



THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

March 2022

Worship Service Sundays at 10:30 AM

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


March 6: Receive the Gifts

Lea Morris (she/her)

“Honor the dark, as you do the light, receive the gifts that come to us by day and by night. Choose to honor the dark, uncertainty and change. Deliver us from fear until only love remains.” Lea Morris, an East Coast singer, songwriter, spiritual leader, and friend of UUs, will be blessing us today with her gifts.

March 13: Spirit in Practice: Eight Spheres in 2022

Sharon Hwang Colligan (she/her), Worship Coordinator

In the coming months, continuing our journey with the UUA Tapestry of Faith, BFUU will explore the theme of “Spiritual Practices.” We will approach this theme from a different angle every month, exploring eight “spheres” of practice, beginning today with an introduction of what we intend, and an invitation to explore and deepen your own spiritual practices.



March 20: Rebirth and Renewal of Spirit

Rev. Jojo V. Gabuya (they/them), Speaker
Kele Nitoto (he/him), Musician

Spring Equinox is a state of natural equilibrium. It is a time for you to find your equilibrium, too, and explore the energies of renewal and restoration. What new life are you birthing this year? What resources will you need to make it happen? Rev. Jojo is a proud non-

binary transgender, Filipinx, interfaith pastor and human rights activist; Kele Nitoto is a transformative spiritual percussionist and ritualist.

March 27: Artificial Intelligence Learns to Make Us Laugh

Rev. Dr. Carrie Knowles (she/her)

Rev. Dr. Carrie Knowles reviews the development of improv comedy as a useful talent of robots. After all, robots should do the jobs that are too dirty, dangerous or dull for humans.





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 Reverend Dr. Carrie Knowles, *Minister*
 Reverend Tom McAninley, *Community Minister*
 Susan Macke, *Office Administrator*
 Ed Keating, *Facilities Manager*
 Shae Jewell, *Sexton*

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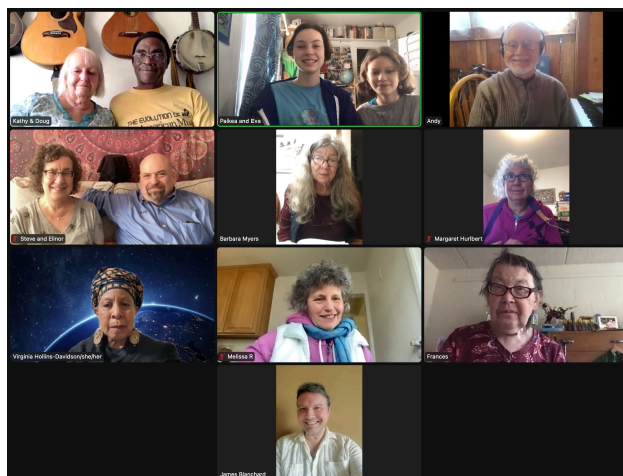
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 Stephanie Doucette (Alternate)
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 Building & Grounds Committee
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 Ben Burch, *Co-Chair*
 Caring Community
 Kathy Riehle, *Chair*
 Committee on Ministry
 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.

Worship Service Teams!



Worship Service Team January 23
 top: Kathy & Doug, Paikea & Eva, Andy; 2nd row: Elinor & Steve, Barbara, Margaret; 3rd row: Virginia, Melissa, Frances; 4th row: James



Worship Service Team January 30
 top: Lawrance, Paikea & Eva, Andy, Simone; 2nd row: Elinor & Steve, Margaret, Kathy & Doug, Derek; 3rd row: Barbara, Ardys, Frances, Cheryl; 4th row: Luna, Melissa, Virginia



Worship Service Team February 13
 top: Lawrance, Paikea, Kathy & Doug, Ardys; 2nd row: Elinor & Steve, Rev. Marsh Agobert, Frances, Andy; 3rd row: Barbara, Margaret, Eva, Melissa; 4th row: Derek

BFUU 2022 Worship Theme: Exploring BFUU as a Community of Spiritual Practice

“Spiritual practices are those shared activities that address fundamental needs of humankind and creation and that, woven together, form a way of life. Reflecting on practices as they have been shaped in the context of religious traditions lets us encounter the possibility of a way of life that is both attuned to present-day needs and taught by ancient wisdom. This encounter can change how we live each day.”

--- from *Practicing Our Faith: A Way of Life for a Searching People*, by Dorothy C. Bass

The COVID-19 pandemic has challenged, shaped, and transformed us in profound ways. How can we respond to this moment in the human experience? In 2022, we are inviting BFUUs to engage in exploration of the idea of *spiritual practice*. What does it mean to have a spiritual practice? What practices do we share with one another? Which do we inherit? Which do we choose? What roots do we water? Which tender sprouts do we yearn for and celebrate?

Our exploration will follow the structure offered by the UUA Tapestry of Faith [Spirit in Practice](#) workshop series developed by [Rev. Erik Walker Wikstrom](#), which focuses on eight “Spheres” of spiritual practice (inspired by the Eight Gates of Zen model developed by the [Zen Mountain Monastery](#) in Mount Tremper, New York.) We will explore a new Sphere each month. The eight Spheres are:

Personal Spiritual Practices: These are practices done alone and, perhaps, daily—such as meditation, dream work, journaling, prayer, and so on. They’re what most people think of when they hear the words “spiritual practice.” *Led by Andy and Melissa.*

Communal Worship Practices: Although Unitarian Universalists affirm the uniqueness and individual nature of a person’s spiritual path, our movement is also founded on a belief that community is essential to that journey. Regular engagement with communal worship—the ongoing and collective search for truth and meaning—is one way of supporting this belief. *Led by Doug.*

Spiritual Partnerships: Spiritual development is hard work, and most faith traditions affirm the usefulness of companions on the journey. A spiritual partnership can take the form of participation in a small group, a one-on-one relationship with another congregant, spiritual guidance with a minister, or one’s own personal therapy. What matters most is the intentional relationship with another person and a mutual commitment to the journey. *Led by Paikea and Eva.*

Mind Practices: Could a program of spiritual development be Unitarian Universalist without an intellectual component? This is a role of adult religious education: book studies, film discussions, lectures, adult forums, scripture studies, courses in UU history, and other RE offerings are all ways to fulfill this dimension of a “rich, integrated program.” *Led by Frances.*

Body Practices: We know that mind, body, and soul are interconnected. Doesn’t it make sense, then, that a well-rounded spiritual practice includes some kind of physical practice? It might be running, sitting, gardening, tai chi, massage, or virtually anything else that keeps us in touch with the miracle of our physical selves. *Led by Andy.*

Soul Practices: These are the practices that exercise our creative selves—drawing, painting, sculpting, music, poetry, and other creative endeavors. It has been said that the Biblical expression that humans are “made in the image of God” means that we are made to be creative. *Led by Steve.*

Life Practices: Religious traditions from around the world agree that we eventually need to take what we do in private and in our congregations and bring it out into the rest of our lives—in our relationships with our family members, in our workplaces, in our interactions with strangers. *Led by Kathy.*

Justice Practices: A fully mature spirituality does not stop at the goal of transforming oneself, but must extend beyond oneself—to others—and include a vision of transforming the world. *Led by Virginia.*

Do you have a spiritual practice or experience you would like to share with the community? Consider writing a brief article for the newsletter or for offering a testimony on Sunday morning. Contact worship committee chair [Sharon Hwang Colligan](#) with your thoughts!

BFUU Spirit in Practice: “Taking it Home”

Our UUA Tapestry of Faith services often include an element called “Taking it Home” or “Find Out More.” In other words, UU homework! Ideas & tools for the free and responsible search for truth and meaning.

As we embark on our journey through the Eight Spheres, we encourage you to keep a **spiritual journal**. Write about things you learn during BFUU services. Write about your experience of the Eight Spheres. Write about your community. Write about your own unique spiritual journey. Journal about what brought you here and what you hope to experience.

Journaling as a time-honored, powerful, and fun spiritual practice. There is no one right way to journal. Entries can take the form of lists; disjointed thoughts doodled on the page; traditional narrative; a letter to God, a revered ancestor, a valued teacher, or a dear friend; ruminations on questions raised by the workshops; a record of dreams; words, pictures, or virtually anything else. Don't let assumptions about journaling keep you from the practice of journaling. Use the journal in whatever way keeps you using it.

This month, take some time in your journal to reflect on your lifelong spiritual journey.

- When you were a child, what (if anything) were you taught or shown about practicing spirituality?
- What practices have you engaged in as a child, youth, and adult?
- How have your spiritual ideas and needs changed throughout your life?
- What practices might speak to those ideas, and address those needs, today?

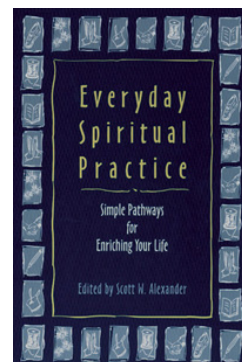
Try This At Home

Share the “Eight Spheres of Spiritual Growth” model with a friend, housemate, or family member. Talk about the kinds of spiritual practices you have engaged in and those you wish to learn more about, and ask the same of your conversation partner.

If you have children or grandchildren in your life, discuss spirituality with them. Try coming up with a definition of spirituality that is meaningful to you and also makes sense to them. Talk with them about things you do, and things they can do, to connect with the Spirit of Life—things like prayers at the table or at bedtime, or sitting quietly to meditate.

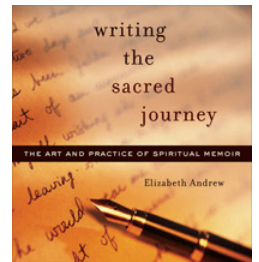
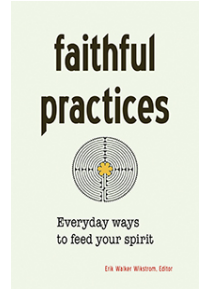
Find Out More

- [Everyday Spiritual Practice: Simple Pathways for Enriching Your Life.](#) by UU Rev. Scott Alexander. “Have you wondered how to integrate your heartfelt beliefs into your daily life? Here nearly 40 UU contributors ponder this creative dilemma and share their discoveries. Creating a home altar, practicing martial arts, fasting, quilting — these are just some of the ways they've found to make every day more meaningful and satisfying.”



BFUU Spirit in Practice: "Taking it Home" continued

- [Rev. Erik Walker Wikstrom](#) is the author of our Spirit in Practice Tapestry curriculum.
 - [Faithful Practices: Everyday Ways to Feed Your Spirit](#), gathered by Rev. Erik. "An eclectic mix of UU contributors share their reflections about spiritual practices in their everyday lives and provide models for those seeking a practice of their own."
 - [Simply Pray](#), by Rev. Erik. "The practice of prayer appeals to something deep within many of us, especially those of us who grew up reciting Catholic prayers on a rosary, or those of us fascinated by the mala beads carried by Buddhist practitioners. Simply Pray offers a way to incorporate this spiritual practice into your personal UU journey."
 - [Practicing Our Faith: A Way of Life for a Searching People](#) - Christian language (ELCA Lutheran), but UU-friendly, and suggested by Rev. Erik.
- [Writing the Sacred Journey: The Art and Practice of Spiritual Memoir](#). by Elizabeth Jarrett Andrew
 - [SpiritualMemoir.com](#) - Elizabeth Jarrett Andrew's website contains further ideas and encouragement.
 - [Subscribe](#) for a weekly spiritual writing prompt in your email from Elizabeth Jarrett Andrew
 - You can buy a blank [Chalice Journal from the UUA Bookstore](#)
- [SpiritualityAndPractice.com](#) - website of resources for Spiritual Journeys
- ZMM.org - Zen Mountain Monastery's [Eight Gates of Zen](#)



Shared Plate Partner for March 2022: Healthy Black Families

<https://healthyblackfam.org/>

<https://www.facebook.com/healthyblackfamiliesinc/>

Healthy Black Families engages people to determine the most meaningful challenges, develops programs to address those needs and moves forward policy to create more just and equitable communities.

Our Vision: The VISION is Organizing individuals, families, and the organizations that serve them into a learning community empowered with skills to advance social equity and justice, with a focus on Black individuals and families.

Our Mission: Providing people with knowledge, skills, and strategies to make social systems and policies more equitable to support Black people and communities.

Who We Are: Healthy Black Families is a leader within a worldwide movement dedicated to advancing social equity for communities of color. We are known for our unshakeable advocacy for Black people and communities.

Offerings are split 50/50 between BFUU and our shared plate partner.

Pledge payments aren't a part of the plate collection.

Community Voices



Jean Lieber

Poetry Corner

Dove of Light

Fly out over the city dove of light,
bring upon your wings
our day's illumination.
I have watched you arrive so many times,
strutting or sneaking.
I need you but you need me as well.
I pour good seed on the windowsill.
Fly out over the city dove of light!
You will find many welcomes here.

Frances Hillyard, BFUU Poet Laureate Emerita



BFUU welcomes our New Members!

Simone Chiodini

Derek Holiday

Larry Phillips

Cheryl White

and we celebrate our Youth Members!

Eva Doucette

Paíkea Melcher

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](#)

THE POOR PEOPLE'S CAMPAIGN PREPARES TO TAKE IT TO THE STREETS AGAIN!



When over 140 million Americans are poor or living with low-wages, it's time for systemic change. We are building a movement led by poor and impacted folks, building across all lines of division, in order to topple the interlocking pillars of racism, poverty, militarism, environmental destruction and this country's distorted moral narrative.

The Poor People's Campaign: A National Call for Moral Revival is again mobilizing for action, preparing to take to the streets of Washington, D.C. to shake up and disturb the nation's political leaders until they say, "Yes," not necessarily because they want to but because we, the people, will have made it untenable for them to say, "No."

June 18, 2022: Mass Poor People's & Low-Wage Workers' Assembly and Moral March on Washington and to the Polls in 2022

According to Rev. William Barber, II, co-chair of the Poor People's Campaign, "The Mass Poor People's & Low-Wage Workers' Assembly & Moral March on Washington, June 18, 2022, will be a generationally-transformative declaration of the power of poor and low-wealth people and our moral allies to say that this system is killing ALL of us and we can't...we won't...**WE REFUSE TO BE SILENT ANYMORE.**"

WWW.POORPEOPLESCAMPAIGN.ORG

To build momentum for June 18 and beyond, PPC Western Region is organizing three mobilization events this spring:

1. Sunday, March 13, 3PM: Virtual Western Region Convening
2. Monday, April 4: Public Readings of Dr. King's speech **Beyond Vietnam: A Time to Break the Silence**
3. Monday, May 16: Western Region M.O.R.E. Tour stop in Los Angeles

**Take
Action**

BFUU's Board of Trustees is supporting an official BFUU reading of Beyond Vietnam: A Time to Break the Silence on April 4, the 54th anniversary of Dr. King's assassination. BFUU's reading organizer, Virginia Hollins-Davidson, is seeking volunteer readers, as well as recruiting people to organize readings, which may be virtual or in-person, among families, friends, organizations, and other groups. The endeavor will be very well supported from beginning to end.

Our Unitarian Universalist Call to Action

As the new Poor People's Campaign was launching in 2018, UUA President, Susan Frederick-Gray issued a strong call for UU's to get involved as she, herself, was on her way to risk arrest with PPC leaders. "You may have heard me say that this is no time for a casual faith and no time to go it alone. I mean it with every fiber in my being. And it's out of these convictions that I am joining the Poor People's Campaign: A National Call for a Moral Revival to engage in direct action at the nation's capital with other denominational leaders and national justice partners, and thousands of clergy, activists, and impacted people. I invite you to join me.... Tens of thousands of people of faith and conscience, people from organizations working for justice, people directly impacted by poverty and systemic oppression, people deeply concerned about climate change, racism, and the war economy, will take action. **Will you join us?**"

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 3/24 at 3:00 PM

BFUU BOT meetings are open to all!

Caring Committee Meeting with Ministers on 3rd Tuesday 3/15 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 3/3 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 3/1 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 3/27 at 12:30 PM

Please contact Kathy at caring@bfuu.org

Men's Group 2nd Thursday 3/10 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 3/7 at 2:00 PM

Questions? Please contact Margaret at muscom@bfuu.org

Personnel Committee Meeting 3rd Thursdays on odd months 3/17 at 2:30 PM

Please contact Kathy at personnel@bfuu.org

Social Justice Committee Meeting *March only!* 1st Sunday 3/6 after service (noonish) (usually 3rd Sun)

Please contact Phoebe at sjc@bfuu.org

Social Justice Ministry Meeting *is on hiatus*

Worship Service Committee Meeting 1st Friday 3/4 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 March 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} Noonish - after service SJC Meeting ^{*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 Start of Daylight Savings Time - spring forward!  SPRING
13 10:30 am Worship Service ^{*1}	14	15 Caring meeting with ministers [*] Reflection & Connection [*] 7:00 pm Choir Practice ^{*1}	16	17 2:30 pm Personnel Committee [*]	18	19
20 10:30 am Worship Service ^{*1} <i>SJC meeting moved to 1st Sunday this month only</i> Communicator Deadline	21	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	22 Reflection & Connection [*] 7:00 pm Choir Practice ^{*1}	23	24		

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.

^{*} denotes Fellowship event

¹ denotes meeting link

² 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

Susan Macke - Office Administrator

Phone: 510-841-4824, ext. 1

Working Days: Mon, Tue, Thu & Fri

Email: office@bfuu.org

SUBMISSION DEADLINE FOR APRIL COMMUNICATOR:

March 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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