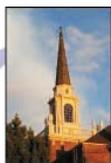


FCCB THE CARILLON



First Congregational Church of Berkeley • United Church of Christ • Berkeley, California

Nov. 19, 2017 • Vol. 71 • No. 42

PLEDGE SUNDAY

Matthew 25:14–31; 1 Thessalonians 5:1–11

10:00

Worship, Rev. Lynice Pinkard, guest preacher; Amar Khalsa & Elizabeth Forsyth, musicians; Derek Tam, music director, *Sanctuary*

Musical Highlights, "Grateful" by

Hezekiah Walker, Gospel Choir;

Derek Tam, piano; Bill Coffin, drums;

Vickie Crebbin, bass; Greg Beattie; guitar,

Sanctuary Choir

11:15

After Party, *Courtyard*

11:45

Affordable Housing Conversation,

Parking issues and strategies, presented

by the Affordable Housing Subcommittee

of the Blue Sky Team, *Sanctuary*

11:45

Intergenerational Singing Session,

led by Soyinka Rahim, *Loper Chapel*

11:45

Mental Health Spiritual Support

Group, *Durant House*

Mental Health Spiritual Support Group

The **Mental Health Spiritual Support Group** meets this **Sun., Nov. 19, 11:45 am–1 pm** in **Durant House**. This is an opportunity to share our stories with each other in a safe space and is open to everyone (in contrast with our second Sunday Mental Health Team meetings that are of an educational nature). Childcare is offered after church for all church-sponsored events. Parents are encouraged to take advantage of this so they can attend this support group. Questions? Contact **Robin Kempster**, Parish Nurse.

Affordable Housing Conversations: Parking

As the congregation continues to discern whether to building affordable housing on the First Church campus, the **Affordable Housing Subcommittee** of the **Blue Sky Team** will host a series of a conversations on some of the individual issues that have been raised.

This **Sun., Nov. 19**, at **11:45 am** in the **Sanctuary**, the conversation will be about **parking**. It is likely that a project would involve losing some parking spots on the Durant side of the property. The committee will be sharing what they are learning about area parking issues and alternative parking strategies.

Learning Hour on Process Theology, Part 2 on Nov. 26

Alfred North Whitehead wrote, "Process is the becoming of experience." **Process Theology** describes a world view formed around the ongoing "becoming" rather than the "being" of God, humanity and the universe. Come for **Part 2** of an introduction to **Process Theology** presented by **Christina Hutchins** at the

Berkeley Half Marathon this Sunday

The **Berkeley Half Marathon** is this **Sunday morning, Nov. 19** starting at **8 am**. This may affect your route to church. Please go to <http://berkeleyhalfmarathon.com/race-weekend/race-traffic-advisory> for more information about road closures.



Lynice Pinkard to Preach on Pledge Sunday

This **Sun., Nov. 19** is **Pledge Sunday**, when we will offer our 2018 pledges in a spirit of celebration and **Rev. Lynice Pinkard** will be our special guest preacher. She is a writer, speaker,



UCC minister, chaplain and public intellectual at the intersection of Christianity, economics and social change. She is a graduate of Pacific School of Religion with

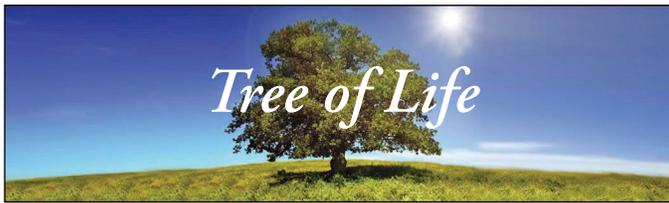
both an MA and MDiv and is the former pastor at First Congregational Church of Oakland.

Learning Hour on Sun., Nov. 26, 11:45 am, Loper Chapel.

Christina Hutchins is a member of FCCB, a UCC minister and former professor at Pacific School of Religion. Her primary vocation is as a poet, and she has published several volumes of poetry.

Preaching Schedule

November 26 — Loi Almeron, Emerging Leader

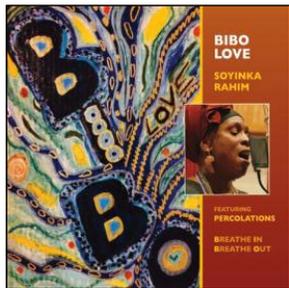


Prayers for former member **Bruce Saunkeah** and family whose husband **Jeff Graves**, also a former member & former event coordinator on staff at First Church, died Thurs., Nov. 2 after a brief battle with cancer. Bruce wrote: “He loved you all and our Berkeley home church beyond measure.” A memorial service took place Sat., Nov. 11 at Mayflower Congregational Church, Oklahoma City, OK. Cards can be sent to Bruce in Oklahoma.



Intergenerational Singing this Sunday!

InterPlayer **Soyinka Rahim** will be here this **Sun., Nov. 19** for the second intergenerational singing session in



Loper Chapel at 11:45 am. All are welcome. Parents/guardians are especially invited to join with their children. There may be an opportunity to present some of what we learn with Soyinka at a later date. To sign up or learn more, email **Derek Tam** at dtam@fcb.org.

Food Pantry Needs Our Help!

Please consider making a **tax-deductible dollar donation** of any size to the **Berkeley Food Pantry** during this Thanksgiving season so that their customer can be guaranteed to have the Thanksgiving items they normally get: stuffing mix, canned pumpkin and cranberry sauce to go with the whole chicken which Pantry guests receive. You can donate by check (payable to **Berkeley Food Pantry** and mailed to 1600 Sacramento Street, Berkeley 94702 or brought to church at the “Donate Food Here” area in the Hall of Entrance on Sunday mornings) or online at www.berkeleyfoodpantry.org/donate.

THE CARILLON

Margaret Copeland, Editor
Phil Porter, Minister of Art & Communication
Weekly deadline: 9 am Friday
Email submissions to: mcopeland@fcb.org

All submissions are subject to editing.

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The View from Here

Kit Novotny
Young Adult Minister



When my dog, Inky, needs a walk, she makes that need abundantly clear. She sits right in front of me (or on top of me), and stares into my eyes with all the intensity she can muster. All twelve pounds of her become a quivering mass of desire. Sometimes she squeaks out a tiny whimper. She employs a similar strategy when her internal tummy clock strikes dinner time, or when she’s desperate for one of us to chuck her little ball across the room. For a creature incapable of language, she communicates her needs very effectively.

Like my persistent little terrier, our own bodies and souls — or rather, our embodied souls and enspirited bodies (since that dichotomy isn’t always helpful!) — are constantly communicating needs to us, if we are attentive enough to listen. Often, our embodied souls whisper to us in discomfort before they scream at us in pain. Attuning ourselves to these signals with self-compassion and clarity is the work of a lifetime.

Many in our congregation are diving into the tools of Non-Violent Communication (NVC). One foundational understanding in NVC is that our bodies and feelings give us clues about whether needs are being met or unmet. Living with one another effectively, and peacefully, requires tuning into those feelings and needs and sharing them without judgment.

I haven’t always been comfortable voicing my own needs, let alone recognizing them. Valuing what I need means assenting to an inner sense of being worthy of having those needs met and, scarier still, letting go of the fear of being disliked. I’m a “P” on the Myers-Briggs, which means I can get lost in long menus of choices. It hasn’t always been clear to me what I want in certain situations, let alone what I need.

These days, when I’m feeling overwhelmed, I’m learning to turn inward, tuning into the wisdom my enspirited body might be expressing. I offer this practice to you as you face upcoming decisions in your life — small ones like how to spend a free hour, or bigger ones like, say your 2018 Stewardship Pledge — and try checking into sensations of your body. Does your stomach sink or does your heart lift? Do you feel heavy or light, tight or spacious?

I have a gut feeling our bodies are one way that God — who took on a human body! — helps us connect with the wider needs of the Body of Christ. As the poet Mary Oliver puts it, “You do not have to be good. / You do not have to walk on your knees / for a hundred miles through the desert, repenting. / You only have to let the soft animal of your body / love what it loves.”

Kit

Secret and Not-So-Secret Santas for the Unhoused

Do you long to make a meaningful and loving contribution to one of our many neighbors sleeping in shelter or outside in Berkeley this holiday season?

We have two very straightforward and moving opportunities we need captains for:

- **Organizing the collection of helpful items** to fill stockings to be handed out to folks sleeping rough on **Christmas Eve**, at our **6 pm Christmas in the Cloisters** worship service
- **Organize a Secret Santa project** pairing FCCB folks with the 36 men sleeping at Berkeley Food and Housing Project's men's shelter. As the shelter coordinator said, "At Christmas, everyone wants to help kids — but homeless men need attention, too."

Both projects are time-limited and would make you feel *awesome*. Let **Rev. Molly** know if you are ready to captain either project by emailing her at reverendmolly@gmail.com.

Marvin K. White to Lead Second "Workshop" and to Preach

Marvin K. White, First Church's **Public Theologian in Residence**, will lead his second "workshop" on **Sun., Dec. 3 at 11:45 am** in the **Sanctuary**



and will preach on **Sun., Dec. 11** during the 10 am worship service.

Marvin is serving in this special role through 2017-2018. His "workshops" are a combination

of contemplation, writing and reflection and include his unique take on faith and theology.

Marvin is doing four pairs of workshop leading and preaching on consecutive Sundays. Additional dates will be **Feb. 11 & 18**, and **April 15 & 22**.

Advent Theme: WATCH

It's been a rough year. The new year can't come soon enough — and it is. The Christian church recognizes Advent as the beginning of the new year and new life, the time of gestation when God is ready to break in and be with us.

We've been on high alert for so long. We might be getting sleepy — it's only human. But Jesus told us to keep watch. What are the signs and wonders that God is here, or approaching? Where is light breaking through the mist and gloom? As we enter Advent and approach Christmas, in Sunday sermons, testimonies and an Advent day-long retreat, we'll stay up and watch together for the inbreaking of the Divine.

A Sneak Peak at Christmas Eve!

This year **Christmas Eve** is on a Sunday, so some folks are already asking what the Sunday schedule will look like on **December 24**.

A **Contemplative Service** will be held at our regular Sunday morning time of **10 am**. Come for an opportunity for extended quiet prayer and music. Children of all ages will bake Christmas cookies with **Carolyn Ash** in **Durant House** and the nursery will be open.

Three services will be held in the evening. An **All-Ages Christmas Eve** service will be held in the **Sanctuary** at **4 pm**. This relatively short service will be full of singing and pageantry. Everyone gets to dress up and participate if they choose! At **6 pm**, for the second year, **Christmas Eve in the Cloister** will take place outside of the main entrance to the church. We'll share the evening with our unhoused neighbors and mark some of the more "down to earth" aspects of Jesus' birth story. At **10 pm** a **Christmas Eve Candlelight Service** will be held in the **Sanctuary** will **special music** beginning at **9:30 pm**.

Sunday Video

View the video from the **Sun., Nov. 12** 10 am service at: www.fccb.org/live-sunday-morning-webcasts.

Did You Know...?

...that the collection drive by the **East Bay School for Boys** for **warm clothing** and **coats**, **new socks** and **new toiletries** for the **Dorothy Day House** and **Men's Transitional Shelter** will actually be on-going until **noon on Fri., Dec. 15**?

...that four church-goers disliked the opening hymn so much last week that they each wrote about their displeasure on a prayer request form? **The worship planning team always welcomes your feedback**. The most effective way to communicate is in person with the staff after worship, or to write a note, with your name, on your worship bulletin and hand it to an usher after the service.

...that videos are now available from the August 2017 **Learning Hour** series **Contemplating Loss and Death: A Zen Hospice Project Perspective** at <https://goo.gl/nEJA12>?

Disability Empowerment Team at First Church

Come one, come all! You are warmly invited to "get your disability pride Access to All (A2A) on"! Join First Church's inaugural **Disability Empowerment Team** meeting on **Thurs., Dec. 7, 5:30-6:45 pm** in **Durant House**. All are welcome!



Coming Up!

Hanging of the Greens

Sat., Dec. 2, 9:30 am, Sanctuary

Marvin K. White's "Workshop"

Sun., Dec. 3, 11:45 am, Sanctuary

Companionship Training with Rev. Craig Rennebohm

Sat., Jan. 20, 2018, 10 am, Sanctuary

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Bits and Pieces

Transgender Day of Remembrance

Transgender Day of Remembrance is **Mon., Nov. 20**.

It is a day to honor transgender people around the world and to mourn those who have been lost to anti-transgender violence. In particular, trans women of color have suffered a disproportionate rate of violence and death.

We celebrate a number of our trans siblings who were elected to office in recent state and local elections, including **Danica Roem** who was elected to the Virginia House of Delegates and **Andrea Jenkins**, who was elected to the Minneapolis City Council.

We also acknowledge and lament the many challenges, both institutional and interpersonal, that trans people face in our society. As a church we are committed to lifting up the experience of all trans people and working for justice.

Events will take place across the country and the world that day, including an event at the **San Francisco LGBT Center** at 1600 Market Street in San Francisco beginning at **5:30 pm**.

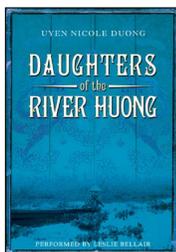
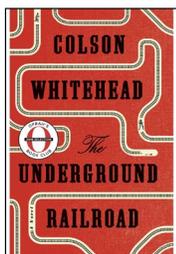
Potluck at Coffee Hour

Everyone is invited to bring food to share during coffee hour once or twice during your birthday month or any Sunday you have extra to share! Bring bread, fruit, cheese, hard-boiled eggs, homemade treats or anything at all. Please put your offering on the table before church prepped and ready to serve. Include an ingredient list for homemade items, if you can. **November folks — it's your month!**



FCCB Book Group Gatherings

- **Fri., Dec. 8** — *The Underground Railroad* by **Colson Whitehead** at the home of **Melissa Moss**
- **Fri., Jan. 12** — We will share poetry of our own choosing at the home of **Helen Wadman**
- **Fri., Feb. 9** — *Daughters of the River Huong* by **Uyen Nicole Duong** at the home of **Mary-Ellis Adams**



Winthrop & YES News

YES

- **Sun., Nov. 19** — Spirit Time, **11:30 am, Tower Room**
- **Sun., Nov. 26** — Spirit Time: Making Art, **11:30 am, Tower Room**

Winthrop

- **Fri., Nov. 17** — Friday Night Hangout (Albany Bowl), **6:30 pm**
- **Sun., Nov. 19** — Boba tea walk, **4 pm**
- **Sun., Nov. 26** — Spirit Time: Making Art, **11:30 am, Tower Room**

Weekly Calendar

Sunday November 19

SONGS OF THE SOUL REHEARSAL

9 am, Room #4, EBSB

WORSHIP

10 am, Sanctuary

AFTER PARTY

11:15 am, Courtyard

YES YOUTH GROUP

11:30 am, Tower Room

AFFORDABLE HOUSING CONVERSATION

11:45 am, Sanctuary

INTERGENERATIONAL SINGING SESSION

11:45 am, Loper Chapel

MENTAL HEALTH SPIRITUAL SUPPORT GROUP

11:45 am, Durant House Main

WINTHROP YOUTH GROUP

4 pm, Offsite

Monday 20

MINDFULNESS MEDITATION

6 pm, Loper Chapel

Tuesday 21

REV. MOLLY'S OFFICE HOURS

No office hours

Wednesday 22

CHURCH OFFICE

Open 9 am–12 pm only

BIBLE STUDY

7 pm, Durant House Main

Thursday 23 Thanksgiving

CHURCH OFFICE

Closed for Thanksgiving holiday

Friday 24

CHURCH OFFICE

Closed for Thanksgiving holiday

Young Adult News

For more info: knovotny@fccb.org

- **Rev. Kit's Office Hours, Wed., Nov. 29, 11 am–12 pm**, Hal's Office Coffee, 1207 Solano Ave., Albany



First Church's recent Ukulele Workshop with UC Berkeley student and uke player Ben Bavonese in Loper Chapel.