

Bellingham Unitarian Fellowship
The MidWeek Update
May 24, 2017

A Forensic Analysis of *“Relationship Matters: Within and Beyond these Walls”*

My career prior to ministry was property management, in Minneapolis, first in a towering urban housing complex consisting of 650 market rate apartments and 650 more subsidized by the Department of Housing and Urban Development...occupied by community members with physical and mental disabilities, low income seniors, single parents, and students. The largest group were recent refugees, many from Somalia but most having fled from post-war Southeast Asia. Maybe I'm being nostalgic, but I recall there being a distinct sense of community in the midst of this under-resourced diversity. Then I moved to the suburbs, where the demographic was different, but matters of living in community were strikingly similar. And though these residents' sense of entitlement led to some challenging dynamics (and even un-neighborliness), the company that I worked for, instead of emphasizing the elite environment and individual prerogative, focused on creating community as a way to encourage people to stay.



It would be easy to be cynical about this as marketing guile, but the effort was genuine. We had regular potlucks; every Thanksgiving we roasted turkeys and the party rooms overflowed with hundreds of residents; every summer we had a huge bash at the outdoor pool, with live music, barbeque, and games. And throughout the year we had community meetings on everything from crime prevention to critical feedback toward the management.

SouthView Gables was built and managed by a family-owned construction company. The bulk of their business was with a few clients who they served over and over (for example they built Target stores all over the Midwest). So the corporate motto was: “Building Lasting Relationships.”

“*Building Lasting Relationships*,” even if it is a slogan, has bubbled in the back of my mind for about 30 years now. And as I mentioned in last week's MidWeek Update, the phrase “*Race Matters*” came into my consciousness when, as I began seminary, the UUA called attention to the book by that name by Cornel West. And here's one more piece of a puzzle that I've just figured out. I queried my hard drive for the phrase “*within and beyond these walls*,” and found the earliest example to have appeared fifteen years ago. I was then supervising a ministerial intern, Julie, who brought us a tradition from her prior congregation: after the ushers received the collection, they would walk back up to the front of the sanctuary with the baskets and turn to the congregation, who then said together, “To the work of the church, which is building community within and beyond these walls, we dedicate ourselves, and these our offerings.”

The hard-drive query showed that I'd used the phrase, “within and beyond these walls” repeatedly in subsequent sermons and newsletter articles.

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Last Sunday, to close our Annual Congregational Meeting, I shared the following words, adapted from the Hebrew Scriptures:

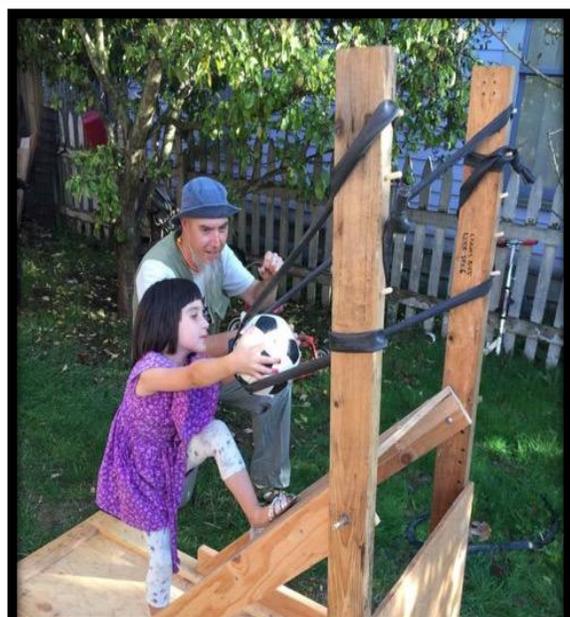
*We build on foundations we did not lay.
We warm ourselves at fires we did not light.
We sit in the shade of trees we did not plant.
We drink from wells we did not dig.
We are forever bound in community.*

So much comes to me without my awareness! Ideas, resources, privileges!

And I've undoubtedly inherited some bad ideas too. And some sense that I have earned the good things in my life. I'm grateful, though, when my attention is called to the origins of gifts and entitlements that I take for granted.

Our conversations this past year at BUF—about race, relationship, generosity, and community—have humbled me. In you, I see growing commitments to examine biases, behaviors, and assumptions. This past Sunday we expressed a collective commitment to deeper exploration of how race—a fundamental aspect of our personal and national identity—shapes our thoughts and relationships. May the ongoing exploration of our origins and blessing advance our dignity, our integrity, and our well-being as a community.

Peace,
Paul



Why I Teach.....

"I teach because I want to get to know our children better and I want to share what I've learned. Often I find new points of view and opportunities to consider rarely pondered topics." ~ Jed Reynolds

Report from the Congregational Meeting, May 21, 2017

At our Annual Meeting last Sunday we had nearly twice the number of voting members needed for a quorum. New members of the Board of Trustees were approved unanimously: Shasta Pettijohn, Rory McLeod, Sky Hedman and Angie Lindquist.

Nominating Committee members were approved unanimously: Jan Krouskop and Barbara Gilday, to serve alongside current members Carl Nyblade, Erin O'Moore and Lizz Robert.

Our 2017-18 Budget, which was delivered to the congregation earlier this month, was presented by Treasurer Anne Newman. It was approved by a vote of 95-2.

A congregational resolution presented by the Black Lives Matter Ministry Action Team—the text of which was delivered to our members earlier this month—was approved by a vote of 95-1.

Thank you to President Anastacia Lundholm, who shepherded the agenda into place, Kara Black who presided at the meeting, and Kaitlin Davis, who will provide meeting minutes—to be posted at buf.org in the next week or two.

May Faire Gala and Auction – June 3rd

Hear ye, hear ye! The BUF auction items are in and we wanted you to know there are almost *100 amazing items on which you can bid, NOW*. The auction format is a bit different this year. You will be able to bid on these items at the Community Night Dinners (on May 24 and May 31) as well as after service on Sunday, May 28. While the May Faire Gala attendees get the last chance to bid on many items, a great many items are available at a “Buy Now” price that non-Gala attendees can access. Take a look at the catalog (www.togetherauction.com/buf) for a look at the crazy fun VACATION RENTALS, HOSTED EVENTS & COMMUNITY SERVICES available.

Of course, the most fab way to play the Auction game is to attend the May Faire Gala on Saturday, June 3 from 6:00pm to 9:30pm. That gets you the edge on final bidding opps and it's going to be quite the party with live music, dancing and great food. **Tickets \$25 through this Sunday, \$35 after that.** See you there!



Lummi Food Bank Needs Your Help

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. Let's work together to make that struggle a little less burdensome by donating food, personal care items, or cash donations (submit to the BUF office).

Strong-Armed Chairs Now Available in the Sanctuary

Have you noticed the sanctuary now has seating areas intended to offer more flexible, supportive seating for people using wheelchairs, or walkers, and for those who need chairs with arms to sit or stand safely?

The purpose of this project is to increase the physical accessibility and comfort of the BUF sanctuary, in recognition of our commitment to being an inclusive, welcoming congregation.

We welcome feedback about these new seating options. Please let your opinions known via BUF-News. Further changes could include purchasing more or better chairs. Thanks to Sky Hedman and Molly Monahan for the implementation of the idea of improved sanctuary seating options.

Love working with Audio/Visual? We are still looking for volunteers to help with BUF's Audio/Visual needs. No experience is required as we will happily train and allow you to shadow until you are comfortable. So if you are interested in learning about the Audio and Visual systems, have applicable experience or just want to help out the BUF community contact Jesse Pickard or our new Administrator Kathy. Thank You!!

Or maybe now that Spring is here, you feel like gardening and weeding? In June we will be asking for a few volunteers to sign up for cleaning and weeding our flower beds in front of the main entrance. Again, no special training or experience necessary. We hope to schedule some work once or twice monthly throughout the summer. If you are interested, please contact Administrator Kathy Wahto or Building Steward Claire Johnson.

Wednesday, May 24th

10:00 AM Humanitas
12:00 PM Writer's Group
4:30 PM May Faire Planning

COMMUNITY NIGHT DINNER (6:00 pm)



Chicken Tortilla Soup with all the toppings cilantro, sour cream, avocado etc. Gluten Free
Tortilla Bar with as many leftovers that can be found along with a pot of fresh refried beans, shredded chicken etc. Gluten Free
Dessert to be announced
Green Salad

We always welcome more volunteers! Please sign up on
signup genius: <http://www.signupgenius.com/go/5080b4cada82ea64-community1>

Thursday, May 25th

A Miracle of Mindfulness



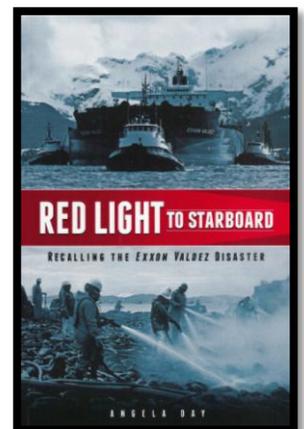
"Mindfulness is like that—it is the miracle which can call back in a flash our dispersed mind and restore it to wholeness so that we can live each minute of life." ~ Thich Nhat Hanh

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 May 25th** in the Meditation Room downstairs. Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at davidgillespie72@gmail.com.

Red Light to Starboard: Recalling the *Exxon Valdez* Disaster. Join us on **May 25th** from 6:30-8:30pm for a book reading, presentation, and Q&A with author Angela Day.

Angela Day, PhD, will offer a book reading, presentation, and Q&A session on her book, *Red Light to Starboard: Recalling the Exxon Valdez Disaster*. This book documents a tragic event that stunned the world, discusses the disaster's environmental impacts, and recounts the regional and natural history of Prince William Sound. Day's book won the Western Writers of America 2015 Spur Award in the Best Western Contemporary Nonfiction category, and was a finalist in the annual Forward Reviews' INDIEFAB Book of the Year Awards.

This topic is keenly relevant to our community. "I hope to provide some insights about what the past



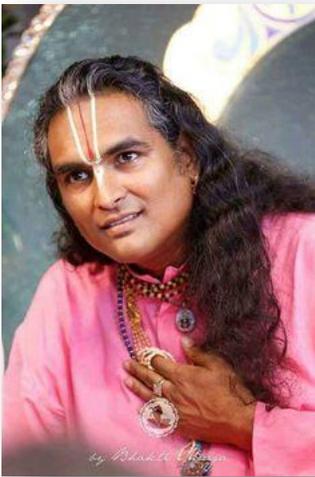
can teach us about the future,” said Angela Day. “Whatcom County residents are faced with a potentially large increase in crude oil tanker traffic in the Salish Sea due to the proposed expansion of the Kinder Morgan Mountain pipeline project,” she continued.

The presentation is co-sponsored by RE Sources for Sustainable Communities and the North Cascades Audubon Society. RE Sources for Sustainable

Friday, May 26th: No activities or events scheduled

Saturday, May 27th Satsang Spiritual Discourse and Darshan with Paramahansa Vishwanada

Darshan with Paramahansa Vishwananda gives Darshan (the blessing of seeing and being seen by the Divine) & Satsang throughout the year internationally. This special event on May 27th with the Satsang Spiritual Discourse at 2:00 pm and the blessing at 5:00 pm includes devotional music, inspirational stories and, of course, the extraordinary Darshan blessing given by Paramahansa Vishwananda to each person who attends. Event is open to all. Donations gratefully accepted.



The word Darshan is derived from the Sanskrit root 'drsh', which means 'sight' or 'having a glimpse of' the Divine. To receive a personal blessing (Darshan) from a Realised Master is one of the greatest gifts given to mankind. The Love you feel during Darshan is not something from the outside, it is your own Divinity revealing itself to you. Paramahansa Vishwananda's aim is to awaken the inner Light and Love of your soul. This gives the opportunity to realise we all have the same love inside of us, to intensify that love and become one with it, then to share it with everyone around us.

Paramahansa Sri Swami Vishwananda is an enlightened spiritual master and founder of Bhakti Marga, the path of devotion.

His life and work are dedicated to inspiring all people to love beyond the boundaries of culture, religion, gender and age, and to open their hearts to recognise and accept the eternal Divine Love that permeates us all. He

offers wisdom and tools to awaken the innate ability to experience this love in our daily lives. He is a living example of the transformational power of Divine Love.

Sunday, May 28th

10:30 AM Worship

11:30 AM Coffee Hour

12:00 PM Brunch @ Hearthfire

Social and spiritual sustenance for BUF's Men On May 28th at 12:15 pm, the Men's Group will be meeting for friendly, fraternal conversations that provoke reflection, insight, humor, and enduring friendships. Men of all ages are welcome. For more information, contact Ron Quinn at rdquinn@cpp.edu or Mike Brunt at rcl1492cc@gmail.com.

4:30 PM YRUU (High School Youth)

Monday May 29th Memorial Day

The Natural Balance in All Things . . .Join us at **4:30 pm on May 29th** for Life Exercise, a program of gentle movement drawn from Chinese Tai Chi and Japanese health exercises. All levels of fitness are welcome. For more information, contact Lee Seaman, (360) 676-8543, lseaman@seamanmedical.com

Lunch with Paul!



Meet and eat with our minister Rev. Paul Beckel! On **May 30th at 12:00 pm**, bring your own lunch for an informal conversation about whatever topics come up. An opportunity for us to get to know one another better!

Wednesday, May 31

10:00 AM Humanitas

4:30 PM May Faire Planning

BUF Youth take on Last Community Night Dinner (6:00 pm).

The YRUU high schoolers invite you all to the event, which will raise money for their group activities. Put this on your calendar and stay tuned for more information about the menu.

We always welcome more volunteers! Please sign up on signup genius:

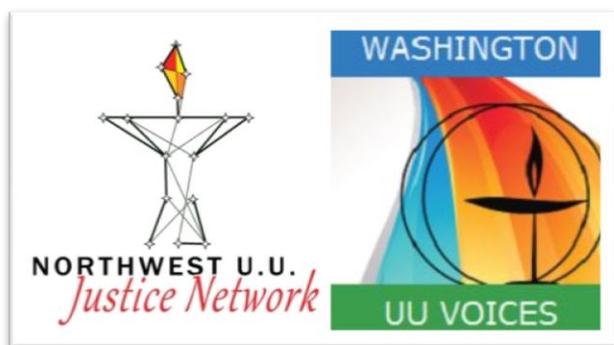
<http://www.signupgenius.com/go/5080b4cada82ea64-community1>

Month of June: UU Justice Organizations to Receive SEJC Plate Collection

BUF's selection committee has chosen two grassroots UU organizations to receive our generous support. The Sunday's offering supports UUs working for a more just government in our State (*WA UU Voices for Justice*), as well as those UUs here and throughout the Northwest who pursue environmental, social and economic justice work (*Northwest UU Justice Network*). Checks should be made out to BUF with Justice Collection in the memo line.

[WA UU Voices for Justice](#) exists to inspire Unitarian Universalists to act together for justice in our State, especially in the legislative process. Central to its mission is advocating for the kind of laws and budgets that are consistent with our Unitarian Universalist seven principles and that will make the world a more just and sustainable place to be. Washington UU Voices is part of the national Coalition of UU State Advocacy Networks (CUUSAN) that works collaboratively across our nation to support each other's work and issues. The next big event for WA Voices will be its cross-state virtual legislative conference on Sunday afternoon, November 12, next fall.

Like UU Voices, [Northwest UU Justice Network](#) (the Network) is all about helping UUs and their allies to build a more just and sustainable world. The Network supports all flavors of UU justice work, including education, standing witness, direct action, direct service, community organizing, community and small group ministries, and government advocacy. The Network connects UUs and



their justice allies to others that are working toward the same goals. The Network also offers publication, social media, conferencing, coaching, justice interest surveys, and group facilitation services to UUs and their allies who are working for a better world. The next big Northwest UU Justice Network event: 2017 Northwest Justice Summit which will be held Saturday, Oct 7 at University Unitarian Church in Seattle, Washington. Homestays will be available.

Thursday, June 1st

A Miracle of Mindfulness

“Mindfulness is like that—it is the miracle which can call back in a flash our dispersed mind and restore it to wholeness so that we can live each minute of life.” ~ Thich Nhat Hanh

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 May 25th** in the Meditation Room downstairs. Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at davidgillespie72@gmail.com.

Friday, June 2: No activities or events scheduled

Saturday, June 3rd

Dungeons and Dragons

BUF members recently formed a Dungeons and Dragons role-playing game opportunity. At 10:00 AM on June 3rd in the Library, join us in this fantasy game, as we guide our heroes through quests for treasure, battles with deadly foes, daring rescues, courtly intrigue, and much more. Adventure updates are posted to <http://blog.bitratchet.com>. Email jed@bitratchet.com with questions.



Sunday, June 4th

Sunday Forum: Decreasing Pain through Nutrition

Join nutritional therapist and fellow BUFster, Linda Fels, at Bellingham Unitarian Fellowship (BUF) on Sunday, June 4, at 9:15 a.m. for a discussion on how to proactively work with your body to decrease pain. Chronic pain affects over 50 million Americans, resulting in lower health status, missed income and greater suffering. Many do not realize that what they ingest at every meal can increase or lessen pain. This goes beyond pain in the digestive system to headaches, joint, nerve and muscle pain. Optimal nutritional status can assist the body in responding better to medical treatments.

Linda Fels is a nutritional therapist in private practice in Bellingham who specializes in digestive issues and brain health. She is a certified Nutritional Therapy Practitioner (NTP), Restorative Wellness Practitioner (RWP) and a certified GAPS Practitioner. Linda's vision is a world of people so healthy that everyone can pursue their own dreams with the energy, means and sharp minds they are meant to have. She focuses on education, support and the joy of eating. Food is the fuel and the main building block for our bodies.



What we take in by eating, breathing, touching and experiencing affects us physically.

10:30 AM Worship

11:30 AM Coffee Hour

12:00 PM Sunday Services Brainstorming Sessions

4:30 PM YRUU (High School Youth)

Monday, June 5th

The Natural Balance in All Things . . . Join us at **4:30 pm on June 5th** for Life Exercise, a program of gentle movement drawn from Chinese Tai Chi and Japanese health exercises. All levels of fitness are welcome. For more information, contact Lee Seaman, (360) 676-8543, lseaman@seamanmedical.com.

Tuesday, June 6th

Lunch with Paul! Meet and eat with our minister Rev. Paul Beckel! On **June 6th at 12:00 pm**, bring your own lunch for an informal conversation about whatever topics come up. An opportunity for us to get to know one another better!



COMING LATER IN JUNE

Gypsy Jazz Concert Series Finale: Nuages

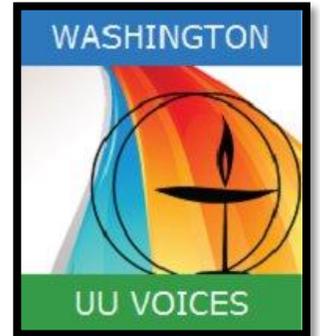
Nuages will perform in concert on Saturday, June 10, 7:30pm, at the Bellingham Unitarian Fellowship as the final installment in the Manouche NW jazz concert series. Enjoy a fun night of swinging gypsy jazz by local band Nuages in celebration of their upcoming CD! Nuages is made up of saxophonist Michael-Paul Gurulé, guitarists Zach Zenovic and David Campbell, and bassist Sarah Yates. Silk Road Swing will open the night and the BUF will serve beer, wine, and concessions, with proceeds funding the choir's Transylvania Pilgrimage later in June. Admission is \$15 / \$10 students. More info: (360)-961-1559, nuagesjazz@gmail.com, www.manouchenw.com



Sunday Forum On June 11th: WA UU Voices for Justice and the Northwest UU Justice Network



Come talk with representatives of WA UU Voices for Justice and Northwest UU Justice Network on Sunday, June 11. DD Hilke and Bill McPherson will lead the conversation about how these organizations are amplifying the voices of UUs across our state and connecting like-minded activists to each other. Explore how you and other BUF UUs can amplify your justice work with impacts rippling across the state or region.



Whether you are working for justice within your congregation, lobbying the state legislature, or striking out individually or with secular, interfaith or tribal allies, this forum has something to offer you, and you likely have something to offer these networks of UUs who are working for justice. Join us.

Sunday June 11th at 9am

Thank a BUF Religious Education Teacher Today .. by Roz Reynold

On June 11th, the Religious Education Committee will be putting on our annual Teacher Appreciation Breakfast. The menu so far includes vegetable frittatas, made with fresh chicken and duck eggs, homegrown berries and cream, and homemade scones. Hopefully any teachers reading this are getting hungry (and if you have not RSVPd, please do so soon!). If you are not an RE teacher this year, alas, you are not invited. I do still want to bring the event to your attention, though, for three reasons.

First of all, I'd love to make you so envious of those who get to enjoy this delicious breakfast that you run right out and volunteer to teach next year! I realize this is a long shot. But you never know.

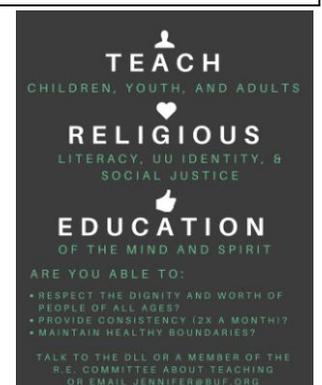
Secondly, it's important for the whole congregation to know how we plan to thank our teachers, because we are doing it on your behalf. Passing on UU values and identity to the children of our children isn't just something we do "for the families," it is a major part of our mission at BUF, something that speaks fundamentally to who we are. During the teacher dedication ceremony, the whole congregation promises to support the teachers and their work. When you consider the time and effort our teachers put in for our children and youth, giving them a thank-you breakfast feels like the least we can do.

Thirdly, it's important for everyone to realize that breakfast isn't enough (even with fresh duck eggs!!). During a recent discussion about gifts for teachers, one teacher said, "I don't need trinkets. If people really want to show their appreciation for teachers, please, volunteer to teach." This year the ranks have been somewhat thin, with some teachers on duty a little more often than they would like. We love our teachers and don't want them to burn out. So let's support them in the most meaningful way we can, by making sure we have enough teachers to share the load fairly.

In the weeks ahead, you will be hearing from some of our teachers as to why they do what they do, in the hopes that some of you may be inspired. In the meantime, consider thanking our teachers whenever you see them

Adult Education Committee June 11 at noon

Are you interested in having a say in adult education at BUF? Do you have an idea for a class or workshop you would like to facilitate? Please come to the kick off meeting of the Adult Ed. Committee to plan for spring/fall activities at

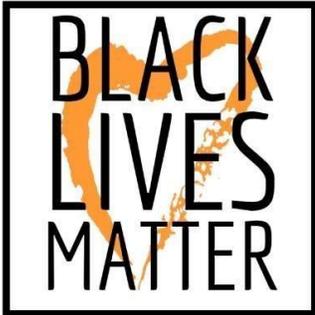


BUF! Sunday, JUNE 11 at noon. Contact Jennifer@BUF.org for more info.

We are gearing up for next year, and are looking for a few new people to add to the teaching team! If you are interested in working with children or youth, please talk to Jennifer Smith or Roz Reynolds. If you are interested in helping with adult education, please come to our Adult Ed. meeting on June 11th after service!

Monday, June 12th

HARNESSING THE POWER OF LOVE TO CREATE CHANGE



[Black Lives Matter Ministry Team](#) meeting will be held on **June 12th** 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 JULY🌀INTERWEAVE PRIDE EVENTS

Gaymes Night Friday July 7 5:30-10:00
Details to come



Bellingham PRIDE Dance Music by DJ Char
Saturday July 8, 6-10 PM BUF Social Hall
\$10/door BYODrinks
Soda, Ice, snacks provided

BUF PRIDE SERVICE

Sunday July 9 10:30

Lisa Page, minister
Carrie Koehline, celebrant

Pride Parade

Sunday July 9 Noon

RAINBOW Umbrella Drill Team
Walkers, skaters, bikers, strollers

Creative Arts Eliot Camp 2017 for UUs and their Friends and Family:

Did you know that there is an arts-related summer camp run by The Eliot Institute for UUs of all ages in our area (Washington, Oregon, British Columbia, Alaska, and Western Idaho) and their friends and family? Creative Arts Eliot 2017 will take place at the beautiful Seabeck Conference Center on Hood Canal in Seabeck, Washington from Saturday, August 12 through Wednesday, August 16, 2017, and will offer opportunities for UUs and friends and relatives to enjoy many wonderful aspects of a multi-generational "camp" experience while also pursuing an interest in one of seven artistic or creative endeavors. Talented presenters will inspire and delight during a five-day camp full of creativity and fun with morning workshops in Photography, Writing, Beginning Ukulele, Intro to Puppetry, Colorful Creations, Painting & Collage, and Storytelling. Campers choose one activity to focus on in the mornings, and spend the rest of their time enjoying board and card games, music and singing, walking/hiking through the woods, beach/waterfront activities, UU community, evening programs, and numerous other planned events including Firelight and an "Extravaganza" on the last day to celebrate everyone's creativity. There is still room so join us this summer at Creative Arts Eliot 2017! For more information, please contact the Eliot Administrator at Eliotregistrar@gmail.com or visit our website at www.eliotinstitute.org.

