



# Bellingham Unitarian Fellowship

Community, Compassion, Commitment

Mid-Week Update: **March 5, 2025**

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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, March 9, 10:30am - Indigenous Storytelling and Equity - Rupert Ayton and Paul Beckel**

**Sunday, March 16, 10:30am - Centering for Courage - Su Livingston and Tom Nicholas**

Reflections on these words of Victor Frankl: *Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*

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## Children's Religious Education



This Sunday, 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.

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## Adult Religious Education

### **Before the Scramble: A Scottish Missionary's Story - Rod Haynes**

**4 sessions** - Sundays, April 6–27, 12:15–1:15 pm, BUF Flex Room (top floor)

Before the Scramble: A Scottish Missionary's Story by Rod Haynes tells the untold tale of James Sutherland, an ordinary man in the late 19th century, caught between two worlds, who was dedicated to serving God in a time and place rife with danger. Contemporary Unitarian theology will be presented to compare and contrast the evangelistic efforts of missionaries like Sutherland. Participants will receive a copy of the book free of charge before the first class.

[Register](#)

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## Weekly Choir Update

Each week, a link to the weekly Choir Gazette can be found here as well as in the footer of this newsletter.

[Read Choir Gazette](#)

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## Coffee Hour and Quieter Conversation

Would you like a quieter coffee hour after the Sunday morning service? With less noise but ample companionship? Because the social hall is getting increasingly full (such great news!) we'd like to take advantage of our library and its surrounding rooms for

quieter conversations—and just to sit when you want to be with your BUF community but also need some space.

What came up for you during the service? Find others who want to explore this Sunday’s topic in any of these quieter areas. Doug Branson has offered to facilitate conversation in Room 1.

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## Community Night Dinner

**Wednesdays, 6:00pm**

**Wednesday, March 5**

We’ll be serving soup, salad, and dessert. Suggested donation is \$5.00 per/person; children 12 and under are free. Come and enjoy!

### **More Volunteers Always Needed**

In order to sustain our weekly dinners, we need kitchen helpers, folks to set-up and set the tables, and folks to help reset the social hall. 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](mailto:jennifermvillalva@hotmail.com).

You can 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.

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## Irish Pub Night

**Saturday, March 15, 5:00-9:00pm, BUF Social Hall**

Let this evening at the pub bring out the Irish in you! Come enjoy good fellowship and typical UK pub food like Irish rarebit, Bangers and mash, kale and lentil soup, corned beef sliders, Irish stew, apple cake, and Irish whiskey tort. Sample Chris Sorich’s beer and cider, or drink wine, soft drinks, or fruit juice.

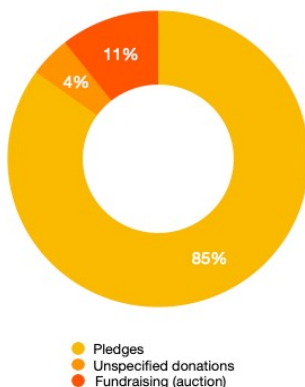
Twenty BUFsters have already purchased their tickets, but **plenty of space is left!** Saturday, March 15, from 5:00pm to 9:00pm in the BUF Social Hall. Reserve your seats [here](#) or contact [AuctionAdmin@buf.org](mailto:AuctionAdmin@buf.org) by this Sunday, March 9.

[Reserve a Seat](#)

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## Stewardship Update

**BUF Income 2024**



Our 2025-26 pledge drive is underway this month, under the theme **Raise the Light Together**.

With our pledges we build our financial groundwork as we strive to be a sanctuary, a gathering place, and a source of resilience, peace, and courage in these challenging times. A pledge is an annual commitment of money to BUF. Many people give monthly, either by bank transfer or by check, and some give once or twice a year. This annual commitment makes it possible for our Board to create a budget and set salaries for staff. Pledges account for about 85% of our total income for the year, so this pledge drive

determines much of what we are able to do in the coming year,

During March we canvass every BUF member and friend, either by in-person visit or by email. On February 22, we sent out a letter and brochure to everyone on our mailing list. If you did not receive the mailing, please contact Michelle at the BUF office at [admin@buf.org](mailto:admin@buf.org) or Lee Seaman at [stewardship@buf.org](mailto:stewardship@buf.org), 360-255-8452, or pick up a copy from Lee after the Sunday service.

If you cannot do a one-on-one visit this year, you can [pledge online](#):

- Email your pledge information to [stewardship@buf.org](mailto:stewardship@buf.org) with: name, address, home phone, cell phone, email, \$ amount, how often (per month, year, etc.). If you want EFT (auto deduct from your bank account), please state so.
- Or go to [buf.org](http://buf.org), click on “Give” in the upper right corner and click on [“2025-2026 Pledge Drive”](#) on the left-hand side.

[Make a Pledge](#)

Our BUF community and presence are so greatly needed this year. Thank you for everything you do to help all of us Raise the Light!

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## Safety Team Update

The BUF Safety team includes Paul Beckel, Michelle Fox, Michael Berres, Elie Steele, Jim Reimer, Felice Davis, and Sarah Pearson. The team aims to enhance safety features at BUF and provide periodic evacuation drills along with first aid, CPR, mental health, and intruder trainings.

### First Aid Kits

You may have noticed that First Aid bins have appeared next to the restrooms on each floor! These contain typical items necessary in emergencies. Narcan is included in the bins on the lower level and main level.

If you use anything from the box, or participate in any kind of medical or mental health intervention at BUF (or at a BUF activity), please complete an incident report (located inside the bins) and return it to the BUF office.

Special thanks to Constance Ohana for installing the first aid kits!

### BUF Behavioral Guidelines

At the request of the Bellingham Police Department, the Safety Team has posted on the movable bulletin board in the Narthex a short statement on behavioral expectations. It essentially says that if a person(s) acts in a way that is dangerous or appears to threaten the physical/emotional well-being of another person(s) while at BUF, a BUF leadership member is authorized to seek support from the Bellingham Police Department.

### Incident Report Forms

There are new Incident Report Forms for people to fill out if they are involved in an incident in which one or more people experience a health or mental health incident requiring intervention. These forms are simple to fill out and must be filled out and returned to the BUF office immediately after such an incident occurs.

## Safety Trainings for BUF

The Safety Committee has calendared periodic safety trainings (e.g, de-escalation, unsafe intruders, mental health concerns). We have piloted initial trainings in each necessary domain and will continue to offer them as needed in the years to come.

For questions, please contact any of the Safety Team members.

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## SEJC's March Special Collections Recipient *Children of the Setting Sun*

A new era of Indigenous innovation and a pivotal moment in our growth. The support we've received has inspired us to expand. As a result, we are developing Setting Sun Labs, an immersive storytelling lab, gathering place, and future home for [Children of the Setting Sun \(CSSP\)](#).

In 2024, CSSP was gifted the Mindport Exhibits building in Bellingham's Downtown Arts District. This is where we will share Coast Salish stories and use immersive technology to amplify our mission and restore the balance between people and nature. Setting Sun Labs will serve as an interactive public space offering cross-cultural, educational, and contemporary arts programming to strengthen our applied storytelling and activate Indigenous innovation.

Our new home will feature dynamic spaces designed to foster creativity, collaboration, and cultural preservation, including: An Immersive Experience Gallery and Coast Salish Lifeways Gallery; Maker spaces and media production studios; A Storyteller-in-Residence Program and Digital Heritage Library; Community gathering spaces to share and learn together.

Setting Sun Labs will be a hub for all our programs, increasing community engagement and cross-cultural understanding. At the heart of our lab is the continued urgency to drive social and environmental change for the benefit of all people and communities.

[Learn More](#)

# Upcoming Sunday Justice Brainstorming

**2nd and 4th Sundays of the month, 9:15-10:15am, Conference Room**

This next four years is going to be very difficult and social and environmental justice issues will be requiring more attention from all of us. People and the planet are going to be devastatingly impacted from health care to fossil fuels, from endangered species to food insecurity, from pollution to LGBTQAI+, from racial and ethnic inequity to climate chaos and everything else in between.

On the second and fourth Sundays, Deb Cruz will be in the BUF conference room from 9:15-10:15am **for folks who want to gather and express their concerns, share wisdom and maybe find ways to prevent, mitigate, or undo the damage that is to come.** All are welcome regardless of expertise and experience.

Bring your concerns, questions, knowledge, ideas and experience to share. Come speak, or come listen, or both. If you have phones, computers or iPads, you might want to bring them so we can explore resources together.

Upcoming sessions:

- **March 9** - Justice and Indigenous Communities
- **March 23** - Justice and Immigration
- **April 13** - Justice and the Economy
- **April 27** - Justice and Democracy

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## 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.

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## BUF Text to Give

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

There are a few different options for designating your gift:

- Text “\$5” to donate \$5 to the collection basket
- Text “\$5 SEJC” to send your contribution to this month’s SEJC recipient
- Text “\$5 Taize” to support BUF’s Taizé ministry
- Text “\$5 CND” for Community Night Dinners
- Text “\$5 Fair” for purchases of fair trade products at the church (coffee, chocolate bars, etc.)



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; no Word doc attachment needed. 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)

*Handy Links:* [Calendar](#) | [Choir Updates](#)

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