



OUUF Weekly Update

An Inclusive Community

1033 N. Barr Road
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Carlsborg, WA 98324
360-417-2665

April 5 –12. 2020

UPCOMING SERVICES

OUUF BOARD OF TRUSTEES

President:

Dianne Whitaker

Vice President:

Joan Cotta

Finance Director

Don Hatler

Trustees-at-Large

Dave Large

Ren Garypie

Sarah Whelchel

Sandy Goodwick

OUUF STAFF

Elinor Tennyson

Administrative Coordinator

Admin@Olympicuuf.com

Children's Religious Education Staff

Julia Buggy

Juliafbuggy@gmail.com

Harmony Rutter

Izzy Flowers

Care Team

acting lead for George Will:

Jean Stratton

jeanmstratton@gmail.com

Jack Webber

Webmaster

webmaster@OlympicUUF.com

SUNDAY SPEAKERS

Have you missed hearing our Sunday speakers? Joseph Bednarik was scheduled to speak at OUUF on March 22nd. Due to concerns about the Coronavirus, that service was cancelled. Good news! Joseph is scheduled to speak again on April 26th and current plans are to resume normal Sunday Services by that time. Vivian has the good fortune to be Joseph's Service Leader and will be extremely happy to see his return! Should we not be able to hold services in our sanctuary then, we hope to have plans in place to view the service via Zoom with the expert guidance of Sandy Goodwick and George Stratton. What about our other regular speakers? Ah, yes, we also have on the schedule Joe Rettenmaier, Bruce Bode and Margo Reinhart. Their respective Service Leaders are just as anxious as I to facilitate hearing them again. Dianne Whitaker

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NOTICE:

Sunday March 15th your OUUF board voted to suspend Sunday services until April 26th. This vote was not taken lightly but with much of our population falling in the highly at-risk category, we believe this was the only prudent decision we could make. Other small group activities may continue. This will be up to each group to decide what is best for their members. If you have questions, please contact Dianne Whitaker at diannewhit@aol.com

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FELLOWSHIP FISCAL HEALTH

During the time Sunday services and events at the Fellowship are canceled we will still have overhead expenses to pay. We would appreciate friends and members mailing in monthly pledges and/or the amount normally put in the Sunday collection plate. If you have any questions please contact Don Hatler at donaldhatler1936@gmail.com or Serena Mylchreest at Serena.mylchreest.com

Our mailing address is:
OUUF
P O Box 576
Carlsborg, WA 98324

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ANNOUNCEMENTS

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No matter your personal situation, these are trying times. Many of us rely on our OUUF community to draw strength and find peace. We miss our person to person contact whether it has been weekly or several times each week. How can we keep connected? Azella called me the other day and suggested we pick a time each week when we take a minute to take a deep breath, be perfectly quiet, meditate or pray, knowing we are connecting with our OUUF community. Starting this coming Sunday, the 29th of March at 1:00 PM please join us in this minute of connection. Dianne Whitaker

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FACE MASKS

Many local people who sew have been working on cotton face masks for first responders and healthcare providers. After there have been enough made for their use I want to offer to make the cotton masks for any OUUF members and friends who want one. Please contact me if you want a mask-- email is easier because then I can save your contact info. When the mask is ready I will leave it in the little free library donation box on the Fellowship porch and you can take them home and wash and dry them before using.

Seri Mylchreest serena@mylchreest.com 360-775-6606

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OUUF Care Team

Just an update to let you know we do care about our members and friends during this time of distance. If you are home and have a need or a medical condition, please remember we can call you or send you cards or drop off groceries if need be. We care about all of you during this difficult time of no church live services and gatherings.

Our team of Ren Garypie, Diane Hill--Dwyer, Cynthia Green, George Stratton, Dianne Whitaker and myself as acting chair, Jean Stratton are here to help you. Please know you can contact me, Jean Stratton at 360 452-6719, or by email: jeanmstratton@gmail.com

You are part of our loving community.

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LITTLE FREE LIBRARY:

OUUF's Little Free Library is being well utilized lately. I noticed today that all the children's books are gone. I have read that the virus can survive for about 24 hours on paper, so when I take a book I put in on my shelf for a day before picking it up to read. Serena Mylchreest 3/23/20

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MEMBERS AND FRIENDS BULLETIN BOARD:

FREE cast iron cookware

Four skillets (approximately 7, 9, 10, and 13" diameter) and a Dutch oven (large, deep pot with glass cover). We just have too many pots and pans!

Contact Susan Harris (509-671-2147) or Dave Large (408-710-8041).

FREE! FREE! FREE!

Having combined our home office functions, Susan and I find ourselves with two office-quality machines we no longer need:

A) A Canon MF6530 high-volume laser copier: black and white, but both single and double-sided copies. It comes with a large spare toner cartridge -- thousands of copies before you will need another. The paper tray holds a full ream.

B) A Hewlett Packard P4014n high-volume laser printer: black and white but fast and reliable. Like the copier, the paper tray holds a full ream and it comes with a large spare toner cartridge. Includes a wired network input port for shared use.

If you or some organization you know would like either one, just let Dave Large know @ 408-710-8041.

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SRING IS HERE AND GRASS IS GROWING!

We need someone to mow and trim our huge lawn area.

They will need to have the necessary equipment.

If you know of anyone, please have them contact Elinor Tennyson at admin@olypicuuf.com or (360) 417-265



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We invite you to come and gather with Side with Love & Love Resists In These Times Webinar on April 2nd 2020 at 6:30pm EST/5:30pm CST/4:30pm MST/3:30 PST. Register here: https://uua.zoom.us/webinar/register/WN_Ch1eYD97Q9ad2IR0s445Ag

Join Unitarian Universalist Association President Rev. Susan Frederick-Gray, UUSC: Unitarian Universalist Service Committee President Rev. Katherine Mary Morn, Emma's Revolution, Side with Love Campaign Manager Everette Thompson, Organizing Strategy Director Rev. Ashley Horan, Dr. Charlene Sinclair of Black PAC & Intern Minister First UU Richmond, A Detention Watch Network Organizer, Aly Tharp, Program Director, Unitarian Universalist Ministry for Earth, plus UUs from across our black, brown, LGBTQ and justice networks.

This webinar will offer the interconnectedness of spiritual sustenance and movement organizing as a means to live into the values and principles of Unitarian Universalism and work for justice and transformation.

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The Interfaith Community is inviting you to scheduled Zoom meetings. If you have a synchronized or Zoom Meditation, let us know, and we will send a compiled list of local groups next week.

Saturdays, Noon, Eat Zoom Pray Meeting; An inspiration Potluck

Description: Eat, Zoom, Pray: An Inspiration Potluck.

Join us **Saturdays at 12:00 noon** as we gather by Zoom. Instead of food, we will each bring an inspirational thought to share. Oh my gosh, think of the weight we'll lose!

Join Zoom Meeting

<https://zoom.us/j/192473267>

Meeting ID: 192 473 267

4th Fridays, 7 pm Dervish Healing Ritual, a Sufi Prayer Ritual

“Come, come, whoever you are...As the whole world is being affected by the Coronavirus we have been exploring creative ways in which we (Dances of Universal Peace, Port Angeles) may continue to meet in the virtual world; to gather together in heart connection. Dervish Healing Ritual, a Sufi prayer ritual is from the lineage of Hazrat Inayat Khan. It is an opportunity to come together, join as a healing circle, and intend wellness and healing for specific people and for all beings everywhere. We wish you all blessings for health, safety, and a heart full of peace in this extraordinary time! May all beings everywhere be free from suffering. May all beings know peace.

HERE IS THE LINK TO JOIN THE ZOOM MEETING: <https://zoom.us/j/503543821>

(Just click on it, or copy and paste into your URL section of your browser)

Coping with the Pandemic, Making Friends with Fear

In this new age of social distancing, we need community more than ever. Please join Karen and John for a free online 6-week therapy support group where together, we can explore skillful means of coping. The group starts in April, as soon as we can get 5-7 participants. **When: Tuesday mornings, 10:00—11:30.** This class will meet for six consecutive weeks. **Where/How:** This workshop will take place via Zoom, so you will need a computer with internet access. Karen will be happy to help with the details.

How to register: Please call Karen Chadwick at **415-913-9008**.

Compassionate Integrity Training (CIT) class Mondays and Thursdays 6-8 PM March 30 to April 30.

First session free, after that pay as you can. Class is valued at \$250. Sign up at kristinluana@gmail.com. for Zoom Link What is Compassionate Integrity Training (CIT)? Compassionate Integrity Training cultivates basic human values as skills for the purpose of increasing individual, social and environmental wellbeing. The 10 session, science-based training was developed by the Center for Compassion, Integrity and Secular Ethics of Life University in Atlanta, GA in partnership with the Charter for Compassion. The class is resilience-informed; and teaches self-regulation, and self-compassion as the foundation for relating to others and engaging with systems in compassionate ways. Students will learn to act more in accordance with their values in all areas of life- including family, school, work, leisure, and politics.

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