NEWCOMER NEWS

November 2026

Olympia Unitarian Universalist Congregation



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, dfcd@ouuc.org



THE MONTHLY THEME: HEALING

OUUC practices something called "theme based ministry", with a theme each month that is shared among different aspects of congregational life: worship, small group ministry, religious education for children, and more.

This year we are subscribing to a service called "Soul Matters" that creates resource packets for each theme of the month, so you will sometimes hear people refer to Soul Matters as well. We have called our Small Groups "Soul Matters Groups" because they are working with the Soul Matters packets of resources each month.



OTHER SPIRITUAL PRACTICE GROUPS

We have other spiritual practice groups and opportunities here as well. We have a meditation group that meets every Thursday 6:30-7:30pm, a Soul Matters drop-in group on the third Thursday of each month at 6:30pm, and a Death Cafe on the first Monday at 4:30.

All of these groups are drop in, just come!

AFTER CHURCH FORUMS

Each Sunday at 12:15 pm, there is an opportunity to gather again in the sanctuary to learn and often discuss different topics. We invite you to join us for the following sessions. If you have questions, please reach out to Rev Sara at dcfd@ouuc.org

11/1 - Grounded, Resilient and Responsible: a toolkit for responding to authoritarian times
11/8 - Skillbuilder: OUUC Safety and Emergency Procedures
11/15 - OUUC Board
11/22 - Greening the Sanctuary
11/29 - No forum



THANKSGIVING POTLUCK

All are welcome to come together at 2pm on Thanksgiving for a holiday potluck. Rev Sara will be organizing, RSVP's are much appreciated: dcfd@ouuc.org





FINDING YOUR WAY

OUUC is a busy place, and it can be overwhelming to determine how to get involved while navigating being in a new space. If you have questions or are needing assistance in finding out about the groups that might be of interest to you, please reach out to Chloe at memberengagement@ouuc.org for assistance.



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. (The one week we won't this month is Thanksgiving). All are welcome, it's not a potluck, just come!

This months dinners:
11/5 Beans & Rice
11/12 Chicken Soup for the Soul
11/19 Curry
11/27 No dinner, join us for a potluck at 2 pm!

Questions? Email Rev. Sara at dcfd@ouuc.org