



OUUF Weekly Update
An Inclusive Community

1033 N. Barr Road
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360-417-2665

August 16-23, 2020



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SUNDAY SERVICE SPEAKER
August 16, 2020



Guest Speaker: Joseph Bednarik

Sermon: Yes And How

You would be hard-pressed to find shorter words in the English language than yes, and, how. Yet these teensy-weensy words are chock-full of power and wisdom, and when used as an operating system, they create the alchemy of improvisational theater. This sermon explores the practical wisdoms of yes and how and how they can nourish and inspire a richly rewarding religious practice and a vibrant civic life.

BIO: Joseph Bednarik serves as the Co-Publisher of Copper Canyon Press, a nonprofit literary publisher dedicated to poetry. He studied philosophy at Haverford College and speaks regularly at Unitarian Universalist congregations in the Puget Sound region

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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.

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OUUF BOARD OF TRUSTEES

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Dianne Whitaker

Vice President:

Joan Cotta

Finance Director

Don Hatler

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Dave Large

Ren Garypie

Sandy Goodwick

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Elinor Tennyson

Administrative Coordinator

Admin@Olympicuuf.com

Children's Religious Education Staff

Julia Buggy

Juliafbuggy@gmail.com

Harmony Rutter

Izzy Flowers

Care Team

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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UPCOMING SUNDAY SPEAKERS:

Aug 23	Joseph Bednarik	Sep 06	Amanda Aikman
Aug 30	Joe Rettenmaier	Sep 13	Bruce Bode
		Sep 20	Joe Rettenmaier
		Sep 27	Joseph Bednarik

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WARNING – EMAIL HACKS AND PHISHING EMAILS:

A few of our friends and members emails have been hacked. If you receive an email from someone asking for “help”, it may be a phishing email and you should not reply to it. If you reply, you may get a request to purchase gift cards. If you believe the email may be legitimate, **call** the person to confirm.

WHAT YOU CAN DO IF YOUR EMAIL IS HACKED: Send an alert message to your contacts informing them that your email has been hacked and to ignore any suspicious message or post coming from you, or bearing your name, until you let them know that you have resolved the issue. Warn them about clicking on sent links as well. Change your password.

FROM THE FCC: If you received a phishing email, forward it to the Anti-Phishing Working Group at reportphishing@apwg.org. If you got a phishing text message, forward it to SPAM (7726). Check this website for more information.

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CHILDREN’S RELIGIOUS EDUCATION:

Children's RE will be meeting Sundays at 10:30 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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OOUF 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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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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JACK MULLIGAN:

From: Vivian Mulligan

Jack has been in Crestwood Health and Rehab in Port Angeles for a month. He went there because he broke the humerus bone in his right shoulder/arm and couldn't use his right hand or arm. The physical therapy he's been getting has really paid off! He's doing a lot of walking and is able to handle himself much better. He came home last Saturday where he thinks I'll take just as good care of him as the Crestwood nurses did. Hah!

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MILTON PATRIE:

Our beloved Milton Patrie died very peacefully August 3rd around 7am. In his last days, he was looking forward to joining his late wife Ellen at the lake house. His daughter Stephanie Nead requests no phone calls or e-mails at this time. Cards are fine(1301 S. 3rd Ave.,#6A, Sequim, WA 98382). She knows he was loved by so many of you. Florence Bucierka, florenceb@wavecable.com



Milton at the 2019 Holiday Dinner

Milton Singing in the Choir 2017

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The OUUF 2021 Nominating Committee is assembling a slate for our December Fellowship election. The committee will be nominating OUUF members for the positions of President, Vice president, two Members-at-Large positions, which is a two-year commitment, and two members for the Endowment Committee. Also, five people are needed for the 2022 Nominating Committee.

Current committee members are, Rose Prestipino, Phil Zenner, Peggy Toppenberg, George Stratton and Catharine Covert. Please contact any of the committee members if you are interested in a position or have a recommendation for a possible candidate.

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FIRST & THIRD WEDNESDAYS 12 noon – 1:00
Next meeting: August 19th

Bag your lunch, grab your lawn chair and come sit outside at OUUF... hopefully connect (at a safe distance) with another few brown baggers. Soak in the summer in a 🙏❤️🕉️❤�🙏 place.

No access to the kitchen and please take your trash with you as we have no trash pick up service. Contact Sandy Goodwick at sgoodwick@aol.com or Elinor Tennyson at admin@olympicuuf.com

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LEARN TO ZOOM AT THE FELLOWSHIP: FIRST & THIRD WEDNESDAYS

Would you like to join us for Zoom Sunday Service but need help with Zoom? Bring the device you would use to the Fellowship and meet after our Brown Bag Lunch. Sandy will help you get set up on Zoom , just let her know you will be coming at socialmedia@olympicuuf.com) - and include your phone number

Do not forget to bring your face mask!

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OUTDOOR MEETINGS AT FELLOWSHIP:

We have several small groups who are meeting on the Fellowship grounds. One problem was participants not being able to hear what others are saying. So, thanks to Dianne Whitaker we now have a portable wireless speaker and mic system available. Groups meeting outdoors still need to use face masks and social distancing. If you would like to use the sound system for a meeting contact Elinor Tennyson by email at admin@olympicuuf.com or call 360-417-2665.

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NEEDED: anonymous pictures, videos

Do you have pictures or videos of anything (traffic, animals, nature - soothing sounds, noisy whatever's...) that makes sounds? things like... cars driving past, trucks honking, Lawn mower, bicycling, running, birds chirping or singing, the wind, a train, tv, a choir, ... WHATEVER!) ... this is for a video of sounds (which will become a Zoom video)... nobody needs to be in it ... it's worth comes in the videos themselves

AND/OR do you have "words of wisdom" which speak to 'listening'?

If you have any videos of sounds (from noisy, annoying to soothing and healing) please send them to me at sgoodwick@aol.com or (818) 489-8626. And if you have a quote... words of wisdom re: listening/sounds, send quotes, pictures) to Sandy Goodwick at sgoodwick@aol.com.

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OUUF YouTube Channel:

Sandy Goodwick has created a YouTube channel for sharing videos used during Sunday services. If you would like the access link for this channel contact Sandy at sgoodwick@aol.com

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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 1:00 pm. This Zoom meeting will probably last about a half hour to one hour. Contact Cynthia Green at cynthiagreen@outlook.com

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The Little Free Library could use some **book donations**. It’s been more popular than ever before during the pandemic. Please place books in the plastic box on the fellowship porch. Thank you, Seri Mylchreest

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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

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OUUF GARDEN NEWS:

Laura Lee Wadsworth and Phil Zenner like the somewhat bitter escarole. Laura Lee is perfecting a recipe that we hope to get soon. Cynthia Green was heard recommending the red lettuce. Seri Mylchreest and Rose Prestipino were discussing the proven benefits to our bodies and brains from eating lots of greens. We harvested our first fat red tomato today and it went to Nancy Duffy. Geri Napier recommended more fertilizer for the tomatoes and it payed off. Elinor Tennyson is offering some of our greens to people beyond our Fellowship.



We have beautiful kale to give away. It’s tender enough for salads. It is great in smoothies and can be cooked.



Our little orchard has pretty little apples



Calling all OUUF 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 Prestipino and Seri Mylchreest

This was taken today near the upper veggie garden

FROM GEORGE AND JOLIE WILL:

I realize that people are locking their car doors at night, so they don't wake up to the notorious nocturnal rhubarb deposits. However, we do have this delicious vegetable available if anyone would like some.

Contact George & Jolie by phone or email: 360-683-4037
georgeandjolie@yahoo.com Thank you, George



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MEET OUR FABULOUS CHOIR DIRECTOR – who just updated his bio for the website



Joel Yelland has been our choir director since moving here from Eastern Washington in 2010. He has been singing since grade school, then studied voice at Central Washington University and has continued to take lessons with various teachers over the years. He has been an active participant in community musical groups in his many hometowns during his medical training, service in the Navy, medical practice in rural eastern Washington, and now in Clallam County. He sings with the Peninsula Singers and has performed vocally and plays percussion with the Port Angeles Symphony, the Sequim City Band, and the Sequim Community Orchestra. He gives recitals in many musical genres and has appeared in musicals with Olympic Theater Arts, and conducts the Interdenominational Peace Choir, which is sponsored by OUUF.

A personal word: "I hear a lot of people saying that they can't sing, and that in grade school they were moved to the back of the choir and told to only move their lips. I think this is tragic and

ridiculous. Almost everyone can sing and should be able to use their personal instrument in the company of others. Even if they think they can't sing, they are welcome in my choirs, as I believe the opportunity to make a joyful noise is more important than perfect choral music. My choirs are mostly made up of singers with little or no vocal training, and we just enjoy making music together. Join us!"



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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

August 9, 2020

Guest speaker: Rev. Bruce Bode

Printed copy of sermon sent with this newsletter

Excerpts from Rev. Bruce Bode’s sermon...

Where to start in dealing with diametrically opposed positions

My own sermon this morning will also present images and practices for dealing with difficult situations ... and specifically situations related to this question: “What do you say to – how do you deal with – someone who is totally opposed to the position you represent?”

from the Port Townsend poet, James Broughton:

*This is It
and I am It
and You are It
and so is That*

*and He is It
and She is It
and It is It
and That is That*

*Oh It is This
and It is Thus
and It is Them
and It is Us*