

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

October 2018

Upcoming Sunday Services

Services at 10:30 a.m.



October 7: Carrying a Torch for Liberty

Diana L. Paxson, Guest Worship Leader*

The true spirit of America is enshrined in the symbols of our land. In this election season, let us kindle a light from the torch of Lady Liberty to banish the fear and dispel the hopelessness that cloud the mind, and keep that light burning until we are once more a land of liberty and justice for all. *Diana L. Paxson and the RARAS (Reclaiming and Restoring our American Symbols) project of the Fellowship of the Spiral Path.

October 14: Songs of Leonard Cohen sung by Conspiracy of Beards

Tom Gallagher, Guest Speaker

The male choir, The Conspiracy of Beards, performs dynamic, original, a cappella arrangements of the poetic songs of Leonard Cohen. Drawing on influences ranging from jazz and gospel to barbershop and doo-wop, the unique arrangements that choir members create capture all of the emotion and humor of Leonard Cohen's original music and inspire audiences to ponder common human experiences like romance, heartbreak, politics, sex, longing, and spirituality. Some of the songs in the service will be Suzanne, Hallelujah, Come Healing and If It Be Your Will.



October 21: People Who Play Together, Stay Together

Claire Eustace, Guest Worship Leader



Together, let's integrate mind, body, and spirit through play! Worship leader Claire Eustace participated in Interplay's six-month Life Practices program and is now an Interplay evangelical, eager to share Interplay practices with as many people as she can. Even Science supports these practices! For those of you who attended Ms. Eustace's service on play last year, don't fret, this is a different service with the same theme!

silhouette created from image by Christopher Prentiss Michel

October 28: Creating the Community You Long For

Rev. Marsh Agobert, Worship Leader

"Our goal is to create a beloved community," said Dr. King. "And this will require a qualitative change in our souls as well as a quantitative change in our lives."

This month we will build on what we've discovered during Jeff Palmer's service, offered in September. Beloved community is not a onetime act...it is a way of life; a choice. Is it our choice? It is mine. Let's keep moving forward, together!





Community Voices

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,
Vice President
 Michael Gardner
 Jeff Palmer
 Judith Granada-Dewey, *Treasurer*
 Ben Burch (Alternate), *Secretary*
 Joanna Foley (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*
 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*

Semi Annual Congregational Meeting

Sunday October 14 at 12:30 PM in Fellowship Hall

Come join your BFUU community for the Semi-Annual Congregational Meeting! BFUU members will vote for the Nominating Committee members. Make sure your FY19-20 pledge is on file with the office so you can participate in the vote! Please plan to attend and have your say about important decisions for BFUU's future. Two more reasons to attend on Oct. 14: The Conspiracy of Beards will sing Leonard Cohen's music during service and a potluck will follow.

Leadership Experience 2019

Have you recently taken on a leadership role in this congregation? Are you considering taking on a leadership role but want to increase your experience, knowledge, and skills before doing so? Are you a new board member or board president but still haven't found the instruction manual? Visit www.uua.org/pwr to learn more about and apply to participate in "Leadership Experience 2019." This is a hybrid in-person/on-line leadership development program offered by the Pacific Western Region of the UUA that will take place this coming winter and spring. Space is limited, so individuals are encouraged to apply to participate by October 15!

Sunday Service Jam



Minister and musician
 getting it together!
 Sunday September 9
 Clovice (right) and Andy (left)



Ruth Clifford
 Doug Chambers
 Chris Macy

Room for Rent

Ardys will have a room for rent at her house beginning November 1. Please contact her by cell 510-388-5460 or landline 510-848-1743. Rent is between \$700 and \$800 monthly. She is near public transit.

Social Justice

Climate Justice action on Sept. 8!



left to right: Virginia, Joanna, Ben, David, Michelle, Judith, Margaret.
photo by Joanna Foley



Action Overview photo by David Makofsky
Not pictured but present for the action: Abbot, Tom, Elayne, Phoebe, and Lis.

Welcome!



Arlo and Frida on
Welcome Table duty!

Move to Amend!

BFUU's Social Justice Committee was saying "Abolish Corporate Personhood" long before most people knew that corporations claim human rights. We had panel discussions and film screenings at BFUU, which helped make Berkeley the 1st city to recommend a constitutional amendment establishing that corporations don't have constitutional rights and that spending money is not equivalent to expressing free speech in 2003. Years later, BFUU helped make Berkeley the 1st city to oppose Citizens United v Federal Election Commission. Hundreds of cities followed suit, and even states including CA. The only way to overrule the Supreme Court is via constitutional amendment. Naysayers said it's too difficult, but now HJR 48, our "We the People" amendment, has been introduced into Congress with over 60 co-sponsors! The Move to Amend coalition is on the cusp of getting it introduced into the U.S. Senate, too! Phoebe Sorgen joined Move to Amend's excellent annual leadership summit for lobbying in D.C. in July and participated in the Poor People's Campaign and Families Belong Together marches in the Capitol. Democracy v Corporatocracy is THE root issue of our era, so please support Move to Amend, sign our online petition, march with us, and consider attending those summits every summer: www.MoveToAmend.org

The local chapter will be starting another fine anti-oppression training soon. Contact Phoebe if interested: phoebes0@earthlink.net

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

Committee on Ministry

meets as needed
contact Abbot Foote

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

Poetry Corner



Limits

I'm feeding a squirrel today.
 She comes and takes peanuts from my hand.
 She has learned how to fit two in her mouth,
 runs off over the fence to bury them
 or digs a hole right before my eyes
 under the tall weeds in my yard
 or pokes them into a flower pot.

We have developed a trust of sorts,
 as much as any wild animal allows.
 She will step into the living room an inch or two.
 I don't encourage her to come farther
 because I remember what happened when the blue jays
 flew in for peanuts and panicked
 when they couldn't find the way out.

Their fright humbled me and taught me it isn't worth
 breaking nature's rules.

Every creature has limits beyond which we dare not go
 for fear of losing what little control we have
 over life and freedom.

Limits are about freedom.
 Knowing my limits is essential to my survival
 as pushing limits is essential to creativity.
 Knowing where the line is keeps me safe
 while it sets me free.

Marianne Robinson February 1990

Last Dance

*Outside the window
 no visible breeze
 teases the trees
 and yet
 a nervous
 yellow
 leaf
 spins madly
 in the plum tree
 where other leaves are still
 and still green*



*This lone agitated leaf
 is suspended from its twig
 by a wisp of thread spun by a spider
 and, caught in a slight updraft,
 is twirling its farewell whirl
 its last chance dance
 before a sudden gust blows it away
 to join other yellow leaves
 in their reincarnation
 as next summer's soil
 The plum tree is still
 awaiting the next yellow leaf's last
 dance.*

Marianne Robinson
 Berkeley December 1999



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.

Transition Berkeley Presents:

NATURE NURTURES: The How and Why

Thursday, October 11, 2018, 6:30-9 pm in Fellowship Hall

6:30 - 7 pm – refreshments, 7 pm - program starts

Feeling stressed? Hear from local experts about practices that can help connect you to nature and bring you into better balance.



Hana Lee Goldin, is a certified forest therapy guide and founder of The Sacred Wilds. She conducts forest bathing experiences at the UC Botanical Garden, celebrating the restorative power of nature.

Pete Guinossa (E-RYT), a well-loved bay area yoga instructor, offers a wide range of yoga adventures, including yoga wilderness retreats. Drawing from his years as a scientist, Pete approaches practice with curiosity and wonder, helping students connect with their hearts.

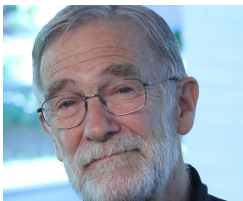
Bob Solotar, Hiking Section Chair of the Sierra Club's SF Bay Chapter, will offer his experiences and direct us to many local hiking experiences appropriate to all levels.

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

This event is sponsored by: Transition Berkeley, the Sierra Club, and the BFUU SJC.

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

For more Info: Transition Berkeley's FB page or email: info@transitionberkeley.org



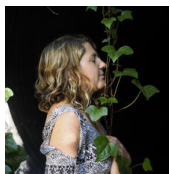
David Swanson: "Making the World Great For The First Time"

Saturday October 13 at 3-5 PM in Fellowship Hall

This "Active Hope" event #6 with Joanna Macy, will benefit David Swanson, CODEPINK, and the Berkeley Fellowship. Jen Myzel Swanson will perform.

David Swanson is an author, activist, journalist, and radio host. He is director of WorldBeyondWar.org and campaign coordinator for RootsAction.org.

Joanna Macy is a distinguished author, eco-philosopher, Buddhist scholar and founder of The Work That Reconnects.



Jen Myzel is an Oakland, CA based singer-songwriter, elementary school music teacher, activist, and facilitator of Joanna Macy's Work that Reconnects.

Plus brief presentations by Cynthia Papermaster of CODEPINK Golden Gate on the "Divest From War" campaign and much more.

Book signing, information tables, CDs for sale, bake sale featuring homemade organic pies will benefit CODEPINK. Suggested donation \$5-\$20, no one turned away.

Sponsored by CODEPINK Golden Gate and the BFUU SJC.

Semi Annual Congregational Meeting

Sunday October 14 at 12:30 PM in Fellowship Hall

Come join your BFUU community for the Semi-Annual Congregational Meeting! BFUU members will vote for the Nominating Committee members. Make sure your FY19-20 pledge is on file with the office so you can participate in the vote! Please plan to attend and have your say about important decisions for BFUU's future. Two more reasons to attend on Oct. 14: The Conspiracy of Beards will sing Leonard Cohen's music during service and a potluck will follow.

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Rise Up Singing! and Rise Again!

Sunday October 21 at 7 PM in Fellowship Hall

Join this inspiring sing-along concert led by Annie Patterson, co-creator of the popular Rise Up Singing and Rise Again songbooks. We'll sing songs out of Annie and Peter Blood's latest songbook Rise Again.



Bring your songbooks. Copies will also be available to borrow or buy at the concert.

A FUN opportunity to build hope and community! Annie will be joined by bassist/vocalist Mary Witt of The O-Tones, an award winning swing and soul band from Western Massachusetts.

Co-sponsored by the BFUU Music and Social Justice Committees & Strawberry Creek Quaker Meeting.

Suggested sliding scale: \$15-\$25 adults. \$5 children/youth. No one turned away for lack of funds.

Tickets: <https://www.riseupandsing.org/events>, and at the door.



Vintage Invasion Old Fashioned Dance Party

Friday October 26 at 7 PM in Fellowship Hall

7 – 8 pm Beginning waltz lesson

8 – 10 pm DJ dance party

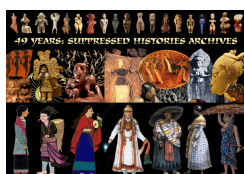
10 – 11 pm Dance to live music!

Full of waltz songs new and old, swing dance, and other ballroom dances

October Dance - Come in Costume if you'd like

\$10, \$6 students with ID No one turned away for lack of funds. Class free with dance

www.ViDanceParty.com Sponsored by the BFUU Music Committee



49 Years: Suppressed Histories Archives

Saturday October 27 at 7 pm in Fellowship Hall

Come help us celebrate 49 years of global women's history with the Suppressed Histories Archives! See an overview of the visual shows on a wide range of topics, and

learn about the Archives itself. We'll have musicians: Evelie Posch, Matu Feliciano and Mancha de Plátano, and speakers. Including you, if you'd like to share what the SHA has meant to you.

October 2018 makes seven times seven years of this research and the foundation of archiving cultural records that shine a light on women, in all times and places; on matricultural and cooperative societies; on how systems of domination work and spread; and on cultural heritages and spiritual philosophies.

Cosponsored by the Archives and the BFUU Social Justice Committee.

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

Books, posters, prints and dvds will be there!

Hiroshima & Nagasaki Report Back

Sunday October 28 at 8PM in Fellowship Hall

Longtime anti-nuclear weapons activist, John Steinbach, who is briefly in the Bay Area from Washington D.C., will speak on his recent experiences in Hiroshima and Nagasaki. Other invited presenters: Edie Hartshorne and Kaz Tanahashi, whose

amazing book was recently published *Painting Peace: Art in a Time of Global Crisis*

Sponsored by BFUU's SJC \$5 to \$15 suggested donation. No one turned away for lack of funds.



Weekly BFUU Events



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Qi Gong & T'ai Chi with Gene Herman **Returning on October 15th!**

Mondays, 4-5 PM in Fellowship Hall

Wednesdays, 3-4 PM in Fellowship Hall

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

Pastoral Care

Tuesdays from 10 AM - 12 noon in Fellowship Hall

Lincoln out of office Oct 3-22, but he WILL check vmail at 510-841-4824 x2 and Pastoral Care hours will occur.



BFUU Choir Practice

Wednesdays at 7-8:30 PM in Fellowship Hall

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

Elders Circle

Tuesday, October 2 at 11 AM in Fellowship Hall

Orientation for Newcomers

Sunday, October 7 at 12:30 PM (after service) in the lobby of Fellowship Hall

There is an orientation for newcomers after the service on the first Sunday of each month. All are welcome, whether you are considering membership or not.



The Hardly Strictly Acoustic Jam

Friday, October 12 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 Practice/ Uke Jam - please note room change!

*Friday October 5 and Friday October 19 at 7 PM in the **Fireside Room***

BFUU holds a uke jam on 3rd Fridays 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. We also meet on 1st Fridays and 5th Fridays to practice. 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!

Monthly/BiMonthly BFUU Events

BFUU Second Sundays Potluck*

Sunday, October 14 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, October 14 at 1 PM in the Preschool Room - no animals

2-Sunday, October 28 at 1 PM in the Preschool Room - 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.

BFUU Board Meeting

Thursday, October 25 at 7:15 PM in Fellowship Hall

Other Community Events held at BFUU



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.

Sound Spirit

2nd 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

Fellowship Calendar October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:30 pm Soul Motion	2 7:30 am Augustine Fellowship 10 am Pastoral Care* 11 am Elders Circle* 7 pm AA Men's Mtg	3 7 pm NA Men's Mtg 7 pm Choir Practice*	4 11:45 am AA Meditation	5 7 pm Uke Practice*	6 9 am ASCA 6 pm Augustine Fellowship
7 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12 mm Newcomer Orientation* 12:30 pm SJM Mtg* 8 pm AA Mtg	8 6 pm Tai Chi Chuan 6:30 pm Soul Motion	9 7:30 am Augustine Fellowship 10 am Sunday Svcs Cttee Mtg* 10 am Pastoral Care* 7 pm AA Men's Mtg	10 6:30 pm Sound Spirit 7 pm NA Men's Mtg 7 pm Choir Practice*	11 11:45 am AA Meditation 7 pm Women & Song 7 pm Transition Berkeley: Nature Nurtures*	12 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*	13 9 am ASCA 3 pm Active Hope: David Swanson* 6 pm Augustine Fellowship
14 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 2nd Sunday Potluck* 12:30 pm Semi-Annual Congregational Meeting* 12:30 pm MusCom mtg* 1 pm BFUU Writers Group 1 no animals* 8 pm AA Mtg	15 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	16 7:30 am Augustine Fellowship 10 am Pastoral Care* 6:45 pm Building Authentic Relationships 7 pm AA Men's Mtg	17 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	18 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)*	19 7 pm Uke Jam*	20 9 am ASCA 6 pm Augustine Fellowship 11 am Communicator Deadline
21 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg 7 pm Rise Up Singing and Rise Up Again*	22 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	23 7:30 am Augustine Fellowship 10 am Pastoral Care 7 pm AA Men's Mtg	24 3 pm BFUU Qigong/ T'ai Chi* *7 pm NA Men's Mtg 7 pm Choir Practice*	25 11:45 am AA Meditation 7:15 pm BFUU Board of Trustees Mtg* 7 pm Women & Song	26 7:00 pm Vintage Invasion Dance Party*	27 9 am ASCA 6 pm Augustine Fellowship 7 pm 49 years Suppressed Histories Archived*
28 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 8 pm Hiroshima/ Nagasaki Report Back*	29 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	30 7:30 am Augustine Fellowship 10 am Pastoral Care* 7 pm AA Men's Mtg	31 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	* 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 NOVEMBER *COMMUNICATOR*: October 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709