



Bellingham Unitarian Fellowship

Community, Compassion, Commitment

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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, July 20, 10:30am - Holy as Mud - Rev. Barbara ten Hove and Tom Nicholas;
Karen Fitzgerald, keyboard artist

Sometimes the work of the church can be muddy and it doesn't always feel spiritual. But, church work is holy and matters deeply to our spirits. SEJC collection for the Restorative CommUnity Coalition.

Sunday, July 27, 10:30am - The Spirit of Creativity - Steffany Raynes and Tom Nicholas; Jaco ten Hove, musician

In this service, we will explore the power of creativity and the wide variety of ways that it emerges and gives our lives meaning. You will hear BUF members and friends talk about clothes they design, photographs they take, teahouses they build, gardens they tend—and more. You will be invited to consider how creativity shows up in your own life.

Sunday, August 3, 10:30am - The Language of the Roots - Carrie Koehnlne and Judith Kaftan; Tessie Mandeville, celebrant; Andrea Rackl, keyboard artist

Our speakers will share a recently rediscovered story, "Grandmother Waits." They'll reflect, as the elders they are now, on its messages of autonomy, depth, creativity, and what it takes to be a healthy, diverse community. Led by Carrie Koehnlne and Judith Kaftan who co-wrote the story more than 30 years ago.

Sunday, August 10, 10:30am - My Demons and Angels Wrestle for My Affection - Rev. Peter Luton with Marsha/Rupert, celebrant; Karen Fitzgerald, keyboard artist

We will explore the Buddhist story of Angulimala the Robber. I have wrestled with it over the years, which tells me it's an important story. I hope you find it helpful...as I often do.

Sunday, September 7, 10:30am - Water Communion Service - Rev. Dr. Barbara Wells ten Hove

Please bring some special water from your summer to share in our annual service. More info about the service will follow in August.

Recording of July 13 Service

Let's Talk About It: Conversations on End of Life

If you missed this past Sunday's service, you can [watch it on YouTube here](#).

Rebecca and Ericka Crichton, mother and daughter with many years of experience in the field of Death and Dying, gave a beautiful presentation on how (and why) to have these important conversations with loved ones. Talking and even planning, ahead of a crisis is so important. Ericka is local (while her Mom lives in Seattle) so she is a potential resource to anyone (of any age) who might need help getting started.



[Watch the Video](#)

Religious Education

Children's Religious Education

Summer Childcare

Summer Childcare, led by Lucy Major, began on June 29 and is similar to the regular school year, with all ages together in the Flex Room. They will begin in the service and will be prompted to go upstairs when it is time.

- **K-8** - Children who will be in K-8 in the Fall will read stories and do arts and crafts with Lucy and their team
- **Pre-K (2-4y)** - Children 2-4 years of age can go to the Pre-K room, also upstairs, where we have two adults supervising.

Parents are also welcome to stay with their children if they wish, or stay to enjoy the rest of the service. Pick-up is upstairs at 11:45am (enjoy some coffee first if you have time).

At BUF, families sit anywhere in the sanctuary that meets their needs and many sit near the children's rug in the front. The Wiggle Room is also available if you need it (The Wiggle Room is at the back of the sanctuary and has toys for younger children, chairs and hymnals for adults, and a large window and speaker to hear the service).

Lis Epperson, RE Coordinator, is available this summer, supporting Lucy and the summer team and preparing for the upcoming year, which starts on September 7. You can reach her at RE@BUF.org.

Events

Free Presentation on Northern Thailand's Hill Tribe People

Wednesday, July 16, 6:00pm, BUF Social Hall

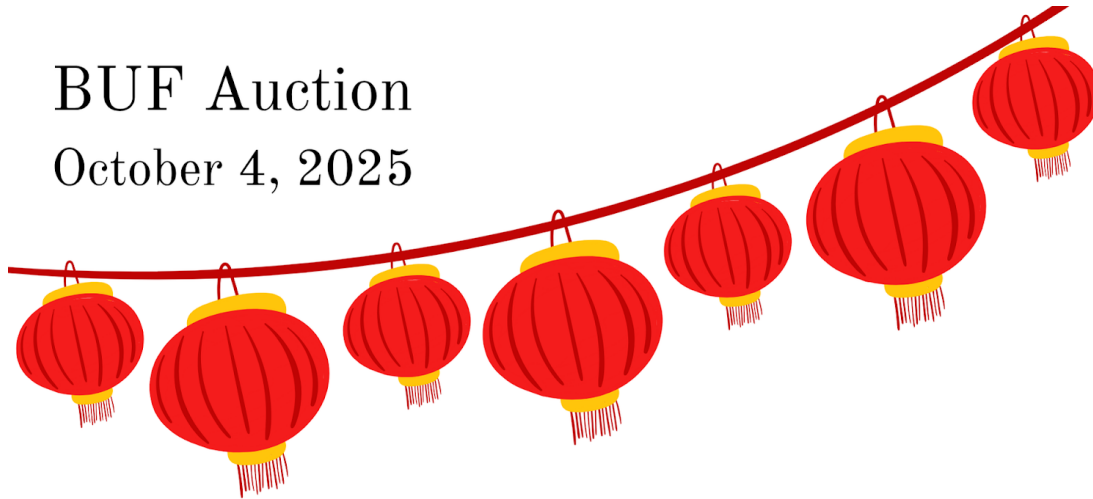
Delivered by Panda Stuart. With an introduction to [Bent, But Not Broken](#), a 501(c)(3) serving the needs of Orphans, who are often in hiding from sex and drug traffickers and murderers. Please enroll in advance by emailing panda@bentbutnotbroken.org. Co-sponsored by Bent, But Not Broken & SEJC.

[Email to Sign Up](#)

Auction Update: Save the Date & Donate

BUF Auction

October 4, 2025



Our auction is Saturday, October 4! Wondering how you can help support BUF's biggest fundraiser of the year? We need your donations! We are looking for a diverse range of items, including:

- **Gatherings:** Host a dinner, brunch, charcuterie happy hour, or murder mystery party. It doesn't need to be fancy! Some of the most popular events have been small, simple meals.
- **Tours:** Offer guided tours of interesting locations, a guided mushroom hunt, or hike with a picnic.
- **Services:** Provide services such as photography, childcare, home improvement, airport transportation, or clothes mending.
- **Meals:** Donate a dining experience at a restaurant, a home-cooked meal, or a monthly pie subscription.
- **Trips:** Contribute travel packages, weekend getaways, house swaps, or other unique experiences.
- **Fine Crafted Items:** Share your handmade, high-quality crafted goods.

We'd love to have your donation offerings by August 3. [Submit donations \(and buy your auction tickets!\) here.](#)

If you are unsure about what to give or how to participate, please chat with an auction team lead: Brenda Goebel, Drew Betz, Annie Sorich, Vanessa Lott. Find us in the Social Hall after Sunday services.

If you're hoping to volunteer to help pull off this amazing event, please check the July 30 Mid-Week Update for a note from our volunteer coordinator, Vanessa Lott.

[Learn More](#)

News

News From The Beckels



Jane and Paul's belongings were delivered to their new home on July 3. Grandchild Maeve Robins Beckel was delivered the next morning. All are well!

But, was it uneventful?

From Paul, about his drive to Minneapolis: "Credit card got stuck in the gas pump. Super distracted, I drove off

with the hose still attached to the car. Jumped out of the car to find it had a quick release. No spill. Attendant didn't even come out. Waited in line to tell him. Came back to see I'd left my door open, cat missing. Crawled around the lot to look under all the cars to find and cajole him. Other than that, uneventful!"

BUF Office Summer Hours

Monday - Closed

Tuesday-Thursday - 10:00am-2:00pm

Friday - Closed

If you would like to meet outside these hours, please schedule with Michelle at admin@buf.org.

Please note that BUF will be closed September 1, in recognition of the holiday.

MWU Summer Schedule

MWU is currently on an every-other-week schedule and will resume the weekly schedule on August 27. Submit by Monday at noon before a Wednesday distribution. Submit your content in the body of an email to mwu@buf.org.

Summer distribution dates and submission deadlines:

- **Wednesday, July 30** | Submit by Monday, July 28
- **Wednesday, August 13** | Submit by Monday, August 11
- **Wednesday, August 27** | Submit by Monday, August 25

[Submit to MWU](#)

Alohas: Hellos and Goodbyes

Highlighting BUF Members

Meet, greet, and bid adieu to BUF Members in this recurring MWU section

Celebration of Life for Gil Baker

Saturday, August 2, 2:00pm, BUF



Longtime member Gil Baker, 85, passed on Monday, May 12 surrounded by his loving family. He had “the most peaceful passing one could ask for,” as described by his compassionate wife Ginny. A celebration of his life will be held Saturday, August 2 at 2:00pm.

Social and Environmental Justice

Restorative CommUnity Coalition - SEJC's July Special Collections Recipient



We envision a safe, resilient, and economically vibrant community where individuals impacted by incarceration and trauma are given the tools to heal, rebuild, and contribute. By advancing restorative justice and systemic change, we aim to reduce incarceration, strengthen families, and create pathways to meaningful

work and civic engagement—ensuring lasting value for individuals, families, and society as a whole.

Our successful programs and procedures produce a climate of nurturing, healing and guidance for our clients that allows rapid integration of our process.

It is our experience that Restorative Justice can be expanded to the majority of existing cases for it is the healing of the trauma caused from an incident that allows an understanding for healing to occur.

Our focus is to reduce the harm, lessen the trauma and when possible bypass the justice system, reducing the jail population and overcrowded court system, thereby creating a safer community. Diversion programs are shown to reduce incarceration, court appearances, chaos, trauma and fear, which leads to more harmonious relationships within families and community.

[Learn More](#)

Please contribute to [Restorative CommUnity Coalition](#) anytime during this month.

Engagement & Support

Join a Chalice Circle

Need to feel more connected at BUF? If you are new to BUF or just want to feel more deeply connected, consider joining a [Chalice Circle](#)—small groups designed to help participants deepen connection and expand personal and spiritual growth. We will be placing people into existing groups or new chalice circles early in September. If you are interested, please contact Kathryn Allen at kasavelie@aol.com or Bonnie Phinney at bonnie_phinney@hotmail.com.

[Learn More](#)

Note from Pastoral Care

In the absence of a full-time minister, rest assured that BUF's [Pastoral Care](#) Team will provide continuity of care, with supportive listening. For other pastoral care needs, please email caring@buf.org or contact Michelle Fox at admin@buf.org.

Lunch for All

Tuesdays, noon, Social Hall

Join fellow BUFsters **for a "Lunch for All"** hosted by Mark Allyn. Please join us at noon in the social hall for food and conversation. This will still be a bring-your-own lunch as it was with Lunch with Paul. We hope this will be the beginning of a new tradition.

Questions? Contact Mark Allyn at allyn@well.com.

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 “**\$10**” to donate \$10 to the collection basket
- Text “**\$10 SEJC**” to send your contribution to this month’s SEJC recipient
- Text “**\$10 Taize**” to support BUF’s Taizé ministry
- Text “**\$10 CND**” for Community Night Dinners
- Text “**\$10 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 account 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.

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

Office phone: 360-733-3887

buf.org | admin@buf.org

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

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