Upcoming Sunday (and Christmas Eve) Services

December 4: Songs of Leonard Cohen sung by The Conspiracy of Beards
The male choir, The Conspiracy of Beards, performs dynamic, original, a cappella arrangements of the poetic songs of Leonard Cohen. Drawing on influences ranging from jazz and gospel to barbershop and doo-wop, the unique arrangements that choir members create capture all of the emotion and humor of Leonard Cohen’s original music and inspire audiences to ponder common human experiences. Some of the songs in the service will be Suzanne, Hallelujah, Come Healing and If It Be Your Will. This is an occasion to celebrate the life of Leonard Cohen, in light of his passing.

December 11: Conflict and Compromise
Rev. Marsh Agobert, Worship Leader
Most of us learned the value of compromise during our growing years. This may work in the moment, but are we safe? Or is the soothing feeling only momentary? We must use the moment of pause, the brief moment of suspension and fleeting instant of safety not to lull ourselves into a torpid trance but to focus awareness on the Dream we say we want.

December 18: Songs in the Night
Rev. Elena Rose Vera, Worship Leader
As we move toward the winter solstice and the longest night of the year, we may grapple with the ancient human fear of the dark--but what can the darkness teach us? In our brightly-lit modern world, so often devoid of quiet and solitude, what does the night still mean? Let us join together to find the consolation and beauty in the long night, the truths in hidden places, and courage for when we cannot see what lies ahead.

Saturday December 24: Christmas Eve Candlelight Service
Please join us at 5:00 PM for our Christmas Eve service. Hear beautiful music, sing carols, and enjoy the season with us. Please bring something warm (socks, gloves, hats, scarves) or food (nonperishable, peanut butter or cans with pop tops) for our homeless sisters and brothers. The collection will be donated to Berkeley Food and Housing.

December 25: Christmas Tree, Oh Christmas Tree
Rev. Dr. Carrie Knowles, Worship Leader
Perhaps from the beginning of time, humans have celebrated the solstice, the rebirth of the sun, with festivals of light and song, and the sacred gift of trees symbolized in the yule log. Rev. Dr. Carrie Knowles reflects on the many traditions that enliven the holiday season.
Happy Harvest Fellow BFUU Congregants:

This Holiday season sees us building on the recovery that we all gained through our Process of Discernment Workshops and just plain talking out what we as a Fellowship want our future to look like.

We said that we wanted to take our time before hiring a settled minister. We said that we wanted more committed members to join us and help our Fellowship to grow. We decided that Small Group Ministry meetings would help to knit our Beloved Community together. We sought more transparency in our leadership.

The new Ministerial team project is almost ready to go live! Revs Elena, Marsh and Carrie are our final selections for the three ministers (at least until the end of June.)

Regular attendees of Sunday morning service have already had a chance to see and hear them preach, and the board is assigning them other jobs here according to their varied skills. Here's a little information about each of them:

**The Rev. Elena Rose Vera,** originally hailing from rural Oregon, has distinguished herself as a political and theological writer with a focus on the intersections between colonial history, race, gender, and queer liberation. Between touring nationally as an acclaimed preacher and educator and working as a minister-at-large in marginalized communities, she emphasizes a compassionate approach rooted both in deep scholarship and a commitment to making that work broadly accessible. A board member both of Solar Cross Temple, a pagan service organization, and San Francisco’s historic Church for the Fellowship of All Peoples, Elena lives and labors in the East Bay.

**Rev. Marsh Agobert** is an ordained minister who served at the First Unitarian Church of Oakland in the 70s and 80s. He has long practiced psychotherapeutic treatment and has successfully worked with individuals, couples, families and the actively psychotic. Marsh is an experienced management consultant (he prefers small and mid-sized businesses) and a life coach, which well utilizes his broad background. Marsh has extended experience in several spiritual practices including martial arts, and other yogas.

continued next page
Rev. Dr. Carrie Knowles is a graduate of Starr King who was called to UU ministry after careers in psychology and law. She provides spiritual care to the BFUU community on a part-time basis, and leads Sunday Services as guest speaker at BFUU and other Bay Area UU churches.

Before moving on to fellow Board of Trustee member Frankie Hill’s brief report back from last months Semi-Annual Congregational meeting, I need to announce that our beloved Board member Frankie Hill, along with his partner Jean-Marie Stine, is moving to Oregon in mid-December – we thank them for their devoted service to BFUU! Jeff Palmer was chosen and has agreed to replace Frankie on the Board of Trustees. We are in the process of appointing a second Alternate.

As for the Congregational Meeting, Frankie writes:
The meeting was short (over by 1:30!) and uncomplicated. We elected the new Nominating Committee (Joanna Foley, Virginia Hollins-Davidson, Abbot Foote, Elayne Ryder, Gene Herman and Holly Harwood) and then heard a summarizing history, and current progress report, on the Three-Minister Plan from Jeff, Chair of the Ministerial Coordinating Committee/Sunday Services. Lastly, Elayne handed out a survey re. people's general impressions of BFUU, what kind of social justice project we would like to focus on, and other things. After some announcements, we ended with a rousing chorus of Lean on Me in which Nanci, Elinor, Doug and the rest of us brought the house down.

That’s all for now. I’m sure this gives an idea of what’s happening here at the Fellowship. There is, of course, much much more. I am always available at Sunday Services and at our public Board of Trustees meetings on the 4th Thursday of the month, (which will be moved to the third Thursday for the month of December only.)

In Service;
Doug Chambers
President, Board of Trustees, BFUU

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**Regular Committee Meetings**

**Buildings & Grounds**
Meets once per month, contact Ben Burch

**Finance**
3rd Thursday at 4:30 PM
in the Fireside Room

**Hospitality, Membership and Caring**
4th Sunday at 12:30 PM
in Fellowship Hall
Please note: HMC is not meeting in December 2016

**Social Justice**
1st & 3rd Sunday 12:30 PM
in the Preschool Room

**Sunday Services**
1st Tuesday at 7 PM
in the Preschool Kitchen
Dear members and friends,

It is with sadness that I must inform you that Jean Marie Stine and Frankie Hill are moving to Eugene, Oregon at the end of December. Their love, commitment and passion for BFUU touched many of us and they will be sorely missed!

Please join us, December 11th, after Sunday Service, in the Hall for a “sending off in style and wishing you well” party!

December 11th is the second Sunday Potluck, so, if you can, please bring a special potluck to share!

Questions-call Elayne Ryder 510-459-8654

Garden Art Project Needs Your Help!

Jim Beatty is still looking for broken glazed pottery, newspapers (black ink on white newsprint only), and eggshells for an art project and for the garden! Please leave in a neat pile in the garden behind the ramp.

Marc Bianchi    Cynthia Johnson
Ardys DeLu       Elayne Ryder
Holly Harwood

This is a simple love that started in a simple place, they knew when we knew; a glance, and the destination was chosen. It was always here we would end up, here, and nowhere else. Thank you for the trust that began so early, and grew so swift. You are all I never had to wait for, the uncanny sense of direction, when we should have been lost. Thank you, for guiding me home.

—Tyler Knott Gregson—

We love you, BFUU, and we will miss you deeply.
—Jean Marie & Frankie
**little stones**

she must have found them in the woods
and streams near the places she lived
found each one as she found four-leaf clovers
   said “I find one
   and it gives me the good luck
   to find another”
picked up each stone
each round stone
each oval or flat stone
this one smooth, this one rough
   all of them small—
   they had to be small—
and turned them over in the
palm of her hand
each one as familiar
   as each old bottle in the window
the spidery driftwood found long ago
the pewter plate, bent with age
each stone
   chosen for its smallness
   its roundness
   its smooth worn-ness
   or its roughness
   like her hands
   after working in the garden

**Marianne Robinson**

**Berkeley**

**August 1995**

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**Take a knee**

Take a knee friend
   So what do you see
The land of the brave
   The home of the free
A beloved community
   Blessed by thee
If you open your eyes friend
   With your knee on the ground
You will see
   Injustice abound
   All around
Oppression
   Intolerance
   Bigotry
   And such
The Caucasian
   Christian
   Community
   Ain’t loving others that much
Red man
   Black man
   Brown man
   YOU
Shot to death
   By the protected blue
With your knee on the ground
   Your eyes on that prize
America the beautiful
   We ain’t there yet
   YO
A kneelin n a teachin
   Love and empathy
   Fairness for all
   And accountability
We’ll travel that road
   All of you
   Ready
   Set
   Go.

**Gene B. Herman**

**October 2016**
The Artist’s Banner reception on Sunday, 11/20, was a terrific celebration of art and community spirit. The Spark Collective performed an appropriate song; Virginia Hollins-Davidson introduced the project; Abbot Foote gave us some history; and Emma Lehman, the artist herself, gave a few remarks about the creation of the banners, as well as answered a few questions from the audience. Lots of good food was available thanks to our donors Andronico’s, Safeway, Saul’s and The Cheeseboard Collective. A lovely way to inaugurate these multi-faith banners into the life of the Fellowship!

**Deborah Hamouris**, Event Space Coordinator

Members of the Spark Collective open the reception with a song, "Children of the Earth Tribe"

Emma Lehman, the Artist who created the new banners shares insights on her creative process.

Abbot Foote, Co-Chair, Buildings and Grounds Committee provides historical background.

Virginia Hollins-Davidson, Chair, Aesthetics Subcommittee welcomes everyone.
Transition Berkeley Presents: Potluck, Singing & Discussion

**Let Our Voices Be Heard**

*Thursday, December 1 at 6 PM refreshments, 7-9 PM program, in Fellowship Hall – 1924 Cedar St.*

**Please join us for a relaxing evening of nourishment for body and soul. We’ll share a warm and healthy potluck supper accompanied by the mellow sounds of live piano music.**

After dinner we’ll be treated to an improvisational song circle led by Berkeley artist and circle song enthusiast Phoebe Ackley. We’ll circle around as we lift our voices in harmony under Phoebe’s skillful guidance, creating unique and lively songscapes as we respond to her cues. Following our singing we’ll exchange ideas for making the winter holidays stress free and waste free. (Bring your favorite ideas to share with others.)

We’ll close the evening with a half hour practice session for the active listening skills we learned last month from empathy expert, Edwin Rutsch. Edwin will facilitate Empathy Circles in which each of us will have a chance to be a speaker in a small group and an active listener. Active listening is key to opening channels of communication with those you disagree with. People are more willing to listen when they feel fully heard.

**So come on out, lift your voice and open your ears for a joyful, sustainable and just future.**

This event sponsored by: Transition Berkeley, Social Justice Committee (Berkeley Fellowship of Unitarian Universalists), and Citizens’ Climate Lobby.

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

Bring: An earth-friendly potluck dish or refreshment to share at 6 pm.

For info: www.transitionberkeley.com or email: info@transitionberkeley.com

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**Women’s Meeting**

*Sunday, December 4 after service (around noon) in Fellowship Hall – 1924 Cedar St.*

Women of BFUU are invited to gather after services in the main Hall the first Sunday in December. We will discuss BFUU, ideas for the future, etc.

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Please check out our BFUU Facebook Videos Section. You may be surprised at how this “growing garden of harvest” is enhancing BFUU ability to chronical its living history and to interface with social justice concerns with community partners in the San Francisco Bay Area! We also have a growing number of Photos and Photo Albums that you may enjoy. And sharing them helps our little pebbles tossed to have some ripple effects.

http://www.facebook.com/berkeleyfellowshipuu/videos
Conscientious Projector Presents “The Brainwashing of My Dad”

Thursday, December 8 at 7 pm in Fellowship Hall—1924 Cedar St.

“The Brainwashing of My Dad” is a documentary film by acclaimed filmmaker Jan Senko, which examines the rise of the right-wing media machine through the conversion of her non-political Democratic party father to become a supporter of Rush Limbaugh, Fox News et al. It powerfully shows how a father and a nation can become radicalized. It shines light on a propaganda machine can have a profound influence especially after the Fairness Doctrine was removed in 1987. Don't miss this compelling story.

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

The Oasis (open mic) with Featured Artists Roger Brown & Leslie Thorne

Friday, December 9 at 6:30 PM sign up / 7 PM start in Fellowship Hall—1924 Cedar St.

Join us for BFUU’s monthly Open Mic night! First come, first choice of 10-minute slots, available until the slots fill up. Featured Artist performs around 8:30 PM.

Roger Brown, originally from New York, has lived in Berkeley since 1979. He has been involved in the local music scene since the early 90’s as a blues guitar player. He also plays bass and harmonica, and writes original songs in a variety of styles. Leslie Thorne is also originally from New York. She plays the upright Bass in a variety of genres, including jazz, swing, blues, and folk. Leslie formed her band Yanqui Gumbo earlier this year with Roger and several other players, and they perform locally. They will be performing originals and covers out of their eclectic set list. They can be seen locally every third Tuesday at Caffé Trieste in Berkeley with their full band.

December’s host Hali Hammer is an award winning singer-songwriter and social activist who has been performing in the Bay Area for over four decades. She is a founding member of Occupella, plays bass and sings with Jump-In (which performs "folk & oldies - don't say it too fast) performs with The ReSisters, and can be found on many You Tube videos. Her latest CD is called Eclectic Circus, and a new one is in the works.

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

Tibetan Festival of Light

Friday, December 23 at 7 p.m. in the Fellowship Hall—1924 Cedar St.

Ventul Rinpoché, who teaches reading and writing to Tibetan children on Sunday afternoons at BFUU, offers this gift in gratitude for the community’s help with the Tibetan Resettlement Project. Everyone is invited to come for homemade soup and cookies with butter tea or sweet tea. Chanting & meditation are optional. Rinpoche-la pays for all the food and cooks it himself, over a three-day period, as his gift to the community. Please come and accept the Tibetans' generosity.
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.

Communication with Care
Sunday, December 4 and December 11 in the Preschool Kitchen – 1606 Bonita Ave.
Drop-ins welcome! No experience required! Free to BFUU Members and Friends! Marlena Willis leads these Compassionate Communication practice groups to help improve communication.

Elders Circle
Tuesday, December 6 at 11 AM in Fellowship Hall – 1924 Cedar St.
The BFUU Elders Circle meets at 11:00 AM on First Tuesdays in Fellowship Hall.

BFUU Second Sundays Potluck*
Sunday, December 11 after service (12:30 PM) in Fellowship Hall– 1924 Cedar St.
Come one, come all! Whether you have a dish to share* or not, we invite you to join us as we break bread in the spirit of loving community. If you can, please help us set up tables and chairs before and put them away afterward. In between, join in the bounty provided by members and friends. Members, friends, neighbors, and the wider community are welcome to join us.

*If you bring a dish, please also bring a printed list of all ingredients so those with allergies, interactions and dietary restrictions can enjoy the dishes they can eat and avoid those they can’t eat.

BFUU Writers Groups
1-Sunday, December 11 12:30 PM in the Preschool Room – 1606 Bonita Ave.-no animals
2-Sunday, December 25 12:30 PM in the Preschool Room – 1606 Bonita Ave.-svc. animals
Wheelchair accessible. Beginners welcome! The first group is the second Sunday of the month. It is for people who are allergic to animals, and people who don’t need to bring service dogs to the group. The second group is the fourth Sunday of the month. It is for people with service animals and people who are not allergic to animals. You are welcome to attend both groups if you are able. Our writers group is for all levels, from beginner to experienced, and all genres, including poetry, memoir, and fiction. After a 7 min. writing exercise, we write for an agreed upon period of time. Then we read our work aloud and give each other positive feedback.

Good Grief Group
Wednesday December 28 at 7:00 PM in the Minister’s Office – 1606 Bonita Ave.
A gathering place to share the experience of grief and loss. To join, call BFUU at 510-841-4824.

BFUU Board Meeting - Please note change in date due to holidays!
Thursday December 15 at 7:00 PM in Fellowship Hall – 1924 Cedar St.
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

Unconditional Love Qwire Open Sing
Thursday, December 15 at 7-9 PM in the Preschool Kitchen–1606 Bonita Ave.
You are all invited to begin the Unconditional Love Qwire's 2.0 start-up! Regular
rehearsals will begin on 1/5/17, meeting the 1st & 3rd Thursday of each month.
Bring a song you want to sing with us.
We'll be meeting in the kitchen of the preschool, so bring your childlike wonder
with you. If this space works for everyone, it will be our new home.
Donations are welcome to defray costs and support the director. Absolutely NO ONE TURNED AWAY!
We want your voice and spirit to soar in song with us.
With great love,
Deborah "DJ" Hamouris, Director 510/910-2574 or deborahj@djhamouris.com

Empowered Communication Series at BFUU
Come for Empowered Communication Tuesdays 1/10 & Mondays 2/6
Have you ever noticed thoughts like this?
• I just want it to be easier to talk to you!
• I keep getting stuck doing what I always do
• My boss is a terrible 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 Tuesday Empowered
Communication series starting January 10th, 6-9pm. There is a special $50 discount on the Empowered
Communication series for BFUU community members only. Call me if you have any questions.
If Tuesdays don't work for you, there will be a Monday Empowered Communication series starting
February 6th, with an Introductory Evening on 1/30.
More great classes coming soon!
For more information, see http://baynvc.org/trainer/meganwind-eoyang/
Love and blessings, Meganwind Eoyang | 707-775-7178 | meganwind@baynvc.org
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* 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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Email: rooms@bfuu.org

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Email: office@bfuu.org

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

Address Correction Requested
Berkeley Fellowship of Unitarian Universalists
1606 Bonita Ave.
Berkeley, CA 94709