



OUUF Weekly Update

An Inclusive Community

1033 N. Barr Road
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February 20-27, 2022

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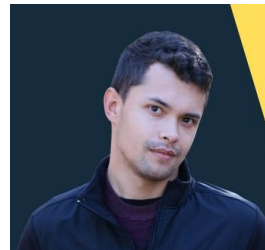
Care Team Info Link

Webmaster

Jack Webber
webmaster@OlympicUUF.com

SUNDAY SERVICE

February 20, 2022
Via Zoom 11 a.m.



Speaker: Roddy Biggs

Sermon Topic: *We Are: Promises Kept And Broken*

The call: Join us as we ask ourselves what promises we keep and break as we strive to live our best lives grounded in and by our living faith tradition of Unitarian Universalism.

Service Description: We Are many things; Connected, Stronger Together, Loves Hands In The World, creating justice, Caring For One Another, and The Earth! These are the Promises we make, the promises we strive to keep, and the promises we are known to break. In this service, we together explore Who We Are as Unitarian Universalists in the 21st century.

Speaker Biography: Roddy Biggs writes: I'm healing; I'm growing; I'm learning to love myself; trying to find my place on this topsy-turvy journey that we call life. Roddy uses they/them pronouns and is a Queer, BIPOC Young Adult. They claim a progressive anti-oppressive Christian faith grounded in the principles of the Unitarian Universalism. Roddy holds a Bachelor's degree in Religious Studies and is a first-year seminary student at Meadville Lombard Theological as they pursue the Unitarian Universalist ministry. Roddy truly believes that a vocation in ministry means being a voice to and for all of those who can't, or have not yet, found their voice; to those who have been told they don't have a voice or that they don't belong; yet still long for spiritual community and want someone, someone, to say to them, that they are not broken, that society is broken; and that they are welcome here, just as they are; sacred and holy."

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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

MAILING ADDRESS FOR DONATIONS:

OUUF
P O BOX 576
CARLSBORG, WA 98324

Thank you for your donation

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NEW!

Many thanks to Sandy Goodwick for putting together a brief ANNOUNCEMENTS video. The video is used for the Sunday service and is posted on the OUUF website every Wednesday.

Check it out [link to Annoucements on OUUF website](#)

OUUF EVENT CALENDAR

Groups meet under the Clallam County and Washington State Covid-19 guidelines Effective immediately anyone attending an inside OUUF event must have all shots they are eligible for including boosters, sign in and wear a face mask at all times.

OPEN EVENTS FOR February 20-27, 2022

2-16	Reminder: Art Anyone? Sketching class with Tom Massey Fellowship Sanctuary Noon	Contact: Roseprestipino@gmail.com
Sunday 2-20	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 2-21	Dance exercise seated aerobics 9:30-10:30 am	Contact: Marsha Melnick (360) 683-4712 marsha@neuroclin2.com
Tuesday 2-22	TED TALKS 1pm Fellowship Sanctuary	Contact: Vivian Mulligan at
Wednesday 2-23	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 2-24	Reflections 1pm – Zoom	Contact: Cynthia Green at cynthiagreen@outlook.com

Link to [UPCOMING SPEAKERS](#)



Words to live by
Shared by George will

"We didn't inherit the earth from our ancestors,
we borrowed it from our children."
Native American proverb

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CHILDREN'S RELIGIOUS EDUCATION PROGRAM

February 13, 2020
 By Teacher Harmony Rutter



Here is the Valentine's Day Collage we made Sunday. I am so grateful to Julia for creating this project and leading us. Julia will be sharing it with a list of local community partners including the local CERT group to express our love and appreciation for local community partners that make our community a better place on behalf of the OUUF RE Kids Program. With a heart full of love!

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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.

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.

Zoom Rooms

Let's discuss the sermon and ??? on Zoom!
 We start 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 rooms for the Sunday Services Committee meeting and Zoom Rooms. After our stretch, we will start!

This week we discovered that transcription cannot be used in the breakout rooms. Therefore Sandy will ask if anyone wants to use the transcription ability and they can stay in the main area, which will become a breakout room.

Catharine Covert and Geoff Rimositis

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

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TAX TIME !

OUUF MONETARY DONATION LETTER

If you need a 2021 monetary donation letter from the Fellowship, please contact Greg Sensiba at sensibaq@hotmail.com or Seri Mylchreest at serena@mylchreest.com

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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, COMMITTEES AND OTHER NEWS

TED Talks – Addiction



OOUF Olympic Unitarian Universalist Fellowship
Tuesday, February 22 – 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.
Groups meet under the Washington State Covid-19 guidelines Effective immediately anyone entering for OOUF events must have all shots they are eligible for including boosters for entry to facility. For more information, please call [\(360\) 417-2665](tel:3604172665)

Everything you think you know about addiction is wrong

JOHANN HARI - TEDGlobalLondon, June 2015 - 14 minutes 42 seconds

What really causes addiction -- to everything from cocaine to smart-phones? And how can we overcome it? Johann Hari has seen our current methods fail firsthand, as he has watched loved ones struggle to manage their addictions

https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong

Why we need to end the War on Drugs

ETHAN NADELMANN - TEDGlobal 2014, October 2014 - 17 minutes 17 seconds

Is the War on Drugs doing more harm than good? In a bold talk, drug policy reformist Ethan Nadelmann makes an impassioned plea to end the "backward, heartless, disastrous" movement to stamp out the drug trade.

https://www.ted.com/talks/ethan_nadelmann_why_we_need_to_end_the_war_on_drugs

Never Enough: The Neuroscience and Experience of Addiction

JUDY GRISEL – TEDxPSU, February 2020 – 12 minutes 15 seconds

In her talk, Dr. Grisel takes us through her journey through addiction and sobriety.

https://www.ted.com/talks/judy_grisel_never_enough_the_neuroscience_and_experience_of_addiction

What causes opioid addiction, and why is it so tough to combat?

MIKE DAVIS - TED-Ed, May 2020 – 8 minutes 20 seconds

In the 1980s and 90s, pharmaceutical companies began to market opioid painkillers aggressively, while actively downplaying their addictive potential. What makes opioids so addictive? Mike Davis explains what we can do to reverse the skyrocketing rates of addiction and overdose?

https://www.ted.com/talks/mike_davis_what_causes_opioid_addiction_and_why_is_it_so_tough_to_combat

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ART ANYONE. ?

OOUF Sanctuary

You are invited to join our first sketching class with Tom Massey on Wednesday, **February 16th, at noon**. He will show us how to look for shadows to define what we want to sketch and so on. Bring paper and pencils/charcoal if you can.

The next art activity will be led by Edie Davis and she will show us how to take a clear vessel and use tissue paper and glue to make a beautiful vase. This class will be held **March 2nd at noon**. Edie has been a school art teacher and comes with knowledge and enthusiasm. Collect some clear glass bottles and light-colored tissue paper in preparation. We hope to use the vases in a display in the sanctuary.

Elinor will be there to check-in people and ensure that all safety guidelines are followed.

COME AND HAVE FUN...

Rose Prestipino

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Get Trash!

Adopt-A-Highway

By: Kitty Hawks

Feb 26 / 9:30am

Meet on southside River Road (just beyond on-off ramps).

Volunteer an hour collecting thrown away Valentines, broken hearts, dead red roses, and other significant trash.

Contact: Kitty Hawks email at alettehawks@yahoo.com or call or text 206-755-2832



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GREEN SANCTUARY 2030

Submitted by Co-chair Pat Dusel

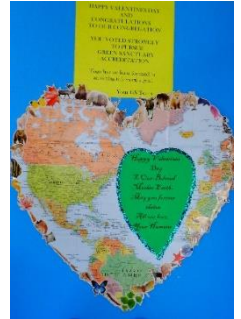
the GS committee is working on Stage 1 of the GS process i.e. writing a charter, writing a congregation profile and investigating educational opportunities.

Environmental Tips:

Submitted by Florence Burcieka

Tip #3: (Follow up to last week's tip on bamboo toilet tissue)

After thinking about the carbon footprint of bamboo toilet paper (probably made in China and shipped here), I did some Google searches. I also noticed the item in the OUUF newsletter about using bamboo toilet paper. May want to check out these two sites, Sierra Club and Natural Resource Council on toilet paper in general, especially the rated chart in the second link.



<https://www.sierraclub.org/sierra/ask-ms-green/whats-most-eco-friendly-toilet-paper>

<https://www.nrdc.org/resources/issue-tissue-how-americans-are-flushing-forests-down-toilet>

Please send your tips to patdusel@hotmail.com

For more information on the Green Sanctuary 2030 project click this link

[OUUF Website - Green Sanctuary](#)

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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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OUUF CARE CARDS

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

Contact: cynthiagreen@outlook.com

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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

Submitted by Florence Bucierka

YOU'RE INVITED! FREE ONLINE CLASSES!

Up Your Parenting Game: Support Yourself and Your Family

Session 1 (Age 0-10): Wednesdays, 6:30pm-7:30pm: Feb 16, 23, March 2, 9

Rachel Hardies is a mental health counselor at New Growth Counseling Services and a mental strength coach with Head in the Game Consulting. She has been supporting families and youth in our area since 2009.

Visit <http://www.pw4kids.org> for Flyer and Registration Link.

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Submitted by Kelly Sanderbeck

I have an extra [Green Cone Solar Digester](#) for food waste. Is anyone interested?

I'm in Port Angeles. Kelly at 206.854.4302 or ksanderbeck@gmail.com

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Free Tax Preparation

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Due to Covid pandemic, appointments are required. To make an appointment, call:

- Port Angeles – (360) 207-4130 Sequim – (360) 683-6806

If you have any questions about this service, please contact Greg Sensiba [(360) 683-8914; sensibaq@hotmail.com].

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SUNDAY
2-13-2022
Jamal Rahman

COPY OF SERMON NOT AVAILABLE