

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

September 2016

Upcoming Sunday Services

Services at 10:30 a.m.

September 4

Flowing Together: Ingathering and the Communion of Water

Rev. Dr. Carrie Knowles, Worship Leader

The Berkeley Fellowship welcomes back our members with their gifts of living water from near and far, and gathers in our new members who share the call to heal and sustain our community and the world.

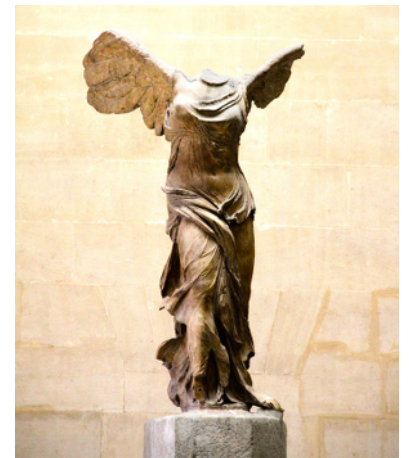


September 11

9/11: Reading the Signs of the Time

Rev. Dr. Jay Atkinson, Guest Worship Leader

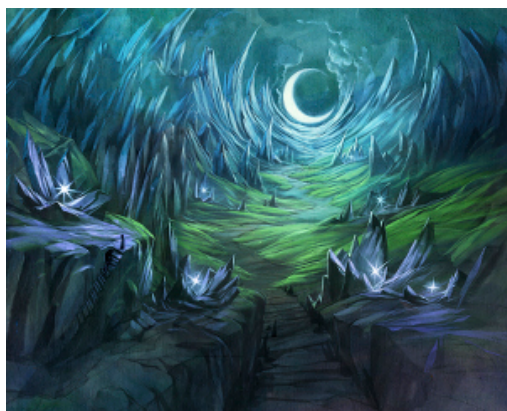
Founded in hope and idealism 240 years ago, our American nation today is increasingly beset by polarization, tribalism, violence, and fear of the stranger. How did we come to this? What are the lessons from 9/11 fifteen years ago now in the era of "Black Lives Matter"? And what does our history call us to do in such a time?



September 18: How to Benefit From an Election Regardless Of the Candidate You Choose

Rev. Marsh Agobert, Worship Leader

We'll look at how you can use any election to create the change you seek, regardless of who "wins."



September 25: The Mystery of Dream-Work

Rev. Dr. Carrie Knowles, Worship Leader

The poet Byron wrote, "Sleep hath its own world, and a wide realm of wild reality...." Rev. Dr. Carrie explores some of that wild reality, what dreams accomplish, and how some dreams changed the world.



Board of Trustees Report

Clergy & Staff

Reverend Dr. Carolyn Knowles
Pastoral Care 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

Doug Chambers

Nanci Armstrong-Temple

Frankie Hill

Michael Gardner

Elayne Ryder

Jeff Palmer (alternate)

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)
Holly Harwood, Chair

Sunday Services Committee
Jeff Palmer, Chair

Dear BFUU,

Happy September! As we enter into this new season, I want to invite us all to look back upon the summer and past year with gentleness and hope and reflection. The fall is a time to go inward, to reap what was sown and celebrate victories.

We enter this fall with our BFUU Board consisting of members Doug Chambers, Nanci Armstrong-Temple, Frankie Hill, Mike Gardner, and Elayne Ryder, and alternates Jeff Palmer and Judith Granada-Dewey.

Thank you to the congregation for having trust in the Board you have elected. We are going to do our best to honor your trust.

Thanks to Mike Gardner, our Interim President, Jeff Palmer, our Interim Vice President, and Frankie Hill, our Interim Secretary, who all served between our July and August Board meetings. We will be voting on for continuing officers for the rest of the term and will notify the membership very soon (maybe even before you get this newsletter!)

Although Ben Burch is no longer on the board, he continues to be our Treasurer and will be assisted by Judith.

We are grateful to have our Office Coordinator Susan Macke continue with us and to have our Event Space Coordinator Deborah Hamouris back in action!

We celebrate our outgoing Board members and thank them so much for their service: Pam Norton (President), Ben Burch (Treasurer) and Lis Schultze-Allen (Recording Secretary).

This fall, we will continue to be blessed with our wonderful Pastoral Care Minister Rev. Dr. Carrie Knowles. She leads the Elders Circle and the Grief Group and can also be contacted for individual pastoral care. She will also preach in the pulpit about once a month.

As many of you recall from our Annual Congregational Meeting in June, the Structural Transitions Working Group recommended that we try a bold new idea over the next year:

continued on page 3

Board of Trustees Report, continued

having a rotating team of three part-time Ministers instead of a single one. As part of this plan, each of these ministers would preach once a month and would most likely take on some of the other duties normally assigned to ministers in order to help ease the workload on the congregation. After some deliberation, the Board approved this plan in its June meeting, and we have since begun to put it into action by forming the Ministerial Coordinating Committee necessary to find these ministers and keep the implementation running smoothly. If you have any questions about that committee and its work, and/or would like to be part of it, please speak with its Chair, Jeff Palmer.

We—not only the Board, but each one of us—continue to create the congregation we envision. If you have dreams for BFUU and the desire to contribute to the work of manifesting them, please know that you are encouraged to join one of the committees listed in the Orders of Service or the website, or contact the BFUU office or Board.

In love and service,

Nanci Armstrong-Temple

On behalf of the BFUU Board

New! NVC Practice Groups at BFUU

Marlena Willis will lead Non-Violent Communication practice groups for BFUU members and friends beginning in September. Each group will be attended on a drop-in basis and up to 8 people may participate in each session. No prior experience is required. The classes will take place on the 1st and 2nd Sundays of each month from 12:30 to 2:30 in the Preschool Kitchen – 1606 Bonita Ave.

This practice group will give you the chance to get more comfortable and more skilled in using Non-Violent Communication. We will slow things down so that our choices of what we say will be more conscious. There will be the possibility of receiving empathy and practice giving empathy, role-plays, posthearsals (re-doing a conversation that hasn't gone the way you want), and other options. Coaching and teaching points will be included. Practice increases the possibility of improved communication here at BFUU and with your friends, family, co-workers, etc.

Marlena Willis has been studying and practicing NVC for 15 years. She has completed 2 years of immersion program, 2 years of leadership program, and has assisted in each program for a year. She has taught NVC at the First Unitarian Church of Oakland (of which she is a member), the East Bay Meditation Center, over the phone for those with chronic illness and disability, and leads practice groups in her home in Oakland. She brings depth and love and social consciousness to her work.

For more information, please contact Pam Norton at pcnorton@yahoo.com or call the BFUU office 510-841-4824 x1.

Community Voices



Nanci Armstrong-Temple
Karen Dewald
Joanne Foley
Dominic Jeffries
Josephine Jaszczyk

Frances Hillyard
Virginia Hollins-Davidson
Jeffrey Melcher
Marianne Robinson
Vic Sadot

Our own lovely Margaret Hamilton has written a letter to the BFUU congregation with a challenge and a poem!

To the BFUU:

Greetings! You're the only church group I ever felt comfortable joining, and as an atheist and radical, religiously, I loved it and still think of you fondly. What are you doing today that's different or important?

I've started writing poetry. I believe trying new things is good for us and makes us feel better. I'd like to share my first attempt, based on a childhood memory.

I'd love to hear from you. Can you take a UU dare? I'd love poems from you in exchange for a U kiss on each cheek while you're sleeping, the UU kind. Do you dare? Otherwise, expect an invisible UU on your doorstep. I'll give one to everyone, equally. I hope to kiss you soon!

Bye,

Margaret Hamilton

Morning Glories

Delicate, blue flowers
Growing on vines.
I grew morning glories
Planted on vines.

I went out each day
To tend to these flowers,
Which I had planted by seed,
Watered and tended.

I watched them grow,
Open their heads,
Gradually climbing the vines.
My own morning glories!



Margaret Hamilton

Visiting Julie Bidou

Julie has been active in the Bay Area folk scene for decades. She had folk gatherings at her house and ran the "Julie's Place" folk concert series. Some of you may know her as a member of the Berkeley Fellowship of Unitarian Universalists (BFUU). She had a kid's music show on KPFA in 1948.

Julie is now 98 years old, and is living at the Granada Care House, 2359 Granada Court in Pinole. The phone number is (510) 758-9888 and the owner is Rey Lee.

Julie really perks up when she has visitors, and especially loves having music gatherings. If you are interested in being on a rotation to visit/play please email your name, phone, email & best days for you to visit to Hali Hammer at halih@yahoo.com. Hopefully we can work out a grid where she has people there at least once a week. The best time to come for an hour or two would be to start at 1:30. You'll be contacted about specifics if you sign up.

You can also contact Hali Hammer at (510) 649-1423 or halih@yahoo.com for more information.

Hali Hammer

Community Voices

You Are Invited to a 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



Each Child

I light this candle for

each child

everywhere

with the fervent prayer

that the spark in

each child

be kept alive and nourished

so that

each child

may survive and grow

and bring light

to a world where

each child

is treasured.

Chalice lighting prayer

By Marianne Robinson



Special thanks to these local businesses that donated food and/or gift certificates for BFUU's **A Better World Festival**:

Andronico's	Peet's Coffee & Tea
Berkeley Bowl	Riverdog Farm
Cheese Board Pizza	Safeway
Love at First Bite	

View From Rooms@bfuu.org



The seasons keep on turning, and life unfolds to us. I want to thank you all for your warm wishes upon returning to the BFUU office. You've been so sweet and thoughtful! Medical science reports that patients who know that many people care for them, wish them well, and pray for them recover more quickly and fully. I've certainly felt that support in my life, both personally and professionally, and am grateful for all the positivity sent my way.

There is a new couch in the Benjy Room. The old one has seen better days, so this replacement just came in. Drop by to take a look.

This fall we will see the return of the banners in the Hall! New ones are being reconstructed and will be complete by mid-September. Emma Lehman, a local textile expert & artist in high demand, has designed and is creating them for us. I'd like to thank Ed Keating, Virginia Hollins-Davidson, Frankie Hill and Joanna Foley for their assistance, patience and perseverance in getting the banner project to this point. We will announce the hanging date as soon as details are all in place.



Here's hoping you enjoy the warmth of September as we move into Indian Summer.

All the best,

Deborah Hamouris, Event Space Coordinator



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*

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 Film and Discussion: “A Place at the Table” Exploring Food Inequality & Waste

Thursday, September 1 at 6-7 PM potluck, 7-9 PM program, in Fellowship Hall – 1924 Cedar St.

Join us for a screening of the eye-opening film “A Place at the Table.” The film will be preceded by a community potluck, please bring a dish to serve at least five people.

After the film, we will hear from a panel of people working to address inequality in the food system and spread awareness of hunger and food waste in our communities. They will discuss how the issues affect us here and what we can be doing to help.

Confirmed speakers for the panel are Sara Webber, director of the Berkeley Food Pantry and Sarah Palmer Defrank, policy advocate at California Association of Food Banks, with more to come. Stay tuned!

This event sponsored by: Transition Berkeley, Social Justice Committee (Berkeley Fellowship of Unitarian Universalists), the Ecology Center and Slow Food East Bay.

Tickets encouraged: <http://www.brownpapertickets.com/event/2594455>

Suggested Donation: \$5-20 No one turned away for lack of funds!

For info: www.transitionberkeley.com or

email: info@transitionberkeley.com or <mailto:slowfoodeastbay@gmail.com>



photo courtesy of Magnolia Pictures

Conscientious Projector Presents “Babel”

Thursday, September 8, 7 pm in Fellowship Hall – 1924 Cedar St.

“Babel” is a 2006 drama by Academy Award winning Mexican director Alejandro Gonzalez Iñárritu, considered a masterpiece by some critics. The film shows there are consequences and redemption for our actions. And though cultures differ in language and values, the multi-narrative stories highlight that we are all connected as one human family. Beautifully filmed over three continents. There are no heroes, just victims of fate and circumstance.

Sponsored by the BFUU SJC. Suggested donation \$5-\$20. No one turned away for lack of funds.



BFUU Open Mic - host Doug Chambers, theme “New Beginnings”

Friday, September 9 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.

Doug Chambers is the host for the September Open Mic. In his own music, Douglas brings you along on a journey through acoustic music old and new. Songs and stories you may not remember, or just think you forgot, tumble from his banjo and guitar with surprising ease! \$5-\$20 suggested donation. No one turned away for lack of funds.

Featured BFUU Events

Berkeley Public Library Workers'

Whistleblowers Defense Fun(d)raiser and Reception

Sunday, September 11 at 3:00 PM in Fellowship Hall – 1924 Cedar St.

Gather to support the Berkeley Public Library whistleblowers - brave library workers who spoke up last year about the decimation of the library collection, and who are now being harassed and threatened with being fired.

There will be jazz and classical music, a no-host pie bar, and a chance to learn about upcoming actions on Tuesday, Sept. 13 at the City Council meeting (public comment, gathering at 6:30) and significantly on Wednesday, Sept. 14th for the Board of Library Trustees meeting (rally at Central Library steps at Noon; rally and public comment at the BOLT meeting at Tarea Hall Pittman / South Branch 6:00 pm.)

Sign the petition and learn more at www.savethebplbooks.org

Contact the ad hoc library advocacy support group at: LibraryAdvocateOfBerkeley@gmail.com

Sponsored by the BFUU Social Justice Committee.

Donations at the door - sliding scale - suggested \$5-\$20. No one turned away for lack of funds.



“Entwined” Book Reading and “Outsider” Film Showing

Tuesday, September 20 at 7 PM in Fellowship Hall – 1924 Cedar St.

Down Syndrome and deafness in 1950 consigned Judith Scott to a state institution for 35 nightmare years before her twin sister obtained her release. Once discarded by society, she responded to opportunities at Creative Growth Art Center by becoming a world-famous fiber artist. “Entwined”, a book by her sister Joyce, explores the twins’ closeness and the profound impact of Judith’s extraordinary life and remarkable creativity. Copies will be available for sale. Also on this program, Betsy Bayha’s film, “Outsider”, is an intimate portrait of a compelling, eccentric and talented individual who prevailed in the face of daunting odds.

For more info: <http://judithandjoyce.com/> or joycescott@gmail.com

Sponsored by the BFUU SJC Suggested donation \$5 - \$20. No one turned away for lack of funds.

A Night for the Buffalo: Buffalo Field Campaign 2016 Roadshow

Friday, September 30 at 7:00 PM in Fellowship Hall – 1924 Cedar St.



Native flute music by Mignon Geli; special musical guests; videos, storytelling and front lines reports from BFC co-founder Mike Mease - 20 years in the field.

For more information, go to www.buffalofieldcampaign.org

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

Sponsored by Buffalo Field Campaign and BFUU SJC

photo courtesy of Sandy Sisti

Recurring/Ongoing BFUU Events



T'ai Chi & Qi Gong with Gene Herman

Mondays, 4-5 PM in Fellowship Hall – 1924 Cedar St. Note: no class on Labor Day 9/5
Wednesdays, 3-4 PM in Fellowship Hall – 1924 Cedar St.

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

Elders Circle

Tuesday, September 6 at 11 AM in Fellowship Hall – 1924 Cedar St.

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

Compassionate Communication

Saturday, September 10 in the Preschool Room – 1606 Bonita Ave.

The sixth of eight classes on the basics of Compassionate Communication, taught by Meganwind Eoyang. Next sessions are October 1 & 15.

BFUU Second Sundays Potluck*

Sunday, September 11 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 Group

Sunday, September 11 12:30 PM in the Preschool Room – 1606 Bonita Ave.

BFUU Writers Group. Wheelchair accessible. Beginners welcome!

BFUU SpiritUUal Contemporaries

Thursday September 15 at 6:45 PM in the Preschool Kitchen – 1606 Bonita Ave.

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, fraggleg94@gmail.com for more information.

BFUU Board Meeting

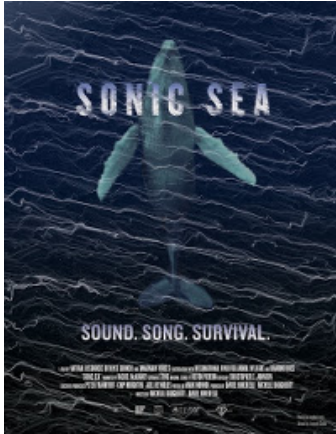
Thursday September 22 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

Good Grief Group

Wednesday September 28 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.

Other Community Events held at BFUU



EarthShare Film Screening: Sonic Sea

Thursday, September 15 at 6 PM in Fellowship Hall – 1924 Cedar St.

Sonic Sea is an award winning 1-hour 2015 documentary about the impact of human-made ocean noise on whales and other marine life. Narrated by actress Rachel McAdams, with musician Sting, and renowned ocean experts Dr. Sylvia Earle and Jean-Michel Cousteau. Learn more: www.sonicsea.org

Tickets \$10, event proceeds benefit EarthShare California, a non-profit alliance: www.earthshareca.org

Bing Futch Mountain Dulcimer Concert

Sunday, September 25, 6:30-8PM in the Connie Barbour Room – 1606 Bonita Ave.



Bing Futch plays his 2nd concert here in Berkeley, performing his original songs on mountain dulcimer and native american flute. He was a 2016 International Blues Challenge Finalist, winning the “Best Guitarist” award in the solo-duo category at the International Blues Challenge while playing the mountain dulcimer! Engaging, unexpected and talented, Bing’s concerts just fly by with fun, depth and all-around enjoyment.

Mountain Dulcimer workshops precede his concert. For full information, go to the link below.

Presented by Deborah Hamouris

Tickets: \$10 at the door or advance

@ <http://www.brownpapertickets.com/event/2592136>

Empowered Communication Series at BFUU

Come for 5 Mondays, starting November 7

- I keep getting stuck doing what I always do
- My boss isn't a good 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 Empowered Communication series for BFUU community members only.

Register at <http://baynvc.org/event/empowered-communication-5-week-series-mondays-3/>

Fellowship Calendar September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LABOR DAY HOLIDAY Please note that the office will be closed and there is no BFUU T'ai Chi / Qigong on Monday September 5th				1 11:45 am AA Meditation 7 pm Transition Berkeley Presents "A Place at the Table"*	2 6 pm AA Men's 7 pm Soul Motion	3 9 am ASCA 6 pm Augustine Fellowship
4 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 NVC Practice Group 12:30 pm SJC Mtg* 8 pm AA Mtg	5 LABOR DAY Office Closed No BFUU Qigong 6 pm AA Men's Mtg 6:30 pm Soul Motion	6 7:30 am Augustine Fellowship 11 am Elders Circle 4:30 pm Sunflower Alliance 6 pm Empowered Communication 7 pm AA Men's Mtg 7 pm Sunday Svcs Committee Meeting	7 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	8 11:45 am AA Meditation 7 pm Conscientious Projector Film: "Babel"*	9 6 pm AA Men's 7 pm BFUU Open Mic*	10 9 am ASCA 10:30 am BFUU Compassionate Communication 6 pm Augustine Fellowship
11 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck* 12:30 BFUU Writers Group* 12:30 NVC Practice Group 3 pm BPL Workers Fun(d)Raiser* 8 pm AA Mtg	12 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	13 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	14 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	15 11:45 am AA Meditation 6 pm EarthShare Film: "Sonic Sea" 7 pm SpiCon*	16 6 pm AA Men's	17 9 am ASCA 6 pm Augustine Fellowship
18 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	19 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	20 7:30 am Augustine Fellowship 4:30 pm Sunflower Alliance 6 pm Empowered Communication 6 pm Entwined* 7 pm AA Men's Mtg October Communicator Deadline!	21 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	22 11:45 am AA Meditation 7 pm BFUU Board of Trustees Mtg*	23 6 pm AA Men's	24 9 am ASCA 6 pm Augustine Fellowship
25 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Hospitality, Caring and Membership Mtg* 6:30 pm Bing Futch 8 pm AA Mtg	26 4 pm Tai Chi/ Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	27 7:30 am Augustine Fellowship 6 pm Empowered Communication 7 pm AA Men's Mtg	28 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion 7 pm Good Grief Group*	29 11:45 am AA Meditation 7 pm Berkeley Disaster Prep	30 6 pm AA Men's 7 pm Buffalo Field Benefit*	

* denotes Fellowship event

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: Tue, Wed & Fri
Email: rooms@bfuu.org

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

SUBMISSION DEADLINE FOR NEXT *COMMUNICATOR*: September 20

Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709