



Bellringer

June 2022

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



JUNE'S THEME: CELEBRATING BLESSINGS

June 5: TED Talk: A Darwinian Theory of Beauty.

Denis Dutton presents a professorial analysis of what beauty actually is. He asks whether beauty is in the eye of the beholder or whether there are cross-cultural agreements on what is beautiful that suggest something beyond an individual's subjective judgment. Our discussion will be facilitated by Ann Cook-Frantz, Brian Warren, and Jeff Witmer.

June 12: Celebrating Blessing - Our Evolving Wholeness. In times of turmoil, we need resilience. One source of resilience is to become aware of blessings, which help us keep faith with life. Blessings change us, inviting us to wider ways of being, as individuals and in spiritual community. Interdependence calls us beyond individualism into a collective field of creative possibility and change. Service led by Zellda Zelley and Rev. Mary.

We'll share a video update from Alexis Dedek, Executive Director of Oberlin's Cause of the Month: Family Planning Services of Lorain County*.

June 19: Celebrating Fathering - Yesterday, Today, Tomorrow. A service offered by the OUUF Men's Group. Beginning with the World War II entry of women into the workplace, we have experienced increasing reversal of traditional parental roles.

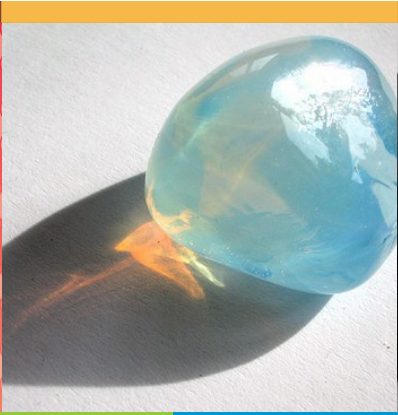
While the fundamental importance of mothering has always been self-evident, over recent decades there has been increasing appreciation for the unique contribution of fathering to the emotional and psychological development of children.

As sources of nurturance and support have become more diverse, so have sources of inspiration for autonomy and growth. Who has inspired you? What mentors have called you to "be all you can be?" Come share the awe and wonder of fathering, as well as instances in which it has not been ideal.

June 26: The Blessing of Our Living Tradition - Tina Graf, L.D. Moore, and Rev. Mary share stories and inspiration from the wider UU world, as the Unitarian Universalist Association gathers this week in Portland OR for General Assembly, to support congregations in responding to the needs of our time.

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

**For information about the Oberlin UU Cause of the Month, turn to Page 4*



REV. MARY'S MUSINGS: CELEBRATING BLESSINGS



In the Jewish scriptures, while camping by a turn in the river, Jacob finds an intruder and they wrestle all night. As day breaks, he sees the intruder is an angel and demands to know the angel's name. Instead, the angel changes Jacob's name to Yisrael - One who has seen God. Jacob is transformed during the struggle, and walks with a limp the rest of his life.

Jacob's blessing comes with wounding and leads to a new religion, the first monotheistic religion, grounded in direct experience of oneness with Life (our first UU Source).

We are all wounded in our struggles with life, where we are vulnerable, open: To grow, to evolve, requires vulnerability, changes us. and leaves us limping.

As I write, we are reeling from the school shootings of 19 children and two teachers in Texas. We weep for them and with their families. We feel overwhelmed. Angry.

In our individualistic society we may feel despair:

What can I do to change things?

You are not alone. Reading this, you are part of our spiritual communities yearning to make a difference, to help shift ourselves and our culture away from hate to love.

To make a difference in the world, we have to take part.

To take part, we have to be touched, to feel our feelings, which show us the depth of our compassion, the depth of love for and commitment to life.

Sounds simple enough. But not easy.

In our culture we are taught NOT to feel.

We either stay too busy, escape into denial (Netflix binging) or numb out.

Our culture is literally crying out for an alternative to polarization and violence. Crying out for UU values. And how to live them in the world.

Living our values requires us to be open-hearted, resilient.

Right now, that requires us to let our hearts break open.

Which requires resilience.

We gather in spiritual community to help each other grow resilience, so we may be of benefit to this world, as individuals and together, helping to shift from hate to love. This takes heart. This takes practice. This takes each other.

How are you being wounded, blessed, transformed by wrestlings with life?

How are you allowing yourself to be held by Love while you feel it all?

Rev. Mary



Church News

Annual Meeting of the Congregation - June 5, 12:15 pm



in the next 12 months. If there is a will to survive, we will discuss HOW.

We are in dire circumstances both financially and in people willing to volunteer their time to do the work of the church.

Olmsted UU members and friends are encouraged to attend this annual meeting to discuss whether the church can survive for another year, or should plan to close the doors permanently sometime

Members will vote on nominees for Board Officers and Trustee and the FY23 Nominating Committee (NomCom) members. Nominations may come from the floor as well as the slate by the current NomCom.

The proposed budget will be presented for approval. Annual Reports on fiscal year 2022 by the minister, the board, and committee chairs will be available. The proposed budget will be available before the meeting, hard copy & emailed.

This will be a very important meeting of the congregation. We urge you to attend.

Effective Listening Workshop, Saturday, June 18. 1-5 pm

Have you ever left a meeting asking, "What did we accomplish?" or saying "What a waste of time!"?

Missed communication often happens when good listening skills are not used.

On June 18 we will repeat a workshop on effective listening offered by Zellda Zelley that received rave reviews when we first presented it in March.

Attendees at the first workshop had this to say:

"As an educator, I've attended many workshops on communication. This one was different, because it focused on skills that can have a profound effect on personal relationships. I found the small group interactions especially helpful. I recommend it highly."

Bev Schmittgen, Retired Educational Specialist

"Zellda should be declared a national Treasure! She is so good at teaching her class, 'Effective Listening'.

Emily Williams, Massage Therapist

Our facilitator will be Zellda Zelley who worked for 17 years as an international consultant and trainer for Fortune 500 companies in Southeast Asia, Japan, the United Kingdom, South America, Canada, and the US. She was always requested by Citibank for their workshops, and she trained many of their international trainers and facilitators. She was a Master Trainer for her company, Ridge Associates and trained many of the company's trainers. Zellda holds a Masters Degree in Organizational Psychology and has done post graduate work at the Gestalt Institute.

All materials will be provided for this workshop. A \$20.00 donation is requested for each person. Please register at office@olmsteduu.org. A minimum of six participants is required. Send a check made out to Olmsted Unitarian Universalist Congregation, to 5050 Porter Road, North Olmsted, OH 44070. Scholarships are available through Rev. Mary at mary@marygrigolia.com.

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



About the Children

RELIGIOUS EXPLORATION NEWS, JUNE 2022



Religious Exploration classes will continue until the middle of June, when the Summer Service schedule begins on June 19. During the summer, children are always welcome to come with their parents or grandparents, but there are no formal classes. There are play areas set up in the sanctuary and in Coe Hall, where children can play quietly in view of their families during adult summer programming. Regular RE class schedules will resume in the fall.

June 5: Fran Mulkins, Exploring Our Creativity. Fran is a retired art teacher who loves bringing creative art activities to the children. She will read a special story, and provide an art project

that relates to the story. Children will be in the sanctuary for opening rituals, including Joys and Concerns, and then leave for class. Sheryl Chow will assist in the classroom.

June 12: Sheryl Chow, Exploring Nature in our Church Yard. Sheryl will lead the children in lessons focused on our 7th UU Principle, caring for the earth. They will observe the transition of spring to summer and look for changes, as the seasons move in their natural cycles. The kids will also look for any litter and learn about keeping the earth beautiful. Dress for outdoors! Lynda Garvin has volunteered to assist with this program.

June 19: Summer child playtime begins.



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June 2022 Cause of the Month: Family Planning Services of Lorain County

As part of their covenant with one another, OUUF members have made a commitment to live their values in the world through Causes of the Month, which they support through the offering.

Family Planning Services of Lorain County provides confidential, high-quality, low-cost reproductive health care to both men and

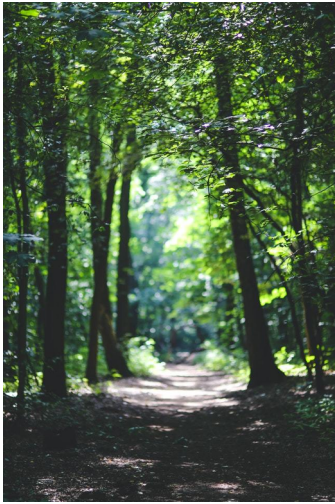
women at medical offices in Elyria and Lorain, serving more than 5,000 individuals a year. No one is turned away due to inability to pay. The agency takes a holistic approach to health education by providing information on a wide variety of topics to a wide range of groups or one-on-one.

Alexis Dedek, FPSLC Outreach Coordinator, will join us with a recorded message during the service on Sunday, June 12.



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 on June 15th and July 20th from 10:00 to 11:30 am.

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.)

OUUC/OUUF BOOK READ, JUNE 28, 1 PM



The OUUC/OUUF Book Group will discuss *Brown Girl Dreaming* by Jacqueline Woodson. Raised in South Carolina and New York, Woodson always felt halfway home in each place. In vivid poems, she shares what it was like to grow up as an African American in the 1960s and 1970s, living with the remnants of Jim Crow and her growing awareness of the Civil Rights movement. Touching and powerful, each poem is

both accessible and emotionally charged, each line a glimpse into a child's soul as she searches

for her place in the world. Woodson's eloquent poetry also reflects the joy of finding her voice through writing stories, despite the fact that she struggled with reading as a child. Her love of stories inspired her and stayed with her, creating the first sparks of the gifted writer she was to become.

The discussion will take place using Zoom. The link will be published in the e-Bellsound.



Church News

GENERAL ASSEMBLY 2022 - PORTLAND, OR

June 22 - June 26: In-person or Online

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process.

In 2022, we will have the option of meeting online or in-person! For those who enjoy the convenience and accessibility of remote participation, General Assembly will continue to offer virtual attendance with robust programming and enhanced delegate discussion tools. For those who have been missing the physical experience, GA 2022 will also feature

face-to-face interactions, hanging banners, a browsable exhibit hall, meals with friends old and new, local site attractions, and more!

Anyone may attend GA; certified congregations are assigned voting delegates depending on the size of the congregation.

OUUC Is Eligible for Two GA Delegates. Would You Like to Represent Us?

To register to attend GA in-person or online - go to uua.org/ga.

To attend as an OUUC delegate - contact the OUUC office at office@olmsteduu.org

GA WARE LECTURE WATCH PARTY

Saturday, June 25, 7 pm

Noted anti-racism author Ibram X. Kendi delivers this year's Ware Lecture - "How to Be an Anti-Racist, How to Raise an Anti-Racist". Olmsted

members and friends are invited to Oberlin UU's building (55 E. Lorain St., Oberlin, OH) to watch the lecture live-streamed from Portland OR. The discussion will take place using Zoom.

OXCART FOOD PANTRY REQUESTS FOR JUNE

In June, the pantry is concentrating on breakfast foods.

- Granola - bars or mixed granola
- Oatmeal - Individual cups or quick oats
- Muffins/Breads - boxed mixes
- Cereal - boxed or bagged, hot or cold
- Breakfast bars
- PBJS - peanut butter, jelly or jams, syrup

- Fruit & Nuts - canned or individual cups, dried cranberries or apricots, peanuts almonds or pecans

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 June.



Programs/Meetings

Adult Programs

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: June 26, 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: June 7, 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

Pastoral Counseling/Check-In: 2nd & 4th Weds, June 8 & 22, 10-11 am. Phone: 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-at-Oberlin: June 15, 4-5 pm (in-person in Cross-roads Room & Zoom). One way we build resilience is by celebrating our blessings. The word "blessed" comes from the French for "wounded." What wounds us reveals our vulnerability, teaches us about ourselves and the world, and motivates us to grow into our full and whole selves. What blessings do you celebrate? Program led by Zellda Zelley and Rev. Mary Grigolia.

Thursdays

Deepening Circles: Thursday Morning Meditation: June 2, 9, 16, 23, 30, 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*, June 2, chapter 18, "Welcoming the Unwelcome with Laughter"; June

9 & 16, chapter 19, "Learning from Our Teachers"; June 23 & 30, chapter 20, "Mission Impossible". All are welcome. Led by Rev. Mary.

Wisdom Dreams: June 2, 1-2:30 pm (Zoom). NEW TIME! Bring a dream (or dream image) to share. Explore together the messages, meanings, and metaphors, the wisdom, and humor of dreams. All are welcome. Facilitated by Rev. Mary.

WISE Women: June 16, 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. June's theme is Celebrating Blessings. 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, June 2, 2:45-4:15 pm (Zoom) to evaluate past programs and plan upcoming programs. Facilitated by Rev. Mary. All are welcome!

Board of Trustees, Wednesday, June 8, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams, Thursday, June 16, 3:45-5:15 pm (Zoom) to evaluate past programs and plan up-coming programs. Facilitated by Rev. Mary.

Oberlin Programs

Men's Group: Mondays, June 6, 13, 20, 27 at 7 pm (In person at Oberlin UU & Zoom). Contact Don for information at donleake087@gmail.com.

What Would Jesus Do? Wednesday, June 22, 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.



June 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.

Thursday, June 2

- 10:30 Deepening Circles Meditation (Zoom)
- 1:00 Wisdom Dreams (Zoom)
- 3:45 OUUC & OUUF Worship Teams (Zoom)

Sunday, June 5

- 11:00 TED Talk: A Darwinian View of Beauty
(In person & Zoom)
- 11:00 Religious Exploration (In person)
- 12:15 Annual Meeting

Monday, June 6

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

Tuesday, June 7

- 7:00 Poems to Live By (Zoom)

Wednesday, June 8

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

Thursday, June 9

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, June 12

- 11:00 Sunday Service: Celebrating Blessing - Our
Evolving Wholeness (In person & Zoom)
- 11:00 Religious Exploration (In person)

Monday, June 13

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

Wednesday, June 15

- 10:00 A Walk in the Woods (In person at
Rocky River Nature Center)
- 4:00 UU Kendal Gathering (In person & Zoom)

Thursday, June 16

- 10:30 Deepening Circles Meditation (Zoom)
- 1:00 WISE Women (In person & Zoom)
- 3:45 OUUC & OUUF Adult Program Teams (Zoom)

Saturday, June 18

- 1:00 Effective Listening Workshop (In person)

Sunday, June 19

- 11:00 Sunday Service: Celebrating Fathering -
Yesterday, Today, Tomorrow (In person & Zoom)

Monday, June 20

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

Wednesday, June 22

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

Thursday, June 23

- 10:30 Deepening Circles Meditation (Zoom)

Saturday, June 25

- 7:00 GA Ware Lecture Watch Party

Sunday, June 26

- 11:00 Sunday Service: The Blessing of Our Living
Tradition (In person & Zoom)
- 12:15 Meditation with Mudras (In person)

Monday, June 27

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

Wednesday, June 28

- 1:00 OUUC & OUUF Book Group (Zoom)

Thursday, June 30

- 10:30 Deepening Circles Meditation (Zoom)

Deadline for the July issue of the Bellringer is Monday, June 27.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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Jen Biermann, Jim Carney & Linda Rich - Trustees