April 3: Footprints of a Dream  
Rev. Jojo V. Gabuya (they/them)

Founded by UU Beacon Press author and influential Black theologian the Rev. Howard Thurman, the Church for the Fellowship of All Peoples was the first racially integrated, intercultural church in the United States. What can we learn from that dream? Rev. Jojo V. Gabuya is a proud non-binary transgender, Filipinx, interfaith pastor; a human rights activist; and a newly ordained minister in the Church for the Fellowship of All Peoples.

April 10: The Many Paths to the Golden Lotus Flower Within  
Andy Jamieson (he/him) and Melissa Rockliff (she/her)  
*first service from our series on spiritual practices*

Each and every soul has their own personal unique path on the spiritual journey. In this service we will explore the rich tradition of spiritual practices through music and spiritual words of wisdom. And a few brave souls from our congregation will share how they have grown through their own personal spiritual practice. “Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.” -Rumi.

April 17: Stories of Passover  
Rabbi Lynn Gottlieb (she/her)

Rabbi Lynn is a storyteller, teacher, ceremonialist, lifelong activist, and one of the first women to become a rabbi in Jewish history. She sits on the Rabbinic Council of Jewish Voice for Peace, is board chair of Interfaith Movement for Human Integrity, co-founder of Shomer Shalom Network for Jewish Nonviolence, and member of the Grassroots Reparations Campaign. She is also the author of several books, including She Who Dwells Within: A Feminist Vision of Renewed Judaism. Rabbi Lynn will share stories, songs, and reflections about our current moment, as well as Jewish teachings on Passover and the journey of freedom.

April 24: Transcendentalists and that Rascal,  
Ralph Waldo Emerson  
Rev. Dr. Carrie Knowles (she/her)

Rev. Carrie recounts the story of Emerson’s gift of transcendentalism to the world of Unitarians and the literary giants of the mid-1800’s.
Beyond Vietnam
Join BFUU Reading Team!

The California Poor People’s Campaign will mark the 54th anniversary of the assassination of Dr. King by mobilizing communities throughout the state to participate in public readings (in-person and virtual) of Dr. Martin Luther King Jr.’s historic speech, “Beyond Vietnam: A Time to Break Silence” on **Monday April 4, 2022.**

**At 10:00 AM,** there will be an in-person public reading of the speech at Martin Luther King, Jr. Civic Center Park, 2151 Martin Luther King Jr. Way in Berkeley.

**At 3:00 PM,** an ensemble of BFUU readers, including Board of Trustees President Mike Gardner, will read the speech via Zoom.

**Please join the BFUU reading team:** Email office@bfuu.org or call 510-841-4824 ext. 1 for more info.

The PPC has picked up Dr. King’s unfinished work, weaving the interlocking injustices of—systemic racism, systemic poverty, environmental devastation, militarism and the war economy and a distorted moral narrative of Christian nationalism—into one “moral fusion” campaign. Dr. King delivered *Beyond Vietnam* on April 4, 1967, exactly one year before his assassination.

In the speech, Dr. King declared, “A *nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death.*” He went on to name the United States government as the greatest purveyor of violence in the world and preached that nonviolent direct action is our greatest hope and the best tool to bring about change.

In this powerful speech, Dr. King provides both a diagnosis and a cure that remain fully relevant today. “I am convinced that if we are to get on the right side of the world revolution, we as a nation must undergo a radical revolution of values... we must rapidly begin the shift from a thing-oriented society to a person-oriented society. When machines and computers, profit motives and property rights, are considered more important than people, the giant triplets of racism, extreme materialism, and militarism are incapable of being conquered.”

Virginia Hollins-Davidson
Shared Plate Partner for April 2022: **Hope for Haiti: Education**

**Give A Child:**
Hope & A Future

**Save A Child From:**
The Streets & Servitude
(Restaveks)

**Strengthen:**
Families & Communities

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**Pledge Your Support for**
St. Mary Magdalene School Year #13
2022-2023 50 Students - $12,500 Annually
School Supplies, uniforms, backpack, tuition, Liaison service
$272 Per Student Per Year
Grand Ravine, Port-Au-Prince, Haiti

Checks to BFUU, memo: “HHE”, tax-exempt under St. Columba parish.
Donate online: [https://stcolumba-oak.com/hope-for-haiti-donations](https://stcolumba-oak.com/hope-for-haiti-donations)

YEAR #1 2010-2011 started with 170 students selected from a pool of severely impoverished families who otherwise couldn’t afford to attend school, exposing them to being drawn into street life, servitude, or sex trafficking. In Year #9 the program was reduced to 50 students for lack of funding. There were 5 churches in the beginning. Now only one church is involved, St. Columba, a Black Catholic church in Oakland.

Tom Luce first went to Haiti in 2004 after the U.S. threw out the first democratically elected president, Jean Bertrand Aristide. He worked with a local human rights group to get young children out of jail. And this group formed human rights councils in the violent zone of Grand Ravine. This led to the HopeForHaiti:Education program in 2010.

Offerings are split 50/50 between BFUU and our shared plate partner. Pledge payments aren’t a part of the plate collection.

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**Regular Committee Meetings (via Zoom through Shelter In Place)**

**Aesthetics (subcom. of B&G)**
Meet as needed
contact [Aesthetics Committee](#)

**Buildings & Grounds (B&G)**
Meets once per month,
contact Ben and Abbot

**Caring**
4th Sunday at 12:30 PM
contact Kathy Riehle

**Committee on Ministry**
meets as needed
contact Kathy, Jinky, and Steve

**Finance**
Meet as needed
contact Ben and Abbot

**Hospitality**
4th Sunday at 12:30 PM
contact Kathy Riehle

**Membership**
4th Sunday at 12:30 PM
contact Doug Chambers

**Music**
2nd Monday 2:00 PM
contact Margaret Hurlbert

**Nominating**
meets as needed
contact Virginia Hollins-Davidson

**Personnel**
odd months 3rd Thursdays 2:30 PM
Contact Kathy Riehle

**Poetry**
Meets as needed
contact Frances Hillyard

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

**Social Justice Ministry**
1st Sunday 12:30 PM
contact Jeff Palmer

**Social Justice (SJC)**
3rd Sunday noonish - after service
contact Phoebe, Gene, and David

**Worship Services**
1st Friday at 1:30 PM
contact Sharon Colligan
“There is guidance for each of us, and by lowly listening, we shall hear the right word. Certainly there is a right for you that needs no choice on your part. Place yourself in the middle of the stream of power and wisdom which flows into your life. Then, without effort, you are impelled to truth and to perfect contentment” — Ralph Waldo Emerson

Our Spirit in Practice theme for the month of April is: Personal Spiritual Practices, especially solitary practices, prayer and meditation.

This month we look at the solitary component of the practice of spirituality. There is a Zen saying that no one else can eat your food for you, no one else can go to the bathroom for you, and no one else can live your life for you. And, of course, no one else can do your practice for you.

When the subject of personal spiritual practices comes up, one word seems to rise above all the rest: prayer. Prayer is an expansive concept that can be practiced in an endless variety of ways. Contemplatives and mystics have always argued that the real purpose of prayer is to quiet the chatter and remove the distractions that keep us unable to hear the “still small voice” that is within each of us. That voice can be called various things—God, Spirit, Life, our inner wisdom, our higher self. But many of us live in such a tumult of inner and outer noise that if such a voice were speaking to us, we could hardly hear it.

Prayer, then, can be understood as a tool by which we learn to quiet the noise and listen. What are we listening for, or to? That needn’t be known at the outset. If something is speaking to us—if there is a spirit singing in us—then we will know it when we hear it. The problem with telling people what they should be listening for, as some institutional religions do, is that when we don't hear what we’re expecting to hear, we may give up listening altogether. Ironically, one of the few things that all religions seem to agree on is that when the sacred speaks, it is usually in an unexpected way. Perhaps the first thing to learn is to listen, and only then to discover to whom or what we are listening.

This notion of listening is also central to many “mindfulness” practices taught by various Eastern traditions. For in fact, all of the great personal spiritual practices can be seen as aiming toward the same target. They are all ways of putting us in touch with ourselves at our deepest, with what the poet Mary Oliver calls our "one wild and precious life."

Our better selves, our higher wisdom, our inner knowing, the collective unconscious, the Spirit of Life, deity—whatever we call it, it is forever speaking to us, encouraging us to make healthy choices, to live up to our ideals, to take the way of the greatest good. All of the various practices that our human family has created are merely ways for us to discover this "voice" so that we might benefit from what it has to say.

-- from the Rev. Erik Walker Wikstrom, UUA Tapestry of Faith, Spirit in Practice
Tapestry of Faith - Try this At Home!

A Unitarian Universalist Prayer Bead Practice. Find the instructions online. Experiment with it. Create your own set of prayer beads. Compose your own personally meaningful prayer, with or without beads. Practice praying in this way daily and see how it shapes you.

Journal about your experiences of meditation and prayer. Which have you engaged in? What was it like for you? What are the most personally meaningful forms of meditation and prayer you've experienced? Where would you like to go with a personal spiritual practice?

Discuss personal spiritual practices with friends, family, co-workers, or housemates. What practices have they found meaningful? If they don't engage in personal spiritual practices, why not? What needs and longings might be fulfilled by engaging regularly in prayer, meditation, or other personal spiritual practices?

Follow these tips for developing your personal spiritual practice:

- **Establish a regular time** for your spiritual practice. Try your best to stick to it. Make an appointment with yourself, put it on your calendar or in your date book, and treat it like any other appointment. If you try to "find time" for spiritual practice somewhere in your day, you're likely to find this universal truth—you're busy! Remember that making a decision to spend time with your spirit is the first step of every practice.

- **Create a special place** for your practice. If you're lucky enough to have a free room that you can devote to prayer, meditation, painting, or whatever it is you're doing, great. But you can also just free up a corner of a room. Creating a space is like creating a time—when the appointed time comes and you move into your sacred space, you'll already be on your way.

- **Set a time limit.** Decide in advance how much time you intend to spend on your practice. This way you don't have an excuse for giving up too easily if it's boring or difficult, and also you don't have to worry that you're going to "lose yourself." Remember, this is a practice. No one who is serious about exercise would go to the gym intending to work out until she/he drops from exhaustion. The same principle applies here.

- **Be gentle** with yourself. Recognize that being distracted from your practice is similar to being distracted within your practice. Simply notice that you've fallen out of the habit and, without any recriminations, begin again.

- **Remember to be grateful.** The Christian mystic Meister Eckhart said, “If you only manage one prayer in your life, and it is ‘Thank you,’ it will suffice.”

Visit the UUA Bookstore:


Meet Some of Our Newest Members!

BFUU welcomed four new members and formally acknowledged our two youth members on Sunday January 30. Here’s a bit more info on three of the new members!

Cheryl White

I have always been a spiritual searcher even as a child. I grew up in West TX and was raised in the Episcopal Church. I never felt comfortable with the stiffness, solemnity, guilt and the attitude of judgment there. Most of all, the whole idea of sacrifice made no sense to me.

I moved to LA at 19 after high school. I joined a Japanese Buddhist sect, Nishren Sosho, for a while until I felt pressure to proselytize which felt wrong to me. Sometimes, I attended various Episcopal churches for short periods because it felt a bit familiar and I was looking for a spiritual home. I still didn’t like a lot of the beliefs there.

When I was 25, I started taking classes at Long Beach City College. After 2 years. When it was time to transfer to a 4 year University, I wanted to move somewhere with trees, rivers and the ocean. So I chose a University that was the farthest North I could get and still stay within California. I ended up at Humboldt State University in Arcata where I received a B.A. in Fine Art with a technical Theater Arts minor. During that time, I discovered a teacher in the area who taught psychic classes and lived in an Old Growth Redwood forest. I studied with her and her husband taking psychic energy classes and workshops on various subjects. There were a few workshops where we hiked in and spent the day communicating with the forest and the Old Growth Redwood giants. It was an amazing experience spending time with those very, very old trees and I discovered they had immense, healing energy and quite a different, much longer, perspective of time and the world than humans.

I was unable to find work anywhere in the area, so I moved to San Francisco in 1980, where I discovered Psychic Horizons, a clairvoyant school and associated Church of Natural Grace. While working at Charles Schwab, I took clairvoyant training there for four years eventually becoming a registered minister. They asked me to work for them managing the office, designing a database and administering the school.

In 1991, I moved to Kerrville, Texas where my mother had retired after working at the V.A. hospital as an R.N. It was the only time I lived near her as an adult and was able to spend the last five years of her life before she died of Parkinsons. When I was there, I found a group of spiritual seekers who were studying A Course in Miracles, or ACIM, and I began studying with them and on my own. I felt this was one answer to my spiritual search. Two friends I made through my ACIM group asked me to officiate at their wedding, which was the only time I performed a wedding ceremony. I had tears rolling down my face for most of that beautiful ceremony. (pause) I also wanted a spiritual community and also attended services at a Unity Church in Kerrville. They were very open spiritually and mentally and I liked the idea of everyone being a student of truth, studying and learning from all ideas and religions.

When Mom died, I returned to my friends and the liberal attitudes of the Bay Area moving to Oakland as San Francisco was no longer affordable. I moved to Berkeley 10 years ago. I tried the Unity Church in Albany once but as I became more and more disabled and work became harder and harder, it took all my energy just working. I continued working with ACIM on my own but longed for a group of spiritual people who were open and welcoming to everyone. I discovered BFUU a couple of years ago but it was hard for me to get there for services so I only came a couple of times. When I discovered services were happening on Zoom, I started attending and also joined the choir which has been a wonderful and scary (pause) experience. (smile) After attending and participating in services for several months, experiencing the attitude of love, support, and open welcome here, I decided to join the community of BFUU.
Derek Holiday
Hello y'all! My name is derek and I have been a resident of Berkeley for the past 3 years. I moved here from Washington DC, where I taught elementary special education for 5 years. I decided to move to Berkeley to attend graduate school at the University of California. I am currently in my third year in the school psychology PhD program, with the intention of supporting student and teacher mental health in k-12 settings once I graduate. Outside of my professional life I love to cycle, swim, read, listen to music, and rewatch the Marvel Cinematic Universe in chronological order. I am vegan so I tend to eat a lot of plants, plants that have been altered to look like meat, and fungi. I look forward to sharing more about myself over time and learning more about all of you!

Simone Chiodini
Hi! My name is Simone Chiodini. I was born in Detroit, Michigan to a half-Italian mother and a Creole father. My last name was Chapital. My parents separated when I was an infant and Mom went up to the Upper Peninsula of Michigan to live with her parents while she finished college. My grandparents raised me and my older sister until I was three. Then my mom remarried my stepdad, who had just finished his tour in Vietnam. They tried to make it on the road as a band for a while, and then my stepdad went back in the navy. I grew up in Portugal, Italy, California & Maryland. At some point, my stepdad adopted me and I became a Williams. I went to Boarding School in Iowa. I was legally married twice in my twenties. My name changed to Kirtley and to Southall. After my divorces, I took the name Chiodini. It is my great-grandmother’s maiden name. After my second marriage, I came out to my family as a lesbian. I left the Catholic Church at age 18 and embarked and a quest to find Spiritual meaning. I found it in my early thirties in Taoism. Then I moved in with a woman who had two kids, and two foster kids. We were a happy family for a time until we split up. I found community in the UU church of Stillwater, Oklahoma as I recovered from the loss. I had another failed marriage to a pre-op transman, but I didn’t want another husband so that marriage ended. Now I am in my final semester at Starr King School for the Ministry, having had a spiritual calling in Oklahoma. I am also the author of two science fiction romance novels, “Infinite Power Defied” and “Infinite Love Decreed.”

Worship Service Teams
dream fragments:  
broken flowerpot  
dumps tulips  

dream fragments  
cluttered witherings:  

broken too long you have lived  
a flower strangled in mud  

Frances Hillyard  

**Luncheon for Deborah**  

As most of you know, Deborah Hamouris, our Event Space Coordinator, has retired after many years of dedicated service to the Fellowship. Several of us met at Cafe Leila last week with Deborah to celebrate her retirement and to say thank you for being there for us. We gave her a beautiful plaque and an angel sun catcher as a parting gift. Although she has retired from BFUU, she is very busy with the music side of her life and is enjoying that immensely; Deborah is a wonderful musician, songwriter, and dulcimer teacher. We hope to have Deborah as a guest musician from time to time for our services. We miss you already! Be well! Be happy!
Oh wonderful garden!

While exploring the back yard day after day. The weeds were fairly tall; many were those incredible spiky thistles. Some were so large in diameter with vibrant green and white leaves - nearly 2’ diameter.

It seems like there were hundreds! One by one, I pushed it over with my shoe, reached down an pulled it out. Some were impossible to get out and I had to use a pitchfork to remove them.

I finally ventured into one of those very large gated garden beds also filled with weeds. I walked from end to end side to side it was the biggest garden I been in in years.

I had a pro garden friend come by and he gave me his opinion on it. I pondered with the ideas of imagining how it would look filled with plants.

Then I started it. Pulling weed after weed. Down to the dirt and beyond. I started the dirt pile just outside to the left, and soon I reached bottom.

The metal was rusty and tattered – why? Of course! It was buried for x years. It had to go, but there was much more dirt to move. I got help. Yaya!

Removing the worn hardware cloth was easier than moving the dirt although it was time consuming.

I took some time out and went back to it until the smoke started, that was like 55 days away from this dream.

Once it started to become stormy and very foggy. It was way too cold and wet to go outside and work in the garden. I felt like I was in “the arctic” all winter long.

Bbbuuuuuuuuu!

Shucks! Many months went by before I finally got to it. I enlisted a friend to help, he laid the bottom portion and a bit more of the hardware cloth and I measured and cut the perimeter sections, wiring them in place.

Now while those storms had passed through, they had taken down a couple of 18 foot trees.

The rest had to be propped up and secured with a lash line

Only to be used later in this story.

I had been doing garden research all year and I came across the idea of a hugelkulture bed. Humm, with the help of Ed we were able to get 15 bags of that there city compost up here.

Those trees that had fallen went into the bottom along with the other ones which just pulled out, not attached - humm those gophers!!!

All the branches and more logs and other tree branches, lots of twigs, I was able to come across went into the bed.

I had brought 9 bags of Acacia leaves, which I added kitchen compost to, and in 4 months they turned to amazing soil and the worms were 30 inches long. Wow!

The home soil and gopher dirt and compost where layered up, then

some minerals and various sands were added, then straw and wood chips in the pathway.

The collard starts, chards, beets, parsley, and calendula I got from the Berkeley community garden. The tomatoes called Sleeping Lady’s were donated by other UU’s. The celery and onions are kitchen garden starts, the fava beans from a food forest in Oakland; all are blooming. The purple pumpkin grew to 24 feet in length!

But it is too sensitive to cold, and it didn't make it. The parsley's doing good, the celery and the favas are blooming.

It is working out well; the bounty has been fruitful!

This concept is from Austria and it works very well and I’d sure love to use it in the boxes at BFUU. Hugelkulture means saving water over the course of the future. Let me know your thoughts.

Thank you

Christine D.
BFUU Online Meetings (mostly alphabetical)

Special Event! Beyond Vietnam Readings on April 4. Please contact office@bfuu.org.

Weekly Meetings

BFUU Choir Practice on Tuesdays at 7:00 PM
Choir members practice songs for worship service and fun!
Please contact Margaret at muscom@bfuu.org

Rev. Dr. Carrie’s Reflection and Connection on Tuesday afternoons
Rev. Dr. Carrie Knowles invites BFUU members and friends to join her in a series of small meetings on zoom. Participation is limited. Email Rev. Dr. Carrie Knowles at revcarrie@bfuu.org and let her know of your interest.

Worship Service on Sundays at 10:30 AM
All are welcome to attend Worship Service!
Please contact Sharon at worshipservices@bfuu.org

Monthly Meetings

Board of Trustees Meeting 4th Thursday 4/28 at 3:00 PM
BFUU BOT meetings are open to all!

Caring Committee Meeting with Ministers on 3rd Tuesday 4/19 at 11 AM
Please contact Rev. Carrie at revcarrie@bfuu.org
Note that Caring Committee also meets with Hospitality and Membership on 4th Sundays.

Committee on Ministry Meeting 1st Thursday 4/7 at 2:00 PM
This committee is a communication channel between the ministers and the community.
Please contact Kathy, Jinky, and Steve at COM@bfuu.org

Elders Circle 1st Tuesday 4/5 at 11:00 AM
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. Please contact Rev. Marsh by text to 707-557-5707 (preferred) or email revmarsh@bfuu.org.

Hospitality, Membership, and Caring Committees Meetings No meeting this month
4th Sunday at 12:30 PM on odd months.
Please contact Kathy at caring@bfuu.org

Men’s Group 2nd Thursday 4/14 at 7:00 PM
We invite all men to this group. Our goal is to encourage each other as we build community.
Please contact Jeff Palmer.

Music Committee Meeting 1st Monday 4/4 at 2:00 PM
Questions? Please contact Margaret at muscom@bfuu.org

Personnel Committee Meeting No meeting this month
3rd Thursdays on odd months 3/17 at 2:30 PM
Please contact Kathy at personnel@bfuu.org

Social Justice Committee Meeting 3rd Sunday 4/17 after service (noonish) (usually 3rd Sun)
Please contact Phoebe at sjc@bfuu.org

Social Justice Ministry Meeting is on hiatus

Worship Service Committee Meeting 1st Friday 4/1 at 1:30 PM
Please contact Sharon at worshipservices@bfuu.org

***some committees meet as needed - please see committee meeting list on page 3***
**Fellowship Calendar April 2022**

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<th>Sun</th>
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<td>10:30 am</td>
<td>2:00 pm <strong>MusCom</strong> Meeting*</td>
<td>11:00 am <strong>Elders Circle</strong>*</td>
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<td>1:30 pm <strong>Worship Svcs Committee Mtg</strong>*</td>
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<td><strong>Worship Service</strong>*</td>
<td>10:00 am <strong>Beyond Vietnam Reading</strong> Civic Ctr*</td>
<td>7:00 pm <strong>Choir Practice</strong>*</td>
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<td>10</td>
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<td><strong>Reflection &amp; Connection</strong>*</td>
<td>7:00 pm <strong>Choir Practice</strong>*</td>
<td><strong>BFUU Men's Group</strong>*</td>
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<td><strong>Reflection &amp; Connection</strong>*</td>
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<td>17</td>
<td>10:30 am</td>
<td><strong>Worship Service</strong>*</td>
<td><strong>Caring meeting with ministers</strong>*</td>
<td>2:30 pm <strong>Personnel Committee</strong>*</td>
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<td>service <strong>SJC Meeting</strong>*</td>
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<td>12:30 pm</td>
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<td><strong>HMC-Hospitality, Membership and Caring-Cttees Mtgs</strong>*</td>
<td>7:00 pm <strong>Choir Practice</strong>*</td>
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**Please Plan Ahead:** Direct links to meetings/registration have † after the link. The remaining links send an email to the meeting organizer. If you send an email, please allow a few days for them to reply.

If you have questions, please email office@bfuu.org or call the office at 510-841-4824 ext. 1.

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* denotes Fellowship event  † denotes meeting link

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Still Available! Contact the office - call 841-4824 ext 1 or email office@bfuu.org for information about Transforming Hearts Collective training!
Building character, enriching spirits, promoting community, and serving humankind through spiritual growth and social action.

BFUU OFFICE CLOSED - We are working from home

BFUU OFFICE
Susan Macke - Office Administrator
Phone: 510-841-4824, ext. 1
Working Days: Mon, Tue, Thu & Fri
Email: office@bfuu.org

SUBMISSION DEADLINE FOR MAY COMMUNICATOR:
April 20, 2022 at 11:00 AM
Please email newsletter@bfuu.org with submissions.

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