

March 2010

COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists



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BENedictions...a few good words from your minister, the Rev. Ben Meyers

"Our No-Cut Policy"

A small article in the *New York Times* newspaper has been making the rounds in our church newsletters; it was about a middle school in Indiana that has a "no-cut" policy. Everybody who tries out for cheerleading makes it. Everyone who goes out for football, band, wrestling, whatever, will be a player. This school has 72 cheerleaders!

A similar phenomenon occurs here; We, too, have what amounts to a no-cut policy. You want to play an instrument, dance, form a choir and sing? You are welcome! You want to grow spiritually, give advice about investments, organize a book discussion group, feed a crowd, create beautiful visual effects, make new friends, disagree with the minister? Great! No problem!

Like the Plainfield Community Middle School in Plainfield, Indiana, we have a no-cut policy. In fact, we thrive on it. Whether you feel best sitting on the bench (attending services), tooting a horn (working on social justices issues), leading the cheers (meeting and greeting on Sunday mornings), wrestling with the best of them (joining a committee or taking a leadership position), or running down the field with the pack (teaching, learning, creating something new), you're always on the team.

In fact, without your willing participation *somewhere* in the life of this congregation, there would be no life IN the congregation. So, play a part. Do what's enjoyable, intriguing, adventurous, and necessary! Whether it is sharing a well-honed talent, or trying something new, beautiful, or audacious. We will find a place for you and, in the process, you will create value for yourself and serve others.

We are about to embark on our annual Stewardship drive for the next fiscal year. It requires the participation of every member, friend, and everyone who enters our buildings to succeed. Elsewhere in this newsletter, in our Sunday services, and just about everywhere else, you will be hearing about the plans, goals, and needs of this Fellowship. BFUU plays an important and vital role in our community and has become a spiritual home for many. We change lives. Our future health and vitality requires each of us to seriously think about what and how we can continue to thrive and serve our members, friends, neighbors and the greater community. So find your place, play your role, and do your part. We're the only ones who can, or will.

See you in church, friends,

Rev. Ben



Sunday Services & Fellowship

Sunday Services: 10:30 a.m.

Children & Youth Religious Education Program offered for all ages

Children of all ages are welcome to attend the first 15 minutes of the service before leaving for their classroom. Coffee and conversation follows the service and lunch is served at noon; a \$3.00 donation is requested.

March 7 2010
The Heart of the Matter
Jeffrey Melcher

Why we do what we do: A heart journey of social justice advocacy, self discovery, and my place in the world. What drives a social justice passion? What does the work teach us about ourselves? How can a spiritual practice empower our social justice? Jeffrey Melcher speaks to his journey as a Unitarian Universalist Legislative Ministry organizer and lessons he has learned. Jeffrey Melcher is a UULM Organizer and past-president of the BFUU. The Rev. Ben Meyers, coordinator.

12:30 to 2pm: 'Together In Exploration' (TIE) Spiritual Growth Group following service with Rev. Ben and Kate Meyers. Session Title: "Taking A Stand For What Matters To You" (more info. p. 6)

March 14 2010
DAYLIGHT SAVINGS TIME: 'SPRING AHEAD'
ONE HOUR OR YOU'LL MISS CHURCH!!!
Roots and Wings:
Planting Seeds and Preening Feathers
Rev. Ben Meyers & Beth Dana, DRE

The pioneering religious educator, Sophia Lyons Fahs, tells us "it matters what we believe." Some beliefs foster growth, self-worth, respect and gratitude, and other beliefs foster just the opposite. But, what happens when we stop fostering ANY beliefs? This service is about renewing our commitment to 'teach our children well.' Please plan to stay for the workshop which follows...

12:30 to 4pm: Congregational Startup Workshop For Religious Education
Jeanelyse Doran Adams, Director of Program Development for the PCD/UUA, will lead the congregation in further welcoming our Director of Religious Exploration, Beth Dana, deepening our understanding of Religious Exploration, and clarifying our commitment to the RE program at

BFUU. Congregational leaders and all people interested in supporting Religious Exploration for Children at BFUU are encouraged to participate.

March 21, 2010
Belonging
Rev. Ben Meyers
NEW MEMBER INGATHERING SERVICE

What does it mean to 'belong?' Webster's third definition gives a clue, "to be properly or appropriately placed." Where do you belong? Where do you need to be in the world to "properly placed?" Tom McAninley, coordinator.

If you have been contemplating becoming more involved at BFUU as a member or friend, please contact Shirley Adams membership@bfuu.org, or call Rev. Ben: 510-841-4003...YOU'LL BE GLAD YOU DID!

12:30 to 2pm: 'Together In Exploration': Spiritual Growth Group following service with Rev. Ben and Kate Meyers. Session Title: "How Much Is Enough?" (more info. p. 6)

March 28, 2010
Lessons from the Jewish genocide
Annette Herskovits

Palestinians in the West Bank and Gaza live under military occupation, every aspect of their lives ruled by the Israeli army. Their land has been stolen to build homes for hostile and armed Jewish settlers. As a holocaust survivor and daughter of holocaust victims, Israel's destructive (and eventually self-destructive) path is a matter of constant interrogation and concern. I will share reflections about the need to understand how the past shapes the present, while, in the present, we make every effort to bring freedom and justice to Palestinians, and peace to both people.

Membership



Founding BFUU Member
Zylphra Cockrell
Feb. 14, 1909-Jan. 5, 2010

A Celebration of Life and Remembrance was held February 14, 2010 led by Rev. Ben Meyers

Poetry Corner

The Healing Time by Peshha Gertler

Finally, on my way to yes,
I bump into all the places
where I said 'NO' to my life

All the untended wounds
the red and purple scars
those hieroglyphs of pain
carved into my skin, my bones

Those coded messages that
send me down the wrong street
Again and again

Where I find them
the old wounds
the old misdirection's

And I lift them, one by one,
close to my heart, and I say
Holy,
Holy.

-from "Mishkar:
Shrine in the Wilderness"

Testimonial

*"Why do you
pledge support
for BFUU?"*

"The mutual respect, the commitment to peace and social justice, and most of all the total absence of any 'You must believe this and this and this, or else you're not one of us' attitude — it all just feels so right."

- Kathryn
Thompson

Mark Your Calendars Now



...for our **"Stewardship Kick-off Service"** on Easter Sunday, **April 4th**, and our **"Stewardship Tea Party"** on Saturday, **April 10th**. We are counting on 100% participation from the entire BFUU community in order to make our financial and participatory goals! Be a part of the future health and wholeness of BFUU. Thank

Attendance-at-a-Glance

Watch our growth and bring a friend!

Jan 24: Adults 63, Children 1
Jan 31: Adults 58, Children 4
Feb 7: Adults 60, Children 0
Feb. 14: Adults 68, Children 2
Feb. 21: Adults 65, Children 1
**Future: Adults 100 +You,
Children 10 +Your Child!**

Will you help make it happen?

New Hymnals Needed at BFUU!

Would you like to make a practical contribution to the Sunday Services at BFUU but aren't sure how? The Sunday Services Committee and the Board of Trustees encourage you to purchase a copy of our hymnal "Singing the Living Tradition" to accommodate and welcome the growing numbers of members and visitors attending on Sunday mornings. We have a goal of adding 20 additional "SLT" hymnals as soon as possible. (We are also looking into purchasing copies of the new "Singing the Journey" addendum—details in the future.) Each SLT hymnal is only \$28 and a commemorative plate is available if you'd like to dedicate your contribution in honor or memory of someone special to you.

To contribute...please contact the church office to add your name and number of hymnals to a list. **Thank you for supporting the growth of BFUU in this way.**

Personal Transformation & Shaping Time Workshop Series



B e g i n n i n g
March 10, from
6:30-8:30 PM,
BFUU member
Kate Meyers will
be offering a
P e r s o n a l
T r a n s f o r m a t i o n
w o r k s h o p
s e r i e s o n
a l t e r n a t e

Wednesdays in March, April and May. Choose your own goal or direction for change and participate in the somatic coaching and practices that shift patterns at the level of core response (or at least the moments after!). Kate Meyers has coached many through professional re-building, artist's blocks, trauma recovery, to deeper aliveness and to academic success. Sliding Scale fee will be available for these group sessions. Call Kate for more info at 530-210-6675.

Beginning March 17, from 6:30-8:30 PM, BFUU member, Kate Meyers, who is a somatic coach, will offer a **Shaping Time workshop series** on alternate Wednesdays in March, April and May along with fellow coach Erhard Wegman. Fundamentally re-shape your relationship with time –turn time into ease. Sliding Scale fee will be available for these group sessions. Call Kate for more info at 530-210-6675.



Universalists are often asked where they stand. The only true answer to give to this question is that we do not stand at all, we move.
-L.B. Fisher

Event Cancelled

NOTICE: We are sorry to inform you that the Rev. Paul Sawyer has cancelled his events scheduled for March 6th and 7th. We look forward to hosting Paul and the launch of his new book soon.

Elder Circle
Tuesday, March 2
10:00-11:30 AM

Our theme this month for our Circle is: "Teaching Old Dogs New Tricks". Please RSVP or coordinate rides with Gretchen Klug, Elder Circle Coordinator, at 510-654-1540. If you can drive others, please let her know, ASAP Thanks!

Network of Spiritual Progressives March 1, 2010

There is a meeting on Monday, March 1, 6:30pm, in the BFUU Fellowship Hall of the Network of Spiritual Progressives. There will be a veggie pot-luck (bring main dish to share with ten people). This is a Training session with all those who agree with the changes set forth at our last meeting. Issues include proposed Amendments to the Constitution, the Global Marshall Plan, and the Petition to Obama and to our Congressional Representatives--all of which may be found at www.spiritualprogressives.org.

Anticipated Book Publishing by BFUU Member

Marianne Robinson reports that her autobiography, "Out of the Frying Pan, Into the Fire", will be published this spring by Regent Press. A chronicle of her life, the book will include poems, photos, and graphics from her collection. After publication, her archives will be sent to the Women's History Archives at Smith College,

Massachusetts and the Southern Folklife Collection, University of North Carolina at Chapel Hill.

Marianne says the book project, together with managing her health care, is like having two full-time jobs. She sends regards to all at the Fellowship.

Social Justice News & Events

Lose 5000(carbon) pounds
in just one month...

Thursdays, 3/18-4/8, 6:30-8:30 PM

Come together for four fun, informative and interactive sessions with other BFUU members to take action on climate change and deepen your roles as environmental stewards. Together you will explore and engage in easy and effective actions to reduce your greenhouse gas emissions in your everyday lives, in your homes, at the BFUU and in your broader community.

Participation is free. A \$10 fee (at cost) will be charged for the Low Carbon Diet work-book. No one turned away for lack of funds. All participants who have not previously been Ecology Center members will be given free membership for one year.

Come to as many workshops as you can - even if you have to miss one.

How do I sign up?

Write to debra@ecologycenter.org and pass on this invitation to your friends and colleagues. For more information, visit the [Ecology Center](#).

Background on the Ecology Center

The Ecology Center provides the public with reliable information, tools, hands-on training, referrals, strategies, infrastructure, and models for sustainable living. Our programs enable people to adopt practices that are environmentally and socially responsible. We run Berkeley's residential curbside recycling program, the Berkeley Farmers' Markets, Farm Fresh Choice food justice program, Terrain magazine, EcoHouse demonstration home and garden, the Ecology Center Store, and a variety of Information and Climate Change Action programs.

We hope you can join us!

March SJC Events

All events in Fellowship Hall unless otherwise noted. Wheelchair accessible. All are welcome.

March 8, 7 PM

“Palestine in Pieces: Graphic Perspectives on the Israeli Occupation”

Kathleen and Bill Christison will be doing a special benefit for the Middle East Children's Alliance. Offering a talk on their recently published book, Bill and Kathleen will explore U.S. foreign policy and Palestinian issues. Both Christisons are former CIA political analysts. Co-sponsored by BFUU's SJC and Jewish Voice for Peace. \$5-20 sliding scale. No one turned away.

March 12, 7pm

Country Joe McDonald's Open Mic

Lottery Sign-up 6:30pm.

Donation \$5-10 appreciated. Refreshments.

Hosted by “T” (Teresa Sawi)

Featured artist for March is Emily Stein. Emily has been playing guitar since she was 14 and hasn't put it down since. Growing up in Berkeley/El Cerrito CA, she was lucky to be surrounded by people of inspiration. Emily has been in quite a few bands. She is now hoping to be graced with the presence of some musicians just as inspired as she is!

March 18, 25 and April 22; 7 PM

Empire, Power, & Propaganda Lecture Series

A fund raiser in support of Flashpoints Radio, Media Freedom Foundation/Project Censored Investigative Reporting fund. Free will donation.

March 18: Focus on Indigenous Rights

March 25: Focus on Obama's 9/11 wars

March 19, 7 pm

Conscientious Film Projector Series

“Awakening from Sorrow: Buenos Aires 1997”

A film by [John Knoop](#) and Karma Epperlein. Stories of death, disappearance and the dissolution of a society. A co-production with Susana Blaustein. Donations accepted.

Religious Explorations & Programs

Explorations...Beth Dana, DRE



BFUU's garden is green and the trees on Bonita are flowering with beautiful pink and white blossoms! Just as nature is blossoming outside, religious exploration is blossoming inside our walls. We offer religious exploration for children every Sunday, as well as numerous adult education programs for learning and spiritual growth. On Sunday, February 14 (Valentine's Day!) we had a successful intergenerational service on LOVE, during which people of all ages shared stories, songs, and love with one another. On February 25, we offered children's activities coinciding with the "Reducing Your Carbon Footprint in 2010" workshop.

On March 14, our congregation will go deeper into what it means to offer religious exploration for children. The service, led by Rev. Ben and myself, is entitled "Roots and Wings: Planting Seeds and Preening Feathers." That afternoon, all people interested in supporting religious exploration for children at BFUU are encouraged to participate in a workshop led by the Pacific Central District's Director of Program Development, Jeaneleyse Doran Adams. See elsewhere in this newsletter for more information.

Unitarian Universalism has a number of wise foremothers and forefathers who have offered visions for religious education/exploration in our congregations. I encourage you to check out some of these "gems" in our hymnal, *Singing the Living Tradition*. William Ellery Channing writes about "The Great End in Religious Instruction" in #652 and Sophia Lyon Fahs writes that "It Matters What We Believe" in #657. In reading #649, Antoine De St. Exupery (not a UU) reminds us that we must pass down the tools for meaning-making from generation to generation. Universalist Angus MacLean gave a famous address in 1951 about religious education, which I quote from here:

We want to create children who possess strong inner resources of courage and hope; who will be sensitive to, and appreciative of goodness and beauty, who will seek the truth through rational independent thought; who will form an intelligent and devoted attachment to the church; who will be acquainted with our universal religious heritage; and who will become persons of broad sympathies and deep compassion for all people.

I hope you will join with other members and friends of BFUU on March 14 to delve into these ideas, and to consider our own role in providing religious exploration opportunities for children.

Have a wonderful March, and I'll see you around the Fellowship!

Adult Religious Exploration @ BFUU: Together In Exploration-Spiritual Encounters in Small Groups March 7 and 21, Following Sunday services, 12:30 to 2pm

Join Rev. Ben and Kate Meyers and others from the BFUU community in small group forum to explore life issues that matter to us all. There is no long-term commitment required. Each session will focus on a different theme for exploration in a variety of ways and last about 90 minutes. This is a great opportunity to build deeper bonds of community, and evolve your spiritual being in an interactive setting.

March 7 topic: "Taking A Stand"
March 21 topic: "How Much Is Enough?"

All are welcomed: Designed for newcomers and old-timers, alike.

Upcoming Religious Exploration Classes for Children

March 7, 2010
Working It Out

We believe in working for a world that is peaceful and fair. Children will learn about the story of Unitarian peacemaker Emily Greene Balch and explore peaceful ways of working out differences with each other and in the world.

March 14, 2010
The Web of Humankind

We believe in caring for each other, and in caring for our earth, the home we share with all other living things to whom we are connected in the great chain of life. Through story ("The Little Red Hen"), discussion, and art children will consider the people chains they are a part of and write a thank you note to an important "link" in their chain. This Sunday's service is entitled "Roots and Wings: Planting Seeds and Preening Feathers." Join Rev. Ben Meyers and Beth Dana (Director of Religious Exploration) to renew BFUU's commitment to religious exploration for children. As always, children will be in the first 10 minutes of the service. A workshop on BFUU's Religious Exploration program, led by PCD staff-person Jeanelyse Doran Adams, will follow the service.

March 21, 2010
Inherent Worth

We believe that each and every person is important. Through a movement game, stories, and a board game called In-HERE-ent Worth, children will explore what they value most. Children will each get a UU fortune carrying the good news that all people have inherent worth!

March 28, 2010
Fair to Everyone

We believe that all people should be treated fairly and kindly. But how do we live this out in our lives? We often hear "that's not fair!" - this week children will explore what IS fair. We will hear the story of twins Tim and Tom struggling with fairness, and of two of our UU foremothers who had dreams of making the world more fair. Come share your dreams for greater fairness!

Communicating When It Is Not Easy: Part 5

Sunday, March 28, from 1:00-3:00 PM, the next session of monthly workshops on Communicating When it Is Not Easy will be held in the Fireside Room. This session we will focus on practicing with one another as a group and also in dyads and in addressing topics in which we have strong emotions

In the past discussions of non-violent communication techniques, we reviewed some basic listening exercises for clear and empathic communication in difficult situations. This session will emphasize hands-on practice following a review of basic NVC techniques. Facilitated by Sumi Hoshiko.

Prior attendance to other sessions of the workshop not required. While a small donation would be welcomed, there is not fee for the workshop. If you wish to prepare for the session to be more valuable, you may want to read Marshall Rosenberg's book "Compassionate Communication" or Susan Campbell's book, SAYING WHAT'S REAL: 7 Keys to Authentic Communication and Relationship Success.

Email membership@bfuu.org for questions or to register.



Intergenerational Story Circle

On Sunday, March 28 from 12:15-1:30 PM, you are invited to join us in sharing personal stories after the Sunday Service. Topic for March will be announced soon; check the weekly e-newsletter for details or email Story Circle coordinator Lena Richardson at bfuustories@gmail.com.

Note: To minimize disruption, the doors for the circle will close at 12:20 so come into the foyer and get settled after you get your lunch.

Unitarian Universalist



Home Sweet UU Home

What Does a UU Home Look Like? (adapted by Beth Dana from an article by Rev. Phillip Lund)

Faith development and fostering a connection to Unitarian Universalism don't happen only on Sunday mornings. Families are important religious educators, and BFUU is here to support families in that endeavor! The following will help you consider ways to integrate Unitarian Universalism into your family's identity and practice.

In his book *Growing Up Religious: Christians and Jews and Their Journeys of Faith*, Robert Wuthnow identifies six religious activities in the home that reinforce the religious tradition of the family and nurture faith development. They are:

- Sharing family meals and saying grace or words of thanksgiving
- Spending a few moments before bedtime to share the joys and worries of the day
- Having real conversations about what matters most in life
- Adorning your living spaces with symbols of your faith tradition
- Celebrating holidays in ways that the religious significance comes through

Participating in your community of faith in ways that make it part of your family's emotional support system. In a religion that is anchored by diversity and pluralism, this might seem difficult. But if we use the seven UU principles and six UU sources as our base, we might find objects and activities in our homes to remind us of our faith, since the principles and sources cut across our theological differences. What, then, might make a home look and feel distinctively Unitarian Universalist?

A **chalice** – purchased or homemade (flower pots work well!).

Singing the Living Tradition, a UU **hymnal** with songs and readings. Use a song or reading as a grace before meals or after a bedtime story, or sing together on car trips!

A **photo** of the Earth from space or some other beauty of nature – represents the “direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life,” or the “interdependent web of all existence.”

Books of poetry and prose that hold prophetic words. Read a different quote each night as a dinner grace. This reminds us of our second source: “words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice compassion and the transforming power of love.”

Posters or photos of famous people who are prophetic for us, or of family members or friends who have acted as prophets in less-known ways. Perhaps you have a family photo taken on a peace march, or serving a meal at a homeless shelter? All of these reinforce the UU belief that we are continually shaped by prophetic words and deeds.

Recycle or practice other “living lightly on the earth” ideals, embodying our respect for the interdependent web of life.

Family meetings reflect the principle of democracy, in which all have a voice in the things that affect them.

Family rules or agreements reinforce our commitment to respecting the inherent worth and dignity of each person and reflect justice, equity, and compassion in your interactions.

Symbols of other faiths in the home that reflect the wisdom from the world's religions and help us be a diverse and pluralistic faith.

Share your **spiritual practices** with your children, or encourage them to discover their own (“encouragement to spiritual growth”).

As we make explicit the links between what we have and do in our homes, we raise our awareness of the centrality of our faith. What does a UU home look like? It reflects commitment to a life-enhancing faith of service, integrity, and joy.

Progressive Islam Movement: An Open Dialogue Sunday, March 28, 5:00-8:00 PM

Progressive Muslims are all over the world. At this event we will focus on the existence of Progressive Islam in America. Drawing from the rich resource of Islamic theology and tradition, the members of our panel are promoting and working for the implementation of progressive values, social justice, economic justice and environmental protection. Progressive Muslims have much in common with the values of the Berkeley Fellowship of Unitarian Universalists who welcome this opportunity to support our efforts and our movement. Childcare will be provided.

Ms. Dega Omar says, "I am organizing this event at the church, because as a member of this progressive Berkeley community, and as a Progressive Muslim, I see an opportunity to start a dialogue between two like

-minded communities. I think we have much in common with the values of the Unitarian Universalist Church and welcome this opportunity to speak about our efforts and our movement."

"At the heart of a progressive Islam is the simple yet radical idea: every human individual, female or male, Muslim or non-Muslim, rich or poor, northerner or southerner, has exactly the same intrinsic worth."-Omid Safi. Assistant professor of Islamic Studies at Colgate University

Speakers:

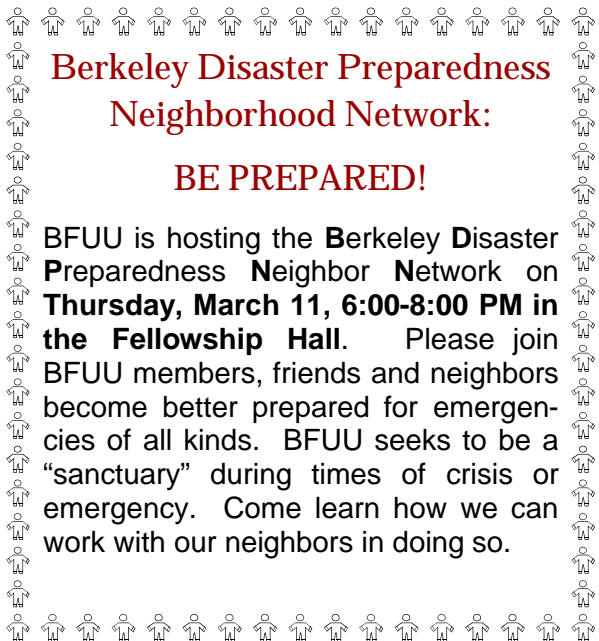
Ani Zonneveld is a co-founder of Muslims for Progressive Values (MPV) and a songwriter, producer, singer and multi-instrumentalist artist. Her speaking and singing engagement take her to mosques, churches, synagogues, peace vigils, and panel discussions, and have earned her

appearances in several magazine, radio, and television features.

Samner Aboelela, organizer of Progressive Muslims of NYC, is also an artist and activist. Samner was a member of the Code Pink delegation that visited Gaza in late May and early June 2009

Dega Omar, mother and filmmaker, organizes the Progressive Muslims of San Francisco and East Bay and resides in Berkeley.

Rashid Patch - Irish-American, former-Marine, is a sufi shaykh in the Mevlevi "whirling dervish" lineage, and an imam in the national association. Rashid has taught on Sufism, Islam, and the history of religion at colleges and universities, most recently at the GTU, and has served as a Muslim chaplain at prisons in California.



**Berkeley Disaster Preparedness
Neighborhood Network:
BE PREPARED!**

BFUU is hosting the **Berkeley Disaster Preparedness Neighbor Network on Thursday, March 11, 6:00-8:00 PM in the Fellowship Hall.** Please join BFUU members, friends and neighbors become better prepared for emergencies of all kinds. BFUU seeks to be a "sanctuary" during times of crisis or emergency. Come learn how we can work with our neighbors in doing so.

**Qi Gong and Tai Chi-
Wednesdays, 4:00-5:00 PM**

Relax and rejuvenate yourself in the Connie Barbour Room each Wednesday **beginning March 3** with Gene Herman as you practice.

Qi Gong breathing is deep and relaxed...the slower and deeper you breathe the more relaxed you will feel. The important thing is to keep the breathing pattern smooth and regular. These movements introduce the basic elements of weight shifting, co-ordination of hand and leg movements together with controlled breathing. It is suitable for all groups and all ages...You are never too old to start! One hour to reduce stress and rejuvenate the body.

Free to BFUU Members. Donation requested for others.

President's Report by Tom McAninley

We had 12 people representing our Fellowship at the UU Summit at the Kensington Church On Friday night, Jan. 29 and Saturday Jan. 30th. I have asked attendees to contribute to my monthly column, so you can read their impressions as well as mine.

In general there were over 200 people, representing 17 different congregations in our Pacific Central District. Rev Dr. Rebecca Parker, the president of Starr King School was also there as well as students from Starr King. People came from as far away as the congregation in Honolulu, HA.

Friday night was devoted largely to presentations by Gini Coulter, the Moderator of the UUA and Michael Durall, who wrote the book, *The Almost Church Revitalized*. A major point that Gini made was that committees often take on a life of their own. While, congregations vote for their board members, committee members often stay on for years and sometimes compete with the board for resources, which is not a good or healthy thing. Gini and Michael talked about congregations forming teams, as they can be created for certain needs or projects and then disbanded when the project is completed.

Michael Durall spoke of our need to raise the expectations of new members and the dangers of setting the bar too low for membership. We obviously want new members, but if we start the relationship by saying any contribution of money or time is okay, then we are always in an uphill struggle to get members to contribute more both of time and money. We are quickly approaching our stewardship drive, which Barbara Chan has generously offered to lead and we are called to remember all the wonderful treasures of our spiritual community.

Below are some responses by other members of our delegation to the Summit and as you read please remember how important our fellowship is and how much we want to ensure it grows and thrives for future generations.

-Tom McAninley

Kevan Jenson

A big emphasis was on growing UU which, by all accounts at the summit, is stagnating. There seemed to be a projection that UU membership was predominately white and college educated.

There was an interesting description of "U-thinking" where we discard preconceptions on the way down the U and find new ideas on the way up. I'm not sure [of the new ideas] because the rising side of the U journey was not discussed.

The ideas presented were largely from business administration models about 10 to 20 years old. I'd prefer to look at tipping point models to grow BFUU; that is, find a small energy outlay that will have a large effect. This throws out all preconceptions and asks us: "What idea, no matter how silly, will bring more people to the door?". My idea is a huge arrow banner on the outside of our main building aiming at the front door. Inside another large arrow points to a sign in sheet, where people can put their names and contact info., in particular email. Emphasize the open door we have for the world in a graphic way and see what happens! Then send out those emails. Also let's put Rev Ben on video podcasts.

Shirley Adams

As we closed our workshop we were asked to give a summary word, and the one I chose was 'confused'. I felt clear about a couple things though. One was that I like the company of most UU's, but I noticed that even UU's are very slow to change our minds and habits. Another thing I got clear about was the importance of a more deeply and constant 'spiritual' life. I was reminded during the conference of the need to keep self-correcting to stay focused on what is most important, but it is really easy to lose focus amid the daily 'grind' of bill paying, maintenance tasks, emotional challenges, old habits and technology glitches.

I left the summit unsure if UU's as a denomination can accept the challenge of this new century and if we can embrace new members and new habits. Can we get outside our comfort zones often enough to see what the

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rest of the world is really thinking and feeling and needing?

After much reflection on the experience, I am left with the hope that BFUU is a perfect place to find friends and colleagues who will stay in this struggle, with all of our lovable imperfections, while we seek justice and joy (and a successful pledge drive)

Gene Herman

I felt very much like what Shirley had to say.

Here's my two cents: I enjoyed the Friday presentation, but was not so enthusiastic about Saturday. I am relatively optimistic about BFUU surviving and growing, even in these very depressed times. I am extremely proud of the fantastic work done by our Social Justice Committee, especially in comparison to other PCD congregations. I hope to see our Congregation develop a community program for disadvantaged youth. I am looking forward to our Friday Five Film Series on Palestine beginning in April.

Ben Burch

I really feel the essence of our mission is to create a broader community, both in terms of expanding UU/BFUU membership, and in terms of interfaith dialogue and cooperation. We need true ethnic diversity worthy of this diverse Bay Area community of which we are supposed to be a part; we need a broader spectrum of ages; and, yes, even be willing to countenance a greater diversity of political and religious beliefs. If we can achieve this difficult transformation internally, as a church, and as individuals within it, we will be on the path to achieving such a transformation within the broader society. Mike Durrall challenged us to do so, by stating that he sadly felt this was highly unlikely to happen. Let's prove him wrong.

Beth Dana

The New Century Summit was a great opportunity to connect with Unitarian Universalists from around California and as far away as Nevada and Hawaii, as well as with the 12 other people who attended from BFUU. Over the course of the weekend, we were repeatedly asked: What issues are calling you? What issues are calling us as Unitarian Universalists? By the end of the weekend, we had identified eight or so themes/issues. I chose to attend the "Community" group.

My most significant memory of the Summit was an "aha!" moment that occurred in that group, which included an adult and a youth from a mid-size congregation in our district. The adult was a congregational leader, and the youth had grown up in the congregation and now taught in the religious education program. They met for the first time in our small group. This reinforced for me, and I think for the whole group, that we *must* work to break down the "pods" and "silos" in congregations and provide more opportunities for deep sharing about our lives. There need to be spaces for people to connect one-on-one and in small groups.

I see more and more ways that BFUU is doing this – by meeting/greeting our neighbors in the service, through Open Circle small group conversations, in the multigenerational Story Circle, and many other ways. Let's keep it up and continue thinking of more ways to deepen our connections!

Another Opportunity to Hear UUA Moderator Gini Courter: Power in Your Congregation (or UU Governance 101)

The Unitarian Universalists of San Mateo invite you to a workshop on governance in UU congregations on Saturday, May 15 from 9:30 AM-12:00 PM. This is a free event and childcare will be provided. UUA Moderator Gini Courter will explore the foundations of governance in our liberal religious congregations. After her presentation, there will be time for dialogue and questions. If you ever wondered how things work, who makes what decisions and why, don't miss this event!

For information: office@uusanmateo.org or 650-342-5946 x 11.

Denominational Affairs

Save the Date:

Saturday, April 10

Balázs Scholars Program
Fund-raiser

Starr King School for the Ministry cordially invites you and your friends to the Balázs Scholars Program Annual Spring Transylvanian Tea.

This year, the tea and conversation features Balázs Scholar Rev. Róbert Bálint, Transylvanian Unitarian minister studying at SKSM in dialogue with Rev. Dr. Rebecca Parker, President and Professor of Theology, SKSM, on ***“From the Oneness of God to the Wholeness of Life: A dialogue between Transylvanian Unitarianism and North American Unitarian Universalism”***.

The conversation will consider history, theology, sociology, politics, differences and shared values.



Saturday, April 10, 3:30pm
\$25 donation

Starr King School for the Ministry
2441 Le Conte Avenue, Berkeley
RSVP to Arliss Ungar,
arliss@ungar.us; 925-283-3288

PCD-UUA MUUGS*

Middle School Retreat Gathering

March 26-28, 2010

Are you a *6-9th grader? Would you enjoy meeting other amazing UU middle school youth? At a MUUGS Retreat, you'll be able to meet other youth in small group meetings for play, fun and just talking. Of course, there will be regular meals, snacks, a movie, youth worship and large group activities. The leaders at the retreat will be youth, young adults, and adults who particularly enjoy working with middle school youth.

Cost: \$50/youth (postmarked by 3/19/10). Registration costs include snacks, all meals, and all activities.

Location: [UU Fellowship of Santa Cruz County](#)

For more information, please contact BFUU's Director of Religious Explorations, Beth Dana via email at dre@bfuu.org. Registration forms can be found on the [PCD website](#).

** MUUGs programming is designed for UU middle-school youth and most consistent with the needs of 7th and 8th graders. Also welcome are youth in 6th grade, and those in 9th grade who have not bridged from MUUGs.*

General Assembly Registration Opens March 1

Each year, Unitarian Universalists gather from around the continent to attend the General Assembly of the UUA where delegates attend the business meetings and vote on issues affecting our whole association. Lay leaders attend workshops, worship services, and engage in service projects and actions of social witness. There are incredible lectures, events, and exhibit halls. If you are interested in attending this year's G.A., being held June 23-27 in Minneapolis, do be sure to register and book lodging early as these often fill quickly. More information about the assembly, program, costs, and lodging is on the [UUA website](#).

UULM-CA March 5 Dinner Dance

Join UUA President Peter Morales at the UULM-CA Dinner Dance Fundraiser on March 5, 2010 at the First UU Society of San Francisco. Reserve your space (\$40) today online at the [UULM website](#) or by calling 916-441-0018.

Berkeley Fellowship of Unitarian Universalists

Mar 2010 (Pacific Time)

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
28	10:30am - Making 12:15pm - Intergener 12:30pm - Together 3:30pm - "La musa	1	9:30am - Rosen 6:30pm - Dreamwork 6:30pm - Network of	2	8:30am - Movement & 10am - Elder Circle: 7pm - AA Men's 7pm - Spiral Path 7pm - Sunday	3	4pm - Qi Gong & Tai 6:45pm - NA Men's 7pm - Core 7pm - New Century	4	11:45am - AA 6pm - Planning 6:30pm - Empire,	5	7pm - NA Women's	6	9am - ASCA (Adult) 9am - ITP-Integral
7	10:30am - "Why We 12:30pm - Committee 12:30pm - Together 7pm - East Bay Open	8	9:30am - Rosen 6:30pm - Dreamwork 7pm - Benefit for	9	8:30am - Movement & 3pm - Open Mic 7pm - AA Men's	10	4pm - Qi Gong & Tai 5:30pm - COM @ 6:45pm - NA Men's 7pm - Core	11	11:45am - AA 6pm - Berkeley	12	7pm - Country Joe 7pm - NA Women's	13	9am - ASCA (Adult) 9am - ITP-Integral
14	10:30am - Sunday 1pm - Congregational 6pm - Sierra Singles	15	9:30am - Rosen 6:30pm - Dreamwork	16	8:30am - Movement & 7pm - AA Men's 7pm - BFUU Board	17	4pm - Qi Gong & Tai 6:45pm - NA Men's 7pm - Core	18	11:45am - AA 6:30pm - Climate 7pm - Empire, Power	19	7pm - "Awakening 7pm - NA Women's	20	9am - ASCA (Adult) 9am - ITP-Integral
21	10:30am - Sunday 12:30pm - Together 6pm - Sierra Singles	22	9:30am - Rosen 6:30pm - Dreamwork	23	8:30am - Movement & 7pm - AA Men's	24	4pm - Qi Gong & Tai 6:45pm - NA Men's 7pm - Core	25	11:45am - AA 6:30pm - Climate 7pm - Empire Power &	26	7pm - NA Women's	27	9am - ASCA (Adult) 9am - ITP-Integral
28	10:30am - Sunday 12:15pm - Intergener 1pm - How to 5pm - Muslim	29	9:30am - Rosen 6:30pm - Dreamwork	30	8:30am - Movement & 7pm - AA Men's	31	4pm - Qi Gong & Tai 6:45pm - NA Men's 7pm - Core	1	11:45am - AA 6:30pm - Climate	2	7pm - NA Women's	3	9am - ASCA (Adult) 9am - ITP-Integral



Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709-2022

RETURN SERVICE
REQUESTED

Communicator, E-news, & Contact Information

The Communicator is published monthly by Berkeley Fellowship of Unitarian Universalists. Copies are mailed to all members and pledging friends each month, as well as to visitors for three months, if they so wish. Non-pledging friends who wish to receive the newsletter after three months are asked to make a \$15/year contribution to help cover costs of production and mailing.

- ◆ If you'd like more information about becoming a member, please contact the minister.
- ◆ If you wish to receive your copy via email to help save postage and paper, please notify the Fellowship office.

- ◆ If you have recently moved or changed your email or phone, please inform the office of your new information.
- ◆ BFUU members are invited to submit news and articles for inclusion in the newsletter, subject to timeliness and space availability. **Deadline is the 15th of each month's issue.** Email submissions to office@bfuu.org with a clear notation in the subject that it is for the Communicator.
- ◆ BFUU also has a weekly e-newsletter that is sent out each Wednesday to members, friends, and

community members. If you are not currently receiving this email and would like to, please contact the office or sign up on our website at www.bfuu.org, and click on the newsletter tab on the homepage.

Tel: 510-841-4824
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E-mail: office@bfuu.org

Find us online at:
<http://www.bfuu.org>