



# Bellringer

## September 2019

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

### SUNDAY PROGRAMS

**Sunday, September 1: The Stories That Stick.**

Many of us have favorite childhood stories that still resonate with us immediately. How and why have those been the stories that matter to who we are, what we become and how we grow? This morning, we will look more deeply into "the stories that stuck" to find what they teach us about our strengths, flaws, life choices and core glimpses of truth. Our service will be offered by Elizabeth Reilly, Commissioned Lay Minister Candidate.

**Sunday, September 8: TED Talk - The Surprising Science of Happiness.** Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned. Mr. Gilbert believes that, in our ardent, lifelong pursuit of happiness, most of us have the wrong map. He argues that our brains systematically misjudge what will make us happy. Our TED Talk will be led by Linda Rich.

**Sunday, September 15: Great Expectations.** As we begin a new cycle, what expectations shape our feelings, minds and actions? What expectations do we have of each other in community? What are the spiritual gifts and challenges of expectation? Our service will be led by Rev. Mary.

**Sunday, September 22: Celebrating Water.** Today will be our first "Celebration Sunday" (please see "Mary's Musings" on page 3). We will celebrate

WATER, the vital source of life on earth.

September is a traditional time for the UU ritual of water communion. There will be time for each of us to share a personal appreciation or memory of water. This celebration service will also include special music and readings, a time for all ages, a visual/musical presentation of the beauty of water, and an artistic activity for everyone.

**Sunday, September 29: Meet "Stagecoach" Mary Fields,** (the first African American female star route mail carrier in the United States) as portrayed by Vernice Jackson. Bandits beware: In 1890s Montana, would-be mail thieves didn't stand a chance against Stagecoach Mary. The hard-drinking, quick-shooting mail carrier sported two guns, men's clothing and a bad attitude. As the first African American woman to carry mail, she stood out on the trail—and became a Wild West legend. Join us for an exciting trip into the wild west with Stagecoach Mary Fields and of course refreshments after the presentation.

Ms. Fields will be portrayed by Vernice Jackson, one of the original members of Cleveland's own Women in History. She holds a BA from Baldwin-Wallace University and a Master of Science from Case Western Reserve University.

**Our 50/50 offering for September will be donated to Blessing House, a children's crisis care home.**

For more information about Blessing House, please see page 5.



# Religious Exploration



## ABOUT OUR RELIGIOUS EXPLORATION PROGRAM

Hello R.E. families and friends,  
We are starting a fresh new church year! Are you as excited as I am? We have so many fun and exciting things to come. We will continue our studies of Unitarian Universalism and the awesome

people of our past and present. We are hoping to grow, grow, grow so why not bring a friend to church? Bring your grandchildren too! We can't wait to hear all about your summer vacation and adventures.

**BELIEVE IN THE GOOD,**  
Caitlin Chapman  
Director of Religious Exploration



## MARY'S MUSINGS: CELEBRATION SUNDAYS: COME ON!



Reflecting on the high stress levels in American culture, the hype online, in social media and on TV, the general exhaustion levels of most people, your Sunday Services Committee is organizing monthly Celebration Sundays (usually on the 4th Sunday of the month). The intention is to help us all remember that life is robust, community is intact, even

when threatened by fear and greed. We have to outsmart the part of our minds/brains that only attunes to threat. We do this by looking intentionally for moments that are reminders that we are resilient, people care and choose to help each other. Are you looking for something to help you shift away from feeling stressed out? Start a Celebration journal to track (remember) what you notice. And share it with the Sunday Services Committee: Kay (our chair), Marianna, Jim, Claire, Brian, Emily, and me, Mary.

Rev. Mary

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## OUR CARING COMMUNITY

Thanks to all who share Joys and Concerns on Sunday mornings, drawing on the heart of community. This month, we lift up these transitions, challenges, concerns and joys:

We send **thoughts of care and well-being** to those living with chronic illness, adjusting to loss, living with financial stress, grieving the death of a loved one, caring for a loved one, recovering from or preparing for surgery, or in medical treatment.

Thanks to all who led TED Talks and services in August - Lynda G., Rev. Mary, Evelyn S., Zella Z.

Thanks to all who participated on the Sunday Morning Welcome Team in August who set up, bring food and clean up on Sunday morning so we can all enjoy fellowship together.

Thanks to all who serve on Committees and the Board.

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.*



# Church News

## BETTY JO ARMSTEAD MEMORIAL, SEPT. 14

Friends and relatives of Betty Jo (Moore) Armstead will remember her and celebrate her life on *Saturday, September 14 at 4 pm* at Olmsted UU. Betty Jo was the beloved wife of the late Alfred L. Armstead for 42 years and is survived by her son Sirat Al B. Salim of Denver. She worked at the National Aeronautics and Space Administration (NASA) Glenn Research Center and was a pioneer

female computer programmer. Betty Jo was an active member of Olmsted UU Congregation from 1967 until she moved to Denver in 2007 where she joined the First Unitarian Society of Denver.

In lieu of flowers, the family has requested donations to a humanitarian organization in the name of Betty Jo Armstead.

## CALLING ALL READERS! BOOK SALE OCT.

UUs love to read, and our book sale in the perfect opportunity to stock up on some new titles. Start by taking a moment to notice how overcrowded your own bookshelves are. Then thin the herd so that you can buy more! Bring your book donations to church. Ask your friends or relatives if they'd like to get rid of any books. Remember to invite them later to the Sale. All books, magazines, and

audiobooks are welcome! If you have any questions, or would like to help, contact Claire Ramsay or Joanne Duffy.



## SAVE THE DATE! OUR WINE PAIRING IS OCT. 26

Join us for an evening of good food, great wine and soft jazz with vocalist Lily B. The festivities include 3 courses of small plates from tapenade to mini desserts, each perfectly paired with two complementary wines, all provided by Italian Creations of

Lakewood, Ohio.

**Tickets \$50 person; \$95 couple**

Only 50 seats available, so make sure to mark your calendars. Reservation information will be available soon.



# Church News

## REUNITED AND IT FEELS SO GOOD!

**Saturday, September 7 at 4 pm**  
**21600 Shaker Blvd., Shaker Hts., Ohio**

Area UUs are invited to a worship service and reception celebrating a new congregation: The Unitarian Universalist Congregation of Cleveland formed by the merger of the Cleveland Unitarian Society and First Unitarian Church of Cleveland.

Ministers and lay leaders are being invited to help light the church's new chalice for the first time. They'll process into the sanctuary together with candles and jointly light the chalice. If you'd like to attend, call or email Cathy Ross and let her know you plan to go and whether you'd like to take part in the chalice lighting. Car pool information will be available later. Reach Cathy at 440-777-6622 or [office@olmsteduu.org](mailto:office@olmsteduu.org).

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## SMALL NUMBERS, INFINITE POSSIBILITIES



*Small Numbers, Infinite Possibilities* is a year of learning and connection for Smaller Congregations brought to you by your Regional UUA Congregational Life Staff. We know that small con-

gregations are sharing the Love and Grace of Unitarian Universalism with their people and their communities every day. We also know that small churches can be faced with big challenges. Together we can help small congregations reach toward their greatest potential. This series will feature four webinars in October, November,

January & February and culminate with in-person events near you on Pi Day - March 14, 2020.

### **Olmsted UU is All In!**

We have registered for this program and plan to view the webinars at OUUC at 7 pm on the dates listed below. Everyone is invited to get involved. If you are a member of the Board or a volunteer on a committee, please look at the topics for each webinar and plan to attend the one that especially relates to your commitment at OUUC.

### **Four Webinars**

- Smalls Making a Big Difference, Oct. 16
- Right Sizing Your Congregation's Operations, Nov. 13
- Stewardship and Sustainability for the Long Haul, Jan. 15
- Being Beloved Community, Feb. 12



# Social Action

## OUR SEPTEMBER OFFERING SHARE

**Blessing House** is a charity in Lorain County that provides temporary shelter care for children birth through 12 years. For 13 years, Blessing House has served as a safety net for families in crisis by providing safe shelter for children and support for the entire family. They are able to prevent neglect and abuse of children that might result from the family crisis or emergency.

Blessing House works closely with other agencies and is well respected in the community. They are able to care for children in emergency situations, in a timely manner and without court intervention. They depend on community donations and volunteer support to continue their vital services.

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## TAKING A STAND FOR JUSTICE IN CLEVELAND

### Climate Strike: Sept 20, 12 pm. Public Square

Three days before the UN Climate Summit in NYC, young people and adults will strike all across the US and world to demand transformative action be taken to address the climate crisis. Millions of us will take to the streets to demand a right to a future, and they are inviting you to **#strikwewithus**

Whether you're 7 or 77, you're invited to join the movement.

### Circle the City with Love on Public Square, Downtown Cleveland, Oct. 20. 1-4 pm

Join an afternoon where we will stand in silence for 30 minutes with the intention of spreading love into our city and world. Live entertainment and fellowship.

No registration, but let them know you plan to attend at :  
<https://www.circlecitywithlove.com/contact-us>

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## TAKING A STAND FOR JUSTICE IN COLUMBUS

### March & Rally to End Gun Violence Wednesday, Sept. 18, 12:30-3 pm

The march will start in the Columbus Commons. Rally will be at 1 pm on the High Street side of the Statehouse. This will be followed by an action on the 4th Street side. We will be demanding that the Ohio Legislature pass a series of gun control measures including universal background checks, a Red Flag law, banning possession of guns by those convicted of domestic abuse, and banning automatic, assault-style and military-style rifles.

### Lobby Day & Action to Stop SB 33 Thursday, Sept. 19, All Day in Columbus

SB 33 makes it a potential felony to protest – even non-violently – at so-called “critical” infrastructure sites – like pipelines, fracking wells, oil refineries, oil and chemical and gas storage sites, energy plants, water treatment sites, mines, railroad property, and so much more. The bill would fine churches and non-profits up to \$100,000 if they are found to be ‘complicit’ when one of their congregants or members is charged with felony protest.



# Adult Programming

## Programs

### Sundays

**Meditation with Mudras - September 22, 12:45 pm.** Facilitated by Emily W. Hand positions to welcome intention and affirm harmony of body, mind and spirit. All are welcome

### Wednesdays

**Book Group - Next meeting is October 9, 7:00 pm,** meeting at a member's home.

**Yin Yoga - September 25, 10:30 am.** Yin yoga uses gravity to let ligaments stretch, joints regain fluidity and participants feel more vital through longer holds. Mary Baird, instructor. Suggested donation, \$15.

### Thursdays

**Dream Group - September 5, 2:00-3:30 pm.** Bring your dream journals, share a dream or a cameo or image, and explore together what wisdom, opportunity or change you're hearing from your deepest wisest self. All are welcome.

**WISE Women Journaling Group - September 19, 2:00-3:30 pm.** Bring your journals, laptops or tablets; we'll respond to writing prompts from Clarissa Pinkola Estes.

**WISE Women - September 26, 2:00-3:30 pm.** We'll continue to listen to Clarissa Pinkola Estes, from *The Power of the Crone* and reflect together.

## Committees & Teams

**Growth & Vitality Committee** meets on Friday, September 6 at 4:00 pm

**Sunday Services Committee** meets on Sunday, September 15, 9:30-10:30 am in the Lounge. All are welcome.

**Adult Program Team** meets on Thursday, September 19, at 3:45 pm in Rev. Mary's office. All are welcome!

**Board of Trustees** meets Tuesday, September 17 at 6:30 pm

## Rev. Mary's Programs

**Tuesday Meditation at Oberlin UU** (355 E. Lorain St.) Meditation from the beautiful heart; drawing on many traditions. Led by Rev. Mary and group members. (Normally meeting on 1st, 3rd, & 5th Tuesdays, 1-2 pm; 2nd & 4th Tuesdays, 6-7 pm).  
1-2 pm, September 3 & 17  
6-7 pm, September 10 & 24

**Care-Givers Support Group - Tuesday, September 24, 4-5 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. (4th Tuesdays, drop-in, meets monthly, all are welcome)

**Thursday Morning Meditation , 10:00-11:30, September 5, 12, 19 & 26 at West Shore UU,** 20401 Hilliard Blvd., Rocky River. Drawing from many sources. Facilitated by Rev Mary.

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## SAVE THE DATE - UUJO ASSEMBLY, NOV. 9

**Where:** Methodist Theological School in Delaware, Ohio  
9:30 am coffee and registration  
10 am-4 pm - keynote, lunch, workshops and meetings

Registration and more information will be coming soon.

Keynote: The Rev Dr Jack Sullivan, Executive Director of the Ohio Council of Churches



# September Calendar

## Sunday, September 1

- 11:00 Sunday Service
- 11:00 Children's Religious Exploration
- 12:00 All-church Potluck

## Wednesday, September 4

- 6:30 Alcoholics Anonymous (AA only)++

## Thursday, September 5

- 2:00 Dream Group

## Friday, September 6

- 4:00 Growth & Vitality Committee

## Sunday, September 8

- 11:00 TED Talk
- 11:00 Children's Religious Exploration
- 12:00 Coffee Hour

## Tuesday, September 10

- 6:30 The Mankind Project++

## Wednesday, September 11

- 6:30 Alcoholics Anonymous (AA only)++

## Saturday, September 14

- 4:00 Memorial for Betty Jo Armstead

## Sunday, September 15

- 9:30 Sunday Services Committee
- 11:00 Sunday Service led by Rev Mary
- 11:00 Children's Religious Exploration
- 12:00 Coffee Hour

## Tuesday, September 17

- 6:30 Board of Trustees

## Wednesday, September 18

- 6:30 Alcoholics Anonymous (AA only)++

## Thursday, September 19

- 2:00 WISE Women Journaling Group
- 3:45 Adult Programs Committee

## Sunday, September 22

- 11:00 Annual Water Service
- 11:00 Children's Religious Exploration
- 12:00 Coffee Hour
- 12:45 Meditation with Mudras

## Tuesday, September 24

- 4:00 Care-Givers Support Group at Oberlin UU Fellowship\*
- 6:30 The Mankind Project++

## Wednesday, September 25

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

## Thursday, September 26

- 2:00 WISE Women

## Sunday, September 29

- 11:00 "Stagecoach" Mary Fields with Vernice Jackson
- 11:00 Children's Religious Exploration
- 12:00 Coffee Hour

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

++ Non Olmsted UU program

**Deadline for the October issue of 'The Bellringer' is Thursday, September 19.**

## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

### Staff

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### Board

Emily Williams - President  
 Homer Farr & Eric Jaworowski - Past Co-Presidents  
 Brian Warren - Vice President  
 Claire Ramsay - Treasurer  
 Jim Carney - Finance Chair  
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