



OUUF Weekly Update
An Inclusive Community

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

June 21 - 28, 2020



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SUNDAY SERVICE SPEAKER

Pre-recorded
June 21, 2020



Guest Speaker: Rev. Amanda Aikman

Sermon: Fear and Faith" -- Fear has been a constant presence for all of us for the past several months. Is our faith strong enough to enable us to heal from the effects of fear?

BIO: 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.

UPCOMING SPEAKER:

6/28/20 - Joseph Bednarik

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An email with the Zoom invite information will be sent on Fridays. ***If you do not receive the email please contact Elinor Tennyson at admin@olympicuuf.com***

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ZOOM SECURITY: Sunday Service

For security reasons we use the Zoom waiting room for people wishing to join the meeting and the Zoom host grants permission to join. If you know anyone who would like to join the service please forward contact information to Elinor Tennyson or Sandy Goodwick and they can send the link. We ask you not to share a Zoom invite link.

OUUF BOARD OF TRUSTEES

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Chair: Jean Stratton

jeanmstratton@gmail.com

Jack Webber

Webmaster

webmaster@OlympicUUF.com

ANNOUNCEMENTS and THINGS OF INTEREST

We reserve the right to edit your submission for length and grammar.
Announcements need to be submitted by Tuesday.to admin@olympicuuf.com

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Light show at the National Cathedral. Washington, DC

Submitted by: Florence Bucierka



The racial profiling, police brutality, voting restrictions, and mass imprisonment of African Americans and other people of color in the United States (dubbed the “New Jim Crow” by civil rights advocate and scholar Dr. Michelle Alexander) is a moral outrage.

As Unitarian Universalists (UUs), our dedication to global justice, equity, and dignity leads us to join hands across lines of race, class, age, and geography and work for an end to the injustices faced by black people in our communities, so that every person is treated equally under the law and has a fair chance at life. Source UUA website

Protest Music as Responsible Citizenship



Protest Music as Responsible Citizenship was a collaborative project between Roadwork and The Ohio State University Mershon and Folklore Centers in 2003.

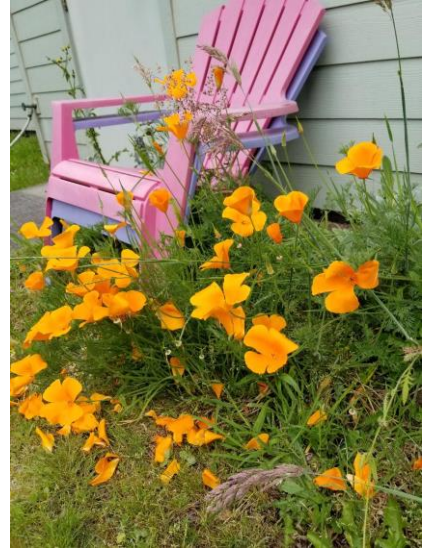
Activist singers Pete Seeger, Harry Belafonte, Bernice Johnson Reagon and Holly Near join together in conversation and song

<https://vimeo.com/68558847>

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MESSAGE FROM THE BOARD:

We are Zooming in June and have scheduled some of your favorite speakers. We'll have a presentation from Rev. Amanda Aikman on June 21st. Joseph Bednarik will finish out the month on June 28th. Hope you can join us as we continue to connect as a fellowship on Sundays. By Dianne Whitaker



Our fellowship is colorful, even in back of the building

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HOW ARE YOU DOING? Share photos, stories or other on how you are spending your time during the Covid-19 restrictions. Submit to Elinor Tennyson at admin@olympicuuf.com

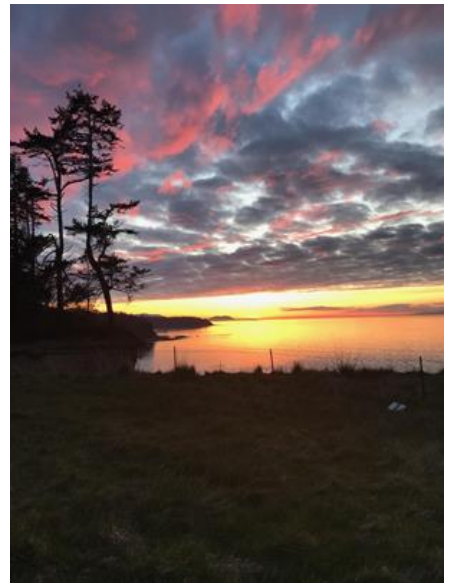
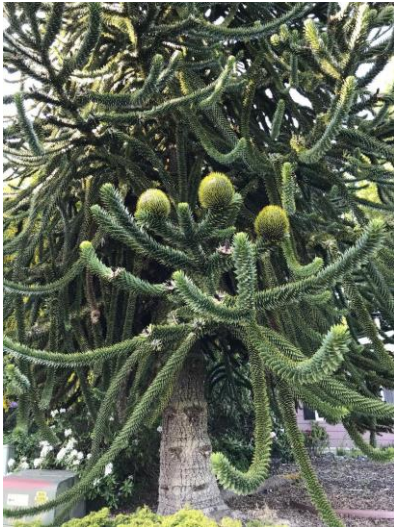
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Kathi Gunn has returned safe and sound from working in the Yakima/Moses Lake area; So glad to have you back home! She is busy with yardwork and plans on attacking the OUUF bench, which needs some TLC, but took time to send some photos. Thank you, Kathi

A Monterra Monkey Tree

View from Green Point Monterra common area

Straits of Juan de Fuca



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MEET BENNY THE BENGAL:

From: Elinor Tennyson



I lived with Benny and my partner on a boat moored in Victoria, BC. Benny enjoyed helping renovate the interior and doing maintenance work but if we ventured too far out in the ocean - Benny became seasick! After I left Canada Benny was adopted by a lovely family who had 5 acres with peacocks, chickens, dogs and lots of snakes to catch.



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NEED ZOOM HELP?

Do you want to get on Zoom, but can't figure out how? (You are NOT ALONE!) - Please email me at socialmedia@olympicuuf.com) - and include your phone number. THANKS! Sandy Goodwick

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CHILDREN'S RELIGIOUS EDUCATION:

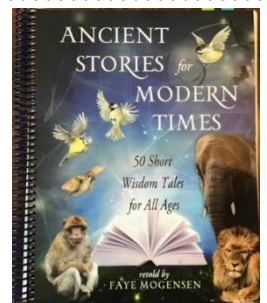


Children's RE will be meeting Sundays at 1030 AM for a half hour via Zoom (with or without their grown-ups). During this time of connection we will light our chalice, sing songs, hold a sharing circle and game/ activity. Please email Julia Buggy by email for the Zoom link if you are interested, juliafbuggy@gmail.com. We hope this allows all people who would like to participate in the 11 am service to do so.

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STORY FOR ALL AGES:

If you are interested in reading a story for the Sunday Zoom service, please contact Cynthia Green at cynthiagreen@outlook.com. Please be sure your children's book or story will take no longer than five or six minutes to do. If you do not have a book to read here are a couple of options for you. The book pictured was written exclusively for UU services. Each story is only about two or three pages long and includes UU principles that it represents. There are no pictures. These are stories meant to be read aloud. Cynthia could scan a story and send it to you as an attachment. Also is a link to the UUA website that has hundreds of stories in alphabetical order and gives suggested grade levels. For our participants grades K/1 or 2/3 work well. These are also read-alouds without pictures. <https://www.uua.org/re/tapestry/stories>



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CARE CARDS:

As a member of the OUUF Care Team Cynthia Green has mailed out handmade cards to many in our congregation. If you can think of someone you think would enjoy getting a card please email Cynthia at cynthiagreen@outlook.com. If she has not already sent one to that person, she will make one for them and mail it. Cynthia has been using the OUUF roster for addresses.



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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, Cynthia Green, George Stratton, Sandy Goodwick, Dianne Whitaker and myself as chair 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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....and we've got to get ourselves back to the garden.

By: Cyndi Ross



Remember the Crosby, Stills, Nash, & Young song, "Woodstock"? That line was part of the chorus. And it seems even more relevant nowadays, as we all feel the need to be more food secure, somehow. But how to do any gardening if you live in a condo/apartment, don't have much time, etc., etc.? One way is to grow herbs in pots. Most herbs are smaller, LOVE to be trimmed, and can be incorporated into almost any meal. And they don't necessarily need much fussing over, as many come from

Mediterranean climates, meaning hot and dry. Suggestions for a starter pot would be chives, basil, parsley, or cilantro (not all in the same pot, though). These are all pretty much annuals, meaning they'll die off before winter. And all should be available at local nurseries now as starter plants (recommended, rather than fiddle with seeds for a first-timer). Make sure your container is food-safe, has drainage holes in the bottom, and use good commercial potting soil, one that retains moisture as well as drains. Ideally, place the pot in full sun and check daily for moisture. But most will do fine with less than that ideal. A sunny south-facing window or deck/porch will also work. Harvest often, to keep them happy in their tight space. Chives on breakfast eggs, a basil leaf or two on tomatoes, cilantro in salsa, parsley in tabbouleh salad – yum! And if there is interest, we can talk about perennial herbs in another article.



We have some herbs growing in front of our church building in the middle barrel. Help yourself. The rosemary and thyme would be happy to be picked. **Seri and Rose**

FREE! Dave Large and Susan Harris have several sets of corners for raised bed construction. These are heavy-duty plastic for use with 2X6 lumber. Use one set if you want 6" raised beds or stack them to make 12" raised beds. Most are new. The corners are hinged to allow construction of non-rectangular beds, if desired and include ground posts for stability. Contact Dave Large: Dbiguy@aol.com or 408-710-8041.

REFLECTIONS WOMEN'S GROUP:



Reflections Woman's group is meeting at 1:00 pm outside of the OUUF building on the second and fourth Thursday of each month, weather permitting. Please bring a lawn chair. We will be spaced six feet apart. The meeting usually lasts one and a half to two hours. Contact: Serena Mylchreest at serena@mylchreest.com

On the first and third Thursday of each month the Reflections Women's group will hold a brief check-in Zoom meeting at 10:00 am. This Zoom meeting will probably last about a half hour to one hour. Contact Cynthia Green at cynthiagreen@outlook.com

SEEKING VOLUNTEER:

Our readers are interested in learning more about who and what we are as Unitarians. If you would be willing to write short posts that would be of interest, let me know. Perhaps something like, "*Did you Know?*" Contact Elinor Tennyson at admin@olympicuuf.com

ZOOM EXERCISE CLASS:

Since the ABC4PD exercise class (Aerobic, Balance, Coordination, program for those with Parkinson's Disease) can no longer meet in person, free classes are being offered on Zoom. These classes are available to anyone with Parkinson's disease or other neurological condition affecting balance or coordination and meet Mondays and Wednesdays at 10:30 AM. If you or someone you know is interested, please call Peggy Scheideler at 760-518-4181 for additional information and to register.



We have received grant funds from Olympic Area Agency on Aging (O3A) and anticipate resuming in person classes when Clallam County reaches phase 4 of recovery.

"Basic Morality & the Basis of Morality"
Olympic Unitarian Universalist Fellowship
June 14, 2020
Rev. Bruce Bode, guest speaker

A copy of the above sermon is sent with this newsletter. If you need it resent, please contact Elinor Tennyson at admin@olympicuuf.com