

NEWCOMER NEWS

January 2025



Olympia
Unitarian
Universalist
Congregation



We focus on a different theme each month, and January's theme is "The Practice of Story". Join us all month to explore this theme in worship and spiritual practices.

WELCOME NEWCOMERS!

This is a special monthly newsletter that shares what is happening here at OUUC for those who are new. We are trying to avoid insider language and assumptions here, if anything doesn't make sense please let us know.

We are also happy to chat with you in general. Feel free to reach out:
Rev Mary Gear, minister@ouuc.org
Rev Sara Lewis
dcfd@ouuc.org



UPCOMING CHANGE TO OUR SUNDAY SCHEDULE

OUUC has been growing and welcoming more newcomers, which is fantastic. Welcome, we are so glad you are here with us!

Growth in attendance also means we have gotten a bit crowded on Sunday mornings, and it is time to hold more than one worship service to make room for all. This new schedule will begin on January 12th:

9am worship service, in person only
coffee hour between
10:45 worship service, in person and on Zoom
2nd coffee hour
12:15 Sunday forums, in person and on Zoom

Everyone will be welcome to attend whenever and however works for them that week. You could come to the 9am in person service, go home, and then join the forum at 12:15 on zoom. You could arrive for coffee hour at 10:15 and enjoy fellowship with people who came to the early service before you attend the 10:45 service. Or any other combination that works for you.

There will be childcare and children's programming provided during both services, but not during the forums unless requested in advance. And children of all ages are also always welcome in the sanctuary with their families.

ADULT CLASSES FOR WINTER SPRING

We have many upcoming classes, open to all. Find registration information at: <https://www.ouuc.org/learn/adult-faith-development/>

12 Movements of Resilience

Led by Rev Sara Lewis. Offered on Zoom. Using the metaphor of a tree, twelve aspects of life are explored with encouragement to move in a direction of greater intention, flexibility, and strength – all the ingredients of resiliency. Wednesdays 1/8, 1/15, 1/22, 1/29, 2/5, & 2/12 at 6:30pm-8:30pm (on Zoom)

Fall Prevention

Led by Dr. Trey Larant. Education on common fall hazards at home/in the community, strategies to promote safety, and teaching balance/strength exercises to promote independent mobility. Saturday 1/11 at 1:00pm-3:00pm

UU Common Read Class: Authentic Selves

Led by Rev Sara Lewis. Through interviews and photo portraits, the subjects of this book invite readers into their real lives--their revelations, challenges, joys, and networks of support. Foreword by transgender activist Jazz Jennings and her mom Jeanette Jennings. This Common Read invites UU groups to explore the nature of living authentically and the ways connections among us help us thrive. Wednesdays 2/19, 2/26, 3/5, & 3/12 at 6:30pm-8:00pm



NEW UU SEEKER'S CLASS

We hold a class for newcomers to learn more about OUUC and Unitarian Universalism on the 1st and 3rd Thursdays of each month, 6:30pm. All are welcome to join us, RSVP's are encouraged: Rev Sara at dcfd@ouuc.org

Upcoming Topics of the Classes:

1/9: Pastoral Care

1/23: Small Group Connections

2/6: Q&A with the minister

2/23: Membership and Stewardship

3/23 New Member Welcome in Worship



COME EAT WITH US FOR FOOD AND FRIENDSHIP

A great way to get to know us is to come to one of our weekly dinners. We put on a dinner on Thursday evening almost every week, 5:30pm. All are welcome, it's not a potluck, just come!

We have many activities after dinner: spiritual practice groups, parent groups, game nights, sit and stitch craft time, and more. Most groups are drop in and welcome newcomers. Check the calendar for the latest happenings.

Note: there are no dinners on 12/26 or 1/2 for the holiday break.