



# OUUF Weekly Update

## An Inclusive Community

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

September 13 - 20, 2020



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### SUNDAY SERVICE SPEAKER

September 13, 2020

Recorded



**Guest Speaker:** Rev. Bruce Bode

**Sermon title & description:** "Something Judges Us, Something Accepts Us" – "You are perfect the way you are ... and you could use a little improvement," writes Japanese Zen teacher Shunryu Suzuki Roshi. This week's sermon will be an exploration of the interior sense of being both judged and accepted.

**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.

+++++ 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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**Elinor Tennyson**

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[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**

**Chair: Jean Stratton**

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

**Jack Webber**

Webmaster

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

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### UPCOMING SUNDAY SPEAKERS:

September 20	Joe Rettenmaier	October 11	Joseph Bednarik
September 27	Joseph Bednarik	October 18	Joe Rettenmaier
October 4	Amanda Aikman	October 25	Bruce Bode

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### OUUF EVENT CALENDAR:

Tuesdays	Reading for the Fun of it! 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays 1-3pm Member's Home	Contact: Kitty Hawks 206-755-2832 or <a href="mailto:alettehawks@yahoo.com">alettehawks@yahoo.com</a>
Wednesdays	Brown Bag Lunch Bunch Noon-1:00pm 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays: Fellowship	Contact: Sandy Goodwick at <a href="mailto:sgoodwick@aol.com">sgoodwick@aol.com</a> or Elinor Tennyson at <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a>
	OUUF Happy Hour Noon-1:00pm 2 <sup>nd</sup> & 4 <sup>th</sup> /5 <sup>th</sup> Wednesdays: Fellowship	Contact: Elinor Tennyson at <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a>
	Learn to Zoom Fellowship	Contact: Sandy Goodwick at <a href="mailto:sgoodwick@aol.com">sgoodwick@aol.com</a>
	The Evening Men's Group 7-9pm: Zoom	Contact: George Stratton (360) 452-6719
Thursdays	Reflections 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays: Zoom 2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays: Fellowship	Details in this newsletter
Fridays	Walking Meditation Group 10-11am: Fellowship	Details in this newsletter
Sundays	Zoom Sunday Service 11am	Contact: <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a> for Zoom invite
	Children's Service 9:30am	Contact: <a href="mailto:juliafbuggy@gmail.com">juliafbuggy@gmail.com</a> for Zoom invite

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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, email [juliafbuggy@gmail.com](mailto: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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**FROM: GEORGE WILL**

This video is from the UU Hysterical Society.

**When In-Person Worship Returns!!**



**TIRED OF BEING COUPED UP/ ISOLATED/ LONELY?**

**COME JOIN US AT THE FELLOWSHIP HAPPY HOUR  
MUSIC**

**TEA, COFFEE, SNACKS!**

**Great conversation with great people**

Wednesday, September 9<sup>th</sup>  
Noon-1:00pm

**RSVP** to help us plan seating. **Or, just drop by!** We want to see you – mask and all

Contact: Elinor Tennyson at [admin@olympicuuf.com](mailto:admin@olympicuuf.com) or call 360-417-2665

It is going to be a sunny and beautiful day so we will have chairs and tables set up on the lawn.  
All with social distancing

Coffee and hot water for tea and snacks to share  
([feel free to bring snacks and drop off at the kitchen](#))

There will be masked and gloved servers to handle food and drink.

Restrooms will be open, and a suggested protocol will be posted. This will include wearing gloves, using wipes, etc. Lots of gloves and wipes will be available!

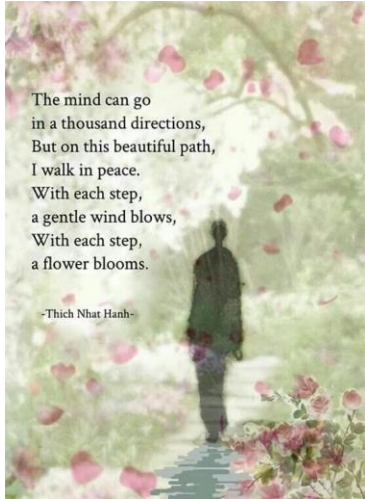
**PLEASE WEAR A MASK WHEN NOT EATING OR DRINKING**



## Walking Meditation Group

Are you stressed with the pandemic, politics, and racial unrest?  
Looking for ways to become calmer and feel more balanced?

**OOUF has started our own weekly walking meditation group that can help.**



The mind can go  
in a thousand directions,  
But on this beautiful path,  
I walk in peace.  
With each step,  
a gentle wind blows,  
With each step,  
a flower blooms.

-Thich Nhat Hanh-

Our gatherings will be every Friday,  
from 10-11 AM.

We will meet at the OOUF parking lot  
for a brief guided meditation, poem or  
short reading, then begin our slow reflective  
walking, maintaining social distancing.

For the next few months, we will be mindfully walking around the OOUF  
property or from

OOUF to Seri Mylchreest's property a few  
blocks away. At 10:45, we will return to  
OOUF for discussion and a short closing  
reading or poem.

Once pandemic restrictions are lifted more, we may vary the location.

If this sounds like the kind of self-care you could use, please join us!

*Please wear comfortable clothes & shoes, bring a mask or face shield for COVID-compliance, and a folding chair for sitting (>6' apart) before & after our walk.*

Children are welcome to come and walk holding hands with their parents.

(This photo of Thich Nhat Hanh leading a group is just to show that children can walk mindfully, too. We will not be walking clustered like this.)



Contact Penny Burdick if you have any questions.  
360-461-4538 or Email [mandalaht@gmail.com](mailto:mandalaht@gmail.com)



**OOUF WELCOMES YOU:**  
The Fellowship building is open every  
Wednesday from noon-1:00pm.

No more than 5 people in an area at one  
time. Face masks required

**STOP BY ANY TIME AND VISIT OUR  
WONDERFUL LIBRARY!**



Plastic gloves are available to use when you touch the books



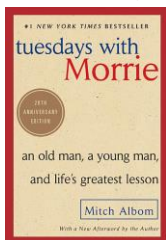
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### LIBRARY NOTES:

By: Geri Napier

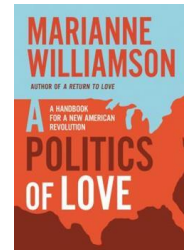
When the church building is open, please feel free to browse in our own OUUF library.

The MISCELLANEOUS section has a variety of books, including memoirs, philosophy, psychology, and more.



An old favorite, which I reread recently, is *Tuesdays with Morrie*, by Mitch Albom.

And an interesting new addition is *A Politics of Love: a Handbook for a New American Revolution*, by Marianne Williamson.



As always, the books check out on the honor system and are easily returned by placing them in the library's return basket

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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](mailto: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](mailto:cynthiagreen@outlook.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, 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](mailto: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](mailto: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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## 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](mailto:admin@olympicuuf.com)

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## NEWS FROM MULLIGAN MANOR:

From Vivian Mulligan

Jack is home from Crestwood. He still isn't very mobile, and we are taking advantage of home health care services. We both appreciate the letters and cards. They all demonstrated your concern, and some made us laugh out loud. (Laughter really is the best medicine.) I had prematurely announced our move to California. Initially Covid-19 delayed our move and now health concerns make it untenable. So, as much as we would love to be with our CA daughter, it looks like we get to stay here with OUUF friends for the foreseeable future.

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## LITTLE CHILDREN AND WATER

We had a wonderful Montessori School meeting at the Fellowship during the week for several years until the teacher Chelsae closed the school to become a full-time mom We miss you Chelsae and all the students. We all wish you and your family well.

Here is a picture showing how to enjoy warm weather and water if you are a 1-year old little boy.



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We are taking donations for our Little Free Pantry. Monetary and food donations are welcomed. Make out checks to OUUF and write Little Free Pantry on the memo line. If you wish to make a food donation, there is a large box on the porch where you can place items.

Needs will change over time but right now we can use applesauce, baby food, canned beans, canned chicken, canned fruit, canned or dry soup, canned tuna, canned vegetables, cold cereal and oatmeal, instant cocoa mix in packets, dried fruit, fruit snacks, gelatin, hot sauce, jam and jelly (not homemade), mac n cheese, masks, nutrigrain bars, olive oil, pancake mix, pasta and pasta sauce, packaged popcorn, raisins, ramen soups, rice, and soy mild in a box.

If you have questions about food donations, e-mail Vicki Sensiba at [sensibag@hotmail.com](mailto:sensibag@hotmail.com)

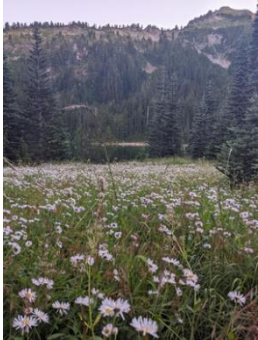
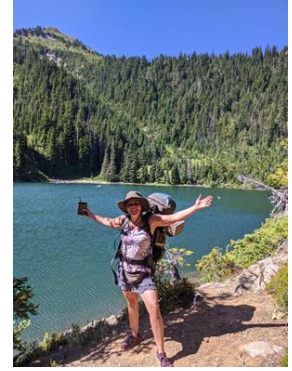
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FROM: JULIA BUGGY



Here are a few pics from my ladies back packing adventure August 15<sup>TH</sup> and 16<sup>TH</sup>. We made the arduous journey riding 8 miles on bike up the Olympic Hot Springs Road, past the Elwha Dam removal site; then hiking 6 miles into the back country to the alpine Boulder Lake.



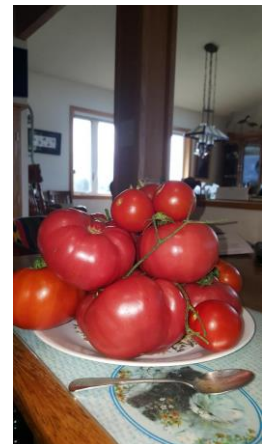
Many wildflowers dotted the trail in the higher elevations of 4,400 ft. It was meaningful to observe the history of dam removal site which has allowed nature to ebb and flow as well as salmon to return, continuing the cycle of life. I had some time to recharge, swim and practice my yoga under the stars. This time helped me remember how truly connected I am to this and the web of life.

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**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

Don and Clare Hatler are still reaping their tomato harvest!



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**Help Get Out The Vote from your home!** with the Indivisibles of Sequim and Port Townsend.

Learn about writing postcards and letters to voters, making phone calls and sending text messages using your computer. We have links to different programs and training.

We are writing postcards and letters through Flip the West, Reclaim Our Vote, and Vote Forward We are phonebanking and texting through Indivisible.org, and Reclaim our Vote

Would you like more information about training for these programs? Email me, Joan Cotta, [jcottafish@gmail.com](mailto:jcottafish@gmail.com)

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**FROM: SANDY GOODWICK**  
**UU THE VOTE**

In the past few months, we have powerfully answered the call of this political moment-- engaging thousands of UUs in non-partisan voter engagement and contributing to a movement for liberation that many of us couldn't have even imagined when the year began.

Now, as we head into the Fall push, it is time to meet this moment with the full capacity of our faith. Let us gather together to be nourished by the abundant, loving spirit of this beloved community. Join us on **Wednesday, September 23rd** for our special UU the Vote event, Gather The Spirit.

We will be joined by leaders from across our faith to celebrate all that we have done so far and introduce a powerful **week of action during #AllinOctober**. We'll roll out helpful tools to equip us for this week of action, learn how we can sustain this work through the Fall, and highlight some of the work of our UU the Vote volunteers and teams!

We have sharpened our organizing skills. We have pledged to **Vote Love in 2020**. Now let us unlock the fullness of our faith at Gather the Spirit. Reserve Your Spot Today! (click on the **Vote Love in 2020** link above)

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**Can you write legibly?**

**Are you willing to write a short postcard note to encourage voters in critical states to enroll in vote by mail?**  
**Please Join me in this very important campaign. - Cynthia Green**  
**Website: [postcards to voters.org](http://postcards to voters.org)**

There are different ways to sign up as a volunteer

- \* Fill out form on their website
- \* Text JOIN to 484-275-2229 (Preferred Method)
- \* Email your request to [Join@TonyTheDemocrat.org](mailto:Join@TonyTheDemocrat.org)

You will be given directions to create a sample post card and take a picture of it to send via email to the above. You are provided with the recommended message to write. It is checked for legibility and accuracy. Once approved you agree to the guidelines and state how many post cards you are willing to send. You will then be sent addresses.

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**SUNDAY SERVICE SERMON**  
August 30, 2020

**Guest Speaker:** Rev Amanda Aikman

**Sermon:** Reasons to Be Cheerful, Part 3

If you wish a print copy of Amanda's sermon, email her at [revaikman@gmail.com](mailto:revaikman@gmail.com)  
use the email subject line **"please send copy of Sept 6 sermon"**.