



OUUF Weekly Update  
An Inclusive Community

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

March 28 – April 4, 2021

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**March 28, 2021**  
**Via Zoom**  
**Joseph Bednarik**



**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.

**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](mailto: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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**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)

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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](mailto: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](mailto:admin@olympicuuf.com) if you have questions or would like clarification.

Tuesday	Reading for Fun! 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays 1:00pm Meet in Member's Home	Contact: Kitty Hawks call, text, email 206-755-2832 <a href="mailto:alettehawks@yahoo.com">alettehawks@yahoo.com</a> .
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](#)

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**UPCOMING SUNDAY SPEAKERS:**  
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April 4	Jamal Rahman	April 18	Joseph Bednarik
April 11	Bruce Bode	April 25	Joseph Bednarik

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Shared by George Will

The secret to getting things accomplished – is getting started.”

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](mailto: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

Welcome Spring! To celebrate the Equinox we were joined this week by a special guest, Dr. Grace Yelland, who presented the next Famous UU Sara Josephine Baker. We learned that this Famous UU was a doctor also who dedicated her life’s work to public and newborn health. She led several pioneering efforts to improve the health of all the communities she served. Thanks to Dr. Jo, babies and their moms benefited from less infections with important procedural improvements. We closed by playing a “Guess the Baby Animal” game which we all enjoyed. As always, come join us at 10:15 am on Sunday morning!



Dr. Grace Yelland



Sara Josephine Baker

**NEEDED: EASTER DONATIONS FOR THE CHILDREN:**

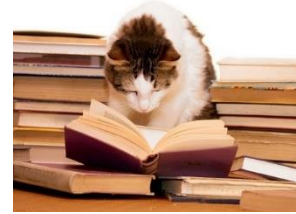
We have 6 families and 9 children, asking for donations such as baskets, colored plastic eggs and small gifts, such as bunny ear headbands, bubble wands, sidewalk chalk, frisbees, stickers etc.

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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](mailto:alettehawks@yahoo.com).

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**UUA PAUSING – WISDOM**

**Braver/Wiser: A Weekly Message of Courage and Compassion**

“... simply by recognizing what’s happening we can nip aggression or craving in the bud—our own and that of others. As we become more familiar with doing this, our wisdom becomes a stronger force than [the impulse to react]... Our training is to acknowledge when we’re hooked...”  
—Pema Chödrön, in [Practicing Peace](#)

To access the complete message: [UUA Pausing - Wisdom](#)

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“JO” ROSS PASSED FEBRUARY 13TH  
By Cyndi Ross

Lila Joan Ross, known as “Jo” here at OUUF, died February 13, from lung cancer complications. She was born on June 26, 1930 in Mullenville, a little town in SW Kansas, during the middle of wheat harvest. She was conservative in politics, but liberal in just about everything else, especially religion and women’s rights. She found kindred spirits here at OUUF, where she could think her thoughts, discuss her doubts, and not be hindered by dogma. She particularly enjoyed Vivian Mulligan’s TED Talk Tuesdays and Joseph Bednarik’s visits. She made many friends at OUUF, particularly Nick Dante, a fellow sailor. They shared milkshake dates, an occasional bottle of beer, and lively discussions on the day’s issues.

We had planned a big 90<sup>th</sup> birthday party here at OUUF for friends and family last summer, but had to cancel due to COVID. Now her ashes will be interred with her husband, Don, and her son, Mark in Bartlesville Oklahoma, where a family reunion and celebration of her life will hopefully take place this summer. Her presence and radiant smile will be missed by her daughter, Cyndi and her family.

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**Garden blurb:**

By Harmony Rutter

Greetings from the plants! This week, the garden bed received six new members... some Snow Pea plants! They were sprouted indoors to give them a head start and should sprout up really fast. Can’t wait to build them a trellis to climb on and share the crunchy peas with the Little Free Pantry. The overwintering Spinach and Swiss Chard are starting to perk up too and are almost ready to harvest. The Kale plants are still sleeping... and hopefully will start to produce more since the beds also received some amendment. In early March a soil test was conducted and the results just came in. The beds are rich in organic matter and all the essential nutrients; however the soil was found to be very heavy with clay. Therefore a gypsum treatment was recommended which provides the plants with calcium and sulfur while also helping the soil structure and drainage. Hope that will help. Looking forward to crunchy Snow Peas!



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## Friendship Garden construction Progress !



The Friendship Team began laying a brick border and preparing for sand and basalt.

If you'd like to help, call Rose Prestipino at 360-922-4409, or email her at [roseprestipino@gmail.com](mailto: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! **If you'd like to help financially, please send checks clearly marked "Friendship Garden" to PO Box 576, Carlsborg, WA 98324.** Thank you!!

The Monday crew, minus Cathy Scott (someone had to take the picture) and Her Highness Daphne Duffy (who was busy checking out possible squirrels in the trees).

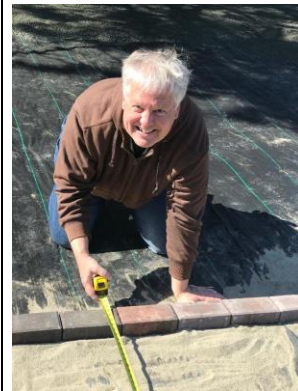
Ready for bricks!



Phil Zenner Supervising Lou



Phil Zenner



Cathy Scott



Ken Duffy



Louis Foldoe



Tom Massey



Brian Berardo



The Goal

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## LITTLE FREE PANTRY UPDATE

Due to recently received guidance from the State Health Department, we are no longer offering perishable foods. We have a small supply of perishable food, including ground meat, cottage cheese, yogurt, hummus, eggs, and butter. If you would like to have any of these items, we are happy to share. Please contact Vicki Sensiba at [sensibag@hotmail.com](mailto:sensibag@hotmail.com) if you are interested.

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Note from OUUF Administrator Coordinator:

Elinor Tennyson



Many thanks to the hardworking and dedicated committee of the Little Free Pantry for supplying food products to the community. I am at the Fellowship often and notice there are many people walking or driving who stop to see what is available and take something they need. Someone from the committee checks the pantry every day, cleans and restocks. I know I speak for everyone to say, "We appreciate all of you". Thank you.

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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](mailto: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](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 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](mailto:jeanmstratton@gmail.com)

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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.

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## SUNDAY SERVICE

March 21, 2021

Jamal Rahman

[jamalrah@yahoo.com](mailto:jamalrah@yahoo.com)

**Sermon Title:** Wisdom of the Prophet Muhammad for our Polarized Times


**Description:** The 7th century Prophet lived in the Arabian Peninsula during a time of intense warfare between tribes and utter disregard for the marginalized. In ten short years he was able to unite the tribes and lay the groundwork for a grassroots community to evolve and flourish. What lessons can we glean for our troubled times?

[Jamal Rahman Audio](#)

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**FROM JULIA BUGGY:** Here are a few links I found through the UU Ministry for the Earth Worship service that I attended on Saturday to share.

An invite to join THE VIRTUAL CHOIR

 <https://www.uumfe.org/wp-content/uploads/2021/03/UUMFE-Spring-2021-Virtual-Choir-Materials.pdf>

Sacred People Sacred Earth Press Release

<https://greenfaith.org/spsepr/>

TAKE 3 ACTIONS HERE Sacred People Sacred Earth

<https://www.uumfe.org/campaigns/sacred-people-sacred-earth/>