



Bellringer

May 2022

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



MAY'S THEME: NURTURING BEAUTY

May 1: TED Talk: 6 Ways Mushrooms Can Save the World. Mycologist Paul Stamets lists 6 ways the mycelium fungus can help save the universe: cleaning polluted soil, making insecticides, treating smallpox and even flu viruses. Our discussion will be facilitated by Ann Cook-Frantz, Brian Warren, and Jeff Witmer.

May 8: Mother's Day & Annual Flower Service. Bring a flower that celebrates the beauty you bring to our congregations. At the end of the service, choose a flower that symbolizes the beauty you need and are ready to receive here.

Today is Oberlin's Cause of the Month Sunday*.

May 15: Beauty - Catalyst for Resilience in Hard Times. Rev. Mary, Fran and Bob Mulkins explore the call and power of beauty to attune us to Life's evolving needs during pandemic and social transformation.

May 22: Poetry - Opening Beauty's Door. We share poems that awaken and change us through the power of beauty. Service led by members of our monthly UU poetry Zoom (Poems to Live By) and Rev. Mary.

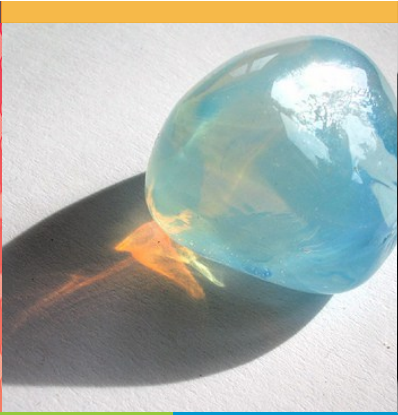
After the service, Emily Williams leads Meditation with Mudras, in-person at Olmsted.

May 29: PRIDE - The Beauty of Being Yourself. As we prepare for national LGBTQ Pride month, we hear from many voices the power and integrity of self expression across gender identities. Service led by Rev. Mary and Lara Lillibridge.

Coffee hour kicks off on Sunday, May 1 after the TED Talk. Join us as we celebrate in-person fellowship over coffee, tea and snacks once again!

***OUUF May '22 Cause of the Month: UUSC Emergency Response Fund for Ukraine.** In response to the Ukrainian refugee crisis, UUSC's first step has been to send emergency relief funding to groups who are working on the ground in Eastern Europe.

(con't. on page 2)



REV. MARY'S MUSINGS: NURTURING BEAUTY



The Soul Matters theme for April is Nurturing Beauty.

Confession: After two years of Zooming services, programs, and meetings, I became a Zoom-fatigue grump. And then it happened. Like it does every year: The young trees outside my window burst into spring green. New flowers appear as I walk everyday. The lake takes on a sheen and shimmer that drop my shoulders and deepen my

breath. Beauty. Beauty happens. All around.

A Navajo chant circles in me: I walk in beauty, Beauty is before me, Beauty is behind me, above and below me.

I see the beauty in all directions. Do I see it in myself?

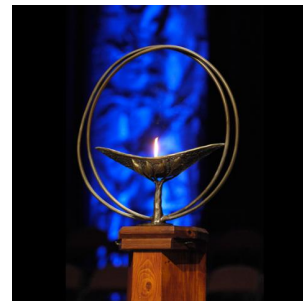
What nurtures beauty in me, so I may blossom like the daffodils?

Pausing. Breathing in the beauty. Allowing the beauty within me to respond.

May we all breathe beauty into every cell of the body.

May the beauty within us respond with joy, knowing we are part of all this, one family of being: Beauty!

Rev. Mary



(con't from page 1)

UUSC has existing partners in the area from its Syrian refugee work. This includes partners such as the Hungarian Helsinki Committee who are already responding to the current crisis by providing free legal assistance, counseling, and representation so that Ukrainian asylum seekers receive

temporary protection immediately. Following the relief grants, UUSC's team will develop a strategy for longer-term recovery alongside these same partners.

Olmsted UU members who would like to donate can do so on the UUSC website at uusc.org.



About the Children

RELIGIOUS EXPLORATION NEWS, MAY 2022



Children and youth are always welcome at OUUC. Each Sunday during the church year, we have programs for them that support and teach our UU values. On most Sundays, children start in the sanctuary with parents or grandparents for opening rituals and the story for all ages. Then they go to the Sunday School wing for their own activities. On some Sundays, they are in Religious Exploration (RE) for the whole hour and may meet in the church lounge or outdoors.

We have also set up a new activities corner in the back of the sanctuary, for parents and children who want to stay together during the church service. Look for the big cuddly bear in the back pew, who welcomes shy little ones not quite ready to leave for Sunday School!

Religious Exploration schedule for May:

May 1, Fran Mulkins, Exploring Our Creativity.

Fran is a retired art teacher, She will read a special story, and provide an exciting art project for the children that relates to the story.

May 8: Flower Service: An intergenerational service is planned for this traditional spring service, celebrated in many UU churches. Children are invited to stay in the church service and join in the flower sharing ritual. Child care will be available for young children who may need their own activities in the Sunday School wing.

May 15: Sheryl Chow, Exploring Nature. Sheryl led the children on a nature walk on the church grounds on the first day of spring, bringing awareness of the early signs of changing seasons. The children looked for places where animals sheltered in the winter. In May, they will explore outside again and see the ways the earth has awakened as the seasons continue to change. Dress for the weather, always changing in the spring!

May 22: Mary Palmieri, Exploring Music. Mary will return again for another joyful music program for the kids, playing on the instruments she provides for them. Mary is an accomplished drummer, teaching the children about drumming, and how to use the instruments she brings. They make joyful music together!

May 29: Marianna Carney, Exploring UU beliefs: Marianna will help the children understand how our UU faith brings special values into the way that we live and care for each other.

Rev. Mary and the RE Committee (Emily Williams and Marianna Carney) have classes planned for the rest of this church year. Your children or grandchildren are always welcome. If you are interested in the RE program, and if you like children, please consider joining the RE Committee, or volunteering as a teacher's assistant on Sunday mornings. As a policy, we have two adults with the children on Sunday mornings. No lesson planning needed, just sign up!

Our next RE Committee meeting is scheduled for May 12 at 2:30pm, by Zoom.





Church News

Annual Meeting of the Congregation in June



The Annual Meeting will be held on a Sunday in June (date to be determined).

At this meeting we will vote for officers and one or more trustees.

The budget will be

presented based on the pledges that have been made.

Per the Bylaws, a packet of information will be sent out two week before the meeting.

All are welcome to attend. Members of OUUC are able to vote.

Hope to see you there!

2022 STEWARDSHIP / PLEDGE DRIVE UPDATE

Packets were mailed out the last week of April. If you have not received yours, please be in touch with the office and provide your contact information.

Please fill out the pledge form as generously as you are able, and return it by May 12. Our

community depends on all of us!

Thank you for valuing Olmsted Unitarian Universalist Congregation and for supporting our programs, our beautiful sanctuary, and our beloved community.

OX CART FOOD PANTRY REQUESTS FOR MAY

May kicks off barbecue season! This month the Food Pantry will collect picnic condiments:

- Mayo
- Mustard
- Ketchup
- Pickles
- Relish
- Barbecue sauce
- Steak sauce
- Worcestershire sauce
- Marinades
- Ranch or slaw dressing

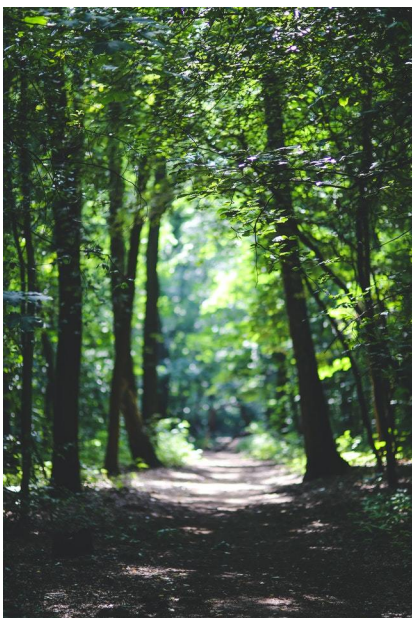
The Oxcart Food Pantry serves struggling people in North Olmsted. Please leave your boxed and canned food staples in the marked box in Coe Hall. They will be delivered at the end of May.





Church News

FOREST IMMERSION - A WALK IN THE WOODS



Take a Walk in the the Woods with Emily Williams and Eric Jaworowski.

We all know how good being in nature can make us feel. The sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the fresh, clean air - these things give us a sense of comfort. They ease our stress and worry, help us relax and to think more clearly. Being in nature can restore our mood, give us back our energy and vitality, refresh and

rejuvenate us. Come take in the forest atmosphere with us! We will walk very slowly. It's like a walking meditation. Leave your cares behind!

We will meet 3rd Wednesdays for 3 months - May 18, June 15th and July 20th from 10:00 to 11:30pm. We will meet in the parking lot of the Rocky River Nature Center, 24000 Valley Parkway, North Olmsted. (Phone number for the Rocky River Nature Center 440-734-6660.)

Effective Listening Workshop Rescheduled to June 18

Compassionate Listening is a series of workshops on communication skills. The Effective Listening workshop is the first in the series and a prerequisite for any workshops that follow. Originally scheduled for May 21, it has been moved to June 18 and will be held in person from 1-5 pm in Coe Hall. All materials will be provided. Please email Cathy Ross at office@olmsteduu.org to register.

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,



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: May 22, 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: May 3, 7-8 pm (Zoom). Bring a poem (or two or three) to share. Or come to listen. All are welcome. Facilitated by Rev. Mary.

CARE Team: May 31, 3:00-4:30 pm (Zoom). The CARE Team reaches out to offer listening, presence and spiritual support to members and families.

Wednesdays

Pastoral Counseling/Check-In: 2nd & 4th Weds, May 11 & 25, 10-11 am. Phone in: 216-402-3438. Or email for an appointment at a different time (mary@marygrigolia.com). All are welcome.

Cultivating Resilience UU Monthly Gathering at Kendal: May 18, 4-5 pm (in-person & Zoom). The surprising power of beauty to help us build resilience, find spiritual well-being and joy. Program facilitated by Rev. Mary. Meeting in person in the Ed Center, Kendal-at-Oberlin and on Zoom.

Thursdays

Deepening Circles: Thursday Morning Meditation: May 5, 12, 19, 26, 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, May 5, chapter 16, "Imagine Life without Ego"; May 12 & 19, chapter 17, "Our Wisdom Changes the World;" May 26, chapter 18, "Welcoming the Unwelcome with Laughter." All are welcome. Led by Rev. Mary.

Wisdom Dreams: May 5, 2-3:30 pm (Zoom). Bring a dream (or dream image) to share. Explore together the messages, meanings, and metaphors, the wisdom, and humor. All welcome. Facilitated by Rev. Mary.

WISE Women: May 19, 1-2:30 pm. 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 Nurturing Beauty. On Zoom and in person (wearing masks if unvaccinated). Facilitated by Lynda Garvin, Betsy Geist, Carol Shultheis, & Rev. Mary.

Committees & Teams

Sunday Services / Worship Teams: Thursday, May 5, 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, May 11, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams, Thursday, May 19, 4-5:00 pm (Zoom) to evaluate past programs and plan up-coming programs. Facilitated by Rev. Mary,

Oberlin Programs

Men's Group: Mondays, May 2, 9, 16, 23 & 30 at 7 pm (In person at Oberlin UU & Zoom). Contact Don for information at donleake087@gmail.com.

What Would Jesus Do? Wednesday, May 25, 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.



May 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, May 1

- 11:00 TED Talk: 6 Ways Mushrooms Can Save the World *(In person & Zoom)*
- 11:00 Religious Exploration *(In person)*

Monday, May 3

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

Tuesday, May 3

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

Thursday, May 5

- 10:30 Deepening Circles Meditation *(Zoom)*
- 2:00 Wisdom Dreams *(Zoom)*
- 3:45 OUUC & OUUF Worship Teams *(Zoom)*

Sunday, May 8

- 11:00 Sunday Service: Mother's Day & Annual Flower Service *(In person & Zoom)*
- 11:00 Religious Exploration *(In person)*

Monday, May 9

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

Wednesday, May 11

- 10:00 Pastoral Counseling/Check-In *(Phone)*
- 6:30 OUUC Board Meeting *(Zoom)*

Thursday, May 12

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

Sunday, May 15

- 11:00 Sunday Service: Beauty - Catalyst for Resilience in Hard Times *(In person & Zoom)*
- 11:00 Religious Exploration *(In person)*

Monday, May 16

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

Wednesday, May 18

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

Thursday, May 19

- 10:30 Deepening Circles Meditation *(Zoom)*
- 1:00 WISE Women *(In person & Zoom)*
- 4:00 OUUC & OUUF Adult Program Teams *(Zoom)*

Sunday, May 22

- 11:00 Sunday Service: Poetry - Opening Beauty's Door *(In person & Zoom)*
- 11:00 Religious Exploration *(In person)*
- 12:15 Meditation with Mudras *(In person)*

Monday, May 23

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

Wednesday, May 25

- 10:00 Pastoral Counseling/Check-In *(Phone)*
- 7:00 What Would Jesus Do? *(In person at Oberlin UU & Zoom)*

Thursday, May 26

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

Sunday, May 29

- 11:00 Sunday Service: PRIDE - The Beauty of Being Yourself *(In person & Zoom)*
- 11:00 Religious Exploration *(In person)*

Monday, May 30 - Memorial Day

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

Tuesday, May 31

- 10:00 CARE Team *(Zoom)*

Deadline for the June issue of the Bellringer is Monday, May 30.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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