



# OUUF Weekly Update An Inclusive Community

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

October 24 - 31, 2021

Circulation: 255

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

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

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## Board of Trustees Meeting Minutes

## OUUF STAFF

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#### 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)

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[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)

October 24, 2021  
SUNDAY SERVICE SPEAKER  
Via Zoom 11 a.m.

### SPEAKER Jamal Rahman



**SERMON TOPIC:** Stories, Poetry and Scripture to illuminate our Life Journey

**DESCRIPTION:** Jamal will reflect on selected verses and stories to open our hearts and minds. Hopefully, this will give us a deeper understanding of the mystery and beauty of our unique life path.

**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](mailto: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.

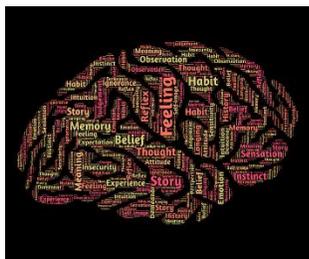
Groups meet under the Washington State Covid-19 guidelines. Please contact Elinor Tennyson at [admin@olympicuuf.com](mailto:admin@olympicuuf.com) if you have questions or would like clarification.

**OPEN EVENTS FOR October 24-31, 2021**

<b>Sunday</b> 10-24	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>Tuesday</b> 10-26	TED Talks 2pm Sanctuary	Contact: Dianne Whitaker at <a href="mailto:diannewhit@aol.com">diannewhit@aol.com</a>
<b>Wednesday</b> 10-27	Fellowship open Noon-12:30pm	Contact: Elinor Tennyson (360) 417-2665 or <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a>
	OOUF 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>Thursday</b> 10-28	Reflections Women’s Group In-person Fellowship Grounds 2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays 1:00pm	Contact: Cynthia Green at <a href="mailto:cynthiagreen@outlook.com">cynthiagreen@outlook.com</a>
<b>Friday</b> 10-29	Walking Meditation 11am – Noon OOUF	Contact: Penny Burdick (360) 461-4538 or <a href="mailto:mandalaht@gmail.com">mandalaht@gmail.com</a>

**Upcoming Speakers**

October 31	Joseph Bednarik
November 7	Bruce Bode
November 14	Roddy Biggs
November 21	Lynn Ungar
November 28	Joseph Bednarik



Words to Live by  
 Shared by George Will

"You are the books you read, the movies you watch,  
 the music you listen to, the people you spend time with the  
 conversations you engage in.

Choose wisely what and how you feed your mind."

Unknown

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## ZOOM SUNDAY SERVICES AT OUUF



Arrangement by Ken Nielsen

### 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.

The small group meeting to view the Sunday service stays afterwards to share thoughts about the sermon. This is a wonderful way to get to know a few people in a safe environment. Join us!

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.

Arrangement by Ken Nielsen

**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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## INDIGENOUS PEOPLES' DAY

By Ken Nielsen



Monday, October 11th, was Indigenous Peoples' Day (the second Monday in October). This day is observed by various states and municipalities (in lieu of Columbus Day) to celebrate and honor Native American peoples and to commemorate their histories and cultures.

Quoting from the November 15th, 2021 issue of "Black Gold:"

"One of the most prevalent and useful trees throughout our region is/was the *Thuja plicata* (Western Red Cedar). The tree was easy to split and frequently used by Indigenous Peoples to make canoes as well as posts that were used to create a foundation for planks that could be extended into rivers for catching fish. The bark was used to make skirts and capes, and the roots and limbs were used for baskets and rope."

I thought it fitting to have a bouquet of Western Red Cedar boughs on our Speaker's Table to honor and celebrate this day.

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## CHILDREN'S RELIGIOUS EDUCATION PROGRAM:

Please come join us on Zoom at 10 am Sunday morning!  
Email [rutterhj@gmail.com](mailto:rutterhj@gmail.com) and [juliafbuggy@gmail.com](mailto:juliafbuggy@gmail.com) for the Zoom invite.

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## 2022 OUUF SLATE OF CANDIDATES

By Catharine Covert

Sunday, at the Fellowship board meeting we joyfully accepted the slate of 2022 candidates:

- Dianne Whitaker, president
- Rose Prestipino, two year term, one year as vice president and 1 year as president, assuming the bylaw change is approved.
- Brian Berardo and Vivian Mulligan Both two-year terms for trustee-at-large
- Greg Sensiba, finance director, two-year term
  
- Endowment committee chair is Sarah Whelchel, for a three-year term
  
- Nominating Committee- Ren Garypie, Sarah Whelchel, George Will, Vickie Sensiba and Cynthia Green.

Thank you all for volunteering your time and talent for the coming year.

2021 Nominating Committee, thank you for doing a terrific job recruiting candidates for the year ahead Ren Garypie, Sarah Whelchel, George Will, Vickie Sensiba and Rose Prestipino.

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## 2022 Pledge Drive Continues!

By Joan Cotta

*Thanks, thanks and **more** thanks* to members who attended a pledge event and have turned in their 2022 pledge forms!!

Each year we ask that you or your family fill out a new Pledge Form. We operate the Fellowship on your pledged giving and donations.

We need your pledges NOW to plan our budget and programs for next year.

If you have not yet pledged,

- ü Please click the link below,
- ü Fill out the Form and
- ü Scan and attach to an email to and email, it to Elinor at [admin@olympicuuf.com](mailto:admin@olympicuuf.com)
- ü Or, Complete and mail the form to OUUF at PO BOX 576, CARLSBORG, WA 98324

Thank you!

2022 Pledge Committee: Joan Cotta, Peggy Toppenberg and Dianne Whittaker

**LINK: [2022 PLEDGE FORM](#)**



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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](mailto:admin@olympicuuf.com)

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### UPCOMING EVENT

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#### **8th Principle National October Meeting October 20<sup>th</sup> Zoom Sessions on Anti-racism Resources and Congregational Board Efforts Host: JUUstice Washington**

This session will speak to anti-racism resources as well as reports from congregational Board members on how they're implementing changes to bring forward the 8th Principle in their congregations.

Link for more information

#### **8th-Principle-National-October-Meeting**

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**TED Talk**  
October 26<sup>th</sup>  
Ted Talks – Facing Depression  
OUUF Sanctuary  
Tuesday, October 26 – 1:00 pm

Last month 's Ted Talks emphasized that happiness is a product of feeling connected. Lack of connection can lead to depression. This month we consider depression.

#### Depression, the secret we share

Andrew Solomon – Writes about politics, culture, & psychology - October 2013 – TEDxMet - 28 minutes

"The opposite of depression is not happiness, but vitality, and it was vitality that seemed to seep away from me in that moment." In a talk both eloquent and devastating, writer Andrew Solomon takes you to the darkest corners of his mind during the years he battled depression. That led him to an eye-opening journey across the world to interview others with depression -- only to discover that, to his surprise, the more he talked, the more people wanted to tell their own stories.

[https://www.ted.com/talks/andrew\\_solomon\\_depression\\_the\\_secret\\_we\\_share](https://www.ted.com/talks/andrew_solomon_depression_the_secret_we_share)

#### Don't suffer from your depression in silence

Nikki Webber Allen – Multimedia Producer - Ted Residency 2017 - 6 minutes

Having feelings isn't a sign of weakness -- they mean we're human, says producer and activist Nikki Webber Allen. Even after being diagnosed with anxiety and depression, Webber Allen felt too ashamed to tell anybody, keeping her condition a secret until a family tragedy revealed how others close to her were also suffering. In this important talk about mental health, she speaks openly about her struggle -- and why communities of color must undo the stigma that misreads depression as a weakness and keeps sufferers from getting help.

[https://www.ted.com/talks/nikki\\_webber\\_allen\\_don\\_t\\_suffer\\_from\\_your\\_depression\\_in\\_silence?referrer=playlist-4\\_ted\\_talks\\_on\\_overcoming\\_depr&language=en](https://www.ted.com/talks/nikki_webber_allen_don_t_suffer_from_your_depression_in_silence?referrer=playlist-4_ted_talks_on_overcoming_depr&language=en)

TED Talk continued.....

How to discover your “why” in difficult times

Simon Sinek – Leadership Expert - April 2021 – TED Membership – 16 minutes

What has the coronavirus pandemic taught us about ourselves and our relationships? In a deeply personal and wide-ranging conversation, leadership expert Simon Sinek shares his own experience caring for his mental health as the world shut down. He discusses why we need to nurture friendships (in both good times and bad).

[https://www.ted.com/talks/simon\\_sinek\\_how\\_to\\_discover\\_your\\_why\\_in\\_difficult\\_times](https://www.ted.com/talks/simon_sinek_how_to_discover_your_why_in_difficult_times)

What’s so funny about mental illness?

Ruby Wax – Comedian and Mental Health Activist - TEDGlobal 2012 - 8 minutes

Diseases of the body garner sympathy, says comedian Ruby Wax -- except those of the brain. Why is that? With dazzling energy and humor, Wax, diagnosed a decade ago with clinical depression, urges us to put an end to the stigma of mental illness.

[https://www.ted.com/talks/ruby\\_wax\\_what\\_s\\_so\\_funny\\_about\\_mental\\_illness/transcript?referrer=playlist-4\\_ted\\_talks\\_on\\_overcoming\\_depr](https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness/transcript?referrer=playlist-4_ted_talks_on_overcoming_depr)

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**Herding Cats Halloween Potluck**

**OCTOBER 31**

By Kitty Hawks

After Sunday Service come to Sequim Bay State Park for a fright! (Drive down to picnic area - watch out for zombies.) Kitty will be stirring the cauldron and welcoming skeletons from closets. Bring blood and guts to share.

Kitty, 206-755-2832 call/text

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**COMMITTEE AND OTHER NEWS UPDATES**

**GREEN SANCTUARY COMMITTEE**

By Jolie Will



Dear Congregational members and friends:

Following the path to become a “Green Sanctuary”, is a process. At its basic level, it represents the intention to be our best at “respecting the interdependent web of all existence, of which we are a part” (7th Principle). There are many ways to demonstrate this respect; it is the hope of this committee that we will walk this path together, learning, encouraging and inspiring each other. Let’s start with sharing ideas that address reducing or eliminating the use of disposable plastic. Here are a few examples:

- \*Pack food in reusable containers instead of disposable ones.
- \*Carry your own water or beverage. \*Create a “Snack/meal” kit: dinner plate, bowl, metal utensils, drinking cup, cloth napkin. Use it when attending meals away from home instead of paper/plastic.
- \*Use cloth bags to carry store purchases.

Please take a moment to consider how you, starting today, can decrease your usage of plastic. We’re all in this together; what we do DOES matter!

We welcome your input! If you have ideas to share, please email  
Pat Dusel: [patdusel@hotmail.com](mailto:patdusel@hotmail.com), George Will: [georgeandjolie@yahoo.com](mailto:georgeandjolie@yahoo.com)  
Jolie Will: [jolieandgeorge@gmail.com](mailto:jolieandgeorge@gmail.com)

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# Building Dedication and Pledge Event a Success!

By Phil Zenner

On a Sunday afternoon, a large group of people gathered in the OUUF Friendship Garden with special Covid-compliant seating precautions for a combined event. The first portion was led by Little Free Pantry Chair Vicki Sensiba, who dedicated our new Social Justice building and acknowledged 27 people both inside the Fellowship and in the greater community who helped make the multi-mission building possible. Special acknowledgement was given to Michael and Florence Bucierka as being most directly responsible, and they received a plaque dedicating the Bucierka Social Justice Building in their honor, along with the heartfelt thanks of all in attendance.

PENINSULA DAILY NEWS OCT 17<sup>TH</sup> ARTICLE LINK:

[PDN ARTICLE - LITTLE FREE PANTRY](#)

SEQUIM GAZETTE OCT 13<sup>TH</sup> ARTICLE LINK:

[Agnew's free pantry expands, supporters honored | Sequim Gazette](#)



Peggy & John Toppenberg  
Karaoke Dynamic Duo !

The second portion of the event was led by Pledge team and Membership committee members, and consisted primarily of a rousing Karaoke sing along, with attendees taking turn leading the group in belting out their favorite songs along with the original artists while referring to paper copies of the lyrics. Upscale snacks and wine were enjoyed throughout both portions of the event. Many new 2022 pledge forms were turned in. And we were very excited to see a commitment to OUUF by two more members, Geoff Rimositis and Patty Eaton. We plan to have a special fun event to welcome and get to know them as well as other recent new members in the Friendship Garden as soon as weather permits! Special thanks to all who helped make Sunday's event a great success!!

Who says UU women are shy or have no rhythm?

Here are three of our rock'n UU's - Rose Prestipino, Dianne Whitaker, our new member Patty Eaton and



Cynthia Zenner proving some certainly have a lot of energy and enthusiasm

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An immense thank you to the OUUF Board, the Little Free Pantry Committee and Congregation for honoring us by naming the newly constructed storage building the Florence and Michael Bucierka Social Justice Building.

We are humbled and honored by this recognition. However, over a five-month period, 20 OUUF volunteers and a volunteer Seattle roofer helped in the construction and financing of this building. Without their help it would not exist. It took the OUUF Village to make this dream come true.

We all should be proud of the social justice work we are doing and hopefully this motivates others to do likewise.

With gratitude,

Florence & Michael Bucierka

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**ONGOING EVENTS**

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**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 the Fellowship



**COMMUNITY DRUM CIRCLE UPDATE:**

The Community Drum Circle gathers on the 3<sup>rd</sup> Tuesdays on the month. Beginning October 19th, as it is too cool out, higher chance of rain, and sunsets before we finish drumming, we will meet in the OUUF sanctuary at 6pm. We request everyone to be masked and be socially distanced during these gatherings at least until such time as Covid incidence has decreased enough for restrictions to be lifted.

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**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!

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

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**COMMITTEE POSTS**

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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 email [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](#)

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**COMMUNITY BULLETIN BOARD**

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**COOK GROUP**

By Kelly Sanderbeck

I'm looking for a few women who love to cook, and share food, to start a 'Cook Group.' We'd meet monthly in our homes, prepare a meal to take home, and share some food. We can do days, eves or weekends, depending on what works best for the group. Contact Kelly at [ksanderbeck@gmail.com](mailto:ksanderbeck@gmail.com) if interested!



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**SEEKING RENTAL:**

Woman 52 seeking small rental (studio or one bedroom). Also open to a housemate situation in a lovely rural setting. I am a lover of nature and the outdoors. I have a Bachelor's degree in art (formerly an art teacher), am a certified caregiver, self- employed. I don't own a pet and am non-smoking and drinking. Seeking a harmonious, pleasant living arrangement with communicative, mature folks. I have several professional and personal references available upon request, as well as landlord references. I can be contacted through email [violaswamp8@gmail.com](mailto:violaswamp8@gmail.com) or phone 801-898-3593.

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**SEEKING RIDE TO SUNDAY SERVICES:**

Submitted by Dianne Whitaker

Joyce Estep does not have reliable access to the internet, so cannot always attend services. She is willing to pay someone to drive her to and from OUUF on Sunday. She lives on Marine Drive in Sequim. If you are able to do this, please contact her directly at 360-681-3188.

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**SEEKING LAPTOP**

David lezzi is looking for an inexpensive laptop. Please email him at [lezzi@gmail.com](mailto:lezzi@gmail.com) or call him at (360) 670-6452

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**WEEDING HELP**

Looking to hire someone to weed in our garden. If you have recommendations, I would love to have them. Please contact me at [florenceb@wavecable.com](mailto:florenceb@wavecable.com) Thanks, Florence Bucierka

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Updated list to include Witecki Property Services (worked on the LFP project)

Equipment: small backhoe with a grader and dump trailer

LINK TO LIST: [TRADE REFERRALS](#)

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SUNDAY SERVICE 10-17-2021  
Joseph Bednarik

“Kindness and Revenge in the Drive-Thu Line”

SERMON COPY ATTACHED TO THIS EMAIL