

BLACK HISTORY MONTH: HONORING BLACK HISTORY, BUILDING BLACK FUTURES

Upcoming Worship Services

Services at 10:30 a.m.



February 2: When Schools Fail our Young: A Glimpse into The Contagious Nature of a Poorly Understood Psycho-Emotional Affliction All Too Common Among Urban Youth of Color

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

We know that most of the 'behavioral problems' of urban youths are learned adaptations to their immediate environment. Yet schools and many social organizations are still ill-equipped to adequately recognize even the most common and hence provide effective supports. Can a spiritually based community be of use?

February 9: #Moms4Housing

Minister Cherri Murphy (she/her), Guest Worship Leader

Although displacement happens to everyone, it mostly affects African Americans.

Ten years ago, African Americans comprised 40% of the City of Oakland. Today that number hovers around 28%. Of those living on the streets, 70% are African American.

This abomination provides a much-needed spiritual response to the Empire's legal and unjust methods to justify acts of violence and invites us to imagine new practices of belonging for EVERYBODY. Without an intentional practice of "getting free," our souls are in grave jeopardy of becoming inaccessible.

Our thought partners to support us today are Moms4Housing, the legacy of Dr. Martin Luther King and ancient Hebrew texts, Jeremiah 30. We are going to look at these texts through the hermeneutics of displacement.



February 16: Three Points Toward Raising Racial IQ

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

Any conversation regarding race indicates controversy, a myriad of historical references, current factoids and a cyclone of emotion. Today we will simplify our quest with a look at three simple points that may help raise our Racial IQ by, well, three points; if we can relax and pay close attention. Fear not.



February 23: Social Justice Through Music

Clovice Lewis (he/him), Worship Leader

This service will focus on the power of music to encourage social justice. Music will take the lead, so be prepared to bring your voice. In addition to music of liberation and justice, Clovice will also offer selections from his new musical about social justice, "Harlem Voices."





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*
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 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



The Human Capacity to Learn and Adapt

I'm trying to hatch a new plan.

Virtually every Sunday morning that we're together, I attempt to get you interested in utilizing one of the human species greatest strengths...it may well be its only real leg

up in the survival game: our ability to adapt. So far, no takers. None that I know of at any rate. Simply put, I suggest that we give up the game of war in favor of a much less dramatic, yet more favorable and less bloody (at least in the literal sense) expression of service – real communication.

I've suggested in several different ways that instead of criticizing, berating, competing with disdaining the people of the Heartland, we ask them (and sincerely) the age-old therapist's query: "And how does that make you feel?" Ok, granted, I'm one of those, and so you might expect me to come up with that one again...but actually, I hardly ever ask that question. I have more useful items, but the truth is, I DO ask a lot of questions. I can stage entire conversations using only questions...and that's a worthwhile skill for anyone to develop. Even Social Justice warriors. ESPECIALLY social justice warriors. Why? *Because you want to win.*

The one called 45 has helped, to some degree, but at what cost? Now that we have everyone's attention, what do we plan to do with it? Perhaps we try to convince them that our way is best and that they should drop all that they're trying to express about the quality of their lives. Maybe we make them think they're idiots who select against their self-interests. Is this working to win the hearts and minds of our adversaries, or are we preaching to the choir? (Those last two questions were real questions – I'd like to hear from you on those).

If we're not convincing those people outside the Berkeley bubble or the West Coast bubble, or the Coastal Bubbles, then what *real* Move-America-Forward changing is inspired? (That's another real question – Please reply to revmarsh@bfuu.org).

HOW can we win this battle if we don't:

- Take it to those who currently don't vote with us and
- Listen to those who are 'on the fence.'
- Dissolve the fence, or wall (or whatever we want to call this Great Continental Divide?) and become a *nation* again. Forget "Make America Great Again." *How about "Make an America would be Great" for a change.*

Cleric's Corner (continued)

“How can we win this,” is not a trick question. Think about it. In a real blood-war, you begin to outnumber your enemy because you kill them, and they don’t get to oppose you again. Though when you CRUSH them, hopefully they go away. But WAIT! Nope, they didn’t go away because the South is still working to ‘rise again,’ and now the whole Heartland may just side with them, if only because they’re against...well, us. Remember, the civil war broke out exactly because communication stopped, and the South no longer agreed to the Nation’s covenant. After that they rebelled against the rules of the land. They, too, like converted UUs, didn’t need our rules. Never mind the rules, really. That was just the legal jargon to begin a war that was already in the making. So...one more time:

We either communicate or we war. War breaks out in lands ruled by dictators because they suppress all communication...from the start. (Now THAT’S a commitment to war). And eventually, even with the most oppressive silencing – the people get feisty (btw – a “Feist” is a breed of dog...sorry, just had to throw that in.)

Adapt! Begin by reviewing the SCLC’s original strategy and that strategy’s goal. It was never to crush everyone in the country who didn’t wake up one morning in agreement with them. Ultimately, it was to pass some laws to last long enough to stop the killing of black people long enough to establish some better relations with their Others. Unitarians and Universalists, for example..

So I’m in the process of either hatching a new plan or moving the one from the 50’s to its current-day strategy (depending on how you look at it) – and I need your help. If you want to move the marches and rallying to the next level, let me know.

As a species, we didn’t get this far because we have better claws or longer sharper teeth. We didn’t get here because we’re faster or stronger than the other animals on the veldt. We got here because we can communicate better, plan well, and through co-operation.

As the man says in the song: “Please, talk to me.”

Now, for those of you who’ve made it this far, here are some real words of wisdom for you:

Hidden Brain: [Facts Aren’t Enough: The Psychology Of False Beliefs](#) - 07/22/19

Freakonomics: [How to Change Your Mind \(Rebroadcast\)](#) - 11/27/19

Freakonomics: [Does Hollywood Still Have a Princess Problem?](#) - 10/23/19

Hidden Brain: [Zipcode Destiny: The Persistent Power Of Place And Education](#) – 12/09/19

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 Knipmeyer*

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*

President's Corner



Song for the month: Mahalia Jackson “If I Can Help Somebody”

Reading for the month: Black Lives Matter UU (BLUU) BLACK LIVES UU

Meditation for the month: Black Lives Matter Meditations – Dr. Candice Nicole

Dear Beloved BFUU,

What a long, strange trip it’s been.

As I write this, the Bay Area is ending the 6th annual #96Hours to #ReclaimMLK. Every year at this time I read original pieces from Rev. Dr. Martin Luther King, Jr., as well as pieces about him and his legacy. Relative to my own life, I read pieces about white liberalism, direct action, and disciplined and coordinated organization. And relative to our religious life, I like to read pieces on beloved community.

Representative John Lewis has a piece in Time Magazine where he talks about how much has changed in his lifetime. Many of us, and people all over the world, are in despair and even feeling like things are getting worse. But I read this piece and I am reminded that Beloved Community means causing necessary trouble and making it uncomfortable to oppressors. Our religion, at its best, is a place where hope and justice and humanity and care for our world are woven fine. We are building the beloved community in real life and in real time, and that is no small endeavor. And I, as a Black UU who grew up in a UU congregation who followed Black leadership, am feeling rejuvenated to know that UUs collectively and individually have played a role in reclaiming MLK’s radical legacy and bending the arc towards justice.

As we enter into Black History/Black Futures month, I encourage us all to read and follow Black leadership, use our principles as an active guide in our lives on a daily basis (you can even workshop them with Rev. Marsh), and spend time reading and meditating to remember what has been, and imagine what could be.

Octavia Butler was a Black author and thinker and science fiction writer who wrote about alternate worlds and possibilities. My favorite book is *Kindred*, which I recommend heartily. But probably her most known books are the Earthseed series,

beginning with the Parable of the Sower, which you may or may not know is a bible reference. But Butler didn’t finish the series. She had a stroke and left several false start manuscripts of the Parable of the Trickster. And as the beginning of the series warned about a demagogue who would ‘Make America Great Again’, I wonder whether the Trickster parable would have also predicted this future we are in and writing.

The Trickster is the ‘wise fool’ who is often funny and clever and has wisdom and learning and nuance. The trickster is often beyond the rules, of gender, or society, or manners. They often have poignant insights and cutting analysis. As we imagine this new world, I encourage you to study tricksters in all traditions. And ask yourself: what necessary trouble do I need to get in to disrupt injustice?

Please mark your calendars for the last weekend in March for leadership training (Friday 3/27, 6-9pm, dinner included), all-congregation training, history and future planning, and meditation for our future (Saturday 3/28, 10am-4pm breakfast and lunch included) and worship Sunday morning, all with our UUA district liaison Reverend Sarah Schurr, with help from board and leadership, Rev Marsh, and our youth. It will also be live-streamed for folks who can’t be there in person and recorded for further learning. We will spend time together looking at the way our past has been written, look at where we are now, and vision the future of BFUU.

As always, I am honored to be in this with you. I am dedicated to keeping the justice legacy of Unitarian Universalism in general and of BFUU in particular alive and thriving. May we be safe. May we be well. May we know joy. May we be free.

In solidarity, wisdom, nuance, and playfulness,

Ira X

Circle of Life



Maggie Cox

We were very saddened to hear that our snow bird, Maggie Cox, passed away on

November 1, 2019 in Ottawa, Canada. She is survived by her children Tory, Andrina, and Sara; grandchildren Eva and Alden; sibling Erling; cousins, niece, and nephews. Maggie taught pottery at Abbotsford & Ottawa Tech. She and her late husband, Dr. Bruce Cox, were longtime members of First Unitarian and founding members of Unitarian Universalist Fellowship in Ottawa. Maggie will always be known for her lively



conversation, gourmet food (she made the dishes *and* their contents!) and wonderful hospitable nature. She attended BFUU in the winter months for many years. We will miss Maggie very much.

Thanks to Adele Ernstrom for letting us know about Maggie's passing.



Marianne
photo by Cathy Cade

Marianne "Jolly" Robinson

The memorial service on Saturday, Jan. 18 for Marianne "Jolly" Robinson honored a beloved longtime member who played many roles in her life—singer, guitar player, poet, journalist, editor, and photographer. At the age of 91, she was BFUU's Poet Laureate and still contributed to the Communicator which she had edited for many years.



John Gove and Koby playing music



Tom Schultz at the photo display
photo by Joanna Foley

The service filled Fellowship Hall with family members, friends, and political colleagues, who came together to celebrate her life and share their grief.

Rev. Marsh Agobert, one of Marianne's current ministers, and Rev. Kurt Kuhwald, a former minister, spoke of the two poles of her life—living life as it actually was while working with the justice communities to make life what it ought to be.



Rev. Kurt Kuhwald, Rev. Marsh Agobert, Koby, Teri, Tom Schultz
photo by Joanna Foley



Many people who had sung with Marianne for decades lifted their voices in songs of celebration and protest from Pete Seeger and Woody Guthrie.

Marianne's musical talents were passed on to her daughter, Vickie Sue Robinson, who became a well known singer before her untimely death.

Tom Schultz, her partner of 50 years, brought a light touch to the service: "Marianne and I had considered marriage but we didn't want to rush into anything." Her nephew Coby shared heartwarming stories of how Marianne's visits brought great joy (and food!) to he and his siblings when they were younger. Her niece provided most of the delicious food, including a beautiful heart-shaped homemade carrot cake. We still miss Marianne, but she had a lovely farewell party.

Musical Notes from Dr. Susan



The BFUU Choir had its second annual Christmas caroling outing on December 21, 2019, this time followed by a gathering organized by Christine with cocoa and a White Elephant Gift Exchange in the Fireside Room.

Like last year, we gathered outside the Fellowship Hall and a dozen or so intrepid singers then set off around the neighborhood of BFUU to sing favorites like “Frosty the Snowman” and “It Came Upon the Midnight Clear.”

The first time we did this was last year, and I remember it starting out in a pretty humorous way, though it seems funnier now that I look back on it than when it was actually happening. Last year, when I started knocking on peoples’ doors, there were no answers from the first couple of doors. And when I started off for the next house, a few folks started to get visibly nervous.

“Hey, Susan, maybe people won’t want to be disturbed.”

“We don’t want to offend anyone!”

“Is she really going to keep knocking on doors?”

I felt fingers tugging at my sleeve trying to hold me back and voices expressing a desire to just sing in the middle of the street since then “people would hear us and come out if they wanted to.”

“OK, you all,” I said. “Has no one here actually gone Christmas caroling before?” I looked at the faces near me, and their eyes were wide as saucers, fear and uncertainty plainly written in their expressions.

“I’m not going to stop you from singing in the street, but I myself am going Christmas caroling the way you’re supposed to,” I stated firmly, “This is what you do—you knock on people’s doors, and

if they don’t want to hear a song, they just tell you. It’s not a big deal. No one is going to hear us if we sing in the middle of the street. They’re probably planted in front of the TV blasting away.”

I set off to knock on more doors, and I could hear the little band of objecting voices trailing after me, becoming more insistent and worried.

“No, Susan! We’re going to just sing in the street.”

“What if they don’t like it!”

Thankfully, someone answered a door soon, and they welcomed a song. The band of carolers then got the courage to come up to the door, and we sang a lovely version of “Away in a Manger.” The people beamed in smiles at us, nodding their heads in time to the music and thanked us heartily afterwards.

That quieted the complaining and fearful voices for awhile, though now and then worried objections rose up at continuing to knock on doors when we came across inevitable stretches of homes where no one answered.

“Ooh, they’re inside but not answering! I can see them through the window—sitting figures watching TV!”

“We’re not wanted!”

“We’d better just sing in the middle of the street.”

Sheesh.

Then we got to a house where a young mother with a baby came to the door. They expressed enthusiasm at having a Christmas carol sung for them and a couple of others joined them from inside. They requested “Silent Night” and we sang a lovely version with harmonies and ukulele accompaniment.

The mother repeatedly thanked us and tears welled up in her eyes and rolled down her cheeks. We were very moved by this.

When the door shut and we made our way towards the sidewalk, we congratulated each other for spreading the spirituality and joy of the holiday season.

“Oh yeah! We made her cry!”

“That was so awesome!”

Some people gave each other high fives.

We are a deeply spiritual bunch.

Musical Notes continued

That success stopped the complaining about actually knocking on doors, for which I was very, very grateful.

This year, I was hoping for no repeating of the previous year's objections to door knocking, but we had a couple of newbies join us for the Christmas caroling outing. And when I started off for the first door, I heard a fearful voice say to me.

"Oh, oh! You're not actually going to knock people's doors are you? Maybe we should just go in the middle of the..."

"Stop right there, please," I said, holding up a hand. "This is how you go Christmas caroling!" and I marched off for the first door.

Thank goodness, we quickly came across someone who was home and they loved our rendition of "Feliz Navidad," which stopped further objections to door knocking. This time I also played my fiddle and Brett brought his portable keyboard in addition to the ukuleles, so the neighbors got a deluxe version of carol music this year.

Some of the neighbors remembered us from last year, and two of them offered us cookies. Bob, a neighbor who has started playing ukulele with us had even made a special point of baking gluten-free cookies for us.



The cocoa and White Elephant Gift Exchange gathering afterwards in the Fireside Room was a wonderful end to the evening of caroling. The

caroling experience reminded me of how technological advances have actually resulted in our becoming more separated from each other in many ways, and even sometimes promotes some fear of reaching out and connecting in person to our neighbors. I felt that our little caroling outings were a way of working to build community again, one neighbor and one heartfelt song at a time. Hope you can join us next time!

Dr. Susan

Community Voices



Eva Doucette

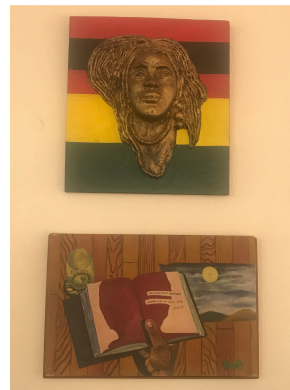
Margaret Hamilton

Dolores Helman

Syl Scherzer

Jimi Lee Evins Art

We enjoyed an interesting talk and walk on Sunday Jan 19th with Jimi Lee Evins, through the exhibit of his art currently installed in our Fellowship Hall. Jimi Lee is an Artist,



Art Educator and Cultural Arts Warrior, whose works can be seen in galleries throughout California. If you missed the reception, you can still catch Jimi's powerful, meaningful,



and intriguing works of art in Fellowship Hall for the next few weeks.

Left: Jimi Lee Evins and Rev. Marsh at the Artist Reception

Worship Service Teams!



Worship Service Team Dec 22:

Back: Doug, James, Dr. Susan, Damien,
Rev. Emily Hartlief, Paikea; Front: Brett,
Margaret, Andy



Worship Service Team Dec 24:

Back: Graham, Doug, Lauren, Dr. Susan,
Sue, Andy, Melissa; Front: Christine



Worship Service Team Dec 29:

Virginia, Tracey, Doug, Ira, Nicky, Andy



Worship Service Team Jan 5:

Back: Joe Gabaeff, Graham, Doug, Cailyn,
Dr. Susan; Front: Gene, Andy, Christine



Worship Service Team Jan 12:

Joanna, Gar Smith, Phoebe, Doug, Dr.
Susan, Margaret, Graham



Worship Service Team Jan 19:

Rev. Marsh, Andy, Doug

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.

How We Win

Workshop Facilitated by George Lakey and Kazu Haga

Sunday February 2 at 2:30-5:30 PM in Fellowship Hall

“It’s a good time to take a fresh look at what has worked in times of trouble, and share what we have learned about successful campaigning that gives hope for the future.” George Lakey.

George Lakey, a campaigner and activist-sociologist, has led workshops on five continents. His first arrest was in the civil rights movement, and most recently in March 2018. His tenth book is *How We Win*.

Kazu Haga is the founder and coordinator of East Point Peace Academy, a core member of the Ahimsa Collective, and is a trainer in Kingian Nonviolence, a philosophy developed out of teachings of Dr. Martin Luther King Jr.

Limited space available! Sliding scale donation: \$20 - \$80

Tickets at: <http://eastpointpeace.org/event/howwewin/>

Sponsored by the BFUU SJC.



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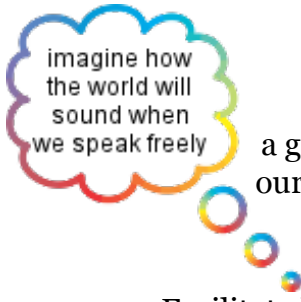
Women's Voices 2

Tuesdays February 11 & 25, March 10 & 24, April 14
4:30-6:00 pm in the Fireside Room

a group for women in the BFUU community (members, friends, all who walk through our doors) to share spiritual community and support, to put forth our truths where we can be truly heard, to find our own inner voices as we hear our siblings speak
 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



Women's Voices Alumnae

Special Event February 6 at 11:00 am

meet at Berkeley Art Museum (BAMPFA) 2155 Center St (at Oxford)
 to see an exhibition of paintings by 100-year-old Sylvia Fein

Regular Meetings: Thursdays February 13 & 27, March 12 & 26
4:30 pm - 6:00 pm in the Fireside Room

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

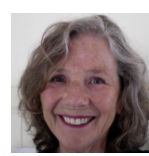
For more information or to sign up, please contact: BOTJudith@bfuu.org | (510) 841- 4824



Active Hope: How Will We Survive?

Saturday February 15 & Sunday 16, 2020

BFUU Fellowship Hall, 1924 Cedar St., Berkeley



Co-hosts: BFUU Social Justice, Codepink Women for Peace, BARC (Barkers Agitating for Reactor Closures)
 Invited: Extinction Rebellion, Poor People's Campaign, Idle No More, Public Bank of California & East Bay, Sunflower Alliance, Youth vs. Apocalypse, DIRT, 350.org, Ecology Center, Sierra Club, Transition Berkeley, Greenpeace, California ICAN, WILPF, Indivisible, Mayor of Berkeley, City Council members Ben Bartlett, Cheryl Davila, Kate Harrison, Sunrise Movement

Saturday, February 15:

4:00 pm Active Hope Part #1: Harvey Wasserman & Election Integrity: Making Sure Our Votes Count
 6:00 pm Active Hope Part #2: Shut the Devil Nuke Down!
 6:00 pm Potluck Dinner
 6:15 pm Program: Codepink welcome and campaigns; video "El Diablo Destroys California and Has an Epiphany";

Sunday, February 16

4:00 pm "Harvey Wasserman's History of the United States in 54 Minutes." Can he really do that? Come see!
 Hosted by the BFUU Social Justice Committee and Codepink Women for Peace.
 Free event, donations accepted
 (we hope to cover Harvey's travel expenses).

Joanna Macy, Keynote: A Nuclear-free Future?; Emma's Revolution gifting us with their cogent lyrics and transcendent harmonies; brief updates from Extinction Rebellion, Idle No More, Poor People's Campaign, Public Bank, Sunflower Alliance, others; BARC video "Pooping at the PUC," followed by Nancy Schimmel (Malvina Reynolds' daughter) singing Malvina's 1977 "Nuclear Power Reggae" with Margaret Hurlbert, Ukes Against Nukes, and BARC*; Harvey Wasserman, Linda Seeley, John Geeseman, Cynthia Papermaster: Strategies to Shut Diablo in 2020; Q&A; Wrap Up, What's Next?

Social time: Pies (Impeach pie, Apple pie, pear tart, Cheesecake, vegan chocolate mousse pie, tea, wine for a donation of \$10-20 to Codepink "Shut Diablo 2020 Campaign."

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 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

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 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 - February 2 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 - February 4 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 February 4 and 18 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.

Monthly/BiMonthly BFUU Events

BFUU Second Sundays Potluck*

2nd Sunday - February 9 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 - February 9 at 1 PM in the Preschool Room - no animals

Wheelchair accessible. Beginners welcome! Our group includes all levels – beginner to advanced, and all genres – including fiction, short story, poetry and more. After a 7-minute writing exercise, we write for an agreed-upon period of time. Then we read our work aloud and give each other positive feedback.

BFUU Men's Group

2nd Thursday - February 13 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.



The Hardly Strictly Acoustic Jam

2nd Friday - February 14 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!



Uke Jam

3rd Friday - February 21 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 – 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. Otherwise, please just drop in and join us!

BFUU Board Meeting

4th Thursday - February 27 at 7:15 PM in Fellowship Hall



Vintage Invasion Old Fashioned Dance Party

4th Friday - February 28 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.



Reclaiming Brigid

Saturday February 1 5:30 - 8:30 PM in Fellowship Hall

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

BFUU folks are especially invited. Reclaiming is an inclusive tradition, and welcomes all sorts of people. Kids circle part of ritual.

Silent auction and snack-potluck follow ritual.

Questions: ReclaimingEastBay@gmail.com



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

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



Mountain Dulcimer Jam with Deborah Hamouris

Saturday February 8 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

Fellowship Calendar February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
President's Day Holiday Monday February 17 BFUU Office will be CLOSED There will be no BFUU Qigong/T'ai Chi class						1 9 am ASCA 5:30 pm Reclaiming Brigid 6 pm Augustine Fellowship
2 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12 noon Newcomer Orientation* 12:30 pm SJM Mtg* 2:30 Lakey Book* 4 pm Our Revolution East Bay 8 pm AA Mtg	3 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	4 7:30 am Augustine Fellowship 11 am Elders Circle* 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	5 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/T'ai Chi* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	6 11 am Women's Voices Alumnae meet at BAMPFA* 11:45 am AA Meditation 8 pm AA Dignitaries	7	8 9 am ASCA 2:30 pm Mountain Dulcimer Jam 6 pm Augustine Fellowship
9 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	10 2 pm MusCom Meeting (Fatapples)* 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	11 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	12 10 am Rev. Marsh office hours* 3 pm BFUU Qigong/T'ai Chi* 6:15 pm Choir Practice* 7 pm NA Men's Mtg	13 11:45 am AA Meditation 4:30 pm Women's Voices Alumnae* 7 pm Women & Song 7 pm BFUU Men's Group* 8 pm AA Dignitaries	14 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*	15 9 am ASCA 4 pm Active Hope* 6 pm Augustine Fellowship
16 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 pm SJC Meeting* 7 pm Active Hope Part 2* 8 pm AA Mtg	17 Presidents Day Holiday BFUU Office Closed- no BFUU Qigong/T'ai Chi 6 pm Tai Chi Chuan 6:30 pm Soul Motion	18 7:30 am Augustine Fellowship 2 pm Rev. Carrie office hours* 7 pm AA Men's Mtg	19 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	20 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Garder's house)* 8 pm AA Dignitaries Communicator Deadline	21 7 pm Uke Jam*	22 9 am ASCA 6 pm Augustine Fellowship
23 9:30 am Choir Rehearsal* 10:30 am Worship Service* 12:30 HMC-Hospitality, Membership and Caring-Cttees Mtgs* 8 pm AA Mtg	24 4 pm BFUU Qigong/T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion	25 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	26 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	27 11:45 am AA Meditation 4:30 pm Women's Voices Alumnae* 7 pm Women & Song 7 pm BFUU Board of Trustees Mtg* 8 pm AA Dignitaries	28 7 pm Vintage Invasion Dance Party*	29

* 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 March *COMMUNICATOR*: February 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.

Berkeley, CA 94709

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