



OUUF Weekly Update An Inclusive Community

1033 N. Barr Road
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360-417-2665

August 22-29, 2021

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SUNDAY SERVICE SPEAKER Via Zoom

Joseph Bednarik



SERMON TOPIC: "I Remember... "

DESCRIPTION: Artist Joe Brainard (1942-1994) created an incredible memory machine with his slender masterpiece "I Remember." As novelist Paul Auster writes of the book, "In simple, forthright, declarative sentences, Brainard charts the map of the human soul and permanently alters the way we look at the world." Using "I Remember" as a touchstone, this Sunday we explore the seduction of our memories and the bravery required to remember a little bit deeper.

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 Saturdays with the order of service. ***If you do not receive the email please contact Elinor Tennyson*** at admin@olympicuuf.com or call 360-417-2665

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MAILING ADDRESS FOR DONATIONS:
OUUF
P O BOX 576
CARLSBORG, WA 98324

Thank you for your donation

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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 5pm MONDAY** to admin@olympicuuf.com

OOUF EVENT CALENDAR – open groups and events only

Groups meet under the Washington State Covid-19 guidelines. Please contact Elinor Tennyson at admin@olympicuuf.com if you have questions or would like clarification.

Tuesdays	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 .
	Community Drum Circle Pam's Labyrinth 186 Deer Ridge Lane, off Hooker Rd. 3 rd Tuesday 6-8pm	Contact: Penny Burdick (360) 461-4538 or mandalaht@gmail.com
8/24	TED Talks 1pm Sanctuary	Contact Dianne Whitaker @ diannewhit@aol.com or Vivian Mulligan at Vivian.mulligan@gmail.com
	Brunch Bunch Mariner's Café in Sequim 2 nd and 4 th Tuesdays 11am	Contact: Dave Large dbiguy@aol.com
Wednesdays	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
	The Evening Men's Group - Zoom 7-9pm	Contact: George Stratton (360) 808-4477
Thursdays	Reflections Women's Group In-person Fellowship Grounds 2 nd and 4 th Thursdays 1:00pm	Contact: Cynthia Green at cynthiagreen@outlook.com
Fridays	Walking Meditation Pam's Labyrinth 186 Deer Ridge Lane, off Hooker Rd. 11am - Noon	Contact: Penny Burdick (360) 461-4538 or mandalaht@gmail.com
Sundays	Sunday Service 11am – Zoom viewing at Fellowship sanctuary – doors open 10:30am	Contact: Elinor Tennyson (360) 417-2665 or admin@olympicuuf.com



**Words to Live by
Shared by George Will**

"Whatever you can do, or dream you can do- begin it!
Boldness has genius, power and magic in it."
Goethe (1749-1832)

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Upcoming Speakers

August 29	Roddy Biggs	September 19	UUA recorded service
September 5	Lynn Ungar	September 26	Jamal Rahman
September 12	Joseph Bednarik		

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ZOOM SUNDAY SERVICES AT OUUF

MASKS ARE REQUIRED FOR ALL INDOOR EVENTS



"families may sit together"

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.

If you would like to join, email Elinor Tennyson at admin@olympicuuf.com or call (360) 417-2665

OUUF follows the Washington State DOH guidelines and Clallam County Health Dept Covid-19 mandates. Our primary concern is the safety and well-being of all persons meeting at the Fellowship. If you have any questions, feel free to contact 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.

Attendees will be asked to log in and specify if fully Covid-19 vaccinated

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MARINER BRUNCH BUNCH The Tuesday Brunch Bunch is Back

By Dave Large

In pre-Covid times, a group of OUUFers met at 11:00 every **second and fourth Tuesday** at the Mariner's Café in Sequim (609 W. Washington Street) for brunch and informal visiting in their group dining area. Sometimes there were a dozen of us, sometimes there were two dozen of us, but the conversation and camaraderie were always worth it. Some of us are ready to renew the custom.



If you are interested, let Dave Large dbiguy@aol.com know so that we can let Mariner's know how many to expect .

The meal is no-host (separate checks).

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**TED Talks Asperger's/Autism
OUUF Sanctuary
Tuesday, August 24 – 1:00 pm**



"Autism is not a disease; it's just another way of thinking," says **Ethan Lisi**. 10 minutes



Alix Generous is a college student and biology researcher with Asperger syndrome. She stresses the importance of building accepting environments for all kinds of minds. The first part of her presentation could well be a stand-up comedy routine. 10 minutes



Steve Silberman is a writer and contributing editor for Wired who covers science and society. His newest book explores neurodiversity and the link between autism and genius. He brings up the myth that vaccinations cause autism and also goes into history, including the work of Dr. Asperger. 13 minutes

Contact Dianne Whitaker @ dianne Whitaker@aol.com or Vivian Mulligan at Vivian.mulligan@gmail.com

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Outdoor Game Fun

By Cynthia Green

Mondays – 2pm

Carrie Blake Park – shuffleboard/bocci ball courts



Some of us have started meeting at the Carrie Blake Park in Sequim on Monday afternoons at 2:00 pm to play bocci ball, shuffleboard and horseshoes. Don't worry if you don't know how to play these games. We are all having fun learning and trying to decide what rules to follow. We play for an hour or two. Free equipment is provided. Since the court area has no benches you might want to bring your own outdoor chair. People not vaccinated need to practice social distancing

Even Sassy can play!

Contact Cynthia Green at cynthiagreen@outlook.com for more information.

Directions to the courts: Enter the Sequim Water Reuse Demonstration Park located at E. Fir Street and N. Blake Ave. If you need more directions, call Cynthia

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LITTLE FREE PANTRY UPDATES:

Link to Sequim Gazette article

sequimgazette.com/news/little-free-pantry-to-expand-in-agnew/



SHED CONSTRUCTION PROGRESS:
 BY MICHAEL BUCIERKA



The Little Free Pantry building has its final coat of paint on (thank you Jack Webber, Vicki & Greg Sensiba and yours truly) and the roof shingles were installed last week. A very big thank you to Chuck Ralston, a friend of Vicki Sensiba, who lives in Seattle, for being our volunteer roofer. With help from Greg and Michael they finished the roofing job in about 6 ½ hours despite the intolerable weather. Chuck also replaced the missing shingles he noticed on the pump house roof. Work on the exterior of the

LFP building is 97.789% finished. This week the trench between the buildings will be dug to connect the electrical power, the conduit installed, and an electrical inspection will be requested. David Large continues working on the electrical wiring and will then install the insulation. Drywall is scheduled around August 25.

Again, a very big thank you to all volunteers who helped on this building with special recognition to roofer Chuck.



WANT TO STRETCH YOUR CREATIVE ABILITIES?



As you are probably aware, the exterior of the new Little Free Pantry building is virtually done! We've had a number of suggestions about ways to beautify the building and surroundings, including plantings and a mural on the windowless wall that faces the driveway. The committee members all love both these ideas, and are particularly excited about the idea of a mural. Sadly, however, none of us have the skills necessary to create such a piece of art. If you have ideas and artistic skill you'd like to share to benefit this project, we would love to hear from you. The building fund will cover reasonable costs for art supplies. If interested, please contact Vicki Sensiba, Committee Chair, at sensibag@hotmail.com or at (360) 683-8914. I'm looking forward to learning about your ideas!

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ABC4PD hybrid exercise classes are opening enrollments for all seniors.

*The Aerobics, Balance, and Coordination Dance Exercise Class meets Mondays and Wednesdays from 9:30 AM to 10:30 AM at OUUF and on Zoom.

*The Tai Ji Quan: Moving for Better Balance meets Mondays and Wednesdays from 11 AM to noon on Zoom and outdoors behind OUUF next to the vegetable garden.



All classes are offered on a donation basis. **For more information on the dance class and to register for it please call Marsha Melnick PT, PhD at 360-808-3109. **For information on the Tai Ji class and to register please call Peggy Scheideler PT at 760-518-4181.

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U.U. Green Sanctuary 2030 Accreditation

By Pat Dusel

The Vision

A world that is sustainable and just for humanity and for the whole web of life, including present and future generations.

We are looking for congregants who are interested in becoming involved with this process and/or .

LINK TO [UUA Green Sanctuary 2030 Accreditation Website](#)

Contact: Co-chairs Pat Dusel at patdusel@hotmail.com or

Sandy Goodwick at sgoodwick@aol.com

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REFLECTIONS

Women's Group

We have resumed the in-person Reflections group at OUUF on the SECOND and FOURTH Thursday of each month at 1:00 pm. They usually last 1.5 – 2 hours. We begin with a brief check in and then proceed to the chosen discussion topic. We generally allow from 5 - 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!

Contact: Cynthia Green at cynthiagreen@outlook.com

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CARE TEAM AND CARE CARDS:

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 know of anyone who would appreciate a beautiful handmade card, contact Cynthia Green at cynthiagreen@gmail.com For more information click below

CARE TEAM AND CARE CARD INFORMATION

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Andrew Fransone had a heart attack on the plane on his way to California. There was a doctor and a defibrillator on the plane and they were able to save his life and get him to the hospital He is having a defibrillator placed in his chest and he and Chrissie will be flying home Friday. He will need cardiac rehabilitation. As part of these he needs a stationary bike. If you have one that has become a clothes hanger and that you would like to donate please contact me at diannewhit@aol.com. Submitted by Dianne Whitaker

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OUFF FRIENDS AND MEMBERS BULLETIN BOARD

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MESSAGE TO ALL FROM AZELLA:

By Elinor Tennyson

Azella was unable to join the Sunday sharing and wanted to let everyone know she is looking at two housing options in the area she is currently living and one in Clallam County suggested by Sandy Goodwick. She asks everyone to keep her in your prayers and send positive energy to help her find a new home.

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Flossie Bode, Bruce's wife, completed her three months of chemotherapy Wednesday, August 4, and wishes to thank the members of OUFF for their cards, emails, and other support for her these last five months. Her prognosis is very good, and she and Bruce are looking forward to a more normal life again.



Thank you!

From Vivian Mulligan

In the interest of public safety, my children have taken away my driving privileges. Many thanks to those of you who have provided transportation so that I don't miss beloved OUFF events and get together! **Jean Stratton, Geri Napier, Cynthia Green, Peggy Toppenberger, Dianne Whittaker**

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REFERRALS OF CONTRACTORS AND/OR HANDYMEN

These are for-hire sources, not volunteers

NEW REFERRAL: SMALL GAS ENGINE MECHANIC

Feedback on tradesperson not being vaccinated

[OUFF Trade Referrals](#)

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SUNDAY SERVICE

August 15, 2021

Rev. Sarah Schurr

Copy of sermon not available