

**Bellingham Unitarian Fellowship**  
*Community, Compassion, Commitment*  
September 25, 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 29**  
**The First Stone - Rev Paul Beckel**

Hypocrisy is so, so alluring. And it's even more tempting to point it out in others. As we advocate for justice, there is a place for righteousness. But that's different from self-righteousness.

**Monday, October 7, 7 PM Monthly Taize Service**  
**Carrie Koehline, Steffany Raynes**

Taize services originated in the monastic community in Taize, France in the 1940s. At BUF, we have created our own UU-style service that draws from one of our sources – direct experience of that transcending mystery and wonder.

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**Retirement**

Thank you all for your well-wishes in regard to my announcement about retiring next summer.

Naturally there are questions about BUF's next steps. Most commonly, congregations choose an "interim" minister to serve for two years between "settled" ministers. Congregations spend much of that first year reflecting together on who they are and who they want to become. The bulk of the official search takes place in the second year.

So: BUF has nine months to get ready to begin this two-year process. While there will be a lot to learn (mostly for BUFsters to learn about BUF), this is plenty of time to proceed methodically. The Unitarian Universalist Association has terrific resources to guide you. My role will be as a consultant on the process—not making decisions, not giving opinions on details. Over the next few months, the BUF Board will take care of the initial necessities, and keep you up to date on what you need to know.

That is: more to come!

Peace,

Paul

## Choir News

Hello all!

First of all, my sincerest congratulations on the work our choir did on "The Birch Tree" this past Sunday! This and "We Are One" have been a very joyful pair for kicking off our musical year. I am so proud of this, and ecstatic for the work ahead!

Next, I'd like to thank you all for your patience with me in getting on this update regularly.

Community night dinners start tonight! This means that our BATS (Basses, Altos, Tenors, then Sopranos) sectional rotation will begin as well. Basses, please meet me in the BUF sanctuary at 5PM, where we will do some detailed work in leadership-building and harder focus for the next few performances leading into December. All bass voices are welcome.

This week we begin work on the Matasyahu hit "One Day," which can be found most accurately at this YouTube link for all those who want a quick look ahead:

<https://youtu.be/XqvKDCP5-xE?si=dxtOuJhkskqnZvg4> . When we sing this, it will be just past the one-year mark of this episode in Israel and Palestine's ongoing tempest. BUF singing this song will act as a prayer for lasting vulnerable, fundamental, revolutionary commitment to peace between two peoples with equally deep ties to that land.

Shu' naa wii-nay-t'iii-shvm (Peace be with you),

Ben

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## Children's Religious Education



"Inviting" is our theme for September. This Sunday we will explore "Inviting in Spiritual Practices" by making chalices to take home and learning about covenant making. We will also finish our Apple Branch art that is hanging outside the sanctuary.

Children who wish to attend Sunday School start in the Sanctuary with their families, then will go up together to their classes. Caregivers pick them up at 11:45. Classes are most closely geared to children K-7th grade. Preschool aged supervised care is also available. Contact Lis at [RE@buf.org](mailto:RE@buf.org) .

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## 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](mailto: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>

## **Download - The American Red Cross First Aid free app**

Our BUF Safety and Security Committee (Sarah Pearson, Elie Steele, Jim Reimer, Felice Davis, Michelle Fox, Paul Beckel, me) continues addressing safety concerns for our community. Traditionally, many organizations developed their own internal Safety/Emergency/First Aid hard-copy flip charts to help folks quickly find out how to respond to emergencies. In recent years, most organizations that provide such information have moved to online apps for the same purpose. Our Committee strongly recommends that all BUF members and friends download a free phone app called “The American Red Cross First Aid” app. It’s easy to download and use (the litmus test being that even I can easily use it). It has clear/succinct steps-to-follow for the sorts of emergencies that we might encounter at BUF (e.g., fainting, fractures, concussions, diabetic emergencies, etc...). One advantage of the Red Cross app is that the Red Cross will always update the information—a very time-consuming process if we had to do it ourselves. Of the many such apps available, but this one seems to be one of the easiest to use. As we move into the new church year, our Committee will host a number of safety training events—some of which may reference American Red Cross information. We ask that you help this effort by downloading the app to your phone and experimenting with it for a few minutes. Questions to Michael Berres (360 393 6802).

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## **Dining with Friends Returns**

Dining with Friends is an opportunity to meet and get to know other BUFsters in small, intimate settings. Every month dinners will be hosted by various BUF members as organized potlucks. If participating in these dinners appeals to you, please complete the participant form available in the social hall following the service or try this link <https://wp.buf.org/connection/affinity-groups/dining-with-friends/>

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## **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.

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## **Hey! BUF has a Men’s Group!**

You may not know it, but BUF has a men's group. 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're young and old and in-between, members

and guests and in-between, gay and straight and in-between. We share our concerns and worries, have a broad discussion topic, and sometimes manage to learn something about the world and each other. And we usually do it without ranting about sports or politics. We would be happy to welcome you, too. Contact Jeff Copeland [jeff.copeland@gmail.com](mailto:jeff.copeland@gmail.com) for more information.

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## **UUthe Vote Postcarding - Last Chance is September 29**



BUFsters (and some [Indivisible Bellingham](http://IndivisibleBellingham.com) 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 29 in the Library or Social Hall. 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](mailto:Claire.lending@gmail.com).

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## **Community Night Dinner Resumes September 25 @ 6 PM**

Community Night Dinners will begin, Wednesday, the 25th! In order to maintain weekly dinners, volunteers are needed, cooks, set-up crews, and clean-up crews. You can sign up for a single night or all of them - depending on what your schedule will allow.

You can sign up for a role at Sign-Up Genius:

<https://www.signupgenius.com/go/10C0849A4AC22A3FCCE9-51052981-community>

Any questions regarding volunteering can be sent to Jennifer Villalva at [jennifermvillalva@hotmail.com](mailto:jennifermvillalva@hotmail.com)

This week's menu is Chili, cornbread, and salad. Suggested donation is \$5.00 per/person, children 12 and under are free. Come and enjoy!

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## **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](mailto:admin@buf.org) or 360-733-7837.

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## **Save the Date & Donate to The BUF Auction - November 2**

Mark your calendars for November 2nd and plan to attend this year's BUF Auction. Visit our [website](#) to purchase your tickets; your \$30 per person admission includes a professionally catered dinner and childcare for those who need it!



We're seeking auction donations of Gatherings, Tours, Services, Meals, Gift Cards, Trips, and Fine Crafted Items. Complete the form on the [website](#) to submit your donation, or talk to a member of the auction team in the social hall after a Sunday service.

Please contact me if you are interested in volunteering in any way.  
Drew Betz, Auction Chair, [drewlenore@me.com](mailto:drewlenore@me.com)

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### Humanitas Ministry

Home...a place we're drawn to go when our lives are falling apart. That longing for our childhood safety net. Faith that if we can just get home things will be alright again. It seems like monthly we have someone come into Humanitas looking for a way to go home. That's what Jim was looking for when he walked through our door. He'd come out to Washington hoping for a better life. Unable to find work that would allow him to secure housing, he'd fallen into homelessness and the despair that comes with that. He'd heard through the grapevine that we might be able to help him with a ticket. He'd done his research and knew exactly how much a bus ticket would cost. We, along with the rest of our network were able to make that happen. We sent him out the door with hope and our blessing that no harm may come to him as he made his way back home.

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**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**

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## **Community Potluck September 29**

We so much enjoyed our time feasting and getting to know our tablemates at the summer potlucks that we decided to make a habit of it! There will be a potluck after the service on the 4th Sunday of each month, starting in October. This month is the exception because the potluck will be on the 5th Sunday, September 29th. Please come, and bring a dish to share if you can. No worries if you forget, there is always plenty to go around.

~BUF Hospitality Team

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## BUF Text to Give

Contribute to BUF with Text to Give!

You can donate to BUF from your phone by sending a text message to 360-345-3933.



If you want to donate \$5 to the collection basket, just text “\$5”.

Or you can text “\$5 SEJC” to send your contribution to this month’s SEJC recipient, or “\$5 Taize” to support BUF’s Taizé ministry. You’ll need to do a little setup and provide your credit card information the first time you do this, but after that, it’s just a text message. You can even scan the QR code to access the phone number.

### 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](mailto:MWU@buf.org)

### Find the BUF Calendar Online

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

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**Bellingham Unitarian Fellowship**

Office phone: 360-733-3887

[buf.org](https://buf.org) | [admin@buf.org](mailto:admin@buf.org)

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