Upcoming Sunday Services

October 7: Carrying a Torch for Liberty
Diana L. Paxson*, Guest Worship Leader
The true spirit of America is enshrined in the symbols of our land. In this election season, let us kindle a light from the torch of Lady Liberty to banish the fear and dispel the hopelessness that cloud the mind, and keep that light burning until we are once more a land of liberty and justice for all. *Diana L. Paxson and the RARAS (Reclaiming and Restoring our American Symbols) project of the Fellowship of the Spiral Path.

October 14: Songs of Leonard Cohen sung by Conspiracy of Beards
Tom Gallagher, Guest Speaker
The male choir, The Conspiracy of Beards, performs dynamic, original, a cappella arrangements of the poetic songs of Leonard Cohen. Drawing on influences ranging from jazz and gospel to barbershop and doo-wop, the unique arrangements that choir members create capture all of the emotion and humor of Leonard Cohen’s original music and inspire audiences to ponder common human experiences like romance, heartbeat, politics, sex, longing, and spirituality. Some of the songs in the service will be Suzanne, Hallelujah, Come Healing and If It Be Your Will.

October 21: People Who Play Together, Stay Together
Claire Eustace, Guest Worship Leader
Together, let’s integrate mind, body, and spirit through play! Worship leader Claire Eustace participated in Interplay’s six-month Life Practices program and is now an Interplay evangelical, eager to share Interplay practices with as many people as she can. Even Science supports these practices! For those of you who attended Ms. Eustace’s service on play last year, don’t fret, this is a different service with the same theme!

October 28: Creating the Community You Long For
Rev. Marsh Agobert, Worship Leader
“Our goal is to create a beloved community,” said Dr. King. “And this will require a qualitative change in our souls as well as a quantitative change in our lives.”

This month we will build on what we’ve discovered during Jeff Palmer’s service, offered in September. Beloved community is not a onetime act...it is a way of life; a choice. Is it our choice? It is mine. Let’s keep moving forward, together!
Community Voices

Semi Annual Congregational Meeting
Sunday October 14 at 12:30 PM in Fellowship Hall
Come join your BFUU community for the Semi-Annual Congregational Meeting! BFUU members will vote for the Nominating Committee members. Make sure your FY19-20 pledge is on file with the office so you can participate in the vote! Please plan to attend and have your say about important decisions for BFUU’s future. Two more reasons to attend on Oct. 14: The Conspiracy of Beards will sing Leonard Cohen’s music during service and a potluck will follow.

Leadership Experience 2019
Have you recently taken on a leadership role in this congregation? Are you considering taking on a leadership role but want to increase your experience, knowledge, and skills before doing so? Are you a new board member or board president but still haven’t found the instruction manual? Visit www.uua.org/pwr to learn more about and apply to participate in “Leadership Experience 2019.” This is a hybrid in-person/on-line leadership development program offered by the Pacific Western Region of the UUA that will take place this coming winter and spring. Space is limited, so individuals are encouraged to apply to participate by October 15!

Sunday Service Jam
Ruth Clifford
Doug Chambers
Chris Macy

Room for Rent
Ardys will have a room for rent at her house beginning November 1. Please contact her by cell 510-388-5460 or landline 510-848-1743. Rent is between $700 and $800 monthly. She is near public transit.
Climate Justice action on Sept. 8!

left to right: Virginia, Joanna, Ben, David, Michelle, Judith, Margaret.
photo by Joanna Foley

Action Overview
Not pictured but present for the action: Abbot, Tom, Elayne, Phoebe, and Lis.

photo by David Makofsky

Move to Amend!

BFUU’s Social Justice Committee was saying “Abolish Corporate Personhood” long before most people knew that corporations claim human rights. We had panel discussions and film screenings at BFUU, which helped make Berkeley the 1st city to recommend a constitutional amendment establishing that corporations don’t have constitutional rights and that spending money is not equivalent to expressing free speech in 2003. Years later, BFUU helped make Berkeley the 1st city to oppose Citizens United v Federal Election Commission. Hundreds of cities followed suit, and even states including CA. The only way to overrule the Supreme Court is via constitutional amendment. Naysayers said it’s too difficult, but now HJR 48, our “We the People” amendment, has been introduced into Congress with over 60 co-sponsors! The Move to Amend coalition is on the cusp of getting it introduced into the U.S. Senate, too! Phoebe Sorgen joined Move to Amend’s excellent annual leadership summit for lobbying in D.C. in July and participated in the Poor People’s Campaign and Families Belong Together marches in the Capitol. Democracy v Corporatocracy is THE root issue of our era, so please support Move to Amend, sign our online petition, march with us, and consider attending those summits every summer:
www.MoveToAmend.org

The local chapter will be starting another fine anti-oppression training soon. Contact Phoebe if interested: phoebeso@earthlink.net

Regular Committee Meetings

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

Welcome!

Arlo and Frida on Welcome Table duty!
**Limits**

I’m feeding a squirrel today.
She comes and takes peanuts from my hand.

She has learned how to fit two in her mouth, 
runs off over the fence to bury them 
or digs a hole right before my eyes 
under the tall weeds in my yard 
or pokes them into a flower pot.

We have developed a trust of sorts,  
as much as any wild animal allows.

She will step into the living room an inch or two.
I don’t encourage her to come farther  
because I remember what happened when the blue jays 
flew in for peanuts and panicked  
when they couldn’t find the way out.

Their fright humbled me and taught me it isn’t worth  
breaking nature’s rules.

Every creature has limits beyond which we dare not go  
for fear of losing what little control we have  
over life and freedom.

Limits are about freedom.

Knowing my limits is essential to my survival  
as pushing limits is essential to creativity.

Knowing where the line is keeps me safe  
while it sets me free.

Marianne Robinson February 1990

---

**Last Dance**

Outside the window 
no visible breeze 
teases the trees 
and yet 
a nervous  
   yellow  
leaf 
spins madly  
in the plum tree 
where other leaves are still  
and still green

This lone agitated leaf  
is suspended from its twig  
by a wisp of thread spun by a spider  
and, caught in a slight updraft, 
is twirling its farewell whirl  
its last chance dance  
before a sudden gust blows it away  
to join other yellow leaves  
in their reincarnation  
as next summer’s soil  
The plum tree is still  
awaiting the next yellow leaf’s last  
dance.

Marianne Robinson  
Berkeley December 1999
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.

Transition Berkeley Presents:

**NATURE NURTURES: The How and Why**

*Thursday, October 11, 2018, 6:30-9 pm in Fellowship Hall*

6:30 - 7 pm – refreshments, 7 pm - program starts

Feeling stressed? Hear from local experts about practices that can help connect you to nature and bring you into better balance.

**Hana Lee Goldin**, is a certified forest therapy guide and founder of The Sacred Wilds. She conducts forest bathing experiences at the UC Botanical Garden, celebrating the restorative power of nature.

**Pete Guinossi** (E-RYT), a well-loved bay area yoga instructor, offers a wide range of yoga adventures, including yoga wilderness retreats. Drawing from his years as a scientist, Pete approaches practice with curiosity and wonder, helping students connect with their hearts.

**Bob Solotar**, Hiking Section Chair of the Sierra Club’s SF Bay Chapter, will offer his experiences and direct us to many local hiking experiences appropriate to all levels.

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

This event is sponsored by: Transition Berkeley, the Sierra Club, and the BFUU SJC.

Bring: An earth-friendly, plastic-free snack to share at 6:30 pm if you like!

For more Info: Transition Berkeley’s FB page or email: info@transitionberkeley.org

---

**David Swanson: “Making the World Great For The First Time”**

*Saturday October 13 at 3-5 PM in Fellowship Hall*

This “Active Hope” event #6 with Joanna Macy, will benefit David Swanson, CODEPINK, and the Berkeley Fellowship. Jen Myzel Swanson will perform.

David Swanson is an author, activist, journalist, and radio host. He is director of WorldBeyondWar.org and campaign coordinator for RootsAction.org.

Joanna Macy is a distinguished author, eco-philosopher, Buddhist scholar and founder of The Work That Reconnects.

Jen Myzel is an Oakland, CA based singer-songwriter, elementary school music teacher, activist, and facilitator of Joanna Macy’s Work that Reconnects.

Plus brief presentations by Cynthia Papermaster of CODEPINK Golden Gate on the “Divest From War” campaign and much more.

Book signing, information tables, CDs for sale, bake sale featuring homemade organic pies will benefit CODEPINK. Suggested donation $5-$20, no one turned away.

Sponsored by CODEPINK Golden Gate and the BFUU SJC

---

**Semi Annual Congregational Meeting**

*Sunday October 14 at 12:30 PM in Fellowship Hall*

Come join your BFUU community for the Semi-Annual Congregational Meeting! BFUU members will vote for the Nominating Committee members. Make sure your FY19-20 pledge is on file with the office so you can participate in the vote! Please plan to attend and have your say about important decisions for BFUU’s future. Two more reasons to attend on Oct. 14: The Conspiracy of Beards will sing Leonard Cohen’s music during service and a potluck will follow.
Featured BFUU Events

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.

Rise Up Singing! and Rise Again!

**Sunday October 21 at 7 PM in Fellowship Hall**

Join this inspiring sing-along concert led by Annie Patterson, co-creator of the popular Rise Up Singing and Rise Again songbooks. We'll sing songs out of Annie and Peter Blood’s latest songbook Rise Again.

Bring your songbooks. Copies will also be available to borrow or buy at the concert.

A FUN opportunity to build hope and community! Annie will be joined by bassist/vocalist Mary Witt of The O-Tones, an award winning swing and soul band from Western Massachusetts.

Co-sponsored by the BFUU Music and Social Justice Committees & Strawberry Creek Quaker Meeting.

Suggested sliding scale: $15-$25 adults. $5 children/youth. No one turned away for lack of funds.

Tickets: https://www.riseupandsing.org/events, and at the door.

Vintage Invasion Old Fashioned Dance Party

**Friday October 26 at 7 PM in Fellowship Hall**

- 7 – 8 pm Beginning waltz lesson
- 8 – 10 pm DJ dance party
- 10 – 11 pm Dance to live music!

Full of waltz songs new and old, swing dance, and other ballroom dances

October Dance - Come in Costume if you’d like

$10, $6 students with ID No one turned away for lack of funds. Class free with dance

www.ViDanceParty.com  Sponsored by the BFUU Music Committee

49 Years: Suppressed Histories Archives

**Saturday October 27 at 7 pm in Fellowship Hall**

Come help us celebrate 49 years of global women’s history with the Suppressed Histories Archives! See an overview of the visual shows on a wide range of topics, and learn about the Archives itself. We’ll have musicians: Evelie Posch, Matu Feliciano and Mancha de Plátano, and speakers. Including you, if you’d like to share what the SHA has meant to you.

October 2018 makes seven times seven years of this research and the foundation of archiving cultural records that shine a light on women, in all times and places; on matricultural and cooperative societies; on how systems of domination work and spread; and on cultural heritages and spiritual philosophies.

Cosponsored by the Archives and the BFUU Social Justice Committee.

Suggested donation of $5 - $20. Everyone welcome, no one turned away for lack of funds.

Books, posters, prints and dvds will be there!

Hiroshima & Nagasaki Report Back

**Sunday October 28 at 8PM in Fellowship Hall**

Longtime anti-nuclear weapons activist, John Steinbach, who is briefly in the Bay Area from Washington D.C., will speak on his recent experiences in Hiroshima and Nagasaki. Other invited presenters: Edie Hartshorne and Kaz Tanahashi, whose amazing book was recently published Painting Peace: Art in a Time of Global Crisis

Sponsored by BFUU’s SJC $5 to $15 suggested donation. No one turned away for lack of funds.
**Weekly BFUU Events**

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.

---

**Qi Gong & T’ai Chi with Gene Herman** **Returning on October 15th!**  
**Mondays, 4-5 PM in Fellowship Hall**  
**Wednesdays, 3-4 PM in Fellowship Hall**  
This practice improves health and well-being at any age.

---

**Pastoral Care**  
**Tuesdays from 10 AM - 12 noon in Fellowship Hall**  
Lincoln out of office Oct 3-22, but he WILL check vmail at 510-841-4824 x2 and Pastoral Care hours will occur.

---

**BFUU Choir Practice**  
**Wednesdays at 7-8:30 PM in Fellowship Hall**  
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.

---

**Monthly/BiMonthly BFUU Events**

**Elders Circle**  
**Tuesday, October 2 at 11 AM in Fellowship Hall**

---

**Orientation for Newcomers**  
**Sunday, October 7 at 12:30 PM (after service) in the lobby of Fellowship Hall**  
There is an orientation for newcomers after the service on the first Sunday of each month. All are welcome, whether you are considering membership or not.

---

**The Hardly Strictly Acoustic Jam**  
**Friday, October 12 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 entertainees 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 Practice/ Uke Jam** **- please note room change!**  
**Friday October 5 and Friday October 19 at 7 PM in the Fireside Room**

BFUU holds a uke jam on 3rd Fridays 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. We also meet on 1st Fridays and 5th Fridays to practice. 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!
**Monthly/BiMonthly BFUU Events**

**BFUU Second Sundays Potluck**
*Sunday, October 14 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, October 14 at 1 PM in the Preschool Room - no animals
2-Sunday, October 28 at 1 PM in the Preschool Room - 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.

**BFUU Board Meeting**
*Thursday, October 25 at 7:15 PM in Fellowship Hall*

---

**Other Community Events held at BFUU**

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.

**Sound Spirit**
*2nd 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.

Advance tix required @ Eventbrite. https://www.eventbrite.com/e/sing-sound-listen-connect-community-tickets-45054323695

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@dhamouris.com
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6:30 pm Soul Motion</td>
<td>2</td>
<td>7:30 am Augustine Fellowship 10 am Pastoral Care 11 am Elders Circle* 7 pm AA Men's Mtg</td>
<td>3</td>
<td>7 pm NA Men's Mtg 7 pm Choir Practice*</td>
<td>4</td>
</tr>
<tr>
<td>7</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>8</td>
<td>6 pm Tai Chi Chuan 6:30 pm Soul Motion</td>
<td>9</td>
<td>7:30 am Augustine Fellowship 10 am Sunday Svcs Cttee Mtg* 10 am Pastoral Care* 7 pm AA Men's Mtg</td>
<td>10</td>
</tr>
<tr>
<td>14</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 2nd Sunday Potluck* 12:30 pm Semi-Annual Congregational Meeting* 12:30 pm MusCom mtg* 1 pm BFUU Writers Group 1 no animals* 8 pm AA Mtg</td>
<td>15</td>
<td>4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion</td>
<td>16</td>
<td>7:30 am Augustine Fellowship 10 am Pastoral Care* 6:45 pm Building Authentic Relationships 7 pm AA Men's Mtg</td>
<td>17</td>
</tr>
<tr>
<td>21</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 pm SJC Mtg* 8 pm AA Mtg 7 pm Rise Up Singing and Rise Up Again*</td>
<td>22</td>
<td>4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion</td>
<td>23</td>
<td>7:30 am Augustine Fellowship 10 am Pastoral Care 7 pm AA Men's Mtg</td>
<td>24</td>
</tr>
<tr>
<td>28</td>
<td>9:30 am Choir Rehearsal* 10:30 am Sunday Service* 12:30 HMC-Hospitality, Membership and Caring-Cttees Mtgs* 1 pm BFUU Writers Group 2 svc animals* 8 pm AA Mtg 8 pm Hiroshima/ Nagasaki Report Back*</td>
<td>29</td>
<td>4 pm BFUU Qigong/ T'ai Chi* 6 pm Tai Chi Chuan 6:30 pm Soul Motion</td>
<td>30</td>
<td>7:30 am Augustine Fellowship 10 am Pastoral Care* 7 pm AA Men's Mtg</td>
<td>31</td>
</tr>
</tbody>
</table>

* denotes Fellowship event
Spiritual Growth and Social Justice in the Heart of Berkeley

Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

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

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

SUBMISSION DEADLINE FOR NOVEMBER COMMUNICATOR: October 20
Please email newsletter@bfuu.org with submissions.

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