



# OUUF Weekly Update

An Inclusive Community

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

Circulation: 276

January 23 - 30, 2022

## OUUF BOARD OF TRUSTEES

### President:

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

### Vice President:

Rose Prestipino  
[roseprestipinio@gmail.com](mailto:roseprestipinio@gmail.com)

### Finance Director

Greg Sensiba

### Trustees-at-Large

Brian Berardo  
Vivian Mulligan  
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:

Catharine Covert  
(360) 461-9991

### Webmaster

Jack Webber

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

January 23, 2022

## SUNDAY SERVICE

Via Zoom 11 a.m.



**Speaker:** Joseph Bednarik

**Sermon Topic:** Doing Worthwhile

**Description:** A friend in their 70's, a former elementary school teacher, recently sent an email to everyone she knows requesting help. "At the moment," she wrote, "I am not doing anything worthwhile," and then asked for ideas. She shared some of her volunteer activities, and then said "there must be MANY more good ways to spend my time." This Sunday we offer a public response to a mass email, explore the meaning of "worthwhile," and brainstorm a few things that need doing.

**Biography:** 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.

++++  
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 Event Calendar](#)  
 Event updates, additions and changes will appear as a post in the newsletter

Groups meet under the Washington State Covid-19 guidelines Effective immediately anyone entering for OUUF events must have all shots they are eligible for including boosters for entry to facility. (Board motion 12/19/2021)

**OPEN EVENTS FOR January 23 - 30, 2022**

<b>Sunday 1-23</b>	Children’s R.E. Sunday Service 10:00am – Zoom	Contact: Julia Buggy at <a href="mailto:juliafbuggy@gmail.com">juliafbuggy@gmail.com</a> or Harmony Rutter at <a href="mailto:rutterhj@gmail.com">rutterhj@gmail.com</a>
	Sunday Service 11am on Zoom viewing at Fellowship sanctuary – doors open 10:30am	Contact: Elinor Tennyson <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a> or call (360) 417-2665
<b>Monday 1-24</b>	Dance exercise seated aerobics 9:30-10:30 am	Contact: Marsha Melnick (360) 683-4712 <a href="mailto:marsha@neuroclin2.com">marsha@neuroclin2.com</a>
<b>Tuesday 1-25</b>	TED Talks 1pm Sanctuary	Contact: Dianne Whitaker at <a href="mailto:diannewhit@aol.com">diannewhit@aol.com</a>
<b>Wednesday 1-26</b>	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>Thursday 1-27</b>	Reflections Women’s Group – Zoom 1:00pm	Contact: Cynthia Green at <a href="mailto:cynthiagreen@outlook.com">cynthiagreen@outlook.com</a>

Link to **UPCOMING SPEAKERS**

+++++

**CHILDREN’S RELIGIOUS EDUCATION PROGRAM**

**January 16, 2022:**

By Harmony Rutter

Sunday we explored the Baptist Faith and the life of a very important member of that tradition: The Rev. Martin Luther King Jr. A coloring page of Jesus and John the Baptist to guide our discussion was sent to all and Teacher Julia read to us from her book "A World of Faith." We watched two YouTube videos about Martin Luther King Jr. One from Kid President, and the other from Mr. Q - A Kid Explains History.

We wrapped things up with "Lift Every Voice and Sing"

Kid President - <https://youtu.be/4xXZhXTFWnE>

A Kid Explains History - <https://youtu.be/hkNk6T2dRvQ>

+++++

+++++

## SUNDAY SERVICES AT OUUF

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.



Display by Ken Nielsen

### Zoom Cafe

Let's discuss the sermon on Zoom while it is still fresh! We start the discussion following Sharing with Bob Nuffer. Take a "Seventh inning stretch" (2 - 3 minutes) to warm your coffee or move around. After our stretch, we will start!

This week we decided to end the Zoom Cafe by 12:45 PM. We discussed the sermon, and then moved on to personal topics, like coffee hour. Also a caution about eating during the sessions. It's fine to eat, but at times it might be better to just shut off the video. Join Geoff Rimositis and I on Sunday.

If you have questions or ideas please feel free to contact Catharine Covert 360. 461. 9991

[More information for joining in person Sunday service](#)

+++++

Words to Live by Shared by George Will

*"Injustice anywhere is a threat to justice everywhere.  
We are caught in an inescapable network of mutuality  
tied in a single garment of destiny.  
Whatever affects one directly affects all indirectly."  
Martin Luther King Jr.*



+++++

### WELCOME EMILY BEALS

By Rose Prestipino



On Wednesday January 12<sup>th</sup>, Emily Beals arranged with Elinor to come by and sign the membership book. We had some lively conversations with Emily and Elinor and Cindy Grey and myself regarding this event. We warmly welcome her into our congregation as member.

+++++

### 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)

**EVENTS. COMMITTEE AND OTHER NEWS**

+++++

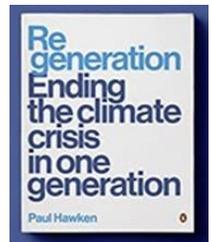
### WINTER READ FOR 2022

Meeting by Zoom

By Bob Nuffer

Starting Sunday, January 23, 2022 at 1pm

To enroll in the group, Contact Bob Nuffer at [e\\_nuff@msn.com](mailto:e_nuff@msn.com)



+++++

# OCA Special Presentation on the Electric Vehicle Revolution

Why All the Excitement About EVs?

January 27, 2022 | 6:30 — 8 pm

OCA Electric Vehicle Zoom Presentation Information

Jullia Buggy Loving her EV



+++++



## Ted Talks – Now What? (previously scheduled for December)

OOUF Sanctuary

Tuesday, January 25<sup>th</sup> 1:00 pm – 3:00 pm

Free and Open to the Public

Three or four Ted Talk videos will be shown, followed by discussion for each one.

For more information, please call Elinor Tennyson at [360 417-2665](tel:3604172665)

### 3 QUESTIONS TO ASK YOURSELF ABOUT EVERYTHING YOU DO

TEDWomen 2018 | November 2018 12 minutes

How you respond to setbacks is what defines your character, says Stacey Abrams, the first Black woman in the history of the United States to be nominated by a major party for governor. In an electrifying talk, she shares the lessons she learned from her campaign for governor of Georgia -- and some advice on how to change the world.

[HTTPS://WWW.TED.COM/TALKS/STACEY ABRAMS 3 QUESTIONS TO ASK YOURSELF ABOUT EVERYTHING YOU DO?UTM\\_CAMPAIGN=TEDSPREAD&UTM\\_MEDIUM=REFERRAL&UTM\\_SOURCE=TEDCOMSHARE](https://www.ted.com/talks/stacey_abrams_3_questions_to_ask_yourself_about_everything_you_do?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

### WHEN TO TAKE A STAND AND WHEN TO LET IT GO TEDxBoulder | September 2014 15 minutes

Ash Beckham recently found herself in a situation that made her ask: who am I? She felt pulled between two roles — as an aunt and as an advocate. Each of us feels this struggle sometimes, she says -- and offers bold suggestions for how to stand up for your moral integrity when it isn't convenient.

[HTTPS://WWW.TED.COM/TALKS/ASH BECKHAM WHEN TO TAKE A STAND AND WHEN TO LET IT GO?UTM\\_CAMPAIGN=TEDSPREAD&UTM\\_MEDIUM=REFERRAL&UTM\\_SOURCE=TEDCOMSHARE](https://www.ted.com/talks/ash_beckham_when_to_take_a_stand_and_when_to_let_it_go?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

### 3 WAYS TO PREPARE SOCIETY FOR THE NEXT PANDEMIC

TEDWomen 2021 | December 2021 14 minutes

What if we treated the risk of pandemics the same way we treat the risk of fires? In this eye-opening talk, infectious disease epidemiologist Jennifer B. Nuzzo unpacks how the Great Baltimore Fire of 1904 sparked a cultural shift in how we defend against fires -- and explains why pandemics demand the same sort of reaction.

[HTTPS://WWW.TED.COM/TALKS/JENNIFER B NUZZO 3 WAYS TO PREPARE SOCIETY FOR THE NEXT PANDEMIC?UTM\\_CAMPAIGN=TEDSPREAD&UTM\\_MEDIUM=REFERRAL&UTM\\_SOURCE=TEDCOMSHARE](https://www.ted.com/talks/jennifer_b_nuzzo_3_ways_to_prepare_society_for_the_next_pandemic?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

### INSIDE THE MIND OF A MASTER PROCRASTINATOR TED2016 | February 2016 14 minutes

Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In this hilarious and insightful talk, Urban encourages us to think harder about what we're really procrastinating on before we run out of time.

[HTTPS://WWW.TED.COM/TALKS/TIM URBAN INSIDE THE MIND OF A MASTER PROCRASTINATOR?UTM\\_CAMPAIGN=TEDSPREAD&UTM\\_MEDIUM=REFERRAL&UTM\\_SOURCE=TEDCOMSHARE](https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

+++++

+++++  
From the BC (before Covid) days!

**ART ANYONE....**

Submitted by Rose Prestipino  
Contact: [Roseprestipino@gmail.com](mailto:Roseprestipino@gmail.com)

Come Wednesday, FEBRUARY 2nd at noon to create valentine and love creations for the table in front of the Sanctuary. Ken Nielson will preside! He will provide all the materials and things. And there is no charge!

All safety protocols will be followed. Elinor will be there to sign people into the building and to make sure we wear masks and are socially distanced. It is going to be fun!!



Don Hatler, Scott Johnson,  
Ken Nielsen, Bob Nuffer

The third Wednesday of the month, FEBRUARY 16th, we will have a sketching class with Tom Massey. He is a new member who happens to be an accomplished painter! It will also be at noon and there will be no charge. Yes, bring a sketch pad and pencils/charcoal if you can.

We will continue this art activity on the first and third Wednesdays of the month at noon if there is sufficient interest. COME AND BE REFRESHED!!

+++++  
**LITTLE FREE LIBRARY**

By Serena Mylchreest

painted and decorated  
by Penny Burdick



Thanks to all of you who have contributed books to the Little Free Library. I have the fun task of checking the donation box and stocking the library. The library was always used but when the Little Free Pantry went in the use increased a lot. It's nice to know that so many others are enjoying our recycled books!



+++++  
**GREEN SANCTUARY 2030**

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

The Green Sanctuary Committee has returned from a brief hiatus with some new members and has formed as follows -

Emily Beals and Pat Dusel Co-chairs. George Will, Jolie Will, John Toppenberg and Brian Berado.

A presentation to the congregation of the GS Accreditation process will be forthcoming in the next few weeks. For more information on the Green Sanctuary 2030 project click this link

[OUUF Website - Green Sanctuary](#)

+++++



**OOUF CARE CARDS**

Cynthia Green mails cards, sometimes cards she has created herself, as her role on the OOUF Care Team. For more information click

[CARE TEAM AND CARE CARD INFORMATION](#)

**ONGOING EVENTS**

**Reflections Women’s Group**

**Zoom Meetings**

Contact: Cynthia Green at [cynthiagreen@outlook.com](mailto:cynthiagreen@outlook.com)

We meet by Zoom on the SECOND and FOURTH Thursday of each month at 1:00 pm. 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.***



**COMMUNITY DRUM CIRCLE**

By Penny Burdick

The Community Drum Circle gathers on the 3<sup>rd</sup> Tuesdays on the month and meet in the OOUF sanctuary. Many of our drummers do not like to drive at night. To accommodate them and encourage more attendance for this special drum circle, the meeting time will be **3:00 PM - 4:30** People attending must be fully

vaccinated as eligible including booster/s.

Contact: Penny Burdick at [mandalaht@gmail.com](mailto:mandalaht@gmail.com)

**COMMUNITY BULLETIN BOARD**

**Looking for a Good Home for Laser Printer**

George and Jolie have a monochrome Laser printer that needs to find a good home. It comes with toner cartridges and works just fine. The only cost would be the amount of time it would take for more information. To that end, please call 360-683-4037 or if you prefer, email [georgeandjolie@yahoo.com](mailto:georgeandjolie@yahoo.com)

**ABC4PD invites you to exercise with us**

Aerobic dance program to promote balance and mobility

MON-WED 9:30-10:30am (requires standing balance)

MON - Noon-1:00 (seated program)

Classes in hybrid mode (in person and on Zoom)

New session began January 10<sup>th</sup>

For more information call:

Marsha Melnick (360) 683-4712 or

Peggy Scheideler (760) 518-4181