



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: 293 June 19 - 26, 2022

SUNDAY SERVICE Via Zoom June 19, 2022



Sermon Title & Description: "Our Wild and Precious Lives"

Mary Oliver in her poem, *The Summer Day* asks us: "Tell me, what is your plan to do with your one wild and precious life"? It can seem overwhelming to set our lives on a wisdom path when the world is unraveling before our very eyes. Tragedy and grief grow exponentially each day beyond imagining. What can be done? It starts with acknowledging the power of love that is accessible to each of us. It is this love that becomes liberating and transformational when we join our wild and precious lives together in religious community.

Biographical Data on Guest Speaker: Reverend Geoff Rimositis is Minister Emeritus of First Unitarian Church of San Jose, California, where he served as their Associate Minister for 24 years from 1994 to 2018. He retired in 2018 and with his spouse Patty Easton and canine companion Adeline, moved to Sequim, Washington a year ago and became members of the Olympic Unitarian Universalist Fellowship. Among his passions is playing music of the Andes and paddling with the Hui Hei Hei Wa'a Canoe Club of Silverdale.

If you would like information about OUUF or have other questions, click on this link
[**OUUF Information Request**](#)

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*** 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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diannewhit@aol.com

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Minutes

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Elinor Tennyson

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Care Team Coordinator:

Catharine Covert
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Care Team Info Link

Webmaster

Jack Webber

webmaster@OlympicUUF.com

EVENT CALENDAR
6/19 – 26, 2022

DATE	TIME	GROUP	LOCATION	VIA	CONTACT
6-17 REMINDER	Friday	ART Anyone?	Fellowship Sanctuary	In person	Contact: Edie Davis at violaswamp8@gmail.com
6-19	11am	Sunday Service	Fellowship Sanctuary	In person and Zoom	Contact: admin@olympicuuf.com or (360) 417-2665
Monday 6-20	9am – 1pm	Exercise Class	Fellowship Sanctuary	In person and Zoom	Contact: Marsha Melnickat 360-808-3109. Contact: Peggy Scheideler 760-518-4181.
	2pm	Bocce Ball	Carrie Blake Park	In person	Contact: Cynthia Green at cynthiagreen@outlook.com
Tuesday 6-21	10am	Clallam County Threshold Choir	Fellowship Sanctuary	CLOSED	
	3pm	Summer Solstice Celebration – Community Drumming	Pam's Labyrinth	In person	Contact: Penny Burdick at mandalaht@gmail.com
Wednesday 6-22	9am – 12:15	Exercise Class	Fellowship Sanctuary	In person and Zoom	Contact: Marsha Melnickat 360-808-3109. Contact: Peggy Scheideler 760-518-4181.
	6-7pm	OOUF Women's Meeting	Member Home	Zoom	Contact: Jean Stratton jeanmstratton@gmail.com
	7-9pm	The Evening Men's Group	member Home	Zoom	Contact: George Stratton (360) 808-4477
Friday 6-24	2pm	Sunday Music Recording	Fellowship Sanctuary	CLOSED	
	6pm	NA Meeting	Fellowship Sanctuary	CLOSED	

CURRENT CLALLAM COUNTY HEALTH DEPARTMENT COVID RISK.
STATUS AS OF 6-10-2022: Date of report from website....6-14-2022
654 from 618 cases last week
0 Hospitalized this week

HIGH RISK: (> 200) –Strongly recommend masking in indoor settings for everyone, including vaccinated individuals.

LINK TO [CLALLAM COUNTY CORONAVIRUS INDEX](#)

Words to Live By
Submitted by George Will

The vast majority of communication problems are due to the reason that we do not listen to understand,
We listen only to REPLY.
Anonymous

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WE WILL BE HIRING:

- 1. RE Teacher: 2.5 hours/Sunday at \$20 per hour
- 2. RE Teacher Aide: 6 to 8 hours/month at \$15 per hour

Please contact Dianne Whitaker at diannewhit@aol.com if you are interested in any of these positions.

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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.

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

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JUNE 19TH POTLUCK

Submitted by: President Dianne Whitaker:

June 19th is Potluck Sunday as well as Father's Day. Bring a dish to share with the ingredients listed for our folks with food sensitivities. Maybe you want to bring your dad's favorite dish to honor him on this day. Wonder if I can find a Lemon Meringue Pie?

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SUNDAY GREETERS NEEDED

By Jean Stratton

On Sundays now that we have a hybrid service with some people in the sanctuary and some on Zoom, we are in need of friendly individuals to volunteer to greet the new in person folks that venture into our fellowship to check us out. We hand them a program, welcome them and ask if they would like to sign the visitors book. Then if a second greeter is there that person can help them find a seat and introduce them to a member. If you would like to be that bright shining smiling face, please contact Jean Stratton, a member of the Membership Committee. email: jeanmstratton@gmail.com, or sign up on the clipboard in the foyer. I will check it regularly to make sure we know what spaces are open. If you find a friend who may stand with you invite him or her. It can be lots of fun and a nice way to meet folks. Thanks so much! Jean

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OUUF Garden update by Harmony Rutter

OUUF'S Little Free Pantry Garden is growing fast and highlights our community values. What an amazing partnership between the Little Free Pantry Crew, the Landscape Committee, and the Garden Crew! A Huge Shout-out to everyone working so hard to live out our UU values and take care of our neighbors. Together we can provide healthy food and a beautiful gathering space for our community! It's an honor to collaborate with all of you!



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2022 BUDGET REVISION

By Dianne Whitaker, OUUF Board of Trustees President

OUUF by-laws require a mid-year budget review. Ballots have been sent to all OUUF members. If you are a member and did not receive the email, please contact Elinor Tennyson at admin@olympicuuf.com

This year we sent all members a budget revision to be voted on June. 26
Updates are necessary primarily due to the realities of operating in the age of Covid.
Several unanticipated expenses have occurred:

- The need to go to hybrid services
- New committee formations
- Outdoor maintenance issues

In addition, we will vote on two changes in the by-laws:

- A new definition of membership
- How votes can be taken and counted for congregational meetings.

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CHALICE LIGHTS PROGRAM:

By Dianne Whitaker, President

For those of you who have asked about the Chalice Lighters program:

NWPD Chalice Lighters is now Cascadia Chalice Lighters. Our new coordinators are current members of the Unitarian Universalist Congregation at Willamette Falls in Oregon City. We have proudly been Chalice Lighter contributors for many years and their congregations have been recipients of several grants. Floyd is a computer engineer and Sally is a recently retired Registered Nurse. We look forward to meeting and talking with many of you over the coming months.

The Fall 2022 call is going on now.

Congregations who have 30% or more of their members who are Chalice Lighters and are UUA honor congregations (pay our dues to the UUA), are eligible to submit applications for Chalice Lighter grants funded by the calls. Currently, **until June 10, 2022**, applications are being accepted to receive the proceeds of the Fall 2022 call; please refer to the website <https://cascadiauu.org/chalice-lighters/apply-for-a-grant> for details on the grant application process, requirements, and forms.

Donors who have not done so should contribute to the current Spring Call before July 1.

Thank you for your help in keeping this a vibrant program, a blessing to both donors and recipients, supporting healthy Unitarian Universalist congregations in the Northwest.

Sincerely yours,

Sally Betser & Floyd Roell

Cascadia Chalice Lighters Program Coordinators

971-284-3030

chalicelighters@cascadiauu.org

RECYCLE !

We need a few good men or women to join a team to rotate making a run to RECYCLE our OUUF glass, paper, and plastic/cans. Having a truck or capacity to haul the material will be needed. If interested, contact Brian Berardo (brian.berardo@gmail.com).



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Submitted by Vivian Mulligan

This year's General Assembly will be held in Portland, OR, June 22 – June 26. OUUF will be represented by Sandy Goodwick (in person) and Vivian Mulligan (online.) Sandy will bring our banner, created by Gayla Nuffer, to the conference.

The following two business resolutions will be up for discussion and vote at GA 2022:

1. [Renewing UUA Bylaws for Theologically Grounded and Mission-Focused Governance](#) (PDF, 2 pages)
2. [General Assembly Planning Committee](#) (PDF, 1 page)

Please check these resolutions out. Sandy and I are your representatives, and we need your input before we vote. The Virtual Exhibit Hall in the GA App powered by Whova! The [Whova exhibitor webpage](#) is available to the general public and is online **now**. Also available to the general public is The Service of the Living Tradition (SLT) **Thursday, June 23, at 4:00 pm**.

All of us, registered or not, will be able to attend the Sunday Worship Service via ZOOM on Sunday, June 26, at 9:30 am here at OUUF and on Zoom

**EVENTS, COMMITTEE NEWS,
ANNOUNCEMENTS and THINGS OF INTEREST**

We reserve the right to edit your submission for content, length and grammar
Lengthy posts may appear as a link (<200 words or 12 lines is acceptable)

Announcements need to be submitted **by 5pm MONDAY** to admin@olympicuuf.com



.....ANYONE?
By Edie Davis

The next art session will be Friday, June 17 at 11:30 AM. Tom Massey will be unable to teach his drawing class Friday the 17th. Rose has given me permission to teach a watercolor mandala painting class in it's place. We will take our inspiration from the 20th century painter Robert Delaunay. All ages are welcome, and all materials will be provided.

Contact: Edie Davis at violaswamp8@gmail.com



HOLD THE DATE: AUGUST 6, 4:00- 7:00 ish.

Emily is teaming up with (Ranger) Phil Z. of the Membership Committee to host a **new member/summer birthdays' party** at Emily's house/lawn/garden on August 6. Anyone celebrating a summer birthday or is a new member or who wants to celebrate someone who is celebrating a summer birthday is invited to attend. Party will be at 183 Webb Road. Sequim (Off Atterbury near Sherburne). Adequate parking available but carpooling suggested when possible.

We will feature an "island time theme" and highlight summer's bounty: peach everything, fresh corn on the cob, whatever else people want to bring. We'll sing along karaoke style with Ranger Phil and dance by the light of the moon(if there is a moon). If you have a summer birthday, you'll get a lei and be invited to dance the hula. (Just kidding about the hula). We hope you can come. Contact: Emily Beals at ejbn@aol.com

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Summer Lunch Program

By Greg Sensiba

As we have done for the last few years, we have been asked if we could contribute to the Boys & Girls (B&G) club Summer Food Service (Lunch) Program.

All volunteers will meet at the Club's side entrance at 11:30 and sign in. Some of you will be transporting our site supervisors and their meals (in Large coolers) to the sites and being an adult presence for our underage workers. They are also crucial in child engagement. Lunch MUST be served from 12 pm to 1 pm on the dot. At 1 pm, site supervisors will load up the coolers and volunteers will then return to the Club and drop off their site supervisor/coolers and sign out. If you are not driving a site supervisor, you do not return to the Club.

Per the Governors mandate, all volunteers MUST be vaccinated. When driving with one of the site supervisors, masks must be worn as well. Paper masks and gloves will be provided if needed. Because of the late request from the Club, we don't have specific weeks assigned yet. If you would be willing to volunteer, please provide me with the dates for which you won't be available in July and August. Unlike in previous years, all volunteers must complete a volunteer application form and a background check form. These will be provided to those who express interest. If you are interested or have any questions, please contact Greg Sensiba (360 683-8914; or sensibag@hotmail.com)

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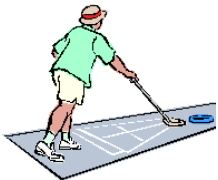
OUTDOOR FUN!

By Cynthia Green

Come join in for bocci ball and shuffleboard at Carrie Blake park.

WHEN: Mondays 2:00 pm beginning JUNE 6th

WHERE: at the **Carrie Blake Park** courts located beside the exit road leading out to N. Rhoderfer Road (enter at the entrance to the Water Reuse Demonstration Park to the north of the main entrance to Carrie Blake Park)



BRING: No equipment needed. It is stored in a storage box at the courts. Wear comfortable clothes and a jacket just in case it gets chilly. Unless it is raining we plan to meet every Monday afternoon.

CONTACT: Cynthia Green at 360-460-6596 or cynthiagreen@outlook.com



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MENDING THE FENCE

By Rose Prestipino

The Landscape Team has located a contractor that is willing to fix the fence along our west boundary with neighbors, the Labbes. This part of our grounds is an eyesore, and we want to remedy that.

The contractor plans to add some bracing and supports and right the sections that have fallen down. Our neighbor does not have the funds to do the repair. The cost is \$1200.

The Board is anticipating some big projects to come so we decided to seek direct help in the form of donations. If you can help, please send your donation to Seri or Greg and mark it "Mending the Fence".

Many Thanks!
The Landscape Team

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Ted Talks – Your Mood/ Your Attitude/ Your Brain

Tuesday, June 28 – 1:00 pm – 3:00 pm

OOUF Olympic Unitarian Universalist Fellowship

1033 N Barr Rd, Port Angeles, WA

Free and Open to the Public

Four Ted Talk videos will be shown, with discussion following each.

We will be following the Clallam County guidelines for that week as to mask wearing and vaccination status. For more information, please call [\(360\) 417-2665](tel:3604172665)

Jamil Zaki: How to escape the cynicism trap

Presented at an official TED Conference -13 min



Some days, it's hard to be optimistic. But cynicism -- the idea that people are inherently selfish, greedy and dishonest -- is making humanity lonelier and more divided, says psychologist Jamil Zaki. Presenting fascinating research on cooperation, empathy and trust, Zaki makes the scientific case for optimism and shows us how to break out of the cynicism trap.

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

Elizabeth Dunn: Helping others makes us happier -- but it matters how we do it

TED2019 – 14 min.



Research shows that helping others makes us happier. But in her groundbreaking work on generosity and joy, social psychologist Elizabeth Dunn found that there's a catch: it matters how we help. Learn how we can make a greater impact -- and boost our own happiness along the way -- if we make one key shift in how we help others. "Let's stop thinking about giving as just this moral obligation and start thinking of it as a source of pleasure," Dunn says.

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

Christina Costa: How gratitude rewires your brain

TEDxUofM – 14 min.



When a psychologist who studies well-being ends up with a brain tumor, what happens when she puts her own research into practice? Christina Costa goes beyond the "fight" narrative of cancer -- or any formidable personal journey -- to highlight the brain benefits of an empowering alternative to fostering resilience in the face of unexpected challenges: gratitude.

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

Daniel Wolpert: The real reason for brains

TEDGlobal 2011 – 20 min.



Neuroscientist Daniel Wolpert starts from a surprising premise: the brain evolved, not to think or feel, but to control movement. In this entertaining, data-rich talk he gives us a glimpse into how the brain creates the grace and agility of human motion.

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

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LITTLE FREE PANTRY SEEKS VOLUNTEERS

By Vicki Sensiba

Business is booming at the Little Free Pantry and committee members are busy as ever. Unfortunately, we have lost several volunteers over the course of the winter, and would welcome people to join us! We are looking for:

- Individuals interested in stocking the pantry; this is every day for one week every six weeks or so;
- Someone willing to spend about 4 hours once a month doing grocery shopping for pantry supplies.

Both tasks offer a fair amount of flexibility. You may join the committee and contribute to meetings and other decisions, or, if committees are not your "thing," you can simply opt to help without becoming a committee member. We welcome any contribution you can make.

If you are interested or have questions, contact Vicki Sensiba at 571-224-8525 (call or text) or by email at sensibaq@hotmail.com

Put your UU values into action by joining us!

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GREEN SANCTUARY update on Congregational Conversations

By Emily Beal

Our Green Sanctuary Team has examined all the ideas you have suggested and will present our summary next Sunday after the worship sharing in lieu of a Climate Minute. Please take the time to click on the link and look over the excellent ideas for action plans. Find one of more that you can make some level of commitment to help bring to fruition. It takes all of us in this Fellowship working together to address this unprecedented climate challenge. More information about the next step will be presented on Sunday.

Please click on the link to see all the congregational Action Plan suggestions coming from our conversation May 22.

www.olympicUUF.com [GS-Congregational-Conversation-May-22](#)

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COMMUNITY DRUM CIRCLE

By Penny Burdick



COMMUNITY DRUM CIRCLE, facilitated by Penny Burdick

The Community Drum Circle gathers on the 3rd Tuesday of each month. For the summer months, through September, we meet at Pam's labyrinth, 186 Deer Ridge Lane, off Hooker Road west of Sequim.

This month, our gathering is on **June 21st, Summer Solstice**. We will have a special celebration **from 3:00-5:00 PM** with a special calling in of the directions, readings, poetry, maybe a song or 2, then time for walking the labyrinth, drumming and sharing community. Bring your drum or rattle, a folding chair, drinking water, and some small summer item to place in the center of the labyrinth (flower, beach rock, etc)

You are welcome to bring friends or family. For more information, contact: Penny Burdick at mandalaht@gmail.com

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OOUF CARE TEAM

CARE CARDS:

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



TEAM COORDINATOR: Catharine Covert at Covert@Olympus.net or cell/text: 360 461-9991 or our administrative coordinator at admin@olympicuuf.com

Please Help Support Azella!

By: Sandy Goodwick

[Meal Train Plus for Azella](#) or <https://www.mealtrain.com/trains/4m86z6>

Here are some ways you can help Azella right now ... please go to "**Meal Train Plus for Azella**" and volunteer to provide dinner (right now with a Covid lock down, meals via DoorDash may be best). Azella's food preferences and needs are included on page. Or you can sign up to make phone calls/ write and send cards - or even go visit (right now from her window as the facility is locked down due to Covid). Donations are appreciated as well - Azella's family will be working with Azella to manage any donations.



And just in case you can't get through to Azella - use this email address - OOUF4Azella@gmail.com. Azella's family and OOUF friends will make sure she gets your email! THANK YOU!

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COMMUNITY BULLETIN BOARD

OOUF Trade Referrals: click this link [TRADE REFERRAL LIST](#)

Resources to help folks with phishing <https://support.google.com/mail/answer/8253?hl=en>

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FREE!! King-size heated mattress pad. Dual controls so each side can be set independently. Perfect working order. We've changed our bed configuration and so can't use it anymore. Contact Dave Large (dbiguy@aol.com) or Susan Harris. Other contact options in the OOUF Roster.

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SEEKING VITAMIX MACHINE

By Edie Davis

I'm seeking a used Vitamix machine to purchase and was wondering if anyone in the congregation would have one they're ready to sell. Please contact me at violaswamp8@gmail.com or call 206-696-2177

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OOUF CONTRIBUTES TO EMERGENCY RELIEF FUND

A trustworthy fund to receive our donations is The UUSC Emergency Relief Fund <https://www.uusc.org> The UUSC (Unitarian Universalist Service Committee. Charity Navigator gives it a four-star rating. The OOUF Board of Trustees has approved a \$500 donation from our Fellowship to the UUSC Emergency Relief Fund. We encourage donations by individual members and friends, as well. [UUSC SITE](#)

Charity Navigator, independent nonprofit evaluator [CHARITY NAVIGATOR SITE](#)