

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

December 2016

Upcoming Sunday (and Christmas Eve) Services

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

December 4: Songs of Leonard Cohen sung by The Conspiracy of Beards

The male choir, The Conspiracy of Beards, performs dynamic, original, a cappella arrangements of the poetic songs of Leonard Cohen. Drawing on influences ranging from jazz and gospel to barbershop and doo-wop, the unique arrangements that choir members create capture all of the emotion and humor of Leonard Cohen's original music and inspire audiences to ponder common human experiences. Some of the songs in the service will be Suzanne, Hallelujah, Come Healing and If It Be Your Will. This is an occasion to celebrate the life of Leonard Cohen, in light of his passing.





December 11: Conflict and Compromise

Rev. Marsh Agobert, Worship Leader

Most of us learned the value of compromise during our growing years. This may work in the moment, but are we safe? Or is the soothing feeling only momentary? We must use the moment of pause, the brief moment of suspension and fleeting instant of safety not to lull ourselves into a torpid trance but to focus awareness on the Dream we say we want.

December 18: Songs in the Night

Rev. Elena Rose Vera, Worship Leader

As we move toward the winter solstice and the longest night of the year, we may grapple with the ancient human fear of the dark--but what can the darkness teach us? In our brightly-lit modern world, so often devoid of quiet and solitude, what does the night still mean? Let us join together to find the consolation and beauty in the long night, the truths in hidden places, and courage for when we cannot see what lies ahead.





Saturday December 24: Christmas Eve Candlelight Service

Please join us at 5:00 PM for our Christmas Eve service. Hear beautiful music, sing carols, and enjoy the season with us. Please bring something warm (socks, gloves, hats, scarves) or food (nonperishable, peanut butter or cans with pop tops) for our homeless sisters and brothers. The collection will be donated to Berkeley Food and Housing.

December 25: Christmas Tree, Oh Christmas Tree

Rev. Dr. Carrie Knowles, Worship Leader

Perhaps from the beginning of time, humans have celebrated the solstice, the rebirth of the sun, with festivals of light and song, and the sacred gift of trees symbolized in the yule log. Rev. Dr. Carrie Knowles reflects on the many traditions that enliven the holiday season.



Clergy & Staff

Reverend Dr. Carolyn Knowles Pastoral Care Minister

Reverend Earl Koteen Community Minister

Deborah Hamouris

Event Space Coordinator

Ed Keating Facilities Manager

Susan Macke
Office Coordinator

Richard Sandling Custodian

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Elayne Ryder, Vice President

Frankie Hill, Secretary

Nanci Armstrong-Temple

Michael Gardner

Jeff Palmer (alternate)

Judith Granada-Dewey (alternate)

Board Emeritus Ben Burch, Treasurer

Committees

Aesthetics Committee
Virginia Hollins-Davidson, Chair

Building & Grounds Committee Abbot Foote, Co-Chair Ben Burch, Co-Chair

Caring Community
Kathy Riehle, Chair

Finance Committee Ben Burch, Chair

Hospitality Committee
Jean Marie Stine, Chair

Membership Committee Doug Chambers, Chair

Personnel Committee Kathy Riehle, Chair

Religious Education (RE) Committee Doug Chambers, Chair

Social Justice Committee (SJC)

Sunday Services Committee Jeff Palmer, Chair

Board of Trustees Report

Happy Harvest Fellow BFUU Congregants:

This Holiday season sees us building on the recovery that we all gained through our Process of Discernment Workshops and just plain talking out what we as a Fellowship want our future to look like.

We said that we wanted to take our time before hiring a settled minister. We said that we wanted more committed members to join us and help our Fellowship to grow. We decided that Small Group Ministry meetings would help to knit our Beloved Community together. We sought more transparency in our leadership.

The new Ministerial team project is almost ready to go live! Revs Elena, Marsh and Carrie are our final selections for the three ministers (at least until the end of June.)

Regular attendees of Sunday morning service have already had a chance to see and hear them preach, and the board is assigning them other jobs here according to their varied skills. Here's a little information about each of them:

The Rev. Elena Rose Vera, originally hailing from rural Oregon, has distinguished herself as a political and theological writer with a focus on the intersections between colonial history, race, gender, and queer liberation. Between touring nationally as an acclaimed preacher and educator and working as a minister-at-large in marginalized communities, she emphasizes a compassionate approach rooted both in deep scholarship and a commitment to making that work broadly accessible. A board member both of Solar Cross Temple, a pagan service organization, and San Francisco's historic Church for the Fellowship of All Peoples, Elena lives and labors in the East Bay.

Rev. Marsh Agobert is an ordained minister who served at the First Unitarian Church of Oakland in the 70s and 80s. He has long practiced psychotherapeutic treatment and has successfully worked with individuals, couples, families and the actively psychotic. Marsh is an experienced management consultant (he prefers small and mid-sized businesses) and a life coach, which well utilizes his broad background. Marsh has extended experience in several spiritual practices including martial arts, and other yogas.

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Board of Trustees Report, continued

Rev. Dr. Carrie Knowles is a graduate of Starr King who was called to UU ministry after careers in psychology and law. She provides spiritual care to the BFUU community on a part-time basis, and leads Sunday Services as guest speaker at BFUU and other Bay Area UU churches.

Before moving on to fellow Board of Trustee member Frankie Hill's brief report back from last months Semi-Annual Congregational meeting, I need to announce that our beloved Board member Frankie Hill, along with his partner Jean-Marie Stine, is moving to Oregon in mid-December – we thank them for their devoted service to BFUU! Jeff Palmer was chosen and has agreed to replace Frankie on the Board of Trustees. We are in the process of appointing a second Alternate.

As for the Congregational Meeting, Frankie writes:

The meeting was short (over by 1:30!) and uncomplicated. We elected the new Nominating Committee (Joanna Foley, Virginia Hollins-Davidson, Abbot Foote, Elayne Ryder, Gene Herman and Holly Harwood) and then heard a summarizing history, and current progress report, on the Three-Minister Plan from Jeff, Chair of the Ministerial Coordinating Committee/Sunday Services. Lastly, Elayne handed out a survey re. people's general impressions of BFUU, what kind of social justice project we would like to focus on, and other things. After some announcements, we ended with a rousing chorus of *Lean on Me* in which Nanci, Elinor, Doug and the rest of us brought the house down.

That's all for now. I'm sure this gives an idea of what's happening here at the Fellowship. There is, of course, much much more. I am always available at Sunday Services and at our public Board of Trustees meetings on the 4th Thursday of the month, (which will be moved to the third Thursday for the month of December only.)

In Service;

Doug Chambers

President, Board of Trustees, BFUU

Regular Committee Meetings

Buildings & Grounds Meets once per month, contact Ben Burch

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

Hospitality, Membership and Caring
4th Sunday at 12:30 PM
in Fellowship Hall

Please note: HMC is not meeting in December 2016

Social Justice

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

Sunday Services
1st Tuesday at 7 PM
in the Preschool Kitchen

Community Voices

Dear members and friends,



It is with sadness that I must inform you that Jean Marie Stine and Frankie Hill are moving to Eugene, Oregon at the end of December. Their love, commitment and passion for BFUU touched many of us and they will be sorely missed!

Please join us, December 11th, after Sunday Service, in the Hall for a "sending off in style and wishing you well" party!

December 11th is the second Sunday Potluck, so, if you can, please bring a special potluck to share!

Questions-call Elayne Ryder 510-459-8654

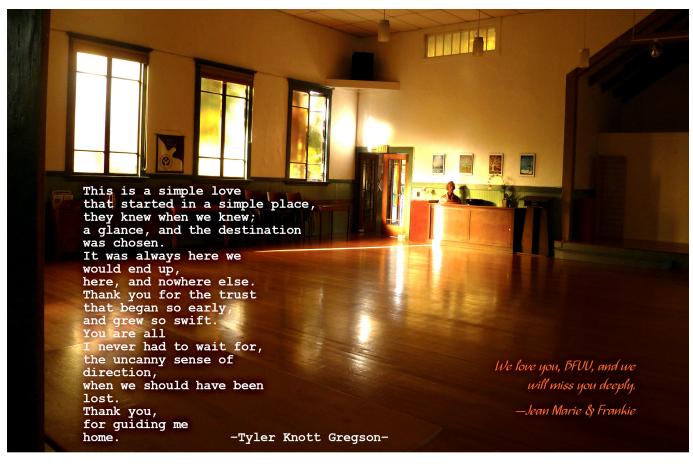


Garden Art Project Needs Your Help!

Jim Beatty is still looking for broken glazed pottery, newspapers (black ink on white newsprint only), and eggshells for an art project and for the garden! Please leave in a neat pile in the garden behind the ramp.



Marc Bianchi Cynthia Johnson Ardys DeLu Elayne Ryder Holly Harwood



Poetry Corner

little stones

she must have found them in the woods and streams near the places she lived found each one as she found four-leaf clovers said "I find one and it gives me the good luck to find another" picked up each stone each round stone each oval or flat stone this one smooth, this one rough all of them small they had to be small and turned them over in the palm of her hand each one as familiar as each old bottle in the window the spidery driftwood found long ago the pewter plate, bent with age each stone chosen for its smallness its roundness its smooth worn-ness or its roughness like her hands after working in the garden

Marianne Robinson Berkeley August 1995



Take a knee

Take a knee friend

So what do you see

The land of the brave

The home of the free

A beloved community

Blessed by thee

If you open your eyes friend

With your knee on the ground

You will see

Injustice abound

All around

Oppression

Intolerance

Bigotry

And such

The Caucasian

Christian

Community

Ain't loving others that much

Red man

Black man

Brown man

YOU

Shot to death

By the protected blue

With your knee on the ground

Your eyes on that prize

America the beautiful

We ain't there yet

YO

A kneelin n a teachin

Love and empathy

Fairness for all

And accountability

We'll travel that road

All of you

Ready

Set

Go.

Gene B. Herman October 2016

View From Rooms@bfuu.org





















The Artist's Banner reception on Sunday, 11/20, was a terrific celebration of art and community spirit. The Spark Collective performed an appropriate song; Virginia Hollins-Davidson introduced the project; Abbot Foote gave us some history; and

Emma Lehman, the artist herself, gave a few remarks about the creation of the banners, as well as answered a few questions from the audience. Lots of good food was available thanks to our donors Andronico's, Safeway, Saul's and The Cheeseboard Collective. A lovely way to inaugurate these multifaith banners into the life of the Fellowship!

Deborah Hamouris, Event Space Coordinator



Members of the Spark Collective open the reception with a song, "Children of the Earth Tribe"



Emma Lehman, the Artist who created the new banners shares insights on her creative process.



Abbot Foote, Co-Chair, Buildings and Grounds Committee provides historical background.



Virginia Hollins-Davidson, Chair, Aesthetics Subcommittee welcomes everyone.

Featured BFUU Events

Fellowship Hall (1924 Cedar St) is accessible by a ramp on the Bonita Avenue side. 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 2nd floor of our Religious Education Building are not wheelchair accessible.

Transition Berkeley Presents: Potluck, Singing & Discussion

Let Our Voices Be Heard

Thursday, December 1 at 6 PM refreshments, 7-9 PM program, in Fellowship Hall – 1924 Cedar St.

Please join us for a relaxing evening of nourishment for body and soul. We'll share a warm and healthy potluck supper accompanied by the mellow sounds of live piano music.

After dinner we'll be treated to an improvisational song circle led by Berkeley artist and circle song enthusiast Phoebe Ackley. We'll circle around as we lift our voices in harmony under Phoebe's skillful guidance, creating unique and lively songscapes as we respond to her cues.



Following our singing we'll exchange ideas for making the winter holidays stress free and waste free. (Bring your favorite ideas to share with others.)

We'll close the evening with a half hour practice session for the active listening skills we learned last month from empathy expert, Edwin Rutsch. Edwin will facilitate Empathy Circles in which each of us will have a chance to be a speaker in a small group and an active listener. Active listening is key to opening channels of communication with those you disagree with. People are more willing to listen when they feel fully heard.

So come on out, lift your voice and open your ears for a joyful, sustainable and just future.

This event sponsored by: Transition Berkeley, Social Justice Committee (Berkeley Fellowship of Unitarian Universalists), and Citizens' Climate Lobby.

Suggested Donation: \$5-20 to cover event costs. No one turned away for lack of funds!

Bring: An earth-friendly potluck dish or refreshment to share at 6 pm.

For info: www.transitionberkeley.com or email: info@transitionberkeley.com

Women's Meeting

 $Sunday, December\ 4\ after\ service\ (around\ noon)\ in\ Fellowship\ Hall\ -\ 1924\ Cedar\ St.$

Women of BFUU are invited to gather after services in the main Hall the first Sunday in December. We will discuss BFUU, ideas for the future, etc.



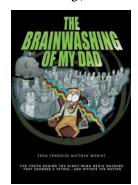
Please check out our BFUU Facebook Videos Section. You may be surprised at how this "growing garden of harvest" is enhancing BFUU ability to chronical its living history and to interface with social justice concerns with community partners in the San Francisco Bay Area! We also have a growing number of Photos and Photo Albums that you may enjoy. And sharing them helps our little pebbles tossed to have some ripple effects.

http://www.facebook.com/berkeleyfellowshipuu/videos

Featured BFUU Events

Conscientious Projector Presents "The Brainwashing of My Dad"

Thursday, December 8 at 7 pm in Fellowship Hall-1924 Cedar St.



"The Brainwashing of My Dad" is a documentary film by acclaimed filmmaker Jan Senko, which examines the rise of the right-wing media machine through the conversion of her non-political Democratic party father to become a supporter of Rush Limbaugh, Fox News et al. It powerfully shows how a father and a nation can become radicalized. It shines light on a propaganda machine can have a profound influence especially after the Fairness Doctrine was removed in 1987. Don't miss this compelling story.

Sponsored by the BFUU Social Justice Committee. Suggested donation \$5-\$20. No one turned away for lack of funds.

The Oasis (open mic) with Featured Artists Roger Brown & Leslie Thorne

Friday, December 9 at 6:30 PM sign up / 7 PM start in Fellowship Hall—1924 Cedar St.

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



Roger Brown, originally from New York, has lived in Berkeley since 1979. He has been involved in the local music scene since the early 90's as a blues guitar player. He also plays bass and harmonica, and writes original songs in a variety of styles. Leslie Thorne is also originally from New York. She plays the upright Bass in a variety of genres, including jazz, swing, blues, and folk. Leslie formed her band Yanqui Gumbo earlier this year with Roger and several other players, and they perform locally. They will be performing originals and

covers out of their eclectic set list. They can be seen locally every third Tuesday at Caffé Trieste in Berkeley with their full band.

December's host Hali Hammer is an award winning singer-songwriter and social activist who has been performing in the Bay Area for over four decades. She is a founding member of Occupella, plays bass and sings with Jump-In (which performs "folk & oldies - don't say it too fast) performs with The ReSisters, and can be found on many You Tube videos. Her latest CD is called Eclectic Circus, and a new one is in the works.



\$5-\$20 suggested donation. No one turned away for lack of funds.

Tibetan Festival of Light

Friday, December 23 at 7 p.m. in the Fellowship Hall—1924 Cedar St.



Ventul 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.

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, 3-4 PM in the Connie Barbour Room – 1606 Bonita Ave. This practice improves health and well-being at any age.

Communication with Care

Sunday, December 4 and December 11 in the Preschool Kitchen – 1606 Bonita Ave.

Drop-ins welcome! No experience required! Free to BFUU Members and Friends! Marlena Willis leads these Compassionate Communication practice groups to help improve communication.

Elders Circle

Tuesday, December 6 at 11 AM in Fellowship Hall – 1924 Cedar St.

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

BFUU Second Sundays Potluck*

Sunday, December 11 after service (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 eat and avoid those they can't eat.



BFUU Writers Groups

1-Sunday, December 11 12:30 PM in the Preschool Room – 1606 Bonita Ave.-no animals 2-Sunday, December 25 12:30 PM in the Preschool Room – 1606 Bonita Ave.-svc. animals

Wheelchair accessible. Beginners welcome! The first group is the second Sunday of the month. It is for people who are allergic to animals, and people who don't need to bring service dogs to the group. The second group is the fourth Sunday of the month. It is for people with service animals and people who are not allergic to animals. You are welcome to attend both groups if you are able. Our writers group is for all levels, from beginner to experienced, and all genres, including poetry, memoir, and fiction. After a 7 min. writing exercise, we write for an agreed upon period of time. Then we read our work aloud and give each other positive feedback.

Good Grief Group

Wednesday December 28 at 7:00 PM in the Minister's Office – 1606 Bonita Ave.

A gathering place to share the experience of grief and loss. To join, call BFUU at 510-841-4824.

BFUU Board Meeting - Please note change in date due to holidays!

Thursday December 15 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

Other Community Events held at BFUU



Women & Song, a women's singing group

Directed by Deborah "DJ" Hamouris

2nd & 4th Thursdays, 7-8:30pm

Preschool Kitchen, 1606 Bonita Ave.

\$20-\$10, sliding scale

Women & Song are looking for a few good women to sing & laugh with us! Each rehearsal we learn traditional and contemporary songs & rounds, including some originals. Women & Song have been meeting regularly for over a decade and welcome new singers. If you can hold your own on a round or maybe read a bit of music, you're welcome!

Reserve your space!

510/910-2574 or deborahj@djhamouris.com



Unconditional Love Qwire Open Sing

Thursday, December 15 at 7-9 PM in the Preschool Kitchen—1606 Bonita Ave. You are all invited to begin the Unconditional Love Qwire's 2.0 start-up! Regular rehearsals will begin on 1/5/17, meeting the 1st & 3rd Thursday of each month. Bring a song you want to sing with us.

We'll be meeting in the kitchen of the preschool, so bring your childlike wonder with you. If this space works for everyone, it will be our new home.

Donations are welcome to defray costs and support the director. Absolutely NO ONE TURNED AWAY! We want your voice and spirit to soar in song with us.

With great love,

Deborah "DJ" Hamouris, Director 510/910-2574 or deborahj@djhamouris.com

Empowered Communication Series at BFUU

Come for Empowered Communication Tuesdays 1/10 & Mondays 2/6

Have you ever noticed thoughts like this?

- I just want it to be easier to talk to you!
- · I keep getting stuck doing what I always do
- My boss is a terrible communicator
- I wish people would stop being so judgmental

Nonviolent Communication can give you new ways to talk and listen so you get your point across without conflict. And you'll learn how to be gentler with yourself, too.

If you want to dig in and start changing things, you can join the 5-week Tuesday Empowered Communication series starting January 10th, 6-9pm. There is a special \$50 discount on the Empowered Communication series for *BFUU community members only*. Call me if you have any questions.

If Tuesdays don't work for you, there will be a Monday Empowered Communication series starting February 6th, with an Introductory Evening on 1/30.

More great classes coming soon!

For more information, see http://baynvc.org/trainer/meganwind-eoyang/

Love and blessings, Meganwind Eovang | 707-775-7178 | meganwind@baynvc.org



Fellowship Calendar December 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
December 26 Christmas Observed January 2, 2017 New Year's Observed BFUU Office Closed				1 11:45 am AA Meditation 7 pm Medicine Theater 7 pm Transition Berkeley Presents Let Our Voices Be Heard*	1 pm Sunflower Alliance* 6 pm AA Men's 7 pm Soul Motion	3 9 am ASCA 6 pm Augustine Fellowship
4 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12 Women's Meeting* 12:30 pm SJC Mtg* 12:30 Communication with Care Practice* 8 pm AA Mtg	5 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6 pm Empowered Communication 6:30 pm Soul Motion 8 pm Dulcimer Ensemble	6 7:30 am Augustine Fellowship 11 am Elders Circle 6:30 Empowered Communication Practice Group 7 pm AA Men's Mtg 7 pm Sunday Svcs Committee Meeting	7 7:30 am Soul Motion 3 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	8 11:45 am AA Meditation 7 pm Medicine Theater 7 pm Women & Song 7 pm Consc. Proj. "The Brainwashing of My Dad"*	9 6 pm AA Men's 7 pm BFUU Open Mic: Roger Brown & Leslie Thorne*	10 9 am ASCA 6 pm Augustine Fellowship
9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck/Farewell Party* 12:30 BFUU Writers Group 1 (no animals)* 12:30 Communication with Care Practice* 8 pm AA Mtg	12 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion 8 pm Dulcimer Ensemble	7:30 am Augustine Fellowship 6 pm Empowered Communication Practice Group 7 pm AA Men's Mtg	14 7:30 am Soul Motion 3 pm Tai Chi/ Qigong* 6:30 pm Sunflower 7 pm NA Men's Mtg 7 pm Core Connexion	15 11:45 am AA Meditation 7 pm Medicine Theater 7 pm Unconditional Love Qwire 7pm Convergence at the Border Report Back* 7 pm BFUU Board of Trustees Mtg*	16 6 pm AA Men's	17 9 am ASCA 6 pm Augustine Fellowship 7 PM Augustine Fellowship Holiday
9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 7pm The 2016 Selection - What Do We Do Now?* 8 pm AA Mtg	19 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	20 7:30 am Augustine Fellowship 6 pm Empowered Communication Practice Group 7 pm AA Men's Mtg January Communicator Deadline	21 7:30 am Soul Motion 7 pm NA Men's Mtg 7 pm Core Connexion 7 pm Good Grief Group*	22 11:45 am AA Meditation 7 pm Women & Song	23 6 pm AA Men's 7 pm Tibetan Festival of Light*	9 am ASCA 5 pm Christmas Eve Service* 6 pm Augustine Fellowship
9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 BFUU Writers Group 2 (svc animals)* Membership Mtg* 8 pm AA Mtg	26 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion Christmas Holiday Office Closed	27 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	28 3 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	29 11:45 am AA Meditation	30 6 pm AA Men's	31 9 am ASCA

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