



OUUF Weekly Update

An Inclusive Community

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

March 7 - 14, 2021



OUUF BOARD OF TRUSTEES

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jcottafish@gmail.com

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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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March 7, 2021
Via Zoom
Rev Amanda Aikman



Sermon: "The Dangers of a Single Story"

Description: In one of the most popular TED Talks of all time, Nigerian novelist Chimamanda Adichie warned that if we hear only a single story about another person or country, we risk a critical misunderstanding. At this time of tremendous change, let's consider what damage a "single story" can do, and how we might hear one another into healing.

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.

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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 14 Bruce Bode
- March 21 Jamal Rahman
- March 28 Joseph Bednarik

Shared by George Will



*"Life is the sum of all our choices."
Albert Camus*

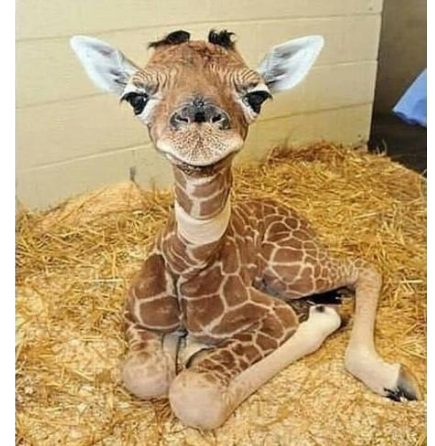
ZOOM SUNDAY SERVICES AT OUUF

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



2-day old baby giraffe likes to watch the Zoom Sunday service on the big TV screen

CHILDREN'S R.E. PROGRAM

By Harmony Rutter

To round out Black History Month, the RE Program featured Lewis Howard Latimer in our 6th installment of the Famous UUs series. Latimer was an inventor, poet, musician and philanthropist who worked closely with Alexander Graham Bell on the patent for the telephone and improved on Thomas Edison's design of the lightbulb. Because of his ingenious contributions to these projects, American life was significantly improved and those iconic technologies would not have been the same. To get us in the creative mindset, we started our session with the Creative Doodling game where-in we drew our own inventions. Our youngest doodler saw a new kind of excavator, and what I love about this game is it's open-ended potential. One of the kids was inspired to draw a castle! By incorporating props like flashlights, walkie-talkies, drafting tools (art supplies) and musical instruments, we listened to a great article from UU World to help us learn about the impactful ways that Latimer furthered scientific research and in 1908, helped found a Unitarian Church which is now the Unitarian Universalist Church of Queens. Check out their "TinkerLab" Kids program which is presented as part of Latimer's legacy.



Felicity's Excavator

We are also excited to incorporate the OUUF Community Garden into our curriculum and we had fun with a coloring page about the "Mighty Mini Soil Microbe" from the Natural Resource Conservation Service, a division of the USDA.

As always, come join us on Sunday Mornings at 10:15 am as we learn together and search for truth
Zoom link: Contact Julia Buggy at Juliafbuggy@gmail.com

Links from program are at the end of the newsletter

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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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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:

Friendship Garden construction beginning March 8! We need your help!

Whether you are looking for a relaxing place to “chill out” by yourself, a place to have a quiet conversation with a friend or three, or even a place to conduct a small outdoor meeting in a brand-new venue, the OUUF Friendship Garden will soon have you covered. Meanwhile, we could really use your help! Construction on our new Garden is due to begin on March 8 and 12, weather permitting. We need more people to join our team and help us with this ground clearing phase initially. The Friendship Team will be carefully removing two inches of earth over an 1100 square foot area. It will be hard work, made much lighter with the help of many hands and some friendly banter! 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! If you’d like to help financially, please send checks clearly marked “Friendship Garden” to PO Box 576, Carlsborg, WA 98324. 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

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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 cythiagreen@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

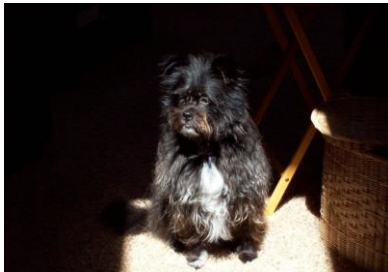


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HOW ARE YOU SPENDING YOUR TIME?

From: Diane Meyers



Teva is self-isolating and being very patient until she is once again allowed to visit people in local rest homes.

Amara Buggy is in training for goat sitting when the owner is out of town. Nauseous, Mama and Hungry love Amara, especially when she has cleaned their deck of goat poop and fed them.



MIRACLE OF MORPHO – one month to create by artist Martin Highton
Shared by LauraLee Wadsworth



A Morpho butterfly wing piece from farm-raised, full life-cycle butterflies. Created by the naturalist and butterfly artist Martin Highton. "Miracle of Morpho" has been said by doctors to have strong healing colors. These beautiful Morpho butterflies have lived their full life cycle of about three weeks. They're raised on butterfly preserves in South America for their cocoons. The cocoons are shipped worldwide to hundreds of public butterfly houses or vivariums where the butterflies emerge from their cocoons and delight everyone. The San Diego Wild Animal Park and "Butterfly World" in Florida have vivariums.

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OOUF Pastoral Care Team



The Caring Team supports and reaches out to members and friends of OOUF 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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Submitted by Vivian Mulligan



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.

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



My raspberry patch has become way too successful, so I am planning to give away portions of it early in March. They are thornless bush raspberries (no staking needed!) that produce prodigious amounts of huge, delicious raspberries in July. If you are interested in having some of my excess canes, please give me a call.

Gerri Napier
360-477-4269

COMMUNITY YOGA PRACTICE

By Julia Buggy

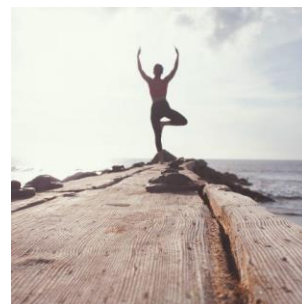
Starting Tuesday at 10:15 am I will have a new class format, mixed levels flow on Zoom. Suggest contribution is \$10 but I am opening **free of charge to OUUF friends and members.**



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



PREVIOUS SUNDAY SERVICE February 28, 2021

Joseph Bednarik
josephb@quuf.org

written copy of sermon is sent with this newsletter

CHILDREN’S R.E. links from program

Here are the links that are great reads about the life of Lewis Howard Latimer. I'm glad that I found him so we could learn about the amazing contributions he made to our modern lives.

The article from UU World that I read during our session.

<https://www.uuworld.org/articles/latimer-african-american-inventor>

From the UU Side With Love site. In this link you will find a message they wrote to honor Lewis H. Latimer

<https://sidewithlove.org/ourstories/2017/10/17/unwavering-in-our-vision>

A few biographical articles:

<https://www.thoughtco.com/lewis-latimer-profile-1992098>

<http://edison.rutgers.edu/latimer/blueprnt.htm>

<https://www.harvardsquarelibrary.org/biographies/lewis-howard-latimer/>