

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

September 28, 2022

In this issue

(CLICK ON THE LINK BELOW TO JUMP TO THAT CONTENT, OR CONTINUE SCROLLING)

[Sunday Look Ahead](#)

[Music News](#)

[Religious Education](#)

[Make A Difference](#)

[Calendar](#)

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

Homecoming Potluck – Oct 2

Please come to our “Homecoming” potluck lunch in the social hall right after church this 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!***



Inspiring Kid President

Kid President is a very young kid who makes YouTube videos about what he would do as President. Recognizing that his powers are limited, he also makes suggestions for how we can all benefit our communities, like:



“Treat everybody like it’s their birthday.”

“If you can’t think of anything nice to say, you’re not thinking hard enough.”

“Mail someone a corn dog.”

**Peace,
Paul**

**SUNDAY SERVICES –
OCTOBER 2022**

**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



In Loving Memory of...

Gillian Brightwater, who loved to dance, hike, and commune with the birds. Gillian became a member of BUF only recently, but had been involved with our activities for many years. A memorial service will be held on October 18th at the Bellingham Senior Center, 15 Halleck Street, at 1 pm. Plan to share and hear others' memories of Gillian, enjoy a little singing and light refreshments, and following the service: a dance in her honor! Proof of covid vaccination is required.

Also, I was so inspired at **Alice Litton's** recent memorial service—both by what she did before I knew her, and what she continued to do (and I wasn't aware of) in more recent years. The whole service was recorded and is available here:

<https://drive.google.com/drive/folders/16qDhMLLUdRMikHte8IIFIWKcTSrLXFBO>

There is also an inspirational seven minute video with photos of Alice over the decades:

https://drive.google.com/drive/folders/19qtgpIoOCaPrIh3LQz5yn9oKiJYkij_1

October 9 - 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 for you to enjoy while you stroll around finding out about everything from Fair Trade and Black Lives Matters, to Choir, and being a cook on Wednesday Nights.

There is a place for everyone at BUF!

UNITARIAN UNIVERSALIST 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.

Caution: at the conclusion of previous classes, many participants have created new chalice circles (with assistance from Bonnie) or found themselves successfully guided into existing chalice circles in order to continue to expand and deepen their

Contact bonnie_phinney@hotmail.com or Paul@buf.org to register.

SEJC Interfaith Coalition – Coat Drive 2022 through Oct 10

Time is running out-- please bring those warm coats to BUF clothes closet. New or like new, cleaned and folded.

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.



The poster features a blue header with the text "WINTER COAT DRIVE" and "Spread the warmth." Below this, it states "OCTOBER 1 - OCTOBER 10" and "Help us make this the most successful Winter Coat Drive yet!" It then asks to "Invite your congregation to donate new or in-great-condition winter coats" and lists "• Infant, Child, Teen, Adult", "• Sizes S - XXXL", and "• All Genders". The poster includes two photos: one of a yellow coat on a mannequin and one of a person in a green raincoat. At the bottom, it says "PROVIDING WARM COATS for our WHATCOM WINTERS" and "INTERFAITH COALITION" with a logo.

Streamline your Monthly Charitable Contributions through Electronic Funds Transfer

Would you like to make sure that you do not miss any of your monthly contributions? Set up an automatic electronic funds transfer (EFT) of your regular charitable donations. Kathy Wahto BUF administrator can assist you. If you would like to give more for a select organization, you can send an additional check just for those organizations. This system ensures that every organization gets the funds. Thank you so much for your generous gifts.

BUF Special Collections for 2022-23 Year – SEJC Committee			
Collection Date	Organization	Collection Date	Organization
July 24	Whatcom Million Trees Project	January 15	Kulshan Community Media and KMRE
August 28	Northwest Youth Services	February 12	Kids In Motion Therapy Clinic
September 18	Humanitas	March 19	JUJustice Washington
October 9	Cooperativa Tierra Y Libertad	April 23	Lummi House of Tears Carvers
November 13	Magyarszovat	May 21	Blue Skies for Children
December 11	Restorative CommUnity Coalition	June 11	Whatcom Dispute Resolution Center

MUSIC NEWS

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

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.

This month our theme is Belonging and our weekly lessons will be an exploration of how we can be inclusive and why it's central to UUism!

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.

Women's Retreat a Resounding Success

About 40 women enjoyed a Fun and Frolick day-long retreat at Semiahmoo this past Saturday. Line dancing, rock painting, small group discussions, a scavenger hunt and practicing the art of fun and friendship made for an enjoyable day. We look forward to another gathering in the spring.



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

BUF Kitchen Supplies Needed

We will be restarting the weekly dinners at BUF. However, we find that the kitchen has been raided during the pandemic. We have some needs that you can help us with. We need:

- a few bath sized towels for laying out drying dish trays
- kitchen dish towels
- a few more hot pads
- some GOOD knives for chopping and paring
- a non electric can opener (easy on the hands if possible)
- if you have any very large frying/saute pans. The normal 8 inch and 12 inch won't help us.

Please contact Genia at genia@BUF.org if you would like to donate any of these items.

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-In 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!

BUF CALENDAR		
DATE	TIME	EVENT
Oct 2	11:30	Welcome Back to BUF Potluck, Social Hall, right after the service
Oct 3	7:00 pm	Taize In Sanctuary and on zoom: https://zoom.us/j/753181200 Meeting ID: 753 181 200 Passcode: BUF
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.