



# OUUF Weekly Update An Inclusive Community

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

January 31 – February 7, 2021



+++++

January 31, 2021

Rev. Amanda Aikman



**Sermon Title:** "A Cure for Loneliness"

**Description:** Loneliness is rampant in our society and has been identified as a major threat to health and well-being. There is a simple three-word question that can alleviate loneliness and help to shift our culture just a little towards joyful connection

**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 Sunday regular service Zoom 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)

+++++ **ZOOM SECURITY: Sunday Service**

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:**

Joan Cotta  
[jcottafish@gmail.com](mailto:jcottafish@gmail.com)

**Vice President:**

Catharine Covert

**Finance Director**

Don Hatler

**Trustees-at-Large**

Brian Berardo  
Sandy Goodwick  
Peggy Toppenberg  
Phil Zenner

## OUUF STAFF

### STAFF BIO'S

**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)

+++++  
**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)

+++++  
**OOUF EVENT CALENDAR – open groups only**  
 +++++

OOUF sponsored events are offered to members and friends as a way to provide increased spiritual, mental and physical health in a safe and caring environment. Groups have at their foundation the Seven Principles of Unitarian/Universalism, as well as our OOUF purpose and mission. They operate under the Washington State Covid-19 guidelines. Please contact Elinor Tennyson at [admin@olympicuuf.com](mailto:admin@olympicuuf.com) if you have questions or would like clarification.

Wednesdays	The Evening Men’s Group - Zoom 7-9pm	Contact: George Stratton (360) 808-4477
	Fellowship open Noon-1:00-pm Covid-19 protocol	Contact: Elinor Tennyson (360) 417-2665 or <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a>
	OOUF Women’s Meeting – Zoom 6-7pm	Contact: Jean Stratton <a href="mailto:jeanmstratton@gmail.com">jeanmstratton@gmail.com</a>
Thursdays	Reflections - Zoom 1st and 3 <sup>rd</sup> Thursdays 1:00pm	Contact: Elaine Webber for Zoom link <a href="mailto:elainjwebber@hotmail.com">elainjwebber@hotmail.com</a>
Sundays	Sunday Service - Zoom 11am	Contact: Elinor Tennyson for Zoom link (360) 417-2665 or <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a>
	Sunday Service – Zoom viewing 11am Fellowship sanctuary – doors open 10:30am	Contact: Elinor Tennyson for reservation. (360) 417-2665 or <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a>
	Children’s Service - Zoom 10:15am	Contact: Zoom link <a href="mailto:Juliafbuggy@gmail.com">Juliafbuggy@gmail.com</a>

See OOUF website for complete calendar list by date      click [OOUF WEBSITE](#)

+++++  
**UPCOMING SUNDAY SPEAKERS:**  
 +++++

Feb 7      Amanda Aikman	Feb 21     Jamal Rahman
Feb 14     Bruce Bode	Feb 28     Joseph Bednarik

+++++

+++++

## ZOOM SUNDAY SERVICES AT OUUF:

permitted under the recent Proclamation

We invite and welcome persons who would like to join our Zoom Sunday service at the Fellowship. The Zoom meeting will be projected onto the large TV screen for viewing with CLOSED CAPTIONS!



Chairs set up spaced at least 6' apart and Seating will be limited. All Covid-19 guidelines are followed.

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

+++++

## CHILDREN'S R.E. PROGRAM

By Harmony Rutter

This week marks the start of our Famous UU's Series in the Religious Education program. To start us off, we dreamed of living and creating sacred space in our own geodesic domes while learning about Richard Buckminster Fuller or "Bucky." Many thanks to OUUF member Vivian Mulligan for the inspiration on this session and to the Science Museum of Virginia for the use of their educational Geodesic Dome Building Guide.

Sipping on a cup of hot cocoa and marshmallows, we found that Bucky spent his life doing many things in the scientific, architectural, engineering and environmental realm. Among them he promoted sustainable living to protect "Spaceship Earth" and coined the word "Dymaxion" (DYnamic MAXimum tensIOn) which means maximum gain of advantage from minimal energy input. He is not the inventor of the Geodesic Dome, that designation goes Dr. Walther Bauersfeld of Germany in 1925. However, it was in the 1940's when Bucky was at Bennington College in Vermont, that he began to study and reinvent them. His large-scale, very robust prototypes brought him much notoriety and he constructed lots of them for the Marines and the famous Montreal Biosphere of 1967.



To bring the magic of the dome to life, we built our very own small models with toothpicks and marshmallows. It turns out you only need 25 toothpicks and 11 marshmallows to make a basic one. Join us next week as we continue learning and growing together: Sundays at 10:15 am on Zoom.

Our next session will be on Clara Barton. As we gathered this week, we found that several of us had been out in nature over the weekend and opened our time by sharing our love of Planet Earth and stewardship of nature. Then we watched the episode about Martin Luther King Jr. from Mr. Q and "A Kid Explains History" on YouTube together. This set the stage for our discussion and rededication to creating a fair and just world that prioritizes the inherent worth and dignity of every person.

Amara then read us a book about Martin Luther King Jr. which had pop-up features. We rounded out our session with the beautiful song "Lift Every Voice and Sing," written by James Wheldon Johnson and set to music by his brother J. Rosamund Johnson. The call and answer part at the end was our favorite! "Let us march on till victory is won... Lift Every Voice!"

+++++

+++++

## 2020 Donation Letters

OOUF donors who contributed \$250 or more in 2020 will receive a donation letter no later than January 31st. These letters will be sent by snail mail or if you would like to receive by email please advise Elinor Tennyson at [admin@olympicuuf.com](mailto:admin@olympicuuf.com) or call (360) 417-2665.

If we haven't received your 2021 pledge form one will be included with the letter.

If you have any questions, contact either Don Hatler at [donaldhatler1936@gmail.com](mailto:donaldhatler1936@gmail.com) or Elinor Tennyson at [admin@olympicuuf.com](mailto:admin@olympicuuf.com)

+++++

## 2021 WINTER SPIRITUAL READ:

We need to gather in community, now more than ever. The basis of effective compassion comes from truly realizing we are truly interdependent. This author helps us explore reciprocal relationships, honorable harvest, and the power of community. We are joining with the Interfaith Community to spread this invitation.

In Peace, Marilyn Eash

Compassion Clallam County

**Territories of the chalá·at (Hoh), kʷoʔlí·yot' (Quileute), qʷidiččaʔa·tš (Makah), nəxʷsłáyəm' (Klallam), & tšémqəm (Chimacum) peoples**

*Join us in the 2021 Winter Spiritual Read*

Meetings via Zoom

### **Braiding Sweetgrass:**

***Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants, by Robin Wall Kimmerer***

**When:** Sundays 1:00PM beginning January 31st, once a week for about eight weeks (depending on group agreement). We will gather weekly by Zoom to discuss, reflect, share resources, and build community.

To register, contact Bob Nuffer at [e\\_nuff@msn.com](mailto:e_nuff@msn.com)

Link to flyer: [BRAIDING SWEETGRASS](#)

Other groups:

- Mondays 2:00 PM, starts Jan. 25, facilitators Tim West and Margaret Denstad
- Tuesdays 7:00 PM, starts Jan. 26, facilitator Asha Burson-Johnson
- Wednesdays 9:30 AM, starts Jan. 27, facilitators Robert and Marilyn Eash
- Wednesdays 1:30 PM, starts Jan. 27, facilitator Diana Somerville
- Thursdays 10 AM, starts Jan 28, facilitator Marilyn Eash
- Thursdays 2 PM, starts Jan 28, facilitator Donna Little
- Sundays 1:00 PM, starts Jan. 31, facilitator Bob Nuffer
- Other groups forming; contact us with questions or to start a group

**To register:** Contact [interfaithclallamcounty@gmail.com](mailto:interfaithclallamcounty@gmail.com) and let us know which group you would like to join or contact the facilitator directly if you already know your group.

+++++

+++++

## Report from the Membership Committee.

By Dianne Whitaker

Welcome new members, Sharon and Bill Taylor and Theresa Heiler. We are delighted that Sharon, Bill and Theresa decided to officially join us as members as confirmed by the Board of Trustees last Sunday. Members can vote at our yearly congregational meeting, chair committees, and run for office. An added benefit is a subscription to the UUA's World magazine. A new member orientation meeting is being planned for the near future. If you are interested in attending or in getting more information about becoming a member please contact Dianne Whitaker at [diannewhit@aol.com](mailto:diannewhit@aol.com).

+++++

## AZELLA AND BEARS MOVED ON

Azella and bears along have moved to Spanaway. (Bubba Bear had cosmetic surgery due to smoke damage. Thank you, Gayla). We will miss her very much and wish her happiness where she will live now. it won't be the same at OUUF without her.

Azella would love to hear from you. Her new address is:  
16617 - 10th Ave Ct E, Spanaway, WA 98387



Azella and Bubba saying good-bye to the Fellowship

+++++

## FRIENDSHIP GARDEN PROJECT

By Rose Prestipino and Phil Zenner

The Friendship Garden is a place where we believe our fellowship can grow and attract new people. It adds another component to our facilities meeting and talk space. It will use our ample grounds for OUUF purposes including small group meetings, study groups as well as for relaxation and conversation. It adds "another room" whenever weather permits,

The Landscape Team and the four principals, Phil Zeller, Elinor Tennyson, Lou Foldoe and Rose Prestipino, ask for your support to make this happen. Financial support would enable us to get this project fully underway. We have some donations of funds for the garden and the outdoor furniture but need more to make this happen. An additional \$600 for setting up the garden is needed

The Landscape Team is stepping up to begin de-sodding the area and moving to next steps. We could use more physical help though. ~~We plan to begin the work on Wednesday, January 27th at noon weather permitting. Please come by or contact Elinor Tennyson at 360-417-2665 or Rose Prestipino at 360-922-4409~~



Friendship Garden preliminary rendering

~~work on Wednesday, January 27th at noon weather permitting. Please come by or contact Elinor Tennyson at 360-417-2665 or Rose Prestipino at 360-922-4409~~  
**CANCELED DUE TO WEATHER CONDITIONS.**  
**Stay tuned for workdays. The weather and peoples' availability will determine the dates.**

We have had fun developing this project this far. It gets some of us outside and helps us have a creative endeavor. Please join in!!

Statement of purpose.

***"The Friendship Garden is a space for building friendships across our beloved community, as well as contemplation and relaxation in a refreshing setting, respecting and appreciating the beauty of nature."***

+++++

+++++

**OUIF Pastoral Care Team**



The Caring Team supports and reaches out to members and friends of OUIF who are experiencing life changes, challenges, loss, illness, death or loneliness. We also share in moments of joy.

Pastoral Caring Team members offer a special touch of human kindness and an open ear. We are a caring, listening presence, although we do not counsel, offer therapy or advice.

We recognize and respect the importance of confidentiality in all information imparted to the Pastoral Care Team members.

Our Services include:

- Hospital, Nursing home and Home visits—listening and companionship
  - Transportation—arranging rides as needed
- Temporary Meals –arrange to have meals delivered during illness or need
  - Mailing greeting cards for illness or other needs

If you or someone you care about needs a listening ear or a helping hand, please contact our Team

Leader: Jean Stratton Pastoral Care Team Leader  
360 452-6719 [jeanmstratton@gmail.com](mailto:jeanmstratton@gmail.com)

**If you think you may be interested in volunteering for the Pastoral Care team, please contact Jean by email: [jeanmstratton@gmail.com](mailto:jeanmstratton@gmail.com), or call 360 452 6719. It's not labor intensive. Just bring a caring heart and a willing to connect with others. Thanks so much.**

+++++

**CARE CARDS:**

As a member of the OUIF 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 recently sent one to that person, she will make one for them and mail it to that person. Cynthia has been using the OUIF roster for addresses

*Tigeroni & Tiglet  
Cat Social Distancing*

+++++

**VIEWPOINT - EMAIL DISCUSSION GROUP:**

A group 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 OUIF 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](mailto:cynthiagreen@outlook.com)

+++++

+++++

## VIRTUAL COMMUNITY BULLETIN BOARD

Feel free to submit items that may be of interest to our readers. Submissions should be relevant to our mission and purpose as Unitarian Universalist. Larger articles will be shown as a link. 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)

---

Submitted by Florence Bucierka



**Prevention Works! Of Clallam County will hold their annual meeting remotely on Wednesday January 27 from 4-6 p.m. All interested parties are invited to attend at this link:**

Join Zoom Meeting <https://us02web.zoom.us/j/89916603740>

This year's event will **focus on children and families without housing**. Panelists will include a mother-child pair with lived experience, social service providers and providers of innovative programs in the community, as well as a Port Angeles City Council member.

Link for more information [PREVENTION WORKS](#)

---

+++++

### SUNDAY SERVICE

JANUARY 24, 2021

Joseph Bednarik

[josephb@quuf.org](mailto:josephb@quuf.org)

**Sermon Title:** Second Best Time

**Description:** The proverb goes like this: "The best time to plant a tree was twenty years ago. The second best time is today." This sermon explores our ever-present second best time, and the lives we choose to live there.

---

Sermon hard copy sent with newsletter