

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

April 2017

Upcoming Sunday Services

Services at 10:30 a.m.



April 2: Shields Up! *Rev. Elena Rose Vera, Worship Leader*

Sometimes the ways we protect ourselves in times of strain can end up hurting us later. Strategies that work to save us can keep us from growing or embracing others further on down the line. Together, let's look at the ways we look after ourselves and each other, pull apart defense from defensiveness, and explore what we can make that will bring us closer, not push us further apart.

April 9: Change: What and How

Rev. Marsh Agobert, Worship Leader

Everyone says they want change but no one wants to be different. Right now, we are facing real and radical change. What happened here, and in Europe? How do we get Change to work with us? How do we get our world, our lives, back on track!? It is the edict of Nature Herself that change will occur. How do we choose where it goes?



April 16: The Wild Unknown

Rev. Elena Rose Vera, Worship Leader

This Easter Sunday, we'll join science and theology, economics and individual yearning, the towering redwoods and the limits of sacrifice. As the Pacific salmon swim upstream to feed vast ecosystems, how can our own lives be a flourishing part of the great system of nature that holds us all? What can we give of ourselves so that all may thrive?



April 23: The Myths We Live: The Fairy Tale Guide to Ever After

Rev. Dr. Carrie Knowles, Worship Leader

Fairy tales teach us profound lessons for the challenges of our lives. Rev. Dr. Carrie Knowles relates significant tales that speak to the issues of mid-life crises and ancient wisdom about how we may best cope.



April 30: Theatre of the Oppressed

Jiwon Chung, Guest Speaker

Theatre of the Oppressed (TO) is a set of techniques, games & practices for using theater as a vehicle for transforming individuals and their communities, and effecting social and political change. It is a method of harnessing the theatrical process as a powerful tool for healing communities and breaking cycles of oppression; resulting in

empowered and engaged individuals and groups that have the tools to dialogue, educate, problem-solve, and effect change. TO is a collective, creative, whole-brained problem-posing/solving technique of learning and transformation.



Social Justice Discernment

Clergy & Staff

Reverend Marsh Agobert, *Minister*

Reverend Dr. Carolyn Knowles,
Pastoral Care Minister

Reverend Earl Koteen,
Community Minister

Reverend Elena Rose Vera, *Minister*

Susan T. Mashiyama, *Music Director*

Deborah Hamouris,
Event Space Coordinator

Susan Macke, *Office Coordinator*

Ed Keating, *Facilities Manager*

Richard Sandling, *Custodian*

Board of Trustees

Doug Chambers, *President*

Elayne Ryder, *Vice President*

Nanci Armstrong-Temple

Michael Gardner

Jeff Palmer

Judith Granada-Dewey (alternate)

Board Associates

Board Emeritus Ben Burch, *Treasurer*

Holly Harwood, *Board Secretary*

Committees

Aesthetics Committee

Joanna Foley, *Chair*

Building & Grounds Committee

Abbot Foote, *Co-Chair*

Ben Burch, *Co-Chair*

Caring Community

Kathy Riehle, *Chair*

Finance Committee

Ben Burch, *Chair*

Hospitality Committee

Interim Right Relations Committee

Pam Norton, *Chair*

Membership Committee

Doug Chambers, *Chair*

Ministerial Coordinating Committee

Personnel Committee

Kathy Riehle, *Chair*

Religious Education (RE) Committee

Doug Chambers, *Chair*

Social Justice Committee (SJC)

Gene Herman, *Chair*

Sunday Services Committee

Jeff Palmer, *Chair*

Social Justice Discernment Process

We at BFUU have just finished the second workshop of our Social Justice Discernment Process in the hopes of our congregation collectively focussing on a few social justice areas to which we will devote our time. All members, (those who attended and didn't attend the workshops) are invited to complete an online survey, before the 3rd and last workshop, April 16th. Please go to uujmca.org/bfuusurvey, to complete the survey.

If you are unable to complete this survey on a computer, you can pick up a paper copy in the office or at Sunday Service.

Music at BFUU

Come Let Your Spirit Sing!

Our weekly Choir Practice and Neighborhood Sing! continues every Wednesday evening at BFUU from 7 pm to 8:30 pm. Come join us!

These weekly sessions have helped our



BFUU Choir continue to develop under the directorship of Susan, and are bringing new faces and voices to BFUU. Here is the BFUU Choir performing a beautiful song called "May the Road Rise to Meet You," an Irish blessing on the Sunday after St. Patrick's Day. Andy Jamieson is the pianist. https://youtu.be/13ld7el_7h8

Singing session schedule:

From 7 pm – 7:45 pm, we learn melodies and work on harmonies, timing, and musicality of a couple of songs that we'll sing at BFUU's Sunday services.

From 7:45 pm – 8:30 pm, we sing the songs from the first part with our wonderful pianist Andy and then relax and informally sing songs together.

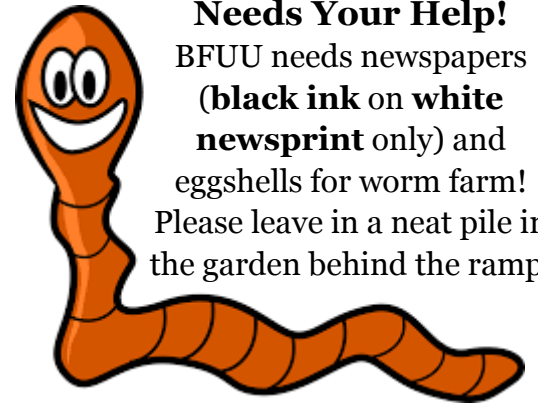
Join us for either or both parts of the evening! We meet in the Preschool Kitchen. Please invite your friends and neighbors. There's no pressure to sing in the choir on Sundays. These gatherings are something BFUU offers as a service to build community.

Community Voices



Pam Norton
Ben Burch
Jean Marie Stine

Mark your calendars!
BFUU Annual
Membership Renewal,
Dinner & Pledge Night
Saturday, May 6th, 4 - 8 pm in
Fellowship Hall, catered
dinner, lively speakers, special
entertainer.
Honor Our Past...
Celebrate Our Present...
Envision Our Future!



BFUU Worm Farm
Needs Your Help!
BFUU needs newspapers
(**black ink on white**
newsprint only) and
eggshells for worm farm!
Please leave in a neat pile in
the garden behind the ramp.

**Did
you
know?**

The BFUU office is open Mon -Fri from 11 am - 5 pm BUT is lightly staffed. Deborah and Susan need to perform tasks, have meetings, run errands, and take lunch in that time. Please call ahead for an appointment, so they can make sure to be in the office and available to help!

**Now
you
know!**

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 Film and Presentation
CAPITALISM & DEMOCRACY: Can They Co-Exist?
*Thursday, April 6 at 6:30 PM refreshments, 7-9 PM program, in
Fellowship Hall – 1924 Cedar St.*

How can we shift our economic structure to be more equitable and humane?

Please join Transition Berkeley for a short film: “How Class Works”, an animated overview by Richard Wolff.

The film will be followed by a talk and discussion led by local author and distinguished Marxist scholar Richard Lichtman, who has taught at UC Berkeley, SF State, and the Wright Institute. His topic will be Marxism 101: Capitalism and Democracy - Can They Co-exist?

Is capitalism the root cause of the climate crisis? How can we shift our economic structure to be more equitable and humane? If capitalism is the problem, what alternatives do we have? We'll discuss these issues and more.

Meet and greet at 6:30 pm before the film. Bring healthy vegetarian snack or a refreshment to share if you can. The program begins at 7:00 pm.

This event is sponsored by Transition Berkeley and the BFUU Social Justice Committee.

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

Featured BFUU Event, continued

Responding to Mental Health Crises without Berkeley Police: A Community Forum

Saturday, April 8 at 1 PM in Fellowship Hall – 1606 Bonita Ave.

What can mental health care and crisis response look like without police involvement? Join the Justice 4 Kayla Moore Coalition and Berkeley Copwatch for a forum to address that question. Hear from individuals and organizations who are fighting for, building, and living out mental health alternatives to the police. We'll also discuss next steps to fight for changes in how our communities and the City of Berkeley approach mental health crises. Please refrain from wearing scented products to the event.



Loaves and Fishes: Food for the Soul

Tuesday, April 11 noon-1PM in Ministers Office-1606 Bonita Ave.

As an expansion of her caring ministry, the Rev. Carrie Knowles will offer a new lunch time group called "Loaves and Fishes: Food for the Soul."

It will offer an opportunity for participants to explore spiritual questions about which they are curious. The suggested topic for the first group is "Did God Have a Wife?" Thereafter, the group will develop topics to fit the interests of those taking part. Loaves and Fishes will welcome members, friends of church members, neighborhood residents and anyone from other UU congregations. The group will meet on the second Tuesday of each month. Please bring your own brown bag lunch and a beverage.



Antonia Juhasz

Active Hope: RISE, LOVE, RESIST!

Friday, April 14 at 6:30 PM in Fellowship Hall – 1924 Cedar St.

Speakers include Joanna Macy, Antonia Juhasz, and more!

Music: Lydia Violet (tentative), Betsy Rose, Mike Rufo, Francis Collins, more!

Suggested donation: \$5-\$20, no one turned away for lack of funds.



Joanna Macy

An evening for conscious activists, organizers, musicians, writers, poets, artists, thinkers who work for justice, peace, the future. The concept for "Active Hope" events is meeting outside our 'silo' issues - seeing common threads, connecting the dots, drawing from each other the inspiration and courage to act. We will again bring multi-issue activists and organizers together to hear, speak, network, collaborate, strategize. Groups will present briefly across the activist spectrum— environment, social justice, civil liberties, peace and anti-militarism, health care, education, jobs, immigration, and more-- all with an emphasis on action opportunities. Please contact Cynthia_Papermaster@yahoo.com for more info.

Social Justice Discernment

Sunday, April 16 at 12:30 - 2:00 PM in Fellowship Hall – 1924 Cedar St.

This is the final workshop in the social justice discernment series (though the work continues!) Join us in learning from and working with Evan Junker. For more information, please contact Pam Norton at IRRC@bfuu.org or Elayne Ryder at BoardVP@bfuu.org. **Please see info re survey on page 2.**

Irish Dance to Benefit Standing Rock

Saturday April 29 at 6 PM in Fellowship Hall – 1924 Cedar St.

BFUU will hold an Irish dance to benefit the Standing Rock defense against DAPL. The event will start with a potluck and speaker at 6PM, dance lesson at 7 pm, followed by a dance from 8 pm to 10 pm featuring live Irish music from musicians in our community, including our Music Director, Susan T. Mashiyama on fiddle and harp. Let's come together as a community to support policies and movements for clean water and human rights. Please help spread the word to our BFUU and extended community! Here's a BFUU music video with a sample of Irish music. Playing along is our custodian Richard Sandling on the drum, and our Board President Doug Chambers on the "bones." <https://youtu.be/G86SaTZEJik>

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.

BFUU Choir Practice and Neighborhood Sing!

Wednesdays 7 PM in the Preschool Kitchen – 1606 Bonita Ave.

We learn songs and arrangements (7-7:45), then sing those songs and others informally together (7:45-8:30). Join us for either or both parts of the evening! Please invite your friends and neighbors.

Elders Circle

Tuesday, April 4 at 11 AM in Fellowship Hall – 1924 Cedar St.

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

Aesthetics Subcommittee Meeting

Wednesday, April 5 at noon in the Benjy Room – 1606 Bonita Ave.

BFUU Second Sundays Potluck*

Sunday, April 9 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, April 9 12:30 PM in the Preschool Room – 1606 Bonita Ave.-no animals

2-Sunday, April 23 12:30 PM in the Preschool Room – 1606 Bonita Ave.-svc. animals

Wheelchair accessible. Beginners welcome! Group 1 (2nd Sundays) is for those who are allergic to animals, and/or don't need to bring service dogs. Group 2 (4th Sundays) allows service animals. You are welcome to attend both groups if you are able. We include all levels, from beginner to experienced, and all genres, including poetry, memoir, and fiction. After a 7-minute writing exercise, we write for an agreed-upon period of time. Then we read our work aloud and give each other positive feedback.

Loaves and Fishes: Food for the Soul with Rev. Dr. Carrie Knowles

Tuesday, April 11 from noon - 1:00 PM in the Minister's Office – 1606 Bonita Ave.

Rev. Carrie invites you to bring your own lunch and join her in the Minister's Office.

BFUU Leadership Meeting

Thursday, April 13 at 7 PM in the Preschool Room – 1606 Bonita Ave.

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, April 26 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, April 27 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

Regular Committee Meetings

Aesthetics (Subcommittee of B&G)

*1st Wednesday at noon
in the Benjy Room*

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/MCC

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

UUA/PCD/UU & Affiliate News & Events

Registration open now!

PCD Assembly May 5-6, 2017

2017 Pacific Central District Assembly will be nearby at Mt. Diablo in Walnut Creek CA. Registration closes April 22! Details at <http://www.pcd-uua.org/events/district-assembly/>

UUA General Assembly June 21-25, 2017

2017 General Assembly June 21-25 in New Orleans, LA. Details at <http://www.uua.org/ga>

Other Community Events held at BFUU



Girls Go Figure Camp boosts the confidence & aptitude of middle school girls as problem solvers. Working collaboratively with GGF image1brainteasers, puzzles, games, videos, and word problems, they develop practical math skills for school.

Meets Monday-Friday, June 25-29, 2017, 9:00 to Noon, \$250 by May 31. Tralee Johnson, MA, Coordinator, is a 25-year veteran of math education and counseling.
www.GreatMathTutoring.com 415-508-MATH



Women & Song, a womens 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 deborahhj@djhamouris.com

Fellowship Calendar April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Please check out our BFUU Facebook Videos Section. You may be surprised at how this “growing garden of harvest” is enhancing BFUU’s ability to chronicle 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.</i> <i>http://www.facebook.com/berkeleyfellowshipuu/videos</i>					3 6 pm AA Men's 7 pm Soul Motion	1 9 am ASCA 10:30 am NVC Class 6 pm Augustine Fellowship
2 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	3 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	4 7:30 am Augustine Fellowship 11 am Elders Circle 7 pm AA Men's Mtg 7 pm Sunday Svcs Committee Mtg	5 7:30 am Soul Motion Mornings 12 pm Aesthetics Subcommittee Mtg 3 pm Tai Chi/Qigong* 6:30 pm Sunflower* 7 pm NA Men's Mtg 7 pm Core Connexion 7 pm Choir Sing!*	6 11:45 am AA Meditation 7 pm Women & Song 7 pm Leadership Meeting* 7 pm Transition "Capitalism and Democracy"*	7 6 pm AA Men's 7 pm Soul Motion	8 9 am ASCA 6 pm Augustine Fellowship 1pm Copwatch Forum on Mental Health Alternatives*
9 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck* 12:30 BFUU Writers Group 1 (no animals)* 8 pm AA Mtg	10 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	11 7:30 am Augustine Fellowship 12 pm - Loaves and Fishes with Rev. Dr. Carrie Knowles* 7 pm AA Men's Mtg	12 7:30 am Soul Motion Mornings 3 pm Tai Chi/Qigong* 6:30 pm Sunflower 7 pm NA Men's Mtg 7 pm Choir Sing!*	13 11:45 am AA Meditation	14 6 pm AA Men's 6:30 pm Active Hope-Rise, Love, Resist*	15 9 am ASCA 10:30 am NVC Class 6 pm Augustine Fellowship
16 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 SJ Discernment* 8 pm AA Mtg	17 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	18 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	19 7:30 am Soul Motion Mornings 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Good Grief Group* 7 pm Choir Sing!*	20 11:45 am AA Meditation May Communicator Deadline	21 6 pm AA Men's	22 9 am ASCA 10:30 am NVC Class 6 pm Augustine Fellowship
23 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	24 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	25 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	26 7:30 am Soul Motion Mornings 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Good Grief Group* 7 pm Choir Sing!*	27 11:45 am AA Meditation 7 pm Women & Song 7 pm BFUU Board of Trustees Mtg*	28 6 pm AA Men's	29 9 am ASCA 6 pm Augustine Fellowship 7pm Irish Dance Benefit for Standing Rock*
30 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 8 pm AA Mtg	* denotes Fellowship event					

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 OFFICE 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*: April 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709

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