



OUUF Weekly Update
An Inclusive Community

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

April 19-26, 2020

UPCOMING SERVICES

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APRIL 19, 2020 SUNDAY SERVICE



Join us for an OUUF Service from Our Homes
Sunday Apr 19th at 11 AM

We will share a shortened service from our home spaces. This service will be about an hour. Margo Rhinehart will provide a short sermon, Joel Yelland a couple of songs, Cynthia Green a children's story for all, and we will end with sharing and have Joel sing us out.

Children are welcome to join for the opening and story, then will exit as we sing them out after the story.

We will send an email with the order of service, and the Zoom dial in information at the end of the week

Stay safe and enjoy the Great Pause

By: Joan Cotta

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FELLOWSHIP FISCAL HEALTH:

Please mail your donation/pledge to the address below

OUUF
P O Box 576
Carlsborg, WA 98324

If you have any questions please contact Don Hatler at donaldhatler1936@gmail.com or Serena Mylchreest at Serena.mylchreest.com

OUUF BOARD OF TRUSTEES

President:

Dianne Whitaker

Vice President:

Joan Cotta

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Admin@Olympicuuf.com

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Harmony Rutter

Izzy Flowers

Care Team

acting lead for George Will:

Jean Stratton

jeanmstratton@gmail.com

Jack Webber

Webmaster

webmaster@OlympicUUF.com

ANNOUNCEMENTS

We reserve the right to edit your submission for length and grammar

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ZOOM MEETINGS:

You will receive separate emails for different Zoom meetings, like Children's (and adult's RE) the Men's Wednesday Group and weekly Community Sharing. A HUGE thank you goes to Sandy Goodwick, George Stratton and Joan Cotta for working to make these happen. This is an excellent way to connect with our community and well worth the patience it may take to master joining and participating. All three of our great Zoom leaders are available if you have any questions. Sandy Goodwick at (818) 489-8626, or George Stratton at (360)-452-6719, or Joan Cotta at (408) 206-0666,

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A MINUTE OF CONNECTION:

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 Sunday, the 19th of April 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 it home and wash and dry them before using. Seri Mylchreest serena@mylchreest.com 360-775-6606

NEED T-SHIRTS:

If anyone has old T-shirts they are not wearing I could use some to make ties for face masks. There is a shortage of the narrow elastic, and some people find the masks with fabric ties more comfortable. Please contact serena@mylchreest.com.

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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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SHARE YOUR PICTURES:

Would you like to share pictures and/or videos of your flowers, your view while “social distancing”, your pets or ??? Find a picture (or several) that have meaning for you... maybe a video you took on your cell phone... and if you send them to me (either email - sgoodwick@aol.com, or cell 818-489-8626) I will turn it into an OUUF home movie... something for our website. (An iMovie... nothing incredibly hard... kids learn how to make them in elementary school) - Sandy Goodwick



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MEMBERS AND FRIENDS BULLETIN BOARD:

FREE! FREE! FREE!

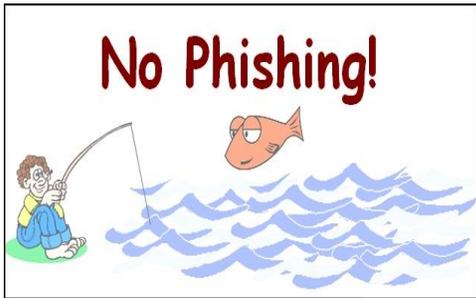
Canon MF6530 high-volume laser copier: black and white, but both single and double-sided copies. It comes with a large spare toner cartridge -- thousands of copies before you will need another. The paper tray holds a full ream.

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

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PHISHING EMAILS:

Recently Bruce Bode and others had their emails hacked and you may have received an email appearing to be legitimate. These usually are short of detail but ask you to reply. Before you reply, check to be sure the address is legitimate. For example, Bruce Bode does not use “Rev” as part of his email address. You can always send a new email using **your** contact list to the person and ask if the first one you received was actually from them. Feel free to forward the email to admin@olympicuuf.com and I will check it out. Elinor Tennyson



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BROADCASTS:

From: Florence Buriierka

Here is a spreadsheet link that was in the Seattle Times. It has broadcasts from the Met, National Theatre of London, etc . – all over the world. Michael downloaded sites to our laptop, and we can plug the laptop into our TV and watch them on the TV. Great opportunities to see things we never have seen.

https://docs.google.com/spreadsheets/d/1JC9gQn8-e_hL6vZGPBENdt_a3QEkcZVmbi3rv4_xNzE/htmlview?usp=sharing

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From The Interfaith Group

Discussion and Inspiration Groups

Saturdays (1st and 3rd), 3 pm Inspiration Open Mic, Share a quote or story of personal or local inspiration, courage, compassion, camaraderie. Come to share or just listen.

Join Zoom Meeting

<https://zoom.us/j/651692672?pwd=YS9VSERjYTVxd3cveVFzMUY2MkdyZz09>

Meeting ID: 651 692 672

Password: 092924

Meditations:

Clallam County Meditation Groups During Corona Virus “Conscious Cocooning”

The following regular meditation groups are continuing to meet via Zoom or simply by sitting together at an appointed time (“synchronized”).

Shambala Meditation Group via Zoom Tuesdays, 6:30 - 7:30 PM. Contact the group leader, Lucille Celestino varahi3@gmail.com, with questions and to get Zoom number.

Centering Prayer, synchronized meditation from your home, Tuesdays beginning at 1:00 PM. Contact Pam Wilder, pwilder@blarg.net, for more information.

Trans-Denominational Meditation broadcast on Facebook, Mondays from 7:00 to 7:30 PM. Open the Facebook page for Center for Spiritual Living Port Angeles to view the broadcast. Videos of past meditations are also available. Contact cslportangeles@gmail.com for more information.

Stillpoint Meditation, an eclectic community group, at home (synchronized) and via Zoom on the 2nd and 4th Saturday of each month from 9 - 10:30 AM. Contact Terri Bristow, truenorthtab@gmail.com for more information and Zoom number.

Virtual Dervish Healing Ritual. A Sufi prayer ritual from the lineage of Hazrat Inayat Khan, offered by Premdaya Mathieu. Fridays at 4 PM. A virtual healing circle as we gather to send healing for individuals and all beings everywhere. For more information and to submit names for healing contact Premdaya, premdaya63@gmail.com or 360-461-3196. Here is the link to sign into the session: <https://zoom.us/j/503543821>

Insight Timer (free app on smartphones and iPhones) Set any length of time with tones to start and end, and also guided, religious or secular options. For those who would like to meditate with others, but can't get to any of these groups. If you do 20 minute meditation, you are generally meditating with 3,000 to 4,000 people.

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SPRING IS HERE!

OUR FELLOWSHIP IS BEGINNING TO LOOK ALIVE WITH COLOR!

Photos by Rose and Lou



This Rhododendron bush was donated by Sara Johnson and it was the first one to bloom this year



A lovely place to hold meetings – keeping a safe distance from one another. Bring you lawn chair, relax, listen to the birds and breathe fresh air!

