

OLYMPIC UNITARIAN UNIVERSALIST FELLOWSHIP  
(OUUF)  
WEEKLY NEWSLETTER



August 7 – 14 , 2022

7 Principles of Unitarian  
Universalism

Affirm & Promote:

The inherent worth and  
dignity of every person;

Justice, equity and  
compassion in human  
relations;

Acceptance of one  
another and  
encouragement to  
spiritual growth in our  
congregations;

A free and responsible  
search for truth and  
meaning;

The right of conscience  
and the use of the  
democratic process  
within our congregations  
and in society at large;

The goal of world  
community with peace,  
liberty, and justice for all;

Respect for the  
interdependent web of all  
existence of which we are  
a part.

[BOARD OF TRUSTEE BIO'S](#)

[OUR STAFF BIO'S](#)

**Location:**

1033 N. Barr Road  
Port Angeles, WA 98362

**Mailing address:**

P O Box 576  
Carlsborg, WA 98324

**Contact Information:**

(360) 417-2665  
[admin@olympicuuf.com](mailto:admin@olympicuuf.com)

**SUNDAY SERVICE**

August 7, 2022

11am

We invite you to join us at the Fellowship for a hybrid service (Zoom and in-person). If you are unable to attend in person, please join us via \*Zoom.



**Guest speaker:** Rev. Dr. Lynn Ungar

**Sermon title and Description:** Curiosity Cured the Cat

Our UU principles talk about a "free and responsible search for truth and meaning," but how exactly does that work? What is wisdom, and how do we find it?

**Biography:** Lynn Ungar is a UU minister, a poet and a dog trainer. She has been both a parish minister and a religious educator, and served for many years as the minister for lifespan learning of the UU Church of the Larger Fellowship. She lives in Vancouver, WA with her three Australian shepherds.

**Come Whoever You Are**

UUA Worship Web

By [Marilyn Falkowski](#)



We welcome you.

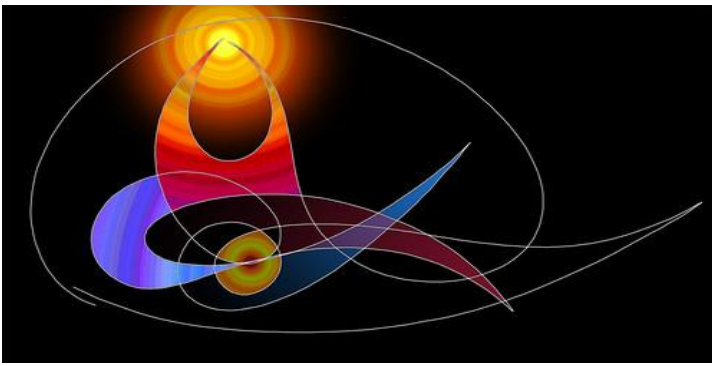
We know you come here for different reasons—to find community, to seek your spiritual and personal truths, to question, to nurture your heart and soul, to be nurtured, to explore new ideas, to find comfort, and perhaps to find the answers to some of your bigger questions.

We welcome you.

We know you come from different places, different religions, different beliefs and different backgrounds. We hope you will find comfort, connection, challenge, and love here. We hope you will find ways to provide outreach to others in our [congregation], in our local community, and in our world community.

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**\*For a Zoom invite to the Sunday service, contact Elinor Tennyson at [olympicuuf.com](http://olympicuuf.com) or call (360) 417-2665**



**WORDS TO LIVE BY**

Submitted by George Will

**"Even small decisions can influence the trajectory of your life."**

**Ice-T aka: Tracy Lauren Marrow**

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**Sunday Service  
July 24<sup>th</sup>**

**CLOSING WORDS**  
Service leader **Bob Nuffer**

This is where we are.  
Where do we go from here?  
First, we must massively assert our dignity and worth.  
We must stand up amidst a system,  
That still oppresses,  
And develop an unassailable and majestic sense of values  
What is needed is a realization that  
Power without love  
Is reckless and abusive,

And that love without power is  
Sentimental and anemic.  
Power at its best is love implementing  
The demands of justice,  
And justice at its best is power correcting  
Everything that stands against love.  
And this is what we must see as we move on.

Martin Luther King Jr.  
Adapted

SUNDAY JULY 23<sup>RD</sup> ATTENDANCE: ZOOM - 31 IN-PERSON 11, TOTAL 42

**GREETERS NEEDED:**

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. We hand them a program, welcome them and ask if they would like to sign the visitors book

Contact Jean Stratton at [jeanmstratton@gmail.com](mailto:jeanmstratton@gmail.com), or sign up on the clipboard on the entryway bulletin board.



## Vivian's Corner

By Vivian Mulligan

### Unitarian Universalist Principles



Unitarian Universalism differs from other religions in that we don't have any dogma. You might say we are dogmatic about our lack of dogma. What we **do** have is a set of seven principles

There are seven Principles which Unitarian Universalist congregations affirm and promote:

- The inherent worth and dignity of every person
- Justice, equity and compassion in human relations
- Acceptance of one another and encouragement to spiritual growth in our congregations
- A free and responsible search for truth and meaning
- The right of conscience and the use of the democratic process within our congregations and in society at large
- The goal of world community with peace, liberty, and justice for all
- Respect for the interdependent web of all existence of which we are a part.

Dogma, as found in many religions, consists of authoritative rules. The UUA Principles, instead, serve as a guide. The seventh principle was added in 1985.

Now under consideration is an eighth Principle.

*We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.*

It comes from a grass roots movement, started in 2013, to address dealing with racism and other oppressions at the systemic level. Proponents maintain that our existing 7 principles *imply* this 8th principle, but do not *explicitly* hold us accountable for addressing these oppressions directly, especially at the *systemic* level. Some congregations have already adopted this principle. It is expected that the 2023 UUA General Assembly will vote on making this principle included at the denominational level

### 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  
Announcements need to be submitted **by 5pm MONDAY** to [admin@olympicuuf.com](mailto:admin@olympicuuf.com)

### UPCOMING EVENTS



**Herding Cats - Paws  
on the Edge**  
Monday  
August 15<sup>th</sup> at noon

Picnic at Hurricane Ridge (Olympic National Park) *Drive to the top. Then go beyond. First picnic area.*

Contact: Kitty  
call or text 206-755-2832 or email  
[alettehawks@yahoo.com](mailto:alettehawks@yahoo.com)



**HOLD THE DATE: SATURDAY  
AUGUST 6<sup>th</sup>  
4:00- 7:00 ish.**

**PLEASE JOIN US TO CELEBRATE  
COME ONE, COME ALL!**

Emily is teaming up with (Ranger) Phil Z. of the Membership Committee to host a party at Emily's house/garden/lawn.

**RSVP for directions and details** Contact : Emily Beals (209) 256-4836 or [emqil.ejbn@aol.com](mailto:emqil.ejbn@aol.com)



## ONGOING EVENTS

### OUTDOOR FUN!

By Cynthia Green  
[cynthiagreen@aol.com](mailto:cynthiagreen@aol.com)



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

**WHEN: Mondays 2:00 pm**

**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)

### COMMUNITY DRUM CIRCLE

By Penny Burdick



### COMMUNITY DRUM CIRCLE,

The Community Drum Circle gathers on the 3<sup>rd</sup> 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.

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

## COMMITTEE AND TEAM POSTS

### Olympic Unitarian Universalist Fellowship

#### Little Free Pantry

By Florence Burcieka



#### Who comes to our Little Free Pantry?

An anonymous survey was taken of the LFP participants in March 2022. We do not know how many people **did not fill out** a survey. The surveys we received represented at least 35 people and perhaps as many as 50. This survey was done before inflation and food prices rose.

#### How often do you use this pantry?

- Occasionally: 45%
- More Than Once a Week: 55%

#### If you come regularly, when do you usually come?

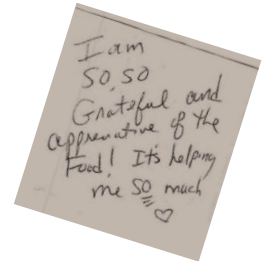
- Varies: 34%
- Morning: 8%
- Afternoon: 42%
- Evening: 8%
- Night: 8% (we have solar lights so folks can see into the at night)

#### For whom do you get food?

- Myself only: 8%
- My family: 54%
- Friends and Neighbors: 31% (most often in addition to their family/self)

#### Family size:

- # of Adults: (39% also had children)
  - 46%: 1 adult
  - 23%: 2 adults
  - 23%: 3 adults
  - 8%: 4 adults
- # of Kids:
  - 23%: 1 child
  - 8%: 2 children
  - 8%: 4 children



There is one grandmother who is supporting 5 grandchildren who is a regular who did not fill out a survey.

**The congregation should be very proud of how we are impacting our community in a very direct way every day.**

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Some comments from the anonymous survey done in March of our participants:

- "It's a great way for people who have been laid off from Covid and are on the street cause they can't pay their rents, etc. Thank You!" 😊
- "I ❤️ this pantry. It has really helped me. The veggies- Broccoli, garlic, potatoes, fruit and more, etc. 😊 Thank you sooo much. God Bless"
- "We are grateful. Thank You!"
- "You guys are so awesome! Thank you!"



**Olympic Unitarian Universalist Fellowship  
Green Sanctuary Committee**  
By Emily Beals



The last of our discussions to choose action plans that we as a congregation are interested in developing is coming up this coming Sunday after the sharing. We will be focusing on ECOSYSTEM RESTORATION AND ORGANIC GARDENING. If you will be joining us on zoom, print this out to use as a resource during our discussion. Here are the suggestions coming from our May congregational meeting:

- 1: Backyard/Kitchen composting
- 2) Developing the Fellowship vegetable garden to provide produce for our Little Food Pantry
- 3) Projects focused on fish, river and other water bodies restoration
- 4) Investigating the restoration of oyster farming in Clallam Bay
- 5) Working with local native tribes on their ecosystem restoration projects
- 6) Planting native plants and trees at home and elsewhere
- 7) Researching wild edible plants
- 8) Researching Washington's timber industry's current practices and state government policies regarding logging and old growth forests.

**Olympic Unitarian Universalist Fellowship  
Care Team**  
By Patty Eaton

The Fellowship's Care Team supports members and friends during times of need. 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 click on this link for more information, including updates on members needing assistance and how you can help:

**Latest Care Team Update**

[Care-Team-Update-7-25-2022](#)

**Never stop doing  
little things for others.  
Sometimes those little  
things occupy the biggest  
part of their hearts.**

InspirationBoost.com

**MEMBERS AND FRIENDS BULLETIN BOARD**

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



Come exercise with us on Mondays and Wednesdays from 9:30 - 10:30. Join our SAIL, Stay Active and Independent for Life, evidence-based class to improve your strength and balance and have fun.

Thanks to a grant from the Olympic Area Agency on Aging classes are free for county residents over 60 years of age. Preregistration is required.

Please call Marsha Melnick 360-808-3109 or Peggy Scheideler 760-518-4181.

Classes are in person or on Zoom

**CURRENT CLALLAM COUNTY HEALTH DEPARTMENT COVID RISK.**  
**Strongly recommend masking in indoor settings for everyone,**  
**including vaccinated individuals.**

**LINK TO [CLALLAM COUNTY CORONAVIRUS INDEX](#)**

**EVENT CALENDAR**  
**on and of- site events**  
**August 7 - 14, 2022**

Website [Event Calendar](#)

DATE	TIME	GROUP	LOCATION	VIA	CONTACT
<b>Saturday</b> <b>8-6</b>	<b>4-7</b>	<b>Celebrate Summer</b>	<b>Member home</b>	<b>In person</b>	<b>Emily Beals at <a href="mailto:ejbn@aol.com">ejbn@aol.com</a></b>
<b>Sunday</b> <b>8-7</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
<b>Monday</b> <b>8-8</b>	9am – 1pm	Exercise Classes	Fellowship Sanctuary	In person and Zoom	Contact: Marsha Melnick at 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>Wednesday</b> <b>8-10</b>	9am – 12:15	Exercise Classes	Fellowship Sanctuary	In person and Zoom	Contact: Marsha Melnick at 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</b> <b>8-12</b>	2pm	Sunday Music Recording	Fellowship Sanctuary	CLOSED	
	6pm	NA Meeting	Fellowship Sanctuary	CLOSED	