

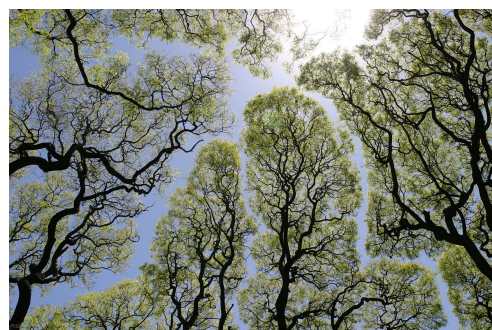
THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

January 2020

Upcoming Worship Services

Services at 10:30 a.m.



January 5: The Secret Life of Trees

Joe Gabaeff (he/him), Guest Worship Leader

Father Richard Rohr teaches that on an individual and societal basis, “The way we do one thing is the way we do everything.” Today we will explore this statement through the lens of our society’s treatment of trees. We all know they are alive, vital to our existence and beautiful, yet as a people, we have no issue treating them as mere objects, ornaments and nuisances - things to be cut, killed and grown as we see fit. In many ways,

we treat their livelihood like they are invisibly hiding in plain sight. Drawing from recent research on the social nature of trees, how they grow and interconnect, we see there is much more going on in their existence than we thought. With these understandings in hand, as a community that values and recognizes life in all forms, how will we respond, and what does this say about our society's treatment of human lives?

January 12: Humanity, Nature and the 5G Apocalypse

Gar Smith (he/him), Guest Worship Leader

An overview of the invisible health and environmental impacts of the “5G wireless revolution” that lies behind The Internet of Things.



January 19: The Tribal Mind

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

The tribal mind is one of the most profound characters in our intimate theater and one of the oldest. It’s the tribal mind that is responsible for nearly, if not every inhibition, internal warning, shame, paranoiac fear, and every should, ought or have to. At the same time, it is a primary player in how we’ve survived thus far. Like the notorious Ego, its sole job has been to

browbeat us into both our collective and personal survival. That is until it isn’t.

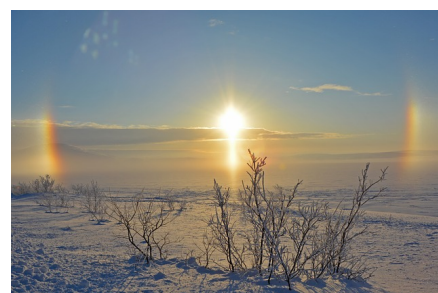
How do we know that growth and change are necessary? Because it is these very mechanisms that brought about our survival in the past, which bring us to our current brink.

On this morning, we will seek the truths of the Tribal Mind, and perhaps gain some practical insight into why we “Seek the Truths (plural) in Life.”

January 26: The Magical Gift of Light

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

As the new year begins, our planet is changing the angle of its path around the sun. Long nights of darkness are yielding to the light of our star. Rev. Dr. Carrie considers forgiveness and peace of spirit in the comfort of the growing light.





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 Reverend Dr. Carrie Knowles, *Minister*
 Reverend Tom McAninley, *Community Minister*
 Dr. Susan T. Mashiyama, *Music Director*
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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.

Cleric's Corner



The Tribal Mind – How it does and doesn't work for us.

Or: “*The best laid schemes o’ Mice an’ Men gang aft agley*”^[1].—Robert Burns

The identifying phrase “The Bubble” tends to show up with a dash of ambiguity. Sometimes it is spoken pejoratively, and sometimes we use it as a tongue in cheek

badge of honor. In each case, however, we know of whom we speak, and in our case, it is us.

It’s troubling-hard to see ourselves with objectivity. It’s long been known ’tis near impossible to step outside of ourselves, or in the words of ‘The Bard,’ Rabbie Burns: “O wad **some Power** the giftie gie us, to **see** oursel’s as ithers **see** us!”^[2]” The less clearly we see ‘ourselves,’ the less clearly we see the stranger. The less clearly we see the stranger, the more frightening they become for us. To view, as if through a glass darkly, is not a happy state; it’s to a declaration of a lack of clarity or perhaps even fear. And what must we do with that which frightens us?

It certainly is worth noting that this perspective was once necessary. Each of us was not initially, in our species infancy, capable of the most mundane perceptions and understanding. Like children, we might, without thinking, step off a precipice, walk into the bear’s den or try to have a friendly chat with a cat that outweighs us. So it fell to the Tribe to make rules; to create “taboos” to preserve our member numbers. We still have those urges even though we know better than to tempt the fates mentioned above. In the beginning everything was new to us. As we move forward, we still need a few rules or better even guidelines for those things fresh. However, newness comes from multiple directions. It is because we have insurance, that we must have RULES to insist we wear helmets when we ride. It’s not primarily for our safety; it’s to manage the costs and hence profits of insurance (private and social welfare.)

Making rules is the domain of the Tribal mind. This behavior is ok while that is taboo. All designed to strengthen the community. Communities that feared fierce and jealously judgmental gods not only survived longer but prospered as well. Their citizens were less likely to run afoul of other members of the same

^[1] [go often awry]

^[2] Oh would some power a gift to give us to see ourselves as other see us.

Cleric's Corner (continued)

community, lest they are severely punished in this lifetime as well as the afterlife to follow.

Now, back to this business of good guys and bad guys. You probably have some sense that you belong to the coven of the Good and that your (let's say) political (competing) disputants are part of the forces of the Bad. You may also sense that they make foolish decisions and that yours are (pretty much across the board) much better. Yet, given these perspectives are held by both sides of the divide, and populated almost evenly – *how can you be sure*, beyond a reasonable doubt, that your POV is unequivocally Right? In the old days, we could be confident because we had God on our side. What do we use for God to claim our divine rights now? If the answer “Logic” comes to mind, I would question that thoroughly, in the interest of “Seeking the Truths in life.”

Remember the hypothesis that “a lack in communication results in war”? Consider this:

· In the hunter-gatherer social paradigm, the leading cause of warfare between tribes was not vengeance feuds, though those rank pretty high, it was the fear that a neighboring tribe would attack first. To prevent this, one would eventually raid the other based primarily on longstanding systemic paranoia. They didn't have a real arms race at this time since war arms and hunting gear were the same. Observing several aboriginal indigenes in a variety of locales on our planet shows this to be true.

I don't mean to say that our side is undeniably or 100% wrong. Just that we might be a little off the mark of perfection and that the Other (formerly Bad) guy might be a bit on target about some things that might surprise us, as well. Or we might ask how we can ever really know if we never do some *personal research*. Well, why don't we do even a fraction of our research? Here are a few reasons that may seem sound.

- THEY are dangerous! Whether you think this consciously or not, you Do believe it at some level, or we wouldn't avoid contact with *them* like a eugenicist avoids a stroll through an asylum of “morons.” It's *just* not done. Perhaps talking with any sincerity (beyond seeking to coerce them to our side) goes against unspoken rules of our Tribal Mind.
- I can get that information from a reliable news source (and thereby avoid that direct contact again.) And here, yet, the reliable source may have to adhere to the Rules (of Our Tribal Mind.)
- Or Someone told me, just the other day...that “someone” **must** be of the Tribe.
- They won't like it if I start to nose around in their turf. “They” are probably just as afraid as we are.
- I've heard all I need to hear from them...why just the other day I read one of them said, ...which was so idiotic that I had to... and this is the death knell of communication (to be followed by escalating conflict.)
- They think that way out of greed, hate, closemindedness, etc.; all words related in some way to fear.

And you can guarantee that the might say much the same about you and yours and feel compellingly right about it, as well.

Now, if none of this phases you enough to *do* something about it, then perhaps this means we may be committed to the warfare that can become actual and not figurative war. If we are smart in our non-violence, maybe we can goad the adversary into a violent confrontation, once and for all proving ourselves

continued on page 5

President's Corner



Hymn for the month: Woyaya

Singing the Journey #1020

Dearest BFUU,
At this time of year, as
we spend time with
family and friends, or
choose not to, or can't, it
is possible to sink into a
state of easy joy, or
uneasy depression. As

December is a time for rest, January is often a time for waking up. And, many of us like to make New Year's Resolutions.

Before we do, let's take a moment to reflect. It is said that those who cannot remember the past are condemned to repeat it. Since we are in a Dickensian-worthy time, let us listen to the ghost of this past year.

And what a year it has been.

In our country, the House of Representatives voted to impeach the sitting president, who probably 'won' due to an electronic coup and a racist and classist voting system. (See: <http://nymag.com/intelligencer/article/the-impeachment-process.html>)

In the Bay Area where we live there are thousands of people living on the streets and in their vehicles against their will. And research shows that there are approximately four empty units for every unhoused person. (See: <https://sf.curbed.com/2019/11/21/20976301/moms-four-housing-oakland-homeless-vacant-houses-homes>)

In our national UU associations, the musicians union (AUUMM) has boycotted the general assembly (#GA2020) because of their experiences of being taken for granted and disrespected in their vital roles in worship. (See: https://cdn.ymaws.com/www.auumm.org/resource/resmgr/docs/general/auumm_letter_to_gapc.pdf)

In our dear congregation, we recently lost Marianne Robinson to the other side of the veil, may her words and spirit live in forever on this side. Earlier this year, we lost Rev. Clark B. Olson,

Bill Bullis, Gretchen Klug, Richard Sandling, and Nancy Feinberg from our larger and our own community. We elected our first Black trans Board President.

We also made the unprecedented decision to revoke membership for a congregant who was found to be sexually harassing other congregants and visitors to our fellowship.

Phew. This is not a year I would repeat. And yet.

If we continue the Dickens metaphor, with a bit of alteration for this reflection, it is time for the ghost of Christmas present. We have grown. We have learned how to speak up, even when our voices shake. (See: <http://bfuu.org/index.php/events#womensvoices>) We have grieved and celebrated and learned to care for one another, even when we disagree. And I, for one, am honored to be in community with you.

As we move into the journey with these ghosts of the future, what will they come back to say of us? What will we resolve to do? January is a time for waking up, but not the waking up of the lash of white supremacy and patriarchy, but the gentle gaze of the sun through a window while resting in a warm bed. Let us take time getting up. Let us stretch, and meditate, and resolve that this year we may join a gym or a cause, but we will do it gently and with the knowledge that we already are inherently worthy of respect and human dignity.

Let us wake up slowly and listen to the birds that are left, and resolve to be in harmony with the planet.

Let us breathe. Let us be safe. Let us be well. Let us know joy. Let us be free.

Let us spend this year knowing ourselves and our community better, and doing the work that is ours to do. And feel the shift that is happening as the arc is bending towards justice. Let us continue to help it bend. We will get there. We know we will.

In deep love and respect,

Ira

Cleric's Corner (continued)

to be morally superior or Right.

Once upon a time, members of the legislature could have civil, even friendly conversations about a variety of seemingly disparate perceptions without hatred, condescension, or disgust. Any therapist can tell you that when you start to think of or speak derisively to or about your partner – the relationship is or shortly will be over. When that happens in our nation, it signals the approach of civil war. That has happened right here, and it *can* happen again...at any moment.

So what would we be willing to do to avoid what was one of the most devastating wars this continent has ever seen. Nearly all wars sprout in the fallow soil of an environmental crisis of some sort. One more ingredient currently present.

We tend to think we are good, and our enemy is bad. If that is the case, why does bad win so often? Why do bad people prosper and die at a ripe old age?

· A Bedouin saying: “Me against my brother. Me and my brother against my cousin. Me, my brother and my cousin against the stranger.”

Social Science tells us that whereas diversity brings innovation and the economy grows. Yet, simultaneously, ethnic diversity cuts social capital and trust. Extraordinary circumstances call for exceptional solutions.

“The best-laid schemes o’ mice an’ men Gang aft agley. The old thinking of the tribal mind was enough for times past. Perhaps for different results, we might look to more creative methods.

“*The best-laid schemes o’ Mice an’ Men gang aft agley [go oft awry].*”—Robert Burns. Perhaps the edicts of the Tribal mind were, at one time, a good plan. Maybe they have finally “gone awry.”

If you’ve made it this far, I appreciate your patience and willingness to exercise the opening mind, toward seeking some truths in life. Each time we consider a new or different way, we show courage.

This month I’ll show some restraint in suggesting topics for listening and viewings to encourage the opportunity to spend the holiday season with friends, family, and maybe even a stranger or two.

May your Holidays be happy ones as we move into a third and new decade of the 21st century.

Rev. Marsh

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 Laura, Kathy or Jinky*

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

*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*

Committee News/Community Voices



Elinor Roberts
Shirley Taylor
Marge Turngren

Marianne Robinson

A poet died last night.

The streets of old New York, a garden
in Berkeley, CA,

all things became became eternal
through her pen and camera.

As the longest night approaches, a
new light ascends to the firmament,
for a poet died last night.

Holly Harwood

BFUU Poet Laureate Emerita

Job Open at BFUU

BFUU is looking for a
new Sexton! 22-26 hours
per week/\$15.59 per
hour, negotiable. A link
to the job description is
on our website: [http://
bfuu.org/home/jobs-at-
bfuu](http://bfuu.org/home/jobs-at-bfuu). Let Deborah
Hamouris or Kathy
Riehle know if you have
leads for someone to fill
this position.

Happy Merry Veggie Thanksgiving Potluck in December!

Here are some photos from the
Holiday Potluck, a vegetarian feast (at
first, I wrote “vegetarian fest,” and it
was that, too) that was a wonderful
success! The food table photos were
taken by new member Steve Ogden; I
took the one of people.

Elinor Roberts



Circle of Life/Poetry Corner



Marianne Robinson accidentally included this old photo with November's poem.



Two of our BFUU Poets:
Frances Hillyard, Poetry Committee Chair, and Marianne Robinson, Poet Laureate, in 2018

We are heartbroken that Marianne “Jolly” Robinson, beloved long-time member, Communicator Editor, and Poet Laureate of BFUU, passed away on Wednesday December 18 at 3:45 PM. Tom Schultz was by her side and Rev. Marsh Agobert had visited with her earlier in the day. There will be a memorial for Marianne at BFUU in the near future. We’ll let you know when a date is chosen.

Holly (along with Joanna) visited Marianne recently and read her the poem below. Marianne liked it. The video (link) is Holly reciting the poem with music. Holly wrote the poem to the left, a gogyoshi, after hearing of Marianne’s passing.

To a Gingko

for Marianne Robinson, BFUU Poet Laureate

All your golden leaves have fallen.
Soon the rain will turn them black,
for the sky is dark and sullen,
and bleak wintertime is back.

Soon a different kind of beauty,
harsh and subtle, will appear,
lovely bones of tree and mountain,
silver sleet like frozen tears.

Will we make it through the winter?
Will we stagger into spring?
For the dying time’s upon us.
Let the crystal raindrops sing.

Holly Harwood

BFUU Poet Laureate Emerita

<https://youtube.com/watch?v=ojbEYt9WBL4>

out of the closet

it’s hiding in drawers
in closets
in boxes
in files
in the computer

it’s hiding, my life
it’s neatly categorized
and filed
and stored
and hidden
away from sight
and memory

and when I get it out of
the closet
the boxes
the computer
when I take it out
of the closet

it will cover the floor and the
walls and fill up these rooms
from bottom to top
and spill out the doors
and windows

and it will shout from the rooftops
it will dance down the street
sing from the tops of tall trees
light up the rolling hills
open like flowers in spring
swell the bay to overflowing
rush headlong into the ocean

and it will be heard
and seen
and known

IT IS MY LIFE!

Marianne Robinson

BFUU Poet Laureate

Committee News/Community Voices



Worship Service Team Nov 24:

back: Paikea, James, Doug, Rev. Carrie, Dr. Susan;
front: Elinor, Andy

W
o
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s
h
i
p



Worship Service Team Dec 1:

James, Christine, Ramana, Sita Devi, Dr. Susan,
Tom

T
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a
m
w
o
r
k



Worship Service Team Dec 8:

back: Doug, Tom, Wyndy, Andy, Graham, James;
front: Frances, Jeff, Dr. Susan

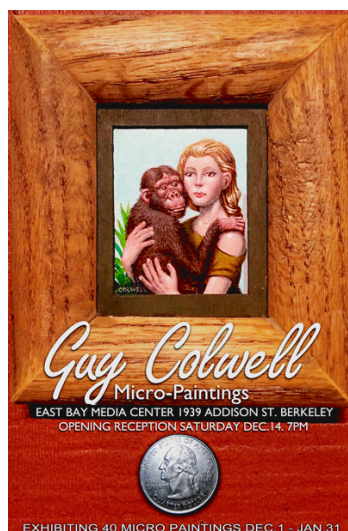


Worship Service Team Dec 15:

Andy, Doug, Rev. Marsh, Dr. Susan, Sue

Farewell to Guy Colwell

Guy has left BFUU after a year and a half of excellent, dedicated service to our community. We will miss him, but wish him well and trust that we'll see him in the future - either visiting us here or at one of his art shows (see right.) Thank you for all of your good work here, Guy!



recently BFUU Sexton,
Surrealist Painter,
Underground Cartoonist
Guy Colwell
Micro-Paintings Exhibit East
Bay Media Center
1939 Addison St, Berkeley
Dec 1, 2019 - Jan 28, 2020

Featured BFUU Events



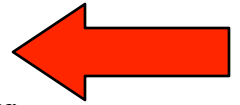
The Fellowship Hall (1924 Cedar St) is accessible by a ramp on the Bonita Avenue side of the Hall, and has a T-Loop system to enhance audio for those with hearing aids. The Preschool Room is only reservable by BFUU groups and is accessible on the ground level of our Religious Education Building (1606 Bonita Ave). At this time the Connie Barbour, Fireside, and Benjy Rooms are not wheelchair accessible.



BFUU Marketing Inservice!

Tuesday January 14 at 5:30 in Fellowship Hall

Rev. Marsh Agobert, Event Space Coordinator Deborah Hamouris, and Office Coordinator Susan Macke will share tips on marketing your events at BFUU. Join us!



Women's Voices

Wednesday January 15 10:30 am - 12 noon in Fellowship Hall

Welcoming all who have participated in the Women's Voices groups!

For more information or to sign up,

please contact: BOTJudith@bfuu.org | (510) 841- 4824



Artist Reception: Jimi Lee Evins

Sunday January 19 at 12:30 in Fellowship Hall

Jimi Lee Evins will be the next artist to exhibit his work in Fellowship Hall, starting on January 19, 2020. He describes himself as an Artist, Art Educator and Cultural Arts Warrior. He has worked on various collective mural art projects in the Bay Area and exhibited paintings at many galleries throughout California.

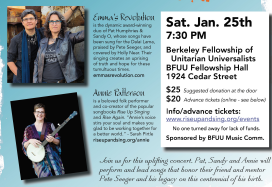
Sponsored by BFUU Aesthetics Subcommittee.

Songs of Resilience

In the Spirit of Pete Seeger

Emma's Revolution

Annie Patterson



songs of resilience

Emma's Revolution with Annie Patterson

Saturday January 25 at 7:30 PM in Fellowship Hall

The award winning duo Emma's Revolution (Pat Humphries & Sandy O) are joining forces with Rise Up Singing creator Annie Patterson to sing songs of resilience in the spirit of Pete Seeger.

Many people around the world have used the centennial of Pete's birth this year as a chance to rededicate themselves to peace & justice - things Pete & Toshi Seeger spent their lives working on. As part of this Seeger

celebration Annie performed a series of concerts with Pat and Sandy in New England last spring.

You can buy tickets now here or at the door for a suggested donation of \$25. No one turned away for lack of funds. ("Be generous! Be affordable!")

Annie, Pat & Sandy will lead songs out of our new Seeger singalong songbook *If I Had a Hammer* during a portion of the concert - as well as performing other songs that build resilience, hope, and work for justice. You can order a copy of *If I Had a Hammer* now with your ticket for pickup at the concert - or borrow or buy one on the evening of...

Sponsored by BFUU Music Committee

Weekly BFUU Events



Qi Gong & T'ai Chi with Gene Herman (no class Wed 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

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.

Ministerial Office Hours with Rev. Marsh (no hours 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 Wed 1/1)

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 Sunday - January 5 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 - January 7 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 Men's Group

2nd Thursday - January 9 at 7-9 PM in Fireside Room

We would like to invite all men to a Men's Group on the second 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 - January 10 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 Sunday - January 12 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 Sunday - January 12 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.

Board President Ira Armstrong Office Hours

2nd & 4th Tuesdays January 14 & 28 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.



Uke Jam

3rd Friday - January 17 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 - January 23 at 7:15 PM in Fellowship Hall



Vintage Invasion Old Fashioned Dance Party

4th Friday - January 24 at 7 PM in Fellowship Hall

7 – 8 pm Beginning waltz lesson

8 – 11 pm DJ dance party with some 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 & 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



Introduction to Proprioceptive Writing® (PW)

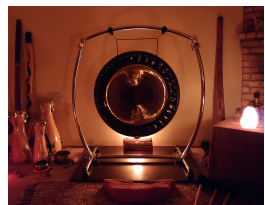
Saturdays January 11th - February 1st from 2pm-5pm in the Fireside Room.

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.pwwriting.org, Instagram: [proprioceptivewriting](https://www.instagram.com/proprioceptivewriting)

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



Nada Yoga with Zorg and the NadaYoga Collective

Sunday January 19 at 8pm in Fellowship Hall

Music, chanting, singing and dancing!

"May you be healthy, strong, grounded, safe and long-lived." Focusing on this blessing, we will begin and end with a Wu Xing gong sound bath. We will express the blessing for ourselves, friends, loved ones, and the whole world. For a preview, listen here: <http://nadayoga.us/niramayah.html> Tickets: <https://bit.ly/35c1MV3>



World Harmony Chorus Concert

Jan 28 2020 7:30 PM in Fellowship Hall - RefreshmentsJI

World Harmony Chorus will perform stunning arrangements of a cappella songs from Galicia, Kenya, Iceland, and Bulgaria. The audience will learn a song. If you are considering joining a no-audition chorus that sings world music, check it out! Stay for refreshments. Director: Betsy Blakeslee.

Fellowship Calendar January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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			1 New Year's Day BFUU Office Closed No Rev. Marsh office hours No BFUU Qigong/T'ai Chi No Choir Practice 7 pm NA Men's Mtg	2 11:45 am AA Meditation 8 pm AA Dignitaries	3	4 9 am ASCA 11 am Soul Motion Daylong 6 pm Augustine Fellowship
5 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	6 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	7 7:30 am Augustine Fellowship 11 am Elders Circle* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	8 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/T'ai Chi* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	9 11:45 am AA Meditation 7 pm Women & Song 7 pm BFUU Men's Group* 8 pm AA Dignitaries	10 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*	11 9 am ASCA 6 pm Augustine Fellowship
12 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	13 2 pm MusCom Meeting (Fatapples)* 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	14 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* 5:30 pm BFUU Marketing Inservice* 7 pm AA Men's Mtg	15 10 am Rev. Marsh office hours* 10:30 am Women's Voices* 3 pm BFUU Qigong/T'ai Chi (in CB)* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	16 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)* 8 pm AA Dignitaries	17 7 pm Uke Jam*	18 9 am ASCA 6 pm Augustine Fellowship
19 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm Artist Reception* 12:30 pm SJC Meeting* 8 pm AA Mtg	20 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion Communicator Deadline	21 7:30 am Augustine Fellowship 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	22 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	23 11:45 am AA Meditation 7 pm Women & Song 7 pm BFUU Board of Trustees Mtg* 8 pm AA Dignitaries	24 7 pm Vintage Invasion Dance Party*	25 9 am ASCA 6 pm Augustine Fellowship 7:30 pm Songs of Resilience: Emma's Revolution & Annie Patterson*
26 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 HMC-Hospitality, Membership and Caring-Cttees Mtgs* 8 pm AA Mtg	27 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	28 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	29 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	30 11:45 am AA Meditation 8 pm AA Dignitaries	31	

* 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

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SUBMISSION DEADLINE FOR February *COMMUNICATOR*: January 20
Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

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