

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists
September 2018

Upcoming Sunday Services

Services at 10:30 a.m.



September 2: 1 in 8 *Deborah Hamouris, Guest Worship Leader*
“1 in 8” is a collection of songs & stories from the heart. Breast cancer happens to 1 in 8 women annually. It happened to us, 2 women musicians, sister-survivors. Each of us wrote music as an antidote to the host of challenges to our bodies in the name of healing. This music tells a personal tale, inspiring to anyone who has survived such challenges.

September 9: The Promised Land

Clovice A. Lewis, Guest Worship Leader

“The Promised Land” is both a place and a state of mind, and many times, it is both things at once. The promised land represents a place or situation in which someone expects to find happiness, or the potential for a better life. This sermon will examine how the United States fares as a Promised Land in light of its recent immigration policy challenges.



September 16: Building Beloved Community

Jeff Palmer, Lay Worship Leader

We learn from each other through speaking face to face and sharing heart to heart. We may think of listening as a passive act but really listening and hearing each other is a deeply active process. You could say it is HEART-FULL.

September 23: Unitarian Universalism: A Radical Vision for 21st Century Religion

Alessandro Gagliardi, Guest Worship Leader

Unitarian Universalism is the merging of two streams—each considered heretical in their time—arising in response to New England Puritanism in the 18th century. Unitarianism and Universalism each represent breakthroughs in the “thinking” and “feeling” of religious experience respectively. Brought together in UUism, the progression of these two streams make for a radical vision for religion and ethics in the 21st century.



September 30: The Gifts of the Crow

Rev. Dr. Carrie Knowles, Guest Worship Leader

The more we learn about other living creatures, the more we realize we are surrounded by and connected to intelligent beings who learn and feel and communicate as they cope with their existence. Rev. Dr. Carrie Knowles tells the story of the crow and some of the questions their talents raise.

photo: DickDaniels <http://carolinabirds.org/>



Clergy & Staff

Reverend Marsh Agobert, *Minister*
 Lincoln Statler, MASC, *Pastoral Care*
 Reverend Earl Koteen,
Community Minister
 Dr. Susan T. Mashiya, *Music Director*
 Deborah Hamouris,
Event Space Coordinator
 Susan Macke, *Office Coordinator*
 Ed Keating, *Facilities Manager*
 Guy Colwell, *Sexton*

Board of Trustees

Doug Chambers, *President*
 Nanci Armstrong-Temple
 Michael Gardner
 Jeff Palmer, *Secretary*
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Aesthetics Subcommittee of B&G
 Joanna Foley, *Chair*
 Building & Grounds Committee
 Abbot Foote, *Co-Chair*
 Ben Burch, *Co-Chair*
 Caring Community
 Kathy Riehle, *Chair*
 Finance Committee
 Ben Burch, *Co-Chair*
 Abbot Foote, *Co-Chair*
 Hospitality Committee
 Elinor Roberts, *Chair*
 Membership Committee
 Doug Chambers, *Chair*
 Music Committee
 Margaret Hurlbert, *Chair*
 Personnel Committee
 Kathy Riehle, *Chair*
 Poetry Committee
 Holly Harwood, *Chair*
 Religious Education (RE) Committee
 Sharon Colligan, *Chair*
 Social Justice Committee (SJC)
 Cynthia Johnson, *Chair*
 Phoebe Sorgen, *Vice Chair*
 Social Justice Ministry
 Jeff Palmer, *Convener*
 Sunday Services Committee
 Joanna Foley, *Chair*

Checking in with Rev. Marsh

Great news! Rev. Marsh and his wife Michelle are recovering very well from surgery. They are home now. Rev. Marsh actually walked out of the hospital! They appreciate all your good wishes, cards and prayers and are eager to see you soon in Fellowship Hall.

Welcome Lincoln Statler



BFUU welcomes Lincoln Statler, MASC, who has taken on Pastoral Care duties at BFUU for August and September.

Greetings from Lincoln: "Hi I'm Chaplain Lincoln Statler, I am so excited and honored to be able to work with this historic and community focused congregation. For those of you who don't

know me; I am a graduate of Starr King School for the Ministry's Master of Arts in Social Change program (M.A.S.C.) with a spiritual care focus. I completed four units of clinical pastoral education with the San Francisco Night Ministry. I currently serve as a per-diem Hospice Chaplain.

I'm passionate about the intersection of radical spiritual care, lifespan faith formation, and living out covenants based on self exploration and justice.

Together through Spiritual Care, Emotional Support, and Community Resources, we can build beloved community."

Welcome Guy Colwell



BFUU is pleased to announce that Guy is managing custodial, room-use-related, and security issues as Sexton for the BFUU. Guy Colwell writes, "(Guy) is a struggling visual artist and sometime peace activist who has to often take on wage work such as the janitorial position he now holds at the Berkeley Fellowship. Guy has had

connections with the Fellowship, having attended many events here, had an exhibition of his work on the walls, and once organized a group that met here for progressive people to make social contacts. He had his art training at the California College of Arts and Crafts in Oakland. He does artwork that carries strong social and political messages that few people would actually want to put on the walls of their living rooms."

Congregational Reatreat: Hand in hand, shoulder to shoulder, moving forward together

Where do we come from? Who are we? Where are we going? Please share your spirit, voice, and presence with others of our BFUU family as we gather to craft a vision of next steps to our future.

The tentative schedule for the day is:

- 9:30 AM - 10:00 AM Coffee Hour
- 10:00 AM - 11:15 AM Convene
- 11:15 AM - 11:30 AM Break
- 11:30 AM - 12:30 PM Reconvene
- 12:30 PM - 1:30 PM Lunch
- 1:30 PM - 3:00 PM Action Planning



Please roll out of bed, grab your thinking cap, and join the rest of us sleepy-eyed BFUU-ers. Let's wake up together buoyed by coffee and breakfast treats, music, and movement as we prepare to share ideas and plan the future of BFUU.

Summer Services Teams!



July 8th team: Margaret, Joanna, Pat, Sandy, Jeff, Kathy and Doug.

BFUU had a great summer, full of heart-warming, thought-provoking, and community-building services. We only have photos of two of the Sunday Service teams here, but appreciate all of the wonderful folks who helped make all of the summer's services special.



July 15th team: Joanna, Brett, Susan, Clovice, and Dominic

Regular Committee Meetings

Aesthetics (Subcom. of B&G)

2nd Friday at 11:30 AM
in Fellowship Hall

Buildings & Grounds

Meets once per month,
contact Ben Burch or Abbot Foote

Caring

4th Sunday at 12:30 PM
in Fellowship Hall

Finance

Meets as needed
contact Ben Burch or Abbot Foote

Hospitality,

4th Sunday at 12:30 PM
in Fellowship Hall

Membership

4th Sunday at 12:30 PM
in Fellowship Hall

Music

2nd Sunday 12:30 PM
Fellowship Hall

Personnel

3rd Thursdays 2:30 PM
Mike Gardner's house

Poetry

Meets as needed
contact Holly Harwood

Religious Education

Meets as needed
contact Sharon Colligan

Social Justice Ministry

1st Sunday 12:30 PM
in Fellowship Hall

Social Justice

3rd Sunday 12:30 PM
in Fellowship Hall

Sunday Services

2nd Tuesday at 10:00 AM
in Fellowship Hall

Community Voices

Happy Birthday! Ruth Clifford, Doug Chambers, Marcia Kreycik, & Chris Macy

Artist Reception: Sara Trail and the Social Justice Sewing Academy



Sara Trail, founder of the Social Justice Sewing Academy (SJSA)

The BFUU Aesthetics Subcommittee hosted a reception for Sara Trail, founder of the Social Justice Sewing Academy (SJSA), along with several of the artists who created quilts on display in Fellowship Hall. Sara is an author, sewing teacher, pattern and fabric designer. The Trayvon Martin case exposed the void of social activism within her quilting groups, and she began combining her talent in textile art with her social activism, starting programs and workshop in 2016. She create SJSA in 2017, whose mission is, "Piecing together youth voices, textile art, and community in a 21st Century Sewing Circle." BFUU donated the collection plate on Sunday on August 12 to this empowering organization. We thank Sara and SJSA for sharing their stories, vision, and beautiful and moving works of art with us! Please check out <http://www.sjsacademy.com/> for more info.



Bryan Robinson, creator of the quilt, "Born a Crime"

Better World Festival

The Better World Festival was a great success!

The show in Fellowship Hall was cozy, talent-filled, and fun. The pop-up fund-raiser for Solidaridad Con Los Ninos raised quite a bit of money for the Freedom for Immigrants' bail fund.

Thanks to our artists, audience, volunteers, and to our generous community supporters:

Trader Joe's (University and MLK)

The Cheese Board

The Natural Grocery Co.

Berkeley Bowl West

Acme Bread

The Juice Bar Collective

Riverdog Farm



Poetry Corner

Grandparents

As if it were yesterday . . .

“Let's all sing like the birdies sing,

Tweet, tweet, tweet, tweet”

“Some day my prince will come. . .”

1930s popular songs draw me back, back, back . . .

Cora's taking me to Woodward & Lothrop to buy my Easter outfit

And to the big cathedral on the hill for Easter Mass

(In her freethinking lifestyle there is memory of her mother's Catholicism) . . .

Eddie's playing waltzes and marches on the piano to announce supper

His delight in playing matched only by his anticipation of mealtime

A street vendor in the back alley

Calls “Strawber--ries, ten cents a quart!”

We eat lunch on Cora's green dishes

Salad dressing of mayonnaise mixed with pear juice

Her own canned pears

Spoons with the lilies-of-the-valley pattern. . .

Cora takes me along to a lecture by Bill Tilden

The 1930s guru of holistic health and nutrition

And when I come down with the measles

She gives me enemas

As when she feels poorly she fasts

Saying, “I've broken nature's laws.”

Eddie gallantly takes me for a ride in his Chevrolet

Proudly showing me the sights in his beloved Washington

Gleefully chanting, “Now we're cutting the pie crust”

As we drive around DuPont circle . . .

Rock Creek Park

Washington Monument

The monorail cars under the Capitol Building

That take Senators to work

Cherry blossoms along the Potomac Basin

Streets lined with tall trees

Children playing on the sidewalk. . .

Wisps of memories . . .so long ago. . .yesterday.

Marianne Robinson

Berkeley, 1985



Featured BFUU Events



The Fellowship Hall (1924 Cedar St) is accessible by a ramp on the Bonita Avenue side of the Hall, and has a T-Loop system to enhance audio for those with hearing aids. The Preschool Room is only reservable by BFUU groups and is accessible on the ground level of our Religious Education Building (1606 Bonita Ave). At this time the Connie Barbour, Fireside, and Benjy Rooms are not wheelchair accessible.

Grab Your Privilege Like a Bat & Swing It At Racism, Injustice

Sunday September 9 from 6:30 - 8:30 PM in Fellowship Hall



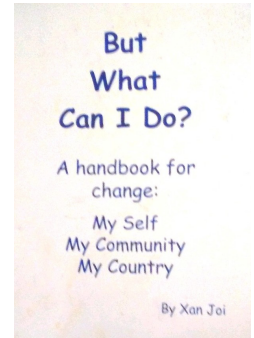
Join us for an exciting and inspiring evening with Berkeley-based activist Xan Joi, a self-proclaimed radical anti-racist Jewish and white lesbian feminist and now author. She will share stories and wisdom found in her new book **“But What Can I Do?”** gained from her experiences driving around the country, over 400,000 miles since 9/11. in her veggie-oil powered box truck.

Her “radical ride” has mobile billboards emblazoned with large, pointed anti-war, anti-violence, pro-peace, pro-empowerment missives on all four sides.

Xan shares her stories of engaging in dialogue with both the ‘choir’ and the ‘other’, organizing, and strategizing actions. Her book is an inspiring communiqué aimed at creating a common, shared knowledge base from which to foment individual and collective action dismantling patriarchy, racism, war, and misogyny, and creating the kind of society we want all to thrive in!

Come join us! Bring an organic snack to share, if you want!

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



BFUU Congregational Retreat

Hand in hand, shoulder to shoulder, moving forward together

Saturday September 22 from 9:30 AM - 3:00 PM in Fellowship Hall

Where do we come from? Who are we? Where are we going? Please share your spirit, voice, and presence with others of our BFUU family as we gather to craft a vision of next steps to our future. Please roll out of bed, grab your thinking cap, and join the rest of us sleepy-eyed BFUU-ers. Let’s wake up together buoyed by coffee and breakfast treats, music, and movement as we share ideas and plan the future of BFUU.

Event Planning at BFUU

Sunday September 30 at 12:30 PM in Fellowship Hall

BFUU Office staff share the BFUU game plan, tricks and tips for Committee-hosted events at BFUU.

Weekly BFUU Events

Pastoral Care with Lincoln Statler, M.A.S.C.

Tuesdays from 10 AM - 12 noon in Fellowship Hall



BFUU Choir Practice

Wednesdays at 7-8:30 PM 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.

Monthly/BiMonthly BFUU Events

Orientation for Newcomers

Sunday, September 2 at 12:30 PM (after service) in the lobby of Fellowship Hall

Lincoln Statler, M.A.S.C. will conduct an orientation for newcomers after the service on the first Sunday of each month. All are welcome, whether you are considering membership or not.

Elders Circle

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

BFUU Second Sundays Potluck*

Sunday, September 9 after service (12:30 PM) in Fellowship Hall

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 and 2

1-Sunday, September 9 at 1 PM in the Preschool Room – 1606 Bonita Ave. - no animals

2-Sunday, September 23 at 1 PM in the Preschool Room – 1606 Bonita Ave. - service 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. We include all levels and genres. 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.



The Hardly Strictly Acoustic Jam

Friday, September 14 at 7 PM in Fellowship Hall

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 appreciation for all forms of art. Suggested donations of \$5 – \$20 No one turned away for lack of funds! Volunteers appreciated!



Uke Jam

Friday September 21 at 7 PM in the Preschool Room

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. If you have questions or want to let us know you're attending, please send your name and email address to jeffpalmer123@comcast.net for details on next meeting. Otherwise, please just drop in and join us! Welcome!

BFUU Board Meeting

Thursday, September 27 at 7:15 PM in Fellowship Hall

Other Community Events held at BFUU



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Sound Spirit

2nd & 4th Wednesdays each month 6:30 PM - 8:30 PM in the Connie Barbour Room



What does it mean to be a sound body, to be conscious & present? Intimate, fun sound/music exercises to discover your unique musical and alchemical powers! Explore to deepen your sense of self, and connection to 'other,' in community. Music, Improvisation, Circle Singing, Sound Games, Deep Listening, Discovery. Experiment and play. Grow with, and in, the support of community.

Join Meetup Group. <https://www.meetup.com/East-Bay-Sing-Sound-Listen-Connect-Community/>
Advance tix required @ Eventbrite. <https://www.eventbrite.com/e/sing-sound-listen-connect-community-tickets-45054323695>
More information at <https://clarehedin.com>



Women & Song, a women's singing group

Directed by Deborah "DJ" Hamouris

2nd & 4th Thursdays 7 - 8:30pm in the Preschool Kitchen

\$20-\$10, sliding scale

Women & Song is 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 has been meeting regularly for over a decade and welcomes

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



Nepal Trauma Healing for Sex Trafficking Survivors

Saturday September 15 - 6:30 pm doors, 7 pm program in Fellowship Hall

You are invited to a Kirtan and Nepali Dinner Benefit for Lotus Circle International featuring Music/chanting with Dhyanyoga Center's Voices of the Heart and a Nepali Dinner provided by Kathmandu Restaurant (Albany, CA) Tickets through Eventbrite. Online Ticket (until 9/14/18): \$35.00 per person / Day of Event: \$40 per person Please join us at a benefit for Nepali Sex Trafficking survivors and staff who need healing from the effects of trauma. Lotus Circle International will combining efforts with Art to Healing to bring Somatic Experiencing® to Nepal, training the staff of 14 anti-trafficking organizations.



Building Authentic Relationships

Tuesday September 18 from 6:45 - 8:30 PM in Fellowship Hall

A Talk with Sunandaji, Vedanta Scholar, Vedanta Institute of San Francisco

Most focus on finding the "right" person, career, or environment, rather than how to relate successfully. Few recognize that relating is a skill to be learned, honed, and perfected. Vedanta's philosophy provides tools to relate authentically to oneself and the world. RSVP: KaiOrans@gmail.com

Suggested donation \$25 - Tickets available at [eventbrite.com](https://www.eventbrite.com)

Fellowship Calendar September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9 am ASCA 6 pm Augustine Fellowship
2 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12 mm Newcomer Orientation* 12:30 pm SJM Mtg* 8 pm AA Mtg	3 Labor Day Holiday BFUU Office CLOSED 6 pm Tai Chi Chuan 6:30 pm Soul Motion	4 7:30 am Augustine Fellowship 10 am Pastoral Care* 11 am Elders Circle* 7 pm AA Men's Mtg	5 7 pm NA Men's Mtg 7 pm Choir Practice*	6 11:45 am AA Meditation	7	8 9 am ASCA 6 pm Augustine Fellowship
9 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 2nd Sunday Potluck* 12:30 pm MusCom mtg* 1 pm BFUU Writers Group 1 no animals* 6:30 pm Grab Your Privilege Like a Bat* 8 pm AA Mtg	10 6 pm Tai Chi Chuan 6:30 pm Soul Motion	11 7:30 am Augustine Fellowship 10 am Sunday Svcs Cttee Mtg* 10 am Pastoral Care 7 pm AA Men's Mtg	12 6:30 pm Sound Spirit 7 pm NA Men's Mtg 7 pm Choir Practice*	13 11:45 am AA Meditation 7 pm Women & Song	14 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*	15 9 am ASCA 6 pm Augustine Fellowship 6:30 Lotus Intl Benefit Nepal Trauma Healing
16 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	17 6 pm Tai Chi Chuan 6:30 pm Soul Motion	18 7:30 am Augustine Fellowship 10 am Pastoral Care* 6:45 pm Building Authentic Relationships 7 pm AA Men's Mtg	19 7 pm NA Men's Mtg 7 pm Choir Practice*	20 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)* 11 am Communicator Deadline	21 7 pm Uke Jam*	22 9 am ASCA 9:30 am - 3 pm BFUU Congregational Retreat* 6 pm Augustine Fellowship
23 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 HMC-Hospitality, Membership and Caring-Cttees Mtgs* 1 pm BFUU Writers Group 2 svc animals* 8 pm AA Mtg	24 6 pm Tai Chi Chuan 6:30 pm Soul Motion	25 7:30 am Augustine Fellowship 10 am Pastoral Care 7 pm AA Men's Mtg	26 6:30 pm Sound Spirit 7 pm NA Men's Mtg 7 pm Choir Practice*	27 11:45 am AA Meditation 7:15 pm BFUU Board of Trustees Mtg* 7 pm Women & Song	28	29 9 am ASCA 6 pm Augustine Fellowship
30 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Event Planning at BFUU* 8 pm AA Mtg	Labor Day Holiday BFUU Office CLOSED Monday, September 3					* 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 OCTOBER *COMMUNICATOR*: September 20
Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709