



Bellingham Unitarian Fellowship

Community, Compassion, Commitment

Mid-Week Update: **October 16, 2024**

In this edition of the BUF Mid-Week Update, read about:

1. [Upcoming Services](#)
2. [Children's Religious Education](#)
3. [Adult Religious Education](#)
4. [CAST - Special Collections for October 20](#)
5. [American Red Cross First Aid App](#)
6. [Dining with Friends](#)
7. [Community Night Dinners](#)
8. [Chalice Circle Opening](#)
9. [Interfaith Coalition Winter Coat Drive](#) - Ends October 16
10. [BUF Men's Group](#) - October 27
11. [Congregation Potluck](#) - October 27
12. [2024 BUF Auction](#) - November 2
13. [Lunch with Paul](#) - Most Tuesdays
14. [Bellingham House Concerts presents "Songs and Stories - The Power of Music to Heal"](#)
15. [BUF Text to Give](#)

Upcoming Services

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, October 20, 10:30am - Sacred Democracy, Steffany Raynes, Tom Nicholas

Democracy is not just an opinions survey. In civic life, it represents the sacred right of individual autonomy. Within Unitarian Universalism, let's add, democracy is a sacred rite through which interdependence shapes and reshapes our communities.

October 20th Special Feature: A Fire Drill

At the beginning of the October 20 service this coming Sunday, Paul will announce that, at the end, we will have a fire drill to ensure that, in case of emergency, we can evacuate safely and find one another easily as we all gather in one place.

- From the sanctuary, exit only on the I Street doors (front or back of the sanctuary). Then gather on the lawn across I Street and remain there until the fire department gives the all-clear.
- Children will be escorted by their teachers from the opposite side of the building. Parents, please do not go into the building to find your kids or you may put them and yourself at greater risk. They too will gather on the lawn across I Street.
- If not for yourself, please participate for the sake of those who are less mobile than you are. We need to ensure that all the pieces come together so the most vulnerable will be safe.

Sunday, October 27, 10:30am - Spirits within Us, Rod Haynes and Beth Brownfield

Honoring the spirits of those no longer with us – as captured in these words of Wm Penn: This is the comfort of friends: that though they may be said to die, yet their friendship and society are, in the best sense, ever-present, because immortal.

Special Feature: Costumes Galore!

For this service on October 27, get ready for Halloween. **Young and old: please come in costume!**

Monday, November 4, 7:00pm - Monthly Taizé Service, Carrie Koehline and Steffany Raynes

A quiet service held on the first Monday of each month. Our UU adaptation of the Taizé tradition includes contemplative chants, poetry, meditation, and candle lighting.

Children's Religious Education



In Sunday School, our theme for October is "Deep Listening." October is full of opportunities to listen to different voices as communities celebrate National Coming Out Day, Indigenous People's Day, National Hispanic Heritage Month, and ADHD Awareness Month through stories, games, and crafts.

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 11:45am. Classes are most closely geared to children K-7th grade. Preschool-aged supervised care is also available. Contact Lis at RE@buf.org.

Adult Religious Education

Fall 2024



UU 101- Understanding UU Beliefs, Bonnie Phinney

4 sessions - Sundays, October 6, 13, 20, 21, noon-2:00pm

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](#)

Revisiting History, Rod Haynes

1 session - Sunday, November 10, noon-2:00pm

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](#)

Grief Group

1 session - Sunday, December 8, noon-2:00pm

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](#)

CAST - Special Collections for October 20

Our special collection this month will go towards [CAST](#) (Coffee and Sandwiches Together). CAST is a local organization in Bellingham that feeds people who don't have adequate food resources. It is organized and staffed entirely by volunteers—a number of whom are BUF members. It is supported exclusively through donations. CAST has no grants or other sources of income. 100% of donations go towards buying food. We hope you'll consider donating generously.

[Learn More](#)

American Red Cross First Aid 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 Safety and Security Committee strongly recommends that all BUF members and friends download a free phone app called [“First Aid: American Red Cross” 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? Call Michael Berres at 360-393-6802.

[Download the App](#)

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 online at buf.org.

[Complete Form & Learn More](#)

Community Night Dinners

Wednesdays, 6:00pm

Menu for Wednesday, October 16

This week's menu is Moroccan Lentil Soup with pita bread and salad. Suggested donation is \$5.00 per/person; children 12 and under are free. Come and enjoy!

Volunteers Needed

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 using Sign-Up Genius](#).

[Sign Up for a Role](#)

Any questions regarding volunteering can be sent to Jennifer Villalva at jennifermvillalva@hotmail.com.

You can now pay with Text to Give through Breeze (see instructions below). Simply text to the number **360-345-3933** the amount you'd like to donate along with the keyword "CND" (e.g. - \$5 CND) - remember to put the "space" between the dollar amount and the keyword.

Chalice Circle Opening

Third Tuesday of the month, 4:00-6:00pm

Is anyone interested in joining a Chalice Circle? We are a group of four looking to add two, three, or four more people who are committed to regular attendance, deep listening, and authentic sharing. We meet from 4:00-6:00pm on the third Tuesday of the month in members' homes. Contact Steffany Raynes in BUF directory if interested.

– Steffany Raynes

Interfaith Coalition Winter Coat Drive

Now through Wednesday, October 16

As the weather turns cooler, let's help folks of all ages who need winter outerwear go from "Br-r-r" to "M-m-m" cuddly warm. The Interfaith Coalition is holding its annual Winter Coat Drive!

Bring new or gently used coats – and/or gloves, scarves and hats – for babies, children, teens, and adults – to BUF through Sunday, October 16. Please place them in the box that you will find in the lobby. Thanks! Your generosity spreads the warmth of love!

BUF Men's Group

2nd and 4th Sundays (October 27), noon-1:30 pm

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 (October 13 and 27) 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 for more information.

Congregation Potluck

Sunday, October 27

The next potluck hosted by the Hospitality Committee is scheduled for October 27 following the service, in the Social Hall. Start thinking about what Fall dish you might want to contribute to share with friends and guests while you eat and discuss what item you might bid on at the upcoming Auction!

2024 BUF Auction

Celebrate Life, Honor Legacy

Sunday, November 2, 4:30-7:00pm

A note on the November Auction from Drew Betz:

[This year's auction](#) falls on the traditional Día de los Muertos holiday, celebrated throughout the Latinx diaspora. We chose to use the decorations and food for our auction to honor the holiday and appreciate the meaning it has in our lives. Our UUA advises that to do a worship service that uses all the elements associated with the holiday would not be appropriate. We have very carefully taken the elements that are shared throughout the world as appreciation of the holiday.

We are inviting people to share a dessert made from a recipe from your family that evokes your own ancestors. We are going to set up an ofrenda, a small altar for you to bring a photo or object that represents your legacy or beloveds who have passed. We are asking that your Halloween costumes stay home. This is not a continuation of Halloween.

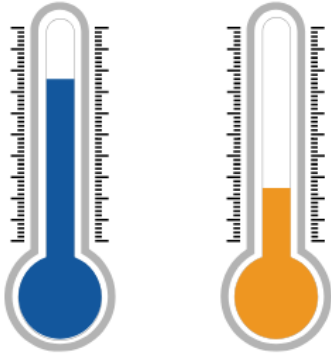
I have been honored to participate in a number of Día de los Muertos celebrations, including a trip to Oaxaca, Mexico, in 2022 during the holidays. This holiday has become personally meaningful for me as I have used it to celebrate the life and death of my daughter Kate who passed in 2002. I invite you to think about how you celebrate your own ancestry and loved ones who have passed. I like to think of Kate as donning her finest dress, flowers in her hair and dancing to the music the holiday brings.

Please join us in this celebration and in supporting BUF by attending this year's auction.

What can you donate to the November 2 BUF Auction? Donations must be submitted by this Sunday, October 20 and we are far from our goal.

Donated Items

23/24 Auction: \$34,127 24/25 Auction: \$11,440



The value of our donated items as of this past Sunday was only $\frac{1}{3}$ of what was donated for last year's auction. If you've been thinking about hosting an event or offering a service, [please complete the form on our auction website](#) or email a member of the auction team.

Please also ask your favorite local business if they would consider donating a gift certificate, or purchase one yourself. These typically sell for over their face value!

[Donate an Item](#)

Here are the **other ways you can support BUF's biggest fundraiser of the year:**

- **[Purchase tickets:](#)** \$30 per person includes a professionally catered dinner from New Mexico Tamale Company and free childcare for those who need it. Get your tickets soon! We need to get an accurate guest count to the caterer.
- **Volunteer before, during, or after the event:** view opportunities and [sign up here](#).
- **Contribute to our "Winter Holiday Goodies" raffle basket:** Inspired by a holiday apron made by our own Sharon McCarty, we plan to add other fun holiday baking tools and ingredients. We would be happy to receive your contributions of chocolate, marshmallows, cocoa mix from our fair trade sale, jam or jelly, a bottle of wine or champagne. (No fresh food please; only shelf-stable items.

[Learn More & Buy Tickets](#)

Questions? Contact Drew Betz, Auction Team Chair or members Annie Sorich, Rina Jurceka, Kjerstie Nelson, Rose Edington, Lin Skavdahl.

Lunch with Paul

Tuesdays, noon

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.

Bellingham House Concerts presents “Songs and Stories - The Power of Music to Heal”

Saturday, October 19, 7:00pm

Sunday, October 20, 3:00pm

Tickets still available

Music has the power and potency to address deep levels of suffering; it can be the companion that eases loneliness or softens a hardened edge and brings people together. When we experience the beauty of the ocean, we forget that water is powerful enough to break down rocks! Similarly, when we listen to music, we are sometimes unaware of how it has completely transformed the moment.

In this concert, Bellingham musician Samantha Sinai and Whidbey Island musician Barbara Dunn will be sharing songs and stories that highlight music's power to heal, transform, and transcend. Drawing from their music therapy experience, they will play music and share stories from touching interactions with patients; from a pediatric patient who went from screaming to rapping, to patients in hospice who were brought comfort through music, to stories of how music can create a bridge in a polarized nation. A blend of cello, guitar, and vocals aims to create a warm, touching, meaningful experience for our listeners. For more info, visit BellinghamHouseConcerts.com.

[Learn More](#)

To request tickets/reservations: BellinghamHouseConcerts@gmail.com

– Andrea Reckl

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

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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