



THE BFUU COMMUNICATOR

Berkeley Fellowship of Unitarian Universalists

510-841-4824 office@bfuu.org www.bfuu.org

July 2024



Worship Service Sundays at 10:30 AM

BFUU Fellowship Hall 1924 Cedar St, Berkeley CA & on Zoom

except as noted

reading this offline? please email worshiponline@bfuu.org for link

July 7: The Default Dilemma; Despair or Delight?

Rev. Ben Meyers (he/him)

I have become more and more distressed by what I perceive as a serious lack of joy in our day-to-day lives. In my own life, in casual conversations with friends and acquaintances, with what generally passes as "News". It's as if we have forgotten something basic about ourselves that we are trying to relearn. It's time to set joy as a natural expression of living and not an antidote to despair.



July 14: Art As Healing

Elayne Ryder (she/her)

For Elayne Ryder, art is her daily meditation. Painting and drawing are tools that connect her and others on a deeper level to self and the whole cosmos.

July 21: My Path to Understanding (though not yet living) Forgiveness

Tom Rudderow (he/him)

How does it affect one's life to find yourself unexpectedly waking up in total forgiveness after experiencing a violent, random, near death assault?



July 28: Women in Science Now

Rev. Dr. Carrie Knowles (she/her)

For too long, women were excluded from science. Rev. Dr. Carrie Knowles presents the voices and person stories of women who have entered this recently liberated realm.



Office: 1606 Bonita Ave Berkeley CA 94709
510-841-4824 office@bfuu.org www.bfuu.org

Clergy & Staff

Reverend Dr. Carrie Knowles, *Minister*
Reverend Tom McAninley, *Community Minister*
Lynn/Luna Orlando, *Recording Secretary*
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Committees

Aesthetics (Subcommittee of B&G)
Chair currently vacant
Building & Grounds Committee
Abbot Foote, Co-Chair
Ben Burch, Co-Chair
Caring Community
Chair currently vacant
Committee on Ministry
Jinky Gardner, Chair
Finance Committee
Ben Burch, Co-Chair
Abbot Foote, Co-Chair
Hospitality Committee
Chair currently vacant
Membership Committee
Jeff Palmer, Convener/Chair
Music Committee
Margaret Hurlbert, Chair
Nominating Committee
Virginia Hollins-Davidson, Chair
Personnel Committee
Ben Burch, Convener/Chair
Poetry Committee
Frances Hillyard, Chair
Gene Herman, Poet Laureate
Religious Education (RE) Committee
Chair currently vacant
Social Justice Committee (SJC)
Co-Chairs Phoebe Sorgen and
Gene Herman
SJM Task Force (Subcom of SJC)
Margaret Hurlbert, Convener
Worship Services Committee
Melissa R, Chair

Disclaimer: The views and opinions expressed in The Communicator are those of individuals and are not necessarily those of BFUU, its officers, or its trustees.

President's Corner

Happy summer everyone!

We have had some new, exciting things happening this month, including having our Congregational Meeting in person and on Zoom, with a screen showing those at home, thanks to Paul Nordin. It went really well, and shows us that we can do things in new ways. We also had a fun Swing Dance with live music which donated money to Doctors without Borders. Thanks to Jeff Palmer for organizing this, and playing in the band along with several other members of the Fellowship. I'm looking forward to more great activities here, including movies shown by the Social Justice Committee.

Cheers,

Margaret Hurlbert

July Shared Plate Partner

The RiseUp Collective

<https://riseup.net/en/donate>

Our purpose is to aid in the creation of a free society, a world with freedom from want and freedom of expression, a world without oppression or hierarchy, where power is shared equally. We do this by providing communication and computer resources to allies engaged in struggles against capitalism and other forms of oppression.

The RiseUp Collective has long hosted (by donation) the Social Justice Committee events email list that goes out to over 1,000 locals.

If you'd like to contribute to the collection plate you can do so directly via [PayPal](#), by sending a check payable to "BFUU", 1606 Bonita Ave, Berkeley CA 94709, or by contributing on [our website](#). Note that BFUU sends the share payments in the month after the plate share. If you'd like the shared plate partner to receive your donation more quickly, please donate directly to them via the link in the description above. Note that donations made directly to other organizations are not tracked by BFUU.

Worship Service Leaders

Rev. Ben Meyers (he/him)

The Rev. Ben Meyers loves living near Lake Merritt in Oakland, CA. His ministry spans 28 years: half of that time as a parish minister and half as a social justice/community minister. He is the proud father of two sons and loves spending as much time as possible with his two-year old grandson. His passion is working with individuals and faith-based communities throughout the country as a Solar and Clean Energy consultant. His mission is to accelerate the adoption of clean energy as a moral and spiritual imperative. As a proud parent of a transgender child, he is also a vocal ally and avid advocate for LGBTQ+ rights.

Elayne Ryder (she/her)

Elayne Ryder joined the BFUU community in 2015. She looks forward to presenting her third art service for the members, using the skills she learned in art classes in high school and college. She loves to guide others in the experience of creating hands-on art.

Tom Rudderow (he/him)

Having read theologian Matthew Fox say, “What we do in our school is turn mystics into prophets,” in 1998 Tom U-Hauled to Oakland from N.J. to attend the University of Creation Spirituality because, he felt, “I’ve got the mystic part down, but being a prophet means not being a painfully shy, introverted, stage frightened person disconnected from the world and others.” Never believing in channeling “until it happened to me,” Tom began “receiving” spiritual, political, and spiritual/socially active songs, 89 of them over the next six years (when he was violently assaulted) and eleven more since. Asking his “songwriter,” “Why are you giving these to me? I’m not that good and I can’t get in front of people,” the response was, “Because you need them.” That’s when he started joining choirs and making occasional struggling efforts at playing his songs for others. Working on overcoming all that life long stuff to become a spiritual activist, on August 24th in 2006 Tom was assaulted by four young guys and left for dead, waking from a three day coma he was not expected to survive into both a miraculous, life changing gift of forgiveness, as well as a brain injury and PTSD with a deeper than ever sense of disconnection. These songs have since been his healing, sitting in his room playing them to himself, and occasionally taking opportunities to play them publicly. Sharing with BFUU today is yet another step and opportunity to overcome his stage fright and to wake from the PTSD disconnection.

Rev. Dr. Caroline Knowles (she/her)

Rev. Dr. Carrie Knowles describes herself as a recovering psychologist and recovering attorney, who graduated from Starr King in 2011 and was ordained to UU ministry in 2013. Along with providing pastoral care at BFUU and preaching at Bay Area churches as a guest speaker, she writes poetry, short stories, and is working on a memoir.

BFUU Sponsored Events



BFUU OPEN MIC



Berkeley Fellowship Monthly Open Mic 3rd Fridays

Friday July 19th at 7:00 PM

**Musicians, Poets, Magicians, Comedians, Storytellers, etc.
Sign-ups begin 6:30. Perform or just come to enjoy! Show time 7pm**

BYO potluck refreshments (optional)

Suggested donation \$10-\$20 No one turned away. Volunteers needed!

Host: Evelie Delfino Sâles Posch (her/she/siyâ) is a sacred song singer/writer; recording artist; drummer; dancer; Tibetan and Kundalini yogini; Pranic healer, Certified Sound Therapist; choral director; storyteller; actress; music educator; independent scholar; and magical activist whose talents have flourished for over forty years, spanning the traditions of her ancestors and the progressive edge of ceremony and world music.

Recognized as a Babaylan (Filipina healer, seer, ceremonialist) by the "father of Philippine psychology" Dr. Virgilio "Ver" Enriquez, Evelie founded "Babaylan Emerging: Apprenticeship and Mentoring (BEAM) Program" which explores the indigenous spirituality of pre-Hispanic Philippines for everyone courageous to step forward into their power and transformation. She facilitates satsangs, meditations, and creative workshops. As a spiritual healer, and intuitive counselor, she offers individual and group guidance for creating and developing the empowered and healthy spiritual Life one wants.

Whether leading sacred ceremonies, healing, performing, or teaching, Evelie is passionately involved in bringing all Beings to a timeless world of music and art as ancient as it is fresh today.

Evelie dedicates her music ministry to her mother, +Divinia, her first teacher of singing, dancing and life! For bookings: evelie511@gmail.com & <http://www.facebook.com/evelie.posch>

Featured Artist: Rev. Kevin Alan Mann (he/him/siyâ) serves as a Chaplain with Sequoia Hospice. As a Queer Filipino American Unitarian Universalist, Kevin's ministry is rooted in centering people from the margins and building collective solidarity towards anti-racist multicultural Beloved Community. He received his Master of Divinity and Social Change from Starr King School for the Ministry in 2016 and completed his Chaplaincy Residency at California Pacific Medical Center in 2018. Kevin was ordained by the First Unitarian Church of Oakland on October 1st, 2023 and is one of the founders of Bay Area DRUUMM (Diverse Revolutionary UU Multicultural Ministries) along with Evelie and other UU's. He sings with Mahal EthnoFusion Music Myth Magic, also directed by Evelie Delfino Sâles Posch, the Hostess for the July 17th Open Mic.

Sponsored by BFUU Social Justice Committee To get low volume Social Justice announcements/alerts, email: bfuusjev-subscribe@lists.riseup.net

Community Voices

Happy Birthday!



Frances Hillyard

Barbara Myers

Josphine Jaszczyk

Musical Fundraiser: The Year to Save the Earth, July 14, 1:30pm at UUCB

At 1:30, Jim, working with our multi-talented Evelie Delfino S ales Posch acting as host and MC, will present his multimedia concert experience as a fundraiser. The event is titled "The Year to Save the Earth." Here's how Jim describes this unique event:

"Mixing powerful songs and beautiful images, Jim's lyrical melodies and outspoken poetry raise up celebration, grieving, protest and positive vision for the planet. As well as hard reality, the program's message is one of optimism with many invitations to join in singing. Facing the urgency of the environmental crisis, the musical and visual experience challenges us to feel, to learn and to act."



Swing Dance Fundraiser

July 13 7:30-10pm in Fellowship Hall

No experience or partner necessary! Come for a lesson at 7:30 and stay for the live music and dancing.

\$10-20 suggested donation with proceeds going to World Central Kitchen

Freestyle Fridays 7:30-10pm

Weekly* Dance in Fellowship Hall

There's no instruction. Our dancing DJs play a wide range of music to get you moving – world, funk, blues, pop, electronic, oldies, and more.

Requested donation \$20, no one turned away for lack of funds.

Some work-exchange is available.

*All Fridays except Open Mic nights

***New* Writing Group! Meeting July 7th**

1st Sundays 1pm-3pm in the Fellowship Hall Lobby

BFUU is sponsoring this **free** writing group open to word lovers from all levels of experience. Bring pen and paper for writing or a piece that you would like to receive supportive feedback on.

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 Office Hours on Tuesdays 1:00 -5:00 PM on ZOOM

Email Rev. Dr. Carrie Knowles at revcarrie@bfuu.org to schedule an appointment.

Worship Service on Sundays at 10:30 AM

Please contact worshipperservices@bfuu.org for committee information.

Monthly Meetings

Board of Trustees Meeting 4th Thursday 7/25 at 3:00 PM BFUU BOT meetings are open to all!

Caring Committee Meeting with Ministers on 3rd Tuesday 7/16 at 11 AM

Please contact Karen Dewald at caring@bfuu.org

Committee on Ministry Meeting 1st Thursday 7/4 at 2:00 PM

This committee is a communication channel between the ministers and the community.

Please contact Jinky at COM@bfuu.org

Social Justice Committee Meeting 3rd Sunday 7/21 after service (noonish)

Please contact Phoebe at sjc@bfuu.org

Wisdom Circle 1st Tuesday 7/2 at 11:00 AM

Worship Service Committee Meeting 1st Wednesday 7/3 at 5:00 PM

Please contact worshipperservices@bfuu.org

Regular Committee Meetings

Aesthetics (subcom. of B&G)

Meets as needed

contact [Aesthetics Committee](#)

Buildings & Grounds (B&G)

Meets once per month,

contact [Ben and Abbot](#)

Caring

meets as needed

contact [Karen Dewald](#)

Committee on Ministry

meets as needed

contact [Jinky Gardner](#)

Finance

Meets as needed

contact [Ben and Abbot](#)

Hospitality

meets as needed

contact [Hospitality](#)

Membership

meets as needed

contact [Jeff Palmer](#)

Music

meets as needed

contact [Margaret Hurlbert](#)

Nominating

meets as needed

contact [Virginia Hollins-Davidson](#)

Personnel

Meets as needed

Contact [Ben Burch](#)

Poetry

Meets as needed

contact [Frances Hillyard](#)

Religious Education

Meets as needed

contact [RE Committee](#)

Social Justice Ministry

meets as needed

contact [Margaret Hurlbert](#)

Social Justice (SJC)

3rd Sunday noonish - after service

contact [Phoebe and Gene](#)

Worship Services

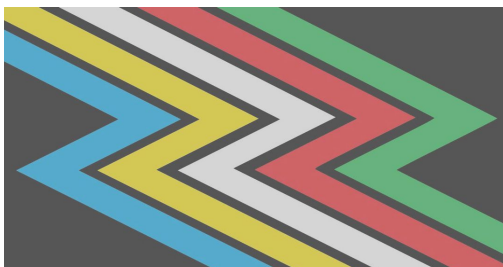
1st Thursday at 5:00 PM

contact [WSC Chair Melissa R.](#)

Fellowship Calendar July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 11:00 am Wisdom Circle 1:00 pm Rev. Carrie office hours* 7:00 pm Choir Practice*¹ 7:00 pm Well of Song - CB	3 5:00 pm WSC Meeting*	4 2:00 pm COM Meeting*		
7 10:30 am - FH+Z Worship Service*¹ 1:00pm Writing Group - FH Lobby	8	9 1:00 pm Rev. Carrie office hours* 7:00 pm Choir Practice*¹	10	11 2:00 pm COM Meeting*		13 7:30-10pm East Coast Swing Dancing Fundraiser - FH
14 10:30 am - FH+Z Worship Service*¹ <div style="border: 2px solid blue; padding: 5px; width: fit-content;"> 12:30 Potluck Fellowship lunch </div>	15	16 Caring meeting with ministers* 1:00 pm Rev. Carrie office hours* 7:00 pm Choir Practice*¹	17	18		20 Communicator deadline
21 10:30 am - FH+Z Worship Service*¹ Noonish - after service SJC Meeting	22	23 1:00 pm Rev. Carrie office hours* 7:00 pm Choir Practice*¹	24	25 3 pm BFUU Board of Trustees Mtg*		27
28 10:30 am - FH+Z Worship Service*¹	29	30 1:00 pm Rev. Carrie office hours* 7:00 pm Choir Practice*¹	31	<p><i>Note: Starting in July, Rev. Carrie will only hold office hours on Zoom.</i></p> <p><i>Contact her to make an appointment revcarrie@bfuu.org</i></p>		

July is Disability Pride Month!



Please Plan Ahead:

Direct links to meetings/registration have ¹ after the link.
 Other links send an email to the convener – please allow time for a reply.
 If you have questions, please email office@bfuu.org or call the office at 510-841-4824 ext. 1.

* Fellowship event ¹meeting link

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

Wednesday-Friday 10am-4pm or by appointment

BFUU OFFICE STAFF

Sharon Knight - Event Space Coordinator
Phone: 510-841-4824, ext. 3
Email: rooms@bfuu.org

Anders Renee - Office Coordinator
Phone: 510-841-4824, ext. 1
Email: office@bfuu.org

SUBMISSION DEADLINE FOR AUGUST COMMUNICATOR:

July 20, 2024 at 11:00 AM

Please email office@bfuu.org with submissions.

Address Correction Requested

Berkeley Fellowship of Unitarian Universalists

1606 Bonita Ave.
Berkeley, CA 94709

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