



Bellringer September 2017

Instead of telling you what to believe, we thought you might have a few ideas of your own.

SUNDAY PROGRAMS

Sunday, September 3: TED Talk: 'What Adults Can Learn from Kids.' Child prodigy Adora Svitak says the world needs "childish" thinking: bold ideas, wild creativity and especially optimism. Kids' big dreams deserve high expectations, she says, starting with grownups' willingness to learn from children as much as to teach. **Led by Mandie Hamman, DRE.**

Sunday, September 10: 'The Gift of Water.' We will return to our beautiful sanctuary this morning, for our traditional ingathering service. This will be an intergenerational service in which we will celebrate the precious gift of water in our lives. We will share our summer experiences with water, our appreciation of water, and our concerns about this vital resource. This interactive service includes music, movement, video, celebration, and fun! A gift of water will be waiting for you. Coordinated by DRE Mandie Hamman, Marianna Carney, and Emily Williams. Musician will be Bob Perry.

Sunday, September 17: 'Building a Living Faith.' UU is called 'a living tradition,' for keeping faith with life. What does faith mean to us as people with shared values but differing beliefs and practices? How do we build a living faith? **Service led by Rev. Mary.**

Sunday, September 24: 'What Makes a Good Life, Part 1' Research points to the quality of our relationships. In the first of three collaborative services, Emily Williams explores the practice of mudras (gestures) to help us face and lessen our fears, so that we may nurture authentic relationship.

Emily is a massage therapist and author of 'Mudras: Ancient Gestures to Ease Modern Stress.' A member of Olmsted UU, Emily will be joined by Oberlin members, Mary Lee Orr and Don Leake.



Sunday, October 1: 'Reimagining God.' Beneath the chaos of our time, there is a seismic shift in how our culture imagines God. We are shifting from 'absent punishing father' to 'sense of presence,' of justice. Moving from God-beyond to God-within-and-among. From power-over to power-within. How do you imagine 'God'? **Led by Rev. Mary.**

Please note: Our programs held downstairs (TED Talks, Big Questions) rely on participation from everyone. Arriving late can be disruptive. If you arrive late, please do so quietly.



Religious Education

About Our Religious Education Program

Mandie Hamman,
Director of Religious Education

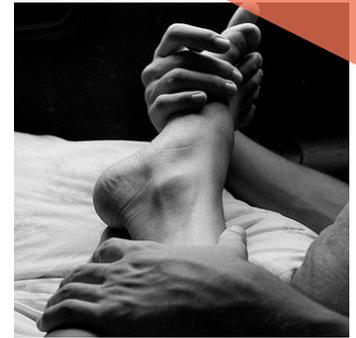
We are excited for the new year here at OUUC! Sunday school resumes on Sunday, September 10th. Our focus this month will

be on friendship. We have many fun activities planned and look forward to seeing everyone!

September 10th: We will read a story about friendship and write our RE covenant for the year. We will discuss our UU values and incorporate them into our covenant.

September 17th: We will discuss the big question "What is Friendship?" We will also do a nature craft.

September 24th: Science Sunday! We will do an egg drop experiment. We will also learn a mindful game.



MARY'S MUSINGS To LOVERS OF DEMOCRACY

What do we stand for? When do we show up?

I didn't go to Charlottesville to resist the white supremacists, protesting the removal of monuments to slavery – the economic system which created white supremacy. I was not surprised by the hate speech of the white supremacists. If I went to Charlottesville, I knew my life and the lives of all the counter-protesters would be on the line, faced with armed extremists willing to goad the unstable among them to violence: running down people saying hate speech isn't free speech and shouldn't be protected by the 1st amendment.

I didn't go to Charlottesville; but I did go to the vigil the next evening in Oberlin, to mourn the young woman who died in Charlottesville, and to stand in open-hearted solidarity with all those who were injured. I went to stand with others who love democracy and need to stand for justice. I went as an act of solidarity, a symbolic affirmation of the attention, intention and action required to protect all whose rights are endangered. I went to remember that I am not alone, that we are not alone; I went to see and hear and feel that we are together – to grieve, to sing, to remember, to find strength, and to move from confusion to inspiration. In this time of attacks – on civil rights, on the rule of law, on the vision of democracy for all – we all have to discern when to show up and when not to. Burning ourselves out only hurts us and the people we work with. We all have to decide when and how to get involved. How do we decide? No one can decide

for you. We each have to listen to our heart.

My mind, my self-image (to be someone others can count on) pushed me to go to Charlottesville; but my heart said, No. When I heard about the evening vigil in Oberlin the day after the violence in Charlottesville, my mind resisted driving back to Oberlin for the vigil. But my heart said, Go! We each have to become skillful in listening, trusting and following our heart, or as Abraham Lincoln would say, the better angel of our nature.

Our hearts are not alone. Our congregation is here to support us in listening to our hearts, showing up, standing up, and speaking up. May we create opportunities to recharge and deepen our faith in ourselves, in one another, and in Life – always speaking to us through our beautiful hearts, oh beautiful angels!

Growth & Vitality Program: Olmsted UU joins with other congregations in our region on a two-year exploration of who we are called to become and how we'll get there. Our team includes Rev. Mary, Kay Potetz, Claire Ramsay, Carol Walton, John Walton, and Emily Williams, with alternates Homer Farr and Brian Warren. This fall we're going to take an online course, 'Healthy Leadership 101.' Everyone is invited to participate. Interested? Contact any of the team members.



THE PRESIDENT'S CORNER

Claire B. Ramsay, Board President

What an exciting year we have ahead of us! When I think of the last year that I, personally, have had, I know that anything is possible. As I started last September, my Mother was comatose, after a major fall, with several surgeries ahead of her. This year, with my Mother at my side, we begin our church year, together. Olmsted UU Congregation is beginning the year with a new, clean look at our committees and the work that they do. We will each join 1 or 2 committees (some people more than that!) Please consider a new committee, out-

side of your comfort area. Maybe even Chair a committee. Let's plan some fun with the Merriment Committee, feed some of our local homeless with the Social Action Committee, upgrade our building with the Building and Grounds Committee, work with our children with the Religious Education Committee, or plan some services with the Sunday Service Committee. The possibilities are endless. All are important, and all want YOU to join in! We are the "Olmsted You You Congregation". Thank you for being here! Now, Let's Get Growing!

COMMITTEE FAIR - SEPTEMBER 10



Attention all committees! Our first regular Sunday, September 10th, will be a Potluck Lunch & Committee Fair. Please prepare a small display explaining your committee; its purpose, fun things you've done in the past, what you hope to accomplish. Each committee will have a small card table for their display. Please have at least one person at your table to talk with people. A fun way to attract new people and introduce members to the work that we do.

GLASS PAINTING WORKSHOP - NEW DATE

Evelyn Sobczak's Glass Painting Workshop has been rescheduled from September 16 to October 7, from 2:00-4:00 pm. There's still room if you haven't signed up yet. Cost is \$10, and proceeds go to the church. Bring a vase or glass to paint, or

choose from the many items Evelyn will have. If you have an idea of something you'd like to paint, bring that, too. Evelyn will also have examples of finished work to get you inspired. To sign up, email Evelyn at eslione1@gmail.com.



SOCIAL JUSTICE

Social Justice is another part of our active interest in Social Action at OUUC. This year, Jane Semple will coordinate Social Action: direct action to help others through our involvement and donations. Marianna Carney will bring information to the congregation about justice issues that call for political action. This information will come from **Unitarian Universalist Justice Ohio**, a statewide organization supported by member UU churches across the state, including OUUC.

UUJO will hold its **Annual Justice Assembly on Saturday, October 14**, in Delaware, Ohio, from 10am to 4pm. Marianna Carney plans to attend and would love to give a ride to anyone who would like to attend. Flyers will be on the Social Action Bulletin Board.

Also, we are pleased to welcome Rev. Joan Van

Becelaere, UUJO Director, to our pulpit on November 5. She will speak more about UU's and Social Justice.

Now, a current social justice concern: The old growth trees of the Mohican Forest are threatened by a rezoning request from the ODNR, that would allow cutting them down. The concern is for the old trees in that forest and the woodland species living there. There is only 3 percent of forests in public land in Ohio. They need protection.

Comments will be closed on SEPTEMBER 30.

Direct your comments to:

Ohio DNR Division of Forestry
2045 Morse Road, Building H-1
Columbus, OH 43229-6693
forestry.comments@dnr.state.oh.us

OBERLIN MEN'S GROUP

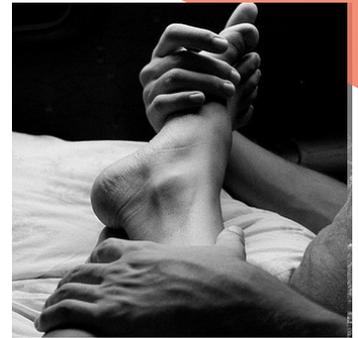
The Oberlin's Men's Group is open to men from the Olmsted UU Congregation. We meet every Thursday, 7-9 in the Oberlin UU Fellowship Sanctuary, 355 East Lorain, Oberlin.

The idea of starting this group occurred a number of years ago when introduced to the UU idea of covenant groups. Another basis for the idea of a men's group was the Book by Tom Owen-Towle entitled 'Brother-Spirit, Men Joining Together in

THURSDAYS, 7 - 9 PM

the Quest for Intimacy and Ultimacy.' This book was found in the bookstore of some distant past District Assembly, Summer Institute or even a General Assembly. There is also the guide book by Tom Owen-Towle entitled 'A Community of Men, a Guide to Men's Programming in Unitarian Universalist Congregations.'

For more information contact L.D. Moore, 440-774-2739.



UUA NEWS

UUA President the Rev. Susan Frederick-Gray issued the following statement in response to Donald Trump's directive banning transgender people from entering the military:

I condemn in the strongest terms President Trump's immoral directive banning transgender people from entering the military and revoking health care support for those currently serving. Unitarian Universalists unequivocally support the full humanity of people across the spectrum of gender and sexuality, including the right of transgender people to serve in the military. This is yet another attack from this administration on the humanity, dignity, and fundamental rights of people in this country. Even

more disturbing, this attack targets those who have committed their lives to faithful service.

My heart turns to all the transgender and gender non-conforming people in the military who are showing up everyday to serve and protect our country, even as their commander in chief has made them a target. I am grateful for your service. Grounded in a belief that all people are worthy, and called faithfully to build the Beloved Community, I particularly urge my fellow cisgender Unitarian Universalists to join me in affirming, supporting and celebrating all of our transgender and gender non-conforming siblings. We are with you. We remain with you until we are all free.

BLUE SKY FOLK FESTIVAL AT EAST SHORE UU

Saturday, September 16, 11 am – 7:30 pm

The seventh annual Blue Sky Folk Fest: A Search for Harmony is quite an affordable event for lovers of folk music, families, and amateur and professional musicians.

Acoustic blue grass and old-time musicians will find plenty of **pop-up jams** as well as scheduled jams in bluegrass and old-time music. **Master classes and beginner workshops** on banjo, mandolin, guitar maintenance, harmony and much more. Families are encouraged to attend; East Shore's RE people do an outstanding job in presenting **children's activities**.

\$15 at the door

\$12 on the web

12 & under free

Bring your instrument to jam for a \$3 discount

Two hours of volunteering gets you in the door for free. Contact Nancy Tozer, nancytozer@hotmail.com to sign up.

East Shore UU Church is located at:
10848 Chillicothe Road
Kirtland, OH 44094

www.blueskyfolkfast.com



ADULT PROGRAMMING

TWO NEW PROGRAMS

Tai Chi for Arthritis and Fall Prevention. This class consists of simple, non-impact exercises that are easy to learn, enjoyable, and provide many health benefits in a relatively short period of time. The one-hour class will begin with a free introductory session on **Wednesday, September 6th at 3:15.**

Classes will be held at the same time the following four weeks. After the first free class, a suggested donation of \$15 / session is requested. Instructor Ann Daniels is certified by the Tai Chi for Health Institute and is registered as an instructor with the Arthritis Foundation.

Dream Group. 1st Thursdays, 2:00–3:30 pm, starting September 7. Mark your calendars for our new monthly spiritual exploration group using dreams as a source of inner discovery. We'll "tell our dreams" and explore their meanings and metaphors, drawing on insights from dream workers Jeremy Taylor, Bob Haden, Jerry Wright, Robert Moss and others.

Tuesdays

Tuesday Meditation at the Oberlin UU Fellowship – Guided meditation to live from the beautiful heart; drawing on many traditions. Led by Rev. Mary. (1st, 3rd, & 5th Tuesdays, 1–2 pm; 2nd & 4th Tuesdays, 6–7 pm)

1–2 p.m., September 5 and 19

6–7 p.m., September 12 and 26

Care-Givers Support Group – Tuesday, September 12, 2:30–3:30 pm at Oberlin UU Fellowship. Do you care for a spouse, partner, parent, friend or child? Join us. Led by Rev. Mary. (2nd Tuesdays, drop-in, meets monthly, all are welcome)

SOS – Tuesday, September 26, 7:15–8:30 p.m. at Oberlin UU Fellowship. A support group for those with loved ones living with addiction and/or mental illness. Led by Rev. Mary. (4th Tuesdays)

Wednesdays

UU KENDAL GATHERING: Wednesday, September 20, 4 pm – 5:15 pm

Living Our Faith in Public Life: Rev. Mary Grigolia

will facilitate a conversation focusing on these questions: What does faith look like in the political sphere for UUs? How are you weathering the attacks on our values? What are we called to do collectively as UUs? What are you doing in response? Where do you turn for comfort, guidance, wisdom? What's helping you keep faith with life? In your actions for justice, do you 'come out' as a person of faith to non-UUs? and what do you mean by that? Kendal Education Center, 600 Kendal Drive, Oberlin.

Book Group, Wednesday, September 6, 7–8:30 p.m. at Olmsted UU. We're discussing, 'Sapiens' by Yuval Noah Harari. All are welcome.

Yin Yoga – Wednesday, September 13, 10:30 a.m.–12:00 noon at Olmsted UU. Yin yoga uses patience (longer, safe holds) and gravity to help ligaments to stretch, joints to regain fluidity and participants to feel more vital. Led by Mary Baird, instructor. Suggested donation, \$15 / class. (2nd Wednesdays)

UU Understanding Jesus – Wednesday, September 13, 4–5 p.m. at Olmsted UU. Using Amy-Jill Levine's, 'Short Stories by Jesus: The Enigmatic Parables of a Controversial Rabbi,' we'll explore Chapter 5, "The Mustard Seed," Bring a Bible if you have one. Facilitated by Rev. Mary (2nd Wednesdays)

Thursdays

Thursday Meditation. September 7–28, 10:00–11:30 a.m. at West Shore UU Church, 20401 Hilliard Blvd., Rocky River. Led by Rev. Mary.

Care-Givers Support Group meets on Thursday, September 14, 4–5 p.m. at Olmsted UU. Do you care for a parent, partner, friend or family member? All are welcome. Facilitated by Rev. Mary.

WISE Women meets on Thursday, September 21, 2–3:30 p.m. at Olmsted UU. This fall we focus on creativity as a spiritual practice, drawing on the stories and wisdom from Elizabeth Gilbert's book, 'Big Magic.' (We have copies for you at the church. Please let Mary know if you need one.) Co-facilitated by Rev. Mary.



SEPTEMBER CALENDAR

Sunday, September 3

- 11:00 Sunday Program: TED Talk
- 11:00 Child Care available

Tuesday, September 5

- 1:00 Meditation at Oberlin UU*

Wednesday, September 6

- 3:15 Tai Chi
- 6:30 Alcoholics Anonymous (AA members only)++
- 7:00 Book Group

Thursday, September 7

- 10:00 Meditation at West Shore UU**
- 2:00 Dream Group
- 6:30 Board of Trustees

Sunday, September 10

- 11:00 Sunday Service: Ingathering
- 11:00 Sunday School
- 12:00 Potluck & Committee Fair

Tuesday, September 12

- 2:30 Care-Givers at Oberlin UU*
- 6:00 Meditation at Oberlin UU*
- 7:00 The Mankind Project++

Wednesday, September 13

- 10:30 Yin Yoga
- 3:15 Tai Chi
- 4:00 Understanding Jesus
- 6:30 Alcoholics Anonymous (AA members only)++

Thursday, September 14

- 10:00 Meditation at West Shore UU**
- 4:00 Care-Givers at Olmsted UU

Sunday, September 17

- 9:15 Sunday Services Committee
- 11:00 Sunday Service
- 11:00 Sunday School
- 12:45 Meditation with Mudras
- 2:00 Meditations for Living & Dying Well

Tuesday, September 19

- 1:00 Meditation at Oberlin UU*

Wednesday, September 20

- 3:15 Tai Chi
- 4:00 Rev. Mary at Kendal Education Center***
- 6:30 Alcoholics Anonymous (AA members only)++

Thursday, September 21

- 10:00 Meditation at West Shore UU**
- 2:00 WISE Women
- 4:00 Membership Committee

Sunday, September 24

- 11:00 Sunday Service
- 11:00 Sunday School

Tuesday, September 26

- 6:00 Meditation at Oberlin UU*
- 7:00 The Mankind Project++
- 7:15 SOS at Oberlin UU*

Wednesday, September 27

- 3:15 Tai Chi
- 6:30 Alcoholics Anonymous (AA members only)++

Thursday, September 28

- 10:00 Meditation at West Shore UU**

Saturday, September 30

- 2:00 Wedding

* Oberlin UU Fellowship: 355 E. Lorain St., Oberlin
 ** West Shore UU: 20401 Hilliard Blvd., Rocky River
 *** Kendal at Oberlin, 600 Kendal Drive, Oberlin
 ++ Non Olmsted UU program

Deadline for the October issue of 'The Bellringer' is Thursday, September 21, 10:00 a.m.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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