



# 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 26 – July 3, 2022

## OUUF BOARD OF TRUSTEES

### President:

Dianne Whitaker

[diannewhit@aol.com](mailto:diannewhit@aol.com)

### Vice President:

Rose Prestipino

[roseprestipino@gmail.com](mailto:roseprestipino@gmail.com)

### Finance Director

Greg Sensiba

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Peggy Toppenberg

Phil Zenner

## Board of Trustees Meeting

### Minutes

## OUR STAFF

### Administrative Coordinator

Elinor Tennyson

[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 Coordinator:

Catharine Covert

(360) 461-9991

[Care Team Info Link](#)

### Webmaster

Jack Webber

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

## SUNDAY SERVICE

Via Zoom and in person

June 26, 2022, 9:30 am



**UUA GENERAL ASSEMBLY**  
MULTIPLATFORM / PORTLAND • 2022

**General Assembly's Sunday Service will be streamed. Plan on viewing that instead. Please note earlier time.**

GA's Sunday Service will be streamed live. We will show it in lieu of our regular Sunday Service at the Fellowship at **9:30 am** on June 26. It's a long service, so ...

- Snacks provided
- OK to take breaks
- OK to leave early, if necessary

If you can't come to the Fellowship, you can stream the service in the privacy of your own home at one of these links:

[General Assembly 2022 Public Video | UUA.org](#)

or

<https://www.uua.org/ga/off-site/2022>

You can also use these links to watch General Sessions, the Service of Living Tradition, and the Synergy Bridging Worship. Go to one of the links now for more information.

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

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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*** [admin@olympicuuf.com](mailto: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

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**EVENT CALENDAR**  
**6/26 – 7/3/2022**

DATE	TIME	GROUP	LOCATION	VIA	CONTACT
<b>6-26</b>	11am	Sunday Service	Fellowship Sanctuary	In person and Zoom	Contact: <a href="mailto:admin@olympicuuf.com">admin@olympicuuf.com</a> or (360) 417-2665
	After service	Congregational Meeting	Fellowship Sanctuary	In person	Contact: Dianne Whitaker at <a href="mailto:diannewhit@aol.com">diannewhit@aol.com</a>
<b>Monday 6-27</b>	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 <a href="mailto:cynthiagreen@outlook.com">cynthiagreen@outlook.com</a>
<b>Tuesday 6-28</b>	1pm	TED Talks	Fellowship Sanctuary	In person	Contact: Vivian Mulligan at
<b>Wednesday 6-29</b>	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 <a href="mailto:jeanmstratton@gmail.com">jeanmstratton@gmail.com</a>
	7-9pm	The Evening Men's Group	member Home	Zoom	Contact: George Stratton (360) 808-4477
<b>Friday 7-1</b>	2pm	Sunday Music Recording	Fellowship Sanctuary	CLOSED	
	6pm	NA Meeting	Fellowship Sanctuary	CLOSED	

**Words to Live By**  
**Submitted by George Will**



"Love never dies a natural death.  
It dies because we don't know how to Replenish  
its source.  
It dies of blindness and errors and  
Betrayals.  
It dies of illness and wounds; it  
Dies of weariness, of witherings,  
of Tarnishings.  
This is how love dies."

Anis nin

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**WE ARE HIRING:**

Click on links for more information

1. Administrative Coordinator: 60-70 hours/month at \$20/hour and you can work from home!

[JOB-DESCRIPTION-administrative-coordinator](#)

2. RE Teacher: 2.5 hours/Sunday at \$20 per hour

[JOB DESCRIPTION -Children's RE Lead Teacher](#)

3. 2. RE Teacher Aide: 6 to 8 hours/month at \$15 per hour

[JOB DESCRIPTION – Children's RE Teacher-Assistant](#)

Please contact Dianne Whitaker at [diannewhit@aol.com](mailto: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](mailto:admin@olympicuuf.com) or call (360) 417-2665.

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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. 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](mailto:jeanmstratton@gmail.com), or sign up on the clipboard in the foyer

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**2022 BUDGET REVISION**

By Dianne Whitaker, OUUF Board of Trustees President

OUUF by-laws require a mid-year budget review. These budget revisions will be voted on June 26<sup>th</sup> and 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](mailto:admin@olympicuuf.com)

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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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**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](mailto:chalicelighters@cascadiauu.org)

**TECH VOLUNTEERS NEEDED**

We need a few good people to join a team to help put on the hybrid Sunday service. Here is our newest volunteer, Felicity, who appears to know exactly what button to push and when! (Not necessarily one of the “parent buttons”, of course) If this bright young lady can help, you might be able too!

Contact Joan Cotta at [jcottafish@gmail.com](mailto:jcottafish@gmail.com)



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**MEND THE FENCE**

Submitted by Rose Prestipino

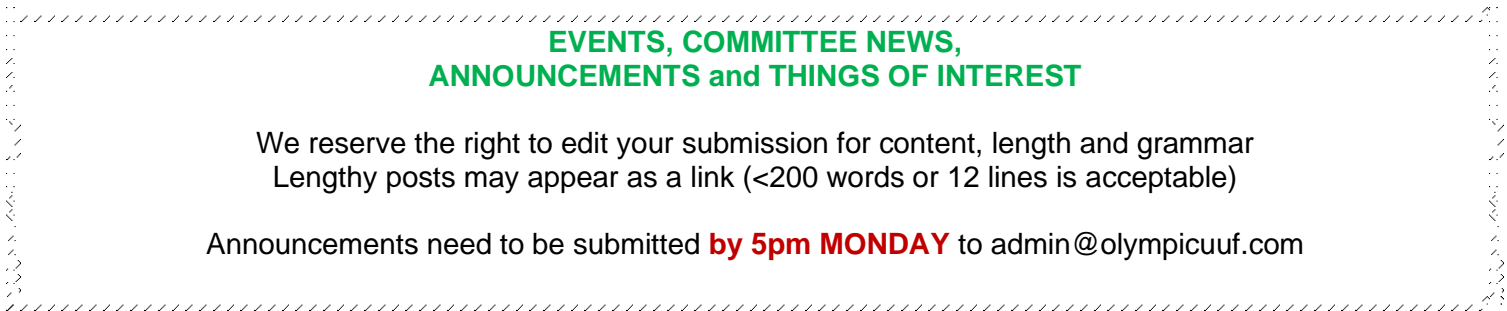
The Board approved the addition of \$300 to the estimate, bringing it to \$1500. We want the fence to wrap around towards Barr Rd for about 20 feet. This is to add more privacy. We currently have \$1100 donated or promised. The contractor believes he can do this job quite soon as he will work it in between bigger jobs.

If you can help, please send a check to our Financial Director, Greg or assistant, Seri and mark it FENCE. MANY THANKS, Landscape Team.

**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](mailto:admin@olympicuuf.com)



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.....ANYONE?  
By Phil Zenner



Would you like to take better pictures?

It can be frustrating to see people, things and events you'd like to capture with photos, but frequently be disappointed with the results! Fortunately, there are many tricks to practice that can quickly improve how happy you are with your pictures! Be sure to bring your smartphone or camera, and join Phil Zenner for our art session on **Friday, July 1st at 11:30am** as we practice hands-on taking better photos. Be a better photographer by the end of this session, and have fun in the process!

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**HOLD THE DATE: AUGUST 6<sup>th</sup>**

**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](mailto:ejbn@aol.com)

**RSVP** – Please let us know if you can join us. Directions will be forwarded before the event. .

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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 [sensibaq@hotmail.com](mailto:sensibaq@hotmail.com)

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**Ted Talks – Your Mood/ Your Attitude/ Your Brain**

Tuesday, June 28 – 1:00 pm – 3:00 pm



OUIF 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](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](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](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](https://www.ted.com/talks/daniel_wolpert_the_real_reason_for_brains)

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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 6<sup>th</sup>

**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](mailto:cynthiagreen@outlook.com)



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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 was on June 21<sup>st</sup>, Summer Solstice. We had a special celebration with a special calling in of the directions, readings, poetry, and a song or 2, then it was time for walking the labyrinth, drumming and sharing community. Some small summer items were placed in the center of the labyrinth .

For more information, contact: Penny Burdick at [mandalaht@gmail.com](mailto:mandalaht@gmail.com)

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## Submitted by Patty Eaton

The Summer Day  
by Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean—  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down—  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?



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## Care Team

Submitted by Patty Eaton



The Fellowship's Care Team supports members and friends during times of need. The team coordinates personal visits, phone calls, meals, transportation, referrals to services, and personalized greeting cards (courtesy of Cynthia Green). If you or someone you know needs support, contact the Care Team Coordinator: Catharine Covert, [Covert@Olympus.net](mailto:Covert@Olympus.net) or text: 360-461-9991 or Cynthia Green, [cynthiagreen@outlook.com](mailto:cynthiagreen@outlook.com) or text: 360-460-6596 (email or text preferred).

**Please feel free to reach out to these folks as indicated:**

### Don Hatler

Cards and visits - no restrictions on visiting hours.  
The facility is about 10 minutes south of Silverdale.  
Life Care Center of Port Orchard, Room 35  
2031 Pottery Ave.  
Port Orchard, WA 98366  
Office: 360-876-8035

### Azella

Covid restrictions currently apply – no visits.  
Cards are welcome  
Crestwood provides all meals for its residents.  
Azella would appreciate additional treats for a change of pace. For details on how you can reach out to Azella, visit <https://www.mealtrain.com/trains/4m86z6>  
Crestwood Convalescent Center  
1116 E Lauridsen Blvd.  
Port Angeles WA 98362  
Personal phone: 425-480-2293;  
[OUUF4Azella@gmail.com](mailto:OUUF4Azella@gmail.com)

### Joyce Estep

Covid restrictions currently apply – no visits.  
Cards are welcome.  
Crestwood Convalescent Center  
1116 E Lauridsen Blvd.  
Port Angeles WA 98362

### Dani Casey

Dani may need transportation and temporary care for her cat.  
251 S 5th Ave #117  
Sequim, WA. 98382  
360-797-2470  
[gray6457son@icloud.com](mailto:gray6457son@icloud.com)

The Care Team will update this listing weekly. Please note that this information is shared with permission. Thank you to Vivian Mulligan for suggesting that we share this information with the congregation to help build a strong network of support.



### Olympic Unitarian Universalist Care Team Looking for Warm Hearts and Homes

Occasionally, a fellowship member or friend may need to leave their furry friend behind for a visit to a hospital or care facility. Are you able and willing to provide short-term care for dogs and/or cats? Please contact Patty Eaton, [pattyjeaton@gmail.com](mailto:pattyjeaton@gmail.com), text: 408-712-4041, for inclusion on a list of prospective pet caretakers. Thank you!



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**COMMUNITY BULLETIN BOARD**

**OUUF 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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The Sequim PC Users group had as an overabundance of refurbished Windows 10 desktop computers they need to move to make more space for incoming computers. I believe they are free.

Contact Jason @ [Jbear45@zoho.com](mailto:Jbear45@zoho.com) or 360-582-7381

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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](mailto:dbiguy@aol.com)) or Susan Harris. Other contact options in the OUUF Roster.

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June 19, 2022 sermon attached to this email