

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

September 13, 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

The BUF Retreat at Silver Lake

*...giving voice to our longing for wholeness
through ecological balance, psychological
growth, and spiritual creativity*

It's so easy to be overcome by the ecological, socioeconomic, and cultural crises we're facing



together. So we'll be drawing on the work of eco-philosopher and Buddhist scholar, Joanna Macy, who has developed processes that can lead us into deeper engagement

with the realities of our struggling world. Our retreat leaders—musicians and friends Christopher Griffen, Gord Oaks, and Josh McHan—have led such programs for groups of 8 to 800, for 20 years. Christopher says:

We'll weave Joanna Macy's "Work that Reconnects" with our own musical offerings for transformation. Together we'll create a space for a wholehearted and interconnected response to these crises. We'll speak, sing, listen, cry (most likely) and imagine together. We'll honor the present and take courage and inspiration from so doing.

Our trio, "rEvolve" offers music that is expansive and progressive in its message, giving voice to the human longing for



wholeness through ecological balance, psychological growth, and spiritual creativity. Our music is acoustic and integrates genres of folk, world, jazz, hip hop, rock, gospel and more.

So come—and bring children, friends, and family! The retreat program will be primarily on Saturday, October 21, but if you can stay overnight Friday thru Sunday, there will be

additional opportunities to play, build community, and breathe the fresh air.

We'll be at the beautiful Saturna Resort waterfront lodge on Silver Lake, an hour NE from Bellingham. Meals will be provided all day Saturday, from breakfast thru our evening program around the fire ring - including s'mores of course! During our free time we can enjoy canoes, paddle boards, and 113 acres of forest to explore.

For those staying overnight, cabins have Queen beds or single bunks with full kitchens, indoor toilets, and hot showers. RV and camping spots are also available. More details to come; in the meantime check the Saturna website <https://www.campsaturna.com/retreat-center> And let me know if you can volunteer! Thanks, Genia Allen-Schmid genia@buf.org

Sunday Services

Sept 17. Why is there Good in the World? - Rev Paul Beckel

The classic theological question, "Why is there evil in the world?" is the wrong question. I won't go so far as to say it's an evil question, but it's hard enough to get away from today's horrors and threats, so let's reflect instead on what initiates and sustains the love coming to and through us.

Sept 24. Kids These Days (The Illusion of Moral Decline) - Rev Paul Beckel

Concern about the fortitude and attitudes of younger generations has been a trope for centuries. Are things different today? We'll consider the challenges, opportunities, and demonstrated virtues of the kids coming up (and maybe gripe a bit about those things we've always taken for granted no longer being true).

Lunch with Paul at BUF. Please join Paul for a bring-your-own lunch and conversation every **Tuesday at noon.**

Art in the Narthex



Sarah Burgoyne is a self-taught artist who has lived in Bellingham for 15 years. She is an active member of the community and believes in supporting local businesses as well as other artists.

She has been primarily working as a makeup artist but is also inspired by the beautiful nature in the Pacific Northwest, and has begun her journey with pyrography. Getting to share that with her community is a dream come true.

SOCIAL AND ENVIRONMENTAL JUSTICE

September 15-October 15, Hispanic Heritage Month

National Hispanic Heritage Month celebrates U.S. Latinos, their culture and our history. Started in 1968 by Congress as Hispanic Heritage Week, it was expanded to a month in 1988.

The celebration begins in the middle rather than the start of September because it coincides with national independence days in several Latin American countries: Guatemala, Honduras, El Salvador, Nicaragua and Costa Rica celebrate theirs on Sept. 15, followed by Mexico on Sept. 16, Chile on Sept. 18 and Belize on Sept. 21.

Themes: Latinos Driving Prosperity, Power, and Progress in America. The three themes are all interconnected. Our economic success leads to power and influence, which, in turn, drives further progress for our community. It's a cycle propelling us forward, an exciting time to be a Hispanic in America, and a critical moment to mobilize and equip Corporate America to engage genuinely with Hispanics as employees, suppliers, consumers, and the community. More info here:
<https://www.cha.wa.gov/national-hispanic-heritage-month>

September 16, Whatcom County Farm Tour, 10:00 a/m-4:00 p.m., multiple locations

We are proud to announce the return of the Whatcom County Farm Tour on Saturday, September 16th, 2023 from 10:00 AM-4:00 PM! Each of the locations will offer a unique opportunity to meet the folks who grow and raise our food and learn more about how that food makes it from the farm to our plate. This self-guided event is FREE for all ages! Farm tour locations, participation details, and more info at:
<https://sustainableconnections.org/whatcom-county-farm-tour/>

September 17. Marches Begin to End Fossil Fuels

This Sunday, activists kick off a series of climate-change marches on the East Coast, supported by UUs for Social Justice, Create Climate Justice/Side with Love, UU Ministry for Earth and the UUA. The NYC march, largest since the Pandemic, begins Sunday at 1:00 p.m. EST.

Activists want to build on the energy of marches held in 2014 and 2017 and to demand that President Biden take bold action to end fossil fuel dependency.

With wildfire smoke choking the air, hurricanes and floods threatening our homes, and toxic pollution making us sick, it has never been more urgent to end our dependence on the leading cause of these crises – fossil fuels. Pacific Northwest residents can follow announcements about the marches via Facebook at <https://www.facebook.com/groups/nycclimatemarch2023> with UUSJ Board Chair Rev. Peggy Clarke, Senior Minister, Community Church of New York. General event details at: <https://www.endfossilfuels.us>

We can also follow the Climate-Change Week celebration to be held in Bellingham **September 22-30**. (See separate article in this newsletter).

September 17, Sunday Bellingham International Day of Peace, 3:00 p.m., Structures Brewing, 601 W. Holly, Bellingham

Whatcom Peace & Justice is celebrating the 20th annual Bellingham International Day of Peace. Recognized by the United Nations since 1982 and the City of Bellingham since 2017, International Day of Peace is a day for all to envision what our world can look like without weapons, violence, and oppression.

This year's theme "Transforming Justice" aims to uplift peaceful ways to address conflict, interpersonal harm, and systemic violence. Transforming Justice is a creative invitation to respond to the surge in domestic and militarized police violence during the pandemic; setbacks in national LGBTQ+ youth protection, labor and reproductive rights, as well as instances of book bans and sex education censorship.

Transforming Justice speaks to the pressing need to reevaluate conventional notions of justice and safety, advocating for preventive, educational, and care-centric strategies to cultivate a peaceful society. Day of Peace includes:

- Drag Performance by Nāvouny Divinne
- Live Brazilian Music with Foleada
- Silent Auction now live! <https://app.charityauctionstoday.com/auctions/International-Day-of-Peace-2023-38779>

For more info and to donate go to: <https://www.whatcompjc.org/idp2023.html>

September 18, October 23, November 20, 2023, UUA-Caring for Trans Families, online event times vary by time zone

Caring for Trans Families is a national 3-part series that will empower congregational leaders to faithfully support our transgender/non-binary community members. In this series, we will examine what multi-faceted support looks like including pastoral support, structural support and resources to help congregations work toward radical inclusivity, and advocacy in the public sphere.

Each session will last two hours and start at 3:00 p.m. Pacific Time/4:00 p.m. Mountain Time/5:00 p.m. Central Time/6:00 p.m. Eastern Time. For more details and to register go to: https://www.uua.org/southern/calendar/region/caring-trans-families?vgo_ee=BYM54%2F3OLE1FktUKP1FjYQzZAQsxbg%2BHQUdQna776qaYuA%3D%3D%3A1p59OxCiTidT8IS767xilB5Ekkgmf2b1

September 22-30, City of Bellingham All in For Climate Week

Each year, the City of Bellingham organizes Climate Action Week as an opportunity to celebrate the knowledge and resources our community has to offer when looking for solutions to global climate change at the local level.

The week is full of events within Whatcom County hosted by individuals, groups, organizations, businesses, and governments that want to help Bellingham achieve its climate-action goals. For information on activities and events:

<https://cob.org/services/environment/climate/all-in-for-climate-action/climate-action-week>

September 23, 10:00 a.m. Kanaka Maoli of Maui, virtual
10:00 a.m. Pacific time, 7:00 a.m. Hawaii time

Aloha Mai Kakou! and E komo mai (welcome!) We the Kanaka Maoli of Maui invite you to begin a relationship among Original Nations and Peoples of the world. To learn about each other as individual peoples and to share our culture through our stories and songs.

Join us for an intercultural, interfaith sharing of experience and knowledge of the social, cultural, economic, legal, and environmental issues that impact the health and well-being of our collective Nations and our Planet.

No single individual, organization, or nation can or should bear the emotional, mental, physical, financial, or spiritual responsibility for finding solutions to today's overwhelming challenges. The urgent questions and growing social, cultural, and environmental inequities we face in these times create the need for collective strategies. We must all learn how to work together for our collective survival and that of our Grandmother Earth and all our relatives.

This Zoom event features: Sharing and Strengthening of Cultural Knowledge and Practice, Special Guests, Presenters, Film and Performers with Contemporary Story, Song and Dance. The event is sponsored by *InterNātional Indigenous Initiative for Transformative Collaboration (INITC)*, which came out of the Standing Rock camps opposing DAPL.

Register here:

<https://www.storiesandsongs.org/register/virtual-one-day-aug-19>

September 26, 27, and 28, 2023. Farming for the Future: Systemic Changes for the Climate Crisis: A UU Advocacy Conference and Action, online conference and letter signing

Please sign the letter: The 2023 Farm Bill presents an important opportunity to create a food and agricultural system that provides healthy food for all while helping to avoid a climate crisis and improving equity for consumers and producers.

A climate-smart farm bill can achieve many important goals: protecting soil fertility, improving water quality, helping farmers cope with extreme weather, and saving energy. The farm bill must help small-scale distressed farmers and ranchers with loan assistance, including disadvantaged farmers harmed by past discrimination by USDA.

More info here including link to online letter, fact sheet and other info go to:
<https://uusj.salsalabs.org/SupportStrongClimateProvisionsin2023FarmBill/index.html?eType=EmailBlastContent&eId=01e358cd-af1a-42d1-966f-967580eff334&eType=EmailBlastContent&eId=fbd320f1-944c-404b-affc-ba42b1e96d82>

To attend the online conference: <https://uujec.net/climatejusticeconference2023>

SEJC Special Collections September 2023, BUF Humanitas Ministry



Humanitas is a weekly alms program with the Community Resource Network, reaching out to local citizens who are struggling to rebuild lives turned upside-down as a result of an unfortunate decision or circumstances beyond their control. The need is great and growing. BUF's Humanitas Ministry Action Team provides support to local people in need by listening to their stories and offering limited, emergency, financial assistance in a safe, warm and non-judgmental atmosphere.

Humanitas updates their work every month with a brief report of their service to needy recipients, which we publish in the MWU. A Humanitas story follows.

Humanitas Ministry in Action

As more states turn the clock backwards, we here in Washington are starting to see Gender Refugees. Which means we are starting to see them at Humanitas as well. They are having to flee their homes because of no longer being allowed to live their lives in safety.

A young man name Al came in not sure where or how to start over. He fled his home in Texas after having spent months inside, feeling like his life was in danger if he went out. Hearing that Bellingham was a haven he came with nothing other than what would fit in a suitcase. We were more than happy to help him with clothing and a list of other resources to help him on his journey.

Unfortunately, his story will become increasingly common. I wish we could say this is unbelievable here in America in 2023 but this is the new reality. Thanks to your continued generosity we can help whoever walks through our doors every week. Details to apply for support appear on the BUF website.

Variety of Pastoral Care Team Opportunities from Paul

I always encourage BUF volunteers to do what makes them come alive. Sometimes this means doing what we do best, sometimes it involves stretching ourselves. So our volunteer opportunities vary from hands-on to organizational to team leadership. And you can support the work of BUF's Pastoral Care Team with different kinds of skills, temperament and time limits.

The Pastoral Care Team is best known for offering one-on-one listening to those experiencing grief and loss. We're not about imparting wise solutions, but being present to your pain and uncertainty. If you would like to be considered for a role like this, please let me know: minister@buf.org. Instead, maybe you simply want to offer your amiability through phone calls to those who haven't been able to get to BUF lately. Did you know that, behind the scenes, several BUF members and friends are each making just a few calls a month to those who have told us they'd like to stay connected this way. If you'd like to give—or receive—such calls, please get in touch with Carola Tossetti: carolatossetti@gmail.com.

Another vital part of our ministry, of course, is providing memorial services. One very practical aspect of support to grieving families is to assist with receptions by bringing food, or simply setting up and cleaning up. Since we don't want to burn out volunteers, we count on a lot of you to do a little bit when infrequently called upon to offer this kind of help...and also to provide a meal periodically to someone going through such loss or a sudden medical challenge. Annie Sorich coordinates this ministry, please contact her if you're willing to be on her list of people to contact: aesorich@gmail.com.

Even more hands-on care? Well, unfortunately we need some volunteers to make this possible. We get periodic requests for rides to BUF on a Sunday morning, or to a medical appointment. I trust that there are willing-ride givers out there, but without someone to coordinate this, the best we can do is to have people put their request on our email list: buf-news. I need to be frank here about BUF staff having more than their hands full: this is something we need a volunteer to coordinate.

Finally, we need some simple administrative support for a new service we'd like to provide to BUFsters. Many of us have done end-of-life planning and have created confidential documents of various kinds: what I'd like read or sung at my memorial service, how I intend for my bequest to BUF to be used, who to call if you haven't seen me in a long time and wonder if I'm ok, and other documents (living wills, intentions for disposition of my body, etc.) that BUF won't be expected to follow-up with, but maybe you want things like this in five different places so one of them can be found when needed. Here, too we need someone to organize, provide info, and sensitively assist. Let me know if you'd like to be considered.

All BUF staff—and those volunteers involved with vulnerable people (children's religious education, for example) or sensitive information—are carefully selected and screened. I'm happy to say that there are many many volunteers here who have shown themselves to be trustworthy and reliable to providing assistance—some for decades. But maybe you're new to BUF, so just start where you are; we're good at providing support to those who support others.

Peace,
Paul

COMMUNITY EVENTS

September 18, Last chance to sign up for our Creations Exhibition to be held October 7-8 at BUF

BUF is 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 October 7 and 8 in the Social Hall. Artistic works might include paintings, poems, drawing, textiles, sculptures, photos, ceramics and recorded music. Please sign up by **September 18** by emailing your creation's details to Jan Cavitt jadacad@gmail.com.

September 20. Cooks Needed for Wednesday Night Dinners



We are gearing up for Wednesday Night Dinners starting **Sept 20**. 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.



September-October Board Meetings about Sanctuary Chairs

The BUF Board will host three listening sessions as an update on the plan to replace some of the sanctuary pews with chairs. Dates, times, and places are as follows:

September 24. Sunday, at 12:00 in the Library

October 12. Thursday, by Zoom at 7PM

Meeting ID: 738 363 620 / Meeting passcode: BUF: Zoom (<https://zoom.us/j/738363620>)

October 15. Sunday at 9AM in the Conference Room

The BUF auction in February included a paddle call to raise money for the purchase of padded sanctuary chairs. The call raised far more money than expected—enough to replace 6 to 7 rows of pews (or roughly half the pews).

At the Annual Meeting in May, members voted on whether to eventually replace all pews with chairs. We learned that many members like the pews. The majority preferred keeping pews, though the question of how many was not addressed at that time.

As the next step in this project, the Board will host these sessions to explain the paddle call history, and to hear your thoughts. Your input at these sessions will help the Board determine how many chairs will be added to the sanctuary. Please plan to attend.

Congregational Administrator Job Opening

BUF is recruiting for a Congregational Administrator. Please see the job posting on the BUF website <https://wp.buf.org/congregational-administrator-opening/>. If you know of someone who may be interested in this position please have them submit their information as soon as possible. **No phone calls please!**

RELIGIOUS EDUCATION

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

CHILDREN'S RELIGIOUS EDUCATION



This month's theme is Welcome. How we are welcomed, how we welcome others, and the ways in which this congregation offers us all the Gift of Welcome.

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. After the Children's Focus we will head upstairs where we will explore our theme of Welcome through stories and activities centering on how we can include those who are often left out and marginalized. If you have any questions or concerns about our children's programming or want to volunteer, please contact me at genia@BUF.org.

Pathways for Parents Sessions coming up!!

This Pathways offering will be held during church on September 17, 24 and October 1, so parents of young children can attend while their children are taken care of. Learn about the UU tradition and BUF in relationship with your peers. It will be fun, engaging and build your sense of belonging to the community. Please contact Genia if you wish to register - there's still time to sign up!

ADULT RE FALL COURSE OFFERINGS



We are excited to announce the launch of several Adult Religious Education courses and workshops this fall!

We're starting with the Pathways for Parents workshop (described above) followed by UU History (Freedom of Belief) and another Pathways workshop for folks new to BUF. **In**

November we will launch a four-session workshop on Spirituality in Practice. These learning events all promise to be engaging and enlightening for all participants.



Bring your curious mind and open heart!

For Course details and to register for any or all sessions click here (you can copy this link into your browser as well). wp.buf.org/learning/adult-programs/
Additional questions, please contact genia@buf.org!

FALL CALENDAR

DATE/TIME	COURSE TITLE / DESCRIPTION
Sept 17, 24, Oct 1 10:30 - 11:45	*PATHWAYS FOR PARENTS: Learn about the UU tradition and BUF in relationship with your peers!
Oct 1, 8, 15, 29 12:00 - 2:00	UU HISTORY; FREEDOM OF BELIEF: Themes from Unitarian Universalist history. (4 sessions)
Oct 28 10:00 – 2:00	*PATHWAYS WITH LUNCH: Pathway sessions welcome new members, visitors or anyone interested in knowing more about UU.
Nov 1, 8, 15, 29 11:00 – 12:30	SPIRIT IN PRACTICE: Come explore & cultivate regular practice that connect us with the sacred ground of being human. (4 sessions)

Register here: wp.buf.org/learning/adult-programs/
OR:



VOLUNTEERS - MAKE A DIFFERENCE

BUF's Pastoral Care Team seeks volunteers with different kinds of skills, temperments, and time limits for a variety of services. See Paul's article elsewhere in this newsletter for people to contact if you want to help.

MUSIC NEWS -

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

BUF CHOIR WANTS YOU!



The BUF Chalice Choir kicked off the new church year in fine style singing "We Rise Again" for the Water Communion service last Sunday. There were 40 voices on stage, but we're recruiting for 60. Won't you join us? All are welcome!

We rehearse on Wednesdays in the sanctuary from 6:45 until 8pm, following Community Night Dinner that starts at 6pm. There will be no dinner this week, September 13; dinners start on September 20. Please forward this email to anyone who might join us but who might be new to me, and call to encourage them yourself, off course.

Also, I'm encouraging everyone to attend the BUF Family Retreat at Silver Lake (North of Maple Falls, about an hour from here) on Saturday, October 21. My friend Christopher Giffen, who sings in the Choir of the Salish Sea, and his band from Edmonton will be the retreat clinicians.

They have been leading inspiring workshops, retreats and services across Western Canada for the past 20 years. Look for more retreat info in this newsletter. Please don't hesitate to call, text or email me with ideas or questions.



Kevin Allen-Schmid
BUF Music Director
kevin@buf.org
406-858-0142

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 2023-2024

Alex Gilman, President - Daria Haynes , Vice President - Drew Betz, Secretary - John Stewart, Treasurer, - Jim Reimer, Trustee - Beth Nyblade, Trustee - Stephanie Sarver, Trustee - Lew Phinney, Trustee - Lin Skavdahl- Trustee, Rev. Paul Beckel, ex officio

BUF CALENDAR		
DATE	TIME	EVENT
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
October 7-8, 2023	TBA	BUF Creativity Exhibition, BUF Social Hall. Hours to be announced. For details contact Jan Cavitt at jadacad@gmail.com or Pam Graham at pam.graham1@icloud.com or pamg6986@gmail.com
October 20-22	---	BUF Annual Church Retreat, Silver Lake, Saturna Report. Resort details at this address: info@campssaturna.com

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