Upcoming Sunday Services

September 2: 1 in 8 Deborah Hamouris, Guest Worship Leader
“1 in 8” is a collection of songs & stories from the heart. Breast cancer happens to 1 in 8 women annually. It happened to us, 2 women musicians, sister-survivors. Each of us wrote music as an antidote to the host of challenges to our bodies in the name of healing. This music tells a personal tale, inspiring to anyone who has survived such challenges.

September 9: The Promised Land
Clovice A. Lewis, Guest Worship Leader
“The Promised Land” is both a place and a state of mind, and many times, it is both things at once. The promised land represents a place or situation in which someone expects to find happiness, or the potential for a better life. This sermon will examine how the United States fairs as a Promised Land in light of its recent immigration policy challenges.

September 16: Building Beloved Community
Jeff Palmer, Lay Worship Leader
We learn from each other through speaking face to face and sharing heart to heart. We may think of listening as a passive act but really listening and hearing each other is a deeply active process. You could say it is HEART-FULL.

September 23: Unitarian Universalism: A Radical Vision for 21st Century Religion Alessandro Gagliardi, Guest Worship Leader
Unitarian Universalism is the merging of two streams—each considered heretical in their time—arising in response to New England Puritanism in the 18th century. Unitarianism and Universalism each represent breakthroughs in the “thinking” and “feeling” of religious experience respectively. Brought together in UUism, the progression of these two streams make for a radical vision for religion and ethics in the 21st century.

September 30: The Gifts of the Crow
Rev. Dr. Carrie Knowles, Guest Worship Leader
The more we learn about other living creatures, the more we realize we are surrounded by and connected to intelligent beings who learn and feel and communicate as they cope with their existence. Rev. Dr. Carrie Knowles tells the story of the crow and some of the questions their talents raise.

photo: DickDaniels http://carolinabirds.org/
Great news! Rev. Marsh and his wife Michelle are recovering very well from surgery. They are home now. Rev. Marsh actually walked out of the hospital! They appreciate all your good wishes, cards and prayers and are eager to see you soon in Fellowship Hall.

BFUU welcomes Lincoln Statler, MASC, who has taken on Pastoral Care duties at BFUU for August and September.

Greetings from Lincoln: “Hi I’m Chaplain Lincoln Statler, I am so excited and honored to be able to work with this historic and community focused congregation. For those of you who don’t know me; I am a graduate of Starr King School for the Ministry’s Master of Arts in Social Change program (M.A.S.C.) with a spiritual care focus. I completed four units of clinical pastoral education with the San Francisco Night Ministry. I currently serve as a per-diem Hospice Chaplain.

I’m passionate about the intersection of radical spiritual care, lifespan faith formation, and living out covenants based on self exploration and justice.

Together through Spiritual Care, Emotional Support, and Community Resources, we can build beloved community.”

BFUU is pleased to announce that Guy is managing custodial, room-use-related, and security issues as Sexton for the BFUU. Guy Colwell writes, “(Guy) is a struggling visual artist and sometime peace activist who has to often take on wage work such as the janitorial position he now holds at the Berkeley Fellowship. Guy has had connections with the Fellowship, having attended many events here, had an exhibition of his work on the walls, and once organized a group that met here for progressive people to make social contacts. He had his art training at the California College of Arts and Crafts in Oakland. He does artwork that carries strong social and political messages that few people would actually want to put on the walls of their living rooms.”
Congregational Retreat:
Hand in hand, shoulder to shoulder, moving forward together

Where do we come from? Who are we? Where are we going? Please share your spirit, voice, and presence with others of our BFUU family as we gather to craft a vision of next steps to our future.

The tentative schedule for the day is:
9:30 AM - 10:00 AM Coffee Hour
10:00 AM - 11:15 AM Convene
11:15 AM - 11:30 AM Break
11:30 AM - 12:30 PM Reconvene
12:30 PM - 1:30 PM Lunch
1:30 PM - 3:00 PM Action Planning

Please roll out of bed, grab your thinking cap, and join the rest of us sleepy-eyed BFUU-ers. Let’s wake up together buoyed by coffee and breakfast treats, music, and movement as we prepare to share ideas and plan the future of BFUU.

Summer Services Teams!

BFUU had a great summer, full of heart-warming, thought-provoking, and community-building services. We only have photos of two of the Sunday Service teams here, but appreciate all of the wonderful folks who helped make all of the summer’s services special.

July 8th team: Margaret, Joanna, Pat, Sandy, Jeff, Kathy and Doug.

July 15th team: Joanna, Brett, Susan, Clovice, and Dominic

Regular Committee Meetings

<table>
<thead>
<tr>
<th>Aesthetics (Subcom. of B&amp;G)</th>
<th>Hospitality,</th>
<th>Poetry</th>
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<tbody>
<tr>
<td>2nd Friday at 11:30 AM in Fellowship Hall</td>
<td>4th Sunday at 12:30 PM in Fellowship Hall</td>
<td>Meets as needed contact Holly Harwood</td>
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<tr>
<td>Buildings &amp; Grounds</td>
<td>Membership</td>
<td>Religious Education</td>
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<tr>
<td>Meets once per month, contact Ben Burch or Abbot Foote</td>
<td>4th Sunday at 12:30 PM in Fellowship Hall</td>
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<tr>
<td>Caring</td>
<td>Music</td>
<td>Social Justice Ministry</td>
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<tr>
<td>4th Sunday at 12:30 PM in Fellowship Hall</td>
<td>2nd Sunday 12:30 PM Fellowship Hall</td>
<td>1st Sunday 12:30 PM in Fellowship Hall</td>
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<tr>
<td>Finance</td>
<td>Personnel</td>
<td>Social Justice</td>
</tr>
<tr>
<td>Meets as needed contact Ben Burch or Abbot Foote</td>
<td>3rd Thursdays 2:30 PM Mike Gardner’s house</td>
<td>3rd Sunday 12:30 PM in Fellowship Hall</td>
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Sunday Services
2nd Tuesday at 10:00 AM in Fellowship Hall
Community Voices

Happy Birthday! Ruth Clifford, Doug Chambers, Marcia Kreycik, & Chris Macy

Artist Reception: Sara Trail and the Social Justice Sewing Academy

The BFUU Aesthetics Subcommittee hosted a reception for Sara Trail, founder of the Social Justice Sewing Academy (SJSA), along with several of the artists who created quilts on display in Fellowship Hall. Sara is an author, sewing teacher, pattern and fabric designer. The Trayvon Martin case exposed the void of social activism within her quilting groups, and she began combining her talent in textile art with her social activism, starting programs and workshop in 2016. She create SJSA in 2017, whose mission is, “Piecing together youth voices, textile art, and community in a 21st Century Sewing Circle.” BFUU donated the collection plate on Sunday on August 12 to this empowering organization. We thank Sara and SJSA for sharing their stories, vision, and beautiful and moving works of art with us! Please check out http://www.sjsacademy.com/ for more info.

Better World Festival

The Better World Festival was a great success!
The show in Fellowship Hall was cozy, talent-filled, and fun. The pop-up fund-raiser for Solidaridad Con Los Ninos raised quite a bit of money for the Freedom for Immigrants’ bail fund.

Thanks to our artists, audience, volunteers, and to our generous community supporters:

Trader Joe’s (University and MLK)
The Cheese Board
The Natural Grocery Co.
Berkeley Bowl West
Acme Bread
The Juice Bar Collective
Riverdog Farm
Grandparents

As if it were yesterday . . .
“Let’s all sing like the birdies sing,
Tweet, tweet, tweet, tweet”
“Some day my prince will come . . .”
1930s popular songs draw me back, back, back . . .

Cora’s taking me to Woodward & Lothrop to buy my Easter outfit
And to the big cathedral on the hill for Easter Mass
(In her freethinking lifestyle there is memory of her mother’s Catholicism) . . .

Eddie’s playing waltzes and marches on the piano to announce supper
His delight in playing matched only by his anticipation of mealtime

A street vendor in the back alley
Calls “Strawberries, ten cents a quart!”

We eat lunch on Cora’s green dishes
Salad dressing of mayonnaise mixed with pear juice
Her own canned pears
Spoons with the lilies-of-the-valley pattern . . .

Cora takes me along to a lecture by Bill Tilden
The 1930s guru of holistic health and nutrition
And when I come down with the measles
She gives me enemas
As when she feels poorly she fasts
Saying, “I’ve broken nature’s laws.”

Eddie gallantly takes me for a ride in his Chevrolet
Proudly showing me the sights in his beloved Washington
Gleefully chanting, “Now we’re cutting the pie crust”
As we drive around DuPont circle . . .

Rock Creek Park
Washington Monument
The monorail cars under the Capitol Building
That take Senators to work
Cherry blossoms along the Potomac Basin
Streets lined with tall trees
Children playing on the sidewalk . . .

Wisps of memories . . . so long ago . . . yesterday.

Marianne Robinson
Berkeley, 1985
The Fellowship Hall (1924 Cedar St) is accessible by a ramp on the Bonita Avenue side of the Hall, and has a T-Loop system to enhance audio for those with hearing aids. The Preschool Room is only reservable by BFUU groups and is accessible on the ground level of our Religious Education Building (1606 Bonita Ave). At this time the Connie Barbour, Fireside, and Benjy Rooms are not wheelchair accessible.

Grab Your Privilege Like a Bat & Swing It At Racism, Injustice
Sunday September 9 from 6:30 - 8:30 PM in Fellowship Hall

Join us for an exciting and inspiring evening with Berkeley-based activist Xan Joi, a self-proclaimed radical anti-racist Jewish and white lesbian feminist and now author. She will share stories and wisdom found in her new book “But What Can I Do?” gained from her experiences driving around the country, over 400,000 miles since 9/11. in her veggie-oil powered box truck. Her “radical ride” has mobile billboards emblazoned with large, pointed anti-war, anti-violence, pro-peace, pro-empowerment missives on all four sides. Xan shares her stories of engaging in dialogue with both the ‘choir’ and the ‘other’, organizing, and strategizing actions. Her book is an inspiring communiqué aimed at creating a common, shared knowledge base from which to foment individual and collective action dismantling patriarchy, racism, war, and misogyny, and creating the kind of society we want all to thrive in!
Come join us! Bring an organic snack to share, if you want!
Sponsored by BFUU SJC. Suggested donation of $5-$20. No one turned away for lack of funds.

BFUU Congregational Retreat
Hand in hand, shoulder to shoulder, moving forward together
Saturday September 22 from 9:30 AM - 3:00 PM in Fellowship Hall

Where do we come from? Who are we? Where are we going? Please share your spirit, voice, and presence with others of our BFUU family as we gather to craft a vision of next steps to our future. Please roll out of bed, grab your thinking cap, and join the rest of us sleepy-eyed BFUU-ers. Let’s wake up together buoyed by coffee and breakfast treats, music, and movement as we share ideas and plan the future of BFUU.

Event Planning at BFUU
Sunday September 30 at 12:30 PM in Fellowship Hall
BFUU Office staff share the BFUU game plan, tricks and tips for Committee-hosted events at BFUU.

Weekly BFUU Events

Pastoral Care with Lincoln Statler, M.A.S.C.
Tuesdays from 10 AM - 12 noon in Fellowship Hall

BFUU Choir Practice
Wednesdays at 7-8:30 PM in Fellowship Hall – 1924 Cedar St.
We practice songs for the Sunday services, learning melodies, and working on musicality. During the first part of the evening, we focus on choir numbers with harmonies. From about 8 pm on, we practice the hymns we’ll lead on Sunday. Everyone is welcome to join in for fellowship and to be able to sing more confidently and joyously on Sundays. Please invite your friends and neighbors. There’s no pressure to sing in the choir on Sundays. These gatherings are something BFUU offers as a service to build community.
Orientation for Newcomers
Sunday, September 2 at 12:30 PM (after service) in the lobby of Fellowship Hall
Lincoln Statler, M.A.S.C. will conduct an orientation for newcomers after the service on the first Sunday of each month. All are welcome, whether you are considering membership or not.

Elders Circle
Tuesday, September 4 at 11 AM in Fellowship Hall – 1924 Cedar St.

BFUU Second Sundays Potluck*
Sunday, September 9 after service (12:30 PM) in Fellowship Hall
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! *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 and 2
1-Sunday, September 9 at 1 PM in the Preschool Room – 1606 Bonita Ave. - no animals
2-Sunday, September 23 at 1 PM in the Preschool Room – 1606 Bonita Ave. - service animals
Wheelchair accessible. Beginners welcome! Group 1 (2nd Sundays) is for those who are allergic to animals, and/or don’t need to bring service dogs. Group 2 (4th Sundays) allows service animals. We include all levels and genres. After a 7-minute writing exercise, we write for an agreed-upon period of time. Then we read our work aloud and give each other positive feedback.

The Hardly Strictly Acoustic Jam
Friday, September 14 at 7 PM in Fellowship Hall
Join us for BFUU’s new jam session format. Come sit in our circle, share music, songs, poetry, excerpts from your new book, jokes and stories. We welcome all entertainers and entertainers to fill the Hall with performance, connection, and appreciation for all forms of art. Suggested donations of $5 – $20 No one turned away for lack of funds! Volunteers appreciated!

Uke Jam
Friday September 21 at 7 PM in the Preschool Room
BFUU holds a uke jam once a month for those who want to experience more music in their lives. First-time players are welcome and if you need to borrow a ukelele, let us know because we might be able to loan you one. If you have questions or want to let us know you’re attending, please send your name and email address to jeffpalmer123@comcast.net for details on next meeting. Otherwise, please just drop in and join us! Welcome!

BFUU Board Meeting
Thursday, September 27 at 7:15 PM in Fellowship Hall
Other Community Events held at BFUU

The Fellowship (1324 Cedar St) is accessible by a ramp on the Bonita Avenue side of the Hall, and has a T-Loop system to enhance audio for those with hearing aids. The Preschool Room is only reservable by BFUU groups and is accessible on the ground level of our Religious Education Building (1606 Bonita Ave). At this time the Connie Barbour, Fireside, and Benjy Rooms are not wheelchair accessible.

Sound Spirit
2nd & 4th Wednesdays each month 6:30 PM - 8:30 PM in the Connie Barbour Room
What does it mean to be a sound body, to be conscious & present? Intimate, fun sound/music exercises to discover your unique musical and alchemical powers! Explore to deepen your sense of self, and connection to ‘other,’ in community. Music, Improvisation, Circle Singing, Sound Games, Deep Listening, Discovery. Experiment and play. Grow with, and in, the support of community.
More information at https://clarehedin.com

Women & Song, a women’s singing group
Directed by Deborah “DJ” Hamouris
2nd & 4th Thursdays 7 - 8:30pm in the Preschool Kitchen
$20-$10, sliding scale
Women & Song is looking for a few good women to sing & laugh with us! At each rehearsal we learn traditional and contemporary songs & rounds, including some originals. Women & Song has been meeting regularly for over a decade and welcomes 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

Nepal Trauma Healing for Sex Trafficking Survivors
Saturday September 15 - 6:30 pm doors, 7 pm program in Fellowship Hall
You are invited to a Kirtan and Nepali Dinner Benefit for Lotus Circle International featuring Music/chanting with Dhyanyoga Center's Voices of the Heart and a Nepali Dinner provided by Kathmandu Restaurant (Albany, CA) Tickets through Eventbrite. Online Ticket (until 9/14/18): $35.00 per person / Day of Event: $40 per person Please join us at a benefit for Nepali Sex Trafficking survivors and staff who need healing from the effects of trauma. Lotus Circle International will combining efforts with Art to Healing to bring Somatic Experiencing® to Nepal, training the staff of 14 anti-trafficking organizations.

Building Authentic Relationships
Tuesday September 18 from 6:45 - 8:30 PM in Fellowship Hall
A Talk with Sunandaji, Vedanta Scholar, Vedanta Institute of San Francisco
Most focus on finding the “right” person, career, or environment, rather than how to relate successfully. Few recognize that relating is a skill to be learned, honed, and perfected. Vedanta’s philosophy provides tools to relate authentically to oneself and the world. RSVP: KaiOrans@gmail.com
Suggested donation $25 - Tickets available at eventbrite.com
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<th>Sun</th>
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<td>2</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12 mm Newcomer Orientation* 12:30 pm SJM Mtg* 8 pm AA Mtg</td>
<td>3 Labor Day Holiday BFUU Office CLOSED</td>
<td>4 7:30 am Augustine Fellowship 10 am Pastoral Care* 11 am Elders Circle* 7 pm AA Men's Mtg</td>
<td>5 7 pm NA Men's Mtg 7 pm Choir Practice*</td>
<td>6 11:45 am AA Meditation</td>
<td>7 8 am ASCA 6 pm Augustine Fellowship</td>
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<td>9</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 2nd Sunday Potluck* 12:30 pm MusCom mtg* 1 pm BFUU Writers Group 1 no animals* 6:30 pm Grab Your Privilege Like a Bat* 8 pm AA Mtg</td>
<td>10 6 pm Tai Chi Chuan 6:30 pm Soul Motion</td>
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<td>12 6:30 pm Sound Spirit 7 pm NA Men's Mtg 7 pm Choir Practice*</td>
<td>13 11:45 am AA Meditation 7 pm Women &amp; Song</td>
<td>14 11:30 am Aesthetics Subcttee Mtg* 7 pm The Hardly Strictly Acoustic Jam*</td>
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<td>16</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg</td>
<td>17 6 pm Tai Chi Chuan 6:30 pm Soul Motion</td>
<td>18 7:30 am Augustine Fellowship 10 am Pastoral Care* 6:45 pm Building Authentic Relationships 7 pm AA Men's Mtg</td>
<td>19 7 pm NA Men's Mtg 7 pm Choir Practice*</td>
<td>20 11:45 am AA Meditation 2:30 pm Personnel Committee (at Mike Gardner's house)* 11 am Communicator Deadline</td>
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<tr>
<td>23</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 HC-Hospitality, Membership and Caring-Ctties Mtgs* 1 pm BFUU Writers Group 2 svc animals* 8 pm AA Mtg</td>
<td>24 6 pm Tai Chi Chuan 6:30 pm Soul Motion</td>
<td>25 7:30 am Augustine Fellowship 10 am Pastoral Care 7 pm AA Men's Mtg</td>
<td>26 6:30 pm Sound Spirit 7 pm NA Men's Mtg 7 pm Choir Practice*</td>
<td>27 11:45 am AA Meditation 7:15 pm BFUU Board of Trustees Mtg* 7 pm Women &amp; Song</td>
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<td>30</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm Event Planning at BFUU* 8 pm AA Mtg</td>
<td>31 Labor Day Holiday BFUU Office CLOSED</td>
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* denotes Fellowship event
Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

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

BFUU OFFICE STAFF
Deborah Hamouris - Event Space Coordinator  Phone: 510-841-4824, ext. 3
Office Days: Tue, Wed & Fri  Email: rooms@bfuu.org
Susan Macke - Office Coordinator  Phone: 510-841-4824, ext. 1
Ofice Days: Mon, Tue, Thu & Fri  Email: office@bfuu.org

SUBMISSION DEADLINE FOR OCTOBER COMMUNICATOR: September 20
Please email newsletter@bfuu.org with submissions.

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