



OUUF Weekly Update

An Inclusive Community

1033 N. Barr Road
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Circulation: 281

January 30 - February 6 , 2022

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January 30, 2022

SUNDAY SERVICE

Via Zoom 11 a.m.



Speaker: Lynn Ungar

Sermon Topic: Good Thing I Bounce

Description: When difficult times just keep dragging on, we need resilience to keep showing up. But how do we cultivate resilience?

Biography: Our speaker, Rev. Dr. Lynn Ungar is a poet, a freelance UU minister offering supply preaching, and a dog trainer. She lives in Vancouver, Washington, with her two Australian Shepherds. Her work is included in the anthology What We Share. Lynn's website has links to her books of poetry. Her latest books are "Breathe" and "These Days."

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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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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 30, - February 6, 2022

Tuesday 1-25	TED Talks – reminder 1:00pm Sanctuary	Contact Dianne Whitaker at DianneWhit@aol.com or Vivian Mulligan at Vivian.mulligan@gmail.com
Sunday 1-30	Children’s R.E. Sunday Service 10:00am – Zoom	Contact: Julia Buggy at juliafbuggy@gmail.com or Harmony Rutter at rutterhj@gmail.com
	Sunday Service 11am on Zoom viewing at Fellowship sanctuary – doors open 10:30am	Contact: Elinor Tennyson admin@olympicuuf.com or call (360) 417-2665
Monday 1-31	Dance exercise seated aerobics 9:30-10:30 am	Contact: Marsha Melnick (360) 683-4712 marsha@neuroclin2.com
2-1	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 .
Wednesday 2-2	Fellowship open Noon-12:30pm	Contact: Elinor Tennyson (360) 417-2665 or admin@olympicuuf.com
	OUUF Women’s Meeting – Zoom 6-7pm	Contact: Jean Stratton jeanmstratton@gmail.com
	Art Anyone ? See post below Noon Fellowship – Sanctuary and porch	Contact: Rose Prestipino at Roseprestipino@gmail.com
	The Evening Men’s Group - Zoom 7-9pm	Contact: George Stratton (360) 808-4477

Link to [UPCOMING SPEAKERS](#)



Words to Live by Shared by George Will and Seri Mylchreest

There is no duty we so much underrate as the duty of being happy.
 By being happy we sow anonymous benefits upon the world."
 Robert Louis Stevenson

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CHILDREN’S RELIGIOUS EDUCATION PROGRAM

January 23, 2022

By Julia Buggy

We joined online and in Spirit to learn and grow together....



Baha'i: This faith started in Persia, in the mid-1850s, an offshoot of Islam. They believe in the oneness of humanity and the abolishment of racial, class, and religious prejudices. Prayer and meditation are strong parts of their practice. This year from February 25-March 1 they will observe Ayyamiha (similar to Fat Tuesday), when they celebrate generosity, love, compassion, friendship and praising God. It is followed by a 19 day period of fasting. The Baha'i symbol is a 9 point star. We will watch a video together that will show us some of the ways they celebrate the holiday around the world! I have attached a printout page to use as we explore some of the aspects of Baha'i, like compassion, generosity, oneness, etc., each one of us will choose one and draw a picture that illustrates that particular quality. Then we will take a screenshot of our artwork like a collage to share in the weekly newsletter with our congregation.

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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

January 30th

No Zoom Café this week.

The Green Sanctuary program wants to have a conversation with the congregation. We welcome hearing more about the program.

Catharine Covert and Geoff Rimositis

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

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

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GREEN SANCTUARY 2030

Submitted by Co-chair Pat Dusel

There will be a presentation regarding Green Sanctuary 2030 Accreditation Sunday 30th during the time normally allotted to Zoom Café after the service. The presentation will give a brief overview of the Green Sanctuary process and why we may want to pursue the accreditation. There will be time for questions and answers.



The Vision- A world that is sustainable and just for humanity and for the whole of the web of life, including
For more information on the Green Sanctuary 2030 project click this link

[OUUF Website - Green Sanctuary](#)

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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
EVENTS. COMMITTEE AND OTHER NEWS

ART ANYONE....

Submitted by Rose Prestipino
Contact: 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!!

If you plan to attend please either call Ken at 360-683-3445 or email at kengeonie@hotmail.com by the evening of Sunday the 30th.

From the BC (before Covid) days!



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!!



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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](#)

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ONGOING EVENTS

Reflections Women's Group

Zoom Meetings

Contact: Cynthia Green at 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.

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COMMUNITY DRUM CIRCLE

By Penny Burdick

The Community Drum Circle gathers on the 3rd Tuesdays on the month and meet in the OUUF 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

COMMUNITY BULLETIN BOARD

Philips Sonicare Toothbrush with Charger searching for a good mouth.

Used **once** but tickling sensation was such that I have to part with it. Don't worry, the brush was sterilized OR buy your own brush(es). Call George Will for particulars or email. 360-683-4037 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 10th

For more information call:

Marsha Melnick (360) 683-4712 or

Peggy Scheideler (760) 518-4181

SUNDAY 1-23 -2022

Joseph Bednarik

Sermon: Doing Worthwhile

COPY OF SERMON ATTACHED