

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

January 2019

Upcoming Sunday Services

Services at 10:30 a.m.

January 6: To Be a Blessing

Rev. Dr. Sue Magidson, Guest Worship Leader



Rev. Dr. Rebecca Parker, past President of Starr King School for the Ministry, invites us to "choose to bless the world." This sounds great in theory, but what might it look like in practice? How does your life bless others? Are there things you might consider doing differently in 2019? How would it feel to live your life with the intention of being a blessing?

January 13: To Tell the Truth...

Rev. Emily Hartlief, Guest Worship Leader

Religious and ethical traditions around the world share the value of telling the truth. But what about in situations where the truth is not always clear? Or easy? What does telling the truth make possible?



January 20: Selma for the Complete UU

Rev. Marsh Agobert, Worship Leader

Of all the world's denominations, Unitarian-Universalism is neither among the oldest nor largest. Yet Dr. Martin Luther King addressed UUs on many occasions, including our General Assembly. What was our connection and from where did it come? Who were we before and during Selma and how can it inform who we are now?

Know thy self, oh UU. By coming to terms with history we may not be doomed to repeat it and yet we may be able to learn from it and move forward in new ways...if we can continue to grow and apply a little wisdom.

January 27: Service as Ministry

Lauren Renée Hotchkiss, Guest Worship Leader

We are all familiar with the various careers in professional church work and chaplaincy being considered a ministry. But if we expand this concept to include any calling to a life of service, we find that ministry is much broader than we are often accustomed and can include medicine, the arts, social justice and so many more. And what if we widen the circle still wider and view all human endeavor as an opportunity to be of



service, or in other words a ministry. MDiv, ministry candidate, and chaplain Lauren Renée Hotchkiss discusses how she integrates ministry and service in her church activities, chaplaincy, and music, and how we might do so as well.



Clergy & Staff

Reverend Marsh Agobert, *Minister*Lincoln Statler, M.A.S.C., *Pastoral Care*Dr. Susan T. Mashiyama, *Music Director*Deborah Hamouris, *Event Space Coordinator*Susan Macke, *Office Coordinator*Ed Keating, *Facilities Manager*Guy Colwell, *Sexton*Michael Simpkins, Jr., *IT Consultant*

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Membership Committee Doug Chambers, Chair

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Margaret Hurlbert, Chair

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Poetry Committee Holly Harwood, Chair

Religious Education (RE) Committee Sharon Colligan, Chair

Social Justice Committee (SJC)
Cynthia Johnson, Chair

Social Justice Ministry Jeff Palmer, Convener

Sunday Services Committee Joanna Foley, Chair

Disclaimer: The views and opinions expressed in The Communicator are those of individuals and are not necessarily those of BFUU, its officers, or its trustees.

Ministers' Corner



Welcome to the All New (read: renewal) Ministers' Corner!

I'm excited about this and hope you will be too.

Each time I speak on Sunday morning, I have a battery of sources that have, over

time, contributed to that morning's message. Sometimes I print these out to serve as handouts for those curious listeners who want to explore the topic in greater depth. I promise you, I've barely scratched the surface. Every now and then someone asks about the message and I actually remember to provide them the sheet.

Today will mark the start of another avenue of communication for us, AND, as an integral part of those conversations, I will be inviting, sometimes an individual and often a panel to participate with us. In order to pack this panel into your (well, wherever you may prefer to listen or view) you will need access to a Web ready computer and about as much time as you'd take to read a fragment of your latest book or a single show on the tele. You will, however, run the risk of learning new things about old topics, and unexpected new things that may affect your view of, well everything. Some of these will fit into categories that already hold your interest; while others will defy familiar categorization.

This month we'll revisit a recurrent topic that I believe is one of those states that lives at the heart of human harmony...communication and understanding. This is beyond tolerance and merges into 'True Relationship.'

Take a chance – click the link... it's virus free.

 Guessing that most of us reading this are NOT Neo-Conservatives – here are two VERY interesting insights into who your adversary may be, and more important – HOW they may view the world. The most important and challenging part of communication is, of course, listening.

Ministers' Corner (continued)

- a. Voting With A Middle Finger: Two Views On The White Working Class
 - i. Copy this to your browser if necessary: Link to Voting With A Middle Finger: https://www.npr.org/2018/10/15/657547685/voting-with-a-middle-finger-two-views-on-the-white-working-class
 - ii. This was broadcast by Hidden Brain, October 15, 2018
- 1. One of the most controversial topics regarding gender identity revolves around the question of Nature or Nuture...or even choice. I.E. for example does one CHOOSE to be gay or is one born with an orientation hardwired into the being? This conversation was also broadcast by Hidden Brain, this time on October 08, 2018 and it investigates the possibility that political orientation may be more heavily influenced by genetic (and more likely) epigenetic inclinations. I found this argument provocative and more feasible than I'd expected.
 - a. Nature, Nurture And Your Politics
 - i. Copy this to your browser if necessary: Link to https://www.npr.org/2018/10/03/654127241/nature-nurture-and-your-politics
 - ii. This was broadcast by Hidden Brain, October 08, 2018

Please, please – let me know what you heard in and what you think about either or both of these.

Rev. Marsh

December Sunday Service Teams



Sunday Service team from December 2. back, l to r: Elinor, Lincoln, Dominic, Lauren, Dr. Susan, Holly. front: Nanci Ira.

Remembrance,
Resiliance,
Resistance,
Ingathering,
Valve Turners,
Holiday Wish
List, Christmas
Eve and
Kwanzaa. A
December to
celebrate and
remember!



Sunday Service team from December 16. back, l to r: Doug, Margaret, Leonard, Dr. Susan, Virginia. front: Andy

Hospitality Corner

By Elinor Roberts

Beloved friends and congregants! It is still December as I write this but it will be January very soon. For me, January will mark a year that has passed since I was knocked off kilter and into the hospital, and I had to teach myself "radical rest." Today, my health has been restored by that radical rest ("Knock on wood," as my grandmother would say while knocking on her own forehead, so as not to tempt fate), and I am so grateful to you, especially the Hospitality, Caring, and Membership Committee folks for helping me make some of the changes needed to heal body and spirit.

You sent me food and flowers and cards. You left friendly phone messages and said things like, "you don't have to call me back!" — music to the ears of an introvert like me. On Sundays, you encouraged me to sit down during coffee hour while you pitched in with setup and cleanup. You asked, "How are you?" and really wanted to know. None of these are earth-shattering actions. But great comfort is delivered by ordinary kindness in small moments. And small moments add up in the most gratifying way.

At the BFUU post-Thanksgiving potluck, several people told me they'd had such a good time with one another, it "felt more like a real thanksgiving than the other one." And if you were at the December potluck, you might remember I went up to the stage and took a photo. It was a powerful moment: seeing your faces, feeling the warmth in the room and



knowing the depth of our kinship. It might sound corny but moments like these make me feel like I've won the lottery. Many thanks for all you do to make it so.

(BFUU Hospitality Committee meets on the fourth Sunday, along with Caring and Membership.)

Regular Committee Meetings

Aesthetics (Subcom. of B&G) 2nd Friday at 11:30 AM in Fellowship Hall

Buildings & GroundsMeets 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

Community Voices



Elinor Roberts Marge Turngren

Poetry Corner

An early draft of this poem was read at the Celebration of Trans Life service on Dec. 2nd

Dragonfly Spirit

Like a dragonfly,
you transformed into who you always were,
accepted your wings, and soured.
Your beauty may not be apparent to all,
yet your courage and grace amaze.

Holly Harwood



It is with great sadness that we bring the news that Bill Bullis has died.

He was a longtime member of BFUU and a faithful participant at Elders Circle.

He loved to tell jokes and bring a bit of fun into the lives of others.

Bill is survived by a niece. She has arranged for interment in Kansas.

Bill will be deeply missed by his friends here. Please join us on Sunday January 6th after service to share our memories of Bill Bullis.

Social Justice Watch



Photo at Berkeley City Hall, left to right: Gar Smith, Hassan Fouda, Davila, Diana Bohn, Cynthia Papermaster, the Mayor, Phoebe, Elson, and Wallis.

Follow-up on a previous SJC workshop celebrating the **ICAN Nobel Peace Prize** which was awarded after 122 nations (not the US) signed the 2017 UN Treaty on the Prohibition of Nuclear Weapons.

- 1. Due to the workshop at BFUU, there were substantial shifts of investments into socially responsible Green Century Fund, the first mutual fund to go 100% fossil fuel free decades ago and now the first fund to declare itself compliant with the Nuclear Weapons Ban Treaty.
- 2. On International Human Rights Day, Dec. 10, NuclearBan.US co-founders Vicki Elson and Timmon Wallis, who had led the BFUU workshop, presented Berkeley Mayor Jesse Arreguin and Councilmember Cheryl Davila with a framed certificate congratulating Berkeley on confirming our Nuclear Free status and on being compliant with the Nuclear Weapons Ban Treaty. Tacoma Park, MD is the only other city thusfar so honored. BFUU member Phoebe Sorgen attended the ceremony, and also helped lobby Oakland officials and Barbara Lee, after which they lobbied Marin County

officials.

Social Justice Events



Valve Turner Leonard Higgins

Leonard Higgins led Sunday Service on 12/16, and came back

in the evening to speak about the Valve Turners. He is a mentee of Joanna Macy, and she attended the event and spoke briefly when we circled up.

Joanna Foley was the liaison who brought him to BFUU. (Thank you, Joanna!)

It turns out that Jay O'hara, a young Quaker who was involved with the five simultaneous actions of shutting off fracked oil flow, was in town and he also came and discussed.

We were graced with Virginia Hollins-Davidson's powerful voice/presence kicking off the event with a couple of fab movement songs including "Somebody's Hurtin my Brother" (from the Poor People's Campaign)

Then Leonard screened some footage from "Reluctant Radical" (which had been screened that afternoon) and also of the inspiring Swedish 15 year old Greta Thunberg.

We then circled up for conversation/discussion.

Thank you, Joanna, Virginia, David M., Frances, and everyone else who chipped in to help with the event, discussion, and/or refreshments. And thanks, Ben, for helping publicize.

Phoebe Sorgen

Social Justice Events

Human Rights and Dignity in the Americas

Celebrating the publication of Human Rights and Wrongs and Plan Colombia

WOW!!! is the best way to express what came about last night in the management of "Human Rights and Dignity In The Americas." Our authors were, per usual, outstanding in their talk and answers about their books. But the management—for me—was the **WOW** experience!!! I thought I was going to be alone with David to do all the jobs of setup/donation table/takedown.

- **1. Setup:** Hall was open and all set up by **Vic** and **Cheryl!** More goodies, drinks brought in and set up by both **Adrianne** and **John**. **Phoebe** arranged for a wonderful volunteer for the door.
- **2. Program:** Music on the piano by **Vic** as attendees came in and began feasting Christmas and modern dance-to music (a number of us danced-sang)! As we parted at 9:30pm, Vic said he loves playing the piano and is a reason for his coming and entertaining voluntarily. He also played after the event as people were having more eats and drinks, talking, buying books, etc. Everyone helped with a seating arrangement change, and **David** made helpful adjustments to sound. Needless to say our speakers wonderful with people seemingly very appreciative. A good Q&A period. Book sales seemed good.
- **3. Cleanup:** Several people helped put chairs away. Sexton **Guy Colwell** arrived before the end of the program, and he, **Vic**, and **Cheryl** helped clean and close up.

Thanks to all of you, and WOW!!!

Tom Luce



Roy Zimmerman RIZE UP

BFUU Social Justice and Music Committees teamed up to bring political satirist Roy Zimmerman's concert RIZE UP to Fellowship Hall on Fri 12/14.

Many folks chipped in to help. Thanks to Dr. Susan, Margaret, Elayne, Jeff, Ben, Christine L., Jeffrey, Melissa, Jesse, Victor, and Cheryl.

Delightful evening imo. I laughed so hard, and cried a little too, and hope Roy will come to BFUU every 6 months...

Phoebe Sorgen

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.



Remembrance of Bill Bullis

Sunday January 6 after service in Fellowship Hall
All are welcome to come share memories of Bill. He was a longtime
member of BFUU and a faithful participant at Elders Circle. He loved to
tell jokes and bring a bit of fun into the lives of others. Bill will be deeply
missed by his friends here.



Vintage Invasion Old Fashioned Dance Party

Friday January 25 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 \$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

Weekly BFUU Events



Qi Gong & T'ai Chi with Gene Herman

Mondays, 4-5 PM in the Connie Barbour Room Wednesdays, 3-4 PM in the Connie Barbour Room This practice improves health and well-being at any age.

Pastoral Care with Lincoln Statler

Tuesdays from 10 AM - 12 noon in Fellowship Hall - Note, no Pastoral Care with Lincoln on Jan 1. Contact BFUU pastoral care team via voicemail at 510-841-4824 x2 or pastoralcare@bfuu.org.



BFUU Choir Practice (Note: No Choir Practice on 1/2)

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, January 1 at 11 AM in Fellowship Hall



Uke Practice / Uke Jam

Fridays - January 4 and January 18 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 <u>jeffpalmer123@comcast.net</u> for details on next meeting. Otherwise, please just drop in and join us!

Orientation for Newcomers

Sunday, January 6 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, January 11 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!

BFUU Second Sundays Potluck*

Sunday, January 13 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 Group

Sunday, January 13 at 1 PM in the Preschool Room - no animals

Wheelchair accessible. Beginners welcome! Our Writers Group includes all levels, from beginner to advanced, and all genres, including fiction, short story, poetry and more. 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, January 24 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.

The Swinging Singing Seniors - starting January 10th

Thursdays from 11 am to 12 noon in Fellowship Hall

We are an open sing-along group (for any age, in fact) accompanied by piano, and often other instruments. We have multiple books with the words of songs from every era—gay nineties to ragtime, folk, swing, show tunes, etc. Led by Frances Kandl & Sally Reyes, we invite everyone to join us.



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



Reclaiming Brigid Ritual

January 26 at 5:30 pm in Fellowship Hall

Join us for a magical journey to Brigid's Well of healing and inspiration, where we forge our visions for the coming year.

BFUU folks are especially welcome. Reclaiming is an inclusive tradition, and includes all sorts of people. Kids circle will be woven into this ritual.

Silent auction follows ritual.



Our Revolution East Bay is now meeting at BFUU on the first Sunday of the month at 4-6pm in the Connie Barbour Room

On January 6, our focus will be on the upcoming election of delegates for the California Democratic Party. Please join us to be part of democracy in action and meet some of the candidates.

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Fellowship Calendar January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30 am Augustine Fellowship 11 am Elders Circle* 7 pm AA Men's Mtg New Years Day BFUU Office CLOSED	2 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg	3 11 am Swinging Singing Seniors 11:45 am AA Meditation 8 pm AA Dignitaries	6 pm Soul Motion 7 pm Uke Practice*	5 9 am ASCA 6 pm Augustine Fellowship
9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12 noon Newcomer Orientation* 12:30 pm SJM Mtg* 4 pm Our Revolution East Bay 8 pm AA Mtg	7 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	8 7:30 am Augustine Fellowship 10 am Pastoral Care* 10 am Sunday Svcs Cttee Mtg* 7 pm AA Men's Mtg	9 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	10 11 am Swinging Singing Seniors 11:45 am AA Meditation 7 pm Women & Song 8 pm AA Dignitaries	11 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*	9 am ASCA 6 pm Augustine Fellowship
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* 8 pm AA Mtg	14 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	15 7:30 am Augustine Fellowship 10 am Pastoral Care* 7 pm AA Men's Mtg	16 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	17 11 am Swinging Singing Seniors 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)* 8 pm AA Dignitaries	18 7 pm Uke Jam*	9 am ASCA 6 pm Augustine Fellowship
20 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 7 pm Conscientious Projector* 8 pm AA Mtg 11 am Communicator Deadline	21 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion MLK Jr. Day BFUU Office CLOSED	Care* 7 pm AA Men's Mtg	23 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	Meditation 7 pm Women & Song 7:15 pm BFUU Board of Trustees Mtg* 8 pm AA Dignitaries	7:00 pm Vintage Invasion Dance Party*	26 9 am ASCA 5:30 pm Reclaiming Brigid 6 pm Augustine Fellowship
9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 HMC-Hospitality, Membership and Caring-Cttees Mtgs* 8 pm AA Mtg	28 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	29 7:30 am Augustine Fellowship 10 am Pastoral Care* 7 pm AA Men's Mtg	30 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	31 11 am Swinging Singing Seniors 11:45 am AA Meditation 8 pm AA Dignitaries	The BFUU Office will be CLOSED Tue Jan 1 and Mon Jan 21	

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 FEBRUARY COMMUNICATOR: January 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

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