
December 2024

Beacon on the Hill

The monthly newsletter of the Unitarian Universalist Church of Berkeley
Vol. 83 #12

The mission of this church is to create loving community; inspire spiritual growth; and encourage lives of integrity joy, and service.

From the Minister

Human beings have conceived and re-conceived of our relationship to time, casting ourselves as its victims, its pursuers, its conquerors. The ancient Greeks imagined two mythic icons to represent different kinds of time: the titan Chronos represented linear or clock time, the kind of time that becomes a chronology, while the god Kairos was a symbol of the way each moment contains unique possibilities, a sense of sacred timeliness. We have organized our societies and our day-to-day lives, even our internal perceptions, around agricultural time, industrial time, and now the dizzying speed of time in the information age. Yet the holiday season, with its careful delineation of time through light and darkness, offers the rare experience of marking a shared sacred time. We tell the story of waiting for a holy birth, celebrate the miracle of enduring light, honor family and cultural lineage, and rejoice at the return of the sun and lengthening days. How might we use this holiday season to reorganize our own inner and outer clocks and calendars toward a more sacred sense of time?

And we're in a Kairos moment in the life of our congregation, as we celebrate all that has been accomplished under Tess's leadership and enter into a time of transition. Endings are opportunities to hold grief and gratitude together. They allow us to see the past more clearly even as they contain the seed of what is to come but remains yet unknown. I trust that holding this ending with care will enable us to tend well to the growing edge of our becoming.

This time of year, whatever weighs on our hearts can feel especially heavy. We can feel keenly the absence of loved ones in the rituals of holidays. The state of our politics might feel like it threatens to dampen the joy of the season. Let's let in the fullness of the moment, with all its potential for both sorrow and beauty, honoring, in Whitman's words, that we contain multitudes.

With you in the past, present, and future,

Rev. Marcus Liefert



December Services

Sundays 11 am

In Person, [Facebook Live](#) and [YouTube](#)

December 1

It's About Time

December 8

In Our Own Good Time

December 15

Miraculous Moments

December 21

4 pm Winter Solstice Service

December 22

A Time to Be Born

December 24

5 pm All Ages service including a no-rehearsal pick-up pageant

10 pm Traditional carols and candles service

December 29

Topic TBD

Light Lunch

Sundays at Noon

In person in the Social Hall

Sunday Programming

Personal Theology

Sundays at 9:30 am In Person and on Zoom

December 1 – A Reading by Three UU Poets: Kathleen McClung (Unitarian Universalist Society of San Francisco), Lee Rossi (Unitarian Universalist Fellowship of Redwood City), and Deborah Bachels Schmidt (Unitarian Universalist Church of Berkeley). Three Unitarian Universalist poets read selections that shine a light on how their work reflects their common faith.

December 8 – Now What? An Integral View of the World We Face. Dr. Karen Voorhees. In times of such turmoil, uncertainty and distress, how can we prepare ourselves for what lies ahead?

Youth and Children's Choir Rehearsal

Sundays at 10 am

The Choir is open to all children and youth, ages 5 ½ and up. Prior musical experience is not required. We rehearse in the Meditation Room (below the Sanctuary) or on Zoom. We help lead the Sunday worship service once or twice per month. Occasionally we participate in other music events. We'd love to have you join us!

Religious Education

Sundays at 11:15 am (during service)

We will celebrate Advent, and explore our theme for the month: Paying Attention.

Humanist Connections

Sundays at 1 pm on Zoom (3rd Sunday is in person, no zoom)

Zoom Link: <https://zoom.us/j/95057373857>

December 1 – Topic Selection for June and Short Topic Discussion. Ray Westergard.

December 8 – Dennis Monthei will discuss "Elon Musk".

December 15 (In Person) – Harold Ogren and Ray Westergard will discuss "Dimming the sun using solar geoengineering."

December 22 – Paul Ulbrich will discuss "Why are people so certain of their views."

December 29 – Paul Ulbrich will discuss "Why are traditional religions losing their members?"

Special Events

Holiday Fair

December 1 10 am – 2 pm

Holiday Decorating Party

December 7 @ 12 – 2 pm

Death Café Conversations

December 7 @ 2 pm

Messiah Sing-Along

December 7 @ 4 pm
(Holiday Fair continues)

Food Drive Blessing

December 8

Holiday Remembrance Activities

December 8-23
More info on page 5

Good Neighbor in December

Tiny Village Spirit

<https://tinyvillagespirit.org/>

The mission of Tiny Village Spirit is to work to end the crisis of homelessness through engaging communities in constituent led development of decent, dignified emergency housing villages and in community organizing for systemic change toward creating housing justice.

Announcements

Board Listening Presence

Michael Armstrong: (510) 219-3847

michaelarmstrong2494@comcast.net



UUCB'S ANNUAL FOOD DRIVE

benefitting

Richmond Emergency Food Pantry

UUCB Food Drive Goals

all specially requested by the Food Pantry

700 pounds of oats (old-fashioned and Irish)

600 servings of ramen (all kinds)

500 pounds of sweet stuff (brown sugar, white sugar, jams & marmalade)

400 menstrual pads & tampons

300 servings of snacks (all kinds)

200 paper towels rolls

100 quarts of vegetable oil



We will bless our donations at
the end of service on

Sunday Dec 8



Cash donations also gratefully accepted

A poster for a Handel's Messiah sing-along. It features a portrait of George Frideric Handel on the left, a red cardinal perched on a branch on the right, and a central white box with the text "COME SING WITH US! HANDEL'S MESSIAH SING-ALONG".

Dec 7, Saturday, 4:00pm
come sing choruses and some of the solos from
the Christmas portion
and selections from parts II and III of
Handels' Messiah
with orchestra and soloists
1 Lawson Rd Kensington uucb.org
\$20; no one turned away for lack of
funds

A poster for December family events at UUCB. It features a photo of three children holding up large white stars on sticks. The background is blue with white stars.

December Family Events at UUCB!

- Dec. 7, 12-2pm:** Holiday Decorating Party in the Atrium
- Dec. 8, 11-1pm:** Youth-Led Food Drive Collection
- Dec. 14, 2-4pm:** Cookie Making Party in the Social Hall
- Dec. 20, 3-5pm:** Creating the Labyrinth in the Social Hall
- Dec. 21, 4-5:30pm:** Winter Solstice Celebration on the Patio
- Dec. 24, 5pm:** Family Christmas Eve Service in the Sanctuary

Final Note from the Executive Director, Tess Snook O’Riva

Sometimes you aren’t looking forward when you walk,

Watching where you’re going, what’s coming up,

The horizon.

Sometimes you’re walking backwards, or not walking,

Gazing over where you’ve been, smiling.

Seeing all the paths you’ve walked, roads less traveled,

Companions along the way.

The scenery may be beautiful, there may even be pride,

But the faces stand out.

Each pair of eyes a novel of connection, understanding.

A symbiotic evolution, however brief.

It’s the stories, the parts we remember --

That’s where the people are, the people that made us

Even if we had to leave them behind, even when it hurt

Every single connection, an immutable moment

We treasure.

But we must keep walking.

Family Ministry

Kathryn Jay

Hello families and friends!

We are entering into a season of over-packed schedules, sometimes uncomfortable family dynamics, massive sugar rushes, and a veritable whirlwind of shopping. We grapple with grief as we miss loved ones who have passed away. December can be overwhelming. But at their best, these short, dark days of winter also create a season of wonder. With the arrival of winter’s low dark sky, communities around the world look to the miracle of light as a sign of rebirth and a source of hope. In the Christian tradition, this time is called Advent, a waiting for the promise of new life, a waiting for the world to be made anew. UUCB hasn’t traditionally celebrated Advent, but the tradition offers the potential for grounding and depth in this busy, challenging holiday season.

Celebrating Advent means lighting a candle on each of the four Sundays of the season: Dec. 1 (a candle for hope), Dec. 8 (a candle for peace), Dec. 15 (a candle for joy), and Dec. 22 (a candle for love). Combined, these candles light the way toward justice and equity for all people.

When you light the candle, try setting an intention for the week. How will you be hopeful? Peaceful? Joyful? Loving? How will you help make the world just a tiny bit more compassionate, a smidge more just? As we wait and yearn for a better world, we can act with kindness to remind ourselves of the hope, peace, joy, and love that radiates from our lives even in the darkest days.

The Advent season asks us to do something small and simple every day to make our intentions come alive. A few examples to get us started: Send a postcard to a friend, saying thank you and telling them why they matter to you. Collect food for the month and donate it to the local food bank. (Or bring food to UUCB on Dec. 8 for our annual Food Drive!) Sing your favorite holiday songs with friends and don’t worry about being off key. Clean the bathroom without being asked! Offer a family member the last piece of cake. Let the beauty of twinkling stars—whether in the sky

or your living room—astound you. Ask someone to sit in silence with you as you breathe together.

Religious Education (RE) for children:

For children, December kicks off with an all-ages Celebration Chapel in the Fireside Room on Dec. 1. During chapel, we will light the chalice, sing, dance, share our joys and sorrows, and play some games as we explore our theme for the month: **PAYING ATTENTION**. Parents and friends are welcome to join us during Children's Chapel.

We will hold RE classes Dec. 8, Dec. 15, and Dec. 22, with all sorts of holiday-related activities on tap. Children will make cards for our house-bound members, help make cookies, create decorations of all sorts, and focus on noticing the miracles of everyday life. There will be no RE classes on Dec. 29. Families are welcome to worship together in the sanctuary.

Unfortunately, **Parents' Night Out (PNO)** will be canceled in December. Instead, families are invited to the church-wide Winter Solstice Celebration starting at 4:30 on Dec. 21. Look for PNO again in January!

On-going events for the month of December:

Youth & Children's Choir (YCC) meets Sundays, 10 am. YCC is open to all children and youth, ages 5½ and up. Prior musical experience is not required; this is an opportunity to learn to sing in a sweet, low-pressure environment. Email Teacher Katie for questions: ktlipka@gmail.com. Come sing with us!

Family Ministry is also proud to offer a monthly **Parent/Grandparent Discussion Group**. The group meets at 9:30 am in the Safir Room every first and third Sunday of the month. We welcome parents and grandparents at all stages of the child-raising journey for lively conversation and community support.

Our **Youth Group** (middle & high schoolers) meets on the third Saturday of the month to have fun and build community! Youth group happens on the Winter Solstice, December 21 from 7-9pm and meets in the Safir Room. Bring a friend! There will be food and games and good conversation.

Holiday Remembrance Activities

Let's create a more Loving Community by reaching out to "Elders and Others" to remind them we are thinking of them with love and appreciation and wish them well, especially in this season that may feel sad and/or stressful.

You may:

- **Remind us** of persons for whom 2024 has been a challenging year and/or the holidays a challenging season and/or
- **Donate** holiday cards and put them in the box in the office near the mailboxes by Sunday morning, December 8, for time for sorting, and/or
- **Sort** cards, December 9-11, time and date to be determined by volunteers, and/or
- Children and families may **make and decorate** cookies, **draw and/or write** greetings to insert in cards and holiday bags, on Saturday, December 14 from 1-4 pm, and/or
- **Address** holiday cards and **write** and insert messages to those 80 and better, those for whom the holidays or 2024 have been tough, and UUCB staff, on Saturday, December 14, from 1-4 pm, and/or
- **Decorate and fill** holiday bags of remembrance for those with the most birthdays and years of potential giving to our UUCB community, others we especially want to feel remembered, and staff on Saturday, December 14, from 3-4 pm, and/or
- **Deliver** holiday bags and **enjoy** a visit, from Sunday, December 15 to December 23.

Bags and recipients will be available after church.

We look forward to hearing from ways you'd like to participate in these important holiday pastoral care projects for all ages. You'll enjoy making and deepening relationships and making a positive contribution to the holidays for members of our Loving Community.

With much appreciation for all the ways you care and serve throughout the year,

Melissa Rosales and Barbara Cullinane

Partner Church

We hope that you were able to attend our Personal Theology presentation on October 27, either in person or via Zoom. Technical gremlins delayed our start. So, while Anne and I were able to present our stories about our visit to Homorodújfalú and the International Convocation of U*U Women, the presentation by Rev. Lehel Molnar ran overtime and ended too soon.

Lehel is busy digitizing the papers of Earl Morse Wilbur at Starr King School for the Ministry. He has also found documents in the archives of the Hungarian Unitarian Church which go into detail about the donation of money for new church bells made by the First Unitarian Church of Berkeley in the 1920s. He presented documents Anne and I never knew about.

And if you want to dive into Partner Church activities, here's the perfect opportunity happening on Sunday, December 1. Do join us and learn about possibilities to visit in 2025 or 2026!



Anything else you want to know? Just ask Stephanie Ann Blythe at steph62850@yahoo.com or Anne Greenwood at annegt1@sbcglobal.net.

Social Justice

The Social Justice Council Sponsored Projects continue their work in our congregation and the community with many options for congregational involvement. We welcome a new sponsored project, the Pride Project, and its mission to create safe, welcoming, and inclusive spaces where LGBTQIA+ friends and members can gather, support one another, and foster a sense of community, particularly in light of rising threats to unravel hard-won rights and protections for LGBTQIA+ individuals.

Our next SJC meeting will be December 11 at 7 pm on Zoom, at which all of the Good Neighbor nominees will share their work. Please come so you can make an informed vote among these worthy projects!

Cyndy Greenleaf & Norie Clarke, Social Justice Council Co-Chairs, socialjustice@uucb.com

Good Neighbor

Now is the time, more than ever, to support the organizations that were created by caring individuals to help others.

Each of our Good Neighbor "nominees" will share 2-3 minutes about their organization. Voting for the 2025 slate of Good Neighbors will happen after the nominees leave the meeting that same evening. Look for the Zoom link in The Week Ahead for the Social Justice Council meeting December 11, 2024.

The recording of the meeting and the voting form will also be on our website, if you are unable to make the meeting.

Lonnie Moseley, socialjustice@uucb.com

Pride Project

The Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual Plus Potluck at the Fireside Room on November 3 was a rousing success. So many queers and so many allies, young and old. There were fun activities for kids including a Guess the Amount of Rainbow Skittles in a Jar contest. And a photo booth with rainbow-colored backgrounds! And so much food! Thank you to all the volunteers on the LGBTQIA+ committee: Ladie Malek,

Marsha Lanier, Nadine and Jane Robbins-Laurent, Melissa Rosales, Robin Cooper, Pier Sun Ho, Cynthia Asprodites, Kathleen Slobin, Anna Griffen, Stephanie Ann Blythe.

If you identify somewhere on the LGBTQIA+ spectrum, you are invited to take our survey, which will be available till December

10. <https://www.surveymonkey.com/r/HGG2D6V>

Marsha Lanier, Pride Project

socialjustice@uucb.com

At the November 13 SJC meeting, Nadine Laurent began the Pride Project's request for Sponsored Project status with the frightening context that under the new administration, LGBTQIA + people are explicitly targeted. The proposal aims to foster a better sense of belonging and welcoming both in our congregation and for new members. The plan, unanimously approved by the SJC, includes having more gatherings, discussion groups and panels as well as establishing more visibility, with greater presence on the website.

Norie Clarke, socialjustice@uucb.com

Climate Justice Committee

Along with everyone in the worldwide climate movement, our Climate Justice Committee is processing the results of the November election. We're deeply disappointed that we'll be doing our climate justice work under a new federal administration that hasn't acknowledged we have a climate problem.

But we're still moving forward. We've formed a subcommittee to take a careful look at the information and thoughtful perspectives we received from everyone who attended our UUA Climate Justice Revival in late September.

We're also examining the UUA's revised Green Sanctuary process so we can integrate it into our work. The UUA is no longer "accrediting" Green Sanctuary congregations but designating them as "active" and "recognized." UUCB is already an active congregation, and we'd like to become recognized by doing significant work on at least two of the UUA's Green Sanctuary Four Essentials of Climate Action.

Our subcommittee will be working on an action plan that can involve our whole congregation.

The UUA's Four Essentials of Climate Action are: Mitigation (reducing emissions from energy use, transportation, waste, and consumption); Congregational Transformation (shifting from isolation to collaboration); Community Resilience (cultivating communities of care to prepare for and respond to climate impacts and reconnecting with nature); and Social Justice (addressing the inequities in how climate change disrupts some communities more than others).

Look for more ideas in the future about how we might best move forward in these times to work on these UUA climate action "essentials." Check the UUCB website for more information on our past activities, and please consider joining us in this critical work.

We're a great group! Contact Chair Sheila Tarbet for information about our meeting schedule.

Sheila Tarbet, socialjustice@uucb.com

Freestone Oversight Committee

The Freestone Oversight Committee (FOC) is comprised of Beth Pollard (Board Rep and Co-chair), Tom Tripp (Co-chair), David Wemmer (Freestone Committee Rep), Bob Moore (Freestone Committee Rep), Susan Lankford, and Larry Nagel. The FOC gave a presentation to the UUCB Board of Trustees at their board meeting on November 6, 2024. Below are the salient portions of the report.

- At this point, it is not clear if the Freestone Committee will achieve the first milestone by December 1, 2024, in raising \$250,000 for renovation. They currently are in the process of drilling a second well. At the next Board of Trustees meeting on December 4, 2024 the Board will need to decide how to proceed. The Freestone Oversight Committee will present a recommendation to the Board of Trustees prior to the meeting, which will consider the status/outcome of the Freestone effort underway seeking well water to support selling Lots 1 & 2.
- The Freestone Committee and the Freestone Oversight Committee are in agreement that if the

- well does not produce water, then the Freestone fundraising effort has likely exhausted the possible sources of funds, and the BOT should offer the Freestone property for sale. On the other hand, if the well produces water, then Lots 1 and 2 can be put back on the market with a high likelihood of attracting either the previous buyer or a new buyer.
- At the next BOT Meeting, the Board has options for dealing with missing the December 1, 2024 milestone, including
 1. The Board could decide that the milestone has "been sufficiently met after consultation with the Freestone Oversight Committee" even though the funds are not in hand.
 2. The Board could decide to put an extension to a congregational vote at the earliest available opportunity.
 3. The Board could decide to "Hire a real estate agent and list the entire Freestone property/ies for sale (as is)."

If you have any questions, please e-mail us at FOC@UUCB.org.

From the Board of Trustees

Kay Fairwell

Visioning

UUCB's Vision Statement says that we "are committed to serving one another, the church community, the community at large, and the global community. We foster a spirit of generosity and trust that encourages care for our church home, and affirm diversity and relationship consistent with Unitarian Universalist principles."

According to our Bylaws and Governance Manual, the Board governs by discerning, articulating, and promoting the long-term mission, vision, and well-being of the congregation. On October 26, the Board

held a retreat to review the Board's role in visioning. Some vision threads that arose during the retreat were:

- The Art of Release (What needs grieving or letting go of)
- The Possibilities of Our Campus/Space (What is this land asking of us?)
- The Flow of Our Resources (Reimagining money and energy)
- The Practice of Partnership/Collaboration (Reimagining our neighborhood and connections)
- Tending the Generational Edges (Young adults and elders)

One thing we quickly realized is that we need to involve you, the congregation, in this visioning process. We want to honor individual passions and strengths while also making sure our church is growing together.

The Board and Reverend Marcus are thus considering the formation of a Visioning Taskforce. We see a process similar to the process used by our Ministerial Search Committee, in which taskforce members meet with the committees of the church as well as other small group gatherings. By meeting you where you are, these conversations create an exciting and inclusive process.

Stay tuned for more details.

Board of Trustees November 2024 Actions

Scheduled for December 4th Board Meeting:

- **Membership:** Transition of identified inactive members to “former member” status, following a process to ascertain their interest
- **Freestone:** Make determination on Freestone’s achievement of December 1, 2024 milestone to raise \$250,000 for renovations, and any actions associated with that determination – which could include listing the property for sale as provided for in the congregation’s resolution.

Visioning: Launched the idea to develop a Visioning Task Force for engaging with the congregation about UUCB’s future.

Accepted 2023-34 Annual Reports:

- Financial report on UUCB revenues and expenses compared to budget for last year (which noted \$4,400 more revenues than expenses), as well as UUCB’s financial standing on June 30, 2024.
- Annual Report on programs, events, milestones, initiatives, activities and other items of note.

Retirement Plan: Approved UUA changes to retirement plan.

From the Kitchen

Good news! Lately we have had enough kitchen volunteers to finish the Sunday meal on time, but



we can always use more, particularly for cleanup afterwards. Sign up on our [Google spreadsheet](#).

Recently the Sunday Kitchen crew has been serving tagines, a Moroccan stew, often made with dried fruit and

nuts, ras el hanout (a Moroccan spice mix), ginger, and preserved lemons. While our version was not

served the classic way, on a flat dish, with a round hat-like, conical lid (seen at left), as the conical lid was designed to keep the steam in, reducing the water consumption for the Berber nomads who invented the dish (they lived in the desert).

Our tagines do have the tagine’s unique sweet (from the dried fruit) and savory rich flavor (from the preserved lemon or lemon peel). Our tagine recipe versions: chicken with chickpeas or a veg version with squash are below a ten-second history of the dish. Our couscous recipes are also included.

Tagines are often served over couscous cooked in either chicken or vegetable stock with sliced almonds and raisins added. While couscous looks like polenta, it is actually a pasta made from semolina flour, which is derived from durum wheat.

While tagines are very popular around the world today, they have been a staple of Moroccan, Tunisian and Algerian cooking since Roman times. First noted historically in the realm of Harun al-Rashid, whose Islamic empire sprawled across much of the Middle East in the 8th century AD, tagine was a diet mainstay of the Berbers, nomadic tribes traveling by camel across the Middle East. Tagines are even memorialized in the Arabic classic, *A Thousand and One Nights*.

Chicken Tagine Recipe (4 to 5 servings)

Ingredients:

- 1 pound boneless chicken breasts or 2 pounds of chicken with bones
- 1/8 tsp kosher salt
- 1 TBS ras el hanout (3 tsp) (If no ras el hanout, then mix 1 tsp each of cinnamon, turmeric, and ground coriander)
- 1 tsp cumin
- ½ tsp salt
- 1 tsp garlic cloves, minced
- 2 tsp grated fresh ginger,
- 1/4 cup butter or oil
- 1 medium onion, diced
- 5 medium carrots (approximately 1/2 pound)
- 1 can chickpeas, drained and rinsed (keep liquid)

1 preserved lemon or 1 TBS lemon zest
1/4 cup dried apricots or prunes, finely chopped
1/4 cup dried figs
1 cup chicken stock
¼ cup fluid from the can of chickpeas or half a cup from cooking water from soaked beans

How to prepare:

Use a heavy pot, preferably a Dutch oven.
Preheat oven to 350°
Mix 1 TBS oil with 2 tsp of ras el hanout in a bowl
With a brush, coat the chicken with the oil mixture and set aside for at least half an hour
Peel the carrots, slice into 1/8-inch-thick rounds and coat with the cumin and 1 tsp ras el hanout
Add 1 TBS oil to Dutch oven heat at medium high
Sauté carrots in the Dutch oven for 5 minutes on medium heat—should be changing color to lighter orange; stir constantly to avoid burning
After 5 minutes add the onion and sauté 3 minutes until onions yellow
Remove vegetables and set aside
Add last TBS of oil and heat
Brown the chicken on medium heat for 5 minutes, turning to brown evenly
Add all the remaining ingredients to the Dutch oven
Stir and then put into the oven for an hour
Check and stir every 15 minutes.

Vegetarian Tagine Recipe (4 to 5 servings)

Ingredients:

1 lb inch square winter squash pieces
1/8 tsp kosher salt
1 TBS ras el hanout (3 tsp)
1 tsp cumin
½ tsp salt
If no ras el hanout, then mix 1 tsp each of cinnamon, turmeric, and ground coriander
1 tsp garlic cloves, minced
2 tsp grated fresh ginger
1/4 cup butter or oil
1 medium onion, diced
5 medium carrots (approximately half a pound)
1 can chickpeas, drained and rinsed (keep liquid)
1 preserved lemon or 1 TBS lemon zest

1/4 cup dried apricots or prunes, finely chopped
1/4 cup dried figs
1 cup chicken stock
¼ cup fluid from the can of chickpeas or half a cup from cooking water from soaked beans

How to prepare:

Use a heavy pot, preferably a Dutch oven.
Preheat oven to 350°
Mix 1 TBS of oil, 2 tsp of ras el hanout in a bowl
With a brush, coat the squash with the oil mixture and cook for 15 minutes, turning once in the oven on a cookie sheet
Peel the carrots, slice into 1/8-inch-thick rounds and coat with the cumin and 1 tsp ras el hanout
Add 1 TBS oil to Dutch oven heat at medium high
Sauté carrots in the Dutch oven for 5 minutes on medium heat—should be changing color to lighter orange; stir constantly to avoid burning
After 5 minutes add the onion and sauté 3 minutes until onions yellow
Remove vegetables and set aside
Add last TBS of oil and heat
Brown the chicken on medium heat for 5 minutes, turning to brown evenly
Add all the remaining ingredients to the Dutch Oven
Stir and then put into the oven for an hour
Check and stir every 15 minutes.

Couscous recipe

(serves 4 to 5 people)

1 cup fine couscous
2 cups stock, either vegetable or chicken
½ cup raisins
½ cup sliced almonds

Directions

Lightly toast the couscous in a frying pan at low heat for about 3 minutes till slightly yellow
Lightly toast the sliced almonds at low heat, be careful not to burn them, about 1 minute
Bring the stock to a boil, add the couscous, turn off the stove and stir
Add the raisins and the sliced almonds
Cover for three minutes, then fluff with a spoon
Serve

**UUCB wishes you a smooth and
pleasant holiday season.**

**If this time of year is difficult for you, and you would like
additional care and support,** please email us
at pastoralcare@uucb.org. Our pastoral care associates provide
important connections of comfort and healing. They are
available through calls and visits of listening presence and
supportive notes.

You are not alone.

In case of a pastoral emergency, you may contact Rev. Marcus
Liefert at 510-525-0302 ext. 303 or revmarcus@uucb.org. He is
always available for pastoral needs.

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 an “introduction to membership” session, sign the membership book, and commit to supporting this church through participation and financially. To become a member, please contact membership@uucb.org.

NEWSLETTER ITEM SUBMISSIONS: Submit announcements and articles by email to beacon@uucb.org. Due to limited space, we do not publish announcements for events occurring outside the church community. **The deadline for submissions** is the 15th of the month. **Questions?** Please email beacon@uucb.org. (Beacon is compiled and edited by Charis Domador.)

WEBSITE: <http://uucb.org>

PHONE: 510-525-0302

ELECTRONIC COMMUNICATIONS:

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

UUCB general discussion list:

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

Email list for families: Email family.ministry@uucb.org

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Staff (partial list)

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Connections Coordinator: Charis Domador
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Facilities Manager: Peter Barnholdt
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Our Board of Trustees Widening the Circle Vision Statement:

We, the trustees of UUCB commit ourselves to championing racial justice, embodying anti-racist practices, and confronting and dismantling white supremacy culture and all forms of oppression (including but not limited to racism, sexism, ableism, homophobia, transphobia, classism, ageism, xenophobia and religious oppression, including anti-Semitism and Islamophobia) in everything we do.