

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

June 28, 2023

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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

Paul is on vacation and will return mid-July

July 2-Sept. 3

Summer Services at Bellingham Unitarian Fellowship

There will be ten wonderful services this summer at BUF, with diverse speakers, creative elements and fabulous music. Services will start at 10:30AM at BUF with a Zoom option.

Below are descriptions of the first five services (July 2-30). Watch this space for the August services, which will be posted in mid-July.

Questions? Please contact BUF Summer Service Coordinator, Rev. Barbara W. ten Hove at revbabs10@gmail.com.

July 2 – Finding Connection with Nature in the Summer

Carrie Koehnline, Steffany Raynes and Su Livingston

Even though summer invites us to be outdoors, really connecting with the natural world can be unexpectedly challenging. In this experiential service Carrie and Steffany invite you to consider simple communing practices wherever you find yourself, even in your back yard or a tiny pocket park.

Su will share her improvised piano music. You are invited to bring a small natural object that says “summer” to you.

July 9 – Islam Inquiry: Why Muhammad?

Rev. Jaco B. ten Hove with Rev. Barbara ten Hove

The founding figure of Islam and his life’s context are worth considering as we try to grasp why he inspires such dedication among his followers, then and now.

July 16 – Gospel of UUism through Hymns

Rev. Barbara ten Hove with Su Livingston and Melanie Rieck

Music plays an important part of religion and our UU faith is no exception. This service will explore some of our favorite hymns and the story they tell us about our theology and beliefs. Elie Friedlob will provide special music.

July 23 - Finding Home:

Rev. Barbara Gilday & Steffany Raynes

Looking at 3 people: a refugee, a prisoner on death row and an adoptee, we'll reflect on what drives their particular passions for home, what stands in their way and what solutions may be found. Considering other seekers may help us to reflect on what home is for each of us. Beth Beyers and friends will provide special music.

July 30 - Wounded Words

Rev. Barbara W. ten Hove & Rod Haynes

Religious language can be challenging for UUs. Is it OK to use the word God? Am I allowed to pray? This service challenges our preconceptions about religious words and invites us to engage with them in new and meaningful ways. Jaco ten Hove will provide special music.

SUNDAY SERVICES - June-September, 2023

Sundays without an Order of Service

Imagine this: easing into your pew or chair at BUF (or your hot tub at home on Zoom) with nothing in your hands (or on your phone)

to tell you what comes next. And feeling at ease, knowing it will be fine.

For the rest of the summer we will be experimenting with not having a printed order of service. It may feel unsettling at first (any change of routine can feel this way) but you can know that we're saving money, trees, and staff time and—maybe best of all—together, we're creating an atmosphere of letting go and being ok with that.

We'll have some basic info about BUF and what to expect in services in a semi-permanent card in the pew racks. And we'll learn and adapt as we go. And maybe discover that less is more.

Connecting with the Landscapes of Our Lives:

The Landscapes of Summer

Taizé Service July 3 at 7:00 - 8:00 p.m.



Even though summer invites us to be outdoors, really connecting with the natural world can be unexpectedly challenging. We each have our own relationship with summer. In this service we'll be deepening into that through music, meditation, and poetry.

We'd love to have you join us either in person or via zoom for our monthly service.

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

Join Zoom Meeting

[https://zoom.us/j/97456974163?
pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz
09](https://zoom.us/j/97456974163?pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09)

Meeting ID: 974 5697 4163

Passcode: BET

Memorial Celebration for Julie Guy

July 22. 1:00 p.m. BUF

Julie Guy died Sunday. She was 96. Julie was an extraordinarily community-minded person. When she became a member of BUF at age 89 (after, she was proud to say, having not been in a church for 71 years) she joined the Financial Oversight Team. Until recently she was making calls for the BUF Phone Ministry Team.

Also in recent years, Julie was the driving force behind what is now Julianna Park in Cordata, and was integral to getting a new library branch open in the mall just a few weeks ago.

A memorial celebration -- she made a point that this was to be a big party -- will be held at BUF on Saturday, July 22nd.

In Loving Memory of Rick Dudley

With sadness we share news of the death of Rick Dudley, a member of BUF for 28 years who lived simply, spoke plainly, and gave freely. Rick lived an extraordinarily minimalist lifestyle with a do-no-harm ethic. He had no illusions that he was going to fix the world; he just couldn't grasp the concept of not living according to one's stated values. A memorial service will be held later this summer.

SOCIAL AND ENVIRONMENTAL JUSTICE

June is Orca Month

(<https://www.orcamonth.com/about>). There will be activities and events happening all month long, supporting our Southern Resident Orcas. Look for events here: <https://www.orcamonth.com/event>

If you feel so moved, here is a petition to sign and share, encouraging the City of Bellingham and Whatcom County to issue Proclamations recognizing the natural rights of killer whales, specifically our Southern Resident Orcas.

Full text of the petition here: <https://bufsejc.blogspot.com/2023/05/whatcom-lummi-nooksack-bellingham-area.html>

Please Sign here: https://www.change.org/p/encourage-whatcom-co-bellingham-proclamations-recognizing-the-natural-rights-of-orcas?utm_source=share_petition&utm_medium=custom_url&recruited_by_id=067fea90-b4b8-11ea-8f59-41e78f83d9f6

Eyewitness Ukraine—A Report from the Front

July 7. 7:00 p.m. BUF Social Hall

Peter Lumsdaine will be at BUF presenting a briefing on his visit to Ukraine and Poland in April of this year. Lumsdaine is a member of Physicians for Social Responsibility (PSR,) a national committee to abolish nuclear weapons.

He traveled to Ukraine with a delegation to the Zaporizhzhia Protection Project, which seeks to avert a military disaster at the nuclear power plant of that name. His wide-ranging report on Ukraine's struggle is co-sponsored by the Whatcom Peace and Justice Center, Washington Physicians for Social Responsibility, Pax Christi Whatcom and Veterans for Peace.

No charge for admission to *Eyewitness Ukraine*, Friday, in the BUF Social Hall.

Special Collections - June 2023

SEJC Special Collections Recipient, Whatcom Dispute Resolution Center, June 2023.

"Where there is community there is conflict. But conflict doesn't have to end in bitterness and enmity. Conflict worked through in good faith can make us stronger."
Rev. Paul Beckel.

The final takeaway on WDRC services is that they:

- Help resolve conflicts at familial, social and business contexts;
- Train parties in skills for conflict resolution;
- Train volunteers/others for mediation and facilitation.

Ariel Bornstein, Community Engagement Manager, WDRC spoke to BUF congregants and highlighted a number of programs offered in their efforts at peace building. These are reflected in the various programs that BUF supported: scholarship fund for bilingual/multilingual/BIPOC members' workshops; workshops in schools; outreach campaign to connect community with their services; and sustain youth and overall programs during COVID19.

Currently they request contributions to provide training in conflict resolution and relationship management skills for the homeless, in order to remain housed. The organization proposed many ways to educate BUF friends in what and how they do; also offering various volunteer opportunities. Please contribute what you can if you have not already done so.

Contact: Phone—360-676-0122, Ext. 110

Web: <https://www.whatcomdrc.com>

Justice Collections of BUF and Covenant to the Community, 2023-24.

"Diversity is a fact, but inclusion is a choice we make...we embrace, not just tolerate, diversity." Nellie Borrero

In the last few years, SEJC's Collections Committee initiated efforts to implement BUF's policy of equity and inclusiveness, seeking community organizations devoted to these values. This year we have discovered more organizations. The range of causes include: food justice for the vulnerable; immigrant crisis support; healing justice to homeless youth; domestic violence services for diverse and marginalized populations; equine experience to promote social and emotional wellness; cultural education and connectivity of indigenous youth; peace building in schools; restoring lives of the incarcerated, and prevention of human trafficking.

Organizations selected for 2023-24:

- Northwest Youth Services
- Friends of Women's Protection Center Nepal
- Immigrant Resources and Immediate Support
- Restorative Community Coalition
- PNW Plateful
- Coffee and Sandwiches Together

- Whatcom Peace & Justice Center
- Children of the Setting Sun Productions
- Domestic Violence & Sexual Assault Services
- Ubridled Spirit 7

BUF congregants assisted in reaching out to newer organizations, while sharing their generosity throughout the current year. The SEJC is grateful to you for making a difference in the community.

Humanitas Ministry



A man named Joe came to us for help with gas. Living in a van full time would be hard for anyone. It's especially hard for Joe who is on disability for congestive heart failure. He needs to go to inpatient care at a hospital quite often because of swelling in his legs. Each time he goes he knows it'll be for a week or more. He explained that he's aware of when it gets bad enough and he'll need treatment.

He's distrustful of our local hospital and will only go to a hospital in Olympia. This will be his 5th admission this year. We asked him about the possibility of getting housing. But his check wouldn't even cover rent much less leave 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.

COMMUNITY EVENTS

Update from BUF Administrator

Membership statements were sent out by email last week. These statements detail donations made to BUF between 1 July 2022 and 31 May 2023. This is an annual mail-out for BUF members and friends to review for accuracy before the pledge year is complete at the end of June. While the BUF fiscal year ends on June 30th, we continue to receive June payments up until July 15, when we finally close the books. Please call or email if you have any questions or spot something that doesn't look right. 360 733-3837, admin@buf.org.

Understanding Buddhism.

July 11, 12:00 Noon on Zoom

An ongoing discussion group begins meeting Tuesday **July 11**. After we have read several books of the history, philosophical basis and the teachings of Buddhism, we are turning to what American Buddhism could be and how we can practice it.

We will read "The World Could Be Otherwise" by Norman Fischer. Fischer, a Zen teacher, offers an imaginative approach to spiritual practice through the six Buddhist paramitas that lead to kindness, wisdom, and an awakened life—essentially to happiness. They are generosity, ethical conduct, patience, joyful effort, meditation, and

understanding. He says that this spiritual practice is a necessary resource for our troubled times.

We hope you will join us on Zoom. No prior knowledge of Buddhism is necessary. If you have questions or want further details, please contact Dr. Debu Majumdar at debumeister@gmail.com.

Cooks Needed for next year's Wednesday Night Dinners



Our weekly Wednesday Night dinners are over for the summer, but we're already planning for next year. If you are craving a way to meet other people and have even moderate kitchen skills (or want to learn!), we encourage you to sign up to join our cooking team. It only requires 2 or 3 hours once a month. Contact Genia Allen-Schmid at genia@BUF.org if you want to learn more.

Sept 5. Lunch with Paul at BUF

Lunch with Paul resumes at **Noon** on Tuesday, **September 5.**

BUF Creativity Exhibition

Sept 16-17. BUF Social Hall

Plans are afoot for holding a celebration of our unseen artforms. What are your creative outlets? Do you keep them mostly to yourself? Let's bring them together in an exhibition to be held September 16/17 in the Social Hall. Artistic works might include samples of paintings, poems, drawing, textiles, sculptures, photos, ceramics, or - what do you create?

If you're interested in volunteering to plan and organize this event, please step up now. We need you—and your creativity! For more details:

Email Jan Cavitt at jadacad@gmail.com or Pam Graham at pam.graham1@icloud.com or pamg6986@gmail.com.

Mid Week Update Summer Schedule

The MWU is published every other week until September 6 as follows:

June 28 MWU is published

July 05 No MWU

July 12 MWU is published

July 19 No MWU

July 26 MWU is published

Aug 02 No MWU

Aug 09 MWU is published

Aug 16 No MWU

Aug 23 MWU is published

Aug 30 No MWU

Sept 06 Weekly MWU resumes

RELIGIOUS EDUCATION

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

CHILDREN'S RELIGIOUS EDUCATION

Sunday Morning



Our formal Sunday morning Religious Education program is on hiatus over the summer, but two of our wonderful teenage childcare providers will be here each week to lead a variety of fun indoor and outdoor activities during the service. Children will start in the sanctuary, as usual, where we have a child-friendly space with pillows, drawing supplies, fidget boxes, and a front row seat for the Story of All Ages or

interactive song. Afterward the children's focus, we will head upstairs where older children will be in the flex room and preschoolers 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

ADULT'S RELIGIOUS EDUCATION 2023-24

FALL

Newcomer Pathways to BUF - 3 sessions

Pathway sessions welcome new members, visitors, or anyone interested in knowing more about the UU tradition and BUF. These fun and informative sessions introduce participants to each other and to Unitarian Universalism.

Pathways for Young Parents - 3 sessions

This Pathways will be held during church so parents of young children can attend while their children are taken care of. Learn about the UU tradition in relationship with your peers!

UU History - 4 sessions

The first in a series, this 4-week course explores the people, ideas, and movements that have shaped our UU principle of Freedom of Belief. Together we will explore pivotal moments in Unitarian Universalism through compelling stories that offer lessons for how to live the UU faith, not only today, but into the future.

Spirit in Practice - 4 sessions

Spirit in Practice will be an opportunity to explore and cultivate regular practices that connect us with the sacred ground of our being, however we understand it. Whichever path we follow in this diverse congregation, the Spirit in Practice workshop will offer a forum for learning, sharing, and growth that can enrich our faith journey.

WINTER

Newcomer Pathways to BUF - 3 sessions

Gratitude - 3 sessions

UU Theology - 4 sessions

Beloved Community Offerings - February (TBD)

SPRING

Newcomer Pathways to BUF – 3 sessions

UU 101- 4 sessions

Social and Environmental Justice Programming (TBD)

VOLUNTEERS - MAKE A DIFFERENCE

July 9. Volunteers are needed to help with the Bellingham Pride Parade, 11:00 a.m. to 1:00 p.m. Waypoint Park to Downtown. Return to BUF after the parade. Call Cathy Campbell 360-224-1005 or cathyc1808@gmail.com for more details.

July 9. Volunteers also needed to host the BUF table at the Pride festival, Depot Market Square. 12:00-4:00 p.m. Call Cathy Campbell 360-224-1005 or cathyc1808@gmail.com for more details

Sept 16-17. BUF Social Hall. Volunteers and planners needed for BUF Creativity Exhibition.

Email Jan Cavitt at jadacad@gmail.com or Pam Graham at pam.graham1@icloud.com or pamg6986@gmail.com.

MUSIC NEWS -

KEVIN ALLEN-SCHMID, Music Director - kevin@buf.org

Music news will resume August 9.

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

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. 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

BUF CALENDAR		
DATE	TIME	EVENT
June 29, 2023	12:30 pm	Flowering Cherry Sangha, BUF Sanctuary, Contact: Cynthia at cynauman@gmail.com
July 3, 2023	7-8:00 pm	Taizé (note new Zoom link) https://zoom.us/j/97456974163? pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09 Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at Tessie@BUF.org
July 8-9, 2023	Hours vary	Bellingham Pride Days. Saturday activities include a picnic and dance. Sunday activities include a Pride parade and festival. For times of specific activities contact Cathy Campbell 360-224-1005 or cathyc1808@gmail.com for more details.
August 7, 2023	7-8:00 pm	Taizé https://zoom.us/j/97456974163? pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09 Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at Tessie@BUF.org
September 4, 2023	7-8:00 pm	Taizé https://zoom.us/j/97456974163? pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09 Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at Tessie@BUF.org

October 2, 2023	7-8:00 pm	Taizé https://zoom.us/j/97456974163? pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09 Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at Tessie@BUF.org
November 6, 2023	7-8:00 pm	Taizé https://zoom.us/j/97456974163? pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09 Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at Tessie@BUF.org
December 4, 2023	7-8:00 pm	Taizé https://zoom.us/j/97456974163? pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09 Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at Tessie@BUF.org