Upcoming Sunday Services

May 1: The Faith Journey of the Cuban Revolution
BFUU Social Justice Committee and Guest Speakers
Alicia Jrapko and Bill Hackwell, Co-Founders of the International Committee for Peace, Justice and Dignity, will explore the ethical and socialist path of the Cuban people. Specifically, we will focus on the Cuban Five and their inspiring and amazing stories. This is especially important now, at this moment when our country and Cuba have expressed a desire to “discuss and resolve our differences without renouncing any of our principles.” (—Pres. Raul Castro.)

May 8: Mother Wisdom: Counseling Conscience from the Hearth to the World
Rev. Dr. Carrie Knowles, with Joanna Foley, Worship Leaders
Mother’s Day began with the call to women to take counsel together to end the carnage of war and bring peace to the human family. The values of charity, mercy and patience should be carried forth from the hearth into the world. The service will present the voices of women whose lives and work have had major impact on the world for peace and the resolution of conflict.

May 15: Spiritual Warriors: Invoking Collective Liberation
Jeremiah Kalande, Guest Worship Leader
Besieged by toxic cultures of white supremacy, cisgenderism, heteropatriarchy, colonialism, capitalism, speciesism, and ecocide, how do we identify, nurture, and ground ourselves in what is sacred as an act of resistance? How might we purify ourselves so that we might become effective agents of collective liberation? Join us this morning as we explore wisdom from the world’s religious traditions and discern our roles in countering the dominating cultural powers of oppression and death.

May 22: Gratitude and Belonging
Satya Tabachnick, Guest Worship Leader
There is a tension in liberal religious communities between learning gratitude for earth-based traditions and trying not to use white, elite privilege to take those traditions and make them our own. Working with the words of Robin Kimmerer, a First Nations botanist, we will explore what it means to belong to this land as transplants and immigrants.

May 29: Soul Wounds, Broken Covenants and the Search for Grace
Rev. Dr. Carrie Knowles, Guest Worship Leader
The emotional injuries of war are commonly referred to as Post Traumatic Stress Disorder. However, the injuries suffered go much deeper. The experiences of war have often eroded the warriors’ sense of integrity, decency and humanity, as they confront the evil of inflicting death and destruction. Healing is most effective when the veterans can tell their stories and find reconnection within a spiritual community that offers acceptance.
Dear Sister and Brother BFUU’s,

We made it through three months of process of discernment!! Twenty to thirty members and friends attended on a regular basis, for a day, a whole weekend, and month after month. That’s an incredibly high number given the relatively small size of our congregation. This faithful engagement demonstrated the high level of interest, energy, and care of our membership in transformative possibility at BFUU.

The feedback from attendees, though largely anecdotal, has been overwhelmingly positive. Some of the process was quite challenging and some felt tedious. I want to say how heartening it was to see just how willing we all were to investigate new methods of communication, decision-making, and governance with curiosity and perseverance.

The work is not over. Working Group members are currently still engaged in integrating individual working group proposals for our Vision, Mission and Aims, Beloved Community, and Structural Transitions through the Integration Council into a cohesive, organic whole in synch with our current needs and particularly suited to our congregation, one step at a time.

Through the Non-Violent Communication practice of stating basic and commonly shared human needs and separating them from particular strategies, we grew to know each other and even ourselves better, and found how these processes can lead to more effective solutions. Through practicing sociocratic methods and circle meeting strategies, we gained clarity and solidarity in decisions that felt organic and fair.

In working on new and ongoing conflicts at BFUU I see how many are practicing new ways of communicating, joint decision-making and restorative practice. In this way, members are already showing how to be the Beloved Community we want to see – with love and courage. Possible next steps are creating small group ministry and NVC training and practice groups. Please let Frankie Hill or Pam Norton know if you feel moved to help.

I want to acknowledge the tremendous thoughtfulness, energy, and care of Discernment Task Force chair Nanci Armstrong-Temple, as well as all the Task Force members, Ben Burch, Frankie Hill, Elayne Ryder and myself, and everyone who

continued on page 3
pitched in across the spectrum in myriad ways, in making this process of discernment happen. Most of all I want to thank all of you who showed up, tried something new, and put it into practice. Without you, none of this would have made a difference.

In solidarity, faith, and love,

Pam Norton
President BFUU Board of Trustees

To access all Process of Discernment resources please go to: http://livingsevenprinciples.com/bfuu-resources.

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**Supporting the Spirit:**
*Pastoral Care at the Berkeley Fellowship of Unitarian Universalists*

Our yearning for a community of welcoming souls draws us to that special gathering place we call a UU church. We seek to be fed in mind and spirit, as the world around us seems to be losing the connections of kinship and friendship.

The heart of UU spirituality, then, is the offer of a beloved community where people find deep connections with others who share their passion for justice, their respect for all people, their search for a meaningful and creative life. Our craving for community finds satisfaction in the words and music of Sunday services, social gatherings with others of the congregation, programs concerned with social justice, and all the other activities and practices a church may sponsor.

Yet, just when emotional and spiritual support is most needed, we may find ourselves cut off from the community. No life is without its stresses and crises. We may be isolated by hospitalization for surgery or serious illness. Our mobility may become impaired so we cannot get out for Sunday services or the other events that had brightened our lives. We may find ourselves feeling alone in dealing with the death of a loved one or working through some new phase of our lives that seems too personal to share broadly. And all of these challenges may lead us to question the meaning of our existence, the purpose of our lives.

Pastoral care restores that connection with our community of a shared liberal faith, and provides a safe place to bring our questioning.

At BFUU, Rev. Dr. Carrie Knowles serves one day each week as Pastoral Care Minister. She is here to understand the challenges, concerns and hopes of those who face some turning in their lives. Either by appointment or as “walk-ins,” members as well as visitors can meet with her at the office on most Tuesdays and she also visits those confined to home. On the fourth Wednesday evening of each month, through June, she leads a small group, “Good Grief,” for those who are coping with the loss of a loved one.

For more information, please call the office (510) 841-4824 or email at office@bfuu.org.
Back in September I was privileged to be the “worship leader” and I invited John Jones, III, to speak about his experience as prison inmate and now as a community organizer working for criminal justice reform here in Alameda County. John moved our congregation mightily with his personal story and with his advocacy for Prop 47 reforms which, if community efforts succeed, will bring millions of dollars to Alameda to improve services for prisoners receiving reduced sentences to help with their “re-entry” to civilian life.

In November here in the Communicator I presented the details of the “Justice Reinvestment Campaign” (JRC) for which John Jones, III is a core organizer. My hope was that BFUU at its semi-annual membership meeting would formally endorse the JRC—which it did! That way we were intentionally fulfilling the UUA’s Action of Immediate Witness last June, “Black Lives Matter,” not just in words but in deeds supporting John Jones, III and what was formally organized in November as the Justice Reinvestment Coalition/Alameda County—the JRC/AC. Getting the criminal justice reform movement onto the ground, so thoroughly motivated by Michelle Alexander’s The New Jim Crow, is a county-wide community lobbying job. With BFUU endorsement I then hoped to bring as much support from Berkeley to the JRC/AC, trying to inspire BOCA, Berkeley’s interfaith justice organization. Not an easy, one-stop job. Criminal justice reform has to have Black leadership which includes persons with incarceration experience. That is what our “JRC/AC” is all about. It is not that simple. Even with some of the county agency heads friendly to reforming criminal justice, there is still a huge problem. The prison industrial system is, beyond belief, dug into our country.

In December Joanna Foley gave us an informative update in the Communicator on the “Justice Reinvestment Coalition/Alameda County.” She spoke of the all-day “Second Chance” workshops for persons re-entering society from prison, and community activists. Joanna and I spent an orientation day with this workshop with a view to helping the many people in Berkeley in need of this support. Our BFUU SJC donated $200 to help support another such workshop in January. Joanna also went to Sacramento on Nov. 12, representing us at a hearing of the Board of State and Community Corrections (BSCC) where the county applications for billions of dollars for new prison construction were approved. Since the BSCC’s members are mostly from the law enforcement departments, there was no one to support grants to community service organizations. For Alameda this means Sheriff Ahern will get $50 million for improving Santa Rita jail’s mental health services. So the lobbying job of the JRC/AC must continue on.

Getting Berkeley congregations to back the JRC/AC has not worked out. So our city’s presence is missing. Still there is ongoing work to do for “re-entry/realignment” assistance. The many agencies and churches in Oakland—Ella Baker Center, Urban Peace, SURJ, EBCLC, OCO—are holding planning meetings for the many ongoing lobbying efforts recruiting young Black people to be involved. If anyone in BFUU would like to join our JRC/AC team to work on recruiting churches or lobbying, please contact me, tomfluce@gmail.com or 510-575-6326 and get a calendar of actions.
The Nominating Committee consisting of Elayne Ryder and Abbot Foote, co-chairpersons, as well as Gene Herman, Jean Marie Stine, Virginia Hollins-Davidson, and Tom McAninley, pursuant to Article VI. E. of BFUU By-Laws, hereby informs the congregation that there are five board positions and two alternate positions to which candidates will be elected at the upcoming Annual Congregational Meeting. Members who wish to be considered for office by the Nominating Committee should immediately notify the 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 the Fellowship and filed with the Nominating Committee not later than the Saturday preceding the last Sunday before election.

Please plan to attend the Annual Meeting on June 12th.

Children's Religious Education

Our K-5 class this semester is exploring the UUA Tapestry of Faith curriculum, Windows and Mirrors, learning about dynamic relationship among our awareness of self, our perceptions of others, and others’ perceptions of us. Teachers are Doug Chambers (coordinator), Stephanie Doucette, Jeff Palmer, Nanci Armstrong-Temple, Lis Schultze, and Kathy Riehle; assisted by Dawn Schultze-Allen.

Our Middle School class is finishing up a year with the UUA Tapestry of Faith curriculum Riddle and Mystery, exploring their own, UU, and other religious traditions’ answers to theology’s “Big Questions” – Where do we come from? What are we? Where are we going? What is truth? How do we tell right from wrong? Teachers are Sharon Hwang Colligan (coordinator), Doug Chambers, Kathy Riehle, Jeff Palmer; assisted by Sophie Schultze-Allen.

In April we celebrated our fourth annual Cooperative Spring Egg Hunt: the children hunted for eggs containing not candy, but jigsaw puzzle pieces, which they pooled and assembled together.

The kids continue to learn UU worship skills and spiritual practices, and to share them with the larger BFUU community in the form of chalice lightings, songs, storytelling and liturgical dance. They took special delight in the ribbon dance they performed for Rev. Meg Whitaker-Greene on Valentine’s Day with musician Susannah Wood, and the gratitude dance with Rev. Matthew McHale at the end of February, coordinated by Sophie Schultze-Allen, Dolores Helman and Susan Mashiyama.

Sharon Hwang Colligan, BFUU-RE committee member
Happy Birthday!

Frankie Hill
Gail Penso
Dave Yandle

Community Voices

At Twilight
The sounds of songbirds settling in,
and faint rustling in the ivy.
Golden light fades to mauve,
the fragrance of freesias intoxicates my lungs,
as the day exhales.

Holly Harwood

This poem (At Twilight) was written at the April 2016 Spi
Con (Spiritual UU Contemporaries) meeting, led by
outgoing BFUU Poet Laureate Frances Hillyard.

Untitled
The first taste---memories of bygone days
of counties fairs, amusement parks
A taste unlike any---a tiger ride spin
Upon the "jenny"
Those delicately sweet childhood days
Memories frozen in a bygone era
The second taste---a look back
Comparison of then and now with which
Comes a sense of loss---intangible
Precarious to grasp---delicate
Thin spun strands---like thick spherical spider webs
In balls on paper cones
Or in a paper cup, in colors of red and blue
Taste of strawberry and raspberry strands
Flavors combined into one---memories of simpler days
In the taste of Frozen Fairy Floss

Seón O’Neill
Featured BFUU Events

Fellowship Hall (1924 Cedar St) is accessible by a ramp on the Bonita Avenue side. The Preschool rooms are only reservable by BFUU groups and are accessible on the ground level of our Religious Education Building (1606 Bonita Ave). At this time the Connie Barbour, Fireside, and Benjy Rooms on the 2nd floor of our Religious Education Building are not wheelchair accessible.

Transition Berkeley & Friends of Five Creeks Present:
Meet the Changemakers - You and Me!

Thursday May 5 at 6:30 pm in Fellowship Hall – 1924 Cedar St.

Join us and Friends of Five Creeks for an evening of short documentaries that highlight how individuals have made an incredible difference in their communities.

From Ron Finley, planting an artistic, urban organic garden in South Central LA’s food desert, to a few women mobilizing hundreds to protect the mission blue butterfly by saving San Bruno Mountain, to a Volunteer Firefighter saving a pair of shoes in a house fire.

In addition, Friends of Five Creeks will share their 20-year history right here in Berkeley, Albany and El Cerrito, as they restored one creek after another. Discover what it took to build their group of Weed Warriors, adopt a half dozen parks, produce a speaker series on local environmental issues and positive solutions, and build an environmental coalition of organizations to protect the bay.

This event is co-sponsored by Transition Berkeley, the BFUU SJC and Friends of Five Creeks.

Conscientious Projector Presents "This Changes Everything"

Thursday, May 12, 7pm in Fellowship Hall–1924 Cedar St.

“This Changes Everything” is the great critically acclaimed film inspired by Naomi Klein’s book and directed by Avi Lewis about how the challenges of climate change can lead us to a post-fossil fuel, post-capitalist future. This is an ultimately encouraging film, which everyone must see as most, if not all, people do care about justice.

The film presents seven powerful portraits of communities on the front lines, from Montana’s Powder River Basin to the Alberta Tar Sands, from the coast of South India to Beijing and beyond.

Interwoven with these stories of struggle is Klein’s narration, connecting the carbon in the air with the economic system that put it there. Throughout the film, Klein builds to her most controversial and exciting idea: that we can seize the existential crisis of climate change to transform our failed economic system into something radically better.

Suggested donation $5 – $20. No one turned away for lack of funds!
**Featured BFUU Events**

**BFUU Open Mic featuring Sarah Kobrinsky and Nancy Schimmel**  
*Friday, May 13 at 6 PM sign up / 7 PM in Fellowship Hall—1924 Cedar St.*  
Join us for BFUU’s monthly Open Mic night! First come, first choice of 10-minute slots, available all evening or until the slots fill up. Featured Artist performs around 8:30 PM.  

Please join host Nanci Armstrong-Temple (BFUU member and Berkeley City Council Candidate), poet Sarah Kobrinsky (former Poet Laureate for the city of Emeryville) and singer/songwriter Nancy Schimmel (Bay Area local legendary Songwriter and Activist) for an open mic night and community dinner at BFUU in the historic Fellowship Hall.  

Dinner and sign-up at 6pm. Open mic at 7pm.  
$5-$15+ suggested donation for dinner and open mic. No one turned away for lack of funds.

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**David Swanson, in conversation with Cindy Sheehan: War Is A Lie**  
*Sunday May 29, 7:30-9:00 PM in Fellowship Hall – 1924 Cedar St.*

Join David and Cindy to mark the publication of the new 2nd edition of *War is A Lie*, a thorough refutation of every major argument used to justify wars, countering the theory that war is an inevitable part of human nature, and drawing on evidence from numerous past wars, especially those wars that have been widely defended as just and good. This is a handbook of sorts, a manual to be used in debunking future lies before future wars have a chance to begin.

Swanson is an author, activist, journalist, and radio host. He is director of WorldBeyondWar.org and campaign coordinator for RootsAction.org. Swanson’s books include *War Is A Lie*, *When the World Outlawed War, Daybreak: Undoing the Imperial Presidency and Forming a More Perfect Union*, *The 35 Articles of Impeachment and the Case for Prosecuting George W. Bush*, and *Tube World* (a childrens’ book). He blogs at DavidSwanson.org and WarIsACrime.org. He hosts Talk Nation Radio. He is a 2015 Nobel Peace Prize Nominee.

Cindy Sheehan has authored five books, including *Peace Mom: A Mother's Journey Through Heartache to Activism and Revolution*, and *A Love Story*, her latest, a love note to Venezuela. Cindy’s oldest child, Casey, was killed in Iraq on April 04, 2004 in a war that neither she nor he supported. Cindy garnered international notoriety in the summer of 2005 when she camped out at George Bush’s ranch in Crawford, Tx. Cindy is mother to three surviving children and four grandbabies. She divides her time between writing, traveling to work for peace and justice, playing with her grandchildren, and hosting The Soapbox radio show http://cindysheehanssoapbox.blogspot.com/  

$5-$10 suggested donation; no one turned away.  
Autographed copies of *War Is A Lie* will be for sale.
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 May 3 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 8 after service (around 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 SpiritUUal Contemporaries
Thursday May 19, 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 for more information.

Good Grief Group
Wednesday May 19 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 26 at 7:00 PM in Fellowship Hall – 1924 Cedar St.

BFUU Writers Group
Sunday May 22 at 12:30 PM in the Preschool Room – 1606 Bonita Ave.
New! BFUU Writers Group. Wheelchair accessible. Beginners welcome!

Regular Committee Meetings

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<thead>
<tr>
<th>Buildings &amp; Grounds</th>
<th>Hospitality, Caring and Membership</th>
<th>Sunday Services</th>
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<tr>
<td>Meets once per month, contact Ben Burch</td>
<td>4th Sunday at 12:30 PM in Fellowship Hall</td>
<td>1st Tuesday at 7 PM in the Preschool Room</td>
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<td>Finance 3rd Thursday at 4:30 PM in the Fireside Room</td>
<td>Social Justice 1st &amp; 3rd Sunday 12:30 PM in the Preschool Room</td>
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Empowered Communication Series at BFUU

Come for 5 Mondays, starting May 2

- 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 **Monday, May 2nd**, 6-9pm [http://baynvc.org/event/empowered-communication-5-week-series-mondays/](http://baynvc.org/event/empowered-communication-5-week-series-mondays). You’re welcome to bring along someone you care about who might like to experience being fully heard without judgments!

Special $50 discount on Empowered Communication series for BFUU community members only. Call me if you have any questions.

Love and blessings, Meganwind

Meganwind Eoyang
707-775-7178
meganwind@baynvc.org

The 4th Annual Berkeley Dulcimer Gathering presents our Faculty Concert

Friday May 6 at 7:30 PM (doors at 7 PM) in Fellowship Hall – 1924 Cedar St.

Featuring: Aubrey Atwater, Steve Eulberg, Deborah "DJ" Hamouris, Dusty Thorburn, and the Berkeley Dulcimer Orchestra

Music from several centuries and varied styles will be played by faculty of the Berkeley Dulcimer Gathering (held Saturday 5/7 at the Freight and Salvage.) Our annual concerts delight both seasoned veterans and newcomers to the sweet sounds of the mountain dulcimer.

For more information: www.berkeleygatheringdulcimer.com

Tickets $10 advance/$15 at the door: [http://facconcertbdg2016.bpt.me/](http://facconcertbdg2016.bpt.me/)

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
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- Intellectually stimulating environment

(510) 488-4556
www.FirecrackerMath.org
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<td>1</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Hospitality, Caring and Membership Mtg (April Mtg resched)* 12:30 pm SJC Mtg 8 pm AA Mtg</td>
<td>2</td>
<td>4 pm Tai Chi/ Qiqong* 6 pm Empowered Communication 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion</td>
<td>3</td>
<td>7:30 am Augustine Fellowship 11am Elders Circle 4:30 pm Sunflower Alliance 6 pm Empowered Communication 7 pm AA Men's Mtg 7 pm Sunday Svcs Committee Meeting</td>
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<td>8</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm 2nd Sunday Potluck* 8 pm AA Mtg</td>
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<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 Hospitality, Caring and Membership Mtg* 12:30 BFUU Writers Group* 8 pm AA Mtg</td>
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<td>29</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Hospitality, Caring and Membership Mtg* 7:30 PM David Swanson Event* 8 pm AA Mtg</td>
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<td>4 pm Tai Chi/ Qiqong* 6 pm Tai Chi Chuan 6 pm AA Men's Mtg 6:30 pm Soul Motion</td>
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<td>7:30 am Augustine Fellowship 6 pm Empowered Communication 7 pm AA Men's Mtg</td>
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* denotes Fellowship event

Save the Date!
June 12th
BFUU Annual Meeting!
Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

BFUU OFFICE HOURS
Monday - Friday: 11 a.m. to 5 p.m.

BFUU STAFF
Deborah Hamouris - Event Space Coordinator
Phone: 510-841-4824, ext. 3
Office Days: Returning in June 2016
Email: rooms@bfuu.org

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

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

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