

THE BFUU COMMUNICATOR

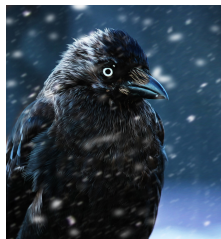
Berkeley Fellowship of Unitarian Universalists

December 2021



Worship Service Sundays at 10:30 AM

reading this offline? please email
worshiponline@bfuu.org for link



December 5: Nyctophobia

Rev. Marsh Agobert (he/him)

We continue the conversation regarding the influence of the more obscure and language-challenged member of our human faculties, the one that many of us love least: The Unconscious Mind. We've learned ways of working with a tutelary spirit that's lived in us through the ages. Einstein granted a great deal of credit for his insights into physics beyond Newton to this invisible friend, as did Newton himself. Today we will look into one of the ways that our denial of this close family member manifests when we repeatedly reject its gifts. As we forget to honor this all-knowing internal seer with our contemplative attention, we will see it manifest in ways often mysterious or even frightening.

December 12: Roots Hold Me Close: Tradition, Teachers, and Spiritual Formation

Paieka Melcher (she/her), Worship Coordinator

As we continue our journey through the Tapestry of Faith: Spirit of Life worship series, we are invited to get in touch with our roots, heritage, and traditions. We will honor role models, teachers, and mentors who have influenced us and offer a litany of thanks.



December 19: Wings Set Me Free: Hopes, Dreams, and Expanding Vision

Eva Doucette (she/her), Worship Coordinator

As we approach the end of our Tapestry of Faith: Spirit of Life worship series, we are invited to envision the next chapter of our journey, to explore our spirituality-related doubts, hopes and dreams, and to affirm one another's growth and potential.

Friday December 24: Christmas Eve Service



We will be having our Christmas Eve Service on Zoom this year, which will be a "Christmas Carol Celebration." Come join us and sing along, or play an instrument! Collection plate donations will be shared with Berkeley Food and Housing Project - <https://bfhp.org/>



December 26: Here's to Boxing Day!

Rev. Dr. Carrie Knowles (she/her)

Rev. Dr. Carrie Knowles looks at the tasks that follow Christmas Day, as we approach a New Year.





Clergy & Staff

Reverend Marsh Agobert, *Minister*
 Reverend Dr. Carrie Knowles, *Minister*
 Reverend Tom McAninley, *Community Minister*
 Deborah Hamouris, *Event Space Coordinator*
 Susan Macke, *Office Administrator*
 Ed Keating, *Facilities Manager*
 Shae Jewell, *Sexton*

Board of Trustees

Michael Gardner, *President*
 Margaret Hurlbert, *Vice President*
 Ben Burch, *Treasurer & Secretary*
 Judith Granada-Dewey
 Jean Marie Stine
 David Makofsky (*Alternate*)
 Phoebe Sorgen (*Alternate*)
 Paikea Melcher, *Youth Member*

Committees

Aesthetics (Subcommittee of B&G)
 Chair currently vacant
 Building & Grounds Committee
 Abbot Foote, Co-Chair
 Ben Burch, Co-Chair
 Caring Community
 Kathy Riehle, Chair
 Committee on Ministry
 Jinky Gardner, Steve Ogden, Kathy Riehle
 Finance Committee
 Ben Burch, Co-Chair
 Abbot Foote, Co-Chair
 Hospitality Committee
 Kathy Riehle, Chair
 Membership Committee
 Doug Chambers, Chair
 Music Committee
 Margaret Hurlbert, Chair
 Nominating Committee
 Virginia Hollins-Davidson, Chair
 Personnel Committee
 Kathy Riehle, Chair
 Poetry Committee
 Frances Hillyard, Chair
 Gene Herman, 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
 Sharon Colligan, 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



Season's greetings, from my heart to yours!

My gift to you comes from those regions that DO have a winter to be proud of. When it snows, it's bright and startling while simultaneously silent. So I will honor the silence and provide you some thought food that you can enjoy in a warm, dry place or perhaps watch with a friend.

Once upon a time, a great Sultana held court to address all the matters of her land. On every one of those days, a diminutive monk would in his turn step forward before her great majesty and present his liege with a plum, a peach, blood orange, or some other delightful fruit. And every day, the Sultana would accept the fruit and hand it to the lead officer of her royal guards, who would accept it and take it directly back to the vault of treasures which housed those gifts, that did not squeal or speak.

After several years of this homage, the monk died or moved on; no one knew for sure. But the Sultana had become quite fond of him all this time, so she asked what had become of the little fellow. Upon hearing that he had not shown this day, she stood and went to her trove to see if the ferrets that kept the treasure vault clear of edible remnants had left any trace of the old man. She'd come to look forward to his simple offering. She asked the captain where he'd thrown the fruit, and he pointed to the location, back in a dark corner, away from the other perishables of books, maps, and ostentation. But when they arrived, they found only a pile of stones. She missed the old monk so much that she even picked one up. At that moment, the desiccated remains of the fruit fell away, leaving only a large, pit-sized uncut ruby. Startled, she picked up another, then another and another. Each turned out to be an uncut gem unequalled by any she'd held before that moment. She realized, then, how much she'd miss the old man, for now, she held only these stones that were as silent as the monk had been. But her regret could not match the loss she felt at what might have been, had she struck a conversation with the old wizard just once.

<https://youtu.be/2HFSaxlsJCE>

[Fable the Raven | Did you know Ravens can talk?!](#)

Of course I did...ravens are part of the Corvid family

Happy Holidays

Rev M.

Worship Service Teams!



Worship Service Team

top: Andy, Paikea & Eva, Kathy & Doug, Margaret;
2nd row: Lawrance, Sharon, Barbara, Frances; 3rd
row: Ardys, Gene, Melissa, Mike; 4th row: Cheryl,
Virginia, Stephanie?



Worship Service Team November 7

top: Andy, Paikea & Eva, Melissa; 2nd row: Cheryl,
Ardys, Margaret; 3rd row: Kathy & Doug, Barbara, Rev.
Marsh Agobert; 4th row: Luna, Sarah, Frances



Worship Service Team October 31

top: Kathy & Doug, Paikea & Eva, Margaret; 2nd row:
Andy, Gene, Barbara; 3rd row: Lawrance, Frances,
Sarah; 4th row: Melissa, Christine



Worship Service Team October 24

top: Rev. Dr. Carrie Knowles, Paikea & Eva, Elinor &
Steve; 2nd row: Ardys, Lawrance, Frances; 3rd row:
Margaret, Barbara, Luna; 4th row: Cheryl, Andy, Sharon

Regular Committee Meetings (via Zoom through Shelter In Place)

Aesthetics (subcom. of B&G)

Meets as needed

contact [Aesthetics Committee](#)

Buildings & Grounds (B&G)

Meets once per month,

contact [Ben and Abbot](#)

Caring

4th Sunday at 12:30 PM

contact [Kathy Riehle](#)

Committee on Ministry

meets as needed

contact [Kathy, Jinky, and Steve](#)

Finance

Meets as needed

contact [Ben and Abbot](#)

Hospitality

4th Sunday at 12:30 PM

contact [Kathy Riehle](#)

Membership

4th Sunday at 12:30 PM

contact [Doug Chambers](#)

Music

2nd Monday 2:00 PM

contact [Margaret Hurlbert](#)

Nominating

meets as needed

contact [Virginia Hollins-Davidson](#)

Personnel

odd months 3rd Thursdays 2:30 PM

Contact [Kathy Riehle](#)

Poetry

Meets as needed

contact [Frances Hillyard](#)

Religious Education

Meets as needed

contact [Sharon Colligan](#)

Social Justice Ministry

1st Sunday 12:30 PM

contact [Jeff Palmer](#)

Social Justice (SJC)

3rd Sunday noonish - after service

contact [Phoebe, Gene, and David](#)

Worship Services

1st Friday at 1:30 PM

contact [Sharon Colligan](#)

Ritual Arts Community Project: Making a Personal Chalice

BFUUers! In the continuing spirit of our “Taking It Home” BFUU worship activities: you are invited to create a personal Flaming Chalice, decorated to represent aspects of your spiritual life. This is a communal project, pandemic-style: enjoy the meditative project on your own, or gather safely with a few friends. We will have a chance for show and tell during the closing session of our *Tapestry of Faith: Spirit of Life* worship series (January 9, 2022 Zoom service), as well as in the newsletter. We look forward to seeing your chalice!

Instructions



Photo by Shannon Harper, Heritage UU Church, Cincinnati, OH

Step One: Reflect

Reflection Questions

- Where are you now spiritually?
- What spiritual gifts do you have at present and what challenges are you facing?
- What do you hope for spiritually?
- How would you characterize your spiritual path or journey?
- Has this changed over the years?
- Have the *Tapestry of Faith: Spirit of Life* worship services contributed to your spiritual development? If so, how?
- What else has contributed to your spiritual growth over the years?

Step Two: Sketch

Spend some time reflecting and sketching images or words on paper to prepare. Find or create some designs, colors, pictures, or words you'd like to include on your personal chalice.

You might consider depicting one or more of the following:

- The nature of your spiritual path
- Times of day or year, holidays, or a specific time or occasion that you have found particularly meaningful or spiritual
- Special places, memories, or people
- The nature of your spiritual experience, either in general or on a specific occasion
- Values you hold that are connected to your spirituality
- A word or words, colors or images, that are important to you spiritually
- Ideas that are important to you spiritually

Step Three: Create

The raw materials for your personal chalice are a small terracotta flowerpot and saucer.

- Ideally, the saucer should be a size or two larger than the pot.
- You will also need glue to connect the saucer (like, a hot glue gun), and something to decorate the pot with (paint, markers, pencils, collage)

Ritual Arts Community Project: Making a Personal Chalice

- You can shop for this yourself, but we will also have pots, art materials, and hot glue help available for you. Contact Kathy Riehle.
- Alternative: Go on a spiritual walking quest, possibly in your own house, possibly to a thrift store, possibly elsewhere, and look for a chalice to find you there by serendipity. (Look in thrift stores among the glassware.)
- You will also need a candle, such as a tea light, for the Flame.

After you have decided what to include on your chalice, decorate, personalize, and accessorize!

Note: if using acrylic paint, don't get paint where you will need glue. Hot glue won't stick well to the painted surface.

- Place the saucer upside down on the table, center the flower pot base on it, and trace around the pot with a pencil, to indicate to yourself the area which should remain free of paint.
- Then, paint the flower pot and saucer, avoiding the place the glue will be.
- After the painting is done and dry, use the hot glue to attach the saucer to the flower pot.

Step Four: Assemble as needed

If you didn't start with a pre-assembled chalice, glue the saucer to the inverted pot when all the paint is dry.

Step Five: Bless

Prepare to light your chalice for the first time in an intentional way. Choose words you will say or a song you will sing. You might consider

- Rise Up O Flame (#362)
- Opening Words, Chalice Lightings, Affirmations or Covenants from our hymnal (readings #416-474)
- BFUU Congregational Affirmation:

Let love be the spirit of this congregation

and service its goal.

This is our living covenant:

to dwell together in peace,

to seek the truths in life,

and to help one another.

Put a candle in the chalice, and do a ceremonial first lighting.

Celebrate your UU community and your own unique spiritual journey!



East Bay Nursery, 2332 San Pablo Ave, sells inexpensive pots, both terracotta and colored

October 17 Worship Service: BFUU Ritual of Five Blessings

As part of our Tapestry of Faith: Spirit of Life worship series, **Paikea Melcher** led our Spirit of Life Sunday #3, “All the Stirrings of Compassion: Caring For One Another.” Five leaders in our congregation were each asked to create a short blessing for the congregation: a blessing of our hands, a blessing of our minds, a blessing of our hearts, a blessing of our spirits, and a blessing of our community.

Margaret Hurlbert offered this blessing of our Minds.

May you be able to let the things that you love outweigh in your mind the things that are painful.

May you find things in life that are exciting to you, and may you notice and feel grateful for the things that make you happy.

May it be so.

Frances Hillyard offered this blessing of our Hearts.

May you sustain your work in the world with compassionate love.

May you be able to lighten the burdens of suffering, pain, grief.

May your giving grow, May you grow in gratitude and hope supported by the knowledge that we share life's burdens and blossomings.

May you be for yourself a sanctuary of healing and peace.

May you be for others a sanctuary of healing and peace.

May it be so.

Doug Chambers and Kathy Riehle offered this blessing of our Hands.

Please know that whether or not you have full use of your hands, or even hands at all, the blessing today is about that part of your being that expresses or handles things – your expression in the world.

As you are willing and able, hold out your hands, palm up or down

as you feel most comfortable.

Your hands are your connectors to the physical realm. They shape your expression of creating the world.

May you create and contribute to the peace, comfort, and growth of this, our BFUU community and all the communities fortunate enough to be graced by your participation.

Blessed be.

May it be so.

Andy Jamieson offered this blessing of our Spirit.

My friends, may your spirit be blessed. May it rise like morning mist seeking the sunlight.

May your spirit remember that it is not bound by pain, suffering, hurt, or injustice – that it is free. It cannot be overwhelmed.

May your spirit shine from within you, from the abundance of your heart and your compassion. May it enlighten your work and your care for your neighbors and friends, even the ones you don't actually know.

My friends, may those who encounter you be touched not just by your work, but by the radiance of your spirit.

May they discover from your spirit's lightness that their spirit is just as light, that all spirits are one and free together.

May it be so.

Virginia Hollins-Davidson offered this blessing of our Community.

When you reach out, sharing the cares of others, may your burden grow lighter and your joy expand.

When you speak words of peace to one who is distressed, may you be filled with peace.

May the cup you have emptied in the service of others be filled with creation's best gifts.

When you reach out in love to dry another's tears, may your fears fade and calm infuse you.

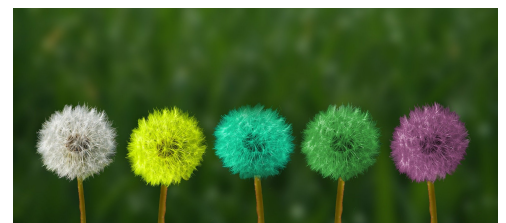
When your well is nearly dry because you've so deeply cared and given, may refreshing showers flow, feeding and restoring from the depths of your being.

When your heart is heavy, burdened by injustices you've witnessed, may the mighty twin eagles, truth and justice, uplift and chauffeur you on their unfailing wings.

Walk together, children, and, though you get weary, be faithful to the fight!

Paikea concluded:

May it be so. May we continue to bless each other in all the days to come.



Special to the Communicator Part II

Continued from last month's issue of The Communicator

Are you following the emerging national conversation around the need for new views of American history in public spaces? Some statues have been removed—particularly of Confederate leaders—but the effort is far broader. Historians and activists are seeking ways to spotlight marginalized people whose stories up to now have been erased from history.

The Mellon Foundation, one of America's leading philanthropies, is offering a quarter of a billion dollars in grants over the next 5 years to groups which seek to better reflect the nation's diversity in public spaces. Here one BFUU member reports on her involvement with a "new view of history" project in North Carolina.

An Update from Joanna Foley

To help change the story of public "whitewashed" history in Greensboro, NC, I've been doing whatever community organizing that I can do from the faraway Left Coast. I deeply miss having a group of people to work with as I did on BFUU projects.

So far, I've done two podcasts (*only the first is currently available online - please see * for link below*) for the Greensboro History Museum and lined up a speaking engagement for the park's very active auxiliary support group. And of course, I'm reaching out to the two UU congregations there. At the Unitarian Universalist Church of Greensboro, their settled minister is a woman I knew at my UU congregation in New York. Synchronicity?

UUs will recognize the moral and political dilemmas faced by Black Americans during the Revolutionary War. They confronted agonizing choices. To support the Americans who spoke of liberty and freedom but enslaved other human beings? Or to side with the British who promised their liberation? African Americans who chose the Patriot cause surely hoped and prayed that white Americans would eventually live up to their professed values.

A couple of other sites in the Carolinas are already publicly honoring the African American contributions to the American Revolution. For example, in 2016, the Kings Mountain National Military Park erected a monument to African American Patriots who fought in that battle (Oct. 7, 1780). And the City of Charlotte established "Liberty Walk: 1775-1780" — similar to the Freedom Trail in Boston. Its 15 original markers were later supplemented by a new marker to honor African American contributions during the American Revolution. Representation matters!

And most visible of all will be the National Liberty Memorial approved by Congress for a site in Washington, D.C. The statue features three Black Americans—a man with a rifle on his shoulder, making a decision to fight for his country's liberty and hopefully, his own. At his side is a woman carrying a flag. A boy holds a drum, representing the better future which he believes his parents' actions will help to create for him.

Rep. G. K. Butterfield (D-NC) eloquently expressed the purpose of the public commemoration when he introduced the legislation: "This memorial will show the nation, will show the world, that the sacrifices, the heroic efforts of African Americans, both slave and free, who took up arms for American independence, are not forgotten."

It will be "back to the future" when the construction of the National Liberty Memorial at the northeast corner of 14th and Independence begins this year. May it be so!

*1st podcast: <https://play.acast.com/s/90803314-4ba0-57de-83ab-ad53bcd25ece/5f85f312fbff376cb8337eae>



What else is Joanna up to? She shares her thoughts on feminism in an [interview with the Veteran Feminists of America, Inc.](#)

Community Voices



Ardys DeLu
Carole Holtz
Cynthia Johnson
Kathy Riehle

A Year of Giving!

BFUU has shared collection plates every Sunday in 2021 with wonderful organizations.

January - Ella Baker Center for Human Rights

February - Oakland Community Land Trust

March - Healthy Black Families

April - Oasis for Haiti's Children

May - National Bail Out/Black Mama's Bail Out

June - Coming to the Table

July - Poor People's Campaign

August - The Sogorea Te Land Trust

September - UUSC - Haiti Emergency Fund

October - Planting Justice

November - Apache-Stronghold



'Tis the Season!

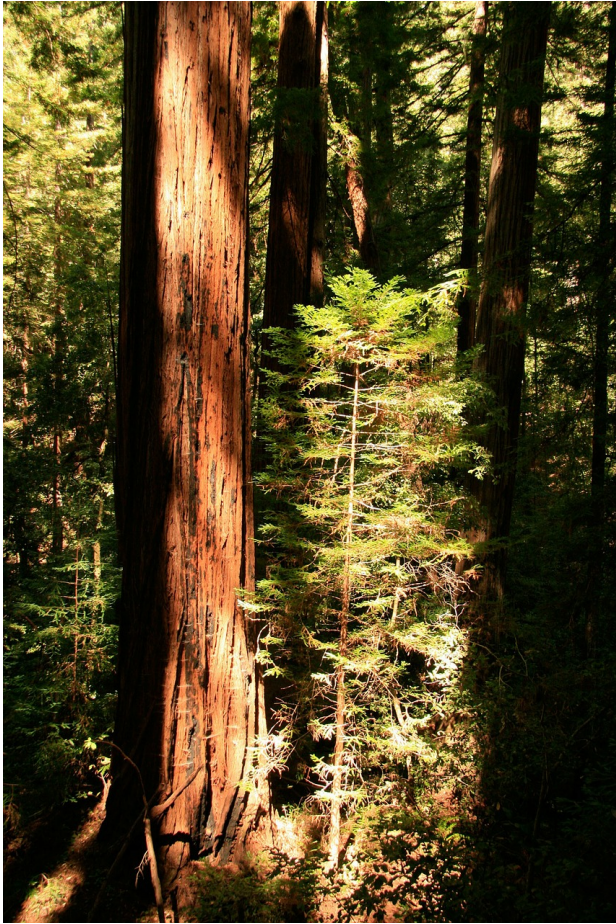
Karen sent these wonderful pictures of homes showing fall and winter beauty!

The house with the autumn leaves behind the white fence is close to BFUU, and the decorated homes are in the north central Berkeley area.

Thanks to Karen for sharing these seasonal images!



Poetry Corner



Our Forest Join Me Let's Listen

*greens, browns, blacks, golds, oranges
welcoming all with each step in silent observation
breath of beauty*

a climbers rope sways amongst the ancient ones

*left behind for the next
majestic tree to fall
from a centuries past and disappear in the wind*

Our Forest Join me let's listen

Christine D.

Mother Daughter Art

When I painted with you
first I would sit a long time admiring
yearning after
nature scenes on calendars
from which we took inspiration.

Inspiration: Breath
I breathed in quiet woodland
brilliant snow, peaceful mountains.

I poured salt on
whatever I could slop onto paper
to watch white flower/snows bloom.

To remember this without you here
pours salt on a wound I wait to see flower.

Frances Hillyard
BFUU Poet Laureate Emerita



Weekly Meetings

BFUU Choir Practice on Tuesdays at 7:00 PM

Choir members practice songs for worship service and fun!

Please contact Margaret at muscom@bfuu.org

Rev. Dr. Carrie's Reflection and Connection on Tuesday afternoons

Rev. Dr. Carrie Knowles invites BFUU members and friends to join her in a series of small meetings on zoom. Participation is limited. Email Rev. Dr. Carrie Knowles at revcarrie@bfuu.org and let her know of your interest.

Worship Service on Sundays at 10:30 AM

All are welcome to attend Worship Service!

Please contact Sharon at worshipservices@bfuu.org

Monthly Meetings

Board of Trustees Meeting 3rd Thursday 12/16 at **3:00 PM** *Please note date and time change!*

BFUU BOT meetings are open to all!

Caring Committee Meeting with Ministers on 3rd Tuesdays at 11 AM - *no meeting in December*

Please contact Rev. Carrie at revcarrie@bfuu.org

Note that Caring Committee also meets with Hospitality and Membership on 4th Sundays.

Committee on Ministry Meeting 1st Thursday 12/2 at 2:00 PM

This committee is a communication channel between the ministers and the community.

Please contact Kathy, Jinky, and Steve at COM@bfuu.org

Elders Circle 1st Tuesday 12/7 at 11:00 AM

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. Please contact Rev. Marsh by text to 707-557-5707 (preferred) or email revmarsh@bfuu.org.

Hospitality, Membership, and Caring Committees Meetings 4th Sunday 12/26 at 12:30 PM

Please contact Kathy at caring@bfuu.org

Men's Group 2nd Thursday 12/9 at 7:00 PM

We invite all men to this group. Our goal is to encourage each other as we build community.

Please contact [Jeff Palmer](#).

Music Committee Meeting 1st Monday 12/6 at 2:00 PM

Questions? Please contact Margaret at muscom@bfuu.org

Personnel Committee Meeting 3rd Thursdays on odd months at 2:30 PM - No meeting this month

Please contact Kathy at personnel@bfuu.org

Social Justice Committee Meeting 3rd Sunday 12/19 after service (noonish)

Please contact Phoebe at sjc@bfuu.org

Social Justice Ministry Meeting *is on hiatus*

Worship Service Committee Meeting 1st Friday 10/3 at 1:30 PM

Please contact Sharon at worshipservices@bfuu.org

some committees meet as needed - please see committee meeting list on page 3

Fellowship Calendar December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 2:00 pm COM Meeting*	3 1:30 pm Worship Svcs Committee Mtg*	4
5 10:30 am Worship Service* ¹	6 2:00 pm MusCom Meeting*	7 11:00 am Elders Circle* ¹ Reflection & Connection* 7:00 pm Choir Practice* ¹	8	9 7 pm BFUU Men's Group*	10	11
12 10:30 am Worship Service* ¹	13	14 Reflection & Connection* 7:00 pm Choir Practice* ¹	15	16 2:30 pm Personnel Committee* 3 pm BFUU Board of Trustees Mtg* ¹	17	18
19 10:30 am Worship Service* ¹ Noonish - after service SJC Meeting* ¹	20 Communicator Deadline	21 Reflection & Connection* 7:00 pm Choir Practice* ¹	22	23	24 5:00 pm Christmas Eve Service* ¹ Christmas Holiday BFUU Office CLOSED	25 
26 10:30 am Worship Service* ¹ 12:30 pm HMC-Hospitality, Membership and Caring-Cttees Mtgs* ¹	27	28 Reflection & Connection* 7:00 pm Choir Practice* ¹	29	30	31  New Year's Holiday BFUU Office CLOSED	

* denotes Fellowship event

¹ denotes meeting link² denotes meeting registration

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 CLOSED - We are working from home

BFUU OFFICE STAFF

Deborah Hamouris - Event Space Coordinator

Phone: 510-841-4824, ext. 3

Working Days: Tue, Wed & Fri

Email: rooms@bfuu.org

Susan Macke - Office Coordinator

Phone: 510-841-4824, ext. 1

Working Days: Mon, Tue, Thu & Fri

Email: office@bfuu.org

SUBMISSION DEADLINE FOR JANUARY COMMUNICATOR:

December 20, 2021 at 11:00 AM

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