

Bellingham Unitarian Fellowships
The Midweek Update
July 19, 2017

BUF Sunday Services in July

July 23 – “What We Do for Each Other,” Jeff Copeland, Guest Speaker. A vital way in which we form and build communities is by taking care of one another. Some people call this paying it forward, but really it’s just what we do for each other. It’s part of the social contract, it keeps us engaged, and it benefits the giver as much as the recipient. Let’s share some stories about why that’s so.



“Sometimes,” said Pooh, “the smallest things take up the most room in your heart.”

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.

~ A.A. Milne, Winnie-the-Pooh

July 30 – Self Compassion, Guest Speaker Carrie Koehline The Life-Changing Magic of Self-Compassion Self-compassion is a practical and essential tool for personal growth and being in right relationship with others. Carrie Koehline, local therapist and clutter coach will explore the topic through recent research and stories, songs and poetry. Laura Shelton and Andrew Schoneberg will provide musical support.

Meeting to discuss leadership organization with Woodinville UU on Sunday, July 23rd after worship

Frank McDonald has arranged through the district office to have a member of the UU Woodinville congregation come to BUF to talk about that congregation’s organizational structure. This conversation will take place on Sunday, July 23rd after the service. This conversation was Board-initiated but includes Leadership Council folks and interested members of the congregation too. The meeting will be held in the library. >>>> is the Vice President of the Woodinville Board of Trustees and will talk out the structure of the Leadership Council at their congregation. He is looking forward to questions from BUFsters.

Pastoral Care Notice: We're sorry to report that Ursula Zvilna suffered a severe stroke earlier this week and will be in hospital for some time. She's not ready for visitors at this time and we'll keep you posted when that changes. The family is asking for prayers and good thoughts for her recovery.
~Virginia Baker

Update on things going on at BUF during the summer season

Fire Extinguishers: Dale Cunningham (Chair of Building & Grounds) has been updating, upgrading and completing inspections for the fire extinguishers located on all levels of BUF. He will be mapping the locations and also offering a safety and response training in the near future.

Mayfaire Gala Paddle call raised \$4101 for two purposes: 1) to assist the Transylvania pilgrimage and 2) to install a washer and dryer downstairs to eliminate the need for volunteers to tote towels and linens home to wash, dry, fold and return.

Funds were immediately disbursed for the Transylvania trip, totaling the approved amount of \$2,500. The remaining \$1601 has been applied against a new washer and dryer combo, which we expect to have up and available by the end of summer. (Some plumbing and electrical work will need to happen downstairs and those expenses will end up in the Building & Grounds budget.)

Parking lot improvements and landscape work: Building & Grounds committee is working on a plan this summer to clean-up the parking lot and improve the parking scheme...maybe fill in few potholes too! Conditions are very dry now, so we have begun watering on the Ellsworth side of the building and will be watering outside of the Social Hall. Morning Glory has invaded our garden on the south side, so we will be attacking that as well.

Social Justice Collection for the month of July: Lydia Place

BUF members and the congregation itself as a whole have been long time supporters of Lydia Place. The mission of Lydia Place has been and is to support sustained independence by providing housing, supportive services, advocacy, education, and by raising awareness of the faces and causes of homelessness here in Whatcom County. Lydia Place was established in 1989 by a task force of Church Women United who saw a need for a safe housing for homeless women. It has carried on the tradition since and has even expanded its focus to include a myriad of other issues affecting or affected by housing and working with community partners in the collaboration of programs that are working to end homelessness in Whatcom County



Kids Need Books Summer 2017



This effort distributes books to low-income families in Bellingham and the county, and your donations of new or gently-used kids' books will help many kids avoid the "summer learning slide." Since early summer 2016, the program has gifted children with more than 3,000 books and, in the words of a local school volunteer, "It has fundamentally changed the reading culture of the neighborhood."

KNB needs books ranging from picture books to young adult novels. Please look through your bookshelves, closets, and attics for quality used books that might enjoy a new home. Books may be dropped off at Interfaith Coalition's main office. Call Interfaith at 734-3983, or email info@interfaith-coalition.org for more info to donate, volunteer, or learn more.

Signing up for Amazon Smile and Helping BUF

Amazon.com allows anyone who purchases items from Amazon to select a charitable organization to which Amazon will contribute .5% of your purchases. BUF has been established as a qualifying recipient. If you are interested in making this super easy, 5-minute switch, here is how you do it:

Enter "Smile.Amazon.Com" (without the quotes) in the web browser and [Enter].

If you already have an Amazon account, sign in with your current name and password.

If you are new to Amazon, click "Create an Account" (in blue, bottom line of "Sign In" section).

You will be asked which organization you are supporting. Enter Bellingham Unitarian Fellowship.

This will bring you to an identical-looking website as the usual Amazon site, except it will say "AmazonSmile" in the upper left corner.

Shop on AmazonSmile as you normally would. If you have Amazon.com as a bookmarked site, update to the new site, BUF will receive a quarterly check for .5% of all eligible sales.

Thank you for donating with your purchases.

Rise Up and Call Her Name – 13 Week Course Starting Sept 12th at BUF

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.

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.

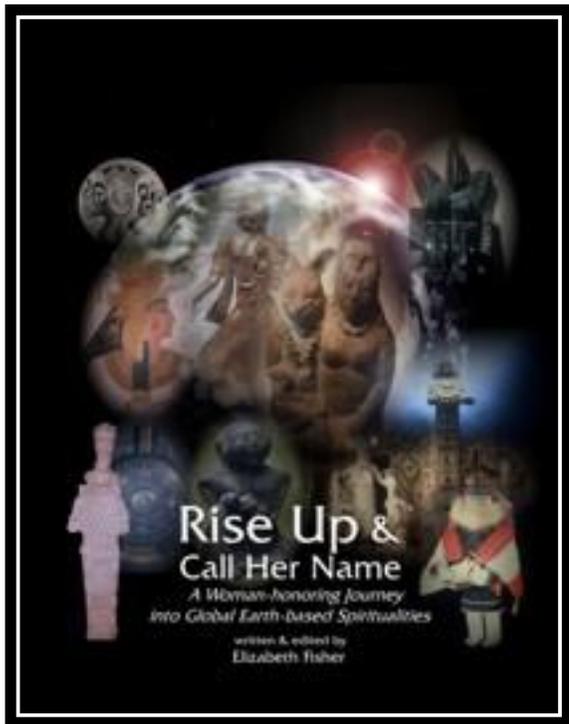
Sacred narratives, both historical and contemporary, create the value context for societies. Stories from spiritual traditions that honor the female divine and teach

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. Interested? Contact Deb Cruz at dwcruz@comcast.net. Those of the male persuasion are encouraged to participate! There is a materials fee of \$25.00, but no one will be turned away because of a lack of funds.



BUF Calendar Highlights 7/19-7/30

Wednesday, July 19th

*Humanitas, 10am, Sanctuary

Thursday, July 20th

*BUF Book Group, off site

Friday, July 21st

*Shawn Gallaway Concert, 7pm to 9pm, Sanctuary

Saturday, July 22nd

*Shawn Gallaway New Leaders Workshop, 9am-4pm, Social Hall

*Benefit Concert for Larry Hilde, featuring Anne Feeney, Sanctuary, 7pm-9pm

Sunday, July 23rd

*Sunday Worship-10:30am with Jeff Copeland

*Leadership Meeting, Library, 11:45am

*Chris Berry & Friends benefit for BUF, 2:00pm off-site

Monday, July 24

*Life Exercise, 4:30pm Flex

*Black Lives Matter ministry team, 6:00pm conference

*Finance Committee, 6:00pm

Wednesday, July 26

*Humanitas, 10 am, sanctuary

Thursday, July 27

*Board of Trustees, 7:00pm in conference

Sunday, July 30

*Sunday Worship- Self-Compassion with Carrie Koehline at 10:30, sanctuary

*Coffee Hour, 11:30, Social Hall

*Sunday Brunch at the Hearthfire, 12 noon

July 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 July 20th and July 27th in the downstairs Meditation Room.** Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at davidgillespie72@gmail.com.

Saturday Dungeons and Dragons is on summer break but comes back on August 26th!

The Natural Balance in All Things on Monday, July 24

Join us at 4:30 pm every Mondays 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



Project Homeless Connect coming up on July 21st. The Interfaith

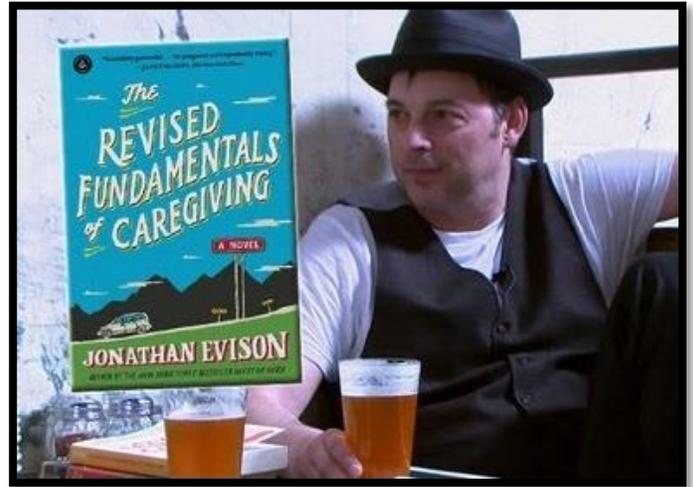
Coalition has opportunities for you to make a difference in the lives of your Whatcom County neighbors. This summer we could use help doing exterior maintenance and repairs on our houses and would welcome with things like: painting, tree/brush trimming, mowing, general carpentry, etc. Skilled or not skilled – you can help! Knitters can begin making hats and scarves for Project Warm Up to distribute this winter, or donate yarn for others to do so. In addition, Interfaith helps collect items for Project Homeless Connect, a community one-day event in Bellingham on July 21st, that brings immediate access to services for the homeless. To volunteer before or during the event, contact the Whatcom Volunteer Center at 734-3055.

BUF Book Group Meets Thursday July 20th

On Thursday, July 20th at 7:00pm we will examine Jonathan Evison's *The Revised Fundamentals of Caregiving*. Evison crafted a novel of the heart, a novel of unlikely heroes traveling through a grand American landscape, and most of all, a story that offers a profound look into what it takes to truly care for another person. Bursting with energy and filled with moments of absolute beauty, this big-hearted and inspired novel ponders life's terrible surprises as well as its immeasurable rewards.

WHERE: In the home of Daria Haynes, 4127 Ridgewood Ave.

QUESTIONS: Email Jan Cavitt – jadacad@gmail.com Keep up with the BUF Book Group's doings at their blog: <http://bufbookgroup.blogspot.com/>



Friday, July 21 Joy's Freedom Concert with Shawn Gallaway!

Join Shawn Gallaway live at 7:00 pm at BUF! He will be performing songs from his new "Freedom Cries - Restoring Sacred Manhood" album, plus other inspiring songs and theme songs. He has written and performed theme songs for trailblazing organizations like New Energy Movement, Unify, InterPlay and for Hay House authors like Gregg Braden and Robert Holden among others! Shawn will be premiering the "Joy Riders" freedom song for Joy Gilfilen, host of the new online civic leadership platform - JoyTalk!



From Nashville, Shawn Gallaway is an internationally known singer-songwriter, visual artist, author, screenwriter, ceremonial healer, workshop facilitator and energy worker.

Shawn has six CDs, two DVDs and a screenplay to his credit, including "ChoicePoint – Uniting Creatives with Love and Vitality" filmed and produced locally here at the Conway Muse! Shawn has been a local supporter of the Restorative Community Coalition's drive for jail reform, sustainability and social justice.

Shawn's "I Choose Love" song, music video and global movement continues to encircle millions the world over, igniting the hearts of people everywhere to consciously move with Love in their lives. He recently released his CD "Freedom Cries - Restoring Sacred Manhood" along with his new single and video "Let's Play" and the CD "On The Way" which includes the theme song for www.Unify.org!

Shawn has shared the stage with authors Gregg Braden, Bruce Lipton, Robert Holden, and with rock and pop masters Orleans & Friends. Shawn has also had the high honor of being present for the showing of his I Choose Love music video during the bestowing of the 2009 International Freedom Award by the National Civil Rights Museum to His Holiness the Dalai Lama. World and social change leaders like Nobel Peace Prize Laureate and activist Archbishop Emeritus Desmond Tutu have also embraced the song I Choose Love, reaffirming in their own mission its spirit and calling.

Friday Concert Tickets - \$20 at the door. CD's and DVD's will be available - \$20

Saturday, July 22 New Leaders Integrating Divine Feminine and Divine Masculine with Shawn Gallaway

"No one shall be given a sword until they know how to dance"

~ ancient Celtic wisdom.

This powerful one-day workshop is with Shawn Gallaway, a transformational healing artist, singer and songwriter from Nashville. Shawn has trained all over the world, and is skilled in the performance arts and in facilitating gender reconciliation and restoration workshops. He does men's and women's relationship work as well as cultural work with trauma recovery and deep conflict resolution.

Experience honoring and celebrating our unique differences and gifts, embracing diversity, creating equality, safety and trust in today's relationships while becoming aware of the balanced Divine Feminine and Divine Masculine energies within

Shawn will be here for a concert the night before and will be working with his friend, Joy Gilfilen to facilitate this workshop. It is an ideal workshop for anyone wanting to identify, integrate and then tap into their profound divine intelligence to get better results in their lives. And it is especially good for people who are activists, leaders, or entrepreneurs seeking to find their way, or to blaze their trails in a challenged world.



Come join us! The all-day workshop fee is \$100. A limited number of scholarships are available upon request if you can demonstrate your desire/need and the space is available.

Bring your own lunch because we will stay in circle for the entire day. https://www.facebook.com/events/1545782585496179/?active_tab=about

Anne Feeney Summer of Resistance Tour: Fundraising Event Concert for Larry Hildes Saturday, July 22nd at 7pm

Anne Feeney and Gary Kanter will perform on Saturday, July 22 at 7 pm at the Bellingham Unitarian Fellowship. It is sponsored by the Bellingham Unitarian Fellowship Social and Environmental Justice Committee, the Northwest Washington Central Labor Council and Jobs with Justice.

This concert is a fundraiser to benefit the Larry Hildes Medical Fund. **Larry Hildes** is a Bellingham, Washington based civil rights attorney specializing in the civil rights of demonstrators in both criminal and civil cases, the rights of journalists, issues of domestic spying and surveillance, police misconduct, and race, gender, and sexual orientation discrimination. He has practiced law for more than 21 years and has litigated cases on the rights of demonstrators and journalists around the country and in British Columbia, Canada.

meeting will be held in the library. >>>>is the Vice President of the Woodinville Board of Trustees and will talk out the structure of the Leadership Council at their congregation. He is looking forward to questions from BUFsters.

Chris Berry and Friends Benefit for BUF On July 23rd in Steele's Backyard

You're cordially invited to the Chris Berry and Friends concert in the Steele's backyard Sunday, July 23rd at 2:00 pm, on 2821 Cody Ave., Bellingham.

Grammy award winner Chris Berry is an eclectic singer and songwriter, multi-instrumentalist virtuoso, and high-energy performer and teacher. From his humble beginning during Robert Mugabe's regime in

Zimbabwe, he has blasted his powerful Afro-infused sound around the World for over twenty years; rocking audiences from NYC's Irving Plaza to sold out stadiums in South Africa and Sydney Australia's famous Opera House. "He (Chris Berry) possesses a unique and reedy voice like Sting, a stage presence like James Brown, and lyrical content reminiscent of Bob Marley." -New York Press. He is a multi-talented musician who studied mbira, drumming and singing in Zimbabwe for 10 years and is honored by the elders for his mbira playing and Ngoma drumming. Dave Hoover—an electric Celtic harpist—will accompany him, and you can be sure he'll be great as well! Hear Chris at www.chrisberry.org to listen to samples of his music.



Cat McIntyre and Dale Cunningham of BUF will be cooking up sumptuous African food for this event. If you plan to come, please reply to me at nancy@ruvara.org or 360-920-6494 concerning any dietary restrictions.

Admission is \$25 per person, and all proceeds go to BUF. Tell your friends about it; there's room for more, and don't miss this one! You'll be glad you came.

~ Nancy Steele

Harnessing the Power of Love to Create Change, Monday July 24th

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.

Thursday, July 27 7:00 PM Board of Trustees Meeting in the Conference Room

Sunday, July 30

10:30 AM Worship **Self Compassion**, Guest Speaker Carrie Koehline The Life-Changing Magic of Self-Compassion Self-compassion is a practical and essential tool for personal growth and being in right relationship with others. Carrie Koehline, local therapist and clutter coach will explore the topic through recent research and stories, songs and poetry. Laura Shelton and Andrew Schoneberg will provide musical support.

11:30 Coffee Hour in the Social Hall

12:00 PM Sunday Brunch at the Hearthfire

☐ COMING IN AUGUST ☐

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 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 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.



BOOKED AT THE BAKER! SHERMAN ALEXIE
Tuesday, August 8, doors at 6pm, show at 7pm at the
Mount Baker Theatre, Bellingham
-You Don't Have to Say You Love Me: A Memoir

Tickets \$5: available June 8 from Village Books, the Mount Baker Theatre Box Office, or online at mountbakertheatre.com. Part of the Booked At The Baker Series! At the Mount Baker Theatre, 104 N. Commercial Street

Join us for a special evening at the Mount Baker Theatre with Northwest favorite, **Sherman Alexie**, author of *The Absolutely*



True Diary of a Part-Time Indian, *The Lone Ranger & Tonto Fistfight in Heaven*, and *Blasphemy*. He'll present his new memoir *You Don't Have to Say You Love Me*. Wrenching, moving, and hilarious in equal measure, *You Don't Have to Say You Love Me* is Sherman Alexie's stunning memoir of growing up on and leaving the Rez, and of his mother, who both abused and saved him.

Winner of the PEN/Faulkner Award for Fiction, the PEN/Malamud Award for Short Fiction, a PEN/Hemingway Citation for Best First Fiction, and the National Book Award for Young People's Literature, Sherman Alexie is a poet, short story writer, novelist, and performer. A Spokane/Coeur d'Alene Indian, Alexie grew up in Wellpinit, Washington, on the Spokane Indian Reservation. Alexie has been an urban Indian since 1994 and lives in Seattle with his family.

Tickets \$5: available June 8 from Village Books, the Mount Baker Theatre Box Office, or online at mountbakertheatre.com. A portion of ticket sales will be donated to [Children of the Setting Sun Productions](#).