

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

March 2015

Upcoming Sunday Services

(Services at 10:30 a.m.)

March 1: Using Our Anger

Rev. Theresa Novak, Worship Leader

Too often, our anger gets us into trouble. Expressions of anger can shatter relationships and can make us feel bad about ourselves and others. Can we learn to better understand our anger and learn how to use it in ways that help bring about the community and the world we would like to create? I think we can. During this service, we will explore some of the tools for using our anger in more effective ways.



March 8: Not Dogmatic, but not Wishy Washy

Rev. Theresa Novak, Worship Leader

Many people today say that they are spiritual but not religious. What does that mean for the future of Unitarian Universalism? We are a big tent faith, but does that mean all of us just believe whatever we want? What holds us together?

March 15: The Gospel Truth

Rev. Theresa Novak, Worship Leader

Did St. Patrick really drive the snakes from Ireland? Did David write the Psalms? What kind of conversations might we have with friends and relatives who may be Biblical literalists? A little knowledge of modern Biblical scholarship can be helpful to all of us as we try to navigate a world where too many people think they have the one and only truth.



March 22: Nature is My Church - Love is My Religion

Rocky Morrison, Worship Leader

A random encounter with a bumper sticker provides some provocation for reflecting on the meaning of church and religion. What does it all mean? What is important?

March 29: It's All About Us

Moses Channels, Worship Leader

We humans are born with all the neurological tools needed to build a loving community. So why don't we? What stops us from loving and caring for each other? Why do we often feel competitive, jealous, and judgmental towards each other? New and exciting research provides greater insight into the biological foundations of love and hate in our relationships with one another, and how we may "pilot" our feelings towards building better relationships within a loving community.



Developmental Minister Reverend Theresa Novak



Clergy & Staff

Reverend Theresa Novak
Developmental Minister

Reverend Earl Koteen
Community Minister

Susan Macke
Office Coordinator

Deborah Hamouris
Event Space Coordinator

Ed Keating
Facilities Manager

Richard Sandling
Custodian

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Susan Singh, *President*

Pam Norton, *Vice President*

Ben Burch, *Treasurer*

Holly Harwood, *Recording Sec'y*
(*alternate*)

Doug Chambers

Doertlis (Lis) Schultz-Allen

Sylvia Scherzer (alternate)

Dear BFUU Members and Friends,

It is hard to believe it is already March and that California is already experiencing spring while the Eastern US is suffering from exceptionally heavy snow. Climate change is definitely happening and that isn't a good thing, but it is still OK to enjoy the good weather we are having.

Celebrating success is always a good thing, even when we know there is more work to do. Your board of trustees and I did that on February 7, when we met with Jeanelyse Doran Adams from the district to evaluate how BFUU is doing with our developmental ministry program. Board President, Susan Singh, reports on some of the results of the meeting in her article, but I want to lift up some of the comments that were made about our progress.

We are making progress toward financial stability with increased pledging and a better, more consistent, return on building rentals. Because of a bequest, we were also able to add to our endowment fund. We still have a significant amount to pay back to the endowment and much deferred maintenance on the buildings, but things are starting to look somewhat better at long last. Just a friendly reminder, but if you are doing or redoing your will, please remember BFUU! We owe so much to those who have done so in the past.

Our Sunday Services are lively and spiritual, with a variety of upbeat music. They really are joyful celebrations. Attendance is improving and many visitors return. Our relationship with local seminaries is also improving.

The board now has a formal covenant for how they will work together, and they are providing real leadership in setting policies and providing guidance to committees that will help BFUU to fulfill its mission and vision.

One very bright light in terms of lay leadership is what the nominating committee experienced this year. For the first time in recent memory, they did not have to scramble to find enough people willing to serve on the board. They brainstormed a list of good possibilities. Then they asked via an email to all members for people who were interested in serving to come forward. I won't steal their thunder, but I think you will all be very pleased and impressed by the quality of the slate that will

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Dear BFUU Members and Friends (continued from p. 2)

be presented to the congregation for a vote at the annual meeting. The one individual who volunteered to serve was already very high on the list of qualified possibilities. I won't call that a miracle, but it was certainly sweet.

I am looking forward to the rest of our time together, and planning for a bright future for BFUU.

Enjoy the spring.

Namaste,

Rev. Theresa



President's Report

Five years ago, this Congregation took a leap of faith in an all-out effort toward survival, with hopes for growth and of becoming a robust and healthy Fellowship. Our former Interim Minister, Rev. Joy Atkinson, led us through a process that resulted in our entering into a new UU program called Developmental Ministry with Rev. Theresa Novak as our Developmental Minister.

Last month, the Board of Trustees met with Rev. Jeanelyse Doran Adams, PCD's Congregational Development Director, and our own Rev. Novak to assess how BFUU is doing after six months. Rev. Adams determined that the Board and the Congregation are making progress and coming together well, for the most part. She said we are doing well and are on track, but we have a long way to go.

In the meeting, Rev. Adams observed that the Board communicates and works well together and has good energy. She suggested we read the Board's new Covenant at every meeting and that we show we care about those sitting together in the meeting in the here and now, and care what each other want and think.

She stressed the importance of setting boundaries. She said all people are welcome at BFUU, but bad behavior is not. She urged that we all keep our Mission Statement in mind: Building Character, Enriching Spirit, Promoting Community and Serving Mankind.

Susan Singh, President

***UU General Assembly is coming up June 24-28 in Portland Oregon!
Housing reservation opens Monday, March 2 at 9 a.m. PST (noon
Eastern). The theme for 2015 is "Building a New Way". Go to
www.uua.org/ga for all of the information about this year's GA!***

View From Rooms@bfuu.org



The Hall renovations are nearly complete, with walls & trim painted and windows cleaned up. For the first time in years you can see the stained-glass window panes on the west side of the building.

During this process, the banners were removed & cleaned. A few didn't survive that process unscathed. I'm working with a pair of quilt artists to re-create these, do some repairs on others, and newly create a 9th banner representing Islam. Our intention is to hang all 9 flat against the wall beneath the stained-glass dormers. We'll keep you informed of the progress on that installation.

In the meantime, the new bike racks have been installed in front of the office and are already in use!



Enjoy the coming spring and pray for rain!
All the best,
Deborah

Community Voices



March Birthdays

Jean Lieber

Susan Singh

The BFUU Office will be **CLOSED** on Tuesday March 31st in honor of Cesar Chavez Day. This American national commemorative holiday is aimed to celebrate the birth and enduring legacy of the American civil rights and labor movement activist Cesar Chavez, on March 31.



North Oakland Senior Center Lavender Lunches

BFUU Member Dolores Helman encourages BFUU members and friends to attend the Oakland Lunch Bunch! This monthly Lavender Seniors lunch is on Third Fridays in the dining hall at the North Oakland Senior Center at 5714 Martin Luther King Jr. Way (cross street 58th). Lavender Seniors' monthly lunches offer good food in a safe and welcoming environment paired with insightful and entertaining programs such as performances, lectures, or discussions. Everyone is welcome and there are no prior registration requirements.

Religious Education and Exploration

Exploring Unitarian Universalism at Berkeley Fellowship of Unitarian Universalists

Exploring Unitarian Universalism is a series of six 90-minute workshops addressing important themes in Unitarian Universalist Congregational life:

1. Worship and Theology
2. History
3. Covenant and polity
4. Religious education or faith development
5. Social Justice
6. Membership

Each workshop provides an opportunity for participants to interact and share their own experiences, a process that echoes the Unitarian Universalist commitment to individual theological exploration.

Participants will learn about Unitarian Universalism not only by hearing about it, but by doing it—exploring their own theology and its intersection with the tradition.

Reverend Theresa will be the primary instructor for this class. It is appropriate for new comers as well as longer term members.

The class will be held on 3/8, 3/15, 5/3, 5/17, 6/7 and 6/14 from 12:30 to 2:00 PM with a light vegetarian lunch available at noon. If you can't make all the sessions, come to the ones you can. First time visitors will also be invited to join us on the Sundays that the class is held.

A class signup sheet will be available at the Welcome Table on Sundays and you can call or email the office to let us know you would like to attend.

Direct any questions to Reverend Theresa, Jeff Palmer or Chris Planellas

Regular Committee Meetings

Social Justice

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

Sunday Services

2nd Tuesday at 7 PM in the Minister's office

Finance

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

Religious Education

3rd Sunday at 12:30 PM (after services)

Hospitality and Membership

4th Sunday at 12:30 PM (after services)

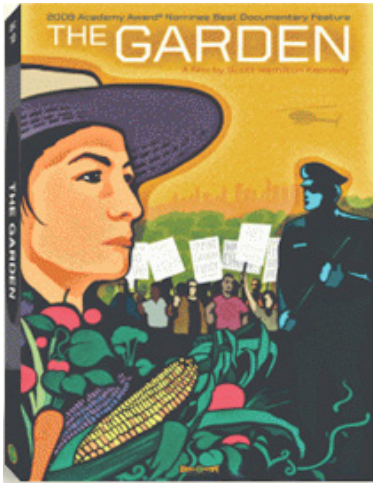
Buildings & Grounds

Meets once per month, contact Ben Burch

Featured BFUU Events

Screening the Green Film Series: The Garden

Thursday, March 5 at 6:30 PM in the Fellowship Hall–1924 Cedar St.



Transition Berkeley invites you to an evening about how gardens help build communities in urban settings. Come join us for locally grown garden snacks, meet and greet at 6:30. At 7pm we'll see a film about an amazing garden in Southern California, learn why it was threatened and how the community came together to try to save it. We'll get a report on the state of community gardens here in our own backyard from local gardeners Bonnie Borucki (Ashby Garden), Carole Bennett-Simmons, Dave Drummond (Peralta Gardens), Alexa Hauser (Edible Landscape Project), Carol Wolfley (Berkeley Post Office Garden) and Beebo Turman (Berkeley Gardening Collaborative).

This event is cosponsored by Transition Berkeley and BFUU's Social Justice Committee. Suggested donation \$5-10. No one turned away for lack of funds.

You're Not Alone: Preventing Transgender Suicide

Saturday March 7, 2:30 PM sign-ups, 3 PM start in the Fellowship Hall –1924 Cedar St.



This is an event where people who either are transgender or are related to the transgender community are going to discuss their experiences around transgender issues in hopes of preventing more suicides. This is a great event for people to attend if they're learning to be an ally. There will be signups for speakers starting at 2:30, and we will start at 3:00 PM. Speakers can either do a speech or something creative, like a poem. If there is time there will be a Q&A session after everyone has spoken. We are also suggesting a \$10 or more contribution to help pay for the space, but no one will be turned away for lack of funds.

Exploring Unitarian Universalism

Sunday March 8, noon lunch, class starts at 12:30 in the Connie Barbour Room – 1606 Bonita Ave.

Join us for the first in our new series of Adult Religious Exploration Classes led by Rev. Theresa Novak. The topic for this workshop is "Worship and Theology." Light vegetarian lunch at noon, class begins at 12:30.



BFUU Second Sundays Potluck

Sunday March 8, after service (around 12:30 PM) in the Fellowship Hall–1924 Cedar St.

Come one, come all! Whether you have a dish to share or not, we in the Hospitality and Membership committees invite you, on behalf of all our membership, 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.

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Featured BFUU Events Continued

The 2015 Berkeley Women's Film Festival

Sunday March 8, doors open at 2 PM, in the Fellowship Hall – 1924 Cedar St.

In celebration of International Women's Day, the BFUU Social Justice Committee presents three films with discussion. Suggested donation \$5 - \$10. No one turned away for lack of funds.

2:30 PM: **Fire** - post-film discussion ~ 4:20 PM

“Fire (Hindi: Phāyar) is a 1996 Indian-Canadian romantic drama film written and directed by Deepa Mehta and starring Shabana Azmi and Nandita Das. It is the first installment of Mehta's Elements trilogy; it is succeeded by Earth (1998) and Water (2005). The film is loosely based on Ismat Chughtai's 1942 story, Lihaaf (The Quilt).[2] It was one of the first mainstream films in India to explicitly show homosexual relations. After its 1998 release in India, certain groups staged several protests, setting off a flurry of public dialogue around issues such as homosexuality and freedom of speech.” [wikipedia.org/wiki/Fire_\(1996_film\)](http://wikipedia.org/wiki/Fire_(1996_film))



4:45 PM: **Silkwood** - post-film discussion ~ 7 PM

“Silkwood is a 1983 American drama film directed by Mike Nichols. The screenplay by Nora Ephron and Alice Arlen was inspired by the life of Karen Silkwood. Silkwood was a nuclear whistleblower and a labor union activist who died in a suspicious car accident while investigating alleged wrongdoing at the Kerr-McGee plutonium plant where she worked. In real life, her death was vindicated in a victorious 1979 lawsuit, *Silkwood v. Kerr-McGee*, led by attorney Daniel Sheehan and other founding members of the Christic



Institute. The jury rendered its verdict of \$10 million in damages to be paid to the Silkwood estate (her children), the largest amount in damages ever awarded for that kind of case at the time. The Silkwood estate eventually settled for \$1.3 million.” wikipedia.org/wiki/Silkwood

7:30 PM: **Atomic Mom** - post-film Q&A with filmmaker ~ 8:50 PM

Atomic Mom is a feature-length documentary film about two women, both mothers, who have very different experiences of the atom bomb. One is the filmmaker M. T. Silvia's mother, Pauline, who was a biologist in the Navy in the early 1950's and was sent to the Nevada Test Site where she participated in five detonations. At 23 years old, she was one of the few women scientists on an elite team of researchers. After decades of silence, Pauline is in a crisis of conscience about the work she did, work that involved animal testing. She reveals some of the grim and dark secrets of the U.S. atomic testing program. Atomic Mom invites viewers to confront American Nuclear History in a way that it has never happened before. This story, of an American Scientist and a Hiroshima Survivor finding peace decades after the bombing, empowers individuals and communities to work toward global unity. It inspires dialogue about human rights, personal responsibility, and the possibility and hope of peace. www.atomicmom.org



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Featured BFUU Events Continued

BFUU Open Mic with Featured Artist Gene Herman

Friday, March 13 at 7 PM in the Fellowship Hall—1924 Cedar St.

Join us for BFUU's monthly Open Mic night. Sign-ups begin at 6:30 PM and the featured artist performs at 8:30 PM.



Gene Herman is a longtime BFUU member and activist. His poetry is both thought-provoking and entertaining. His topics include police violence, the Middle East, politics, sailing and love.

March's host, Holly Harwood, is a poet and peace activist. She is currently serving as the Chair of the BFUU Social Justice Committee and Coordinator of Code Pink Golden Gate Chapter. Holly is also Dozo the Clown at various Bay Area locations. Holly understands the power and influence of good poetry and song in creating meaningful community, wholesome values, and achievable visions. <http://hollyharwood.com>



Suggested donations of \$5 – \$10 will support the work of the Social Justice Committee! No one turned away for lack of funds! Volunteers appreciated!

Conscientious Projector Film Series: The Mosque of Paris

Thursday, March 12 at 7 PM in the Fellowship Hall—1924 Cedar St.

Join Ecumenical Peace Institute (EPI) and the Berkeley Fellowship of Unitarian Universalists' Hal Carlstad Social Justice Center (BFUU SJC) in welcoming Annette Herskovitz, PhD.

Dr. Herskovits will tell the story of how she survived as a Jewish child in Nazi-occupied France and present a short film about how the Mosque of Paris sheltered Jews. She will also speak of the several hundred thousand Muslim men from the French colonies who fought the Nazis with the Allies and suffered disproportionate casualties. A slide show of personal and historical photos will accompany the talk.



For further information, call EPI 510-990-0374 or BFUU SJC 510-275-4272 or visit www.epicalc.org.

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

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Featured BFUU Events Continued

Exploring Unitarian Universalism

Sunday March 15, noon lunch, class starts at 12:30 in the Connie Barbour Room – 1606 Bonita Ave.

Join us for the second in our new series of Adult Religious Exploration Classes led by Rev. Theresa Novak. The topic for this workshop is "History." Light vegetarian lunch at noon, class begins at 12:30.



To Cuba With Love

Tuesday, March 17, 7 PM in the Fellowship Hall – 1924 Cedar St.

Report back from the Bay Area's Code Pink Delegation Feb 8-15, 2015 Tour of Cuba. Hear about the experiences of Code Pink's delegation to Cuba at this historic time of changing relations between the US and Cuba. Bay Area people will tell about their impressions of the Cuban people and their system of government, share photos and music, and ask you to help change US policies toward Cuba.

Suggested donations of \$5 – \$10 will support the work of the Social Justice Committee. No one is turned away for lack of funds. Volunteers appreciated!



**Tuesday March 17
St. Patrick's Day!**

Marissa Alexander Update

*Thursday March 19, start time TBD (evening)
in the Fellowship Hall – 1924 Cedar St.*

The Coalition to Free Marissa Alexander presents an update on Marissa Alexander. Please check www.bfuu.org for current information.



**Friday March 20 the
first day of spring!**

Burnham event TBD

Sunday March 22, 3 PM in the Fellowship Hall – 1924 Cedar St.

An event is in the works. Please check www.bfuu.org for current information.



NOTE: The BFUU Office will be closed on Tuesday March 31 for Cesar Chavez Day.

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

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

SpiritUUal Contemporaries at BFUU, an open covenant group for self-defined middle adults, welcomes those who would like to experience open covenant small group worship. Please contact Nanci Armstrong Temple fraggles94@gmail.com for more information.

Join us to share music, poetry, and discussion.



Come one, come all! Whether you have a dish to share or not, we in the Hospitality and Membership committees invite you, on behalf of all our membership, 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.

BFUU's young adult group meets monthly at Au Coquelet. Please contact Lincoln Statler lincoln.statler@gmail.com for more information.



Suggested donation per class: BFUU pledging members \$5, non-members \$10. Half of the money goes to BFUU and half to Wordswell, a non-profit for writing.

Thursday March 26, 7:00 PM in the Fellowship Hall – 1924 Cedar St.

Fellowship Calendar March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	2 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6:30 pm Soul Motion 6 pm AA Men's Mtg	3 7:30 am Augustine Fellowship 11 am Elders Circle* 7 pm AA Men's Mtg 7 pm Ran Bush Jam	4 7:30 am Soul Motion Mornings 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	5 11:45 am AA Meditation 6:30 pm Film: The Garden* 7 pm SpiritUUal Contemporaries*	6 12 noon Wind Song West Cafe* 7 pm NA Women's Mtg	7 9 am ASCA 2 pm You're Not Alone/ Transgender* 6 pm Augustine Fellowship
8 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:00 Exploring UU* 12:30 pm Potluck* 2:00 pm Berkeley Women's Film Festival* 8 pm AA Mtg	9 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6:30 pm Soul Motion 6 pm AA Men's Mtg	10 7:30 am Augustine Fellowship 4 pm Sunflower Alliance 7 pm Sunday Services Mtg* 7 pm AA Men's Mtg 7 pm Ran Bush Jam	11 7:30 am Soul Motion Mornings 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	12 11:45 am AA Meditation 7 pm Film: The Mosque of Pari*	13 7 pm NA Women's Mtg 7 pm BFUU Open Mic: Gene Herman*	14 9 am ASCA 10 am Dr. Hu Qigong 6 pm Augustine Fellowship
15 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:00 Exploring UU* 12:30 pm SJC Mtg* 12:30 RE Mtg* 8pm AA Mtg	16 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	17 7:30 am Augustine Fellowship 7 pm AA Men's Mtg 7 pm Ran Bush Jam 7 pm To Cuba With Love*	18 7:30 am Soul Motion Mornings 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	19 11:45 am AA 4:30 Finance Committee* 7 pm Norcal 9/11 TBD: Marissa Alexander update*	20 7 pm NA Women's Mtg 7 pm Pub Theology at Au Coquelet* 8 pm Jazz in the Neighborhood Communicator Deadline!	21 9 am ASCA 6 pm Augustine Fellowship
22 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 Hospitality & Membership Mtg* 12:30 Wordswell* 3 pm Burnham TBD* 8 pm AA Mtg	23 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	24 7:30 am Augustine Fellowship 4 pm Sunflower Alliance 7 pm AA Men's Mtg 7 pm Ran Bush Jam	25 7:30 am Soul Motion Mornings 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	26 11:45 am AA Meditation 7 pm Board Mtg*	27 7 pm NA Women's 8 pm Acoustic Music Berkeley	28 9 am ASCA 6 pm Augustine Fellowship
29 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 8 pm AA Mtg	30 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	31 Office Closed Cesar Chavez Day 7:30 am Augustine Fellowship 7 pm AA Men's Mtg 7 pm Ran Bush Jam	NOTE: The BFUU office will be closed Tuesday March 31 for Cesar Chavez Day.			

Spiritual Growth and Social Justice in the Heart of Berkeley

BFUU OFFICE HOURS

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

BFUU STAFF

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SUBMISSION DEADLINE FOR NEXT *COMMUNICATOR*: March 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

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