

THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

Summer 2016

Upcoming Sunday Services

Services at 10:30 a.m.

July 3: Art & Poetry - Celebration of Nature

BFUU Poetry Committee, Guest Worship Leader

BFUU artists and poets will share original works expressing their relationships with nature. Included will be a ceremony welcoming our new Poet Laureate – Holly Harwood. Members of the congregation are also invited to express their responses to nature. Please bring images or words either original or cut from magazines. Some will be provided at the greeting table so everyone can participate.



July 10: Finding Safe Harbor

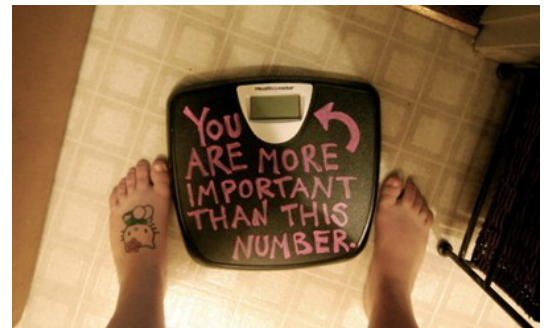
Moses Canales, Guest Worship Leader

This will be a "song and story" presentation about a young family of five living in the squalid Bangladesh refugee camps in the 1990s. The narrative, based on a true story, follows the efforts of one father, Tuhin who, having escaped the encampment to freedom in America, petitions the UN to bring his family to the United States. Our musical group, Soul Rising, will perform secular, contemporary songs that will amplify each event in the narrative. This is a story of love triumphant.

July 17: Bodies, Food, and Morality

KC Slack, Guest Worship Leader

We receive a lot of messages about bodies, food, and morality, but what effect do these messages have on our lives? We will discuss the relationship between diet culture and eating disorders, and look towards healing relationships with our bodies.



July 24: Our Rings of Inclusion

Rev. Marsh Agobert, Guest Worship Leader

We've already begun a serious discussion re our very human experience of "Us vs Them" and this will be another branch of that discussion. This time it will be flavored with a thematic hint of our culture's traditional summer fare - Movies, and why we'd do well to pay attention to such frivolity.



continued on Page 5



Board of Trustees Report

Clergy & Staff

Reverend 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

Pam Norton, *President*

Doug Chambers, *Vice President*

Ben Burch, *Treasurer*

Doertlis (Lis) Schultz-Allen, *Recording Sec'y*

Nanci Armstrong-Temple

Frankie Hill (alternate)

Michael Gardner (alternate)

Committees

Aesthetics Committee
Virginia Hollins-Davidson, *Chair*

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

Caring Community
Virginia Hollins-Davidson, *Coordinator*

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Kathy Riehle, *Chair*

Religious Education (RE) Committee
Doug Chambers, *Chair*

Social Justice Committee (SJC)
Holly Harwood, *Chair*

Sunday Services Committee
Jeff Palmer, *Chair (Interim)*

Dear BFUUers,

Celebrations are in order at this, the end of our fiscal year and the term for several outgoing Board members, including Ben Burch, Lis Schultze-Allen and myself. It has been a very eventful and full year in many different ways for BFUU. It has been my honor (and even my pleasure) to serve as Board President since the end of April 2015.

We had many issues to face when Reverend Theresa resigned and all of us had to handle the various duties covered by a minister: writing and delivering services, helping to shape and lead Sunday services, doing pastoral care, supervising personnel, volunteers, and potential seminary interns, representing our congregation in the community at large, cheerleading stewardship, and so many other responsibilities. Actually, it seems like that began a really long time ago, probably because so much has happened in one year! I will not have space or time to relate all of them, but here are some that stand out in my mind.

First, thank you to the current and past Board members for the 2015–16 year: Doug Chambers as Vice-President, Ben Burch as (long-time) Treasurer, several Secretaries—Holly Harwood, Syl Scherzer, and now Lis Schultze-Allen—and other board members and alternates, Nanci Armstrong-Temple, Frankie Hill, and Mike Gardner. We have met for board meetings, leadership development meetings, and a board retreat. We also met on many other committees and task forces. I will treasure the camaraderie gained from so much work, laughter and song. Second, thanks to the office personnel, Susan (I've Got That! And This!) Macke and Deborah Hamouris (welcome back!), as well as Lynn Orlando, who filled in so deftly for Deborah. Thanks to all the Committee members who do so much work behind the scenes (as we all do).

Buildings and Grounds got our new roof installed and began work on the retrofitting of our sanctuary. We should have our new rolling cart for chairs and some new chairs available soon. The Aesthetics sub-committee is in the process of coordinating the repair of and new additions to the banners that Reverend

Jeremy Taylor created so long ago and which have become an integral part of our sanctuary space—they are on the way, after many setbacks.

Board of Trustees Report, continued

The Sunday Services Committee stepped up to find even more than usual lay leaders and eventually a number of regular ministers to lead a service each month or so, and brilliantly created a holding space for inspiring, creative, thoughtful, and often humorous services. Marsh Agobert, Reverend Meg, Reverend Carrie, and several of our own Sunday Services Committee members, including Jean Marie Stine, Joanna Foley and Jeff Palmer, led memorable services. Certainly, I will never forget the service led by The Conspiracy of Beards, which was unusual, soulful and delightfully different. I do wish we had videotapes of them all. Dominic has been our choir director and sound person all year in the midst of many challenges and how those two happened at the same time is beyond my understanding. Thank you Dominic for your service and thank you for all who are learning to handling the sound system tasks, and to Susan Mashiyama for taking on the choir and music with verve and grace. Susan, Andy Jamieson and many others have provided beautiful music to buoy up our services.

The Caring Committee proposed hiring, and hired, a minister to handle pastoral care: Reverend Dr. Carrie Knowles—who, besides holding office hours, has facilitated the Elders Circle and started the Good Grief group. Hospitality, Membership and Caring (or HMC) has made sure we have good food, good welcome, follow-up connection with new and old members and friends, very welcome cards for milestones in our lives, and get-well cards that have made many people glad to be remembered as integral parts of our community.

The Social Justice Committee continues to do what it does so well: provide a space for many social justice community events and information on a multitude of topics through the Conscientious Projector film series; integrate with other social justice groups in our community, and participate in any number of social justice issues at the drop of a hat, in addition to organizing them. One of the reasons so many people know our building is because of the events SJC conducts regularly. We had the new marathon Protest Music event that went on all day, with many musicians, poets, and general rabble-rousing from morning to mid-evening. SJC consistently raises more money for BFUU than any other group outside of our rental income.

The RE Committee continues to provide a place for growth and learning for our younger members, and has branched out to provide separate classes for the pre-teens. Kathy Riehle led the Stewardship Committee and provided a well-attended luncheon to kick off the pledge drive for the new year. There are so many other services that others have provided with dedication. I am very conscious that I am not listing them all, but their effects have been very palpable.

A major event for our community was the weekend workshop series for the Process of Discernment from February through April of this year. The Process of Discernment Task Force was led by Nanci Armstrong-Temple, who, along with all Board members, spent time and energy and discernment to choose Living the Seven Principles consultants Gregory Rouillard and Jared Finkelstein to lead us through the process. Learning about non-violent communication through activities rather than theoretical discussions, and focusing directly on issues that concerned us most this year, was stimulating, instructive, and has proven helpful ever since for those who fully engaged in the process. We worked on Vision, Mission, and Aims as the driving force and foundation for all that we do at BFUU. We began to learn to listen to each other thoughtfully, in

continued on page 4

Board of Trustees Report, continued

order to hear our collective and individual needs at BFUU, and to separate those needs from the strategies we sometimes get fixated on to the detriment of purposeful and effective action. We learned about the Circle Meeting Format and how to use it fruitfully to both hear each person's concerns and unite around common needs and goals. Many committees are now practicing the Circle Meeting structures, including the Board. Thank you Nanci, and the PD Task Force, for organizing and carrying through the many tasks needed to make this process happen. And thank you to the Interim Right Relations Committee, which contributed to the budget of the PDTF as part of its mission to promote connection and healthy relationship.

Out of the Process of Discernment came our three Working Groups: Vision, Mission and Aims, Structural Transitions, and Beloved Community. It was so inspiring to see how many more people became involved in these groups than would usually participate in such central issues, and how much dedication and time was put into each working group by its participants. From the whole process of discernment in which the majority of the congregation participated, to the formation of working groups, we have seen leadership emerge and develop across much of our congregation. In the face of difficulties that came about from the sudden changes in mid-April of last year, we have been actively developing, and healing through, a belief in what we stand for; a willingness to learn and to change; participation from every direction; initiative, and courage.

What I have learned from my time as Board President is that I can shut down and/or withdraw when confronted with adversity (my old habitual *modus operandi*) or I can take heart and open up to what is. I learned that there is so much more going on behind the scenes than I had ever imagined (or wanted to imagine). Learning to accept criticism, remembering to take deep breaths, and sharing responsibility are three things I gained from this year. If we love our community—and I know there is so much love in this community—I believe that all of us showing up and doing what we can, making mistakes, and learning from them, will lead us to new places and new solutions. Growth happens when we are present and open to service and connection. Thank you for this opportunity to grow in connection to you all. Meanwhile, back at the ranch, I am now co-chair of the Interim Right Relations Committee and hope to participate in the new Small Group Ministry program. You will see me around.

While we continue to learn how to bring burgeoning ideas from the various working groups into a functional whole using these new structures and processes—such as caring communication and inclusive governance methods; the three-minister and Ministerial Coordination Committee proposal (from Structural Transitions); Small Group Ministry; ongoing non-violent communication trainings and practice groups (proposed by Beloved Community); and a social justice discernment process—all covered under Vision, Mission and Aims—the new Board will oversee and guide us toward completion with full input of the congregation in the new year beginning in July. Good luck to the new Board and all Committee members. May you all grow in love and service.

In solidarity, peace, and love,

Pam Norton

Outgoing Board of Trustees President

July 31: Compassionate Engagement in a Troubled World

Elena Rose, Guest Worship Leader

How do we stay kind and open in a troubled, often frustrating world? How can we hold each other's concerns with compassion, even when we feel small? When we don't, what dangerous roads can we end up on together? From Finnish subway choirs to ancient Egyptian philosophers, from petty gripes to the frightening political landscape of this year's presidential election, Rev. Elena explore with us the ways we listen to each other, and the great consequences, good and bad, of our choices in handling life's unfairness.



August 7: Lessons From the Edge

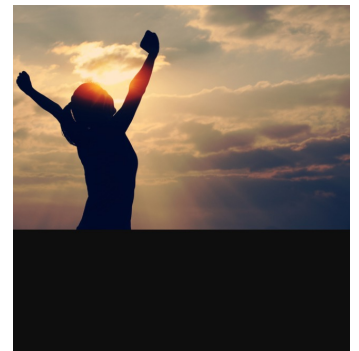
Lorena Boswell, Guest Worship Leader

Guest speaker Lorena Boswell, Quaker and recent graduate from Starr King School for Ministry, shares lessons learned from founding and editing a street paper in Humboldt County that features the voices of people who are living on the edge of homelessness and financial insecurity.

August 14: I'm Still Standing!

Moses Canales, Guest Worship Leader

This Song & Story Sharing is presented by Moses and the multitalented musical group, Soul Rising. It's based on a true story of someone physically abused in their marriage; who arrived at a shelter with two young children, and eventually went on alone to found a great company as CEO. It's an emotional, inspiring story of the triumph of faith in oneself and focused determination.



August 21: Voting Matters

Joanna Foley, Guest Worship Leader

This is a year when political candidates and electoral issues demand our attention in ways energizing and inspiring as well as contentious and infuriating. Voting can be seen as a secular sacrament, a ritual of participation in the wellbeing of our nation, our state and our

community as a whole. People have struggled and died to achieve this right and to defend it against encroachment and suppression. BFUU Member Joanna Foley will reflect on the history of Aug. 26, Women's Equality Day—which the President proclaims each year, and which will be deeply relevant in 2016.

August 28: Interconnected Accountability

Satya Tabachnick, Guest Worship Leader

Last time I was in the BFUU pulpit, we explored using gratitude practices to find a way to belong to this land without appropriation of native traditions. This Sunday, we will continue to explore the ways that we can come into right relationship with First Nations people and the land on which we have found a home.



Community Voices



Nanci Armstrong-Temple

Karen Dewald

Joanne Foley

Dominic Jeffries

Josephine Jaszczyk

Frances Hillyard

Virginia Hollins-Davidson

Jeffrey Melcher

Marianne Robinson

Vic Sadot

Pick Up

by C. Tom Ross

Something was wrong with our furnace,
and a man came to fix it,
and I watched him.
And when he had it all fixed,
he went to light the newspapers
that start the wood and the coal burning,
but he spilled his matches all over the floor.
So he stooped down,
and picked up all his matches with one hand
till his hand was all full of matches.
“You’re not supposed to pick things up that way,” I said.
“You should pick them up one at a time.”
“Oh, yeah?” said the man.
I told him,
“Whenever I spill my crayons,
my mother says, ‘Pick them up one at a time,
and put each one back in the box,
before you pick up the next one.’”
But the man had all his matches in one hand,
and he put them all back in the box at once.
I really don’t think he understood me.



C. Tom Ross was born in 1940 in Wheeling, West Virginia, a center of the steel industry before becoming part of the Rust Belt. He grew up in a close family, with two younger sisters.

At age 10, he was diagnosed with a painful neuromuscular condition, generalized torsion dystonia. This led to two brain surgeries, and later he became a wheelchair user.

In the ‘60s, he earned his first Masters degree at Union Theological Seminary, New York City, and went on to teach at historically black Clark College in Atlanta. He was active in the Civil Rights and anti-war movements. He took part in the 1963 March on Washington and the 1967 siege of the Pentagon. In the ‘90s and 2000s, he was active in the disability rights movement.

In 1968, he moved to San Francisco, where he earned his second Masters degree, in Creative Writing, at San Francisco State University. He was a featured reader in many venues in the San Francisco Bay Area, and had prose and poetry published in more than a dozen books and literary journals. He made his home in Berkeley, where he was often seen scooting around in his wheelchair.

C. Tom Ross passed away on May 6th of this year.

Greetings from Your New Poet Laureate

I wish to thank the poetry committee for honoring me with this position. Special thanks to my predecessor, Frances Hillyard, who is a truly great poet. Her dedication to the Fellowship is inspiring. We will continue the tradition of poetry services and doing poetry with the children. Frances and I have started a BFUU Writers group, which will meet the second Sunday of the month at 12:30, after the potluck, in the preschool. All writers are welcome, especially beginners! In the works are two anthologies, one of BFUU poetry, and one of BFUU prose. Prose includes memoirs, essays, and short stories. Thank you again for this great honor.

Holly Harwood



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.

The Ecology Center & Transition Berkeley Present:

Plastic-Free July Solutions Salon: Short Films & Discussion with Beth Terry

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



Led by plastic-free activist and author Beth Terry, Ecology Center, Transition Berkeley, and the BFUU SJC present an evening of short films and plastic-free ideas to inspire your zero waste efforts!

Join us to view an assortment of short films about plastic pollution and consumption, share our triumphs and challenges around reducing plastic waste, and explore some fun, DIY solutions to replace common plastic household goods. Copies of Beth Terry's book *Plastic Free* will be available for purchase and signing.

Sponsored by: Transition Berkeley, Berkeley Fellowship of Unitarian Universalists' Social Justice Committee, and the Ecology Center.

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

More info: www.transitionberkeley.com

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BFUU Open Mic

Friday, July 8 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.

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

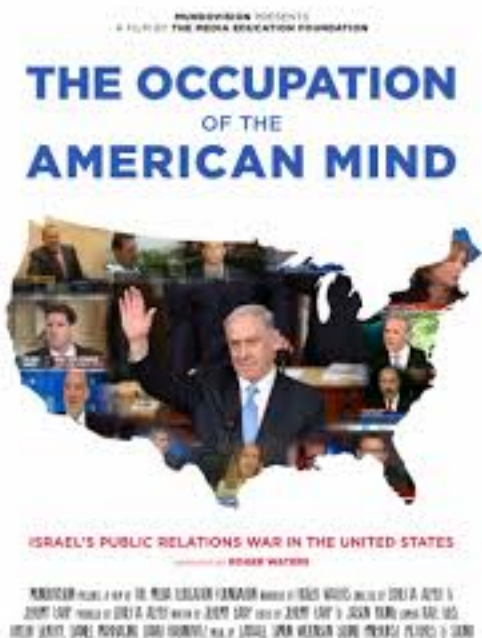
Save the Trees

Sunday July 10 at 7 PM in Fellowship Hall – 1924 Cedar St.



photo (c) 2015 Jack Gescheidt, TreeSpiritProject.com

Please join the Hills Conservation Network celebrate and protect trees. They'll show an 8 minute video that focuses on the beauty and value of trees vs the dangers of pesticides, and the drastic change in the landscape that will occur when the trees have been cut down. The Hills Conservation Network's goal is to stop the deforestation of the Berkeley/Oakland Hills. For more information, please go to www.hillsconservationnetwork.org



Conscientious Projector Presents "The Occupation of the American Mind"

Thursday, July 14, 7 pm in Fellowship Hall—1924 Cedar St.

This documentary explores why some U.S. policies regarding the Middle East have been banned from public discussion. The film is 82 minutes long, narrated by Roger Waters of Pink Floyd, and provides a sweeping analysis of the battle for the hearts, minds and tax dollars of the U.S. people.

Sponsored by the BFUU Social Justice Committee as part of our Conscientious Projector series.

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

Featured BFUU Events

Berkeley Climate Coalition Water Group & Transition Berkeley Present: "Over Troubled Waters"

Thursday, August 4 at 6:30 PM refreshments, 7-9 PM program, in Fellowship Hall – 1924 Cedar St.



“In this visually rich documentary, Ed. Begley, Jr. narrates the story of the battle being fought by the people of the Delta to protect the region they love and to encourage saner water policies for the Golden State and all the people of California.” The evening will feature the controversial Delta Tunnels project. Panelists will be named shortly.

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

More info: www.transitionberkeley.com

Conscientious Projector Presents Film TBD

Thursday, August 11, 7 pm in Fellowship Hall—1924 Cedar St.

The August selection for the Conscientious Projector Film Series is currently under discussion - but it's sure to be a film that will entertain, inform and expand your perspective!

Sponsored by the BFUU Social Justice Committee as part of our Conscientious Projector series.

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



BFUU Open Mic

Friday, August 12 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.

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

BFUU Arts and Music Festival

Saturday, August 20 3 PM - 9 PM in Fellowship Hall – 1924 Cedar St.

The theme of this year's festival is "a better world." Singer-songwriters, poets, musicians, comedians - all performers - are welcome to sign up for one of 30 ten minute slots.

Contact hollyharps@gmail.com. Slots are filling up fast. We also invite artists to display their works on the walls of the Hall. Groups working to make a better world will table in the courtyard. Volunteers are needed to take tickets, set up, work with food, clean up, and other positions. Please contact Holly if you are interested in volunteering,

performing, or sharing your art. Participants are welcome to sell their books, CDs, art, etc. There will be a half hour dinner break. This event is going to be a lot of fun! It is sponsored by the Social Justice Committee.



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.

Elders Circle

Tuesday, July 5 and Tuesday August 2 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 July 10 and Sunday August 14 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.



BFUU Writers Group

Sunday, July 10th and Sunday August 14 12:30 PM in the Preschool Room – 1606 Bonita Ave.

New! BFUU Writers Group. Wheelchair accessible. Beginners welcome!

BFUU SpiritUUal Contemporaries

Thursday, July 21 and Thursday August 18, 6:45 PM in the Preschool Room – 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, fraggle94@gmail.com for more information.

Good Grief Group

Wednesday July 27 and Wednesday August 24 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 July 28 and Thursday August 25 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

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 Room

Other Community Events held at BFUU

Empowered Communication Series at BFUU

Come for 5 Mondays, starting July 11

- I keep getting stuck doing what I always do
- My boss isn't a good communicator
- I wish people would stop being so judgmental



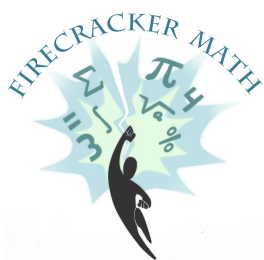
Nonviolent Communication can give you new ways to talk and listen so you get your point across without conflict. And you'll learn how to be gentler with yourself, too.

If you want to dig in and start changing things, you can join the 5-week Empowered Communication series starting July 11th, 6-9pm. You're welcome to bring along someone you care about who might like to experience of being fully heard without judgments. See details at <http://baynvc.org/event/empowered-communication-5-week-series-mondays-2/>

Come for a taste of NVC at an **Introductory Evening** on Monday, June 20th, 6:30-8:30pm. Just go to <http://baynvc.org/event/introductory-evening-monday-2/> to learn more and register.

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

Note: links are posted on www.bfuu.org/events



Firecracker Math offers an extra-curriculum program that will help your child to build a solid foundation and understanding of mathematics. Students will learn and explore math concepts and problem-solving techniques. Theoretical instruction is combined with practical exercises and group discussions that employ games, puzzles, and paradoxes.

- **Grades K-10**
- **Small groups and individual approach**
- **Experienced and enthusiastic teachers**
- **Intellectually stimulating environment**

(510) 488-4556
www.FirecrackerMath.org

Fellowship Calendar July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please note that the office will be closed on Monday July 4th					1 7 PM Soul Motion	2 9 am ASCA 6 pm Augustine Fellowship
3 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	4 HOLIDAY 4 pm Tai Chi/Qigong* 6 pm AA Men's Mtg 6:30 pm Soul Motion 7:30 Beloved Community Mtg*	5 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	6 7:30 am Soul Motion Mornings 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	7 11:45 am AA Meditation 6:30 pm Transition Berkeley Presents "Plastic Free" *	8 7 pm BFUU Open Mic*	9 9 am ASCA 10:30 am Compassionate Communication* 6 pm Augustine Fellowship
10 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck* 12:30 BFUU Writers Group* 7 pm Save the Hills Trees* 8 pm AA Mtg	11 4 pm Tai Chi/Qigong* 6 pm AA Men's Mtg 6:30 pm Empowered Communication 6:30 pm Soul Motion	12 7:30 am Augustine Fellowship 4:30 pm Sunflower Alliance 6 pm Empowered Communication 7 pm AA Men's Mtg	13 7:30 am Soul Motion Mornings 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	14 11:45 am AA Meditation 7 pm Conscientious Projector: "The Occupation of the American Mind" *	15	16 9 am ASCA 6 pm Augustine Fellowship
17 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	18 4 pm Tai Chi/Qigong* 6 pm AA Men's Mtg 6:30 pm Empowered Communication 6:30 pm Soul Motion	19 7:30 am Augustine Fellowship 7 pm AA Men's Mtg	20 7:30 am Soul Motion Mornings 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	21 11:45 am AA Meditation 7 pm SpiCon*	22 8 pm Acoustic Music Berkeley	23 9 am ASCA 10:30 am Compassionate Communication* 6 pm Augustine Fellowship
24 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Hospitality, Caring and Membership Mtg* 8 pm AA Mtg	25 4 pm Tai Chi/Qigong* 6 pm AA Men's Mtg 6:30 pm Empowered Communication 6:30 pm Soul Motion	26 7:30 am Augustine Fellowship 4:30 pm Sunflower Alliance 7 pm AA Men's Mtg	27 7:30 am Soul Motion Mornings 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion 7 pm Good Grief Group*	28 11:45 am AA Meditation 7 pm BFUU Board of Trustees Mtg*	29 8 pm Acoustic Music Berkeley	30 9 am ASCA 6 pm Augustine Fellowship
31 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 8 pm AA Mtg						

Fellowship Calendar August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 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 7:30 Beloved Community Mtg*	2 11 am Elders Circle 7:30 am Augustine Fellowship 6 pm Empowered Communication 7 pm AA Men's Mtg 7 pm Sunday Svcs Committee Meeting	3 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	4 11:45 am AA Meditation 7 pm Transition Berkeley Presents "Over Troubled Waters"*	5	6 9 am ASCA 10:30 am Compassionate Communication* 6 pm Augustine Fellowship
7 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	8 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	9 7:30 am Augustine Fellowship 6 pm Empowered Communication 7 pm AA Men's Mtg	10 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	11 11:45 am AA Meditation 7 pm Conscientious Projector Film *	12 7 pm BFUU Open Mic*	13 9 am ASCA 10:30 am Compassionate Communication* 6 pm Augustine Fellowship
14 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck* 12:30 BFUU Writers Group* 8 pm AA Mtg	15 4 pm Tai Chi/Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	16 7:30 am Augustine Fellowship 4:30 pm Sunflower Alliance 6 pm Empowered Communication 7 pm AA Men's Mtg	17 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion	18 11:45 am AA Meditation 7 pm SpiCon*	19	20 9 am ASCA 6 pm Augustine Fellowship 3 pm BFUU Arts and Music Festival* September Communicator Deadline!
21 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg	22 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	23 7:30 am Augustine Fellowship 6 pm Empowered Communication 7 pm AA Men's Mtg	24 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion 7 pm Good Grief Group*	25 11:45 am AA Meditation 7 pm BFUU Board of Trustees Mtg*	26 8 pm Acoustic Music Berkeley	27 9 am ASCA 10:30 am Compassionate Communication* 6 pm Augustine Fellowship
28 9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Hospitality, Caring and Membership Mtg* 8 pm AA Mtg	29 4 pm Tai Chi/Qigong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion	30 7:30 am Augustine Fellowship 4:30 pm Sunflower Alliance 6 pm Empowered Communication 7 pm AA Men's Mtg	31 3 pm Tai Chi/Qigong* 7 pm NA Men's Mtg 7 pm Core Connexion			

* 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

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SUBMISSION DEADLINE FOR NEXT *COMMUNICATOR*: August 20
Please email newsletter@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

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