

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

September 21, 2022

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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

Words from Paul -

Rev. Paul Beckel

Grief / Pandemic

As I've been reading about grief and loss lately, I find so much of it applicable to living now more than two years into a global pandemic. The following passage really struck me. As needed, where you see the word "death" or "loss" or [_____], substitute any other large (or accumulation of small) changes in your life.



And now there is this, what has come after the death, after the sorrow: a softer loss. Not a churning in my gut, but a settling of stones. I sleep softer, and when that is elusive, I don't fight it. I am still learning about this other side of sorrow and loss. Where I ended and my grief began is no longer a place.... The Great Divide that cracked open when [_____], it's a crevice that runs deep, but it has a bottom that curves up toward my future. –Michele Sacco Dwyer

Everyone has been trying to come up with an alternative phrase to the meaningless "new normal." How about something like a "new integration." What I mean is that while today and tomorrow won't be like days that used to be, there will be pieces of "before" that—for better or for worse—we'll continue to carry with us.

There will be a recognizable continuity with what was before. To some degree it may be helpful to call our awareness to that continuity. And, over time, it will be helpful to re-arrange, set aside, sort, compost, burn, and/or find new appreciation for those pieces.

Peace,
Paul

**SUNDAY SERVICES –
SEPTEMBER/OCTOBER 2022**

**Sunday September 25
Nonviolence in Our Time**

David Curley shares his insights about Gandhi's approach to bringing justice into being without hatred for those who used their power to dominate and oppress.

**October 2 - A Common Purpose –
Rev Paul Beckel**

Congregations have found a variety of ways to further the cause of social betterment. Advocacy and agitation (which are important) get a lot of attention. No less important, behind the scenes, we offer caring, inclusive, places to rest, learn, and re-charge. And we also provide support for individuals, and for not-particularly-radical organizations that form the backbone of civic life. Post 2020, what might our common vision be for BUF?

**October 9 - Beloved Community is
Like a Nurse Log – Rev Paul Beckel**

On Sunday, September 18, I spoke about empathy as a natural inclination, and blocking-out empathy as a natural reaction to the trials of life. If that's the case for us as individuals, what can families or a congregation offer to regenerate the best in us? Resilient, sustainable, regenerative community doesn't come out of nowhere...but we are not nowhere. Forests are built and rebuilt on nurse logs. In what ways can BUF's resources, including our own lives, be nurse logs for forests to come?

**October 16 - Tragic Investment – James
Addington and Rev Mel Hoover**

James, author of Tragic Investment, is joined by Mel to talk about how race sabotages communities and jeopardizes America's future—and what we can do about it. James' book will be available, along with an invitation to continue the conversation in a series of classes over the next five Sunday afternoons (details to come).

**Taizé Service Returns October
3rd 7:00 p.m.**

After a summer hiatus, we are back and ready to sing and meditate with you by candlelight in the sanctuary and on Zoom. If you join us in person, we strongly encourage you to be vaccinated and to wear a mask so that we can be accessible to as many as possible, especially the most vulnerable among us.

Here's the Taizé link:

<https://zoom.us/j/753181200>

Meeting ID: 753 181 200

Passcode: BUF

If you have any questions or concerns, please email Rev. Tessie at Tessie@BUF.org



**Unitarian Universalism for Beginners—
and for the Old Guard**

Rev Paul Beckel and Bonnie Phinney offer this series of six classes to be held on Sundays from noon to 1:30, **October 9 thru November 13**. Our focus will be on how, within the context of our UU heritage, we articulate what Unitarian Universalism is and how it shapes our values. Both visitors and member are encouraged to join us. Contact bonnie_phinney@hotmail.com or Paul@buf.org to register.

October 2 - HOMECOMING POTLUCK AT BUF

Join us for a “Homecoming” potluck lunch in the social hall right after church on Sunday, October 2, to celebrate each other and our continued walk down the road towards normalcy at our spiritual home! Please bring a dish to share (green jello anyone?); BUF will provide the beverages. Everyone is heartily invited, from brand new folks to old timers! Let’s mark the start of a new church year with a good old-fashioned sit-down meal at *The Welcome Table*!

October 8 - FIND YOUR PLACE AT BUF

Find out what’s happening at BUF and how you can get involved!

Sunday, October 9, we will be holding a FIND YOUR PLACE AT BUF event during coffee hour in the social hall, with information tables hosted by leaders of over two dozen groups, committees and activities at BUF. To sweeten the deal we’ll have ice cream sundaes to enjoy while you stroll around finding out about everything from Fair Trade and Black Lives Matter, to Choir, and being a cook on Wednesday Nights. There is a place for everyone at BUF!

SEJC Interfaith Coalition – Coat Drive 2022 through Oct 10

Fall is almost here, weather is getting cold, we keep warm but not all in our community. Have some warm weather clothing to spare? Please share –like new or new. Last year the Interfaith Coalition distributed 1,400 coats to our area neighbors and friends and we at BUF were part of it. Let us do it again.

What: Winter and rain coats – new or like-new. Cleaned and folded. All ages, genders, sizes, styles.

Where: BUF, clothes closet, first floor. Box marked: Winter coats.

When: **Now – October 10th.**

Contact: Sita C. Amba-Rao, SEJC-Interfaith Coalition for information.



Humanitas Ministry

Joe is an older man we met this past week. He was looking for help with gas. Living in a van full time would be hard for anyone and it’s especially hard for Joe who is on disability for congestive heart failure. He needs to go into the hospital quite often because of swelling in his legs. Each time he goes he knows he’ll be admitted and stay for a week or more. He’s distrustful of our local hospital and will only go to a hospital in Olympia. This will be his fifth admission this year. We asked him about the possibility of getting housing, but his check wouldn’t even cover rent much less leave him with anything extra to live on. This is a common theme we hear from many of those living in their cars/vans or on the street. It means so much to us knowing that we can help, even if it’s a tank of gas allowing Joe to get the medical care he so badly needs. Thank you for your continued support.

MUSIC NEWS

Kevin Allen-Schmid, BUF Music Director kevin@buf.org
2022 – 2023 Musical Season



BUF celebrates the beginning of the Jewish High Holy Days with special music this Sunday, **September 26**. The Phoenix Ensemble and soloists will sing Avinu Malkeynu, which is a sacred anthem in Hebrew for Rosh Hoshannah, the first day of the Jewish New Year. Guest Barry Ulmann will improvise with the ensemble on his clarinet, and also provide other special music for the service.

The music ties in with the sermon to be given by David Curley, about violence in our society and self-reflection. This will be a powerful service that you will not want to miss.

BUF Hymn Books Recall

Please return the grey and teal hymnbooks that belong to BUF. During the pandemic, we were pleased that so many borrowed the hymnals. But now, we need them back to fully stock the church pews. Give give them to Kathy Wahto in the BUF office. We'd like them all back at this time from everyone. If you want to continue having a hymnbook at home you may buy copies from the UUA bookstore.

<https://www.uuabookstore.org/Singing-the-Living-Tradition-Hymnal-P16918.aspx>

RELIGIOUS EDUCATION

Genia Allen-Schmid, RE Director, genia@buf.org

CHILDREN'S RELIGIOUS EDUCATION

BUF's policy of requiring vaccinations has been lifted and we welcome all our families back to BUF!

We will return to the tradition of children joining us in the sanctuary for the start of the Sunday service. We have a child-friendly space with pillows, low tables and chairs, drawing supplies, fidget boxes, and a front row seat for the Story For All Ages.

After the Story, we will head upstairs and have a one-room classroom for 1st graders on up. We'll share our joys and concerns followed by activities surrounding a weekly theme. Preschoolers will be in a separate room for fun, supervised playtime. We will reassess after a few weeks and, according to numbers, volunteers, and feedback, adjust our programming. If you have any questions or concerns about our children's programming or want to volunteer, please contact me at genia@BUF.org. I can't wait to see you all again, reconnect, and make new memories together.

Adult RE *Tragic Investment* by James Addington

In October we will be offering a series of book study sessions on a Tragic Investment by James Addington. A Lummi Island resident, James will lead five sessions about his book exploring “*how race sabotages communities and jeopardizes America’s future – and what we can do about it*”. More details will be forthcoming soon.

Chalice Circles

One of the best ways to feel like you belong, are valued, and cared for at BUF is to join a Chalice Circle. These small groups of 6-10 people meet monthly to connect, share, and explore spiritual/religious questions. We encourage newcomers and those of you who might feel disconnected after 2 1/2 years of pandemic to consider joining one. Please contact Genia@buf.org so we can help you become more involved in the life of this Fellowship.

BUF Men’s Group—Hybrid meetings on 2nd and 4th Sunday

BUF has a men's group. We're young and old, members and guests, straight, gay, and queer. We meet after the service on the 2nd and 4th Sundays (in person in the conference room and on Zoom), and we share our concerns and worries, discuss some issue, and sometimes squeeze out some insight. And we usually do it without mentioning sports or politics. We would be happy to welcome you, too. Contact Jeff Copeland (jeff.copeland@gmail.com) for more information or see the link in the calendar listing.

BUF Meetings—book your space early on the calendar

If you are leading a group that will need space for any meeting or activity at BUF, please do not take it for granted that you can just show up and find a space. We have lots of new activities, small group, renters, etc using our building, so please contact our Administrator, Kath Wahto, well in advance to reserve a space. Email admin@buf.org

VOLUNTEERS – MAKE A DIFFERENCE

Behind the scenes crew at Sunday Services- comes with training!

As we start our new church year, we are committed to continuing hybrid services. We would like to expand the crew that make that happen. If you've ever been amazed at Sunday services appearing on your tablet or computer screen, you can help make that magic happen. Please contact Jeff Copeland, jeff.copeland@gmail.com

You'll get training in advance and always work with a friendly team on our newly simplified system. Most importantly: you'll make BUF services accessible to people who have difficulty hearing, seeing, driving, or corralling their kids. You'll be building on BUF's culture of welcome that is essential to our being a Beloved Community.

Calling all Cooks!

It’s not too late to be a part of a Wednesday Night cooking team at BUF. Wednesday night dinners will resume this fall and if you want to make friends whilst whipping up delicious food in our kitchen, this is for you. No cooking skill is required – all you have to do is follow your team leader, stir and slice. If you’re interested, or would like to hear more, contact genia@BUF.org. Allow your inner Julia Child to blossom!

UPCOMING EVENTS		
DATE	TIME	EVENT
Sept 25	12noon	Men's Group -- meeting in the conference room, and online at https://zoom.us/j/96000734180 , passcode BUF. Contact jeff.copeland@gmail.com for more information."
Sept 25		SEJC
Oct 2	11:30	Welcome Back to BUF Potluck, Social Hall, right after the service
Oct 9	11?30	Find Your Place at BUF information fair in the Social Hall, concurrent with coffee hour

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/>

BUF Board of Trustees and Officers 2022-2023

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

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.