



Bellingham Unitarian Fellowship

Community, Compassion, Commitment

Mid-Week Update: **November 27, 2024**

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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, December 1, 10:30am - Holding Space for Paradox (Together)

Rev. Paul Beckel and Su Livingston

Paradox is the reality of two seemingly contradictory things being true at the same time. Our natural inclination is to fight the dissonance. Not allowing ourselves to feel joy in a time of grief. Or not allowing ourselves to see with fresh eyes because we need to utilize our experience. Sometimes it works best to blend opposites into something new...or to compromise. But sometimes it's ok—more than ok—to value the seemingly opposite realities.



Monday, December 2, 7:00pm - Taize

Steffany Raynes and Carrie Koehline

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.

This month's theme: Still Shining.

Sunday, January 5, 10:30am - The Transforming Power of Loss and Grief

Su Livingston and Steffany Raynes

Su and Steffany will facilitate a Sunday Service on January 5, 2025 featuring original work by YOU (members and friends of BUF) on the topic of "How has loss and grief changed you?" We welcome your presentations of art, poetry, music, short essays, sculpture, etc. We want a variety of art forms and perspectives. Plan for a 2-3 minute time frame. Please contact us at jan5@buf.org soon if you want to contribute. Final deadline for submissions is January 1.

[Email a Submission](#)

Children's Religious Education



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

Grief Group, Tom Nicholas

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](#)

Thank You from the BUF Refugee Action Team

The team wants to send a BIG thank you to all those who purchased tickets and donated funds to the Syrian Refugee Celebration Dinner on November 16. We sold out and served around 96 people—and the Syrian food made by the refugee families was delicious! Dancing and Syrian music added a special excitement to the event. Approximately \$2,000 was raised to support the Syrian and Sudanese refugee families here and abroad.

Hosted Events from Auction: Space Still Available

Sign up now for several hosted events this winter that raise funds for BUF. Check the [auction website](#) to view the full list and purchase your seats.

- [The Sound of Music Sing-a-long](#) - Saturday, December 28
- [Tea and Tarot for the New Year](#) - Saturday, January 4
- [An Evening with Pretty Little Feet](#) (in-home concert) - Saturday, January 11
- [Do the Fondue: Party Like it's 1968](#) - Saturday, January 18

[Purchase Seats](#)

Monday Morning Book Group

Second Mondays of the month, 10:00-11:30am, BUF Conference Room

Next Meeting & Book - Monday, December 9, "The Boys in the Boat"

The Monday Morning Book Group has **room for a few more book lovers** at our monthly meetings. We meet the second Monday of the month from 10:00 to 11:30 in the BUF Conference room. The Bellingham Public Library has an extensive collection of Book Club Kits with 10 books each, so individuals do not have to purchase the books. In anticipation of a potentially challenging year, our choices for 2025 include humor, books with uplifting themes, and nonfiction.

We'd love to have you join us on December 9 to discuss "The Boys in the Boat."
Contact Ellen or Jean if you have any questions or to arrange to pick up a copy of the book.

Ellen - 808-325-1246, ellenberning@gmail.com

Jean - 509-453-3984, hurlburt@aol.com

Community Night Dinner

There will be no Community Night Dinner (CND) this Wednesday, November 27.

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.

Thanksgiving & Christmas Potluck Dinners

Thursday, November 28, 2:00pm

Wednesday, December 25, 2:00pm

Mark Allyn will be hosting Thanksgiving and Christmas potluck dinners at BUF. On November 28, turkey will be provided, with potluck for the remaining dishes. There will be an at-will donation for the Thanksgiving turkey. The Christmas Day dinner will be entirely potluck.

If you plan to come, please email Mark Allyn at allyn@well.com with how many are coming and what you plan to bring.

[RSVP via Email](#)

Native American Heritage Concert

Friday, November 29, 6:00-8:00pm

**Native American Heritage Concert
Bellingham Unitarian Fellowship**



Andrew Johnson
T'Sow-Mei is a gifted flute player from the Lummi Nation, known for his soulful, evocative music that honors his Native heritage. His melodies draw from the deep cultural roots of the Lummi people, capturing the essence of the land, spirit, and stories passed down through generations. With each note, T'Sow-Mei invites listeners on a journey of connection, healing, and respect for the natural world, sharing the enduring legacy of his ancestors through the power of the flute.



Mark Nichols
Mark "Nichols" grew up in Ferndale, and recently finished the epic fiction, *Big Jim Stories*, about the life of Little Boy, a settler staking a claim on the massive Woodstock mine near Big Jim before 1877. He has made at least fifty films for children of the setting, including "Land Acknowledgement", which inspired a creative deep dive into the natural world, and the question "How did we get here?" He has written and produced many pieces of contemporary music theater and over one hundred films of varying lengths. He lives deep in the woods in Lummi.



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 has been spent in cultural contexts including Powwow, the Lummi Blackhawk Singers, Ecumenical settings, and a lengthy stint with the Bellingham chapter of the Pacific Coast Norwegian Singers. Even as a child, Ben showed devotion to enhancing every scene he played music in one way or another. As a result, Ben has shown disciplined collaboration, musicianship, and staunch commitment to a proper cultural celebration. These were primary motivators through his Performance Degree work at WWU, continuing Graduate Study in Music Education, and a planned Doctorate study in Ethnomusicology.

**FRIDAY
NOVEMBER
29TH
6-8 PM**

SPONSORED BY BUP'S NATIVE
AMERICAN CONNECTION COMMITTEE

FREEWILL OFFERING WILL BE TAKEN
TO SUPPORT OUR PERFORMERS



Swil Kanim
Swil Kanim is a US Army veteran, storyteller, actor, and classically trained violinist who grew up in Washington State. He currently serves on the board of the Seattle Symphony. Swil Kanim performs and community events and schools around the country where he plays his compositions which are infused with his own life and musical influences. He has been a featured performer at the American Indian Film Awards in San Francisco since 2003. The recipient of many awards and honors, Swil Kanim performed at the West Coast American Indian Music Awards in 2008, where he was presented with both the classical and traditional instrument awards. That same year, he was invited to perform for the Dalai Lama at Key Arena in Seattle for the Seeds of Compassion event. He passionately encourages and inspires people of all walks of life to honor their vision and follow their passion.



JP Falcon Grady
Falcon is a Native American singer/songwriter originally from Browning, Montana, and a proud member of the Blackfeet Nation, who currently resides in the Pacific Northwest. He performs both as a solo artist and with his band, JP Falcon Band. JP Falcon Grady has graced many stages in his 20+ years as a professional musician. He performs all over the Pacific Northwest, Idaho, Montana, Oregon, Hawaii, B.C. Canada, and the Netherlands. JP musically weaves stories with profound lyrics and melody and coupled with his stunning smooth voice often moves his fans to tears. He's a self-taught acoustic guitarist, singer, and songwriter he is credited with numerous musical achievements, including performing a title track in a motion picture. Acoustic rock is the foundation, with Native American, Reggae, Jawalian, Latin, and Country influences.

1207 Ellsworth St, Bellingham, WA 98225

It has been an annual event to host a Native American Heritage Concert on the Friday after Thanksgiving. This year's concert features four Indigenous musicians (JP Falcon Grady, Swil Kanim, Ben Workman Smith, Andrew Johnson) and one settler (Mark Nichols). Instruments include flute, piano, cello, violin and piano.

Free to attend; there will be a freewill offering. **Volunteers needed** to welcome guests, take the offering, and count the collection which will be shared with the participating musicians. Volunteers are also needed to take turns monitoring the front door during the performance.

Please contact Beth Brownfield at bethbrownf1@gmail.com to volunteer.

Funds and Fun Happy Hour

Wednesday, December 4, 4:00pm

Saturday, January 11, 4:00pm

Consider joining the BUF Community Fund Raising Committee for an engaging happy hour to learn about how BUF raises all the funds necessary to run the congregation, share your ideas about fundraising events, and learn how and when you can be part of our efforts.

We will serve wine, nonalcoholic beverages, cheese, and crackers. We will also provide childcare if requested. We would love to have up to 10 folks join us at each of our happy hours. Happy hours will take place Wednesday, December 4 and Saturday, January 11. Both will take place in the library at BUF at 4:00pm. We request that people sign up ahead of time so we can plan for food and beverages and childcare. We will send a reminder to everyone who registers!

Please email your interest to Drew Betz at drewlenore@me.com with your name, e-mail, and/or text number and the date you wish to attend. Let's make fundraising fun!

Cheers for BUFsters Behind the Scenes

Did you know? For over 10 years, Esther Golde has been making the badges for members and friends of our congregation.

International Human Rights Day Event *Living in Palestine: A Personal Experience*

Tuesday, December 10, 6:30-8:00pm

BUF's [Social and Environmental Justice Committee](#) and [Write for Rights](#) has invited a man from the West Bank in Palestine to speak with us in honor of International Human Rights Day.

There may also be other speakers from Gaza participating. Opportunities to sign Write for Rights petitions will be available, and all information shared will be about the most effective organizations helping people in Gaza right now.

Free to attend, but a freewill offering will be accepted during the talk to benefit one of these organizations. All who come in the spirit of goodwill are welcome.

About the Speaker:

Adam (no last name for his family's safety) is a 26-year-old from the Palestinian village of Wadi Foquin located in the Bethlehem District of the West Bank. He is currently in the U.S. and speaking on behalf of the Friends of Wadi Foquin to educate audiences on the Palestinian reality now. Growing up under the Israeli military occupation, Adam also shares his personal experiences of West Bank life prior to the events of October 7, 2023. [Friends of Wadi Foquin](#) is an interfaith partnership created in 2009 between United Methodists in California and the Palestinian Muslim village of Wadi Foquin which supports community development projects in the village, organizes annual trips to the West Bank, and provides advocacy for the village against illegal settlement expansion and land confiscation. Adam holds a B.A. in Engineering from Polytechnic University in Hebron.

Transitions Ministry Update

In late October, the BUF Board authorized their board president to form the Transition Prep Team. That team—consisting of Claire Lending, board secretary; Henry Ohana, BUF member; and Lin Skavdahl, board president—is charged with ushering us through the process of selecting a two-year interim minister. Here is a rough timeline:

- **November 2024:**
 - Create plan for ongoing communication/input with BUF Congregation
- **Jan./Feb. 2025:**
 - Ensure we have sufficient funds to hire a two-year interim minister.
 - Meet with the UUA Transitions Office to communicate BUF's needs.
- **April 2025:**
 - BUF submits to UUA a description of BUF needs (called a search profile).
 - Perspective Interim Ministers submit to UUA their portfolios.
- **May 2025:**
 - Claire, Henry and I receive names of prospective interims interested in BUF.
 - We study applicants and, working with UUA, make a recommendation to the board.
 - Board votes to approve the applicant.
- **August 2025:**
 - Interim Minister begins their two-year term running from August 2025 to July 1, 2027.

NOTE: This is a relatively quick and uncomplicated process not at all like the process we will use to call a Settled (long-term) Minister. That process involves a Search Team voted into service by the BUF Congregation. That process begins in January of 2026. Stay tuned.

Respectfully,
Lin Skavdahl

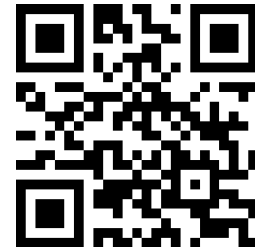
Humanitas Ministry

Tina is currently homeless and staying at base camp while waiting for a bed to become available at the Agape House. She has worked hard to achieve sobriety and is proud to share that she has been clean for six months. Today, she is seeking legal assistance. She tells a heartbreaking story about losing custody of her children to an abusive ex-boyfriend and her ongoing fight to regain custody. Despite spending several years

filling out court paperwork to request the court's intervention, she has not made any progress. She needs help ensuring that her court papers are filled out correctly. Although we are unable to provide legal advice, we were able to direct her to resources where she can get the support she needs. Being homeless presents various challenges for Tina. We were able to assist her with food vouchers, a phone charger, and bus passes to help her move around town more easily. She is strongly motivated and hopes to be reunited with her children soon.

BUF 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 *10:00am on the Monday before the distribution date*. Submit via an email single spaced. Avoid any formatting, including bullets. Limit: 200 words. Submissions 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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