



# 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 20 - 27, 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

### 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

## Care Team Info Link

### Webmaster

Jack Webber

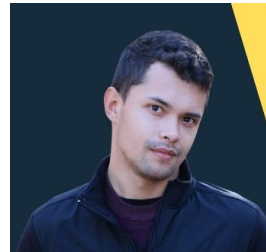
[webmaster@OlympicUUF.com](mailto:webmaster@OlympicUUF.com)

## SUNDAY SERVICE

March 20, 2022

Roddy Biggs

Via Zoom



**Speaker:** Roddy Biggs

**Sermon Title & Description:** When We Are Love Embodied

Join us; we as explore together the great Power found in love; join us as we seek an Embodied, Love kind of love; and join us as we lean on the wisdom of ancestors. There is room for you at the table.

**Biographical Data on Guest Speaker :** 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."

+++++

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

+++++

## 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 20 - 27, 2022

<b>REMINDER Wednesday 3-16</b>	Art Session Sanctuary Noon – 1pm	Contact: Rose Prestipino <a href="mailto:roseprestipino@gmail.com">roseprestipino@gmail.com</a>
<b>Sunday 3-20</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
	Circle for the Seasons Sanctuary 7-9pm	Contact: Kelly Sanderbeck at <a href="mailto:Ksanderbeck@gmail.com">Ksanderbeck@gmail.com</a>
<b>Tuesday 3-22</b>	TED Talks 1pm Sanctuary	Contact: Dianne Whitaker at <a href="mailto:diannewhit@aol.com">diannewhit@aol.com</a>
<b>Wednesday 3-23</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 3-24</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](#)

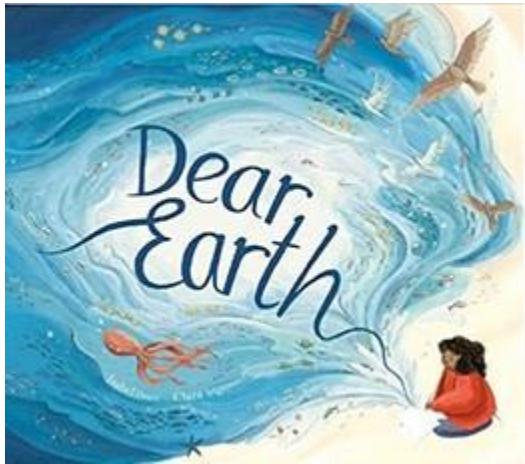
+++++

*If you would like information about OUUF or have other questions, click on this link*

**[OUUF Information Request](#)**

+++++

+++++



**Words to live by  
Shared by George will**

Often I have felt that I must praise my world  
for what my eyes have seen these many years,  
and for what my heart has loved.  
And often I have tried to start my lines:  
"Dear Earth," I say, And then I pause to look once more.  
Soon I am bemused and far away in wonder.  
So I never get beyond,  
"Dear Earth."

(Gratitude" by Max A. Kapp)

+++++

**CHILDREN’S RELIGIOUS EDUCATION PROGRAM**

By Teacher Harmony Rutter



What do the Jewish Holiday of Purim and the Hindu Festival of Holi have in common?

These holidays which are celebrated in the coming week both tell a universal tale wherein good triumphs over evil. We came together to share other stories we know that embody this theme and find out all of the festive ways that people lift up this common story. Since both of these holidays involve lots of dancing, costumes and color, we brought some of this energy to our time together!

Here's a picture from Dhiya Vignesh on Unsplash.com of a child celebrating the colorful festival of Holi in India

We started the morning with visiting the video from Teacher Julia about Peace Dances, then crafted our own festive costume mask. Templates were sent for making your very own costume mask!



Harmony, Amara , Rayna and Felicity

+++++

**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](mailto:admin@olympicuuf.com) or call (360) 417-2665.

+++++

+++++

**HERE'S HOW YOU CAN HELP THE PEOPLE OF UKRAINE**

Submitted by Emily Beales

Excerpts taken from an online article by Alexandra Semenova Yahoo Finance March 10, 2022

**There is More We Can Do To Help Ukraine.** [LINK TO ARTICLE](#)

+++++

**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**

**ART ANYONE?**

March 16<sup>th</sup>

Sanctuary - noon

Submitted by Rose Prestipino

Contact: [rosepretinio@gmail.com](mailto:rosepretinio@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

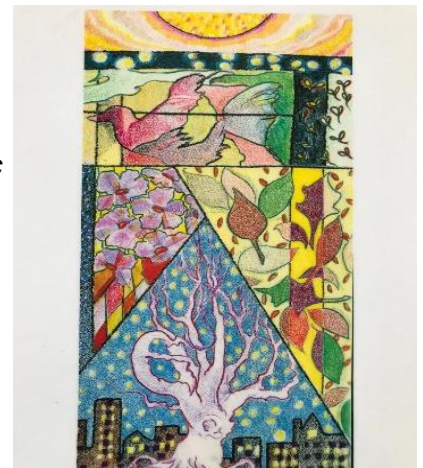
Sanctuary

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](mailto:Ksanderbeck@gmail.com)



+++++

+++++



**TED Talks – Loneliness and Social Isolation**

Tuesday, March 22<sup>nd</sup>  
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](mailto: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**

Contact: Emily Beals Chair at [ejbn@aol.com](mailto:ejbn@aol.com)

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 click this link [OUUF Website – Greensanctuary](#)

+++++

+++++

## OUUF CARE TEAM

### OUUF CARE TEAM OUUF CARE TEAM MISSION STATEMENT:

The OUUF 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, OUUF Care Team Coordinator at [Covert@Olympus.net](mailto:Covert@Olympus.net) or cell/text: 360 461-9991, Elinor our administrative coordinator (360) 417-2665 or any of these team members: Clare Hatler, Ren Garypie, Sandy Goodwick, Jane Erickson or Cynthia Green

+++++

## 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!

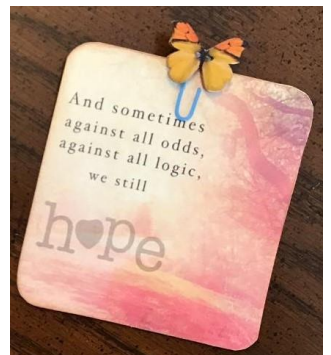
**Our goal is to leave the meeting feeling refreshed and uplifted.**



## OUUF CARE CARDS

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

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



+++++

## 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 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](mailto:mandalaht@gmail.com)

+++++

+++++

**COMMUNITY BULLETIN BOARD**

---

**OUIF Trade Referrals:** click this link [TRADE REFERRALS](#)

+++++

**HELP NEEDED:**

OUIF member Barbara Wieseman is looking for someone to do lawncare (mowing, weedwhacking) this year. Daughter Katherine is full up with all the other property projects and taking care of Barbara. This is paid.  
Please contact Katherine at 360-775-6373 or [kwieseman@gmail.com](mailto:kwieseman@gmail.com). Many thanks!!

+++++



**SHRED EVENT**  
BENEFITTING STUDENTS AT  
FIVE ACRE SCHOOL

**WHEN:** SATURDAY MARCH 19TH, 2022  
**TIME:** 10AM - 1PM  
**WHERE:** FORMER JCPENNEY PARKING LOT,  
651 W. WASHINGTON ST. SEQUIM

**WHAT SHOULD I BRING?**  
- UP TO 3 BAGS/BOXES OF PERSONAL PAPERS  
- STAPLES AND SMALL CLIPS OK  
- PAPER FOLDERS OK  
- CASH OR CHECK FOR DONATIONS

**WHAT SHOULDN'T I BRING?**  
- NO CDs, DVDs, PLASTIC FOLDERS  
- NO SPIRAL BINDINGS  
- NO TRASH OR CARDBOARD

**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](mailto:sensibag@hotmail.com)].

412

+++++

**SUNDAY SERVICE SERMON – COPY ATTACHED**

Here is the link referenced in the sermon:

TED Talk by Dr. Taylor

[TED Talk - Dr. Jull Bolte Taylor "My Stroke of Insight"](#)