

Bellingham Unitarian Fellowship
Community, Compassion, Commitment
September 11, 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

Sunday, September 15

A UU Paradox: Taking a Stand while Remaining Open Minded - Rev Paul Beckel
From its inception in the 1800s, Unitarian groups have had difficulty articulating commonly held beliefs/principles/values.... We're adamantly pluralistic, creedless, tolerant. Does that mean accepting bigotry and exclusion?

In Uncertain Times

I've just finished the novel, *Martyr!* by Kaveh Akbar. Here's an excerpt:

Cyrus knew little about anything and tried to remember that. He read once about a Sufi prayer that went "Lord, increase my bewilderment." That was the prayer in its entirety.

The performance of certainty seemed to be at the root of so much grief. Everyone in America seemed to be afraid and hurting and angry, starving for a fight they could win. And more than that even, they seemed certain that their natural state was to be happy, contented, and rich. The genesis of everyone's pain had to be external, such was their certainty. And so legislators legislated, building border walls, barring citizens of there from entering here. "The pain we feel comes from them, not ourselves," said the banners, and people cheered, certain of all the certainty. But the next day they'd wake up and find that what had hurt in them still hurt.

Today is September 11: A memorial of cruelty
instigated by certainty
instigated by cruelty
instigated by certainty.

May we, live more gently with our uncertainty ... so that, within our own sphere of influence, we interrupt this grievous cycle.

Peace,

Paul

Summer Services a Great Success – Thanks so much!

From Rev. Barbara Wells ten Hove, *Summer Services Coordinator*

As the summer service season ended on Labor Day Sunday, let me take a moment to thank the many folks who made the nine services (July 7-Sept. 1) so special. (And I ask forgiveness in advance if I've missed someone.)

Our Primary Worship Leaders: Carrie Koehline, Steffany Raynes, Barbara Gilday, Peter Luton, Rose Edington, Jeff Copeland, Su Livingston, Annie Sorich & Barbara Wells ten Hove. Everyone wrote and presented thoughtful, meaningful and engaging services.

Our Celebrants: Carrie Koehline, Steffany Raynes, Pam Graham, Su Livingston & Tom Nicholas. Each provided support and energy to the speakers and offered their own wisdom, too.

Our Musicians: Melanie Reick, Andrea Rackl, Jaco ten Hove, Su Livingston, Annie Sorich, Tom Nicholas, Elie Friedlob, Jane Ronca-Washburn, & Ben Workman Smith. Music is so central to worship and the beauty of the songs and instrumentals added so much to each service.

Our Tech Team: Jeff Copeland, Jim Reimer, Albert Snow, Walt Ellis, Mark Allyn, Constance Ohana & Quinn Williams. In this complicated age, assuring people can access the service through high quality sound and access to Zoom really matters and these folks did an excellent job providing it.

Our Childcare Providers: Anna Vickers, Lucy Magor, Eloise Reynolds, Cory Sherman, Eli & Emma Kusick. We had a surprisingly high number of children attend this summer and our teen leaders made sure they were cared for with meaningful activities and lots of fun.

Our Administrator: Michelle Fox, who worked closely with me to create our Orders of Service and provide regular Sunday morning support.

Our Minister: Rev. Paul Beckel who supported the summer program and all of the participants.

There were many others who provided support not to mention all the wonderful folks who did the various jobs that always need doing on Sunday mornings. And, of course, all of you who made the effort to come and be a part of worship week after week. Thank you! Thank you! Thank you!

Children's Religious Education



Children's RE classes will continue this Sunday under the direction of our new RE Coordinator, Lis Eperson.

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 – Fall 2024

Newcomer Pathways to BUF with Lunch

Saturday, September 28, 10 am - 2 pm



In this session, Felice Davis welcomes 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. Sign up with Felice: text at 253-307-8981, email at fdavic1944@gmail.com

UU 101- Understanding UU Beliefs

Sundays, October 6, 13, 20, 21. Noon to 2:00

Bonnie Phinney will lead this class designed for people new to UUism or who want to understand more fully their UU faith. An interactive class focused primarily on your questions and your concerns, it will include a little history and theology, explore UU values, and help you answer that difficult question, "So, what do Unitarian Universalists believe?" Register here: <https://buf.breezechms.com/form/244d7c>

Revisiting History

Sunday, November 10. Noon to 2:00.

Rod Haynes will facilitate discussion that explores the nature of history, and how a revisiting of popular concepts is called for. Participants will be considering the influence of when and where we are born and live, and how our race, class, ethnicity, and gender provide each of us with a unique vantage point with which to view the world. Register here: <https://buf.breezechms.com/form/2c5f07>

Grief Group

Sunday, December 8. Noon to 2:00.

Tom Nicholas will lead this discussion-format workshop 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. Register here: <https://buf.breezechms.com/form/583b63>

Lunch with Paul

Every Tuesday we gather at noon in the social hall to share about what’s going on in our lives, questions on our minds, etc. We steer clear of politics for as long as we can. Drop in anytime, bring your own lunch.

UUthe Vote Postcarding - September 15, 22, 29



BUFsters (and some [Indivisible Bellingham](#) members) have written over 800 postcards to voters in states with voter suppression. We are encouraging and providing information on voting in partnership with the nonpartisan Center for Common Ground; they provide scripts and names and addresses. We are writing to Florida, Georgia and North Carolina voters.

You can help in this effort. We are writing postcards immediately after Sunday services September 15, 22, and 29 in the Library or Social Hall. In addition, we are having a special Labor Day (September 2) writing session from 2:00-4:00pm at BUF. Additionally, you can take postcards home to write.

Donations of postcard stamps or money towards postcard stamps is appreciated but not necessary. For more information contact Claire.lending@gmail.com.

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).

Humanitas Ministry

Joe and Lynn came in several weeks ago looking for help. It was obvious that Lynn was in the middle of a mental health crisis. They're homeless, carrying all their belongings in several backpacks. While looking for her ID Lynn spread her belongings around the reception area. She was unable to communicate with us in a way we could understand. We gave her some space and worked with Joe to meet his need of a voucher for clothing. He explained that Lynn used to be a teacher, that she was doing great until she went off her medication. Homelessness and mental health issues so often go hand in hand. This was a tough situation, one we were able to get through and provide help for both of them as well as come up with a plan for future experiences like this. If you know of someone who needs immediate mental health help you can call 911 and state that, they'll send out a team of mental health professionals to deal with the situation. Thank you for your continued support which allows us to help this population.

Community Night Dinner Resumes

In order to ensure dinners beyond Sept 25th happen, I need 2 additional 'lead cooks' that will help me decide the next soup, shop for ingredients, and facilitate the cooking. If you are interested in helping as a lead cook (plan, shop, keep the cooks on track) or know someone, have them/you contact me.

We need weekly cooks, set-up crews, and clean-up crews. You can sign up for a single night or all of them.

Cooks for Meal Prep come at 4pm, Set-up crew comes around 5:30pm, Clean-up crew begins around 6:30pm.

We are using Sign-Up Genius for volunteer sign up: click [me<https://www.signupgenius.com/go/10C0849A4AC22A3FCCE9-51052981-community>](https://www.signupgenius.com/go/10C0849A4AC22A3FCCE9-51052981-community) - a physical sign-up sheet on the bulletin board in the narthex is also available. You may also directly email me and I can sign you up. If you want notifications about your sign-up, provide me with an email address and phone number.

If you have any questions, please email Jennifer Villalva -jennifermvillalva@hotmail.com

Many thanks to all those who have helped in the past and all those who will help in the future!
Together we can continue this BUF tradition.

Building & Grounds Work Party - October 12th @ 9:00 AM

The Buildings & Grounds team is asking for volunteers to help remove carpet, deal with clutter, and set up shelves in the loft (above the AV room).

Jim will dispose of the carpet if you can help remove it and the tack strips. If you are willing to help, please RSVP to Jim Reimer, via Breeze, or Michelle at admin@buf.org or 360-733-7837.

The BUF Auction Returns this Fall - November 2

Mark the date and plan to join us for a festive evening! As we begin to prepare for the event we need everyone to think about how they might contribute to the auction. We need volunteers, items and, of course, attendees.

We learned from our May Auction that the best selling and most profitable items as a group were parties and experiences. Please consider offering a party to enjoy with others. Dinners, brunches, musicals, hikes, tours, and day trips are all popular. All are ways of connecting with people from the greater BUF community. Services were also very popular.

We will begin gathering items in September. Our auction software is updated and ready to go. We will begin tabling at coffee hour on September 15. We can answer your questions about donations and volunteering.

A new feature this year will be catered seasonal food. We are also planning to ask people to make a dessert that comes from a family recipe or honors an ancestor in keeping with our Day of the Dead-themed event.

Please contact me if you are interested in volunteering in any way.
Drew Betz, Auction Chair, drewlenore@me.com



**There will be a celebration of
the well-lived life of**

Günter Rudolf Golde, PhD

2/9/1929 – 8/10/2024

on

Saturday, September 28, 2024

2:00 – 4:00

Bellingham Unitarian Fellowship

1207 Ellsworth

Lovingly prepared by his wife,

Esther, and their daughters

Karin and Erika

BUF Text to Give

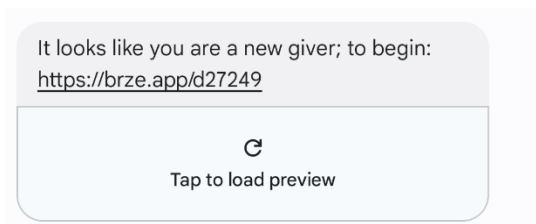
BUF has established a Text-to-Give phone number to enable people to donate to the church through their smartphone. The number is (360) 345-3933 and the donations are directly fed into our Breeze church management database and credited to the donor's Giving history.

There are three donation options. For example to donate \$5, text as follows noting the keyword following the amount:

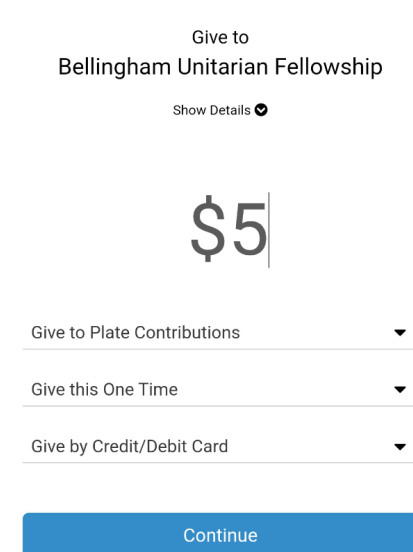
| | |
|------------------|---|
| \$5 Plate | a donation to BUF |
| \$5 SEJC | a donation to BUF's monthly Special Social Justice Collection |
| \$5 Taize | a donation for BUF's Taize services |

If you do not include a keyword, your donation will go to **Plate**.

The first time you do this, you will receive a message that states "It looks like you are a new user" and provides a link. Something like this:



Once you select this link, you will be taken through brief steps to enter information to complete the initial transaction on a page like this:



Once you enter this information and click the “Continue button”, you will receive a text acknowledging your generosity and giving the option to type “refund” if you made a mistake.

You have successfully registered this phone and completed your donation. To give in the future, simply text 'give' to this number.

After this first donation you will be set up to swiftly and easily make any further donations without the need to fill in the data, by just texting an amount to (360) 345-3933 – “\$5” – or an amount and a fund – “5 Taize”.

You can even scan this QR code which should take you directly to your phone’s messaging app:



You’ll find this easier than you think and helpful those days when you’d like to contribute but have no cash in your wallet. If you need help, feel free to contact our Administrator, Michelle Fox, or Rev Paul.

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
Office phone: 360-733-3887
buf.org | admin@buf.org

[Sign up for the Mid-Week Update and/or the BUF News Digest.](#)