

# Bellingham Unitarian Fellowship

Community, Compassion, Commitment

October 18, 2023

## In this issue

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

[Sunday Look Ahead](#)

[Social & Environmental Justice](#)

[Community Events](#)

[Religious Education](#)

[Volunteer Opportunities](#)

[Music News](#)

## Words from Paul

### Avoiding Scams



After a brief teenage let's-see-what-we-can-hack-into phase, my oldest son, Jonathan, began working in cyber-security. Somewhere along the way he shared a book with me by the famous newly-released-from-jail hacker, Kevin Mitnick (who went on to become a security consultant himself). This came to my mind a few weeks ago when Mitnick appeared in the obits (no, he died of natural causes).

The gist of Mitnick's book, *The Art of Deception*, was this: any information about you can be leveraged to gain more information about you. But that was over 20 years ago. Since then we've gotten a lot smarter about protecting our private information. And scammers have gotten more sophisticated too—not just with technological magic, but with the old fashioned ploys of asking for help and offering to help. Yes, asking for help, and offering to help—both essential to beloved community—can be suspicious behaviors. What a dilemma.

Fraudulent texts and email used to be poorly written, or originated from suspicious addresses. Unfortunately, they now often sound plausible and appear to come from actual staff addresses, and phone numbers. So here's what you need to know:

*BUF will never contact you individually asking for money, bank account, or card numbers. To make contributions electronically, you have to initiate the contact—either by calling the BUF office, through our website, or in person. If you are ever in doubt about a suspicious call or message, do not respond. Contact us directly to check out anything you're unsure of.*

Spiritual maturity involves qualities of openness, including trust, vulnerability, and generosity. But spiritual maturity also involves setting boundaries and awareness of when our boundaries are being crossed.

None of this will stop us from continuing to build trust within our community by being worthy of one another's trust.

PS: Having said all of this, it will still be fun to get together in disguise for Halloween. Please come in costume on Sunday morning, October 29.

Peace, Paul

Sunday Service Zoom Link:

Meeting ID 738 363 620

**Worship starts at 10:20am**

<https://zoom.us/j/73836362>

**Passcode is BUF Phone: (669)  
900-6833**

### Lunch with Paul at BUF

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

### **Sunday Service October 22**

Seeing with New Eyes, Going Forth

We'll complete the cycle we began exploring during the past two Sundays: gratitude, grief...and now, "Seeing with new eyes and Going forth." This service will involve reflections on hope and courage, uplifting music by **rEvolve** (the musical trio who will be leading our weekend retreat during which we'll have dived deeper into these themes) and perhaps some sharing of insights from retreat participants.

### **Sunday Service October 29**

I approve this Message- led by Beth Nyblade

Satire is the traditional weapon of the powerless, the scourge of bigots and tyrants. With election day around the corner, we could use a bit of humor to help us maintain the equilibrium we'll need to continue the hard work of democracy.

*...And it's Halloween weekend, so please come in costume!*

---

### **Annual All-Church Retreat October 20-22!** The theme: Reconnection

Join us at Saturna Resort on Silver Lake for the All-Church Retreat October 21.

Professional camp leaders will provide adults and children with engaging, fun activities and inspiring music-making outdoors and in the beautiful waterfront lodge. Meals will be provided all day Saturday, starting with a welcome breakfast bar at 8:00 and ending with a special evening program around the fire ring - including s'mores of course!

Registration for the day is \$45 per adult, \$25 for teens, and free for under 12.



Located outside Maple Falls and situated right on the water, the resort has a warm, roomy lodge, swimming docks with canoes and paddle boards to use, and 113 acres of forest to explore.

For those wanting to extend their time at Saturna the resort has plenty of bunk beds in the comfortable bunk house with a full kitchen, living room and bathrooms. There are also spots to park RVs (no hook ups) and lots of camping spots for the hearty! For housing, please contact Genia at [genia@BUF.org](mailto:genia@BUF.org) and she will send you a payment form. To register for the Saturday retreat, click [HERE](#), or paste <https://buf.breezechms.com/form/buf.breezechms.com42> into your browser.

**MUSIC NEWS -**  
**KEVIN ALLEN-SCHMID, Music Director - [kevin@buf.org](mailto:kevin@buf.org)**

One Day, A Song for Peace between Israel and Palestine



Andrea Shupack



Khaled Zaki



2019 Interfaith Festival Choir

With Israel and Palestine being so much in the news these days, it's time to look back at a video of the 2019 Interfaith Music Festival performing the song "One Day." Here's the link:

[https://drive.google.com/file/d/1DMPTAvh8hwLXxSsNlrihOWWgX\\_o-Xtmf/view?usp=drive\\_link](https://drive.google.com/file/d/1DMPTAvh8hwLXxSsNlrihOWWgX_o-Xtmf/view?usp=drive_link)

The festival choir in this video filmed at First Congregational Church Bellingham, was formed by choirs from BUF and other member congregations of the Interfaith Coalition. Soloists were Andrea Shupack, cantor of Bellingham's Beth Israel synagogue, singing in Hebrew, and Khaled Zaki, muezzin from Umar Al-Farooq Mosque in Seattle, singing in Arabic.

Here is a sampling of the beautiful lyrics:

Chorus in English, Arabic and Hebrew

All my life I've been waiting for the people to say that we don't wanna fight no more,  
There'll be no more wars, and our children will play. One day . . . Salaam . . . Shalom

Solo Verse in Arabic

مرات بنام تحت القمر. Marat banam, tachtil amar At times I sleep beneath the moon باشكر الرب عن الحياه.  
Bashkore rab anl-cha'ay Thanking the Lord for life

Solo Verse in Hebrew

להביט יחדיו אל הבאות Lehabit yachdav el habaot Let's look together to the future,  
ויום אחד לשנות Veyom echad leshanot And one day make a difference.

## SOCIAL AND ENVIRONMENTAL JUSTICE

### SEJC Collections for Oct: Immigrant Resources & Immediate Support (IRIS)

“It is my...privilege to...do a very small part in helping those whom they (the IRIS) minister to, who have so little, and who have faced unspeakable difficulties and challenges.” IRIS supporter, J. Anderson.

Last Sunday at the BUF service, Leta Sanchez, an immigration lawyer and founder, and Norma Suarez, Executive Director of the IRIS spoke about the purpose and activities of their organization. The IRIS was formed as a non-profit to help immigrants who fled from imminent danger of violence and extreme poverty in their countries, and who, locally, faced layers of barriers to navigate the bureaucratic system.

The officials gave examples of immigration cases in crisis including a man who continued to work long hours to care for his family, until a doctor warned him that he would die unless he had a prescribed surgery. The outreach of IRIS included families who fled the war in Ukraine and are seeking asylum in the U.S.

***Please make a difference in the lives of these immigrants and refugees through your generous contribution to IRIS.*** For additional information: [www.irisnw.org](http://www.irisnw.org).

## COMMUNITY EVENTS



[This Photo](#) by Unknown  
Author is licensed  
under [CC BY-NC-ND](#)

### Community Night Dinners and Game Night this Wednesday at 6:00

This week we are serving up our ever-popular taco soup along with tortilla chips, green salad, and dessert. The cost is a bargain at \$5 per person, and kids under 12 free! Our community dinner is every Wednesday evening from 6:00 to 6:45 in the Social Hall at BUF. **Stay after dinner to playcard-oriented games- Fluxx or Sea, Salt, and Paper or Gubs. Or bring your own card game or board game to play!**

### Pre-Holiday Re-gifting and Re-purposing Your Treasures Sale Nov 11, 2023, 9 am - 3 pm in the BUF Social Hall

Donation List:

Children's toys, books, games, clothes

Kitchenware (includes limited small working appliances and cookbooks), pots, pans, dishes, tools

Holiday items

Coffee table quality books (Art, Travel, Photography, Cookbooks, Gardening).

Sporting goods (no weapons) Tools Gardening Supplies

Knick knacks/collectibles/artwork Craft Supplies

Homegoods (Linens, bedding, towels etc, all in good condition.

Small furniture Costume Jewelry

Music (CD's Vinyl, music books, small instruments)

## Games, Cards and Puzzles

Please don't donate adult clothing, paperback and hardback books EXCEPT as detailed above, weapons, anything that is torn, stained or broken. We hope to provide a list of alternative sources for donations.

Donation times: Sunday 11/5, 9am - 1 pm, Weds., 11/8, 5-6:30 pm, Thurs. 11/9, 10am - noon, Fri. . 11/10, 9am - 1 pm. Pick up can be arranged if needed.

### We need volunteers

- to help with donations on Sunday 11/5, Weds 11/8, Thursday 11/9. See times above
- Set-up on Friday. 9am - noon, noon - 4pm
- Day of sale volunteers to assist shoppers, keep tables tidy and inviting, cashiers, greeters. Shifts: 9am - noon, noon - 3pm
- Clean-up crew: 3-5 pm.

Sign-up at our table on Sundays or contact Drew Betz, [drewlenore@me.com](mailto:drewlenore@me.com).

## RELIGIOUS EDUCATION

Genia Allen-Schmid, RE Director, [genia@buf.org](mailto:genia@buf.org)



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

### CHILDREN'S RELIGIOUS EDUCATION

This month's theme is The Gift of Heritage and this week we are exploring the ways Unitarian Universalists are rooted in science. We believe it is important to use science and reason to try to figure things out about the world and universe we live in.

Science helps us be curious and full of wonder when we look around us, especially up at the night sky. This week we'll have fun with a scientific experiment and have an art project, games, and a story about stars.

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 through stories, activities, games and art.

If you have any questions or concerns about our children's programming or want to volunteer, please contact me at [genia@BUF.org](mailto:genia@BUF.org).

### Adult Religious Education FALL 2023

To register for a class, just click on the appropriate link, in blue. If that doesn't work 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 me at [genia@BUF.org](mailto:genia@BUF.org) and I will register you.

**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](https://buf.breezechms.com/form/buf.breezechms.com212555)

**Spirit in Practice**                      **Wednesday, November 1, 8, 15, 29**                      **11:00-12:30**

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](https://buf.breezechms.com/form/buf.breezechms.com2125551767)

---

**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](mailto:MWU@buf.org)

**Bellingham Unitarian Fellowship**

BUF's website is [BUF.org](http://BUF.org). Contact us by email at [admin@buf.org](mailto: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 CALENDAR		
DATE	TIME	EVENT
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
October 22	Noon-1:30pm	Men's Group in the Conference Room Contact <a href="mailto:Jeff.copeland@gmail.com">Jeff.copeland@gmail.com</a> with questions.
November 6, 2023	7-8:00pm	Taizé <a href="https://zoom.us/j/97456974163?pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09">https://zoom.us/j/97456974163?pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09</a> Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at <a href="mailto:Tessie@BUF.org">Tessie@BUF.org</a>
November 12, 2023	Noon-1:30pm	Men's Group in the Conference Room Contact <a href="mailto:Jeff.copeland@gmail.com">Jeff.copeland@gmail.com</a> with questions.