



OUUF Weekly Update

An Inclusive Community

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

Circulation: 274

January 9-16, 2022

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diannewhit@aol.com

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Juliafbuggy@gmail.com

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rutterhj@gmail.com

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Catharine Covert
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Jack Webber
webmaster@OlympicUUF.com

January 9, 2022
SUNDAY SERVICE
Via Zoom 11 a.m.



Service Leader: Jamal Rahman

Topic: To be determined

Biography: 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 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

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. Please contact Elinor Tennyson at admin@olympicuuf.com if you have questions or would like clarification.

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)

Due to weather conditions in-person events may be canceled. Please check with Elinor Tennyson at (360) 417-2665 or admin@olympicuuf.com

OPEN EVENTS FOR January 9 - 16, 2022

| | | |
|---------------------------|---|--|
| Sunday 1-9 | Children's R.E. Sunday Service 10am – Zoom | Contact: Julia Buggy at juliafbuggy@gmail.com or Harmony Rutter at rutterhj@gmail.com |
| Monday 1-10 | Dance exercise Tai Chi balance seated aerobics 9:30-1:00pm | Contact: Marsha Melnick (360) 683-4712 or Peggy Scheideler at excelpt@aol.com or (760) 518-4181 |
| | Sunday Service 11am – Zoom Viewing at Fellowship sanctuary doors open 10:30am | Contact: Elinor Tennyson (360) 417-2665 or admin@olympicuuf.com |
| Wednesday 1-12 | Dance exercise Tai Chi balance, 9:30- Noon | Contact: Marsha Melnick (360) 683-4712 or Peggy Scheideler at excelpt@aol.com or (760) 518-4181 |
| | 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 |
| | The Evening Men's Group - Zoom 7-9pm | Contact: George Stratton (360) 808-4477 |
| Thursday 1-13 | Reflections Women's Group 1:00pm – Zoom 2 nd and 4 th Thursdays | Contact: Cynthia Green at cynthiagreen@outlook.com |

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Link to [UPCOMING SPEAKERS](#)

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CHILDREN'S RELIGIOUS EDUCATION PROGRAM:

Sunday January 2nd Service

By Julia Buggy - Happy New Year 2022!!

We started with some Gentle Yoga to welcome the new year and help us stretch. Then we all joined for a dance party complete with a disco ball to celebrate our community connection! The playlist included Parry Grip's Pancake Robot, Baby Yoda and The Gummy Bear Song

We all gathered for some music, community sharing and a Creative Doodling Here's the new video for "What's in the Breakfast?" By Mike Phirman. Enjoy

  <https://youtu.be/bMyVRLIMhYA>



For a Zoom invite to join us, email Harmony at rutterhj@gmail.com or Julia at juliafbuggy@gmail.com

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ZOOM SUNDAY SERVICES AT OUUF

Zoom Cafe

Let's discuss the sermon on Zoom while it is still fresh!

We start Sunday, January 9, 2022 after Sharing with Bob Nuffer

Take a "Seventh inning stretch" (2 to 3 minutes) to warm your coffee or move around

Sandy Goodwick will create a breakout room for the Sunday Services Committee meeting. After our stretch, we will start!

If you have any questions or ideas, feel free to contact me. Catharine Covert (360) 461- 9991



Arrangement by Ken Nielsen

MASKS AND VACINATIONS ARE REQUIRED
FOR ALL OUUF INDOOR EVENTS

See Board motion regarding vaccinations under OUUF Event Calendar

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.

Face masks covering nose and mouth must be worn during the service itself and no one should remove their masks to eat or drink. Persons participating in an after-service discussion have a choice to remove their masks to eat and drink.

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.

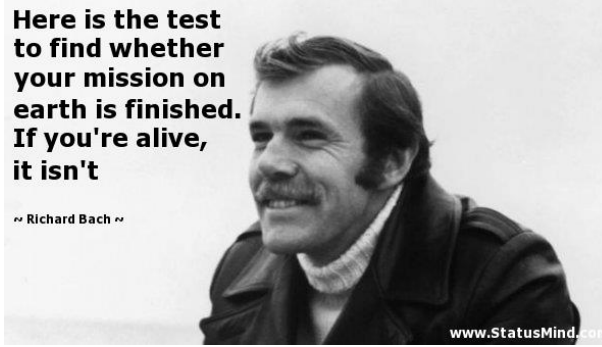
NOTICE: Washington State DOH Phase 3 guidelines requires all persons attending the Fellowship as guests or workers to self-screen for signs and symptoms of Covid-19 before arriving. Any individual or member of their household with a temperature of 100.4F or more will not be permitted to attend the service or attend work at the Fellowship.

Attendees will be asked to log in and specify if fully Covid-19 vaccinated

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Words to Live by

Shared by George Will "



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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

COMMITTEE AND OTHER NEWS UPDATES

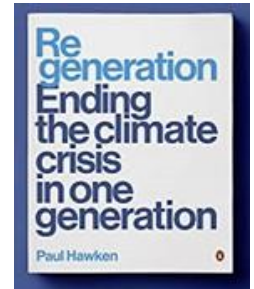
WINTER READ FOR 2022

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



“*Regeneration* is honest and informative, a rebuttal to doomsayers who believe it is too late.”
--Jane Goodall, Foreword

The news about our climate seems dire. Over the last year, we’ve seen extreme high and low temperatures, devastating fires and floods, and ice thawing in the Antarctic. But what can we do?

This year’s Clallam County Interfaith Winter Read, *Regeneration: Ending the Climate Crisis in One Generation* by Paul Hawken, will explore that question—what we can do to reverse climate change, as individuals, as communities, and as planetary citizens.

This is a different kind of book than we have read in the past. It’s a series of short essays that describe initiatives that are already taking place around the world and that have the potential to “engage the majority of humanity to save the world from the threat of global warming.” The essays cover the importance of oceans, forests, wilding, land, people, the city, food, energy, and industry. As we read, we’ll share these and other ideas and talk about how we can help. In the end, we’ll be challenged to come up with our own “punchlists” of actions to make genuine positive change.

Regeneration is available at Port Book and News, and the accompanying website <https://regeneration.org> has many more ideas as well as videos, news, and upcoming events.

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A BIG THANKS

By Rose Prestipino, Chair

The Landscape Team put in a lot of sweat and labor hours this year while always having fun! . We broke ground in March and worked for two days a week in March and April to complete the initial phase of the Friendship Garden. We then moved into the general grounds preparation and maintenance for the entire property.

I would like to acknowledge these hardworking and willing folks.

Brian Berardo, Phil Zenner, Tommie Schwent, Tom Massey and Kathy Scott, Nancy and Kevin Duffy, and Lou Foldoe. Later in the year, David Iezzi joined us. On our last workday, newbe Emily Beals jumped in with pruners and lots of enthusiasm.

THANKS EVERYONE!

Dear Fellowship Members and Friends,



In the New Year, we will be exploring more about what it means to be a Green Sanctuary and the steps that can lead us in that direction. As community involvement is a key aspect of Green Sanctuaries, your input will always be needed and welcome. We look forward to sharing more information in the months ahead. We wish you blessings in this holiday season!

"The earth is what we all have in common." - Wendell Berry

For more information and contacts click this link [OUUF Website - Green Sanctuary](#)

OUUF CARE CARDS

Cynthia Green mails cards, sometimes cards she has created herself, as her role on the OUUF Care Team.

For more information click [CARE TEAM AND CARE CARD INFORMATION](#)

JUDY WARE CONTACT INFORMATION:

Judy would like to wish all her OUUF friends a very Happy New Year and to let you know she has moved. Her updated contact information is:

Judy Ware
1435 Park View Lane Apt #K107
Port Angeles, WA 98363
Home phone: (360) 457-1579 Cell: (360) 461-3829
Email: Judyfware@gmail.com

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ONGOING EVENTS

Reflections Women’s Group

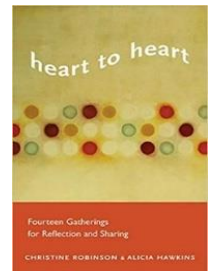
Zoom Meetings

Contact: Cynthia Green at cynthiagreen@outlook.com

We meet 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!

New topic: Forgiveness

We are currently using the book “Heart to Heart: Fourteen Gatherings for Reflections and Sharing”. No one is required to obtain this book. We are also open to discussion topic suggestions from our participants. Our meetings usually last an hour and a half. All persons attending are given the opportunity to join in the discussion. We hope to leave feeling uplifted!



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

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COMMUNITY BULLETIN BOARD

CONSUMER ALERT

Submitted by Brian Berardo

My wife and I do a lot of our shopping at our local Safeway grocery stores. They’ve been working hard, as do many grocers these days, in trying to provide products that are sustainable and organic. That said, they recently took a WRONG TURN in the plastic packaging of many of their O Organics product line and it’s up to us to remind them.

Please write to them and express your disdain for switching from paper containers to PLASTIC containers in many of their dairy products, e.g. Half and Half, Heavy Whipping Cream, etc. This switch happened just this year (2021)! Here is a link to my blog entry with link information at Safeway and O Organics:

<https://bberardo.com/2021/12/25/consumer-alert/>

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LOOKING FOR USED FURNITURE:

From: Edie Davis

Email: violaswamp8@gmail.com

Cell: 206-696-2177

I'm looking for used furniture and would like to trade my services doing yardwork and/or housecleaning in lieu of cash being exchanged. I'm looking for a seating bench (for a foyer), tall plant stands, a hutch/shelved unit for kitchen supplies, a "largish" area rug and a twin bed or two.

Cheers, Edie

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REFERRALS OF CONTRACTORS AND/OR HANDYMEN These are for-hire sources, not volunteers

[OUUF TRADE REFERRAL LIST](#)

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