

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

October 20, 2021

Highlights – In this issue

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Sunday Service Zoom Link: Meeting ID
738 363 620 Worship starts at 10:20am

<https://zoom.us/j/738363620> Passcode
is **BUF** Phone: (669) 900-6833

Message from Paul

Grief and Trauma, Thanksgiving and Communion

There's too much information out there, and lots of mixed message, but here's a nine-minute video from the UUA that I hope you'll consider watching (or re-watching, it may strike you differently today than it did if you saw it in the spring).



<https://www.uua.org/leadership/library/multi-platform-trauma>

If you'd rather see a summary, or a transcript, it's all there on the same page. Some highlights/recommendations:

- Some of our people may have past trauma that is being triggered
- It takes a lot more energy to do "normal" tasks
- People's sense of time can be distorted
- People have a harder time taking in information, so we need to communicate with one another more often and in as many different ways as possible
- People are going to want to go back to the "old normal"
- When we are back meeting in person and it isn't the "same," people will experience a kind of unraveling
- People will be feeling tired, depressed and exhausted
- Avoid a sense of urgency and take your time

And still we carry on, with extra reminders in November to give thanks for the blessings in our lives.

This year we have a special evening service—led by **Rev Rose Eddington**—to help put us in touch with our heretical, courageous heritage going back centuries:

Socinian Communion:

**A Time to Celebrate our Polish Unitarian
Heritage**

Tuesday, November 9, 2021 - 7 pm

also on Zoom at our usual Sunday services link:

<https://zoom.us/j/738363620>

Rose says, “I find it inspiring to know that we have many stories to draw from to equip us for the challenges of our times. Here’s one of my favorites: a story from our heritage about the people known as Socinians—Unitarians who populated Poland from the mid-1500s through the mid-1600s. It’s the story of Laelius Socinus and his nephew Faustus Socinus of Italy, theologians who brought Socinian (Unitarian) teachings to Poland.

The Socinians took the name of their leader, Faustus. They lived in approximately 300 villages spread throughout the Polish region, each with a school. Their Christianity, based on teachings from Jesus’ Sermon the Mount, was more about a peaceful way of life than adhering to orthodox beliefs, especially the doctrine of the trinity.

The Socinians gathered to celebrated a simple communion service using bread and unfermented grape juice. On November 9, our time together will include sharing excerpts from the Sermon on the Mount and the Socinian catechism, and hearing more of the Socinian story and what happened to them as Catholicism became dominant in Poland. We’ll close with the Socinian communion service, adapted and updated by UU minister Rev. Mark Bellitini from Peter Markowski’s (of Rakow, Poland) Ecclesiastical Polity of 1646.”

Thank you Rose! I look forward to celebrating with you and all who join us in person and on Zoom.

Peace and Thanks,
Paul

SUNDAY SERVICES – OCTOBER

All services will be live streamed on Zoom

October 24

Seventh Year Sabbath – Revs Paul Beckel and Barbara ten Hove

2021 is a Shemitah year in the Jewish tradition, when (as described in the Book of Leviticus) every seventh year, all land is to be left fallow. Biologically, the commandment has great insight: that periods of fallowness are crucial for continuing fertility. In practice, this may range from complicated to impossible. Still, its principles are vital: living with less, forgiveness of debts, and rather than hoarding, leaving the produce of the land for anyone to pick according to their needs. What insight might we take from Shemitah as we prepare for Rev Paul to go on sabbatical?

Sunday October 31

What is Normal Anyway?

Rev Paul Beckel

Creep, creep, creep, weeeeeee’re baaack! On Halloween at BUF we normally see people in masks. And robes, face paint, feather boas. So, in many ways, things will look pretty normal. Even our new ventilation system—which completely exchanges the old air for new every twenty minutes, will look the same (that is: invisible...spooky, huh?) But seriously (gravely), too often we trick or confuse ourselves and each other when we reminisce about our past lives (ah, the sins of memory) or speculate in fear about what lies ahead.

COVID protocols for October 31

We will require masks (in addition to any Halloween masks), social distancing, and vaccination for all who attend. The Phoenix Ensemble will sing, but congregational singing will be limited to Circle Round at the end of the service (let’s plan not to hold hands except within families). There will be no food or gathering after the service. The sanctuary is set up with chairs and pews for individuals/couples/family groups to select as they see fit. Depending on how many are sitting in groups, we’ll have space for 50-100 in the sanctuary, and we’ll have overflow seating in the social hall—where the livestreamed service will be shown on a large TV. Please follow the MWU for weekly updates.

***Religious Education Events this Fall –
Genia Allen-Schmid RE Director, genia@buf.org***

CHILDREN’S RELIGIOUS EDUCATION

Come meet fellow UU’s on zoom! Several UU Congregations in the Pacific Northwest, including Seattle, Boise, Idaho, Bend, Oregon and Alaska (!) are joining together on Sundays for RE, or Wednesday nights for YRUU.

If you would like to have your child join in a zoom RE class, you must register [here](#). Once registered, you will receive a zoom link for the class. Zoom Schedule, starting Sunday, September 26 is:

Sundays, 9:45 to 10:30, separate classes for **K-2 and 3-4th graders**

Sundays, 1:00 to 2:00, **5th-8th graders**

Wednesdays, 7:00 to 8:00, **9th-12th graders**

Let me know if you have any further questions about our fall RE programming.

Family Pumpkin Carving

Bring a pumpkin, some carving implements and dress warmly for our Family Get Together this **Sunday, October 24 from 1:00 – 3:00 at Padden Lake**. We’ve reserved the shelter right by the playground and will have some hot cider and a sweet treat for everyone. We can carve pumpkins, and afterwards will have a fall art activity and trail walking/scavenger hunt for children of all ages! Can’t wait to see you!



YRUU – FIELD TRIP - Location Update!

All 9-12 graders are invited to join our weekly YRUU meetings on Sundays, from 4:00 to 5:30. This Sunday we’ll meet at the west parking lot at Padden Lake, (right by the restroom with showers that’s near the “beach” and kayak storage), for mushrooming with Alex Gilman, our BUF mushroom aficionado! Bring a bag for collecting edible fungi, and dress for the weather.

ADULT RELIGIOUS EDUCATION

Chalice Circles are off and running. If you aren’t already in a Chalice Circle and long for regular, more intimate interaction with other BUFsters and develop deeper relationships, a new group will start in November. we invite you to join a group. Let me know if you wish to participate, and we’ll get you placed in this new Circle.

Music Partner and Church News –
Kevin Allen-Schmid, Music Director, Kevin@buf.org

Last Sunday, October 17, we had special music to honor and celebrate BUF's partnership with **Community to Community** including Melanie Rieck playing a medley of Mexican fiesta melodies for gathering music; the Chalice Choir sang Remember Me from Coco, Disney's film about Dia de los Muertos; Kevin introduced the hymn "Profetiza, Pueblo Mio" (1016 in the teal hymnbook), by Rosa Martha Zárate Macias, an advocate for farmworker rights who has been C2C's guest in Bellingham.

Muchas Gracias a todos!

On **Sunday, October 31**, the Phoenix Ensemble will bring you the theme from "Phantom of the Opera." Since everyone is required to be masked for the service, we encourage you to have some fun and **add a full-blown Halloween costume to your mask** to celebrate our return to in-person services!

On **Sunday, November 21**, we will celebrate our partnership with Magyaroszovat Unitarian Church in Transylvania, Romania by filming our service as a video message to them. The choir will sing Finlandia (This Is My Song) with a verse in Hungarian.

Here is the latest correspondence between Magyaroszovat and our Partner Church Committee Chair, Reka Zoltan. Köszönöm (thank you) Reka!

Reka to Magyaroszovat 9/12/21

*Dear Reverend Tamas and Kato,
We haven't heard from you for a while. We hope you and all in Magyaroszovat are doing well. How has the climate been this summer? Early summer it was hot here and we had almost 2 months of no rain. Then the weather cooled down and we are getting rain now. We have had zoom church services so far. Fortunately, we live in a nature area and can walk in fresh air. We miss traveling and visiting relatives in Europe. It will be great when things improve. It would be wonderful if you could come to Bellingham to visit. We think of you often with love.
Reka, George and BUF*



Con't

Magyarszovat to Reka 9/28/21

Dear Reka, George and Congregation,

*We greet you with love and gratitude. Perhaps you have heard that we have a new bishop and new deans, ages 30 to 38 years old, younger people. We had a ceremony on September 22, to celebrate this event. The improvements to our church are happening very slowly. We hope it will be faster next summer with help from master workers from Keresztur. We have much to be grateful for with our bountiful harvest. Unfortunately, I still have shoulder pain which is difficult to treat. We are also sending photos of the ceremony. We wish the best for the Bellingham congregation,
Kato and Balazs*

**Socinian Story – Evening Service – Tuesday November 9,
7 – 8 pm**

All are welcome, either in person or via zoom when Rev. Dr. Rose Edington presents the Socinian story of our Unitarian ancestors who lived throughout pre-Catholic Poland.

The Socinians' way of living in peaceful communities, based on teachings from the Sermon on the Mount, while living during religious and political controversy can inspire us, as we, today, seek to create Beloved Community. The evening will include a sample of the catechism questions that defined their beliefs and will conclude with an adaptation of the Socinian communion Service of Thanksgiving from the year 1646. Like the Socinians, we will gather around tables, with provided bread and unfermented grape juice. If you attend via zoom, ask a family member or friend to join you and bring bread and your choice of unfermented or fermented grape juice to your table. For questions or to RSVP, text or call Rose at 304-415-3126. (RSVPs are helpful for set up but not required.)



**Sanctuary Ventilation Project nears Completion –
Sky Hedman, BUF Treasurer**

A truly community effort, the ventilation upgrades to BUF's building are near completion. The ERVs will improve the circulation and quality of air in the sanctuary. Installed out of sight, in the loft behind the front and back walls, only the grill work for the exhaust and intake is visible.



We thank the HVAC contractor (Feller), the electrician, and recognize Jim Reimer for his hours making this project happen. (Ask Jim about cutting a 4-foot square hole in the loft wall to get the ERV upstairs.) You may recall, the loft was the home base for the youth group, which has since moved to the “quiet” room in downstairs. We could not have undertaken this project without the support of BUF's congregation. In

addition, BUF's Board has agreed to use the yearly disbursement from the Endowment Fund to cover any remaining cost of the ventilation upgrade project.

**BUF SEJC Special Collection – October 2021: Community to Community
– Jane Ronca Washburn**

Community to Community (C2C), the recipient for this month Special Collection, is represented on the Immigrant Advisory Board of Bellingham City Council, by Liz Darrow (lizdarrow@foodjustice.org). The City Council Top Issues, according to its website, include “Racial Equity and Justice” and “A Welcoming Community for Immigrants”. 2 out of 8 the Top Issues concern immigrants. In their address to the congregation on October 17 and the zoom coffee hour afterward, Liz and Brenda Bentley (bentleybb65@hotmail.com) suggested we support the city in creating an Immigrant Resource Center to serve the up to 7,000 undocumented immigrants in Whatcom County at any one time, as well as documented immigrants.

Many ways to help: Write to city council (cob.org/gov/council) to request an Immigrant Resource Center; continue to provide funds for children’s masks; more fans for ventilation next summer; show up at the corner of Pacific Highway and Admiral Way in Ferndale on Mondays from 12 to 1 pm for the **Dignity Vigil** (<https://www.facebook.com/C2CdignityVigilsandActions>). As many of these as you are able. Thank you from the strangers among us.

A Piece of Web Surfing

INSPIRATION – Submitted by Patricia

PEACE TRAIN

<https://youtu.be/0QpjR6-Uuks>

Humanitas Team

Sylvia has been suffering from back problems for several years and she related that she had endured 23 injections and a surgical implant--to no avail. During this time she continued to work, but because of pain and physical limitations, she has now realized that she can work no longer. She is making enquiries about how to go about applying for disability. Meanwhile, a fill up for her 18 gallon tank of gas would help. We were glad to oblige.

INTERFAITH COAT DRIVE – DUE Oct 21

We are collecting new and gently used winter coats for adults and kids (not jackets). This is for the annual Interfaith Coalition's Winter Coat Drive. You can drop your coat at BUF in the labeled box in the BUF foyer now until the DEADLINE of **Thursday, October 21st**. Or you can also drop at Ann Stevenson's house in the Silver Beach neighborhood if this is more convenient. I will take the coats to the 3 drop sites as they come in. Ann Stevenson ann.v.stevenson@gmail.com

VOLUNTEER OPPORTUNITIES

Meal Train Volunteers – Heather Higgins

Frank and Sue McDonald are in home quarantine after testing positive for COVID 19. Frank has just returned from a hospital stay, cheerful but unable to do much. Please consider volunteering for a meal for them by clicking on the Meal Train link: <https://mealtrain.com/yv2mne> (Masked and no-contact deliveries).

Hospitality – YES! Seeking Greeters and Ushers - Barbara Ellis-Quinn,

To welcome those who are returning (vaccinated and masked) to BUF in person services, we need our BUF hospitality to shine. We have a full compliment of volunteers for our grand re-opening on October 31, however we need **YOU** for subsequent Sundays. Opportunities include: Greeters to meet people at the front door, and Ushers to direct people to appropriate seating. The following protocols will be in place: masks required at all times, all must be vaccinated, and social distancing used in seating.

Please join this effort by registering for the Sunday Hospitality Sign-up Genius volunteer list. If you want to be a part of helping to strengthen BUF's welcoming culture please email me at Dr_E_Q@me.com and I will send you an invitation to create an account and join our hospitality group. If you are already registered, you don't need to do anything.

Very Special Volunteers Needed - Help with Sunday Services Before Sunday Comes – from Rev. Paul

Behind the scenes, **preparation of slides** on which we display weekly announcements (both on Zoom and on the screen in the sanctuary). Announcements serve a vital purpose. Please consider helping with this.

Volunteers needed for **hosting Zoom services** providing the best possible experience in Sunday Zoom Services, Taize, and congregational meetings.

If you would like to learn more about any of these volunteer roles, please contact me: minister@buf.org. Many thanks!

BUF AV Team needs YOU! Bring your expertise or we will train you on audio, video or both. This is an interesting, creative and valued opportunity to provide sound and video from the sanctuary for Sunday services. Please contact Andrew Schoneberg, pacificgroove@live.com

COAT DRIVE – Distribution Assistance

Help sort and distribute new and barely-used winter coats for Whatcom County adults and kids for the annual Interfaith Coalition's Winter Coat Drive. The last 2 weeks of **October, 20-25 volunteers are needed to:** sort coats, load and unload box truck, set up for distribution sites (on the 2 days of distribution), assist with tables, coats and help guests on distribution days, keep tables restocked. Shifts weekdays with some evening shifts until 7. Shifts are 2-4 hours. To volunteer, email Lindsey at lindsey@interfaith-coalition.org.

Community Events and Happenings

Choir of the Salish Sea Announces 2021-2022 Season



Saturday, November 13, 2021 3:00 and 7:30pm,

COMBAT FLIP FLOPS: IN AND OUT OF BATTLE

This high-energy program marking Veteran's Day reframes the age-old imperative to "beat swords into plowshares" with a modern project of replacing combat boots with casual footwear. Venture with the choir into and out of battle with pieces honoring veterans (Hogan's *Battle of Jericho*, a setting of Kipling's *Boots*), pondering war and peace (*Gabriel's Oboe* from "The Mission," and Nichols' electrifying *Chalk Circle Songs*), and exuding joy (*Blue Suede Shoes*, Paul Simon's *Diamonds on The Soles of Her Shoes*).

Saturday, February 26, 2022 3:00 and 7:30pm,

Brothers, Sing On!

Choir member Christopher Giffen brings his professional opera singing brother John from Montreal to lead us in choral classics including Quick's *Loch Lomond*, Lauridsen's *Sure on this Shining Night* and Copland's *Zion's Walls*. The program also features guests The Bellingham Unitarian Fellowship Chalice Choir who will join us for Franz Biebl's powerful *Ave Maria*.

Saturday, May 21, 2022 3:00 and 7:30pm,

The Big Rock Garden Concert

The mystery and magic of art in an idyllic forest setting is communicated through songs including the Beatles' *Here Comes the Sun*, Lauridsen's *Dirait-On* and Bobby McFerrin's *The Garden*. First presented virtually in May, 2020, this concert will now hitting the stage *in-person*, along with projections of the fantastic and diverse garden sculptures.

All concerts at Bellingham Unitarian Fellowship, 1207 Ellsworth St, Bellingham
\$20 general/\$5 students – buy tickets at brownpapertickets

For further information, see choirofthesalishsea.com

Covid Protocols

- *Audience members must show proof of vaccination to enter, and remain masked indoors
- *Seating in the concert hall is capped at 50%, and distanced so that attendees may remain six feet from others
- *New state-of-the-art air filtration system in our hall replaces all air every twenty minutes
- *Choir members are all fully vaccinated and must show negative Covid test results taken within 72 hours before the concert to perform
- *These protocols may be updated as safety conditions allow

| UPCOMING EVENTS / CALENDAR | | |
|-----------------------------------|--------------------|--|
| DATE | TIME | EVENT |
| Oct 21 | | Deadline for Interfaith Coat Drive – Ann Stevenson ann.v.stevenson@gmail.com |
| Oct 24 | 1:00-3:00 pm | MARK YOUR CALENDAR - Family Pumpkin Carving – More information coming soon! |
| Nov 1 | 7:00-8:00pm | Taize Zoom link: https://zoom.us/j/753181200 Meeting passcode: BUF |
| Nov 4 | 5:30 – 6:30 pm | Beloved Community Steering Committee https://zoom.us/j/96993920413?pwd=WjhoQjI4aFpwVE1vdkRtTnpFN3o5UTo9 Meeting ID: 969 9392 0413 Passcode: BUF |
| Nov 9 | 7:00-8:00pm | Socinian Story (In person at BUF or Zoom) For questions or to RSVP, text or call Rose at 304-415-3126. |
| Nov 13 | 3:00 pm or 7:30 pm | Choir of Salish Sea – Combat Flip Flops: In and out of battle All concerts at Bellingham Unitarian Fellowship, 1207 Ellsworth St, Bellingham \$20 general/\$5 students – buy tickets at brownpapertickets |
| Dec 2 | 5:30 – 6:30 pm | Beloved Community Steering Committee https://zoom.us/j/96993920413?pwd=WjhoQjI4aFpwVE1vdkRtTnpFN3o5UTo9 Meeting ID: 969 9392 0413 Passcode: BUF |
| Jan 6 | 5:30 – 6:30 pm | Beloved Community Steering Committee https://zoom.us/j/96993920413?pwd=WjhoQjI4aFpwVE1vdkRtTnpFN3o5UTo9 Meeting ID: 969 9392 0413 Passcode: BUF |

Bellingham Unitarian Fellowship

BUF's website is BUF.org. Contact us by email at admin@buf.org Phone 360-733-3837.. Sign up for our online newsletter, the Midweek Update at <https://wp.buf.org/news/communication-sign-ups/> Sign up for BUF News Digest at <https://wp.buf.org/news/communication-sign-ups/> (photo by Carol Sheppard Photography)

BUF Board of Trustees and Officers

Open, President - John Stewart, Secretary - Sky Hedman, Treasurer, ex officio, - Melissa E. Swift, Trustee - Daria Haynes, Trustee - Drew Betz, Vice President - Alex Gilman, Trustee - Sarah Pearson, Trustee – Lew Phinney, Trustee - Henry Ohana, Trustee - Rev. Paul Beckel, ex officio

Fall/Winter hours at BUF

Building closed for services, due to Covid-19
 Small group meetings are being held, under Covid guidelines.
 Office Hours: Mon - Friday 10am to 3pm
 Minister's Schedule: Tues through Fri

How to submit content for the Mid Week Update:

Content must be received on Monday by 10:00 a.m. Submit via email and include an attached Word document, single spaced, Georgia 12 font. Avoid any formatting, bullets, etc. Limit **200 words**. If you have an item for the calendar please put “Calendar”; if you are seeking Volunteers, please put “Volunteer” in the subject line. Submittals may be edited for space and clarity. Submit your content to MWU@buf.org You may still submit your “Surfing the Web for Music and Inspiration” as before. You will find selections sprinkled throughout the MWU.