps in small part because the UUA had instituted an additional general "filter" (somehow based upon our principles) for investment choices that had eliminated holdings of all the originally named companies.

If you have interest, strike up a conversation with me, Elara, or Joy-Ellen.

By the end, I felt I had attained much more than a bit of what I had come for: hope and inspiration. These, and a determination to return next year in New Orleans!

Announcements

1ST & 3RD SUNDAYS 2:30-5 PM



San Jose Community Dances

Hattie Porter Hall

Great exercise, great LIVE music, great fun! All dances taught – beginners welcome.

English Country Dances held third Sundays will take July and August off.

South Bay Contra Dance

Sunday August 7, Newcomers' lesson 2:15, dancing 2:30-5:00 pm, Hattie Porter Hall

Social dance for all ages to live music. If you can walk, you can contra dance. No experience or partner needed. All dances taught and called. First time visitors are free if they come to the lesson at 2:15. Dance starts at 2:30. Wear comfortable shoes. Suggested donation: \$5-\$10; no one will be turned away for lack of funds. All details available at <https://www.facebook.com/groups/SouthBayContraDance/> or <http://bacds.org/sbc>

Please note that the contra dances, held on the first Sunday of the month, will continue each month through the summer.

MONDAYS 6-7 PM

Breathe in Peace, Breathe Out Love Weekly Meditation Gathering

First Unitarian Church Sanctuary

We will be meditating under the sanctuary dome at First Unitarian. We meditate for 30 minutes. We begin with the ringing of the meditation bell and setting the timer for 30 minutes. Come in the door at end of the ramp and quietly enter the sanctuary. You can sit in a chair or bring a cushion to meditate on. All are welcome to stay afterwards for a check in about our meditation experience and practice. Contact **Rev. Geoff Rimositis**, GRimositis@Gmail.com with questions. All are welcome!

WEDNESDAYS 7-9 PM



Alegría Singers Choir Practice Sanctuary

Join the FUCSJ choir in singing at Sunday services, special events such as solstice celebrations and Coffeehouses, and various church activities. Questions? **Liz Owen** lowen@data-time.com

WEDNESDAYS 8-9 PM



Guitars Aloud!

Fireside Room

Guitarists! Let's get together each Wednesday to play UU hymns and other music suitable for services. This free event (for multiple levels) will help you develop your musicianship as you serve the church and its ideals. Ages teen through adult are welcome. Please call **Sally Cooperrider** (408-204-1046) before attending for the first time as the group occasionally skips a week.

2ND AND 4TH SUNDAYS 12:45 PM

Young-at-Heart Fellowship Group Sunday Lunch

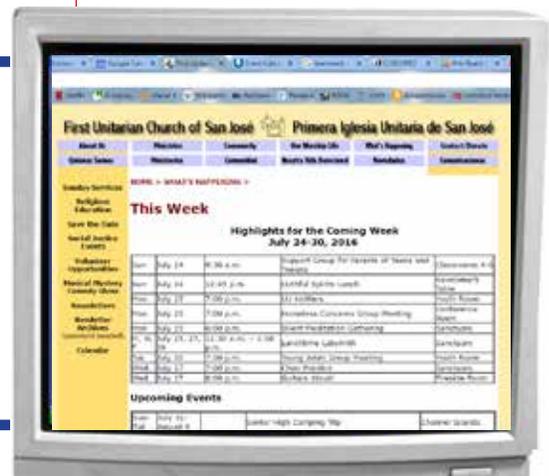
Hattie Porter Hall by Newcomer's Table

Join our young adult/young-at-heart fellowship group for Lunch! Meet in Hattie Porter Hall near the Newcomer's table at about 12:45 pm. Questions? Contact uuthful_spirits-owner@yahoo.com

Stay Up-to-Date with Facebook & sanjoseuu.org/whats happening



The latest church events, photos, and updates can be found on our Facebook page www.facebook.com/FUCSJ and our website sanjoseuu.org — find out about upcoming services on the homepage, and all other events under “What’s Happening.”



FRIDAY, AUGUST 5 8 PM

Dances of Universal Peace

Sanctuary

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.

Come join us on the labyrinth under the dome of our church. **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.



If you have questions you can email **Patrick Smiley** at patrick.smiley@sbc-global.net or telephone and leave a message on his cell-phone: 408-421-6492.

SUNDAY, AUGUST 7 10-11 AM

HUUmanati Sunday Forum

Hattie Porter Hall

We gather, socialize, check in, read aloud, write haiku, play games, or whatever. Come by to tarry awhile, share your thoughts, or just listen. It's fun, and interesting talk always happens.

We meet at the table nearest the coffee. For more information, contact **Amy Baldwin** at 408-730-9622.

SUNDAY, AUGUST 7 1 PM

Homelessness Concerns Group Sunday Meeting

Ramsden Fireside Room

Please join us for our new monthly Homelessness Concerns Group meeting on Sundays, starting on August 7th in the Ramsden Fireside Room. Please bring your ideas about what you would be interested in doing. Possible ideas could include film

screenings, advocacy, volunteering, etc. For more information, call or text John Burk at 408.259.3781. Please leave a voice-mail if calling and there's no answer. Currently, we are also meeting August 29th and 4th Mondays if that is more convenient. Let us know if Wednesdays work better.

**MONDAY, AUG. 8 DEADLINE
SAT/SUN, AUG. 20&21 SUPPERS**



Circle Suppers

Circle Suppers offer an opportunity for members of the church community to get to know one another at casual pot luck suppers. Small groups come together in members' homes to share food and conversation. Hosting is not a requirement for all attendees. Singles and couples, long-time church members or new to this church community, all are welcome. Some folks attend often and others only occasionally.

The suppers in August will be Saturday the 20th and Sunday the 21st. The deadline to sign up is Monday, August 8. Contact **Barbara Derbyshire** at CircleSuppers@AOL.com.

MONDAY, AUGUST 8 7-9 PM

Social Justice Council Meeting

Conference Room

Please join the council on Monday, August 8 at 7:00 pm in the downstairs conference room to make your voice heard about the issues under discussion. For more information or if you are locked out, call or text **John Burk** at 408-259-3781.

SAT., AUG. 13 9:30 AM - 2 PM

Help Spruce Up Our Church at SIOP

All Church

Our next all-church work party — Service is Our Prayer Day (SIOP) — is scheduled for Saturday,

August 13, 9:00 am to 2 pm.

Please place it on your calendars! As usual, we'll be meeting first in the Sanctuary to organize our activities, then spreading out around the church for a variety of cleanup and fixup tasks. All skill levels are welcome, including youth with a service obligation to complete. At noon, we'll share a tasty lunch in the conference room. If you see something around the church that needs attention, please let us know, or, much better, come to the work party to lead the effort to clean or fix it! For further information, contact **Bob Howd** at bhowd@aol.com or 408-257-6844.



SATURDAY, AUGUST 13 7 PM



WHADDA UU KNOW? — A Comedy Game Show

Hattie Porter Hall

Enjoy an all new show with all new games and contestants, as well as a new VIP, Randall King, the artistic director of San Jose Stage, the area's most kickass theater company.

Contestants go head-to-head in trivia games heavy on word play, music and fun led by your emcee **Nerdy Hurdle** (Henry Ruddle). Music Director **Trench Mojo** (John M. Ector) will co-host and, along with **Hankie Candies** (Dianne Saichek), provide music and musical games. Table games will entertain you during the boring

Continued on the next page

bits (if any).

Snacks and drinks will be available for purchase. Free will donation at the door or buy tickets in advance with PayPal or a credit card. (Suggested: \$10). All proceeds benefit the music program. For questions, to offer help, e-mail (emcee) **Henry Ruddle** at rcreative1@gmail.com.



MONDAY, AUGUST 15 7:30-9 PM



HUUMANATI Monday Meeting

Library (to the left in the front lobby)

Come join us, rest your feet, check in, and chat about what's on your mind. There may be board games and other easy activities, also. Questions? Contact **Amy Baldwin**, 408-730-9622.

SATURDAY, AUG. 20 10 AM-3 PM
SATURDAY, AUG. 27 10 AM-3 PM



Storytelling Workshop, Let's Play With Story, led by Olga Loya

Hattie Porter Hall

Olga Loya will work closely with participants to help explore and develop their own storytelling styles utilizing many exciting and fun storytelling games and exercises. This workshop will focus upon family

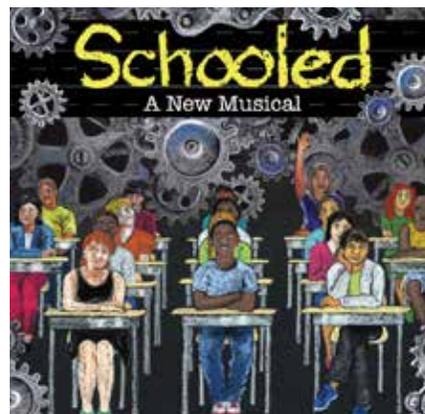
and personal stories. The plan is to learn how to tell the stories and then present them to the congregation on August 28. To sign up for the workshop, please contact the Office Manager at fucsjoffice@gmail.com. There will be a \$50.00 fee.

TUESDAY, AUGUST 23 6:30 PM

Impromptu FUCSJ Picnic for San Francisco Mime Troupe Show

Gather at 5 p.m. at St. James Park

Bring your blankets, picnics, and friends to enjoy a performance of "Schooled" by the San Francisco Mime Troupe.



Theirs is not silent mime but rather a riproaring show of laughter, music, satire, rowdy characters, and social commen-

Continued on the next page

Hiking Schedule (August 2016)

Dear Hikers, Please call or email me if you plan to hike so I know that you are joining us and can tell you if plans have changed: j408miller@sbcglobal.net. home phone 408-730-1052 or cell 408-769-0534. — **Joyce Miller**

WEDNESDAY, AUGUST 3 8:30 AM

Russian Ridge, 5 miles, moderate. Meet at Page Mill/280 Park and Ride.

SATURDAY, AUGUST 6 8:30 AM

Los Trancos, 6 miles, moderate. It is an out and back that goes from Los Trancos to Foothill Park through a beautiful mixed forest. It is mostly in the shade. Meet at Page Mill/280 Park and Ride.

WEDNESDAY, AUGUST 10 8:30 AM

Huddart County Park, 5 miles, moderate. Meet at Page Mill/280 Park and Ride.

SATURDAY, AUGUST 13 8:30 AM

Purissima State Park shuttle hike, 6 miles, moderate. Meet at Page Mill/280 Park and Ride.

WEDNESDAY, AUGUST 17 8:30 AM

We did this hike in June and really liked it. It is shorter, mostly in the shade and very flat. We will stop for a snack at a coffee shop in Lost Gatos. Here are the directions: Meet on Garden Hill Drive where there is

ample street parking. If you want to put this address in your GPS it will get to the area for parking: 296 Garden Hill Drive, Los Gatos. It is near the intersection of Highway 17 and Lark Ave. You will take the Lark exit and go straight across Lark onto Garden Hill Drive. Continue on Garden Hill for about 5 blocks. You will see Los Gatos Creek park ahead. Veer left on Garden Hill and find a place to park. We will meet at the entrance to the trail. This is 4.5 mile out and back. We can make it a bit longer if we want to.

SATURDAY, AUGUST 20 8:30 AM.

Skyline Ridge Loop, 7 miles. Meet at Page Mill/280 Park and Ride.

WEDNESDAY, AUGUST 24 8:30 AM

Huddart County Park, 6 miles. Meet at Page/Mill/280 Park and Ride.

SATURDAY, AUGUST 27 8:30 AM

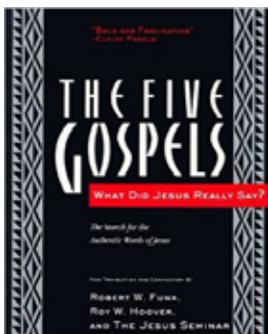
Castle Rock State Park, 6 miles, moderate. Meet in Saratoga behind US Bank.

That's all folks!



tary—it's right up our UU alley! Wear your "Standing on the Side of Love" T-shirts if you can, so that we can show up as the Love People. Music starts at 6 pm, and the show starts at 6:30. We'll be especially grateful to all those who can arrive early to help save space for the FUCSJ contingent. Free, donations requested. Description of the play: <http://www.sfmt.org/>

COMING IN SEPTEMBER



Christian Origins Book Study

Starting in September we will be reading the groundbreaking book *The Five Gospels: What Did Jesus Really Say?* by the Jesus Seminar and Robert Funk. This book is a great foundation as it explains how the Historical Biblical Scholars do their work, describes the conclusions that the Jesus Seminar reached on what Jesus most likely said (about 18% of what is attributed to him), and gives us insight into how those conclusions were reached. It also includes the *Gospel of Thomas*, which is not in the Christian Bible, but has significant information about Jesus.

We are in e-mail conversation now about when we will meet each month. If you want to be in on that e-mail discussion, please contact **Bob Miess** at Bob@BobMiess.com or 925-392-5901.

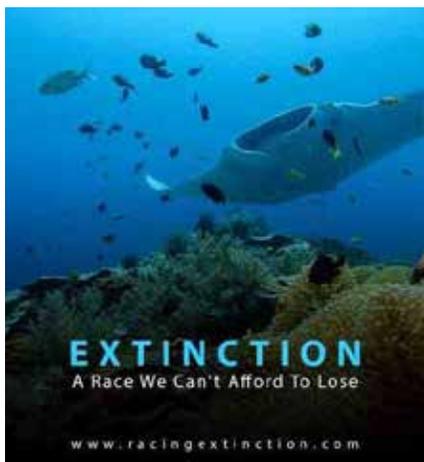
SUNDAY, SEPT. 18 12:45 PM

Environmental film, Racing Extinction, presented by the Rights of Nature

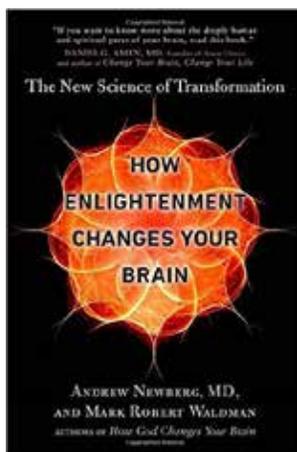
Sanctuary

The important environmental film, *Racing Extinction*, will be presented in the

Sanctuary at 12:45 pm on Sunday, Sept. 18 by our church environmental group. This documentary, prepared by the Oceanic Preservation Society, the same team that produced *The Cove*, highlights the threats to our ocean and all its inhabitants by human activities. The scenery is beautiful, the story disturbing. It is directed by Academy Award winner, Louie Psihoyos and funded by the Discovery Channel. A discussion will follow the film. Contact **Bob Howd** (bhowd@aol.com) or **Frey Leigh** (fleigh@att.net) if you'd like further information.



TUESDAY, SEPTEMBER 20 6 PM



"Entering the Mystery: Mysticism, UUs and Enlightenment" Teleconference

Call in 800 977 8002 and use participant code 745238

Where does direct experience of the transcendent, neuroscience and UUs inter-

sect or better yet, where does 'woo woo' meet 'weigh and measure?' Surveys show that a significant number of individuals have had some type of 'mystical, numinous, or transcendent experience' so how can we explain and reconcile this with scientific fact? Is the latest neuroscience and Neurotheology beginning to offer glimpses of "knowing the unknowable?"

Come join our free UU Mystics community teleconference on 9/20/16 at 6 pm for a book discussion on Andrew Newberg's "How Enlightenment Changes the Brain." (You do not need to have read the book to participate.)

Call in 800 977 8002 and use participant code 745238 and please be sure to check out our website at uumystics.org.

FRI., OCTOBER 14 7:30PM
SAT., OCTOBER 14 7:30PM
SAT., OCTOBER 22 7:30PM
SUN., OCTOBER 23 2:30PM

The Last Chance Lounge — Our Annual Musical Mystery Comedy

Hattie Porter Hall

Thing just aren't right at The Last Chance Lounge. There's trouble brewing among the staff, health code violations, a love triangle, suspicious pasts and a few surprises!

Laugh along at our 2016 mystery musical comedy and help us figure out who will be murdered by suggesting motives. The lounge offers karaoke one night a week, and audience members are invited to show their stuff! (Please sign up by contacting **Henry Ruddle** (rcreative1@gmail.com) so we can arrange a song rehearsal before your big night.





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: <http://sanjoseuu.org/form/index.php?sid=2> or call (408) 292-3858

To receive the newsletter via email: fucsjooffice@gmail.com or join the Yahoo Group: groups.yahoo.com/group/uusj

Next issue copy deadline: 3 pm Wednesday, August 24

Mailing: Wednesday, August 31

View this newsletter online in PDF format at: sanjoseuu.org

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!

Save the Dates

July 31- August 6, Senior High Island Trip, Channel Island National Park, Santa Cruz Island

August 5, Friday, 8:00 pm, Dances of Universal Peace, Sanctuary

August 7, Sunday, 10-11 am, HUUMANATI Forum, Hattie Porter Hall

August 7, 1 pm, Homelessness Concerns Group Meeting, Ramsden Fireside Room

August 8, Monday, 7 pm, Social Justice Council Meeting, Board Room/Conference Room

August 8, Monday, Deadline to sign up for Circle Suppers

August 13, Saturday, 9:30 am – 2 pm, All-church Work Party (SIOP)

August 13, Saturday, 7 pm, Whadda UU Know, a comedy gameshow fundraiser for the music program.

August 15, Monday, 7:30-9 pm, HUUMANANTI Monday Meeting, Library

August 20 & 21, Saturday & Sunday, Circle Suppers, contact Barbara at CircleSuppers@aol.com; sign-up deadline August 8

August 20, Saturday, 10 am-3 pm and **August 27**, Saturday, 10 am-3 pm, Storytelling Workshop, Let's Play With Story, led by Olga Loya

August 23, Tuesday 5pm (show at 6:30 pm), Impromptu FUCSJ Picnic for San Francisco Mime Troupe Show, St. James Park.

September 18, Sunday, 12:45 pm, Environmental Film: Racing Extinction, Sanctuary

September 20, Tuesday, 6 pm, "Entering the Mystery: Mysticism, UUs and Enlightenment" Teleconference

October 14, 15, 22 & 23, The Last Chance Lounge — Musical Mystery Comedy

READY TO BECOME A NEW MEMBER OF THE FIRST UNITARIAN CHURCH OF SAN JOSÉ? Contact Rev. Geoff, grimositis@gmail.com

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 to reach us: Nancy (408) 292-3858, ext. 223 Mon.-Thurs.; cell (408) 952-9418; e-mail: revnpj@yahoo.com. Geoff: (408) 292-3858, ext. 225 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. 223 de Lunes a Jueves; cell (408) 952-9418; e-mail: revnpj@yahoo.com. Geoff: (408) 292-3858, ext. 225 de Lunes a Jueves; cell (408) 309-7796; e-mail: grimositis@gmail.com

How You Can Support This Congregation:

Your Presence and Time

Attend Sunday services, join a Small Group or one of the many social/activity groups, serve on a committee, come to events, like us on Facebook. Visit www.sanjoseuu.org for more ideas!

Contribute to Fundraisers, Weekly Collections

Make an annual pledge of support (fulfill it by check, EFT, stock transfer or Paypal), attend fundraisers such as the service auction and mystery musical, watch for special collections.