

# THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

January 2014

## *Upcoming Sunday Services*

*(services at 10:30 a.m.)*

### **January 5: Your One Wild and Precious Life**

Rev. Joy Atkinson, Worship Leader

It's a New Year—a time for resolutions, perhaps, on how to live the rest of our lives most fruitfully. The service and sermon will explore the issue of time in our lives and how we might live more fully in this new year and beyond.



### **January 12: Journey to Wholeness Through Service**

Lauren Renee Hotchkiss, Worship Leader

Using examples from her life experience, the BFUU Community and what she has learned along the way, Lauren will explore the idea of working with our challenges by being of service to others – and ultimately ourselves.



### **January 19: Following a Dream**

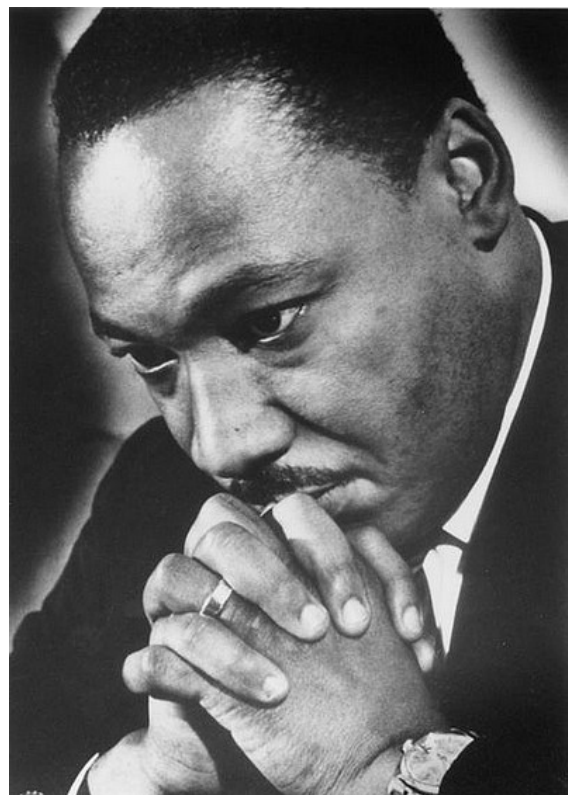
Rev. Joy Atkinson, Worship Leader

This service in honor of Rev. Dr. Martin Luther King will focus on issues of racial justice and the phenomenon of white privilege, woven together with African American poetry and personal experience.

### **January 26: On the Sacrament of Being**

Wesley Morrison-Sloat, Worship Leader

Please bring your favorite books or your e-reader to decorate the altar as we explore the spiritual tradition of sacred texts and reading for education, enlightenment and joy.



# Words of Joy

## *Thoughts and Reflections From Interim Minister Reverend Joy Atkinson*



### Clergy & Staff

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Happy New Year! We begin another year, mindful of the time passing with surprising swiftness, aware of the tasks and goals we have yet to accomplish, aware as well of the nagging opportunity, as each page of the calendar turns, to create resolutions we may all too soon feel guilty about breaking. Instead of piling up regrets as we move through our lives, we would do well to keep in mind these words of Ralph Waldo Emerson—said to be words of advice he sent to his daughter Ellen, in response to a letter she wrote to him of a mistake she regretted making:

*Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays.*

For the New Year, here are some more words of advice by Judith Viorst, that I have kept for years. As I continue to participate in the amazing journey that is life on this precious planet, I still find in these sobering words a poignant reminder about the futility of clinging to regrets, unrealistic expectations and disappointments:

### *Some Facts of Grown-Up Life*

#### *First the Bad News:*

- 1. Life isn't fair.*
- 2. The question isn't "Why me?" It's "Why not me?"*
- 3. No matter how nice and bright and lovable and charming you are, not everyone is going to approve of you, or love you, or even like you.*
- 4. From time to time, it will rain on your parade.*
- 5 Every now and then, no matter how careful you try to be, you are bound to do something unbelievably stupid.*

#### *Next, the Good News:*

- 1. Unless you're hanging around with some really mean people, no one is going to remember the dumb things you've done.*
- 2. You don't have to have an opinion on everything.*
- 3. Virtually all the bad stuff in life is survivable. A lot of it is even eventually useful.*
- 4. Although you're not nearly as wonderful as you hoped for, you're not nearly as terrible as you feared.*
- 5. I've never met a grownup who, given the choice, would choose to go back to being a child.*

May you have a fulfilling and joyous Twenty-Fourteen!

Joy

# Mourning the Loss of Two BFUU Members

## Richard Dewey 1934-2013

It is with great sadness that we mourn the loss of our beloved brother, congregation member and comrade in arms Richard Dewey. We grieve Richard's passing along with his lovely and gracious wife Judith.

His memorial will be held in the Connie Barbour room at noon on January 11.

Richard grew up in Oregon and came to San Francisco to attend USF where he met Judith and their romance blossomed into a marriage of 53 years.

Richard came to the Fellowship with a long and varied "his"tory of accomplishments. Richard lived

in Beirut, Cairo and Istanbul working as a librarian and teacher. He was an avid reader as well as a lively conversationalist. Richard and Judith also lived for a time in New Hampshire and Cambridge before returning to the Bay Area. Richard and Judith decided to reside in Benicia where the air seemed to be cleaner and thus easier on Richard's emphysema-affected lungs. They came to BFUU because of our social justice presence and our cordial demeanor.

Richard passed away on Nov. 5 after a long and valiant struggle against the debilitating effects of emphysema. In addition to Judith and son Aaron, Richard leaves behind family in Oregon.

## Addie Bianchi 1924-2013

BFUU is grateful that on Saturday, Dec. 28 we had the deep honor of celebrating the life of one of our wisest and most caring members, Addie Bianchi. We were joined by Addie's family and the Anthroposophical Center for Social Development.

Addie wore many hats: committed activist, spiritual and truth-seeker, teacher, writer, thinker, mother, grandmother, knowing student of Rudolph Steiner and the tenants of Anthroposophy, co-founder of the East Bay Waldorf School, Sabeel and World Federalist supporter. Her life-long work was promoting peace and justice in the world and

campaigning tirelessly against the use of nuclear weapons. Her extensive travels and constant engagement in causes close to her heart were consistent with her belief that the path to peace is through dialogue. Her open, curious mind and respect for all points of view, her writings and our memories can continue to inspire and inform our lives.

Our community is blessed that her son Marc is still a valued member of BFUU.

—Cynthia Johnson

## View From Rooms@bfuu.org

### *Event Space Coordinator Deborah Hamouris*

This January brings me to a year here at BFUU! A year of meeting members of the community, serving their needs, enjoying the new connections and becoming more a part of that community myself.

I want to thank the members of the Fellowship for providing such right livelihood for my days and weeks.

It has truly been a pleasure to serve both the Fellowship and the larger

East Bay community of teachers, artists, musicians, healers and spiritually like-minded practitioners that call BFUU home every day.

Starting in January, we will host the Crimson Gate meditation group on Sunday evenings and the Reclaiming Community will hold their Winter Family Circle here. Along with our other offerings, what a beautiful beginning for 2014!



# Hospitality Corner

## **The Second Sunday Potluck returns on January 12!**

Come and break bread together in the New Year. Bring a dish to share, throw some money in the basket and stay after the service on January 12 to enjoy a light lunch with our beloved community.

**Visit the Welcome Table every Sunday** — to say hi, volunteer to lend a hand and sign the cards for those with upcoming birthdays, special life events, or anyone in need of connection. You can also sign up for a shift at the Welcome Table, and assist folks during and after Sunday service. Many thanks to all who reach out to newcomers and others in need each Sunday. You make the Fellowship a warm and welcoming place.

**Lend a hand!** We always need help with coffee, clean-up, passing the baskets and extending a welcome on Sunday morning. Many hands = light work. Our next Hospitality/ Membership meeting will be Sunday, Jan. 26, after Sunday service. Look for Elinor Roberts to find the location. All are welcome!

# New Member Page

We've added a new Members page to our web site!

Right now it features notes from Rev. Joy's cottage meetings and photos from our Thanksgiving service.

**You can see it at [bfuu.org/about-us/members](http://bfuu.org/about-us/members).**

We would like to add more content. If you have good photos of ongoing here at BFUU, please send them to Katrina at [office@bfuu.org](mailto:office@bfuu.org).

We hope to add meeting minutes and committee reports in the future.

if you have other ideas about what you'd like to see on a members page, please let us know.

## Communicator Deadline

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

Please change send all articles and announcements for February to Katrina Martin at [newsletter@bfuu.org](mailto:newsletter@bfuu.org) by **Monday, January 20**. Thank you.

## January Birthdays



**Shirley Taylor  
Holly Harwood  
Elinor Roberts  
Marge Turngren**

If you have a joy, sorrow or a milestone you would like included in the "Tree of Life," or if your birthday wasn't listed, please send it to the office via print or email by the 20th of the month. Please keep it brief. Send to [newsletter@bfuu.org](mailto:newsletter@bfuu.org).

## Singers Awake!

Our choir is growing and we'd love to have you join us. We meet once a month on Saturdays (schedule and location announced as available) and most Sunday mornings at 9:30 a.m. sharp. We sing at (almost) every service and prepare special music for some. Bring your voice and a friend!

## Play an Instrument?

We are also searching for more musicians for our house band. The band practices Saturdays from 2 to 5 p.m. at BFUU (room varies with availability but will be announced in advance) and performs at services once or twice per month.

You can also get your feet wet (and your fingers and voices warmed up) by bringing your instrument to Sunday services to join or start a jam during lunch hour.

Anyone interested contact Music Coordinator Lauren Renee Hotchkiss at [laurhot@gmail.com](mailto:laurhot@gmail.com) or 510-530-5617.

# Upcoming Events

Our event listings include Fellowship-sponsored events and events from private groups. Fellowship events are marked with a chalice. ☪

## Screening the Green Film Series: *Money and Life*

*Thursday, January 2 at 7 p.m. in the Fellowship Hall—1924 Cedar St.* ☪

This cinematic odyssey offers a new story of money based on an emerging paradigm of planetary well-being that understands all of life as profoundly interconnected. Following the screening, Marco Vangelisti of “Essential Knowledge for Transition” will take a closer look at the design of the money and banking system.

This event is co-sponsored by Transition Berkeley, Essential Knowledge for Transition, Slow Money Northern California and BFUU's Social Justice Committee. [www.transitionberkeley.com](http://www.transitionberkeley.com)

*Suggested donation \$5-10. No one turned away for lack of funds. Volunteers appreciated.*

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## Conscientious Projector's Film Series for the 99%: *The Ghosts of Jeju Island*

*Thursday, January 9 at 7 p.m. in the Fellowship Hall—1924 Cedar St.* ☪

A shocking documentary about the struggle of the people of Jeju Island, South Korea. Set in the context of the American presence in Korea after World War II, the film reveals horrible atrocities at the hands of the US military and the Korean government.

Using previously secret and classified photos, film and documents, this is the first English-language documentary about the struggle of the brave people of Gangjeong Village who are opposing the military advance of the US, just as their parents and relatives did in 1947.



As then, they are being arrested, jailed, fined and hospitalized for resisting the construction of a massive naval base that will accommodate America's “pivot to Asia” announced by President Obama. This will destroy their 400-year-old village and their UNESCO-protected environment.

*Suggested donation \$5-10. No one turned away for lack of funds. Volunteers appreciated.*

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## Berkeley Fellowship Open Mic

*Friday, January 10 at 7 p.m. in the Fellowship Hall — 1924 Cedar St.* ☪

Featured artist TBA, host TBA. Sign up at 6:30 p.m. for 20 ten-minute spots.

*Suggested donation \$5-10. No one turned away for lack of funds. The featured performer starts at 8:30 p.m.*

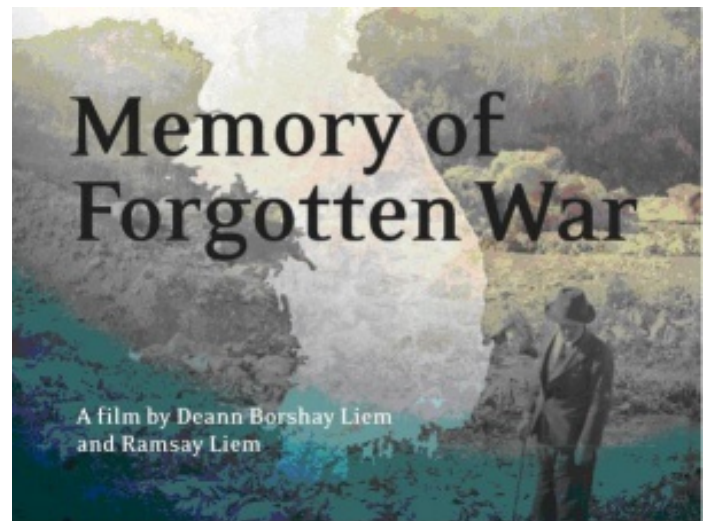
## Events Continued

### **Film: *Memory of Forgotten War***

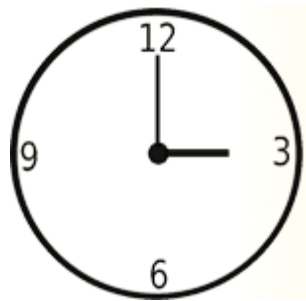
*Thursday, January 16 at 7 p.m. in the Fellowship Hall — 1924 Cedar St.* 

This film conveys the human costs of military conflict through deeply personal accounts of the Korean War (1950-53) by four Korean-American survivors. Their stories take the audience through the trajectory of the war, from extensive bombing campaigns, to day-to-day struggle for survival and separation from family members across the DMZ.

Decades later, each person reunites with relatives in North Korea, conveying beyond words the meaning of family loss. These stories belie the notion that war ends when the guns are silenced and foreshadow the future of countless others displaced by ongoing military conflict today. The film's personal accounts are interwoven with thoughtful analysis and interpretation of events by historians Bruce Cumings and Ji-Yeon Yuh who situate these stories in a broader historical context.



*Suggested donation \$5-10. No one turned away for lack of funds. Volunteers appreciated.*



**Speed Coaching**  
Unleashing Your Potential

### **Life Coaching Circle: Setting Achievable Goals**

*Saturday, January 18 at 10 a.m. in the Fireside Room — 1606 Bonita Ave.*

Setting goals can be a good thing to do but at times we set our goals too high and then are unable to achieve them. When you set goals that are reasonable, measurable, time sensitive, realistic and specific, you are creating a pattern for success. Come and learn how you can do this with the team from Speed Coaching.

*\$10 per person.*



### **Sufi Wisdom Meeting of the Bawa Muhaiyaddeen Fellowship**

*Saturday, January 18 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](http://www.bmf.org/m/index.html)

## Events Continued

### **Awakening the Sacred Body with Geshe Tenzin Wangyal Rinpoche**

*Saturday, January 25 at 9:45 a.m. in the Fellowship Hall—1924 Cedar St.*

Tenzin Rinpoche is an acclaimed author as well as a highly respected and beloved teacher to students throughout the US, Mexico and Europe. Fluent in English, Tenzin Rinpoche is renowned for his depth of wisdom; his clear, engaging teaching style; and his ability to make the ancient Tibetan teachings highly accessible and relevant to the lives of Westerners. Rinpoche will focus his talk on the practices related to the nine breathings of purification. He will also offer detailed instruction on Tsa- Lung exercises.

*Suggested donation: \$20. 100% of proceeds go to the Tibetan Association of Northern California's community center renovation project.*



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

*Sunday, January 26 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.

### **Visioning 2014: A Vision Board Workshop**

*Monday, January 27 at 6 p.m. in the Fireside Room—1606 Bonita Ave.*

Dream big in 2014! in this workshop we'll create vision boards that will help you bring those dreams to fruition.

Katrina Dreamer will lead you through a guided meditation to help center you and guide you toward your biggest visions. The rest of the time will be spent creating! All materials provided. If you have a particular item or image you'd like to include on your board, please bring it.

Find out more about Katrina at [katrinadreamer.com](http://katrinadreamer.com).

*Space is limited. Email [katrina@katrinadreamer.com](mailto:katrina@katrinadreamer.com) to register. \$10.*



### **Tom Paine's 277th Birthday**

*Thursday, January 30 at 7 p.m. in the Fellowship Hall—1924 Cedar St.*

We will celebrate Tom Paine's living legacy with an invocation read by Ben Burch, followed by quotation readings, music and the "Thomas Paine Courageous Spirit Awards."

## 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](http://www.karinafilms.us) for more information.*

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### **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:

Jan. 7: Exploring our Peak Experiences and Epiphanies with Rev. Joy.

Jan. 14: Hymn Sing with Lauren and perhaps other musicians.

Jan. 21: Game Night. Join us for fun and interactive games.

Jan. 28: "Flash Fiction" Story Night with Wesley Morrison-Sloat. We will listen to a brief audio story and discuss.

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### **Art for Social Change**

*Tuesdays, 3:30-5 p.m. in the Fireside Room—1606 Bonita Ave.* 

Open workshops at the Hal Center for Social Justice every Tuesday afternoon. Create art pieces, make recycled art, design posters, make a statement, knit, make giant protest puppets or fold cranes for peace. Bring your own materials or use ours. Workshop is drop-in, free and all are welcome.

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### **T'ai Chi & Qi Gong with Gene Herman**

*Wednesdays, 4 to 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.

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### **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](http://www.coreconnexion.net).

## Recurring/Ongoing Events Continued

### First Fridays Cafe

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

Join Cynthia Jean Johnson in the Fireside Room for a light potluck lunch with open discussion.

## Social Justice Watch

*Cynthia Johnson*

### City of Joy

Thanks to Carol Ann Amour and others who donated their treasures and time for the rummage sale. It was great fun and we were able to send almost \$400 to City of Joy, a beautiful project that helps women in the Congo heal and empower others.

### Fukushima Resolution Passes Berkeley City Council

Social Justice Committee member Phoebe Sorgen and the Fukushima Response Project dedicated hundreds of hours which resulted in the Berkeley City Council unanimously passing a resolution to send letters recommending that the United Nations and international experts support the Japanese government in dealing with the Fukushima disaster of March 2009. The resolution also strongly urged the California Department of Health to research, inform and educate citizens about the consequences of the reactor cores that are still melting and the tons of radioactive water released every day in the Pacific.

### Jeju Island Resolution Encourages Resistance

Berkeley became the first US community to pass a resolution of support for the courageous resisters of Jeju Island who continue to protest the US/Korea

Naval Base already being constructed. It is destroying the South Korean people's way of life and damaging a UNESCO World Heritage site.

Jeju is an island off South Korea that experienced genocide in 1948 and Japanese and US occupation from 1905 on. Please join us on January 9 and 16 (see the events listings) to see two powerful films which shed a vital light on our own national security state. There will be a discussion led by members of the Korea Policy Institute as well.

### Support Zoning Overlay on Existing Historic District January 27

A proposal which will help save Berkeley's beautiful 1914 Post Office will be on the City Council Agenda Tuesday, Jan. 21.

It is important to call and email the mayor and all the city council members to support the the zoning overlay. It can also encourage other communities to save their public commons.

Call the Justice Center at 510-275-4275. If you need numbers, emails or other information drop by Monday through Friday 1:30 to 5 p.m. in the Fireside Room for a cup of tea or coffee.

## Tom Ross Publishes New Edition of Book

Member Tom Ross will have a new edition of his book *The Gurgle of Little Feet* published this month from Regent Press in Berkeley.

This book is a collection of 37 narrative poems telling of incidents in Tom's life between age three and 11. Each vignette is written from the point of view of a child at the age when it happened.

The book is subtitled "Stories to Heal the Inner Child," and is designed to be meaningful for both children and adults. Many of the stories have been heard at BFUU's Sunday services.

It is available in paperback or e-book format from [regentpress@mindspring.com](mailto:regentpress@mindspring.com).

## Poetry Corner



Castlerigg Standing Stone  
photo by Katrina Martin

### The Language of Stones

I have heard the language of the stones,  
pushing up through the surface of the earth.  
The boulder drowsing in the afternoon sun  
has something to say to the minerals in my bones.  
Rose quartz pebbles gathered from the woods,  
the hidden crystals lining an unopened geode,  
and a dinosaur egg long turned to stone  
have all whispered secrets in my reverent hands,  
full of the deep earth's wisdom.  
Even the sand has something to say,  
slipping through my fingers grain by grain.  
I have heard the language of the stones.

~Holly Harwood

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## One More Vegan Legume Recipe From Pam Norton

### Pam's Black-Eyed Peas

4-1/2 c black-eyed peas  
1 large onion, chopped  
4 cloves garlic, minced  
3 small tomatoes, chopped  
bay leaf  
1/2 t black pepper, 1/4 red pepper flakes  
vegetable bouillon  
1-2 t salt or to taste  
1-2 T tamari sauce, or to taste

Sautee onions and garlic. Add to peas with bay leaf, black and red pepper and chopped tomatoes. Stir and bring to a simmer, cover. Cook for one hour or until the beans are tender. Add salt and tamari sauce, adjust pepper for spice. Simmer a little longer to settle, then add spices. Vegan vegetable bouillon can be used to add flavor. Stir to keep from sticking.



A yummy variation is Hoppin' John, a southern dish used to celebrate the New Year and bring good luck. Once peas are tender, add two cans of whole kernel corn (or fresh if you have it). Mix and simmer a little longer to infuse the spices.

## Fellowship Calendar January 2014

| Sun                                                                                                                                                                        | Mon                                                                                                      | Tue                                                                                                                                            | Wed                                                                                       | Thu                                                                                                             | Fri                                                          | Sat                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                            |                                                                                                          |                                                                                                                                                | <b>1</b><br>Office Closed                                                                 | <b>2</b><br>11:45 am AA<br>Meditation<br>7 pm Screening the<br>Green film<br>7 pm NorCal 9/11<br>Truth Alliance | <b>3</b><br>7 pm NA Women's<br>Mtg                           | <b>4</b><br>9 am ASCA<br>10 am BFUU Choir<br>Rehearsal<br>5:45 pm SLAA                                     |
| <b>5</b><br>9:30 am Choir<br>Rehearsal<br>10:30 am Sunday<br>Service<br>12:30 pm SJC Mtg<br>5 pm DA Mtg<br>5 pm Spark Circle<br>8 pm AA<br>Candlelight                     | <b>6</b><br>5:50 pm Tai Chi<br>Chuan<br>6 pm AA Men's Mtg<br>6:15 pm Soul<br>Motion                      | <b>7</b><br>7:30 am SLAA<br>10 am Elder's Circle<br>2:30 pm Art for<br>Social Change<br>6 pm Tuesdays<br>Together<br>7 pm AA Men's Mtg         | <b>8</b><br>4 pm Tai Chi/<br>Qigong<br>6:45 pm NA Men's<br>Mtg<br>7 pm Core<br>Connexion  | <b>9</b><br>11:45 am AA<br>Meditation<br>7 pm Conscientious<br>Projector Film                                   | <b>10</b><br>7 pm NA Women's<br>Mtg<br>7 pm BFUU Open<br>Mic | <b>11</b><br>9 am ASCA<br>11 am Soul Motion<br>Workshop<br>12 pm Richard<br>Dewey Memorial<br>5:45 pm SLAA |
| <b>12</b><br>9:30 am Choir<br>Rehearsal<br>10:30 am Sunday<br>Service<br>12 pm Second<br>Sunday Potluck<br>5 pm DA Mtg<br>8 pm AA<br>Candlelight                           | <b>13</b><br>5:50 pm Tai Chi<br>Chuan<br>6 pm AA Men's Mtg<br>6:15 pm Soul<br>Motion                     | <b>14</b><br>7:30 am SLAA<br>2:30 pm Art for<br>Social Change<br>6 pm Tuesdays<br>Together<br>7 pm Sunday<br>Services Mtg<br>7 pm AA Men's Mtg | <b>15</b><br>4 pm Tai Chi/<br>Qigong<br>6:45 pm NA Men's<br>Mtg<br>7 pm Core<br>Connexion | <b>16</b><br>11:45 am AA<br>Meditation<br>7 pm NorCal 9/11<br>Truth Alliance                                    | <b>17</b><br>7 pm NA Women's<br>Mtg                          | <b>18</b><br>9 am ASCA<br>10 am Dr. Hu<br>Qigong<br>3 pm Sufi Wisdom<br>Mtg<br>5:45 pm SLAA                |
| <b>19</b><br>9:30 am Choir<br>Rehearsal<br>10:30 am Sunday<br>Service<br>12:30 pm SJC Mtg<br>5 pm DA Mtg<br>8 pm AA<br>Candlelight                                         | <b>20</b><br>5:50 pm Tai Chi<br>Chuan<br>6 pm AA Men's Mtg<br>6:15 pm Soul<br>Motion                     | <b>21</b><br>7:30 am SLAA<br>2:30 pm Art for<br>Social Change<br>6 pm Tuesdays<br>Together<br>7 pm AA Men's Mtg                                | <b>22</b><br>4 pm Tai Chi/<br>Qigong<br>6:45 pm NA Men's<br>Mtg<br>7 pm Core<br>Connexion | <b>23</b><br>11:45 am AA<br>Meditation<br>7 pm Board Mtg                                                        | <b>24</b><br>7 pm NA Women's<br>Mtg                          | <b>25</b><br>9 am ASCA<br>5:45 pm SLAA                                                                     |
| <b>26</b><br>9:30 am Choir<br>Rehearsal<br>10:30 am Sunday<br>Service<br>12:30 pm<br>Wordswell<br>Workshop<br>4:45 pm Spiral Path<br>5 pm DA Mtg<br>8 pm AA<br>Candlelight | <b>27</b><br>5:50 pm Tai Chi<br>Chuan<br>6 pm AA Mtg<br>6 pm Visioning<br>2014<br>6:15 pm Soul<br>Motion | <b>28</b><br>7:30 am SLAA<br>2:30 pm Art for<br>Social Change<br>6 pm Tuesdays<br>Together<br>7 pm AA Men's Mtg                                | <b>29</b><br>4 pm Tai Chi/<br>Qigong<br>6:45 pm NA Men's<br>Mtg<br>7 pm Core<br>Connexion | <b>30</b><br>11:45 am AA<br>Meditation<br>7 pm Tom Paine<br>Birthday                                            | <b>31</b><br>7 pm NA Women's<br>Mtg                          |                                                                                                            |

# *Spiritual Growth and Social Justice in the Heart of Berkeley*

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## **BFUU OFFICE HOURS**

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

## **BFUU STAFF**

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**SUBMISSION DEADLINE FOR NEXT COMMUNICATOR:** January 20  
Please email editor Katrina Martin at [newsletter@bfuu.org](mailto:newsletter@bfuu.org) with submissions.

## **Address Correction Requested**

**Berkeley Fellowship of Unitarian Universalists**

1606 Bonita Ave.

Berkeley, CA 94709