

Bellingham Unitarian Fellowship

The Midweek Update Special Edition

August 15, 2018

Sunday September: 2nd — Blessing of the Animals / Picnic

At Fouts Park, one block East of BUF

Our Sunday Service today will last only 20-30 minutes, to be followed by a *potluck picnic*.

Bring your animal friends, companions, and pets. For those who have died or those who would be unwieldy, bring photos or collars.... Bring stuffed/toy animals too... as long as they're friendly.



The Blessing of the Animals is not something we bestow upon them, but an acknowledgement of the blessings they bestow upon us.

Potluck Picnic at 11:30 am. Please bring food to share during the Picnic. Lots of food. Primarily walking-around food. BUF will provide a small number of tables and chairs, plus drinks, paper plates, and tableware.



Please bring lawn chairs and blankets, and stories to share with one another during the picnic about the most meaningful experiences — and the everyday comforts — brought into your life by the animals who you love and are loved by.

Please only bring animals that are leashed or contained, certain to be sociable... who can be outside for an hour or more on a hot day. Be sure to bring bags et cetera to clean up as needed.

Congregation Beth Israel – Dedication of our New Home

Shalom, and thank you to BUF for providing to us a temporary home this past winter. Please join us now as we dedicate our new synagogue at 751 San Juan Blvd, beginning at 2:00 pm on Sunday, August 26.

Our new 19 acre campus is highlighted by a 26,000 square foot sanctuary, social hall, and religious school, which this year taught 100 students. Our debt free facility is the culmination of *an 18-year capital campaign*, accomplished by 250 member families and friends, that secures a Jewish future in our corner of the Pacific Northwest.

Warmly,
Steven Garfinkle, President
Rabbi Joshua Samuels

Sagit Hall, Director, Keshet Center for Jewish Learning



Sundays in August

- **Aug 19 What Would a Post-Industrial Society Look Like?** Philosopher, activist, and opera trained singer, Madeline McNeill will share music, poetry, and reflection, exploring with us the idea that humans are finite bodies... and thus how she envisions *a spirituality of being a body* to support a post-industrial society and skills economy (which includes breaking down the destructive systems of capitalism, challenging ideas of a limitless self, and addressing climate change).

It is with a heavy heart I report the death of Dorothy Davis, age 84, on Friday, August 3.

She had recently been hospitalized with pneumonia then had a stroke. She had home hospice for the last couple of weeks so Bob was with her at her peaceful passing.

Dorothy was an indomitable force and a relentless seeker of justice. She felt she had had a wonderful and full life so she was at peace with leaving this existence, but she will be sorely missed by her family and friends.

She is survived by her husband, Bob, and their three daughters, Melanie, Andrea, and Kathleen who are in town now to support Bob.

There will be a Celebration of Life service October 6 at 2:00pm.

~Ginny Davis, Pastoral Care Committee

Revival of BUF Hikers (and snowshoers, XC skiers, walkers, etc.) list



After an illness that kept me down for a few years, I am reviving this list. As I haven't added people to this list in a long time--I wanted to put out the offer to add YOU!

This is an e-mail list where anyone on it may initiate a hike or other activity, and those interested contact the initiator.

Initiators send out as many details about what, when, where, estimated timing, pace/difficulty and see who replies, and then coordinate directly with those folks who reply.

If you want to be added, just shoot me an e-mail at

karab@treefrognight.com

~Kara (Black) 360-676-2300

Plan Ahead to Volunteer for a Work Party at BUF on Saturday, Sept 29th!

The BUF Building & Grounds Committee has developed a plan to clean up and improve our parking lot and we will be bringing the volunteers, tools and gravel together on Sept 29th to make our mark! For more details or to volunteer, **please email Leslie DeBrock at leslie@surepost.com.**



Volunteers make it happen at BUF!

TO ALL PARENTS OF K THROUGH 1

BUF is excited to announce that we will be offering Our Whole Lives, or OWL in an eight-session curriculum for five- to seven-year-olds. It is based on the philosophy that parents or whoever is filling that role in a child's life, have primary responsibility for sexuality education with their children. And educating institutions such as BUF, can form a meaningful partnership for positive and responsibly sexuality education. It is our belief that sexuality is a lifelong process of acquiring information and forming attitudes and values about identity and relationships, intimacy, and health. Our Whole Lives is a positive, comprehensive, and age-appropriate educational program that supports those beliefs. For more information on OWL, please visit the UUA website to learn more:

<https://www.uua.org/re/owl>. The cost is

\$25.00, and registration can be done online here: <https://buf.breezechms.com/form/e5a11799>. Until August 1st, BUF families will be given priority registration. After that, we will open registration up to community members.



Our Whole Lives (OWL) is a series of sexuality education curricula that helps participants make informed and responsible decisions about sexual health and behavior.

The dates and times are:

- Mandatory Parents'/Legal Guardians' Information Night: Wednesday, September 19th from 6:30-8pm
- Grown up/Child Orientation Program Night: Wednesday, September 26th from 6-8:30
- OWL dates: September 30, October 7, 14, 21, 28, November 4, 11, 18 during service 10:30-11:45.

Childcare will be provided at the information and orientation nights. Any questions? Please contact Mullane Harrington at 360-319-9853 or muhwane@hotmail.com. More information on the UUA's

I want to thank all these volunteers who worked to make **our BUF Family Promise**, care of homeless families, successful last month: Patricia Ashby, Michael Berres, Rebecca Farnand, Troy Dillard, Carol Dukes, Kathy and Jim Fonte, Leslie McFee, Carol and David Smith, Nancy Steele, Isa Werny, Lee Willis and Jana Williams!

Some of these folks came more than once to help feed, set-up beds, stay overnight, and interact with our guests: nine children and three adults. Thanks also to our Social and Environmental Justice Committee that gifted us \$300 to purchase extra blankets, food, and perishables.

If you would like to join the BUF Family Promise Team, there is a volunteer training being offered this Thursday, August 16th 6-8 pm at the First Congregational Church. If you have questions, please call Ann Stevenson BUF Family Promise Volunteer coordinator, at 360-738-7083 or email me at ann.v.stevenson@gmail.com. Our next week of support for Family Promise is October 14- 21.

Nooksack Salmon Enhancement Association—August Special Collection Recipient



The NSEA believes that Salmon is part of our spiritual, cultural, economic, food and environmental needs. Its habitat is endangered and requires restoration by

engaging our community in action, education and stewardship. NSEA is seeking a grant from BUF to enable the education of one segment, the fourth grade children of Whatcom County, in Salmon restoration, as future decision makers. NSEA's

Students for Salmon (SFS) is a hands-on, outdoors environmental science program. It helps teachers with their classroom

curriculum, and to cultivate stream stewardship. The students then participate in field activities in a creek near their area. The program thus involves a total of 15 hours.

NSEA is pleased to report that in the school year 2016-17, 93% of the participating students increased their understanding of the requirements of a healthy salmon habitat.

For more information and current program accomplishments, please see Part II in the next issue of BUF-MWU, August 22. Your contributions will help sustain the area's life force. Sita Amba-Rao

Humanitas - Helping People In a Pinch



Our doors will be open throughout the summer, but we will not be in touch again until September 5. Then, we will once more share with you some stories from people who have requested our assistance. Thanks to you, we have been able to provide most of them with a little relief from their struggles. We hope you enjoy your summer, dear people, and here is our blessing: “May you be peaceful, happy and well, and may no harm come to you.” ~ *The Humanitas Team*

Lummi Food Bank

Keep Lummi Food Bank in your thoughts. Maybe think in the line of donating a meal for a family putting together ingredients for a hearty soup, chili, or entre. If every family or every unit could commit to something that would serve more than one person just think of the substantial impact BUF could have. A shopping basket for your donations is in front of the elevator. Thank you for your donations. ~ Carol Dukes



EVENTS AND ACTIVITIES

Thursday, August 16



Flowering Cherry Sangha engages in meditation practice, study and topic-focused discussion. Join us in the Meditation Room downstairs next to the BUF library every Thursday at 2:00 pm. Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at davidgillespie72@gmail.com.

Friday, August 17: No events or activities

Saturday, August 18: No Events or Activities

Sunday, August 19

- **10:30 AM Worship What Would a Post-Industrial Society Look Like?** Philosopher, activist, and opera trained singer, Madeline McNeill will share music, poetry, and reflection, exploring with us the idea that humans are finite bodies... and thus how she envisions *a spirituality of being a body* to support a post-industrial society and skills economy (which includes breaking down the destructive systems of capitalism, challenging ideas of a limitless self, and addressing climate change).

11:30 AM Coffee Hour in the Social Hall

Monday, August 20

4:30pm Life Exercise- The Natural Balance in All Things, in the Narthex or in the Flex room

6:00pm Indivisible Bellingham, in the Social Hall

Wednesday, August 22

10:00 AM Humanitas



HARNESSING THE POWER OF LOVE TO CREATE CHANGE

Black Lives Matter Ministry Action Team has new meeting times— second and fourth Wednesdays, starting at 7:00 through the summer. The first meeting each month will be for planning and organizing, and second will be for book discussions.

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.

Thursday, August 23

1:00 pm HR Committee, in the Conference Room

A Miracle of Mindfulness Flowering Cherry Sangha engages in meditation practice, study and topic-focused discussion. Join us in the Meditation Room downstairs next to the BUF library every Thursday at 2:00 pm. Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at davidgillespie72@gmail.com.

Sunday, August 26

10:30 AM Worship. Bike and Build A group of young adults are travelling across the country, stopping periodically to build/clean/work on homelessness projects. We'll hear from them about how this experience has shaped their understanding of themselves and the world we live in.

11:30 AM Coffee Hour

Monday, August 27

The Natural Balance in All Things . . .

Join us at 4:30 pm 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.



Wednesday, August 29

10:00 AM Humanitas: The Latin word humanitas has many meanings but the main definition is humanity and kindness. The Roman concept of humanitas described the humane virtues that were expected from educated people

Thursday, August 30

A Miracle of Mindfulness



Flowering Cherry Sangha engages in meditation practice, study and topic-focused discussion. Join us in the Meditation Room downstairs next to the BUF library every Thursday at 2:00 pm. Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at davidgillespie72@gmail.com.