



# Bellingham Unitarian Fellowship

Community, Compassion, Commitment

Mid-Week Update: **April 2, 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, April 6, 10:30am - Nuances of Masculinity** - Tom Nicholas, Rupert Ayton, and Alan Friedlob

Men are known for being stoic and not openly discussing their feelings. But is that all there is to masculinity? In Sunday's service, we take a critical look at the nuances of masculinity today, both good and bad, in this time of great uncertainty and upheaval.

**Monday, April 7, 7:00pm - Monthly Taizé Service**



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: Shifting the Story.

**Sunday, April 13, 10:30am - Afraid of Being with the Dying? Don't Be.** - Rev. Barbara Gilday

Visiting family in Toronto last fall, I had no idea that I would walk into my uncle's hospital room and find him in the dying process, alone. Reflecting on the absence of his five children, I realized how little exposure we have to dying, and what a beautiful and meaningful experience it can be. I will share personal stories and stories from my chaplaincy in hospitals that highlight different kinds of experiences that hopefully, help you to feel more comfortable being present, when the opportunity comes. Especially in these days, we need courage to face the difficult social conditions we are experiencing. Stepping up to the challenges that come to us in the course of our natural lives, helps us to develop the courage and wisdom that bring us to wiser and more empowered presence in all things.

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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.

# Save the Date: Children's Sunday

**June 1**

Save the Date! Children's Sunday will be June 1, an all-ages service where we celebrate our children, teachers, and families. It will be followed by an all-ages Choir service on June 8. Our Fall all-ages Choir service was a huge success, with parents and children reporting how much they loved the beautiful music and stories from the choir and BUF elders. All-ages, or intergenerational services, deepen our appreciation for and connections to one another, and nourish the future and endurance of the community and our values.

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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](#)

### **Pathways for Parents - Gayle Tilles and Ellen Berning**

**3 sessions** - Sundays, April 27, May 4, and May 18, 10:30-11:45am

Childcare provided.

BUF is offering a special three-session Pathways for Parents this Spring. Led by Gayle Tilles and Ellen Berning, participants will come out with a better understanding of UU theology, lasting friendships, and feeling more a part of BUF. To make it convenient for busy parents, this Pathways offering will be held Sunday mornings 10:30-11:45am with childcare provided. *Coffee, tea, and snacks will be provided.* We hope you will take this opportunity to deepen relationships with fellow parents and learn more about our unique denomination. Questions? Email Gayle Tillis at [borders2@frontier.com](mailto:borders2@frontier.com).

[Register](#)

## Transgender Inclusion in Congregations - Constance and Hank Ohana

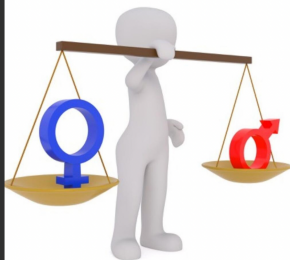
6 sessions - Sundays, May 4-June 8, 3:00–5:00 pm, BUF Sanctuary

Designed specifically for UU congregations, this discussion-focused course counters mainstream narratives about who trans people are, supports understanding of non-binary identities (such as genderqueer, agender, and Two-Spirit), and employs a deeply intersectional approach. Among other topics, we will explore congregational welcome, relationship-building, and skills-building. Congregational teams (e.g., Board, Staff, Hospitality, Choir, Worship Arts, RE) are particularly encouraged to participate. Individuals welcomed!

[Register](#)

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## Sunday Service Follow-Up: The Science of Gender



Thanks to Linden Jordan from [PFLAG Skagit](#) for joining us this past Sunday's service with his enlightening, powerful presentation, "The Science of Gender."

Linden has graciously sent us the PDF of the presentation to share. Click the button below to see it.

[View Presentation \(PDF\)](#)

At the end of the presentation, several resources are listed. Below, we've pulled those out for easy access:

### Resources for Working with LGBTQ+ Youth

#### Video:

- [▶ "The Science of Gender" on PFLAG Skagit's YouTube \[VIDEO\]](#)

#### Books:

- [“This Is How It Always Is”](#) by Laurie Frankel
- [“Gender Queer”](#) by Maia Kobabe
- [“A Clinician’s Guide to Gender-Affirming Care”](#) by Sand Chang and others
- [“Raising the Transgender Child”](#) by Michele Angello
- [“American Teenager: How Trans Kids Are Surviving Hate and Finding Joy in a Turbulent Era”](#) by Nico Lang
- [“Free To Be: Understanding Kids and Gender Identity”](#) by Dr. Jack Turban
- [“Trans Children in Today’s Schools”](#) by Aidan Key

For teens ages 13-19

- [Q Chat Space](#)
- [imi.guide](#) – great resources and skills for mental health support

For a great list of recommended books for all ages and parents:

- [PFLAG Skagit’s School Book List](#)

Websites:

- [PFLAGskagit.org](#)
- [PFLAG.org](#)
- [Transfamilies.org](#)
- [Genderspectrum.org](#)
- [thetrevorproject.org](#) - Suicide hotline and more

**Video:**

- [▶ Intersexion: Boy or Girl? \[VIDEO\]](#)

## Community Night Dinner

**Wednesdays, 6:00pm**

**Wednesday, April 2**

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 role using](#)

[Sign-Up Genius.](#)

[Sign Up for a Role](#)

Questions about volunteering? Email 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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## HANDS OFF! Protest: Singing for Our Lives

**Saturday, April 5, 11:30am, Central Library Lawn**



Join other BUFsters for the [HANDS OFF! nationwide protest](#) on April 5, a national mass activation to voice our opposition to the Trump/Musk attempt to overthrow our constitution & threaten our communities. We'll be meeting by the Arch of Reconciliation on the library lawn for singing starting at 11:30am. All are welcome.

[Learn More](#)

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## Passover Seder Dinner

**Saturday, April 12, 5:00-9:00pm, BUF Social Hall**



Jewish culture mandates the telling of the Passover story to children every year. I am so excited to share this with the BUF community on April 12 in the BUF Social Hall. This is a kid-focused program with lots of storytelling and music. We will be reading a short Passover Haggadah (story). And have fun with plagues and silliness. We will be selling tickets until

April 9. This is a non-dairy event so will have vegan and gluten free options.

Questions? Contact Grace Nyblade.

[Buy Tickets](#)

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## Women's Retreat - Wild Rising: Shedding, Becoming, Emerging Together

**April 25-27, Camp Lutherwood**

Don't miss out! Register on or before April 10 for the BUF Women's Retreat, April 25 (starting 5:00pm) through April 27 (ending 11:00am) – or attend Saturday only.

[Find details and register here](#) or on the BUF homepage under Featured Events. You can pay by credit card, check (mail or drop off at the BUF office), or text "GIVE" to 360-345-3933 and once you get the reply, enter the amount you are paying along with the word "RETREAT".

[Register](#)

More questions? Stop by the Social Hall following the Sunday services to chat with the **Retreat Planning Team**: Sue Doster, Claire Lending, Genia Allen-Schmid, Constance Ohana, Ann Lackland, Karen Collins, Sarah Pearson, and Peggy Jones.

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## Gathering of the Eagles Fundraising Dinner: Seeking Volunteers

**Monday, April 28**

On April 28, SEJC will be hosting a fundraising dinner for the [Gathering of the Eagles](#). We are looking for volunteers to help with set-up, clean-up, and greeting. There is also the opportunity to help with some cooking with the Lummi food prep team. If you are interested in helping out that evening, please email Deb Cruz at [dwcruz@comcast.net](mailto:dwcruz@comcast.net). Tickets for the dinners will be available shortly.

[Email to Volunteer](#)

Gathering of the Eagles is an annual event that brings together our Indigenous and non-Indigenous neighbors for a multicultural exchange and celebration of our land, waters, and sky. It starts out with an island canoe journey visiting Orcas, San Juan, Lummi, and Lopez islands. The mainland landings include Lummi Nation and Waypoint Park in Bellingham. The Waypoint Park landing and following celebration in Maritime Heritage Park are now part of the Ski to Sea weekend.

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## Save the Date: Retirement Shindig for Rev. Paul

**Saturday, June 21 and Sunday, June 22**

Rev. Paul Beckel is retiring and we're planning a celebratory send-off! The retirement shindig will take place Saturday evening, June 21 and Sunday morning, June 22. Saturday's event will celebrate Paul's 30 years in ministry with stories, music, food, and drink, while Sunday will include a ritual of goodbye between Paul and BUF and one last time to hear Paul preach before he and Jane move to Minnesota.

There will be a lot more information to follow but please mark your calendars now for this important event in the life of BUF.

Questions? Email co-planners Barbara ten Hove at [revbabs10@gmail.com](mailto:revbabs10@gmail.com) or Jeff Copeland at [jeff.copeland@gmail.com](mailto:jeff.copeland@gmail.com).

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## Stewardship Update

We have *not* reached our funding goal and we need your help!

We need \$365,000 and have received \$300,000 in pledges so far.

Last year's Canvass raised \$350,000 with 162 pledging units. So far we have received 133 pledges (including 20 new pledging parties).

**We need your help.** If you intend to pledge but haven't, please do so. If you have extenuating circumstances and may need to revise your pledge in the future please let us know. If you would like someone to meet with you, we would be happy to do so!



Call the BUF Office at 360-733-3837 if you have any questions or need help in any way. You could also increase your pledge by calling and talking to Michelle.

Your pledge (of any amount) helps us keep this community alive (literally - lights on, etc.). As we hope to call an Interim minister this Spring, a healthy budget is critical to that effort.

[Make a Pledge](#)

*Thank you* if you have already turned in your pledge. Thank you for supporting this community. 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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## SEJC's April Special Collections Recipient

### *The Airow Project*



[The Airow Project](#) was established in 2020. The founder and Executive Director April Katz's mission for the Airow Project is to create adaptive and inclusive recreational opportunities for the disabled; to enable greater access to outdoor recreation and thus provide enjoyment to people of all ages with a range of disabilities. April is a

Certified Behavioral Technician and had several years of experience as a Behavioral Therapist. She is also a Certified Life Coach and was a respite provider.

The organization has a 10-member Board of Directors. The members have higher education and/or experience in supportive and complementary fields, which in turn, raise the credibility and strength of the fledgling organization: mental health, therapeutic sports and outdoor activities, special education, neuroscience, genetic counseling, working with families and advocacy, occupational therapy, adaptive recreational therapeutic riding, and nutrition. They collaborate with Airow and are passionate about the project. Several opportunities for volunteering are available for BUF members.

Please attend the BUF service on Sunday, April 20 to hear Ms. Katz speak about the Airow Project. Also, look for more information in the next Mid-Week Update.

[Learn More](#)

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## Paddle Call Proposals for October Auction

**Deadline: April 30**

You may be familiar with paddle calls—a fundraising tool used at gala events to raise cash funds. The funds may go to supporting the mission of the organization or a specific project. In past years, BUF auction attendees have funded such items as the replenishing of emergency reserves and updates to the BUF website.

This year the Board is planning ahead for the October 2025 auction. If you have an idea for a project, consider submitting a proposal. A good project is one that doesn't exceed \$10,000, it solves a specific BUF problem, can be completed within one year, and will generate wide support. Proposals must include such details as the cost of materials and labor based on researched estimates, and a timeline for completion. If your project will depend on volunteers it will identify who is willing to help.

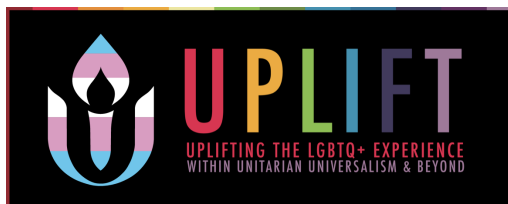
Check out the proposal form linked below, and submit your completed form **by April 30** to any of the Paddle Call Committee Members.

[Download Paddle Call Proposal Form \(PDF\)](#)

If you have questions or to return a completed form, contact a member of the **Paddle Call Committee**: Stephanie Sarver, Gayle Tilles, Kathryn Allen, and Murray Bennett. See us at the Paddle Call table in the Social Hall on Sunday!

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## UUA Resources & Events for Supporting Trans/Non-Binary People



March 31 was Transgender Day of Visibility. As conservatives target the transgender community for political gain, now more than ever is the time for Unitarian Universalists to be visible in our love and support for our trans/non-binary siblings.

The following are resources in a recent email from the UUA's LGBTQ and Multicultural Programs Director that are designed to strengthen our love, care, and resolve to be a faith that moves beyond welcome to full inclusion and belonging to transgender UUs who are here, have always been here, and will always be among us.



## UUA UPLIFT Trans Day of Visibility Service: Recording Available

On Friday, March 28, the UUA hosted the UPLIFT Trans Day of Visibility Service to celebrate who we are and show our support and love for each other as trans/nonbinary+ UUs and friends. View the [UUA Transgender Day of Visibility Service Recording](#) or [read the transcript](#).

[View the Recording](#)



## Defend Trans Lives: A Webinar for People of Faith

**Tuesday, April 8, 5:30-7:00pm PT**

This webinar is geared toward pro-LGBTQ Christians (but is open to all people of faith), presented in partnership with [Enfleshed](#) and [Soulforce](#).

Prior to the webinar registrants will receive essential background info from trans faith leaders and national trans advocates from the Transgender Law Center, the National LGBTQ Task Force, the Human Rights Campaign, the World Professional Association for Transgender Health, and more. On the webinar, speakers will discuss the moral and spiritual imperative to defend trans lives and how attendees can take action in the public square and in their own churches and faith communities.

We hope these resources will help you and yours feel more equipped for the vital work of defending trans people in this moment. Sponsored by [Transforming Hearts Collective](#).

[Register](#)



## Building Beloved Community Beyond the Binary: Presentation

**Saturday, April 26, 8:30am-5:00pm ET**

You can join the First Unitarian Universalist Society of Syracuse virtually for [Building Beloved Community Beyond the Binary](#) featuring a presentation Spencer Bergstedt, a trans man, a lawyer, a trans activist, a parent; find him on his [Trans Dad channel on Instagram](#). You can register to attend this event online now with tech support and registration assistance from UUA staff.

[Register](#)



## UPLIFT Trans/Non-Binary Gathering Space

**Fourth Tuesdays, 5:00pm PT**

UUA invites you to join the UPLIFT monthly gatherings for trans, nonbinary, and other not-entirely-or-at-all-cis UUs. Join us to connect with other trans/nonbinary+ UUs and co-create support and community across our faith. All you need to bring is

yourself! These gatherings focus on getting to know each other and on sharing community and connection across all ages.

## UPLIFT Pastoral Care Group Space

**Second Fridays, 5:00pm PT**

UUA invites you to our monthly drop-in small group for trans/nonbinary+ UUs for fellowship, grounding, pastoral care, and connection. We know that things are tough right now, for so many reasons. We see you and are glad you are here; you are not alone! *This year's program is for adults ages 18 and older.*

[Learn More](#)

For additional resources to support trans/non-binary people, visit [uua.org/lgbtq/resources](http://uua.org/lgbtq/resources).

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## 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:

- **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.](#)