

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

October 25, 2023

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Words from Paul



Retreat a Great Success

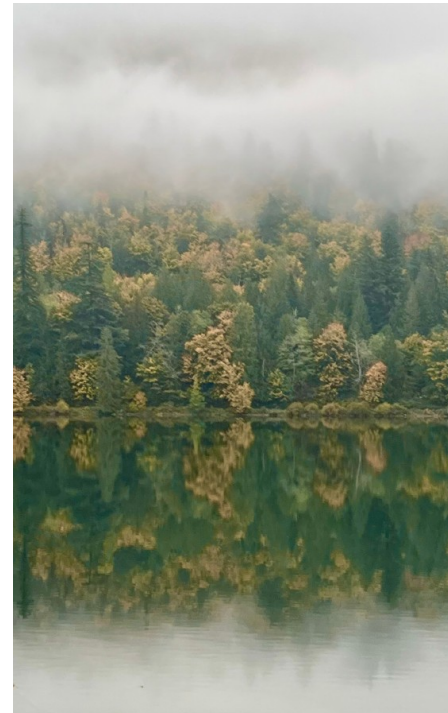
About eighty BUF members and friends enjoyed a memorable retreat this past weekend at Camp Saturna on Silver Lake. The weather couldn't have been nicer, with gentle sun on Saturday and a misty morning Sunday. Retreat goers paddled in canoes, sang and fixed s'mores around the campfire, enjoyed delicious Mexican food catered by Teresa Nevarez, and soaked in the sublime autumn colors as they got to know one another better.

Special thanks to:

- Volunteers before and during the retreat, especially Kjerstie Nelson and Patricia Conover
- Genia Allen-Schmid for devoting several weeks to the intense preparations needed.

This retreat was uniquely successful as a community building event for children and adults; it clearly filled a deep need for ingathering and celebration. But truth be told, it was expensive and heavily dependent on staff leadership. We would love to be able to do this again next fall; in order to do so, we'll need to bring together a group of volunteers so we can know whether to reserve this or another site well in advance. Please contact Genia@buf.org ASAP to volunteer to be on an early-planning task force.

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.

PS: Halloween Costumes: This Sunday, October 29 is the Sunday nearest to Halloween - Please come to the service in costume!

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!

Welcome Michelle Fox - our new BUF Administrator

I'm happy to introduce to you Michelle Fox, who began this week as our Administrator. Michelle brings many years of business experience with her, along with a warm, attentive presence.

Our current Administrator, Kathy Wahto, will be retiring in a few weeks. We are so grateful to Kathy for her service to and care for us for seven years.



MUSIC NEWS -

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

Retreat Music Uniquely Engaging

The retreat program was presented by rEvolve, a Canadian trio consisting of Chris Giffen on guitar and vocals, Gord Oaks on percussion and Josh McHan on bass. These fellows specialize in leading non-sectarian spiritual sessions with music, most often at the Naramata Retreat Centre in the Canadian Okanagan. Learn more here:

<https://www.naramatacentresociety.org/>

Both the retreat and the concluding Sunday service at BUF, rEvolve centered the work of Joanna Macy and her translations of Rilke poetry in responding to the crises of the world.

I would call their sessions *improvisational, participatory, inspirational and spiritual music therapy*, and this therapy seemed to resonate deeply with both our BUF liberal sensibilities and our enjoyment of music and music making.

If you would like to experience more of Chris' gentle group music making in Bellingham, check out his Monday night sessions called "Improv Circle Songs" here:

<https://christopher-giffen.squarespace.com/circle-song>



Kevin Allen-Schmid

SOCIAL AND ENVIRONMENTAL JUSTICE

SEJC October 2023 Recipient: Immigrant Resources & Immediate Support (IRIS)

"(Imagine) showing up to a town you don't know anything about, you don't know anyone, you don't speak the language and don't have a place to live. IRIS made it o.k. for us to be here." A recipient family on the impact of IRIS, Community Impact Report, IRIS 2022.

The mission of IRIS was to support the basic needs of immigrants in times of crisis. The organization serves immigrants fleeing violence and extreme poverty in their home countries, and those who have resided in our community for years but who are marginalized and overlooked, living below the poverty line and facing difficult barriers to stability. The outreach of IRIS includes families who fled the war in Ukraine and are seeking asylum in the U.S.

The urgent need of IRIS is for volunteers to deliver much needed basic items to families, and driving people to appointments.

If you have not already given, please make a difference with your contribution to IRIS through the rest of this month. For additional information: www.irisnw.org.

Interweave Organizing Meeting, November 12, 12:00-1:30

On Sunday, November 12, 12:00 - 1:30, there will be an organizing meeting for Interweave, the UU program to fight the oppression of LGBTQIA2S+ people. Interweave has been dormant for some years, and this meeting is intended to help us identify actions and projects for the remainder of the 2023-2024 church year. All those interested are encouraged to attend. You do not need to be LGBTQIA2S+ to participate. Supporters are welcome! The meeting will be in the library, off the social hall.

Regenerate Cascadia Activation Tour at BUF- Oct 28 and Oct 29

Regenerating our bioregion and re-imagining a stewardship path that better serves our home. Join us for a weekend of presentations and tours with renowned bioregionalists. Participate in discussions about challenges and solutions in our region. Connect with others and lay the groundwork for the Regenerate Cascadia movement to come. Field Trip/Tours Preparation: Wear clothing appropriate for the weather and soggy ground. BYO lunch. PLEASE CARPOOL! Parking is limited.

October 28 - "*The Design Pathway for Regenerating Earth*"

7:00 pm • Bellingham Unitarian Fellowship

I Street entrance

with Joe Brewer and Brandon Letsinger

October 29- Three Field Trips

Regenerative Water Integrated Systems

Inspiration Farm, 619 E. Laurel Rd.

10:00 am - 1:00 pm

Edaphos Wildlife Sanctuary Tour

5351 Dinkel Rd (Off Smith Rd.)
1:20 -2:30 pm

River Farm (Evergreen Land Trust) Tour
323 Hillside Rd.
3:00-5:00 pm

COMMUNITY EVENTS

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



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Did you miss the retreat last weekend? At least you can taste some of the fabulous food we had at Community Night Dinner this week where we'll be serving up the fabulous leftover Posole and lentil soup made by chef Teresa Navarez! We'll also have salad, garlic bread and dessert for just \$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 play card-oriented games- Fluxx or Sea, Salt, and Paper or Gubs. Or bring your own card game or board game to play!

Rummage Sale Update

Thanks to all those who have signed up to help so far. We will continue to ask for volunteers on the next two Sundays. You can help us by volunteering to be a cashier, assisting on the sale floor, clean-up at the end of the day and more! The planning team has decided that having food and beverages for the volunteers on Friday and Saturday is the least we can do for our hard working teams. A sign-up for food support will be sent separately with details on what we would like. If someone would like to manage the volunteer nurturing area, it would be a wonderful way to support the team. Please let us know.

Many people are asking about when they can drop off their items. We currently have volunteers to manage receiving at the following days and times:

Sunday, November 5, 9 am - 1 pm

Wednesday, November 8, 5-6:30 pm

Friday, November 10, 9 am-1pm

We think that we have two volunteers who are willing to come pick-up your donations if you need help. They will be working on Friday, November 10, in the morning. We will be creating a list of pick-ups in the near future if that option is one you would like.

For now, keep on sorting your treasures and deciding what you can give to help support the sale.

Drew Betz, Convener

Fall Clean-Up at BUF—Saturday, Nov 4 9am to 12noon

Join us as we start our seasonal battle with fallen leaves! We trim hedges and do general cleanup outside, with coffee and treats for break-time. Dress warmly, bring your favorite tools and gloves and we will bring out our BUF tools. We welcome all volunteers, for as long as you like. For more info: Jim Reimer at jdreimer@comcast.net or call the office!

Thanksgiving Day Potluck Thanksgiving Day - Thursday November 23

1 PM Set Up and Socializing and 3 PM Dinner

We will provide turkey, you all will provide the trimmings!

RSVP Mark Allyn allyn@well.com. Please indicate how many people and what you plan to bring.

RELIGIOUS EDUCATION

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



CHILDREN'S RELIGIOUS EDUCATION

This month's theme is The Gift of Heritage. This Sunday we are celebrating the roots of Halloween that call us to remember and honor loved ones we have lost. There are roots in many cultures which give us ways to remember those who have died and to understand that death is part of life. We'll explore these concepts with thoughtful, yet light hearted stories, art activities and games which give opportunities to share about, reflect on, and celebrate memories of people, or pets, we have loved.

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.

Adult Religious Education FALL 2023 - Sign up NOW!!

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 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

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

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

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 CALENDAR		
DATE	TIME	EVENT
Oct 28	10am	Pathways and Pasta in the Flex Room
Oct 28	7pm	Regenerate Cascadia Presentation, in BUF Sanctuary- use I Street Entrance
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
November 12, 2023	Noon-1:30pm	Men's Group in the Conference Room Contact Jeff.copeland@gmail.com with questions.