

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

January 17, 2024

SUNDAY SERVICES on ZOOM

Services begin at 10:20am



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

Meeting ID 738 363 620

Passcode: BUF

The Zoom link above and order of service link, below, are the same every week

<https://wp.buf.org/order-of-service/>

SUNDAY, JANUARY 21

Finding and Offering Sanctuary – Rev Paul Beckel

When serenity and balance are elusive, sanctuary offered can be sanctuary found.



OUR WHOLE LIVES

Our Whole Lives is a positive, comprehensive, and age-appropriate educational program led by trained facilitators.

Our Whole Lives (OWL) for younger, and older

elementary-age children is coming this winter. OWL is based on the philosophy that parents or guardians hold primary responsibility for the sexuality education of their children. For more information, please visit the UUA website at <https://www.uua.org/re/owl>

Details and registration will be out soon. If you are interested or want more information, contact Genia Allen-Schmid at genia@BUF.org.

RAISING CHILDREN IN A RACE CONSCIOUS SOCIETY

February 11 and 25 from 10:30-11:45



This class is designed for parents, guardians and grandparents who want to be prepared for The Talk that every family needs to have about race.

This will be an opportunity to share learnings and insights, as well as gain new tools for talking in healthy ways about race.

The class will be led by James Addington, author, antiracism training consultant, and part of a multiracial family. James and his wife, Cheryl, are currently parenting a five-year-old granddaughter of color. “She is a daily source of insights, questions and new puzzles,” according to James. Space is limited, so we encourage early registration [here](#), or go to the BUF website.

SUNDAY, JANUARY 21

Liberating Love is January’s theme and this Sunday we will see how our love calls us to return to each other even when things are hard, and we would rather walk away or stay by ourselves. We will explore this theme by listening to the classic story “Stone Soup” actually cooking a “stone soup” together, and making a fun magnet maze.

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

COMMUNITY NIGHT DINNER

Join us this Wednesday at 6:00 in the social hall for a delightful choice of soups from the freezer (served hot of course!), such as Moroccan lentil, peanut, and Thai pumpkin coconut. These will be accompanied by a salad, bread and dessert. Cost is \$5 per adult and children under 12 are free! Stay after dinner to play card-oriented games- Fluxx or Sea, Salt, and Paper. Or bring your own card game or board game to play!



WHAT BUF MEANS TO ME, Francie Gass

I have been a member of BUF since 1984 when my husband Ken and I joined so that our 3 year old daughter Katie would have some “religious education.” Wow, I just realized this is the 40th anniversary month of signing the membership book! I have been on the board (even President for a term), taught R.E. and OWL, been a member of the pastoral care committee and the ministerial relations committee...who knows what else. I am currently on the Interweave committee, which is working to re-establish BUF as an official welcoming congregation.



What inspired me at my very first visit to BUF and what has kept me coming is our Covenant. It has changed over the years, but always we value social justice, diversity and a quest for truth. I love that we acknowledge that we are on a journey to discover our truth; that each of us is on a separate journey in a community of seekers. BUF members challenge me to be more open to diversity and social justice issues. BUF R.E. helped us raise our kids!

The pandemic changed my attendance habits and I am slowly coming back to services. I understand that coming to the service isn't just about me getting what I need; it is also about being part of a critical mass of congregants who enrich each other. I hope to see you more often.

BUF MEN'S GROUP

We're young and old, members and guests, straight, gay, and queer. We meet after the service on the 2nd and 4th Sundays in the BUF conference room from about noon to about 1:30pm. (Like good UUs we have principles, but not dogma, about the time.) We share our concerns and worries, have a broad discussion topic, and sometimes squeeze out some insight. And we usually do it without mentioning sports or politics. We would be happy to welcome you, too. Contact Jeff Copeland (jeff.copeland@gmail.com) for more information.

WINTER QUARTER ADULT RE PROGRAMS

DATE/TIME	COURSE TITLE / DESCRIPTION
January 21, 28, February 4 12:00-1:30 Facilitators: Tom Nicholas Patricia Conover	GRATITUDE Recall those moments when you may have said, “Thanks to the universe, I got a parking place right in front.” This facilitated conversation will explore the role of gratitude not just when life “goes our way,” but for those inevitable times when it does not. We’ll explore to whom and for what we’re grateful. (3 sessions)
February	BLACK LIVES MATTER SPECIAL PROGRAMMING
March 2 10:00-2:00 Facilitator: Felice Davis	*NEWCOMERS PATHWAYS: Pathway sessions (with lunch!) 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.
March 3, 10, 17, 24 12:00-1:30 Facilitators: Natalie Johnson	UU THEOLOGY: How did Unitarian Universalism evolve into the liberal faith we know? What fundamental issues and individuals shaped our understanding of UUism from our earliest beginnings onward? Why do we not have a creed or dogma, but instead embrace our Principles and Sources? These and other questions are explored in this course. (4 sessions)

Please register at the links below. A maximum \$10 donation is suggested towards the cost of materials each semester, but Pathways classes are free. If you need help registering, contact Genia and she will happily register for you!

[Pathways](#)

[Gratitude](#)

[UU Theology](#)

LUNCH WITH PAUL

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

BUF-NEWS LIST-SERV MODERATOR NEEDED

Best for someone who has been around BUF a couple of years and has basic familiarity with people and programs...checks email regularly... and doesn't already have multiple volunteer roles. Minimal tech skills involved. It would be helpful to have an additional moderator to ensure submissions to BUF-news get out quickly. Let me know if you'd like to help: minister@buf.org

BUILDING RENTAL VOLUNTEERS NEEDED!

A group of BUFsters is needed to help manage the rental of the BUF building, specifically determining and carrying out

- how we market,
- showing the space
- negotiating rentals
- arranging for the set up ahead of time and any clean up afterwards.

If you have skills and talents that you can offer this important effort, or would like to discuss it, please call John Stewart at 360-306-1183 or at treasurer@buf.org

VOLUNTEERS NEEDED TO HELP WITH PLEDGE DRIVE

Call or text Rick Steele (Vlad) at 360-319-7759 to volunteer or with any questions.

Activity	Estimated Time	Time Span	Total Needed
Canvass 3 to 5 households	2 hr./week	2/11/24 to 3/15/24	40 to 50
Recruit Canvassers	1 hr./week	11/15/23 to 2/1/24	10
Spreadsheet Analysis	5 hr. total	Mid-April	1
Write Inspiring Article for Brochure	5 to 10 hr. total	12/1/23 to 1/15/24	1
Desktop Publish Brochure	5 to 10 hr. total	1/15/24 to 2/1/24	1
Oversee Kickoff Breakfast	5 hr. total	1/15/24 to 2/10/24	1
Cook for Breakfast	3 hr. total	2/11/24	3 or 4
Setup for Breakfast	1 hr.	2/11/24	2
Cleanup/Breakdown Breakfast	2 hr. total	2/11/24	2
Stuff Envelopes for Mailing	2 hr. total	2/1/24	2

SEEKING SPECIAL MUSIC FOR BUF SERVICES

Please let me if you are interested in performing instrumental or vocal special music as part of the service on any of these nine upcoming Sunday mornings when a choir is not scheduled to sing:

Jan 28, Feb 4, 25, Mar 3, 17, 24, Apr 7, 21 May 12, 26

Thanks! Kevin Allen-Schmid BUF Music kevin@buf.org cell: (406) 858-0142

SUPPORTING PEOPLE WITH SERIOUS MENTAL HEALTH CONDITIONS

Our congregation's covenant of love and understanding goes out to the 1 in 5 among us living with a mental health condition, and the 1 in 25 with a severe mental illness such as schizophrenia, bipolar illness, or major debilitating depression.

I have learned of a new resource in Bellingham called Whatcom Clubhouse-- a mental health safe place where people can come and find support and empowerment. Whatcom Clubhouse is not a behavioral health treatment program nor a minimally supervised drop-in center. It is a solid setting for persons who are not in a mental health crisis but who could use a specific, supportive community and a way to invest time with others and find purpose in their Mon-Fri.

The Clubhouse is located @ 1331 Meador Ave., J-106, Bellingham, 98229. Contact 360-224-6931, info@whatcomclubhouse.org Learn more at <https://www.whatcomclubhouse.org/>

Submitted by Alan Friedlob

SOCIAL ENVIRONMENTAL JUSTICE COMMITTEE MEETS SUNDAY JANUARY 21

The (SCJC) Social Environmental Justice Committee's winter meeting will be held next Sunday January 21st following the worship service, from 12:00 to 2:00 PM downstairs in the library.

If you have a social or environmental justice project, or concerns that you would like to share, please plan to attend this important meeting. Christine DeLee from Northwest Youth Services will give us a brief overview of a new program they are introducing. We will review action team activities, evaluate the current meeting format, and vote on open executive committee positions.

Get some coffee in the social hall and join us next door in the library for bagels and cream cheese, and some interesting conversation. New members and new ideas are always welcome, and we look forward to seeing you.

BUF-SEJC COLLECTIONS RECIPIENT FOR JANUARY 2024, PNW PLATEFUL

PNW (Pacific Northwest) Plateful is where plates overflow with hope. "We make more than meals—we serve moments of hope—to individuals, families and organizations, including the YWCA, Northwest Youth Services, and the Birchwood Desert Fighters." The Plateful vision is to be a community leader in food security by nourishing the body with food, the mind with education, and the spirit with hope. They emphasize that hunger is unacceptable and provide access to nutritious food, nurturing overall wellbeing. They ensure food security through education, collaboration, skill building, and service-driven action. A single nutrient-packed plate costs \$7.50. They seek our support to sustain their efforts to reach those in need. PNW Plateful also needs volunteers with large vehicles to deliver meals to their partner organizations. You can drop off your financial contribution to PNW Plateful at the BUF Office throughout the month. Learn more at www.pnwplateful.com or phone 347-413-3983.

NEW OFFICE HOURS

Tuesday thru Friday | 10:00 AM-3:00 PM

Your existing door codes still work, so feel free to access the building outside of office hours for regular volunteer activities and programs. Please do not use your door codes, however, in the early morning or late evening, as an alarm will sound and someone you love will have to get out of bed. If you do not have a code, please make arrangements with Michelle Fox, our new Administrator: admin@buf.org | 360-733-3837

BUF Calendar

Date and Event	Time	Location
Thursday, January 18, 2024		
3 rd Thursday Chalice Circle	9:30 AM	Conference
Pastoral Care	10:00 AM	Conference
Flowering Cherry Meditation	12:30 PM	Sanctuary
Hospitality	2:00 PM	Conference
Sunday, January 21, 2024		
Children's Religious Education	10:00 AM	contact genia@buf.org
Sunday Service, in person and Zoom	10:20 AM	Sanctuary/Zoom
Coffee Hour after Service	11:30 AM	Social Hall
BUF Nominating Committee	12:00 PM	Conference Room
SEJC	12:00 PM	Library
Adult RE Classes	12:00 PM	Flex Room
YRUU	4:00 PM	Social Hall, back patio
Monday, January 22, 2024		
Black Lives Matter Program Meeting	7:00 PM	via Zoom
Tuesday, January 23, 2024		
Buddhist study group via Zoom	12:00 PM	via Zoom
Lunch with Paul	12:00 PM	Social Hall
Wednesday, January 24, 2024		
Humanitas In Person	9:30 AM	Sanctuary
OWL Child/Parent Orientation	6:00 PM	Flex Rooms
BUF Night In/Community Night Dinner	6:00 PM	Social Hall
Choir Rehearsals	6:45 PM	Sanctuary

FIND THE CALENDAR ONLINE

The complete calendar of BUF events and building uses is available on our website under the News tab or by following this [link](https://73940468.view-events.com/calendar/73940468/month):

<https://73940468.view-events.com/calendar/73940468/month>

How to Submit Content for the Mid-Week Update

Content must be received on Monday by 10:00 AM. Submit via email and include an attached Word doc, single spaced, Times New Roman 12 font. Avoid any formatting, including bullets. 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

360-733-3887 Buf.org. admin@buf.org Sign up for the Mid-Week Update and/or the BUF News Digest at <https://wp.buf.org/news/communication-sign-ups/>