



# OUUF Weekly Update

An Inclusive Community

1033 N. Barr Road  
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Carlsborg, WA 98324

360-417-2665  
info@olvmnicuuf.com

April 18, 2019

## Calendar April 18 - 28

### Thursday, April 25

#### Reflections,

Women's Group 1:00 pm  
(scent free)

Contact: Serena Mylchreest  
at [serena@mylchreest.com](mailto:serena@mylchreest.com)

### Sunday, April 28

Please join us for coffee  
and snacks after the  
service.

**Social Justice Committee,**  
12noon.

Contact: Ren Garypie,  
(269) 719 - 5215,  
[rengarypie@yahoo.com](mailto:rengarypie@yahoo.com)

### Monday, April 29

**Dance Exercise for  
Parkinson's Disease,**  
10:30am

Contact: Marsha Melnick,  
(360) 683 - 5712

### Tuesday, April 30

**Choir Practice, 3:00pm**  
Contact: Joel Yelland at  
[joelyelland@gmail.com](mailto:joelyelland@gmail.com)

### Wednesday, May 1

**Dance Exercise for  
Parkinson's Disease,**  
10:30am

Contact: Marsha Melnick,  
(360) 683 - 5712

**All Things Considered,**  
Women's Evening Group,  
7: 00pm, Member's Home  
Contact: Jean Stratton  
(360) 452-6719

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

### Sunday, May 5

Please join us for coffee  
and snacks after the  
service.

#### Speaker:

Rev. Amanda Aikman

After service

Rev. Amanda Aikman  
Offers **Drop-in Support  
Group for Being Human,**  
12pm

## Upcoming Sunday Service



### **Sunday, April 28, 2019**

**Speaker:** Margo Rinehart

**Sermon:** Hope in Challenging Times

**Description:** When we are faced with challenges at every turn, how can we find hope and live in the reassurance of what we need lies within us and

between us? Margot will be sharing with us the thoughts of Parker Palmer, an American author, educator, and activist who focuses on issues in education, community, leadership, spirituality and social change. He is the founder and Senior Partner Emeritus of the *Center for Courage and Renewal* and co-creator of the podcast, *The Growing Edge*.

**Bio:** Margo Rinehart has been a Unitarian universalist for over twenty years and recently earned her Master's in Divinity from Seattle University. She lives in Silverdale with her family, including her new cat, Chloe. Her sermon will help us wander through the mystery of never truly becoming our "best" self, as it is an endless journey of growing in depth of insight and breadth of actions. We will explore the questions of how our UU values open the gates of opportunity for walking toward being our best selves and the sometimes-painful lessons we learn along the way.



### **Sunday, May 5, 2019**

**Speaker:** Rev. Amanda Aikman

**Sermon:** Hopepunk: essential tales of optimism

**Description:** Unfashionable? Sure. Obstinate? You bet. And yet tales of optimism ("hopepunk") are increasingly winning against stories of doom ("grimdark"). Which stories will help us create a better world?

**Bio:** The Rev. Amanda Aikman served OUUF from 2001 to 2005 as our Consulting Minister. Amanda retired in Spring, 2016 after 23 years in UU parish ministry. She lives in Everett; Amanda has won over a dozen national sermon contests. She is a playwright and a spiritual director.



# ANNOUNCEMENTS



The Contemplative Services have started up again on the first Tuesday of the month. The next service will be held on Tuesday, May 7th at 6:00 pm. For information contact Joel Yelland, JoelYelland@Gmail.com or Diane Hill-Dwyer, DJZHil@Q.com.

**OOUF Committee and Group Leaders.** Please look at the OOUF calendar on the website at <https://olympicuuf.com/events-test-page/> to confirm your group or committee dates and meeting times and descriptions are accurate. If there are mistakes or needed additions, please send changes to Pattie at [socialmedia@olympicuuf.org](mailto:socialmedia@olympicuuf.org). Because this is a busy congregation, we ask group leaders to take responsibility for making sure all calendar information is correct. Thanks!



This is a friendly reminder to all dog lovers who bring their pooches to OOUF that it is getting hotter already. You might consider parking under one of our trees to give some shade as afternoon approaches. Feel free to get water and even borrow a bowl if you don't have one.

We need a list of ingredients on ALL food brought to OOUF. Some of us are vegans. Some of us are glucose and lactose intolerant. Some of us have food allergies. If you forget to do the labeling at home, there are some index cards in the kitchen you can use. Thank you for your food contributions and for labeling your food with the ingredients.



Isn't it nice to have the words to the hymns on the screen? There is one small problem I have noticed, however. When I couldn't stand one week because my hip was hurting, I made the mistake of sitting near the back and I couldn't see anything on the screen. From now on when I can't stand for hymns I am going to sit in the front. I hope if you can't stand for the hymns you will join me in the front and take advantage of all of Sandy's hard work. Thanks, Dana Casey

The OOUF roster will no longer be posted to the website due to privacy concerns. If you would like an updated copy of the roster please contact Elinor Tennyson for either an electronic copy or a printed copy. Contact email: [admin@olympicuuf.com](mailto:admin@olympicuuf.com)

It is Spring and time to clean out closets. The OOUF closet has many interesting items to re-home, including two wood risers. One is 109"x33.5"x13" and the other is 6.5'x4'x6" If anyone has a use for them and can haul them away, let me know. Otherwise they will go to RoundAgain.



Contact: Elinor at

<mailto:admin@olympicuuf.com>



Following an extended discussion, the Board has concluded that we need a formal policy regarding the Fellowship's use of photographs of its members and attendees. Accordingly, the new policy will be emailed to each member and friend on our distribution list. Please read it and indicate your personal preference on the form at the end. If you do not receive one, or do not use email, contact Elinor Tennyson ([admin@olympicuuf.com](mailto:admin@olympicuuf.com) or 360-417-2665) for a printed copy. We will need a record of everyone's preferences, so please return the signed originals promptly to Elinor.

ANNOUNCEMENTS are due Tuesdays by 12noon.

Submission Guidelines: [OOUF Publication Submission Guidelines](#)

Send to Social Media Editor, Pattie Miles at [socialmedia@OlympicUUF.com](mailto:socialmedia@OlympicUUF.com).

1. Please send announcements in Word or in the body of the email and photos in jpg.
2. No PDFs, please.
3. Please keep the word limit to 100 for the Weekly Update and 50 for the Order of Service.
4. Include your name and contact information in the body of the email.

## OOUF BOARD OF TRUSTEES

### President:

Dianne Whitaker

[President@OlympicUUF.com](mailto:President@OlympicUUF.com)

### Vice President:

Elaine Webber

### Secretary:

Dave Large

### Treasurer:

Kitty Hawks

[Treasurer@OlympicUUF.com](mailto:Treasurer@OlympicUUF.com)

### Trustees-at-Large:

Ren Garypie

Pat MacRobbie

Don Hatler

Greg Sensiba

## OOUF STAFF

### Elinor Tennyson



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### Pattie Miles



Social Media Editor

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### James Casey



Membership Coordinator

[Membership@OlympicUUF.com](mailto:Membership@OlympicUUF.com)

### Jack Webber

Webmaster

[webmaster@OlympicUUF.com](mailto:webmaster@OlympicUUF.com)

## 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](mailto: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](mailto:vivian.mulligan@gmail.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](mailto:jeanmstratton@gmail.com)

### **Reflections**

Second and fourth Thursday  
1-3 PM at the Fellowship  
Hall

For More information  
contact:

Serena Mylchreest  
[serena@mylchreest.com](mailto: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](mailto:JoelYelland@gmail.com)



For details on how  
to join or start an  
OOUF Affinity  
Group:  
[OOUF Affinity Groups](#)

# Social Justice

## **FREE Presentation** *Using Less Energy* *At Home*

**Saturday, May 11, 2019, 2:00 - 3:30pm**

**254 N. Bagley Creek Road, Port Angeles, WA 98362 in the Big Barn**

Enjoy a presentation by David Large with techniques on how to make your home more energy efficient. He's built his own home with a "net zero" energy use and can translate those ideas into your "already built" home, or give you great info if you are starting from scratch! A discussion will follow the presentation.

*Facilitated by David Large*

Sponsored by



Find us on CSL Port Angeles  
[www.CSLPA.org](http://www.CSLPA.org) (360) 457-4801  
[csiPortAngeles@gmail.com](mailto:csiPortAngeles@gmail.com)

In January 2019, we started a new group, the Interfaith Earthcare Coalition. We are still in the beginning stages of forming, but we will keep you in the loop. So far, we have people from 7 congregations involved.

Here's an article we found very helpful.

Earth Day just happened, try talking with friends and neighbors about positive action.  
<https://ecoamerica.org/welcome-to-climate-talking-points-our-new-communication-tools>

Explore the ecoamerica website for more ideas.

Another good website is <https://www.earthday.org/campaigns/campaign-for-communities/communities-of-faith/>

And there's an event at Center for Spiritual Living Port Angeles on May 11th about making your home more energy efficient. See the attached flyer for details.

Let's make everyday Earth Day! Love Your Neighbors, Love the Earth.

Thanks for being a blessing in the world,

The Interfaith Earthcare Coalition

