

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists
November 2017

Upcoming Sunday Services

Services at 10:30 a.m.

November 5: Living and Dead in Community

Rev. Elena Rose Vera, Worship Leader



Hallowe'en, All Souls Day, Samhain, El Día de los Muertos--in many cultures the beginning of November is a time for us to invite in our beloved dead and honor them in our homes. Join Rev. Elena Vera for a special Sunday to welcome in our ancestors, greet our own deaths, and bring together the living and the dead in joyful celebration. La Muerte is always smiling! We can smile in return.

Please feel free to bring in a picture or token of a deceased loved one or person you would like to honor for our ancestor altar. Youth are especially invited to bring a story about an ancestor to share for the Time For All Ages.

November 12: Surfing the Waves to the Divine: Reflections on Islam and Sufism

Shaykh Yassir Chadly, Guest Worship Leader

Shaykh Yassir Chadly's message of "Surfing the Waves to the Divine" grows out of his experience as a professor of Islamic and Sufi studies and an imam (spiritual leader) of a multi-ethnic Sufi mosque in Oakland. He is also a Traditional Moroccan musician, composer and lecturer.



November 19: Creating Beloved Community

Rev. Marsh Agobert, Worship Leader

For those of us who have been part of this community for years and for those of us who have come more recently;

regardless of summers far ranging, or cleaved close to home – Welcome! During what may be the most tumultuous time (to date) in this surprising century, we take a moment to welcome new members and to be together: meet, greet, welcome and huddle with those of us in this small raft. Ingathering is here! You are home. Please bring a short blessing or good wish in writing which will be placed in a basket for the occasion. Welcome Home!

November 26: The Power of Gratitude

Jeff Palmer, Lay Worship Leader

Expressing gratitude in this Thanksgiving season usually means feasting with family and friends and expressing what we are grateful for. Are there other ways beyond this annual community ritual to incorporate the regular practice of gratitude into our individual lives? Let's look at our sacred books, science findings and personal examples to see how we can benefit from cultivating an "attitude of gratitude."





Clergy & Staff

Reverend Marsh Agobert, *Minister*

Reverend Elena Rose Vera, *Minister*

Reverend Earl Koteen,
Community 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, *Treasurer*
(Alternate)

Elinor Roberts (Alternate)

Committees

Aesthetics Subcommittee of B&G
Joanna Foley, *Chair*

Building & Grounds Committee
Abbot Foote, *Co-Chair*
Ben Burch, *Co-Chair*

Caring Community
Kathy Riehle, *Chair*

Committee on Ministry

Finance Committee
Ben Burch, *Co-Chair*
Abbot Foote, *Co-Chair*

Hospitality Committee

Membership Committee
Doug Chambers, *Chair*

Music Committee
Holly Harwood, *Chair*

Personnel Committee
Kathy Riehle, *Chair*

Poetry Committee
Holly Harwood, *Poet Laureate*

Religious Education (RE) Committee
Sharon Colligan, *Chair*

Social Justice Committee (SJC)
Cynthia Johnson, *Chair*

Sunday Services Committee
Joanna Foley, *Chair*

Hospitality Corner

It is still October as I write this, and already I'm thinking about upcoming holidays and making some plans. I'm thinking about how food is a traditional part of holiday festivities, and how it can have symbolic as well as nutritional value -- nourishment for the soul and spirit.



photo: Marco Verch wikimedia

This November, we'll have two potlucks -- yes, two! On November 12 (Second Sunday potluck day), BFUU will have a guest worship leader who is Muslim. We would like to offer a potluck free of pork items, so please, no ham or bacon dishes that day. And we're hoping folks will enjoy a Mediterranean theme so if you can, bring falafel, hummus, babaganoush, tabbouleh, and the like (maybe someone will get ambitious and bring spanakopita).

On November 26, we'll have a Thanksgiving-style meal, so bring your leftovers to supplement what Hospitality will provide. Or perhaps you'll make something that wasn't on your holiday table and you missed having it. (As always, remember to label your dish with a list of ingredients.)

I've always loved the story of Stone Soup, where no one thinks they have anything to spare but in the end, everyone's small contribution to the pot makes a meal big enough for the whole community. It reminds me of our potlucks: everyone brings a little something, whether it be food, a dollar, some kind words, or the energy to move tables; in the end, we have a real community meal. I hope you'll join us.

By Elinor Roberts



photo by David Marcel
<https://www.flickr.com/photos/davidmarcel/6408097925>



photo by Laura
<https://www.flickr.com/photos/twonickels/309295507>

The BFUU Choir Sings at UU Eugene and Views the Eclipse

In August, a group of seven intrepid BFUU Choir members plus a few others took a road trip to Oregon where they led the singing at the Unitarian Universalist Church in Eugene (UUCE) on Sunday, August 20, 2017. There, they connected with Andy Chirch, a seminarian who has preached in the past at BFUU and who was completing his internship at UUCE. The choir group was excited to lead the congregation of such a large church (270 members) on their first performance in a sister church. The choir opened the service by leading “Ubi Caritas” in four-part harmony as Choir Director Susan T. Mashiyama played a harp borrowed from a UUCE member. Then the choir led the hymns with their ukuleles, and sang a song for a meditative number. The planets really seemed to be in alignment for this trip because that Sunday just happened to fall on the day of Andy’s final sermon of his internship. In addition, the weather was clear on August 21, the day of the total solar eclipse when the group travelled a bit further north to Corvallis to get within the “zone of totality,” narrowly missing cloudy weather both the day before and the day after the eclipse. The outing was organized by choir members Jeff Palmer (who is also on the board) and his wife Margaret Hurlbert. The group also had a chance to visit beloved former BFUU members Frankie Hill and Jean Marie Stine who moved to Eugene last year.



photo by Susan T. Mashiyama
standing: Jean Marie, Jeff, Frankie, Lis, Brett, Susan, Jim, and Margaret.
seated: Jinky and Mike

On Sunday, October 22, 2017, Susan T. Mashiyama led service where members of the Oregon road trip shared their reflections on what it meant to them to take part in the trip. There was also a discussion on why beauty in nature, including rare solar eclipses as well as beautiful phenomena that occur daily, such as peaceful sunsets or graceful birds flying, can stir our sense of the divine. Other Oregon travellers included James Beatty, Mike and Jinky Gardner, Hayley Steele, Brett Torres, Doertlis Schultze-Allen, and Yoichi Hariguchi and his two children.

Regular Committee Meetings

Aesthetics(Subcom. of B&G)

*2nd Friday at noon
in the Benjy Room*

Buildings & Grounds

*Meets once per month,
contact Ben Burch*

Caring

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

Committee on Ministry

*Meets as needed,
contact Abbot Foote*

Finance

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

Hospitality,

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

Membership

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

Music

*1st Sunday 12:30 PM
in Fellowship Hall*

Poetry Committee

*Meets as needed
contact Holly Harwood*

Social Justice

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

Sunday Svc

*1st Tuesday at 6:30 PM
in the Preschool Kitchen*

Community Voices / Poetry Corner



Norman Frank
Nancy Reynolds

From the Heart of the Caring Committee



Wanted!! Needed!! Four (4) individuals who would love to volunteer on Sundays; two (2) for the Welcome Table and two (2) for the Greeters Table.

This can be a shared project. It involves setting up before service, and putting everything away at the end of the service. If you love talking to people and making them feel welcome, this is the spot for you!! Questions... please call Kathy at 989-273-9066.

The Line Between

The line is so thin
between
the seers and the seen
the knowers and the known
the takers and the taken
the havers and the had.

Are you
on the inside looking out
or the outside looking in?

Where --
at what point in time --
is the difference
between
seeking and finding
wondering and knowing
doubting and being certain?

Maybe
there is no answer
and finding means more seeking
and knowing means more asking
and seeing means more looking
and being sure doesn't last
more than a day
or two
and becoming
is forever.

©Marianne Robinson
Philadelphia, Pa. 1963



Morning Glories

Delicate, blue flowers
growing outside.

I grew morning glories
as a child.

I stepped outside each day
to tend to these flowers,

Watered, watched and
weeded them.

I watched them grow,
Opening their buds,

Gradually climbing
their vines.

My very own
Morning glories!

All my own as a child!

Margaret Hamilton

BFUU Garden Needs Your Help!

BFUU needs newspapers
(**black ink on white
newsprint** only),
eggshells, and WORMS for
worm farm! Please leave
newspapers and eggshells
in a neat pile in the garden
behind the ramp and
contact the office and/or
Jim Beatty if you have
worms to share with us!

The worm farm needs dry
matter in the form of news
print or dry leaves to keep
the smell of rotting food
(etc.) down. We can't start
producing worm castings
and compost tea for plant
food unless we have brown
compostable material to
add to the bins. Egg shells
help add nutrients to the
soil.



Community Voices / Special Thanks!

Special Thanks to Elinor Roberts



Elinor is donating two music stands to BFUU in memory of her older brother **Philip Roberts II**. Philip was an accomplished musician who enjoyed singing and playing guitar, banjo, dobro, and piano. One of Elinor's early memories is of him picking out a tune by ear on the piano -- it was Jerry Lee Lewis' "Great Balls of Fire." BFUU appreciates this gift and the thoughtful dedication of this donation.

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: Presentation & Discussion

ZERO WASTE in the Classroom & Beyond

Celebrate Zero Waste Month with Berkeley's Ecology Center and the City of Richmond!

Thursday, November 2 at 6:30 PM refreshments, 7-9 PM program, in Fellowship Hall – 1924 Cedar St.



Transition Berkeley invites you to an evening of ZERO WASTE inspiration, based on the testimony of students from Oxford School in Berkeley and their teacher Jackie Omania.

We'll hear from the students how they eliminated waste in their classroom and how they replicated the same practices at home. Then we'll enjoy two films by the students to inspire us all to get to ZERO WASTE.

We'll have an opportunity to ask questions and plan our own steps to get from where we are today to . . . Zero Waste at home, in schools,

and where we work and gather in the community.

Please bring healthy, no waste refreshments to share at 6:30 pm. The Challenge – bring foods that are not packed in plastic or require plastic to serve. The Fellowship Hall thoughtfully provides real dish ware and utensils for us to use, as part of their own zero waste efforts.

This event is sponsored by: Transition Berkeley and the BFUU SJC

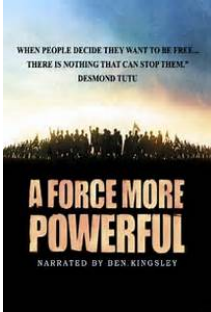
Wheelchair accessible via the ramp

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

Bring: An earth-friendly, package-free dish to share at 6:30 pm if you like!

For info: Transition Berkeley's fb page or website, info@transitionberkeley.com

Featured BFUU Events



Does Non-Violence Work? BFUU SJC present the film: A Force More Powerful

Saturday, November 4 at 7 PM in Fellowship Hall – 1924 Cedar St.

A Force More Powerful explores six nonviolent movements in the 20th century: Indian Independence, United States' Civil Rights, South African Anti-Apartheid, Danish resistance to Nazi Occupation, Polish Solidarity and the Chilean Democracy ouster of Augusto Pinochet.

Details are still being worked out, but the BFUU SJC has invited author David Hartsough and Meleiza Figueroa, co-founder of UC Berkeley's Antifa to lead discussion after the film. Sponsored by the BFUU SJC. Suggested donations of \$5-\$20. No one turned away for lack of funds.



The Hardly Strictly Acoustic Jam

Friday, November 10 at 7 PM in Fellowship Hall—1924 Cedar St.

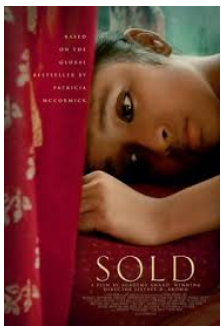
Join us for BFUU's new jam session format. Come sit in our circle, share music, songs, poetry, excerpts from your new book, jokes and stories. We welcome all entertainers and entertainees to fill the Hall with performance, connection and appreciations for all forms of art. Suggested donations of \$5 – \$20 No one turned away for lack of funds! Volunteers appreciated!

Rescheduled from October - we hope you'll join us for this important benefit.

Blossomy Project Benefit for Survivors of Human Trafficking In India:

A Screening of **SOLD** and a performance by Kristi Williamson of Spoken Word Mystic Poetry, Song and Movement

Saturday, November 18 at 7 pm - 10 pm in Fellowship Hall – 1924 Cedar St.



Blossomy Project is a Berkeley based 501(c)3 working with trafficking survivors since 2004 in India and in 2016 expanded its reach to vulnerable communities in Thailand! The focus of Blossomy Project is empowerment through self expression.

Our programs include dance therapy, art therapy, music therapy and photography.

SOLD is a narrative film based on the true story of Lakshmi's trafficking from rural Nepal to a brothel in Kolkata, India and



Kristi Williamson

highlights the brutality of child trafficking and the resilience of the human spirit. www.soldthemovie.com

Kristi Williamson is brilliant performer who is passionate about archetypal exploration through cultural dance forms and ritual theater and will be presenting a piece that embodies her experiences working with survivors in India. Kristi has been working with Blossomy Project in Kolkata at a shelter home with over 100 girls since 2014 leading a one month workshop in partnership with the Tamalpa Art Corps program.

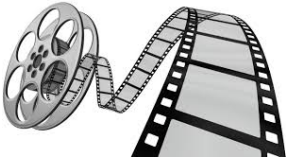
This event is generously being sponsored by BFUU and all proceeds go to benefit the empowerment of trafficking survivors and those vulnerable to human trafficking.

Lulu Dharma jewelry and tote bags will be on sale at the event for half price www.luludharma.com

Lite fare will be on offer. Free popcorn! \$5 Raffle Tickets!

\$20 minimum suggested donation at the door. More Information: www.blossomy.org

Featured BFUU Events



Fourth Friday Fellowship Free Funny Family-Friendly Film Festival for Friends & Family

Friday, November 24 at 7:00 pm in Fellowship Hall – 1924 Cedar St.

Hope you can join us at this fun event!

Special Thanksgiving Potluck!

Sunday November 26 at 12:30 PM in Fellowship Hall – 1924 Cedar St.

Please join us in sharing a bounty of Thanksgiving fare. Bring (safely preserved) leftovers*, a special dish you want to share* - or just your good appetite! 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!



**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.*

Recurring/Ongoing BFUU Events



T'ai Chi & Qi Gong with Gene Herman - Please note room change!

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.



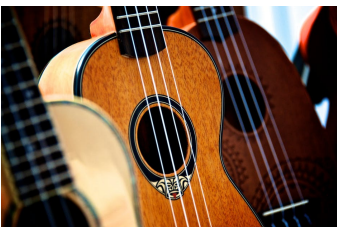
BFUU Choir Practice

Wednesdays at 7-8:30 PM (except 1st Wed. of each month) in Fellowship Hall – 1924 Cedar St.

We practice songs for the Sunday services, learning melodies, and working on musicality.

During the first part of the evening, we focus on choir numbers with harmonies. From about 8 pm on, we practice the hymns we'll lead on Sunday. Everyone is welcome to join

in for fellowship and to be able to sing more confidently and joyously on Sundays. 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.



Uke Jam

*Once per month, various days/times**

BFUU holds a uke jam once a month for those who want to experience more music in their lives. First time players are welcome and if you need to borrow a ukelele, let us know because we might be able to loan you one. **Welcome!**

**please email jeffpalmer123@comcast.net for details on next meeting*

Orientation for Newcomers

Sunday November 5 12:15 PM (after service) in the lobby of Fellowship Hall – 1924 Cedar St.

The Rev. Elena Rose Vera conducts an orientation for newcomers after service on the first Sunday of each month in the Fellowship Hall lobby. All are welcome, whether or not you are considering membership.

The ingathering of new BFUU members will take place on Nov. 19 so the orientation on Nov. 5 is especially timely for people who want to discuss membership with Rev. Elena or are pondering this step.

Recurring/Ongoing BFUU Events

Elders Circle

Tuesday, November 7 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 Second Sundays Potluck* (no pork products for this one, please!)

Sunday, November 12 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!

**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, November 12 at 12:30 PM in the Preschool Room – 1606 Bonita Ave.-no animals

2-Sunday, November 26 at 12:30 PM in the Preschool Room – 1606 Bonita Ave.-service animals

Wheelchair accessible. Beginners welcome! Group 1 (2nd Sundays) is for people who are allergic to dogs, and people who don't need to bring service dogs to the group. Group 2 (4th Sundays) is for people with service animals and people who are not allergic to dogs. 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..

BFUU Board Meeting - Please note on 3rd Thursday this month due to Holiday

Thursday, November 15 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

***Please see the information for the
Special Thanksgiving Sunday Potluck
on Page 7.***

Other Community Events held at BFUU



Women & Song, a women's singing group

Directed by Deborah "DJ" Hamouris

November 9, 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! At 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

Fellowship Calendar November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
New School will be using Fellowship Hall from November 1 - April 30 Mon-Fri from 1:00 PM - 5:00 PM Note that T'ai Chi/Qigong will be held in the Connie Barbour Room.			1 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg	2 11:45 am AA Meditation 7 pm Transition Berkeley Presents "Zero Waste in the Classroom and Beyond"*	3 7 pm Soul Motion	4 9 am ASCA 6 pm Augustine Fellowship 7 pm Film: "A Force More Powerful"*
5 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:15 Newcomer Orientation* 12:30 pm SJC Mtg* 12:30 pm MusCom* 8 pm AA Mtg	6 4 pm Tai Chi/Qigong* 6 pm T'ai Chi Chuan 6:30 pm Soul Motion	7 7:30 am Augustine Fellowship 11 am Elders Circle 6:30 pm Sunday Svcs Cttee Mtg 7 pm AA Men's Mtg	8 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Choir Practice*	9 11:45 am AA Meditation 7 pm Women & Song	10 12 noon Aesthetics Subcommittee Mtg 7 pm The Hardly Strictly Acoustic Jam* Veteran's Day Observed	11 9 am ASCA 6 pm Augustine Fellowship Veteran's Day
12 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck (no pork)* 12:30 BFUU Writers Group 1 (no animals)* 8 pm AA Mtg	13 4 pm T'ai Chi/Qigong* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	14 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	15 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Choir Practice*	16 11:45 am AA Meditation 7 pm BFUU Board of Trustees Mtg*	17	18 9 am ASCA 6 pm Augustine Fellowship 7 pm Blossomy Benefit*
19 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	20 4 pm T'ai Chi/Qigong* 6 pm Tai Chi Chuan 6:30 pm Soul Motion December Communicator Deadline	21 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	22 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Choir Practice*	23 11:45 am AA Meditation Thanksgiving Day Holiday BFUU Office CLOSED	24 7 pm BFUU Funny Film Night* BFUU Office CLOSED	25 9 am ASCA 6 pm Augustine Fellowship
26 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Special Thanksgiving Potluck* 12:30 BFUU Writers Group 2 (svc animals)* 12:30 Hospitality, Caring and Membership Mtg* 8 pm AA Mtg	27 4 pm T'ai Chi/Qigong* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	28 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	29 3 pm T'ai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Choir Practice*	30 11:45 am AA Meditation		

Note that the office will be closed on Thanksgiving Day and Friday, November 24.

* 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 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*: November 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709

Berkeley Fellowship of Unitarian Universalists

Office: 1606 Bonita Ave., Berkeley, CA 94709 | Fellowship Hall: 1924 Cedar St., Berkeley, CA 94709

T: 510-841-4824 | **E:** office@bfuu.org | **www.bfuu.org**