

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

December 2015

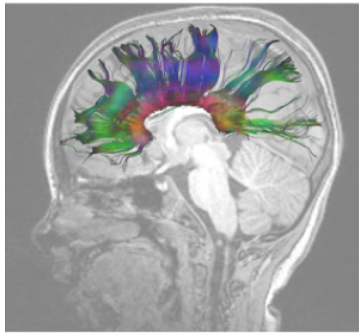
Upcoming Sunday Services

Services at 10:30 a.m. *except Christmas Eve at 5:00 PM*

December 6: Shifting Energy: From Fossil Fuels to Climate Action

Matthew McHale, Guest Worship Leader

As people of faith and conscience we are called to help heal our planet and work for climate justice. This Sunday we will explore how we can collectively respond to climate and help to bring about a just transition.



December 13: Honoring Neurodiversity

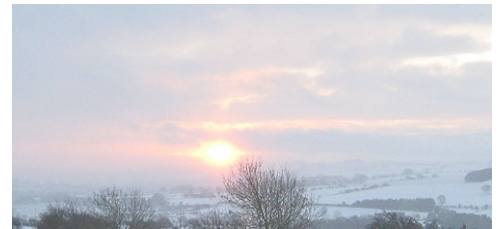
Nick Walker, Guest Worship Leader

Every human psyche is unique, and each unique psyche comes with a unique personal style of embodiment. In recent years this wonderful diversity among human minds and brains has come to be called neurodiversity. How does neurodiversity benefit us? How can we honor neurodiversity within our communities? How can we honor the unique potentials of our own brains and minds?

December 20: Solstice Service

Dominic Jeffries, Worship Leader

Join us for a unique and inspiring celebration of the Winter Solstice, incorporating elements from many traditions for a winter morning of rebirth and renewal.



Special Thursday Night Service

December 24: Christmas Eve Service 5:00 PM

You are invited to join BFUU and students from Starr King School for the Ministry for a collaborative Christmas Eve service complete with pagan music and merry cheer!

December 27: Poetry and Motion

Lois Ann Flood and Nika Rejto, Guest Artists

Lois Ann Flood will dance out the Old Year and dance in the New to the accompaniment of Nika Rejto's haunting flute, interspersed with readings from our fellowship's own resident poets reading from their own insightful work. Melody and form come together as Lois Ann Flood presents breathtaking dance in the style of Isadora Duncan inspired by the beautiful music of Nika Rejto's flute. As a special treat, the BFUU's poet laureate, Frances Hillyard, along with Gene Herman, Jean Marie Stine and others, will present poems specially selected to suit the time of year.



Board of Trustees Report



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Hello Fellow/Sister BFUUs!

Back around May 2015, the Board voted to make a strong recommendation to BFUU committee members and members at large to avoid using email communication to address BFUU issues regarding conflict between members and, if possible, to restrict email communication to issues of logistics or sharing of basic information. This is because with email communication, it is hard to "read" people's intentions clearly, which can lead to misunderstandings and often an escalation of the conflict. We have seen in the past how discussion of conflict by email can erode relationships and our sense of community.

The Board recommendation, as I see it, is a request for care, unity, transparency, and directness in our interactions with each other. As difficult or threatening as that may be, we can use this practice as an area of spiritual growth. We can request a face-to-face meeting to discuss tricky issues of importance when we receive an email about a conflict, and if this does not feel safe, we can have third parties present to help "hold the space" while people work out their differences. The Interim Right Relations Committee is researching a series of classes on communication that will also address alternative ways to handle conflicted situations. I hope as many people as possible will participate in those classes and that we will all learn together.

PROCESS OF DISCERNMENT PROGRESS

In the past two months the Process of Discernment Task Force has been dialoguing with the Unitarian-Universalist ministers Jared Finkelstein and Gregory Rouillard of Living the Seven Principles to craft a series of 3 weekends of workshops and meetings to help us process our current vision, mission, aims that will help guide our goals for a future minister and with the development of communication and

leadership skills for our membership at large. We will also be forming Working Groups in which we hope all members will participate to work on projects in between workshops. Tentative dates will be on weekends in February, March and the end of April/beginning of May for our process of discernment weekends. We anticipate these weekends to be informative, enlightening, and to help us strengthen our connections to each other and to our fellowship as a whole, as we find new ways to express our common UU values and purpose in BFUU work in our communities and the world. Stay tuned for more information on specific dates and content of workshops through e-blasts and future Communicator articles as this information becomes available.

PROJECTS? IDEAS? FOLLOW THE YELLOW BRICK ROAD...

We are fortunate to have a membership full of creative people who have many ideas for new projects or ways to improve how things work at BFUU, among others. The Board of Trustees is limited in its ability to investigate and make recommendations on how each of these projects should be handled – this is just ONE of the reasons why we have committees.

When you approach a Trustee requesting funding or the go-ahead to take steps for implementing these projects, please expect that person to direct you to the committee most likely prepared to help you

continued next page

Board of Trustees Report, continued

develop that idea. If, for example, your idea has to do with our buildings and grounds, you will first be directed to the Buildings and Grounds Committee, who will use their expertise to determine parameters to consider when developing a proposal for the Board. Another stop on this journey will probably be the Finance Committee to determine if there are funds in the appropriate category to accommodate the project.

Finally we hope that once you have the necessary information from each committee along the way, you will write up your proposal, and submit it to the Chair of the appropriate committee. The Chair will contact the Board President to have your proposal added to the next BOT meeting agenda, send copies by email to the Board to familiarize them before the BOT meeting and present your proposal to the Board.

In faith,
Pam Norton
President, BFUU Board of Trustees

Police Accountability Forum Update October 30, 2015



We had a great meeting with about 50 people in attendance.

Many thanks to our distinguished panel: Ms. Richie Smith, Ms. Andrea Pritchard, Ms. Amanda Weatherspoon and Mr. Jessie Arreguin.

Some time in January 2016 we will address the question submitted by an attendee; "What are specific policies Berkeley and state of California can pass or implement for more justice/equity" and I add accountability.

Below are some of the areas we will address to formulate legislation that the City Council will/can pass:

- * How police are recruited and trained – transition of veterans to police department- mental health issues including PTSD.
- * Need to strengthen Police Review Commission
- * Awareness training including Constitution, LGBT issues.
- * Excessive force- shoot to kill training, use of tear gas.
- * Mandatory crisis intervention training.

Community Voices



Marc Bianchi
Cynthia Johnson
Moses Channels
Ardys DeLu

Thank you, Mother Earth

Thank you, Mother Earth, for the gift of life
and I regret the injustices we have done
as human beings

the only species that takes more than we
need

the biggest predator on the living earth

Need I say more?

all you have to do is listen to the radio

any day, any hour,

to hear more than you can tolerate

even if you are part of it

this mess we have made

And in spite of the ugliness

the madness

the haves and have-nots

the crimes and the criminals

the killing and the ugliness

the greed of the powerful

When I sit in my granny chair

I see the world through the weeds

the green, yellow, white, orange wildflowers

the bees, the birds, the squirrels

on their travels from one tree to the next

the common beings, the proletariat

like me, part of the poor

not middle class

not "home-owner"

no property, no assets

except my mind, my body, as they are

at nearly 85, exhausted from a life

of activism, urgent desire

to make my voice heard

to right the wrongs

to make the world a place

where there is no violence

no killing, no guns, no

winner-take-all

Yes, thank you, Mother Earth.

Marianne Robinson

Justice Reinvestment Campaign Update



The Justice Reinvestment Campaign (JRC) was endorsed by BFUU at its semi-annual congregational meeting on October 25. The JRC had already been endorsed in August by BOCA, the 18-member faith coalition to which BFUU is affiliated. JRC is a campaign to confront mass incarceration, one of the California manifestations of “The New Jim Crow” which Michelle Alexander so aptly describes in her book of that name. It seeks to reform the so-called criminal justice system and to end the

disproportionate involvement of people of color in that system. That’s a big challenge, given how the criminal justice system is dug in within our economy. The prison industrial complex benefits contractors who build the jails and prisons, rural communities that rely on penal institutions as their local “industry” and some working class people who get recruited for employment as correction officers when few other jobs are available.

The prison industrial complex exacts a huge toll on our society, targeting people of color, disabled persons, trans people and the poor. Many of the occupants of cells are there for pretrial incarceration, not because they have been tried or convicted but because they cannot afford bail. This makes it seem that prisons and jails are crowded and thus seems to justify the construction of new facilities. One of the rallying cries of the

JRC is “No more new jails.” This is particularly appropriate at a time when prison populations are already declining.



Some progress on criminal justice reform was made when California passed Prop 47. That measure reclassifies certain minor offenses from felonies to misdemeanors. It is far from perfect but it does benefit some formerly incarcerated people. The JRC has been offering “Second Chance” workshops in cooperation with East Bay Legal Services to help eligible persons apply for their change in status. Prop 47 also offer savings to the state which could be invested in services—mental health, substance abuse

treatment, jobs, housing, education—for the reentry population which would reduce recidivism. Currently, there is a struggle between those advocating for improved services, and those forces seeking to use the savings for construction of new jails. The Board of State and Community Corrections held a hearing in Sacramento on Nov. 12 to address county applications for these funds. Fifty persons from across the state (including one person representing BFUU/BOCA) appeared and offered moving testimony about how incarceration destroys individuals, families and communities. Since BSCC’s 13 members are mostly from the law enforcement community—police chiefs, sheriff, probation officers—the county applications for billions of dollars in new construction were approved. Alameda County will use its grant of \$54 million to add to facilities at Santa Rita, supposedly to provide better mental health services. The JRC recommends instead “Community care, not cops and cages.”

Joanna Foley

Regular Committee Meetings

Buildings & Grounds

*Meets once per month,
contact Ben Burch*

Finance

*3rd Thursday at 4:30 PM
in the Fireside Room*

Hospitality and Membership

*4th Sunday at 12:30 PM
in Fellowship Hall*

Religious Education

*3rd Sunday after services
in the Courtyard*

Social Justice

*1st & 3rd Sunday 12:30 PM
in the Preschool Room*

Sunday Services

*1st Tuesday at 7 PM
in the Preschool Room*

Featured BFUU Events



The Fellowship Hall (1924 Cedar St) is accessible by a ramp on the Bonita Avenue side of the Hall. The Preschool rooms are only reservable by BFUU groups and are accessible on the ground level of our Religious Education Building (1606 Bonita Ave). At this time the Connie Barbour, Fireside, and Benjy Rooms on the second floor of our Religious Education Building (1606 Bonita Ave.) are not wheelchair accessible.

Screening the Green Film Series: Racing to Zero

Thursday, December 3 at 6:30 Meet & Greet, 7 PM film in Fellowship Hall—1924 Cedar St.



This film follows San Francisco's innovative efforts towards achieving zero waste, thereby dramatically reducing the city's carbon footprint. Maureen Gosling, film editor, will be on hand, along with Andy Schneider, Berkeley's Recycling Program Manager, Carrie Bennett, from the Ecology Center, and a Berkeley elementary student, who will share a short recycling video made by his class.

RACING TO ZERO (In Pursuit of Zero-Waste) examines our society's garbage practices in terms of consumption, preparation, use and production, and discovers some amazing solutions in San Francisco, which is successfully taking the necessary steps to reach zero waste. After the film we'll have a discussion with our special guests and share ideas for reducing waste during the holidays and beyond. Please bring plastic free snacks to share if you'd like to. This event is co-sponsored by Transition Berkeley, and BFUU's Social Justice Committee. Suggested Donation \$5 - \$10. No one turned away for lack of funds.

Tibetan Festival of Light

Friday December 4 at 7 p.m. in the Fellowship Hall— 1924 Cedar St.



Vental Rinpoché, who teaches reading and writing to Tibetan children on Sunday afternoons at BFUU, offers this gift in gratitude for the community's help with the Tibetan Resettlement Project. Everyone is invited to come for homemade soup and cookies with butter tea or sweet tea. Chanting & meditation are optional. Rinpoche-la pays for all the food and cooks it himself, over a three-day period, as his gift to the community. Please come and accept the Tibetans' generosity.

Conscientious Projector Film Series: Phil Ochs: There But For Fortune

Thursday, December 10 at 7 PM in Fellowship Hall—1924 Cedar St.

The Social Justice Committee of the BFUU is sponsoring two Phil Ochs events in December in honor of Phil's 75th Birthday (12-19-40 to 4-19-76). On Thursday, December 10 at 7 pm we will screen the 2015 Vic Sadot video made from the 1973 reel-to-real audio "Phil Ochs May 1973 Interview by Vic Sadot & Rich Lang" (30:10). The main feature will follow: "Phil Ochs: There But For Fortune", a film by Kenneth Bowser released on First Run Features. (97 minutes, documentary, color, English, 2010)

Suggested Donation \$5 - \$20. No one turned away for lack of funds.



Featured BFUU Events

BFUU Open Mic Featuring Yvette O'Tannenbaum

Friday, December 11 at 7 PM in Fellowship Hall – 1924 Cedar St.

Join us for BFUU's monthly Open Mic night! First come, first choice of 10-minute slots, available all evening or until the slots fill up. Featured Artist(s) perform around 8:30 PM.



Featured Artist: Yvette O'Tannenbaum is a multi-instrumentalist singer songwriter who enjoys fusing genres from traditional celtic and world music to swing jazz with show tunes, hard (acoustic) rock, older folk music. Many of the songs advocate environmental and social justice, love songs (original and standards) also seed her sets with a contemplative and charming soulfulness.

Host: David "Redd" Welsh is Berkeley activist stalwart who happens to be a mighty talented musician and songwriter as well. Dave is well-known as a Labor movement singer and Haiti Action Network activist. He's a singer, keyboard player, composer. Two CDs are available by mail (\$15) or at gigs (\$10): "Class War" & "Stand with the People." www.reddwelsh.com



Suggested donations of \$5 – \$20 will support the work of the Social Justice Committee. No one turned away for lack of funds! Volunteers appreciated!

¡Cuba Si, Bloqueo No!

Thursday, December 17 potluck at 6 PM, program at 7PM in Fellowship Hall – 1924 Cedar St.



BFUU's SJC will join SF Bay Area progressives to commemorate the first anniversary of the historic return of the Cuban 5 and the announcement from Presidents Raul Castro and Barack Obama of a new stage of relations between the countries. Suggested Donation \$5 - \$20. No one turned away for lack of funds.

Phil Ochs' 75th Birthday Celebration

Saturday, December 19 at 7PM in Fellowship Hall – 1924 Cedar St.

Artists who answered the Call to Sing Out for Phil Ochs will be featured in 10 minute segments starting at 7 pm.



Celebrations of Phil Ochs 75th Birthday are scheduled to take place in various parts of the nation and the globe in December. Welcome to the Berkeley Celebration of American Topical Singer-Songwriter Philip David Ochs. The following artists have already agreed to do some songs for us! Hali Hammer, Vic Sadot, Carl Pascal, Eleanor Walden, Pierre Danger Fuque, Richard Ochs, Clyde Leland, Dave Welsh, Clyde Leland, Marcie Boyd, Carol Denney, and we expect several more before we close the "artist call."

Phil Ochs was a "Boy in Ohio" who grew up to become part of the great 1960's American Folk Revival that started in Greenwich Village, New York City. Phil was a soulful and passionate part of the ever-expanding Anti-Vietnam War movement even when it might be the best "career move". That era produced a wave of songwriters who got their first recognition in the pages of "Broadside: The National Topical Song Magazine" run by Sis Cunningham and Gordon Friesen. With that legacy in mind, we will gather together to sing out a hearty 75th Birthday salute to the man that Neil Young at FarmAid 2014 called "America's greatest poet of the last century." Suggested Donation \$5 - \$20. No one turned away for lack of funds.

Recurring/Ongoing BFUU Events

T'ai Chi & Qi Gong with Gene Herman

Mondays, 4-5 PM in the Connie Barbour Room – 1606 Bonita Ave.

Wednesdays, 4-5 PM in the Connie Barbour Room – 1606 Bonita Ave.

This practice improves health and well-being at any age.



Elders Circle

Tuesday December 1, 11 AM in Fellowship Hall–1924 Cedar St.

The BFUU Elders Circle meets at 11:00 AM on First Tuesdays in Fellowship Hall.

BFUU SpiritUUal Contemporaries (Note: moving to 3rd Thursdays in January 2016)

Thursday December 3, 7 PM in the Benjy Room–1606 Bonita Ave.

SpiritUUal Contemporaries at BFUU, an open covenant group for self-defined middle adults, welcomes those who would like to experience open covenant small-group worship. Please contact Nanci Armstrong-Temple, fragg94@gmail.com for more information.

Wind Song West Cafe

Friday December 4, Noon in the Fireside Room— 1606 Bonita Ave.

Join us to share music, poetry, and discussion

Suggested donations of \$5 – \$10 are welcome.

BFUU Board Meeting

Thursday December 10 at 7:00 PM in the Preschool Room – 1606 Bonita Ave.

BFUU Second Sundays Potluck

Sunday December 13, after service (around 12:30 PM) in Fellowship Hall–1924 Cedar St.

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 to join us.

*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 and avoid those they can't.



BFUU Game Night

Monday December 21 at 7 PM in Preschool Kitchen – 1606 Bonita Ave.

Please join us for board games and conviviality! All ages - children are welcome! This space is wheelchair accessible.

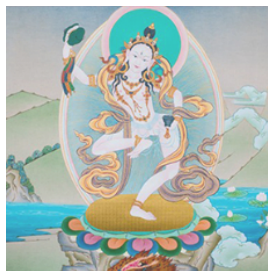
Pub Theology

Friday December 18 at 7:00 PM at Au Coquelet (2000 University Ave., Berkeley)

BFUU's young adult group meets monthly at Au Coquelet. Please contact Nanci Armstrong Temple or Dominic Jeffries for more information.



Other Community Events held at BFUU



HEALING THROUGH COMPASSION TEACHINGS, MEDITATION, CHOD AND ART WITH LAMA LHANANG RINPOCHE

Friday, December 11 / 7:30pm – 9:30pm

(**FREE** Introduction and meditation)*

Saturday, December 12 / 9:30am – 1:30pm (Chod)

Sunday, December 13 / 1:30pm – 4:30pm (Tibetan Art Class)



Rinpoche is also a skilled and intuitive healer, offering private sessions during his visit to Northern California.

Please contact the number below if you're interested in an appointment.

www.wisdompath.org / www.jigmelingpa.org

***SPACE IS LIMITED** - Please call **415 302-5666** or email tbigelow@sbcglobal.net for more information or to register for any or all of the events.

Friday, December 11 / 7:30pm – 9:30pm (Introduction and meditation)

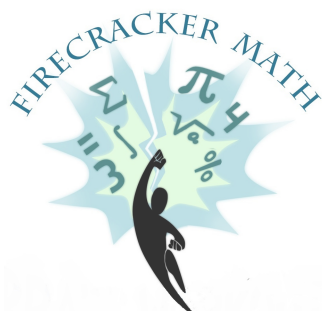
Lama Lhanang Rinpoche is a spiritual teacher of the Nyingma Longchen Nying-Thig order of Tibetan Buddhism who has studied with many masters from different lineages. He shares teachings from an unbroken tradition in a way that is fresh, cross-cultural, and current for these times. He is an accomplished instructor of meditation, Anu-yoga, art, Feng-shui, cultural and historical studies as well as a skilled practitioner of Tibetan medicine. Rinpoche addresses the needs of individuals so as to touch them in a gentle and profound way, offering private consultation on business and personal relationships.

Saturday, December 12 / 9:30am – 1:30pm (Chod)

The Chod (cutting through) is a powerful healing practice working with the profound wisdom of Vajrayana Buddhism. The result is a deep meditation technique for healing and transformation based on compassion. It is designed to cut through obstructions, negative emotions and deluded thought patterns by symbolically offering up that which we hold most dear: our own bodies. In this letting go of attachment to our biological incarnation, we transform our selfish tendencies into the nectar of bliss that becomes the antidote to suffering in our infinite relations to other sentient beings.

Sunday, December 13 / 1:30pm – 4:30pm Art Day with Lama Lhanang Rinpoche

The Ven. Lama Lhanang Rinpoche is a spiritual teacher of the Nyingma Longchen Nying-Thig order of Tibetan Buddhism dedicated to world peace and the protection of the environment. There are a number of directions Rinpoche might go in this day of art instruction - every class is different. His work is bright, joyful and full of love... so you can imagine how the class will be conducted!



Firecracker Math offers an extra-curriculum program that will help your child to build a solid foundation and understanding of mathematics. Students will learn and explore math concepts and problem-solving techniques. Theoretical instruction is combined with practical exercises and group discussions that employ games, puzzles, and paradoxes.

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Fellowship Calendar December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30 am Augustine Fellowship 11 am Elders Circle* 4:30 pm Sunflower Alliance 7 pm AA Men's Mtg 7 pm Sun Svc Committee Mtg*	2 7:30 am Soul Motion Mornings 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	3 11:45 am AA Meditation 7 pm SpiritUUal Contemporaries* 7 pm Film: Racing to Zero*	4 12 noon Wind Song West Cafe* 7 pm Tibetan Festival of Light	5 9 am ASCA 10 am Dr. Hu Qigong 6 pm Augustine Fellowship
6 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	7 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	8 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	9 7:30 am Soul Motion Mornings 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	10 11:45 am AA Meditation 7 pm Film: Phil Ochs: There But For Fortune* 7 pm Board Mtg*	11 7 pm BFUU Open Mic: Yvette O'Tannenbaum* 7:30 pm Healing through Compassion with Lama Lhanang Rinpoche	12 9 am ASCA 9:30 am Chod - Lama Lhanang Rinpoche 6 pm Augustine Fellowship
13 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck* 1:30 pm Art Day with Lama Lhanang Rinpoche 8pm AA Mtg	14 4 pm Tai Chi/ Qigong* 6 pm AA Men's Mtg 6 pm Tai Chi Chuan 6:30 pm Soul Motion	15 7:30 am Augustine Fellowship 4:30 pm Sunflower Alliance 7 pm AA Men's Mtg	16 7:30 am Soul Motion Mornings 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	17 11:45 am AA Meditation 4:30 Finance Committee Mtg* 7 pm ¡Cuba Si! US/Cuba Event*	18 7 pm Pub Theology at Au Coquelet*	19 9 am ASCA 6 pm Augustine Fellowship 7 pm Phil Ochs Song Night*
20 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 12:30 RE Mtg* 8 pm AA Mtg January Communicator Deadline!	21 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion 7 pm Game Night*	22 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	23 7:30 am Soul Motion Mornings 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg	24 11:45 am AA Meditation 5 pm Christmas Eve Service* 	25 CHRISTMAS HOLIDAY OFFICE CLOSED 	26 9 am ASCA 6 pm Augustine Fellowship
27 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 8 pm AA Mtg 12:30 Hospitality & Membership Mtg*	28 4 pm Tai Chi/ Qigong* 6 pm AA Men's Mtg 6:30 pm Soul Motion	29 7:30 am Augustine Fellowship 4:30 pm Sunflower Alliance 7 pm AA Men's Mtg	30 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg	31 11:45 am AA Meditation	January 1, 2016 NEW YEAR'S DAY OFFICE CLOSED 	

* 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 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 NEXT *COMMUNICATOR*: December 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709