

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

February 2022

Worship Service Sundays at 10:30 AM

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


February 6: Reflect, Rejoice, Renew

BFUUers will make a virtual field trip to our Unitarian Universalist Association Pacific Western Region (PWR) 2022 Regional Assembly in San Diego to share the Sunday morning service. "We've been through so much upheaval, grief, and change in our lives and in our

religious communities. Together we will be: rejoicing in one another's company, reflecting on what we've been through, and renewing ourselves, our commitments, and our UU faith." For more information, <https://www.uua.org/pacific-western/blog/ra-2022>.

February 13: Living in a World on the Brink

Rev. Marsh Agobert (he/him)

The immanence of war has been evident for a while. Then came the (first?) insurrection. Now the saber-rattling over Ukraine. Wouldn't it be an excellent time to CHOOSE our path with the world on the brink of significant threats and great positivity? We can do this if we're willing to look deeper into ourselves, not news bureaus or social media.



February 20: Reparations as a Spiritual Practice

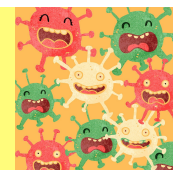
Rabbi Lynn Gottlieb (she/her)

Rabbi Lynn Gottlieb, ordained in 1981, is one of the first women to become a rabbi in Jewish history. She is a storyteller, teacher, ceremonialist, and lifelong activist engaging multifaith, intergenerational and multicultural organizing in solidarity with racial, indigenous, gender justice and Palestinian liberation struggles. She sits today on the Rabbinic Council of Jewish Voice for Peace, is board chair of Interfaith Movement for Human Integrity, and co-founder of Shomer Shalom Network for Jewish Nonviolence. She is also the author of several books, including *She Who Dwells Within: A Feminist Vision of Renewed Judaism*, *World Beyond Borders*, *Passover Haggadah*, and *Trail Guide to the Torah of Nonviolence*. Rabbi Lynn will share stories and reflections about our current moment, Black History Month, as well as Jewish teachings on sacred cycles of rest and justice-seeking. There will be singing.

Updated February 27: Playful Resilience in the Time of the Pandemic

Rev. Jojo V. Gabuya (they/them)

Rev. Jojo V. Gabuya is a proud non-binary transgender, Filipinx, interfaith pastor, a human rights activist, and a graduate of Pacific School of Religion in Berkeley. They will share with us from their international spiritual experience, joyful voice, and justice journey.





Clergy & Staff

Reverend Marsh Agobert, *Minister*
 Reverend Dr. Carrie Knowles, *Minister*
 Reverend Tom McAninley, *Community Minister*
 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
 David Makofsky
 Jean Marie Stine
 Phoebe Sorgen (Alternate)
 Stephanie Doucette (Alternate)
 Paikea Melcher, Youth Member
 Lynn (Luna) Orlando, Recording Secretary

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)
 Co-Chairs Phoebe Sorgen, Cynthia Johnson,
 Gene Herman, and David Makofsky
 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



Why Talk When We Can Feel the Exhilaration of Battle

There will be no links today. So instead, I will appeal to the non-violent part of the activist in you.

You may know that I've spent half of my life in the study and practice of martial arts. So the paradox of the Shaolin monk has not escaped my attention. Buddhists are, at the core, peace seekers; this is so at the deepest levels of the practice. So why all the attention on the most effective and efficient means of dispatching a human being?

At the center of the Buddhist view is the perception of "non-duality." You will note that it's even hard to speak about non-duality without raising a duality: because the process of language, thought and speech are by their nature generators of duality. "Thought about something" automatically raises a condition of this (me) and that (the thing about which I think, or the very thought itself.) "Things" inevitably become a matter of 'this' and 'that.' Once this happens, we have a duality. So why study fighting arts? It is a means of extricating violence from ourselves and the world around us. We can bring these qualities of fear out of the dark and obscure recesses of our minds. The processes found in these arts give us a way to accept our fears while overcoming them in ourselves and the world. I can attest to my experience after years of practice. I developed an incredible peace through knowing that I'd be able to defend myself or others to the best of my ability. Regardless of the outcome, I would see that I had done my best. With this comes an internal rest and acceptance of whatever is so. The result is a release of fear, even knowing that one might not prevail. At times I'd find a deep feeling of connection with myself, my opponent, and all life. These are ways the body can seem to usher the mind into non-duality.

Cleric's Corner (continued)

The Buddhists hold that compassion and its action, loving-kindness, is the key to releasing duality. These indicate a way to quell the violence in ourselves, whether it's that which we'd perpetrate against another or the fear of violence levied against us. In other words, it is worth realizing that violence is part of all of us. Therefore, these arts, which are physical teachings, are difficult to explain through words. It shows itself best to those who do it.

When we have not confronted this part of ourselves and our world, we can stimulate violence in ways that we do not realize. For example, our disconnection from this part of ourselves (denial) and fear of it from others (projection) may cause us to avoid contact with those we hold as enemies. The fact that we have enemies implies violence and the fear of violence. Although many of those we hold as enemies are not our enemies, how would we know they are or are not if we never actually engage them? Why, of course, because of and through our fear. Shall we believe the various news bureaus as the proxies of our fear? Or even if we do disagree, so what!? Why do we feel that the world would be better if everyone agreed with us? Could The Other and I co-exist while not compromising on many things and deciding on others?

It helps to understand Karl Jung's observations concerning repression and projection: those parts of ourselves that we eschew and see in others. That's how we roll. To avoid falling victim to this proven dynamic, we can accept those parts of ourselves that we dislike, perhaps even hate. And how do we know which factors tend to project? They are precisely the parts we hate most in others. There is a powerful practice toward peaceful acceptance of these in ourselves and others. Acceptance, in this case, does not require furthering our 'negativities.' Rather, it is here to recognize and perhaps utter, at the moment: "I am that too." To accept this allows us to relax our fear of self and other) and our Need to attack (before they Do something horrible to us.) And this, in turn, opens the door for conversation.

When we communicate with an open heart, we may find things in the process that we might never expect. Suppose we can recognize the fear that insists we avoid, silence, or destroy The Other. In that case, we provide an opportunity to yield gifts beyond our imagination. This method is beneficial, given that we tend to imagine the worst from The Other. But remember, they are just as afraid of you as you are of them. Without this truth, there would be no saber-rattling. Who can "get off it" first? Perhaps, since you are the wiser of the two of you, you can brave the first step.

Rev. Marsh



Deborah's Final View From Rooms



Back in May 2021 I let staff and board members know of my desire to retire from BFUU. The future looked bright – COVID cases & hospitalizations were down, vaccinations were up, and we were beginning to partially reopen to previously ongoing groups. My professional life was also expanding and it felt like a good time to find and train a replacement for Event Space Coordinator.

But then came the Delta variant. And now the Omicron variant. There never seems to be a new normal to operate from. It's clear that uncertainty reigns as far as reopening our facilities for the community at large. My last paycheck of 2021 covered 1 full hour of

work for 14 days. Which leaves me pretty much without a job, nor enough of one to train a new employee.

So it seems like the right time to officially retire as BFUU's Event Space Coordinator. On 1/31/22 I will complete nine years with the Fellowship.

I'll miss my friends & colleagues, here. And I welcome moving into my 70th year doing what I love: music! Performing, teaching, composing, arranging for The DulciMates and students, publishing more dulcimer tablature books and teaching dulcimer both online and (once we can) in person. I'm grateful for the colleagues I've met who have created more outreach for us teachers since March 2020.

There are many good memories: creating & participating in the Aesthetics Subcommittee; commissioning new banners for the Fellowship Hall; helping with Tom McAnninly's ordination; learning how to follow BFUU's flow; hosting so many creative dance, music, theater, martial art, writing and spiritual leaders & groups; meeting & hearing marvelous social justice speakers & musicians; growing in spirit with those who took the Transforming Hearts course; cookies & cupcakes from Kathy & Doug delivered at JUST the right time; and having the honor of serving and working side by side with my office colleague, Susan Macke, who is the spirit of service itself.

I hope to play music for you all at services from time to time, whether online or (joy of joys!) in person.

May you grow closer, help each other as best you can, incline toward the light, and never stop reaching for Beloved Community.

All the best,
Deborah "DJ" Hamouris



Worship Teams

The last month was another great one for BFUU Worship Services! Attendance and enjoyment are still high with services by Rev. Dr. Carrie and Rev. Marsh, working on a fun Chalice project (we shared our chalices at service on January 9) and having Dr. Melissa James as a Guest Speaker.

It's never too late to make your own chalice!

[For instructions, click here.](#)



Worship Service Team December 26
top: Rev. Dr. Carrie Knowles, Paikea, Frances, Andy; 2nd row: Margaret, Ardys, Barbara, Lawrance; 3rd row: Virginia, Melissa, Elinor & Steve, Luna; 4th row: Sarah, Eva



Worship Service Team January 1
top: Elinor & Steve, Paikea & Eva, Ardys, Andy; 2nd row: Frances, Margaret, Barbara, Virginia; 3rd row: Kathy & Doug, Luna, Rev. Marsh Agobert; 4th row: Melissa



Worship Service Team January 9
top: Andy, Paikea & Eva, Ardys;
2nd row: Tom, Elinor & Steve, Lawrance;
3rd row: Barbara, Melissa, Luna;
4th row: Kathy & Doug, Frances



Worship Service Team January 16
top: Kathy & Doug, Paikea & Eva, Andy;
2nd row: Dr. Melissa James, Lawrance, Margaret;
3rd row: Barbara, Ardys, Melissa;
4th row: Frances

Community Voices



Eva Doucette
Margaret Hamilton
Dolores Helman
Syl Scherzer



Photos from Members



Winter Wonderland

*Thanks to Karen for sharing these
beautiful images from Yosemite
captured by her husband Dave!*

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](#)

Poetry Corner

No Class Don the Ultimate Con

Not to comply don
 Got nuttin to hide don
 Its all fake news don
 You are the fake news don
 You the lying crooked dumbass don
 Don the con

The ultimate con

Lets see your taxes don
 Got nuttin to hide don
 No class don

The ultimate con.

Gene Herman, BFUU Poet Laureate

Addendum Jan 7,2022

Lock him up Lock him up Lock him up
 Ultimate Con
 Narcissist Supreme
 Fascist fanatic
 Liar liar liar
 Conniver in chief
 LOCK HIM UP

Gene Herman, BFUU Poet Laureate



Sunrise in wetness,
 black, dripping trees
 deep scented;

Moon shaped
 petal-fall;

Hold out your hand—
 the rain belongs to everyone.

Frances Hillyard

**[Don the Con: The Art of the Con...A
 Never Ending Story...Oh Yes It Will! \(A
 Chapbook Of Select Political Poems\)](#)**

by Gene Herman (Author)

5.0 out of 5 stars [1 rating](#)

Kindle Edition \$9.99

Tom Luce's Social Justice Update

VIGIL - JANUARY 6, 2022 - D.C. INSURRECTION SAN FRANCISCO by Tom Luce, BFUU

CALIFORNIA



Virginia Hollins-Davidson is an organizer for the Cal PPC



Virginia, Tom, and Phoebe Sorgen were arrested with the PPC in Sacramento in 2020

Tom Luce, jailed for PPC Campaign in 2020



The JOHN LEWIS VOTING RIGHTS ADVANCEMENT ACT



Rev. Tom McAninley, BFUU Minister, was a featured speaker!



Filibuster, People Act, 1965 Voting Act, Min Wage \$15, Immigrants



HIGH -PRIORITY ACTIONS

- *Call your Senators every day until the **Freedom to Vote Act** and the **John Lewis Voting Rights Advancement Act** become law.
- *Call the white House every Tue-Thu from 11am-3pm Eastern time
- *Write a Letter to the Editor
- *Join a solidarity hunger strike or democracy at
<www.hungerstrike4democracy.org>
- *Ask three friends to take one of these actions

Text DEMOCRACY to 333-39 for daily reminders from **Center For Common Ground** to call your Senators and the White House (Capitol Hill toll free: 1-800-826-3688) about the **Freedom to Vote Act** <www.freedomtovotenow.org>

Tom Luce's Social Justice Update

From 4:15 to 7pm several hundred activists met at the Civic Center in front of the San Francisco City hall to begin a vigil to highlight the Jan 6 insurrection held at the Wash D.C. government buildings.

The signs were multiple, free, and provocative to the point that Face Book stopped me from “sharing” my pictures.

It was impressive and inspiring to see that two UU congregations were represented: BFUU and SFOUU.

There were many beautiful and challenging songs sung as we marched around the court house and back to Civic Center.

“When you’re walking in the steps of John Lewis, you gotta walk strong, you gotta walk in song! Ella Baker, Dr. King, Fannie Lou Hamer....



When you’re walkin in the footsteps of you gotta walk strong, you gotta walk in song.
Tom Luce bottom far right.



JUNE 20 RALLY IN D.C.



The Court House we walked around.



VOTING



RIGHTS



NOW!



BFUU Online Meetings (mostly alphabetical)

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 4th Thursday 2/24 at 3:00 PM

BFUU BOT meetings are open to all!

Caring Committee Meeting with Ministers on 3rd Tuesday 2/15 at 11 AM

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 2/3 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 2/1 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 2/27 at 12:30 PM

Please contact Kathy at caring@bfuu.org

Men's Group 2nd Thursday 2/10 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 2/7 at 2:00 PM

Questions? Please contact Margaret at muscom@bfuu.org

Personnel Committee Meeting 3rd Thursdays on odd months - no meeting this month

Please contact Kathy at personnel@bfuu.org

Social Justice Committee Meeting 3rd Sunday 2/20 after service (noonish)

Please contact Phoebe at sjc@bfuu.org

Social Justice Ministry Meeting *is on hiatus*

Worship Service Committee Meeting 1st Friday 2/4 at 1:30 PM

Please contact Sharon at worshipservices@bfuu.org

****some committees meet as needed - please see committee meeting list on page 6****

Fellowship Calendar February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:00 am Elders Circle ^{*1} Reflection & Connection [*] 7:00 pm Choir Practice ^{*1}	2	3 2:00 pm COM Meeting [*]	4 1:30 pm Worship Svcs Committee Mtg [*]	5
6 10:30 am Worship Service ^{*1}	7 2:00 pm MusCom Meeting [*]	8 Reflection & Connection [*] 7:00 pm Choir Practice ^{*1}	9	10 7 pm BFUU Men's Group [*]	11	12
13 10:30 am Worship Service ^{*1}	14	15 Caring meeting with ministers [*] Reflection & Connection [*] 7:00 pm Choir Practice ^{*1}	16	17	18	19
20 10:30 am Worship Service ^{*1} Noonish - after service SJC Meeting ^{*1} Communicator Deadline	21 Presidents Day Holiday	22 Reflection & Connection [*] 7:00 pm Choir Practice ^{*1}	23	24 3 pm BFUU Board of Trustees Mtg ^{*1}	25	26
27 10:30 am Worship Service ^{*1} 12:30 pm HMC-Hospitality. Membership and Caring-Cttees Mtgs ^{*1}	28	* denotes Fellowship event ¹ denotes meeting link ² denotes meeting registration				

Please Plan Ahead: Direct links to meetings/registration have ¹ or ² after the link. The remaining links send an email to the meeting organizer. If you send an email, please allow a few days for them to reply.

If you have questions, please email office@bfuu.org or call the office at 510-841-4824 ext. 1.



Still Available!
Contact the office - call 841-4824 ext 1 or email office@bfuu.org for information about Transforming Hearts Collective training!

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

Susan Macke - Office Administrator

Phone: 510-841-4824, ext. 1

Working Days: Mon, Tue, Thu & Fri

Email: office@bfuu.org

SUBMISSION DEADLINE FOR MARCH COMMUNICATOR:

February 20, 2022 at 11:00 AM

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

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Berkeley, CA 94709

Berkeley Fellowship of Unitarian Universalists

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