



# OUUF Weekly Update

## An Inclusive Community

1033 N. Barr Road  
P O Box 576  
Carlsborg, WA 98324  
360-417-2665

March 8 – 15. 2020

### UPCOMING SERVICES

March 8, 2020

Speaker: Bruce Bode



#### OUUF BOARD OF TRUSTEES

**President:**

Dianne Whitaker

**Vice President:**

Joan Cotta

**Finance Director**

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**Trustees-at-Large**

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Sarah Welchel

Sandy Goodwick

#### OUUF STAFF

**Elinor Tennyson**

Administrative Coordinator

[Admin@Olympicuuf.com](mailto:Admin@Olympicuuf.com)

**Children's Religious Education Staff**

**Julia Buggy**

[Juliafbuggy@gmail.com](mailto:Juliafbuggy@gmail.com)

**Harmony Rutter**

**Izzy Flowers**

**Care Team**

acting lead for George Will:

**Jean Stratton**

[jeanmstratton@gmail.com](mailto:jeanmstratton@gmail.com)

**Jack Webber**

Webmaster

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

**SERMON TITLE:** Deeper Than Our Separateness

**SERMON DESCRIPTION:**

Ralph Waldo Emerson writes, "Our faith comes in moments; our vice is habitual. Yet there is a depth in those brief moments which constrains us to ascribe more reality to them than to all other experiences. In this sermon I will share a personal experience of such a moment in my life, which speaks to the foundation of my sustaining faith."

**BIO:**

Bruce A. Bode, a native of Lynden, Washington, retired in 2018 as the Senior Minister of the Quimper Unitarian Universalist Fellowship (QUUF) in Port Townsend, Washington, after serving the congregation for fourteen years (2004-2018). He is now a Minister Emeritus at QUUF. Before coming to Port Townsend, Rev. Bode was the Interim Minister of the First Unitarian Universalist Church of Houston, Texas (2002-2004) and the Hope Unitarian Church in Tulsa, Oklahoma (2001-2002). Prior to that, he served for twenty-two years (1978-2001) as an Associate Minister at the Fountain Street Church, a large, independent, religiously liberal congregation in Grand Rapids, Michigan

**CALENDAR FOR March 8 - 15 , 2020 see website for more information**

**Sunday, March 8, 2020**

**CHOIR PRACTICE**

Contact: Joel Yelland at joelyelland@gmail.com

**SUNDAY SERVICE COMMITTEE**

Sanctuary or library – to be determined  
12:00-1:30pm

**COMMUNITY READ**

Sanctuary 12:30 – 2:00pm  
Contact: Bob Nuffer at e\_nuff@msn.com

**INDIVISIBLE SEQUIM**

Sanctuary 2:00 – 3:30pm  
Contact: Joan Cotta at Jcottafish@gmail.com

**Monday, March 9<sup>th</sup>, and Wednesday, March 11<sup>th</sup>**

**Dance Exercise for Parkinson's Disease,**

Sanctuary, 10:15am Contact: Marsha Melnick, (360) 683 – 5712

**Tuesday, March 10, 2020**

**MARINER'S THE BRUNCH - LUNCH BUNCH, 11:00pm**

Location: Mariner Café, Penney's Shopping Center, Sequim  
Contact: Rose Prestipino, [roseprestipino@gmail.com](mailto:roseprestipino@gmail.com)

**CHOIR PRACTICE**

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

**Wednesday, March 11, 2020**

**OOUF Men's Group**

Members' home 7-9pm  
Contact: George Stratton (360) 452-6719

**OOUF Women's Groups - All Things**

Considered Evening Group  
Member's homes 7-9pm  
Contact: Jean Stratton 360-452-6719 or  
[jeanmstratton@gmail.com](mailto:jeanmstratton@gmail.com)

**Thursday, March 12, 2020**

**REFLECTIONS WOMEN'S GROUP**

Library 1:00pm  
Newcomers welcome!  
Contact: Seri Mylchreest [Serena@mylchreest.com](mailto:Serena@mylchreest.com)

**Saturday, March 14, 2020**

**SARA JOHNSON'S CELEBRATION OF LIFE CEREMONY**

Sanctuary 2-5:00 pm  
Contact: Penny Burdick at Mandalaht@gmail.com

# ANNOUNCEMENTS

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## MARINER'S THE BRUNCH - LUNCH BUNCH

Another Lunch-Brunch coming up on Tuesday, March 10th, at 11:00 AM. Come and meet a bunch of fun and lively people at the Mariner Cafe in Sequim. Last time we had 15 and were still missing some of you! Rose ...roseprestipino@gmail.com

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## FIFTH SUNDAY FORUM

Mark your calendars. The Fifth Sunday Forum on March 29th will feature Bridget Laflin as well as pizza. She will be presenting the first of ten lessons on Improv as Spiritual Practice. So plan on coming to the fellowship, grabbing a slice and staying for our 5th Sunday Forum. We will begin right after the Sunday service. By: Dianne Whitaker

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## WEEKLY MEDITATION

Weekly meditation at the fellowship hall beginning on Thursday mornings from 9:30 to 10:30am. Sessions will begin March 19<sup>th</sup> (first day of Spring) the 1 hour sessions would be divided into three parts: a 5-minute sitting followed by a 10 minute walking meditation, at which point beginners, or anyone, would be free to leave. The third part would be another 25 minute sitting. The idea would be to present meditation techniques from different traditions, suitable for beginners as well as long time practitioners.



Facilitators will each take a 3 month period consecutively,

George Stratton will lead the first three months beginning March 19<sup>th</sup>, the first day of Spring. He will teach three types of meditation: the Gayatri Mantra for inspiration, a healing chi-gung for the body, and Zen sitting for letting go.

Penny Burdick will lead in July, Aug. Sept. She is a student of Vietnamese Zen Buddhism of Thich Nhat Hanh's tradition, including elements of Gelug (Tibetan Buddhism of the Dalai Lama's tradition). Penny intends to include a short dharma reading in her sessions.

And finally, Diane Hill-Dwyer will lead in Oct., Nov. Dec. and will be introducing relaxation and sensing exercises from the Gurdjieff Fourth Way tradition (which is an eclectic tradition borrowing from Hindu, Buddhist and Islamic traditions).

For information please contact, George Stratton at [GeoStratton@gmail.com](mailto:GeoStratton@gmail.com), Penny Burdick at [drpenniesequim@gmail.com](mailto:drpenniesequim@gmail.com) or Diane Hill-Dwyer at [DJZHill@q.com](mailto:DJZHill@q.com).

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## SEEKING HANDY PERSON

We need a volunteer who can mount soap dispensers in the OUUF restrooms. We have the dispensers, just need to get them on the wall.. Contact: Elinor Tennyson



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### INTERFAITH OF CLALLAM COUNTY - ACTIVE HOPE

Friday, March 20<sup>th</sup> – 6:00-8:30pm,  
Saturday, March 21<sup>st</sup> – 9:00am – 5:00-pm  
Sunday, March 22<sup>nd</sup> – 1:00-6:00pm

The Friday night meeting serves a double purpose. It is the celebration of the completion of the community read and it is the first part of the weekend workshop to go deeper into Active Hope work. People who have not attended the community read can attend and will get an in depth exposure to Active Hope. People who have attended the community read can attend Friday only or attend the entire weekend. Please see bulletin board for more information on the workshop. Contact: Bob Nuffer at [e\\_nuff@msn.com](mailto:e_nuff@msn.com)

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**INDIVISIBLE SEQUIM**  
**Sunday March 8, 2020**  
**OOUF Sanctuary**  
**2PM**

Join indivisible Sequim and Puget Sound advocates for Retirement Action (PSARA) for a presentation and discussion on Medicare for All, now in the spotlight as part of the Democratic candidates' positions' in 2020. Find out why this is sometimes called controversial and how it can work for all America Co-sponsors of this event are Voices for Health and Healing, SEIU Healthcare 1199NW, Health Care for All Washington, Health Care is a Human Right Washington, PSARA Education Fund, 24<sup>th</sup> Legislative District Democrats and Clallam County Democrats

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### HELP THE SOCIAL ACTION TASK FORCE

Within our small yet mighty congregation, we have many people who already devote precious volunteer (and paid) time to support numerous local, regional, state and even national social action causes... homelessness, education, food, disabilities, animal welfare, environmental and so much more... **Our Social Action Task Force would like to recognize both the many members and friends who help our world AND recognize the many organizations themselves.**

*Would you please take time to share the following ---*  
*(1) write your name and*  
*(2) the agencies or organizations you have volunteered with?*

*You can e-mail this to me ([sgoodwick@aol.com](mailto:sgoodwick@aol.com)) or write this down on a 1/2 sheet of paper found inside a clear plastic box on the table near the name tags.*

**Watch for recognition for all of your efforts in a month or two!**

THANK YOU! Sandy Goodwick (818-489-8626, or [sgoodwick@aol.com](mailto:sgoodwick@aol.com))

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# CHILDREN'S RELIGIOUS EDUCATION PROGRAM

March 1, 2020

This Sunday in our children's program we finished our series on the 7 UU principles. We sang songs and completed a worksheet about how we can care for our planet Earth. Together we sorted socks for the Homeless Connect (Community Resource Connections) event. While working we discussed how some people don't have homes but that they need warmth and that we were providing a way to care for others needs. By: Julia Buggt, Lead Teacher

## COMMENTS FROM THE OUUF FACEBOOK POST:

**FROM IZZY FLOWERS,** Assistant to the Children's RE Teachers:

This was so much fun specialty being able to share my experiences of homelessness with the kids. After they found out I was homeless I could see in their eyes they connected the dots. And now it really meant something. They couldn't believe me their teacher had been homeless before. Last week they were surprised that I could only afford a meal a day when we talked about the distribution of food. It was so great to have a discussion about things and be able to answer their questions from my personal experience. They asked questions and it was great to know the answers. This makes me feel like I went through was for a reason - the reason is to learn love and understanding and spread it.

**FROM SANDY GOODWICH,** Children's RE Program Chair:

What a great group of kids and caring adults this is! I happened to walk in as everyone was busy at work doing this... think about it - when our children learn tangible ways to care/connect with others, they take that ♡ learning with them as they grow up.

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## PARKING (OR PLAYING) IN THE MUD:

Ever gotten your shoes muddy or wet when parking at OUUF? The Drainage Plan approved by Clallam County in 2000 called for an infiltration pond to capture runoff from the parking lot. In order to increase parking space, the infiltration pond was filled in. This has resulted in mini lakes forming on both sides of the driveway because the water has no place to go. We have been handling this problem by putting more gravel on the parking area. At the recommendation of the Landscape and Hardscape Committee

Chairs, Rose Prestipino and Brian Berardo respectively, the majority of the board is recommending that we restore the infiltration pond as soon as possible. Thanks to Brian Berardo we have obtained 3 bids for this work. The estimated cost is \$15,000. Because we are not eligible for a Chalice Lighters grant at this time and this work is not in the budget, we will need to raise the funds through donations from our members and friends. Details of the restoration will be posted on the back bulletin board. Brian and Rose Prestipino will be available to answer specific questions during the potluck on Sunday, March 15. If you can contribute to our Infiltration Pond Fund, please make checks out to OUUF with Infiltration Pond Fund in the memo line.

By: Dianne Whitaker