



Bellringer

March 2022

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



MARCH'S THEME: RENEWING FAITH

March 6: Celebrating International Women's Day. Many Americans have not ever heard of International Women's Day, which is celebrated on March 8th every year. In many countries around the world International Women's Day is a national holiday. The theme for this year is "Break the Bias," emphasizing the lack of gender equality and encouraging people to think about what can be done to achieve gender parity. The service will be presented by the Oberlin UU Living with Change covenant group.

Please note: This will be Caitlin Chapman's last day as Olmsted UU's Director of Religious Exploration. Please see page 2, and be sure to thank her for her loving service.

March 13: Of Trust and Faith. Life teaches us to trust and become trustworthy. Trust allows us to keep faith with life. We'll reflect on how we support one another in trusting, becoming trustworthy, and keeping faith with life. Service led by Zellda Zelley & Rev. Mary.

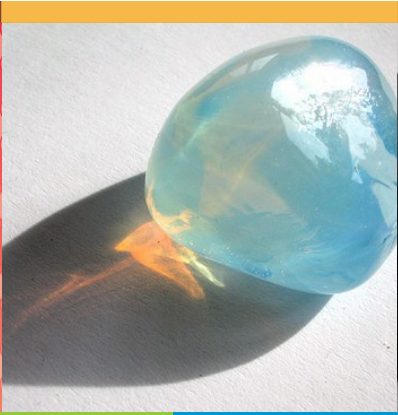
March 20: Imagine. "I've heard that prose is food for the mind and poetry and song are foods for the spirit. In my opinion, John Lennon's *Imagine* crosses that line and feeds both needs. Come to my talk on March 20th and help me *Imagine This*. Enjoy the music and ponder the philosophy." --Bob Mulkins.

March 27: Welcome to the Oasis! We celebrate what calls us together as spiritual communities - an Oasis of Loving Engagement (Oberlin) and Evolving Connections (Olmsted). Come reflect, refresh and renew your faith in life. Service led by Rev. Mary Mary and participants in *Getting the Word Out*.

After the service, Oberlin UU will hold its stewardship-kickoff conversation. Emily Williams will lead Meditation with Mudras in-person at Olmsted.

Zoomers, join our weekly Chalice lighting at home. Place a candle in a "Chalice" of your choice near your Zoom screen and light it as we light our main Chalice.

We're meeting in person once again! Join us starting Sunday, March 6. Masks are required throughout the building, we'll be keeping distant, and food will not be served ... but we are together!



MARY'S MUSINGS: KEEPING FAITH WITH LIFE



The Soul Matters theme for March is *Renewing Faith*. We celebrate spring equinox, life's momentum renewing around us. We mark two years of Covid-19, yearning to bust out of confinement, yet cautious.

What does it mean to renew faith in 2022?

Respecting UU spiritual/ philosophical diversity, faith is not a doctrine. Faith is not a

noun, but a verb. Faith is experienced individually, and faith is relational. The ultimate spiritual practice: keeping faith with life. With our deepest wisest self, with one another. Faith is allowing life - and love - to hold us.

How do we keep faith with life? How do we allow it to hold us?

Checking in today with three distant friends on Zoom, Sally shared her yearning for someone to sit with her, to hear what's on her heart. Her close-by friends are all overwhelmed after two years of

pandemic upheaval. She yearns to be held. To sit back to back with another, breathing. We three listened, witnessed Sally tearing up. And then saw her face brightening: "I need a swim! The sea always lifts me up." Sally shows our shared human spiritual journey: Our need to belong, to be witnessed, to feel what we're feeling, to open to the wisdom we already know that buoys us up: We're always held by the sea.

What is Sally's 'sea' for you?

For me it is the open sky. Looking up from the computer, opening to the beauty of the constantly changing sky - whether snowy, rainy or sunny, windy or calm. Beauty - life - evolving around me (and within me) all the time. Shining in each other's eyes, voice, presence. Unscripted awareness arising (listening, writing, reading) in this very moment, inviting us to be here now, to co-create this moment, together.

May we engage in our own ways - renewing faith, keeping faith with life.

Rev. Mary

CAITLIN CHAPMAN HAS RESIGNED AS DIRECTOR OF RELIGIOUS EXPLORATION. LET'S WISH HER WELL!

Caitlin was a steadfast childcare worker for us while Mandie Hamman was our DRE. And when Mandie's cancer came back and she had to resign, Caitlin was gracious and stepped right up.

The children knew her and trusted her. She is

dedicated to children learning our UU principles and values. And has brought great vitality to our services.

We wish her well in new endeavors. And trust we will continue to see her and her family.



Coming in March!

EFFECTIVE LISTENING WORKSHOPS

Have you ever left a meeting asking yourself, "What did we accomplish?" or saying, "What a waste of time!?" Missed communication often happens when good listening skills are not used.

It's important that we, as a community, pay attention to how we communicate with each other - one on one, in meetings, in problem-solving groups and in important conversations.

In March, we begin a series of workshops on effective listening. These are the first in a series on three topics that will be offered. Each of the currently offered workshops are the same and are a prerequisite for any workshops that follow. You may attend whichever one fits your schedule.

- March 26 at Olmsted in Coe Hall
- April 23 at Oberlin at the Fellowship Hall
- May 21 at Olmsted in Coe Hall

Each Workshop will be held in person from 1:00 to 5:00 pm. and is limited to 12 participants. All

materials will be provided.

Please email Cathy Ross at office@olmsteduu.org and indicate which Workshop you would like to attend.

A \$20.00 donation is requested for each person attending and scholarships are available. You can send a check made out to Olmsted Unitarian Universalist Congregation to Cathy Ross or request a scholarship from Rev. Mary at mary@marygrigolia.com.

Cathy's address is
Olmsted Unitarian Universalist Church
5050 Porter Road
North Olmsted, OH. 44070

If you have questions about the Workshop, contact Zellda at zellda65@cox.net.

Follow-up workshops will include Making Agreements, Following up on Broken Agreements, and Giving Feedback.

JOSEPH CAMPBELL - "THE POWER OF MYTH"

Starting on March 17 and running through April 17, at 7:00 pm, Bob Mulkins will be hosting *The Power of Myth* at Olmsted UU Congregation. This six part series on DVD features mythologist, Joseph Campbell and Interviewer Bill Moyer. The interviews took place at George Lucas' Skywalker Ranch near Nicasio, California. Find out why this location was a logical place to meet.

All fully vaccinated members and friends and friends of members and friends are welcome to join Bob in exploring the views of this iconic professor of comparative mythology. Each DVD is about 50 minutes long and there will be a discussion afterwards. Come in March and explore with Bob the importance of story and myth in disparate cultures.

OXCART PANTRY FOOD COLLECTION

We will once again be collecting food for the Oxcart Pantry that serves struggling people in North Olmsted. Please leave your boxed and

canned food staples in the marked box in Coe Hall and we will deliver the donations at the end of the month. And thanks for your support.



Programs/Meetings

Adult Programs

We are meeting in person, wearing masks and keeping distant. Meeting type - whether in person, Zoom only, or both - is noted below. Links for Zoom meetings are included in the weekly e-Bellsound.

Sundays

Meditation with Mudras: March 27, 12:15-12:45 pm (In person). Hand positions to welcome intention and affirm harmony of body, mind and spirit. Facilitated by Emily W. All are welcome.

Tuesdays

Poems to Live By, Poems to Wake Us Up: March 1, 7-8 pm (Zoom). Bring a poem (or two or three) to share. Or come to listen. All are welcome. Facilitated by Rev. Mary.

Wednesdays

Care-Givers Check-In: 2nd & 4th Weds, March 9 & 23, 10-11 am (Zoom). Drop-in for support/conversation, for those caring for a family member or friend. Bring a cup of tea or coffee. Facilitated by Rev. Mary.

UU Kendal Gathering (Zoom): March 16, 4-5 pm (in-person & Zoom). Our theme for the year is Cultivating Resilience; this month we explore what faith means to us, how faith is changing, and how we are renewing faith in life. Meeting in person at the Kendal Education Center, Kendal@Oberlin and on Zoom.

Thursdays

Deepening Circles: Thursday Morning Meditation: March 3, 10, 17, 24, 31, 10:30-11:30 am (Zoom). A weekly drop-in meditation group, open to all, drawing from many practices - Buddhism, yoga and beyond. Practicing four circles of awareness: body, mind, heart, and boundless awareness. We reflect on Pema Chodron's, *Welcoming the Unwelcome*, March 3 & 10, chapter 12, "Life Changes in an Instant;"

March 17 & 24, chapter 13, "Cool Emptiness;" and March 31, chapter 14, "Experiencing Nowness." Led by Rev. Mary.

Wisdom Dreams: March 3, 2-3:30 pm (Zoom). Bring a dream (or dream image) to share. Explore the lessons and meanings, metaphors, wisdom, and humor. All welcome. Facilitated by Rev. Mary.

WISE Women: March 17, 1-2:30 pm (In person & Zoom, wearing masks if unvaccinated). Welcome to Women-in-Spirit Evolving - a monthly group to listen and support each other and celebrate what is emerging in our lives and our spiritual exploration. This month's theme is Renewing Faith. Facilitated by Lynda Garvin, Betsy Geist, Carol Shultheis, & Rev. Mary.

Committees & Teams

Board of Trustees, Wednesday, March 9, 6:30 pm (Zoom). All are welcome.

Sunday Services / Worship Teams: Tuesday, March 15, 6:30-8 pm (Zoom) to reflect on past services and plan upcoming services. Facilitated by Rev. Mary. All are welcome!

OUUC & OUUF Adult Program Teams, Thursday, March 17, 4-5:00 pm (Zoom). To assess past programs and plan up-coming programs. Facilitated by Rev. Mary,

Care Team: March 29, 3-4:30 pm (Zoom). This committee offers outreach and support to OUUC members and friends. All are welcome.

Oberlin Programs

Men's Group: Mondays, March 7, 14, 21, 28 at 7 pm (In person & Zoom). Contact Don for information at donleake087@gmail.com.

What Would Jesus Do? Wednesday, March 23, 7 pm (Zoom). This covenant group focuses on returning to the heart of Jesus consciousness and Christian renewal within Unitarian Universalism.



March Calendar

Sunday Services and are offered in person and on Zoom. Meeting type - whether in person, Zoom only or both - is noted below. Links for Zoom meetings are included in the weekly e-Bellsound.

Tuesday, March 1

7:00 Poems to Live By (Zoom)

Thursday, March 3

10:30 Deepening Circles Meditation (Zoom)

2:00 Wisdom Dreams (Zoom)

Sunday, March 6

10:30 Religious Exploration (Zoom)

11:00 Celebrating International Women's Day
(In person & Zoom)

Monday, March 7

7:00 OUUC & OUUF Men's Covenant Group
(In person & Zoom)

Wednesday, March 9

10:00 Care-Givers Check-In (Zoom)

6:30 OUUC Board Meeting (Zoom)

Thursday, March 10

10:30 Deepening Circles Meditation (Zoom)

Sunday, March 13

11:00 Sunday Service: Of Trust & Faith
(In person & Zoom)

Monday, March 14

7:00 OUUC & OUUF Men's Covenant Group
(In person & Zoom)

Tuesday, March 15

6:30 OUUC & OUUF Worship Teams (Zoom)

Wednesday, March 16

4:00 UU Kendal Gathering (In person & Zoom)

Thursday, March 17

10:30 Deepening Circles Meditation (Zoom)

1:00 WISE Women (In person & Zoom)

4:00 OUUC & OUUF Adult Program Teams (Zoom)

7:00 The Power of Myth

Sunday, March 20

11:00 Sunday Service: Imagine (Zoom)

Monday, March 21

7:00 OUUC & OUUF Men's Group
(In person & Zoom)

Wednesday, March 23

10:00 Care-Givers Check-In (Zoom)

7:00 What Would Jesus Do? (Zoom)

Thursday, March 24

10:30 Deepening Circles Meditation (Zoom)

7:00 The Power of Myth

Saturday, March 26

1:00 Effective Listening Workshop (In person)

Sunday, March 27

11:00 Sunday Service: Welcome to the Oasis
(In person & Zoom)

12:15 Meditation with Mudras (In Person)

Monday, March 28

7:00 OUUC & OUUF Men's Covenant Group
(In person & Zoom)

Tuesday, March 29

3:00 OUUC Care Team (Zoom)

Thursday, March 31

10:30 Deepening Circles Meditation (Zoom)

7:00 The Power of Myth

Deadline for the April issue of the Bellringer is Monday, March 28.

MISSING FILE FOLDER. Don Leake left a folder titled "Restorative Circles for Faith Communities" in the lounge. If you picked it up or have seen it, please let Cathy Ross know so it can be returned to Don. Thanks!

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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