



OUUF Weekly Update
An Inclusive Community

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

May 2 - 9, 2021

OUUF BOARD OF TRUSTEES

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Joan Cotta
jcottafish@gmail.com

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[BOD Meeting Minutes](#)

OUUF STAFF

STAFF BIO'S

Elinor Tennyson

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

Via Zoom
May 2, 2021
Lynn Unger



Sermon: The Purpose of Poetry"

Description: What is the use of poetry? What, for that matter, is the use of religion, and what might the two have to do with one another?

BIO: Our speaker, Rev. Dr. Lynn Ungar, is both a UU minister and a poet, whose poem "Pandemic" went viral in March of 2020.

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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

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 .
Wednesday	The Evening Men's Group - Zoom 7-9pm	Contact: George Stratton (360) 808-4477
	Fellowship open Noon-12:30pm 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
Thursday	Reflections Fellowship Grounds 2 nd and 4 th 1:00pm	Contact: Cynthia Green at cynthiagreen@outlook.com
Friday	Walking Meditation Fellowship Grounds 11am-noon	Contact: Penny Burdick (360) 461-4538 or mandalaht@gmail.com
Sunday	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 10:00am	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:

May 9
May 16

Bruce Bode
Jamal Rahman

May 23
May 30

Joseph Bednarik
Bruce Bode

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Shared by George Will

"In everyone's life at one time or another, the inner fire goes out.
It is then burst into flame by an encounter with another human being.
We should all be thankful for those people who re-ignite our inner spirit."
Albert Schweitzer



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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

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NOTICE: Washington State DOH Phase 3 guidelines requires all persons attending the Fellowship as guests or workers to self-screen for signs and symptoms of Covid-19 before arriving. Any individual or member of their household with a temperature of 100.4F or more will not be permitted to attend the service or attend work at the Fellowship.

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Pandemic

By Lynn Unger
(speaking at OUUF Sunday, May 2nd)

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

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CHILDREN'S R.E. PROGRAM

By Harmony Rutter

Happy Earth Day! On April 25th, the RE program gathered to honor the earth, focus on the 7th UU principle and share all of the awesome ways in which we take care of Earth's lifeboat. Starting with a craft project, we brainstormed anywhere from 5 to 10 ideas we can use to take care of the Earth. This project provided us with a great reminder and visual of these great strategies. There was a lot to share and we loved coming with the list. Then we had a dance party and closed things out the David Mallett's "The Garden Song: Inch by Inch." May our actions safeguard the planet we share with all the beings of the world!



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FRANS

By Phil Zenner

Let's all get in the habit of extending personal invitations to friends, relatives, associates and neighbors ("FRANS"). Many of us might be surprised at the actual effectiveness of sharing what we like about OUUF with FRANS and extending personal invitations to them to check it out with us!



Has your involvement with our Fellowship enriched your life? If so, why keep it a secret?



Why not let your friends, relatives, associates and neighbors know of your experience?



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MEDIA TEAM

By Joan Cotta

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.

HURRY HURRY HURRY

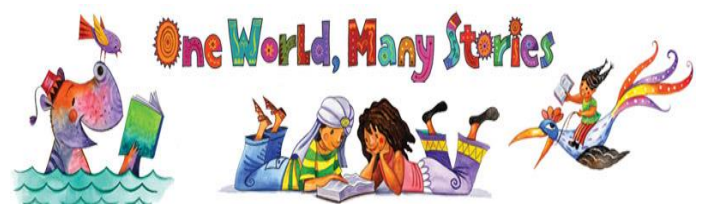
GET YOUR FREE STARBUCKS CARD
Free to the first two new volunteers



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

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READ FOR FUN! Starting MAY 18
 1st and 3rd Tuesdays
 1 o'clock in Sunland
 New book: Best American Travel Writing 2020
 Contact Kitty - call, text, email. 206-755-2832. alettehawks@yahoo.com
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From Tapestry of Faith Curricula

UUA GENERAL ASSEMBLY June 23-27, 2021



General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process.

If you would like to attend as an OUUF delegate contact Joan Cotta at jcottafish@gmail.com

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OUUF BANNER:

By Gayla Spratt-Nuffer and Vivian Mulligan



HISTORY:
 The banner was created in the spring of 2016 at the instigation of Vivian Mulligan. She and Jack had been attending the UU General Assemblies and wanted a banner representing our fellowship to be a part of the Banner Parades.



Gayla Spratt-Nuffer finished it in mid-June. She utilized the UU's specific construction instructions

which allowed for either a 1 or 2 person carry. Due to the weight of this banner a 2-person carry was planned, so the banner is double-sided. A picture of the banner was made and forwarded to the UU per their instructions.

The banner never made it to an actual physical Assembly to be carried in a Banner Parade, as that summer no one from OUUF was able to actually attend the Conference, but the UUA allowed an on-line option.

Our banner was the last one displayed on the large screen at GA on June 22, 2016, and, when it appeared, the 20+ OUUF congregants who came to the live streaming all cheered and clapped. Who knows who else did across the country?

Many thanks to Gayla for the beautiful design, skilled needle craft and, especially, your willingness to step forward for OUUF.

 Our beautiful OUUF banner has been used as a wall hanging and now has a lightweight stand which will allow it to be moved and even to travel as the need arises.

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TED Talks

Facilitator: Dianne Whitaker

Our popular TED Talks is coming back **Tuesday, May 11 at 1:00 PM** in the sanctuary. We will start with Barry Schwartz and The Paradox of Choice, a humorous look at what happens when we have too many choices. We will show three more videos looking at making choices. Hope to see you there. We will then show Cara Greene Epstein (see below) and one more to be determined.

1. **Barry Schwartz: The paradox of choice**

Psychologist Barry Schwartz takes aim at a central tenet of western societies: freedom of choice. In Schwartz's estimation, choice has made us not freer but more paralyzed, not happier but more dissatisfied.



2. **Cara Greene Epstein - How theater weathers wars, outlasts empires and survives pandemics**

When catastrophe strikes, art prevails -- and has done so for centuries. In this fascinating talk, writer and director Cara Greene Epstein places the closing of theaters during the coronavirus pandemic in a historical context, exploring how we can use this intermission to imagine a more just, representative and beautiful world, onstage and off.



3. **Tiffany Watt Smith - The history of human emotions**



The words we use to describe our emotions affect how we feel, says historian Tiffany Watt Smith, and they've often changed (sometimes very dramatically) in response to new cultural expectations and ideas. Take nostalgia, for instance: first defined in 1688 as an illness and considered deadly, today it's seen as a much less serious affliction. In this fascinating talk about the history of emotions, learn more about how the language we use to describe how we feel continues to evolve -- and pick up some new words used in different cultures to capture those fleeting feelings in words.

4. **Boyd Varty - What I learned from Nelson Mandela – Boyd Varty**

Through this act of immense open-heartedness, he was to become the embodiment of what in South Africa we call "ubuntu." Ubuntu: I am because of you. Or, people are not people without other people. It's not a new idea or value but it's one that I certainly think at these times is worth building on .



It is tangentially related to emotional health in that it emphasizes how one can help another. Another quote, very UU:

Now my stories are not the stories that you'll hear on the news, and while it's true that Africa is a harsh place, I also know it to be a place where people, animals and ecosystems teach us about a more interconnected world. The lessons are told through stories.

Please contact Elinor at admin@olympicuuf.com or call 360-417-2665 if you plan on attending. Limited seating due to Covid-19 guidelines

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Greetings from the plants!

By Harmony Rutter

Greetings from the plants!

Calling all plant starts! The OUUF veggie garden has expanded! If you would like to donate some plant starts please email Harmony at rutterhj@gmail.com.

A huge thank you to Sequim community member Dan Novak for donating his time and the use of his rototiller for this. Looking forward to getting this growing. Current plan is add a pole bean trellis and some squashes, but there's lots of room for your plant starts too!



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REFLECTIONS: Beginning in May we are going to resume the in-person Reflections group at OUUF on the **SECOND** and **FOURTH** Thursday of each month at 1:00 pm. They usually last about one and a half to two hours. We begin with a brief check in and then proceed to the chosen discussion topic. We generally allow from 5 to 8 minutes for each person to share, depending on the size of the group. We highly value making sure each person present is allowed time to share. No one is forced to share. Just listening is certainly okay too!



The zoom meetings can, of course, continue every Thursday at 1:00 pm for anyone who cannot attend the in-person Reflections group on the 2nd and 4th Thursday of each month.

Contact: Cynthia Green at cynthiagreen@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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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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Tai Ji Quan: Moving for Better Balance Classes

Date/Time

Date(s) May 3 – July 28 2021

11:00 am - 12:00 pm

Location

Fellowship hall

For more information contact:

Marsha Melnick AT 360-683-4712

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

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SUNDAY SERVICE

April 25, 2021

Joseph Bednarik

josephb@quuf.org

COPY OF SERMON SENT WITH THIS NEWSLETTER