



# Bellingham Unitarian Fellowship

Community, Compassion, Commitment

Mid-Week Update: **November 6, 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, Nov 10, 10:30am**

Led by Paul Beckel, Steffany Raynes, and Carrie Koehline

In what ways and with whom can you show up with an open heart today? We continue to honor our values. That is the path of healing.

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# Timeless Lessons

## *Words from Paul*



“Over!”  
“Under!”  
“Around!”  
and  
“Through!”

On Sesame Street, as he made his way out of a bizarre obstacle course, Grover explained to us these important prepositions. At first, slowly, and one at a time. Then with a ludicrous ditty and dance.

In the end, as expected for Grover, he shrieked and ran off in cockamamie exhaustion.

I’m writing this on the morning of election day. Not sure why that childish, revelatory, cathartic sketch comes to mind. It’s not as funny as it used to be.

But it will be again. Sesame Street’s lessons of kindness, inclusion, and building community for a wiser tomorrow—these are ours to enact, and to pass along.

Peace,  
Paul

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## 2024 BUF Auction Recap



*Photo credit: Alan Friedlob*

What an amazing turn out last weekend! Thank you to everyone who attended, volunteered, baked desserts, bid, donated, and celebrated with us. **Thanks to your generosity and the amazing paddle call match by an anonymous donor, we raised more than \$30,000!** And the donations will keep coming in as folks continue to sign up for hosted events. (Many hosted events still have space; [check the auction website to buy your seats!](#))

[See Events on Sale](#)

Whether you checked out in person before you left or let us handle it with your credit card on file, you should have received a statement from Auctria detailing your purchases and donations.

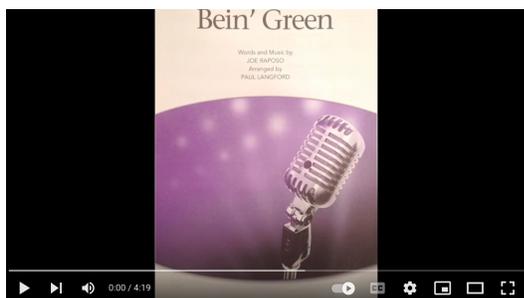
If you have any questions at all, contact [auctionadmin@buf.org](mailto:auctionadmin@buf.org).

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## Weekly Choir Update

Hello Choir Members and Friends!

I am thrilled with the beautiful sounds we've been creating together! Your dedication and talent are truly shining through, and I couldn't be happier with our progress. A heartfelt thank you to all our members who bring their wonderful voices and enthusiasm to each rehearsal. We would love to see even more congregants join us! I firmly believe this choir is BUF's musical backbone, and if you know anyone who enjoys singing or simply wants to be part of our warm and welcoming community, please invite them to come along.



For some extra help and leader-building, we've got the Altos in our BATS sectional rotation due up. 5:00pm! We'll be singing "Being Green" on November 10! Here's a great recording: [BEIN' GREEN - arranged by Paul Langford](#) (on YouTube)

Looking forward to seeing y'all for dinner and music tonight!

-Ben

The full weekly update to choir members from Ben Workman Smith, BUF's Choir Director, is posted on our website at [wp.buf.org/this-week-in-choir](http://wp.buf.org/this-week-in-choir).

[Read Full Choir Update](#)

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## Children's Religious Education



In November, children in the Religious Exploration program will be focusing on Living Love through the Practice of Repair. Our first lesson this Sunday will be about the UU principle of Democracy. We will be making homemade "I Voted" stickers in the Art Room, among other activities exploring the concept of Democracy.

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](mailto:RE@buf.org).

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## Adult Religious Education

Fall 2024

### 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](#)

### 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](#)

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## Lunch with Paul

### *More Added This Week*

**Thursday, November 7, noon**

**Friday, November 8, noon**

This week—Thursday and Friday at noon—bring your own lunch. We'll have a table in the library for those who do—and in the social hall for those who do not—want the conversation to include politics.

Note that we do this every week on Tuesdays. Except we all sit together, observing a loose rule of avoiding politics for as long as possible for that group on that day.

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## Fall Cleanup Party

**Saturday, November 9, beginning at 9:00am**

Please join us for our Fall cleanup outside around the building. We will be raking leaves, weeding, trimming, and finalizing things for winter. We would love to have you join us to ensure the grounds maintain their beauty through the winter. If you would like leaves for composting, we will have bags for you to transport home.

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## BUF Partner Church News

**Sunday, November 10 Collection**

For over 30 years BUF has enjoyed a partnership with the Unitarian Church in Magyarszovát, Romania. Many BUF members have traveled to Romania over the years, and 43 BUF choir members and friends made the trip together in 2017. In the summer of 2023, Rev Tomas Balazs and his wife Kato were our guests in Bellingham, just before Tomas retired.

On Sunday, November 10, BUF will hold the annual collection for Magyaraszovát. Kevin Allen-Schmid will make the pitch for the collection. Please be prepared to give generously.

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## Syrian Dinner

*Hosted by BUF Syrian Refugee Team*

**Saturday, November 16, 5:00-8:00 pm**

On November 16, the BUF Syrian Refugee team will be hosting a delicious authentic Syrian dinner, cooked by the two hosted Syrian families and others from our team.

Menu:

- Marinated baked fish, Kibbeh (spiced meat), BBQ Meat Kabobs
- Green Salad, Hummus, Dolmas
- Biryani Spiced Rice
- Syrian Red Lentil soup
- Desserts.

Music and dancing. Funds to support refugee needs here and abroad.

**Tickets** - sliding scale \$30-\$40. Children under 12 years are free. Buy tickets at BUF or online at [fundraiser.support/SyrianDinner](https://fundraiser.support/SyrianDinner).

[Buy Tickets](#)

Questions? Email [ann.v.stevenson@gmail.com](mailto:ann.v.stevenson@gmail.com).

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## Safety & Security Training Session

*Unsafe Intruders*

**Monday, November 18, 4:00-5:15pm, Sanctuary**

Led by Bellingham Police Department Officer Jon Knutsen

BUF's Safety and Security Committee (Elie Steele, Sarah Pearson, Michelle Fox, Jim Reimer, Felice Davis, Paul Beckel, me) continues its work to enhance congregational safety. The specific issue of unsafe intruders is one that has unfortunately hit too many

UU congregations. On Monday, November 18 from 4:00 to 5:15 pm in the Sanctuary, we present our next BUF training session on this topic.

Officer Jon Knutsen of the Bellingham Police Department will teach us how we might best deal with a situation if someone enters BUF with an intent to do serious harm—he does the important training for many organizations in Bellingham. This session is part of our overall training package in which we've set up: fire drills, first-aid/CPR training; de-escalation strategies for community members with acting-out mental health concerns; and other areas. While we're fortunate to be close to police headquarters, there are still some things that we can do in those few interim moments before police support arrives—Officer Knutsen will help us learn those things.

Please contact Michael Berres by calling 360-393-6802 or emailing [ammab81@gmail.com](mailto:ammab81@gmail.com) if you plan to attend.

[RSVP via Email](#)

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## Thanksgiving & Christmas Potluck Dinners

**November 28, 2:00pm**

**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](mailto:allyn@well.com) with how many are coming and what you plan to bring.

[RSVP via Email](#)

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## International Human Rights Day Event

*Living in Palestine: A Personal Experience*

**Thursday, 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.

No charge, but a free will 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.

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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 *10:00am 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](mailto:MWU@buf.org)

## Find the BUF Calendar Online

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

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