



Bellingham Unitarian Fellowship

Community, Compassion, Commitment

Mid-Week Update: **July 30, 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, August 3, 10:30am - The Language of the Roots - Carrie Koehline 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 Koehline and Judith Kaftan who co-wrote the story more than 30 years ago.

Taize - Monday, August 4, 7:00pm - Life is Change, Love Remains

Our next Taize service is August 4 at 7:00pm in BUF's Sanctuary or on Zoom. These services are quiet, meditative services with singing and candle lighting. This particular service will be dedicated to Andrea Rackl, who is leaving her musician post with BUF and Taize. Our theme this month will be LIFE IS CHANGE, LOVE REMAINS.

Carrie Koehnlne and Steffany Raynes coordinate these services and we want to especially encourage any of you who might want to say goodbye to Andrea to come on August 4.

We are committed to continuing to bring Taize to this community and are hoping we will find just the right musician soon. In the meantime, we are cancelling Taize for September ONLY. October 6 will be the next Taize service, after August 4. Thank you for your support of this ministry.

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, August 17, 10:30am - Sustaining Rhythm - Led by Su Livingston with Rev. Barbara ten Hove; Melanie Reick, keyboard artist

Time is both linear and cyclical and how we walk both paths is often a mystery.

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.

Words from the Transitional Minister

If you haven't had a chance to attend a summer service recently, I'd urge you to do so. Attendance and energy are high and I'm so pleased with the creativity our celebrants and others have shown in designing meaningful, touching and engaging services.

When I was a kid growing up, many UU churches actually closed for the summer. Now, it's a rare UU congregation that doesn't keep its doors open. Here at BUF, we know that a lot of people move in the summer and come looking for a church before school starts. Providing high quality summer services with children's activities is important and so is making a point of welcoming new folks during coffee hour and beyond.

And, though it's hard to believe, the summer is winding down and soon it will be September. Please make a note that September 7 will be our annual Water Communion ceremony, which will include, as always, an opportunity for you to share water collected from your summer. The ingathering service when the choir first sings will take place on Sept. 14.

It continues to be an honor and a privilege for me to serve BUF as a minister during this time of transition. Thanks for your support and hope to see you at BUF soon!

– Rev. Barbara ten Hove, Transitional Minister

Religious Education

Children's Religious Education

Summer Childcare

Summer Childcare, led by Lucy Major, is in full swing 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.

Admin Update

New Hire - Lena Mason-Zollfrank, AV Tech

We're pleased to begin introducing new hires here in the MWU when they join us at BUF to ensure our congregation and staff are acquainted with who is joining our community.



Lena Mason-Zollfrank, AV Tech

Preferred pronouns: she/her/hers

Email address: h011is@protonmail.com

Lena is a senior at Bellingham High School, and is planning on studying to become a welder after graduating.

Some of her hobbies include: playing the cello, hiking, and digital art.

Lena is very glad to be working at BUF!

Events

Potluck at Whatcom Falls Park

Sponsored by UPLIFT

Saturday, August 16, 5:00-8:00pm, Whatcom Falls Park

Save the date for a potluck at Whatcom Falls Park, sponsored by [UPLIFT](#) - August 16, 5:00-8:00pm. We've reserved the smaller of the two covered picnic shelters. In the next Mid-Week Update, a map will be provided with the shelter marked.

Come be part of what is always good company and good food. Bring a frisbee, walk the trails, and hang out with friends new and old. Enjoy!

News

Honor Congregation Recognition

From the UUA:

"Every year, each congregation in the Unitarian Universalist Association is asked to give a financial contribution to support the wider movement and sibling congregations across our Association. This contribution supports the Annual Program Fund, which is the single largest source of income for the work of our UUA. Our support of one another strengthens the covenant among us.

Your congregation gave the full requested amount to the Annual Program Fund during this fiscal year 2025. This means you are an Honor Congregation, honoring the covenant between and among our congregations. THANK YOU!

Your giving is a concrete expression of our congregations' covenant with one another, and is a recognition that we are not alone, but are part of an Association of Congregations. This support allows the UUA to serve the diverse needs of the 1,002 member congregations across five regions. Congregational giving through the Annual Program Fund (APF) makes the work of the UUA possible."

THE UNITARIAN UNIVERSALIST ASSOCIATION

Extends our appreciation to the

Bellingham Unitarian Fellowship

In
Bellingham, WA
WITH RECOGNITION AS A

2025

25+ Honor Congregation

For Participation in the Annual Program Fund



Rev. Sofia Betancourt, Ph.D.
President
Unitarian Universalist Association



Norrie Gall
Congregational Giving Administrative Director
Unitarian Universalist Association



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

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.

Humanitas

[Humanitas](#) is a ministry action team supported by individual contributions from members of the BUF congregation. The program provides financial assistance as an expression of community service and operates in alignment with our Covenant:

“Love is the spirit of this fellowship and service gives it life.”

Humanitas operates on a weekly basis to assist individuals experiencing financial difficulties, whether these challenges stem from unforeseen circumstances, prior decisions, or struggles to meet essential expenses. Recent economic and political developments have contributed to increased demand.

Humanitas volunteers listen, offer a safe, non-judgmental environment, and provide limited emergency support when possible. When needs exceed available funds, guests are referred to our comprehensive support network that includes St. Paul's Alms Ministry, St. Vincent de Paul Society at Sacred Heart, Hillcrest Chapel, and Interfaith Coalition. Pledges are then combined to address these larger needs. Through the generosity of donors and volunteers in 2024, this network provided around \$100,000 in support to the Community.

Services are available to guests on Wednesdays from 10:00 to 11:00am.

Social and Environmental Justice

SEJC's August Special Collections Recipient *Bellingham Food Bank*



Because hunger is unacceptable, the [Bellingham Food Bank](#) (BFB) has, since 1972, provided free food to hungry people in Whatcom County while addressing the root causes of hunger in our communities.

Today BFB provides food to 5,000 families weekly with its Free Grocery Program, Drive Thru, and Home Deliveries. Through the Whatcom County Food Bank Network, BFB also is the food distribution center for Whatcom County.

When Federal SNAP funds (Supplemental Nutrition Assistance Program) were cut in 2021, BFB's weekly visits jumped from 1,700 families to 3,500. The new federal budget will cut SNAP funds further. The following funds have already been eliminated:

1. Local Food Purchase Assistance, providing \$180,000 to purchase food from local farmers

2. Emergency Food and Shelter Program, providing \$50,000
3. The Commodity Credit Corporation, providing \$650,000 worth of emergency assistance food

Washington is maintaining State funding, but new federal funding cuts bring huge challenges for hungry people and to BFB in its work to alleviate hunger. Learn more about BFB at bellinghamfoodbank.org, sign up for their newsletter, or arrange a tour.

BFB proclaims “Food justice is social justice” and does not have proof of address or ID requirements to receive food! BUFsters’ generosity is much appreciated.

[Learn More](#)

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](#)

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.](#)