



OUUF Weekly Update An Inclusive Community

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

May 16 - 23, 2021

OUUF BOARD OF TRUSTEES

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jcottafish@gmail.com

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Phil Zenner

[BOD Meeting Minutes](#)

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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

May 16, 2021

Via Zoom Audio recording

Jamal Rahman



TOPIC: Spiritual Practices to become more fully human

DESCRIPTION: Jamal will talk about simple practices that we can weave into our daily life to raise our consciousness and evolve, little by little, into the fullness of our being. The aspiration is to expand awareness, deepen our capacity to love and be merciful, and joyously 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.

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An email with the Sunday regular service Zoom information will be sent on Saturdays with the order of service. ***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. 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.

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
Saturday	Herding Cats Event Saturday/ May 22 nd / Noon	See post in this newsletter for information
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](#)

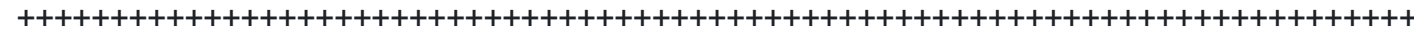
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UPCOMING SUNDAY SPEAKERS:

May 23 – Joseph Bednarick

May 30 – Bruce Bode

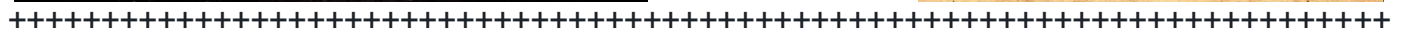
June 6 – Amanda Aikman



Shared by George Will



*Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.*
-Lao-Tze

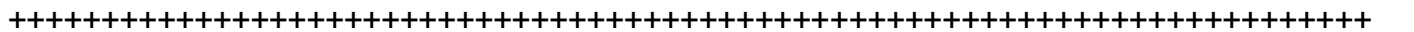


ZOOM SUNDAY SERVICES AT OUUF

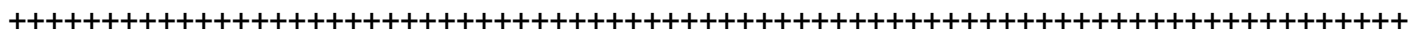
permitted under the recent proclamation

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

Ken Nielson Creation



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.



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

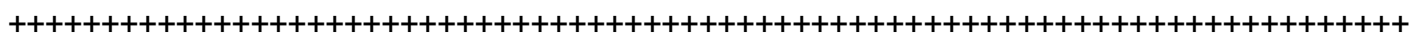


FRANs
Friends, Releative, Associates and Neighbors

By Phil Zenner



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



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CHILDREN'S R.E. PROGRAM

By Harmony Rutter

Happy Mother's Day! What a beautiful session we shared this week full of love for all the mommas in our lives. The catchy song from The Harmonica Pocket was our special music of the day. It really inspired everyone to grab their ukulele and strum along! We also had a great time playing the Creative Doodling game. Such a fun way to let our creative juices and get to know more about each other. We also had some Momma and baby fluffy friends come join us. The day was full of connection and pure love for the mommas in our lives. We all left the session feeling restored. Come join us next week May 16th at 10am!



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Acknowledgement of Ancestral Lands of the S'Klallam Nations

By Sandy Goodwick



Many months ago, our Fellowship received an Acknowledgement of Ancestral Lands of the S'Klallam Nation, along with links to resources and books that help us better understand the land (and its' people and history) upon which we now live. These Native Land Acknowledgements are largely for those of us who are non-Native people and are typically introduced at the beginning of services and meetings. We can thank Pat Dusel and Ken Nielson (who worked with Michelle, at Michael's) for artfully framing this Acknowledgement (which now hangs in our fellowship hall).

This is only a first step in recognizing the Jamestown S'Klallam Tribe that has called this land home, since time immemorial. This Native Land Acknowledgement

reminds us of a tangible, concrete treaty (Point No Point Treaty) that had very real consequences for the tribal community – a history we need to learn. We also give meaning to this Acknowledgement when we learn of the issues and actions their sovereign tribal nation is engaged in today. *Now – it is time to go from recognizing that we are on land owned since time immemorial by the Jamestown S'Klallam Tribe – to do the hard work of learning about (and supporting) our neighbor.*

What can we do? Here are some UU congregations and organizations – and the work they have started.

Bellingham UU Fellowship - [Truth and Reconciliation Resolution » Bellingham Unitarian Fellowship \(buf.org\)](#)

Olympia UU Congregation - [Learning Right Relations « OUUC](#)

Quimper UU Fellowship - [Native Connections – Quimper Unitarian Universalist Fellowship \(quuf.org\)](#)

JUJustice Washington - [Honoring Native Land in Your Congregation: A Truth and Reconciliation Process \(juustwa.org\)](#)



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Greetings from the plants!

By Harmony Rutter

It's construction day! Can't wait to build the trellises and let the plants escape their pots! Thanks to everyone who donated funds and plant starts to this!



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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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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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LITTLE FREE PANTRY NEWS

By Vicki Sensiba



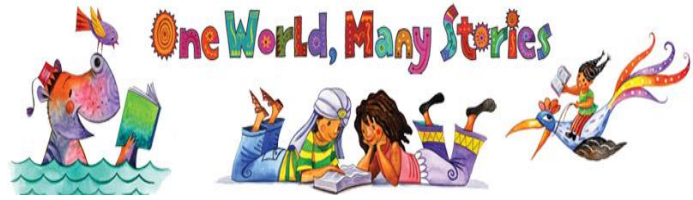
Thanks to the hard work and excellent grant writing skills of Florence Bucierka, the local Kiwanis Foundation has awarded us a \$275 grant toward purchasing a refrigerator for the Little Free Pantry (LFP). This will enable us to store fresh fruits and vegetables to distribute to LFP users. It's possible that we may also receive a matching grant from the national Kiwanis. We so appreciate the generosity of the Kiwanis in helping us to support our community!

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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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The BIG PICK UP - Get Trash!



Adopt-A-Highway Project

Saturday May 29 at 9:30am

Sunday May 30 at 1:30pm

Come 1 day or both for an hour or more.
Need 1 volunteer for westside and 1 volunteer for eastside.

Kitty, Litter Crew Coordinator

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Get Your Paws into Nature! Spring Potluck Picnic...

HERDING CATS EVENT

Saturday/ May 22nd / Noon

Dungeness Recreation Area/ Site 55
Bring stuff - camp chairs, firewood, food, whatever. (Herding Cats celebrate chaos and fun.)



Don't contact Kitty

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OOUF Landscape

CARE CARDS:

As a member of the OOUF 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 OOUF roster for addresses.

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Healing Thoughts and Prayers Requested: Some of you have had the pleasure of meeting Lela Prewitt and her wife Carole Scholl. They are new to the area. Lela is a long term UU and was looking forward to becoming very active in the congregation when she received a diagnosis of acute leukemia. She has been receiving care at Swedish Hospital. She has recently had some ups and downs but is going through treatment hopefully to start a stem cell transplant on May 27th. She and Carole will be living in Seattle for a least 4 months. They would be happy to have healing thoughts sent their way and cards would be fine (no flowers are allowed in the residences).



Her address is 525 Minor Avenue, North #410, Seattle, WA 98109.

If you have questions contact: Florence Bucierka

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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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OUUF Pastoral Care Team



Photo by Dani Casey

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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Consumer Alert!

Brian Berardo, a member-at-large of our OUUF Board, has published a heads-up about a recent change in Safeway's packaging of their "O Organics" brand. He urges you to check it out at <https://worthyvisions.com/2021/05/08/consumer-alert/> and to spread the word. Thanks!

OUUF FRIENDS AND MEMBERS BULLETIN BOARD



HANDYMAN/ WOMAN/ PERSON NEEDED:

Long-time members of the Fellowship will be moving in the near future and need a handyperson to help get their property ready for putting on the market.

If you can refer someone, please contact: Elinor Tennyson at admin@olympicuuf.com or call 360-417-2665.

SUNDAY SERVICE

May 9, 2021
Rev. Bruce Bode

“Blessing”

Copy of sermon sent with this newsletter