



OUUF Weekly Update

An Inclusive Community

1033 N. Barr Road
P.O. Box 1264
Port Angeles, WA 98362
360-417-2665
info@olympicuuf.com

November 8, 2018

Calendar Nov 8 – Nov 18

Thursday, November 8

Reflections, Women's Group 1:00 P.M.
(scent free)
Contact: Serena Mylchreest at
serena@mylchreest.com

Saturday, November 10

Peace Choir Performance, 2:00pm
Snacks and conversation following the performance.
Contact:
<http://InterfaithClallamCounty@gmail.com>

Sunday, November 11

Please join us for coffee and treats after the service.

Monday, November 12

Tai Chi for Diabetes, 9:00am
Contact: Kathi Gunn, (360) 808 - 2859

Dance Exercise for Parkinson's Disease, 10:30am
Contact: Marsha Melnick,
(360) 683 - 5712

Tai Chi for Diabetes

Contact: Kathi Gunn, (360) 808 - 2859

Tai Chi for Rehabilitation

Contact: Kathi Gunn, (360) 808 - 2859

Tuesday, November 13

Tai Chi for Arthritis/Fall Prevention, 10:00am
Contact: Kathi Gunn, (360) 808 - 2859

Second Tuesday Brunch, 11:00 am –
Mariner Restaurant in Sequim
Contact: Vivian Mulligan
vivian.mulligan@gmail.com

Tai Chi for Memory

Contact: Kathi Gunn, (360) 808 - 2859

Ted Talk TUuesday

Contact: Vivian Mulligan
vivian.mulligan@gmail.com

Choir Practice

3:00 - 4:30 pm
Contact: Joel Yelland at
joelyelland@gmail.com

Wednesday, November 14

Tai Chi for Diabetes

Contact: Kathi Gunn, (360) 808 - 2859

Dance Exercise for Parkinson's Disease, 10:30am
Contact: Marsha Melnick,
(360) 683 - 5712

Tai Chi for Diabetes

Contact: Kathi Gunn, (360) 808 - 2859

Tai Chi for Rehabilitation

Contact: Kathi Gunn, (360) 808 - 2859

All Things Considered, Women's
Evening Group, 7:00pm,
Member's Home

Contact: Jean Stratton (360) 452-6719,
<mailto:jeanmstratton@gmail.com>

Men's Evening Group, 7:00pm,
Member's Home
Contact: George Stratton
(360) 452-6719

Thursday, October 15

Tai Chi for Arthritis/Fall Prevention, 10:00am
Contact: Kathi Gunn, (360) 808 - 2859

Tai Chi for Memory

Contact: Kathi Gunn, (360) 808 - 2859

Next Sunday, November 18

Potluck, 11:45am, Please include
written ingredient information with
your dish.

OUUF Board of Trustees Meeting,
12:30 pm, Main Building

To see the entire OUUF
Calendar go to this link:
[OUUF Calendar](#)

Upcoming October Services



Sunday Service, November 11

Speaker: Joe Rettenmaier

Sermon: "One Thing You Can Be Certain Of"

Description: This will be reflections and wisdom on keeping your personal faith moving and growing through times of crisis.

Bio: Joe Rettenmaier is currently serving as Intern Minister at Edmonds UU. He is a candidate for ministry with the UUMA and a Masters of Divinity student at Meadville-Lombard Theological School. Joe left his corporate pursuits in the fall of 2016 to pursue a calling to ministry and climate justice. He lives in Seattle and has called our magnificent Puget Sound home since 1988.



Sunday, Service, November 18, 2018

Speaker: Bridget Laflin

Sermon: The Journey Between Heart and Head

Description: Sometimes the conflict between our what we feel and what we think can be difficult to resolve. How can we reduce that inner turmoil and bring our whole selves into the situations of our lives?

Bio: Bridget Laflin is a seminary student at Seattle University pursuing her Master of Divinity degree. She lives in Shoreline, WA with her husband and two children.

She enjoys hanging out with friends, playing board games, and performing with her comedy improv troupe. After she completes her education, she plans to become a Unitarian Universalist minister.



When sorrow breaks our hearts and bows our heads, a friend's consoling hand may help ease our pain.

Please accept our deep sympathy, and know that we are anguished too by this terrible and tragic event.

Know too that we stand with you in unwavering resolve that evil will not triumph, but that we shall celebrate all people in justice, joy, peace, and compassion.

OLYMPIC UNITARIAN UNIVERSALIST FELLOWSHIP

ANNOUNCEMENTS are due Tuesdays by 12noon.

Please send announcements in Word or in the body of the email and photos in jpg.

No PDFs, please.

All congregational photos welcome!

If you would like your congregational event or meeting announced in the Weekly, Order of Service, or listed on the OUUF website calendar, please send the details to Social Media Editor, Pattie Miles at socialmedia@OlympicUUF.com.

ANNOUNCEMENTS



Interfaith Peace Choir Performance. Saturday, November 10 at 2:00pm. Directed by Joel Yelland. You are invited for a delightful and inspiring afternoon. Take a break from the news, and participate in some "Good News". Join us in song. Join us in positive intention. Replenish yourself with Peace, Love, and Hope. We will sing to you; and we will all sing together. Stay for food and fellowship after the concert. Donations collected to support. Contact: Interfaith Community of Clallam County, interfaithclallamcounty@gmail.com.

Second Tuesday Brunch - Mariner Care - 11:00 am - November 13, 2018

Good news! The tables have been rearranged so that we can hear each other better. As usual, Marie will provide us with both breakfast and lunch menus, so we all can have our preference. Tuesday is usually Taco Salad day, with a choice of beef or chicken taco salad. Separate checks. All are welcome!



Ted Talk tUuesday - November 13, 2018 - OUUF - 1:00 pm. Topic: Near Death Experiences. Past Ted Talk topics, based on participants' requests, have included Words, Architecture, Spring, Humor, The Brain, Time, How Things Spread, Truth and Lies, Guns, Maps, and Neil deGrasse Tyson among others. In November, as suggested by Cynthia Green, we'll be considering Near Death Experiences.

Not all videos have been selected, but these two will definitely be included:

Biophysicist Joyce Hawkes at TEDxBellevue

Following a near-death experience, Joyce changed careers (from effects of environmental pollutants on fish cells) and embarked on an extensive exploration of indigenous spiritual and healing traditions which she incorporated in her books: Cell-Level Healing and Resonance,

Emergency Physician, Thomas Fleischmann.

Dr. Fleischmann sees dead people. In fact, he has seen over 2,000 humans die but brought back to life, several hundreds of them. In his talk, he shares the near-death experiences ("Nahtoderfahrungen") he witnessed as an emergency physician and tells us about one of the most drilling questions of the human kind: how it is to die. Contact: Vivian Mulligan, <mailto:vivian.mulligan@gmail.com>



Tai Chi for Health Programs at OUUF. Gentle exercise classes for Health. Dr Paul Lam's Tai Chi Health Institute certified instructor Kathi Gunn. To register email <mailto:kgtacking@gmail.com> or call 360 808 2859. Cost \$40/ 4 weeks /2 times a week. 8 sessions/ \$ 60.00 for more than one type of class or as many types of classes you would like to take in 4 weeks. What to wear: Loose comfortable clothing, comfortable flat supportive shoes What to bring: water bottle, your assistance devices cane rolling

chair, walker, entrance ground level no steps.

Consult the OUUF website for dates and times. Go to this link for a full description:

https://olympicuuf.com/wp-content/uploads/2018/11/tai-info-11_3_2018.pdf

OUUF BOARD OF TRUSTEES

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President@OlympicUUF.com

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Treasurer@OlympicUUF.com

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OUUF STAFF

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Administrative Coordinator

Admin@OlympicUUF.com

Pattie Miles



Social Media Editor

socialmedia@OlympicUUF.com

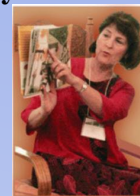
Newsletter Creation & Distribution

Newsletter@OlympicUUF.com

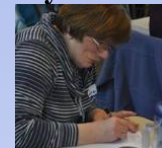
Children's Religious Education Staff

Childrensre@OlympicUUF.com

Cynthia Green



Sandy Goodwick



Julia Buggy



Childrensre@OlympicUUF.com

James Casey



Membership Coordinator

Membership@OlympicUUF.com

Jack Webber

Webmaster

webmaster@OlympicUUF.com



Holiday Gifts for Children in Foster Care. Would you like to be a Christmas Elf or an OUUF Angel?

The last seven years OUUF has participated in the campaign for Holiday Gifts for Children in Foster Care. It is organized by the local Foster Parent Association. Last year members of OUUF donated either designated gifts or gave money for gifts to be purchased for a particular child. Our congregational members were very generous. We helped give a happier holiday to 37 children (the most we ever have) ages 1 month to 17 years old. I will be at Sunday services so folks can get a tag with a child's needs and wants listed **starting on November 18th**. If you wish to have someone else do the shopping you may donate money. Questions call 360- 683-4315 or e-

mail me at florenceb@wavecable.com. If you are not going to be at Sunday service, call me and we can choose a tag for you. **Unwrapped gifts must be returned to the church in a bag with the tag attached by December 16th**. Thank you!!



THE S WORD

FILM SCREENING AND CONVERSATION

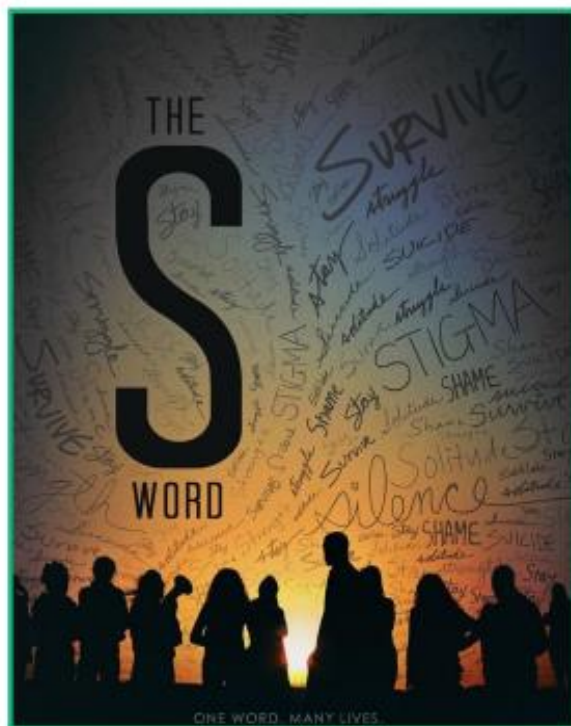
SATURDAY, NOVEMBER 17
AT 1PM

PORT ANGELES MAIN LIBRARY

Join a community conversation on the topic of suicide following a screening of the documentary *The S Word*.

Film Director Lisa Klein struggled for years to understand the suicides of both her father and brother. This personal connection ultimately led her to document and open the door to conversation on one of the leading causes of death in the United States. *The S Word* follows suicide attempt survivor Dese'Rae Stage around the country as she collects stories of courage, insight, and humor from other attempt survivors.

Following the film, all are welcome to speak openly about how their own lives have been impacted by suicide.



FOR MORE INFORMATION:

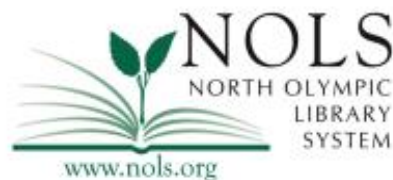
PORT ANGELES MAIN LIBRARY

2210 South Peabody St.

360.417.8500

Discover@nols.org

This program is being offered with support from Clallam County Health and Human Services and has been generously funded by the Port Angeles Friends of the Library.



ONGOING GROUPS

Reading for the fun of it!

Short Story Book Group
First & Third Tuesdays at 10 am
To learn more contact:
Kitty Hawks
206-755-2832 or
alettehawks@yahoo.com

Tuesday Brunch

Second and Fourth Tuesdays
11 am at the Mariner Restaurant
in the JCPenney mall in Sequim
For more information contact:
Vivian Mulligan
vivian.mulligan@gmail.com

Ted Talk tUuesday

Second Tuesday at 1:00 PM
At OUU Fellowship Hall
For more information contact:
Vivian Mulligan
vivian.mulligan@gmail.com

Breakfast Men's Group

First & third Wednesdays
8 AM at OUU Fellowship Hall
Participants bring food to
prepare. Congenial conversation
and support.
For More information contact:
Bob Nuffer
e_nuffer@msn.com

OOUF Men's Group

Wednesdays, 7-9 pm
At members' homes.
For More information contact:
George Stratton
(360) 452-6719

OOUF Women's Groups

All Things Considered
Evening Group
Wednesdays, 7-9 PM. At
members' homes
For More information contact:
Jean Stratton
360-452-6719 or
jeanmstratton@gmail.com

Reflections

Second and fourth Thursday 1-3
PM at the Fellowship Hall
For More information contact:
Serena Mylchreest
serena@mylchreest.com

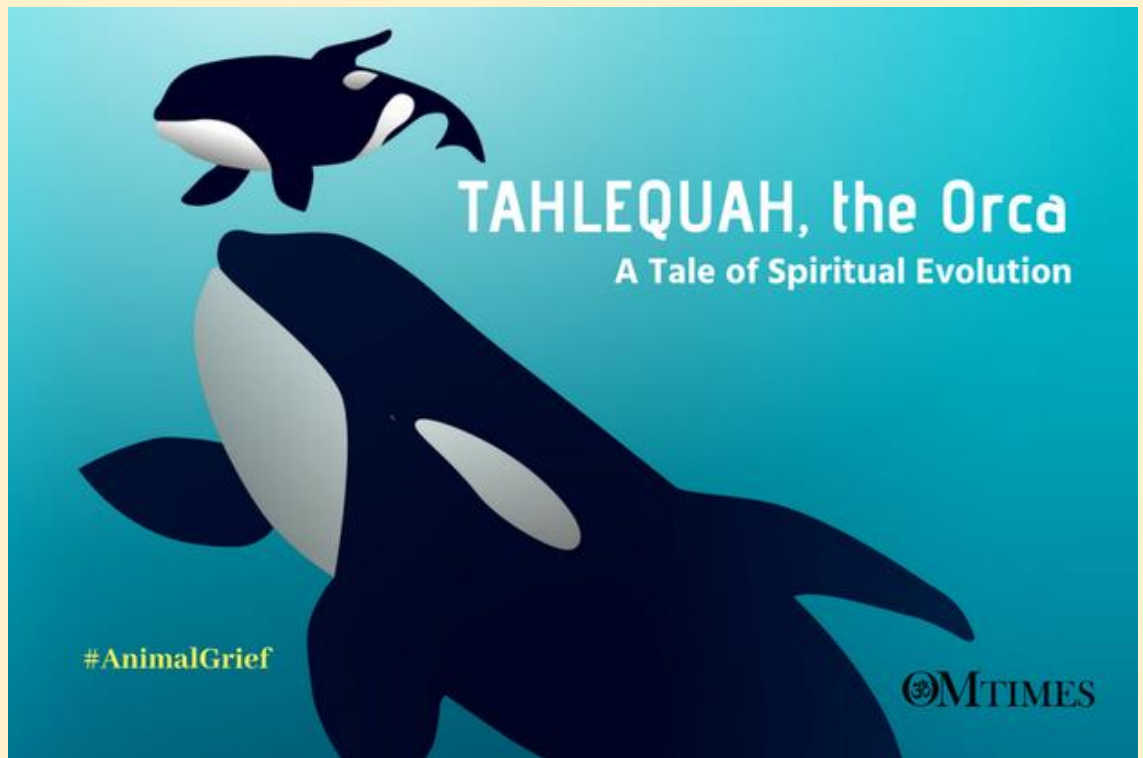
Choir

OOUF Sundays at 9:30 am and
Tuesdays at 3:00 pm.
Newcomers welcome!
For More information contact:
Choir Director
Joel Yelland
509-322-5328 or
JoelYelland@gmail.com



Olympic Climate Action

Citizens addressing the threat of climate change on
the Olympic Peninsula, Washington State, U.S.A.



Their future is in our hands

Please pay attention...please get involved in this most important decision-time for this nation...please get everyone you know to do the same.

A plea from our kids:

<https://www.youtube.com/watch?v=89Jhj3MX1WU>

And a plea from our brothers and sisters under the sea:

<http://forthewild.world/listen/kurt-russo-on-the-people-under-the-sea91>

<https://omtimes.com/2018/08/tahlequah-grief-animal-kingdom/>



Gather for orcas in Olympia Nov. 16

An important rally for the orcas is scheduled at the Capitol complex in Olympia on Nov. 16, 2-5 pm. There will be representations of all 74 living wild Southern Resident Killer Whales, plus Tokitae, aka "Lolita," held in captivity at Miami Seaquarium.

Nov 16 is when the Orca Task Force final recommendations go to Governor Inslee. The rally is to support breaching the Lower Snake River Dams a.s.a.p. for the sake of our salmon and orcas!

There is a big need for people to hold one of the 75 orca replicas. Interested people should let the organizers know they want to hold an orca by posting on the event page: <https://www.facebook.com/events/254931905370101/>

Event

poster: https://drive.google.com/file/d/1Jlu1idaBW6zNejmqu3igFrYRqz4uNc9I/view?usp=s_haring

Here is a site for both drivers and passengers to carpool to the event: <https://www.grouppool.com/t/9yo54z>



For details on how
to join or start an
OOUF Affinity
Group:

[OOUF Affinity Groups](#)