

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists
Summer 2019

Upcoming Worship Services

Services at 10:30 a.m.



Richard Walker Photography
via Flickr

July 7: Finding the Way to Heaven

Simone Chiodini (she/her), Guest Worship Leader

When Lao Tzu wrote the Tao Te Ching, he inspired a spiritual revolution. The Tao Te Ching is 81 little lessons of spiritual wisdom that instruct the reader on how to make it into Heaven. Taoists believe in reincarnation. We keep getting lives, until we become a sage, and then we ascend into Heaven. Simone Chiodini has been studying Taoism for 18 years. It is a religion that predates Buddhism by one hundred years.

July 14: Forgiveness *Moses Channels (he/him), Guest Speaker*

We have all experienced some form of personal transgression, betrayal, assault, or what we may rightly perceive to be unforgivable harm inflicted on us by others. Yet we have also experienced inflicting harm on others, whether intentional or unintentional. I will share what I have learned about forgiveness. In words and music, we will explore together the pivotal and often healing role that forgiveness may impact on our lives.

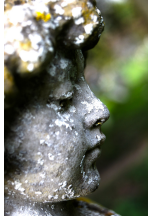


July 21: Check Your Wiring *Jeff Palmer (he/him), Lay Worship Leader*

We will look at recent scientific discoveries and ancient religious teachings to study how our brains are wired. Can we change our brain's wiring? Can we really control how we feel by changing the wiring of our brains? Yes and yes.

July 28: How to Become an Angel *Rev. Dr. Carrie Knowles (she/her), Worship Leader*

An ancient saying in the Bible reminds us, "Be not forgetful to welcome strangers for thereby some have welcomed angels unawares." Each of us has entered BFUU's doors as a stranger. Now the call to stewardship asks that in our thankfulness for the embrace of this community we become the good angels who welcome strangers seeking here the home of Spirit and compassion.



August 4: Joyful Life *Clovice Lewis (he/him), Guest Worship Leader*

Clovice Lewis will speak about how to experience a life that is more filled with joy. The following is an excerpt from his sermon: "So, Clovice, you might say. 'How do you find joy?' My answer is that joy can be planned for, and even expected, but have you noticed that the actual feeling just comes over you spontaneously? Planning for joy doesn't take a lot of work. You can simply put yourself into situations that invite joy's presence."

August 11: The Golden Key *Derrick Mustelier, M.Div (they/them), Guest Worship Leader*

In his seminal 19th-century children's story, "The Golden Key," George MacDonald tells of a key that unlocks a door to the imagination. This is no mere indulgence. Imagination and stories are at the very core of who we are. What do the stories we tell say about who we are and who we want to be? What does it mean to think of imagination as a radical act and a spiritual practice?



August 18: The Book of Ruth

Rabbi Jacqueline Mates-Muchin (she/her), Guest Worship Leader

Exploring the classic story of the triumph of righteousness in a harsh and unjust world.

August 25: All Men Are Created Equal – What's Happened to Women?

Rev. Dr. Carrie Knowles (she/her), Worship Leader We'll look back at the history of the Equal Rights Amendment and how conservative women joined in blocking its passage. The inherent worth and dignity of every person remains a hope still to be realized in the third millennium.





Cleric's Corner

Clergy & Staff

Reverend Marsh Agobert, *Minister*
 Reverend Dr. Carrie Knowles, *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*

Board of Trustees (officers tbd 6/27)

Doug Chambers
 Ira Armstrong
 Michael Gardner
 Jeff Palmer
 Judith Granada-Dewey
 Ben Burch (Alternate)
 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
 Frances Hillyard, Chair
 Marianne Robinson, Poet Laureate
 Religious Education (RE) Committee
 Sharon Colligan, Chair
 Social Justice Committee (SJC)
 Phoebe Sorgen, Co-Chair
 Cynthia Johnson, Co-Chair
 SJM Task Force (Subcom of SJC)
 Jeff Palmer, Convener
 Worship 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.



As of July 1st I will be gone for two months... so here's my wrap up.

This Year in BFUU

More accurately I should say 'MY This Year in BFUU'; has been exciting and very rewarding.

For those who don't attend, at least my Sunday services (monthly on the third Sunday of the month) I will reveal, here, this Year's Theme and

the chapters that have lead up to it. As always I will provide a few links to online media that will help broaden and elucidate the ongoing conversation.

I began the Church Year a little more than a month late as a result of the critical organ transplant surgery I underwent in August of last year. Organ transplants require the suppression of the immune system to prevent the body's recognition of the outlander organ as an alien and then subsequently rejecting it. Suppression of the immune system leaves one open to all sorts of infection, eight distinct ones of which I have experienced since last November. So this limited my contact with 'you beautiful people' who I found I sorely missed during my absence.

It WAS great to come back home.

My down time had a few, other than physical health, benefits as well. I had time to read a few books and to listen to some new podcasts and that gave me enlarged perspectives to share with you upon my return. We got to explore the role that the Selma, Alabama epoch played in then new Unitarian-Universalist world. We used this to look at the degree to which our held values and our capacity to live them varied. We also saw how leadership from laity to clergy, both men and women, played a huge role in bringing the two ends of our justice live closer together. We've come to understand that there is no shame in this disparity and that, like all innovation and change, our choice (in this case our held values) leads to the creation of the world we seek.

From this we moved to consider the enormity of the age that this unprecedentedly ecumenical (religiously diverse) movement had ushered in and how we might approach it to achieve the greatest possibility of our species survivability; not only 'our sides' triumph. This brought us to consider listening to the experience of 'The Other' or our 'Adversary' as a tool not only for winning in battles (struggle) but also to learn about our fellow humans beyond the necessarily stereotypical images we (and they) cultivate about ourselves. This played out, here at BFUU mid-season, in our very own IPR (Israeli-Palestine Rift) Healing Circle. Two 'Circles' were held; first a larger one and then a smaller, much more successful Circle. However neither lead to the desired result of a truly community-wide peaceful resolution. We were unable to achieve Covenant in this test; and this will have us work even harder.

Cleric's Corner (continued)

From these points, we moved on to finally look at our own, local (BFUU local) and hence critical biases and how these affect, not only our attempts at Beloved Community, but our very survival as a community, at all. We've taken a look at both Homogeneous communities (ones in which the members are very similar) and Heterogeneous communities (more 'diverse' communities; i.e. where the members are, perhaps, VERY different.) The latter are much more difficult, often divisive and prone to conflict. BFUU is mildly heterogeneous in some ways yet primarily homogeneous and inclined to stay that way. We have begun to look at our agism and the impact of a burgeoning generational gap facing our greater culture today. We have started looking at the difference between the generations in the US. Though this is a planetary phenomenon the expressions differ somewhat, per culture, and so it is more useful for us to focus on our 'American' experience. Not only will this help us to better understand the advent of mass school killings, this will help us to understand why we have such difficulty in truly welcoming Gen-Xers and Millennials. Let us not repeat the behaviors and hence the lessons of the tokenism practiced in the mid-20th Century. Let us at least take from these what NOT to do and move forward.

Indeed, racial, gender, and cultural diversity are something we strive for but the matter of generational diversity will have a more direct impact and critical impact on the sustainability of our community; i.e. whether we continue as a community, as an institution, or not. As usual I point to the example of tribal life to validate this observation and concern. The perspective that this community holds firm at the approximately 50 member level over time is not accurate and given the overall cultural reality of an aging (and expiring) boomer and Great Generation population – our replenishment from these ranks is not to be relied upon.

This is the current status of our conversation – our Revelation (or Apocalypse) to date. I hope to move forward into understanding of this new world and use this greatest of human trait for survival, to adapt.

Next Church Year I hope to rally a small group interested in exploring the basics of marketing, which I promise should and can be fun, and an introduction to some modern means of contacting Gen Xers and Millennials and researching using their methodologies. Join me – You'll like it. In addition to this, I'd like to host or convene one more Covenant Group, since it is, after all, the very CORE of our community and its workability and joy or with its lack, our disappointments.

USE THESE LINKS!!! (Links unavailable in print version - check www.bfuu.org online newsletter for links.)

Just click the hyperlink of your choice...and DO choose at least one.

What makes a good life? Lessons from the longest study on happiness | Robert Waldinger

How not to be ignorant about the world | Hans and Ola Rosling

Get to know these people...wonderfully positive scientists!

When Sequoias Fall

5 minutes!

People Like Us: How Our Identities Shape Health And Educational Success

Hidden Brain: Cultural Psychology. How to incorporate Science into your Social Justice.

More Divided Than Ever? Excavating the Roots Of Our Political Landscape

How we are different

Rev. Marsh

Pastoral Care will be provided during the months of July and August by Rev. Dr. Carrie Knowles and Lincoln Statler. M.A.S.C. Rev. Marsh will be on vacation and his covenant groups will be on hiatus. The other Small Group Ministeries – which consist of Elders Circle, Women's Voices and Men's Group – will continue as usual.

Committee News



BFUU Garden Transformation!

If Jim Beatty Garden looks totally different to you than it did a week ago, consider the minimalist look just the next stage before a new design is implemented.

Creating that design will be Planting Justice, a local organization that creates environmentally friendly gardens and hires and trains formerly incarcerated people. The new look will highlight curb appeal with flowers and edible foods while reducing water consumption. For the Garden Cleanup Day on June 15, five volunteers joined two professional gardeners in removing weeds, redwood suckers and ivy. They set out potted plants with a "For Free" sign; soon neighbors were happily accepting a jade plant here, a ficus next, a rosemary there. Thanks to Christine Driftwood, Amadian, Christine Lucas, and Jeff Palmer for diligent digging.

If you're interested in joining the new gardening subcommittee, speak to Joanna Foley. You don't even have to have your own gardening gloves!



The Berkeley Dulcimer Orchestra played beautiful music for the congregation on June 9. (l to f: Marty Ankenbauer, Nomi Harris, Arleen Feng, Joyce Bautista)
photo by Deborah Hamouris, Director

Regular Committee Meetings

Aesthetics (subcom. of B&G)

2nd Friday at 11:30 AM
in Fellowship Hall

Buildings & Grounds (B&G)

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 Frances Hillyard

Religious Education

Meets as needed
contact Sharon Colligan

Social Justice Ministry

(subcom of SJC)
1st Sunday 12:30 PM
in Fellowship Hall

Social Justice (SJC)

3rd Sunday 12:30 PM
in Fellowship Hall

Worship Services

2nd Tuesday at 10:00 AM
in Fellowship Hall

Congregational Meeting June 16



studying the materials before the meeting started

The BFUU Annual Meeting on Sunday June 16 was well attended and productive!

Elinor Roberts was on hand to capture some of the joyous, thoughtful, and special moments to share with all.

The Agenda for the day was confirmed and the minutes from the previous meeting in October 2018 were approved.

Trustees elected by the Congregation:

2 year seats:

Ira Armstrong
Jeff Palmer

1 year seats:

Ben Burch
Joanna Foley



the Board joins in the opening song



the Covenant group invites us to pledge the covenant

Much information was shared from the Board, Finance Committee/Treasurer (Fiscal Year Report and Budget for the upcoming 2019/2020 fiscal year), other Committees, Covenant Groups, etc.

After a presentation by Jeff Palmer, the congregation voted to move forward with the elevator project.

Rev. Tom McAninley was approved by vote to be BFUU Community Minister.

It's impossible to capture all of the good sharing, camaraderie, and effort shared by members at the Annual Meeting.

Thank you to all who were able to attend for your thoughtfulness, consideration, and dedication. Your representatives and your continued support will keep BFUU moving in the right direction!



President Doug Chambers and Vice President Ira Armstrong confer

Community Voices/Circle of Life



Gretchen Klug 1928 - 2019

On Saturday, June 8, 2019, Gretchen Klug passed away at the age of 90. Gretchen was born on July 16, 1928 in Alliance, Nebraska to Dorothy Hampton Klug and William Klug. Her father, a naturopath doctor born in Germany, died in an accident when Gretchen was two. Gretchen, her mother, and older sister Willa moved to Ramona in Southern CA in 1936, where they ran a nudist camp dedicated to healthy active living. Gretchen went to Whittier College

majoring in english, religion and sociology and then moved to Berkeley following her sister. She worked as an administrative assistant for various employers including President Robert Sproul and Chancellor Clark Kerr at UC Berkeley, The State Department of Vocational Rehabilitation, and her favorite job at the Alameda County Alcoholism Clinic in Oakland. She never married but was involved with the raising of her sister's six children who lived nearby in North Berkeley.

Gretchen was deeply spiritual and artistic, devoting her free time to biographic writing, poetry, choir singing, painting, leading a meditation group and committee leadership at the Berkeley Fellowship of Unitarian Universalists. She owned a craftsman home on the Berkeley/Oakland border where she lived with artist roommates and a series of female orange cats (her favorite kind). Upon retirement she added the North Berkeley Senior Center as another source of community and entertainment. After a broken hip in 2013, Gretchen moved to Raksha Care Home in Albany where she received regular visits from old friends from The Fellowship and elsewhere, and where she focused her creativity on drawing. She was of sound mind until her death.

She was preceded in death by her sister Willa Klug Baum and her nephew Noah. She is survived by her five nieces and nephews, Marc, Eric, Rachel, Brandon, Anya, and their families, as well as her many friends and the Raksha residents and staff. A memorial will be held on Tuesday, July 2, 2019 at the Berkeley Fellowship of Unitarian Universalists, Fellowship Hall at 1606 Bonita Ave., Berkeley, CA at 3:00 P.M. (RSVP to her niece Anya Davis, abaumdavis@gmail.com, 323-791-8012.) In lieu of flowers, donations may be sent to The Berkeley Fellowship of Unitarian Universalists.



Rev. Clark B. Olsen 1933 - 2019

BFUU members and friends were saddened to learn of the death of Rev. Clark B. Olsen at age 85. He was a former minister of the Fellowship who also pastored congregations in Glasgow, Scotland and Morristown, New Jersey.

Rev. Olsen is best known for being one of three UU ministers who journeyed to Selma, Alabama to support the 1965 Voting Rights Campaign. He was physically attacked there and the Rev. James Reeb was murdered by a mob.

Rev. Olsen subsequently traveled to Selma more than 90 times as part of the Sojourn Project for healing and reconciliation.

Rev. Olsen served the UUA as Vice President for two years and later as a trustee. He was a graduate of Harvard Divinity School.

Community Voices



GO GREEN



FREE LUNCH



SHAKE YOUR BOOTY



Saturday July 13 2019 in Fellowship Hall

Green New Deal Mobilization 101 11am - 1pm

Come, join other activists from community organizations which support the Green New Deal

● Speak your piece ● Tell it like it is ● Move the process forward

Sponsored by BFUU Social Justic Committee

Contact : Gene Herman | genebh@lmi.net | 510-684-1491

Break bread together – lunch provided by BFUU – 1 - 2pm

● Build Community ● Conspire ● Reminisce ● Schmooze

Sponsored by BFUU Hospitality and Membership Committees

Contact : Jeff Palmer | jeffpalmer123@comcast.net

Music to dance to by Moses Canales and Soul Rising 2 - 4pm

● Bring your dancing shoes ● Music of the 60's, 70's, and 80's

Sponsored by BFUU Music & Social Justice Committees and BFUU

Social Justice Ministry Task Force

Contact : Dr. Susan T. Mashiyama | music@bfuu.org

Ira Armstrong

Karen Dewald

Frances Hillyard

Virginia Hollins-Davidson

Josephine Jaszczuk

Jeff Melcher

Marianne Robinson

Books in Fellowship Hall

I am Ardys. I sell books for BFUU. It does seem UUism is about ideas. Books – cheap hard cover .50, paper cover .25. Books can be useful, but non-fiction usually does not sell as well as fiction. After six months, the book is free or discarded. (I mark the book inside with the month and the year.) NO video cassettes. I do have a sign advertising the books & I welcome any sign improvements.

Solar Panel & Elevator Funds

BFUU has set up funds for 1) solar panels on Fellowship Hall roof and 2) an elevator for the Religious Education building. If you'd like to donate to one of these funds, please write "solar" or "elevator" in the memo portion of your check or put cash in envelope (with note as to "solar" or "elevator") in the basket at Worship Service. Or to pay with credit card/ Paypal - please go to www.bfuu.org/contact/contribute and choose Vanco (blue) or Paypal (gold) buttons to make a contribution. Please note "solar" or "elevator."

Poetry Corner

Epiphany

As I was taking off my shirt
I discovered my heart was attached to it
and I had to unfasten it to take off the shirt.

I held my heart in my hand, seeing it for the first time.
It was asymmetrical, wide, and uneven
a bit like the continent of Africa.

As in a revelation I saw my heart glow
in shimmering silver and pinks and blues and greens
an uneven surface worn smooth
over millennia by rough ocean currents.

This heart had belonged to another being
with no thought of a hereafter.

This heart was a tiny ornament
made from a sliver of abalone shell
kept in a box on a shelf
and pinned to my shirt
as I dressed for the day.

Marianne Robinson
BFUU Poet Laureate

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.



Memorial for Gretchen Klug

Tuesday July 2 at 3 PM in Fellowship Hall

A memorial will be held in honor of the life of Gretchen Klug, long time member of BFUU. There will be a remembrance followed by singing, and then a reception. Light refreshments will be served. All are welcome. Please RSVP to her niece Anya Davis, abaumdavis@gmail.com, 323-791-8012.

Green New Deal Mobilization and
BFUU Open House with Dancing!



Green New Deal Mobilization | Community Lunch | Live Music & Dancing

Saturday July 13 in Fellowship Hall (contact information on page 7)

The summer months are the time when many people go away on vacations. For those who stay in town, Block parties and open houses are a way to kick back and enjoy food and fellowship with neighbors.

July 13 will be a mix and match day of political action, fellowship, food, and live music for dancing.

At 11 AM, the Green New Deal: Mobilization 101 will kick off with presentations and panel discussions. You are invited to join 350 Berkeley Hub and other organizations to plan next steps to move this important project along. Sponsored by BFUU Social Justice Committee. Gene Herman is the coordinator.

At 1 PM, people are invited to break bread together over lunch to share fellowship and build community. Sponsored by BFUU Hospitality and Membership Committees. This is a Community Open House coordinated by Jeff Palmer.

At 2 PM, music by Moses Canales and Soul Rising will bring people to their feet for joyful dancing to the music of the 60s, 70s and 80s. The music event is coordinated by Dr. Susan T. Mashiyama, Music Director. Sponsored by BFUU Music & Social Justice Committees and BFUU Social Justice Ministry Task Force. Participants can come for all the day's activities or take part in any one of the three segments on a stand-alone basis.

July is the time for fun and fellowship at BFUU. Join other political activists and your neighbors!

BFUU Music Concert

Saturday July 20 at 4 PM in Fellowship Hall

This showcase will feature performances by the fabulous BFUU musicians, including Andy Jamieson. There will also be sing-alongs with the ukulele players. Sure to be a lively event!

Weekly BFUU Events



Qi Gong & T'ai Chi with Gene Herman

Mondays, 4-5 PM in Fellowship Hall (NOTE: 7/15 class in Connie Barbour Room)

Wednesdays, 3-4 PM in Fellowship Hall (NOTE: 7/17 class in Connie Barbour Room)

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

Weekly BFUU Events

Pastoral Care with Lincoln Statler

Tuesdays from 10 AM - 12 noon in Fellowship Hall (Note: 7/16 meetings in Ministers Office)

Contact BFUU pastoral care team via voicemail at 510-841-4824 x2 or pastoralcare@bfuu.org.

Ministerial Office Hours with Rev. Dr. Carrie

Tuesdays from 2 PM - 6 PM in the Ministers Office

Contact Rev. Dr. Carrie at revcarrie@bfuu.org for an appointment. You can also leave a voicemail for Rev. Carrie on ministerial as well as pastoral care subjects at 510-841-4824 x2.



BFUU Choir Practice

Wednesdays at 7-8:30 PM in Fellowship Hall

We practice songs for the worship services, learn melodies, and work on musicality and harmonies. Everyone who practices with us is invited to sing with the choir at the front of the hall on Sundays, but no pressure! Everyone is also welcome to just join in on Wednesday practice for fellowship and/or to be able to sing more confidently and joyously in the congregation on Sundays. Please invite your friends and neighbors. These gatherings are offered by BFUU as a service to build community.

Monthly/BiMonthly BFUU Events

Orientation for Newcomers

1st Sundays, July 7 and August 4 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.

Elders Circle

1st Tuesdays, July 2 and August 6 at 11 AM in Fellowship Hall

Come one, come all who are young at heart! Age does not matter! Join us for snacks and lively conversation. We may even solve some of the worlds problems... or not. We'll have fun trying.



Women's Voices

2nd and 4th Tuesdays, July 9 & 23 4:30-6:00 pm in Fellowship Hall Foyer

a group for BFUU members and friends who are
cis or trans women, or gender fluid

- *to find our own inner voices as we hear our siblings speak
- *to put forth our truths where we can be truly heard
- *to share spiritual community and support

Lifting up our voices together!

Facilitated by: Rev. Dr. Carrie Knowles, BFUU Minister/Pastoral Care, and
Joanna Foley, Chair, Worship Services Committee

For more information or to sign up, please contact: revcarrie@bfuu.org | (510) 841- 4824

Monthly/BiMonthly BFUU Events

BFUU Men's Group (Note: July meeting on 2nd Thursday due to July 4th Holiday)
1st Thursdays, July 11 and August 1 at 7-9 PM in Fellowship Hall

We would like to invite all men to a Men's Group on the first Thursday of the month. Our goal is to encourage each other as we build community. Hope to see you there next time.



The Hardly Strictly Acoustic Jam

2nd Fridays, July 12 and August 9 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.

Sponsored by the BFUU Music Committee.

Suggested donations of \$5 – \$20 No one turned away for lack of funds! Volunteers appreciated!

BFUU Second Sundays Potluck*

2nd Sundays, July 14 and August 11 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

2nd Sundays, July 14 and August 11 at 1 PM in the Preschool Room - no animals

Wheelchair accessible. Beginners welcome! Our Writers Group includes all levels – beginners 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.



Uke Jam

2nd Fridays, July 19 and August 16 at 7 PM in the Fireside Room

BFUU holds a uke jam 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!

BFUU Board Meeting

4th Thursdays, July 25 and August 22 at 7:15 PM in Fellowship Hall

Monthly/BiMonthly BFUU Events



Vintage Invasion Old Fashioned Dance Party

4th Fridays July 26 and August 23 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

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.



Our Revolution East Bay

Meetings are held at BFUU on the first Sunday of each month from 4-6pm in the Connie Barbour Room. Doors open at 3:45 PM

Pizza will be provided and feel free to bring something to share!



Women & Song, a women's singing group (Note: no class Thu 7/25)

Directed by Deborah "DJ" Hamouris

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

Women & Song is looking for a few good women to sing & laugh with us! At each rehearsal we learn songs & rounds, including some originals. If you can hold your own on a round and read a bit of music, join us! \$20-\$10, sliding scale Reserve your space: 510/910-2574 or deborahj@djhamouris.com



Come dance, play and connect at Village Dance Party!

Third Sundays from 3:45 pm - 5:30 pm in Fellowship Hall

This is a multi-generational community celebration of life for ALL ages and bodies, from babies to elders, and everyone in between. We highlight local musicians and facilitators and donate to organizations that support healthy people and a healthy planet. More info: www.villagedanceparty.com



Seele Stars Summer Camp

Summer is the time for friendship, imagination, and fun! Taught by a credentialed teacher with her Master Degree of Education. Keep your students' scholastic-based learning going as we incorporate singing, dancing, and acting into language arts curriculum in an engaging environment resulting in a musical theater showcase!

July 15-19 from 9-4pm M-F at 1924 Cedar Street Berkeley, \$450.

<https://www.seelestars.com/>

Fellowship Calendar July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 4 pm BFUU Qigong/ T'ai Chi* 6:30 pm Soul Motion 7 pm ASCA	2 7:30 am Augustine Fellowship 10 am Pastoral Care with Lincoln* 11 am Elders Circle* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	3 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	4 HOLIDAY 11:45 am AA Meditation 8 pm AA Dignitaries Holiday BFUU Office CLOSED	5 6 pm Soul Motion	6 9 am ASCA 6 pm Augustine Fellowship
7 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12 noon Newcomer Orientation* 12:30 pm SJM Mtg* 4 pm Our Revolution East Bay 8 pm AA Mtg	8 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	9 7:30 am Augustine Fellowship 10 am Pastoral Care with Lincoln* 10 am Worship Svcs Cttee Mtg* 2 pm Rev. Carrie office hours* 4:30 Women's Voices* 7 pm AA Men's Mtg	10 3 pm BFUU Qigong/ T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	11 11:45 am AA Meditation 7 pm Women & Song 7 pm BFUU Men's Group* 8 pm AA Dignitaries	12 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*	13 9 am ASCA 11 am Green New Deal Mobilization* 1 pm Community Lunch* 2 pm Dance to Live Music!* 6 pm Augustine Fellowship
14 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm 2nd Sunday Potluck* 12:30 pm MusCom mtg* 1 pm BFUU Writers Group (no animals)* 8 pm AA Mtg	15 9 am Seele Stars Summer Camp 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	16 7:30 am Augustine Fellowship 9 am Seele Stars Summer Camp 10 am Pastoral Care with Lincoln* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	17 9 am Seele Stars Summer Camp 3 pm BFUU Qigong/ T'ai Chi (in CB)* 7 pm NA Men's Mtg 7 pm Choir Practice*	18 9 am Seele Stars Summer Camp 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)* 8 pm AA Dignitaries	19 9 am Seele Stars Summer Camp 7 pm Uke Jam*	20 9 am ASCA 6 pm Augustine Fellowship 4 pm Music Concert*
21 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm SJC Meeting 3:30 pm Village Dance Party 8 pm AA Mtg	22 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	23 7:30 am Augustine Fellowship 10 am Pastoral Care with Lincoln* 2 pm Rev. Carrie office hours* 4:30 Women's Voices* 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 pm Women & Song 7:15 pm BFUU Board of Trustees Mtg* 8 pm AA Dignitaries	26 7 pm Vintage Invasion Dance Party*	27 9 am ASCA 6 pm Augustine Fellowship
28 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 HMC-Hospitality, Membership and Caring-Cittees Mtgs* 8 pm AA Mtg	29 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	30 7:30 am Augustine Fellowship 10 am Pastoral Care with Lincoln* 2 pm Rev. Carrie office hours* 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		

Fellowship Calendar August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Holidays Thursday July 4th Independence Day BFUU Office CLOSED No BFUU Qigong/T'ai Chi Monday September 2nd Labor Day BFUU Office CLOSED No BFUU Qigong/T'ai Chi				1 11:45 am AA Meditation 7 pm BFUU Men's Group* 8 pm AA Dignitaries	2 6 pm Soul Motion	3 9 am ASCA 6 pm Augustine Fellowship
4 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12 noon Newcomer Orientation* 12:30 pm SJM Mtg* 4 pm Our Revolution East Bay 8 pm AA Mtg	5 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	6 7:30 am Augustine Fellowship 10 am Pastoral Care with Lincoln* 11 am Elders Circle* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	7 3 pm BFUU Qigong/T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	8 11:45 am AA Meditation 7 pm Women & Song 8 pm AA Dignitaries	9 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*	10 9 am ASCA 6 pm Augustine Fellowship
11 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm 2nd Sunday Potluck* 12:30 pm MusCom mtg* 1 pm BFUU Writers Group (no animals)* 8 pm AA Mtg	12 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	13 7:30 am Augustine Fellowship 10 am Pastoral Care with Lincoln* 10 am Worship Svcs Cttee Mtg* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	14 3 pm BFUU Qigong/T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	15 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)* 8 pm AA Dignitaries	16 7 pm Uke Jam*	17 9 am ASCA 6 pm Augustine Fellowship
18 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm SJC Meeting 3:30 pm Village Dance Party 8 pm AA Mtg	19 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	20 7:30 am Augustine Fellowship 10 am Pastoral Care with Lincoln* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg 11 am Communicator Deadline	21 3 pm BFUU Qigong/T'ai Chi (in CB)* 7 pm NA Men's Mtg 7 pm Choir Practice*	22 11:45 am AA Meditation 7 pm Women & Song 7:15 pm BFUU Board of Trustees Mtg* 8 pm AA Dignitaries	23 7 pm Vintage Invasion Dance Party*	24 9 am ASCA 6 pm Augustine Fellowship
25 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 HMC-Hospitality, Membership and Caring-Cttees Mtgs* 8 pm AA Mtg	26 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	27 7:30 am Augustine Fellowship 10 am Pastoral Care with Lincoln* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	28 3 pm BFUU Qigong/T'ai Chi* 7 pm NA Men's Mtg 7 pm Choir Practice*	29 11:45 am AA Meditation 6:30 pm Berkeley Disaster Preparedness Network 7 pm Women & Song 8 pm AA Dignitaries	30	31 9 am ASCA 6 pm Augustine Fellowship

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

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SUBMISSION DEADLINE FOR SEPTEMBER *COMMUNICATOR*: August 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

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