Upcoming Sunday Services

May 7: TBD
Rev. Elena Rose Vera, Worship Leader

May 14: Mother’s Day: Beyond the Hallmark Card
Joanna Foley, Lay Worship Leader
How do we honor mothers in a real way that goes beyond sentimental tokens? Cards are nice, so are flowers, chocolates, and brunch dates. But they wouldn’t even qualify as minimum wages for the time and energy it actually takes to be a mother. Some UUs will share their appreciation of the complexity of the mother role and their heartfelt gratitude to mothers—their own and our nation’s mothers such as Julia Ward Howe, Eleanor Roosevelt, and Dolores Huerta.

May 21: Someone Else’s Child
Rev. Marsh Agobert, Worship Leader
The Tibetans have a saying that is also one of the core concepts in modern psychology: “Every person’s main task in life is to unbecome being someone else’s child.” Sounds simple, yet it can take a lifetime to realize and few accomplish it.

So what? Well, this is the nexus point between politics and personal development. It casts a clarifying light on the difference between liberals and conservatives, shows us how and why the right is winning and what we can do to mitigate the impact of Apocalypse.

Joining me this morning will be members of the Indivisible movement and the conversation will be illuminating. Tell your friends!

Rev. Dr. Carrie Knowles, Worship Leader
Rev. Carrie Knowles considers oppression, liberation, the wisdom of the inner voice, and how the empowerment of women frees the community to live in peace, as envisioned in a Japanese fairy tale. Women can find their voice and life calling and bring hope to all.

Please note also that Rev. Carrie will meet with visitors and prospective members of BFUU in the lobby after the service, from 12:15 to 1:15PM.
BFUU Annual Meeting
Sunday May 21 at 12:30 PM
In Fellowship Hall

BFUU Nominating Committee Notice: The Nominating Committee consisting of Elayne Foley, Virginia Hollins-Davidson and Holly Harwood, pursuant to Article VI. E. of the BFUU By-Laws, hereby inform the congregation that there are two board positions and two alternate positions to which candidates will be elected at the upcoming Annual Congregational Meeting on Sunday May 21.

Members who wish to be considered for office by the Nominating Committee, must notify the Nominating Committee of their interest.

Additional nominees, who shall previously have agreed to serve if elected, may be placed on the ballot by written petition signed by at least ten (10) voting members of BFUU, and filed with the Nominating Committee not later than the Saturday preceding the last Sunday before the election. Article VI. E. of BFUU By-Laws.

Come Let Your Spirit Sing!

Our weekly Choir Practice and Neighborhood Sing! continues every Wednesday evening at BFUU from 7 pm to 8:30 pm. Come join us!

These weekly sessions have helped our BFUU Choir continue to develop under the directionship of Susan Mashiyama, and bring new faces and voices to BFUU. Here is the BFUU Choir performing a beautiful song called “May the Road Rise to Meet You,” an Irish blessing on the Sunday after St. Patrick’s Day. Andy Jamieson is the pianist. https://youtu.be/13Id7el_7h8

Singing session schedule:
From 7 pm – 7:45 pm, we learn melodies and work on harmonies, timing, and musicality of a couple of songs that we’ll sing at BFUU’s Sunday services.

From 7:45 pm – 8:30 pm, we sing the songs from the first part with our wonderful pianist Andy and then relax and informally sing songs together.

Join us for either or both parts of the evening! We meet in the Preschool Kitchen. Please invite your friends and neighbors. There’s no pressure to sing in the choir on Sundays. These gatherings are something BFUU offers as a service to build community.
BFUU Worm Farm Needs Your Help!
BFUU needs newspapers (black ink on white newsprint only) and eggshells for worm farm! Please leave in a neat pile in the garden behind the ramp.

The worm farm needs dry matter in the form of news print or dry leaves to keep the smell of rotting food (etc.) down. We can't start producing worm castings and compost tea for plant food unless we have brown compostable material to add to the bins. Egg shells help add nutrients to the soil.

Know-How needed: potter’s bench
It seems it takes some degree of planning to build a potter’s bench. All interested and/or knowledgeable people please respond directly to Jim Beatty or leave a message at the office: 510-841-4824 ext. 1

REPORT BACK FROM NEW GROUPS!
The first meeting of “Loaves and Fishes” was really fun! A small group met with Rev. Carrie in her office. We had a great discussion about whether “God Had a Wife.” This was a humorous way to get into a discussion of whether the female presence is found in people’s ideas about the divine. Participants shared what they had learned from their religious education as children and how they see a possible “Ms. God” now. The next meeting will take place noon to 1 pm, Tuesday, May 9 in the Minister’s Office.

Small Group Ministry got off to a good start on Wednesday, April 12 with a thoughtful and inspiring quote from Hafiz, the Persian poet. The group shared ideas about how death both destroys and saves. We also met on April 26. In May, Small Group Ministry has moved to 2nd and 4th Fridays from 2-3:30 pm - in Fellowship Hall.

We hope you can join us at future meetings!

Did you know?
If you leave a note requesting action from the office, please print your name on it. Otherwise, we won’t know who to call if we have questions or who to notify when we’ve completed the task. Also, please date your note so we know when it was left. Finally, please follow up with us if you don’t hear back in a timely manner, the note may have gone astray!
New BFUU Videos to check out!

“Poetry Videos” Playlist at Social Justice in the Heart of Berkeley YouTube Channel now has 8 videos in the collection. Among the poets so far, we have Frances L. Hillyard, Gene Herman, Wattie Taylor, and Gary Hicks. Please watch, like, and share this playlist! You can help get the word out by forwarding this email to your friends too! Thank you!

https://www.youtube.com/watch?v=BkXdHy5XMBs&list=PLF6vlpoPDrP7GPGJu26s-k2XBbMnWro

“Berkeley Celebrates the 59th Birthday of the Peace Symbol” (58 min) SOCIAL JUSTICE IN THE HEART OF BERKELEY YouTube Channel. Ban the Bomb! It was Gerald Herbert Holten who created the Peace Symbol using the Navy semaphore flag signals for letters N and D for “Nuclear Disarmament.” The Peace Symbol was first on February 21, 1958 in support of the “Campaign for Nuclear Disarmament” in a march of 10,000 people from Aldermaston to London. Gerald Holten had been a conscientious objector during World War II. He was a graduate of the Royal College of Art.

https://youtu.be/a9ZXvC8P_mQ

“Nuclear Heartland USA - Nukewatch Book Update by John LaForge” (58 min) was published to “Social Justice in the Heart of Berkeley” You Tube Channel on March 29, 2017. John LaForge was accompanied on this speaking tour with German nuclear abolitionist activist, Marion Küpker, who represents GAAA, Gewaltfreie Aktion Atomwaffen Abschaffen (GAAA, Nonviolent Action to Abolish Nuclear Weapons). Cynthia Jean Johnson welcomed everyone, and author-activist Cecile Pineda did the introduction of John LaForge of Nukewatch.BFUU. Social Justice activists Ingrid Kepler-May, James Beatty, and Vic Sadot appear in the Q&A session. Ingrid Kepler-May is in the Q&A at around 49:10 of the 58 minute video. She engages in a discussion with speaker John LaForge about the effects of US use of depleted uranium in weapons and armor, particularly how it contaminates the environment and causes birth defects in Iraqi babies. Ingrid witnessed these results first-hand on a visit to hospitals in Iraq. We learned from John LaForge of the upcoming historic vote of the UN General Assembly on Oct 27, 2016 to make 2017 the year to push the Nuclear Non-Proliferation Treaty (NPT) forward through UN sponsored conferences was opposed by most nuke-armed countries. The US voted against resuming talks about the obligations of NPT treaty signatories to negotiate nuclear disarmament, and the US boycotted the March conference. The next round of talks is scheduled for July.

https://youtu.be/Xy38fwENwUE

<table>
<thead>
<tr>
<th><strong>Regular Committee Meetings</strong></th>
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<tr>
<td><strong>Aesthetics (Subcommittee of B&amp;G)</strong></td>
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<tr>
<td>1st Wednesday at noon in the Benjy Room</td>
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<td><strong>Buildings &amp; Grounds</strong></td>
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<td>Meets once per month, contact Ben Burch</td>
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<td><strong>Finance</strong></td>
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<td>3rd Thursday at 4:30 PM in the Fireside Room</td>
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<td><strong>Hospitality, Caring and Membership</strong></td>
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<td>4th Sunday at 12:30 PM in Fellowship Hall</td>
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<td><strong>Ministerial Coordinating</strong></td>
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<td>1st Tuesday at 6:45 PM in the Preschool Kitchen</td>
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<td><strong>Social Justice</strong></td>
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<td>1st &amp; 3rd Sunday 12:30 PM in the Preschool Room</td>
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<td><strong>Sunday Services</strong></td>
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<td>1st Tuesday at 8 PM in the Preschool Kitchen</td>
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Chairs, Chairs, Chairs! We have more new stacking chairs in the building at 1606 Bonita. All of the blue & folding chairs upstairs in the Connie Barbour, Benjy & Fireside Rooms have been replaced with the black stacking ones, some on carts in the hallway next to CB & FR. We still have a dozen on a cart in the stairwell, plus several carts of the old blue ones for use in the Preschool room meetings. This means all the chairs that belong in the Hall get to stay there from now on.

Kudos to Ed Keating and Michael Cortner for completing many sprucing-up details around the Fellowship. Check out the paint job on the doors inside the Hall. Plus, the rope lights are being replaced there, and some are being added to the Fireside Room to make it more inviting. Ed, with the help of Chris Macy, is designing a bench to be installed near the entrance to the Hall.

The Aesthetics Subcommittee is coming up with one more banner to add to our rainbow of spiritual traditions. We’re mulling over the image at right ===> to represent Humanists. What do you think? Email rooms@bfuu.org to let me know!

All the best,
Deborah Hamouris, Event Space Coordinator

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Transition Berkeley Presents Film and Discussion

“Normal Is Over” A Story About Solutions

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

“Normal Is Over” is a compelling and visually rich film directed by award-winning investigative journalist Renee Scheltema.

Her film chronicles the way humans have inadvertently imperiled our planet: species extinction, climate change, depletion of critical natural resources and industrial control of our food production.

This unique documentary examines how our economic and financial system connects these issues and offers SOLUTIONS that could be implemented immediately, from practical everyday fixes to rethinking the overarching myths of our time. Meet and greet at 6:30 pm before the film. Bring healthy vegetarian snack or a refreshment to share if you can. The program begins at 7 pm.

This event sponsored by: Transition Berkeley, Social Justice Committee (Berkeley Fellowship of Unitarian Universalists).

Suggested Donation: $5-20 to cover event costs. No one turned away for lack of funds!

Bring: A healthy vegetarian snack to share at 6:30 pm if you like!

For info email: info@transitionberkeley.com
Loaves and Fishes: Food for the Soul  
*Tuesday, May 9 noon–1 PM in Ministers Office–1606 Bonita Ave.*

As an expansion of her caring ministry, the Rev. Carrie Knowles started a lunch time group called “Loaves and Fishes: Food for the Soul” in April. The group offers an opportunity for participants to explore spiritual questions about which they are curious. Loaves and Fishes welcomes members, friends of church members, neighborhood residents and anyone from other UU congregations. The group meets on the second Tuesday of each month. Please bring your own brown bag lunch and a beverage.

Conscientious Projector Presents “The Russians Are Coming! The Russians Are Coming!”  
*Thursday, May 11 at 7 pm in Fellowship Hall–1924 Cedar St.*

Set during the “Cold War” era of nuclear hair-trigger brinkmanship, this comedy depicts the chaos following the grounding of a Soviet submarine off a small New England island. The film stars Carl Reiner, Eva Marie Saint, Alan Arkin, Brian Keith, Theodore Bikel, Jonathan Winters, and Paul Ford. A rare positive portrayal of Russians at the time, the film had a profound impact on both American and Soviet leaders.

Sponsored by the BFUU Social Justice Committee.  
Suggested donation $5-$20. No one turned away for lack of funds.

The Oasis in Berkeley (open mic and jam session)  
*Friday, May 12 at 6:30 PM sign-up / 7 PM start in Fellowship Hall–1924 Cedar St.*

Join us for BFUU’s open mic night and jam session! First come, first choice of 10-minute slots, available until the slots fill up.

We welcome entertainers and entertainees to fill the hall with performance, connection, and appreciation.

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

Small Group Ministry with Rev. Dr. Carrie Knowles  
*Friday, May 12 and Friday, May 26 from 2-3:30 PM in Fellowship Hall – 1924 Cedar St.*

**Please note room, day and time change!**  
Rev. Carrie invites you to join in these discussions of spirituality and the search for meaning.

The Rockin’ Solidarity Labor Chorus performs  
**Paul Robeson: A Portrait in Story & Song**  
*Sunday May 14 at 3:30 PM in Fellowship Hall – 1924 Cedar St.*

This is a musical biography of the great African-American artist, athlete, and activist based on material gathered from primary sources by Alex Bagwell.

Sponsored by The Rockin’ Solidarity Labor Chorus and BFUU SJC.  
$5-$20 suggested donation. No one turned away for lack of funds.

For more information, please call Pat Wynne at 415-648-3457.
**Featured BFUU Event, continued**

**Russia, the US, Trump, Putin, and the Danger of World War**  
*Saturday, May 27 at 7:30 PM in Fellowship Hall – 1924 Cedar St.*  
The forum will look at the growing confrontation between the US and Russia and what is behind this growing threat of world war. Speakers include Charles Wright, Retired Professor Chico State University; Tony D’Agostino, Professor SFSCU, Russian History; and Steve Zeltzer, KPFA WorkWeek Radio.  
For more information, please contact Steve Zeltzer at 415-282-1908 or go to www.upwa.info.

**BFUU Annual Meeting**  
*Saturday, May 21 at 12:30 pm in Fellowship Hall – 1924 Cedar St.*  
All BFUU members are invited to come and vote for Board Members! Friends may also attend.

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**Recurring/Ongoing BFUU Events**

**T’ai Chi & Qi Gong with Gene Herman**  
*Mondays, 4-5 PM in Fellowship Hall – 1924 Cedar St. (no class on Memorial Day May 29)*  
*Wednesdays, 3-4 PM in Fellowship Hall – 1924 Cedar St.*  
This practice improves health and well-being at any age.

**BFUU Choir Practice and Neighborhood Sing!**  
*Wednesdays at 7 PM in the Preschool Kitchen – 1606 Bonita Ave.*  
We learn songs and arrangements (7-7:45), then sing those songs and others informally together (7:45-8:30). Join us for either or both parts of the evening! Please invite your friends and neighbors.

**Elders Circle**  
*Tuesday, May 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, May 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 eat.

**BFUU Writers Groups**  
1-Sunday, May 14 12:30 PM in the Preschool Room – 1606 Bonita Ave.-no animals  
2-Sunday, May 28 12:30 PM in the Preschool Room – 1606 Bonita Ave.-service animals  
Wheelchair accessible. Beginners welcome! Group 1 (2nd Sundays) is for those who are allergic to animals, and/or don’t need to bring service dogs. Group 2 (4th Sundays) allows service animals. We include all levels and genres. After a 7-minute writing exercise, we write for an agreed-upon period of time. Then we read our work aloud and give each other positive feedback.
Recurring/Ongoing BFUU Events, continued

**Loaves and Fishes: Food for the Soul with Rev. Dr. Carrie Knowles**  
*Tuesday, May 9 from noon - 1 PM in the Minister's Office – 1606 Bonita Ave.*  
Rev. Carrie invites you to bring your own lunch and join her in discussion of spiritual questions.

**BFUU Leadership Meeting**  
*Thursday, May 11 at 7 PM in the Preschool Room – 1606 Bonita Ave.*  
BFUU Committee Chairs and all BFUU members seeking leadership and group facilitation skills are welcome to attend the monthly Leadership Meeting.

**Small Group Ministry with Rev. Dr. Carrie Knowles**  
*Friday, May 12 and Friday, May 26 from 2 PM-3:30 PM in Fellowship Hall – 1924 Cedar St.*  
Rev. Carrie invites you to join in these discussions of spirituality and the search for meaning.

**Good Grief Group**  
*Wednesday, May 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, May 25 at 7:00 PM in Fellowship Hall – 1924 Cedar St.*

**Other Community Events held at BFUU**

**Girls Go Figure Camp** boosts the confidence & aptitude of middle school girls as problem solvers. Working collaboratively with GGF imagebrainteasers, puzzles, games, videos, and word problems, they develop practical math skills for school.  
www.GreatMathTutoring.com 415-508-MATH

**Women & Song, a women’s singing group**  
Directed by Deborah “DJ” Hamouris  
2nd & 4th Thursdays, 7 - 8:30pm, Preschool Kitchen, 1606 Bonita Ave.  
$20-$10, sliding scale  
Women & Song are looking for a few good women to sing & laugh with us! Each rehearsal we learn traditional and contemporary songs & rounds, including some originals. Women & Song have been meeting regularly for over a decade and welcome new singers. If you can hold your own on a round or maybe read a bit of music, you’re welcome!  
Reserve your space!  
510/910-2574 or deborahj@djhamouris.com
## Fellowship Calendar May 2017

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<th>Sun</th>
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<td>9:30 am Choir Rehearsal*</td>
<td>10:30 am Sunday Service*</td>
<td>12:30 pm - Loaves and Fishes*</td>
<td>7:30 am Augustine Fellowship</td>
<td>11:45 am AA Meditation</td>
<td>2 pm Small Group Ministry*</td>
<td>9 am ASCA</td>
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<td>8 pm AA Mtg</td>
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<td>4 pm Tai Chi/Qigong*</td>
<td>7:30 am Augustine Fellowship</td>
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<td>12:30 pm 2nd Sunday Potluck*</td>
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<td>8 pm AA Mtg</td>
<td>May Communicator Deadline</td>
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<tr>
<td>12:30 BFUU Writers Group 1 (no animals)*</td>
<td>3:30 pm Labor Chorus Paul Robeson*</td>
<td>7 pm AA Men’s Mtg</td>
<td>7 pm Core Connexion</td>
<td>7 pm Choir Sing!*</td>
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<td>7 pm Women &amp; Song</td>
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<td>12:30 BFUU Annual Meeting*</td>
<td>7 pm AA Men’s Mtg</td>
<td>7 pm Core Connexion</td>
<td>7 pm Choir Sing!*</td>
<td>7 pm BFUU Board of Trustees Mtg*</td>
<td>6 pm AA Men’s</td>
<td>7:30 pm Forum: Russia, the US, Trump, Putin, and the Danger of World War*</td>
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<td>9:30 am Choir Rehearsal*</td>
<td>10:30 am Sunday Service*</td>
<td>7:30 am Augustine Fellowship</td>
<td>3 pm Tai Chi/Qigong*</td>
<td>Staff Devel. BFUU OFFICE CLOSED</td>
<td>9 am ASCA</td>
<td>6 pm Augustine Fellowship</td>
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<td>10:30 am Sunday Service*</td>
<td>12:30 BFUU Writers Group 2 (svc animals)*</td>
<td>7 pm AA Men’s Mtg</td>
<td>7 pm Core Connexion</td>
<td>7 pm Choir Sing!*</td>
<td>6 pm Augustine Fellowship</td>
<td>4pm Member Renewal Dinner &amp; Pledge Night*</td>
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<td>12:30 Hospitality, Caring and Membership Mtg*</td>
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<td>29 Memorial Day BFUU OFFICE CLOSED</td>
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<td>7:30 am Augustine Fellowship</td>
<td>3 pm Tai Chi/Qigong*</td>
<td>7 pm AA Men’s Mtg</td>
<td>2 pm Small Group Ministry*</td>
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<td>4pm Member Renewal Dinner &amp; Pledge Night*</td>
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* denotes Fellowship event

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The BFUU office will be **CLOSED**

Friday, May 5th for Staff Development
Monday, May 29th for Memorial Day
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 OFFICE STAFF
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SUBMISSION DEADLINE FOR NEXT COMMUNICATOR: May 20
Please email newsletter@bfuu.org with submissions.

Address Correction Requested
Berkeley Fellowship of Unitarian Universalists
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