



OUUF Weekly Update

An Inclusive Community

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

October 4-11, 2020



+++++

SUNDAY SERVICE SPEAKER October 4, 2020



Guest Speaker: Rev. Amanda Aikman

Sermon title: The Reluctant Radical"

Description: William Ellery Channing is known as the father of American Unitarianism. But he was all too often reluctant, timid, even cowardly. This will not be a biography, but a reflection on our own ambivalence in the face of personal and political challenges.

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.

+++++
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

+++++
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.

+++++

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

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

***OUUF EVENT CALENDAR – open groups only**

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) 452-6719
	Fellowship open noon-1pm Drop By...Happy Hour	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: Fellowship grounds	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

UPCOMING SUNDAY SPEAKERS:

October	11	Joseph Bednarik	Nov 15	Joe Rettenamier
October	18	Joe Rettenmaier	Nov 22	Joseph Bednarik
October	25	Bruce Bode	Nov 29	Jamal Rahman
Nov	1	Amanda Aikman		
Nov	8	Bruce Bode		

+++++

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 .

- Masks must be worn – mouth and nose covered
- NO SINGING WITHOUT MASK
- Exit doors will be open for air circulation
- **Wear warm clothing**
- No refreshments will be served.



+++++

CHILDREN'S RELIGIOUS EDUCATION:



Greetings from the Religious Exploration team! As the seasons are changing and families are heading "Back to School" we have taken this opportunity to begin a new curriculum with our awesome kiddos :-)



Adopted from All Souls Unitarian Church, this series is titled "Messy ChUurch" hinting at the hands on/crafty nature of the lessons. We love this format since it fits our style really well. At Home Kits full of craft supplies and other great materials were delivered last week to our families. We will begin with exploring the origins and significance of the chalice for UU's and will conclude our first series with a "Gratitude Cafe". Also in the works is a OUUF Kids Choir! This week we began practicing "This Little Light of Mine." **Please Join Us on October 4th at our new time of 10:15 am** for intergenerational **BINGO!** We'd love to have you join us for this special game drawing inspiration from the 1st Principle. Prizes will include Gift Cards to local businesses! To get involved please email juliafbuggy@gmail.com Hope to see you there!

+++++

OUUF WELCOMES YOU TO A

HAPPY – if you can drop by and have a chat

HOUR – This is UU time so may run over the hour

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



Please wear face masks and social distance

There will be coffee, tea, chai, and light snacks. Bring your Brown Bag lunch if you wish

Contact: LauraLee Wadsworth at lauraleews@gmail.com

+++++

+++++

OOUF Caring Committee



Dear Members and Friends of OOUF:

We looked at our membership list and found a number of people who aren't doing Zoom for church services. I was given a list of names from Elinor and Dianne. I have called a few already and I have a list of about 20 names left to call and I wondered if anyone would like to be part of a telephone tree to call someone and say hi there, I am so and so and I wanted to call and say you are missed. We hope you are doing okay and also ask if you would like help with anything?

I thought I would send this note out to the congregation as a whole. Like Sunday greeters, a phone call to a few people is a true kindness to do from your heart. If you are interested, please contact me: jeanmstratton@gmail.com, and I will send you some names and numbers.

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

+++++



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. After a bit of back and forth discussion we move on to another topic. 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 OOUF folks - none of the pitfalls of some social media forums*

Our first topic was on "toxic positivity". An example of this might be when someone responds to a very difficult situation with a remark such as, "Oh don't worry, everything will turn out okay." OR "Everything happens for a reason." Basically it was a discussion centered around responses that are not helpful and alternatives to those. We read a short article about it.

Interested? Contact Cynthia at cynthiagreen@outlook.com

+++++



LITTLE FREE PANTRY VIDEO

The Little Free Pantry is up and being used. We wish to thank everyone who has contributed time, money and/or food including our Jewish congregation renters who made a generous donation. We couldn't have done this project without you. I would also like to recognize a few individuals. Thanks to Vicki who has volunteered to be the lead and master tracker/resupplier. Thanks to Florence who brought LFP to our attention, has taken the "first watch" and made a number of significant improvements in procedures. Thanks to Dave our master builder and mover of the shelving, as well as our shelving system, and to Susan for being his cheerful helpmate and creator of our posters. Thanks to Ren and Margo for soliciting donations. Thanks to Seri and Kitty for volunteering to be stockers.

Submitted by Dianne Whitaker, President of the Board of Trustees and Stocker

+++++

+++++



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

+++++

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 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 OUUF 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 OUUF property or from OUUF to Seri Mylchreest’s property a few blocks away. At 10:45, we will return to OUUF 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

+++++



INFORMATION FROM: KATHI GUNN

Many of our congregation know Phil and Jonna McConnell who have moved from our area but are still in our hearts. We are sad to hear that Jonna had brain bleed surgery twice. She is now going to physical therapy and is at the University of Washington rehab center.

Please send healing thoughts, energy, and prayers to:
Jonna and Phil McConnell
4910 Magnolia
Townsend, WA 98368

+++++

+++++

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



+++++



JOIN THE UU SUNDAY ZOOM GANG!!!

(We could qualify as a gang since we all wear masks)
From: Elinor Tennyson

I was delighted to have company at the Fellowship last Sunday to share viewing the Zoom service on a BIG screen! It was so much better than being home using my little tablet to join Zoom. Besides, I find using my Wi-Fi for Zoom EATS up the data allowance.



I was joined by some wonderful people who after the service raided the veggie garden in the back, gathered apples and then moved to the porch for some of the donated plums. We enjoyed the service and left with a healthy to-go lunch. Now, all of you who stayed home missed a very special Sunday morning. Please join us next Sunday. We are limiting the number of people who attend due to Phase 2 guidelines so you are encouraged to let me know you are coming. Email me at admin@olympicuuf.com or call me at 360-417-2665.

OUUF GARDEN: Correction to last week's Newsletter – Persons in pictures not identified correctly



Kevin Duffy & Brian Berardo
-- Up a tree --



Lou Foldoe giving the bushes a haircut



End result – a beautiful and welcoming entry

+++++

SUNDAY SERVICE SPEAKER

September 27, 2020

Guest Speaker: Joseph Bednarik

Sermon title: Tend to the Bend

Description: A modern prophet and martyr once said in a speech, "The arc of the moral universe is long, but it bends toward justice" In this—our—historical moment, when multiple crises are erupting and overlapping, how do we, as individuals and a religious community, tend to the bend?

A copy of this sermon is sent with the newsletter