

Bellingham Unitarian Fellowship
The Midweek Update
April 11 ~~October 25~~, 2018

Remembering the Rev. Martin Luther King Jr.

~Beth Nyblade

1963 is still in my living memory. I was a high school kid, President of my Unitarian youth group, when a small group of us, from my family and my youth group, went to a concert by the Freedom Singers.

They were fundraising up north for civil rights causes. Dick Gregory, the Black comedian and friend of Rev. King, spoke to us about the movement and took some questions from the audience.

At that moment, it was not clear what the future of the civil rights movement would be.

Rev. King was the leader of the non-violent movement but Malcolm X, the Black Muslim leader who was thought to endorse violence against whites, was gaining at least lip service from many who were ready to move forward more rapidly.

An audience member asked Dick Gregory how Rev. King felt about the Black Muslim movement and the issue of responding to violence with violence. To answer the question, Dick Gregory told us a story.



Rev. King was speaking outdoors to a large group of Black activists, many of them armed and angry. Some in the crowd were demanding that King agree that if Whites were shooting at Blacks, Blacks could and maybe should shoot back. Reverend King got up on the hood of a car and called out over the noisy and angry crowd, "If you want to shoot somebody, shoot me."

And someone shot at him. Twice. Both shots missed. I can imagine that that silenced the crowd even more than Rev. King's words.



Since that time, really for my whole adult life, I have been looking for a written description of that anecdote, and I have never found one. So, was this something that happened? Was Dick Gregory reporting a true incident? Or have I imagined that story, heard only once in a large concert hall in between gospel singers telling the story of the movement? I have always believed that the story was true about Dr. King, even if there was no literal truth to it.

Upcoming Sunday Services:

April 15 Simplicity, Making Room, Mindful Choosing

Knowing “about” mindfulness won’t get us very far unless we choose to make space in our lives, let go of low-priority stuff and distraction, and even say “no” to the things and the activities that have value — but are just too much.



Pastoral Care Notice

Lee Seaman's husband, John, died Friday, April 6th after a short illness. Plans for a memorial to be announced. In lieu of flowers, please make donations to Death with Dignity or BUF Endowment Fund. Cards can be sent to 336 36th Street, #214, Bellingham, 98225

THIS SUNDAY IS 3RD SUNDAY!
We start together in service,
anyone can go to any activity

ARTS + CRAFTS in the flex space,
this week we will be finger painting!
(gloves & smocks will be available)

RHYTHM + SONG in class room 1,
Upbeat and fun singing and dancing!

THEATRE GAMES in class room 4,
Seriously silly games of improv
and imagination

SANCTUARY SERVICE
there is an activity table in the front,
and childcare in the back of the sanctuary.

CALL TO ALL LIFELONG LEARNING/RELIGIOUS
EDUCATION TEACHERS, COMMITTEE MEMBERS, AND
INTERESTED PARTIES

LIFELONG LEARNING PLANNING

Please join us organizing
and planning the rest of this
year, and next year!

Sundays

12:00-1:30 pm
Classroom 4
@ BUF

Thank You!

Interfaith Coalition thanks Bellingham Unitarian Fellowship for your generosity to our 2018 Hope Auction. In addition to what those of you in attendance contributed through ticket or auction item purchase, your generous response through your congregation gift of a locally sourced food basket helped to raise a record total auction amount of over \$200,000! Know that every day families and individuals in Whatcom County are lifted up and experience hope because of you. Thank you!

Janie Pemble, Outreach Director Interfaith Coalition

'Cast in Sand' Speaker at BUF on April 17th

Najla Mohamedlamin, who spoke at BUF last Sunday will be present for the showing of the 27 minute video about her life in a Refugee Camp in Algeria, followed by a question and answer forum on Tuesday, April 17th at BUF at 7pm.

Najla Mohamedlamin grew up in an Algerian refugee camp where her parents fled in 1975 due to the conflict between Morocco and Western Sahara. She is a second year student at Whatcom Community College studying Environmental Science and Gender Studies.

Background: 200,000 Sahrawi people still live in a desolate refugee camp in the middle of the Algerian desert. Because of her mother, a committed teacher in the camp, along with other mentors, Najla was able to learn English. While serving as an interpreter she met some Americans who enabled her to come to the US.

The video can be viewed at:

<https://vimeo.com/101167481>

For more information contact Barbara Davenport 360 319-0443 bcdaven@earthlink.net



Thanks to BUF gardening and pruning volunteers who worked last week pruning our ornamentals on I Street and cleaning up the gardens in the front of the church. Nice Job!

Lily Popova, Concert Pianist appearing at BUF April 28-29

Piano Concert at BUF

7:30pm, Saturday, April 28, 2018

Free-will donation Internationally acclaimed concert pianist,
Soloist with Los Angeles Philharmonic
and film score composer

Program of classical favorites, including a piano quartet version of Bizet's
"Carmen," in which Lilly will be joined by Andrea Rackl, Emily Gantt and

Kevin Allen-Schmid

Service of Music at BUF

10:30am, Sunday, April 29, 2018

Presenting "Pictures At An Exhibition" by Modest Mousorgsky, Ron Quinn,
Barbara Ellis-Quinn, Service Leaders

Lily Popova and Kevin Allen-Schmid, Piano

Learn more at: www.lilypopova.com



It's General Assembly time.

I'm registered, are you? Join me in Kansas City for this year's Assembly. The reason GA exists is for the national business meetings of the Association, BUT it is so much more. It's an opportunity to experience outstanding worship, learn better ways of working together as a congregation (or among congregations, and in our community), listen to wonderful music. Yes I know, BUF has wonderful music, but think what it is like when thirty or forty of the UUA's strongest choirs get together to sing for GA worship services.

This is also an opportunity to help decide the focus for the future of the UUA. The Association is going through some serious re-visioning. This GA will be our chance to learn about what's underway and help guide the next few steps. Actually, it's more than an opportunity, it's an obligation. It is OUR Association.

My first GA, in 1999, was a life-changing event for me (Lew Phinney). It led to rewarding work in district and national UU organizations and events – gifts that I had not anticipated, but will cherish.

Find out more? Go to: <https://www.uua.org/ga>

Questions?? Here's the link to the "First Timers" recommendations:

<https://www.uua.org/ga/registration/first-time-attendeess>

Or, just ask: lew@usa.net, or 719-332-3562, or catch me at coffee hour.

2018 May Faire Gala - Save the date for our big Spring fundraiser



The Gala will be held on the evening of May 5th. The night will include a Mediterranean buffet with something for everyone, entertainment by some seriously talented church members, end of evening dancing, and a silent auction of fun events/services. Tickets are \$40 in advance and \$50 at the door. We will start selling tickets mid-April. Please consider offering a service or event for the auction! This is a fun way to share a talent

or interest you have, to meet other church folks, and to raise money for our church operations. Auction donation forms are available in the social hour immediately following the service each Sunday. We need donations prior to April 22 because we plan to put up the silent auction tables for the week ahead of the Gala so that everyone has a chance to bid - even if you can't attend the Gala. Ya'll come!

Renewal of the C2C-BUF Partnership Vote Coming: Opportunities to Celebrate, Learn and Comment

In May, the Congregation will be voting on whether to renew the Community to Community (C2C)-BUF partnership for another three years. Please take a moment before that meeting to review the colorful four page report at

http://www.buf.org/files/121/sejc/partnership/buf_c2c_partnership.pdf.

The fourth page includes links to financial and in-kind information.



The Partnership Team will be offering two more opportunities for members and friends of BUF to come and ask questions, give feedback, learn more about this Partnership and celebrate what we have accomplished together these last six years. Please plan to attend one of these if you are able:

*Thursday April 26th 3-5 pm at the C2C Offices 203 W Holly St., third

floor.

*Early May--a third session date will be scheduled at BUF

~ *En solidaridad, The Partnership Team*

Social & Environmental Justice Collection Recipient for April: RE Sources for Sustainable Communities

The special collection is scheduled for this coming Sunday, April 15th

RE Sources is part of the Just Transition movement, supporting the



shift to a clean energy economy where jobs and the environment are both priorities, and advocating for an updated Climate Action Plan for Bellingham. They empower tens of thousands of people to take action to defeat dangerous fossil fuel export projects at Cherry and March Points--two of the most critical strongholds in the fight to protect the Emerald Corridor. Many BUF members and friends are active members of Resources and they are currently expanding their grassroots base. RE Sources will use the collection funds to support their Clean Energy program, safeguarding air and water quality and marine ecosystems on behalf of the entire community.

Volunteers are welcome to door-bell, lead educational workshops, attend activist meetings, phone-bank calls, submit Freedom of Information Act requests, conduct legal research, help with tabling and outreach at events, write LTE's and op-eds, and recruit friends to do the same.

Family Promise Action Team

The new Family Promise ministry action team is collecting blankets and snack items to help 4-5 homeless families and our host/partner congregation: Garden Street Methodist (labeled box in lobby of BUF). Please mark your calendars for those interested in volunteering: The Family Promise volunteer training is set for April 22nd Sunday from 12-2:30 pm at Garden Street (healthy snacks provided). Our first week at the Garden Street shelter will be May 6 to May 12. Look for Ann Stevenson on Sunday mornings to register your volunteer interests.



Creative Arts Eliot Camp 2018 for UUs and their Friends and Family

"Creative Arts Eliot" takes place at the beautiful Seabeck Conference Center on Hood Canal in Seabeck, Washington from Saturday, August 11 through Wednesday, August 15, 2018 and offers opportunities for UUs and friends and relatives to enjoy many wonderful aspects of a multi-generational "summer camp" experience while also pursuing an interest in one or more artistic or creative endeavors. Talented presenters will delight and inspire during a five-day camp full of learning

and fun with morning workshops in Poetry, Small Art Quilts, Paper Maskmaking, Improvisation, Photography, Painting, and Songwriting; and afternoon workshops in Theater Games, Dragon Sculpting, and Intermediate Ukulele. An additional morning program, "Active Sports," will be available for those wanting a more physical activity, with biking, hiking, kayaking all possible options based on the interests of those who sign up. Campers choose one or two workshops to focus on while at camp, and spend the rest of their time enjoying waterfront fun, sports, games, walks, campfires,

singing, UU community, worship, cards and board games, evening programs and entertainment, and numerous other planned activities including Firelight, music/talent shows/concerts, and an “Extravaganza” on the last day to celebrate the fruits of everyone’s creativity. For more information, please contact the Eliot Administrator at Eliotregistrar@gmail.com or visit our website at www.eliotinstitute.org.

REGISTRATION CLOSING ON THURSDAY FOR BUF WOMEN’S RETREAT!

Deadline for registering for the 2018 BUF Women’s Retreat April 27-29 is this **Thursday April 12th**. Any registrations received after Thursday will go on a waiting list.

The 22nd annual BUF Women’s Retreat will take place **April 27-29 at Camp Casey**. This is a great opportunity to get to know the other women at BUF on a deeper level. Camp Casey is an alcohol, drug and tobacco free facility on Whidbey Island near the Coupeville ferry terminal. You can download the registration form online at <http://www.buf.org/files/121/Registration-form-2018---BUF-Women's-Retreat.pdf>.



Theme this year is “A Room With a View - Making Space For You” and our main workshop features our own Carrie Koehline!

Also the Retreat will have two workshops presented by Lisa Moss: Vertical Patio Gardening and Container Patio Gardening.

Pre registration is requested for these workshops by contacting l.moss.decor@gmail.com. The cost is \$20 per workshop with all material provided and participants will go home from the retreat with the project they created!

Proceeds from the workshops will benefit BUF choir.

Humanitas - Helping People In a Pinch

Richard had done the rounds of the Network to fund a security deposit for an apartment. *Humanitas* was his last stop and we were able to complete the process. Richard is a disabled veteran and told us he was having difficulty navigating the corridors of Veterans' Services and was unsure what help, if any, he could get from them. We asked him to return the following week to speak with one of our volunteers who is an expert on these matters. Richard duly followed up. We were able to offer support to a tired veteran and our volunteer also provided the correct information Richard so badly needed.



~ *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

Wednesday, April 11

10:00 AM Humanitas

5:00 PM Memorial Garden Committee Meeting

6:00 PM COMMUNITY NIGHT DINNER with Chili (beef and vegan), cornbread and salad!

*Voices
of BUF*

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

7:00 PM **Wednesday, April 11 and Sunday April 15th Draft Budget Review in Conference.** On Wednesday, at 7:00 PM, the draft 2018-19 BUF Budget will be reviewed and discussed, seeking feedback from the BUF community. The second workshop is scheduled for Sunday, April 15th at noon in the Conference Room.



Thursday, April 12

1:30 PM Hospitality Committee

A Miracle of Mindfulness 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 in the Meditation Room downstairs 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.

4:00 PM Pastoral Care meeting

5:00 PM Students for Action report on DC March against school violence. 30 high school students, from six local high schools, went to Washington, D.C. on Saturday, March 24th to participate in the March for Our Lives. On Thursday, April 12th some of those participating students will report on the March in an event sponsored by the Democratic Womens Group.



Sunday, April 15

Science of Mindfulness- A Video and Discussion: Who Am I – The Perils of Self

9:15 AM Sunday Forum Eddy Ury—Clean Energy Program Manager at RE Sources for Sustainable Communities—advocates for policies to promote a just and swift transition toward locally clean energy independence, while protecting the Salish Sea from fossil fuel export expansions targeting Cherry Point and March Point.

On Sunday, we'll hear about movements for action at the city, county and state levels, including I-1631, a Washington State ballot initiative that will cut pollution and create good jobs with investments for clean energy infrastructure, clean water and healthy forests.

10:30 AM Worship Simplicity, Making Room, Mindful Choosing

Knowing “about” mindfulness won't get us very far unless we choose to make space in our lives, let go of low activities that have value — but are just too much.

11:30 AM Coffee Hour, **Hosted by BUF Coffeehouse Team**

11:45 AM Kids' Choir-Sanctuary

11:45 AM New Members Welcome Brunch, in the Library

12:00 PM 2018-19 BUF Budget Workshop in Conference Room

4:00 YRUU High School Youth, in Loft

6:30PM LGER Monthly Meeting, in Flex

Monday, April 16

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.

Indivisible All Hands Meeting, Social Hall, 6pm **Training: I-1600 Universal Healthcare for Washington State: everything you need to know on the initiative and petition gathering**
Questions? Go to yeson1600.org

Tuesday, April 17

1



Wednesday, April 18

10:00 AM Humanitas

Interfaith Prayers for Peace in the Middle East

5:30 PM Sanctuary Bellingham faith communities continue the monthly prayer vigils for peace in the Middle East, which were started in December 2000 at the initiative of the Evangelical Lutheran Church in America and organized nationally by Churches for Middle East Peace.

Participating congregations thereby can incorporate the welfare of the people of the Middle East into their Church life and advocacy.

6:00 PM COMMUNITY NIGHT DINNER

*Voices
of BUUF*

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

Thursday, April 19

Flowering Cherry Mindfulness Meditation Group 2PM in Meditation Room

5:00 PM Protect Washington Act kick-off event sponsored by REsources in the Social Hall

7:00 PM BUF Book Group

Friday, April 20

6:30 PM BUF Coffee House

Saturday, April 21

8:30 AM Social Justice Super Heroes

5:30 PM Kids and Careers Potluck

Sunday, April 22

Science of Mindfulness- A Video and Discussion: Who Am I – The Perils of Self

At 9:15 in the library, we will be watching a 30-minute film from "The Great Courses" series The Science of Mindfulness: A Research-Based Path to Well Being.

After the film there will be a 30-minute discussion facilitated by group members. No registration necessary.

9:15 AM Sunday Forum in Conference

10:30 AM Worship

11:30 AM Coffee Hour

11:45 AM Kids' Choir

Social and spiritual sustenance for BUF's Men

12:15 pm in the Conference Room. We've spent the past few months discussing our relationships, our concerns about the world, our reading plans for the year. But what other things are on our minds? We'll spend some time on Sunday brainstorming about future discussion topics.

Coming Up Later in April

Wednesday, April 18

Interfaith Prayers for Peace in the Middle East 5:30 PM Bellingham faith communities continue the monthly prayer vigils for peace in the Middle East, which were started in December 2000 at the initiative of the Evangelical Lutheran Church in America and organized nationally by Churches for Middle East Peace. Participating congregations thereby can incorporate the welfare of the people of the Middle East into their Church life and advocacy.

Friday, April 20 BUF Coffee House, 6:30pm in Flex Room

Friday, April 27 Presentation of Socially Responsible Investing 1pm

Saturday, April 28 and Sunday, April 29

BUF Presents a Musical Weekend with Lily Popova, Concert Pianist

Piano Concert at BUF

7:30pm, Saturday, April 28, 2018

Free-will donation Internationally acclaimed concert pianist,

Soloist with Los Angeles Philharmonic

and film score composer

Program of classical favorites, including a piano quartet version of Bizet's "Carmen," in which Lilly will be joined by Andrea Rackl, Emily Gantt and

Kevin Allen-Schmid

Service of Music at BUF

10:30am, Sunday, April 29, 2018

Presenting "Pictures At An Exhibition" by Modest

Mousorgsky, Ron Quinn, Barbara Ellis-Quinn,

Service Leaders

Lily Popova and Kevin Allen-Schmid, Piano

Learn more at: www.lilypopova.com

