



OUUF Weekly Update An Inclusive Community

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

October 25 – Nov 1, 2020



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SUNDAY SERVICE SPEAKER

October 25th



Guest Speaker: Rev. Bruce A. Bode

Sermon: "The Trickster's Role in Our Lives" – Halloween, a "festival to the Trickster," is a time we pay attention to "those figures whose function it is to uncover and disrupt the very things that cultures are based on." In the midst of an ongoing pandemic, after a summer of social unrest, and a few days before a consequential election following four unimaginable years of a norm-breaking president, this sermon will explore the role of the Trickster in our lives.

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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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

President:

Dianne Whitaker

Vice President:

Joan Cotta

Finance Director

Don Hatler

Trustees-at-Large

Dave Large

Ren Garypie

Sandy Goodwick

OUUF STAFF

Elinor Tennyson

Administrative Coordinator

Admin@Olympicuuf.com

Children's Religious Education Staff

Julia Buggy

Juliabuggy@gmail.com

Harmony Rutter

Izzy Flowers

Care Team

Chair: Jean Stratton

jeanmstratton@gmail.com

Jack Webber

Webmaster

webmaster@OlympicUUF.com

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ANNOUNCEMENTS and THINGS OF INTEREST
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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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***OUUF EVENT CALENDAR – open groups only**
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Check with event chair before attending an outdoor activity as it may be canceled or modified in case of weather conditions.

Tuesdays	Reading for the Fun of it! 1 st & 3 rd Tuesdays 1-3pm Member's Home	Contact: Kitty Hawks 206-755-2832 or alettehawks@yahoo.com
Wednesdays	The Evening Men's Group 7-9pm: Zoom	Contact: George Stratton (360) 808-4477
	Fellowship open noon-1pm Drop By Black Cat Origami	Contact: Elinor Tennyson (360) 417-2665 or admin@olympicuuf.com
Thursdays	Reflections 2 nd & 4 th Thursdays 1:00pm Fellowship grounds	Serena Mylchreest at serena@mylchreest.com
Fridays	Walking Meditation Group 10-11am: Pam's Labyrinth (location change)	Contact Penny Burdick at 360-461-4538 or manandalaht@gmail.com
Sundays	Zoom Sunday Service 11am Remote via Zoom	Contact: admin@olympicuuf.com for Zoom invite
	Zoom Sunday Service 11am Fellowship sanctuary – doors open 10:30am	Contact Elinor Tennyson for reservation. (360) 417-2665 or admin@olympicuuf.com
	Zoom Children's Service 10:15am	Contact: Juliafbuggy@gmail.com for Zoom invite

*All events are subject to Washington State Covid-19 Phase 2 guidelines

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UPCOMING SUNDAY SPEAKERS:
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Nov	1	Amanda Aikman	Dec	6	Amanda Aikman
Nov	8	Bruce Bode	Dec	13	Bruce Bode
Nov	15	Joe Rettenamier	Dec	20	Joseph Bednarik
Nov	22	Joseph Bednarik	Dec	27	Joe Rettenmaier
Nov	29	Jamal Rahman			

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ZOOM SUNDAY SERVICES AT OUUF:



We invite and welcome persons who would like to join our Zoom Sunday services at the Fellowship. The Zoom meeting will be projected onto the large TV screen for viewing and chairs set up spaced at least 6' apart. Seating will be limited to a group of no more than 10 so we need to know how many people will be attending.

If you would like to join us, call Elinor Tennyson at (360) 417-2665 or email admin@olympicuuf.com

- Face masks must be worn –
mouth and nose covered at all times
- Singing with face masks on
- Exit doors will be open for air circulation
Wear warm clothing
- No refreshments will be served.



Our Porch Choir!!

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OUUF Candidates for 2021

The board has approved the following list of candidates recommended by the nominating committee. In November there will be more information about the December 6 Zoom congregational meeting. From the 2021 nominating committee: Rose Prestipino, Phil Zenner, Peggy Toppenberg, George Stratton and Catharine Covert.

OUUF Candidates for 2021

Bold = Committee nomination for position
Italics = Finishing their term in 2021

Board of Directors 2021:

President: **Joan Cotta**
 Vice President: **Catharine Covert**
 Director of Finance: *Don Hatler*
 Second-year Member-at-Large: *Sandy Goodwick*
 Member-at-large to complete Sarah Whelchel's term (Kitty Hawk) **Brian Berardo** (one year)
Two-year terms
 Member-at-large: **Phil Zenner**
 Member-at-large: **Peggy Toppenberg**

Endowment Committee 2021:

#1: *Elaine Webber (two years remaining)*
 #2: **Susan Harris** (one year term)
 #3: **Nancy Childs** (three year term)

Nominating Committee 2021:

#1: **George Will**
 #2: **Ren Garypie**
 #3: **Sarah Whelchel**
 #4: **Vicki Sensiba**
 #5: **Rose Prestipino**

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CHILDREN'S R.E. PROGRAM UPDATE:

From: Harmony Rutter



Hope you all are having a ghoulishly fun October! In the Kids RE program we are getting ready to explore the origins of and celebrate Halloween, Dia de Los Muertos and Diwali over the next four weeks of our program. We are looking forward to some fun learning and beautiful crafts to explore these seasonal holidays! Stay tuned for some great pictures of our sugar skulls (calaveritas) and paper lantern crafts. As always, we'd love to have you join us on Sunday morning at 10:15 am. We've even had some visitors and families join us from around the country. It has been so awesome to connect with those we love near and far through our virtual sessions. Please email Teacher Julia at juliafbuggy@gmail.com for the Zoom invitation.

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OUUF Caring Committee

Greetings to all this week. I am sad that Covid 19 is still here. As the leader of the Caring Committee, I wanted you to know many folks have been contacted and told how much they are missed, and also asked if they need anything. Over half of those I contacted were so grateful to get the email. They miss church so much!

As your fearless leader I promise for another year I will try to find more people to be on the committee. If you would like to lend a helping hand to just call, or run errands for someone or have a safe distance visit with them, please contact me. We lost a couple folks on our committee; one passed away, and another just simply could not do it anymore, so we would love to have more people to draw upon.

If you think you may be interested, please contact me by email: jeanmstratton@gmail.com, or call me 360 452 6719. It's not labor intensive. Just bring a caring heart and a willing to connect with others. Thanks so much.

Sincerely yours, Jean Stratton, Chair of OUUF Caring Committee.

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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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NICK DANTE:

Nick recently fell and is recovering at a rehab facility. He cannot receive visitors due to Covid-19 restrictions and at this point in time can't receive phone calls. Cards may be mailed to:

Nick Dante

Aka Eugene DiMaio

Avamere Olympic Rehab

1000 South 5th Ave, Sequim WA 98382

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Calling all music lovers!

Come join the fun on Soundtrap.com This website is like Google drive for music projects where folks can collaborate on the same song. I've missed singing with all of you and would love to hear our voices and instruments together again! If you're interested in recording your additions to some of our favorite UU hymns

and songs please email Harmony at rutterhj@gmail.com

I would love to start with "This Little Light of Mine"

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Women's march Port Angeles

Marchers celebrating the legacy of the late Supreme Court Justice Ruth Bader Ginsberg make their way up Lincoln Street to the Clallam County Courthouse after a procession through downtown Port Angeles on Saturday October 17th. A crowd of nearly 300 people took part in the demonstration, which also served as a protest of the policies of President Donald Trump... Look closely and you will see many of our OUUF women !



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The Little Free Pantry Team is looking for a few individuals to help with disseminating flyers in Sequim and the surrounding community. If available, please contact Vicki Sensiba at 360-683-8914.

LITTLE FREE PANTRY UPDATE:

Even though publicity about the Pantry has just begun, we are already seeing a surprisingly large volume of traffic. Clearly, this is needed in the community. We have been delighted by the amount of support received from Fellowship members and the local community. We have already received cash donations in the amount of \$590.

If you would like to contribute, you have several options.

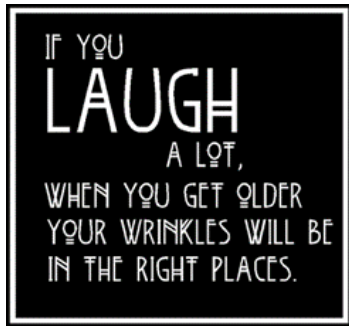
- ❖ Cash or check; when writing a check mark LFP in the memo line.
- ❖ "Sponsoring" an essential pantry item; for a set period of time, you agree to provide all of that item, for info contact Vicki Sensiba, at sensibag@hotmail.com.
- ❖ Contribute food - items such as protein bars, canned fruit, canned tuna and/or chicken, canned (NOT dried) beans, and mac 'n' cheese. Because of the size of the pantry, cans no larger than 15 ½ oz. or individual portioned items are best.

Spread the word about the Pantry. Don't forget that it is not just for the local community. Fellowship members who would like to avail themselves of the Pantry are ALWAYS welcome! Questions, please contact Vicki Sensiba at 360-683-8914.

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WANTED: CHILDREN'S MASK MAKERS: We are supplying children's and adult's masks in the Little Free Pantry. Both are going quickly. Serena Mylchreest has been making the children's masks and needs help in making more. She is willing to make up kits with fabric, knit ties (not elastic) and instructions/video. Contact Serena at 360-775-6606 or serena@mylchreest.com

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**WEDNESDAY HAPPY HOUR +
NOON-1:00PM
AT THE FELLOWSHIP
TAKE A BREAK**

The purpose of this time at the Fellowship is to provide some relief from the stress we are all experiencing. What better way to relax than to be with people who don't take themselves too seriously and can laugh at themselves and with others!

Practice keeping your wrinkles in the right places!

Happy Hour information contact: LauraLee Wadsworth at lauraleews@gmail.com

All Covid-19 guidelines will be strictly enforced, including social distancing and wearing face masks.

PUMPKINS: Bring your own or find one here! And either bring your own materials/odds and ends - or use what others have to share. You can carve (with your own knife/add innards to composter?) or decorate.

Can't come, but you would like a decorated pumpkin to "gourd" your front door or look "boo"ti-ful on your table? Let us know if you would like a decorated pumpkin or if you know anyone who might like one and we will safely deliver

Host for this event is Sandy Goodwick. Contact: sgoodwick@aol.com or 818-489-8626

ORAGAMI: Teacher: Ken Nielson .

JOIN US THIS WEEK TO MAKE AN ORIGAMI BLACK CAT

let us know if you plan on attending so Ken will have enough cat making material.

Elinor at admin@olympicuuf.com or call (360) 417-2665



Ken mistakenly assumed our group would have no problem creating a pumpkin and butterfly origami bookmark. After all, it is simple folding paper and 4-year-old child level. We had no problem folding paper, just listening and following directions! Personally, my butterfly resembles a hybrid moth....



LauraLee studying her little piece of pretty paperKen keeping his distance (wise man)

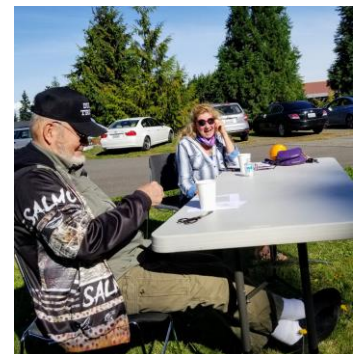


Ken tried to lead us through the **simple** process of folding paper. Ken has remarkable patience.



Joyce Estep was the only one with the ability to follow directions. Not sure she is a UU Joyce????

Then we have Don Hatler. He had previous training in origami valentine hearts but pumpkins and butterflies may be beyond him. LauraLee was so helpful making comments



Persons in photos without masks were at least 6' from other people or with a "significant other"

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VIEWPOINT - EMAIL DISCUSSION GROUP:

A group of four of us have started a discussion group via email. We would like to invite others to join in. Anyone in the group can suggest a topic. Then the participants send a reply at their convenience. Here are some advantages of this discussion group:



- *Safety (no in person contact)*
- *Convenience - you don't have to schedule a fixed time, you just respond at your convenience*
- *Informal - say what's on your mind with a comfortable group of OUUF folks - none of the pitfalls of some social media forums*

New topics will be submitted on the 1st and 15th of each month. Any participant can submit a topic." Contact Cynthia at cynthiagreen@outlook.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

Reflections Zoom is on pause until further notice

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Walking Meditation Group

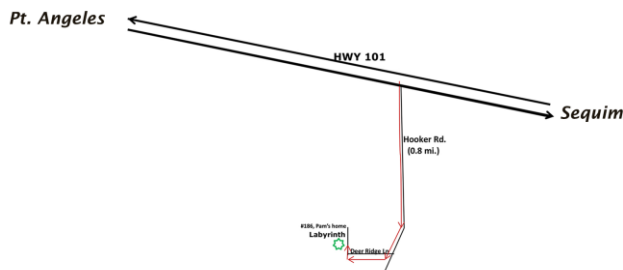
Are you stressed with the pandemic, politics, and racial unrest?
Looking for ways to become calmer and feel more balanced?

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

The OUUF Walking Meditation group will be meeting at Pam's labyrinth, 186 Deer Ridge Lane off of Hooker Rd just west of Sunny Farms.

The day and time will be the same, Fridays from 10am-11am.

Here is a map showing how to get to the labyrinth.



Pam's home is at 186 Deer Ridge Lane. The labyrinth is on the left just after the right-hand bend in Deer Ridge Lane, before you get to the house.

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.

Contact Penny Burdick if you have any questions 360-461-4538 or Email mandalaht@gmail.com

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CHALICE LIGHTERS GRANT:



We are again eligible for a Chalice Lighters grant. Thanks to everyone who donates to this cause. There have been a number of suggestions as to what project we might apply for. You board voted Sunday to open up this discussion to all the members of OUUF. If you or an OUUF committee you belong to has a suggestion, please email me at diannewhit@aol.com and I will present your ideas to the board at our next meeting.

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OUUF MEMBER AND FRIENDS ANNOUNCEMENTS:

From: Seri Mylchreest

A recently widowed neighbor of OUUF has canning jars he wants to give away. For details contact: Seri Mylchreest at serena@mylchreest.com or (360)-775-6606

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LANDSCAPE COMMITTEE:



Kevin Duffy, Brian Berardo, Nancy Duffy, and Phil Zenner worked together to plant several dozen bulbs for spring flowers.

This is the end of the season for our landscape team.

A big thank you to all of them pictured here as well as Tomi Schwent and Lou Foldoe.

Rose Prestipino, chair

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HOW ARE YOU DOING?"

The UU Mental Health Network is a new UUA-related organization whose mission is to focus on addressing issues of emotional distress/mental health that impact us individually, as family/friends, and within the congregation.

We have developed a survey in order to strategize how to help UU's in this time of uncertainty and pandemic. We are sending this far and wide within our UU communities. Please help us know your thoughts and ideas. Feel free to share this with others.

Thank you!
Sandy Goodwick
Board member/UU Mental Health Network

<https://forms.gle/4wspscKAXbGx6UQc6>

UU Mental Health Network Survey

HOW ARE YOU DOING?

We all know these times are profoundly difficult - so what can we do as a UU Mental Health Network (UUMHN) to support both individuals and congregations in this time of uncertainty, fear, and stress?

The mission of the UU Mental Health Network (UUMHN) is to promote the inclusion of people affected by mental health issues in the life and work of our congregations and in the society at large. We all know these times are profoundly difficult for many people emotionally for a number of reasons: the pandemic, racial issues, political issues, global warming... (For example, see the illustration below of increasing anxiety levels in the State of Washington over the past spring and summer.)

We are seeking to learn what we can do as the UUMHN to support both individuals and congregations in this time of uncertainty, fear and stress, so as to best focus our efforts to carry out our mission.

We will share the results on our website (www.uumentalhealth.org) when the survey is complete.

Please complete this survey by November 1, 2020.

Thank you for your participation!