

**Bellingham Unitarian Fellowships**  
**The Midweek Update**  
**14 June 2017**

**Flower Communion on Sunday June 18th**

Our year is a circle of seasons, without beginning or end. To orient ourselves, we humans mark the circle. Last fall we came together for a water communion ritual, in which we poured together the collected waters and lessons of our previous summertime. This week we mark an ending, for a time, of our formal Sunday School program, and the beginning of summer.



Flower Communion in Prague—  
then and now



*This Sunday at BUF:* Please  
bring one or more flowers to  
contribute to our ceremony

We mark this transition with a flower communion ritual. Flower Communion is celebrated in a variety of forms by Unitarians, Universalists and Unitarian Universalists around the world. It originated in a Unitarian Church in the Czech Republic in 1924. Here's the story from their own website <http://www.unitaria.cz/unitarstvi/kvetinova.html>

At BUF this Sunday we'll weave into our ritual some elements of the Tibetan Buddhist practice of creating a mandala—a circular work of art representing the cosmos—out of our flowers. To do this we will spend about 45 minutes in the sanctuary (children and adults all together) followed by a walk down to Whatcom Creek for a brief closing ceremony—in which we will release the mandala into the great stream of all being.

An alternative to the walk is to drive the half mile down Dupont Street and park at the post office just past the Picket Bridge. Then either watch from the bridge, or take the stairs down to the walkway above the falls.

Another alternative: we will have our usual coffee hour immediately after the service. So as a conversational prompt—either at coffee or on the hike—consider this: “The flower that I brought represents.... How about yours?”

Although the turning wheel of the year has no beginning or end, at times we need to let things go, say goodbye, grieve, et cetera, in order to find our way to refreshment or renewal. Please bring something beautiful Sunday, something colorful and unique and transient...something to cherish, even as it returns to the source of all beauty.

*Peace, Paul*

**Humanitas- Helping People in a Pinch**

Sometimes we are visited by folk who talk excessively--not about their predicaments, but about anything/everything else. We carefully bring the conversation around to their immediate needs, but often it slips away again. Last week, we helped a garrulous, homeless man, an inveterate traveler, in his genuine need to purchase a basic cell phone. It required a long, circuitous conversation before we brought him to the reason for his visit, and it then took three attempts to lead him to the door before he finally said “adieu.” It is an art to encourage such people to tell us why they wish to see us *without* appearing to rush them.

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. In the meantime, we wish you all a very happy summer and thank you for your continued support. 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

### High School YRUU BBQ last weekend on the BUF patio.



This was a great chance to get together with incoming freshman at the same time we said goodbye to graduates.

In the photo you can see a smiling and relaxed Cat McIntyre, who somehow found the time, as a very busy BUF volunteer, to also be a mentor for Religious Education, working with the High School YRUU group.

Cat is one busy and dedicated BUFster since she also is a mainstay with the Community Night Dinner program and took on the final dinner of the season almost single-handed **and** volunteered for the MayFaire Gala as well. **Thank you, Cat, for all you do!**

BUF  
FAMILY PARTY

AT THE

pool

Sunday, June 25th, 2017  
9:30 - 11:30 AM



Bayside Swimming Club  
502 Clark Rd, Bellingham, WA 98225

**BUF Family Party is scheduled for June 25<sup>th</sup>, 9:30 to 11:30 AM. Everyone is invited to join in the fun.**

**Going to the 2017 UUA General Assembly June 21<sup>st</sup> -25<sup>th</sup>?** Great. If so, let me know so that we can get together in New Orleans. GA is the ultimate UU revival. Let's make the most of it. At this site there are several links to important GA events:

<http://www.uua.org/ga/program/highlights>

If you're not going to GA that's OK, you can still participate -- yes, from a distance. You can log on the UUA web site:

- listen to many of the speakers,
- if you're a congregational delegate participate in the debates during general sessions and vote on the issues,
- listen to the many outstanding worship services,
- appreciate the beautiful music, ah yes, the beautiful music particularly on Sunday morning and the Service of the Living Tradition on Thursday night.



- particularly if you're a delegate you'll want to watch the Candidates Forum on Friday night so that you can vote on Saturday. The three candidates will be discussing the issues facing the Association and their plans for the future. Read about the candidates at: [Unitarian Universalist Association Elections: President](#).

If you're already a delegate or might want to become more involved, let's talk (preferably at: [lew@usa.net](mailto:lew@usa.net)). ~Lew Phinney

### **Project Homeless Connect coming up on July 21st**

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.

 **Kids Need Books**

Kids Need Books (KNB) distributes new and gently used books to low-income families each week. This distribution takes place at Alderwood and Cordata elementary schools' pop-up food banks.

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.

Your donation can help area children become more proficient readers with a greater likelihood of graduating from high school.

**Kids Need Books** 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." Call Interfaith at **734-3983**, or email [info@interfaith-coalition.org](mailto:info@interfaith-coalition.org) for more info to donate, volunteer, or learn more.

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.

Giveaway items needed are: hygiene items, new socks and underwear, blankets, sleeping bags, tarps, tents, backpacks, shoes, towels, diapers, baby wipes and formula. Donated items can be brought to the Interfaith office – just call first. Deadline for donated items is Friday, July 14<sup>th</sup>. To volunteer before or during the event, contact the Whatcom Volunteer Center at 734-3055.

### **The needs of the Lummi Food Bank do not take a summer vacation**

Please consider adding a few items to your shopping list that you can donate to their Food Bank by leaving in the cart at the front entrance. Thank you for your continued support to help others..... Carol Dukes

### **An Invitation to BUfsters from Seattle University Unitarian Church (UUC)**

A 3-day Zen Retreat, July 14-16, led by the Rev. James Ford, Roshi, and Janine Larsen, Practice Leader. On-line registration is now open. Fees are based on what you can pay, and attendance can be full-time or part-time. This is a "commuter retreat," meaning participants go home each night. Some home hospitality is available for out-of-town participants, or commercial lodging is available reasonably close to the church.

In addition, two optional sessions are open to all. On Thursday evening July 13, Rev. Ford will offer meditation and give a Dharma talk at the Woodinville UU Church, and on Sunday morning July 16, Rev. Ford will lead Sunday worship at University Church service before concluding the Zen retreat with a short meditation period, Q&A about Buddhism, and three short Zen ceremonies.

More details and online registration is available at [www.uuchurch.org/Zen](http://www.uuchurch.org/Zen).

## BUF Interweave and Gay Pride July 7<sup>th</sup>-July 9<sup>th</sup>

An interview with Cathy Campbell

Several years ago, BUF applied to be a 'Welcoming' congregation, which as a rather lengthy process, including classes for church members and compliance with UUA guidelines. "It was much more than a gesture," according to Cathy Campbell, "it was a desire and determination to be seen as more inclusive."

Cathy has been a BUF member since 2005 and took a lead role in starting a LGBT group in 2016, which ultimately adopted the name Interweave (also used by UUA.)

"Marian Beddill was really active in forming this group" said Cathy who remembered back to the time when that duo had to find five BUF members to formally join the advisory of Interweave to be recognized under SEJC.

This year, the Interweave/Pride events here at BUF are scheduled for July 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup>.

Friday the 7<sup>th</sup> is Gaymes Night, open to the whole community. "It's our fourth year," said Cathy. "After all this time, there is still no clear favorite in the board or card games that people bring to Gaymes Night." Besides playing board games or cards, there is music, dancing, kibitzing and just plain old conversation. Cathy still needs volunteers for setting up and cleaning the social hall on Friday, July 7<sup>th</sup>.



Saturday, July 8<sup>th</sup> is the first-ever GLBT dance, again open to the community, with live music provided by DJ Char, from 6pm to 10pm.

"There used to be a local bar that would do a Pride women's dance, but it's going out of business and we thought we could take over the event and invite all the people in the GLBT community." There's a \$10 entry, but in exchange for volunteer assistance at the event, free entrance is available.

On Sunday, the worship service at BUF will be led by Page, who is new community pastor, active in the GLBT community and staff at the Northwest Youth Center. Debbie Boots and Jae Heidenrich, newcomers to BUF, will be lighting the chalice. The topic is PRIDE 201, the second installment in the PRIDE saga.

After the service, ALL are welcome to head over to Habitat for Humanity, where the Parade will line up behind banners, flags and umbrellas. The route takes the colorful parade to the Market Depot, where a Pride Festival will be set up. The festival runs from 12-4pm and features vendors, live music, entertainment and food. There's a BUF booth, but Cathy still needs volunteers to sign up for 30 minute stints at the booth. Contact info for Cathy is [cathy.campbell@siriusbilling.com](mailto:cathy.campbell@siriusbilling.com).

## BUF Calendar Highlights 6/14-6/25

Wednesday, June 14<sup>th</sup>

\*Humanitas at 10am –  
Sanctuary

Thursday, June 15<sup>th</sup>

\*Chalice Circle at 10am-Conf  
\*Flowering Cherry Meditation  
at 2:00pm in Quiet Room  
\*Book Club at 7:00pm off site

Saturday, June 17<sup>th</sup>

\*Dungeons/Dragons at 10am  
\*Zentangle at 1:00pm in Flex

Sunday, June 18<sup>th</sup>

\*Flower Communion at  
10:30am

Monday, June 19<sup>th</sup>

\*Life Exercise at 4:30pm in Flex

Tuesday, June 20<sup>th</sup>

\*Forum –Alliance for Jobs and  
Clean Energy at 7:00pm  
Sanctuary

Wednesday, June 21<sup>st</sup>

\*Humanitas at 10am- Sanctuary  
\*Writers Group at 12 noon

Thursday, June 22<sup>nd</sup>

\*Flowering Cherry Meditation  
at 2:00pm in Quiet Room

Saturday, June 24<sup>th</sup>

\*Dungeons & Dragons at 10am  
in the library

Sunday, June 25<sup>th</sup>

\*Worship Service at 10:30am  
with  
Ruvira Marimba  
\*Coffee Hour at 11:30 am in  
Social Hall  
\*Sunday Brunch at the

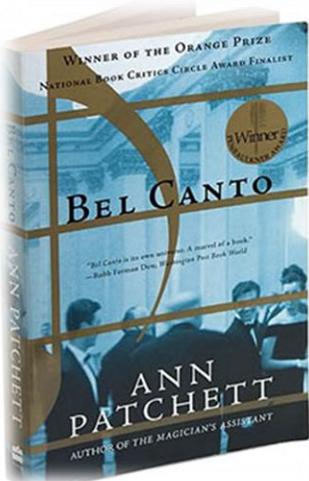
## A Miracle of Mindfulness—Join Us Every Thursday at 2:00pm



“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

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 June 15<sup>th</sup>** in the Meditation Room downstairs. Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at [davidgillespie72@gmail.com](mailto:davidgillespie72@gmail.com) or Lynn Barton at [contactingbarton@gmail.com](mailto:contactingbarton@gmail.com).

## BUF Book Club- Meets Monthly Off-Site.



**On June 15<sup>th</sup> at 7pm**, we will meet to explore the fascinating elements of Ann Patchett's *Bel Canto*. Join us at Lauralee Carbone's home, 2212 40th St., Bellingham 98229. Send questions to Jan Cavitt - [jadacad@gmail.com](mailto:jadacad@gmail.com). Inspired by a real event in 1996 in Lima, Peru, Ann Patchett enthralls us with a story that takes place in an unnamed south American country. A world-renowned soprano sings at a birthday party in honor of a visiting Japanese industrial titan. His hosts hope that Mr. Hosokawa can be persuaded to build a factory in their Third World backwater. Alas, in the opening sequence, just as the accompanist kisses the soprano, a ragtag band of 18 terrorists enters the vice-presidential mansion through the air conditioning ducts. And thus, from the beginning, things go awry. With the omniscience of magic realism, Ann Patchett flits in and out of the hearts and psyches of hostage and terrorist alike, and in doing so reveals a profound, shared humanity.

## Dungeons and Dragons- Saturday Mornings in the Library

BUF members recently formed a Dungeons and Dragons role-playing game opportunity. At 10:00 AM on **June 17<sup>th</sup>** 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](mailto:jed@bitratchet.com) with questions.



## The Natural Balance in All Things- Every Monday at 4:30 PM



Join us at **4:30 pm on June 19<sup>th</sup>** 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 20 Forum “Fund the solutions, price the pollution: The future of climate policy in Washington state” Forum**

From 6:30-8:00 pm at BUF, join [RE Sources for Sustainable Communities](#), [Washington Environmental Council](#), [Washington BlueGreen Alliance](#), and [Community to Community Development](#) for a forum “Fund the solutions, price the pollution: The future of climate policy in Washington state” with the [Alliance for Jobs and Clean Energy](#) on a statewide policy initiative for 2018 to reduce carbon emissions and build a clean energy future while supporting impacted communities and a just transition for workers.



The Alliance for Jobs and Clean Energy is a statewide coalition of individuals, organizations, and businesses dedicated to reducing global warming pollution, strengthening the economy, and making sure all families have a better future. The Alliance is advancing a statewide policy initiative for 2018 to reduce carbon emissions and build a clean energy future. The initiative would invest in clean energy, clean water, and healthy forests, by implementing a performance-based tax on major polluters, while providing investment for disproportionately impacted communities and a just transition for workers.

Forum speakers include:

- Sameer Ranade, Climate and Clean Energy Campaign Associate at Washington Environmental Council
- Steve Garey, Steering Committee Member of the Washington BlueGreen Alliance, and retired refinery worker and union president of the United Steelworkers Local 12-591
- Edgar Franks, Civic Engagement Program Coordinator at Community to Community Development
- Eddy Ury, Clean Energy Program Manager at RE Sources for Sustainable Communities
- Stina Janssen, Field Organizer at Washington Environmental Council

For more information about the Alliance for Jobs and Clean Energy, visit [jobscleanenergywa.com](http://jobscleanenergywa.com).

## **MUSIC AT BELLINGHAM UNITARIAN FELLOWSHIP- SUNDAY, JUNE 25TH**

*Ruvara Marimba Studio*, featuring students of teacher Nancy Steele, play the danceable, joyous, uplifting music of the Shona people of Zimbabwe on marimbas (wooden-key xylophones), hosho (dried gourd shakers) and mbira (African thumb piano) as part of the Bellingham Unitarian Fellowship service Sunday, June 25<sup>th</sup>, 1207 Ellsworth St., from 10:30-11:45am. More info: [www.buf.org](http://www.buf.org), 360-733-3837, [nancy@ruvara.org](mailto:nancy@ruvara.org) or 360-920-6494. Don't miss this one; you'll be glad



you came!

## HARNESSING THE POWER OF LOVE TO CREATE CHANGE

Black Lives Matter Ministry Team meeting will be held on **May 29<sup>th</sup>** 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** ☐

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**Gaymes Night** Friday July 7 6:00 to 9:00 pm

**Board games, card games, kibitzers and good conversation!**



**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

Page, minister

Carrie Koehline, celebrant

**Pride Parade**

Sunday July 9 Noon

RAINBOW Umbrella Drill Team

Walkers, skaters, bikers, strollers