



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: 290

March 13 - 20, 2022

OUUF BOARD OF TRUSTEES

President:

Dianne Whitaker
diannewhit@aol.com

Vice President:

Rose Prestipino
roseprestipino@gmail.com

Finance Director

Greg Sensiba

Trustees-at-Large

Brian Berardo
Vivian Mulligan
Peggy Toppenberg
Phil Zenner

Board of Trustees Meeting Minutes

OUUF STAFF

Elinor Tennyson

Administrative Coordinator
admin@olympicuuf.com

Children's Religious Education Staff

Julia Buggy

Juliafbuggy@gmail.com

Harmony Rutter

rutterhj@gmail.com

Care Team Chair:

Catharine Covert
(360) 461-9991

Care Team Info Link

Webmaster

Jack Webber

webmaster@OlympicUUF.com

SUNDAY SERVICE

March 13, 2022

Bruce Bode

Via Zoom



Speaker: Bruce Bode

Sermon Title & Description: "Death in Dual (and Dueling) Perspectives" – In Nature, death is not a factor of special importance; it's simply part of the turning wheel of Being as it rolls onward through time. But to us in our human world, death is a factor of huge significance. Taking my cue from neuro-anatomist Dr. Jill Bolte Taylor's book *My Stroke of Insight*, this sermon will explore our encounter with death from both the "left-brain" ("ego-consciousness") and the "right-brain" ("cosmic consciousness") perspectives.

Biographical Data on Guest Speaker

Bruce A. Bode is Minister Emeritus at the Quimper Unitarian Universalist Fellowship (QUUF) in Port Townsend, Washington, from which he retired in 2018 as the Senior Minister after serving the congregation for fourteen years (2004-2018). Before coming to Port Townsend, Rev. Bode was the Interim Minister of the First Unitarian Universalist Church of Houston, Texas (2002-2004) and the Hope Unitarian Church in Tulsa, Oklahoma (2001-2002). Prior to that, he served for twenty-two years (1978-2001) as an Associate Minister at the Fountain Street Church in Grand Rapids, Michigan, a large, independent, religiously liberal congregation.

++++
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

++++



REMINDER - SET CLOCKS AHEAD ONE HOUR

Daylight Saving Time begins Sunday,
March 13, 2022 at 2:00 am

+++++

OUUF EVENT CALENDAR

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

OPEN EVENTS FOR March 13 - 20, 2022

Sunday 3-13	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
Tuesday 3-15	Reading for Fun ! 1:00pm Meet in Member's Home	Contact: Kitty Hawks call, text, email 206-755-2832 alettehawks@yahoo.com .
Wednesday 3-15	Fellowship open Noon-12:30pm	Contact: Elinor Tennyson (360) 417-2665 or admin@olympicuuf.com
	Art Session Noon – 1pm	Contact: Rose Prestipino roseprestipino@gmail.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
Sunday 3-20	Circle for the Seasons Fellowship 7-9pm	Contact: Kelly Sanderbeck at Ksanderbeck@gmail.com

Link to [UPCOMING SPEAKERS](#)

+++++

+++++

CHILDREN'S RELIGIOUS EDUCATION PROGRAM

By Teacher Julia Buggy



We had a rich session focused on International Women's Day which was Tuesday, March 8th. We sang, the children were invited to brainstorm qualities they admire in women and finding those words to describe as we more that energy and awareness into our craft of tracing our hand and "Giving a High Five" to a woman we admire and then a flower craft affirmation towards a quality we appreciate about ourselves.

A female leader we focused on was our very own UUA President Susan Frederick - Gray, grown-ups who have not read her bio can do so here...<https://www.uua.org/offices/people/susan-frederick-gray>

We then learned about and danced to Dances of Universal Peace, with the song "Love Grows" Parents learned more here <https://dancesofuniversalpeace.org/> we watch edthe intro to this short documentary <https://youtu.be/3uXxpde-C0Y>

+++++

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. If you have any questions, feel free to contact Elinor Tennyson at admin@olympicuuf.com or call (360) 417-2665.

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

Words to live by
Shared by George will

A Prayer

"Great Spirit of all that is hold me in your presence.
In moments of fear and uncertainty keep me close.
Give me a discerning mind so that I may be able to make
strong decisions for myself, my loved ones and
the environment in which we live.

Give me courage to trust in myself when all seems hopeless.
And last but not least, fill me with compassion for my
brothers and sisters in every part of this world."



+++++

HERE'S HOW YOU CAN HELP THE PEOPLE OF UKRAINE

Submitted by Emily Beals



The U.N. refugee agency USA for UNHCR predicts nearly 3 million people in the country will require humanitarian assistance this year. Here are a few ways to help.

[Seattle Times Here's how Washington Residents Can Help the People of Ukraine](#)

Submitted by Florence Bucierka:

Here is a link to check any charity you may be considering supporting [CHARITY NAVIGATOR SITE](#)

+++++

ANNOUNCEMENTS and THINGS OF INTEREST

We reserve the right to edit your submission for content, length and grammar
*****A post longer than a paragraph may appear as a link*****
Announcements need to be submitted **by 5pm MONDAY** to admin@olympicuuf.com

EVENTS, COMMITTEES AND OTHER NEWS

WHAT IS THE LANDSCAPE TEAM UP TO?

The great and jolly group (who appear to have way too much fun “working”) put together another chair for the Friendship Garden. This chair was donated by one of the wonderful group called “anonymous”. We just love those people!

Tuesday’s work group;
Back row, Phil Zenner, Rose Prestipino, Lou Foldoe,
Front row, David Iezzi and Emily Beals.
Picture is minus Brian Berardo who took the picture.



+++++

ART ANYONE?

March 16th
Sanctuary - noon
Submitted by Rose Prestipino
Contact: roseprestinio@gmail.com



For our following ART ANYONE, Jolie Will plans to show us how to make a Zentangle.

The Zentangle is an easy to learn, relaxing and fun way to create images by drawing structured patterns. Google for more information. Come and enjoy!

+++++

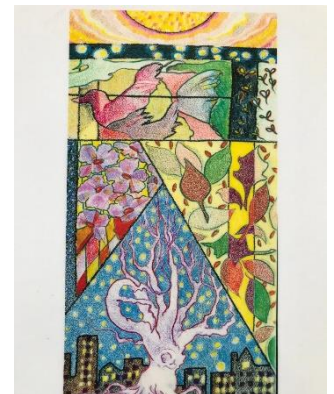
CIRCLE FOR THE SEASONS

March 20
Sanctuary
7-8pm

Celebrating the Spring Equinox with songs, stories, and music

The Fellowship will hold a celebration of the Spring Equinox. The celebration will include musical performances, storytelling, singing, and more. Those who wish to contribute to a community centerpiece may bring small items from nature, such as flowers, rocks, or shells.

Contact: Kelly Sanderbeck at Ksanderbeck@gmail.com



+++++

+++++



TED Talks – Loneliness and Social Isolation

Tuesday, March 22nd

1:00 pm – 3:00 pm

Fellowship Sanctuary

Three or four TED Talk videos will be shown, followed by discussion for each. Groups meet under the Washington State Covid-19 guidelines in effect at the time. For more information, please call [\(360\) 417-2665](tel:3604172665)

Contact: Vivian Mulligan at vivian.mulligan@gmail.com

The lies our culture tells us about what matters -- and a better way to live

DAVID BROOKS – TED2019 – April 2019 – 15 minutes

Our society is in the midst of a social crisis, says op-ed columnist and author David Brooks: we're trapped in a valley of isolation and fragmentation. How do we find our way out? Based on his travels across the United States -- and his meetings with a range of exceptional people known as "weavers" -- Brooks lays out his vision for a cultural revolution that empowers us all to lead lives of greater meaning, purpose and joy.

The secret to living longer may be your social life

SUSAN PINKER – TED2017 – April 2017 – 16 minutes

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy -- it's their emphasis on close personal relationships and face-to-face interactions. Pinker explains what it takes to live to 100 and beyond.

How cohousing can make us happier and live longer

GRACE KIM – TED2017 – April 2017 – 10 minutes

Loneliness doesn't always stem from being alone. For architect Grace Kim, loneliness is a function of how socially connected we feel to the people around us -- and it's often the result of the homes we live in. She shares an age-old antidote to isolation: cohousing, a way of living where people choose to share space with their neighbors, get to know them, and look after them. Rethink your home and how you live in it with this eye-opening talk

You are not alone in your loneliness

JONNY SUN - TED2019 – April 2019 – 10 minutes

Being open and vulnerable with your loneliness, sadness and fear can help you find comfort and feel less alone, says writer and artist Jonny Sun. Sun shares how telling stories about feeling like an outsider helped him tap into an unexpected community and find a tiny sliver of light in the darkness.

+++++

GREEN SANCTUARY 2030

By Pat Dusel

The GS Team is currently working on Stage 2 of the Accreditation process-The Opportunity Assessment. This is a tool that the GS Team can use to help identify the Congregations current status with respect to climate action and the opportunities and challenges to moving climate action forward.



The GS Team members have a questionnaire and will work with some OUUF members to gather data for analysis This will be the foundation for stage 3-The Action Plans.

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

[OUUF Website – Greensanctuary](#)

+++++

+++++

OOUF CARE TEAM

OOUF CARE TEAM MISSION STATEMENT:

The OOUF Care Team strives to support fellowship friends and members during special times of need or just when someone might need someone to talk to.

SOME SERVICES WE PROVIDE:

Care support is offered in a variety of ways including personal visits, phone calls, e-mails and cards, providing meals, transportation and referrals to other available community resources as needed. All communication is considered confidential. Covid safety protocols may limit some service availability such as visitation to hospitals, etc.

Please contact Catharine Covert, OOUF Care Team Coordinator at Covert@Olympus.net or cell/text: 360 461-9991, Elinor our administrative coordinator (360) 417-2665 or any of these team members: Pat Dusel, Clare Hatler, Ren Garypie, Sandy Goodwick or Cynthia Green

+++++

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.



+++++



OOUF CARE CARDS

Cynthia Green mails cards, sometimes cards she has created, as her role on the OOUF Care Team. Contact: cynthiagreen@outlook.com

REQUEST TO OOUF FRIENDS AND MEMBERS:

Azella has moved and would love to receive cards, letters, flowers and/or a phone call. Visitors are allowed, just call the Center in advance.

Here is her address: (room number changed)

Azella Azella
c/o Crestwood Convalescent Center
1116 E. Lauridsen Blvd Rm #35
Port Angeles, WA 98362
(844) 334-3818
Azella’s cell phone: (425) 480-2293



+++++

Submitted by Elaine Webber

HOW TO NOT HELP A FRIEND IN NEED

Source: The New York Times
By: Tara Parker-Pope, Columnist,

A recent family crisis has taught me a lot about what it means to be a supportive friend

Link to article: [How-to-NOT-help-a-friend-in-need](#)

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

OUUF Trade Referrals:

A recent feedback for Homestead Hero. Licensed, bonded. General construction, roofing specialty
[TRADE REFERRALS](#)

COMING SOON!

Submitted by Cynthia Green

WHAT: Community Shredding Event

WHERE: JC Penny's parking lot in Sequim

WHEN: Saturday, March 19. 10:00 am to 1:00 pm

WHY: Have your confidential papers shredded to protect yourself from identity theft. Shredded paper cannot be added to your curbside recycling. If you do that it ends up in the local landfill. The mobile truck shredding company (LeMay Mobile Shredding) has buyers who buy this shredded paper and it absolutely does get recycled!

DONATION: Donations will be accepted for the Five Acre School for this event.

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; sensibag@hotmail.com].