Upcoming Sunday Services

November 2: Promises Promises
Rev. Theresa Novak, Worship Leader
Rocky Morrison, Worship Associate

What does it mean to be a covenantal rather than a credal faith? What do we promise each other? What happens when we fail to live up to what we have promised?

November 9: Charting a New Course: BFUU Board of Trustees
Susan Singh, Pam Norton, Ben Burch, Worship Leaders
Lincoln Statler, Worship Associate

Three members of BFUU’s Board of Trustees will speak about the work of the board and about their hopes for the future of BFUU.

November 16: Make Mine Music
Moses Channels, Worship Leader
Tom McAninley, Worship Associate

We will explore ways in which music can radically and permanently change our mood, our outlook and our life.

November 23: Saying Thanks In a Troubled World
Rocky Morrison, Worship Leader
Holly Harwood, Worship Associate

How can we give thanks with so much trouble in our world? Wars, diseases, political dysfunction, homelessness and hunger seem to plague our planet. How can we be thankful?

November 30: Gratitude Bundle for Mother Earth
Pennie Opal Plant, Guest Speaker
Wyndy Knox Carr, Worship Associate

More details on this intriguing service to come soon! Please see www.bfuu.org.
Dear BFUU Members and Friends,

My oldest son really loved trains when he was young. His favorite outfit was a pair of overalls and a striped cap. He loved to wear it when he played with his little Lego train set. Some of my favorite folk songs are also about trains. We sang a lot of them to the kids and we also read them the story about the "Little Engine That Could."

Maybe I should get myself a striped hat. Maybe, BFUU will be able to write a story about the "Little Congregation That Could."

Trains can get stuck on sidings sometimes; the world can pass them by. Weeds can grow between the wheels (and outside buildings.) The tracks can rust. The train's passengers can get so busy talking among themselves, that they don't always notice that the train isn't moving anymore, and that the dining car will soon be running out of coffee. Some people may still be getting on the train, but just as many are getting off. There are only so many seats anyway. If it gets too crowded, and the train still isn't moving, someone is likely to start a fight.

BFUU was stuck, the money was running out, and the direction wasn't clear. The leadership decided that it was time to get moving if BFUU was going to survive in a rapidly changing world.

It is tricky being hired as the engineer for such a train. There are weeds to pull and wheels to grease. The passengers have to be consulted about where they would like to go. Some don't want to go anywhere. Some may even want to put the train in reverse. There are a lot of different tracks that go to a lot of different places. Once the train starts moving, some passengers will leave because they don't want to go where they think the train will be headed. Others, however, will want to go and will climb aboard. Most people want to be on a train that is moving.

Once the destination is clear, then the speed is important. Too fast, and some passengers will fall off. The train could derail. Too slow, and it could get stuck again and others will leave looking for a faster train. Some folks will get behind the train and push, and others might throw rocks on the tracks, hoping the train will stall.

All the research shows that thriving congregations have real missions. They move and they do what they need to in order to serve the mission. They change as the world around them changes. They know why they exist. Missions are different than descriptions. "Spirituality and Social Justice in the Heart of Berkeley" is something BFUU offers, and it is a nice sentiment, but it isn't really a mission. It doesn't require any real action. The actual mission statement,

continued next page
Dear BFUU Members and Friends (continued from p. 2)

"Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action," provides a clearer direction. It has some verbs, some action words. Trains have to move if they are going to be trains. Congregations need to act if they are going to both survive and thrive.

November 9-11, I will be in Denver attending a training and conference designed for UU ministers who are serving as developmental ministers. It will be taught by Rev. Howell Lind, the UUA's first official developmental minister, and I am really looking forward to meeting with him and connecting with other UU ministers doing the same kind of work. You can read more about developmental ministry at the following link: http://www.uuworld.org/life/articles/297112.shtml.

The Boulder Colorado UU Church was the first to have a developmental minister and was recently named a Breakthrough Congregation. See the article here: http://www.uuworld.org/life/articles/297107.shtml. There is also a study guide at http://growinguu.blogs.uua.org/breakthrough-congregation/study-guide-for-uuworld-article-the-unitarian-universalist-church-of-boulder-colorado/

Helping a troubled congregation move into a healthier future is a lot more complicated that getting a train off of a siding and onto a track. People are involved, not just iron and steel. Congregations are not machines and the parts don't always fit together smoothly. Metaphors aren't reality, but I do know that unless we can really say, "We think we can, we think we can," we will not be able climb the hills we need to climb. We are going to have to work together. We are going to have to work hard. Once we get the train moving, there will be a lot of different places we can go. We have such wonderful people in this congregation, the possibilities really are unlimited. Let's enjoy the journey!

Namaste,

Rev. Theresa Novak

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Regular Committee Meetings

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

**Sunday Services**
2nd Tuesday at 7 PM in the minister's office

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

**Religious Education**
3rd Sunday at 12:30 PM (after services)

**Hospitality and Membership**
4th Sunday at 12:30 PM (after services)

**Buildings & Grounds**
Meets once per month, contact Ben Burch
President's Report

Happy Thanksgiving! The Holiday season is upon us.

And a season of change is upon BFUU as we have entered into a period of Developmental Ministry with the Reverend Theresa Novak at the helm, so to speak. This is a difficult time as we strive to change our Congregation into one that many more people will want to join. We have a long way to go, but I think we can do it.

The Fall, 2014 issue of the UU World magazine has an excellent article called "Ready to Change," starting on page 33, about Developmental Ministry and a congregation in Boulder, Colorado that was successful in reviving their church. If you have not yet read it, I urge you to do so.

BFUU has received another large part of a bequest from a former beloved member, Tracy O'Kates. Her generous endowment is certainly much appreciated.

Susan Singh, President

News from the Religious Education and Exploration Committee

Dear BFUU Community,

It has been an honor to be your RE chair this year, and I am so lucky to be part of the team that Sharon Hwang-Colligan built last year as RE chair. As I get my feet, I am sure there will be lots to think about and do.

My biggest goal, however, is to make sure that each member of our community has access to the means we have at our disposal to expand and deepen our individual and collective experiences in our church community. If you have any concerns, desires, or ideas to share, please do not hesitate to contact me at any time. (See my email address below)

We had an RE outing to the East Bay Mini Maker Faire this past Sunday, October 19th. Much fun was had by all; stay tuned for next year and an annual mini maker pilgrimage and possible a BFUU RE hosted ScienceMaker Arts for the Greater Good booth.

We continue with two classrooms: kindergarten through 3rd grades using the Love Will Guide Us curriculum and 4th-6th grades using the Amazing Grace curriculum. There is some interest in a Spring OWL class; please let us know if you would like to be involved or help coordinate that.

All are welcome to the RE meeting, which generally meets the third Sunday of the month outside on the playground, in order to accommodate families with children. This Month we will meet on Sunday, November 16th. All are welcome, and please feel free to bring an item to share for our potluck.

Below please find other events and announcements about BFUU RE events and happenings.

For more information on these events, or to request or suggest other RE activities, please contact the committee chair Nanci Armstrong-Temple at fraggle94@gmail.com.

Warmly,

Nanci
November Birthday

Norman Frank

When I Was 5...

**Inside**

Whenever I'm eating
and I choke on something
someone says.
“It musta' gone the wrong pipe.”
And when I asked my Mother
what your stomach is like
she said, “It’s like a sack.”
Boy. Two gray pipes running down inside you
and a brown sack in your tummy.
Your insides sure must look funny.

© C. Tom Ross, 2014
from The Gurgles of Little Feet

Muscle of Ministry

They ache sometimes
My arms my legs
The work is hard
The path is steep
The lifting can be heavy
Sometimes sweat drips down
Into my eyes
My hair a wet halo
A crown of tears
One could imagine

None of that matters
In the end
That ultimate reality
That stands beneath us all
Did I love enough
Did I speak the truth
Did I find some ways
To help the spirit do
What the spirit needs to do

One beating heart
It’s all I have
To share
With hurting souls
It keeps me going
That strong muscle
Not mine alone
A gift of grace
I pray it will not quit
Until my work is done

© Rev. Theresa Novak, October 2014

The new edition of Tom Ross’s book is now available from Amazon.com, but should not be confused with Gurgles of Little Feet from 1974, also sold at Amazon.
The 1974 book has no “The” in the title. That first edition, from another publisher, has no titles for individual episodes, no age indications for episodes, no relevant illustrations, and contains only one fourth of the material of the new book.
Autumnal greetings to you all! As we finally get some rain and seasonal weather, I hope you have something warm to wear and drink. My knitting projects are more enjoyable on chilly mornings.

There are some exciting events happening here at the Fellowship, with music every Friday in the Hall, theater rehearsals all over the RE building, and opera in the Connie Barbour room. That opera has some terrific voices and is called "Little Weill - Women in the Cities of Nets," produced on Nov 15th & 16th. Check it out!

Of course we're all looking forward to Nov. 15th, when the Social Justice Committee has its annual awards dinner. Don't forget to get your tickets – it's a fundraiser!

In December, I've already scheduled some Christmas concerts and some puppet shows on the story of the Little Match Girl. I hope you and your families will be able to take advantage of some of our offerings here at BFUU.

All the best,

Deborah
Event Space Coordinator

Featured BFUU Events

Screening the Green Film Series: A Fierce Green Fire
Thursday, November 6, 6:30 PM potluck, 7:00 Film in the Fellowship Hall—1924 Cedar St.

A Fierce Green Fire: Battle for a Living Planet.
Directed and written by Mark Kitchell, Academy Award-nominated director of Berkeley in the Sixties, and narrated by Robert Redford, Ashley Judd, Van Jones, Isabel Allende and Meryl Streep, the film premiered at Sundance Film Festival 2012, has won acclaim at festivals around the world, and in 2013 began theatrical release as well as educational distribution and use by environmental groups and grassroots activists. http://www.transitionberkeley.com.

Please join us for locally grown snacks at 6:30. The film will start promptly at 7:00.
Contact: info@transitionberkeley.com

This event is co-sponsored by Transition Berkeley and the BFUU Social Justice Committee. Suggested Donation $5-10. No one turned away for lack of funds!

continued next page
**Featured Events continued**

**David Hartsough Book Release Celebration:**
*Sunday, November 9 at 6:00 PM in the Fellowship Hall – 1924 Cedar St.*

“David Hartsough knows how to get in the way. He has used his body to block Navy ships headed for Vietnam and trains loaded with munitions on their way to El Salvador and Nicaragua. He has crossed borders to meet “the enemy” in East Berlin, Castro’s Cuba, and present-day Iran... Waging Peace is a testament to the difference one person can make. Hartsough’s stories inspire, educate, and encourage readers to find ways to work for a more just and peaceful world... Hartsough’s story demonstrates the power and effectiveness of organized nonviolent action. But Waging Peace is more than one man’s memoir. Hartsough shows how this struggle is waged all over the world by ordinary people committed to ending the spiral of violence and war.” [http://www.pmpress.org/content/article.php/DavidHartsough/print](http://www.pmpress.org/content/article.php/DavidHartsough/print).

**Conscientious Projector Film Series: Here Comes the Sun**
*Thursday, November 13 at 7:00 PM in the Fellowship Hall – 1924 Cedar St.*

The reality of the progress in the development and applications of solar power energy are described and celebrated in this short film. “Countries all over the world are leading the way towards a green economy. Unfortunately lobbying by the oil, gas, coal, and nuclear industries are hindering progress. Very soon, perhaps even now depending on the cost of electricity in your area, solar technology will be more economically cost-effective than traditional forms of electrical production.”

Suggested donation $5-10. No one turned away for lack of funds.

**BFUU Open Mic with Vic Sadot, Featured Artist Muse Crossing**
*Friday, November 14 at 7:00 PM in the Fellowship Hall—1924 Cedar St.*

Join us for BFUU's monthly Open Mic night. Sign-ups begin at 6:30 PM and the featured artist performs at 8:30 PM.

This month, the “Featured Artists” will be a trio called “Muse Crossing”: Shawn Dohring, Michèle Voillequé and Mark Walstrom. “Shawn learns nearly everything by ear and never goes anywhere without a hat and guitar. Michèle is a classically trained violinist and soprano who sings and teaches voice for a living. Mark is a multi-instrumentalist who loves European folk music. As Muse Crossing, they play eclectic acoustic arrangements of folk, popular and classical songs, always with an emphasis on tight vocal harmonies.”

Our Host, Vic Sadot, is a long-time activist singer-songwriter in the Phil Ochs “Broadside Balladeer” tradition. Since arriving in Berkeley in 2008, Vic has been writing new songs and making a lot of music videos for them on the “Truth Troubadour” YouTube Channel. The latest videos are “Mad Cowboy Disease,” “The Harbor of Love,” and “Le Port de L'Amour”.

continued next page
BFUU Hal Carlstad Social Justice Center Award
Saturday, November 15 at 6:00 PM in the Fellowship Hall—1924 Cedar St.


BFUU Welcome Reverend Theresa Novak Celebration!
Sunday, November 16 at 4:00 PM in the Fellowship Hall—1924 Cedar St.

We will welcome our new developmental minister with ritual, ceremony, and song as we celebrate a new vision for the Berkeley Fellowship of Unitarian Universalists. The event is open to the public and clergy. Seminarians are invited to robe and process. Refreshments will be served following the ceremony.

Please RSVP to office@bfuu.org or 510-841-4824 ext. 1 (attending or regrets). Thank you!

Memorial Gathering for Tod Fletcher & Susan Peabody
Saturday, November 22 at 1:00 PM in the Fellowship Hall—1924 Cedar St.

There is no doubt that Tod Fletcher would want to be remembered as the major researcher, writer, editor, and speaker that he was in the global 9/11 Truth & Justice movement. Tod was the editor for many of David Ray Griffin's books and he occasionally was a stand-in for Griffin when he could not make a radio interview. Tod's last interview on Bonnie Faulkner's "Guns & Butter" Radio Show on KPFA was on Sept 3, 2014. It is archived at KPFA and at NoLiesRadio. The lives and the passing of Tod and his wife Susan do indeed make a sad and difficult story. But it is also a story of true and dedicated love. See the moving tribute by David Ray Griffin: “In Memory of Tod Fletcher: A Life of Service (1952-2014)” David Ray Griffin in Global Research 10-08-14.
Recurring/Ongoing BFUU Events

T’ai Chi & Qi Gong with Gene Herman
Mondays and Wednesdays, 4-5 p.m. in the Connie Barbour Room–1606 Bonita Ave.
This practice is appropriate for people of all ages. It improves health and well-being at any age.

Elders' Circle
First Tuesdays, 11:00 AM in the Fellowship Hall
The BFUU Elders’ Circle meets at 11:00 AM on First Tuesdays in the Fellowship Hall.

BFUU SpiritUUal Contemporaries
First Thursdays, 7:00 PM in the Benjy 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 for more information.

Wind Song West Cafe
First Fridays at 11:30 a.m. in the Fireside Room—1606 Bonita Ave.
Join us in the Wind Song West Cafe to share music, poetry, and discussion. For the month of November, the gathering will include a mini-writing session. Please bring your own writing materials. Note that this room is not wheelchair accessible.

Third Thursday Taizé
Third Thursdays, 7:30 PM in the Fellowship Hall
Taizé music originated in the Taizé Monastery in France as an opportunity for people of various religious faiths to unite in spirit and song. It quickly spread through Europe and is now becoming very popular in the United States. Come join us each third Thursday at 7:30 in the Fellowship Hall as BFUU takes its place in the growing Taizé community.

Pub Theology
Third Fridays, 7:00 PM at Au Coquelet
BFUU’s young adult group meets monthly at Au Coquelet. Please contact Lincoln Statler for more information.

BFUU Second Sundays Potluck
Second Sundays, after service (around 12:30 PM) in the Fellowship Hall–1924 Cedar St.
Come one, come all! Whether you have a dish to share or not, we in the hospitality and membership committees invite you, on behalf of all our membership, 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.
Other Community Events held at BFUU

T’ai Chi Ch’uan with Karina Epperlein: The Principles and Art of Slowing Down
Mondays, 6-7 PM in the Connie Barbour Room — 1606 Bonita Ave.
Breath, sound, movement, qi gong, imagination and intention, standing and walking meditation, balance, centering and grounding. Karina brings to her 37 years of teaching an extensive background and training in T’ai Chi Ch’uan, dance, physical theater, music, voice, breath and meditation. Ongoing. $90 per month. Please call in advance to register: 510-559-8892. Visit www.karinafilms.us for more information.

Dancing Life From Your Core: CoreConnexion Transformational Arts® with Eva Vigran, MA Psych
Wednesdays, 6-8 PM in the Fellowship Hall—1924 Cedar St.
Starting in the NOW, we will listen to body and soul, following movement that emerges from moment to moment. Through playful connection with ourselves, others and nature, we can illuminate our individual and authentic aliveness and strengthen our inner nature and resources. Participants will gain access to the wisdom and joy at their core. First class is free! www.coreconnexion.net

Song and Chant
Sunday November 9, 4 PM in the Fellowship Hall—1924 Cedar St.
Ajaya Davidson weaves a musical fusion of classical Indian and Western music on keyboard. The music creates a lush undercurrent for chanting, open listening and meditation. Come and experience original songs and chants in Sanskrit and English and with the poetry of Rumi and Shakespeare!

Ajayathemusic Suggested donation: $5-10, no one turned away for lack of funds

Goat Hall Productions presents Little Weill Women in the Cities of Nets
Saturday November 15, 8:00 PM in the Connie Barbour Room – 1606 Bonita Ave.
Sunday November 16, 2:00 PM in the Connie Barbour Room – 1606 Bonita Ave.

Featuring the music of Kurt Weill
Join us on a journey along a path of Desolation and Despair as Little Weill Women join a plucky band of ladies down on their luck and on the run, fleeing from city to city on the road to Redemption.
Tickets ($25 at table, $20 general, $15 student/senior) available at goathall.org.

Poetry Reading
Sunday November 23, 3 PM in the Fellowship Hall—1924 Cedar St.
Celebrate Atlanta Review's Fall/Winter 2014 issue with contributors. Everyone is welcome to this free and festive event. Book sales and signing. Light refreshments.
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**Newsletter Changes:**

Beginning with the January 2015 Communicator, the default distribution of this newsletter will be email. By request, members may receive a black-and-white printout. Please contact the office before December 19 if you want to remain on the list for the black-and-white printed version.

* denotes Fellowship event
**BFUU OFFICE HOURS**
Monday - Friday: 11 a.m. to 5 p.m.

**BFUU STAFF**
Rev. Theresa Novak, Development Minister
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Email: minister@bfuu.org

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Email: rooms@bfuu.org

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

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**EARLY SUBMISSION DEADLINE FOR NEXT COMMUNICATOR: November 17**
Please email newsletter@bfuu.org with submissions.

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