



OUUF Weekly Update
An Inclusive Community

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

July 19-26, 2020



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SUNDAY SERVICE SPEAKER

July 19, 2020



Guest Speaker: Bruce Bode

Sermon: Roots of Prejudice

Description: As our nation confronts the horrors of its ongoing racial prejudice, this sermon will attempt to understand the basis of prejudice itself, the roots of any and all prejudices. It will explore the biological-psychological dimensions that make prejudice possible for our species, distinguishing between the root *causes* of prejudice and the social-cultural *triggers* of prejudice.

BIO: Bruce A. Bode is a Minister Emeritus at the Quimper Unitarian Universalist Fellowship (QUUF) in Port Townsend, Washington, from which he retired in 2018 as the Senior Minister after serving the congregation for fourteen years (2004-2018). 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 in Grand Rapids, Michigan, a large, independent, religiously liberal congregation.

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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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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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UPCOMING SUNDAY SPEAKERS:

July 26	Joseph Bednarik	Aug 16	Joseph Bednarik
Aug 2	Jamal Rahman	Aug 23	Joseph Bednarik
Aug 9	Bruce Bode	Aug 30	Bruce or Bridget

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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.

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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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HOW ARE YOU?

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

FROM LAURA LEE WADSWORTH:

"Human beings need entertainment to hide their madness.
If they were perfectly sane, they could just sit and watch the flower blossom".
Sadhguru



LAURA LEE AND SCOTT RESCUED STRAY MAMA CAT = KITTENS....

As of last Monday, all the kitties were placed in boy/girl pairs into their new homes.



Evan adopted two !

He named the black female, Luna, and the grey male, Mochi.



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OOUF GARDEN NEWS:



Our kale plants are coming along nicely. Even though the leaves are still small they can be picked and used in salads or even smoothies. The Internet says that Kale is one of the most nutrient rich foods on the planet. Try some. Rose



Phil Zenner took home a bag of escarole greens. Here's what they Made for supper.

Calling all OOUF Gardeners.

How are your gardens growing? Please send us some pictures and description of what you are doing. Any tips or success stories would encourage us all. Thanks, Rose and Seri

FROM SANDY GOODWICK:



We built this deer proof garden in May.

This is just after things were planted...

This was about two weeks ago. Now? It's a JUNGLE.



So yesterday we had The Urban Cowboy (big deer, probably a trump supporter) defy my prediction and walk on the concrete and try chomping away at strawberries. Don't think he got any because we had strung reflective ribbon on bamboo poles to scare birds away, and he got some ribbon in his mouth.

Then in the afternoon, cute little Bambi was chomping away on a small rhodi Bush. When I saw her mam gazing adoringly at her protege ... I used my loud Teacher Voice and yelled, "Hey Mama! Tell your baby to leave my rhodi alone! She glared at me then took off with her juvenile delinquent.

One of the herd has already gone into the strawberry bed we see hoof prints.



FROM SERI MYLCHREEST:

Starting the OOUF garden inspired me to try a veggie garden at home too, for the first time in many years. There are 2 raised beds— the picture shows the one with peas, squash, a bean plant and kale.



An end result

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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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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.

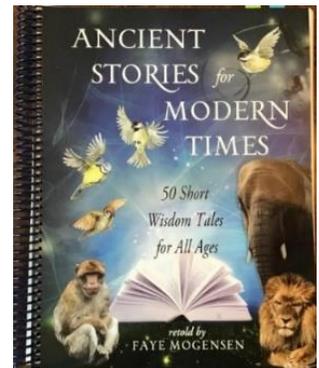


From the OUUF garden bed

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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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From the OUUF garden bed

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

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OUIF 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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Poetry by Laura Lee Wadsworth

I wrote this poem/song in 2005 in my backyard in San Diego. The song was recorded in one of the rooms in that home. I have sung it to myself often throughout the years!!!



Smell the Roses

*I want a simple life
Where I can sit around awhile
I want to close my eyes and smile
I want to feel the wind for miles and miles
I want to smell the roses
And the lilies in the wild

The world is ever changing
These times are full of pain
I look up and ask the reason
The light shows me Your glory and fame

Slow down and smell the roses
They will bloom if you slow down
Slow down and see the beauty
You will see it's all around*

*Slow down and hear the music
It will take away your frowns
Slow down and feel the feelings
You will heal if you slow down

Slow down and smell the roses
You will bloom when you slow down*

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**JACK MULLIGAN:
From Vivian Mulligan**

On July 3, Jack Mulligan fell and fractured his shoulder. He is in Crestwood for rehab and is making great progress! The other good news is that Crestwood has NO cases of Covid19. Part of their safety protocol is that new patients are isolated for two weeks so Jack can't have visitors at this time. The mailing address is:

Jack Mulligan
Crestwood Health and Rehabilitation
1116 East Laurisden Blvd.
Port Angeles, WA 98362

He appreciates the cards he's received as well as a phone call. Thanks, everyone! He will have his phone with him, so he can receive phone calls. (360) 461-9334

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OOUF MEMBERS & FRIENDS BULLETIN BOARD

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.

Twin bed for \$50. Bedding included Contact: Nancy Duffy at juneauduffys@hotmail.com

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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.

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SUNDAY SERVICE SERMON

July 12, 2020

Pre-recorded

Guest speaker: Rev. Amanda Aikman

Let America Be America Again

Description: Langston Hughes' powerful 1935 poem speaks of the American dream that never existed for Blacks, poor Americans, and immigrants. And despite its mournful, angry tone, there is also a grain of hope and inspiration there.

for a copy of this sermon contact Amanda at revaikman@gmail.com