

**Bellingham Unitarian Fellowship**  
**The Midweek Update**  
**August 30, 2017**

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## Healing and Reconciliation

Statues and monuments are symbols. We constantly re-interpret them as history unfolds. And we make decisions from time to time about what symbols we keep in our homes, in our houses of worship, and in the public square. What to keep, what to add\*, and what to set aside.

Rituals, too, are symbols. We have countless private and public rituals to remind ourselves who we are and who we wish to be.

On September 4<sup>th</sup> a groundbreaking ceremony will take place to initiate the construction of a monument in downtown Bellingham. The *Arch of Healing and Reconciliation* will go up on the lawn between the library and City Hall. It will remind us of our community's shared goal of racial unity...and that pursuit of this goal involves acknowledging some painful parts of our local history. The arch will commemorate the anti-Sikh riots in Bellingham on Sept 4, 1917, and other incidents of racial injustice and immigration prejudice in Whatcom County. More info here: <http://archofhealing.org/>

BUF will be one of many local congregations and organizations present at the groundbreaking to reiterate our commitment to these ideals.\*\* I'll be saying a few words, and we'll also be bringing music—which has a unique power to help us reach across our differences.

If you can't make it to the groundbreaking, know that the monument will continue to be here, reminding us of a widely shared vision for our community.

Peace,  
Paul

\***What we add** doesn't have to be something entirely new. History is filled, for better and for worse, with instances of changing-the-words of songs, co-opting holidays, adding interpretive plaques to monuments, and other forms of asterisk-ing.

\*\*I know that this vision of tolerance is widely shared because—in response to the recent incidents of hateful vandalism at BUF—we have received many notes of support from local clergy and other groups and individuals throughout the county. And we have received the note below from our new UUA President:

*Dear Paul,*

*I just saw the article in the Bellingham Herald about the recent vandalism at your congregation. It looks like it has happened twice now from the article.*

*We are seeing in our news round up this week at the UUA several stories like yours at UU congregations across the country.*

*I just wanted you and your congregation leaders and members to know that I am holding you in my heart. It just doesn't take much to tap into the violence of racism in this country and it seems to be*



*emboldened in this moment. I know from my own experiences in Arizona the fear these acts of vandalism and intimidation can create, but I also know the power of community to provide courage to continue to share our values clearly and with pride. I am inspired and grateful for your congregation's commitment to equity, to supporting the liberation of all people and your commitment to Unitarian Universalism.*

*I hold you in my heart for your safety and for the strength and courage of your community. These are indeed such challenging times and our faithful witness for justice, compassion and equity is so important now.*

*Much love to you, and to the staff, leaders and members of the congregation.*

*Yours,*

*Susan*

The Rev. Susan Frederick-Gray

## **Sunday Services in September**

### **Sept 3      The Laborers' Perspective**

To celebrate Labor Day we hear from Filemon Pineda, who was involved in the recent protest by farmworkers in Whatcom County, plus Michele Stelovich, of NW Washington Labor Council, and Adrienne Renz, of the Bellingham Community Food Co-op. There are many ways to honor the inherent worth and dignity of every laborer.

### **Sept 10      Water Communion**

This is our annual ceremony of beginning again, as our Sunday Religious Education and Music programs come back full strength. In this intergenerational service, each person adds a splash of water to our communal bowl, along with a single word that their water represents. Many bring their own water but, so far, we have plenty to go around. And that too is an important element of this service: a reminder that the fate of our water coincides with the fate of our planet, and a source of perpetual renewal.

### **Sept 17      The Pilgrims' Journey**

Forty-two BUFsters opened themselves to some deep learning this past summer as they journeyed to Transylvania. While sharing music in centuries-old Unitarian churches they got a new perspective on our history and the myriad manifestations of Unitarianism. The cultural and interpersonal encounters were both rich and eye-opening.

### **Sept 24      Mindfulness, Part 1**

Our overarching theme for the coming year will be Mindfulness. In reflection and in practice we'll delve into self-awareness, without descending into self-centeredness. In the coming months, as inner and outer stresses are likely to continue, we'll look at how mindfulness can help us to recognize our strengths and build resilience.

## When it rains, it pours.

Riots, car crashes, vandalism, floods... I feel like the universe has opened a cycle of destruction. Perhaps that is just what is in my perception this past month. I find myself singing the Meditation on Breathing several times a day. and remind myself that forest fires help remove the old dead and overgrown, and allow new life to spring forth. Beautiful things can grow from darkness.

On a brighter note: Religious Education events are coming:

**First**--If you have (or are) a **7th-12th grader** - We are having a Sleepover at the Mackay's Farm on Friday, Sept 8<sup>th</sup>. We will have carpools leaving BUF at 5pm and 5:30 pm on Friday evening, and return to BUF at Noon on Saturday Sept 9<sup>th</sup>.

More info and RSVP <http://evite.me/nPmunNVzga>

**Second**—The **6-8th Grade** Regional Con Registration is DUE! of you have a youth in middle school and would like them to go to CON on Sept 29-Oct 1st contact Jennifer Smith

**Third**--**Teacher training** is Sunday, Sept 10th in the Library, from noon to 3pm for all teachers, assistants, and Subs. Childcare and lunch are provided.

Classes officially Start Sept 17th for all grades!!

~Jennifer Smith, BUF Director of Lifelong Learning

**Welcome to Quinn McCray: Quinn has been hired as a part time building steward at BUF.** He's training with Schuyler, Claire and Alison (as shown at left) to learn all the ins and outs of his new job. He's also a student at Western, studying history.



Quinn grew up in a Unitarian Universalist home and was active at the Vancouver, WA church.

In fact, he previously worked there as the Coffee Steward for several years. He hopes to pursue a career in the Liberal Arts or Ministry and strives to bring compassion, good faith and humble exploration to the work he does. Quinn is an avid Stephen King fan, a poet and a singer/songwriter. Come and say hi!

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## 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 will be there in the Social Hall this coming Sunday September 3<sup>rd</sup>; 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. **Remember there is no obligation to purchase photo packages.**

“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!”



### **Building & Grounds Committee is Seeking Volunteers:**

Dale Cunningham has volunteered to serve as chairperson for Building & Grounds and is reaching out for more volunteers to join the Building subcommittee and the Groundkeeping subcommittee.

We have plans for a one or two day work party at the end of September, to catch up on some overdue maintenance and to get the building and grounds ready for fall and winter. The prolonged drought this summer has been especially hard on the landscaping.

**The introductory meeting for returning and interested volunteers is Thursday, September 7<sup>th</sup> at 5pm** in the Conference Room. We guarantee a pretty short meeting, which will be focused on the Work Party and will set the stage for future planning around building improvements, maintenance and safety and security.

Dale can be reached at [dalecunningham@earthlink.net](mailto:dalecunningham@earthlink.net) or by calling him at 206 890-5477.

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## A Call for Sunday Coffee Hour Treats

The sweets and healthy treats we all enjoy during Sunday Coffee Hour are made possible by the generous donation of people like you. It takes a village...to provide enough goodies for all the members, friends and visitors who look forward to snacking and socializing after Sunday Service.

Participation is so easy! Just drop off your ready-to-serve contribution in the kitchen before Service and the Building Steward will take it from there.

Gluten free items and ingredients lists are especially appreciated by folks with food sensitivities. In anticipation of your contributions, we thank you.



## Community Night Dinner Returns on Wednesday, September 6<sup>th</sup> –with a Grill Night!

Along with the return of Choir Rehearsals comes the CND fun. Debbie Boots and Mark Allyn are the co-chairs this year and they have put together a great bunch of volunteers—and as always, more volunteers are welcome for this most hospitable BUF tradition.

**Also, CND is looking for Dishwashers: they plan to have two dishwashers every Wednesday for two-hour shifts. Dishwashers are paid and get a free dinner! High School age or older. Contact Debbie Boots or Jennifer Smith for more information or to apply.**

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## DINNERS WITH EIGHT RETURNS!

Sign ups for Dinners with Eight start in September, with the first dinners occurring in October 2017. New this year is the option for those with smaller homes to host **dinner for six**.

For BUF newcomers, this is a once a month potluck dinner with a different host and different guests for each dinner so you get to meet a variety of BUFsters. (At least that is my goal.) It's a great way to get a little more involved with BUF, to meet new people, and enjoy a meal and conversation. Last year had wonderful participation with 72 people signing up.

I'll host a sign up table at Wednesday Night Community Dinners and after service on Sundays. Last day to sign up is Sunday 9/24. See you at dinner!

Contact Pam Ives email: [prives229@gmail.com](mailto:prives229@gmail.com)



### Arch of Healing and Reconciliation – Groundbreaking Ceremony Monday, Sept 4th

10am, Monday, September 4, 2017 (Labor Day) at the Lee Memorial Lawn at the Bellingham Public Library, corner of Grand and Lottie Streets

At 10am on Monday, Sept 4 (Labor Day) in the park behind the library downtown, Satpal Sidhu and the Whatcom County Sikh community will hold a groundbreaking ceremony for the installation of a Memorial Arch of Healing and Reconciliation. This arch will commemorate the anti-Sikh riots in Bellingham on Sept 4, 1917, and other incidents of racial injustice and immigration prejudice in Whatcom County.

This project of Arch of Healing and Reconciliation is to have a constructive engagement with the community at large and the people of North America to memorialize past events and create teaching and learning moments for everyone, so that such events of hate and indignation should not be allowed to happen in the future.

Speakers at this event include City of Bellingham council members, other elected leaders and religious leaders, including BUF Minister Paul Beckel. Group singing at the event will be led by Kevin Allen-Schmid.

## BUF Calendar Highlights Aug 30-Sept 10

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

Wednesday, Sept 6

\*Humanitas, 10 am in Sanctuary

\*Community Night Dinner-Grill  
Night 6pm, Social Hall

Thursday, Sept 7

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

\*Community 2Community  
Conversation, 4:30-7pm, Social  
Hall

Saturday, Sept 9

\*Dragonfly Quilters, 9:30 am,  
Social Hall

Sunday, Sept 10

\*Sunday Forum 9 am Conference

\*Sunday Worship, 10:30 am

\*Coffee Hour, 11:30 am, Social Hall

\*Teacher Training, 12 noon, Library

Men's Group, 12:15pm, Conference

## August/September 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](mailto: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 31<sup>st</sup> and September 7<sup>th</sup> in the downstairs Meditation Room.** Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at [davidgillespie72@gmail.com](mailto:davidgillespie72@gmail.com).

### **Sunday, September 3**

**10:30AM Worship Service**

**11:30 AM Coffee Hour and Registration for BUF Photo Directory**

**12:00 PM Teacher Training and Lunch, with Jennifer Smith**

### **Monday, September 4 The Natural Balance in All Things . . .Every Monday in September at 4:30 pm in Flex Room**

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](mailto:lseaman@seamanmedical.com).



**Tuesday, September 5 12:00 Noon Lunch with Paul**

**Wednesday, September 6**

**10:00 AM Humanitas**

**6:00 PM Community Night Dinner GRILL NIGHT!**

**6:45 PM Chalice Choir Rehearsal**

**8:00 PM Phoenix Choir Rehearsal**

**8:00 PM Women's Ensemble**

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.

**Saturday, September 9 BUF Dragonfly Quilters**

BUF Quilters are meeting the second Saturday of the month ( as usual). We meet in the social hall beginning at 9:30. We are putting the finishing touches on several quilts that will be donated to Lydia Place. All levels of skill and interest are welcome!



**Sunday, September 10**

**Sunday Forum at 9pm 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.



## Social and spiritual sustenance for BUF's Men

The Men's Group will be meeting at 12:15 pm 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](mailto:rdquinn@cpp.edu) or Mike Brunt at [rcl1492cc@gmail.com](mailto:rcl1492cc@gmail.com).

4:30 PM YRUU (High School Youth)

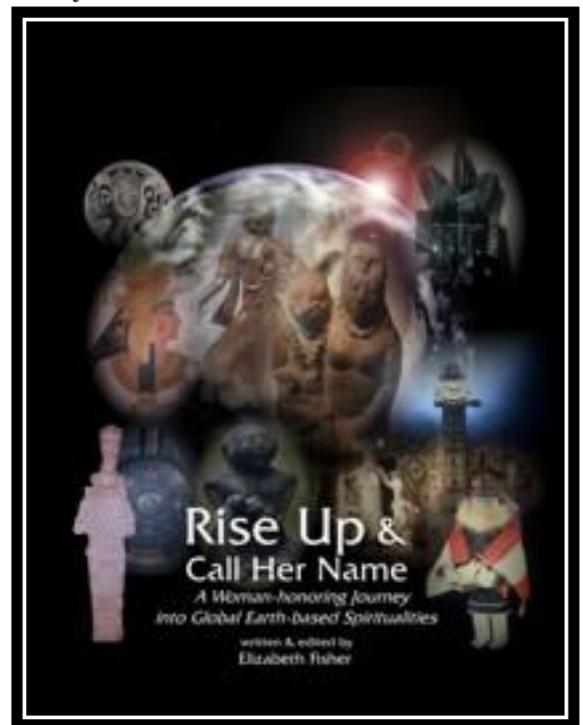
## Rise Up and Call Her Name Starts on September 12<sup>th</sup>:

On Tuesdays evenings from September 12<sup>th</sup> through December 12<sup>th</sup>, 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](mailto: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. Please register by August 31<sup>st</sup>.

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.

acred 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.

## Sunday Forum for September 17<sup>th</sup>

The Sunday Forum for Sept 17 will be presented by Humanitas. Barbara Gobus, Liz Weber, and Erika Shepard will all be presenters.

## **Humanistas Ministry: Helping People in a Pinch**

Humanitas is an alms program and as such we operate as simply as we can. All the money we collect goes directly to the people who come to us for help. Our stationery supplies, hospitality expenses (coffee, tea, etc), are paid for by the Humanitas team. Our finances are kept up to date on a computer spread sheet and sent in to BUF on a weekly basis.

The Ministry provides emotional support and limited emergency financial assistance in a safe, warm and non-judgmental atmosphere to local people in need. We work with other churches and charitable agencies through Bellingham's Community Resource Network to actively and directly help the poor and marginalized people in our midst. Typical requests include help to purchase gasoline or a WTA monthly bus pass. Larger amounts are "gathered" by the recipient who is given pledges from one or more of the other ministries in Bellingham, eventually accruing enough to pay for items such as car registration or a small utility bill.

Our goal is to continue this work. Our financial mainstay comes through our ten-bucks-a-month club augmented by the special social justice annual collection and other donations.

At the Sunday Forum on the 17<sup>th</sup>, we will share how we came into being, how our ministry works (we will bring pledge and voucher forms to illustrate the difference), how we serve the neighborhood, how we partner with other churches, and answer any and all questions about the ministry.

We will have pamphlets to hand out and applications for our ten-bucks-a-month club will be available.

## **Thursday, September 21**

### **BUF Book Group: 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

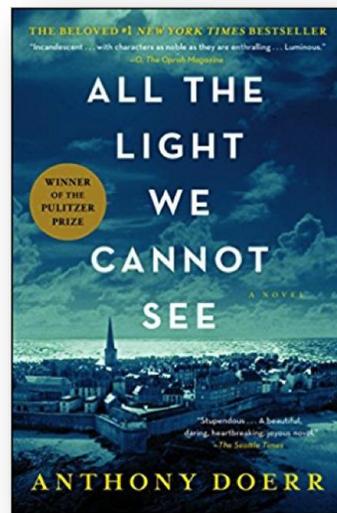
"A novel to live in, learn from, and feel bereft over when the last page is turned, Doerr's magnificently drawn story seems at once spacious and tightly composed." – Booklist

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

Where: Sita Amba-Rao's home: 3437 Ashbrooke Lane Bellingham, WA 98226

Questions to: Jan Cavitt - jadacad@gmail.com

Book Group blog: bufbookgroup.blogspot.com



**Sunday, September 24**

**Social & Environmental Justice Committee--Call for New Members and Save-the-Date!**

Anyone who is part of the BUF Community is most welcome to participate in the Social & Environmental Justice Committee (SEJC), which meets three times per year. We very much appreciate your participation! 1/2 the meeting is devoted to business and 1/2 to reports from all the justice action teams in operation at BUF. Once you attend two meetings (out of three), you become a voting member of the Committee.

We are looking to fill to positions on the Committee's executive board:

- 1) Communications Coordinator (coordinate document updates done by Mike on our website & Marsha's work with the Kiosk; keep our Committee informed about resources for publicizing/planning/leading events; and any other aspects of communication you want to work on improving)
- 2) Nominations Chair (recruit people for Committee leadership positions, recruit new members for the committee, member of the Executive Committee)



Please save-the-date for our fall meeting **September 24th** at Noon in the library. If you have questions about the Committee, please contact any of the Committee leaders (Linda Fels, Ann Stevenson, Judy Kasper or Todd Jones). We look forward to seeing you there.

**COMING IN OCTOBER**

**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!

*Bellingham Unitarian Fellowship*

**All-Church  
Retreat**

October 6-8, 2017

Camp Kirby, Samish Island, WA



**Young  
at  
Heart**

MAIN WORKSHOP  
PRESENTED BY

*Dr. Linda "Sunny" Goggin, MD*

**REGISTRATION ENDS SEPT 29TH**

**COST:**  
FULL WEEKEND: ADULTS/TEENS \$75 CHILDREN (4-12) \$60 UNDER 4: FREE  
SATURDAY ONLY: ADULTS/TEENS \$45 CHILDREN (4-12) \$35 UNDER 4: FREE

**Registration Available in the Social Hall  
and at [BUF.org/retreats](http://BUF.org/retreats)**

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](mailto:jennifer@buf.org) Roz Reynolds, RE Events Committee Chair, [mama@mamafoo.net](mailto:mama@mamafoo.net) Sue Sayegh, Registration, [suesayegh@yahoo.com](mailto:suesayegh@yahoo.com)