

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

November 23, 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

Inclusive Decision-Making at BUF, at Home, in Life.

Inclusion is not just a good idea. However, just because we are people of goodwill, it doesn't happen automatically. On the contrary, inclusion must be a practice. But what specific acts might we practice?

At the UUMA ministers' retreat last month we learned about a form of governance called sociocracy. I found one element particularly relevant: consent-based decision-making. Making decisions by consensus is certainly not new, but whether in family, community groups, or workplaces, my own experience has often been consensus-with-a-shrug: sure, whatever.

Handled poorly, consensus building can be agonizing and slow. Sociocracy offers a few simple practices to make consensus faster than winner-take-all voting...and make it less likely that someone will drag things off on tangents. Our board and other BUF groups are looking into sociocracy, and it's not something to be imposed from above.

Regardless of what groups you might be involved in—and not just at BUF—I encourage you to attend a 45 minute webinar next Tuesday morning. It's free/sliding-scale. Here's the registration link:

<https://www.sociocracyforall.org/event/free-module-consent-nov2022/>

I had no conscious intention of this, but looking over the last few months of Sundays, I see that we've talked about listening, building community, anti-racism, empathy, non-violence, partnership, finding common purpose, and the question of whether what we do even matters. The principles behind all eight of these topics can be made real through the practice of consent-based decision-making. But principles like "inclusion" are just good ideas until we find ways to put them into practice.

*Cheers,
Paul*

**SUNDAY SERVICES –
NOVEMBER/DECEMBER 2022**

**November 20 - TRANS DAY OF
REMEMBRANCE**

Cascadia Daily News online published a story about BUF's **November 20** Trans Day of Remembrance Service. Here's the link:

<https://www.cascadiadaily.com/news/2022/nov/21/transgender-day-of-remembrance-honors-lives-lost-to-violence/>

**Sunday, November 27 - The End of
Freedom, Reason and Tolerance**

Fifty years ago, “freedom, reason, and tolerance” was common shorthand for the essence of Unitarian Universalist values. Since then, the connotations of each of these words has shifted considerably. “Religious freedom” has been co-opted by the religious right; reason has been joined with transrational facets of our search for truth and meaning; and we’re learning how to articulate the limits of tolerance.

**Sunday, December 4 -
Our Commitment to Sexual
Wholeness and Education**

Today we will hear from BUFsters who have taught and learned from our comprehensive sexuality education curriculum, “Our Whole Lives,” and also from local school board member Jenn Mason, whose identity-inclusive sex shop, Wink Wink, was vandalized this fall after being condemned on national media for advocating for comprehensive sexuality education.

Sunday, December 11 - A Ceremony of Carols

BUF’s annual holiday music service featuring Chalice Choir, Phoenix Ensemble and soloists singing Britten’s magnificent “Ceremony of Carols” accompanied by Jill Whitman, WWU professor of harp. ***Followed by a potluck lunch***

December 24 - Christmas Eve

7 PM

A traditional service of carols and candles to bring warmth and cheer.

Sunday December 25 - We will not meet on Christmas morning.

January 1 – What Gives You Hope.

YOU ARE INVITED to share your answer to the



question - What sustains you and gives you hope? On Sunday, January 1st we will share those answers. Poetry, short short story, original art, dance, song, or musical composition. Submissions should be no longer than 3 minutes. Share your own work please and submit it **by December 18th** to Paul or Steffany

(stefandlin@gmail.com). Help make our first service of the new year inspirational and community-building.

No BUF Night In Tonight!

Due to the Interfaith service and the Holiday weekend, there will be NO BUF NIGHT IN meal tonight. We’ll see you next week for homemade soup and salad, as usual!

SOCIAL AND ENVIRONMENTAL JUSTICE COMMITTEE (SEJC)



Humanitas Ministry

With colder weather moving in we've seen an increase in people looking for a way to heat their homes. An older man came in with a very large bill for propane. He explained that the gas supplier requires a minimum charge to come out to fill his tank and he has a past due amount that had to be paid off before they'd come out. His 4 month old grandson who lives with them, is coming home from the hospital after having been flown to Oregon to treat his RSV infection. The doctors had not expected the baby to survive but he did and now needs a warm home to continue to recover. We added our pledge to several other churches' pledges to get him started. He has an appointment set up for energy assistance but that won't happen until March. After giving him several other resources that would be able to help him sooner, we sent him on his way. Doing what we are doing each week with these clients reminds each of us to be *thankful for what we have*, especially our warm homes.

COMMUNITY EVENTS

November 23, 2022 COMMUNITY THANKSGIVING SERVICE 7 – 8:00 p.m. Please Join Us - Whatcom Interfaith Coalition Benefit

A welcoming community event, held at **Bellingham Unitarian Fellowship**

Words and songs of thanks from clergy and musicians of many faiths, featuring music of the world, choirs and favorite hymns. There will be a collection taken for Whatcom Interfaith Coalition to benefit homeless.

Child-care provided for wee ones



November 24, 2022 – Thanksgiving Dinner at BUF



Starting at 1:00 p.m. for up and cooking, with Dinner at 3:00 p.m in the BUF social hall. Turkey is provided, bring your side dishes to share. This is a community driven event! Questions to Mark Allyn allyn@well.com;

November 25, 2022 Native American Heritage Concert

3:00-5:00 p.m. Donations accepted

J.P. Falcon Grady, Blackfoot and Cindy Minkler, Oglala Sioux will be sharing their music, contemporary and traditional to honor Native American Indian Heritage Day, the day after Thanksgiving as signed into law by President George H.W. Bush in 1990. Cynthia Wilson, Lummi nation elder will be speaking.

November 28, 2022 - Multifaith Network for Climate Justice presents
Healing Gaia 6:30 -8:00 p.m. BUF Social Hall

Meditative and Activism Strategies to Increase our Interconnectedness
with the Planet with Susan Kane-Ronning, PhD

Earth and humanity possess a mutuality as living organisms with a magnetic field and vibration. Rather than dwell in helplessness and hopelessness, we can utilize energy, psychology strategies, activism, and meditative strategies to help increase the connection between people and the planet.

Susan Kane-Ronning, PhD, is a licensed psychologist in Whatcom County and a Certified Family Trauma Professional. A devoted environmental activist, she serves on the WA State Chapter of the Sierra Club's Wildlife and Wolf Committees.

December 10 & 11 TenThousand Villages – Fair Trade Shopping Event

An opportunity to get ethically sourced gifts crafted by hand in one of Ten Thousand Villages around the world. In addition to items being available for purchase, you can also get gift certificates in any denomination. They must be redeemed for Fair Trade products and not cash. TTV is a fair trade, nonprofit, international organization that has been in existence about 70 years, helping people in third world countries learn about and practice Fair Trade.

BUF Mindfulness Meditation Group Meets

Since 2012, BUF's very own **Flowering Cherry Sangha** is a mindfulness meditation group. Generally speaking, a sangha is a community of folks who meditate together. Our diverse group was founded on and loosely follows a Vipassanā (Insight Meditation) approach.

We gather in the sanctuary **every Thursday at noon**. A 30-minute silent seated meditation begins 12:10pm and is followed by a 30-minute dharma talk, usually centered around a book study. The dharma is a means to apply Buddhist wisdom and insights to our daily life via our shared practice.

Currently we are studying Dainin Katagiri's [You Have to Say Something: Manifesting Zen Insight](#).

We are always delighted to welcome new participants, whether you are a seasoned practitioner or newly curious. For more information or to join our mailing list please contact the group facilitator Cynthia Bauman at 408.656.6083 or cynauman@gmail.com.

February 5, 2023 - SAVE THE DATE

After church on Sunday, February 5th, BUF will hold a potluck and a community conversation about next year's budget. We look forward to getting your input about what you value and where BUF's money goes!



BUF Annual Auction: Saturday, Feb 11, 4:30-7pm *All UU Need Is Love! Mark Your Calendar*

Get prepared for serious fun! Your \$20 ticket will include silent and live auction, entertainment, appetizers, and two raffle tickets for the prize of your choice. Event and Raffle Tickets go on sale after the service on January 8th.

Now Collecting Donations! We are getting fabulous donations rolling in! Here are just a few examples: Quilt crafted by Francie Gass, Watercolor by Genie Baker, Handbag and Jewelry donated by Sojourn.

Not sure what to contribute? Drop by the Auction Table after Sunday Services in December to brainstorm ideas and pick up a donation form. Popular past donations have included member-hosted themed parties, vacation homestays, and collaborative efforts. Physical donations can be dropped off at BUF (basement floor) beginning Jan 1, but submit the donation form to Barbara Gilday anytime now.

Have questions or want to help? Contact the following:

Barbara Gilday (Donations within BUF: journeys333@comcast.net, 360-927-6627)

Naomi Gary (Business donations and questions: naomiwwgary@gmail.com, 619-808-1522)

Henry Ohana (Event volunteering: Text or call 360-303-6903)



2023 Unitarian Universalist Association General Assembly, Pittsburg, Pennsylvania

Big topics at this GA:

Learn about progress and provide input in redrafting Article II of the UUA By-Laws (that's our principles and purposes). Details aren't yet available, but at GA you will have the opportunity to talk with those doing the actual drafting; **Elect a new UUA President**. It's too early for details, but you will have the opportunity to talk face-to-face with likely candidates; The GA planners are looking for inputs on programs. It's significant that there's a focus that we haven't seen recently including: Programs that equip congregations and leaders for these changing times, and Create opportunities for people to engage and deepen their understanding of our liberating theology

Interested? Here's the link: <https://www.uua.org/ga/program/contribute/proposing>
And, here's the link for more general info about next year's GA:
<https://www.uua.org/ga>

RELIGIOUS EDUCATION

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

CHILDREN'S RELIGIOUS EDUCATION

Our theme this month is change: how we can cope with it, how change helps us grow and learn, and how to embrace it since it's a part of life! We will explore change and how it relates to our personal lives as well as our UU values through games, art, stories and play.

Children will start in the sanctuary where we have a child-friendly space with pillows, low tables and chairs, drawing supplies, fidget boxes, and a front row seat for the Story of 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.

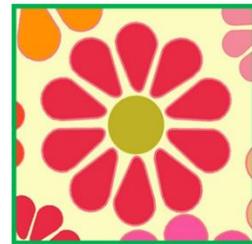
If you have any questions or concerns about our children's programming or want to **volunteer**, please contact me at genia@BUF.org.

VOLUNTEERS – MAKE A DIFFERENCE

BUF Annual Auction: All UU Need is Love on Feb 11

Do you have an idea for a donation toward the auction? Drop by the Auction Table after Sunday Services in December to complete a donation form. Popular past donations have included member-hosted parties, services and experiences. Crafts and other physical donations can be dropped off at BUF beginning **Jan 1**. Barbara Gilday (Donations within BUF: journeys333@comcast.net, 360-927-6627)

Naomi Gary (Business donations and questions: naomiwwgary@gmail.com, 619-808-1522. Henry Ohana (Event volunteering: Text or call 360-303-6903)



MUSICAL NOTES

Kevin Allen-Schmid Music Director, Kevin@buf.org



December 11 - A CEREMONY OF CAROLS

*Our annual holiday music service

*Chalice Choir, Phoenix Ensemble and soloists singing Britten's magnificent "Ceremony of Carols" with Jill Whitman, WWU professor of harp

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.

Bellingham Unitarian Fellowship

BUF's website is [BUF.org](http://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

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BUF CALENDAR		
DATE	TIME	EVENT
Nov 27	Noon-1:30 pm	Men's group meeting, in the BUF conference room. Also on Zoom https://zoom.us/j/96000734180 , Meeting ID: 960 0073 4180, Passcode: BUF. Contact jeff.copeland@gmail.com for more information.
Nov 28	7:00 pm.	Black Lives Matter – DISCUSSION: To Be Announced
Dec 1	Noon	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia Bauman at 408.656.6083 or cynauman@gmail.com .
Dec 5	7-8:00 p.m.	Taize https://zoom.us/j/753181200 Meeting ID: 753 181 200 Passcode: BUF If you have any questions, please email Rev. Tessie at Tessie@BUF.org
Dec 8	Noon	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia Bauman at 408.656.6083 or cynauman@gmail.com .
Dec 11	Noon-1:30pm	Men's group meeting, in the BUF conference room. Also on Zoom https://zoom.us/j/96000734180 , Meeting ID: 960 0073 4180, Passcode: BUF. Contact jeff.copeland@gmail.com for more information.
Dec 15	Noon	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia Bauman at 408.656.6083 or cynauman@gmail.com .
Dec 22	Noon	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia Bauman at 408.656.6083 or cynauman@gmail.com .
Dec 29	Noon	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia Bauman at 408.656.6083 or cynauman@gmail.com .
Jan 2, 2023	7-8:00 p.m.	Taize https://zoom.us/j/753181200 Meeting ID: 753 181 200 Passcode: BUF If you have any questions, please email Rev. Tessie at Tessie@BUF.org
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Jan 12	Noon	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia Bauman at 408.656.6083 or cynauman@gmail.com .
Jan 19	Noon	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia Bauman at 408.656.6083 or cynauman@gmail.com .
Jan 22	Noon-1:30 pm	Men's group meeting, in the BUF conference room. Also on Zoom https://zoom.us/j/96000734180 , Meeting ID: 960 0073 4180, Passcode: BUF. Contact jeff.copeland@gmail.com for more information.
Jan 26	Noon	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia Bauman at 408.656.6083 or cynauman@gmail.com .
Feb 5	Noon	BUF Potluck and Budget Conversation
Feb 6, 2023	7-8:00 p.m.	Taize https://zoom.us/j/753181200 Meeting ID: 753 181 200 Passcode: BUF If you have any questions, please email Rev. Tessie at Tessie@BUF.org
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March 6, 2023	7-8:00 p.m.	Taize https://zoom.us/j/753181200 Meeting ID: 753 181 200 Passcode: BUF If you have any questions, please email Rev. Tessie at Tessie@BUF.org
April 3, 2023	7-8:00 p.m.	Taize https://zoom.us/j/753181200 Meeting ID: 753 181 200 Passcode: BUF If you have any questions, please email Rev. Tessie at Tessie@BUF.org
May 1, 2023	7-8:00 p.m.	Taize https://zoom.us/j/753181200 Meeting ID: 753 181 200 Passcode: BUF If you have any questions, please email Rev. Tessie at Tessie@BUF.org
June 5, 2023	7-8:00 p.m.	Taize https://zoom.us/j/753181200 Meeting ID: 753 181 200 Passcode: BUF If you have any questions, please email Rev. Tessie at Tessie@BUF.org