



Bellringer

April 2022

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



APRIL'S THEME: AWAKENING

April 3: TED Talk: Why some anger can be good for you. Anger researcher Ryan Martin draws from a career studying what makes people mad to explain some of the cognitive processes behind anger and why a healthy dose of it is, in fact, useful. "Your anger exists in you because it offered your ancestors an evolutionary advantage," he says. "It's a powerful and healthy force in your life." Our discussion will be led by Jeff Witmer,

April 10: Awakening: Discovering Who We Are. After two years of pandemic cocoons, we awaken to new ways of being - within ourselves, with one another and in the world. Transformed. What is awakening in you? Who are we called to be with one another? Service led by Zellda Zelley and Rev. Mary.

We share an update from Bethany Lewis, Executive Director, Lorain County Rape Crisis, April Cause of the Month.

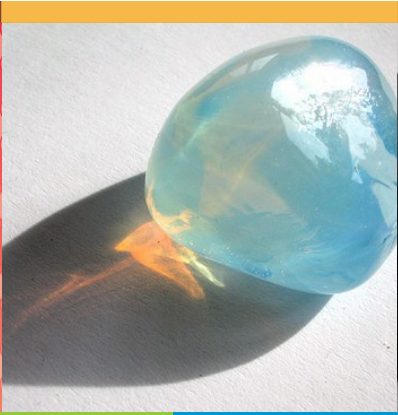
April 17: UU Easter Awakening. Celebrate the resurrection of life within us, between us and all around us. Service led by Rev. Mary with members of *What Would Jesus Do* covenant group.

Children will leave the service after the Story for All Ages, for an Easter egg (and canned food) hunt. If the weather permits, we'll be outside. Please bring several cans to benefit the local food pantry. (See page 4 for more information)

April 24: Earth Day Awakening. Spring breaks our hearts open to life's beauty and its moral imperative to act for climate justice. How might we support one another in cultivating the inner resilience for facing climate-change realities? How might we participate in a global re-awakening for the well-being of our planet and all with whom we share life? Service led by Cindy Frantz, Marge Diamond, and Rev. Mary.

After the service, Emily Williams leads Meditation with Mudras.

Effective April 3, we are "mask optional" with one exception: you should wear a mask if you are singing in the building. You may opt to wear a mask for your own protection, and we will continue to have dual-platform services on Sunday morning. Many programs will continue to be offered via Zoom, as well. See page 7 or 8 for a list.



REV. MARY'S MUSINGS: AWAKENING



The Soul Matters theme for April is Awakening.

After two years of pandemic, disrupting how we gather, where we go, what we assume about ourselves, our families, our friends, our culture, our world - we are awakening from shock and stress.

What is awakening in you?

For myself, I am aware of disruption of habit and awakening in a world free of my mental constructs.

I feel tugged in two directions - to return to habit (even annoying habit) and to open to Life - uncharted, always-forming, inviting me to participate.

I hear Rumi calling out, "Don't go back to sleep!"

I am a bell, ringing.

How do we / how do I / keep listening, keep open to life always changing?

I live on the lake. (Rumi again,) "Every moment, a new arrival."

Neuroscientists confirm that we really can't live without mental habits: If we did, we'd have to eat 24/7 to fuel our brains. (No, that's not an excuse.)

This time of re-opening, of awakening, is a precious and powerful opportunity to open in new ways. To shake off habits of constriction and discover the wisdom in our bodies that yearns to lift us and to dance into an always unfolding present, ringing with calls for help and collaboration and creativity.

May we support one another in opening again and again, in creating new habits that support us for living in life's evolving flow together, living from love - in our relationships and in our efforts for social justice and peace.

Rev. Mary





Stewardship 2022

WHY DOES THIS CHURCH MATTER TO ME?

As Olmsted UU launches our 2022 Stewardship Campaign, it's a good time to think about what this church means to us. In 2020, Jim Carney reflected on what OUUC means to him. Here is what he said:

I am basically a family oriented rational humanist with strong nature feelings. Why do I need any religion, church or church building? I get my emotional and religious highs from nature, family and from rational logical thought (I'm a Mathematician, what did you think). I didn't rebel against any childhood religious teaching and I am pretty much an introvert. Why DO I need this church? Because it is priceless to me.

What's it worth to have an extended "family" of caring individuals? Intergenerational and inter-age within generations?

What's it worth to have a gathering place where all ideas are accepted?

What's it worth to have ideas challenged and logically evaluated?

What's it worth to have ethical and moral issues discussed and addressed?

What's it worth to have opportunities to participate in religious pursuit

- without restrictive dogma?
- without authoritarian dictates?
- without guilt laden commitments?

What's it worth to have a church where children are encouraged to think and act according to conscience?

What's it worth to have a beautiful "sanctuary" for peace and solitude of the soul?

What's it worth to have a well functioning facility where we can pursue our religious questions, doubts and beliefs?

What's it worth to be part of THIS caring community?

It's priceless!!!!

But there is a bigger question here. What is the inherent worth of OUUC?

Yes. Why does this church matter – not to me – not to you - but why does its existence matter in this world? I am here to say that the Olmsted Unitarian Universalist Congregation does matter!

--It matters because it is a voice of reason in a world of unreasonableness.

--It matters because it is a voice of compassion in a world that is not compassionate.

--It matters because it is a voice of liberalism in a world of extremism.

--But most of all this church matters because it is a home for hope and love in a world much divorced of these basic human compassions.

If this church were to disappear from this earth tomorrow, I would find another way to fill my needs and so would most of you, but this community, this state, this nation and this world would be the lesser for its absence.

This church does not matter FOR me, and it is unimportant that this church matters TO me a great deal. This church matters for itself, for its rich history as a voice of liberal religion, as a haven for the religious rebel, as a sanctuary for those in need of sanctuary and as a home of reason and responsibility. It has been a bastion of hope and support within this community for more than 175 years.

Yes, that's why this church matters. OUUC lives and will continue to live because of its strong voice of reason, its tolerance, its compassion and above all for its love.

We invite you to turn the page and find out how you can support this beloved congregation that has been a beacon of religious liberty for 188 years.



What You Can Do

OUR STEWARDSHIP CAMPAIGN KICKS OFF APRIL 3@ NOON

Join us for one of the most important meetings in our church's history



We'll have a fabulous Champagne Brunch created by Linda Rich and generously provided by Linda and Kay Potetz.

We'll learn the most important findings from the all-congregation survey designed by Pat Krivonak and conducted in February by the Care Team. You may have participated in this survey yourself.

We will also hear from the Finance Committee about plans for the upcoming Fiscal Year - what we hope to accomplish in FY23 and the budget to keep our beloved OUUC operating and thriving. There will be ample opportunity for discussion and questions.

And we'll celebrate being back together without masks and talk about what makes OUUC special for each of us.

One important thing we're celebrating is our new plan for growth - the result of a 3-part church workshop called Getting the Word Out. After attending the workshop, Pat Krivonak took the reins and developed a comprehensive plan to "get the word out" about Olmsted UU Congregation and all we have to offer. Pat will be presenting the plan that includes a target demographic, a new website, improved wifi, and maximum use of our new sign.

If you can't join in person, please plan to join by Zoom. The link will be the same as the Sunday service. We urge you to attend!

OX CART PANTRY FOOD COLLECTION FOR APRIL

We will be collecting food for Oxcart, the local pantry that serves struggling people in North Olmsted. This month the pantry will be collecting side dishes for Easter dinner:

- Rice sides (heat/eat or package mixes)
- Mashed potatoes (dry)
- Scalloped potatoes (package mixes)

- Canned sweet potatoes
- Canned vegetables

Please leave your boxed and canned food staples in the marked box in Coe Hall. They will be used for the children's Easter hunt, and then we will deliver them at the end of the month.

HELP OUR CARE TEAM REACH OUT TO MEMBERS

One of the responsibilities of the CARE Team is to reach out to people who are ill or who would appreciate contact from the Church. Sometimes we hear about this during Joys and Concerns, other times through word of mouth. If you are aware of someone who would appreciate being contacted by the Church please let one of the CARE Team

members know. Their names are listed below.

Zellda Zelley zellda65@cox.net
 Kay Potetz kpotezt@aol.com
 Marianna Carney mcarney@oh.rr.com
 Lynda Garvin glgcats@gmail.com
 Emily Williams emilywillms@gmail.com



About the Children

RELIGIOUS EDUCATION NEWS, APRIL 2022



Children and youth are welcome and valued at OUUC, and so important to growing our congregation, as we reopen our beautiful building. As you may know, OUUC Director of Religious Exploration, Caitlin Chapman, left that position on March 6 for personal reasons. We appreciate her work with the children, and will miss her as DRE. She plans to continue coming to our church and to bring her own children for Sunday School programs.

Meanwhile, we have been providing some exciting programming for the kids. On March 13, Marianna Carney told the children about John Murray, our Universalist ancestor who brought the belief that "God is Love" from England to New Jersey in our newly established country. They followed a maze showing his route and learned a song about John Murray. On March 20, Sheryl Chow and the children celebrated the first day of spring, looking for signs of spring, and places where animals shelter on the church grounds. On March 27, musician Mary Palmieri led the children in a drumming circle, always a favorite activity for them. Emily Williams helped with both classes.

Rev. Mary and the RE Committee (Emily and Marianna) have classes planned for April (and the rest of this church year.) *Your children or grandchildren are always welcome.*

April 3: Fran Mulkins (a retired art teacher) will read a story, and guide the children in creating art, related to the story.

April 10: Bob Williams will return as "Mr. Wizard" to give the kids some information about the exciting world of science. The children always enjoy his visits.

April 17: Easter Sunday. Children and youth will join an Intergenerational Service in the Sanctuary, and then join Easter activities indoors or outdoors (depending on weather). They will hunt for Easter eggs AND canned goods, to be donated to the North Olmsted Food Pantry. **PLEASE BRING A CAN FOR THE PANTRY. WE WILL HIDE THEM FOR THE EASTER FOOD HUNT.**

April 24: Mary Palmieri will return again for another joyful music program for the kids, playing the instruments provided for them.

If you are interested in the RE program, we could use your help. Please consider joining the RE Committee, or volunteering as a teacher's assistant on Sunday mornings. As a policy, we plan to have two adults with the children on Sunday mornings. No lesson planning needed, just sign up!





Coming in April!

Effective Listening workshops for April & May have openings!

There's still time to register for a Compassionate Listening Workshop. These are the first in a series of workshops on Communication skills that will be offered. Both of the currently offered sessions are the same and are a prerequisite for any workshops that follow. You may attend whichever one fits your schedule.

Each workshop will be held in person from 1:00 to 5:00 pm. All materials will be provided.

--**April 23** at Oberlin at the Fellowship Hall. Deadline for registering is April 15th. There is a minimum of 6 participants

--**May 21** at Olmsted in Coe Hall. Deadline for registering is May 13th. There is a minimum of 6 participants.

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"



Every Thursday evening until April 17, from 7:00-8:30 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 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 and explore with Bob the importance of story and myth in disparate cultures.



Programs/Meetings

Adult Programs

Effective immediately we are "mask optional."
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: April 24, 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: April 5, 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, April 13 & 27, 10-11 am (Zoom). Drop-in for support/conversation, for those caring for a family member or friend. All are welcome. Bring a cup of tea or coffee. Facilitated by Rev. Mary.

Cultivating Resilience UU Monthly Gathering at Kendal: April 20, 4-5 pm (in-person & Zoom). What is awakening in us as spring arrives and we gather after two years of pandemic isolation? Program facilitated by Zellda Zelley and Rev. Mary. Meeting in person in the Cross Roads Room, in the main Kendal building and on Zoom.

Thursdays

Deepening Circles: Thursday Morning Meditation: April 7, 14, 21, 28, 10:30-11:30 am (Zoom). A weekly drop-in meditation group, drawing from Buddhism, yoga and beyond. Practicing four circles of awareness: body, mind, heart, and spirit. We reflect on Pema Chodron's, *Welcoming the Unwelcome*, April 7, chapter 14, "Experiencing Nowness"; April 15 & 21, chapter

15, "Birth and Death in Every Moment;" April 28, chapter 16, "Imagine Life without Ego." All are welcome. Led by Rev. Mary.

Wisdom Dreams: April 7, 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: April 21, 1-2:30 pm (In person & Zoom wearing masks if unvaccinated). Welcome to Women-in-Spirit Evolving - a monthly group to listen, support each other and celebrate what is emerging in our lives and our spiritual exploration. This month's theme is Awakening. Facilitated by Lynda Garvin, Betsy Geist, Carol Shultheis, & Rev. Mary.

Committees & Teams

Sunday Services / Worship Teams: Thursday, April 7, 3:45-5:15 pm (Zoom) to reflect on past services and plan upcoming services. Facilitated by Rev. Mary. All are welcome!

Board of Trustees, Wednesday, April 13, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams, Thursday, April 21, 4-5:00 pm (Zoom) to evaluate past programs and plan up-coming programs. Facilitated by Rev. Mary,

Oberlin Programs

Men's Group: Mondays, April 4, 11, 18, 25 at 7 pm (In person at Oberlin UU & Zoom). Contact Don for information at donleake087@gmail.com.

What Would Jesus Do? Wednesday, April 27, 7 pm (In person at Oberlin UU & Zoom). This covenant group focuses on returning to the heart of Jesus consciousness and Christian renewal within Unitarian Universalism.



April Calendar

Sunday Services 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.

Sunday, April 3

- 11:00 TED Talk: Why some anger can be good for you
(*In person & Zoom*)
- 11:00 Religious Exploration (*In person*)
- 12:00 Stewardship Champagne Brunch**
(*In person and Zoom*)

Monday, April 4

- 7:00 OUUC & OUUF Men's Covenant Group
(*In person at Oberlin UU & Zoom*)

Tuesday, April 5

- 7:00 Poems to Live By (*Zoom*)

Thursday, April 7

- 10:30 Deepening Circles Meditation (*Zoom*)
- 2:00 Wisdom Dreams (*Zoom*)
- 3:45 OUUC & OUUF Sunday Services
Committees (*Zoom*)
- 7:00 The Power of Myth (*In person*)

Sunday, April 10

- 11:00 Sunday Service: Awakening - Discovering
Who We Are (*In person & Zoom*)
- 11:00 Religious Exploration (*In person*)

Monday, April 11

- 7:00 OUUC & OUUF Men's Covenant Group
(*In person at Oberlin UU & Zoom*)

Wednesday, April 13

- 10:00 Care-Givers Check-In (*Zoom*)
- 6:30 OUUC Board Meeting (*Zoom*)

Thursday, April 14

- 10:30 Deepening Circles Meditation (*Zoom*)
- 7:00 The Power of Myth (*In person*)

Sunday, April 17 - Easter

- 11:00 Sunday Service: UU Easter Awakening (*Zoom*)
- 11:00 Religious Exploration (*In person*)

Monday, April 18

- 7:00 OUUC & OUUF Men's Group
(*In person at Oberlin UU & Zoom*)

Wednesday, April 20

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

Thursday, April 21

- 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 (*In person*)

Saturday, April 23

- 1:00 Effective Listening Workshop (*In person*)

Sunday, April 24

- 11:00 Sunday Service: Earth Day Awakening
(*In person & Zoom*)
- 11:00 Religious Exploration (*In person*)
- 12:15 Meditation with Mudras (*In person*)

Monday, April 25

- 7:00 OUUC & OUUF Men's Covenant Group
(*In person at Oberlin UU & Zoom*)

Wednesday, April 27

- 10:00 Care-Givers Check-In (*Zoom*)
- 7:00 What Would Jesus Do? (*In person at
Oberlin UU & Zoom*)

Thursday, April 28

- 10:30 Deepening Circles Meditation (*Zoom*)

**Deadline for the April issue of the Bellringer is
Monday, April 25.**

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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