Upcoming Worship Services

January 5: The Secret Life of Trees
Joe Gabaeff (he/him), Guest Worship Leader
Father Richard Rohr teaches that on an individual and societal basis, “The way we do one thing is the way we do everything.” Today we will explore this statement through the lens of our society’s treatment of trees. We all know they are alive, vital to our existence and beautiful, yet as a people, we have no issue treating them as mere objects, ornaments and nuisances - things to be cut, killed and grown as we see fit. In many ways, we treat their livelihood like they are invisibly hiding in plain sight. Drawing from recent research on the social nature of trees, how they grow and interconnect, we see there is much more going on in their existence than we thought. With these understandings in hand, as a community that values and recognizes life in all forms, how will we respond, and what does this say about our society's treatment of human lives?

January 12: Humanity, Nature and the 5G Apocalypse
Gar Smith (he/him), Guest Worship Leader
An overview of the invisible health and environmental impacts of the “5G wireless revolution” that lies behind The Internet of Things.

January 19: The Tribal Mind
Rev. Marsh Agobert (he/him), Worship Leader
The tribal mind is one of the most profound characters in our intimate theater and one of the oldest. It’s the tribal mind that is responsible for nearly, if not every inhibition, internal warning, shame, paranoid fear, and every should, ought or have to. At the same time, it is a primary player in how we’ve survived thus far. Like the notorious Ego, its sole job has been to browbeat us into both our collective and personal survival. That is until it isn’t. How do we know that growth and change are necessary? Because it is these very mechanisms that brought about our survival in the past, which bring us to our current brink.

On this morning, we will seek the truths of the Tribal Mind, and perhaps gain some practical insight into why we “Seek the Truths (plural) in Life.”

January 26: The Magical Gift of Light
Rev. Dr. Carrie Knowles (she/her), Worship Leader
As the new year begins, our planet is changing the angle of its path around the sun. Long nights of darkness are yielding to the light of our star. Rev. Dr. Carrie considers forgiveness and peace of spirit in the comfort of the growing light.
Cleric's Corner

The Tribal Mind – How it does and doesn’t work for us.
Or: “The best laid schemes o’ Mice an’ Men gang aft agley[1].” — Robert Burns

The identifying phrase “The Bubble” tends to show up with a dash of ambiguity. Sometimes it is spoken pejoratively, and sometimes we use it as a tongue in cheek badge of honor. In each case, however, we know of whom we speak, and in our case, it is us.

It’s troubling-hard to see ourselves with objectivity. It’s long been known ’tis near impossible to step outside of ourselves, or in the words of ‘The Bard,’ Rabbie Burns: “O wad some Power the giftie gie us, to see ourselis as ither see us!”[2]” The less clearly we see ‘ourselves,’ the less clearly we see the stranger. The less clearly we see the stranger, the more frightening they become for us. To view, as if through a glass darkly, is not a happy state; it’s to a declaration of a lack of clarity or perhaps even fear. And what must we do with that which frightens us?

It certainly is worth noting that this perspective was once necessary. Each of us was not initially, in our species infancy, capable of the most mundane perceptions and understanding. Like children, we might, without thinking, step off a precipice, walk into the bear’s den or try to have a friendly chat with a cat that outweighs us. So it fell to the Tribe to make rules; to create “taboos” to preserve our member numbers. We still have those urges even though we know better than to tempt the fates mentioned above. In the beginning everything was new to us. As we move forward, we still need a few rules or better even guidelines for those things fresh. However, newness comes from multiple directions. It is because we have insurance, that we must have RULES to insist we wear helmets when we ride. It’s not primarily for our safety; it’s to manage the costs and hence profits of insurance (private and social welfare.)

Making rules is the domain of the Tribal mind. This behavior is ok while that is taboo. All designed to strengthen the community. Communities that feared fierce and jealously judgmental gods not only survived longer but prospered as well. Their citizens were less likely to run afoul of other members of the same

[1] [go often awry]

[2] Oh would some power a gift to give us to see ourselves as other see us.
community, lest they are severely punished in this lifetime as well as the afterlife to follow.

Now, back to this business of good guys and bad guys. You probably have some sense that you belong to the coven of the Good and that your (let’s say) political (competing) disputants are part of the forces of the Bad. You may also sense that they make foolish decisions and that yours are (pretty much across the board) much better. Yet, given these perspectives are held by both sides of the divide, and populated almost evenly – how can you be sure, beyond a reasonable doubt, that your POV is unequivocally Right? In the old days, we could be confident because we had God on our side. What do we use for God to claim our divine rights now? If the answer “Logic” comes to mind, I would question that thoroughly, in the interest of “Seeking the Truths in life.”

Remember the hypothesis that “a lack in communication results in war”? Consider this:

· In the hunter-gatherer social paradigm, the leading cause of warfare between tribes was not vengeance feuds, though those rank pretty high, it was the fear that a neighboring tribe would attack first. To prevent this, one would eventually raid the other based primarily on longstanding systemic paranoia. They didn’t have a real arms race at this time since war arms and hunting gear were the same. Observing several aboriginal indigenes in a variety of locales on our planet shows this to be true.

I don’t mean to say that our side is undeniably or 100% wrong. Just that we might be a little off the mark of perfection and that the Other (formerly Bad) guy might be a bit on target about some things that might surprise us, as well. Or we might ask how we can ever really know if we never do some personal research. Well, why don’t we do even a fraction of our research? Here are a few reasons that may seem sound.

• THEY are dangerous! Whether you think this consciously or not, you Do believe it at some level, or we wouldn’t avoid contact with them like a eugeniciest avoids a stroll through an asylum of “morons.” It’s just not done. Perhaps talking with any sincerity (beyond seeking to coerce them to our side) goes against unspoken rules of our Tribal Mind.

• I can get that information from a reliable news source (and thereby avoid that direct contact again.) And here, yet, the reliable source may have to adhere to the Rules (of Our Tribal Mind.)

• Or Someone told me, just the other day…that “someone” must be of the Tribe.

• They won’t like it if I start to nose around in their turf. “They” are probably just as afraid as we are.

• I’ve heard all I need to hear from them…why just the other day I read one of them said, …which was so idiotic that I had to… and this is the death knell of communication (to be followed by escalating conflict.)

• They think that way out of greed, hate, close mindedness, etc.; all words related in some way to fear.

And you can guarantee that the might say much the same about you and yours and feel compellingly right about it, as well.

Now, if none of this phases you enough to do something about it, then perhaps this means we may be committed to the warfare that can become actual and not figurative war. If we are smart in our non-violence, maybe we can goad the adversary into a violent confrontation, once and for all proving ourselves

continued on page 5
President's Corner

Hymn for the month: Woyaya
Singing the Journey #1020

Dearest BFUUs,
At this time of year, as
we spend time with
family and friends, or
choose not to, or can’t, it
is possible to sink into a
state of easy joy, or
uneasy depression. As
December is a time for rest, January is often a time
for waking up. And, many of us like to make New
Year’s Resolutions.

Before we do, let’s take a moment to reflect. It is
said that those who cannot remember the past are
carried away to repeat it. Since we are in a
Dickensonian-worthy time, let us listen to the
ghost of this past year.

And what a year it has been.
In our country, the House of Representatives voted
to impeach the sitting president, who probably
‘won’ due to an electronic coup and a racist and
classist voting system. (See: http://nymag.com/
intelligencer/article/the-impeachment
process.html)

In the Bay Area where we live there are thousands
of people living on the streets and in their vehicles
against their will. And research shows that there
are approximately four empty units for every
 unhoused person. (See: https://
sf.curbed.com/2019/11/21/20976301/moms-four
housing-oakland-homeless-vacant-houses-homes)

In our national UU associations, the musicians
union (AUUMM) has boycotted the general
assembly (#GA2020) because of their experiences of
being taken for granted and disrespected in
their vital roles in worship. (See: https://
cdn.ymaws.com/www.auumm.org/resource/
resmgr/docs/general/
auumm_letter_to_gapc.pdf)

In our dear congregation, we recently lost
Marianne Robinson to the other side of the veil,
may her words and spirit live in forever on this
side. Earlier this year, we lost Rev. Clark B. Olson,
Bill Bullis, Gretchen Klug, Richard Sandling, and
Nancy Feinberg from our larger and our own
community. We elected our first Black trans Board
President.

We also made the unprecedented decision to
revoke membership for a congregant who was
found to be sexually harassing other congregants
and visitors to our fellowship.

Phew. This is not a year I would repeat. And yet.
If we continue the Dickens metaphor, with a bit of
alteration for this reflection, it is time for the ghost
of Christmas present. We have grown. We have
learned how to speak up, even when our voices
shake. (See: http://bfuu.org/index.php/
events#womensvoices) We have grieved and
celebrated and learned to care for one another,
even when we disagree. And I, for one, am
honored to be in community with you.

As we move into the journey with these ghosts of
the future, what will they come back to say of us?
What will we resolve to do? January is a time for
waking up, but not the waking up of the lash of
white supremacy and patriarchy, but the gentle
gaze of the sun through a window while resting in
a warm bed. Let us take time getting up. Let us
stretch, and meditate, and resolve that this year we
may join a gym or a cause, but we will do it gently
and with the knowledge that we already are
inherently worthy of respect and human dignity.

Let us wake up slowly and listen to the birds that
are left, and resolve to be in harmony with the
planet.

Let us breathe. Let us be safe. Let us be well. Let us
know joy. Let us be free.

Let us spend this year knowing ourselves and our
community better, and doing the work that is ours
to do. And feel the shift that is happening as the
arc is bending towards justice. Let us continue to
help it bend. We will get there. We know we will.

In deep love and respect,

Ira
to be morally superior or Right.

Once upon a time, members of the legislature could have civil, even friendly conversations about a variety of seemingly disparate perceptions without hatred, condescension, or disgust. Any therapist can tell you that when you start to think of or speak derisively to or about your partner – the relationship is or shortly will be over. When that happens in our nation, it signals the approach of civil war. That has happened right here, and it can happen again…at any moment.

So what would we be willing to do to avoid what was one of the most devastating wars this continent has ever seen. Nearly all wars sprout in the fallow soil of an environmental crisis of some sort. One more ingredient currently present.

We tend to think we are good, and our enemy is bad. If that is the case, why does bad win so often? Why do bad people prosper and die at a ripe old age?

· A Bedouin saying: “Me against my brother. Me and my brother against my cousin. Me, my brother and my cousin against the stranger.”

Social Science tells us that whereas diversity brings innovation and the economy grows. Yet, simultaneously, ethnic diversity cuts social capital and trust. Extraordinary circumstances call for exceptional solutions.

“The best-laid schemes o’ mice an’ men Gang aft agley. The old thinking of the tribal mind was enough for times past. Perhaps for different results, we might look to more creative methods.

“The best-laid schemes o’ Mice an’ Men gang aft agley [go oft awry].”—Robert Burns. Perhaps the edicts of the Tribal mind were, at one time, a good plan. Maybe they have finally “gone awry.”

If you’ve made it this far, I appreciate your patience and willingness to exercise the opening mind, toward seeking some truths in life. Each time we consider a new or different way, we show courage.

This month I’ll show some restraint in suggesting topics for listening and viewings to encourage the opportunity to spend the holiday season with friends, family, and maybe even a stranger or two.

May your Holidays be happy ones as we move into a third and new decade of the 21st century.

Rev. Marsh

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**Regular Committee Meetings**

- **Aesthetics (subcom. of B&G)**
  - 2nd Friday at 11:30 AM
  - in Fellowship Hall

- **Buildings & Grounds (B&G)**
  - Meets once per month,
  - contact Ben Burch or Abbot Foote

- **Caring**
  - 4th Sunday at 12:30 PM
  - in Fellowship Hall

- **Committee on Ministry**
  - meets as needed
  - contact Laura, Kathy or Jinky

- **Finance**
  - Meets as needed
  - contact Ben Burch or Abbot Foote

- **Hospitality**
  - 4th Sunday at 12:30 PM
  - in Fellowship Hall

- **Membership**
  - 4th Sunday at 12:30 PM
  - in Fellowship Hall

- **Music**
  - 2nd Monday 2:00 PM
  - Fatapples (1346 MLK)

- **Personnel**
  - 3rd Thursdays 2:30 PM
  - Mike Gardner’s house

- **Poetry**
  - Meets as needed
  - contact Frances Hilyard

- **Religious Education**
  - Meets as needed
  - contact Sharon Colligan

- **Social Justice Ministry**
  - 1st Sunday 12:30 PM
  - in Fellowship Hall

- **Social Justice (SJC)**
  - 3rd Sunday 12:30 PM
  - in Fellowship Hall

- **Worship Services**
  - 2nd Tuesday at 10:00 AM
  - in Fellowship Hall
Job Open at BFUU
BFUU is looking for a new Sexton! 22-26 hours per week/$15.59 per hour, negotiable. A link to the job description is on our website: http://bfuu.org/home/jobs-at-bfuu. Let Deborah Hamouris or Kathy Riehle know if you have leads for someone to fill this position.

Marianne Robinson
A poet died last night.
The streets of old New York, a garden in Berkeley, CA,
all things became became eternal through her pen and camera.
As the longest night approaches, a new light ascends to the firmament, for a poet died last night.

Holly Harwood
BFUU Poet Laureate Emerita

Happy Merry Veggie Thanksgiving Potluck in December!
Here are some photos from the Holiday Potluck, a vegetarian feast (at first, I wrote “vegetarian fest,” and it was that, too) that was a wonderful success! The food table photos were taken by new member Steve Ogden; I took the one of people.

Elinor Roberts
out of the closet
it’s hiding in drawers
in boxes
in files
in the computer
it’s hiding, my life
it’s neatly categorized
and filed
and stored
and hidden
away from sight
and memory
and when I get it out of
the closet
the boxes
the computer
when I take it out
of the closet
it will cover the floor and the
walls and fill up these rooms
from bottom to top
and spill out the doors
and windows
and it will shout from the rooftops
it will dance down the street
sing from the tops of tall trees
light up the rolling hills
open like flowers in spring
swell the bay to overflowing
rush headlong into the ocean
and it will be heard
and seen
and known

IT IS MY LIFE!

Marianne Robinson
BFUU Poet Laureate
Worship Service Team Nov 24:
back: Paikea, James, Doug, Rev. Carrie, Dr. Susan;
front: Elinor, Andy

Worship Service Team Dec 1:
James, Christine, Ramana, Sita Devi, Dr. Susan, Tom

Worship Service Team Dec 8:
back: Doug, Tom, Wyndy, Andy, Graham, James;
front: Frances, Jeff, Dr. Susan

Worship Service Team Dec 15:
Andy, Doug, Rev. Marsh, Dr. Susan, Sue

Farewell to Guy Colwell
Guy has left BFUU after a year and a half of excellent, dedicated service to our community. We will miss him, but wish him well and trust that we’ll see him in the future - either visiting us here or at one of his art shows (see right.) Thank you for all of your good work here, Guy!

recently BFUU Sexton, Surrealist Painter, Underground Cartoonist
Guy Colwell
Micro-Paintings Exhibit East Bay Media Center
1939 Addison St, Berkeley
Dec 1, 2019 - Jan 28, 2020
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.

**BFUU Marketing Inservice!**  
*Tuesday January 14 at 5:30 in Fellowship Hall*

Rev. Marsh Agobert, Event Space Coordinator Deborah Hamouris, and Office Coordinator Susan Macke will share tips on marketing your events at BFUU. Join us!

**Women’s Voices**  
*Wednesday January 15 10:30 am - 12 noon in Fellowship Hall*

Welcoming all who have participated in the Women’s Voices groups! For more information or to sign up, please contact: BOTJudith@bfuu.org | (510) 841-4824

**Artist Reception: Jimi Lee Evins**  
*Sunday January 19 at 12:30 in Fellowship Hall*

Jimi Lee Evins will be the next artist to exhibit his work in Fellowship Hall, starting on January 19, 2020. He describes himself as an Artist, Art Educator and Cultural Arts Warrior. He has worked on various collective mural art projects in the Bay Area and exhibited paintings at many galleries throughout California. Sponsored by BFUU Aesthetics Subcommittee.

**Songs of Resilience**

Emma's Revolution with Annie Patterson  
*Saturday January 25 at 7:30 PM in Fellowship Hall*

The award winning duo Emma’s Revolution (Pat Humphries & Sandy O) are joining forces with Rise Up Singing creator Annie Patterson to sing songs of resilience in the spirit of Pete Seeger.

Many people around the world have used the centennial of Pete's birth this year as a chance to rededicate themselves to peace & justice - things Pete & Toshi Seeger spent their lives working on. As part of this Seeger celebration Annie performed a series of concerts with Pat and Sandy in New England last spring.

You can buy tickets now here or at the door for a suggested donation of $25. No one turned away for lack of funds. (“Be generous! Be affordable!”)

Annie, Pat & Sandy will lead songs out of our new Seeger singalong songbook If I Had a Hammer during a portion of the concert - as well as performing other songs that build resilience, hope, and work for justice. You can order a copy of If I Had a Hammer now with your ticket for pickup at the concert - or borrow or buy one on the evening of...

Sponsored by BFUU Music Committee
Weekly BFUU Events

**Qi Gong & T’ai Chi with Gene Herman (no class Wed 1/1)**  
*Mondays, 4-5 PM in Fellowship Hall*  
*Wednesdays, 3-4 PM in Fellowship Hall*  
This practice improves health and well-being at any age.

Ministerial Office Hours with Rev. Dr. Carrie  
*Tuesdays from 2 PM - 6 PM in the Ministers Office*  
Contact Rev. Dr. Carrie at revcarrie@bfuu.org for an appointment. You can also leave a voicemail for Rev. Carrie on ministerial as well as pastoral care subjects at 510-841-4824 x 2.

Ministerial Office Hours with Rev. Marsh (no hours Wed 1/1)  
*Wednesdays from 10 AM - 3 PM in the Ministers Office*  
Contact Rev. Marsh at revmarsh@bfuu.org or 510-841-4824 x 2 for an appointment.

**BFUU Choir Practice (no practice Wed 1/1)**  
*Wednesdays at 7-8:30 PM in Fellowship Hall*  
We practice songs for the worship services, learn melodies, and work on musicality and harmonies. Everyone who practices with us is invited to sing with the choir at the front of the hall on Sundays, but no pressure! Everyone is also welcome to just join in on Wednesday practice for fellowship and/or to be able to sing more confidently and joyously in the congregation on Sundays. Please invite your friends and neighbors. These gatherings are offered by BFUU as a service to build community.

Monthly/BiMonthly BFUU Events

**Orientation for Newcomers**  
*1st Sunday - January 5 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.

**Elders Circle**  
*1st Tuesday - January 7 at 11 AM in Fellowship Hall*  
Come one, come all who are young at heart! Age does not matter! Join us for snacks and lively conversation. We may even solve some of the worlds problems... or not. We’ll have fun trying.

**BFUU Men’s Group**  
*2nd Thursday - January 9 at 7-9 PM in Fireside Room*  
We would like to invite all men to a Men’s Group on the second Thursday of the month. Our goal is to encourage each other as we build community. Hope to see you there next time.
**Monthly/BiMonthly BFUU Events**

**The Hardly Strictly Acoustic Jam**

*2nd Friday - January 10 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. Sponsored by the BFUU Music Committee.

Suggested donations of $5 – $20 No one turned away for lack of funds! Volunteers appreciated!

**BFUU Second Sundays Potluck**

*2nd Sunday - January 12 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 Group**

*2nd Sunday - January 12 at 1 PM in the Preschool Room - no animals*

Wheelchair accessible. Beginners welcome! Our Writers Group includes all levels – beginners to advanced, and all genres – including fiction, short story, poetry and more. 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.

**Board President Ira Armstrong Office Hours**

*2nd & 4th Tuesdays January 14 & 28 at 1:30-3:30 PM in the RE Office*

Please contact Ira via email BOTIra@bfuu.org or phone 510-841-4824 ext. 4 to make an appointment.

**Uke Jam**

*3rd Friday - January 17 at 7 PM in the Fireside Room*

BFUU holds a uke jam 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!

**BFUU Board Meeting**

*4th Thursday - January 23 at 7:15 PM in Fellowship Hall*

**Vintage Invasion Old Fashioned Dance Party**

*4th Friday - January 24 at 7 PM in Fellowship Hall*

- 7 – 8 pm Beginning waltz lesson
- 8 – 11 pm DJ dance party with some live music

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

$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
**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.

**Our Revolution East Bay**

Meetings are held at BFUU on the first Sunday of each month from 4-6pm in the Connie Barbour Room. Doors open at 3:45 PM

Pizza will be provided and feel free to bring something to share!

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

Directed by Deborah “DJ” Hamouris

*2nd & 4th Thursdays 7 - 8:30pm in the Preschool Kitchen*

Women & Song is looking for a few good women to sing & laugh with us! At each rehearsal we learn songs & rounds, including some originals. If you can hold your own on a round and read a bit of music, join us! $20-$10, sliding scale  Reserve your space: 510/910-2574 or deborahj@djhamouris.com

**Introduction to Proprioceptive Writing® (PW)**

Saturdays January 11th - February 1st from 2pm-5pm in the Fireside Room.

Most of us live our lives without the time or tools to reflect on our experience. PW is a 20-minute writing meditation that enables deep reflection on inner thought. An empowering practice, PW can be used for therapeutic and creative purposes.

Everyone is welcome—no prior writing experience is required.

More information on PW: www.pwriting.org, Instagram: proprioceptivewriting

To Register: https://pwriting.eventbrite.com

**Nada Yoga with Zorg and the NadaYoga Collective**

Sunday January 19 at 8pm in Fellowship Hall

Music, chanting, singing and dancing!

“May you be healthy, strong, grounded, safe and long-lived.” Focusing on this blessing, we will begin and end with a Wu Xing gong sound bath. We will express the blessing for ourselves, friends, loved ones, and the whole world. For a preview, listen here: http://nadayoga.us/niramayah.html Tickets: https://bit.ly/35c1MV3

**World Harmony Chorus Concert**

Jan 28 2020 7:30 PM in Fellowship Hall - RefreshmentsJI

World Harmony Chorus will perform stunning arrangements of a cappella songs from Galicia, Kenya, Iceland, and Bulgaria. The audience will learn a song. If you are considering joining a no-audition chorus that sings world music, check it out! Stay for refreshments. Director: Betsy Blakeslee.
### Fellowship Calendar January 2020

**Wed Jan 1 New Year's Day**  
BFUU Office will be closed  
No Rev. Marsh Office Hours  
No BFUU Qigong/T’ai Chi class  
No Choir Practice

<table>
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<th>Sun</th>
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| **5** | 9:30 am Choir Rehearsal*  
10:30 am Worship Service*  
12 noon Newcomer Orientation*  
12:30 pm SJM Mtg*  
4 pm Our Revolution East Bay  
8 pm AA Mtg | 6 | 4 pm BFUU Qigong/ T’ai Chi*  
6 pm Tai Chi Chuan  
6:30 pm Soul Motion | 7 | 7:30 am Augustine Fellowship  
11 am Elders Circle*  
2 pm Rev. Carrie office hours*  
7 pm AA Men’s Mtg | 8 | 10 am Rev. Marsh office hours*  
3 pm BFUU Qigong/ T’ai Chi*  
6:15 pm Choir Practice*  
7 pm NA Men’s Mtg | 9 | 11:45 am AA Meditation  
7 pm Women & Song  
7 pm BFUU Men’s Group*  
8 pm AA Dignitaries | 10 | 11:30 am Aesthetics  
Subcttee Mtg*  
7 pm The Hardly Strictly Acoustic Jam* | 11 | 9 am ASCA  
6 pm Augustine Fellowship |

| 12 | 9:30 am Choir Rehearsal*  
10:30 am Worship Service*  
12:30 pm 2nd Sunday Potluck*  
1 pm BFUU Writers Group (no animals)*  
8 pm AA Mtg | 13 | 2 pm MusCom Meeting (Fatapples)*  
4 pm BFUU Qigong/ T’ai Chi*  
6 pm Tai Chi Chuan  
6:30 pm Soul Motion | 14 | 7:30 am Augustine Fellowship  
10 am Worship Svsct Ctte Mtg*  
1:30 pm BOT Pres. Ira Armstrong office hours*  
2 pm Rev. Carrie office hours*  
5:30 pm BFUU Marketing Inservice*  
7 pm AA Men’s Mtg | 15 | 10 am Rev. Marsh office hours*  
10:30 am Women’s Voices*  
3 pm BFUU Qigong/ T’ai Chi (in CB)*  
6:15 pm Choir Practice*  
7 pm NA Men’s Mtg | 16 | 11:45 am AA Meditation  
2:30 pm Personnel Committee (at Mike Gardner’s house)*  
8 pm AA Dignitaries | 17 | 7 pm Uke Jam* |

| 18 | 9 am ASCA  
6 pm Augustine Fellowship |

| 19 | 9:30 am Choir Rehearsal*  
10:30 am Worship Service*  
12:30 pm Artist Reception*  
12:30 pm SJC Meeting*  
8 pm AA Mtg | 20 | 4 pm BFUU Qigong/ T’ai Chi*  
6 pm Tai Chi Chuan  
6:30 pm Soul Motion  
Communicator Deadline | 21 | 7:30 am Augustine Fellowship  
2 pm Rev. Carrie office hours*  
7 pm AA Men’s Mtg | 22 | 10 am Rev. Marsh office hours*  
3 pm BFUU Qigong/ T’ai Chi (in CB)*  
6:15 pm Choir Practice*  
7 pm NA Men’s Mtg | 23 | 11:45 am AA Meditation  
7 pm Women & Song  
7 pm BFUU Board of Trustees Mtg*  
8 pm AA Dignitaries | 24 | 7 pm Vintage Invasion Dance Party* |

| 25 | 9 am ASCA  
6 pm Augustine Fellowship  
7:30 pm Songs of Resilience: Emma's Revolution & Annie Patterson* |

| 26 | 9:30 am Choir Rehearsal*  
10:30 am Worship Service*  
12:30 HMC-Hospitality, Membership and Caring-Citizens Mtgs*  
8 pm AA Mtg | 27 | 4 pm BFUU Qigong/ T’ai Chi*  
6 pm Tai Chi Chuan  
6:30 pm Soul Motion | 28 | 7:30 am Augustine Fellowship  
1:30 pm BOT Pres. Ira Armstrong office hours*  
2 pm Rev. Carrie office hours*  
7 pm AA Men’s Mtg | 29 | 10 am Rev. Marsh office hours*  
3 pm BFUU Qigong/ T’ai Chi (in CB)*  
6:15 pm Choir Practice*  
7 pm NA Men’s Mtg | 30 | 11:45 am AA Meditation  
8 pm AA Dignitaries | 31 |

* 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
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SUBMISSION DEADLINE FOR February COMMUNICATOR: January 20
Please email newsletter@bfuu.org with submissions.

Address Correction Requested
Berkeley Fellowship of Unitarian Universalists
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