

Bellingham Unitarian Fellowship

Community, Compassion, Commitment

August 14, 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 (through 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.

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.

Introducing our new **Choir Director: Ben Workman Smith**



Ben's musical background is extensive and diverse. Half of his life has been spent in the concert hall with the cello and voice, and the other half spent in cultural contexts including Powwow, the Lummi Blackhawk Singers, Ecclesiastical settings, and a lengthy stint with the Bellingham chapter of the Pacific Coast Norwegian Singers. As a cellist and vocalist, Ben has taken several tours to Europe as a principal cellist in orchestral settings, has sat principal cello appointments in the Western Washington University Symphony Orchestra, and has directed vocal ensembles ranging from 10 voices to 80-piece full choirs. Even as a child, Ben showed devotion to enhancing every scene in which he played music in one way or another. As a result, Ben has shown disciplined collaborative musicianship and staunch commitment to proper cultural celebration. These were primary motivators through his performance degree work at WWU, continuing his graduate study in music education, and a planned doctorate study in ethnomusicology. These are also the motivators that have Ben ecstatic to contribute to BUF's musical

culture in the assembly and in the greater community.

Introducing our new **Religious Education Coordinator: Lis Epperson**



Lis Epperson has been active in education since she became a Kindergarten Sunday School teacher at age 16 at the First Baptist Church in New London, NH. She wanted to follow in the footsteps of her cousins who also taught Sunday School until they went to college. She comes to BUF with experience as a Special Education paraeducator in public schools in Salt Lake City and Bellingham, and as a tutor for children with Autism through a private foundation. She has a Human Development and Family Studies degree and is "pretty much finished" with a Master's Degree in Educational Studies/Special Education. She officially joined her first UU community in Bethlehem, PA in 2007. She loves to read, needlefelt, hike, host parties, and meet new people; her

favorite things about being a UU are the Auction and UU jokes. She is proud to be part of a spiritual community that created the award-winning OWL program. Lis moved here from Salt Lake City (where she said goodbye to their beloved South Valley Unitarian Universalist Society) with her family in 2015; she lives with her husband, Gabe, who sings in the BUF choir, her two children, three cats, and a fish. You can often find them hiking and walking on the trails and mountains in beautiful Bellingham (the cats and the fish prefer to stay home).

Chalice Circle Fall Sign-Ups

People new to BUF or who feel disconnected are encouraged to join a Chalice Circle this September. We have openings in some existing groups and a facilitator ready to begin a new group this fall.

A Chalice Circle is a small relational group made up of 6 to 12 people who meet regularly to establish and nurture themselves in their own beloved community. The circles offer expanding opportunities for growth and caring within the BUF community: a way to connect at a deeper level than is possible on Sunday mornings and to pursue some of the deeper spiritual questions we rarely take time for in our busy lives.

For more information contact Bonnie Phinney (bonnie_phinney@hotmail.com) or Kathryn Allen (kasavelie@aol.com).

Coffee Hour Reminder

I love finding a tasty little nosh – a cookie, a brownie, a cupcake, some crackers, some veggies or nuts or fruit, something gluten free - on the serving table at coffee hour! If you do, too, please occasionally bring something for everyone to share the enjoyment. BUF supplies the beverages, but the snacks are up to us!

~ The Hospitality Team

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!

SEJC Justice Collections Recipient for August - National Alliance on Mental Illness (NAMI)

The mission of the National Alliance on Mental Illness (NAMI) is to provide hope and improve the quality of life for those affected by mental health conditions, through support, education and advocacy. They envision a world where all people affected by mental health conditions know that they are not alone and live fulfilling lives.

Programs and materials of NAMI provide education and training for people with mental health challenges and their families, such as: lived experiences, peer-to-peer support classes, training facilitators, guides, booklets and brochures. Booklets are developed and distributed to participants with mental health challenges free of cost, which is \$11.49 each. Last year 400 booklets were distributed.

BUF's contribution this year will be utilized to cover the cost of resources for a 1,029 participants. Please donate before the end of the month.

Celebration of BUF Congregants' Commitment to our Beloved Community, BUF-SEJC

Dear BUF Community,

For several years now we have been involved in connecting and contributing to our local Whatcom County social justice organizations. You opened your minds and hearts with compassion and made significant financial contributions. In the last ten years (2015-24), our contributions totaled \$215,808. Each month we contribute funds to non-profits in six categories: women/children, poverty/homelessness, environment, peace/human rights, social/economic justice, and health. At the same time we require recipients to show how the funding relates to achieving their program goals and objectives.

The significance of your contributions is beyond funding justice causes, as well. At first we were involved in outreach beyond BUF. Several individuals or teams at BUF made connections and offered their time, skills and efforts voluntarily, to non-profits in the larger community, to support and promote their actions in caring for people and the environment. Your inspiration for action is our shared values and principles such as Justice, Equity, and Interdependence, guided by the spirit of Love.

In recent years, guided by our Beloved Community promise, we broadened the circle of outreach to be inclusive of newer programs and fledgling local organizations. We reached out to you, our congregants, to encourage any such non-profits you know of, to apply for our grants. As a result, in the last few years we netted several organizations serving a diversity of marginalized and previously unfounded categories, for example: Ten Thousand Trees in promoting environmental sustenance, starting with planting trees; Restorative CommUnity Coalition assisting newly released incarcerated people in reintegrating into the mainstream community; Children of the Setting Sun Productions, a youth project in the Lummi Tribal Nation which promotes Native American culture and education programs; IRIS, the immigrant resources and crisis support organization and, PFLAG and the Bellingham Queer Collective supporting and advocating for people of alternative gender identity.

Additional recipients this past year were Northwest Youth Services, Friends of Women's Protection Center Nepal, PNW Plateful, Coffee and Sandwiches Together, Whatcom Peace &

Justice Center, Domestic Violence & Sexual Assault Services (DVSAS) and Unbridled Spirit.

For 2024-25 we had 19 applicants for 10 slots (the other two are set apart for BUF's Humanitas program and Magyarszovat, our Transylvanian partner, and we take an additional collection on Christmas Eve for the Interfaith Coalition). Along with some of the organizations listed above, this year we'll be taking collections for Lydia Place, NAMI, Bellingham Food Bank, and the Airow Project.

Members of BUF - Social and Environmental Justice Committee are deeply in gratitude to you and celebrate your generosity. We will continue to be committed to our Beloved Community, with your support.

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 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 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.

Midweek Update Summer Schedule

Over the summer, the MWU will be published and distributed every other week: 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).

Bellingham Unitarian Fellowship

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