



# OUUF Weekly Update An Inclusive Community

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

February 7 - 14, 2021



+++++

## OUUF BOARD OF TRUSTEES

### **President:**

Joan Cotta  
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)

February 7, 2021

Rev. Amanda Aikman



**Sermon Title:** Does Monogamy Work?

**Description:** Is monogamy still the most desirable ideal? Many UU's and others find other ways -- from polyamory to solitude -- to go through life happily and ethically. Is it time to throw out some of the deeply-rooted notions we hold about the value of monogamy? Please be advised that this sermon will raise questions but not give any definitive answers. Happy Valentine's Day, everyone!

**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.

+++++

+++++  
**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.



Bernie waiting for in-person events.

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

+++++

+++++



Dear Olympic UU Friends and Members

Hi, I am Joan Cotta, Board President. I am writing to you to ask for your continuing support and 2021 financial Pledge to our small but mighty Fellowship.

OOUF has provided continuing community with online Zoom services, Men’s and Women’s and book groups through this pandemic pause. We have a small number of people meeting safely for Sunday Services via Zoom from the sanctuary, for a truly ‘hybrid’ experience. We have pastors and speakers Broce Bode, Joseph Bednarik, Amanda Aikman, Joe Rettenmaier and Jamal Rahman who provide thoughtful sermons, with great hymns and music. Our Religious Education program is booming, with new kids and parents joining for Kid’s Church every Sunday. Our new Little Free Pantry is feeding neighbors with food insecurity needs.

We all wish to be back in person and we will be. We have ongoing expenses to maintain the church facility, pay staff salaries and speaker’s honorariums. So far, we have not had to lay anyone off, or reduce salaries.

Today I am asking you to renew your pledge and support this wonderful community. We are short about 20 per cent of the money we need to get through this year so we can be able to get back to meeting in person this summer or fall.

Please consider renewing your pledge and support our Fellowship today. And, if you have not attended services on Sunday contact Elinor Tennyson at (360) 417-2665 or [admin@olympicuuf.com](mailto:admin@olympicuuf.com)

Thank you, and in Peace

Joan Cotta

**ZOOM SUNDAY SERVICES AT OOUF:**

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



Bernie waiting for more people. Ken Nielson has done his magic once again to celebrate February holidays – Groundhog Day, Valentine’s Day and Mardi Gras

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

Drawing on her Unitarian upbringing which taught her that all life is sacred, Clara Barton led a life of philanthropy as a School Teacher, a nurse on the Civil War battlefield and as the founder of the American Red Cross. This week was the 2nd session of our famous UU's series and where we learned all about this amazing woman. We also opened a new game that we purchased from the UUA Bookstore called Creative Doodling and it was a big hit! As a result of the game, I learned something new about everyone that was there. So grateful for this wonderful new resource and I look forward to including it in our future sessions.



As always, come one, come all and join us at 10:15 am on Sunday mornings to share some smiles and joys of living! For a Zoom link contact Julia Buggy at [Juliafbuggy@gmail.com](mailto:Juliafbuggy@gmail.com)

+++++

## THANK YOU FOR THE LITTLE FREE PANTRY

By anonymous

I'm fortunate to be a member of the OUUF community. I'd like to share with you why the Little Free Pantry really matters to me. Not too long ago, part of my household experienced a medical emergency resulting in about \$9,000 worth of bills - and only \$20 of the \$9,000 was covered by a completely inadequate employer health insurance policy. Even after taking 30% away from just the hospital bill, the minimum monthly payment is almost \$400/month. We aren't "out of the woods yet" because there are more tests and procedures (and, perhaps, troubling diagnoses) 'ahead'.



The good thing is that the medical care has been stellar. We are abundantly grateful for that.

The harder thing - is finances. In order to qualify for Apple health, one must earn under \$1,400/month. Food stamps applications need EVERYTHING ... birth certificate, mortgage/rent, checking/savings, bills, etc. It is abundantly clear that getting on food stamps is not easy. And getting on Apple Health is not financially beneficial.

Since we are looking at several months of markedly reduced income, I went and got boxes of free Covid relief food last week. It has really helped. I need to do this until things start returning to normal. So we are fortunate. We will see light at the end of a dark tunnel.

I have no doubt that we have many community members who've been in these straits (and more) for far longer than us. Going to get free food deeply filled me with both humility and gratitude - that we have a system caring for food needs and volunteers who make it happen. "Needing" provides me with a humility that "donating" never did.

I would suspect that those who use our Little Free Pantry have their own stories. I never expected to write one like this, but I am. I now am "one of them" because I needed free food, too.

So THANK YOU! - to Florence Bucierka, for igniting the idea for the Little Free Pantry, to Vicki Sensiba for chairing this labor of love, and for all the volunteers who shop, and stock the shed, gather the food, record what is gone and what is needed ... for all the members and friends who donate food or money - for you ALL. It's your compassion and empathy-in-action that helps people. It's done with dignity and love. Our community (not just OUUF!) is blessed to have you, your ideas and actions through love.

+++++



+++++

### 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. Thanks, Rose, Phil, Louis and Elinor

+++++

### OUFF Pastoral Care Team



The Caring Team supports and reaches out to members and friends of OUFF 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 OUFF 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 OUFF roster for addresses

+++++

+++++

**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 OOUF 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 [cythiagreen@outlook.com](mailto:cythiagreen@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)

---

Suggested by Elaine Webber

Below are several links to Covid-19 vaccine information for Sequim and Port Angeles. Information changes often and it is best to check the websites for the latest.

**COVID-19 Community Vaccination Clinic Information:**

Local health officials, including North Olympic Healthcare Network, are working together to schedule additional COVID-19 Vaccination Clinics for those currently eligible to receive the vaccine. Throughout February, vaccination clinics will be held Saturdays and Sundays in Port Angeles, and Tuesdays, Thursdays and Saturdays in Sequim. You must register online at [www.clallam.net](http://www.clallam.net) to reserve your appointment. *Online registration begins at 9:00am on Thursday, January 28.*

Please check back for updates or call our COVID-19 Vaccine Information Line at (360) 912-6787. For more information, please visit the Clallam County website at [www.clallam.net](http://www.clallam.net) or call the Clallam County Emergency Management COVID hotline at (360) 417-2430.

**NORTH OLYMPIC HEALTH NETWORK**

**Sequim Covid Vaccine Drive-through Information:**

Beginning at 9:00am 1/28/2021...The online registration system for vaccine events, Tuesday February 2nd, Thursday February 4th and Saturday February 6th can be made at: <http://vaccine.clallam.net/register>

**COVID-19 SEQUIM UPDATES - JAMESTOWN HEALTH**

---

+++++

**SUNDAY SERVICE**

**JANUARY 31, 2021**

**Amanda Aikman**

**[revaikman@gmail.com](mailto:revaikman@gmail.com)**

**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.

**Sermon hard copy or video not available**