



OUUF Weekly Update An Inclusive Community

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

April 4 - 11, 2021



OUUF BOARD OF TRUSTEES

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jcottafish@gmail.com

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STAFF BIO'S

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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

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SUNDAY SERVICE SPEAKER

April 4, 2021

Via Zoom

Jamal Rahman



Sermon Topic: Spiritual Insights of Passover, Easter and Ramadan

Description: Imam Jamal will talk about wisdom and guidance extracted from the the three Abrahamic holy events celebrated this month to transform ego, open heart and serve Creation.

Bio: Jamal Rahman is a popular speaker on Islam, Sufi spirituality, and interfaith relations. Along with his Interfaith Amigos, he has been featured in the New York Times, CBS News, BBC, and various NPR programs. He is a former co-host of Interfaith Talk Radio and travels nationally and internationally, presenting at retreats and workshops.

+++++ 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

+++++ **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

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

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.

Tuesday	Reading for Fun! 1 st and 3 rd Tuesdays 1:00pm Meet in Member’s Home	Contact: Kitty Hawks call, text, email 206-755-2832 alettehawks@yahoo.com .
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:

- April 11 Bruce Bode April 25 Joseph Bednarik
- April 18 Joseph Bednarik

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Shared by George Will



*"What we speak becomes
the house we live in."
Anon*

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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



Board update:

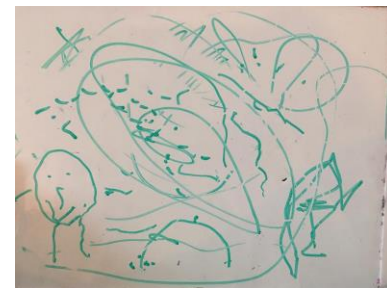
At the February board meeting the OUUF board committed to offering Zoom and in- person Sunday services permanently. Therefore, each of us will be able to choose Zoom or in-person services each week, even after all Covid -19 restrictions are lifted.

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CHILDREN'S R.E. PROGRAM

By Harmony Rutter

This week we honored a wonderfully inspiring woman who took the tough jobs that no one wanted and turned things around for the better. Olympia Brown lived at a time when women couldn't vote or become a minister in the UU church. But, She didn't let any of that slow her down when it came to following her calling. In addition to becoming the 1st female Minister, she worked on the fight to allow women to participate in our civic duty to vote. We made a sign for sharing our ideas on how to live our values everyday. And we played another round of Creative Doodling. Check out Tucker's picture of his favorite food: nachos!

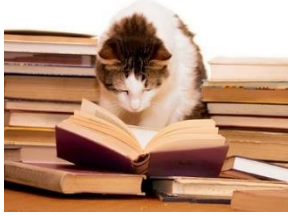


NEEDED: EASTER DONATIONS FOR THE CHILDREN:

We have 6 families and 9 children, asking for donations such as baskets, colored plastic eggs and small gifts, such as bunny ear headbands, bubble wands, sidewalk chalk, frisbees, stickers etc.

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Read for Fun!

1st and 3rd Tuesdays 1 o'clock
Currently meeting in Sunland

We read SHORT stories and have TALL talks. Just for fun!
Contact Kitty - call, text, email. 206-755-2832, alettehawks@yahoo.com.

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Adopt-A-Highway Update:

By Kitty Hawks

The Fellowship adopted a portion of highway 101 and usually picks up litter several times a year. Due to Covid-19 this program is currently suspended. Many of us are eager to make our highway beautiful again and hope we can begin soon.



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JANET ANDREWS PASSED:

Hello Sequim UU's, We are writing to inform you that Janet passed away suddenly and unexpectedly on March 6th in our home in federal way. I wanted to share her obituary with the congregation. She, and we so appreciated the community, and thoughtful tenants that the UU value. Link [Janet Andrews - Obituary 3.6.21](#)

Thank you,
Robin, Jocelyn, and Christopher Andrews

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MEDIA TEAM

Are You Creative? Do you like to make computer presentations pulling in artwork, lyrics and stories to make one glorious whole? We have a spot for you!

We are looking for additional volunteers to join our media team. Training will be provided. Time involvement is a couple of hours a week. You should be familiar with creating slides in PPT and Google, using cloud storage. Helpful if you know Zoom, but that is easy to learn.



Contact Joan Cotta, jcottafish@gmail.com for more details and to sign up!

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STORY FOR ALL AGES COORDINATOR NEEDED:

Cynthia Green took over the role as the Coordinator for the Story for All Ages since the time that Dani Casey

needed to relinquish that position. Recent circumstances have made it difficult for Cynthia to continue fulfilling the duties of the role and she would like for a new person to take over. This volunteer assigns story readers to select and share children's books at Sunday Services, and also attends the Sunday Service Committee meeting each month Contact Joan Cotta at jcottafish@gmail.com

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Greetings from the plants! (OUUF Veggie Garden Update)

By Harmony Rutter

A snow pea trellis went up this week! Yummy!

Can't wait to start harvesting some!



Friendship Garden construction Progress



The shrubs are in and basalt down.

If you'd like to help, call Rose Prestipino at 360-922-4409, or email her at roseprestipino@gmail.com. Or, if you'd really love to help but you're just not physically able, we could also use donations, large and tiny, to buy more of the delightful and very comfortable glider furniture and the cast stone birdbath that will be an integral part of the Garden!

Please send checks clearly marked "Friendship Garden" to PO Box 576, Carlsborg, WA 98324. Thank you!!



KEVIN DUFFY
AND DAPHNE
SUYEVING
PROGRESS



THE
DYNAMIC
DUO OF
ROSE
PRESTIPINO
AND LOUIS
FOLDOE



ROSE DOING
HER POWERFUL
WOMAN
ROLE...AS A
HEAVY DUTY
EQUIPMENT
OPERATOR



CINDY GREY AND LOUIS
FOLDOE CLEANING UP
WITH THE LEADERSHIP
OF DAPHNE

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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 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 cythiagreen@outlook.com

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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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OUUF Pastoral Care Team

The Caring Team supports and reaches out to members and friends of OUUF 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.

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OUUF FRIENDS AND MEMBERS BULLETIN BOARD:

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CAREGIVER NEEDED:
Submitted by Katherine Wieseman

Barbara Wieseman is a longtime UU member. Her daughter Katherine is urgently seeking reliable, weekly caregiver help on Friday's and/or Saturday's. Both days preferred but will accept either one. Time frame is flexible - hoping for a 3-hour time frame sometime between 11:00 – 4:00 PM. This is paid. Please contact Katherine at 360-775-6373 or email kwieseman@gmail.com

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TEMPORARY HOME FOR PETUNIA:
Submitted by Lela Prewitt



We're looking for someone to foster our little orange tabby Petunia while we're in Seattle for 4 months for Lela's stem cell transplant. Petunia is an indoor cat, people oriented and prefers a quiet home environment. She gets along well with other cats if gradually introduced. We'll pay all her expenses including pet sitter for getaway time.

Call Lela at 619-402-6922 or Carole at 503-752-0972.

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Tai Ji Quan: Moving For Better Balance®
Classes

Sign Up Now!

Join us to improve your balance through participating in an evidence-based, adapted Tai Ji Quan program

Benefits:

- Improving muscle strength, balance, flexibility, and mobility
- Reducing risk of falls

For more information contact:

Marsha Melnick AT 360-683-5712

Peggy Scheideler
at excelpt1@aol.com
or 760-518-4181

COST: FREE FOR ANYONE OVER 60 THANKS TO A GRANT FROM O3A



DATE/TIME: Monday & Wednesday, 11:00- 12:00, May 3- July 28, 2021

LOCATION: ZOOM and/or Olympic Unitarian Universalist Fellowship
1033 N Barr Rd, Port Angeles, Wa 98362

ATTIRE: Wear comfortable, cotton exercise clothing; dress light, and mask

COST: Free for anyone over 60 thanks to a grant from O3A.

INSTRUCTOR: Peggy Scheideler PT, Marsha Melnick PhD, PT

PREREQUITES: No prior experience necessary!

REGISTER: Peggy 760-518-4181
CALL: Marsha 360-808-2100

SUNDAY SERVICE
March 28, 2021

Joseph Bednarik

josephb@quuf.org

Sermon Title: How Do You Heal?

Description: "How do you heal?" is one of the most consequential questions of our lives. This Sunday, in the midst of a global pandemic, we explore the rich topics of health and healing.

COPY OF SERMON SENT WITH THIS NEWSLETTER

ALSO POSTED ON OUR WEBSITE