

Bellingham Unitarian Fellowships
The Midweek Update
August 23, 2017

Here We Go

Throughout the summer we've had an extraordinary number of Sunday visitors. Our coming together to *welcome them and introduce them to Unitarian Universalism* is some of the best work we can do.

All summer BUF volunteers have been providing challenging and inspiring Sunday services and music. And behind the scenes more volunteers have been planning for fall programs.



Most visibly, our fall/winter/spring programs include children's religious education and our full music program. Of course there are myriad opportunities to connect with one another, welcome newcomers, and further our mission...which, by the way, bears repeating:

We the members of the Bellingham Unitarian Fellowship (BUF) are a liberal religious community which values the diversity of individuals and affirms Unitarian Universalist principles. As a community we aspire to provide a creative and nurturing environment where social, spiritual and personal development are encouraged and acknowledged. Therefore, we celebrate in ritual, music, art literature and humor; and we endeavor to teach, to learn, and to serve both our community and the world.

So this is our “mission statement,” composed periodically through extensive congregational conversations—most recently in perhaps 2009. Those collaborative processes are vital to our sense that we share our mission ... that it's something we pursue and celebrate together. So the process is important, and the words are important, but our mission is a glowing coal that we feel and hold dear, it's not something that can really be put into words. *It's the way we are with one another*, and the way our presence affects the world beyond our walls. This is the essential intangible BUF into which we invite each other, and into which we welcome every visitor (one-time visitors and future members and even those coming through as renters or concert-goers).

Individually and collectively we have countless ways to contribute toward our mission, and to live out Unitarian Universalist principles. Some specific opportunities are coming right up:

- 1) **The BUF photo directory.** Your sitting for a brief photo is a gift to us all: conveying an important message that you're a part of this crew and making it *much* easier for us to interact, and invite newcomers to meet us, because we can connect each other's faces and names.
- 2) **Bring-a-Friend Sunday.** On Sunday, October 22, we'll be going all-out to show our guests the best of BUF. Our music will be stellar (of course), our hospitality will be superb (naturally), our building and grounds will be pristine (thanks to you), our children's programs will be fun and engaging, and our preaching...well, let's just say that, all-around, you'll feel good about having invited a friend to share your spiritual home.
- 3) **Pathways to Membership.** Saturdays October 14, 21, and 28 from 9 to 11 a.m. we'll learn about the history and principles of Unitarian Universalism, finding our sense of purpose and how that intersects with BUF's mission, and the basics of how BUF works. This is a class for prospective members but it's also for those who just want to know about us ... and it's even for long-time members who want to brush up on UU history, or who, with their presence and engagement, show our newcomers how *love is the spirit of this fellowship*.

Peace,
Paul



BUF Sunday Services August 27th:

Service at 10:30 am: Bellingham singer/songwriter Dana Lyons will share songs for all ages on reverence for the natural world . . . and hope to be found in our vision of the interdependence of all beings.

11:30 Coffee Hour in the Social Hall, with sign-up table for BUF Photo Directory

Noon- Sunday Brunch at the Hearthfire Grill

2:00 Mei Hua Chinese School, Classrooms 1,2,3

Join the Team: Sunday Forum Coordinators

Experienced volunteers Jan Cavitt and Murray Bennett wish to share leadership of Sunday Forum coordination. The Forum takes place at 9:15 a.m. Sundays, roughly September through June. The first Sunday Forum on the church year is September 10th. Coordinators find guest speakers and help them to set up on Sunday morning. With three volunteers, this can mean just once every three weeks. For more info or to volunteer contact Jennifer Smith, Director of Lifelong Learning, jennifer@buf.org.

In Memoriam notice from First Parish in Needham, Unitarian Universalist

We're sorry to share that **Ed Lane**, long-time member of our church, died in the afternoon on July 19th under hospice care in Columbus, Ohio, at 89 years old. Present in his final hours were his beloved wife **Helen** and one of each of their sons.

Ed joined First Parish after his retirement from parish ministry in 1996; in May 2017, he passed his 60th ordination anniversary. Ed was minister emeritus of First Parish in Waltham, and had served other U/U congregations in Cherry Hill NJ, Westport CT, Cambridge MA, and Bellingham WA. He was active in the Civil Rights Movement and served on the Board of our denomination's publishing house, Beacon Press, during the release of the Pentagon Papers. For the past twenty years, Ed blessed First Parish with his many gifts, including leadership in membership, small group ministry, adult education, and worship. He will be deeply missed and lovingly remembered.

A memorial service will be held at First Parish in Needham, Saturday, September 30th, at 11 AM, followed by a reception in the Parish Hall.

BUF All-Church Retreat at Camp Kirby Oct 6th-Oct 8th—All the Details!

The BUF All Church Retreat this year is occurring during the weekend of Oct. 6th through 8th. Anyone planning on attending the retreat will want to avoid scheduling a photo shoot on Friday evening and anytime Saturday.

BUF Friends and Members of all ages are welcome to join in the fun. Participants under age 18 must be with their families or a sponsoring adult. Bring a friend!



Join us for a weekend of good cheer, good company, and good food, all in the beautiful beach setting of Samish Island. Dr. Linda "Sunny" Goggin, MD, will lead an adult workshop on how to keep your brain sharp through your lifetime and even reverse memory loss by utilizing the latest revelations from medical research. There will be plenty of fun, age-appropriate activities for kids (and adults), opportunities for intergenerational connections, campfire sing-a-longs and s'mores, our famous talent show, and five (5!) meals that you will not have to cook. And, as always, plenty of time to relax, walk on the beach and be together. If you have an idea for an afternoon workshop, bring it along.

WHY: The Retreat is a fun and relaxed way to meet new friends and connect more deeply with old ones. (And did I mention no cooking for 43 hours? But who's counting.)

COST: Overnight/Weekend: Adults/Teens \$75 Children (4-12) \$60 Under 4: Free Saturday day rate only: Adults/Teens \$45 Children (4-12) \$35 Under 4: Free

Sleeping: In the theme of "Young at Heart," Camp Kirby was built as a kids' summer camp, so lodging is on the rustic side. Accommodations range from dormitory style rooms with 6 - 20 beds only and a walk to the bathroom, lodges with kitchens and bathrooms, small cabins and tree houses. Some people find the beds uncomfortable. Ear plugs are highly recommended. Some of the cabins have heat and electricity, but some do not. A few cabins offer privacy and/or an ensuite bathroom, but these are VERY limited. Please let us know if you have accessibility concerns or special accommodation needs -- otherwise the planning staff will assign your rooms based on your family structure and your request, on a **FIRST COME, FIRST SERVE** basis!

Meals: The price includes dinner on Friday night, Saturday breakfast, lunch and dinner, and Sunday breakfast. Bring snacks to share for happy hour on Friday and Saturday nights. Camp Kirby is an alcohol free facility.

Registration: Complete the attached Registration, include your check payable to BUF (memo: Community Retreat) and mail to: BUF Office, 1207 Ellsworth St., Bellingham WA 98225. Or, you can submit directly to the BUF office no later than Friday, September 29!

Notes: Some partial campships are available.

Payment plans may also be arranged.

Due to catering commitments, we regret we are unable to offer full refunds.

Hard copies of registration forms are located in the Entry Way and the Social Hall.

Questions: Jennifer Smith, Director of Lifelong Learning, jennifer@buf.org Roz Reynolds, RE Events Committee Chair, mama@mamafoo.net Sue Sayegh, Registration, suesayegh@yahoo.com

BUF Choir Rehearsal start Wed, Sept 6th

Choir rehearsals start in the BUF sanctuary at 6:45pm on Wednesday, September 6. A detailed description of the BUF Choral Program is appended at back of this week's MidWeek Update.

Kevin Allen-Schmid



Early Bird Sign-Up for BUF Photo Directory continue at Sunday Coffee Hour

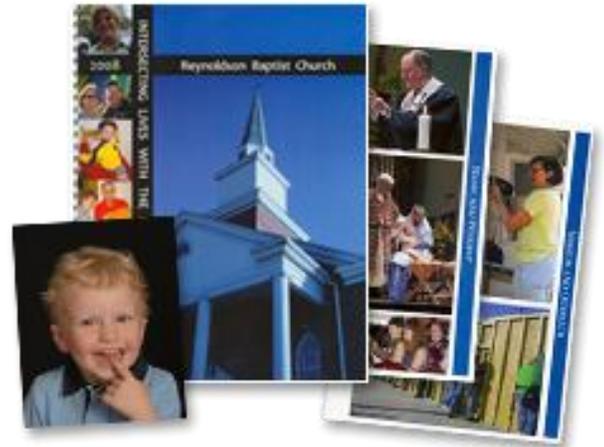
The Hospitality Committee and the Administrator have arranged for BUF to get a new photo directory from Life Touch this coming fall. We started signing people up on Sunday the 20th and were very happy with the positive response.

We will be there in the Social Hall this coming Sunday the 27th; come by, ask questions and get signed up for the photo session appointment that works for you.

Every family that comes in for a photo session will receive three things free of charge:

- a. An 8 X 10 photo**
- b. A copy of the new photo directory**
- c. Access to an online directory so that you are not tied to the paper directory**

You can bring your pets, musical instruments or anything that you would like to personalize your photos. The photos can be as formal or informal as you would like. Come with family and friends and have a silly time or a serious time.



“This is such a good way to update our Annual Members Directory,” according to Judy Kasper, Chair of the Hospitality Committee. “It’s worthwhile to get a free photo and your own free copy of the published directory. And of course, this is the best time to pick an appointment, before the sheets fill up!”

Any BUF member or friend can also invite other, non-BUF related, friends to come and have a photo session. They can make their own individual appointment for a photo session. This is not restricted to BUFsters. You could invite your whole extended family, your child’s soccer team, your Mahjong group, etc. to come to a photo shoot.

So what do any of us have to lose except for about 15 to 45 minutes of fun photo taking time with your family? In order to make this happen we need you, BUF members and friends, to make an advance appointment for a photography session taking place at BUF during the first week of October. The dates for photo sittings will be Monday, Oct. 2nd through Saturday, Oct. 7th. The Hospitality Committee will begin signing people up for the photo sessions after Sunday services and during September Community Night Dinners.

Important note: The BUF All Church Retreat this year is occurring during the weekend of Oct. 6th through 8th. Anyone planning on attending the retreat will want to avoid scheduling a photo shoot on Friday evening and anytime Saturday

Update on Ongoing support for Farmer Workers

The company has paid for worker tickets to go back to Mexico, and they have been going back in groups. The visa problem was not resolved, so representatives of the Mexican Consulate have accompanied them to be sure they can get on their flights (and the Consulate has helped them in other ways as well).

By Monday, there will only be about 4 workers left at the encampment, and they are very well stocked--thank you for all you have given!

L&I has launched an investigation into the practices of the employer, and that will be on-going

A lawsuit has been initiated on behalf of the workers who suffered physical harm and otherwise due to conditions and requirements of the farm. This will likely be a long process (a year +) and is on-going.

Whether these workers will be "blacklisted" and no longer recruited to work by visa processors on behalf of other companies in the US in the future is unknown--but they express fear of this.

Again, thank you for your concern about these hard working folks. Yours in peaceful justice, Kara (Black), BUF Immigrant Rights Action Team

C2C is routing donations to the friendly farmers who have been hosting the workers for their very high utility bills and restoration of the property when the encampment ends (plus giving funds to the workers themselves). Donations are welcome via their foodjustice.org website or checks can be mailed.

Thank you so much for your support Warmly, Kara (Black) (360-676-2300)



Reminders:

Social Justice Collection Recipient for the Month of August is Brigid Collins Family Support Center with the mission to end child abuse by building strong families and protecting children. We do this via comprehensive children's advocacy centers, and parenting education and support. Learn more about us at: <http://www.brigidcollins.org>

Deadline for Registration to Rise Up and Call Her Name Class

Just a reminder that the registration for the upcoming Rise Up and Call Her Name class is **August 31st**. Register with Deb Cruz at dwcruz@comcast.net. See the "Upcoming events in September" for more details on the class.



Traffic Jams, Tears of Awe and Wonder with OUR Eclipse from Beth Brownfield

I didn't think I would be so moved by the eclipse, but I was. Jerry and I drove to Madras, OR, and met our daughter Jenny and family for it. We stayed near Mt Hood, about 60 miles away, and instead of going into the gridlocked Madras, we parked along HWY 26 leading out of town.

There was a line of cars on both sides of the road where we watched it, also of our daughter and her family watching it. Everyone around us was intensely observing the phenomena and all quieted as it darkened and completely blocked out the sun. They watched in silence during this part and then cheered and yelped when the shadow moved over and the sun pierced us once again with its brilliance.



We got up at 4 this morning, left at 6, to make the drive to Madras. We flowed like salmon with the stream of cars coming from Portland and surrounds to the epicenter in Madras.

Just outside Madras, there were several tent cities, that covered blocks, tents side to side, like a refugee encampment. At one tent city, we saw 2 lines of maybe 100 people each waiting to get into only TWO available port-a-potties! I can only imagine! Our daughter, Jenny teared up at the full eclipse and our grandchildren said, "Mom, you're crying." Our grandson remarked as we scrambled back to our cars to get out of "Dodge" before the thousands



upon thousands of cars caught up to where we were, "This was worth the 8-hour drive, and 10 hours back." They will tell their grandchildren about this. *(Photo of eclipse above taken by Lew Phipps, near Lime, Oregon)*

Before I saw it, I was wondering how an experience, at its depth that lasted, at the most 2 minutes, was worth the effort, but I can understand now. A Japanese group reserved every single room at the Warm Springs Reservation (111 rooms in 2014). They came in three buses from Seattle. We met a group of six who had traveled from Germany to view it. All ages, all races, all political beliefs, and religions. We were connected with millions upon millions of people in its path, who all raised their heads and looked to the heavens.

Part of the amazement was watching the shadow move, ever so slowly, until there was just a slit of the sun visible. When the shadow fully covered the sun, we could see flares of mist like light all around the eclipse. At that point, we could take off our glasses and look directly at it. It darkened but not pitch black. So much of this experience to digest and ponder. I'd be interested to hear what others experienced.

BUF Calendar Highlights Aug 23-Sept 3

Wednesday, August 23

*Humanitas, 10am Sanctuary

Thursday, August 24

* Flowering Cherry Mindfulness
Meditation Group, 2pm-3:30pm
Meditation/Quiet Room
*BOT, 7:00 pm, Conference Rm

Sunday, August 27

**Sunday Worship- 10:30 am.
Songs of Hope, Dana Lyons
*Sunday Brunch at the Hearthfire
Grill, Noon
*Mei Hua Chinese School, 2:00-
4:00 Classrooms 1,2,3

Monday, August 28

*Black Lives Matter Ministry, 6pm
in Conference Room

Wednesday, August 30

*Humanitas, 10 am in Sanctuary

Thursday, August 31

* Flowering Cherry Mindfulness
Meditation Group, 2pm-3:30pm
Meditation/Quiet Room

Saturday, September 2

*Shir HaShalom, 10:30 am Flex

Sunday, September 3

*Sunday Worship, 10:30 am
Sanctuary
*Coffee Hour, 11:30 Social Hall
*Teacher Training, 12:30 in Library
*Mei Hua Chinese School, 2pm in
classrooms 1,2,3

Monday, September 4

*Life Exercise Returns, 4:30 pm in
Flex

August Calendar of Events

Humanitas - Helping People In a Pinch, every Wednesday at 10am We are going to take a break and will not be publishing any more stories in the Mid-Week Update until September, even though our doors will be open as usual each Wednesday morning. If you would like further information on what we do at *Humanitas* or if you would like to donate, please contact elizweber@msn.com or check our corner of the kiosk in the Social Hall.
~ *The Humanitas Team*

The needs of the Lummi Food Bank do not take a summer vacation Lummi Food Bank is always in need of food donations. It is also in need of bags, especially paper bags for distributing the food donations received. We know that hunger is an ongoing struggle for many in our and in our neighbor's communities. Please consider adding a few items to your shopping list (groceries or personal items) that you can donate to their Food Bank by leaving in the food basket cart at the front entrance.

You can also make that struggle a little less burdensome with cash donations made out to the Lummi Food Bank (submit to the BUF office). There is also an EFT form in the Lummi food basket, should you wish to make a monthly electronic donation. Thank you for your continued support to help others.
~ Carol Dukes



Miracle of Mindfulness—Join Us Every Thursday at 2:00pm Meeting **every Thursday** and following the tradition of Thich Nhat Hanh, the Flowering Cherry Sangha Mindfulness Meditation Group takes part in meditation, study, discussion, and chanting. Join us at **2:00 pm on August 12th and August 31st in the downstairs Meditation Room.** Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at davidgillespie72@gmail.com.

Songs of Hope - Dana Lyons

Service at 10:30 am: Bellingham singer/songwriter Dana Lyons (<https://cowswithguns.com>) will share songs for all ages on reverence for the natural world . . . and hope to be found in our vision of the interdependence of all beings. Dana is no stranger to BUF. Having performed at BUF for various events such as Earth Day, he has also worked with BUF to support Lummi Nation in the Totem Pole Journeys and even having gone to the UU General Assembly with BUF, Commit2Respond and Lummi Nation in June of 2015 as part of BUF's GA Workshops and the GA Public Witness event (<http://www.uua.org/ga/past/2015/business/witness>). *“Every performance is a celebration of life on earth, fueled by Dana’s infectious music, sharp wit, keen observation and warm heart. Prepare to laugh, sing and renew your appreciation for the earth we all call home.”*- Claudia Kienholz, Seattle Folklore Society.



The Natural Balance in All Things . Class will not be held on Monday, August 28th

Harnessing the Power of Love to Create Change

[Black Lives Matter Ministry Team](#) meeting will be held Monday August 28th at 6:00 PM. The BUF Black Lives Matter Ministry Action Team seeks to nurture the social, spiritual and personal development of congregation members in the exploration of how racism and privilege impact our congregation, our community, and our nation. In particular, we acknowledge the targeted violence which impacts black people disproportionately. We are committed to harnessing the power of love to dismantle racism and white supremacy across our communities and to creating spaces inclusive of people of all races, ethnicities, and cultural backgrounds. We meet consistently, every second and fourth Monday of the month at 6pm in the Conference Room.



☐ **COMING IN SEPTEMBER** ☐

Wednesday, September 6

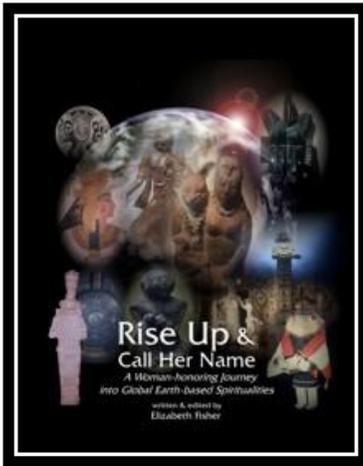
6:45 PM Chalice Choir Rehearsal
8:00 PM Phoenix Choir Rehearsal
8:00 PM Women's Ensemble

September 10 The Sunday Forum Returns

What do oil refinery expansion, dirty cruise ships, Starbucks cups, and Bellingham's log exports have in common?

Join us at 9:15 am with two campaigners from Stand.earth (formerly Forest Ethics), an organization that is dedicated to protecting endangered forests and wildlife from the destructive and often clandestine practices of natural resource extraction industries, to find the answer to this question. Jim Ace, a senior campaigner at Stand.earth and Alex Ramel, Field Director with Stand's Extreme Oil campaign, will be talking about environmental issues that need our attention, why environmentalists fight for these changes, how they do it, and how we can all take part in the action. Stand.earth looks to harness the power and influence of Fortune 500 companies for good, ushering the new culture of environmental stewardship that fosters sustainable management of forests and holds companies accountable for the sourcing of their products, while simultaneously supporting companies that are interested and willing to move toward better environmental practices.





Rise Up and Call Her Name-starting September 12th

On Tuesdays evenings from September 12th through December 12th, 6:30 -9:30 pm, BUFster Deb Cruz will be facilitating this amazing woman-honoring journey into global Earth-based spiritualities. “Rise Up” was developed by UU Liz Fisher (<http://www.riseupandcallhername.com>) and is a self-contained 13-session course that weaves together spiritual stories worldwide that honor female divinities. Contact Deb Cruz at dwcruz@comcast.net. Those of the male persuasion are encouraged to participate! I will be asking for a materials fee of \$25.00, but no one will be turned away because of a lack of funds. REGISTRATION is required in order to ensure sufficient materials are available for all participants.

A gestalt of attributes integral to varied cultures, Rise Up presents a textured spiritual inquiry often missing from exclusively male imaged, monotheistic belief systems. Techniques for capturing and sharing discoveries on this journey are introduced as crucial tools for traveling.

Sacred narratives, both historical and contemporary, create the value context for societies. Stories from spiritual traditions that honor the female divine and teach Her ethical lessons are the focus of this innovative curriculum. Tales of Her diverse shapes, colors, sounds and movement prove to be powerful devices for reclaiming and actualizing human potential.

Ecological awareness is prominent on this journey. Cycles, interconnection and biodiversity are given form and substance through stories that portray both the power and process of Nature, advocating reverence for Her.

Circles of participants or individuals traveling solo undertake personally relevant activities. Through visual images, chants, creative rituals, movement and hands-on art projects, a fresh perspective on qualities such as fearlessness, compassion, nurturing and the unfolding of personal spirituality arise. Also, knowing there are traditions that value the female but in no way deprecate the male can provide inspiration and sustenance to both women and men. And its lots of fun!

Healing, both personal and cultural, is often a benefit of this journey. Stimulated by the knowledge of the female divine these stories and activities unfold, we frequently discover life-affirming, but often underdeveloped, aspects of our own unique personalities.

BOOK GROUP MEETS ON SEPTEMBER 21ST AT 7PM

ALL THE LIGHT WE CANNOT SEE

This sounds like a true winner for our next read: “From the highly acclaimed, multiple award-winning Anthony Doerr, the beautiful, stunningly ambitious instant New York Times bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.” - Goodreads

"A novel to live in, learn from, and feel bereft over when the last page is turned, Doerr's magnificently drawn story seems at once spacious and tightly composed." – Booklist

The BUF Book Group meets on the third Thursday of each month at 7:00pm.

Where: Barbara Gilday's home: 311 S. Garden Street, Bellingham 98225

Questions to: Jan Cavitt - jadacad@gmail.com

