



# ur Church Circular

September 2016

Septiembre 2016 / Nuestro periódico iglesia

September Theme:

## Change

Tema de septiembre: **Cambio**



### *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

*Plus:*

**Homecoming, September 11!**

**Julian Street Inn Donations Needed**

**The Sacred Art of Listening**

**RE Curriculum for 2016-17**

**Musical Mystery Comedy:  
The Last Chance Lounge**

*(Save the dates: Oct. 14-15, 22-23)*



# FIRST UNITARIAN CHURCH of San José

**150** YEARS  
OF MAKING  
LOVE VISIBLE

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

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*Senior Minister Nancy Palmer Jones and Music Director John Ector planning music for the 2016-17 liturgical season.*

# Homecoming Volunteer Fair & Potluck

**V**olunteers 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.

After Homecoming service on September 11, come to our Volunteer Fair & Potluck to find out where your talents are needed. As of press time, 18 groups plan to exhibit:

1. Communications
2. Environment (Rights of Nature)
3. Women's Alliance

4. Band of Writers
5. Chancel Decorators
6. Social Justice
7. Youth/Family Ministr
8. Alegria Singers (choir)
9. Guitars Aloud
10. Worship Hosts
11. Building Committee
12. Homeless Concerns
13. Worship Associates
14. Commissioned Community Ministers

15. Older Worker Discrimination
16. PACT
17. Archive Committee
18. Partner Church
19. Coffee Hosts
20. Leadership (POC/Board)
21. Pastoral Care

If you represent a group that needs more volunteers, contact **Henry Ruddle** ([rcreative1@gmail.com](mailto:rcreative1@gmail.com)) to sign up for a table at the Fair!

## Donation Wish List - Julian Street Inn

**F**or those without a home, please bring any of the wanted items below for clients of the Julian Street Inn to our Homecoming Service on Sunday, September 11.

Your donations are given directly free-of-charge to the homeless and to individuals at Julian Street to help them on their path to stable housing and self-sufficiency. Please only donate goods in new or gently-used condition. In particular, please donate these especially needed items: We have had some deficiencies lately in hygiene supplies (particularly shampoo, conditioner and body wash), pillows and towels.

### Needed Items: (especially starred items)

**Gift Certificates** • Safeway, Trader Joe's, Costco • Target, K-Mart, Walgreens, CVS Pharmacy • Gas stations • Barbers, salons (for interview preparation)  
• **\*New underwear!!!**

**Clothing & Accessories** • Men's and women's clothing • Adult business-attire, plus-size clothing • **\*New underwear!!!**, socks & pajamas • Sweaters, coats • Thermo pants, long johns (in winter) • Comfortable shoes, wool socks • Gloves, scarves, beanies, um-

brellas, ponchos • Tote bags, duffle bags, purses

**Linens & Bedding** • Sheets, blankets, comforters • **\*New pillows, pillowcases** • Towels, washcloths • **\*New plastic mattress covers, sleeping bags**

**Kitchen Items** • Paper towels, napkins • Aluminum foil, plastic wrap, Ziploc bags

**Especially needed items** • Hygiene supplies (particularly shampoo, conditioner and body wash), pillows and towels. **\*Toiletries (New Only)** • **\*Shampoo, conditioner, lotion** • **\*Body wash, soap**



bars • **\*Toothbrushes, toothpaste** • **\*Razors, shaving cream, sun block** • **\*Cosmetic cases, make-up** • **\*Femine hygiene products**



### PATH Sock Request

**T**he Homeless Concerns table at the Homecoming Volunteer Fair will have a basket for sock donations. According to case workers, one of the most appreciated items they can give out is a clean pair of socks. We will deliver them to People Assisting The Homeless (PATH), which is helping the homeless in our downtown.

<http://www.epath.org/site/PATHSanJose>



# The Changes We Embrace for the Sake of Beloved Community

by Rev. Nancy Palmer Jones

In the first days and weeks following the tragedies of September 11, 2001, New York City, still shrouded in ash, transforms itself from a hub of harried competitors, anxious seekers, and disoriented tourists into a family of compassionate, loving kindred. People are united—and this is important—not by a common enemy but by shared loss and sharp grief. The World Trade Center towers and the first responders represent every race, religion, nationality, and class in the world. Everyone of every age knows someone who has died or someone who is directly affected by the loss of a loved one or the loss of a job.



Yet in the midst of horror, beauty erupts. People open their homes, offer free rides, and show up with pastoral care and doughnuts for those working in the rubble of the towers. They make hard calls to next of kin. They find ways to comfort their children. They look at each other gently; they ask the deep questions and answer honestly. They gather in houses of worship to mourn and begin to make meaning. They make meaning by building Beloved Community.

In honor of the 15th anniversary of 9/11 and in the face of today's divisive national mood, the 9/11 Day group, including family members and survivors of the tragedy,

has formed a coalition of nonprofits. Called "Tomorrow Together," they will "organize diversity service projects, help teach empathy and unity to America's youth, and bring generations together nationwide for community service." David Paine, president and cofounder of 9/11 Day, says, "Our goal with 'Tomorrow Together' is to rekindle and reinforce the important lessons of empathy, service and unity that arose from the 9/11 tragedy, and to encourage all Americans and our leaders to work more closely together again as one nation to address the challenges facing our society."<sup>1</sup>



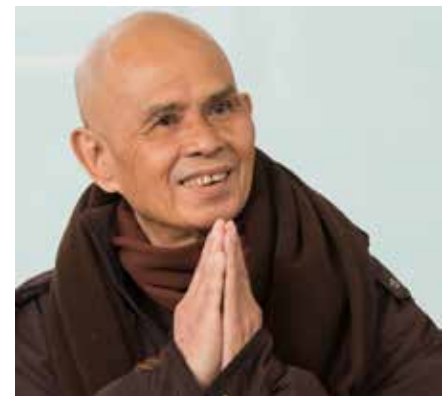
## Join Us for Acts of Service

On Sunday, September 11, we launch our own recommitment to service by participating in the collection of much-needed items for our unhoused neighbors and kin who are served by the Julian Street Inn. Please see the list of needed items on page 3, and bring your gifts to the entryway of the church before the 11:00 am worship service on September 11. Our children and youth will parade in with these contributions as worship begins.

## A Call for Deeper Changes

To embody empathy and unity, and to continue to build Beloved Community here at First Unitarian, we must "double down" on the spiritual practices that lead us to

our best selves and to deeper connections, collaborations, solidarity, and community. In *Joyfully Together: The Art of Building a Harmonious Community*, Buddhist teacher Thich Nhat Hanh (known as "Thay," for "teacher" in Vietnamese) offers some deceptively simple yet profound spiritual practices, including these two:



### "The Art of Watering Flowers"

"Watering flowers," Thay writes, "means giving encouragement by showing someone ... their good qualities and our appreciation of those qualities. ... The practice of watering flowers is an expression of our gratitude. When we are grateful we will no longer suffer so much." As a community, we here at FUCSJ have lived through great trauma in recent months. Let us practice looking at each other gently. Let us ask the deep questions—"How are you really?"—and answer honestly. Most of all, let us speak and write and name our appreciations for each other's beautiful qualities and generous actions. Our parched souls need the water—and we have this kind of water in abundance!

### "Shining Light"

Shining light is the tender, loving practice of inviting each other to our best selves when we have made a hurtful mistake, whether intentionally or unintentionally. As

*Continued on page 19*

1. See article at <http://www.prnewswire.com/news-releases/911-day-leaders-announce-plans-for-15th-anniversary-of-the-september-11-2001-attacks-300255974.html>.

# Los Cambios que Abrazamos por la Amada Comunidad

para la Rev. Nancy Palmer Jones

En los primeros días y semanas siguientes a la tragedia del 11 de septiembre del 2001, la ciudad de Nueva York, todavía envuelta en cenizas, se transforma a si misma de un centro de competencia atareada, buscadores ansiosos y turistas desorientados en una compasiva, amorosa familia. Las personas se unen—y esto es importante—no por un enemigo común, sino por la pérdida compartida y el dolor agudo. Las Torres del World Trade Center y los servicios de emergencias representan a cada raza, religión, nacionalidad y clase en el mundo. Todo el mundo de todas las edades sabe de alguien que ha muerto o alguien que se ve directamente afectado por la pérdida de un ser querido o la pérdida de un empleo.

Aún en medio del horror, la belleza emerge. Las personas abren sus hogares, ofrecen viajes gratis y cuidado pastoral y donas para los que trabajan en los escombros de las torres. Hacen difíciles llamadas a los familiares cercanos. Encuentran maneras de consolar a sus hijos. Se ven el uno al otro suavemente; hacen preguntas profundas y responden honestamente. Se reúnen en las casas de oración a llorar y comienzan a hacer sentido. Ellos hacen significado mediante la construcción de la Amada Comunidad.

En honor del 15 aniversario del 9/11 y ante el divisivo ambiente nacional de hoy, el grupo del Día 9/11, incluyendo familiares y sobrevivientes de la tragedia, han formado una coalición sin fines de lucro. Llamada “Mañana Juntos”, ellos “organizaran una diversidad de proyectos de servicio, ayudaran a enseñar empatía y unidad a la juventud de los Estados Unidos y unirán a generaciones en todo el país para el servicio a la comunidad.” David Paine, Presidente y cofundador del Día 9/11, dice: “nuestro objetivo con ‘Mañana juntos’ es para relanzar y reforzar las lecciones importantes de la empatía, el servicio y la unidad que surgió de la tragedia del 9/11 y alentar a todos los estadounidenses y nuestros líderes, a trabajar más estrechamente juntos otra vez como nación para enfrentar los desafíos que enfrenta nuestra sociedad.”

ones importantes de la empatía, el servicio y la unidad que surgió de la tragedia del 9/11 y alentar a todos los estadounidenses y nuestros líderes, a trabajar más estrechamente juntos otra vez como nación para enfrentar los desafíos que enfrenta nuestra sociedad.”

## Únanse a nosotros para actos de servicio

El domingo 11 de septiembre lanzamos nuestro propio compromiso al servicio participando en la colecta de elementos muy necesarios para nuestros vecinos y parientes desamparados que son servidos por el Julian Street Inn. Por favor vea la lista de artículos necesarios en otras partes de este boletín y deje sus regalos a la entrada de la iglesia antes el servicio de las 11:00 el 11 de septiembre. Nuestros niños y jóvenes desfilarán con estas contribuciones mientras el servicio comienza.

## Un Llamado para Cambios Más Profundos

Para representar unidad y empatía, y para seguir construyendo la Amada Comunidad aquí en la Primera Iglesia Unitaria, debemos “más tenaces” en las prácticas espirituales que nos llevan a lo mejor de nosotros mismos y a conexiones más profundas, colaboraciones, solidaridad y la comunidad. *En Animadamente Juntos: El Arte de la Construcción una Comunidad Armoniosa*, el maestro budista Thich Nhat Hanh (conocido como “Thay”, “maestro” en vietnamita) ofrece algunas prácticas espirituales aparentemente simples pero profundas, incluyendo estas dos:



### “El Arte de Regar las Flores”

“Regar las flores,” Thay escribe, “significa dar aliento alguien... demostrando

sus buenas cualidades y nuestra apreciación por sus cualidades... La práctica de regar las flores es una expresión de nuestra gratitud. Cuando nosotros estamos agradecidos ya no sufriremos tanto.” Como una comunidad, nosotros aquí en la FUCSJ hemos vivido un gran trauma en los últimos meses. Permitámonos practicar mirándonos los unos a los otros suavemente. Hagamos las preguntas profundas: — “¿Cómo estás realmente?”— y respondamos honestamente. La mayoría de todos nosotros se nos permite hablar, escribir y nombrar nuestras apreciaciones por las hermosas cualidades y generosas acciones de los demás. ¡Nuestras almas sedientas necesitan el agua, y tenemos este tipo de agua en abundancia!



### “Luz brillante”

La luz brillante es la tierna, la amada práctica de invitar a los unos y los otros a lo mejor de nosotros mismos cuando hemos hecho un error hiriente, ya sea intencional o no intencionalmente. Como dice Thay, somos “los huesos y la carne del mismo cuerpo de Sangha [comunidad]”. Así que si nosotros iluminamos el mal paso de otro, nosotros estamos verdaderamente iluminando sobre nuestros propios errores. ¡Esto no es sobre “la vigilancia” del comportamiento de los unos a los otros! Más bien, estoy invitando a reconocer nuestros propios errores y animar a otros a cambiar con nosotros y a reconocer las fallas que compartimos. Por ejemplo, como muchos de ustedes saben, puedo “soltar algo abruptamente” o le hablo mal a alguien cuando estoy especialmente frustrada o

*Continúa en la página 19*

# “A Change is Gonna Come”

by the Rev. Geoff Rimositis

— Sam Cooke

<https://youtu.be/wEBlaMOmKV4Or>



Okay, first watch the official video above of Sam Cooke’s great song “A Change is Gonna Come” with lyrics and powerful images of struggle and redemption; and after you dry your tearful eyes and blow your nose, come on back.

I (we) needed that, to remind ourselves that our mission to make love visible is not just a catchy branding message, a bromide to our despair. It is as necessary as the in-breath, the purring cat in our lap, the reason to get out of bed and face the rising sun and declare that we are going to make some meaning today.

As simple as picking up a discarded cup rather than trampling it underfoot. As simple as refusing to criticize and decide instead to optimize someone’s proclivity to do good. As simple as tortillas, rice and beans and a full stomach—that won’t go hungry tonight.

Yes, a change is gonna come and there will be fires, floods and earthquakes as has ravaged the people of California, Louisiana, Italy and Miramar. And we will gather ourselves, all (350.org) of us, and declare that the earth has rights, and we will defend those rights, codify those rights, enshrine those rights in every heart we can touch. We must be the change we want to see!

I know it is quite foolish to think we can stem the tide of climate change or reverse the inequities of wealth, or end homelessness. But watching Sam Cooke’s video and seeing those great fools: Martin Luther King, Jr., Nelson Mandela, the youth of Black Lives Matter, and the Reverend Kay Jorgensen <https://youtu.be/RCBJ0i-B2Uo>, founder of the Faithful Fools Street Ministry in San Francisco, we know that change is not only possible, it is inevitable, it is true and we cannot live a lie.



I invite you to watch the video of Rev. Jorgensen above as she talks about the

gift of getting what you need. It is the practice of the Faithful Fools and the people who go on retreats into the Tenderloin, like the youth and mentors of our church’s Coming of Age Program, to look for pennies on the street. And when you find one, pick it up, and reflect on where you are and what you are feeling and experiencing. At the closing retreat ritual there are always penny stories to share.

I take it as my own practice to never pass up a penny that I find on the street. When I find one, I stop and notice where I am and pick it up. I think of Rev. Jorgensen (who happens to be a friend who married Patty and me) and I say a prayer for her and for all those currently homeless on the streets. I save up my pennies and donate them.

One penny doesn’t seem like much, but for the man in Kay’s story who needed them to get a drink, they were priceless! A little “change” can go a long way when we are willing to share and pay it forward until everyone gets what they need.

May it be so!



## *PACT Voter Engagement*

*Unitarian Universalists join other PACT members to knock on doors in East San Jose, urging everyone to vote this November and educating folks about Propositions 55 and 57 and Measure A.*



# In Our Own Voices: Change

By the Reverend  
Nancy Palmer Jones

“In Our Own Voices” shares congregants’ free-flowing responses to the theme of the month.

For September’s theme, the questions and associations come from the Worship Associates who gathered for a quarterly training in May 2016. It is particularly poignant to note the ponderings of congregant Frank Bosche, who died unexpectedly this summer.

Please do look for on-line surveys on this year’s worship themes, and click on the link to participate. Your voices influence our approach to worship services and to

the Small-Group Ministry sessions on each theme. Let your voice be heard!

What would you say about “change”?

Yours as we face and embrace change together,

*Rev. Nancy*

*Can we approach undesirable change with the same attitude we approach wanted change?*

*This theme makes me think about not having control over some events and important circumstances in my life.*

*Earthquakes and weather events ...*

*Nothing lasts forever. Everything changes constantly. Time implies change—can’t be avoided.*

*Life is continuous change—ever-changing.*

*Change is the only constant. (OK, maybe God too.)*

*Everything is temporary. Living into this truth is hard but ultimately brings us freedom, flexibility, nimbleness, and compassion. In these times of extraordinary change in our culture and climate, we need the skills to live into change!*

*Change comes so quickly. Is it fun—or not?  
[from Frank Bosche]*

## Coming of Age Program for 8th-10th Graders

by Rev. Geoff Rimositis

The First Unitarian Church of San Jose will be offering a Coming of Age Program, beginning in September 2016 through May 2017, for youth entering 8th-10th grades.

Coming of Age is an opportunity for youth to: challenge themselves both physically and spiritually; develop meaningful relationships with other youth and adults; gain a greater understanding of Unitarian Universalism and what it means to them and; to have lots of fun enjoying the many gifts life presents to us.

Each youth participating in the program will have a mentor (an adult member from the congregation) who will serve as an important companion throughout the year.

In addition to each participant’s local congregational involvement there will be a series of three retreats during the



year in which we will join with other Unitarian Universalist Coming of Age youth from around the bay area. The retreats will give youth the opportunity to do some fun and challenging activities like a Ropes Course, Nature Vigil and a street retreat with the Faithful Fools Street Ministry in the Tenderloin section of San Francisco.

It is a program that requires a commitment from youth and their families and a

level of maturity to be able to face the challenges of developing relationships with a diverse group of youth and an adult mentor. Youth must be willing to face the reality of homelessness and poverty that they will see in the Tenderloin and

be willing to share their evolving sense of what it is they believe with the congregation in their credo statement on Coming of Age Sunday, May 14, 2017. If you would like to register for the 2016–17 Coming of Age Program or find out more information please contact **Rev. Geoff Rimositis** [grimositis@gmail.com](mailto:grimositis@gmail.com)

# The Sacred Act of Listening: A Reflection about Progressions

by **Sofía Lozano-Pallares**

**A**t this year's Jazz Service, on Sunday, August 14, First Unitarian congregants and musicians led a lively, music-filled worship service whose theme—"Can You Dig It?"—focused on the art of listening. Our special guests were the Progressions youth jazz group, and our Special Collection that day benefited this wonderful program. Program Manager Sofía Lozano-Pallares offered this reflection before the youth played "Amazing Grace" on a variety of wind and brass instruments. We want everyone to receive her message about the transformative act of deep listening.

Progressions, one of three youth education programs of San José Jazz, is an intensive youth development program. It is all about changing lives by helping at-risk youth in our community identify, cultivate, and celebrate their gifts through music education and performance. We use music to connect with students, challenge them with a rigorous music education, help them build a pro-social community, and stay with them until they graduate from

high school. Our mission is to help keep participants in school, out of gangs, and on the road to becoming better students and contributing citizens.

We have worked in the Franklin-McKinley School District of East San José for the past five years, where our staff has developed relationships with our students based on trust and respect and listening. In just a few minutes, you will get a chance to hear our students as they share the gift of song with you. But first, allow me to illustrate how, in our work, the value of listening, deep listening, extends far beyond the realm of hearing and appreciating music in a traditional sense.

It is 8:55 on a Tuesday morning. About 40 students are entering our main classroom, and they greet each other and gather to start another day in summer camp. I have millions of thoughts in my head regarding the day-to-day operations. Suddenly to my left, a clarinet player named Lan touches my shoulder and softly calls my name: "Ms. Sofía." My rush of thoughts stops for a moment and I look at her. She looks sad and concerned. "My friend Karina is angry at me," she says. I turn my body towards her, and I listen with my ears

and I also listen with my eyes as she proceeds to tell me what happened. . . . There are a lot of things that need my attention at that time, but I decide that for the next five minutes, it is crucial to listen to Lan's sadness and worries.

It is a Wednesday afternoon. Mr. Oscar hurries his students to take out their instruments and start rehearsal; our concert is coming up in a few weeks, and he wants to make sure that everybody is up to speed with the material. Mike drags himself to his seat and begins to assemble his flute. Mr. Oscar looks at him and asks, "Mike, are you doing all right?" Mike looks up and shakes his head. He looks at the floor and then he says, "I'm tired, I did not sleep well . . . I am also hungry." Mr. Oscar listens to him and pulls out a granola bar from his bag and gives it to him. At the end of the rehearsal Mike comes to Mr. Oscar and says, "Thank you for the granola bar, I was hungry; also, I am sad because my uncle got shot yesterday afternoon." Mr. Oscar turns his body towards him and listens to Mike's grief. Many of our students need to

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*Progressions Program Manager Sofía Lozano-Pallares introducing the youth musicians, with music director Oscar Pangilinan (right).*



# El Sagrado Acto de Escuchar: Una Reflexión Acerca de Progressions

por **Sofía Lozano-Pallares**

**E**n el servicio del Jazz de este año, el domingo 14 de agosto, los congregantes de la Primera Iglesia Unitaria y músicos condujeron un servicio animado, lleno de música cuyo tema—“¿Pueden ustedes excavarlo?”—se centró en el arte de escuchar. Nuestros invitados especiales fueron el grupo de jazz de jóvenes Progressions, y nuestra colecta especial de ese día se benefició a este maravilloso programa. La Directora del programa Sofía Lozano-Pallares ofreció esta reflexión antes de que los jóvenes tocaran “Amazing Grace” en una variedad de instrumentos de viento y metales. Queremos que todo el mundo reciba su mensaje acerca del transformador acto de escuchar con profundidad.

Progressions, es uno de los tres programas de educación de San José Jazz. Somos un programa intensivo de desarrollo juvenil dedicado a cambiar las vidas de los jóvenes en riesgo en nuestra comunidad identificando, cultivando y celebrando sus dones a través de una rigurosa educación musical. Utilizamos la música para conectar con los estudiantes, desafiarlos con una educación musical rigurosa, ayudarles a construir una comunidad pro-social, y permanecer con ellos hasta que se gradúen de la escuela. Nuestra misión es ayudar a mantener a los participantes en la escuela, fuera de las pandillas y en el camino a convertirse en mejores estudiantes y ciudadanos contribuyentes.

Hemos trabajado en el distrito escolar Franklin-McKinley del Este de San José durante los últimos cinco años, donde nuestro personal ha desarrollado relaciones con nuestros estudiantes basadas en la confianza, el respeto y escuchando. En

unos minutos ustedes podrán escuchar a nuestros estudiantes mientras ellos comparten su don de la canción con ustedes. Pero primero, permítanme ilustrar cómo en nuestro trabajo, el valor del escuchar, el escuchar profundamente se extiende mucho más allá de la apreciación musical en un sentido tradicional.

Son las 8:55 de un martes por la mañana. Cerca de 40 estudiantes están entrando a nuestro salón principal mientras se saludan entre sí y se alistan para comenzar otro día en el campamento de verano. Millones de pensamientos pasan por mi cabeza relacionados con la logística del día. De repente, a mi izquierda, una clarinetista llamada Lan me toca el hombro y murmura suavemente “Maestra Sofía” todos mis pensamientos se detienen por un momento. La miro, se ve triste y preocupada “mi amiga Karina está enojada conmigo”, me dice; me giro hacia ella y escucho con mis oídos y también escucho con mis ojos mientras me cuenta lo que pasó .... Hay muchas cosas que necesitan mi atención en ese momento, pero en ese momento decido que por los próximos cinco minutos es crucial escuchar las tristezas y la preocupaciones de Lan.

Es un miércoles por la tarde. El maestro Oscar apresura a los estudiantes a tomar sus instrumentos y empezar el ensayo. Nuestro concierto se aproxima en unas pocas semanas y él quiere asegurarse de que todos estén al día con el material. Mike, holgazaneando en su asiento, comienza a armar su flauta. El maestro Oscar lo mira y le pregunta ¿Mike, estás bien?” Mike mira a Oscar y mueve la cabeza diciendo no, vuelve a mirar al suelo y dice “Estoy cansado, no he dormido bien ... También tengo hambre” El maestro Oscar lo escucha y saca una barra de

granola de su bolsa y se la da a Mike. Al final del ensayo, Mike se acerca al maestro Oscar y le dice: “Gracias por la barra de granola, tenía hambre. También estoy triste porque a mi tío le dispararon ayer por la tarde” El maestro Oscar gira su cuerpo hacia él y escucha el dolor de Mike. Muchos de nuestros estudiantes necesitan ser escuchados mientras procesan cómo la violencia de las pandillas afecta a sus colonias y comunidades.

Todos los días en Progressions, el maestro Gary está parado delante de todos los estudiantes durante la última clase del día. Los estudiantes se encuentran sentados en sus sillas con sus instrumentos en la mano y sus hojas de música en el atril. En unos segundos el maestro Gary va a elevar sus manos y dar la señal a toda la orquesta para que comiencen a tocar una pieza de música en particular. Mientras tanto, durante esos treinta segundos, el silencio en el salón es palpable y poderoso. Es un silencio Divino ya que todos están en un estado de conciencia absoluta. Es un espacio sagrado de comunión en la que cada miembro de la banda escucha y es escuchado.

Oír es una actividad muy sencilla, solo se necesita que el sonido sea capaz de llegar a los oídos y listo, no requiere ningún esfuerzo. Por el contrario, escuchar, es un constante reto, ya que nos fuerza a ser partícipes en un acto de solidaridad radical. El escuchar requiere presencia y atención; nos obliga a ignorar el ruido de nuestra ocupada vida moderna y a entrar a un espacio de atención completa y deliberada de las palabras, los gestos y los cambios en el tono de quién nos habla. El escuchar nos pide darle seguimiento a la historia que estamos escuchando, y saber

*Continúa en la página 19*

# Sunday Services / Servicios Domingo

**SUNDAY, SEPTEMBER 4 11 AM**



## Closing the Gaps: Lifting Up Our Labor and Turning Toward Equality

With our Labor in the Pulpit partners, Working Partnerships, we'll reflect on the ways we can remain focused collectively on change in income equality. There is power in our Unitarian Universalist Seventh Principle of global interconnectedness. Carrying hope for change and beloved community may be heavy for each of us on our own, but when we hold it together, change is possible.

**Worship Leaders:** the Rev. Nancy Palmer Jones and Rodney Lemery, Intern Minister 2016-18; **Worship Associate:** Alice Lynch

**DOMINGO, 4 DE SEPTIEMBRE 11 AM**

## Cierre de las brechas: elevación nuestro trabajo y dar vuelta hacia la igualdad

Con nuestra Labor en los socios de púlpito, Asociaciones de trabajo, nosotros reflexionaremos sobre la forma de cómo podemos seguir enfocados colectivamente en el cambio en la igualdad de ingresos. Hay poder en nuestro séptimo principio Unitario Universalista de interconexión global. Llevar esperanza de cambio y la amada comunidad puede ser pesada para cada uno de nosotros por nuestra propia cuenta, pero cuando nos mantenemos junto, el cambio es posible.

**Dirigen:** la Rev. Nancy Palmer Jones y el Rodney Lemery, Ministro Inerino 2016-18; **Asociada de Culto:** Alice Lynch

**SUNDAY, SEPTEMBER 11 11 AM**



## NATIONAL DAY OF SERVICE AND REMEMBRANCE: Honoring the 15th Anniversary of 9/11 and Our Homecoming Sunday

On this fifteenth anniversary of September 11, 2001, we join communities around the country in a National Day of Service and Remembrance. Please bring some much-needed item(s) for our un-housed neighbors—you'll find the list of items on page 3—and stack them in the entryway before worship. Our children and youth will carry in the Parade of Gifts as worship begins. Our offering's Special Collection on this Sunday will also go to the Julian Street Inn, which supports the un-housed mentally ill.

**Water Communion:** Whether you bring water from your kitchen tap or borrow some from the bowl we'll provide, please come ready to participate in this annual Homecoming ritual. The small

**ALBANZAS EN ESPAÑOL 10:15 AM**

**V**enga 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.

**C**ome 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.

splash of water that we each pour into one great big bowl represents the joining of our individual gifts and spirits into one Beloved Community. You'll have the chance to say a few words that capture this summer's learnings, by filling in the blank on this sentence: "*This summer I learned ...*"

**Worship Leaders:** the Rev. Nancy Palmer Jones and the Rev. Geoff Rimositis;

**Worship Associate:** Bill Bowman



After the service, be sure to stay for our **Volunteer Fair and Potluck Lunch**. 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. Come find out where your talents are needed—and where joy and meaning making await!

**DOMINGO, 11 DE SEPTIEMBRE 11 AM**

## DÍA NACIONAL DEL SERVICIO Y LA CONMEMORACIÓN: Honrando el 15 aniversario del 9/11 y Domingo de Regreso a Nuestra Casa

En este décimo quinto aniversario del 11 de septiembre del 2001, nos unimos a las comunidades alrededor del país en un Día Nacional de Servicio y Conmemoración. Por favor traigan algunos elementos indispensables para nuestros vecinos desamparados—ustedes encontrarán la lista de elementos en la página 3—y apilarlos en la entrada antes del servicio. Nuestros niños y jóvenes los llevarán en el desfile de regalos mientras el servicio comienza. Nuestra colecta especial en este domingo también irá al Julian Street Inn, que apoya a los desamparados con enfermedades mentales.

**Comunión de agua:** Traer agua de su grifo de su cocina o pida prestado algu-

nos del tazón que nosotros proveeremos, por favor venga listo para participar en este ritual anual de Regreso a Casa. El pequeño chapoteo de agua que cada uno vierta en el gran tazón representa la unión de nuestros dones individuales y nuestros espíritus en una Amada Comunidad. Ustedes tendrán la oportunidad de decir unas palabras que reflejen los aprendizajes de este verano, llenando el espacio en blanco en esta frase: **“Este verano aprendí...”**

**Dirigen:** la Rev. Nancy Palmer Jones y el Rev. Geoff Rimositis; **Asociado de Culto:** Bill Bowman

Después del servicio, asegúrese de estar para **la Feria de Voluntarios y almuerzo para compartir**. Los voluntarios son la espina dorsal de la Primera Iglesia Unitaria, y el voluntariado es una gran manera de devolverle a nuestra comunidad, conocer a nueva gente y divertirse en docenas de maneras. ¡Vengan a averiguar donde sus talentos son necesarios—y donde la alegría y el significado lo esperan!

**SUNDAY, SEPTEMBER 18 11 AM**



### The Changes We Can Choose

We don't have control over many of the changes that we face in life. In fact, just accepting the temporary nature of all things is the spiritual work of a lifetime. Yet we can choose some changes, like those that inch us, or catapult us, toward the person, and the community, that we long to be. Rev. Nancy and board president Robert Strong reflect on the changes that this year's General Assembly—the annual conference of thousands of Unitarian Universalists from around the world—brought to each of them.

**Worship Leaders:** the Rev. Nancy Palmer Jones; **Worship Associate:** Robert Strong, President of FUCSJ's Board



**Please join us after worship for another Potluck Light Lunch!** The Board reports on the Senior Minister's Evaluation. Rev. Nancy answers your questions about her book project and upcoming sabbatical. And you can sit down with a board member and ask anything you want about our Beloved Community and how it works! Let's be together in friendship, growth, and learning!

**DOMINGO, 18 DE SEPTIEMBRE 11 AM**

### Los Cambios que Podemos Elegir

Nosotros no tenemos control sobre muchos de los cambios que enfrentamos en la vida. De hecho, sólo aceptando el carácter temporal de todas las cosas es el trabajo espiritual de toda la vida. Sin embargo podemos elegir algunos cambios, como esos que nos mueven lentamente, o nos catapultan hacia la persona y la comunidad que anhelamos ser. La Rev. Nancy y el presidente de la junta de directores, Robert Strong, reflexionarán sobre los cambios de la Asamblea General de este año—la conferencia anual de miles de Unitarios Universalistas de todo el mundo—traído de cada uno de ellos.

**Dirige:** la Rev. Nancy Palmer Jones; **Asociado de Culto:** Robert Strong, Presidente de la Junta de Directores de la FUCSJ

**¡Por favor, únense a nosotros después del servicio para otro Almuerzo Ligero Compartido!** La Junta de Directores informa sobre la evaluación de la Ministra Decana. La Rev. Nancy responderá a sus preguntas acerca del proyecto de su libro y el próximo año sabático. Y ustedes pueden sentarse con un miembro de la Junta y preguntarle

lo que ustedes quieran sobre nuestra Amada Comunidad y cómo funciona! Vamos a estar juntos en amistad, crecimiento y aprendizaje.

**SUNDAY, SEPTEMBER 25 11 AM**



### Change Is Gonna Come ... I Wish I Were Prepared!

Change is the only constant ... or so we are told. Our lives are often shaped by situations for which we feel unprepared. Please join us as we reflect on ways we navigate the discomfort of constant change and learn how we might view these situations as powerful moments of transformation instead. Our new intern minister shares stories of the changes that have shaped his life.

**Worship Leader:** Rodney Lemery, Intern Minister; **Worship Associate:** the Rev. Nancy Palmer Jones

**DOMINGO, 25 DE SEPTIEMBRE 11 AM**

### El cambio es que van a venir... ¡Quisiera estar preparado!

El cambio es la única constante... o así se nos dijo. Nuestras vidas son a menudo formadas a menudo por situaciones para las que nos sentimos preparados. Por favor únase a nosotros mientras reflexionamos sobre las formas en que navegamos el malestar del constante cambio, y aprender cómo podríamos ver estas situaciones como poderosos momentos de transformación. Nuestro nuevo ministro practicante comparte historias de los cambios que han dado forma a su vida.

**Dirige:** Rodney Lemery, Ministro Interino; **Asociada de Culto:** la Rev. Nancy Palmer Jones

# Children and Youth Classes



## Youth Classes for September

### **SUNDAY SEPTEMBER 4**

1st-8th grades —The Power of Water

9-12th grades—Group meets at regular time, 11:30 am-12:30 pm

### **SUNDAY SEPTEMBER 11**

1st-12th grades —Homecoming Service - No Classes. Please bring water and be ready to complete the sentence: "This summer I learned..."

### **SUNDAY SEPTEMBER 18**

1st -4th grades—Faith

5th-8th grades— Getting to Know the Historical Jesus And Each Other

9th-12th grades—Group meets at regular time, 11:30-12:30

Coming of Age Mentor-Youth Meeting, 12:45-2 pm

### **SUNDAY SEPTEMBER 25**

1st -4th grades—Questioning

5th-8th grades—A Timeless Message, Forever New

9th-12th grades—Group meets at regular time, 11:30-12:30

## 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.

## Upcoming RE Events

By the Reverend Geoff Rimositis

### **SUNDAY, SEPTEMBER 11 9:30 AM**

## Roots and Wings UU Parenting 0-10 Years Group

**Classrooms 4-6  
Childcare Provided**

*Session: Meditation for Children*

The physical and mental health benefits of practicing proper breathing techniques have been well documented in adults, and taking time out for a little R&R or short meditation break has been shown to reduce stress and increase productivity. Well, it is no different for kids! And with the over stimulated lifestyles they lead, it could be just what the doctor ordered. Wouldn't it be great to equip our children with simple yet valuable life-skills they can access anytime and anywhere to help them cope with the multiple stressors they endure? Providing them with the tools, knowledge and ability to calm, center, concentrate, and respond to stressful or difficult situations in a healthy and positive manner. We will explore introducing meditation to children drawing from *Breath, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids* by Lisa Roberts, RYT, RCYT

Second Sundays, classrooms 4-6, 9:30 am, childcare provided. Meetings facilitated by the Rev. Geoff Rimositis.

### **SUNDAY, SEPTEMBER 25 9:30 AM**

## Support Group for Parents of Teens and Tweens

**Classrooms 4-6  
Childcare Provided by Request**

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? There 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, 9:30 am, Childcare provided by request.

### **SUNDAY, SEPTEMBER 11 1:30 PM TUESDAY, SEPTEMBER 27 7:00 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, September 11th at 1:30 pm and Tuesday, September 27th at 7 pm!

# 2016-17 Religious Education Program for Children and Youth

## 1st-4th Grades

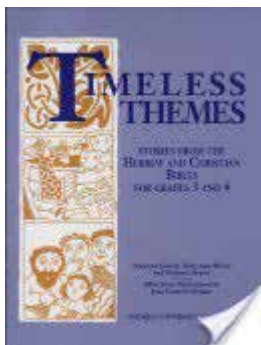
### Unit 1 (September 18 – November 13): Unitarian Universalism- Toolbox of Faith



The expectations of life depend upon diligence; the mechanic who would perfect his work must first sharpen his tools.

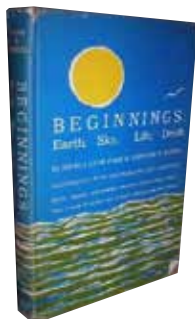
Toolbox of Faith invites children to reflect on the qualities of our faith, such as integrity, courage, and love, as tools they can use in living their lives and building their own faith.

### Unit 2 (November 20 – January 29, 2017): Jewish/Christian/Islamic Heritage – Timeless Themes



By becoming familiar with the Biblical stories that have shaped the Abrahamic faiths of Judaism, Christianity and Islam, our children will better understand the heritage Unitarian Universalists share with all three faiths. These stories' vital core beliefs and values continue to be important. These Timeless Themes include: the belief that humans are responsible for their actions; the love of freedom for all people; the prophetic imperative to speak out against injustice; the respect for the beliefs of others, and our common humanity; the love of one's neighbor and; the forgiveness for wrongdoings.

### Unit 3 (February 5 – March 20): World Religions – Beginnings (Creation Myths)



“How did things begin?” This is a question that human beings have asked over and over again, for as long as there have been human beings. Myths and legends change and evolve over time. Religions change and evolve over time as well. New people come along, and these new people wonder about the world in slightly different ways than did their parents. But still we return again and again to some big questions about *Beginnings*.

—Who are we human beings, and why are we important?

—Where did everything come from, and why?

—Why are we born, and why do we die?

We know that there are no final answers to these questions. We keep asking these questions, and we keep on wondering. And as we wonder, sometimes we retell great myths and legends to see how other people in other times answered these questions.”—Rev. Dan Harper

### Unit 4 (April 2 – June 4): Eco-Justice & Environmentalism



We believe in the interdependent web of all existence of which we are a part. We draw from the sources of indigenous cultures that advise us to live in harmony with the rhythms and cycles of nature. We celebrate the beauty and the wisdom found all over this earth. And we believe as Chief Seattle believed that what befalls the earth befalls the children of the earth. Children will learn what it means to be good stewards of the earth through dramatization, music, art and social action.

## 5th – 8th Grades

### Jesus and His Kingdom of Equals

## JESUS & HIS KINGDOM OF EQUALS

An interdenominational Curriculum for 4th-7th Grades on the Life and Teaching of Jesus



by Cheryl Gibbs Binkley  
and Jane Mitchell McKeel

Jesus and his Kingdom of Equals introduces youth to an interpretation of the historical Jesus based on contemporary biblical research, principally from the Jesus Seminar. They will experience an unfolding narrative of a Jewish reformer who saw through the hypocrisy and elitism of first-century Roman Palestine. This itinerant sage brought a message of affirmation and egalitarianism to oppressed and powerless Galileans and described a kingdom of love, not in the future but already present in the hearts of people. Drama, simulations, crafts including clay and weaving, songs, social service initiatives, and other creative hands-on activities reinforce values concerning such teachings as respect for all, sharing worldly goods, conflict resolution, friendship, and forgiveness.

# Announcements

**WEDNESDAYS 6 PM**

## “Breathe in Peace, Breath out Love” Silent Meditation

### Ramsden Fireside Room

We meditate in the Ramsden Fireside Room. We begin with ringing the meditation bell and setting the timer for 30 minutes. Come in the door at the end of the ramp and quietly enter the Fireside Room from the hall past the elevator. 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. (Note the recent changes from Monday nights to Wednesday nights, and from the Sanctuary to the Ramsden Fireside Room.) Contact, the **Rev. Geoff Rimositis**, [GRimositis@gmail.com](mailto:GRimositis@gmail.com).

**WEDNESDAYS 7-9 PM**



## Alegria 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](mailto:lowen@data-time.com)

**TUESDAYS 8-9 PM**

## Guitars Aloud!

### Fireside Room

Guitarists! Let's get together each Tuesday 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](mailto:uuthful_spirits-owner@yahoo.com)

**THURSDAY, SEPTEMBER 1 1-3 PM**

## Women's Alliance

### Ramsden Fireside Room

The Women's Alliance kicks off its 2016-2017 sessions back home in the Ramsden Fireside Room from 1-3 pm on Thursday, September 1. At this session we'll be catching up on each other's summer adventures, doing a reading about Harriet Tubman, and planning our schedule for the book study of Ayaan Hirsi Ali's bestselling memoir, *Nomad: From Islam*

*to America: A Personal Journey Through the Clash of Civilizations.* Contact **Nancy Coleman** at [nbc Coleman@gmail.com](mailto:nbc Coleman@gmail.com) or 408 256 1622 for further information.

Should you need to contact me, notice the new phone number. Though the old one will continue to work, I'm trying to transition all my contacts to this one.

**FRIDAY, SEPTEMBER 2 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](mailto:patrick.smiley@sbc-global.net) or telephone and leave a message on his cell phone: 408-421-6492.

**SUNDAY, SEPTEMBER 4 12:45 PM**

## Homelessness Concerns Group Sunday Meeting

### Ramsden Fireside Room

This newly-formed group meets on the 1st Sunday of the month to concentrate its efforts on finding a meaningful way to add to the resources already available to the homeless in our own neighborhood. At the September meeting we will review

## Stay Up-to-Date with Facebook & [sanjoseuu.org/whats happening](http://sanjoseuu.org/whats happening)



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



the results of research into what churches and other organizations are already doing. At the October 2nd meeting speakers from PATH, one of the organizations at work in our neighborhood, will tell us what they are doing as well as educate us about the population they are serving. Please join us! Learn more at the Volunteer Fair on Homecoming Sunday, September 11!

**SUNDAY, SEPT. 4 2:15-5:30 PM**

## South Bay Contra Dance

### 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 newcomers' 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/South-BayContraDance/> or <http://bacds.org/sbc>.

**SUNDAY, SEPT. 4 CANCELLED**

## Band of Writers

Next meeting will be Sunday, October 2, 12:45 pm, Youth Room. Writers are encouraged to look through the things they've written over the past few years and submit the best of them to **Catherine Pelizzari** at [caleeson@aol.com](mailto:caleeson@aol.com) for inclusion in the newest Band of Writers published collection.

**MONDAY, SEPT. 12 & 26 7 PM**

## UU Knitters

### Julia Rodriguez's Home

Join the drop-in group of lively crafters: including knitting, crochet, beading (so far)...on 2nd and 4th Mondays. All levels of experience are welcome! Call Julia at 408 379-0759 for directions.

**MONDAY, SEPTEMBER 12 7-9 PM**

## Social Justice Council Meeting

### Conference Room

Please join the council on Monday, September 12, at 7:00 pm in the down-

stairs conference room to make your voice heard about the issues under discussion. We regularly meet the 2nd Mondays of the month. For more information or if you are locked out, call or text John Burk at 408-259-3781.

**MONDAY, SEPT. 5 DEADLINE  
SAT/SUN, SEPT.17 & 18 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 September will be Saturday the 17th and Sunday the 18th. The deadline to sign up is Monday, September 5. Contact **Barbara Derbyshire** at [Circle-Suppers@AOL.com](mailto:Circle-Suppers@AOL.com).

**SUNDAY, SEPT. 18 2:30-5:00 PM**

## San José English Country Dance

### Hattie Porter Hall

Enjoy truly social group dancing to classical and folk music from the last five centuries! In our pattern dances, you dance with the whole room. Come alone or with friends — we change partners after every dance. All group dances taught and prompted, no experience necessary, no complicated footwork. For the best experience, come at the beginning of the dance — later patterns are more complex. Suggested donation: \$5-\$10; no one will be turned away for lack of funds.

**MONDAY, SEPT. 19 7:30-9:00 PM**

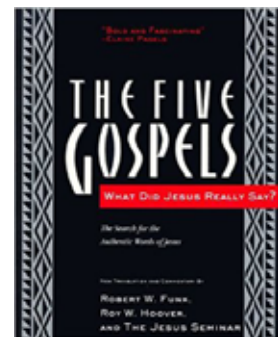


## HUUmanati Monday Meeting

### 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.

**THURSDAY, SEPT. 22 7-9 PM**



## Christian Origins Book Study – The Five Gospels: What Did Jesus Really Say?

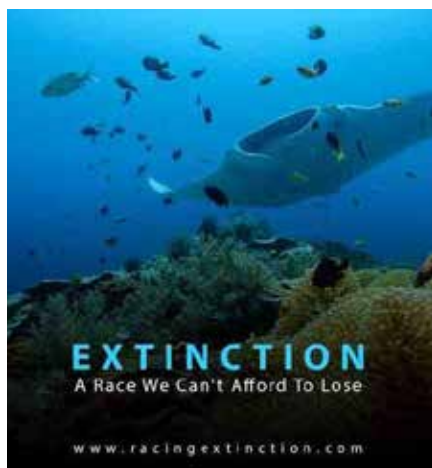
### by the Jesus Seminar and Robert Funk

Our Christian Origins Book Study is scheduled for the fourth Thursday each month from 7 PM to 9 PM. Our first session will focus on the Preface and front matter (pages ix-xxii) and the Introduction (pages 1-38). The 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. These first few pages introduce us to the foundations of the scholars' work in determining what is historical.

Questions? Contact **Bob Miess** at [Bob@BobMiess.com](mailto:Bob@BobMiess.com) or 925-392-5901.

*Continued on the next page*

**SUNDAY, SEPT. 25 12:45 PM**



### Environmental film, *Racing Extinction*, presented by the Rights of Nature Group

#### 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](mailto:bhowd@aol.com)) or **Frey Leigh** ([fleigh@att.net](mailto:fleigh@att.net)) if you'd like further information.

**TUESDAY, SEPTEMBER 20 6 PM**

### “Entering the Mystery: Mysticism, UUs and Enlightenment” Teleconference

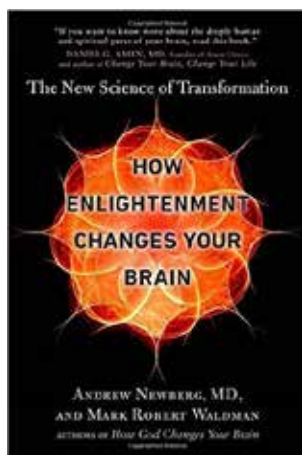
Call in 800 977 8002 and use participant code 745238

Where does direct experience of the transcendent, neuroscience and UUs intersect 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](http://uumystics.org).



**FRIDAY, SEPT. 30 7 - 9 PM**  
**SATURDAY, OCT. 1 9 AM - 5 PM**

**Cole Hall at the First United Methodist Church Campus, 2950 Washington Boulevard, Fremont, CA**

### Workshop: Dreams - The Magic Mirror

Led by the Rev. Dr. Jeremy Taylor

In this workshop we will learn about *working with dreams* on your own, or in a group. All dreams come for our health and wholeness and only the dreamer knows for sure what their dream means. The Workshop will be a combination of lecture and experiential dream work. Bring a dream to “put in the hat,” if you like. Open to all, no experience needed.

World-renowned dream-worker Rev. Dr. Jeremy Taylor has been deciphering dreams for 40 years and has written several books and taught seminary courses on the subject. We are very fortunate to have him leading a workshop to teach

working with dreams. He says: “Working with dreams means remembering and exploring the dreams from sleep with an eye to their deeper meanings. Each one of us is uniquely blind to the deeper meanings of our own dreams, and dream work helps us see what amazing gifts are there, just below the surface of ‘manifest content’ and obvious appearance.”

Friday, September 30, 7-9 pm, Saturday, October 1, 9 am – 5 pm at Cole Hall at the First United Methodist Church Campus, 2950 Washington Boulevard, Fremont, CA.

Cost: Sliding scale \$50 - \$100. No one will be turned away for lack of funds.

Bring your lunch on Saturday.

For reservations, contact: **Rev. Barbara F. Meyers** at: [com\\_minister@mpuuc.org](mailto:com_minister@mpuuc.org) or 510-796-5722.

**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](mailto:rcreative1@gmail.com)).



[com](#)) so we can arrange a song rehearsal before your big night.

**TUESDAY, NOVEMBER 8 NIGHT**

**Election Returns Party?!**

**Hattie Porter Hall**

Would you attend a party to watch the election returns? We would party in Hattie Porter Hall, with snacks, borrowed big TV and paper horns to watch the returns and celebrate our first Female American President. (Bring your passports just in case the election doesn't go our way.)

**Rebecca Mason** and **Lynn Morison** want to know if you would attend and are just looking for a headcount at this time. We are not sure on the time to start or end, which might be too late for some of us.

Please email me with "interested", your name and email to: [beckyjoycemason@hotmail.com](mailto:beckyjoycemason@hotmail.com).

**FRIDAY, NOVEMBER 13 7 PM**



**WHADDA UU KNOW? — A Comedy Game Show**

**Hattie Porter Hall**

Enjoy an all new show with all new Egames and contestants, as well as a new VIP, Councilman Raul Peralez of the Third District.

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 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](mailto:rcreative1@gmail.com).



*Want Ads*

**Congregant Needs Car**

One of our church members, **Julia Wong**, has lost her car to its old age issues and currently needs another one to replace it so that she can look for work and get to medical appointments and the grocery store. So if you have (or know of someone that has) a car that you were thinking of getting rid of, consider donating it to Julia. You can contact her at [juliaw962@gmail.com](mailto:juliaw962@gmail.com) Sorry, stick-shift cars would not be useful.

*Hiking Schedule (September 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](mailto:j408miller@sbcglobal.net), home phone 408-730-1052 or cell 408-769-0534. — **Joyce Miller**



**SATURDAY, SEPT. 2 8:30 AM**

I will be in Chicago, so you are on your own. Sanborn County Park, car-shuttle hike from Sunnyvale Mt. trailhead to Castle Rock, 6 miles, moderate. Meet at US Bank parking lot in Saratoga.

**WED., SEPT. 7 8:30 AM**

Still in Chicago. Almaden Quicksilver County Park, Mockingbird Hill entrance, 6 miles, moderate. Meet at Almaden Plaza Shopping Center across from Bed, Bath and Beyond.

**SATURDAY, SEPT. 10 8:30 AM**

Still in Chicago. Alum Rock Park, 6 miles, moderate. Meet at VTA Park and Ride on Capitol Avenue and Alum Rock Avenue. Take Alum Rock exit off I-680, turn right on Capitol, go three blocks to VTA station. Turn right into large parking area shared with Monte Vista apartment complex. Drive to the back.

**WED., SEPT. 14 8:30 AM**

I am back! Arastradero Preserve, 5 miles, moderate. Meet at trailhead parking lot.

**SATURDAY, SEPT. 17 8:30 AM**

Long Ridge Open Space to Grizzly Flat, 6 miles, moderate. This is a shuttle hike. Meet at US Bank parking lot in Saratoga.

**WED., SEPT. 21 9:15/9:30 AM**

Note change of time!! Wunderlich County Park with hike up to Alice's Restaurant. Meet at Page Mill Park and Ride at 9:15 or at trailhead at 9:30. We will have brunch at Alice's. Plan on getting back about 2 pm.

**SATURDAY, SEPT. 24 8:30 AM**

Santa Teresa County Park, 6 miles, moderate. Meet at parking lot across from Bed, Bath and Beyond at Almaden Plaza Shopping Center (It is an anti-commute drive for folks coming from the north). We will go to the Fortini entrance and do the old route. I think I can do it.

**WEDNESDAY, SEPT. 28 8:30 AM**

Los Gatos Creek trail, 4 miles, easy. Meet on Garden Hill Drive, Los Gatos where there is ample parking. Trail head is nearby. Use 296 Garden Hill Drive as the address for your GPS to get you there. It is off the Lark exit on Highway 17. We stop at the Purple Onion in Los Gatos for a snack.

## CIRCLING AROUND

by Torchy Hunter



It was the Jazz Service. You shouldn't have missed it. The little kids who played "Amazing Grace" were just that. So the seasonal question that came to me was "What makes a great summer?"

**Nancy Prince:** picnics, family, and music. Why don't we have a picnic in the park across the street? Dim viewer **Dan Zulevic**: it means the end of longdays (hates daylight saving time). **Olga Loya:** a good hike (don't you just love talking to her?)—**Henry Ruddle:** travel

with kids (are we there yet?) **Ben Cadena:** good health. **Diane Saichek:** tequila. Do you know that was the only item on my shopping list today? Sometimes I crack myself up... Then she added: adding machine. Do you get it, a summer is an adding machine. It's comforting to know this audience doesn't need explanations of stuff like this.

**Bob Owen:** dinner outdoors. **Bruce Halen:** vacation and rest (lemme hear everybody say Amen). **Liz Owen:** flowers (!) **Nancy Lucid,** who is watching the color her hair grows back in amazement: sunshine. **Connie Bloch:** R&R, **Nancy Coleman:** tomatoes and watermelon. Why is there not a perfume that smells exactly like summer tomatoes? Does everybody but me know **Tariq Tayab?** He's a composer whose really beautiful songs were played in the service. He's also our weekend custodian,

with a shipping/receiving day job at PMI. He's from Dubai, born and raised there, but when he decided to come here, was told he had to have a passport from the same country as his parents (Pakistan)! I guess only Dubaians can create Dubaians. Did everybody notice the elaborate colorful beaded hairdo **Maggie Norris** wore?

For me, a great summer includes passport stamps. But I feel like I didn't have summer because we moved from the apartment on San Carlos to a house in Evergreen, with a half-acre, mostly uphill lot for the dogs. Except our rescue decided she liked climbing fences and going in the neighbors' pools and swimming like a fool. Now I've tied a big plastic ball to her leash, and she has to wear it until she can prove she has reformed. Stay tuned. Stay focused (school is starting). Stay weird.

## Rights of Nature Group Field Trip



Tour members saw enormous piles of recyclables dumped in the intake area and fed onto a seemingly endless series of belts that let employees separate the different kinds of recyclable waste (paper, glass, plastic, metal) so that it can be re-used by other companies.

Shown in the second photo are tour participants John Burk, Tom Kussel, Mike Pelizzari, Catherine Pelizzari. Melanie

Landstrom, Republic Services Community Outreach Manager Michael Geiss, and Colleen Cabot.

A recycling coordinator from Republic Services will come to church to analyze and improve the way we handle recyclables and then in October, give a presentation on how our recyclables are handled and how we can do better. Stay tuned for the time and place in the next newsletter.

On Wednesday, August 10, some members and friends of our church's Rights of Nature Group participated in an interesting field trip to the Newby Island Waste Recycling Center in Milpitas.



## Changes

*Continued from page 4*

They says, we are “the bones and flesh of the same Sangha [community] body.” So if we shine light on another’s mis-step, we are truly shining light on our own mistakes. This is not about “policing” each other’s behaviors! Rather, I’m inviting us to acknowledge our own mistakes and to encourage others to change with us as we recognize the flaws we share. For instance, as many of you know, I can “blurt” or snap at someone when I am particularly stressed or frustrated. It’s a sad flaw that I’m working hard to change. Recently I was reminded of just how hurtful this blurring can be; the wound I have inflicted can still smart years later, even when I have apologized quickly and tried to return to right relationship. It matters what we do and say! In our community, it’s particularly important that we slow down and think before we blurt or tease. That teasing comment may come across as hurtful. Without our meaning to, we may reinscribe a racist, homophobic, sexist, transphobic, or ableist stereotype with our awkward attempt at humor. Let’s shine light on our own beautiful, broken selves, and practice a deeper mindfulness: slowing down and considering how we want to act and speak with each other, and gently reminding each other of our call to Make Love Visible in all we do and say, when we make a mistake.

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

Rev. Nancy

## Cambio

*Continúa de la página 5*

estresada. Es un triste error en el que estoy trabajando duro para cambiar. Hace poco me acordé justo cuán hiriente puede ser el hablar sin pensar; la herida que he infligido puede todavía doler años más tarde, incluso cuando me he disculpado rápidamente y trató de retomar la relación correcta. ¡Es importante lo que nosotros hacemos y decimos! En nuestra comunidad, es particularmente importante que nosotros desaceleremos y pensemos antes de explotar o que nos burlemos. Ese comentario burlón puede venir y toparse como una herida. Sin querer, podemos reinscribir un estereotipo racista, homóforo, sexista, transfóbico o un estereotipo discriminante con nuestro torpe intento de humor. Vamos a arrojar luz sobre nuestros propios bellos corazones rotos y practicar una concientización más profunda de la práctica: frenar y tener en cuenta cómo queremos actuar y hablar con los demás y suavemente recordar nuestro llamado a hacer el Amor Visible en todo lo que hacemos y decimos, cuando cometemos un error.

Con profundo amor por ustedes y gratitud por este viaje que compartimos,

Rev. Nancy

## Progressions

*Continued from page 8*

be listened to as they process how gang violence affects their neighborhoods and communities.

It is every day in Progressions. Mr. Gary stands in front of all students during the last period of the day. Students sit in their chairs with their instruments in hand and their music stands in front of them. Within a few seconds Mr. Gary will raise his hands and give the signal for the entire band to start playing a particular piece. Meanwhile during those thirty seconds the silence in the room is palpable and powerful. It is sacred silence as everybody is a state of acute awareness. It is a holy moment of communion where every member of the band listens and is listened to.

See, hearing is a fairly unsophisticated activity. As long as the sound is able to reach anyone’s ears, hearing does not require effort. Deep listening, on the other hand, is challenging because it pushes us to engage in a radical act of solidarity. Deep listening requires presence and mindfulness; it forces us to filter out the noise of our busy modern lives and enter a space of complete and deliberate attention to words, gestures, and changes in tone. It asks us to keep track of the story to which we are listening, and to understand what is being said beyond just the words. Deep listening requires unapologetic empathy, the type that is unafraid to feel pain and vulnerability, the type that knows that most of the time there is no right or wrong answer.

The Progressions staff is a combination of educators, musicians, homework coordinators, and social activists. We all wear many hats within the program, but at the core, we all are deep listeners, and we teach the students to become the same. We start by modeling it in our daily teaching routine. We do it by encouraging dialogue and active listening between the students, but most importantly, we practice it every day by collaborating and engaging in the sacred act of making music, because what better way to understand the pains and joys of the human condition than to sit together and connect to each other through music?

## Progressions

*Continúa de la página 9*

escuchar lo que se está diciendo más allá de las palabras. El escuchar requiere empatía sin condiciones, empatía que no tiene miedo a sentir dolor o vulnerabilidad; empatía del tipo que entiende que la mayoría de las veces no hay respuestas correctas o incorrectas.

El equipo de Progressions está conformado de educadores, músicos, coordinadores de tareas y activistas sociales. Todos nosotros jugamos diferentes papeles dentro del programa, pero en el fondo, todos ejercitamos el escuchar y procuramos su enseñanza a los estudiantes. Empezamos por modelar el escuchar en nuestra rutina diaria: Lo hacemos mediante el fomento del diálogo y el escuchar activo entre los estudiantes, pero principalmente, la practicamos todos los días colaborando y siendo partícipes en el acto sagrado de crear música; porque, qué mejor manera de entender los dolores y las alegrías de la condición humana que sentarnos juntos y conectarnos a través de la música.



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](mailto:fucsjooffice@gmail.com) or join the Yahoo Group: [groups.yahoo.com/group/uusj](http://groups.yahoo.com/group/uusj)

Next issue copy deadline: 3 pm Wednesday, September 21

Mailing: Wednesday, September 28

View this newsletter online in PDF format at: [sanjoseuu.org](http://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

**September 1**, Thursday, 1:00-3:00 pm, Women's Alliance, Ramsden Fireside Room

**September 2**, Friday, 8:00 pm, Dances of Universal Peace, Sanctuary

**September 4**, Sunday, 12:45 pm, Homelessness Concerns Group, Ramsden Fireside Room

**September 4**, Sunday, 2:15-5:30 pm, South Bay Contra Dance, Hattie Porter Hall

**September 11**, Sunday, about 12:30 pm, Homecoming Volunteer Fair & Potluck, Hattie Porter Hall

**September 12**, Monday, 7-9 pm, Social Justice Council, Conference Room

**September 17 & 18**, Saturday & Sunday, Circle Suppers. Contact Barbara Derbyshire at [CircleSuppers@AOL.com](mailto:CircleSuppers@AOL.com); sign-up deadline, September 5

**September 18**, Sunday, After Service, Potluck Light Lunch for Board Report on Sr. Minister's Evaluation, Hattie Porter Hall

**September 19**, Monday, 7:30-9:00 pm, HUUmanati Monday Meeting, Library

**September 25**, Sunday, 12:45 pm, Rights of Nature Group – Environmental Film *Racing Extinction*, Sanctuary

**November 20**, Sunday, 12:30 pm, Service Auction, Hattie Porter Hall

**READY TO BECOME A NEW MEMBER OF THE FIRST UNITARIAN CHURCH OF SAN JOSÉ? Contact Rev. Geoff, [grimositis@gmail.com](mailto: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](mailto:revnpj@yahoo.com). Geoff: (408) 292-3858, ext. 225 Mon.-Thurs.; cell (408) 309-7796; e-mail: [grimositis@gmail.com](mailto: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](mailto:revnpj@yahoo.com). Geoff: (408) 292-3858, ext. 225 de Lunes a Jueves; cell (408) 309-7796; e-mail: [grimositis@gmail.com](mailto: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](http://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.