

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

March 2014

Upcoming Sunday Services

(services at 10:30 a.m.)

March 2: The Third Principle: Growing Souls

Rev. Joy Atkinson, Worship Leader

The Third Principle of our faith calls upon us to encourage one another to spiritual growth. What is "spiritual growth," and how can we pursue it for ourselves and encourage it in our congregations?

March 9: Born Again, Deity-Free: In Search of the Transcendent Self

Moses Channels, Worship Leader

Can we become more Christ-like, without deifying Christ? Can we become more loving, caring, forgiving, tolerant and helpful with each other without deifying Jesus? Do we need to believe in any deific figure, or bearded sovereign in the heavens, in order to become more virtuous? If not, then what moral principles are we to follow: what makes right and wrong; and what then is our purpose in being here on earth? Do we have a destiny to fulfill? Using the writings of Emerson, Channing and others, I will explore the possibility of spiritual renewal, rebirth, or personal renaissance, without reliance on deity.

March 16: St. Patrick's Day Service: Celts, Snakes, Goddesses and St. Patrick

Rev. Joy Atkinson, Worship Leader

The sermon will explore some of the legends and myths surrounding the saint known as Patrick (who was actually not Irish!), as well as some of the more ancient pagan practices that Patrick is said to have supplanted with Christianity.

March 23: Expressions in Spring

Sunday Services Committee Members and Others

To further open to the wonderful array of creative talent in our Fellowship, let us join together to explore how spring inspires our community in words, music, and art.



March 30: Confessions of a Mystical, Humanistically-Inclined Agnostic Theist with Pagan Tendencies and a Love for Jesus

Rev. Joy Atkinson, Worship Leader

The title of this sermon is inspired by the diversity of beliefs one finds within a UU congregation—and sometimes even within one individual Unitarian Universalist! Joy will explore her personal theology, and invites you to do the same.

Words of Joy

Thoughts and Reflections From Interim Minister Reverend Joy Atkinson



Why, who makes much of a miracle?

As to me, I know of nothing else but miracles...

To me every hour of the light and dark is a miracle,

Every cubic inch of space is a miracle,

Every square yard of the surface of the earth is spread with the same.

Every foot of the interior swarms with the same.

To me the sea is a continual miracle,

The fishes that swim—the rocks—the motion of the waves—the ships with the men in them,

What stranger miracles are there?

Walt Whitman, Leaves of Grass

Ralph Waldo Emerson once said that if the stars were to appear only once every thousand years, what an incredible wonder it would seem to be when it finally happened.

be when it finally happened.

Henry Wadsworth Longfellow said a similar thing about spring: "If spring came but once a century instead of once a year, or burst forth with the sound of an earthquake and not in silence, what wonder and expectation there would be in all hearts to behold the miraculous change."

What if springtime came only once a century? Just imagine the anticipation, and then the gladness and rejoicing and deep gratitude for this miracle—a miracle so commonplace in our lives that we may forget to notice it.

Well, we do have spring once a year, and twinkling stars on many nights, and gently swaying trees, glowing comets, rolling seas, the blessings of friendship and love and a candle of hope now and then to light us on our way. May the arrival of spring remind us not to take life's gifts, and the gift of life itself, for granted, but to be genuinely grateful for each gift, and each day that is given to us. In this season of renewal, may we learn to see the gift of life as the miracle that it is, as the poet Walt Whitman saw it when he sang out ecstatically:

The ocean fill'd with joy—the atmosphere all joy! Joy! joy! in freedom, worship, love! joy in the ecstasy of life! Enough to merely be! enough to breathe! Joy! joy! all over joy!

Have a joyful, renewing and miracle-filled sping!

Joy

Clergy & Staff

Reverend Joy Atkinson Interim Minister

Reverend Earl Koteen Community Minister

Katrina Martin
Office Coordinator

Deborah Hamouris

Event Space Coordinator

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Doug Chambers (alternate)

Social Justice Watch

Cynthia Johnson, Social Justice Committee Vice Chair

The Hal Carlstad Social Justice Center will have a two-year celebration on Sunday, June 8 at 1 p.m. in the Fireside Room after the Second Sunday potluck.

We really have something to celebrate as we grow in our collaborative efforts with Fukushima Response, Transition Berkeley and others. We remain open Monday through Friday from 1:30 to 5 p.m. with great support from our wonderful office staff as well as IT support from Ole and Abbott.

New members of the SJC have also really made our ongoing film and speaker series shine.

Cynthia Papermaster brings us Ann Wright, who will speak on the Pivot to Asia on Sunday, March 2. She also brings us a great film on preserving our privacy and internet freedom, *Terms and Conditions May Apply* (see the calendar).

Elana Levy on the Speakers and Film Committee last month shared a profound screening of the film *Rosa Luxembourg* and brought us wonderful speakers on the rights of nature.

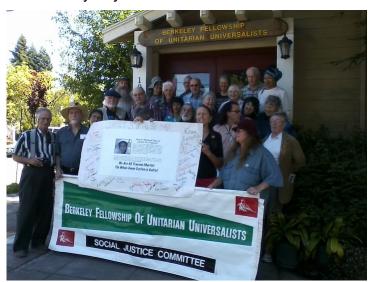
In April we're hosting Kathy Kelly of Voices for Creative Non-Violence and in May we'll welcome Richmond Mayor Gayle MacLauglin.

Upcoming films include *Project Censored* in April, and *American Revolution: Beyond Capitalism and*

State Socialism in May. We will also screen documentaries by Oliver Stone and Peter Kuzick on the National Security State in the coming months.

Recently, the SJC provided a home for participants in the Longest Walk 4: the Return to Alcatraz, a 3,000-mile walk to support indigenous rights. On a deeper level we are in solidarity with the spirits of our ancestors for the present and for the future generations.

We are so grateful to be a part of the larger Fellowship and to work in collaboration with our New School friends and hear those next-generation voices every day.



View From Rooms@bfuu.org

Event Space Coordinator Deborah Hamouris

Aren't the blossoms in our yard beautiful? I'm enjoying the view when I walk out the office door.

Events this month run the gamut, from the Queer Parents Group to Actor's Ensemble auditions & rehearsals; Insight Meditation with Tempel Smith; a birthday party, a wedding reception and a memorial; an incredible line-up of events from the SJC; a CD release party; and, of

course, our fabulous benefit concert with Country Joe McDonald!

For future dates, I've been working with the San Francisco Free Folk Club, Tending Shen Acupuncture, Camp Winnarainbow, Poor Players, Open Circle, and PD Active, just to name a few organizations our facilities serve. It's a delight to speak with return clients when they arrange their next event at BFUU.



Meet Our Newest Members!

In January we welcomed five new members to our congregation.

Dominic Jeffries

Many of you have seen Dominic playing as part of the Fellowship Band. He has now decided to formally join the congregation. Dominic is a music major at Laney College. He moved here from Florida in 2010, and has been looking for an accepting congregation. He has found it here, and we are pleased to welcome Dominic as a member.

Kathy Riehle

Kathy started coming to Berkeley three years ago to pet and house sit and she has been doing this ever since. She is from Michigan, but she comes here frequently for her work and hopes to relocate here at some point. She has clients for her house-sitting business spread out over a few states and Canada. Kathy has four children. She worked as a nursing home office manager before retiring. Her hobbies include reading, music, being physically active and collaging, and she loves to be with people and help out where she can. Welcome.

Jean Marie Stine

Jean Marie Stine lived for ten years in Northampton MA, where she was a member of the Unitarian Society there. She has pursued spiritual studies in Buddhism, Sufism, the Kabbalah, Theosophy and other paths. She has lived in Tennessee, Texas, Virginia, Massachusetts, Iowa, Louisiana, Arkansas and California. She has worked mostly in publishing and has held a variety of positions, including writer, agent and editor. Currently she is publisher of Renaissance eBooks. Her favorite people include science fiction fans and Unitarian Universalists. Welcome.

Frankie Hill

Frankie Hill is from eastern Massachusetts, where he was raised by Christian Scientists and

educated by liberal alternative schools. He has studied education, studio arts, architecture and design; has lived in seven states and has worked at a variety of occupations. He has been an LGBT activist and educator. Frankie works with his wife Jean Marie in the family business of publishing ebooks. He first became acquainted with Unitarian Universalism at the Unitarian Society of Northampton and Florence. He is excited to be a part of this Fellowship, and says he is in equal parts daunted and thrilled to be in the company of so many longtime activist leaders. Welcome.

Moses Henry Channels

At 15, Moses was given the nickname Moses by a group of fellow students and the name stuck. His father is a Mexican Baptist Minister and his mother played piano in the church. He grew up with his six siblings in Colton, CA. Moses and his siblings were forbidden to learn or to speak Spanish and were spoken to only in English. He says that it was practically illegal for children to speak Spanish in elementary schools in the 1950s, so he grew up listening to his father preach in a language he couldn't understand. His father Analicized the family's last name from Canales to Channels. At Moorpark College, Moses worked at the independent living program for the disabled. Then he entered Cal Berkeley, where he helped start the first independent living program for disabled students on the Berkeley campus. He then attended UC Hastings College of the Law and entered law practice in LA with his two older brothers. The Canales law firm immigrated over 4,000 low income Latin American immigrants. A year ago, Moses saw a documentary about a UU minister. He soon joined a small-sized Unitarian Universalist congregation in Orange County. He relocated to Berkeley and hopes to attend Starr King Seminary this fall, with the goal of becoming a UU minister. Moses looks forward to growing spiritually with the members of this congregation.

March Birthdays

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. Jean Lieber Nicole Milner Susan Singh



Upcoming Events

Stone Soup Improv

Saturday, March 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.

Ann Wright Presents: America's "Pivot" to Asia:

Destabilizing the Region

Sunday, March 2 at 3 p.m. in the Fellowship Hall — 1924 Cedar St.

Col. Ann Wright will speak about her recent travels to Northeast Asia, Jeju Island and her eight days on the Peace Boat traveling to South Korea, Taiwan, Shanghai and Nanjing, China. She will also speak about the Article 9 "No War" Japanese constitution conference.

Suggested donation \$5-10. No one turned away for lack of funds. Volunteers appreciated! Co-sponsored by Codepink Women for Peace and the Social Justice Committee.



Screening the Green Film: Last Call at the Oasis

Thursday, March 6 at 7 p.m. in the Fellowship Hall—1924 Cedar St.



The water supply is in the tank in more ways than one. Climate change and reckless use of water are conspiring to run us dry. Agricultural practices, corporate disregard for the environment and poor public planning are all part of the problem. Transition Berkeley invites you to join us for an evening of film and conversation about water. We'll learn more about the reasons the water supply is dwindling by viewing a 30-minute portion of the award-winning film Last Call at the Oasis. In the discussion following the film we'll talk about solutions: setting statewide priorities for water use, harvesting rainwater, using grey-water for irrigation, recharging ground water and conservation.

Matt Freiberg from the City of Berkeley's Climate Action Coalition will give us an update on the state of our local water supply and information about water policy debates going on in California, as well as practical steps we can take to conserve water at home. During the discussion period we'll have an opportunity to talk to experienced gardeners who have converted their thirsty lawns to drought-tolerant native plant gardens, home-owners who've diverted their grey-water to fruit trees and practical folks who've found lots of ways to save and reuse water at home. This event is family friendly. Light and local refreshments will be served.

Suggested donation \$5-10. No one turned away for lack of funds. Volunteers appreciated! Co-sponsored by Transition Berkeley. Berkeley Climate Action Coalition Water Working Group and the SJC.

Events Continued

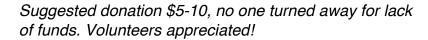
Burma Human Rights Day Benefit: A Prospect for Democracy in Burma Saturday, March 8 at 6 p.m. in the Fellowship Hall—1924 Cedar St. (

Come enjoy a Burmese-style dinner, a short film on Burma and a panel discussion featuring Professor Larry Diamond, writer Edith Mirante and Burma Democracy activists.

\$15. Purchase tickets online at www.eventbrite.com/e/burma-human-rights-day-benefittickets-10559845783. Organized by Burmese American Democratic Alliance (BADA); co-sponsored by the Social Justice Committee. More info: www.badasf.org

Conscientious Projector's Film Series for the 99%: Terms and Conditions May Apply Thursday, March 13 at 7 p.m. in the Fellowship Hall — 1924 Cedar St.

A documentary that exposes what corporations and governments learn about people through Internet and cell phone usage, and what can be done about it ... if anything.





BFUU Open Mic Featuring Dan Cunningham

Friday, March 14 at 7 p.m. in the Fellowship Hall —1924 Cedar St.



Featured artist Dan Cunningham has been working as a blues and rock singer since the early '70s, and in the process has become an accomplished guitarist. Rooted in the blues and old school R&B, Dan has branched out in recent years into other musical genres, namely jazz standards, urban folk, and classic rock. Dan is a talented vocalist who carries traces of all of his many musical influences in his stillpowerful tenor.

This month's open mic is hosted by Vic Sadot, a singer-songwriter in the Broadside ballad tradition.

Suggested donation \$5-10. No one turned away for lack of funds. Sign ups at 6:30 p.m.



Sufi Wisdom Meeting of the Bawa Muhaiyaddeen Fellowship Saturday, March 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.

Events Continued

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

Sunday, March 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 Energy Work with Katrina Dreamer Monday, March 24 at 6 p.m. in the Fireside Room—1606 Bonita Ave.

Learn to release negative energy, protect yourself from others' stress and live a more relaxed, calm life. In this class Katrina Dreamer, MA, will teach basic grounding, clearing, centering and relaxation exercises. She has been practicing meditation for six years and has been trained as an energy healer.

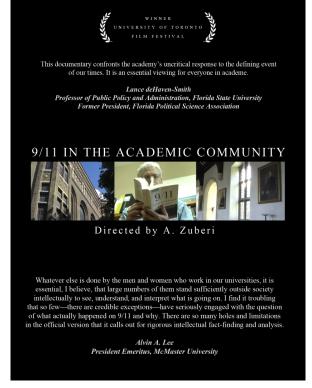
\$20. Space is limited; please RSVP at katrina@katrinadreamer.com.

Films: International Inquiry into 9/11 and 9/11 in the Academic Community

Thursday, March 27 at 7 p.m. in the Fellowship Hall—1924 Cedar St.

March 2014 marks the 10th anniversary of a landmark event in the growth of the 9/11 truth movement: the San Francisco International Inquiry into 9/11. To celebrate this historic event, the North California 9/11 Truth Alliance and No Lies Radio will present two films: *International Inquiry into 9/11* and *9/11 into the Academic Community*.

Filmmaker Ken Jenkins will MC and introduce his short inquiry documentary. Peter Phillips of Project Censored will introduce the second film.



Suggested donation \$5-10. No one turned away for lack of funds. Volunteers appreciated! Co-sponsored by Northern California 9/11 Truth Alliance, No Lies Radio and the Social Justice Committee.

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:



March 4: Conversing Together. Honk If You're Not Sure: Truth and Authority with Rev. Joy

March 11: Playing Together. Games night. Bring games or ideas for games for an hour of fun.

March 18: Writing Together. With poet Sue Ellen Pector.

March 25: Singing Together. With Lauren Renee Hotchkiss. Join us for singing folk songs and hymns. Bring song sheets of favorites.



T'ai Chi & Qi Gong with Gene Herman

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

Due to popular demand, Gene has added a second day! Join him on Mondays as well as Wednesdays. 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.



The Question Mark Cafe is a potluck lunch with a program and self-care for activists. Bring music, poetry and food to share.

Poetry Corner



Kew Garden Lilies by Katrina Martin

Your Birthright

When haters make you doubt your own self-worth, when advertisers try to make you want, when shame makes you feel insignificant, remember you are here by right of birth.

You have inherent worth and dignity, the right to seek the truth and speak it, too. You have the right "to thine own self be true" and to be treated with benignity.

Your atoms made of stardust, ancient, pure, are spinning in th' eternal, living dance.
Your soul, no matter what your circumstance, is made of light and surely will endure.

We all have human rights and liberty, so act with kindness and equality.

-Holly Harwood

Committee Meetings

Hospitality & Membership Committee Fourth Sunday at 12 p.m. (after services)

Religious Education Committee
Third Sunday at 12 p.m. (after services)

Social Justice Committee
First and third Sunday at 12:30 p.m. in the Fireside Room

Second Tuesday at 7 p.m. in the minister's office

Inquirer's Meeting

Sunday, March 30 12:30 to 1:45 p.m. with Rev. Joy Atkinson

This meeting is for newcomers and all who want to learn more about Unitarian Universalist history and identity, about the Fellowship and its members and about membership. Snacks will be provided.

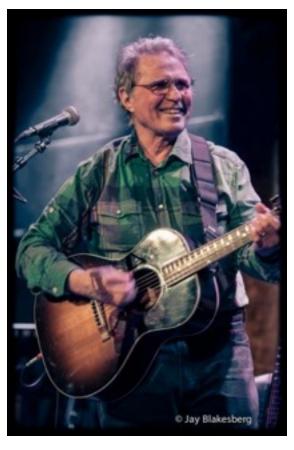
Marianne Robinson and Tom Schultz Art Exhibition

Runs through May 30 Caldecott Properties Art Gallery 5251 Broadway, Oakland 94618

Marianne Robinson and Tom Schultz are part of an art exhibition happening at Caldecott Properties Art Gallery that will run through May 30. Viewing hours are Monday through Friday 9:30 a.m. to 5:30 p.m. and Saturday and Sunday by appointment.

An Evening with Country Joe McDonald

A Benefit for the Berkeley Fellowship of Unitarian Universalists



Saturday, May 10 in the Fellowship Hall

7 p.m.

Tickets **\$15-25** sliding scale

Space is limited: get your tickets now!

510-275-4219

Country Joe McDonald straddles the two polar events of the '60s: Woodstock and the Vietnam War. The first Country Joe and the Fish record was released in 1965 in time for the Vietnam Day Teach-In anti-war protest in Berkeley. He sang one of the great anthems of the era, "I-Feel-Like-I'm-Fixin'-to-Die Rag," to an audience of a half-million at the Woodstock Arts and Music Festival in 1969.

McDonald's music spans a broad range of style and content. He began his solo career with a collection of Woody Guthrie songs. He went on to produce a musical rendition of the World War I poems of Robert Service, a collection of country and western standards, "Vietnam Experience" in 1985, "Superstitious Blues" in 1991 with Jerry Garcia, and an album of songs about nursing in 2002.

Hali Hammer opens

Well-versed in an assortment of moods and styles, Hali Hammer is an award-winning singer-songwriter who enjoys writing and playing a wide variety of music. She has sung and played for peace and political causes for more than four decades and is an active member of Freedom Song Network and Occupella.

Tickets also available online at bfuucountryjoe.bpt.me

Fellowship Calendar March 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 2 pm Ann Wright* 8 pm AA Candlelight	3 4 pm Tai Chi/ Qigong* 5:50 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:15 pm Soul	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 11:30 am Question Mark Cafe* 7 pm NA Women's Mtg	9 am ASCA 10 am Dr. Hu Qigong 5:45 pm SLAA 6 pm Burma Human Rights Day Event*
9 9:30 am Choir* 10:30 am Sunday Service* 12 pm Potluck* 5 pm DA Mtg 8 pm AA Candlelight	10 4 pm Tai Chi/ Qigong* 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 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 4 pm Tai Chi/ Qigong* 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	21 7 pm NA Women's Mtg	22 9 am ASCA 5:45 pm SLAA
23 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Wordswell Workshop 5 pm DA Mtg 8 pm AA Candlelight	24 4 pm Tai Chi/ Qigong* 5:50 pm Tai Chi Chuan 6 pm AA Mtg 6 pm Introduction to Energy Work 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* 7 pm NorCal Truth Alliance Event	28 7 pm NA Women's Mtg	29 9 am ASCA 5:45 pm SLAA
30 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 4:45 pm Spiral Path 5 pm DA Mtg 8 pm AA Candlelight	31 4 pm Tai Chi/ Qigong* 5:50 pm Tai Chi Chuan 6 pm AA Mtg 6:15 pm Soul Motion					

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: March 20 Please email editor Katrina Martin at **newsletter@bfuu.org** with submissions.

Address Correction Requested

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