



OUUF Weekly Update An Inclusive Community

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

September 19 - 26, 2021

Circulation: 232

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covert@olympus.net

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September 19, 2021
SUNDAY SERVICE SPEAKER
Via Zoom 11 a.m.

UUA RECORDED SPEAKER: Liz James



SERMON TOPIC: My Muzungu Eyes Are Improving.

DESCRIPTION: Liz James shares what she learned on a recent trip to Kenya. With humility and humor, she recounts her experience as part of a well building project to benefit a Masai village, and how her "Muzungu (white people) eyes" are opened by the wisdom of the people she has ostensibly come to Africa to "help."

Bio: Liz James is a member of the Saskatoon Unitarians, on the Canadian prairie. She runs Mirth and Dignity, an organization dedicated to UUhumour, which can be found at UUhystericalSociety.com

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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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OOUF EVENT CALENDAR

Link to complete OOUF calendar [OOUF Calendar - monthly](#)

Event updates, additions and changes will appear as a post in the newsletter.

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.

OPEN EVENTS FOR SEPTEMBER 19 - 26, 2021

Sunday 9-19	Sunday Service 11am – Zoom viewing at Fellowship sanctuary – doors open 10:30am	Contact: Elinor Tennyson (360) 417-2665 or admin@olympicuuf.com
	OOUF Board of Trustees Meeting 4pm - Zoom	Contact: Catharine Covert covert@olympus.net
Monday 9-20	Outdoor Game Fun 2:00pm Carrie Blake Bocci Ball Court	Contact: Cynthia Green cynthiagreen@outlook.com
Tuesday 9-21	Reading for Fun ! 1:00pm Meet in member home	Contact: Kitty Hawks Call, text, email 206-755-2832 alettehawks@yahoo.com
	Community Drum Circle 4-6pm 186 Deer Ridge Lane off Hooker Rd PM at Pam's Labyrinth	Contact: Penny Burdick mandalaht@gmail.com
Wednesday 9-22	Fellowship open Noon-12:30pm Covid-19 protocol	Contact: Elinor Tennyson (360) 417-2665 or admin@olympicuuf.com
	Sack Lunch Friendship Garden Noon	Contact: Cynthia Green cynthiagreen@outlook.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
Thursday 9-23	Reflections Women's Group In-person Fellowship grounds 1:00pm	Contact: Cynthia Green at cynthiagreen@outlook.com
Friday 9-24	Walking Meditation Pam's Labyrinth 186 Deer Ridge Lane, off Hooker Rd. 11am – Noon	Contact: Penny Burdick (360) 461-4538 or mandalaht@gmail.com

Words to Live by
Shared by George Will

"Study the past if you would devine the future."
Confucius



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Upcoming Speakers
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September 26	Jamal Rahman	October 17	Bruce Bode
October 3	Lynn Ungar	October 24	Jamal Rahman
October 10	Joseph Bednarik	October 31	Joseph Bednarik

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ZOOM SUNDAY SERVICES AT OUUF
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MASKS ARE REQUIRED FOR ALL INDOOR EVENTS

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.

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.

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

Ken Neilsen's gorgeous
creation for the pulpit table

THANK YOU !



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CHILDREN'S RELIGIOUS EDUCATION PROGRAM:
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By Julia Buggy
Juliafbuggy@gmail.com



We are now enrolling for the Fall Religious Exploration Program (Kids Church) and would love for you to join us. Our first Zoom Meeting back after our summer break will be next Sunday the 19th, 10-10:45 am. Join us for a Welcome Back Party complete with Community Sharing, Doodling Games, and a YouTube Dance Party! Then we'll launch in our "Passport to World Religions" series as we learn together and search for truth and meaning.

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ANNOUNCEMENTS and THINGS OF INTEREST

We reserve the right to edit your submission for content, length and grammar

Announcements need to be submitted **by 5pm MONDAY** to admin@olympicuuf.com

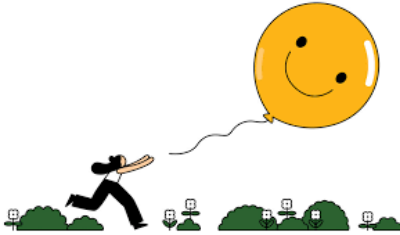
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UPCOMING EVENT

TED Talks - The Pursuit of Happiness

OOUF Sanctuary

Tuesday, September 28th – 1:00 pm



Last month our attendees were crying “More, more, more!” So, this month we have four, rather than three TED Talks.

Dominic Price: What's your happiness score? 15 minutes



How do you rediscover a happier, more purpose-driven (and less productivity-obsessed) self in the wake of the pandemic? Quiz yourself alongside work futurist Dominic Price as he lays out a simple yet insightful four-part guide to assessing your life in ways that can help you reconnect with what's really important.

https://www.ted.com/talks/dominic_price_what_s_your_happiness_score

Robert Waldinger: What makes a good life? Lessons from the longest study on happiness 13 minutes



What keeps us happy and healthy as we go through life According to psychiatrist Robert Waldinger, it's not fame and money. As the director of a 75-year-old study on adult development, giving Waldinger unprecedented access to data on true happiness and satisfaction. Here he shares 3 important lessons on how to build a fulfilling, long life.

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness

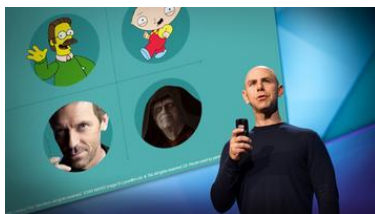
Dan Gilbert: Why we make bad decisions 33 minutes



Dan Gilbert presents research and data from his exploration of happiness -- sharing some surprising tests and experiments that you can also try on yourself. Watch through to the end for a sparkling Q&A with some familiar TED faces.

https://www.ted.com/talks/dan_gilbert_why_we_make_bad_decisions

Adam Grant: Are you a giver or a taker? 13 minutes



In every workplace, there are three basic kinds of people: givers, takers and matchers. Organizational psychologist Adam Grant breaks down these personalities and offers simple strategies to promote a culture of generosity and keep self-serving employees from taking more than their share.

https://www.ted.com/talks/adam_grant_are_you_a_giver_or_a_taker

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COMMITTEE AND OTHER NEWS UPDATES

MEMBERSHIP UPDATE:

By Phil Zenner

Philzenner2002@yahoo.com



Well over a dozen people gathered in the Friendship Garden during last Wednesday's regular sack lunch in order to congratulate Tom Massey and welcome him into the Fellowship. We watched him sign the membership book as we relaxed and chatted with each other over the lunches each person brought for themselves.



One of the many in attendance was Sylvia Hancock who has really enjoyed and found meaning in attending the Reflections Women's Group, and has enjoyed getting to know Cynthia Green and others in the group. As Sylvia witnessed Tom Massey committing to OUUF in the Friendship Garden, she became inspired to do likewise! We explained the requirements for membership to her, and she readily agreed. Sylvia also participates in a UU congregation in Venice, Florida during a portion of the year, and is delighted to have found new friends here.



The Board will soon vote on Tom's and Sylvia's official membership. Meanwhile, please join in welcoming Tom and Sylvia to the Fellowship!

We will be inviting others who have recently become OUUF members to be honored at future Friendship Garden events, a few at a time. Stay tuned for announcements - we'd love to have you help us welcome them!

For information on how to join our Fellowship, contact Membership Chair Dianne Whitaker at diannewhit@aol.com

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LITTLE FREE PANTRY UPDATE:

By Michael Bucierka

octagonhse@wavecable.com



George Will & Susan Harris

The inside of the LFP building was painted last week by Susan Harris, Dave Large, George Will, John Toppenberg and yours truly. Large started the electrical trim work. We will be finished with the inside of the building this week and if all goes well the driveway should also be installed. Contact me if you have any questions.



Dave Large & John Toppenberg

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ONGOING EVENTS

SUMMER'S NOT OVER YET!

By Cynthia Green
Contact: cynthiagreen@outlook.com



Let's have some fun at the friendship garden. Bring a sack lunch and meet up at noon on Wednesdays while the weather's still nice! Someone will be there at 12:00 to greet you. Please arrive before 12:30. See ya there!

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WALKING MEDITATION:

By Penny Burdick
Contact: mandalaht@gmail.com



We are still having the walking meditation group every Friday morning from 11-12 am at Pam's Labyrinth, 186 Deer Ridge Lane off Hooker Rd. We will meet there until the weather becomes too cool & rainy (hopefully until mid-October).
For the late fall & winter months, we would really like to hold it indoors at the OUUF hall. Could you find out if that is possible? We will restrict it to only fully-vaccinated individuals (if required), everyone will be masked, and we will socially distance as we sit and walk.



COMMUNITY DRUM CIRCLE UPDATE:

The Community Drum Circle, for September we are gathering on Tuesday, Sept. 21 from 4-6 PM at Pam's Labyrinth. This is an earlier time than our usual gatherings, as we will be celebrating the Autumnal Equinox as well as drumming, and also because it is getting dark earlier now.

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REFLECTIONS

Women's Group
By Cynthia Green
Contact: cynthiagreen@outlook.com



Looking for some inspiration? Try the Reflections Women's Group...

We meet in-person at OUUF on the SECOND and FOURTH Thursday of each month at 1:00 pm. As long as the weather allows, we are meeting outside in the friendship garden. The purpose of our group is to uplift each other, enjoy our time together, laugh, have fun and also discuss some substantive topics! A typical meeting might look like this:

- A brief check in - each person takes five minutes to catch us up on what's going on in her life
- A short fun "Kick off" activity (prepared ahead of time for the attendees) Discussion of the topic (everyone is given an opportunity to speak) Closing - considering the next topic



Our goal is to leave the meeting feeling refreshed and uplifted.

One of our kick off activities - sharing good news stories!

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COMMITTEE POSTS

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

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

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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 [CARE TEAM AND CARE CARD INFORMATION](#)

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COMMUNITY BULLETIN BOARD

FREE FOR ANYONE OVER 60 !

Tai Ji Quan: Moving For Better Balance[®]

Classes



Sign Up Now!

Join us to improve your balance through participating in an evidence-based, adapted Tai Ji Quan program

Benefits:

- Improving muscle strength, balance, flexibility, and mobility
- Reducing risk of falls

DATE/TIME: Monday & Wednesday, 10:45-11:45, September 27-December 15, 2021

LOCATION: ZOOM and/or Olympic Unitarian Universalist Fellowship
1033 N Barr Rd, Port Angeles, Wa 98362

ATTIRE: Wear comfortable, cotton exercise clothing; dress light, and mask

COST: Free for anyone over 60 thanks to a grant from O3A.

INSTRUCTOR: Peggy Scheideler PT, Marsha Melnick PhD, PT

PREREQUITES: No prior experience necessary!

REGISTER: Peggy 760-518-4181, Marsha 360-808-3109

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DR. BERRY APPRECIATION:

By Serena Mylchreest

I was so sad to read in the PDN that our health officer Dr Berry has received threats because of her recent policies. I'll put the link below if you want to read about it.

<https://www.peninsuladailynews.com/news/anti-vax-concerns-prompt-courthouse-closure/>

I decided to write a post card to her expressing my thanks for her hard work. (I chose a postcard rather than a letter so the office person could see at a glance that it's not a threatening letter.) If you want to write one too the address is:

Dr Berry
Clallam County Health and Human Services
111 E 3rd St
Port Angeles WA 98362

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**Sunday Service
Joseph Bednarik
9-12-2021**

copy of sermon sent with this newsletter