

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

January 2017

Upcoming Sunday Services

Services at 10:30 a.m.



January 1: Be It Resolved

Rev. Elena Rose Vera, Worship Leader

For many of us, a new year is a chance to take fresh stock of who we are and who we would like to be. This New Year's Day, we will join together not only to make resolutions but to strengthen our resolve. What do we believe? What is true? What commitments can we keep to our values,

principles, and communities in the year to come? How can we keep growing in our capacity to hold to those commitments?

January 8: Standing Rock: Every Footfall Is a Prayer and/or Meditation

Rev. Meg Whitaker-Greene, Worship Leader

The Rev. Meg Whitaker-Greene, LMFT will reflect on her trips in November and December to Oceti Sakawin where the "Black Snake" has been stopped. The Bismarck Mandan UU Church and Fellowship plays an essential part in supporting this movement led by First Persons of the North American Continent to save our water and earth.



January 15: Detoxing Complaint

Rev. Marsh Agobert, Worship Leader

The wisdom of Alchemy counsels that a good result in an inner or outer achievement comes from properly separated components. This Sunday, we will examine how we can empower ourselves and achieve far greater vitality and clarity by freeing ourselves from our debilitating complaints. To prepare

for this service, contemplate your vision of your ideal life, community and/or world for three years hence. Move from a general vision to the more specific. This will be challenging AND fun.

January 22: Sanctuary Churches: A Haven of Refuge for Immigrants under Threat

Rev. Dr. Carrie Knowles, Worship Leader



In the current political climate, undocumented immigrants are fearful of deportation. Religious congregations around the US are now declaring themselves sanctuaries for those at risk. Rev. Dr. Carrie Knowles looks back on ancient biblical tradition, the history of our Southern border, and the situation of immigrants today.

January 29: Poetry Service The Six UU Sources: Inspiration and Healing

Holly Harwood and Frances Hillyard, Worship Leaders

What are your personal sources of inspiration, joy, healing and spiritual growth? Some BFUU poets will present original works sharing the sources of spirituality in their lives.





Board of Trustees Report

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Social Justice Committee (SJC)
Gene Herman, Chair

Sunday Services Committee
Jeff Palmer, Chair

Holiday Greetings BFUUsers!

This month, things are happening at a rapid pace. Both our 'three minister plan' and our new Music Director are due to start at the beginning of January, a comprehensive Process of Discernment for Social Justice for the whole Congregation is planned to begin next month (more information on Page 3), and more is to come throughout the year.

As a result of the most recent Presidential election, many of us, especially here in the Bay Area, are feeling that the Winter Solstice is not the only time of darkness that is upon us. Some Christian fundamentalists are accusing anyone wishing "Happy Holidays" of promoting a "War on Christmas"! This seems as good a time as any to recall a time (1659 to 1681) when the very celebration of Christmas was outlawed by the Massachusetts Puritans! That's right, the Puritans believed that on December 25th the stores should be open while the churches remained closed.

In 1832, the Unitarian Minister Charles Follen and his wife Eliza surprised party guests in their Cambridge, Massachusetts home by displaying one of the first Christmas trees to be seen in Massachusetts. Follen was a 'transplant' from Germany who'd brought the indoor tree tradition with him. The idea spread in the colonies and to England, but it would not be until 1856 that Christmas became a public holiday in Massachusetts.

Help for this assaulted holiday came from an unlikely quarter since Unitarians neither believed that Jesus of Nazareth was any more divine than the rest of us, nor thought he was born on the 25th of December. What they did believe was that Christmas should be a time for worship (open the church doors) and for spending time with family away from commerce (close shops, banks, businesses, and even schools.) Once the Puritan plan was reversed, Old Time/Newfangled Christmas began to take shape.

One of the greatest architects of this revamped holiday was, of course, Unitarian author Charles Dickens. All of his writings featured social justice themes and his novel *A Christmas Carol* was no exception. The story of a man who recaptures the true meaning of Christmas seems merely touching until we realize that the story is actually introducing the reading audience of the day to a concept not widely known before the book was published. What better way to introduce a new awareness than to depict a character who has lost his and then recaptures it? Genius!

continued next page

Board of Trustees Report, continued

The point I make with my lapse into storytelling mode is this: We at the Berkeley Fellowship have a big job ahead of us. In a very real way, the World is looking to our Country, the Country is looking to our Bay Area, the Bay Area is looking to Berkeley, and Berkeley is looking to BFUU for effective actions that continue to make positive change both in the wide world and in our awareness. It's a great time to come check out a Board of Trustees meeting (fourth Thursday of each month), and to contribute of your Time, Talent and Treasure, especially your time (talk to me, as I am currently coordinating volunteers).

Shout outs go to The Reverend Ben Meyers for first introducing me to the Unitarian-Christmas connection and The Reverend Theresa Novak for the inspirational sermon she delivered on 12/18/2016. Find more information on Unitarians and Christmas at aucklandunitarian.org.nz

Be good to each other and see you next month!

Respectfully Submitted;

Doug Chambers, BOT President

Social Justice Discernment

BFUU's three-part series to explore, build and reenvision a congregation-wide social justice program. The program led by Evan Junker of the UU Social Justice Ministry of California involves education, discernment, reflection, strategy development and planning. Main components of the program include:

- Reflect and discuss how to help make your social justice program more spiritually grounded in Unitarian Universalist values.
- Develop a vision of your congregation's potential to be a social justice ally in your community.
- Discuss and assess the current status of your congregation's social justice program.
- Discover and plan how to integrate social justice into the larger life of your congregation including worship, religious education, and adult programming.
- Increase the number of people involved in the social justice program.
- Celebrate your congregation's social justice history.

Three congregation level meetings are scheduled for third Sundays, February 19, March 19, and April 16, 2017, in the Fellowship Hall, from 12:30 to 2:30. BFUU's cost for the entire discernment process will be \$1,400. The program will be free of charge to participants. For more information, please contact Pam Norton through the BFUU Office - office@bfuu.org or 510-841-4824 ext. 1.

Regular Committee Meetings

Buildings & Grounds

*Meets once per month,
contact Ben Burch*

Finance

*3rd Thursday at 4:30 PM
in the Fireside Room*

Hospitality, Caring and Membership

*4th Sunday at 12:30 PM
in Fellowship Hall*

Social Justice

*1st & 3rd Sunday 12:30 PM
in the Preschool Room*

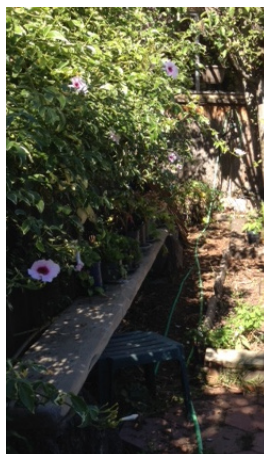
Sunday Services

*1st Tuesday at 7 PM
in the Preschool Kitchen*

Community Voices



Holly Harwood Shirley Taylor
Elinor Roberts Marge Turngren



Garden Art Project and Worm Farm Need Your Help!

Jim Beatty is still looking for broken ceramic pots and plates for an art project and newspapers (black ink on white newsprint only) and eggshells for worm farm! Please leave in a neat pile in the garden behind the ramp.

UUA/PCD/UU News & Events

Third International Women's Convocation
Asilomar Conference Grounds, Monterey Peninsula, CA, USA
February 16-19, 2017



Take advantage of Presidents' Day weekend to engage with U*U women from around the world at the **Third International Women's Convocation**, Asilomar Conference Center, CA, February 16-19, 2017. Connect, share, grow, celebrate, and empower in the unspoiled surroundings of this tranquil retreat.

Registration is \$350. Bring one, two (or ten!)

friends from your church and you qualify for a group discount of \$50 off each! An additional \$50 discount is available for UU ministers. Young adults aged 18-40 can register at a special all-inclusive package rate. If you are interested in offering a workshop, please fill out our workshop request form online. Visit IntlWomensConvo.org for all details.



WhaleCoast Alaska 2017

WOW! Four Unitarian Universalist Fellowships in Alaska invite you to our awe-inspiring, 24th annual Alaska tour program.

TOUR #1: National Park Tour, June 10 to 20 -- \$3,156

TOUR #2: All-Alaska Tour, July 7 to 19 -- \$3,758

WHERE: From the coastal waters to the sunny Interior, from wilderness to modern cities. We experience the best of Alaska: Fairbanks, Denali Park, Anchorage, Juneau, Sitka, Seward
SEE: Wildlife: whales, seals, bears, moose, caribou, & more. Glaciers, islands, fjords, and mountain ranges. Native American artists and dancers. Alaska's finest museums. Spectacular travel by train, plane, and boat.

STAY: Real Alaska! UU homestays, meals, & dinner parties with Alaska UUs who treat you like friends.

Director: Dave Frey, longtime Fairbanks UU / dfrey@WhaleCoastAK.org / 907-322-4966

More information: www.WhaleCoastAK.org

Hurry! Each tour sells out when 40 guests register

View From Rooms@bfuu.org



This month will mark my 4th anniversary with BFUU in the Event Space Coordinator position. A lot of work, change and mutual support have filled these four years! So many in our community use our facilities and it has been an education and a joy to serve them and the Fellowship. The Hall has been spruced up with a great paint-job & the new banners. I get frequent calls from happy clients on how much our Hall and other rooms made their event perfect.

Though I've heard from friends that they can't wait to kick 2016 to the curb, I'm grateful for the lessons & blessings from the past year: healing, compassion, personal growth, perspective on the important things in life are just some of them.

May each of you receive "room" in your lives for the blessings of community in 2017.

Onward and upward!

Deborah Hamouris, Event Space Coordinator

Featured BFUU Events



Fellowship Hall (1924 Cedar St) is accessible by a ramp on the Bonita Avenue side. The Preschool rooms are only reservable by BFUU groups and are accessible on the ground level of our Religious Education Building (1606 Bonita Ave). At this time the Connie Barbour, Fireside, and Benjy Rooms on the 2nd floor of our Religious Education Building are not wheelchair accessible.

Transition Berkeley Presents: The Root Cause

Thursday, January 5 at 6:30 PM refreshments, 7-9 PM program, in Fellowship Hall – 1924 Cedar St.

The Root Cause is a documentary film about the impact humans have had upon the earth and its creatures. In the film scholars present their research about changes that are already taking place on earth and those we can expect in the future.

The scholars conclude that human activity on the planet is a geological force, changing the climate and the oceans, reshaping the landscape, causing pollution, and driving extinctions of other species. As a result, human civilization as we know it is facing its own demise. Can humans change the way we interact with the environment and change our future to avert disaster, or are we bound by our innate nature to continue as a destructive geological force?

Please join us for this thought provoking film and meet the filmmakers Julia Buss and David Millett. We are also fortunate to have notable climate experts from the film with us. UC Berkeley Geography Department Chair Nathan Sayre and Stanford Anthropocene expert Michael Osborne will join the filmmakers for a panel discussion that seeks solutions and audience participation.

Come at 6:30 for meet and greet, bring healthy snacks to share if you can.

The film begins at 7:00 and will be followed by the panel discussion.

This event is sponsored by Transition Berkeley, Social Justice Committee (Berkeley Fellowship of Unitarian Universalists) and The Ecology Center.

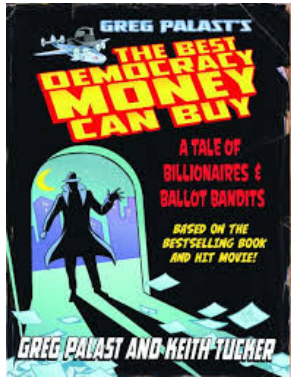
Suggested Donation: \$5 – 20 to cover event costs. No one turned away for lack of funds.



Featured BFUU Events

Conscientious Projector Presents "The Best Democracy Money Can Buy"

Thursday, January 12 at 7 pm in Fellowship Hall—1924 Cedar St.



This "Tale of Billionaires and Ballot Bandits" is Greg Palast's documentary about steering an election through calculated racist disenfranchisement. Beginning with the 2000 election and continuing to the 2016 campaign, Palast interviews those who've been victimized, identifies schemes and villains, and presents the case for powerful corruption of the election system in the United States.

Sponsored by the BFUU Social Justice Committee.

Suggested donation \$5-\$20. No one turned away for lack of funds.

The Oasis in Berkeley

Friday, January 13 at 6:30 PM sign up / 7 PM start

Fellowship Hall—1924 Cedar St.

Join us for BFUU's revamped open mic night! First come, first choice of 10-minute slots, available until the slots fill up.

This month's host is Dozo the Clown! Look for surprises and fun! Come at 6:30 PM to sign up to perform - we welcome musicians, singer, poets, spoken word and other performers!

\$5-\$20 suggested donation. No one turned away for lack of funds.



Leadership Meeting Notice

The 2nd Thursday Leadership Meetings are now open to all BFUU committee chairs. In fact, all BFUU members seeking leadership and group facilitation skills, are welcome to attend! 7pm every 2nd Thursday in the preschool classroom. For information please call Elayne 510 459-8654.

BFUU Videos!



Please check out our BFUU Facebook Videos Section. You may be surprised at how this "growing garden of harvest" is enhancing BFUU ability to chronical its living history and to interface with social justice concerns with community partners in the San Francisco Bay Area! We also have a growing number of Photos and Photo Albums that you may enjoy. And sharing them helps our little pebbles tossed to have some ripple effects.

<http://www.facebook.com/berkeleyfellowshipuu/videos>

Recurring/Ongoing BFUU Events



T'ai Chi & Qi Gong with Gene Herman

Mondays, 4-5 PM in the Connie Barbour Room – 1606 Bonita Ave.

Wednesdays, 3-4 PM in the Connie Barbour Room – 1606 Bonita Ave.

This practice improves health and well-being at any age.

Communication with Care

Sunday, January 1 and January 8 in the Preschool Kitchen – 1606 Bonita Ave.

Drop-ins welcome! No experience required! Free to BFUU Members and Friends! Marlena Willis leads these Compassionate Communication practice groups to help improve communication.

BFUU Second Sundays Potluck*

Sunday, January 8 after service (12:30 PM) in Fellowship Hall– 1924 Cedar St.

Come one, come all! Whether you have a dish to share* or not, we invite you to join us as we break bread in the spirit of loving community. If you can, please help us set up tables and chairs before and put them away afterward. In between, join in the bounty provided by members and friends. Members, friends, neighbors, and the wider community are welcome to join us.

*If you bring a dish, please also bring a printed list of all ingredients so those with allergies, interactions and dietary restrictions can enjoy the dishes they can eat and avoid those they can't eat.



BFUU Writers Groups

1-Sunday, January 8 12:30 PM in the Preschool Room – 1606 Bonita Ave.-no animals

2-Sunday, January 22 12:30 PM in the Preschool Room – 1606 Bonita Ave.-svc. animals

Wheelchair accessible. Beginners welcome! Group 1 on the 2nd Sunday of the month is for those who are allergic to animals, and/or don't need to bring service dogs to the group. Group 2 on the 4th Sunday of the month is for those with service animals and/or are not allergic to animals. You are welcome to attend both groups if you are able. Our writers group is for all levels, from beginner to experienced, and all genres, including poetry, memoir, and fiction. After a 7 min. writing exercise, we write for an agreed upon period of time. Then we read our work aloud and give each other positive feedback.

Elders Circle

Tuesday, January 10 at 11 AM in Fellowship Hall – 1924 Cedar St.

The BFUU Elders Circle meets at 11:00 AM on First Tuesdays in Fellowship Hall.

BFUU Leadership Meeting

Thursday, January 12 at 7 PM in the Preschool Room

BFUU Committee Chairs and all BFUU members seeking leadership and group facilitation skills are welcome to attend the monthly Leadership Meeting.

Good Grief Group

Wednesday January 25 at 7:00 PM in the Minister's Office – 1606 Bonita Ave.

A gathering place to share the experience of grief and loss. To join, call BFUU at 510-841-4824.

BFUU Board Meeting

Thursday January 26 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

Other Community Events held at BFUU



Women & Song, a women's singing group

Directed by Deborah "DJ" Hamouris

2nd & 4th Thursdays, 7-8:30pm

Preschool Kitchen, 1606 Bonita Ave.

\$20-\$10, sliding scale

Women & Song are looking for a few good women to sing & laugh with us! Each rehearsal we learn traditional and contemporary songs & rounds, including some originals. Women & Song have been meeting regularly for over a decade and welcome new singers. If you can hold your own on a round or maybe read a bit of music, you're welcome!

Reserve your space!

510/910-2574 or deborahj@djhamouris.com



Unconditional Love Qwire Open Sing

1st & 3rd Thursdays at 7-9 PM in the Preschool Kitchen-1606 Bonita Ave.

You are invited to sing with us! The Unconditional Love Qwire (or ULove Qwire) sings songs of love and encouragement for ourselves and for those in need. Please join us for twice monthly rehearsals here at BFUU.

Irregular Sing-Outs will occur. We meet in the preschool kitchen, so bring your childlike wonder with you.

Donations are welcome to defray costs and support the director. Absolutely NO ONE TURNED AWAY! We want your voice and spirit to soar in song with us.

With great love,

Deborah "DJ" Hamouris, Director

Empowered Communication Series at BFUU

Come for Empowered Communication Tuesdays 1/10 & Mondays 2/6

Have you ever noticed thoughts like this?

- *I just want it to be easier to talk to you!*
- *I keep getting stuck doing what I always do*
- *My boss is a terrible communicator*
- *I wish people would stop being so judgmental*



Nonviolent Communication can give you new ways to talk and listen so you get your point across without conflict. And you'll learn how to be gentler with yourself, too.

If you want to dig in and start changing things, you can join the 5-week Tuesday Empowered Communication series starting January 10th, 6-9pm. There is a special \$50 discount on the Empowered Communication series for *BFUU community members only*. Call me if you have any questions.

If Tuesdays don't work for you, there will be a Monday Empowered Communication series starting February 6th, with an Introductory Evening on 1/30.

More great classes coming soon!

For more information, see <http://baynvc.org/trainer/meganwind-eoyang/>

Love and blessings, Meganwind Eoyang | 707-775-7178 | meganwind@baynvc.org

Fellowship Calendar January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 Communication with Care Practice* 12:30 pm SJC Mtg* 8 pm AA Mtg	2 HOLIDAY - BFUU Office Closed 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	3 7:30 am Augustine Fellowship 11 am Elders Circle 7 pm AA Men's Mtg 6:30 Empowered Communication Practice Group	4 3 pm Tai Chi/ Qigong* 6:30 pm Sunflower* 7 pm NA Men's Mtg 7 pm Core Connexion 7 pm Sunday Svcs Committee Meeting	5 11:45 am AA Meditation 7 pm Unconditional Love Qwire 7 pm Transition Berkeley Presents "The Root Cause"	6 6 pm AA Men's	7 9 am ASCA 10:30 am NVC Classes 11 am Soul Motion Daylong 6 pm Augustine Fellowship
8 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck* 12:30 BFUU Writers Group 1 (no animals)* 12:30 Communication with Care Practice* 8 pm AA Mtg	9 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	10 7:30 am Augustine Fellowship 6:30 Empowered Communication Practice Group 7 pm AA Men's Mtg	11 3 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	12 11:45 am AA Meditation 7 pm Medicine Theater 7 pm Women & Song 7 pm Leadership Meeting* 7 pm Consc. Proj. "The Best Democracy Money Can Buy"	13 6 pm AA Men's 7 pm The Oasis in Berkeley with Dozo the Clown*	14 9 am ASCA 1 pm Women's Self Defense* 6 pm Augustine Fellowship
15 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	16 MLK Holiday 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	17 7:30 am Augustine Fellowship 6 pm Empowered Communication Practice Group 7 pm AA Men's Mtg	18 3 pm Tai Chi/ Qigong* 6:30 pm Sunflower 7 pm NA Men's Mtg 7 pm Core Connexion	19 11:45 am AA Meditation 6:30 pm Berkeley Disaster Prep 7 pm Medicine Theater 7 pm Unconditional Love Qwire	20 6 pm AA Men's February Communicator Deadline	21 9 am ASCA 10:30 am NVC Classes 6 pm Benefit for Parkinsons 6 pm Augustine Fellowship
22 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 BFUU Writers Group 2 (svc animals)* 12:30 Hospitality, Caring and Membership Mtg* 8 pm AA Mtg	23 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	24 7:30 am Augustine Fellowship 6 pm Empowered Communication Practice Group 7 pm AA Men's Mtg	25 3 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion 7 pm Good Grief Group*	26 11:45 am AA Meditation 7 pm Medicine Theater 7 pm Women & Song 7 pm BFUU Board of Trustees Mtg*	27 6 pm AA Men's	28 9 am ASCA 6 pm Augustine Fellowship
29 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 8 pm AA Mtg	30 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Empowered Communication 6:30 pm Soul Motion	31 7:30 am Augustine Fellowship 6 pm Empowered Communication Practice Group 7 pm AA Men's Mtg	* denotes Fellowship event January 2, 2017 New Year's Observed BFUU Office Closed			

Mark your 2017 calendars:

UUA General Assembly June 21-25, 2017 Mark your calendars and set up your savings plan - 2017 GA June 21-25 in New Orleans, LA. see <http://www.uua.org/ga> for more details!

PCD District Assembly May 5-6, 2017 DA will be close by at Mt. Diablo in Walnut Creek CA! Details are being worked out but you can put this on your calendar!

Spiritual Growth and Social Justice in the Heart of Berkeley

Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

BFUU OFFICE HOURS

Monday - Friday: 11 a.m. to 5 p.m.

BFUU STAFF

Deborah Hamouris - Event Space Coordinator
Phone: 510-841-4824, ext. 3
Office Days: Tue, Wed & Fri
Email: rooms@bfuu.org

Susan Macke - Office Coordinator
Phone: 510-841-4824, ext. 1
Office Days: Mon, Tue, Thu & Fri
Email: office@bfuu.org

SUBMISSION DEADLINE FOR NEXT *COMMUNICATOR*: January 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709