



Bellringer

September 2018

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

SUNDAY PROGRAMS

Sunday, September 2: Universalism: Past, Present, and Powerful. We are pleased to welcome guest speaker Kalen Fristad, a retired Methodist minister who has traveled the country speaking on the message of Universalism. Rev. Fristad will speak on the rich history of Universalism, the historical foundation of our own church. He will reflect on the positive influence of its teaching, which he says leads to our values of equality, respect, love and dignity for all. By contrast, he will examine the consequences of the teaching of eternal damnation on human relations, perhaps inevitably leading to war, bigotry, oppression, and abuse. Marianna Carney will be our service moderator, Charlotte Hill will provide our music.

Potluck in Coe Hall after the service. We will not volunteer at Urban Hope, so no need for extra.

Sunday, September 9: TED Talk: 'How to Turn a Group of Strangers into a Team.' Business school professor Amy Edmondson studies "teaming," where people come together quickly (and often temporarily) to solve new, urgent or unusual problems. Recalling stories of teamwork on the fly, such as the incredible rescue of 33 miners trapped half a mile underground in Chile in 2010, Edmondson shares the elements needed to turn a group of strangers into a quick-thinking team that can nimbly respond to challenges. Amy Edmondson, the Novartis Professor of Leadership and Management at the Harvard Business School, studies people and teams seeking to make a positive difference through the work they do. Our discussion will be led by Brian Warren.

Sunday, September 16: 'UU Principles as Spiritual Practice. Some UU's follow a Buddhist path; others, follow the teachings of Jesus; others, embrace social justice as a spiritual path; others, follow Sufi practices or yogic asanas or Taoist teachings. What spiritual practice can we do together as UU's? We'll explore different ways of using the UU principles as a shared UU spiritual practice. Service facilitated by Rev. Mary.

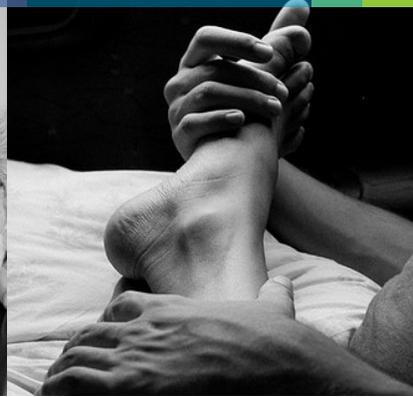
This is a Stone Soup Sunday. Please bring something (carrot, potato, etc.) to add to our soup.

Sunday, September 23: Big Question Discussion, 'Atonement: Do We Need Forgiveness?' In September, members of the Jewish religion observe the High Holy Days, or Days of Awe, which include Rosh Hashanah, the Jewish New Year, and Yom Kippur, the Day of Atonement. During this holiday, Jewish people consider the ways they have wronged others throughout the year, and seek atonement for those wrongs. Atonement and forgiveness are traditionally not part of our UU religious tradition. In this service, we will consider these questions and share our thoughts. Our discussion will be facilitated by Marianna Carney and Brian Warren. Music will be provided by Bob Perry.

Sunday, September 30: Affirming Our Deathright. Working with people at the end of life, hospice chaplain Kathleen Dowling Singh observed what she called our 'deathright'. We seemed 'wired' to open beyond a narrow sense of self, into vast awareness, remembering who we are: One with the mystery, the heart of Love. Service led by Rev. Mary.

At 1:00 pm, Molly Grazione from Ohio End of Life updates us on death with dignity laws in Ohio.

Our September 50/50 offering share will be donated to Maggie's Place, a home for expectant mothers



MARY'S MUSINGS

UU PRINCIPLES AS SPIRITUAL PRACTICE



Many of us are no longer tethered to an academic calendar, and yet at least in the northern hemisphere the coming of fall feels like the beginning of a new annual cycle. For our Jewish forebears, friends and family, this is the new year, with required soul-searching, coming into alignment with our deepest, wisest

self. We ask: who do we need to forgive, and to ask for forgiveness? What do we have to release, in order to affirm and be open to a new cycle? This would be a great practice for all of us this month, to supplement our shared UU practice.

Throughout this year, I invite you to a **shared UU spiritual practice, using our 7 UU principles.** For September, we continue with our **1st UU principle: We affirm and promote the inherent worth and dignity of every individual.**

How it works: Set the intention for the week and each day. At the end of the day, reflect on what you noticed, what was hard, what was easy, how it affected you, what you're learning. We're staying with one intention for a whole week, because it takes practice (and sometimes we forget or get distracted!)

Here are intentions for 5 weeks, from August 29, through September, until October 2:

--**Aug 29-Sep 4:** Today I'll choose one meeting, interaction or conversation to pay special attention to when, where and with whom I'm aware of worth and dignity and when I'm not.

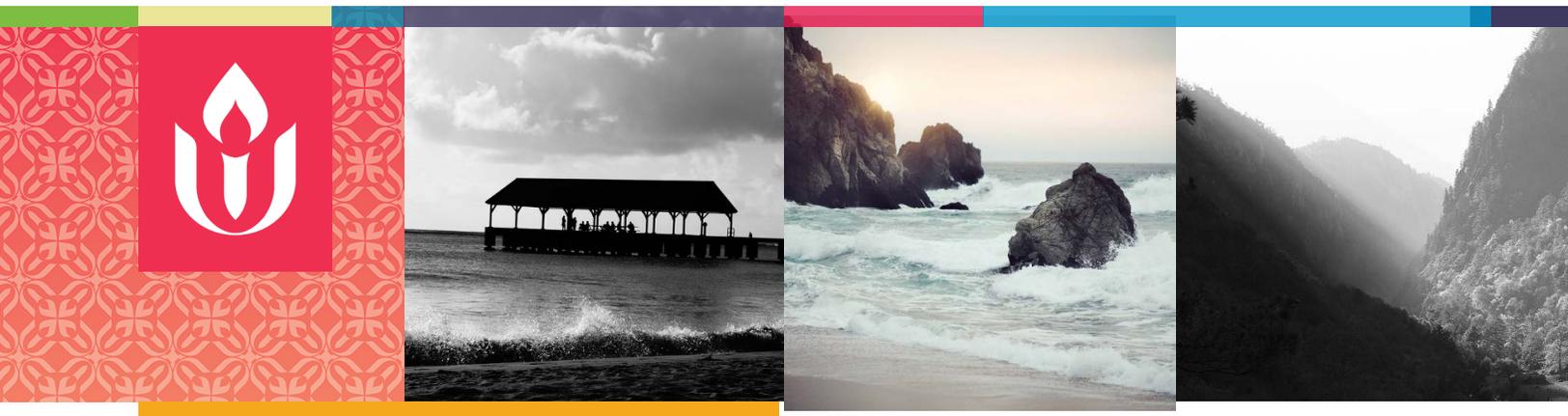
--**Sep 5-11:** Today I'll notice who treats me with respect, who's aware of my inherent worth and dignity. What do they do that makes me feel appreciated? What can I learn from their actions and attitudes?

--**Sep 12-18:** Today I'll notice who treats others with respect, who's aware of the inherent worth and dignity of others. How do they do that? What effects do I notice from their attitude, words and actions?

--**Sep 19-25:** This week, I'll shift to a daily evening reflection practice. Thinking back over the day: when did I notice dignity and worth today? When did it arise automatically? How did I feel in my body? When did I make an effort to notice inherent dignity and worth? What am I learning about dignity and worth?

Sep 26-Oct 2: This week, I'll focus on a body-based reflection practice for the first principle: Today, I'll explore body motions and positions that affirm inherent worth & dignity - my own and others.

May your shared UU spiritual practice go well!



THE PRESIDENT'S CORNER

This September we find ourselves with a major pest problem. Raccoons have taken up residence in the attics of your building and this infestation has been ongoing for over 10 years. As a result of the unhealthy leftovers from the raccoons we - the office manager and the board - have looked to a company to clean and seal up the breeches in the attics and have contacted our insurance agency to look for monetary support.

Unfortunately the amount to complete the raccoon abatement and the amount to cover the cost from the insurance is not enough and the remaining balance for the job is more than 5% of our annual operating budget.

That said, the board has called for an emergency congregational meeting for Sunday, September 16 at 12:30 in Coe Hall after that morning's service. We will have detailed information to share and a plan to help finance the much needed raccoon abatement.

I strongly urge all voting congregation members to attend this September meeting so that we may discuss and vote on an agreeable course of action.

Thank you for your continued support,

Homer Farr
past-ex-current-co-president-ouuc-board of trustees

OUR CARING COMMUNITY



H., Jim H., Bev S., Brian W.

We send **thoughts of care and well-being** to all those living with chronic illness, adapting to loss of ability, grieving the loss of a loved one, caring for a loved one, recovering from or preparing for surgery, or in medical treatment. We think especially of Mandi

Our thoughts and prayers to all lives touched by the wildfires in the western US and to children separated from their parents.

Congratulations to all who are starting a new school year.

Happy Birthday, September babies!

Let's stay connected. If there's someone you haven't seen for awhile, please reach out with an email, a phone call or by sending a card, to let them know we care and miss them.



DEATH-WITH-DIGNITY IN OHIO

Ohio End-of-Life is an organization that believes in a basic human right to decide how we will die when the time comes. Their mission is to raise awareness about aid in dying and to advocate for a death with dignity law for the terminally ill.

On Sunday, September 30, 1:00 pm in Coe Hall, Molly McMahon Graziano, Director of Education and Outreach for Ohio End-of-Life Options, will discuss the current standing of legal efforts for death with dignity in Ohio and how things are moving forward. Molly will also discuss the legal progress of death with dignity in other states. During the second half of the program, beginning at 2:00 pm, Molly will coach attendees on how to

work effectively with legislators and their staff to inform and encourage them to support the basic human right to have a voice in how we die.

There are over 35 years of collective experience showing that death-with-dignity laws work effectively as written. Many safeguards ensure that only qualified, terminally ill people are able to obtain a prescription. The decision of where, when and with whom a person is surrounded is left to each individual. It gives a person freedom to control his or her death IF they decide to take the medication. Anyone who is concerned about the circumstances of their own death or the death of a loved one is encouraged to attend.

SOCIAL ACTION NEWS

Ohio Votes!

The UUA, UUJO and their partner organizations are mobilizing to combat voter suppression by increasing voter registration and creating local strategies to help people get to the polls. Sign up to receive email updates from "Ohio Votes" at https://actionnetwork.org/forms/emailtest3?source=direct_link&

UUJO Needs GOTV Coordinators

UUJO will be working with "Ohio Votes" and the "Coalition on Homelessness and Housing in Ohio." We will need UUs trained as coordinators in all of our Ohio UU congregations and clusters to engage in GOTV (Get Out the Vote) efforts.

If you are interested in helping your congregation participate in this state-wide GOTV effort, or if you can help coordinate your local UU cluster, please

contact Rev. Joan Van Becelaere at uujoanvanb@gmail.com or call 303-641-5896.

We will then sign you up for one of the "Ohio Votes" training dates as part of UUJO.

There will be at least three trainings in the first two weeks of September, one in Columbus, one in Cincinnati, one in Akron, all accessible via webinar. The specific locations for each training will be posted soon. These trainings will cover relevant voting laws, voter registration laws, voter rights, Ohio Votes form submission process, and strategies to execute your congregational/cluster GOTV program.

Contact Rev. Joan Van Becelaere if you can volunteer as a coordinator in this vital Ohio GOTV effort.



Wine Pairing Event

**ANNUAL FALL FUND RAISER:
FRIDAY, OCTOBER 26, 2018, 6:00 PM**

TICKETS

\$50 person; \$95 couple

Join us for an evening of good food, great wine and soft jazz with vocalist Lily B.

MENU

1st Course

- Assorted smoked and local cheese w/ tapenades
- Bruschetta w/ toasted croutes
- Mascarpone prosciutto croute
- Stuffed dates w/ Monchego cheese and Applewood bacon
 - Sauvignon Blanc
 - Chardonnay

2nd Course

- Assorted flat bread pizza
- Grilled shrimp skewers
- Italian beef sliders w/ horseradish dill sauce
- Fresh gnocchi w/ roasted red pepper sauce
 - Red Blend
 - Cabernet Sauvignon

3rd Course

- Mini gourmet desserts
- Fresh fruit
 - Iced Riesling
 - Terra D-Oro Port Zinfandel

All food and wine provided by
Italian Creations in Lakewood, Ohio



**Only 50 seats available.
Make your reservations now.**
Contact Kay at kpotetz@aol.com
or 216-221-8993

**Bottled wine will be available
for sale at the event**



Adult Programming

Tuesdays

Tuesday Meditation at Oberlin UU (355 E. Lorain St.) Meditation from the beautiful heart; drawing on many traditions. Led by Rev. Mary. (Normally meeting on 1st, 3rd, & 5th Tuesdays, 1-2 pm; 2nd & 4th Tuesdays, 6-7 pm).
1-2 pm, September 4 & 18;
6-7 pm, September 11 & 25

Care-Givers Support Group - Tuesday, September 11, 2:30-3:30 pm at Oberlin UU (355 E. Lorain St.). Do you care for a spouse, partner, parent, friend or child? Join us. Facilitated by Rev. Mary. (2nd Tuesdays, drop-in, meets monthly, all are welcome)

Wednesdays

BOOK GRUUP - September 5 (and 1st Wednesdays) at 7 pm at Olmsted UU; with the UUA's common read, '**Daring Democracy**' by Frances Moore Lappe and Adam Eichen. Read the first three chapters! Co-facilitated by Stephanie Gibson (from Oberlin UU) and Marianna Carney (from Olmsted UU)

UU Monthly Kendal Gathering - Wednesday, September 19 (and 3rd Wednesdays) at 4 pm at Kendal, in the Education Training Center. 'Resilience for Resistance' - How are you weathering the political attacks on democracy and manipulation of mass anxiety? We'll share how we're cultivating emotional, physical and spiritual

resilience for resistance on behalf of the Beloved Community. Program led by Rev. Mary. **All are welcome.**

Yin Yoga - September 26, 10:30-12 noon, at Olmsted UU. Yin yoga uses gravity to let ligaments stretch, joints regain fluidity and participants feel more vital. Yin's longer holds help us cultivate patience, awareness and self-blessing. Mary Baird, instructor. Suggested donation, \$15.

Thursdays

Thursday Morning Meditation - September 6, 13, 20, 27, 10:00-11:30 am at West Shore UU Church, 20401 Hilliard Blvd., Rocky River. Drawing from many sources. Facilitated by Rev Mary.

Dream Group - Thursday, September 6, 2:00-3:30 pm at Olmsted UU. Exploring dreams as spiritual practice. Have you had an interesting or perplexing dream or dream snippet? Write it down and bring it. All are welcome! (Note: usually 1st Thursdays, 2:00-3:30)

WISE Women - Thursday, September 20, 2:00-3:30 pm at Olmsted UU. Exploring and journaling our embodied knowing; using John Prendergast's **In Touch**. Facilitated by Mary Noble and Mary Grigolia.

Sundays

Meditation with Mudras at Olmsted UU- returns in October (third Sundays).

COMMITTEES & TEAMS

Committee Chairs will meet on Sunday, September 9 at 12:00 pm. All committee chairpersons should plan to attend if at all possible.

Sunday Services Committee will meet on Sunday, September 16, at 9:15 am. All are welcome.

Adult Program Team (APT) meets on Thursday, September 20, 3:45-5:00 in Rev. Mary's office. All are welcome.



September Calendar

Sunday, September 2

11:00 Universalism: Past, Present & Powerful
 11:00 Child Care available
 12:00 Potluck Lunch

Monday, September 2 HAPPY LABOR DAY

Tuesday, September 4

1:00 Meditation at Oberlin UU*

Wednesday, September 5

6:30 Alcoholics Anonymous (AA only)++
 7:00 BOOK GRUUP

Thursday, September 6

10:00 Meditation at West Shore UU**
 2:00 Dream Group

Sunday, September 9

11:00 TED Talk
 11:00 Child Care available
 12:00 Coffee Hour
 12:00 Committee Chair meeting

Tuesday, September 11

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

Wednesday, September 12

6:30 Alcoholics Anonymous (AA only)++

Thursday, September 13

10:00 Meditation at West Shore UU**

Sunday, September 16 - Regular Church Programming Resumes

9:15 Sunday Services Committee
 11:00 Worship Service with Rev. Mary
 11:00 Religious Education
 12:00 Stone Soup
 12:30 Emergency Congregational Meeting

Tuesday, September 18

1:00 Meditation at Oberlin UU*
 6:30 Board of Trustees

Wednesday, September 19

4:00 UU at Kendal***
 6:30 Alcoholics Anonymous (AA only)++

Thursday, September 20

10:00 Meditation at West Shore UU**
 2:00 W.I.S.E. Women
 3:45 Adult Programs Committee meeting

Sunday, September 23

11:00 Big Question Discussion
 11:00 Religious Education
 12:00 Coffee Hour

Tuesday, September 25

6:00 Meditation at Oberlin UU*
 6:30 The Mankind Project++

Wednesday, September 26

10:30 Yin Yoga
 6:30 Alcoholics Anonymous (AA only)++

Thursday, September 27

10:00 Meditation at West Shore UU**

Sunday, September 30

11:00 Worship with Rev. Mary
 11:00 Religious Education
 12:00 Coffee Hour
 1:00 Death with Dignity in Ohio

* Oberlin UU Fellowship: 355 E. Lorain St., Oberlin

** West Shore UU: 20401 Hilliard Blvd., Rocky River

*** Kendal, Heiser Auditorium, 600 Kendal Dr.

++ Non Olmsted UU program

Deadline for the October issue of 'The Bellringer' is Thursday, September 20.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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