



OUUF Weekly Update

An Inclusive Community

1033 N. Barr Road
P O Box 576
Carlsborg, WA 98324

360-417-2665
info@olvmnicuuf.com

June 13, 2019

Calendar June 6 - 16

Thursday, June 13

Reflections, Women's Group
1:00 P.M. (scent free)

Contact: Serena Mylchreest at
serena@mylchreest.com

Sunday, June 16

Please join us for coffee and
snacks after the service.

OUUF

Potluck, 11:45am - 12:30pm.

Please include written
ingredient information with
your dish.

OUUF Board of Trustees Meeting.

We will meet the 3rd Sunday of
each month at 12:30 PM.

Please join us for coffee and
snacks after the service.

Monday, June 17

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

Contact: Marsha Melnick,
(360) 683 - 5712

Tuesday, June 18

Reading for Fun! 1st and 3rd
Tuesdays. 1 PM.

Meet in SunLand (135 Fairway
Drive, Sequim).

Kitty, 206-755-2832,
alettehawks@yahoo.com

Choir Practice, 3:00 - 4:30 pm

Contact: Joel Yelland at
joelyelland@gmail.com

Wednesday, June 19

**Dance Exercise for
Parkinson's Disease**, 10:15am

Contact: Marsha Melnick,
(360) 683 - 5712

All Things Considered,

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

Contact: Jean Stratton
(360) 452-6719,

jeanmstratton@gmail.com

Men's Evening Group,

7:00pm, Member's Home
Contact: George Stratton

(360) 452-6719

Sunday, June 23

Social Justice Committee,

12noon. Contact: Ren Garypie,
(269) 719 - 5215,

rengarypie@yahoo.com

Upcoming Sunday Service

DO NOT REGRET
GROWING OLDER; IT IS
A PRIVILEGE DENIED
TO MANY.

@INSPIRINGTHINKN

MOTIVATIONAL-INSPIRATIONAL-WORLD.BLOGSPOT.COM



Sunday, June 16, 2019

Speaker: George Lindamood

Title: The Third Half of Life

Description: There is a qualitative change that occurs
around the time a person exceeds the Average Life
Expectancy. Erik Erikson missed it, but his wife Joan
didn't. Most Baby Boomers aren't aware of it because
they're in Denial, which is the first stage in Elisabeth
Kübler-Ross' paradigm of death and dying.

Bio: George Lindamood studied mathematics and physics
in the hope of becoming a math professor, but he got
seduced into computers even before he got to grad school.

Some 40+ years later he retired from the information technology rat-race and
began serious work on his spiritual development. His most recent book *The
Wisdom Home Companion* was published in February.



Sunday, June 23, 2019

Speaker: Joseph Bednarik

Title: Reading Obituaries during Morning
Coffee

Description: Each morning over coffee my
mother reads the obituaries published in her
local paper. She does not know the vast
majority of these newly dead people, though
she is compelled to read about their lives. Some

variation of this ritual is repeated millions of times around the country each day.
This sermon explores obituaries—writing them, reading them, and imagining our
own.

Bio: Joseph Bednarik serves as a regular speaker at Quimper Unitarian
Universalist Fellowship in Port Townsend, Washington. He studied philosophy at
Haverford College and has worked in literary publishing for over twenty years. He
is currently the Co-Publisher of Copper Canyon Press, a nonprofit dedicated to
poetry.



FREEDOM FOR IMMIGRANTS

UU Northwest Detention Center Visitor Support

UU congregations in the northwest Stand with Love by offering “Visitor Support” for families visiting loved ones detained at the NW I.C.E. detention center in Tacoma.

The Vashon island UU Fellowship social justice members hold “Second Saturday Visitor Support” outside the detention center on the second Saturday of each month from approximately 9-noon. The contact person for Vashon UU is Melvin Mackey at mailto:Melvin_Mackey@hotmail.com

Tahoma UU provides “Third Saturday Support” from 8:30am-noon on even numbered third Saturdays and 1-3:30 on odd-numbered third Saturdays.

Details can be found on their website: www.tahomauu.com/calendar.

Click on the third Saturday and details will come up.

Once you arrive at the NW Detention Center (1623 E “J” Street, Tacoma, WA 98241), you will see the UUs gathered, usually between 3-10 people. They will have food and literature to offer visitors. People will be happy to talk with you about how to greet visitors. I recommend bringing a chair if you plan to stay for any length of time. This is an important and impactful ministry, bring your gift of care.

Submitted by Margo Rinehart, <http://margow@tscnet.com>



OUUF has once again volunteered to support the Sequim Summer Food Program.

This program provides a healthy lunch to any child (up to the age of 18) who wants it and only takes ~2½ hours out of your day.

OUUF has volunteered for the weeks of July 22-26 and August 12-16. There are four locations this year:

- Carrie Blake Park
- Elk Creek Apartments
- Seabreeze Apartments
- Sequim High School (July only)

We’re looking for at least two volunteers at each site each day. Sign-up sheets will be posted on the bulletin board in the sanctuary. Please consider volunteering for this worthwhile program. Contact Greg Sensiba with any questions at sensibag@hotmail.com; (360) 683-8914.

Do you like children? Are you looking for volunteer opportunities? Our Children’s Religious Exploration program will take a summer hiatus in June, July, and August. Informal activities will be planned for the children, and either Julia or Izzy will be present, but we need adults or older teenagers to help out each week. If you can volunteer for one or more of these dates to be with the children during the service, please e-mail dianne whit@aol.com. The dates are June 23, June 30, July 7, July 14, July 21, July 26, August 4, August 11, August 18 and August 25. Our children thank you.



OUUF BOARD OF TRUSTEES

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Dianne Whitaker
President@OlympicUUF.com

Vice President:

Elaine Webber

Secretary:

Dave Large

Treasurer:

Kitty Hawks

Treasurer@OlympicUUF.com

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Ren Garypie

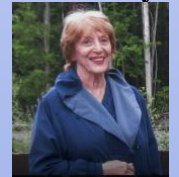
Pat MacRobbie

Don Hatler

Greg Sensiba

OUUF STAFF

Elinor Tennyson



Administrative
Coordinator

Admin@OlympicUUF.com

Pattie Miles



Social Media Editor

socialmedia@OlympicUUF.com

Children’s Religious Education Staff

Childrensrdre@OlympicUUF.com

Julia Buggy



Childrensrdre@OlympicUUF.com

James Casey



Membership Coordinator

Membership@OlympicUUF.com

Jack Webber

Webmaster

webmaster@OlympicUUF.com

PENINSULA COMMUNITY DRUM CIRCLE

Tuesday, June 25, 2019 from 6:30 - 8:30 PM

Held outdoors in the summer, at Pam's labyrinth, 186 Deer Ridge Lane, off Hooker Rd.
(OUUF-sponsored monthly gathering)



FREE community drum circle is open to all ages and ability levels. If you are new to drumming, come give it a try. Experienced drummer with great rhythm? We need you!
Lots of drums & other percussion are available to use.
It's FUN. It's grounding & decreases stress. JOIN US!

TAKING CARE OF EACH OTHER'S NEEDS



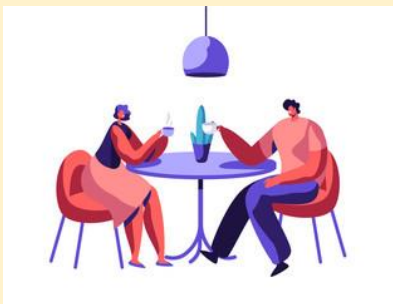
Labeling Food

As previously mentioned in an earlier newsletter, it is essential that we label ingredients in coffee hour snacks and potluck contributions. Many of us have allergies and other diet considerations. So, please label all food.



Avoiding Scents

Allergies to scents can be so strong that they actually inhibit breathing. It behooves all of us to pay attention to. No cosmetic scents, please.



Chairs and Tables After the Service

Some of us would like to stay and chat after the service but are unable to remain standing for a more than a short time. Others have no trouble standing, but are challenged by holding a snack in one hand and a cup of coffee in the other while conversing. Let's remember to leave some chairs available and, as they are donated, tables set up. And then, of course, we are responsible for putting them back.



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

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

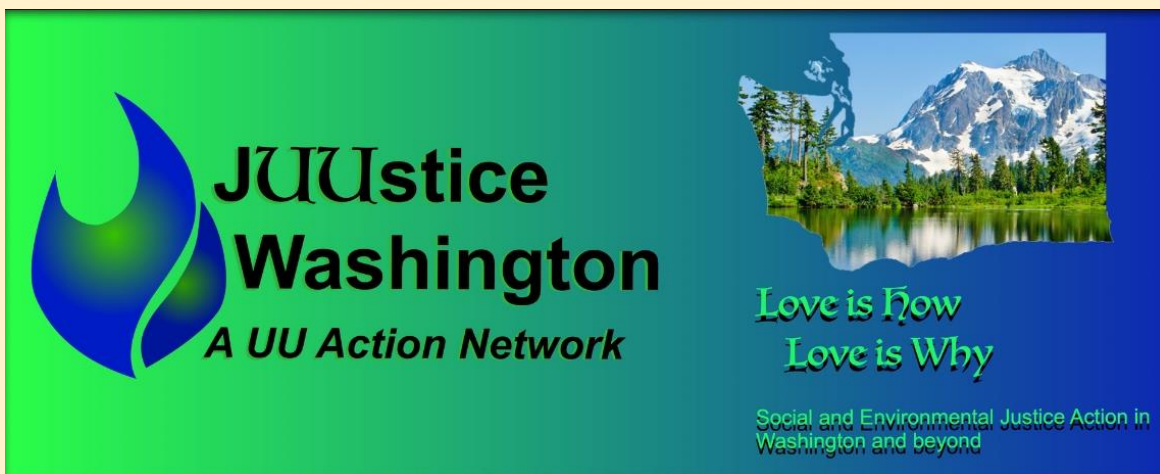
Reflections
Second and fourth Thursday
1-3 PM at the Fellowship
Hall
For More information
contact:
Serena Mylchreest
serena@mylchreest.com

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



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

June for JUUstice WA



Calendar Link for Full JUUstice Details:

<https://juustwa.org/calendar/master-all-events/>

13	14	15	16
<ul style="list-style-type: none"> Chief Joseph & Warriors Memorial Annual Pow Wow (2019) 	<ul style="list-style-type: none"> Chief Joseph & Warriors Memorial Annual Pow Wow (2019) 	<ul style="list-style-type: none"> Chief Joseph & Warriors Memorial Annual Pow Wow (2019) 	<ul style="list-style-type: none"> Gathering: Welcome Tokitae Totem Pole Home (Bellingham WA)
<ul style="list-style-type: none"> Tokitae Totem Pole - Bellingham 	<ul style="list-style-type: none"> Weekly Peace Vigil (Olympia, WA) 	<ul style="list-style-type: none"> Weekly Peace Vigil (Lake Forest Park, WA) 	<ul style="list-style-type: none"> Gathering: Welcome Tokitae Totem Pole Home (Bellingham WA)
	<ul style="list-style-type: none"> Weekly Peace Vigil (Bellingham, WA) 	<ul style="list-style-type: none"> Weekly Peace Vigil (Centralia, WA) 	<ul style="list-style-type: none"> Gathering: Welcome Tokitae Totem Pole Home (Bellingham WA)
	<ul style="list-style-type: none"> Tokitae Totem Pole 	<ul style="list-style-type: none"> Tokitae Totem Pole Journey 	<ul style="list-style-type: none"> Weekly Peace Vigil (Edmonds, WA)
	<ul style="list-style-type: none"> Film: Starving the Beast (Woodinville WA) 	<ul style="list-style-type: none"> Friendship Dinner: Peace (Monroe WA) 	<ul style="list-style-type: none"> UU Ministry for Earth Speaking Tour (Woodinville WA)
	<ul style="list-style-type: none"> UUMFE Tour-Bellingham 		

19	20	21	22	23
<ul style="list-style-type: none"> UUA General Assembly: The Power of WE (Spokane, WA) 	<ul style="list-style-type: none"> UUA General Assembly: The Power of WE (Spokane, WA) 	<ul style="list-style-type: none"> UUA General Assembly: The Power of WE (Spokane, WA) 	<ul style="list-style-type: none"> UUA General Assembly: The Power of WE (Spokane, WA) 	<ul style="list-style-type: none"> UUA General Assembly: The Power of WE (Spokane, WA)
<ul style="list-style-type: none"> CUUSAN Conference 2019: Living Our Values, Building Our Movement (Spokane WA) 	<ul style="list-style-type: none"> Webinar: Solidarity Brigade Information 	<ul style="list-style-type: none"> Lummi Stommish Water Festival 	<ul style="list-style-type: none"> Lummi Stommish Water Festival 	<ul style="list-style-type: none"> Lummi Stommish Water Festival
<ul style="list-style-type: none"> Study Group: Witnessing Whiteness Monthly Group (Woodinville, WA) 		<ul style="list-style-type: none"> Weekly Peace Vigil (Olympia, WA) 	<ul style="list-style-type: none"> Weekly Peace Vigil (Lake Forest Park, WA) 	<ul style="list-style-type: none"> Flash Stance: Black Lives Matter (Kirkland WA)
		<ul style="list-style-type: none"> Weekly Peace Vigil (Bellingham, WA) 	<ul style="list-style-type: none"> Weekly Peace Vigil (Centralia, WA) 	<ul style="list-style-type: none"> Weekly Peace Vigil (Edmonds, WA)