



OUUF Weekly Update  
An Inclusive Community

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

September 6 - 13, 2020



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**SUNDAY SERVICE SPEAKER**  
**September 6, 2020**  
**Recorded**



**OUUF BOARD OF TRUSTEES**

- President:**  
Dianne Whitaker
- Vice President:**  
Joan Cotta
- Finance Director**  
Don Hatler
- Trustees-at-Large**  
Dave Large  
Ren Garypie  
Sandy Goodwick  
Kitty Hawks

**OUUF STAFF**

**Elinor Tennyson**  
Administrative Coordinator  
[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)

**Guest Speaker:** Rev. Amanda Aikman

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

**Description:** This 1979 song by Ian Dury and the Blockheads suggests, in the form of a long list, the myriad of "reasons to be cheerful" that are available to us even in dark times. Please listen to the recording, if possible, and read the lyrics here to fully appreciate this service!

<https://www.lyrics.com/lyric/10416088/Ian+Dury/Reasons+to+Be+Cheerful>

**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.

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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](mailto: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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# 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:

Sep 13      Bruce Bode  
Sep 20      Joe Rettenmaier  
Sep 27      Joseph Bednarik

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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	Details in this newsletter
	OUUF Happy Hour Noon-1:00pm 2 <sup>nd</sup> & 4 <sup>th</sup> /5 <sup>th</sup> Wednesdays: Fellowship	Details in this newsletter
	Learn to Zoom	Details in this newsletter
	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 10am	Contact: <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a> for invite
	Children's Service 9:30am	Contact: <a href="mailto:Juliafbuggy@gmail.com">Juliafbuggy@gmail.com</a> for 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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**CHILDREN'S R.E. TIE DYE**



On a lovely Sunday afternoon Julia Buggy and Harmony Rutter and Izzy Flowers supervised the children to tie dye – we can hardly wait to see the end results!

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**WEDNESDAYS**  
Noon – 1:00pm  
Join us!!!!

**We have something planned for every Wednesday!**



**FIRST & THIRD WEDNESDAYS** 12 noon – 1:00  
Next meeting **Wednesday: September 2<sup>nd</sup>**

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.

**if it rains – we have the covered porch area!**

No access to the kitchen and please take your trash with you as we have no trash pick up service.

**WE MUST BREAK INTO GROUPS OF 5 OR LESS**

Contact Sandy Goodwick at [sgoodwick@aol.com](mailto:sgoodwick@aol.com) or Elinor Tennyson at [admin@olympicuuf.com](mailto:admin@olympicuuf.com)

**NEW - OUUF HAPPY HOUR**  
**WEDNESDAYS WHEN BROWN BAG LUNCH BUNCH DOESN'T MEET**  
**R.S.V.P.**

**DATE AND TIME:** First event will be Sept 9<sup>th</sup> 12 noon to 1:00pm  
NOTE: Brown Bag Lunch Bunch will still meet the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays

**Information sheet sent with this newsletter....**

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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](mailto:socialmedia@olympicuuf.com)) - and include your phone number

Zoom meeting, audio only      Zoom meeting with video



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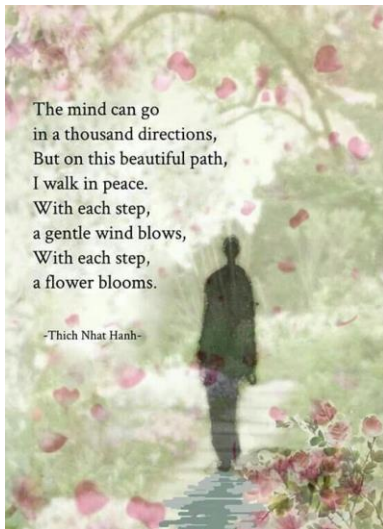




## Walking Meditation Group

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.**



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.)*



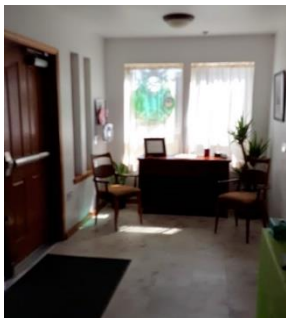
Contact Penny Burdick if you have any questions.  
360-461-4538 or Email [mandalaht@gmail.com](mailto:mandalaht@gmail.com)

## OOUF WELCOMES YOU:

The Fellowship building is open every Wednesday from noon-1:00pm.

Number of persons will be no more than 5 people at one time. Face masks required

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



Plastic gloves are available to use when you touch the books

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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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**FELLOWSHIP ENERGY AUDIT REPORT:**

We recently had an extensive energy audit performed on our main building. This report recommended maintenance and repair issues and things we can do to reduce our energy usage and we are currently addressing these items. The report is available on the OUUF website. The page is “Energy Audit Report” and it is easiest to use the “search” function to find it. If you have any questions, feel free to contact Dave Large or any Board member.

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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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Our Little Free Pantry will soon be up and giving. The Sensibas are painting it and Elinor has gotten the permissions we need to put it up. We are accepting monetary and food donations now. If you want to contribute by writing a check, make it out to OUUF and write "Little Free Pantry" on the memo line. If you want to make a food donation there is a large box on the porch where you can put your contributions. Here are the items most needed now: canned tuna, beans, soup, vegetables and fruit; individual packages of oatmeal, applesauce, and cocoa mix; fruit snacks, nutrigrain bars, dried fruit, ramen soups, pasta, pasta sauce, mac n cheese; small boxes of rice, pancake mix and cereal; raisins, popcorn, gelatin, soy milk in boxes, hot sauce and olive oil. **We cannot take homemade items (like jam/jelly/etc.)** If you have questions about food donations, you can e-mail Dianne at [diannewhit@aol.com](mailto:diannewhit@aol.com).



**Little Free Pantry Team Needs Volunteer for One-Time Project**

As you can see from this photo, we are making progress on our Little Free Pantry (LFP) project. The box is almost ready for installation but needs two more things. First, it needs a roof; although there is waterproof material on top, it would really benefit from a sturdier roof. Something simple, such as corrugated tin, would be great. Second, it needs permanent lettering on the front identifying it as an LFP. Neither of these projects should take all that long to do, but we would much appreciate someone with the proper skills lending a hand. If

you are that person, contact Vicki Sensiba at [sensibag@hotmail.com](mailto:sensibag@hotmail.com) or at 360-683-8914

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**From: Grace Yelland**

The following was part of the *Story for All Ages* presented at the Sunday, August 23<sup>rd</sup> Zoom service.

**The alphabet soup of COVID-19.**

Otto the optimist and Patty the pessimist spell out PANDEMIC.

- P:** panic, problem, pressure  
vs prepare, prevention, plan and patience.
- A:** anxious, alarmed, aggravated, annoyed and apprehensive  
vs acceptance, attitude and appreciation.
- N:** nervous, nuisance, nightmares  
vs nurture (your feelings), notice (what others need)
- D:** depressed, discouraged, disappointed  
vs Do things! , deeds, deserving.
- E:** enraged, exposed, excluded, envious  
vs engage (get busy), enthusiasm, encourage, exercise
- M:** mad, miserable, melancholy  
vs motivation, move, memories
- I:** isolation, insecure, inadequate, irritated  
vs Inhale! (Breathe), initiate, interests, immune system
- C:** confused, critical, chagrin  
vs calm, connections, caring, concerned, control and cook!

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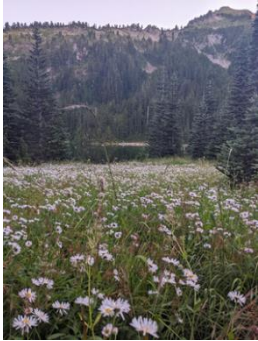
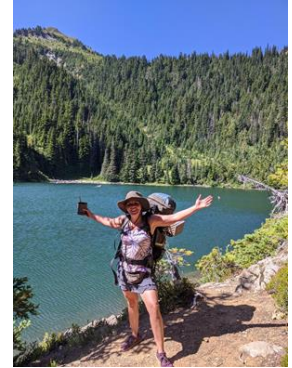


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**FROM: JULIA BUGGY**



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 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

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**OUUF GARDEN NEWS**

**SHARED BY LAURALEE WADSWORTH:**

**It's "Tomato 🍅 Time"!**

*Gazpacho Soup*

- 6 cups ripe neighborhood tomatoes chopped
- 1/2 neighborhood onion, finely chopped (about 1 1/2 cup)
- 3 neighborhood cucumbers, peeled and chopped (about 1 cup)
- 1/2 sweet red bell pepper & 1/2 sweet green pepper seeded and chopped (about 1 cup)
- 3 stalks celery, chopped (about 1 cup)
- 3 tablespoons chopped fresh parsley
- 1 tablespoon dried chives
- 3 cloves garlic, minced
- 1/4 cup balsamic vinegar
- 1/4 cup extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 2-3 teaspoons local wildflower honey (more may be needed to balance out the acidity of the tomatoes, add to taste)
- Himalayan Pink Salt and fresh ground pepper to taste
- 6 or more drops of chipotle cholula sauce to taste
- 2 teaspoons Bragg's liquid aminos (gluten-free soy sauce alternative)



Combine all ingredients and blend in three separate batches on very low speed in a Vitamix blender or other type blender. Voila 🍷

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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, [jcottafiish@gmail.com](mailto:jcottafiish@gmail.com)



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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. Here is my sample I emailed for approval:

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### SUNDAY SERVICE SERMON

August 30, 2020

Recorded

Guest speaker: Joe Rettenmaier

**Sermon:** Sermon: A Pandemic of Love

**Description:** With the COVID pandemic filling our collective souls to overflowing, how can we tap the wellspring of love to fortify our spirit.

