

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

October 2016

Upcoming Sunday Services

Services at 10:30 a.m.

October 2: In Praise of Turkey Vultures

Rev. Elena Rose Vera, Guest Worship Leader

Here in the darkening of the year, what can a vulture teach us about love? In embracing the ugly, the decaying, the unglamorous in our world, what joyful lessons can we find? Autumn is a time for gathering in, and a time for letting go. Together, with a broad and compassionate perspective, we will explore beauty in unexpected places, the worth of our world's clean-up crews, and the great value of endings.

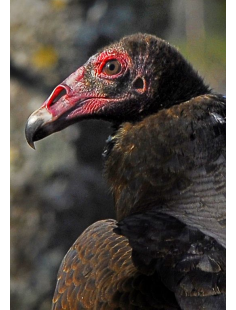


photo by Arlo Iron Cloud

October 9: Honoring Indigenous Peoples' Day

Rev. Jeremiah Kalendae, Guest Worship Leader

Indigenous people from over 100 tribes in the United States and Canada joined together to protest the construction of the Dakota Access Pipeline. Gathering at Sacred Stone Camp, they have declared the project would violate the sacred lands of the Lakota people, threaten their water supply, and contribute to the economy of exploitation. This Sunday, we will honor the spiritual witness of indigenous peoples across time and explore how we might "exist, resist, indigenize, and decolonize."

October 16: In a World full of Transmitters, Reception is the Key

Rev. Marsh Agobert, Worship Leader

Herein lies a treasure map to fortune beyond measure. The great paradox lay in the fact that with all the time in the world...still, time is running out. So the question remains to be answered...What Do You Want? And, of course...Where is it and Why?



October 23: How to be a Better Animal

Rev. Dr. Carrie Knowles, Worship Leader

October is by tradition the time of blessing the animals. Rather than our blessing them, what we learn from other species can bless our lives, and teach us deep lessons about compassion and mercy.



October 30: Spiritual Rx: Laughter

Dozo the Clown and Jean Marie Stine, Guest Speakers

There is a reason clowns were once considered sacred, and now you'll discover why, as we explore and celebrate the reasons humor and spirituality go hand-in-hand, and why laughing every day is an essential nutrient for health and happiness. The humor in wisdom and the wisdom in humor. UU jokes. A bit of spiritual slapstick. Laughter, fun, silliness, childishness, frivolity, absurdity, and clowning around—meditation in disguise? We will touch on these and more—and don't worry about bringing a clown nose; we'll have one for you.





Board of Trustees Report

Clergy & Staff

Reverend Dr. Carolyn Knowles
Pastoral Care Minister

Reverend Earl Koteen
Community Minister

Deborah Hamouris
Event Space Coordinator

Ed Keating
Facilities Manager

Susan Macke
Office Coordinator

Richard Sandling
Custodian

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Nanci Armstrong-Temple

Frankie Hill

Michael Gardner

Elayne Ryder

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Judith Granada-Dewey (alternate)

Committees

Aesthetics Committee
Virginia Hollins-Davidson, Chair

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

Caring Community
Kathy Riehle, Chair

Finance Committee
Ben Burch, Chair

Hospitality Committee
Jean Marie Stine, Chair

Membership Committee
Doug Chambers, Chair

Personnel Committee
Kathy Riehle, Chair

Religious Education (RE) Committee
Doug Chambers, Chair

Social Justice Committee (SJC)

Sunday Services Committee
Jeff Palmer, Chair

Dear BFUU,

Happy fall! October is coming in all of its glory. September has been its usual hot summer self, and we are experiencing some heated conversations.

When we went through our process of discernment over the last year, we moved into a period of self-reflection. Part of that process was learning how to be kind to one another, to communicate more effectively, and to invite dissent into the room without breaking relationship.

In the Jewish calendar, this is a time for reflection and atonement. We often sing

"Return again,

Return again,

Return to the home of your soul.

Return to what you are, return to who you are, return to where you are,

Born and reborn again."

As we enter this time of coming home to our souls, we are holding NVC practice groups on 1st and 2nd Sundays with seasoned facilitator Marlena Willis, and we are planning to enter into a period of discernment and mediation and intersectionality training in our social justice committee. We would love to have all of our SJC members and friends join us for these conversations.

As we continue to evolve and change as a congregation, hold close to our home. Do not casually let it go as you might a class or seminar. Our community is beloved because we make it so. Our history has been filled with good and necessary work in the world. Let's return again and again, together, as one, even and especially when we disagree.

In community,

Nanci Armstrong-Temple

On Behalf of the BFUU Board

Your BFUU Board of Trustees Officers:

We officially welcome Doug Chambers as Board President, Elayne Ryder as Board Vice President and Frankie Hill as Secretary! Ben Burch will continue as Treasurer and is training Judith Granada-Dewey on the duties of that position. Thank you to Mike Gardner and Jeff Palmer for serving as our interim President and Vice President!

Community Voices



*Frida Chambers
Abbot Foote
Michael Gardner*

*Gene Herman
Tom McAninley
Paikea Melcher*

Birthday Party!

Dear fellows,

Please join me for my 50th birthday celebration on October 15 from 7 'til 10 PM at Fellowship Hall. Please join my family and friends – hopefully we will be folk dancing and free style oldies dancing! My brother Volker and cousin Sabine from Germany will be there as well and everyone from the congregation is welcome! We will have Japanese and German food to enjoy as well!

Hope to see you there!

Doertlis



Meet BFUU's Newest Members!

Robert Berman is a retired curator of microbial collections at UCB. His wife Evelyn is a retired executive secretary. Robert enjoys maritime subjects, international folk dancing, process studies and local natural history.



Susan T. Mashiyama was born in Michigan and grew up in southern California. She was brought up as a Buddhist and her grandfather was a Buddhist minister in Hawaii. She first learned about UU when she moved to the Bay area and was intrigued by the welcoming and intellectual nature of this spiritual community. She plays a number of musical instruments, including the harp, and enjoys contributing to the spirituality of a meeting by creating music.

Ani Mauck is a Buddhist nun. Her profession was diagnosing endothelial cancer. She is originally from the East Bay and currently lives in Berkeley. This is her fourth year living on the streets. She has no family. She likes the BFUU because they put their money where their mouth is in terms of supporting good. She also likes the committees because it is harder to support good alone and she appreciates the group effort.



Regular Committee Meetings

Buildings & Grounds

*Meets once per month,
contact Ben Burch*

Finance

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

Hospitality, Caring and Membership

*4th Sunday at 12:30 PM
in Fellowship Hall*

Social Justice

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

Sunday Services

*1st Tuesday at 7 PM
in the Preschool Kitchen*

BFUU Poetry Committee - BFUU Writers Group

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

At the dog-free writers group in September, Frances Hillyard, our poet laureate emerita, gave a series of writing prompts gleaned from the poetry of Robert Frost. I was inspired to write a poem, "Out of the Gloaming." Other writers chose memoir, poetry, and fiction, based on the prompts. It's so much fun to hear the different works inspired by the prompts! Of course, you don't have to use the prompts. You can even bring prompts to share.

Holly Harwood
Former Chair,
BFUU Social Justice Committee
BFUU Poet Laureate 2016-17

Out of the Gloaming

"You in the gold of the gloaming" –
Robert Frost

I want to see you in the golden light of
a New England afternoon,
maple trees yellow and red, a hint of
wood smoke in the crisp, autumn air.
Fading sunlight gilds your raven hair,
an earthly halo.

At the corner of night and day, the veil
cracks open slightly.
Faint rustlings in the undergrowth,
beady eyes gleam in the shadows.
From the purple light of a different
world, something new emerges.

We go inside

Holly Harwood



Social Justice Committee Statement of Support for the Standing Rock Sioux

We, the Social Justice Committee of the Berkeley Fellowship of Unitarian Universalists, declare our support for the historic gathering of the tribes, led by the Standing Rock Sioux, to protect the sacred earth and water from the proposed Dakota Access Pipeline (DAPL). We thank the First Nations for courageously defending the interdependent web of existence, of which we are all a part. We call on all people to stand with the Standing Rock Sioux. To donate and for more information, please visit <http://standingrock.org>. BFUU has donated to the Standing Rock Sioux's legal fund.

Holly Harwood
Former Chair, BFUU Social Justice Committee
BFUU Poet Laureate 2016-17

View From Rooms@bfuu.org



THE BANNERS ARE DONE! By early October they should be hung in the Hall, on the west wall, in rainbow color order! The original banner art has been duplicated, for the most part, with the addition of more appropriate imagery for Native American traditions as well as “Allah” in calligraphy for Islam. Each of these banners have been created with an eye for beauty, easy maintenance, and longevity.

We’ll be scheduling a reception with the artist, Emma Lehman, within a month and hope you can all meet and thank her for exceptional work. She was happy

to help out the Fellowship, donating some of the materials that went into the appliques and coming in way under budget, too!

Many thanks to the Aesthetics Committee for persistence and integrity of process on getting the project launched & completed.

All the best,

Deborah Hamouris, Event Space Coordinator

Featured BFUU Events



Fellowship Hall (1924 Cedar St) is accessible by a ramp on the Bonita Avenue side. The Preschool rooms are only reservable by BFUU groups and are accessible on the ground level of our Religious Education Building (1606 Bonita Ave). At this time the Connie Barbour, Fireside, and Benjy Rooms on the 2nd floor of our Religious Education Building are not wheelchair accessible.

Transition Berkeley Presents: Carbon Pricing - Climate Game Changer

Thursday, October 6 at 6:30 PM refreshments, 7-9 PM program, in Fellowship Hall – 1924 Cedar St.

Join us for an evening with Citizens’ Climate Lobby members, Amy Gorman and Harry Chomsky for a presentation and discussion on CCLs’ legislative proposal for a comprehensive and effective solution to the climate crisis.

Learn about tools on how to pass climate change legislation. CCL is a national organization that is committed to creating the political will for a sustainable planet.

The presentation will include a specific nonpartisan proposal for pricing carbon

emissions. CCL has an active chapter in Alameda County and will be talking about progress made locally toward garnering support for their proposed legislation. This includes recent unanimous passage by The Berkeley City and Albany Councils of resolutions supporting a fully rebated fee on all carbon emissions (differing from cap and trade plans) at the national level.

Event co-sponsored by Transition Berkeley, the Social Justice Committee (of the BFUU), and Citizen's Climate Lobby (CCL)

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



Featured BFUU Events

Conscientious Projector Presents Book Party for “Nuclear Heartland”

Thursday, October 13, 7 pm in Fellowship Hall—1924 Cedar St.

“Nuclear Heartland Revised Edition: A guide to the 450 land-based missiles of the United States” edited by Arianne Peterson and our guest speaker John M. LarFarge of Nukewatch, an educational project based in Wisconsin which raises public awareness of nuclear weapons, reactors and waste.

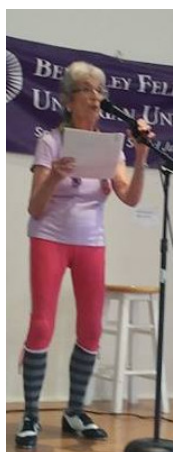
Dr. Helen Caldicott states that every American should read this book, learn that under our farms and prairies are the ICBMs with nuclear warheads and take on the entities that imperil our survival. Much of the original content was by the late Sam Day who was most helpful to our SJC on past anti-nuclear actions.
www.nukewatchinfo.org

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



BFUU Open Mic with Featured Artist Dolores Helman

Friday, October 14 at 6:30 PM sign up / 7 PM start in Fellowship Hall—1924 Cedar St.



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

Featured artist Dolores Helman has been a well-known bay area tapper forever. She has performed throughout the world and has pioneered several healthy tap exercise programs, including Dance with Dolores and Tappersize. She has been an important part of Tap Dance Day celebrations since 1995. She has inspired hundreds of dancers as she infuses her own jazzy influence with her love of rhythm.

October’s host Gene Herman has been writing poetry for 30 plus years; genres cover politics, romance, the environment, and sailing. He was host of the Wind Song Coffee House on Nantucket and is a past president of the Bay Area Poets Coalition. He's still writing... still musing around.

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



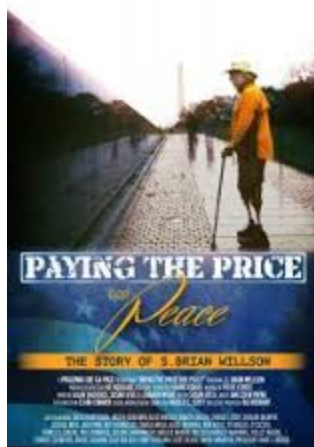
Conscientious Projector Presents “Paying the Price for Peace: The Story of S. Brian Willson”

Thursday, October 20, 7 pm in Fellowship Hall—1924 Cedar St.

“Paying the Price for Peace: The Story of S. Brian Willson” is an exciting film packed with ideas on how we can overcome the fears that fuel endless war. It is also the heroic story of the courageous dedication of Brian, a longtime friend of the Fellowship, who lost his legs at the Concord Naval Weapons Station in 1986.

www.payingthepriceforpeace.com

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



Special Event!

Semi-Annual Congregation-wide Meeting!

Sunday October 30 at 12:30 PM in Fellowship Hall–1924 Cedar St.

All BFUU members are asked to attend the semi-annual congregation-wide meeting!

Recurring/Ongoing BFUU Events



T'ai Chi & Qi Gong with Gene Herman

Mondays, 4-5 PM in the Connie Barbour Room – 1606 Bonita Ave.

Wednesdays, 3-4 PM in the Connie Barbour Room – 1606 Bonita Ave.

This practice improves health and well-being at any age.

Compassionate Communication

Saturday, October 1 at 10:30 AM in Fellowship Hall – 1924 Cedar St.

Saturday, October 15 at 10:30 AM in the Preschool Room – 1606 Bonita Ave.

Final two classes on the basics of Compassionate Communication, taught by Meganwind Eoyang.

Communication with Care

Sunday, October 2 and October 9 in the Preschool Kitchen – 1606 Bonita Ave.

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

Elders Circle

Tuesday, October 4 at 11 AM in Fellowship Hall – 1924 Cedar St.

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

BFUU Second Sundays Potluck*

Sunday, October 9 after service (12:30 PM) in Fellowship Hall– 1924 Cedar St.



Come one, come all! Whether you have a dish to share* or not, we invite you to join us as we break bread in the spirit of loving community. If you can, please help us set up tables and chairs before and put them away afterward. In between, join in the bounty provided by members and friends. Members, friends, neighbors, and the wider community are welcome to join us.

*If you bring a dish, please also bring a printed list of all ingredients so those with allergies, interactions and dietary restrictions can enjoy the dishes they can eat and avoid those they can't eat.



BFUU Writers Groups

1-Sunday, October 9 12:30 PM in the Preschool Room – 1606 Bonita Ave. - no animals

2-Sunday, October 23 12:30 PM in the Preschool Room – 1606 Bonita Ave. - svc. animals

Wheelchair accessible. Beginners welcome!

BFUU Writers Group 1 (2nd Sundays) includes people with animal allergies, so no animals can be brought to this meeting. BFUU Writers Group 2 (4th Sundays) includes people with service animals, so those with allergies should not attend this meeting.

more events on p 10

Recurring/Ongoing BFUU Events

BFUU SpiritUUal Contemporaries is on hiatus.

Good Grief Group

Wednesday October 26 at 7:00 PM in the Minister's Office – 1606 Bonita Ave.

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

BFUU Board Meeting

Thursday October 27 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

Other Community Events held at BFUU



Women & Song, a women's singing group

Directed by Deborah "DJ" Hamouris

2nd & 4th Thursdays, 7-8:30pm (Note: no class on 10/13)

Preschool Kitchen, 1606 Bonita Ave.

\$20-\$10, sliding scale

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

Reserve your space!

510/910-2574 or deborahj@djhamouris.com

October 27th!

Empowered Communication Series at BFUU

Come for 5 Mondays, starting November 7, and 6 Tuesdays Fall NVC Practice Group

Have you ever noticed thoughts like this?

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



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

If you want to dig in and start changing things, you can join the 5-week Monday Empowered Communication series starting November 7th, 6-9pm. I'll do an Introductory Evening on Monday, October 24th, 6:30-8:30pm

Special \$50 discount on the Empowered Communication series for BFUU community members only.

Also, for folks who want to get a taste of the work, or continue practicing how to use NVC in their real-life situations, we will have a Fall practice group (6 sessions) starting November 8th and going thru December 20th, from 6:30-8:30pm. I think practice groups are the bomb!

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

Fellowship Calendar October 2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Please Note:

**BFUU Semi-Annual Meeting
on October 30th at 12:30PM!**

1
9 am ASCA
10:30 am BFUU
Compassionate
Communication*
6 pm Augustine
Fellowship

2
9:30 am Choir
Rehearsal*
10:30 am Sunday
Service*
12:30 pm SJC Mtg*
12:30 Communication
with Care Practice*
8 pm AA Mtg

3
4 pm Tai Chi/
Qigong*
6 pm Tai Chi Chuan
6 pm AA Men's Mtg
6 pm Empowered
Communication
6:30 pm Soul Motion
7 pm Sunflower
8 pm Dulcimer Class

4
7:30 am Augustine
Fellowship
11 am Elders Circle
6 pm Empowered
Communication
7 pm AA Men's Mtg
7 pm Sunday Svcs
Committee Meeting

5
7:30 am Soul Motion
3 pm Tai Chi/
Qigong*
7 pm NA Men's Mtg
7 pm Core
Connexion

6
11:45 am AA
Meditation
**7 pm Transition
Berkeley Presents
Carbon Pricing***

7
6 pm AA Men's
7 pm Soul Motion

8
9 am ASCA
6 pm Augustine
Fellowship

9
9:30 am Choir
Rehearsal*
10:30 am Sunday
Service*
12:30 pm 2nd Sunday
Potluck*
12:30 BFUU Writers
Group 1 (no animals)*
12:30 Communication
with Care Practice*
8 pm AA Mtg

10
4 pm Tai Chi/
Qigong*
6 pm Tai Chi Chuan
6 pm AA Men's Mtg
6 pm Empowered
Communication
6:30 pm Soul Motion

11
7:30 am Augustine
Fellowship
6 pm Empowered
Communication
7 pm AA Men's Mtg

12
7:30 am Soul Motion
3 pm Tai Chi/
Qigong*
7 pm NA Men's Mtg
7 pm Core
Connexion

13
11:45 am AA
Meditation
**7 pm Consc. Proj.
Book Party:
"Nuclear
Heartland Revised
Edition"***

14
6 pm AA Men's
**7 pm BFUU
Open Mic:
Dolores Helman***

15
9 am ASCA
10:30 am BFUU
Compassionate
Communication*
6 pm Augustine
Fellowship
**7 pm Doertlis'
Birthday Party**

16
9:30 am Choir
Rehearsal*
10:30 am Sunday
Service*
12:30 pm SJC Mtg*
8 pm AA Mtg

17
4 pm Tai Chi/
Qigong*
6 pm Tai Chi Chuan
6 pm AA Men's Mtg
6:30 pm Soul Motion
7 pm Sunflower

18
7:30 am Augustine
Fellowship
6 pm Empowered
Communication
7 pm AA Men's Mtg

19
7:30 am Soul Motion
3 pm Tai Chi/
Qigong*
7 pm NA Men's Mtg
7 pm Core
Connexion

20
11:45 am AA
Meditation
**7 pm Consc. Proj.
Film: "Paying the
Price for Peace"***

**November
Communicator
Deadline!**

21
6 pm AA Men's

22
9 am ASCA
6 pm Augustine
Fellowship

23
9:30 am Choir
Rehearsal*
10:30 am Sunday
Service*
12:30 pm Hosp, Caring
and Member Comm's
12:30 BFUU Writers
Group 2 (svc animals)*
Membership Mtg*
8 pm AA Mtg

24
4 pm Tai Chi/
Qigong*
6 pm Tai Chi Chuan
6 pm AA Men's Mtg
6:30 pm Empowered
Communication
6:30 pm Soul Motion

25
7:30 am Augustine
Fellowship
6 pm Empowered
Communication
7 pm AA Men's Mtg

26
7:30 am Soul Motion
3 pm Tai Chi/
Qigong*
7 pm NA Men's Mtg
7 pm Core
Connexion
**7 pm Good Grief
Group***

27
11:45 am AA
Meditation
7 pm Women &
Song
7 pm BFUU Board
of Trustees Mtg*

28
6 pm AA Men's

29
9 am ASCA
6 pm Augustine
Fellowship

30
9:30 am Choir
Rehearsal*
10:30 am Sunday
Service*
**12:30 pm Semi-
Annual
Congregational Mtg***
8 pm AA Mtg

31
4 pm Tai Chi/
Qigong*
6 pm Tai Chi Chuan
6 pm AA Men's Mtg
6:30 pm Soul Motion
7 pm Sunflower

* denotes Fellowship event

Looking for something to do? Check out our BFUU Facebook Videos Section! This "growing garden of harvest" chronicals BFUU's living history and helps us connect with SJC community partners in the San Francisco Bay Area! We also have a growing number of Photos and Photo Albums that you may enjoy. Sharing them helps our little tossed pebbles to have some ripple effects. <http://www.facebook.com/berkeleyfellowshipuu/videos>

Spiritual Growth and Social Justice in the Heart of Berkeley

Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

BFUU OFFICE HOURS

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

BFUU STAFF

Deborah Hamouris - Event Space Coordinator
Phone: 510-841-4824, ext. 3
Office Days: Returning in June 2016
Email: rooms@bfuu.org

Susan Macke - Office Coordinator
Phone: 510-841-4824, ext. 1
Office Days: Mon - Fri
Email: office@bfuu.org

SUBMISSION DEADLINE FOR NEXT *COMMUNICATOR*: October 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709