

Beacon on the Hill August 2017

From the Ministers

Revs. Kristin and Christian Schmidt



It may be hard to believe, but this month marks the first anniversary of our ministry with all of you! We thought we'd share some of the things we've learned while serving with and among this wonderful, ever-changing congregation for a year:

This feels like home. We enjoyed two weeks of vacation in beautiful Olympia, Washington but are happy to be back. It was great to return to a house that now feels like home and a congregation full of good work and even better people we know and love.

Two Annual Meetings? Most congregations have just one all-church meeting each year, but this one has two. We didn't know what to think at first, but now appreciate the flexibility possible with this way of accomplishing the business of the congregation.

Christmas Eve is huge here. We figured this holiday wouldn't hold quite as much cultural cache here in the East Bay as it did back east, but we couldn't have been more wrong. While initially surprising, it is also humbling to consider how important this congregation is to the many people who may come here only once or twice a year for this spiritual touchstone. May they come to know us as a warm, welcoming community ready to embrace them more fully if and when they need us.

Our staff is amazing. We tell our colleagues all the time that we have the best congregation and staff in the whole Unitarian Universalist Association, and we mean it! While everyone has growing edges—ourselves and our staff members included—we feel so blessed to get to work with the capable,

devoted, and hard-working staff of this church.

UUCB gives life the shape of justice. We couldn't be more proud of or inspired by your work to build a better community. The depth and breadth of this congregation's experience, participation, and commitment to many justice issues is remarkable. It's also humbling, especially when we discover that we've unintentionally failed to acknowledge something important in worship, like we did a few weeks ago with San Francisco Pride. This congregation has a long and inspiring history of working for LGBTQ rights and we are sorry to have missed the opportunity to lift up that witness at the end of June. While there are too many deserving issues and events for us to acknowledge them all in worship, we hope you reach out to us with things you think we should know about in the community.

We're excited about the future! This congregation has some important, exciting decisions to make in the near future. But, before we can make them, we need clarity about our shared purpose and priorities as a community. The Board has asked us to facilitate a process that will help the congregation reengage with its mission and vision. So, we hope you'll join us on Sunday, August 27 after the service or Thursday, September 7 at 7:30 for "Celebrating Our Roots," a guided conversation about who UUCB has been when at our best. You can find more details about these and future gatherings elsewhere in this issue of the Beacon and on the church calendar.

In faith,

Rev. Christian and Kristin

Sunday Worship Services in August

Sanctuary, 11 am

Theme for Month: Beginnings

August 6 – ***Emmett Till – Beyond the Horizon***, Mary Muehlbach, with Cordell Sloan, Worship Associate. The future we envision lives in the reality of our present struggles. Taking a look from the Civil Rights movement of the 1950s to the present Black Lives Matter. How do we find our footing to stand on the side of love in the midst of so much hatred?

August 13 – ***From the Beginning***, Revs. Kristin and Christian Schmidt, with Jim Gasperini, Worship Associate. It's often said that faith is caught, not taught. As such, first impressions of faith are powerful. Join us this week as we reflect on the power of our first experiences with this free faith and how they shape what it means for us to be Unitarian Universalists.

August 20 – ***Water Communion***, Revs. Kristin and Christian Schmidt, with Ann Riley, Worship Associate. This Sunday please bring a small jar or bottle of water from a special place or experience in your life this past year. Whether collected from last winter's impressive rains, from Lake Tahoe, or just from the garden hose, the waters we each bring will be mingled with some from ceremonies in years past. We use this water to bless the year ahead and throughout the year to bless and dedicate the new children born and adopted among us. This is a service for all ages, and as always childcare is available for babies, toddlers, and young children.

August 27 – ***Blessing of the Backpacks***, Revs. Kristin and Christian Schmidt, with Mary Muehlbach, Worship Associate. Every week in worship we affirm our mission as a congregation to “inspire spiritual growth and encourage lives of integrity, joy, and service.” Join us this Sunday as we explore how and why our greatest work as a church is forming healthy, vibrant Unitarian Universalists, or as James Luther Adams used to say, practicing being human. As part of this service, people of all ages are invited to bring their backpacks, laptop bags, and briefcases to church for our first-ever Blessing of the Backpacks! This will kick off the new year of learning and growing ahead of us and the first day of our fall Religious Education classes for children and youth!

August Good Neighbor (sharing our offerings): The [Unitarian Universalist Justice Ministry of California](#) advances justice in our state by cultivating and connecting leaders and communities, and by empowering the public voice of those who share UU values and principles.

Summer Forum

Sundays, 9:30 am, Fireside Room

August 6: **Dr. Gil Weisman**, retired psychiatrist, **“The Demise of Free Psychiatric Hospitals.”**

August 13: **“From a Silk Cocoon: A Japanese American Renunciation Story.”** Film on the Japanese internment with filmmaker Satsuki Ina, introduced by Dr. Beth Jerde.

August 20: **“From Selma to Soweto”** with filmmaker Connie Field, introduced by Dr. Beth Jerde.

August 27: **Mister Phillips**, Member, Board of Education WCCUSD. **“Current Plans for the School District.”**

Humanist Connections

Sundays, 12:30 pm, followed by a potluck at 2 pm. Check kiosk in Atrium for location.

Format: A 10- to 15-minute presentation followed by moderated, timed discussion. All are welcome!

August 6: ***How Long Do You Want to Live?*** Harold Ogren

August 13: ***Coping with a Fascist President***, Lee Lawrence

August 20: ***Reinventing Our Approach to Sex***, Kathy Rai

August 27: ***Deep Expression in Art Forms***, Diane Rusnak

Special Events

Sun. July 30 (reminder) – All-church potluck lunch and activities (art and architecture tour, sing-along, extended childcare) after the service.

Sat. Aug. 12 – Celebration of Life for Lois Gilbert, 1–4 pm. If you plan to attend the reception following the service, please **RSVP by August 1** to susankaygilbert@yahoo.com.

Sat. Aug. 26 – Roy Zimmerman Concert,

“ReZist,” 8 pm in the Fireside Room. *ReZist* is ninety minutes of Roy Zimmerman’s original songs, a funny and forceful affirmation of peace and social justice. You can buy advance tickets at

<http://www.brownpapertickets.com/event/3044645> or at church on August 13 and 20, or contact uuinda@comcast.net.

Re-engaging Our Mission and Vision

Starting on Sunday, August 27, in the Social Hall after worship

The Unitarian Universalist Church of Berkeley has a lot to celebrate as we begin the 2017–2018 church year. Our Family Ministry program is vibrant, organized, and fun. Our Chalice Circles nurture connection and spiritual depth in the lives of well over a quarter of our adult members. We installed our new Senior Co-Ministers a few months ago. Our choir and music program continue to infuse our community life with beauty and enthusiasm.

Soon, we will also have some important decisions to make. Our current buildings at the main Kensington campus and the Freestone retreat property are aging and need critical maintenance work that will require significant financial commitment. The congregation has experienced a number of shifts in size, demographics, preferences, and the way people expect to engage with us as an institution. And our surrounding communities and world are changing rapidly, along with the things they most need from us.

Because it seems as if we are on the cusp of so many big things, the Board of Trustees has initiated a process to help the congregation identify our shared sense of purpose and priorities as we move into the future. What will UUCB look, feel, and sound like in 10 years if we are living into our mission and vision? What will we be known best for in our wider community? How will our budget and shared generosity reflect our values?

In the first phase of our process to reengage with our shared mission and vision, we will explore the best of our church's heritage, paving the way for future conversations about who we are as a congregation and what is possible for our future. **Please join the ministers, members of the Board, and members of the Committee on Ministry on Sunday, August 27 after the service for a light lunch and joyful conversation about what you have loved and valued most about the UU Church of Berkeley since you became part of our community!**

Everyone, whether you are a long-timer or a newcomer, a member or a friend, is encouraged to participate. We hope middle and high school youth will join the conversation, and childcare for younger children will be provided. There

is no need to register, but if you have questions about the event please contact [Rev. Kristin](#).

*If you can't make it to this gathering, there will be another opportunity to participate in this first phase of the mission/vision process. Join us on Thursday, September 7, at 7:30 pm in the Fireside Room to explore the same set of questions used to shape the August 27 conversation.

All three phases of this process will be guided by the Appreciative Inquiry (AI) process. AI encourages organizations to discover their focus on where their successes, energies, and passions are, rather than getting stuck in problem-solving mode. As David L. Cooperrider and Diana Whitney write in their book A Positive Revolution in Change: Appreciative Inquiry, "In AI the arduous task of intervention gives way to the speed of imagination and innovation; instead of negation, criticism, and spiraling diagnosis, there is discovery, dream, and design." To learn more about AI, please visit <http://appreciativeinquiry.case.edu/intro/whatisai.cfm>.

Family Ministry

The long days of summer are coming to an end! We hope your summer has been a time for rest, reflection and adventure.

Summer in RE (Religious Education) has been abuzz with activism! Students have been exploring what it means, how it connects to UU principles, and to their own lives through art, music, theater, and even cooking. Who knew activism could be delicious?

The students will unveil the projects they have been working on in their Activist Exhibit, Sunday, August 13 from 12 to 12:30 pm. Please do take a moment to stop by the Social Hall and see activism through the eyes of the youngest members of our community.

Many thanks to the Summer RE masterminds: Ida Poberezovsky, Alice

Lemieux, and Megan Hailey-Dunsheath. Your creativity, joyfully intense planning, and energy are deeply appreciated.

Return to Fall

Mark your calendars for Sunday, August 27. It is the first day of Fall RE classes and the Family Ministry Open House.

It's not too late to sign up to be a volunteer teacher. We are looking for a few more volunteers to round out our grade 4-5, high school, and Substitute teams. Contact [Colleen Farrell](#) or [Megan Hailey-Dunsheath](#) to explore how your interests, skills, and experience can meaningfully shape the spiritual formation of our youth.

RE Events for August

8/13 – Activism Exhibit by RE students

8/20 – Service for All Ages (no classes); Volunteer Training for the RE Program, 12:30–3 pm (lunch and childcare will be provided).

8/27 – First day of regular RE classes and Family Ministry Open House. This is a time to meet the teachers, learn about this year's curriculum, socialize and build community. All are welcome to attend. RE classes are 11:15 am–12 pm and the Family Ministry Open House is 12–2 pm.

Our Whole Lives Sexuality Program for 7th–9th Graders

UUCB is offering an incredible opportunity for learning and growth this fall. Adolescents between 7th and 9th grade are invited to attend the Our Whole Lives (OWL) program beginning this September.

Our Whole Lives (OWL) is a sexuality education program rooted in Unitarian Universalist values. This class equips teens with accurate, age-appropriate information to help them make informed decisions about their sexual health

and behavior. Grounded in a holistic view of sexuality, it provides facts about anatomy and human development, as well as helps youth clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. Key topics such as body image, gender and sexual identity, peer pressure, social media, consent and healthy relationships are covered with sensitivity. As the youth explore these themes, facilitators emphasize co-creating a positive and safe group dynamic for all participants.

Classes meet every week, September through November, 2017. All events are held at UUCB.

Key OWL dates to consider and put on your calendar:

- The first (mandatory) Parent Orientation is on September 17 at 12:30 pm in the Fireside Room.
- Classes for 7th-9th graders will begin Sunday, September 24, from 1 to 3:30 pm.

The entire program consists of:

- 2 parent orientations (on 9/17 and 10/22)
- 6 Sunday afternoon sessions from 1 to 3:30 pm (on 9/24, 10/8, 10/15, 10/22, 11/5, 11/12)
- 1 Saturday Mini-Retreat from 9 am to 4 pm (on 9/30)
- 2 overnight Retreats starting Friday evening and ending Saturday late afternoon (on 10/27-28 and 11/17-18)

Participants must be able to commit to all the dates above, especially the three retreat dates. Regular attendance is expected. Occasional illnesses or family events may require your child to miss a session. Please remember that the success of this program depends on the community that is built through regular attendance.

If you have any questions or concerns, email Stephanie Kroner at

President's Column

Jack Duggan

It's been a month since the UU General Assembly in New Orleans. I am still digesting what I learned and saw. There were a lot of people there. I was both intimidated and pleased to be a part of the Unitarian Universalist Association. I went to New Orleans aware of the troubles that the Association has had over racism. It seems we are all taking a hard look at ourselves, not just the Association, but our congregation, and I myself. I am reexamining my experience and my own implicit racism. I was very uncomfortable at the General Assembly and that's a good place to start. The narrative is changing. That's a good thing.

I was struck by how many people of color were at the Assembly and their voice was strong in the workshops and proceedings and it was being listened to. I commented on that to someone not expecting good representation based on the criticism we've been leveling at ourselves. They said the UUA had made a special effort bringing people to the Assembly, that it was a case of affirmative action.

I am a believer in affirmative action and have been since I joined the workforce. Back then it was so obviously white and male, not mostly but completely. When I joined the corporate world affirmative action was just beginning. It was not easy and there was a lot of resistance, trial and error, mistakes made but the effort was ongoing. Fifteen years later I remember walking down the street and seeing a group of tellers from the bank where I

worked coming toward me. They were a group of African Americans, whites, and Asians and maybe a Latino or two and they were all friends. I thought these young people just beginning to work have no idea how unusual they would have been not only working together but friends only a few years before. Proximity as I've learned to call it is a good thing.

There was and still is a long ways to go and affirmative action is still called for. The phrase itself has fallen out of usage, been discredited and the regulations and effort that promoted it have diminished but the door was opened. We're not there yet but we know where we need to go.

I marked the workshops that appealed to me and found myself learning and thinking about classism. I have just begun to understand intersectionality. For me it was new to add class to the identities that intersect in the system of oppression we live in. I have my own class insecurity, my mother was from deep in the Ozarks and was left out of school at 9 years old when she went deaf from the mumps. Her mother was deceased, her father was crippled and somehow my mother managed to achieve a middle class life with her children always fed and clothed, educated and raised with better prospects than she had had. She was always insecure about her background and passed along her class insecurity to me.

So class and race, and I was very uncomfortable at the Assembly, with my own remaining biases and insecurities. Intersectionality is a new way of thinking about it for me. I have a lot of work to do, we have a lot of work to do. I bought the book *Class Action: The Struggle With Class in Unitarian Universalism* and I read it. I was pleased to learn that UUCB has already scheduled a UU Class Conversations workshop (I'm in Mexico and don't have the details but they will be forthcoming).

The Ware Speaker Saturday night was Bryan Stevenson of the Equal Justice Institute. He was perfect for what we were thinking about and what we are trying to do, UUA and UUCB. I recommend you listen to him speak on TED for a full hour at <https://www.youtube.com/watch?v=ky9VQeDeh5Q>. His

address at the Assembly is not available in video.

He recommended four things to bring Justice, which he called the opposite of poverty. They are:

1. Proximity
2. To change the narrative
3. Hope
4. To be uncomfortable, to take risks

I found that we at UUCB are in the ideal position and time to oppose racism and oppression, to look at ourselves and practice affirmative action, to penetrate the walls of privilege that have excluded people who are different, to address our own -isms in our congregation and in our community. I think this is something we need to do deeply and honestly at UUCB and in the communities of the East Bay where we live. And that these things that divide us are the same issues that today make our nation so difficult.

We need to be close to each other, to break down the barriers between us, in UUCB but also in our communities. We need to change our own narratives that hold us back and the ones we've been told. In doing this we can support each other in our hopes. We will be uncomfortable and encourage each other, give each other heart, and doing that, we will grow. We can change and be more of who we want to be. I can change and be more of who I want to be.

And that's what I was thinking at the UU General Assembly and since and those are the issues I want to bring to our work as we ask who we are, who we want to be and how we get there. I'm writing this in Mexico City. I am returning in August. The summer will soon be over and the work we do together begins anew as we come back together.

Coordinating Team Notes

Lisa Maynard, Coordinating Team Convener

This month I'd like to make a point of thanking the Snack Table volunteers who have provided delicious and varied snacks to our UUCB community on so many Sundays!

We appreciate the work and the nurturing spirit of these dedicated members of our community: Ann Harlow, Barbara Hilbourn, Barbara Daniell, Lynn Sullivan, Dody Silver, Gerry Keenan, Selene Fabiano, Diana McMullen, and all who have served before them. Thank you, thank you, thank you!

As we move into our new practice of Sunday social hour refreshments this month, you will notice some changes. Coffee and tea will continue to be available before the 11 am service; munchable refreshments will be available only after the service. We will continue to have volunteers hosting the refreshments, and we also ask parents to accompany their children in the Social Hall (and elsewhere, of course, per church policy!), so that our refreshment hosts will know that the children's consumption has parental approval.

We expect to have lunch available on some Sundays, when community members are so inspired. One Sunday each month will be available to UUCB groups for a fundraising lunch, and the Fifth Sunday Potluck Lunch will continue as community participation warrants.

Another Sunday change you may be noticing is that our facilities staff will not be engaged in cleanup of coffee/tea cups and other dishes during our Sunday activities. During programs and worship their time and attention are needed to provide support elsewhere. Facilities staff duties include setting up the coffee/tea service on Sunday mornings, clearing it away after the full schedule of Sunday activities, and washing coffee/tea cups and spoons. Our duties as community members include clearing up and washing any other dishes and utensils we use! Thank you for your support as we try to provide a good work environment and reasonable workload for our wonderful and hardworking facilities staff.

The Coordinating Team currently meets twice monthly, at a time chosen by its members (currently on the first and third Thursdays from 10 am to 12 p., but this will likely change in August/September with new CT members). If you're interested in attending, please [contact me](#) to verify our schedule and meeting place. Questions for the CT? Email CT@uucb.org.

Thoughts from Community Ministry

Rev. Jeremiah Lal Shahbaz Kalendae, Affiliated Community Minister

la ilaha illallah

la ilaha illallah is the central heart-teaching of Islam. It is said the holy people of every wisdom tradition renewed this teaching—there is no god but G[!]d—in their own nomenclature, time, and place. In Islam, it is called the First Shahada, or initial testimony of faith. To become a Muslim, one must make this declaration before others in addition to affirming that the Prophet Muhammad (saw) was a messenger who proclaimed this truth. Traditionally understood as a warning against idolatry, this declaration of Unitarianism also expresses that nothing exists outside of divine unity (Tawheed). It is an expression of the integration of all things in their totality. One could also understand this to be the articulation of a profound Universalism or all-encompassing embrace.

Unitarian Universalists can find this mystic expression of faith not only in the meaning of our tradition's name but also expressed beautifully in our first and last principles. The first principle, affirming “the inherent worth and dignity of every person,” originates from the Jewish and Christian teaching that everyone is created “in the image of G[!]d” and the Universalist affirmation that each person is divinely loved—no one is eternally outside of divine unity. The last principle, affirming “respect for the interdependent web of all existence of which we are a part,” originates from earth-centered,

indigenous, and transcendentalist wisdoms which stood in awe before our communion with the natural world and the cosmos. Held together, these principles express the profound awareness of the value of each life as an expression of divine unity. As the prolific spiritual teacher Allan Watts had so beautifully articulated: “You are a function of what the whole universe is doing in the same way that a wave is a function of what the whole ocean is doing.”

If you wish to submerge yourself further into an awareness of this Ocean of Oneness this autumn, I invite you to join me for a graduate course I will be offering as a part of my community ministry as a member of our theological school’s adjunct faculty. Many do not realize that community members may register for Starr King classes as special students. In this course, we will explore ancient dharmic philosophical traditions and their resonance with Jewish, Christian, and Islamic wisdoms. If we listen carefully, we may hear the waves of “la ilaha illallah” crashing on each of their shores.

Annual Report

The 2016-2017 UUCB Annual Report has a new, illustrated format. Take a look! Go to: <http://uucb.org/wp-content/uploads/2017/06/UUCB-annual-report-2017r.pdf>. Paper copies are available on the Info Table in the Atrium.

Program Council Alert

Gail Simpson, Reporter

SAVE THE DATE: Solano Stroll Parade, Sunday,
September 10, 9–11 am

Come join the fun! Let’s help our local community celebrate its diversity and vibrancy. The Solano Stroll is one of the largest street fairs in the country, attracting over 250,000 visitors. It is a great place to meet our East Bay neighbors and to share our enthusiasm for UUCB.

Last year the Program Council decided to make the Solano Stroll Parade an All-Church event. The result was spectacular! Over 50 of us marched and sang—many wearing our “Standing on the Side of Love” tee shirts and carrying the banners that proclaim our values. We were an impressively large parade contingent! Our children and youth saw how enthusiastically the crowd cheered our messages of compassion and resistance.

ADDITIONALLY, UUCB got an honorable mention with our kazoo band!!

So please save the date and plan to join us. This is a great event for the whole family—not too strenuous for little ones or for people with limited mobility. “Standing on the Side of Love” tee shirts are available at the Book Table in the Social Hall. You can learn more now, or offer to help at our booth, by contacting one of these Program Council members. Look for additional details in upcoming issues of The Week Ahead.

Social Justice: [Beth Jerde](#), 510-918-4336

Music/Arts: [Gail Simpson](#), 510-452-2910

Adult RE: [Lonnie Moseley](#), 510-388-1444

Family Ministry: [Paul Hudson](#), 510-384-2370

Partner Church

Stephanie Ann Blythe, Reporter

Mention the name Attila to most people and they will think of Attila the Hun. Mention the name Attila to me and I will think of Rev. Gyerö Attila, the new minister of our partner church in Homoródújfalú. Not surprisingly, Attila is a common boy's name among the ethnic Hungarians in Transylvania. Right now we don't know much about Attila, but we'll be sending our greetings to him right away. We can help welcome Rev. Gyerö and further our partnership with some financial aid for

their efforts in renovating his new home. The plumbing and wiring all need upgrading, along with other substantial improvements. Let's all pitch in! Stay tuned for more on this.

Now here is a URL you might want to click on: <http://www.torda450.org/> Next year Unitarians world-wide will be celebrating the 450th anniversary of the Edict of Torda, proclaiming religious freedom and tolerance. Road trip! Why not come along and see where it all began in 1568. We don't have plans yet, but we're talking with Reverends Christian and Kristin about it. It's not too soon to start dreaming.

If all this sounds exciting, you can be a part of it too—just ask [Stephanie Ann Blythe](#) or [Anne Greenwood](#) for more information.

Social Justice News

The Social Justice Council (SJC) participated in the *City-wide Richmond Ceasefire Walk* on July 21.

At the July potluck meeting the SJC honored the recent UUCB high school graduates and their families in the first annual “Congrats to Grads” ceremony. Under UUCB Membership’s leadership, the congregation contributed to an award for each graduate. Lonnie Moseley and Norie Clarke presented the awards, the grads shared their future plans for education, and “Prayer for our Children” by Rev. Robert F. Kaufmann was read aloud.

Also honored during the meeting was Susan Lankford, who was awarded the first Doctorate of Generosity. Through her own initiative, Susan sewed hundreds of pink “Pussy Hats” worn during the International Women’s March in January, on the day after the inauguration of the current President. In doing so, she energized and outfitted many in the congregation, raising \$455.00 that she then donated to the Social Justice Council.

At its July 2nd meeting, the Literature, Film & Drama Contingent (LFDC) of the SJC discussed *Waking Up White and Finding Myself in the Story of Race*, by Debby Irving, with Anna Fisher and Julie Rogers facilitating. After sharing Moments of Awareness of Unconscious Bias (MAUBs) – those times when we’re not proud of the thoughts we experience about other races, ethnicities or genders – it was agreed that this was a very good book with which to end LFDC’s second year.

An end-of-year check-in brought requests for a broader mix of reading material (fiction, periodical articles, short plays and podcasts); allowing more time for personal expressions, (continuing MAUBs and personal writings), and special events (such as guest speakers and the “Fishbowl Exercise” taking place during October’s meeting.)

The Literature, Film & Drama Contingent of the Social Justice Council (the LFDC) will hold its first ***August Contingent Melange*** on **Sunday, August 6**, from 12:30 to 2:30 in the Fireside Room. We’ll read a one-act play, written by our own Lonnie Moseley; review plays from The Berkeley Rep, The Ubuntu Theater (Oakland), and The Contra Costa Civic Theater (El Cerrito); and discuss recent stories in the news related to issues of social justice. All are welcome to attend!

SAVE the date: **Wednesday, August 9th at 7 pm in the Fireside Room**, the Social Justice Council invites you to hear **Sai Prasad** speak about his work with Syrian refugees in Turkey and Jordan. After experiencing the plight of Syrian refugees in Turkey and Jordan, Sai Prasad dedicated his life to alleviating the sufferings of people to the best of his abilities. His objective is to “Love All & Serve All” and to create awareness among all people of their capacity to live into this ideal. He will share his inspirational stories about the people he met, the conditions they live in, the love and compassion that he experienced ... and show us ways we can touch the lives of others.

Other Social Justice Opportunities and Information

Ceasefire Walks: Friday nights in Richmond at 7, contact maw.jane@gmail.com.

GRIP: UUCB volunteers prepare and serve lunch to hungry and homeless people at the GRIP Souper Center in Richmond on the fourth Tuesday of every month. Want to volunteer? [Contact Ray Westergard](#). To help with supper at GRIP on fourth Saturdays, contact [Ariel Smith-Iyer](#).

Read-Aloud: Volunteers needed for next school year to read aloud at local elementary schools in Richmond and San Pablo. Contact [Judy Sam](#).

New Yoga Classes

Phyllis Whiteman

It has been proven that the practice of yoga can help you feel younger and keep healthier. Yoga can reduce stress, promote better sleep, stretch muscles that you do not use ordinarily, help breathing and help brain activity. Because I believe that yoga is the way to a happier life, in September I will begin to teach an afternoon class on Tuesday and continue an evening class on Wednesday from 6 to 7:30 pm. Please call me if interested, (510) 647-8537, and let me know which session you would like.

(Editor's note: I believe a fee or donation applies, divided between the teacher and UUCB, for this and the Write for Your Life class. We need to go to press without confirming the amount.)

Tree of Life

Lonnie Moseley

Our favorite UUCB shoulder masseuse, Jillee Tree, is moving to Oregon, and we will miss those spontaneous and relaxing massages! Her children, Jilleah and Jonathan, are moving to

Southern California with their dad, Moses Channels, who was admitted to seminary in Claremont.

Husband-and-wife team and new members Edward Burgess and Ellen Zuckerman, world travelers and climate change experts who spoke at our Summer Forum on July 23, have moved to a new home in El Cerrito. We're grateful to be in community with them and the environmental justice knowledge they provide us.

Piper Rowanoak Swim and her wife, Zia Swim, celebrated their marriage at UUCB on June 24. Zia's family came in from Kansas to help make the wedding dinner, which UUCB volunteers Lynne Cahoon, Ann Harlow, Lonnie Moseley, Anne Wardell and Joanne Wile helped set up and serve.

Dave Rockhold is recovering from neck surgery, now at home after a stay at Stanford Hospital. Bob Sayre and Lee Lawrence have recently suffered through pneumonia. We wish all—and any other congregants with health issues—a quick return to vitality and wholeness.

Longtime members Carol Carlisle and Jim Acock celebrated the wedding of their daughter Jessie to Daniel Chen on July 15 in Santa Rosa. Jessie attended Religious Education at UUCB. Ann Harlow caught the father-daughter dance on camera. Also there were Lonnie Moseley, Sheila Tarbet and Vern Muhr.

We were sad to say goodbye in July to member Anne McNulty, husband Ryan Hall, exuberant son Cooper and gorgeous little Margot as they moved out of

state. We wish them love and much happiness in their new home.

On July 12, the Social Justice Council's "Congrats to Grads" project presented a financial send-off gift to our newest high school graduates, Isabella Marshall, Emilie Kathol-Voillequé, Billy Augustine (Father Glen Augustine represented Billy) and Kaeden Wemmer (not able to attend). Two youth currently in college, Michael Heath and Tristan Lam, were also presented with a gift. The SJC's commitment to educational justice will continue next year as we connect with the graduating seniors at one of the churches we serve for our Congrats to Grads project.

The "Tree of Life" celebrates and marks events in the life journey of our members. If you have items to share, please submit them to membership@uucb.org.

Poetry Corner

SURVIVORS

Somehow we've personally eluded
insanity, murder, suicide, and
all else that could throw us
way off track.

Upbeat, we believe science will
save us from global warming,
polar melt-down, acid rain,
chemicals that eat the ozone.
The "H" bomb? Biological warfare?
Who could be THAT crazy!

Removing obstacles from another's
path realigns our compasses/ compassion.
Too frail for Peace Corps, we serve

at soup kitchens; help with Little League,
ailing neighbors, food banks.

We clear rocky terrains, erect
shrines from removed stones;
declare that peace is more than
an absence of war, that a rainbow
before and beyond legislation holds
the pastel power to connect.

We are survivors!

© Claire Baker

FRESH COURAGE

She takes
her shadow
for a walk

instead of
her shadow
walking her.

© Claire Baker

MIRROR

I look in the mirror.
What do I see?
A sickly old man.
That is not me!

© Ray Nelson

CHEERS!

The docs told me,
“Lay off the beer.”
Now they’re long gone,
But I’m still here.

© Ray Nelson

Want your poems included in the future, as space allows? Email them to beacon@uucb.org (UUCB members only).

Unitarian Universalist Church of Berkeley Covenant of Right Relations

- We covenant to build a religious community guided by love and sustained by respectful relationships.
- Believing that building healthy relationships is a spiritual practice, we aim to listen appreciatively, speak with care, express gratitude, honor our differences, and assume good intentions.
- We endeavor to communicate directly, honestly, and compassionately, particularly when we are in conflict.
- When we hurt one another, we will try to forgive, make amends, and reconnect in a spirit of love.
- In celebration of the common purpose that unites us, we will do our best to abide by this covenant.

MEMBERSHIP in this Unitarian Universalist congregation is open to all who see this church as their religious home and the principles for which the church stands as their own. People who wish to join participate in a “pathways to membership” session, sign the membership book, and commit to supporting this church through participation and financially. To become a member, please contact our Membership Co–Chairs, Lonnie Moseley or Paul Hudson (membership@uucb.org), or speak with one of the co-ministers.

To subscribe to the email version of this newsletter or “The Week Ahead at UUCB,” email administrator@uucb.org. You can also find both newsletters at the uucb.org website under “News.”

UUCB general discussion list:

http://groups.google.com/group/uucb_discuss/about

Email list for families: <http://groups.google.com/group/uu-families/about>

Deadline for submissions to the Beacon is the 15th of each month. Submit items to beacon@uucb.org.