

January 2018 UUFRC Newsletter

Our Mission: We weave a community of compassion and joy, giving us strength and hope. We support the spiritual journeys we take together and alone. We work to create a better world by reaching out, taking risks and building relationships beyond our Fellowship.

January 7, 10:30 am: **“Living Ultimology”**

Worship Leader: Rev. Gretchen Woods, Worship Associate: Eleanor Kilpatrick
An alternative to theology.

January 14, 10:30 am: **“Darkening the Doorways: UU Mistakes Through History”**

Worship Leader: Rev. Gretchen Woods, Worship Associate: Kathy Warne
This is a Share the Plate service for the Dream Club at Sequoia High School.

January 21, 10:30 am: **“Vision/Mission/Covenant: How Congregations Get Things Done”**

Worship Leader: Rev. Gretchen Woods, Worship Associate: Kate Hand

January 28, 10:30 am: **“Modern Day Jonahs”**

Worship Associate: Rev. Gretchen Woods, Worship Associate: Kaye Bonney
The book of Jonah is the most misunderstood and most humorous book in the bible. In this service we will revisit the story of Jonah to explore how we "modern humans" share the same problems as people did 2400 years ago in Palestine.

Woods Working

“The New Year: Cottage Meetings”

For the past five months, you have been looking back at the history of the Unitarian Universalist Fellowship of Redwood City: its challenges and its triumphs, its ministers and its leadership. Many of you have told me you have learned more than you knew about this congregation.

Now, it is time to consider who you really are now: what excites you about this congregation, what has made you feel most successful and positive about your place here, and how you would like to go into your future. Heady stuff! And important to be able to articulate to your next minister.

Soooo, the next step to deepening your understanding of who you are now is to participate in Cottage Meetings. You only need to attend one to let the Transition Team and the leadership here at UUFRC what is important to you. So please read the information from Polly Ragusa and the Transition Team in this newsletter on how to do that.

Your input is needed. Please do participate: sign up, go to a meeting, and bring your ideas to the table. This truly is a welcome table: all members and friends are invited to speak out and engage in this fascinating process. You will learn even more about who this congregation is and how you can help it move forward.

Bright Blessings for the New Year,
Gretchen Woods, AIM

Cottage Meetings are Coming!

Would you like to have some input into finding our next called minister and how our church community evolves? NOW is your chance! Rev. Gretchen has been organizing a series of activities to help prepare our community for the future; thus far we have participated in Tree of Life meetings and Sharing Circles from which I personally learned much about the history, depth, and breadth of our community. The next opportunity for us to contribute and learn is by participating in Cottage Meetings.

Cottage Meetings are gatherings of 8 to 12 people and are led by a trained facilitator who will guide us in exploring questions about what we value in this community, why we value it, and how we would like to see our community evolve. Our individual contributions and open discussions from these meetings will be submitted en masse to a selected group of Fair Witnesses. The Fair Witnesses will review all the input, from both individuals and from group discussions, looking for trends. From this input, they will produce drafts for a new Vision Statement, Mission Statement, and Covenant that our community will refine in later phases of the process.

Right now, we are asking you to **attend ONE Cottage Meeting!** The meetings are 90 minutes. There will be a suite of 14 to choose from, arrayed throughout January and February, on different days of the week and different times to make it easier for you to schedule.

But you have to sign up! Only 8 to 12 people are allowed per meeting, so the sooner you sign up the more options you have to choose from. A Sign-up table will be in the Social Hall every Sunday starting January 7th. Once we publish the schedule, you can also sign up via email to Solveig (solveig@gmail.com) and we are exploring other possible on-line sign-up options. Watch for email with additional details. Please participate - we will ALL do better, if YOU contribute.

Respectfully,

John M. Cooney

From our Connections Coordinator Cindy Johnson

The holiday bustle is nearly over and the darkness begins to recede as the days slowly become longer. While the earth still sleeps during these winter months, will you take some time to sit and quiet your mind, and contemplate this New Year?

Every day when I am outside, I look for a gift that I know will come if I am fully present to the moment. Sometimes it's a hummingbird darting in to check me out, sometimes it's the sun reflecting off the wings of a flock of birds, turning them from dark to silver, dark to silver. Sometimes it's an elderly couple, holding hands as they walk slowly down the sidewalk, or a child wobbling by on a scooter, so intent, so focused.

When the world is as uncertain and frightening as it is now, perhaps we have to look even harder to find the small gifts and blessings that help keep us going. Each gift helps challenge the darkness and anxiety around us.

What are you looking forward to this New Year of 2018? Where will you choose to focus your time and energy ~ the bits that you have free?

I hope you will focus some of it on this Fellowship, and the continuing work of Interim Ministry that Rev. Gretchen is doing with us. UUFRC is our home, and what each of us brings to it helps create the special place that it is. We need you to participate in the work being done with her guidance to help us define who we now are, what we want, and where we want to go.

Look for announcements on upcoming "Cottage meetings" and please participate. I hope you will also participate in Rev. Gretchen's five series class on Unitarian Universalist history, beginning this month. Our history is the foundation of our faith, and I would bet not many of you know a whole lot about it!

I look forward to continuing the journey with all of you in 2018! May we be intentional with our time and energy, always looking for those small gifts and blessings right outside our own front doors ~ if only we take the time to be present. ~ Cindy

Our **Share-the-Plate collection on January 14th** will be donated to the Sequoia High School Dream Club. Their mission is to help create limitless educational opportunities for undocumented students. All donations will support their scholarship program, be a tangible demonstration of our UU principles, and send a strong message in these challenging times that we support these youth. Several members of the Dream Club will participate in our service on the 14th. Checks should be made out to UUFRC. Thanks, Bruce Knoth

From our Religious Education Director Derby Davidson

In early November, I attended the fall conference of my professional organization, the Liberal Religious Educators Association (LREDA). The theme was “Brave Spaces”, a relatively new term meant to indicate the need for all of us to be open to discomfort when discussing difficult topics so that honest communication can happen and progress can be made. Since the focus of the main activities of the conference centered around racism and power, this theme made sense.

I expected to gain some insights into how white supremacist culture is imbedded in and impacts the work I do as a religious educator, and I did, but not in the way I expected.

The first main exercise was intended (I think) to promote empathy by imagining living without human needs (e.g., safety, choice, understanding, sustenance). However, comments by people of color (POC) during processing portions of the exercise began to make clear that they were unhappy with the exercise. The facilitators did not get defensive when criticized, but, in hindsight, did not change how they wanted to do things in order to address that criticism. Instead, they offered what appeared to some to be platitudes and false choices.

At the time, I was confused and frustrated by the complaints and demands. Why can't we just get through the exercise in a timely manner and then evaluate its success? It turns out that the exercise can work well among peers, but not so well when significant differences in power or life experience exist within the group. While having a privileged person (i.e., someone who has not had to go without) imagine living without human needs may be helpful, the same exercise is potentially traumatic to those who have actually gone without those things (and have no need to imagine it). There were also some false equivalencies presented in the attempt to promote empathy (e.g., thinking about not getting that new car you wanted can help you understand how it feels not to be able to get food). Sadly, the result was hurt to POC and some others with negative life experiences due to the dominant culture.

It came out later that concerns about using this model were expressed to LREDA leadership by POC, but those concerns were subsumed by the schedule (i.e., having enough time to plan and implement different programming). In hindsight, that was a mistake. When POC raised objections during the exercise, LREDA leadership stopped the exercise, listened to POC representatives, and ultimately decided to cancel the rest of that programming, replacing it on the fly with facilitated justice circles (basically processing in small groups what just happened) and identity caucusing (separating into POC and white groups to talk about racism).

While initially it felt terrible to segregate based on race, I came to understand the need of POC to process things honestly away from potential judgment by whites. It was probably helpful to whites in the same way (although, due to our privilege, it is easier for whites to say offensive things without fearing judgment).

So, what did I learn?

- It is important to be open to change, even at the last minute. Some things are more important than following the agenda or timelines.

- My POC friends and colleagues suffer hurt, anxiety, and exhaustion of which I am unaware.
- No model works for every group or every situation.
- We have a long, long way to go to achieving Dr. King's dream.
- Much as we might like to have POC accompany us on every step of our journey, they need to separate at times to rest from the dominant culture and support each other in a place free from white judgment.
- White folk need to be educated about systemic racism and micro-aggressions, etc., but we cannot expect our POC siblings to educate us. It is too exhausting to deal with those things every day and educate their white siblings about them.
- As a consequence, white folk will need to educate themselves. No doubt, we will often get it wrong and stumble. But, the work is too important to give up out of frustration. We must keep trying.

See you in church. -Derby

Adult RE: A Learning Journey

Happy New Year! Here's hoping 2018 will be an auspicious year for all our lovely members and friends at UUFRC. As the New Year kicks off, it seems a good time to write a note about our upcoming 2018 Adult RE programs.

Many UU Religious Exploration programs are based on the philosophy that meeting together in nurturing community is a great way to explore, reflect and learn. The act of gathering in supportive community to explore personal beliefs supports the social, ethical, and spiritual growth of members, friends and visitors who choose to attend.

This philosophy is followed not only in children's RE, but in education designed to continue across our lifespan. As the Greek philosopher Plutarch wrote, "*the mind does not require filling like a bottle, but rather, like wood, it requires kindling to create in it an impulse to think independently and an ardent desire for the truth.*" This must be especially tended to in liberal religions like Unitarian Universalism that encourage and expect members to put forth a continuing personal search for truth and meaning.

Lifespan learning gives us a chance to add depth and dimension to all our stages, as we continue our arc through life. And so, as we start the New Year, the Adult RE committee is working towards developing "a learning journey" for the adults in our fellowship. Together in supportive community, we hope each of us might find space to continue our own personal learning journey.

Please feel free to talk with me, or committee members Susie Idzik, Jeanne de Shazo, Ellie Kilpatrick, Gretchen, or Cindy Johnson, if you have any questions or comments. We welcome everyone interested in attending the classes, or joining us in planning and offering courses. Hope to see you in class!

Yours in supportive community, Tanya Webster, Adult RE Chair, uufrc.adult.re@gmail.com

Continued on next page!!

Upcoming Classes

UU History, starts Jan 6

5 Saturdays, 10:00 am-12:00 noon
January 6, 13, & 20, Feb 3 & 17

Join Gretchen for this series about the Unitarians and the Universalists, their merger in 1961, and on to today. Impress your friends at your next trivia night, and find out more about your roots and community.

Registration is not required for this class but is appreciated for planning handouts, walk-ins also welcome. Childcare requests by Dec 28.

REGISTRATION OPEN: <https://tinyurl.com/y7skrg67>

Grief Group, starts Feb 5

5 Monday nights, 7:00-9:00 pm
February 5, 12, 19, 26 & March 5 (2018)

Grief is a natural process that occurs after loss - any loss. We will explore the stages of grief, and skills that aid the process through five sessions on Monday evenings in the Sanctuary. Facilitated by Gretchen Woods.

Please register so we can estimate how many handouts to make. This class allows drop-ins the day of class, but we do appreciate pre-registration for planning. Childcare requests by January 25.

REGISTRATION OPEN: <https://goo.gl/forms/NNPIkodWHz2kx6x12>

Cakes for the Queen of Heaven, starts Feb 28

5 Wednesdays, 7:00-9:00 pm
Feb 28, Mar 7, 14, 21 & 28

Cakes for the Queen of Heaven is a woman-honoring adult RE course by Rev. Shirley Ranck. It examines pre-Judeo Christian cultures that appear to have worshiped the female as divine. Journey into the past to reclaim the stories of powerful women found in ancient Judaism and in early Christianity.

The concepts of equality and reverence for the female in a religious setting are illuminating to many participants. We will also look at the global silencing and brutalization of women that accompanied the rise of patriarchal religion and society, and celebrate new world views and theology that are emerging in our time.

*Please register by Feb 20, to ensure enough materials are copied.
Childcare requests also by Feb 20.*

REGISTRATION OPEN: <https://goo.gl/forms/tekH96ABhbynaJ842>

Living the Interdependent Web: UU Principles, starts Mar 3

8 Saturdays, 1:00 pm-3:00 pm
March 3, 10, 17, 20, 31, & April 7, 14, & 21

Join Ellie Kilpatrick and Gretchen Woods for this enlightening series about the seven shared Principles that are a cornerstone of our covenanted faith. Can you list them all off the top of your head? How do they shape our shared journey? What do they mean to you? Do you focus on one or some of them in your personal beliefs? Come learn in community, and explore your personal beliefs.

*Registration is not required for this class but is appreciated for planning, walk-ins also welcome.
Childcare requests by Feb 25.*

REGISTRATION OPEN: <https://goo.gl/forms/Kdc0hfQ3O4HmRumZ2>

UU Spirituality, starts Apr 9

4 Monday nights, 7:00-9:00 pm
April 9, 16, 23 & 30 (2018)

PLEASE NOTE DATE CHANGE. Designed to be welcoming to Unitarian Universalists of many spiritual and theological persuasions, Spirit of Life offers participants space, time, and community to explore their unique Unitarian Universalist spirituality.
(from the *Tapestry of Faith* program guide).

Please register by March 31, to ensure enough materials are copied. Childcare requests also by March 31.

REGISTRATION OPEN: <https://tinyurl.com/ybs4essu>

SIGN UP FOR THE MIDWEEK MEDITATION NEWSLETTER

Sign up to receive the Midweek Meditation email each Wednesday. Offering a short reading, it provides a chance to pause, re-center and reflect for a few minutes midweek.

<http://eepurl.com/c9-2YL>

Looking for a few good men! The UUFRC choir has a good number of joyful singers, but we could really use a few more men. Please consider joining us for Thursday rehearsals, 7:30 - 9:00, and singing two (occasionally three) services each month. All are welcome!!
Thank you! Dawn Reyen, Music Director

A merry thank you to Sharon and Gregory Gee for hosting the December 10th Christmas Lights Walk. They graciously allowed us to gather in their driveway to enjoy hot drinks and cookies provided by members of the Youth and Families in Community Committee. While the elaborate decorations on Eucalyptus Street were the big draw, having a place to gather with use of electricity and a bathroom were most appreciated. A lovely time was had by all. Thank you, Sharon and Gregory.

Happy Trails Hiking Club: January 6

Saturday, January 6, we'll do a stairway hike in San Francisco. We'll hit the high points from Twin Peaks to Buena Vista Park, including Tank Hill, Kite Hill, Corona Heights, and Mt. Olympus. On the way, we'll climb up and down about 1,200 steps, walk six miles through picturesque neighborhoods, and enjoy fabulous views of the city and the bay. This is a fun, but strenuous, hike.

We'll leave from UUFRC (2124 Brewster at Lowell) in Redwood City at 9am. Arrive early to arrange carpools. We'll park on Clarendon Ave. at Twin Peaks Blvd. near Tank Hill where we'll start the hike.

Bring lunch and water. Dress in layers, it will probably be cool in the morning but might warm up in the afternoon, especially for those of us climbing up and down stairs. Kaye Bonney

“Getting to Know Unitarian Universalism”

On January 21, from 12 noon to 2 pm, Rev. Gretchen will be teaching a shortened version of our Unitarian Universalist history.

If you are new to this faith, this is a great place to start with getting to know the basics of who we are and how we came to be. Participating in this class is a requirement for becoming a member of UUFRC.

A light lunch will be served and childcare is available. We do need RSVP's by January 15 to plan for supplies, food, and childcare. To sign up or have questions answered, please contact Cindy Johnson at: connecting@uufrc.org

All Congregation Board Game Event - January 20

Please drop-in to play Board Games on **Saturday, January 20**. Drop-in anytime between **3 - 8**. Solveig Zarubin will bring games to share, including recent award winners. Please bring your own to teach and share. Families of all ages and sizes are welcome - with children or without! All children should have at least one parent present.

Pizza will be ordered at 5:00 for delivery between 5:30 & 6:00. If you want pizza but won't be there at 5:00, please text Elisabeth Rossi at 415-531-5186 with the number of people who will be eating; gluten-free pizza can also be ordered if requested. Bring \$5/per person or \$20/family for pizza plus a drink, side or snack dish to share.

Your Connections Committee

Book Discussion Group: January 8

Make it your New Year's resolution to read along with the UUFRC Book Discussion Group. All readers (and book-on-cd listeners) are welcome. We meet in the back lounge on the first Monday (usually!) of each month at 7:30 pm. Hope you will join the fun! Most of our titles are available at Kepler's with a 20% discount.

For January 8 (Note, this is the second Monday, since the first falls on New Years Day) we are reading *Euphoria* by Lily King. This is a fictionalized account of Margaret Mead's loves and adventures in the South Pacific. Note that we dropped *Middlemarch* from our planned reading; it got a review of "boring" from the person who had suggested it.

February 5: *Wives and Daughters* by Elizabeth Gaskell.

Youth Group Event Listing

1/12-14 (Fri 7 pm - Sun noon). PCD MUUGs Retreat (6th-8th grade). To be held at the UU Society of Sacramento. MUUGs Retreats are created for 7th and 8th grade UUs across the PCD; 6th graders and 9th graders who have not bridged to YRUUP are also welcome. Using workshops, worship, touch groups, and other fun activities, we build intentional, supportive communities. For more information, see www.pcdmuugs.org.

1/15 (Mon). MLK Day of Service (6th-12th grade). We will be participating in the MLK Day of Service. It starts with an early breakfast for all participants at a house of worship on the peninsula (TBD) and then groups split off by service project for the rest of the morning. Details will be provided as they become available.

1/21 (Sun) noon-1:00 pm. Deep Fun (6th-8th grade). Community-building games and flower meditation. Substantial snacks will be provided.

1/26-27 (Sat 6 pm - Sun 9 am). Sleepover (9th-12th grade). Youth worship, sardines and other fun games. Will view the movie Little Buddha and discuss. We will have dinner (pizza!?) and breakfast (youth bring easy stuff) together.

2/11 (Sun) 10:30 am - 1:30 pm. Popcorn Theology (9th-12th grade). Movie and spiritual practice TBD (if you want input on the movie, come vote at the sleepover on 1/26!). Substantial snacks will be provided.

2/16-19 (Fri eve - Mon noon). YRUUP Elections Con (ages 14-20). Location TBD. This event for PCD UUs age 14-20 builds beloved community through touch groups, workshops, and youth worship. Check www.yruup.org to see if registration is open.

2/20 (Sat) 9:45 am – 12:15 pm. Planet Granite (6th-8th grade). We'll try out some indoor "rock" climbing, with a short centering beforehand and processing afterwards.

2/24 (Sat) 5 pm - 9 pm. Spaghetti Dinner (6th-12th grade). Youth will assist with set up, cooking, cleaning, break down, and child care for this annual fundraiser to support the schooling of the Nepali child we sponsor through the American-Nepali Students' and Women's Educational Relief (ANSWER).

3/11 (Sun) 10:30 am - 1:30 pm. Popcorn Theology (9th-12th grade). Movie and spiritual practice TBD. Substantial snacks will be provided.

3/16-18 (Fri 7 pm - Sun noon). PCD MUUGs Retreat (6th-8th grade). Location to be determined (TBD). See above for more information about MUUGs Retreats.

3/25 (Sun) 10:30 am - 1:30 pm. Popcorn Theology (9th-12th grade). Movie and spiritual practice TBD. Substantial snacks will be provided.

Save the Date!

On January 20, 2018, **Women's March Bay Area** will unite in San Jose and San Francisco to reaffirm our commitment to building a positive and just future for all, and to celebrate the spirit of resistance efforts over the past year. This rally is designed to engage and empower all people to support women's rights, human rights, social and environmental justice, and to encourage participation in 2018 midterm elections.

Details about timing and carpools to come. Thanks, Kaye Bonney

from our Board of Trustees President, Robert Holden

Happy Hanukah, Happy Chalica, Happy Bodhi Day, Happy Festivus, Merry Christmas, Happy New Year, and many other Happy Holidays from the Board of Trustees (BoT). The last six months have been joyfully eventful. The next six months are likely to provide more opportunities for abundant celebration.

One, in particular, that I would like to share with you here is an opportunity to try out a suggested evolutionary change to the Interim Minister program. The Interim Minister program is typically a two-year process to prepare a congregation for its next Called Minister, which does not give a congregation much time to reflect, take stock of successes and missed opportunities of the past, and ponder the preferred path for the future. Also, a two-year Interim Ministry requires the effort-intensive, 12-month Called Minister Selection process to start shortly after the New Year.

We at the UUFRC are considering taking part in a suggested change that would extend our Interim Minister program from two years to three. At its core, the change is simply an extension of our current Interim Minister's contract for an extra year. (It is not a conversion of Rev. Gretchen's contract to a consulting minister, a developmental minister, nor a Called Minister. It is still an Interim Minister contract, just an extra year in length).

The extension provides our fellowship many advantages, but three I would like to note here. One, it allows more time for the reflection process and a respite from our ever-present ministerial machinations of the last five years. Two, it provides more time for the changes made in the first year of our current Interim Ministry to germinate and flourish. Third, it allows more time and a later start date for the Called Minister selection process.

The BoT will be holding two town-hall style meetings to let the Fellowship discuss the merits and alternatives of extending Rev. Gretchen's Interim Minister contract for an extra year. Those two dates will be the Sundays of January 14 and 21, starting at 12:00 after services in the Sanctuary. The UUFRC BoT hopes to move forward with a extension decision by late January.

Please plan to join us at one or both of our town-hall meetings to provide your thoughtful input into our Interim Ministry process.

With hope for the future and appreciation of efforts given,
Bob Holden
President – UUFRC Board of Trustees

Social Action Committee Update

- Thank you to our generous congregation for filling the boxes and barrels for Toys for Tots, and to those who helped out at the wrapping party December 11!
 - Thank you to Social Action Committee members who donated more than \$100 to sponsor a family at Garfield School, and to Carolyn Chaney for doing the shopping for the family.
 - In January and February we will collect NEW socks and sweats for the homeless shelters.
 - Social Action Committee members have continued to hand out “Know Your Rights: handouts to Spanish speakers at St Anthony’s Church.
 - The Social Action Committee is looking forward to our February Desserts and Dreamers Silent Auction movie night showing the film "East of Salinas."
 - We will be working with ACLU People Power and other local groups on voter outreach to get people signed up to vote. Let us know if you want to get involved. Please come to our Social Action Committee meetings the first Sunday at noon in the Back Lounge. The next meeting is January 7. All are welcome!
- Nancy Goodban and Carolyn Chaney, co-chairs

At UUFRC, we sent so many cards to incarcerated UUs at Christmas, and the CLF (Church of the Larger Fellowship) was able to send one to all of the 800+ UU prisoners. Yay! Would you like to do more? You can be a penpal and bring comfort and support to a prisoner via the UU/CLF prison ministry. I have been a penpal for about 12 years (my second penpal, Zo, was recently released, thanks to Obama’s compassionate clemency) and I will be signing up for a new one as soon as Zo is settled into freedom. There are prisoners awaiting penpal matches right now!

Here’s how it works: First you apply to the CLF Prison Ministry (you must be 21+ years old and be a member of CLF or a congregation for 6 months). Then CLF will match you with a prisoner and the letter-writing adventure begins. Some prisoners have email, but mostly it is hand-written letters, once a month. All letter writers (incarcerated and “free-world”) agree to the same guidelines, emphasizing that the program is not intended for romantic, legal-aid or financial/gift interactions. The CLF does its best to protect your identity. You only share your first name and use the CLF office as your return address. All letters from your letter-writing partner go to the CLF office, and they are mailed to you, so that no mail is sent directly to you from a prison or jail.

My participation has been very rewarding. Want to try? The first commitment is for 6 months. Here is the website: <https://worthynow.org> Carolyn Chaney



Fool's Tales



In his 2015 book, *Our Kids: The American Dream in Crisis*, public policy professor Robert Putnam goes on a Listening Tour of his own, including his own home town of Port Clinton, Ohio. His book presents an alarming portrait of a widening opportunity gap among young people. His final chapter prescribes a familiar litany of education funding, child care, mentoring, and changes to the tax code that don't at all resemble the Tax Cuts and Jobs Act of 2017.

Happy New Year. "But how do I feel happy when the news is so terrible?" you ask. Fair question. Even our faith congregations have withdrawn into silos based on socioeconomic class. "What can we do?" you ask. Good question. You do so much already. "I read books, sign petitions, attend rallies, call Congress, and walk precincts. Why do I feel so numb inside? Excellent question. So, do you have a couple of beers or a hot fudge sundae? Many people do.

We're all human, and strong medicine isn't appealing when you're down. Strong medicine is counter-intuitive. When I'm depressed, my first inclination is to pull the covers over my head and disappear. Yet, I know there's no future in that strategy. When people assault me with judgment, invalidation, and unfairness, my first inclination is to rail against them. But in my heart, I know that the only part I have control over is what I say and do. When confronted with my vulnerability to grief, fear, shame, rejection, and disappointment, I don't want to feel those things. Yet, as Brené Brown explains so well, when we numb these things—we also numb joy.

Accompaniment of people whose lives are different than yours is strong medicine. Like diet and exercise, living a life of service is strong medicine. Like all strong medicine, it looks more like disappointment at first. Much of this lifestyle is about learning to like *feeling better* more than, say, instant gratification and the inevitable crash. Self-talk plays a major role.

To set on the path requires but a single step. You meet a lot of people along the way with a lot to teach you. It begins to grow on you, and as you walk together you begin to inhabit a lightness of being in which laughter and joy play as big a role as sadness and despair. You cry when it's sad, and laugh when it's happy. This is a spiritual practice that goes beyond self-improvement and reaches for the ecstasy of an eternal Now. Visit us at foolsmission.org

January 2018 Calendar of Events

Jan 1: Clean up After-Party 10am Book Discussion Group 7:30pm	Jan. 16: Men's C Group 7 pm
Jan 2: Men's C Group 7 pm	Jan. 17: C Group Spirituality/Psychic 7 pm Facilitator Training 7 pm
Jan. 3: C Group Spirituality/Psychic 7 pm Connections Committee 7 pm	Jan. 18: Choir Rehearsal 7:15 pm
Jan. 4: Choir Rehearsal 7:15 pm	Jan. 20: UU History 10 am Game Night 3 pm
Jan. 6: Happy Trails Stair Trek 9 am UU History 10 am	Jan. 21: Getting to Know UU 12 noon OWL for Grades 7-9 at 5pm
Jan. 7: Welcome Circle 11:45 am Living Ultimology Workshop 12 noon Social Action Committee 12 noon OWL Parent Orientation 2 pm	Jan. 23: Board of Trustees meeting 7 pm
Jan. 10: Worship Committee 7 pm	Jan. 24: Choir Rehearsal 7:15 pm Transition Team 7 pm
Jan. 11: Adult Religious Education 7 pm Choir Rehearsal 7:15 pm	Jan. 27: Fools of the Round Table Breakfast Meeting 8 am Sanctuary Immigrant Speakers 12 noon Youth Group Sleepover at UUFRC 6 pm
Jan. 13: UU History 10 am Facilitator Training 1 pm	Jan. 28: Youth Group Sleepover to 9 am Cottage Meetings 11:45 am OWL for Grades 7-9 pm at 5 pm
Jan. 15: YoUUth/MUUgs MLK Service Day 7am YCCC 7 pm Facilitator Training 7 pm Finance Committee 7 pm	

To add a subscription to our UUFRC email group, send any message to:

uufrc-subscribe@yahoogroups.com

For helpful info about the group (no subscription needed), send any message to: uufrc-help@yahoogroups.com
Subscribers can post to the group by sending your message to uufrc@yahoogroups.com

UUFRC

Interim Minister: Reverend Dr. Gretchen Woods

Administrator: Malia Fineasi (office@uufrc.org; (650) 365-6913)

Director of Religious Education: Derby Davidson (dreuufrc@yahoo.com; 888-6067)

Music Director: Dawn Reyen (dawnreyen@yahoo.com)

Pianist: Larry Chinn (Larry_chinn@yahoo.com)

Connections Coordinator: Cindy Johnson

(connecting@uufrc.org; 364-4995)

Bookkeeper: Kim Rosenmiller (rosenmillerkim@yahoo.com)

Minister Emerita: the Reverend Julia H. Fankuchen (julia.older54@gmail.com)

Unitarian Universalist Fellowship of Redwood City

2124 Brewster Avenue

Redwood City, CA 94062

**Light the
Journey**



January

2018

Submissions for the February issue are due Jan. 24. This issue of the *RedwoodReachout* is on our church website at www.uufrc.org under the "Information" tab. If you are unable to access the church website, you may contact our office to request a printed copy.