



THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists
October 2019

Upcoming Worship Services

Services at 10:30 a.m.



October 6: Babaylan Indigenous Autumn BlesSING, Gratitude & Healing Music Rite

Evelie Delfino Sâles Posch (she/her), Guest Worship Leader

Join Evelie Delfino Sâles Posch & Friends for a ritual bringing in the balance of the Autumn Equinox, releasing that which no longer serves us, expressing gratitude for our Harvest, and making pledges for how we can contribute to heal our Earth home & all Her Beings. Evelie blends her native tradition with her immersion in earth-honoring practices, Buddhism, Sanskrit mantras, Sufi circle dances. Bring an item for the main altar that you can take back. Bring another item for the Exchange altar to give away.

October 13: Maybe I'll Be Your Healing: Waking in Forgiveness

Tom Rudderow (he/him), Guest Speaker

Waking up in forgiveness from a near-death coma after a violent assault, Tom wrestles with understanding both, the assault and the forgiveness. In this message, he would like to talk about what this close call with death has taught him and what he wants to share with others.



image: Kevin Dooley Flickr



October 20: The Call for Beloved Community - Ingathering

Rev. Marsh Agobert (he/him), Worship Leader

For long time community members, and for the intrepid newly arrived; whether summer far ranging, or if you held the home front – **Welcome!**

In the midst of great tumult, we take this moment to Be together: meet, greet, welcome and huddle with those in this small raft. Ingathering is here! You are home.

Bring, a blessing or wish in writing for this coming year. We will place these in our basket this occasion and for years to come.

Welcome Home!

October 27: The Legacy of Michael Servetus, a Father of our

Rev. Dr. Carrie Knowles (she/her), Worship Leader

Humanist, theologian, medical pioneer, student of law, master of classical languages, and one of the fathers of Unitarianism—this sixteenth century genius offered his powerful critique of trinitarianism that led to his execution for heresy on October 17, 1553. Rev. Dr. Carrie Knowles considers his life in a time of ferment, his quest for truth, and his courage in confronting orthodoxy when it errs.



Michael Servetus in prison, statue by C. Roch.
Credit- Wellcome Collection. CC BY

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 Reverend Dr. Carrie Knowles, *Minister*
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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.



The Gist of the September 15th Wake-up Call

We've got to want it bad enough (the continued existence of the human species) to dig deeper. I, for one, am not 100% certain that our 'pollution' issue is a mistake at the level of Nature. We are not as good at understanding Her motivations as we think we are. We anthropomorphize Her too much in some ways and not enough in others. Personal example: When I was in my mid-to-late 30s, I experience a shift in my body chemistry... not a huge shift, and just enough. I think it was a slight drop in my testosterone generations. This resulted in a slight change in my mental outlook and I suddenly realized how much my actions for the past two decades had Not been my idea. They were Her (Mom Nature's) idea and I was just behaving as directed. Her motivations, I realized, were to keep the process of creating a great number and diversity of the human species moving right along. She does this on the one hand while testing the viability of the diversity on the other. She wants more and differing models of humanity for her ongoing experiment; and she excels in this. I'd thought I was moving on my own volition and then this epiphany! Whew... that took me down a notch... AND I welcomed it. My mind cleared tremendously and it made me think of something I'd heard from a couple of female-to-male trans friends. One said it most clearly: "Testosterone is one of the most powerful drugs in this world." I added... 'a little goes a long way.'

My point is that the quiet contemplation of Nature by the Taoist masters could, even in this most hectic of eras, serve us well. You need no belief in God(s) or any such to undertake it. And if you say you love this world... well, you may almost be obligated to stop and listen to Her as if you don't know everything She's showing us right now. Ex - Perhaps the stink we've released into the atmosphere is a scent signal (not a rarity in nature) that is telling us (if we still have the senses and wisdom to read it correctly) that it's time to evolve. Perhaps it's been exuded to signal changes in our bodies and minds. Almost if not every other creature on this planet has similar chemical or other biological signals; why do we think we may not have the same? Oh... the answer to that question is, of course, that we believe ourselves to be above and beyond nature. Now doesn't that attitude begin to seem silly or downright suicidal? The VERY IDEA that we are destroying the Earth is a symptom of that. It's more than a little bit swell-headed...it's a dangerous egotism that could cost us everything.

OK – So What!? What are you proposing we do about this Rev Marsh (with your incessant change everything up attitude!?)

So, here to remind us from our very first conversation:

1. "The significant problems we face cannot be solved at the same level of thinking we were at when we created them."
2. "Insanity: doing the same thing over and over again and expecting different results."

Cleric's Corner

3. "The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."
4. "Reality is merely an illusion, albeit a very persistent one"

- Albert Einstein

Here is a plethora of helpful perspectives:

To Help You Speak to The Other (make a Republican friend):

Özlem Cekic: Why I have coffee with people who send me hate mail

(https://www.ted.com/talks/ozlem_cekic_why_i_have_coffee_with_people_who_send_me_hate_mail)

Voting With A Middle Finger: Two Views On The White Working Class

(<https://www.npr.org/2018/10/15/657547685/voting-with-a-middle-finger-two-views-on-the-white-working-class>)

Nature, Nurture And Your Politics

<https://www.npr.org/2018/10/03/654127241/nature-nurture-and-your-politics>

Gaining a Realistic Perspective In the Apocalypse: How not to be ignorant about the world

(https://www.ted.com/talks/hans_and_ola_rosling_how_not_to_be_ignorant_about_the_world)

Anna Rosling Ronnlund: See how the rest of the world lives, organized by income

(https://www.ted.com/talks/anna_rosling_ronnlund_see_how_the_rest_of_the_world_lives_organized_by_income?rid=UjdZNcu4zxul) and...

<https://www.gapminder.org/dollar-street/matrix>

Bonus: Radically Normal: How Gay Rights Activists Changed The Minds Of Their Opponents

(Radically%20Normal:%20How%20Gay%20Rights%20Activists%20Changed%20The%20Minds%20Of%20Their%20Opponents)

Rev. Marsh

Special September Memories!

Farewell Lincoln! Bon Voyage!



Lincoln Statler, M.A.S.C., BFUU's beloved Chaplain, is taking a sabbatical for a few months in Mexico, then moving to Portland. He will be greatly missed.



Sylvia speaks about her work

Art Soiree: Lightbringer the art of Sylvia Brallier



Doug, Kathy, & Sylvia at the Soiree

Thank you to these local businesses for providing delicious refreshments at the Art Soiree!

The Cheeseboard Collective
Safeway Community Market

Committee News



Song for the month: #1023 “Building Bridges” From Singing the Journey: Supplement to Singing the Living Tradition Tune [here](#). Words [here](#).

Suggested reading: #121 From Lifting Our Voices: Readings in the Living Tradition

Dear BFUU:

September brought many new happenings in our congregation and in the larger association.

In our facilities, Ed has shored up our fellowship hall to make it meet earthquake requirements, our fence behind the ramp along the preschool yard has been moved to increase the yard size for the preschool in exchange for the space they will lose when the elevator goes in, the garden was cleared to get ready for a new, water-saving design, and Deborah, Ed, Guy, Susan (in the office), the Building and Grounds Committee and the Aesthetics subcommittee continue to implement changes and improvements that have been in the works and planning for years.

On our board, we are continuing the transparency and accountability that we have been working towards. You will see our board agenda posted so that the Sunday before the board meeting you can take a look at the announcements in the fellowship hall to see what's on the meeting agenda. All congregation members, friends, and the public are welcome to board meetings at any time.

Procedures and Policies are being collected to be published on the website and in a binder in the church office. And each of us is learning skills through the UUA Leadership Institute that Doug and Kathy bring to us from their learning in the last year.

In our larger associations, the AAUMM has issued a statement that they will not participate in General Assembly planning or in GA until an agreement has been made to honor the collective agreements already in place that say that Music Ministry and Pulpit Ministry should have equal stature in the UUA as a whole and in our individual congregations. Like the youth groups who left the UUA, the Association for UU Music Ministries is asking for accountability to principle and a practical application of our theoretical agreements.

At BFUU, we have had many challenges over the years. We have often met these challenges with great principle and integrity. We have also sometimes met these challenges with individual and collective squabbling, back biting, and, in one terrible case, doxxing. How do we meet these challenges when they come up? How do we exist in principled community?

Rev Carrie and Joanna Foley have been leading a Women's Voices group, to address the needs of women in our congregation. Their work has resulted in new congregational processes to educate and prevent sexual harassment and gender-based discrimination. Please contact them if you'd like to know more. And Jeff Palmer has been leading a mens group, to discuss the practical application of our principles and how men at BFUU can lead other men to a feminist perspective in the era of #MeToo and #TimesUp. Please contact him for more information.

Rev. Marsh has also been leading a covenant group to continue exploration of some of these questions. Please contact him if you want to join.

We have more work to do. We don't always know how to respond to the challenges that are before us. But our history has shown that we at BFUU will keep on walking forward in our practical application of our principles. And, to hold those principles intact, we remember the impetus of the Reverend Dr. Martin Luther King, Jr. to create Beloved Community that works together to bring justice to the fore in this time, in this place. It is always the time to love one another. It is always the time to build bridges between us so that we may have the resilience to fight the battles we are in with a world that so often isn't creating beloveds or community. Let us love one another. “With all of our voices, and all of our visions, friends we [will] make such sweet harmony.”

In community,

Ira X Armstrong

President, BFUU Board of Trustees

Sunday Worship Services



BFUU's Children's RE department is and has been up and running. Our kids and teens have been participating for some time in our Worship Services. Paikaea (*left photo, right; middle photo, right*) has been in the role of Worship Associate at least once a month for the past six months, ably assisted by Eva (*left photo, middle; middle photo, left*). Annabelle recently stepped forward to help usher with the collection plates. Arlo (*left photo, left; right photo, left*) sets up and sits at the welcome table every Sunday. This past Sunday, Arlo, along with her sister Frida (*right photo, right*), greeted members and guests at the Greeters table. Frida also took on the responsibility of videotaping our special Sunday Service speaker, Joanna Macy. Tallulah, Annabelle, Paikaea, and Arlo joined adults Joanna, Virginia, Jeff, and Christine on a recent field trip to Youth Spirit Artworks. It's very heartwarming to see our younger members taking such active parts in our Fellowship. Many thanks to the BFUU youth for stepping forward, and to the BFUU adults who offer them invitations and support to do more. ***We are family!***



Aug 25: back: Doug, Elinor, Rev. Dr. Carrie, Paikaea, Dr. Susan; front: Joanna, Eva



Sep 1: Jeff, Graham Walker Gordon, Doug, Rev. Emily Hartlief, Dr. Susan, Andy; front: Sue, Margaret, Melissa



Sep 8: back: Arlo, Doug, Tom Rudderow, Evan McEldowney, Gershon Bialer, Kele Nitoto, Andy; front: Joanna Foley, Joanna Macy, Dr. Susan, Eva

Fabulous Worship Services this month!

In addition to our own Rev. Carrie and Rev. Marsh, we had Guest Worship Leader Rev. Emily Hartlief, who always brings us inspiration! On Sept. 8, the amazing Joanna Macy inspired 74 people with her peaceful words for positive social change to stop the climate crisis. Sunrise, the environmental activist youth group, sent two representatives to speak. Kele Nitoto, a percussionist from Oakland-based Thrive Choir, led songs that brought people to their feet. The offering plate collected \$400 to support the local chapter of Sunrise. Tom Rudderow sang a song inspired by Joanna Macy about "Shambhala Warriors" who use their spirituality to create good in the world. This service set the inspirational tone to encourage participation in the Global Climate Strikes Sept. 20-27.



Sep 15: back: Doug, Rev. Marsh, Andy, Tom, Dr. Susan; center: James, Brett, Sue; front: Eva, Paikaea

Community Voices

BFUU SJC at SF Climate March

Our SJC activists showed up for the youth climate action march in San Francisco on Fri Sept 20. They met on the southwest corner of 7th and Market St. and marched wearing BFUU t-shirts and carrying the BFUU banner!



David, Margaret, Dr. Susan, Michelle, Eva, Stephanie, and Phoebe marching together, representing BFUU!



David Makofsky (right), holding one of the banner poles, speaks with another marcher



David, Michelle, Eva, and Stephanie urge folks to Change The Politics, Not The Climate!



Phoebe stands proudly, holding up the BFUU banner!

Rap Words by Dolores Helman

From Main Street to Wall Street and in your hood
 Get together so we can do good
 We'll take the power from each corporation
 So we can become a humanitarian nation
 We'll bring home the money from each and every war
 That's what we want and we want much more
 We want childcare, health care, education, too
 For all the people, not just the privileged few
 We want green jobs, good jobs for one and all
 Let's get what we need and let's not stall,
 We've got to work together to turn things around
 We've got to clean up the air, the sea and the ground
 To save the planet here's what we can do
 Say no to oil drilling, nuclear power too
 We need solar, wind power, alternative energy,
 We'll protect our kids so they can breathe free
 We need to end hunger and poverty too
 Let's tell the corporations what they can do
 We'll tax the rich and we'll pink slip you

Community Voices



Frida Chambers
Stephanie Doucette
Abbot Foote
Michael Gardner
Gene Herman
Tom McAninley
Paikea Melcher
Doertlis Schultze-Allen
Brett Torres

I have been doing research on coconuts lately as many people have been substituting coconut milk for dairy (cow) milk. The Phillipines is



the largest producer of coconuts (<https://en.m.wikipedia.org/wiki/Coconut>. Indonesia is the second largest producer of coconuts.

Indonesia has Labor issues. (<https://www.ilo.org/jakarta/areasofwork/child-labour/lang--en/index.htm>) (<https://newint.org/features/web-exclusive/2018/01/11/indonesia-labour-crackdown>) The Phillipines also has labor issues. (<https://www.dole.gov.ph/>) (<https://www.dol.gov/agencies/ilab/resources/reports/child-labor/philippines>)

In the United States, coconuts are grown in Hawaii (<https://www.hunker.com/12540918/what-is-the-climate-for-the-coconut-tree>) Coconuts were brought to Hawaii by the Polynesian settlers. Coconuts are also grown in south Florida(<https://edis.ifas.ufl.edu/pdffiles/MG/MG04300.pdf>).

Ardys DeLu

Poetry Corner

little stones

she must have found them in the woods
 and streams near the places she lived
 found each one as she found four-leaf clovers
 said "I find one
 and it gives me the good luck
 to find another"
 picked up each stone
 each round stone
 each oval or flat stone
 this one smooth, this one rough
 all of them small—
 they had to be small—
 and turned them over in the
 palm of her hand
 each one as familiar
 as each old bottle in the window
 the spidery driftwood found long ago
 the pewter plate, bent with age
 each stone
 chosen for its smallness
 its roundness
 its smooth worn-ness
 or its roughness
 like her hands
 after working in the garden

Marianne Robinson
BFUU Poet Laureate

Musical Notes From Dr. Susan



What if I Don't Like a Song During a Sunday Service?

It inevitably happens that we sometimes don't like some song or other during a Sunday service and I just wanted to share some thoughts I had on this as a musician. This was an interesting topic that came up for discussion at the UU Music Ministries conference I attended in July.

"Does it mean something bad about me?" was the question that sometimes follows for that congregant. And the answer was definitely "no," since we're all individuals with so many differences.

But it was suggested that people might consider how a song could speak to the person next to them, even if it doesn't speak to them personally, and even if they actively dislike it. Also, a song might not speak to you one particular week, but another week, it actually could. Our tastes and feelings change as we go through changes in life. We musicians at the meeting thought this was a good reminder of how our faith has within it an inherent challenge: by welcoming and honoring people who come from such diverse backgrounds and beliefs, it makes it necessary sometimes to exercise patience and to make an effort to understand others' differences.

Perhaps a particular song one morning is not your cup of tea, but on the other hand, to the person across the room, it might be exactly what they needed to hear that morning, and made their spirit feel lifted up. UU musicians intentionally try to include a wide variety of music types in worship services not only to allow congregants to experience and appreciate music from a variety of different cultures, but also to try to include music that many different people find meaningful.

I hope you'll be open to broadening your musical horizons and try to understand what it is people like about a piece of music you may not immediately like. Some people have told me they don't generally like hymns, and yet, to me, some of the most beautiful music lies in some of the hymns in our grey hymnals. I will occasionally mention some of these songs to such congregants and find that they might say something like, "Oh, yes! That's really a good one. Is that actually in our grey hymnal?"

Also, I've been lucky enough to hear some of these great pieces of music performed with amazing musicality with strong commitment to the spirit behind them, which can make all the difference in how a piece of music sounds. Sometimes we just have the idea that we don't like a particular type of music, but when we really listen and try to sing it beautifully, it transforms into something that really is beautiful to us.

So I invite you to open your minds and hearts. Even if in the end you really still don't like some songs, to open your heart to knowing that they could serve someone else in an important way. And please feel welcome to let me know if there are particular kinds of music you've especially liked or would like to hear in the future.



left to right: Larry Lozares, East Bay Musical Chairs Coordinator, Dr. Susan, Margaret, Jef, Frances, Lawrence, Melissa, James, Sue, Janet Stephens

On August 24, members of the BFUU Choir performed at a concert organized by the East Bay Musical Chairs, a community group of serious amateur classical musicians that has a monthly concert at a local retirement community, Redwood Gardens. The choir opened the concert with several numbers and then the program continued that included instrumental pieces by Bach, Handel, and Brahms. BFUU's James Blanchard also sang a classical solo number. The choir sounded fabulous in the beautiful community room with its wonderful acoustics. After the concert an elderly woman came up to Dr. Susan and said with wide eyes, "How did we ever get a choir to come to our concert? That's never happened before!" And said how much she enjoyed having the choir sing there.

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.



Venezuela: Embassy Protection Collective to Speak at BFUU in Berkeley

Wednesday October 16 at 6:30 PM in Fellowship Hall

Margaret Flowers and Kevin Zeese from Washington DC and David Paul from San Francisco will be touring Northern California to speak about the latest on Venezuela and what local activists can do to oppose the US blockade against the South American country. After 37 days of struggle to protect the

Venezuelan Embassy, Kevin Zeese, Dr. Margaret Flowers, Dr. Adrienne Pine, and David Paul were arrested by federal agents and are currently fighting the charges against them.

The fight to protect the embassy reinvigorates the struggle for justice in the United States.

Join us to hear from three of the Embassy Protection Collective

Co-sponsored by the BFUU Peace and Justice Committee (SJC), the International Committee for Peace, Justice and Dignity and Task Force on the Americas



Imprisoning A Generation: Film and Panel Discussion

Tuesday October 29 at 7 PM in Fellowship Hall

The Berkeley Fellowship of Unitarian Universalists will present a film and panel discussion focused on the tragic situation of Palestinian children.

The film, "Imprisoning A Generation," is presented under the auspices of Unitarian Universalists for Justice in the Middle East. The panel will include: Zeiad Abbas, MECA Executive Director addressing the children of Gaza (confirmed); Therese Mughannam, NorCal Sabeel, herself a child during the Nakhba (tentative); a member of JVP to discuss children in the West Bank (contacts David Makofsky, Eliot Helman, Ellen Brotsky); and possibly Palestine Legal regarding current child legal issues.

Endorsed by NorCal Sabeel with tentative endorsement from JVP and MECA

Sponsored by the BFUU SJC.

Weekly BFUU Events



Qi Gong & T'ai Chi with Gene Herman

Mondays, 4-5 PM in Fellowship Hall

Wednesdays, 3-4 PM in Fellowship Hall

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

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 or 510-841-4824 x 5 for an appointment.

Weekly BFUU Events

Ministerial Office Hours with Rev. Marsh

Wednesdays from 10 AM - 3 PM in the Ministers Office

Contact Rev. Marsh at revmarsh@bfuu.org or 510-841-4824 x 2 for an appointment.



BFUU Choir Practice

Wednesdays at 6:15-8:30 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.

Women's Voices

Tuesdays October 22 through December 3 4:30-6:00 pm in Fellowship Hall Foyer
a group for women (BFUU members and friends, seminarians, and other local UU's)

*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

Orientation for Newcomers

1st Sunday - October 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.

Elders Circle

1st Tuesday - October 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.

Board President Ira Armstrong Office Hours

2nd & 4th Tuesdays - October 8 & 22 at 1:30-3:30 PM in the RE Office

Please contact Ira via email BOTIra@bfuu.org or phone 510-841-4824 ext. 4 to make an appointment.

BFUU Men's Group

1st Thursday - October 3 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.

Monthly/BiMonthly BFUU Events



The Hardly Strictly Acoustic Jam

2nd Friday - October 11 at 7 PM in Fellowship Hall

Join us! Come sit in our circle, share music, songs, poetry, excerpts from your new book, jokes and stories. We welcome all entertainers and fans to fill the Hall

with performance, connection, and appreciation for all forms of art.

Sponsored by the BFUU Membership Committee.

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

BFUU Second Sundays Potluck*

2nd 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 for those with differing food tolerances.*



BFUU Writers Group

2nd Sunday - October 14 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, etc. After a 7-minute writing exercise, we write for an agreed-upon period of time. Then we read our work aloud and give positive feedback.



Uke Jam

3rd Friday - October 18 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 Thursday - October 24 at 7 PM in Fellowship Hall

Vintage Invasion Old Fashioned Dance Party

4th Friday - October 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

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

Directed by Deborah "DJ" Hamouris

2nd & 3rd Thursdays 7 - 8:30pm in Preschool Kitchen (note change - back to 2nd & 4th in Jan '20)

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



Love, Loss, & Grief: A Writing Immersion with Linda Trichter Metcalf

Saturdays October 12-December 14 from 2-6 PM in the Fireside Room

(Note - no class on Saturday October 26)

Most of us have lived through love, loss, and grief without the time (or tools) to reflect on our experience. Proprioceptive Writing (PW) is a 20-minute writing meditation on inner thought and feeling that enables deep reflection. Practiced to music in 20-minute sessions, PW is a potent meditational tool that can be used for therapeutic and creative purposes.

In PW, each person consults herself or himself alone, while others do the same. For whoever grieves, or in some other way suffers loss, nothing could be more salutary than to hear your own inner thoughts in the presence of others hearing theirs.

To Register: http://pwriting.org/?page_id=4973



Mountain Dulcimer Jam with Deborah Hamouris

Third Saturdays from 2:30 - 4:30 PM in the Preschool Kitchen

NO-TAB JAM!! Bring tunes you know by heart to share/teach/lead with the group. DJ will help you lead. Donation of \$5-\$20, sliding scale. No one turned away for lack of funds.

Email djh@berkeleydulcimergathering.com

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 Jeff Palmer

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 Monday 2:00 PM
Fatapples (1346 MLK)

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

(note: on 3rd Tues this month)
2nd Tuesday at 10:00 AM
in Fellowship Hall

Fellowship Calendar October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30 am Augustine Fellowship 11 am Elders Circle* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	2 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	3 11:45 am AA Meditation 7 pm BFUU Men's Group* 8 pm AA Dignitaries	4 6 pm Soul Motion	5 9 am ASCA 6 pm Augustine Fellowship
6 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	7 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	8 7:30 am Augustine Fellowship 1:30 pm BOT Pres. Ira Armstrong office hours* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	9 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	10 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*	12 9 am ASCA 2 pm Love, Loss & Grief: Writing Metcalf 6 pm Augustine Fellowship
13 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm 2nd Sunday Potluck* 1 pm BFUU Writers Group (no animals)* 8 pm AA Mtg	14 2 pm MusCom Meeting (Fatapples)* 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	15 7:30 am Augustine Fellowship 10 am Worship Svcs Cttee Mtg* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	16 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi (in CB)* 6:15 pm Choir Practice* 7 pm NA Men's Mtg 7 pm Venezuela Embassy*	17 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)* 7 pm Women & Song 8 pm AA Dignitaries	18 7 pm Uke Jam*	19 9 am ASCA 2 pm Love, Loss & Grief: Writing Metcalf 2:30 pm Dulcimer Jam 6 pm Augustine Fellowship
20 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm SJC Meeting 8 pm AA Mtg Communicator Deadline	21 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion 7 pm ASCA	22 7:30 am Augustine Fellowship 1:30 pm BOT Pres. Ira Armstrong office hours* 2 pm Rev. Carrie office hours* 4:30 pm Women's Voices* 7 pm AA Men's Mtg	23 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	24 11:45 am AA Meditation 7 pm BFUU Board of Trustees Mtg* 8 pm AA Dignitaries	25 7 pm Vintage Invasion Dance Party*	26 9 am ASCA 6 pm Augustine Fellowship
27 9:30 am Choir Rehearsal* 10:30 am Worship 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 7 pm ASCA	29 7:30 am Augustine Fellowship 2 pm Rev. Carrie office hours* 4:30 pm Women's Voices* 7 pm AA Men's Mtg 7 pm Film and Panel: Imprisoning a Generation*	30 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	31 11:45 am AA Meditation 7 pm Women & Song 8 pm AA Dignitaries		

* 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
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Email: rooms@bfuu.org

Susan Macke - Office Coordinator
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SUBMISSION DEADLINE FOR November *COMMUNICATOR*: October 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

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