

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists
December 2019

Upcoming Worship Services

Services at 10:30 a.m. (except 12/24 is at 5PM)



December 1: Journey into the Heart: Bhakti and Kirtan

Sita Devi (she/her), Guest Worship Leader

Journey into the heart through Bhakti yoga and the practice of Kirtan, ecstatic group chanting, with Sita Devi, in the ancient language of Sanskrit. Transcend the material monkey mind and connect deeply with spirit and the divine through sound and song. No experience necessary, come with an open heart and mind.

December 8: The Radical Teachings of Jesus

Jeff Palmer (he/him), Lay Worship Leader

What were the radical teachings of Jesus, how did he come by them, and how did the Early Church follow them? Are any of them useful in today's modern society?

THE REAL
YHWHOTULOVE!



December 15: Relationship, Compatibility and World Order – Our story to date

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

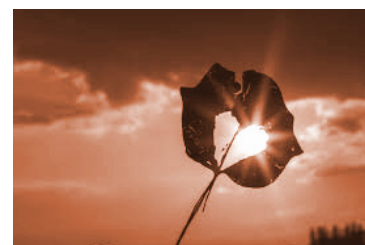
If you are comfortable and secure in humanity's continuity and truly have no concern, feeling we have it handled – this conversation will be a waste of your time. Do something fun instead. I believe we are still, at this late date, searching for some key to empowering everything we could do.

In addition to several good ideas as to how we can move through the current crisis, we need to find personal motivations to do whatever is necessary, whatever it takes to survive this moment. When we find the right (our real) motivation to move forward we will know our personal paths and those will irresistibly attract each of us.

December 22: The Magical Gift of Light

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

On December 22nd, our planet will begin to change the angle of its path around the sun. Our long long nights of darkness will yield to the brilliant light of our star, the sun. Rev. Dr. Carrie will consider some of the meanings for us as the growing light brings new hope and comfort.



December 24: Christmas Eve (Note: This service is at 5:00 PM)

Lauren Way (she/her), Worship Leader

Lauren Way returns for another service of lighting candles, singing carols and sharing hopes for joy, love and peace in the coming year. This service welcomes all who are seeking warm fellowship and refuge from the commercialism of the Yule holiday. Families with children are especially welcome.

December 29: Looking Back, Looking Forward

Virginia Hollins-Davidson (she/her), Worship Leader

Virginia Hollins-Davidson and other members of African descent celebrate the contributions of Black individuals and communities to the beautiful mosaic of Unitarian Universalism. From Whitney Young, Jr. to the current leaders of BFUU, African American Unitarians are leading us all to a better future.





Clergy & Staff

Reverend Marsh Agobert, *Minister*
 Reverend Dr. Carrie Knowles, *Minister*
 Reverend Tom McAninley, *Community Minister*
 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

Ira Armstrong, *President*
 Doug Chambers, *Vice President*
 Michael Gardner
 Jeff Palmer
 Judith Granada-Dewey
 Ben Burch, *Treasurer (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*
 Committee on Ministry
 Laura Knipmeyer, Kathy Riehle, and
 Jinky Gardner, *Co-Chairs*
 Finance Committee
 Ben Burch, *Co-Chair*
 Abbot Foote, *Co-Chair*
 Hospitality Committee
 Elinor Roberts, *Co-Chair*
 Kathy Riehle, *Co-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, *Convener*
 Social Justice Committee (SJC)
 Phoebe Sorgen, Cynthia Johnson,
 Gene Herman, and David Makofsky,
Co-Chairs
 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.

Cleric's Corner



Announcing a New Small Group: The Think Tank (T3)

Objective: To Mitigate and Redirect the Impending Critical Shift in Humanity's Story

Basic Assumptions; We assume:

1. That we, as a species as well as several close 'relative' species currently face an extinction-level crisis. That some, and not all, of this crisis, is initiated by humanity.
2. That all of this crisis is happening within the context of Nature and therefore may be seen as a fundamentally natural (nature-driven) event.
3. That we, humanity and any and all other local sapient species have a say in its outcome.
4. That it may well benefit humanity to 'play ball' with itself (a rare condition) and with other sapient species.
5. That though this moment may or may not be beatable, we can learn enough from this moment of revealing to benefit current and future generations of sapient beings.
6. That information toward this end may be found in places that we have not, in general, heretofore taken seriously, or even discovered.

Tactical Activities: We will use NPR and other and other Podcasts, YouTube, Netflix, perhaps Prime and Internet searches to research toward the development of strategies to achieve our stated objective. For help with understanding how the "You can't trust anyone over thirty" has developed into "OK, Boomer" we'll set a bookmark (a means of returning to a previously visited location on the "Web") for <https://www.dictionary.com/e/slang/> and perhaps even [Idioms and phrases](https://www.urbandictionary.com/), or <https://www.urbandictionary.com/> (be forewarned this one carries all words, phrases, and idioms currently in popular use; including some that would be banned from television or receive R to X ratings in theaters. These have not been vetted by any government or oversight body that I am aware of. Proceed at your discretion. We will not be utilizing what has come to be known as "The Dark Web" or any level not available to the average Jr High School student.

Now here's the big bonus: If you don't already think you have easy access to these tools – we'll lovingly and patiently show you how to gain access and use them. And I think it will be so interesting for you

Cleric's Corner (continued)

that you'll retain the skills and start using them BECAUSE YOU WANT TO!

I'm going to try something different this time. I'm going to go with a long easy approach to registration for the T3. If you think you ARE interested in this Small Group, send me an email to let me know and I will add you to the mailing list for future follow-ups. If you couldn't use the last link above, the email address for me is revmarsh@bfuu.org.

Contributing to the survival of mammals (yes, this includes you and every other human), birds, even a few clever reptiles via as yet insufficiently tried methods are what I'm most interested in this decade.

The Covenant Group will go on hiatus this spring, pending an unexpected popular demand. Let's focus on finding a viable, if unexpected, pathway to continue our tenure on Earth.

This month's suggestions:

HIDDEN BRAIN:

Screaming Into the Void: October 7, 2019 • Turn on the news or look at Twitter, and it's likely you'll be bombarded by outrage. Many people have come to believe that the only way to spark change is to incite anger. This week on Hidden Brain, how outrage is hijacking our conversations, our communities, and our minds.

What Monkeys Can Teach Us About Being Human: October 21, 2019 • What makes the mind of a human different from that of other animals? Psychologist Laurie Santos says we can't know the answer to that question if we only study humans. This week, we turn to Laurie's work with monkeys to understand which parts of human behavior are distinct, and which we share with other species.

FREAKONOMICS:

Does Hollywood Still Have a Princess Problem? October 23, 2019 • For decades, there's been a huge gender disparity both on-screen and behind the scenes. But it seems like cold, hard data — with an assist from the actor Geena Davis — may finally be moving the needle.

Speak Softly and Carry Big Data October 23, 2019 • Do economic sanctions work? Are big democracies any good at spreading democracy? What is the root cause of terrorism? It turns out that data analysis can help answer all these questions — and make better foreign-policy decisions. Guests include former Department of Defense officials Chuck Hagel and Michèle Flournoy and Chicago Project on Security and Threats researchers Robert Pape and Paul Poast. Recorded live in Chicago; Steve Levitt is co-host.

Rev. Marsh

Regular Committee Meetings

<i>Aesthetics</i> (subcom. of B&G) 2 nd Friday at 11:30 AM in Fellowship Hall	<i>Finance</i> Meets as needed contact Ben Burch or Abbot Foote	<i>Personnel</i> 3 rd Thursdays 2:30 PM Mike Gardner's house	<i>Social Justice Ministry</i> (subcom of SJC) 1 st Sunday 12:30 PM in Fellowship Hall
<i>Buildings & Grounds (B&G)</i> Meets once per month, contact Ben Burch or Abbot Foote	<i>Hospitality</i> 4 th Sunday at 12:30 PM in Fellowship Hall	<i>Poetry</i> Meets as needed contact Frances Hillyard	<i>Social Justice (SJC)</i> 3 rd Sunday 12:30 PM in Fellowship Hall
<i>Caring</i> 4 th Sunday at 12:30 PM in Fellowship Hall	<i>Membership</i> 4 th Sunday at 12:30 PM in Fellowship Hall	<i>Religious Education</i> Meets as needed contact Sharon Colligan	<i>Worship Services</i> 2 nd Tuesday at 10:00 AM in Fellowship Hall
<i>Committee on Ministry</i> meets as needed contact Laura K, Kathy or Jinky	<i>Music</i> 2 nd Monday 2:00 PM Fatapples (1346 MLK)		

President's Corner



Dearest BFUU,

As I write this December letter, I am preparing for November 20th, Transgender Day of Remembrance, Resilience and Resistance. Outside of the work at BFUU, I co-run a small organization that centers the needs and self-determination of

trans, queer, Black and poor folks. That organization is co-hosting an event with the 3 year old Oakland LGBTQ Center, which BFUU knows because we have donated Sunday service collections to them and because one of our newest members, my lovely and whip smart girlfriend Johanna Holden, works there.

We are in the darkest time of the year. Days are short and nights are long. Solstice and the return of the light are approaching soon, but what about this time? What about darkness?

As a third generation UU, I have gotten to explore and participate in many different winter traditions. When I think about this dark time we are in, I think about how often this white supremacist cis normative heterocentric ableist capitalist patriarchy that we are immersed in tells us that darkness is bad, scary, hard, and dangerous. But because I have Black revolutionary and white abolitionist parents, and because I grew up in a UU church that centered Black liberation, as well as justice for all peoples, my spiritual and social justice ethics are woven fine.

My training in critical discernment of oppressionist beliefs and politics means I cannot make this assumption that the cultural mores that we exist within are separate from the racist and sexist society that we live in. I must connect the darkness that we are told to fear with the Blackness that we are told to fear, with the power of the womb that we are kept away from, the power of the unknown or unclear that we are told is bad or wrong or should be disappeared.

As we exist in the darkness, as we feel the ghosts of

the past because of the thinness of the veil between life and death in the bleakness of winter, as we feel the fear and despair that our world is crumbling in so many ways, let us also remember the power of darkness.

Let us remember that the seed cannot grow without being underground. Let us remember that this time of darkness is a time to rest, to have a break from the relentless sun, to invite ourselves to heal and rejuvenate, and not always have to be productive or generative. Let us remember that the seasons have a rhythm. That our principles demand that we acknowledge our connection to and within the web of life, and that we cannot be connected to the earth if we ignore its cycles.

Let us rest. Let us love the darkness. Let us dig our roots deep and wide and strong. Let us be connected. Let us review our year and let go of what doesn't serve us. Let us make way for the coming of the spring, that will thrive in the soil we are letting rest.

In January, many of our board members will be attending the leadership retreat that Doug and Kathy attended last year. We will also, in January or February (dates tba), be offering a half day reflection, timeline, and dreaming retreat with our regional small congregations expert, Reverend Sarah Movius Schurr, to which all members and friends are invited. At this retreat and half day planning event, we hope to start to draft a plan for the long-term health and stability of our congregation. Leading up to that retreat, we will be creating a timeline of where our church has come from.

I am so grateful to be in community with BFUU. It is my assessment that our congregation has been spending the last few years tending its soil, pulling some of the weeds that haven't served us, and learning to grow together and love one another in the intention of building beloved community. I am honored to be in this journey with you, and looking forward to planning our future.

The world needs people who are dedicated to life and thriving, rest and reflection, social justice and spiritual growth. I say that is us, who we are and

continued next page

President's Corner, continued

who we are becoming. What say you, BFUU? Will you join us in the darkness and in the light, and keep each as a precious opportunity to know ourselves and one another better?

Let us love one another. Let us create a beloved community. Let us create a congregation, and a world, where Black and trans and poor and disabled are welcome and loved and whole.

In love and personhood,

Ira X Armstrong

BFUU Board President 2019-2020

Link to Rev Schurr Bio: <https://www.uua.org/offices/people/sarah-movius-schurr>

Link to Transgender Day of Remembrance info: <https://tdor.info/about-2/>

UUA General Assembly - June 2020



**ROOTED,
INSPIRED
AND READY!**

GENERAL ASSEMBLY 2020 PROVIDENCE RHODE ISLAND

WEDNESDAY JUNE 24 - SUNDAY JUNE 28

General Assembly is the annual gathering of Unitarian Universalists for conducting business of the Association, exploring the theological underpinnings of our faith, and leaning fully into our mission and principles. We anticipate that 4,500+ UUs will gather for this unforgettable experience and leave with renewed energy and innovative ideas for congregational and community engagement.

Registration is Now Open!

Registration is now open at uua.org/ga/registration. Full-time registration is \$400 for adults, \$250 for high school youth and retired and candidate ministers, \$150 for off-site registrants. Early bird registration is now through March 15, 2020. Go to uua.org/ga to learn about scholarships to support participation - particularly of those from marginalized groups - and volunteer opportunities (work in exchange for registration).

Housing Opens March 2 at 9:00 a.m. Eastern

In addition to a variety of nearby hotels, attendees will also be able to book dormitory-style accommodations at two local universities. Also, UUs from local congregations will serve as host families for Home Hospitality, which is B&B style accommodations. Make your hotel reservation beginning March 2 at 9:00 a.m. Eastern. For more information, visit uua.org/ga/travel.

Please speak with a BFUU Board member if you are planning or want to attend!

Committee News

Bringing New Growth to the Jim Beatty Memorial Garden

Parsley, sage, rosemary and thyme? 🎵 Well, some of these are intermingled with aromatic and medicinal plants whose scent wafts from the large raised redwood bed in our brand new garden. The aromatics join dwarf fruit trees in mini wine barrels, veggies in their own bed and drought tolerant native pollinators by the fence—all new permaculture plantings installed by Planting Justice.



Ben with Planting Justice

The garden is green in both senses, featuring foliage and plants which will reduce our water usage. That's an important consideration in these times of climate change. Members will benefit from a reduced water bill while neighbors and New School families will appreciate viewing the golden blossoms, purple flowers and green leaves. Another eye catching feature is the stone "creek" which catches and disperses water flowing down from the roof's downspouts.



Christine hard at work planting the raised redwood bed.

Amid all the new features sits the familiar rugged bench that Jim Beatty made years ago. It's still there to be used whenever people want to sit for a friendly chat or a moment of meditation. New seating will soon be added. These features are the latest manifestation of the long BFUU garden tradition nurtured by Jim during his many years as our beloved garden keeper.



Christine waters the new plants around the "creek"

Jim's gardening partner, Christine Driftwood, is carrying on the tradition of choosing and nurturing beautiful plants. Other BFUU folks who have helped with the garden are Christine Lucas, Jeff Palmer, Amadian, Elayne Ryder, Syl Scherzer, Ben Burch, Abbot Foote and Joanna Foley. Thanks also to Deborah Hamouris, Ed Keating, and Christopher Macy for their part in helping the new garden to take root.



Doug and Kathy with Planting Justice

Planting Justice is a local organization which trains and employs formerly incarcerated persons to design and install gardens while earning a living wage. Its motto is "Grow food. Grow jobs. Grow community."



A friendly reminder

Because we are often short-handed in the kitchen, we are asking that for all food donated for the potluck or any Sunday that you please arrange your contribution personally in the manner you like. We also need items ready to be served by 11:30 am so that all food can be served at the same time.

Thank you everyone for all contributions to our after service meals.

In much appreciation, Kathy, Co-Chair Hospitality

Committee News

Wonderful Worship Services



Worship Service Team Oct 27:

back: James, Andy, Tom, Christine;
front: Eva, Rev. Carrie, Frances,
Paikea, Margaret, Barbara



Worship Service Team Nov 3:

back: Joanna, Tom, Millie Phillips,
Doug, Tom, Steve, Virginia; front: Sue,
Dr. Susan, Frances



Worship Service Team Nov 11:

back: Kelly Takunda Orphan, Patience
Munjeri, Dr. Susan, Tracey; front:
Tom, Christine



Worship Service Team Nov 17:

back: Amit (Claire's husband),
Claire Eustace, M.Div., Christine,
Melissa, Sue, Tom, Doug, Jeff,
Barbara; front: Harold

*Kelly Takunda Orphan and the KTO Project will perform at **Ashkenaz** on Sun Dec 1 at 5:50 PM (tickets \$12 advance + \$1.63 fee at [Eventbrite](https://www.eventbrite.org) or \$15 at the door) to celebrate Kelly's Birthday!*

*They will also perform at the **Freight & Salvage** on Tue Jan 28 at 8:00 PM (tickets \$20 + 6.50 fee at www.thefreight.org or \$20 + \$4 fee at the box office.)*

Hospitality Corner by Elinor Roberts, Hospitality Co-Chair

No matter how often I glance at the calendar, I am always surprised to see the holidays and the end of the year rapidly approaching. This year, the month of December starts just three days after Thanksgiving. Slow down, I'm not ready!

But ready or not, we will kick off the BFUU holiday season on Sunday, December 1st after the service, with our **FIRST ANNUAL VEGETARIAN POTLUCK!** The Fellowship will provide some food, and some of you will bring more. We welcome vegetarian or vegan main dishes, sides, salads, desserts, etc. No meat or seafood, please! And remember to list the ingredients in your dish so that all may safely enjoy the feast.

As always, we welcome your help with setting out the food and with cleanup afterwards. Many hands = light work.

A quick reminder: our kitchen volunteers are usually very busy keeping the coffee and breakfast treats refilled, and setting up the serving table. Whenever possible, please do your food prep ahead of time. Don't count on the BFUU oven, microwave, countertops, or volunteers being available to help with your dish, as we'll need all of them to set up the larger dishes that will be brought in. Thank you for your understanding.

The Upshot: All are welcome to the First Annual Vegetarian Holiday Potluck, after the service on Sunday, December 1, 2019 in Fellowship Hall. Bring a dish, a dollar, or just bring yourself. We look forward to our being together.



Committee News

Want Close Proximity 5G Wireless Cell Antennas EVERYWHERE?

Together, We'll Reduce that Threat!

If we don't get 5G restricted, any of us could end up with a "small" cell wireless antenna emitting new millimeter wave radiation just outside our bedroom window or spiritual home. A large sign indicates a facility is planned on the sidewalk two houses below BFUU on Cedar. **Due to adverse eco and health effects, some experts (Martin Pall) say 5G could end civilization if it is rolled out on every block as planned.** The Federal Communications Commission (FCC) was long ago captured by Big Telecom and forbids local officials from basing regulations on environmental factors, which has come to include health. **They know that, so please tell the Mayor/Council about other reasons you want them to adopt the nation's most restrictive telecom laws**

asap: council@cityofberkeley.info

Hyperlinks in the electronic version of this article detail how **close proximity small cell wireless facilities:**

increase FIRE RISK, and don't work when we most need communication during disasters, INTERFERE with weather prediction: 30-70% reduction in accuracy, DON'T WORK in hot weather over 85 degrees, DESTROY our right to PRIVACY, REDUCE PROPERTY VALUES by 20-30%, provide INSECURE, UNRELIABLE connections, WASTE far more ENERGY, COST more for individuals (planned obsolescence and profiteering) and for cities, are UGLY (with ancillary equipment in metal boxes like mini refrigerators. Imagine several more of those per block), violate LABOR safety standards, intentionally exacerbate the epidemic of wireless device addiction (treacherous for individuals, families, and society. Read *Irresistible* by Adam Alter), are actually much SLOWER than wired alternatives (copper wirelines or fiber optic networks. Read *Re-Inventing Wires* by Dr. Timothy Schoechle), as well as causing egregious health problems such as cancer, and killing bees (without pollinators, there's no human food.)

Don't fall for corporate profit-motivated hype! 5G is only about short-sighted greed and surveillance. It refers to "5th Generation" telecom (not to be confused with 5 Gigahertz.) Big Telecom (worse than Big Tobacco) plants fake news, funds fake studies, and tries to discredit highly respected scientists like Joel Moskowitz PhD, Director of the Center for Family & Community Health at the School of Public Health, UC Berkeley, who published "We Have No Reason to Believe 5G is Safe" on the Scientific American blog.

TAKE ACTION!

1. **Email the City Council and Mayor NOW:** council@cityofberkeley.info

2. Speak up when it's on the **Berkeley City Council agenda** 1/22/20 (or the 29th?)

By 6pm on Dec 3rd and 10th, sign up to speak during public comment on non-agenda items near the beginning of the meeting, or cede your minute to a WiRED activist if your name is called after you submit a speaker card. They choose 10 names. (There's another opportunity late, at very end of the meeting around 11pm. No lottery and two minutes each.)

Tues 6 pm meetings are at 1231 Addison St. near Bonar.

URGE our Mayor/City Council to direct the City Manager to make BERKELEY TELECOM POLICY & LAWS as STRONG as possible in the following ways:

1. *NO 5G in residential districts (ie. Mill Valley, Calabassas, Los Altos, Sonoma) or near schools/kids!*
2. *1500 ft setback from workplaces, elder/healthcare facilities, libraries, parks, other antennas.*
3. ***Unannounced testing of all wireless telecom facilities NOW (and ongoing twice yearly) by an independent expert (confirmed by a 2nd independent expert where radiation is high.) Telecom corporations that profit from invading our private and public spaces with EMF/RF radiation shall reimburse the City for all costs.***

Committee News

5G Wireless, continued

4. *Prohibit radiation-emitting telecom facilities on private property.*
5. **Public right to know** - advance notice required, and public hearings! Publish addresses where permits are pending and already approved!
6. *Industry must install prominent blinking signs to identify each antenna so people can avoid them. Signs must be esthetically pleasing, approved by the City, and promptly replaced if damaged.*
7. *Industry must underground all ancillary equipment.*
8. *Industry must buy insurance to indemnify the City.*
9. *ADA access must be maintained through all public rights of way!*
10. **Conditional use permits only** and conditional recertification if in compliance.

For now, grant NO MORE PERMITS pending revisions of local and federal laws! Ignore the FCC shot clocks and require NEPA environmental review.

Other cities have incorporated most of those points into their laws. What other cities did, Berkeley can do better, but, thought we've been lobbying them since Sept 2018, Berkeley is behind the curve. Scroll down ~20 pages to read other cities' ordinances: <https://mdsafetech.org/cell-tower-and-city-ordinances/>

Contact WiRED if you'd like a copy of a six page, detailed document: KEY POINTS that WiRED recommends for Berkeley, or if you want to read Dr. Timothy Shoechle's book *Re-Inventing Wires*.

For updates, check WiRED on Facebook ("like" us pls) & email: 5GFreeBerkeley@gmail.com

Let us know if you want to table with us, get petition signatures, post or distribute flyers, help organize or publicize or set up for a forum or a PROTEST, or if you have other ideas/skills to share.

Wireless Radiation Education & Defense (**WiRED**) collaborates with the esteemed:

Environmental Health Trust, Americans for Responsible Technology, Physicians for Safe Technology.

Consult those websites for general (not local) info. There are links to over 1,600 peer-reviewed scientific studies, action ideas, and resources.

Pls share this info widely - fwd, copy, post, distribute, discuss on NextDoor, etc. Spread the word.

We will win!

Phoebe Sorgen, co-founder of WiRED Wireless Radiation Education & Defense, BFUU Social Justice Committee Co-Chair, longterm BFUU member and former Trustee

Please Notice This



California Justice UUpdates: Climate Justice, Prison Reform, and the Poor People's Campaign Do MORE Tour

UUJMCA's Immigrant Justice Action Team monthly online meeting Wednesday 12/4 at 4:30 pm. Email immigrantjustice@chairs.uujmca.org to share your interest.

UUJMCA's Climate Justice Action Team monthly conference call via Zoom. Tue 12/17 4 pm to 5 pm
Email Barbara Smith-Thomas at climatejustice@chairs.uujmca.org if you're interested in joining.

Poor People's Campaign: A National Call for Moral Revival in San Francisco Wed 12/11

5:45 pm Meet Up SF City Hall 1 Dr. Carlton B. Goodlett Place (turns into Polk Street)

6 pm March 7-9 pm Mass Meeting Glide Memorial Church 330 Ellis St SF CA

More info: Rev. Tom McAninley at revtom@bfuu.org/510-841-4824 ext. 6 or see <http://bit.ly/moreCA>

Community Voices



Barbara Chan
Ardys DeLu
Carole Holtz
Cynthia Johnson

Big Tree Chi

Gene B. Herman 10/25/19

Oh dear ancient

wooden

monster

How old are you

What tales of gore and glory

Do you have folded into your thousand annual rings

Oh ancient Sequoia warrior

Surviving horrific wild fires

Giant earth shaking quakes

Fierce winter storms

Still standing

Scarred but unbowed

And the many diverse families of birds

Fluttering within your branches

Downey woodpecker

Western Scrub Jay

Mountain Chickadee

Pine Grosbeak

House wren

Green-tailed Towhee

Bringing you their wonderful delightful chi

And taking with them your Wise

Mighty

Majestic

Chi

Share this with me

Oh glorious one

One of many many more

Sequoia tree Chi.

Poetry Corner

Nature

Pure and rugged

sea pounds sun burns wind blows

storms rage ice forms and melts

torrents wash vast mountain wildernesses

animals migrate and hibernate

sleep in secret caves

The earth goes on ad infinitum

where we can see and where we can't see

continues endlessly, unperturbed,

enduring the ravages

adapting, surviving

to be worn down little by little

over millions of years

And my life, a span of maybe eighty years

is played out getting and spending

hoping and failing

laughing and fearing

raging and sleeping

in fits and starts

Railing against pain and injustice

and frustration

never satisfied for long

trying to make my life count

let others know I cared

A speck of sand on the planet

in the universe

striving

struggling

surviving

one with nature.

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.

Special Thanksgiving Vegetarian Potluck*

Sunday December 1 after service 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 and celebrate Thanksgiving in community. This year, please only share vegetarian dishes! 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.*



ROY ZIMMERMAN: RiZe Up

Saturday December 14 at 7:30 PM in Fellowship Hall

Roy Zimmerman's signature blend of heart and hilarity has never been more necessary. RiZe Up is ninety minutes of Roy Zimmerman's original songs, a funny and forceful affirmation of Peace and Social Justice. It's laughter and encouragement for progressive-minded people who need a lot of both.

Roy's songs have been heard on HBO and Showtime, and his videos have garnered tens of millions of views. He has recorded for Warner/Reprise Records. He's shared stages with Bill Maher, Ellen DeGeneres, Holly Near, Robin Williams, Arlo Guthrie, John Oliver, Kate Clinton and George Carlin, and tours the country constantly with his wife and co-writer Melanie Harby.



Sponsored by the BFUU SJC. Tickets \$22 or pay what you can. No one turned away for lack of funds.



Tibetan Festival of Light

Saturday, December 21 at 7 PM - 10 PM in the Connie Barbour Room

Ventul Rinpoché, who teaches reading and writing to Tibetan children on Sunday afternoons at BFUU, offers this gift in gratitude for the community's help with the Tibetan Resettlement Project. Everyone is invited to come for homemade soup and cookies with butter tea or sweet tea. Chanting & meditation are optional. Rinpoche-la pays for all the food and cooks it himself, over a three-day period, as his gift to the community. Please come and accept the Tibetans' generosity.

Weekly BFUU Events



Qi Gong & T'ai Chi with Gene Herman *-No class on Wed 12/25 or 1/1*

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 *- No Office Hours Tue 12/24 or 12/31*

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 - *No Office Hours Wed 12/25 or Wed 1/1*

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 - *No Practice on Wed 12/25 or Wed 1/1*

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 December 3 & 10 4:30-6:00 pm in the Fireside Room

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 ext 5



Monthly/BiMonthly BFUU Events

Orientation for Newcomers

1st Sunday - December 1 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 - December 3 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.

BFUU Second Sundays Potluck*

2nd Sunday - December 8 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.



Monthly/BiMonthly BFUU Events



BFUU Writers Group

2nd Sunday - December 8 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.

Board President Ira Armstrong Office Hours - *No Office Hours on Tue 12/24*

2nd Tuesday only this month - December 10 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 - Please note new days/location

2nd Thursday - December 12 at 7-9 PM in the Fireside Room

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 Friday - December 13 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 Board Meeting (Note: *3rd Thursday in Dec due to holidays*)

3rd Thursday - December 19 at 7 PM in Fellowship Hall



Uke Jam

3rd Friday - December 20 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!

Vintage Invasion Old Fashioned Dance Party

4th Friday - December 27 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



Mountain Dulcimer Jam with Deborah Hamouris

Sunday December 15 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



Reclaiming East Bay Solstice

Sunday December 21 at 6:00 pm in Fellowship Hall

Join us for a Solstice celebration. BFUU folks are especially welcome. Kids' activities, singing, ritual, magical silent auction and community social time. Bring snacks to share, non-alcohol drinks - and magical items for our silent auction!
Small donation requested - no one turned away.

Details: <BayAreaReclaiming.org> Questions: <ReclaimingEastBay@gmail.com>

"Writing the Mind Alive": An Introduction to Proprioceptive Writing® (PW).

The class Saturdays January 11th - February 1st from 2pm-5pm in the Fireside Room.



Most of us live our lives without the time or tools to reflect on our experience. PW is a 20-minute writing meditation that enables deep reflection on inner thought. An empowering practice, PW can be used for therapeutic and creative purposes. Everyone is welcome—no prior writing experience is required.

More information on PW: www.pwritting.org, Instagram: [proprioceptivewriting](https://www.instagram.com/proprioceptivewriting)

To Register: <https://pwritting.eventbrite.com>

Fellowship Calendar December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 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	2 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	3 7:30 am Augustine Fellowship 11 am Elders Circle* 2 pm Rev. Carrie office hours* 4:30 pm Women's Voices* 7 pm AA Men's Mtg	4 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	5 11:45 am AA Meditation 8 pm AA Dignitaries	6 6 pm Soul Motion	7 9 am ASCA 6 pm Augustine Fellowship
8 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	9 2 pm MusCom Meeting (Fatapples)* 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	10 7:30 am Augustine Fellowship 10 am Worship Svcs Cttee Mtg* 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	11 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/ T'ai Chi* 6:15 pm Choir Practice* 5:45 PM Meet, 6PM March, & 7 PM Meet Poor People's Campaign in SF (see p. 9)* 7 pm NA Men's Mtg	12 11:45 am AA Meditation 7 pm Women & Song 7 pm BFUU Men's Group* 8 pm AA Dignitaries	13 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*	14 9 am ASCA 6 pm Augustine Fellowship 7:30 pm Rize Up! with Roy Zimmerman*
15 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm SJC Meeting 2:30 pm Dulcimer Jam 8 pm AA Mtg	16 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	17 7:30 am Augustine Fellowship 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	18 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	19 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)* 7 pm Women & Song 7 pm BFUU Board of Trustees Mtg* 8 pm AA Dignitaries	20 7 pm Uke Jam* Communicator Deadline	21 9 am ASCA 6 pm Augustine Fellowship 7 pm Festival of Lights (in Connie Barbour this year)*
22 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 HMC-Hospitality, Membership and Caring-Cttees Mtgs* 8 pm AA Mtg	23 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	24 7:30 am Augustine Fellowship 5 pm Christmas Eve Service* 7 pm AA Men's Mtg	25 Christmas Day 7 pm NA Men's Mtg Holiday BFUU Office CLOSED No Qigong/T'ai Chi No Office Hours No Choir Practice	26 11:45 am AA Meditation 8 pm AA Dignitaries	27 7 pm Vintage Invasion Dance Party*	28 9 am ASCA 6 pm Augustine Fellowship
29 9:30 am Choir Rehearsal* 10:30 am Worship Service* 8 pm AA Mtg	30 4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	31 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	WED DEC 25 CHRISTMAS DAY & WED JAN 1 NEW YEAR'S DAY BFUU OFFICE WILL BE CLOSED NO REV. MARSH OFFICE HOURS NO BFUU QIGONG/T'AI CHI CLASS NO CHOIR PRACTICE			

* denotes Fellowship event

Spiritual Growth and Social Justice in the Heart of Berkeley

Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

BFUU OFFICE HOURS

Monday - Friday: 11 a.m. to 5 p.m.

BFUU OFFICE STAFF

Deborah Hamouris - Event Space Coordinator
Phone: 510-841-4824, ext. 3
Office Days: Tue, Wed & Fri
Email: rooms@bfuu.org

Susan Macke - Office Coordinator
Phone: 510-841-4824, ext. 1
Office Days: Mon, Tue, Thu & Fri
Email: office@bfuu.org

SUBMISSION DEADLINE FOR JANUARY *COMMUNICATOR*: December 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709

Berkeley Fellowship of Unitarian Universalists

Office: 1606 Bonita Ave., Berkeley, CA 94709 | Fellowship Hall: 1924 Cedar St., Berkeley, CA 94709

T: 510-841-4824 | **E:** office@bfuu.org | **www.bfuu.org**