



# OUUF Weekly Update An Inclusive Community

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

September 26 – October 3, 2021

Circulation: 240

## OUUF BOARD OF TRUSTEES

### President:

Catharine Covert  
[covert@olympus.net](mailto:covert@olympus.net)

### Vice President:

Joan Cotta  
[jcottafish@gmail.com](mailto:jcottafish@gmail.com)

### Finance Director

Don Hatler

### Trustees-at-Large

Brian Berardo  
Sandy Goodwick  
Peggy Toppenberg  
Phil Zenner

## Board of Trustees Meeting Minutes

## OUUF STAFF

### STAFF BIO'S

#### Elinor Tennyson

Administrative Coordinator  
[admin@olympicuuf.com](mailto:admin@olympicuuf.com)

#### Children's Religious Education Staff

#### Julia Buggy

[Juliafbuggy@gmail.com](mailto:Juliafbuggy@gmail.com)

#### Harmony Rutter

[rutterhj@gmail.com](mailto:rutterhj@gmail.com)

#### Care Team

Chair: Jean Stratton  
[jeanmstratton@gmail.com](mailto:jeanmstratton@gmail.com)

#### Webmaster

Jack Webber  
[webmaster@OlympicUUF.com](mailto:webmaster@OlympicUUF.com)

September 26, 2021  
SUNDAY SERVICE SPEAKER  
Via Zoom 11 a.m.

SPEAKER: Jamal Rahman



**SERMON TOPIC:** Perspectives on Life's Perplexing Questions

**DESCRIPTION:** Jamal will explore difficult but essential questions that emerge in our life journey like "Why do we suffer? Why am I here? Is there a God? What happens after death." He will draw on the wisdom and experiences of sages from Eastern traditions.

**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.

+++++

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](mailto:admin@olympicuuf.com) or call 360-417-2665

+++++

### MAILING ADDRESS FOR DONATIONS:

OUUF  
P O BOX 576  
CARLSBORG, WA 98324

Thank you for your donation

+++++

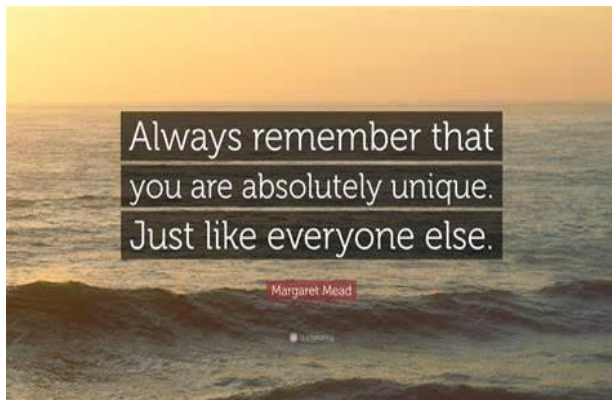
**OUUF EVENT CALENDAR**

Link to complete OUUF calendar [OUUF 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](mailto:admin@olympicuuf.com) if you have questions or would like clarification.

**OPEN EVENTS FOR SEPTEMBER 26 – October 3, 2021**

<b>Thursday</b> 9-23	Pledge Event 4-7pm Stratton Home 135 Oakcrest Ave, Port Angeles	Contact: Dianne Whitaker at <a href="mailto:diannewhit@aol.com">diannewhit@aol.com</a>
<b>Sunday</b> 9-26	Sunday Service 11am – Zoom Viewing at Fellowship sanctuary – doors open 10:30am	Contact: Elinor Tennyson (360) 417-2665 or <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a>
<b>Monday</b> 9-27	Outdoor Game Fun 2:00pm Carrie Blake Bocci Ball Court	Contact: Cynthia Green <a href="mailto:cynthiagreen@outlook.com">cynthiagreen@outlook.com</a>
<b>Tuesday</b> 9-28	TED Talks 2pm Sanctuary	Contact: Dianne Whitaker at <a href="mailto:diannewhit@aol.com">diannewhit@aol.com</a>
<b>Wednesday</b> 9-29	Fellowship open Noon-12:30pm	Contact: Elinor Tennyson (360) 417-2665 or <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a>
	OUUF Women’s Meeting – Zoom 6-7pm	Contact: Jean Stratton <a href="mailto:jeanmstratton@gmail.com">jeanmstratton@gmail.com</a>
	The Evening Men’s Group - Zoom 7-9pm	Contact: George Stratton (360) 808-4477
<b>Friday</b> 10-1	Walking Meditation Pam’s Labyrinth 186 Deer Ridge Lane, off Hooker Rd. 11am – Noon	Contact: Penny Burdick (360) 461-4538 or <a href="mailto:mandalaht@gmail.com">mandalaht@gmail.com</a>



Words to Live by  
 Shared by George Will

+++++

**Upcoming Speakers**

October 3	Lynn Ungar	October 24	Jamal Rahman
October 10	Joseph Bednarik	October 31	Joseph Bednarik
October 17	Bruce Bode		

+++++

**ZOOM SUNDAY SERVICES AT OUUF**

**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](mailto: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 !*

+++++

**CHILDREN'S RELIGIOUS EDUCATION PROGRAM:**

By Julia Buggy  
[Juliafbuggy@gmail.com](mailto: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 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.

+++++

**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](mailto:admin@olympicuuf.com)

+++++

+++++

## UPCOMING EVENT

### Miss seeing your OUUF friends live and in person?

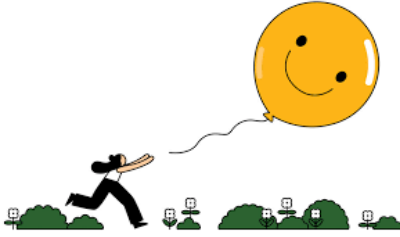
By Dianne Whitaker  
[diannewhit@aol.com](mailto:diannewhit@aol.com)

Our first pledge event for the 2022 budget year will be held in Jean and George Stratton's beautiful front yard (135 Oakcrest Ave, Port Angeles) from 4:00 to 7:00 PM on Thursday September 23rd. There will be food and fun (UU Trivia game with prizes) for all members and friends of OUUF. Board members will be present to answer questions about OUUF and the budget for next year. Please bring a folding chair.

---

### TED Talks - The Pursuit of Happiness

OUUF Sanctuary  
Tuesday, September 28<sup>th</sup> – 1:00 pm



Last month our attendees were crying “More, more, more!” So, this month we have four, rather than three TED Talks. Contact: Dianne Whitaker at [diannewhit@aol.com](mailto:diannewhit@aol.com)

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](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.

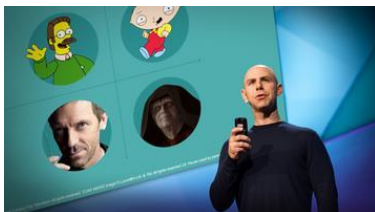
[https://www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness)

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](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](https://www.ted.com/talks/adam_grant_are_you_a_giver_or_a_taker)

+++++

+++++

## COMMITTEE AND OTHER NEWS UPDATES

---

### MEMBERSHIP UPDATE:

By Phil Zenner  
[Philzenner2002@yahoo.com](mailto: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](mailto:diannewhit@aol.com)

+++++

### LITTLE FREE PANTRY UPDATE:

By Michael Bucierka  
[octagonhse@wavecable.com](mailto:octagonhse@wavecable.com)

Jack Webber, Greg Sensiba and yours truly prepped the ground for the LFP driveway and installed permeable pavers last Wednesday. We used a sod cutter to remove the grass and placed several tons into the dump/trailer. Dirt will be placed into the pavers this Wednesday and seeded. We also received our final electrical inspection thanks to Dave Large and Dave Squier. Call me if you have any questions or comments.



Florence Bucierka bringing goodies to the crew



Article in Sequim Gazette re: Sound Community Bank's donation to the LFP Building

[Article in Sequim Gazette re: Sound Community Bank's donation to the LFP Building](#)



+++++

**ONGOING EVENTS**

+++++

**WALKING MEDITATION:**

By Penny Burdick

Contact: [mandalaht@gmail.com](mailto: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.

+++++

**REFLECTIONS**

Women's Group

By Cynthia Green

Contact: [cynthiagreen@outlook.com](mailto: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.***

+++++

+++++

**COMMITTEE POSTS**

---

**LANDSCAPE COMMITTEE**

By Rose Prestipino



Our newest member, David Iezzi, pitches in to assist the landscape team and Louis Foldoe. Thank you David and welcome.

Vicki Sensiba stopped by to enjoy the Friendship Garden. She was painting the newest addition to the little free pantry.



Rose taking a break in the friendship Garden to enjoy the newly planted chrysanthemums.

+++++

**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](mailto:jeanmstratton@gmail.com)

If you know of anyone who would appreciate a beautiful handmade card, contact Cynthia Green at [cynthiagreen@gmail.com](mailto:cynthiagreen@gmail.com) For more information click [CARE TEAM AND CARE CARD INFORMATION](#)

+++++

**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



+++++

+++++

**Sunday Service  
September 19<sup>th</sup>  
UUA Recorded Service**

**Sermon:** My Muzungu Eyes Are Improving,  
by Liz James

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.”

Below is a link to access the videos used for the Sunday service. All of these files have appropriate permissions—from the song authors as well as the performers and speakers.

[My Muzungu Eyes are Improving - Google Drive](#)

**TO DONATE TO FLAMING CHALICE INTERNATIONAL:**

How to send in your donation: The easiest way to donate is through Flaming Chalice International’s website, at [Donate — Flaming Chalice International \(flaminginternational.org\)](http://flaminginternational.org)

Please note there are different instructions for different countries. Please put “Mirth and Dignity Service” and your congregation in the memo, so that we can identify those contributions.

Thank you so much for your support. It means the world to all involved.