



ADULT PROGRAM GUIDE FALL 2013

Bellingham Unitarian Fellowship

LIFELONG
LEARNING
AT BUF



Crystal Neva
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Lifelong
Learning

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Welcome to the Bellingham Unitarian Fellowship!

Statement of Purpose

We the members of the Bellingham Unitarian Fellowship are a liberal religious community which values the diversity of individuals and affirms the UU principles. As a community we aspire to provide a creative and nurturing environment where social, spiritual and personal development are encouraged and acknowledged. Therefore, we celebrate in ritual, music, art, literature, humor, and we endeavor to teach, to learn, and to serve both our community and the world.

Mission Statement

Bellingham Unitarian Fellowship is a welcoming and diverse community of individuals and families. Through fellowship, worship and service, we nurture the personal, spiritual, and intellectual development of our growing congregation and promote respect and compassionate action for all people and our interdependent world.

Program Fundamentals

Adult programs are available to all members and friends of BUF. Childcare can be provided for most events by contacting the program organizer at least 3 days in advance of the event/activity.

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Music Director
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Melanie Rieck
Summer Music
Coordinator
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Music Programs at BUF

The goal of BUF's music program is to enhance the quality of worship by creating meaningful and engaging music that is diverse and of high quality to uplift our congregation and support the excellent themes explored at BUF.

BUF CHOIR

The BUF Choir is our main musical force. This is a mixed Choral ensemble of 30-50 singers who rehearse on Wednesdays from 7:00-8:30 p.m. and perform once a month. We perform a diverse range of choral music from the classical choral repertoire to traditional African, jazz, spirituals and other popular styles. The best way to get involved is to simply show up a little early for rehearsal and introduce yourself to our choir director, Andy Marshall!

BUF CHAMBER CHOIR

The BUF Chamber Choir is an auditioned group of 12 - 16 singers who perform once a month and rehearse from 6:30-7:00 p.m. on Wednesdays. In order to be in this group, it is necessary to have some experience reading music and be able to sing in several different styles.

WOMEN'S ENSEMBLE

This group rehearses at 8:30 on Wednesdays. Contact Beth Beyers at 752-5776, bethbeyers@comcast.net for more information about how to get involved.

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Ashiyah Cays
Young Adult
Group
Coordinator

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Lifelong Learning Program Events/Groups

BUF COMMUNITY RETREAT

October 4-6, Camp Kirby

Come join BUF members and friends at our annual church retreat at Camp Kirby on Sammish Island. We will be discussing our ministerial search and looking ahead to develop BUF's strategic plan for the next 5 years. There are activities for people of all ages.

YOUNG ADULT GROUP (YAG)

Our young adult group provides an opportunity for members and friends ages 20-35 to deepen relationships and explore what it means to be in a spiritual/religious community. Programs seek to strike a balance between the social, spiritual and service aspects of community life. Our group is re-forming this year under the leadership of Ashiyah Cays. Ashiyah can be reached at ashiyah.cays@gmail.com or 775-0062. Find us on Facebook at BUF YAG !

CAMPUS MINISTRY

Western Washington University is sponsoring a club for Unitarian Universalists. Our congregation is working to establish a supportive relationship with them. There are many possibilities for involvement including coordinating rides to services and community night dinners as connecting on various projects and events we might wish to do jointly. If you have an interest in working with this group please contact Crystal Neva. On Facebook, look for WWU Unitarian Universalist Campus Ministry.

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Religious Education and Spiritual Classes

CHALICE CIRCLES

Chalice Circles are ongoing small-group ministries that meet monthly in members' homes. Groups explore religious topics and participate with each other in deep sharing to balance the intimate and the ultimate in our lives. New groups are forming. For more information contact Crystal Neva.

FLOWERING CHERRY

SANGHA BUDDHIST

MINDFULNESS MEDITATION

Flowering Cherry Sangha Mindfulness Meditation Group meets on the second and fourth Thursdays of each month at 7:00 p.m. in the Meditation Room, downstairs off the library. Instruction is in the mindfulness tradition of Thich Nhat Hanh including meditation, dharma study, dharma discussion, singing, chanting, and walking meditation. Chairs are provided; bring your own cushion if you wish. Newcomers to meditation may arrive at 6:30 p.m. for instruction and a short practice session. Child-care can be arranged with several days advance notice to leader, Ken Lane at 738-7161. He welcomes inquiries.

LIFE EXERCISE

This program of gentle movement is drawn from Chinese Tai Chi and Japanese health exercises. All levels of fitness welcome. The group practices on Fridays, from 1:00-2:00, Flex room. Led by Lee Seaman, 676-8543, lseaman@seamanmedical.com.

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Deb Cruz
Adult Forum
Coordinator

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ADULT FORUMS

Programs feature guest speakers from our community to discuss religion, politics, ecology, economics and more. The structure is a facilitated presentation followed by questions and answers and general discussion. These forums are held at 9:15 a.m. on Sundays in the Conference room. The following schedule is still being developed; please check the Midweek Update to confirm specific presenters:

September 22nd: Shasta Cano-Martin, Lummi – Significance of the Canoe Journey

September 29th: Tracy Dahlstedt, Education Programs Manager, Mt. Baker Planned Parenthood

October 6th: Kate Blystone, Whatcom Chapter Director, Futurewise

October 13th: Jill McIntyre-Witt (tentative) Divestment from fossil fuels

October 20th: Cheryl Thornton, Cloud Mountain Farm to coincide with UN World Food Day

October 27th: Threshold Singers (tentative)

November 3rd: Shasta Cano-Martin, Lummi Cedar Project - November Social Justice Collection

November 10th: Sarah Pearson, UUSC

November 17th: Pending - Native American speaker on environmental issues

December 1st: Rosalinda Guillen, Community 2 Community

December 8th: Carol McKinley, PNWD Board Member

December 15th: Ken Lane Buddhism and UUism Are the Same: Only the Form Is Different

December 22nd: Betsy Sauther Winter Solstice and the Earth in Paganism

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Social and Affinity Groups at BUF

BUF COMMUNITY NIGHT DINNERS

All members and friends are invited to share a home cooked meal on Wednesday nights from 6:00 to 7:00. Dinner costs \$5.00 for adults, \$4.00 for children or \$12.00 for families with small children. Coming to dinner is a great way to meet new people and build our Beloved Community! Dinners are coordinated by the Community Night Dinner Team. If you would like to coordinate and cook (or help cook) a meal, please contact one of the co-chairs, Frank McDonald at: frank@openaccess.org, 503-330-6637 or Cat McIntyre at 671-1986, mcintyre@comcast.net.

KNITTING GROUP

Come share patterns, tips, conversation, and laughter to the clicking of needles on the second Thursday of the month from 2:00 to 3:30 in the conference room. Not a knitter? Do you prefer crochet or needlepoint? No problem— you are welcome to join the group! Newcomers are asked to call (or email) Sue McDonald at 325-2848 or sue@dbl2mac.com for information.

DRAGON FLY QUILTERS

The Dragon Fly Quilters meet monthly on the second Saturday of each month from 12:00-3:00 in the Social hall. Quilts are made to enhance BUF! They are used for decoration and fundraising. All skill levels are welcome. Contact Kay Witter at 398-1772 or nnkwitter@comcast.net.

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BUF BOOK GROUP

Monthly book discussion group held in members' homes. Contact Joan Mackay at 393-3260 or joanm83518@aol.com to find out what book is being read and how to get involved.

BUF GENEALOGY GROUP

Come explore your ancestry with other interested BUF members! The group meets on Wednesday evenings at 6:45. Contact Becky Campbell at 927-2969 or radicalgeekery@gmail.com to find out when meetings start and where they are held.

BUF MEN'S GROUP

The BUF Men's Group is a new group that is forming this year. It offers a chance for men to come together for physical, social and spiritual sustenance. Friendly, fraternal conversations provoke reflection, insight, humor, and enduring friendships. Meetings generally take place selected Sundays after the service. Men of all ages are invited to participate. Contact Ron Quinn at rdquinn@csupomona.edu or 738-7277.

DINNERS FOR 8

This program provides members with opportunities to gather in small groups at member homes for potluck dinners and conversation. The sign up deadline is September 25. Email Corola Tossetti at corolatossetti@gmail.com for more information.

BUF COFFEE HOUSE

The Coffee House is an event that takes place a few times a year to give members and friends a chance to share original poetry and music with each other in a relaxed setting. Contact Tom Villa-Lovos at tomarty@live.com to get involved.

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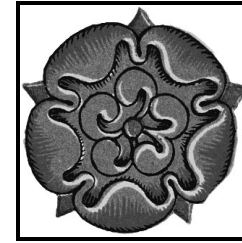
Coming Soon...

Classes for Spiritual Growth

Fall is a busy time at the Bellingham Unitarian Fellowship. For this reason our schedule of classes usually begins in the winter and continues on in the spring. We always offer at least one class that is designed to deepen your identity as a Unitarian Universalist such as: Building Your Own Theology, Articulating Your UU Faith, Spiritual Practices for Unitarian Universalists.... Information will be out in the Midweek Update and the next program guide for the schedule of this church year's offerings.

Additionally, we offer poetry classes each year, also in the winter or spring. These classes seek to enrich our spiritual lives as we read an entire body of work by various inspirational poets. There are weekly reading assignments followed by group discussion of specific poems that captured the interest of members of the class or touched our hearts. Poets we have studied in the past include: Mary Oliver, Emily Dickenson, and Rumi. This year's poet hasn't been selected yet; contact Crystal if you have recommendations.

We also offer a series of workshops dealing with issues especially relevant to seniors in our congregation and community, through our Going Within: Interactive Workshops for the Second Half of Life series. The workshops will be offered roughly every 5 weeks beginning in January and cover the following topics: Journaling Through Clutter, Savvy Stress Management, Aging Gracefully, and Finding Our Inner Resourcefulness. Descriptions will appear in a program guide update later this year.



Impassioned Clay

Deep in ourselves resides the religious impulse

Out of the passions of our clay it resides

We have religion when we stop deluding ourselves that we are self-sufficient, self-sustaining, or self-derived

We have religion when we hold some hope beyond the present, some self-respect beyond our failures.

We have religion when our hearts are capable of leaping up at beauty, when our nerves are edged by some dream in our heart.

We have religion when we have an abiding gratitude for all that we have received.

We have religion when we look upon people with all their failings and still find in them good; when we look beyond people to the grandeur in nature and the purpose in our own heart.

We have religion when we have done all that we can, and then in confidence entrust ourselves to the life that is larger than ourselves.

Ralph N. Helverson