

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

September 20, 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 OUR NEW UUA PRESIDENT REV. DR. SOFIA BETANCOURT

I am holding UUs and all of our extended communities close in my heart as we work to find our way amid the immense struggles and suffering of recent weeks.



I am sitting with photos of intense flooding in FL and reflecting on how each day brings new challenges and a profound need to be in community. We are living into the impacts of climate disruption in all of its forms – heat, floods, fires, tornadoes, and more. The moral call for a faithful and committed response could not be clearer. This is work we will continue to live into together as a movement.

I also find myself both grieving and determined in response to the renewed wake of violence in this nation – in the threats to our congregations and the devastation in our streets. Racialized violence, resistance to gun control, legislative violence, and the use of fear to promote controlling ideologies are just some of the ways people are being targeted in these heartbreaking times.

I know that I need to remain connected to all of you when the days are difficult. I know that the impact of our response is greater when we ground ourselves in our values and show up together to proclaim that another way is possible. Beloveds, I believe in us. I believe that we can renew the moral witness and prophetic action of the progressive religious left as we join together for all that is to come. The time for us to live the values of our faith every day is right now.

Sunday Services

September 24. Kids These Days (The Illusion of Moral Decline) – Rev Paul Beckel

October 1. Seeing Through Other Eyes - Michael Hurwicz & Sharon Abreu

This service will be based on the book Michael Hurwicz recently published about his father, entitled *Leonid Hurwicz: Intelligent Designer: How War and the Great Depression Inspired a Nobel Economist*.

Lunch with Paul at BUF

Please join Paul for a bring-your-own lunch and conversation every Tuesday 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 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>

Marine Animal Rescue Presentation

September 23. 9:30 a.m. to noon, BUF Sanctuary, use one of two church entrances on the 1708 I Street side of our building.

To round out the ALL IN for Climate Action Week, the League of Women Voters is showing the movie ***Wild Pacific Rescue*** featuring the work of Dr. Marty Haulena, head veterinarian of the Vancouver BC Aquarium and his team.

They rescue marine animals harmed by human actions, including the abuse of plastic. Following the screening is a panel with Dr. Haulena, Rep. Alex Ramel, and Jason Morgan with the Northwest Straits Foundation. **Event is free!** Registration is requested: <https://bit.ly/45hfu7R>

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

Southern Resident Orca Resolution

Back in May, SEJC attempted to have both the Bellingham City Council and the Whatcom County Council adopt Orca resolutions stating “We urge the governments of Whatcom County and the City of Bellingham to immediately pass Proclamations that in no way compromise or infringe upon Lhaq’temish Treaty rights and do positively affirm and promote the natural rights of qwe’lhol’mechen to exist as they have since time immemorial.”

Both councils postponed review of the resolution until September. We’re now looking for confirmation of the date when the councils will conduct their review. When

we have the date, we will need to mobilize quickly to appear in person to support the passage of the resolution. So please be ready to attend!! You can also email the councils at ccmail@cob.org and council@co.whatcom.wa.us. Full resolution here:

<https://bufsejc.blogspot.com/2023/05/whatcom-lummi-nooksack-bellingham-area.html>

Scent Detection and Orca Study

September 28, What Poop Can Tell Us about of Southern Resident Killer Whales, 7:00 p.m. BUF Sanctuary

Dr. Giles first met the Southern Resident killer whales as a teenager on a trip to the San Juan Islands from California. Upon completing her undergraduate degree, she became a research assistant and began her graduate study specializing in conservation biology and whale behavior, focused primarily on the Southern Resident killer whales.

She serves as the Research Director for Wild Orca, monitoring the Southern Resident killer whales' health. Wild Orca's high-impact conservation research program utilizes non-invasive sampling with Eba, her highly-trained scent detection dog.

"We're stronger together, so we collaborate with the most respected names in wildlife conservation research to paint a near, real-time picture of the health of endangered Southern Resident killer whales, and to provide timely data to the public and management agencies used to understand and address the causes of population decline."

Looking for volunteers to help with the event-contact dwacruz@comcast.net. More info here: <https://bufsejc.blogspot.com/2023/09/dr.html>

"We Are the Middle of Forever," Climate Change Presentation

October 12. From 7-8:30 p.m. "How, Then, Shall We Live?: Practicing Kinship and Taking the Long View Amidst the Climate Crisis," Majestic Ballroom, downtown Bellingham, 1027 N. Forest St.

SEJC is joining the Multifaith Network for Climate Justice and other organizations in supporting a Bellingham Friends Meeting presentation by Dahr Jamail.

Dahr Jamail will discuss the gravity of our times from a climate perspective, then share indigenous wisdom from "We Are the Middle of Forever," which provides perspective, grounding, and healing.

Dahr Jamail is an American journalist who was one of the few unembedded journalists to report extensively the 2003 invasion of Iraq. He spent eight months in Iraq and presented his stories on his website, "Dahr Jamail's MidEast Dispatches."

Jamail has been a reporter for Truthout, written for Al Jazeera, and has been a frequent guest on Democracy Now! A recipient of the 2008 Martha Gellhorn Prize for Journalism and the Izzy Award of the Park Center for Independent Media, he writes for Truthout about climate change issues. In January 2019, he published the book *The End of Ice: Bearing Witness and Finding Meaning in the Path of Climate Disruption* about his mountaineering adventures where he witnessed glaciers melting and expressed despair at the future catastrophe of global warming.

Taking a Stand against Racism

October 20, 21, 22, Anti-racism training events online. Start times and duration of sessions vary by date.

Do you wish to deepen your understanding of how race and ethnicity play out in our institutions and our daily lives? Join UUA's three Jubilee Anti-Racism training sessions for a Community Experience: Building Capacity to Dismantle Systemic Racism.

These 2-½ day workshops are open to everyone—of any faith or none—who wants to journey toward making a stand against racism and nurturing a multicultural future.

Session times (EST) are:

Friday, **October 20**, 6:00–9:00 p.m.; Saturday, **October 21**, 9:00 am–8:00 p.m.;

Sunday, **October 22**, noon–6:30 p.m.

Register at: <https://pcolejones.wufoo.com/forms/jubilee-three-antiracism-massuu-partners/>

SEJC Special Collections September 2023, BUF Humanitas Ministry



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.

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!**

COMMUNITY EVENTS

Community Night Dinners and Game Night resumes THIS WEDNESDAY!



Join our weekly supper every Wednesday in the Social Hall at 6:00 – everyone is welcome! The soup this week will be tortellini soup, Caesar salad, garlic bread and dessert– all for just \$5 a person, and kids under 12 free! After dinner stick around for some board games! We have childcare until 8:00.

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Echoes of the Heart Ensemble Performance

September 22. 7:00-9:00 p.m. Unity Spiritual Center, 1095 Telegraph Rd, Bellingham

Echoes of the Heart Ensemble is a playback theatre company in Bellingham that tells stories of liberation and oppression in the community with dramatic performances and workshops. Playback Theatre helps us share emotions, insights and lives in the Climate Changing World. With this unique form of improvisational theatre, audience members volunteer stories from their lives and see them played back on the spot.

How does climate change impact your life, your family and community? You share your story and we will perform it through improvisational theatre, poetry, movement and music. Through witnessing our shared humanity, we invite new hopes and visions. Artistic Directors: Spring Cheng and Joe Shirley. Sponsored by the Multifaith Network for Climate Justice. More info at: <https://resonancepath.com/echoes-of-the-heart/>

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.

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.



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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

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.

Learning Circle on *Barred*

Rupert Ayton is hosting a learning circle this November, with the help of First Unitarian of Portland, focused on the book *Barred: Why the Innocent Can't Get Out of Prison* by Daniel Medwed. Professor Medwed is the national director of the Innocence Project and has written two books on the subject. He will be providing the study group conversation questions for each of 6 sessions over 11 weeks, and will speak to the group on a zoom call.

John Marlow of WA Innocence Project is also lined up to participate in a zoom conversation specifically about Washington. Please invite your friends as these learning circles are open to everyone. If you have any questions, please contact Rupert at rupertayton@yahoo.com.

Full descriptions, schedules & registration information are [HERE](#).



Adult Religious Education FALL 2023

We are asking everyone to register for our classes on-line this year. Go to the BUF website, at BUF.org, and scroll down to the adult RE section and click on the appropriate link for the registration form. You can also click on the appropriate links

below. If those aren't working for you, just copy and paste the addresses listed below in blue into your browser. If none of this sounds doable, no worries! We can register for you on Sunday mornings at coffee hour (just visit our table), or email Genia at genia@BUF.org and she will register you.

UU History; Freedom of Belief
12:00 - 1:30

Sunday, October 1, 8, 15, 22

The first in a series, this 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.

Register: buf.breezechms.com/form/buf.breezechms.com21255517

Pathways with lunch

Saturday, October 28

10:00-2:00

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.

Register: buf.breezechms.com/form/buf.breezechms.com212555

Spirit in Practice
11:00-12:30

Wednesday, November 1, 8, 15, 29

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.

Register: buf.breezechms.com/form/buf.breezechms.com2125551767

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

October 21-22. BUF Family Retreat to be led by the Canadian Musical Trio rEvolve

BUFsters of all ages and their friends are encouraged to attend the BUF Family Retreat at Camp Saturna on Silver Lake (North of Maple Falls, an hour from Bellingham) on October 21-22.

Our retreat leaders, who form the trio rEvolve, have performed and led spiritual retreat sessions for groups of 8 to 800 across Canada for the last 20 years. Their music and programming is expansive and progressive in its message, giving voice to human

longing for wholeness through ecological balance, psychological growth, and spiritual creativity.

Their acoustic style integrates genres of folk, world, jazz, hip hop, rock and gospel.



Their offerings for retreat participants will include easily accessible music listening, sing-along and improv sessions, gentle Qi Gong and meditation sessions, and thoughtfully artistic group explorations designed for varying age groups. All of this will be interspersed with free time in the serene forest surroundings at the camp.

Professional retreat clinicians Christopher Giffen, Josh McHan and Gord Oaks.

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
September 23, 2023	9:30 am-noon	Pacific animal rescue presentation by League of Women Voters. <i>Wild Pacific Rescue</i> . BUF sanctuary
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	---	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. Professional retreat leaders the musical trio rEvolve. Resort details at this address: info@campsaturna.com . Also contact genia@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