**Upcoming Sunday Services**

**November 6: Sinner in Winter**  
Mtuaaswa Anthony Johnson, Guest Worship Leader

“Sinner in Winter” is a sermon that speaks to our human nature as winners and as sinners. It speaks to our sameness and it speaks to our uniqueness. It addresses our joys and our sorrows and challenges us to own our whole selves. The sermon is based upon my original poem of the same title encompassing the belief, as expressed by Emerson, who said; “The poet is the sayer, the namer and represents beauty. He is sovereign, and stands on the centre.” The sermon will also contain poetic elements of William Blake, Langston Hughes and Rumi.

**November 13: Wu Wei (Woo Way) – Allowing Graceful Living**  
Rev. Marsh Agobert, Worship Leader

Tai-Chi, Ikebana, Aikido, Judo and Fly-casting – What do these things have in common? At their core they each exemplify the path of ‘Effortless Effort.’ Eastern mumbo jumbo, indeed! Another mysterious philosophy unsuited to the western mind? A strange curiosity that has nothing to do with me or my daily life.

Only if you insist.

**November 20: The Uses of Fear**  
Rev. Elena Rose Vera, Worship Leader

Who are we taught to fear, and who holds the power to do harm? Our society can send us misleading messages about danger that teach us to excuse and justify violence against vulnerable people and ignore our own power to change the situation. We’ll join together to discuss some of the people our stories place in harm’s way, and what we can do to approach each other with clear perceptions and fresh compassion.

**November 27: Festivals and Thankfulness**  
Rev. Dr. Carrie Knowles, Worship Leader

On this Thanksgiving holiday weekend, Rev. Dr. Carrie Knowles will consider the long tradition of feast days and the value of celebrating abundance, even in times of stress and meager availability of food.
Greetings Members and Friends,

My how time flies! Already the new Board of Trustees has been working on, and in some cases, completing programs and other work that was only a dream at the end of the last fiscal year.

Many members and committees have taken on responsibilities and opportunities made available by our developmental minister’s departure. Our three working groups have provided us with new exciting programs that, by the time you read this, will already be up and running.

Regrettably, I must defer full discussion of all that is now happening to the ENews, our weekly periodical, provided electronically from the office. This is all the time I have for this report to the Communicator.

In Service,

Doug Chambers
Current President BFUU BOT
Newly displayed in BFUU’s historic Fellowship Hall are nine large colorful banners which symbolize many of the major religious traditions from which Unitarian Universalists derive inspiration.

Each banner represents a specific religion through its best-known symbol: the Cross for Christianity, the Yin/Yang for Taoism, the Star of David for Judaism, the Om for Hinduism, the Four Directions Medicine Wheel for Native American Traditions, the Arabic Script for Allah to represent Islam, the Wheel of Dharma for Buddhism, the Venus of Lassel for Feminine Spirituality and the Chalice for Unitarian Universalism.

Collectively, the banners stand for the Unitarian Universalist commitment to religious pluralism and cross-cultural spiritual sharing. They also represent all the colors of the rainbow, offering a strong statement of support to LGBTQI persons and communities.

The banners will be formally presented to BFUU members, friends and guests at a reception honoring their creator Emma Lehman on Sunday, Nov. 20, noon to 1 pm. After viewing the banners in the Fellowship Hall, guests will learn of Ms. Lehman’s background and sources of artistic inspiration. She earned an M.A. in Textiles (Clothing and Design) at the University of Nebraska-Lincoln. She specializes in costumes for the San Francisco Opera and scenic design for the Berkeley Repertory Theater. She is an active re-creation costumer for the Society for Creative Anachronism, helping to celebrate its 50th anniversary this year.

Light refreshments will be served. This is the first public event presented by BFUU’s Aesthetics Subcommittee.

Please RSVP to: http://evite.me/u6BBNrkqsT

### Regular Committee Meetings

<table>
<thead>
<tr>
<th>Buildings &amp; Grounds</th>
<th>Hospitality, Caring and Membership</th>
<th>Sunday Services</th>
</tr>
</thead>
<tbody>
<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 Kitchen</td>
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<td>Finance</td>
<td>Social Justice</td>
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<td>3rd Thursday at 4:30 PM in the Fireside Room</td>
<td>1st &amp; 3rd Sunday 12:30 PM in the Preschool Room</td>
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UUA/PCD/local UU News & Events

Interdependence Day:
Creating Beloved Community
Saturday, November 12, 2016 9:00 – 4:30
The Unitarian Universalist Congregation,
Santa Rosa
Deep Connection and Worship - Strategies for Preventing Conflict - Strategies for Transforming Conflict

Unitarian Universalist leaders are warmly invited to participate.
Congregational teams are encouraged.
Presenters: Rev. Deborah Holder and Rev. Jan Christian,
Congregational Life Staff in the Pacific Western Region
http://www.pcduuua.org/interdependence-day/  (register by Oct. 30)

UUA Board approves $5.3 million for Black Lives of Unitarian Universalism
by ELAINE MCARDLE | 10/15/2016
Update 10.17.16: Read full coverage of the UUA Board’Qs decision http://www.uuworld.org/articles/board-commits-5-million-bluu or refer to the article in your print copy of UU World.

On Friday, October 14, the Unitarian Universalist Association Board of Trustees agreed to provide $300,000 immediately to fund operating expenses of Black Lives of UU (blacklivesUU.com) and committed to guarantee another $5 million in long-term funding for BLUU’s efforts to support black UUs and expand the role and visibility of black UUs within the faith.

The board’s decision came during its October 13–15 meeting, which is being held at the UU Congregation at Shelter Rock in Manhasset, New York. The decision followed a presentation on BLUU’s work and goals by BLUU Organizing Collective members Leslie Mac and the Rev. Carlton Elliott Smith.

Aspects of the decision are still unclear, including whether the funds will come from the UUA endowment, from a fundraising campaign, or through some other means.

Take advantage of Presidents’ Day weekend to engage with U*U women from around the world at the Third International Women’s Convocation, Asilomar Conference Center, CA, February 16-19, 2017. Connect, share, grow, celebrate, and empower in the unspoiled surroundings of this tranquil retreat. Registration is $350. Bring one, two (or ten!) friends from your church and you qualify for a group discount of $50 off each! An additional $50 discount is available for UU ministers. Young adults aged 18-40 can register at a special all-inclusive package rate. If you are interested in offering a workshop, please fill out our workshop request form online. Visit IntlWomensConvo.org for all details.
Interfaith Committee for the
Justice Reinvestment Coalition of Alameda County

Joanna Foley, Gene Herman, Virginia Hollins-Davidson, Christopher Macy, Liaison, Tom Luce

1400JOBS4FREEDOM - NOW! - Oct 11

On Oct 11 a group of about 60 people marched to the Board of Supervisors of Alameda county (BOS/AC) to support and insist on fulfillment of the 1400JOBS4FREEDOM passed unanimously by the board in June. During the summer several delegations from JRC/AC pressed the various county justice agencies--probation, human resources, etc--for real responses to the unanimous passage of this program. Jobs Not Chances! This was the theme of the march, seriously making real jobs available to people re-entering the community from prison, jobs that are more than bottom level, temporary positions, jobs with support from counselors.

Over 30 leaders with awesome experience in prison and successful rehabilitation were in the march and testified before the BOS/AC. Many of these leaders have spent decades in prison, were addicted, but also were able to get training and support and have shown that a prison sentence does not mean that prisoners cannot succeed after release. What they said, though, is that there is a great need for more realistic provisions for re-entry people to overcome their obstacles. Over 65% of prisoners in California return within 3 years after leaving. This is due in large part to a lack of services for rehabilitation including the JOBS4FREEDOM PROGRAM!

Tues, October 11 we demonstrated and spoke at the Alameda Supervisor’s Meeting about fulfilling the 1400 jobs project.

Julian Guerra gave an eloquent testimony of his life about being incarcerated and rebuilding his life.

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
**Community Voices and Poetry Corner**

**Garden Art Project Needs Your Help!**

Jim Beatty is 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.

Dedicated to Mumia Abu Jamal and the millions of people unjustly incarcerated in the USA!

Outside: We have anxiety, crisis
Inside:
  - You suffer
  - Void hearts’
  - devices

Outside: We have colds, depression, liver failure
Inside:
  - Prisoners die
  - everyday
  - of our nation’s
  - heart failure

**The Madonna of Aleppo**

The Madonna of Aleppo cradles her baby, her little boy burrows against her side. They sleep now. Her hand is eternally raised to shield her babe, a classic pose.

The Madonna of Aleppo is covered with plaster dust. She looks like a fallen statue dipped in blood. Who will pray for her? Who will pray to her?

Blessed Mother of Aleppo, please show us mercy, though no one showed you mercy. Forgive us our sins, for your blood is on our hands, and the blood of your precious little ones.

**Frances Hillyard**

**Holly Harwood**
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 Presents Presentation & Discussion:
**Empathy: The Bridge for Our Country’s Social Divide**
*Thursday, November 3 at 6:30 PM refreshments, 7-9 PM program, in Fellowship Hall – 1924 Cedar St.*

This evening will address the extreme polarization highlighted in this election year and help us learn ways to talk to and understand those who think and feel differently than ourselves. We’ll begin with the film: “Love Hate and Everything in Between.”

Empathy - a subject increasingly tested by world events and studied by scholars - is put under the microscope in this documentary. Can empathy resolve issues of aggression and subjugation where wars, politics and economic sanctions have failed? “Love Hate and Everything in Between” looks into the world of neuroscience, psychology, education and technology to explore the extraordinary relevance of empathy in today’s increasingly interconnected world.

After the film, empathy expert Edwin Rutsch will lead us in small interactive groups that will allow us to practice empathy skills and experience the power of active listening. (Edwin directs the Center for Building a Culture of Empathy and is founder of the International Empathy Trainers Association. The center’s CultureOfEmpathy.com website is the internet’s most comprehensive portal for empathy-related material including interviews with over 300 experts on the topic.)

This event sponsored by: Transition Berkeley, BFUU SJC, and Citizens’ Climate Lobby. Suggested donation $5-$20. No one turned away for lack of funds.

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Conscientious Projector Presents
**“A REALLY Inconvenient Truth”**
*Thursday, November 10, 7 pm in Fellowship Hall–1924 Cedar St.*

A Film by Cambiz A. Khosravi which is a critical look at Al Gore’s “An Inconvenient Truth.”

What is “really inconvenient” is the truth that global warming is directly related to the uncontrolled growth of the dominant world capitalist system. Joel Kovel, who is featured in this video, explores positively what we really need for a livable future. Kovel is the author of “The Enemy of Nature” and editor of the journal Capitalism Nature Socialism.

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

**BFUU Open Mic with Featured Artist Arnie Passman**
*Friday, November 11 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.

Poet, satirist, songwriter, playwright, essayist Arnie Passman will read at the BFUU, featuring his smash hit single, “Acne is good for you.” Passman is the author of “The Deejays,” two plays about black radio history, collected work, “Climbing Whateverest,” an epic poem, “ Occupy Your Nearest Country Club,” and is completing a poem about the 80-year history of morning radio from Arthur Godfrey to Howard Stern and beyond, how we ha-ha hate to get up in the morning. He is also the composer of a dozen musical histories of corporations, and “The Damned of Enchantment,” about the biggest nuclear accident in U.S. history, on the Navajo reservation, months after Three Mile Island.

November’s host, Holly Harwood, is a poet and peace activist. She is the current BFUU Poet Laureate, previous Chair of the BFUU Social Justice Committee and Coordinator of Code Pink Golden Gate Chapter. Holly is also Dozo the Clown at various Bay Area locations. Holly understands the power and influence of good poetry and song in creating meaningful community, wholesome values, and achievable visions. Join Holly Harwood as our host and team create another unique and memorable monthly open mic! http://hollyharwood.com

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

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**Book Launch: Cecile Pineda's “Three Tides: Writing at the Edge of Being”**
*Saturday November 19 at 4:00 PM in Fellowship Hall – 1924 Cedar St.*

Cecile Pineda touches on issues of displacement as she talks about 40 years of the writing life, the breakthroughs, the discouragements, and the daily practice. She will read and sign copies of Three Tides: Writing at the Edge of Being. Time will be set aside for questions and answers.

Pineda is widely recognized as the author of nine published works of fiction and non-fiction. She is the winner of the Gold Medal from the California Commonwealth Club and nominee for the 2015 Neustadt International Prize for Literature. Like the Nobel, it is awarded not for any one work, but for an entire body of work. Ms. Pineda is available for interviews at cecilep@sonic.net”

Sponsored by BFUU SJC. $5-$20 suggested donation. No one turned away for lack of funds.
Recurring/Ongoing BFUU Events

T'ai Chi & Qi Gong with Gene Herman - Please Note Room Change!
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, November 1 at 11 AM in Fellowship Hall – 1924 Cedar St.
The BFUU Elders Circle meets at 11:00 AM on First Tuesdays in Fellowship Hall.

Communication with Care
Sunday, November 6 and November 13 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.

BFUU Second Sundays Potluck*
Sunday, November 13 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, November 13 12:30 PM in the Preschool Room – 1606 Bonita Ave.-no animals
2-Sunday, November 27 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 November 23 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, November 24 at 7:00 PM in Fellowship Hall – 1924 Cedar St.
Other Community Events held at BFUU

**Women & Song, a women's singing group**

Directed by Deborah “DJ” Hamouris  
2nd & 4th Thursdays, 7-8:30pm (Note: no class 11/24)  
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

**Berkeley 6-Week Medicine Theater Series**  
Relationship Creation Through SPONTANEOUS PLAY & INTUITIVE KNOWING  
 Thursdays from 7-10PM Nov 3, 10, 17, Dec 1, 8 & 15 in the Connie Barbour Room – 1606 Bonita Ave.  
(no class 11/24 for Thanksgiving)  
Through the art of spontaneous play and intuitive knowing we will improvise our way into unique & wildly ridiculous, liberating & healing relationships with each other; tapping into incarcerated aspects of our inner being & liberating them through whole body intention, relationship development, & group play.  

**Empowered Communication Series at BFUU**

Come for Empowered Communication (11/7) or the Fall NVC Practice Group (11/8)

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 Monday Empowered Communication series starting November 7th, 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.  

Also, for folks who want to get a taste of the work, or continue practicing NVC in their real-life situations, we will have a Fall practice group (6 sessions) starting November 8th and going thru December 20th, from 6:30-8:30pm.  

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
## Fellowship Calendar November 2016

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td><strong>Kids in the Hall!</strong></td>
<td>It’s that time again: New School will be using Fellowship Hall Mon-Fri 1:00 - 5:00 PM Nov 1 - Apr 28, 2017.</td>
<td>1 7:30 am Augustine Fellowship 11 am Elders Circle 7 pm AA Men’s Mtg 7 pm Sunday Svcs Committee Meeting</td>
<td>2 7:30 am Soul Motion 3 pm Tai Chi/ Qigong* 6:30 pm Sunflower 7 pm NA Men’s Mtg 7 pm Core Connexion</td>
<td>3 11:45 am AA Meditation 7 pm Medicine Theater 7 pm Transition Berkeley Presents Empathy*</td>
<td>4 6 pm AA Men’s 7 pm Soul Motion</td>
<td>5 9 am ASCA 6 pm Augustine Fellowship</td>
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<td>6 9:30 am Choir Rehearsal*</td>
<td>10:30 am Sunday Service*</td>
<td>12:30 pm SJC Mtg*</td>
<td>12:30 Communication with Care Practice*</td>
<td>8 pm AA Mtg</td>
<td>7 4 pm Tai Chi/ Qigong*</td>
<td>6 pm Tai Chi Chuan 6 pm AA Men’s Mtg 6 pm Empowered Communication 6:30 pm Soul Motion 8 pm Dulcimer Class</td>
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<td>14 7:30 am Augustine Fellowship</td>
<td>6 pm Fall NVC Practice Group</td>
<td>7 pm AA Men’s Mtg</td>
<td>8 pm Dulcimer Class</td>
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<tr>
<td>16 7:30 am Soul Motion 3 pm Tai Chi/ Qigong*</td>
<td>6:30 pm Sunflower</td>
<td>7 pm NA Men’s Mtg</td>
<td>7 pm Core Connexion</td>
<td>17 11:45 am AA Meditation</td>
<td>7 pm Medicine Theater</td>
<td>7 pm BFUU Board of Trustees Mtg*</td>
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<td>18 6 pm AA Men’s</td>
<td>19 9 am ASCA</td>
<td>4 pm Cecil Pineda Book Launch*</td>
<td>6 pm Augustine Fellowship</td>
<td>20 9:30 am Choir Rehearsal*</td>
<td>10:30 am Sunday Service*</td>
<td>12 noon Banner Artist Reception 12:30 pm SJC Mtg*</td>
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<td><strong>December Communicator Deadline!</strong></td>
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<td>21 4 pm Tai Chi/ Qigong*</td>
<td>6 pm Tai Chi Chuan 6 pm AA Men’s Mtg 6 pm Empowered Communication 6:30 pm Soul Motion 8 pm Dulcimer Class</td>
<td>22 7:30 am Augustine Fellowship</td>
<td>7 pm AA Men’s Mtg</td>
<td>23 3 pm Tai Chi/ Qigong*</td>
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<td>24 11:45 am AA Meditation</td>
<td>Thanksgiving Day Holiday Office Closed</td>
<td>25 6 pm AA Men’s</td>
<td>26 9 am ASCA</td>
<td>6 pm Augustine Fellowship</td>
<td>27 9:30 am Choir Rehearsal*</td>
<td>10:30 am Sunday Service*</td>
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<td>29 7:30 am Augustine Fellowship</td>
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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  
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SUBMISSION DEADLINE FOR NEXT COMMUNICATOR: November 20
Please email newsletter@bfuu.org with submissions.

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