

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

July 31, 2024



All BUF services are accessible in-person or on Zoom.

Use this link: <https://zoom.us/j/738363620>

Passcode = BUF / Meeting ID 738 363 620

Summer Sunday Services 10:30am

Similar to last year, our summer services (July 7-September 1) are being coordinated by affiliated minister Rev. Barbara W. ten Hove. There is a simple but fun program for kids each Sunday. Join your BUF community for these meaningful services throughout the summer.

Taizé - Monday, August 5, 7:00pm - Theme: Coping with Uncertainty

Taizé is a candle-lit Contemplative Service (held on the 1st Monday of each month)

August 4 – Lessons from Laughter, Jeff Copeland with Carrie Koehline

What can you learn from a laugh? Can it give you a life lesson? Can it ease your burden? Help you roll with the punches? Stop anxiety or anger? Join us for a service which will include both lessons AND laughter.

Jeff Copeland is a retired software nerd who splits his time between a lot of volunteer projects; at BUF that means organizing the A/V team and the men's group.

August 11 – Who Do You Think You Are?, Rev. Barbara Gilday with Pam Graham

Do you ever ask yourself the question: "Who am I?" A busy life or a transition in our lives, can shake things up and make us ponder such a question. Prompted by Robert Fulghum, we'll consider four questions to help clarify the answer and perhaps re-center ourselves as we continue to grow on our life journeys.

Rev. Barbara Gilday, a member of BUF for 24 years, came to professional ministry in mid-life, but her life has been full of inquiry, diversity, social justice, connecting, creating and sharing with others. Currently, she is exploring how we continue to give value to life as our capacities change.

August 18 – Questionable Language: Words Matter, Rose Edington with Pam Graham

Does our everyday language subconsciously reinforce white primacy? Do negative connotations of "dark" and "black" and positives of "light" and "white" affect how we see one another? Is there a difference between being racist and having racism? Will placing Love at the center of UUism in the new Article 2 bylaws of the UUA affect our language choices? Let's ask questions together!

The Rev. Dr. Rose Edington retired from active UU ministry after serving many years. Her Doctor of Ministry is in Feminist Liberation Theology, and she is committed to the liberation and love found in the practice of Beloved Community.

August 25 – Holy Change, Rev. Barbara ten Hove with Steffany Raynes

In Octavia Butler’s prescient sci-fi novels, *The Parable of the Sower* and *The Parable of the Talents*, she creates a religion that believes “God is Change.” Whatever our beliefs about God, we certainly know that change is as hard as it is inevitable. What can we learn together about how to navigate change with grace?

The Rev. Dr. Barbara Wells ten Hove is an affiliated minister at BUF who retired with her husband Jaco after nearly 35 years in the UU ministry.

September 1 – Loving the Natural World

What might we learn from the plant and animal creatures who live alongside us? This will be a restful service, focused on practices easily available to help us live more simply in our often chaotic lives.

Led by Steffany Raynes & Carolyn Koehline

Long-time BUF members, Carrie and Steffany coordinate the monthly Taize service here at BUF. They both love poetry, singing, journaling and other meditative practices that provide solace and connection with wild nature.

“How to Talk About Being UU”

On Sunday, July 28, Affiliated Minister, the Rev. Dr. Barbara W. ten Hove, preached a sermon called “Religion Matters.” In it, she made some suggestions about how to talk about being UU that she was asked to share in the MWU. Hope they’re helpful! Barbara says:

I’m a Unitarian in that I believe that by whatever name we call the Holy, it is, at its essence, One.

I’m a Universalist because I refute the lie of Hell and I believe that we all come from the same source and share the same destiny. Love lies at the center of it all.

I’m a Unitarian Universalist because both strands of my religious tradition challenge me to make the world a better place by working for justice.

I go to church because it is among people who share my commitment to diversity and inclusion, justice-making and community building, spirituality and humanism that I become a better person. Life is hard enough on its own. Sharing my life with others who help me become who I’m truly meant to be is deeply religious.

Finally, I can, like Grace Nyblade said in the same service, remind people regularly that “the heart of our UU theology is one of equity, is one of every single person being deserving of love and connection, of making sure that we all take care of each other, survive, and make space to thrive.”

And please note that this fall portions of the curriculum Barbara and her husband Jaco wrote 20 years ago (Articulating Your UU Faith) will be included in the UU 101 class. Join it to learn more!

Chris Lily Backus (1946-2024)

Chris Lily Backus became a member of BUF in 2004 and was a friendly fixture here until lockdown in 2020. During the pandemic she began experiencing dementia and more recently moved to be with family on the East Coast until she died this month.

Chris was an educator, artist, librarian, activist, and in her last years, with her husband, Rev Andy Backus, wrote a musical play performed here in Bellingham. (Andy died just before the pandemic; BUF honored his contributions to ministry and music with a hymn he wrote, now pasted at the back of the grey hymnal.)

Chris and Andy were UUs in Maryland, Massachusetts, New York, California, and British Columbia before retiring here. Coincidentally, my wife Jane got to know Chris way back in 1993 when I was in seminary and Chris was founding the “UU Ministers Partners”—a very early online chat group. One thing I’ll remember Chris for is that, while fiercely committed to her social justice values, she had the gift of not taking herself too seriously...and brought that vibe into the room when things felt bleak.

Chris’s memorial will be held at the Unitarian Church of Sharon on August 24 at 3:00pm. A Zoom link will be available on the [church website](#).

Rev. Paul Beckel

Summer Sunday Potluck – August 18

Our July potluck offered such great food and great conversation—let’s do it again! The fun will begin right after the service in the Social Hall. Please bring a dish to share, if you can. Everyone is welcome!

Auction Planning Start-Up Meeting – August 3

Let the auction planning begin! Please consider joining in planning the upcoming November 2 BUF Auction. It will be a fun and festive event that benefits BUF. The start-up meeting will be Saturday August 3 at 1:30pm at Elizabeth Park. We will gather near the bandstand. Many hands are needed to make light work of this important fundraiser. I hope to see you there. Please contact me at drewlenore@me.com if you are interested in being on the team but are unable to join us on the 3rd. – Drew Betz, Auction Chair

Children's Religious Education



During the summer months our teenage childcare providers will lead fun activities and games, along with our usual joys and concerns, plus stories for children two and up. We will include plenty of movement and outdoor time to get warm-weather wiggles out!

Children will start in the sanctuary, where we have 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 for supervised fun and time to make friends.

Adult Religious Education

Calendar 2024-25



Fall

September – Newcomer Pathways to BUF with Lunch, Felice Davis

1 session - Saturday, September 28, 10 am - 2 pm

Pathway sessions welcome new members or visitors in knowing more about the UU tradition and BUF. These fun and informative sessions introduce participants to each other, and to Unitarian Universalism.

October – UU 101, Bonnie Phinney

4 sessions

Designed for people new to UUism or who want to understand their UU faith more fully. UU 101 will include a little history and theology, discussions on how Unitarian Universalism differs from other religions, and how you can better articulate your chosen faith to others.

November – Revisiting History, Rod Haynes

1 session

When and where we are born and live, and our race, class, ethnicity, and gender provide each of us with a unique vantage point with which to view the world. This class will consist of discussions about prevailing concepts of the nature of history, and how a revisiting of popular concepts is called for.

December – Grief Group, Tom Nicholas

1 session

This discussion format workshop is primarily designed for people who have lost a loved one—recently or not. Participants will have opportunities to talk about their own experience of grief and what they found to be helpful in dealing with it.

Winter

January – Aging, Kathryn Allen

3-4 sessions

We will explore various concepts and expectations related to being an elder such as grace, wisdom/aging, dignity, losses, memory, acceptance and our own realities as we face the many changes of this chapter in life.

February/March – Pathways for Young Parents, Ellen Berning/Gayle Tilles

3-4 sessions

This Pathways workshop will be held during church, so parents of young children can attend while their children are taken care of. Learn about the UU tradition in relationship with your peers!

February – Black Lives Matter (BLM) Programming, TBA

Spring

March – UU Theology II, Natalie Johnson

4 weeks

UU Theology II continues the examination of the development of Unitarian Universalism during the late 19th, 20th, and 21st centuries. The course is intended for anyone interested in understanding our Unitarian Universalist dynamic, ever-developing beliefs.

April – Newcomer Pathways to BUF, Felice Davis

1 day

Pathway sessions welcome new members or visitors in knowing more about the UU tradition and BUF. These fun and informative sessions introduce participants to each other, and to Unitarian Universalism.

Social Justice Collection For August 2024: Lydia Place

About [Lydia Place](#) (from Tally Rabatin, Community Engagement Director):

Our 35 years of experience at Lydia Place shows that, in addition to housing, wrap around services to work through trauma resulted in better outcomes. As a result of this holistic approach, 89% of our families move on to stable and healthy housing.

I had the chance to see this generational impact through a student who'd joined our team as an intern. They had once been a family in our program. She shared with me how significant it was to feel safe and stabilized. How important it was to her mother that Lydia Place became her "village." She graduated from WWU this year and plans to pursue her Masters in Social Work. Her goal would be to join our staff team and "continue to help make positive impact and be a ripple of good in our community."

With a waitlist of 207 families, and an average of 117 days for support, we must do better. We ask for your participation to fund these critical programs, volunteer with us, use your voice for advocacy and help us continue to invest in families.

This is the last week of contribution to Lydia Place.

BUF is switching from Vanco to Breeze CMS as our means for on line BUF pledge payments and that your recurring monthly Vanco pledge payments ended in June. This transition is being made to consolidate our church database functions and to streamline data collection for incoming pledge payments, which will save the church money.

To make recurring monthly pledge payments via Breeze CMS for your BUF 2024/2025 pledge for the church year that started on 1 July, please take one of the following three actions:

1. Obtain a form from either John Jurceka or Michelle and return it to the Admin Office
2. Download the Breeze CMS app to your smart phone and set the payments up yourself
 - a. Our church ID is BUF
 - b. The fund to choose is: PLEDGES: 24/25
 - c. Michelle can help if you have issues logging in
3. Use the Breeze CMS website to log in and set the payments up yourself
 - a. [Log in here](#)
 - b. Our church ID is BUF
 - c. The fund to choose is: PLEDGES: 24/25
 - d. Michelle can help if you have issues logging in

Midweek Update Summer Schedule

Over the summer, the MWU will be published and distributed every other week: July 31, and August 14 and 28. We will return to weekly issues on September 4.

How To Submit Content For The Mid-Week Update

Content must be received by *10:00 AM on the Monday before the distribution date*. Submit via email and include an attached Word doc, single spaced, Times New Roman 12 font. Avoid any formatting, including bullets. Limit: 200 words. Submittals may be edited for space and clarity. Submit your content to MWU@buf.org

Find the BUF Calendar Online

Visit buf.org for the [complete calendar of BUF events](#) (found on our website under the News tab).

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