

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

September 2014

A Note From the Editor

This has been a very busy and enlightening month! Thanks to all who have helped me to learn and grow in this position. I hope you'll continue to let me know what I can do to help keep BFUU running smoothly.

Susan Macke, Communicator Editor

Upcoming Sunday Services

(Services at 10:30 a.m.)

September 7: Gathering of the Waters

Rev. Theresa Novak, Worship Leader



In this annual ritual of community we will reflect on what we each bring to this religious home of ours. Water will be available, but if you wish, you may bring some from home or from somewhere else to add to our common bowl. The children and youth will join the rest of the congregation for the entire service.

September 14: Why Are We Here?

Rev. Theresa Novak, Worship Leader

Why do we come to church? Does it matter that BFUU exists? What are we doing here in Berkeley anyway?

September 21: Check Your Sources, Please

Rev. Theresa Novak, Worship Leader

In addition our seven principles, Unitarian Universalism also has six sources. Are they there for us to just pick and choose the ones we like and ignore the others? Is our faith a random potluck or a full course meal that will truly nourish our spirits?



September 28: The Fountain of Age

Rev. Carrie Knowles, Worship Leader

Rev. Carrie confronts and corrects some of the unfounded assumptions and stereotypes of aging. She invites us all to see the cup half full, not half empty, and seize the day with curiousity, hope and love

Developmental Minister Reverend Theresa Novak

Dear BFUU Members and Friends



Clergy & Staff

Reverend Theresa Novak Development *Minister*

Reverend Earl Koteen Community Minister

Susan Macke
Office Coordinator

Deborah Hamouris Event Space Coordinator

Ed Keating Facilities Manager

Richard Sandling Custodian

Board of Trustees

Susan Singh, President

Pam Norton, Vice President

Ben Burch, Treasurer

Holly Harwood, Recording Scty

Doug Chambers

Doertlis (Lis) Schultz-Allen

Sylvia Scherzer (alternate)

Ever drink from a firehose? Probably not, but it is quite an image. August 15, my first day at BFUU, felt a little like that. You have so much going on here! Some of it is fabulous, and some of it is, quite frankly, not so very fabulous. That last fact is obvious to me as I have already heard of a number of ongoing conflicts between both individuals and groups.

Conflict in any human community is normal and can actually be very useful if it serves as a catalyst for creative thinking and new energy. For conflict to be beneficial, however, it needs to be handled in a way that is consistent with our faith and our principles. There are ways of expressing disagreements and deciding controversial issues while still holding each other with respect and in compassion. As a start to developing healthier relationships, I want to ask each of you that if you have a conflict or disagreement with another individual, please first speak to that person directly. I will be more than happy to help facilitate a conversation if that might help, but triangulation (going to a third party simply to complain) usually only escalates a conflict. It is not respectful. We don't have to agree on everything, but we are fully capable of relating to each other in ways that affirm the worth and dignity of all. If you come to me to complain about someone else, my first question will be "Have you spoken to them about this?" Please remember too, that we all make mistakes and that nobody is perfect. Forgiving ourselves and each other when we fall short of our ideals is an important spiritual practice for Unitarian Universalists.

There are several other serious concerns at BFUU. Two of which are obvious. The buildings are very old and need a lot of work (structural as well as cosmetic) and the congregation is spending more money each year than we are bringing in. Neither situation is sustainable.

I really enjoyed the service last Sunday. Rocky asked some very important questions about growth and his presentation was truly inspirational. He was also very right when he told you that you are beautiful. You are. I was very touched by the warm welcome you gave me and I am growing to love you already.

I will be trying to take it all in as fast as I can, but BFUU has a long continued and complicated continues next page

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

history, and I will need your help to get up to speed and to do the job you need me to do. If you are a committee chair, please add me to your distribution list (rev.theresa.novak@gmail.com) so I can get a sense of what is going on even if I cannot make all the actual meetings. Please also take some notes at meetings! They don't have to be long or detailed, but they should at a minimum include decisions made and action items, hopefully naming who will take responsibility for the action.

There is so much strength here at BFUU. You have some awesome leadership and their creative potential is already coming together in wonderful ways. Your board of trustees and I will be meeting for a full day at the end of August to develop some concrete plans that will take BFUU into the future as a vibrant, thriving, and self-sustaining congregation. This meeting will be facilitated by Rev. Jeanelyse Doran Adams, PCD's Congregational Development Director.

I will do much of my work with you via email and phone, but will also be holding some office hours; for now primarily on Tuesday and Thursday afternoons. Please call or email me if you would like to schedule an appointment. Your board has hired me at 3/4 time, so for now at least, I will usually be taking both Mondays and Wednesdays off. On those days, I will only be available for serious emergencies. Fridays (and sometimes Saturdays) will be my sermon-writing days and I will work from home.

One of the things I love most about being a minister is providing pastoral care to members of the congregation when they are in need. I am not a professional therapist, but I am a good listener and have some training in pastoral counseling. Please let me know if you are grieving the loss of a loved one, facing a significant health crisis, dealing with a relationship or family issue, or have any other personal concerns you would like to share with me. My cell number is 415-272-1217. If it is an emergency, I will call you back as soon as I can.

In the next month or so, I will be doing some experimenting with the worship format. I will get input from the Sunday Services Committee as we go along, but please let me know what you think about the different changes. I will be very interested in your feedback, but I also ask you to remember that nothing is or will be set in stone. UUs have always believed in on-going revelation. Let's see what works and what will make our spirits sing in a way that will make a melody that will draw others in and give us the strength and passion to shine the light of our faith a little brighter in the wider world.

One last note. I am here as your developmental minister. That means that my letter of agreement is renewable on an annual basis for up to five years. At or near the end of that time, there is also the option for BFUU to call me as your permanent settled minister. How long our relationship lasts will depend upon how well we do together in working to create a BFUU that will not only be beautiful in the moment, but one that will also sparkle and shine into the future, in ways that we cannot even imagine right now.

My heart is open and am eager to really begin our work together. Blessings on each and every one of you.

Namaste,

Rev. Theresa

President's Report

Summer is over and we are well into our exciting new year of 2014-15. Our Developmental Minister, The Reverend Theresa Novak, is here and hard at work.

Our Pledge drive was successful, raising \$34,672 in pledges. Thanks to everyone who pledged so generously.

Thanks, also, to the outgoing Board members: Virginia Hollins-Davidson, Gene Herman, Cynthia Johnson, and Shirley Taylor. Between them they have given many years of incalculable hours of service to BFUU. Kudos.

The number of members on the Finance and Personnel Committees has risen dramatically. However, the Caring, Hospitality, and Membership Committees need more people. R. E., Social Justice, Sunday Service (Worship), and Building & Grounds are doing well, but could always use more help. Plus, the Choir can use more voices and the Band more players. It takes a lot of people, money, and breath to keep BFUU operating.

In late August, Board of Trustees members attended a Board Planning Retreat facilitated by Rev. Jeanelyse Doran Adams, PCD Congregational Development Director. I expect many good things to come out of that event.

Keep posted,

Susan Singh, President



Regular Committee Meetings

Social Justice

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

Sunday Services

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

Finance

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

Religious Education

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

Hospitality and Membership

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

Buildings & Grounds

Meets once per month, contact Ben Burch

September Birthdays

Nettie Chapko Warren Jones

Ruth Clifford Lezlie Kinyon

Jason Faurot Bruce Maxwell

Tom Foley Ted Rodgers

Sumi Hosiko Aiko Yamamoto

Sarah Houghton

News from the Religious Education and Exploration Committee

Dear BFUU community,

We are so excited to announce some of the upcoming news about the Children's RE classroom, as well as about lifespan Religious Education and Exploration.

We are also so looking forward to having Reverend Theresa and her partner, Ann, who were both able to attend our meeting this past Sunday, as new additions to our church. Welcome!

A) This summer we have had 10 children enrolled in Sunday school, with an average of about 6 children attending a week. Our teachers and assistant teachers are:

Pam Norton

Doertlis Schultze (Lis)

Doug Chambers

Sharon Hwang Colligan

Stephanie Doucette

Nanci Armstrong-Temple

Lincoln Statler

Dolores Helman (substitute)

Ardys DeLu (substitute)

Jeff Palmer (new!)

Cat Woods (new!)

Seminarian Lincoln Statler is also our volunteer RE Program Coordinator.

B) This fall we will be continuing on the path of lifelong faith development.

1) The 4-8 year olds will be using the curriculum Love Will Guide Us, and

2) We will add a second children's religious education class for the youth 9-12. Announcement, from Sharon Hwang Colligan, who will lead the youth on a path of moral discovery, conversation, and development: "After many years of being a "one-room schoolhouse," the BFUU Children's Religious Education/Exploration program is experimenting this fall with opening a second classroom for our "older" (age 9-12) cohort of BFUU-RE kids." They will be using the Amazing Grace curriculum.

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News from the Religious Education and Exploration Committee, continued from p. 5

- 3) Thursday, September 4th we will have our first Young Adult pub and cafe night. It will be a brief worship and discussion, followed by a short planning meeting. Please join Lincoln and Dominic at Au Coquelet cafe on university at 7pm. If you wish to be added to the mailing list or Facebook group and you are between the ages of 18-35, please let us know! Contact our volunteer RE program coordinator Lincoln Lincolnstatler@gmail.com or RE chair Nanci Armstrong-Temple fraggle94@gmail.com, or text 5103015073.
- 4) The new middle adult group, SpiritUUal Contemporaries, will meet the first Thursday of the month beginning on October 2nd. All who identify as middle adults (30-65 ish range), and wish to find out more, please contact Nanci Armstrong Temple for details, fraggle94@gmail.com or 5103015073
- 5) The new Social Justice/Religious Education joint task force is forming and planning it's first activities, which will be serving dinner at the Berkeley drop-in center and creating a games night/Sing Along fun and fellowship event. Please look for details in the September orders of service and on the website beginning in mid-September, or contact Jeff Palmer or Nanci Armstrong-Temple.
- 6) Other RE happenings:Faith in Action ClubAd-Hoc Children's ChoirOWL trainingsAnd more-we are small but mighty!

- 7) please let us know if there's an area of RE you would like to help lead at BFUU, so we can help you make it happen!
- C) the Religious Education and Exploration committee meets the third Thursday of the month from 12:30-2pm outside at the playground picnic tables, and we always have food (I usually bring a big pot of vegan and gluten free soup). Please feel free to join us, for the food, for the fellowship, and for the fun.

Thank you for trusting me as your new Religious Education and Exploration chair. As a lifelong UU, I am committed to our faith, and as a new member of BFUU (I joined in March of this year) I have a great deal of energy and enthusiasm to bring to the project. I look forward to the exciting year ahead with the amazing team that Sharon Hwang Colligan (our outgoing chair extraordinaire) assembled.

On behalf of the whole RE team, Nanci Armstrong-Temple



View From Rooms@bfuu.org



This fall we are harvesting music! Ever since last spring and over the summer I've been working with a multitude of musical seeds to bring BFUU a bounty.

Every Friday night in the Hall we've got a different flavor to suit everyone's palate. This month, the 1st Friday is the Motown Dance Party with Soul Rising; 2nd Friday is the venerable Open Mic; 3rd Friday, Jazz in the Neighborhood opens its monthly series with the

Marcus Shelby Quintet, and 4th Friday, Acoustic Music Berkeley starts off with Bill Evans, the Banjo in America!

In addition, Ajaya and Sangita Moscow are offering their 2nd Sunday Kirtan event, 9/14 in the Hall at 4pm.

There are also several new ecstatic dance events: Soul Renewal Lab, Family Ecstatic Dance and an adult Dance Lab each month in the Hall.

So put on your dancing shoes, grab a friend and relax with us in the historic Fellowship Hall.

All the best,

Deborah Hamouris

Upcoming Events

Film Night and Discussion: A Lot in Common



Thursday, September 4, 6:30 PM Meet and Greet, 7:00 Film in the Fellowship Hall—1924 Cedar St.

Transition Berkeley invites you to join us for a delightful film about the creation of the Peralta Community Art Garden. You'll meet the neighbors: Grandpa Roosevelt and his grandson, Joan the single mom, Ruthe the psychic, and Amy the metal sculptor. They all have "A Lot in Common" when together they turn a vacant lot in Berkeley into a blooming community garden lush with native California plantings, technology demonstrations, and outdoor artwork by local artists. They clash over political ideals, runaway pets, and public art, yet in the end, they grow a community of neighbors.

Interviews with urban planning visionary Jane Jacobs, PBS reporter/author Ray Suarez, environmentalist Paul Hawken, and Urban Habitat co-founder Carl Anthony, lend context and background to the discussion of the Commons. Landscape architect/psychologist Karl Linn, who envisioned and orchestrated the creation of the gardens, provides on-going commentary. Our special guest will be the film's producer Rich Bacigalupi.

Come at 6:30 for Meet and Greet, and bring locally grown snacks to share if you can.

This event is co-sponsored by Transition Berkeley, Berkeley Community Garden Collaborative and the BFUU Social Justice Committee.

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

Friday Night Music Series



Motown Dance Party: Soul Rising

Friday September 5 at 8:00 PM in the Fellowship Hall—1924 Cedar St.

Come hear the band: "SOUL RISING"!!!

We continue the Great American Dance Party Series, featuring the Bay Area's top R & B and Soul playing musicians! Great vocalists belt out the Greatest Hits of Motown, Stax Studios and the Philadelphia Sound LIVE.

Suggested donation \$10. Refreshments available.



BFUU Open Mic with Doug Chambers, Featured Artist TBD

Friday, September 12 at 7:00 PM in the Fellowship Hall—1924 Cedar St.

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



Jazz in the Neighborhood: Marcus Shelby Quintet

Friday September 19 at 8:00 PM in the Fellowship Hall—1924 Cedar St.

Jazz in the Neighborhood is proud to introduce the first of our new series at the BFUU in North Berkeley, featuring a concert every third Friday of the month. Opening the series will be the Marcus Shelby Quintet, playing a mix of blues and swing; originals, standards, and rhythm & blues. Marcus Shelby is a highly accomplished teacher, composer, arranger, and bassist based in the Bay Area. Joining Shelby will be Joe Warner on piano, Ila Cantor on guitar, Tim Angulo on drums, and Tiffany Austin on vocals. A local youth showcase will be announced and will open the show.

Suggested donation: \$20/\$10 Students No one turned away for lack of funds.

Tickets: https://www.eventbrite.com/e/marcus-shelby-quintet-tickets-12717013931

Acoustic Music Berkeley: Bill Evans, the Banjo in America

Friday, September 26 at 8:00 PM in the Fellowship Hall—1924 Cedar St.

Bill Evans presents over 250 years of American music on a dizzying variety of banjos, taking you on a musical journey from West Africa through 19th and early 20th century music to Bill's own dynamic original compositions and arrangements. Bill is a Bay Area favorite who has performed with the San Francisco Symphony and on "A Prairie Home Companion." www.billevansbanjo.com

For reservations please contact Sheila at Swift Entertainment 510-289-2679

Online tickets available when Acoustic Music Berkeley website goes live on August 29!

Upcoming Events continued

Rev. Earl Koteen and 350.org present a film: "Disruption"

Thursday, September 11 at 7:00 PM in the Fellowship Hall—1924 Cedar St.



Sunday, September 7 at 7:00 PM in the Connie Barbour Room - 1606 Bonita Ave.

"Disruption" weaves together political intrigue, mind-blowing science, and an insider's view of the largest climate mobilization in history.

Conscientious Projectors Film Series: Where Should the Birds Fly



Where Should the Birds Fly? is a powerful, passionate film by Fida Qisha, about the lives of ordinary Gazans living "survival and celebration" in a land where no one can take flight; where the siege and

blockade still goes on.

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



Fukushima: John Steinbach

Sunday, September 28 6 PM reception, 7 PM program - Connie Barbour Room - 1606 Bonita Ave. Longtime anti-nuclear weapons and power activist, researcher, and writer John Steinbach will give a first-hand report on his visit to Fukushima.

Recurring/Ongoing Events



T'ai Chi & Qi Gong with Gene Herman

ita Ave.

Mondays and Wednesdays, 4-5 p.m. in the Connie Barbour Room-1606 Bonita Ave. This practice is appropriate for people of all ages. It improves health and well-being at any age.

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.

SJC Quarterly Meeting



Tuesday September 9, 3:00 PM in the Fireside Room - 1606 Bonita Ave.

Quarterly Planning Meeting to critique and plan the next 6 months of Berkeley Fellowship Monthly Open Mics! All welcome on the Team! continues on page 10

Recurring/Ongoing Events continued

Dancing Life From Your Core: CoreConnexion Transformational Arts® with Eva Vigran, MA Psych 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

Elders' Circle

First Tuesdays, 10:00 AM in the Fellowship Hall

The BFUU Elders' Circle meets at 10:00 AM on First Tuesdays in the Fellowship Hall.



Wind Song Cafe



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

Join us in the Wind Song Cafe to share music, poetry, and discussion. Note that this room is not wheel-chair accessible. We will discuss Prop. 47, The Safe Neighborhoods & Schools Act of 2014, the voter initiative that will make a difference.

Kirtan with Ajaya



Second Sundays, 4 PM in the Fellowship Hall—1924 Cedar St.

Feel the power of musical space and time.

Ajaya Davidson will lead a one hour program of kirtan chant, song and instrumental music, accompanied by flute, tabla and other instruments. The goal of kirtan is to allow us to lead us into the experience of our own creativity and love. Ajaya will be accompanied by Sangita (Lisa Moscow) on Sarod as well as flute, violin and mridangam (Indian drum)

Ajaya has studied meditation, yoga, chanting and Indian musical forms for over 20 years. His music expresses his deep regard for the mystery of life, love and gratitude for all he has received.

Recent concerts include a tribute to George Harrison at the ISKON Krishna Temple in Berkeley.

To hear his music go to ajayathemusic.com

Suggested donation \$5-10 (goes directly to musicians). No one turned away for lack of funds.



Third Thursday Taizé

Third Thursdays, 7:30 PM in the Fellowship Hall



Taizé music originated in the Taizé Monastery in France as an opportunity for people of various religious faiths to unite in spirit and song. It quickly spread through Europe and is now becoming very popular in the United States. Come join us each third Thursday at 7:30 in the Fellowship Hall as BFUU takes its place in the growing Taizé community.

Fellowship Calendar September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office Closed 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	2 7:30 am Augustine Fellowship 10 am Elders Crcl.* 7 pm AA Men's Mtg 7 pm Ran Bush Jam	3 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	4 1:45 am AA Meditation 7 pm Improvalicious 7 pm Norcal 9/11 Truth Alliance 7 pm Film: "A Lot in Common"*	5 11:30 am Wind Song Cafe* 7 pm NA Women's Group 8 pm Motown Dance Party	6 9 am ASCA 10 am Choir Rehearsal* 6 pm Agustine Fellowship
7 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 7 pm Film: "Disruption"* 8 pm AA Mtg	8 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6:30 pm Soul Motion 6 pm AA Men's Mtg	9 7:30 am Augustine Fellowship 3 pm SJC Qtrly Planning Meeting 7 pm AA Men's Mtg 7 pm Ran Bush Jam	10 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	11 11:45 am AA Meditation 7 pm Improvalicious 7 pm Conscientious Projector Film: "Where Shoulld the Birds Fly"*	12 7 pm NA Women's Mtg 7 pm BFUU Open Mic*	13 9 am ASCA 6 pm Augustine Fellowship
9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:15 pm Sunday Potluck* 4 pm Kirtan* 8pm AA Mtg	15 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	16 7:30 am Augustine Fellowship 7 pm AA Men's Mtg 7 pm Ran Bush Jam	17 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	18 11:45 am AA 4 pm EB Music Together 5:30 pm Stress Reduction Class 7 pm Norcal 9/11 Truth Alliance 7 pm Improvalicious 7:30 pm Taize Service	9:30 am EB Music Together 7 pm NA Women's Mtg 8 pm Marcus Shelby Quintet	9 am ASCA 9:30 am EB Music Together 10 am Soul Motion 3 pm Bawa Muhaiyaddeen 6 pm Augustine Fellowship
21 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 3:30 2014 Candidate Forum 8 pm AA Mtg	4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	23 7:30 am Augustine Fellowship 7 pm SJC Program on Prop 47 7 pm AA Men's Mtg 7 pm Ran Bush Jam	24 4 pm Tai Chi/ Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	25 11:45 am AA 4 pm EB Music Together 7 pm Improvalicious 7 pm Board Meeting*	26 9:30 am EB Music Together 7 pm NA Women's 8 pm Bill Evans: The Banjo in America	9 am ASCA 9:30 am EB Music Together 10 am Ecstatic Family Dance 6 pm Augustine Fellowship
9:30 am Choir Rehearsal* 10:30 am Sunday Service* 5:00 pm Spiral Path 6 pm Steinbach Book Signing Event 8 pm AA Mtg	29 4 pm Tai Chi/ Qigong* 6:00 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	30 7:30 am Augustine Fellowship 7 pm AA Men's Mtg 7 pm Ran Bush Jam				

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: September 20

Please email **newsletter@bfuu.org** with submissions.

Address Correction Requested

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