

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

February 2014

Upcoming Sunday Services

(services at 10:30 a.m.)

February 2: Evolution Sunday: All That Has Given Us Birth

Rev. Joy Atkinson, Worship Leader

Amazingly, there are still those who question the scientific theory of evolution on religious grounds. But to many modern scientists and theologians alike, science and religion are not enemies. Many religious organizations set aside a Sunday in February annually to celebrate Evolution Sunday, as an answer to those who continue to denounce the theory of evolution. This service will celebrate the contributions of Charles Darwin, born 205 years ago on February 12, and explore the interface of the scientific and religious world-views. During this service, we will also welcome several new people into membership at BFUU.



February 9: Exploring Transylvania: The Seat of Unitarianism

Jo Green, Worship Leader

How much do we know about our Unitarian family in Transylvania? Are we different or the same? In her travels, Jo Green, a Starr King student on scholarship in Transylvania, explores the roots of our faith tradition, our similarities and differences in practices and conventions and the knowledge we can gain from our Unitarian family in the country of our beginnings.

February 16: I Love, Therefore I Am

Rev. Joy Atkinson, Worship Leader

On this service celebrating Valentine's Day, the sermon will explore the history of this lover's holiday, and we will celebrate through poetry and song various facets and types of love in human experience.

February 23: The Gift of Anger

Pam Gehrke, Worship Leader

Reflecting on the good, bad and ugly of this most heated of emotions, we consider what makes anger a "gift." How can we best deal with its destructive potential in ourselves and others?

Pam Gehrke is a Unitarian Universalist ministerial candidate and graduate of Starr King School of the Ministry. Before attending seminary, she taught writing, literature and mythology for many years. She is a member of the Unitarian Universalists of San Mateo.

Words of Joy: On Volunteering and Love

Thoughts and Reflections From Interim Minister Reverend Joy Atkinson



Clergy & Staff

Reverend Joy Atkinson
Interim Minister

Reverend Earl Koteen
Community Minister

Katrina Martin
Office Coordinator

Deborah Hamouris
Event Space Coordinator

Ed Keating
Facilities Manager

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Ben Burch, *Treasurer*

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Shirley Taylor

Susan Singh (alternate)

Doug Chambers (alternate)

The best way to find yourself, is to lose yourself in the service of others.
—Mahatma Gandhi

Here's a little story on the strength of community: A father wanted to leave his estate to his children, but he wanted to be sure that they would stick together, cooperate and look after each other when he died. So he gave each of them a small stick and asked them to break it, which they easily did. Then he took several of the same size sticks and bound them together, and asked them to break the bundle. No one could, of course —an illustration of how much stronger we are when we are bound together than when we are separate.

The life and health of this Fellowship rest on the collective commitment of its volunteers. This Fellowship is blessed with some very dedicated volunteers who chair and staff committees, see to the building and grounds, assist the staff with a multitude of projects, teach children and adults, care for elders and those in need, engage in social justice projects, greet visitors, prepare coffee and snacks, work with the minister to present quality worship on Sunday mornings...the list goes on and on. My deep gratitude goes to all of you who give of yourselves in this way! I know I don't have to tell you how rewarding it is to devote your time and talents to an organization that you care deeply about.

This small congregation is always in need of additional volunteers, and at the present time we especially need more people to fulfill some of the hospitality and membership functions that are important to newcomers and new members, whose increasing participation in the life of the fellowship is crucial to the future of BFUU. If you would like to help with some of these functions, or with any of the many areas of congregational life that keep BFUU going, please let us know. You may call the office to indicate an interest in offering your services. You may also call me or speak to me in person.

Since February, with Valentine's Day in the middle of it, is a month dedicated to the expansive experience of love, I leave you with these quotes on this powerful human emotion:

Unarmed love is the most powerful force in the world. —Rev. Dr. Martin Luther King, Jr.

There is no remedy for love but to love more. —Henry David Thoreau

Love is the active concern for the life and growth of that which you love.
—Erich Fromme

May your life be replete with love!

Joy

2014 Congregational Study and Action Items

Board Vice President Gene Herman

UU Congregations around the country are voting now on which Congregational Study/Action Issue (CSAI) proposals will go to the UU General Assembly next June. There, delegates to the General Assembly will choose just one CSAI for the UU movement as a whole.

Congregational Study/Action Issues (CSAIs) are issues selected by Unitarian Universalists member congregations for four years of study, reflection and action.

Congregations have only about two weeks, until Monday, February 3, to submit their vote.

Congregational Study/Action Issues (CSAIs) are a way for UU congregations around the country and the UUA to engage together on a common social justice issue. The commitment is for four years of study and action.

We want everyone to do all they can to make sure that the proposal “UU Values and the Pursuit of a Just Peace for Israelis and Palestinians” is on the agenda at General Assembly and that the delegates there select it.

Commitment of the UU movement as a whole to this CSAI would be a really big step for UU engagement on this critical peace and justice issue. A UUJME newsletter about the just peace proposal can be found at: <http://tinyurl.com/uujme-csai-newsletter>.

The BFUU Social Justice Committee and the Board of Trustees have endorsed this proposal wholeheartedly, and we are asking any pledging member to absolutely include “UU Values and the Pursuit of Just Peace for Israelis and Palestinians” in their vote.

Congregations can vote for up to five proposals. Each congregation chooses its own method of voting. BFUU will vote after service on Sunday, February 2.

The six different proposals to vote on and a

description of the CSAI process can be found at <http://www.uua.org/statements/current/>.

Below is list of the six CSAI proposals along with each issue and grounding info. Your informed decision is sincerely appreciated.

1. Confronting Escalating Inequality

Issue

Upward mobility, the American Dream, has become a myth. Concentration of wealth and power has skyrocketed. King's dream of justice and equality has fractured. Half of all Americans are impoverished or struggling, as the middle class shrinks and billionaires take the profits. Where's our commitment to the Common Good?

Grounding

Our Unitarian Universalist (UU) tradition places its faith in people to create a more loving community for all, guided by “justice, equity and compassion in human relations.” Challenging extreme inequality has now become a moral imperative, just as prior generations have led movements from abolition to civil rights and marriage equality.

2. Stopping Ageism and Empowering Ability

Issue

The personal is political. Young people and older people know what it's like to be abused, marginalized and discriminated against because of their age and ability. How can congregations best empower young and old? How can people with different abilities, in different age groups, create the Beloved Community?

Grounding

Be the change you want to see in the world. A primary purpose of the UUA is to organize and support congregations. Our congregations are voluntary, self-governing groups that can empower individuals and that can demonstrate new possibilities for creating love and justice.

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Poetry Corner

Mend O Scene O

Exotic cadmium yellow flowers subtend
weathered picket fences.
Catch an ocean view, from any pew.
Driftwood-filled yards intertwined with ancient mariners,
wisteria vine and redwood wine.
Quiet lazy streets belie Pacific coasters at play.
Silk screens hid behind the weavers shawl
turncoat ewes loll beyond crafted chimes.
The watering holes are leisure bound
between American Express, cappuccino, frozen margaritas,
and whole wheat baguettes.
Buy a ceramic mug, printed tee of a bay scene,
or a multi-colored flower candle.
Just down the road from "jug handle"
nothing here creates a scandal,
a scone, a poem, tie-dyed driftwood.
Inaccessible beaches shelter decayed redwood giants
seaworn into bizarre cigar shapes.
The ravages of winter storms
leave harsh evidence of brutal power, eroded paths
closed roads, how un-pacific.

~Gene Herman

Hospitality Corner

A Note From Departing Co-Chair Elinor Roberts

I have "hung up my hat" as Hospitality Co-Chair to dedicate myself to my outside work (as an advocate for homeless people) and to rest. It has been an honor and privilege (and fun!) to go from volunteering to leadership.

The Fellowship needs your help now more than ever! If you enjoy coffee before Sunday service, offer to make it one day a month. If you want to welcome and reach out to others, volunteer to sit at the Welcome Table. If you like to linger for a while, help with clean up. There will be sign-up sheets at the Welcome Table for these openings. Giving our time is a great way to help the Fellowship and it gives us a true sense of belonging.

We need new Hospitality leadership to direct traffic, engage volunteers, write updates for the newsletter and be a point of contact. The next Hospitality Committee meeting will be February 23 after the Sunday services.

I'll continue to arrange the Second Sunday potlucks through the spring. The next one will be February 9 after the service. Bring a dish to share, throw some money in the basket, and enjoy a light lunch with our beloved community.

Communicator Deadline

All material for the newsletter will be due on the **20th of the month**.

Please change send all articles and announcements for March to Katrina Martin at newsletter@bfuu.org by **Thursday, February 20**. Thank you.

February Birthdays

Jim Beatty

Margaret Hamilton

Tom Ross

Sylvia Scherzer

Dolores Helman

Katrina Martin

Lauren Renee Hotchkiss

Please send joys, sorrows, milestones or birthdays to the office by the 20th of the month. Please keep it brief. Send to newsletter@bfuu.org.



Upcoming Events

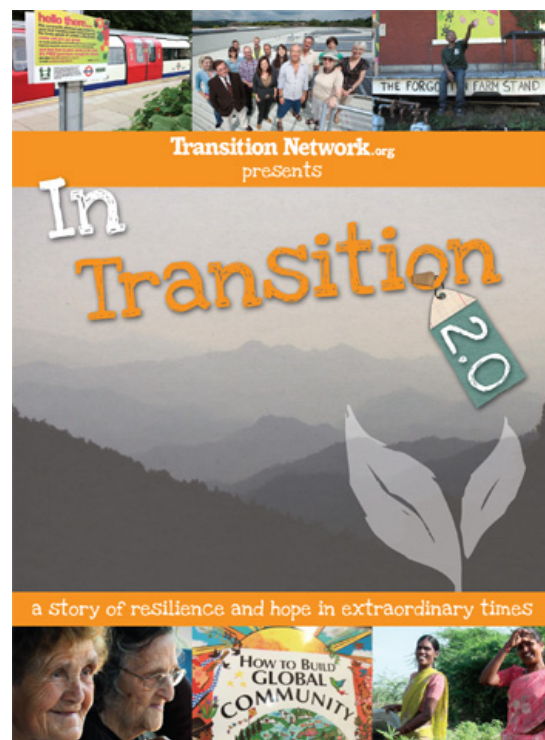
Screening the Green Film: *In Transition 2.0*

Thursday, February 6 at 6:30 p.m. in the Fellowship Hall
— 1924 Cedar St. 

Please join us for a potluck supper at 6:30 p.m. to celebrate Transition Berkeley's third anniversary, followed by *In Transition 2.0*, an inspirational film about the Transition Movement that gathers stories from ordinary people doing extraordinary things.

We'll learn what Transition Towns around the world are doing to change their local economies. You'll hear about communities printing their own money, growing food everywhere, localizing their economies and setting up community power stations. After the film there will be opportunities to talk about the film and get involved in action projects in the community. We're grateful for all the dedicated people we have met and green partners we have worked with in the last three years. We'll make time during this evening to show our appreciation for the great folks who are working to create a healthier, greener, better community.

Co-sponsored by the SJC and Transition Berkeley. Suggested donation \$5-10, no one turned away for lack of funds.



Ruth Barrett in Concert

Saturday, February 8 at 7:30 p.m. in the Fellowship Hall— 1924 Cedar St.

Ruth Barrett is a fretted dulcimer recording artist, singer, and songwriter and award-winning recording artist. She is known for her original folk music inspired by folklore, mythology, the celebration of nature and her arrangements of traditional Celtic and English folk music. Ruth's musical collaboration with dulcimer player Cyntia Smith produced five critically acclaimed recordings beginning in 1981. These recordings and subsequent solo recordings feature Ruth's classical finger picking style of dulcimer playing, combined with a powerful and beautiful voice that has continued to enchant listeners for over four decades.

Admission: \$15-25, sliding scale. Reservations: berkeleydulcimerathering@djhamouris.com. Ruth will also teach a mountain dulcimer workshop on February 8 plus a song & chant workshop on February 9, both in the Connie Barbour room starting at 2 p.m. For more information go to: <http://djhamouris.com/>



Events Continued

Stone Soup Improv

Saturday, February 1 at 8 p.m. in the Fellowship Hall—1924 Cedar St.

Stone Soup Improv has a diverse cast with over 50 years of collective improv, acting, and comedy experience. On the first Saturday of each month, we bring you a mix of improv styles (Think “Whose Line Is It Anyway” with a tad of long form thrown in). Always fresh, always fun. Local. Organic. Funny. Info at www.stonesoupimprov.com.



Sufi Wisdom Meeting of the Bawa Muhaiyaddeen Fellowship

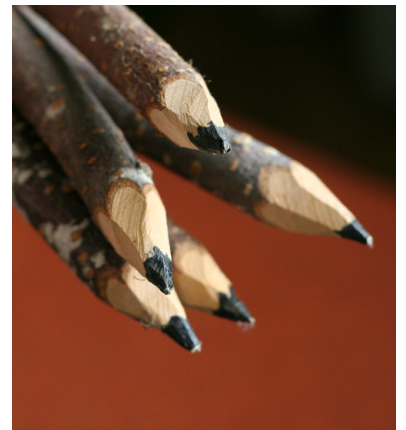
Saturday, February 15 at 3 p.m. in the Fireside Room — 1606 Bonita Ave.

Please come and join us in the sharing of the Sufi teachings of Bawa Muhaiyaddeen, for prayerful meditation and the discussion of the topic: "Faith in the Teachings of Sufism." For more information about the Bawa Muhaiyaddeen Fellowship, please visit www.bmf.org/m/index.html.

Writing What You Want to Say: A Writing Workshop with WordSwell

Sunday, February 23 at 12:30 p.m. in the Fireside Room—1606 Bonita Ave.

Have you written before? Or always wanted to write more? This group will support and encourage you to write. Facilitator Holly Harwood is a local poet and teacher whose work has inspired a lot of creative words to flow in Berkeley and beyond.



Introduction to Dreams with Katrina Dreamer

Monday, February 24 at 6 p.m. in the Fireside Room—1606 Bonita Ave.

This class will show you how working with your dreams can help you use your intuition to make decisions, receive guidance and realize your potential. In this two-hour workshop, dreamworker Katrina Dreamer, MA will share tips on how to record, remember and better understand your dreams. There will be time for dreamwork as well, so bring a dream or two!

\$20. Space is limited; please RSVP at katrina@katrinadreamer.com.

Recurring/Ongoing Events

T'ai Chi Ch'uan with Karina Epperlein: The Principles and Art of Slowing Down *Mondays, 6-7 p.m. in the Connie Barbour Room — 1606 Bonita Ave.*

Breath, sound, movement, qi gong, imagination and intention, standing and walking meditation, balance, centering and grounding. Karina brings to her 37 years of teaching an extensive background and training in T'ai Chi Ch'uan, dance, physical theater, music, voice, breath and meditation.

Ongoing. \$90 per month. Please call in advance to register: 510-559-8892. Visit www.karinafilms.us for more information.

Tuesdays Together

Tuesdays, 6-8 p.m. in the Fellowship Hall—1924 Cedar St. 



Each Tuesday Together begins with a potluck meal at 6 p.m. and then at 7 p.m. we switch to a class or activity. Upcoming Tuesdays Together programming includes:

Feb. 4: What Should I Do? Rev. Joy will read a session on personal ethics.

Feb. 11: Writing Fun. Lead by Holly Harwood.

Feb. 18: Games Night. Join us for fun and interactive games.

Feb. 25: Meaning and a Sense of Purpose. Lead by Rev. Joy.

T'ai Chi & Qi Gong with Gene Herman

Wednesdays, 4-5 p.m. in the Connie Barbour Room — 1606 Bonita Ave. 

This practice is appropriate for people of all ages. It improves health and well-being at any age.

Dance From Your Core: CoreConnexion Transformational Arts with Eva Vigran, MA *Wednesdays, 6-8 p.m. in the Fellowship Hall—1924 Cedar St.*

Starting in the NOW, we will listen to body and soul, following movement that emerges from moment to moment. Through playful connection with ourselves, others and nature, we can illuminate our individual and authentic aliveness and strengthen our inner nature and resources. Participants will gain access to the wisdom and joy at their core. First class is free! www.coreconnexion.net.

Question Mark Cafe

First Fridays at 11:30 a.m. in the Fireside Room—1606 Bonita Ave. 

Potluck lunch and a very special presentation by Patrice Young. Join us for a well-rounded look at modern slavery and human trafficking. Role play and first-hand victim stories provide a deeper understanding of how personal circumstances create trafficking vulnerability. Have your questions answered and take away resources to learn more along with tools to actively fight slavery in your life.

Study and Action Items

continued from page 3

3. Ending the War on Terror

Issue

Since September 11, 2001, the U.S. has engaged in a “war on terror,” with the doctrine that “the world is our battlefield.” Torture, extraordinary rendition, detention without trial, extrajudicial assassination by drone strike, dragnet surveillance of communications and military intervention have been conducted in the name of combating terrorism. The military consumes a vast share of the discretionary Federal budget. Yet because much of this war is conducted in secret and constitutes killing by remote control, it is often virtually invisible in Americans' daily lives, despite our collective responsibility for it. Making the invisible visible as the basis for moral choice is central to religious practice.

Grounding

UU principles include “the goal of world community with peace, liberty and justice for all.” But how do we live by this goal in a chaotic world? UUs have classically been divided between pacifists and those who accept just war. The UUA is still somewhat on the sidelines when there are peace initiatives; could a new study/action issue build upon, yet move beyond, the 2010 Statement of Conscience and bridge old divisions? By looking at the specifics of the post 9/11 world, can we reach consensus for engagement in issues of anti-imperialism and global peace and justice?

4. UU Values and the Pursuit of a Just Peace for Israelis and Palestinians

Issue

The conflict between Israelis and Palestinians, now in its 7th decade, has caused great suffering and injustice, with effects extending far beyond the local region. Palestinians continue to endure violence, occupation and dispossession, while Israelis are threatened by the larger specter of violent attacks and growing international isolation.

Grounding

UU principles affirm the worth and dignity of all

people and endorse justice, equality, democracy and compassion in human relations. These values compel us to seek understanding of the Israeli/Palestinian conflict so that we can contribute with our actions to a more just and compassionate world in Israel-Palestine and beyond.

5. Gun Violence: A Public Health Issue

Issue

Since the tragedy in Newtown, CT, I have been studying the issue of gun violence. Here are some facts: since 1963 166,500 children and teenagers have lost their lives to guns. That is an average of 3,470 deaths every year for 50 years. The number of children and teens killed by guns since 1963 is three times as great as the number of personnel killed in action in the Vietnam, Afghanistan and Iraq wars combined. That is an average of eight children a day.

Grounding

As our first UU Principle states, we affirm the worth and dignity of all people. We are called to action on behalf of the innocent victims of gun violence.

6. Renewing and Securing Our American Democracy

Issue and Grounding in Unitarian Universalism

Negative campaigning, voter suppression efforts, huge infusions of cash from super-rich donors and narrow special interests into our election and political processes, hyper-partisan politics, the alienation of ordinary citizens, decreasing voter turnout and the erosion of our civil liberties.

All of these factors contribute to a growing fear that our American democracy and government of, by and for the people are in jeopardy.

What can we Unitarian Universalists do—with our commitment to justice, equity and the use of the democratic process in society at large—to protect, renew, secure and further democracy in America?

Fellowship Calendar February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9 am ASCA 10 am BFUU Choir Rehearsal* 5:45 pm SLAA 8 pm Stone Soup Improv
2 9:30 am BFUU Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 5 pm DA Mtg 5 pm Spark Circle 8 pm AA Candlelight	3 5:50 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:15 pm Soul Motion	4 7:30 am SLAA 10 am Elder's Circle* 6 pm Tuesdays Together* 7 pm AA Men's Mtg	5 4 pm Tai Chi/ Qigong* 6:45 pm NA Men's Mtg 7 pm Core Connexion	6 11:45 am AA Meditation 7 pm Screening the Green film* 7 pm Norcal 9/11 Truth Alliance	7 7 pm NA Women's Mtg	8 9 am ASCA 10 am Dr. Hu Qigong 10:30 am Queer Parents Group 2 pm Mountain Dulcimer Workshop 5:45 pm SLAA 7:30 Ruth Barrett
9 9:30 am Choir* 10:30 am Sunday Service* 12 pm Potluck* 1 pm Dulcimer Workshop 5 pm DA Mtg 8 pm AA Candlelight	10 5:50 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:15 pm Soul Motion	11 7:30 am SLAA 6 pm Tuesdays Together* 7 pm Sunday Services Mtg* 7 pm AA Men's Mtg	12 4 pm Tai Chi/ Qigong* 6:45 pm NA Men's Mtg 7 pm Core Connexion	13 11:45 am AA Meditation 7 pm Conscientious Projector Film*	14 7 pm NA Women's Mtg 7 pm BFUU Open Mic*	15 9 am ASCA 2 pm Ancestral Healing 3 pm Sufi Wisdom Mtg 5:45 pm SLAA
16 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 5 pm DA Mtg 8 pm AA Candlelight	17 5:50 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:15 pm Soul Motion	18 7:30 am SLAA 10 am Speed Coaching 6 pm Tuesdays Together* 7 pm AA Men's Mtg	19 4 pm Tai Chi/ Qigong* 6:45 pm NA Men's Mtg 7 pm Core Connexion	20 11:45 am AA Meditation 7 pm Norcal 9/11 Truth Alliance 7 pm Berkeley Disaster Preparedness	21 7 pm NA Women's Mtg	22 9 am ASCA 5:45 pm SLAA 6 pm El Salvador Elections SJC event*
23 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Wordswell Workshop 4:45 pm Spiral Path 5 pm DA Mtg 8 pm AA Candlelight	24 5:50 pm Tai Chi Chuan 6 pm AA Mtg 6 pm Introduction to Dreamwork 6:15 pm Soul Motion	25 7:30 am SLAA 6 pm Tuesdays Together* 7 pm AA Men's Mtg	26 4 pm Tai Chi/ Qigong* 6:45 pm NA Men's Mtg 7 pm Core Connexion	27 11:45 am AA Meditation 7 pm Board Meeting*	28 6:30 pm Ancestral Healing 7 pm NA Women's Mtg	

* denotes Fellowship event

Spiritual Growth and Social Justice in the Heart of Berkeley

BFUU OFFICE HOURS

Monday - Friday: 11 a.m. to 5 p.m.

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SUBMISSION DEADLINE FOR NEXT *COMMUNICATOR*: February 20
Please email editor Katrina Martin at newsletter@bfuu.org with submissions.

Address Correction Requested

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