



OUUF Weekly Update An Inclusive Community

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

February 28 – March 7, 2021



OUUF BOARD OF TRUSTEES

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jcottafish@gmail.com
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STAFF BIO'S

Elinor Tennyson
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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

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February 28, 2021
Joseph Bednarik



Sermon Title: Simplicity's Sweet Spot

Description: Thoreau exhorted his readers to "Simplify, simplify, simplify!" and Einstein advised that "everything should be made as simple as possible, but no simpler." When we take these pieces of advice seriously, at some point the exhilarating/exhausting/enlightening project of simplifying everything arrives at the sweet spot "No Simpler." This Sunday we wonder aloud how and why to search for simplicity's sweet spot.

Bio: Joseph Bednarik serves as the Co-Publisher of Copper Canyon Press, a nonprofit literary publisher dedicated to poetry. He studied philosophy at Haverford College, and speaks regularly at Unitarian-Universalist congregations in the Puget Sound region.

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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

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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.

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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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OOUF EVENT CALENDAR – open groups only
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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 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 admin@olympicuuf.com
	OOUF Women’s Meeting – Zoom 6-7pm	Contact: Jean Stratton jeanmstratton@gmail.com
Thursdays	Reflections - Zoom 1st and 3 rd Thursdays 1:00pm	Contact: Elaine Webber for Zoom link elainjwebber@hotmail.com
Sundays	Sunday Service - Zoom 11am	Contact: Elinor Tennyson for Zoom link (360) 417-2665 or admin@olympicuuf.com
	Sunday Service – Zoom viewing 11am Fellowship sanctuary – doors open 10:30am	Contact: Elinor Tennyson for reservation. (360) 417-2665 or admin@olympicuuf.com
	Children’s Service - Zoom 10:15am	Contact: Zoom link Juliafbuggy@gmail.com

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

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UPCOMING SUNDAY SPEAKERS:
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March 7 Amanda Aikman	March 21 Jamal Rahman
March 14 Bruce Bode	March 28 Joseph Bednarik

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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. All Covid-19 guidelines are followed.

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



Submitted by George Will

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CHILDREN'S R.E. PROGRAM

In the spirit of Justice we will gathered for Week 5 of our famous (or less famous but still impactful:) series. In honor of Black history month we learned the story of Revered Egbert Ethelred Brown, the first black Unitarian minister. We had fun playing the doodle game and singing songs as well!



Additional Links at the end of the newsletter under Last Sunday Service

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Needed: tech volunteers for our Sunday services.

Need volunteers to "spotlight" speakers, services leaders. Also need volunteers to "screen share" already fully completed slides during the services. If you have a computer... you can do this!

For more information- contact Sandy Goodwick at sgoodwick@aol.com or 818-489-8626.



THANK YOU!

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GETTING READY TO MEET IN-PERSON

The Fellowship has many wonderful volunteers and one of our newer members, Pat Dusel, took on the volunteer challenge as our Decor & Arts Committee Chairperson. Pat with LauraLee Wadsworth's help has spent the last year cleaning, organizing and decorating the main building. A huge appreciation and thanks to Phil Zenner who has loaned many beautiful framed nature photos. Other framed pictures have been purchased.

Pat is now working on an appropriate treatment for the pulpit area, perhaps a way to acknowledge tribal lands and the S'Klallam tribe. If you have authentic PNW appropriate artwork and could lend/donate to the Fellowship please contact Pat at patdusel@hotmail.com

Cost of posters, framing, storage containers, misc decor items and plants have been covered by Pat and a few others who find it difficult to continue and we are asking for help. Any contribution will be appreciated. If you have feedback or questions feel free to contact Elinor Tennyson at admin@olympicuuf.com or Pat Dusel at patdusel@hotmail.com.

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General Assembly – Why bother?

General Assembly is inspiring in ways you can only imagine, unless you've attended. After the 2015 General Assembly in Portland, OR:

* Joel Yelland was so inspired by the idea of a Contemplative Service, that he and Diane Hill-Dwyer started what has become a beloved tradition here at OUUF.

* Dianne Whitaker met Bridget Laflin over lunch at GA. Dianne invited Bridget to speak at OUUF, and Bridget became one of our cornerstone speakers.

* Bob Nuffer and Vivian Mulligan were so inspired by Rev. Allison Miller's Sunday Sermon entitled "Re-Storying Hope," that they created and led successful workshops on "Reframing Your Story" at OUUF.

* Our attendees at the 2015 GA were taken by the beautiful Sunday Service hymn, "When Our Heart is in a Holy Place." It wasn't well known at OUUF at the time, but has become a favorite.

* The Welcoming Ceremony Banner Parade at least indirectly inspired Gayla Nuffer to create OUUF's own banner and which was televised at the 2016 General Assembly, even though we were unable to attend that year.

There is still time to register for 2021 Virtual General Assembly.

Greetings from the plants!

By Harmony Rutter

As things start to warm up and get ready for spring, the OUUF Community Garden is starting to wake up too. Rose Prestipino and Harmony Rutter will collaborate on the project this season to ensure continuity and empower the great community of OUUF Gardeners. Harmony is working towards her Clallam County Master Gardener Certification this year and is looking forward to practicing her skills, sharing resources, and supporting a robust garden.



Currently overwintering are: Violas, Lacinato Kale, Swiss Chard, Parsley, and Spinach. The plants are still very small, but with a little love, they will soon be providing fresh veggies for the community. The Religious Education program will also incorporate the garden into its curriculum. The kids will love some of the future plants in the works like snap peas and cucumbers! Please reach out to Harmony with ideas, questions, or ways that you would like to be involved! rutterhj@gmail.com

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Friendship garden project:

By Rose Prestipino



While we're waiting for the weather to warm and get a little dryer, we could use your help. Would you begin to collect some rocks for the garden? The smaller river rock is very useful. We will also need some larger attractive ones. When you have some to donate, put them on the west side of the church building near the foundation. We are looking forward to getting together to put this wonderful project together. Thanks, Rose, Phil, Louis and Elinor

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LOOKING FOR AN UPLIFTING EXPERIENCE?

By Vicki Sensiba



And aren't we all, these days! Helping with the Little Free Pantry provides just those moments, and a real sense of making a difference in our community!

Business is booming at the pantry. People in need empty our shelves our cooler almost every day.



Besides non-perishables in the pantry, the cooler offers our users an array of healthy perishable food such as ground meat, tofu, hummus, yogurt, eggs, and fruit and vegetables.

It's truly humbling to see someone delighted that he's able to take home a package of raw carrots to his kids! And then hear him add as he departs that he only comes once a week because he knows there are people in greater need than he is.

All of us on the committee are so grateful for the wonderful support we have received thus far from the community, particularly our own OUUF community! Your donations make this possible. While we would like to believe that better times are coming, it's clear they aren't here yet, and winter is often particularly tough for people with food insecurity. Please continue to do whatever you can to support your neighbors!

If you have questions or would like to volunteer, contact Vicki Sensiba at sensibag@hotmail.com or at 360-683-8914.

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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 recently sent one to that person, she will make one for them and mail it to that person. Cynthia has been using the OUUF roster for addresses



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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

If you think you may be interested in volunteering for the Pastoral Care team, please contact Jean by email: 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.

Azella's phone number has been changed – (425) 480-2298

she now has a good voicemail. She would love to hear from you and if you call, let it ring to give her time to answer.



HEALING THOUGHTS/PRAYERS

We are requesting healing thoughts/prayers for Lela Prewitt. Most of you have not met Lela. She is a long term UU who moved here recently with her wife Carole. She was just about ready to become a member and also a Little Free Pantry volunteer, that all changed last week with a diagnosis of acute leukemia. She is in Swedish Hospital in Seattle. Please consider sending healing thoughts/prayers to her. If you wish to send a card, send it to her at: Rm. 1258, Swedish First Hill, 747 Broadway, Seattle, WA 98122 Thank you, Florence Bucierka

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.

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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VIRTUAL COMMUNITY BULLETIN BOARD

Submissions should be relevant to our mission and purpose as Unitarian Universalist
Announcements need to be submitted **by Tuesday** to admin@olympicuuf.com

COMMUNITY YOGA PRACTICE

By Julia Buggy

Starting Tuesday at 10:15 am I will have a new class format, mixed levels flow on Zoom. Suggest contribution is \$10 but I am opening **free of charge to OUUF friends and members.**



Mixed Levels Flow-A fun, come as you are community yoga practice, medium-paced, often energizing and supported with music. We take time to set up proper alignment within a posture and flow, linking our movements with breath awareness. This class accommodates a wide range of experience levels, working on balance between strength and flexibility. Relaxation is incorporated at the end of every class to leave you feeling recharged and connected to your center.

For more information contact Julia Buggy

Juliafbuggy@gmail.com



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PREVIOUS SUNDAY SERVICE

February 21, 2021

Jamal Rahman

Video and/or written copy of sermon not available

CHILDREN'S R.E. links from program

Kitsap UUF- Black Lives Matter Page, scroll down to slideshow <https://www.kuuf.org/blm-at-uu>

Story- <https://www.uua.org/re/tapestry/children/journeys/session8/finding-your-way>

Kids Talk Black History- <https://www.youtube.com/watch?v=Lzt3gFgYVYk>

Music Video- <https://www.youtube.com/watch?v=f6cmXLzxfZE>