



Bellringer

July 2022

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

**JULY & AUGUST THEME:
LIVING THROUGH TURBULENT TIMES.
HOW OUR UU VALUES SUSTAIN US.**

July 3: How Angels Debate the Issues. How do we talk across the political divide? Braver Angels is a non-partisan organization that facilitates conversations between red America and blue America in which people learn to better understand one another's positions and find shared values, with one rule: the conversation is not to include any attempt to persuade those on the other side to change their minds (no matter how brilliant you are and how ignorant and in need of correction they are). Service led by Ann Cook-Frantz, Meredith Sender, Brian Warren, and Jeff Witmer.

July 10: Open mind, loving heart. What does it feel like to be confronted with ideas that conflict with what we know deeply to be true? What happens to our thoughts, emotions, and behaviors? Most importantly, how do we open our hearts and our minds to those who disagree with us, and to the possibility that we might sometimes be wrong? Oberlin UU member and psychologist Cindy Frantz will use insights from psychology to explore the deep spiritual practice of keeping an open mind and a loving heart.

July 17: Ted Talk - A conservative's plea: Let's work together. Arthur Brooks is a Harvard professor, PhD social scientist, bestselling author, and columnist at The Atlantic who specializes in using

the highest levels of science and philosophy to provide people with actionable strategies to live their best lives. Conservatives and liberals both believe that they alone are motivated by love while their opponents are motivated by hate. How can we solve problems with so much polarization? In this talk, social scientist Arthur Brooks shares ideas for what we can each do as individuals to break the gridlock. "We might just be able to take the ghastly holy war of ideology that we're suffering under and turn it into a competition of ideas," he says. Service led by Ryan Mincey & Meredith Sender.

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

July 24: The Founding Fathers were not Christians. Some people think that the U.S. started as a Christian nation and has sadly drifted away from its religious roots, a process they are trying to reverse. Actually, some Founding Fathers were practicing Christians, some were Deists, and some were nominally Christian but were influenced by Deism. More than 200 years later, does this matter? Should it matter? How does religion shape politics? Service led by Jeff Witmer.

July 31: Lammas. This is the season of the first major harvest in Northern Hemisphere agriculture. Of course, there was a party. Join Lisette and David for a UU recreation of the annual Lammas festival. All are welcome.



REV. MARY'S MUSINGS: Come and Go with Me to that Land



Watching General Assembly, I was surprised by my repulsion to the song, "Come and Go with Me to That Land." Referred to as a 'spiritual,' the song evoked in me stories of suffering on slave ships coming to a 'new world' of conquest for profit and power.

"Why are we singing this song? What were they thinking??" I wondered,

feeling wide open to the brutality of that passage.

Yet the song is imbued with Joy!?

Described as, "a traditional gospel blues song," it invites all of us - drawn to UU spiritual community - not to deny or look away from the suffering, but from it to choose intentionally and courageously to journey together to a world-in-the-making: a world made possible only by shared power and vision ever-evolving; a world rooted in relationships of covenant and accountability; with a brave-and-bold willingness to be changed by our spiritual journey together.

What I saw at GA this year is a Unitarian Universalism giving voice to open vulnerability, where no one is perfect or has the answers. Where creation is on-going and needs all of us. Where 'God' itself is evolving, through us.

It reminds me of the song 'Becoming,' which affirms:

"We are who we're becoming; we are all we have done; we are what we are dreaming, we've only just begun."

I am moved beyond words by this maturational shift in Unitarian Universalism, toward the vision of shared power and leadership that glimmered at me and called me into ministry many years ago.

May we dare to sing to one another, "Come and go with me to that land...."

Rev. Mary

A Note from Rev. Mary - *What is STUDY LEAVE?*

For the month of July, I will be on Study Leave.

No, not vacation.

Study Leave is for focusing, creating structures and plans for Sunday services and spiritual growth programs for the new congregational year.

I will not be at or hosting Sunday services, committee or program meetings in July. I will not respond to emails. I will be (mostly) at home in northeast Ohio, with a few days in northern Virginia to support my brother's knee-replacement surgery. In the event of a pastoral emergency, please text me at (216-402-3438). Thank you!



New Program

JOIN SOURCES, BI-WEEKLY GROUP FOR UU DEEPENING

After two years of COVID, it's time to re-connect

Dear Members and Friends of OUUC & OUUF,

We're excited to invite you to join SOURCES, a bi-weekly UU deepening program with a set curriculum exploring the Sources that animate UU theology and practice. Format includes:

- deep listening in a small group
- deeper understanding of UU history and UU theology
- living your faith
- spiritual companionship
- daily spiritual practice

WHY SOURCES?

After more than two years of pandemic disruption, like other members and friends, you may be looking for ways to connect with each other, to go deeper into our UU faith, to grow spiritually and to live our faith in the world.

SOURCES is a ten-month, bi-weekly covenant group (*meeting times and days to be determined by you and your group*).

Each group has up to 12 members (including two co-facilitators).

The program includes pre-session readings.

We begin with a Retreat - **Saturday, September 17, 9-12:30**
Hosted at West Shore UU in Rocky River (20401 Hilliard Blvd.)

The SOURCES brochure from UU Wellspring is available at church, via a link in the email that delivered this Bellringer, or in the weekly eBellsound.

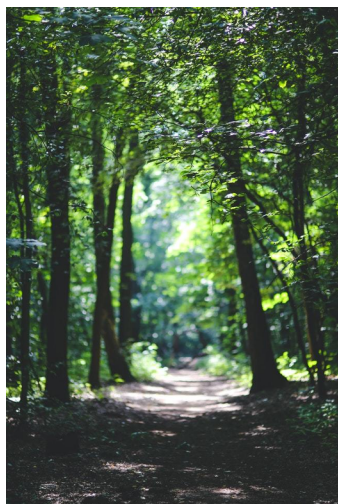
To sign up or for more information, email office@olmsteduu.org.





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 Wednesday July 20th from 10:00 to 11:30 am 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.)

CELEBRATE SUMMER ON OUR PATIO - JULY 30



The Religious Exploration Committee will host an all-ages picnic supper in our "backyard" on Saturday, July 30 at 6 pm. Join us for hot dogs, lemonade and all

the fixings. Just bring a side dish to share. Enjoy games, fellowship, and the highlight of the evening -

a drumming circle led by Mary Palmieri. Grown-ups - this is your chance to find out what the kids love so much about drumming with Mary. The picnic supper will be on the patio and the drumming circle on the grassy area at the back of the parking lot beginning at 7 pm. You are welcome to bring your own instruments, and a folding chair or blanket. In case of rain, we will move everything into Coe Hall. Come and make a beautiful noise together!"

OX CART PANTRY IS COLLECTING SCHOOL SUPPLIES IN JULY



Help North Olmsted kids start off the year prepared and cared for. Bring basic school supplies - pens, pencils, notebooks, backpacks, etc. Please leave your donations in the marked box in Coe Hall. They will be delivered at the end of July.



Church News

ANNUAL UNIVERSALIST CONVOCATION IN BELLEVILLE, OH

The annual Universalist Convocation will be held **July 29 – 31, 2022** at All Souls Unitarian Universalist Church in Bellville, Ohio. All are welcome to attend.

Since 1990, Universalists have been holding an annual convocation to holdfast the spiritual roots of American Universalism. Attending a Universalist Convocation is the perfect opportunity to learn, explore and celebrate the rich history of the other U in our UU faith tradition.

The Convocation theme is *Honoring our Past, Shaping the Future*. The keynote speaker is Rev.

Schuyler Vogel, the Senior Minister of the Fourth Universalist Society in New York City, whose presentation is *Not For Ourselves Alone: a Universalist Survival Guide*.

Visit the website for detailed information on the three-day program at <https://universalistconvocation.org/program/> where you can also register.

WELCOME TO THE UU WOMEN'S RIGHTS FB PAGE!



We are a dynamic FB group of Unitarian Universalists gathered together to apply our UU principles in support of women and women's issues. We provide an opportunity for UU's to connect with other UU's nationwide who are actively supporting women's rights.

If you have any UU FB friends who would like to join, please feel free to directly add them to this group.

Please feel free to share your own or your congregation's actions both locally and nationally in support of Women's Rights -- especially photos of UUs in action! We encourage an open exchange of ideas and respectful dialogue. We strive to build community and covenant together. This group may also be used to post time-sensitive action alerts regarding bills/laws impacting women's rights requiring a rapid response.

Please keep your posts on target: women and women's issues including equality, reproductive justice, trans and intersex health and rights, empowerment, healthcare and political activism.

Please do not solicit money on this page. Administrators reserve the right to remove objectionable content.

Looking forward to having this shared space as we continue our journey in supporting Women and Women's Rights!.



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: July 17, 12:15-12:45 pm (In person). (Note day change to 3rd Sunday.) 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: Tuesday, July 5, 7-8 pm (Zoom). Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Wednesdays

Pastoral Counseling/Check-In: Not meeting in July. Next meeting: Wednesday, August 10 and 24, 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-at-Oberlin: Not meeting in July or August. Next meeting Wednesday, September 21, 4-5 pm in the Kendal Education Center and on Zoom. How do we stay centered in stressful times? How do we not get overloaded – emotionally, physically, psychologically, and spiritually? And how may we bounce back when overwhelmed? The “answer” is in cultivating resilience. September’s theme explores, The Path of Belonging; co-facilitated by Zellda Zelle and Rev. Mary.

Thursdays

Deepening Circles: Thursday Morning Meditation: July 7, 14, 21, 28, 10:30-11:30 am (Zoom). Weekly drop-in meditation, drawing from Buddhism and beyond; practicing four circles of awareness: body, mind, heart, and spirit. All are welcome. Led by Rev. Mary.

Wisdom Dreams: Not meeting in July. Next meeting Thursday, August 4, 1-2:30 pm (Zoom). NEW TIME!

WISE Women: Not meeting in July. Next meeting, Thursday, August 18, 1-2:30 p.m. (Zoom). 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. In August, we share a ritual to grieve our losses (identities, loved ones, expectations) and “clear the land,” prepare ourselves for new life, yet unknown.

Committees & Teams

Sunday Services / Worship Teams: Not meeting in July. Next meeting Thursday, August 4, 2:45-4:15 pm - NEW TIME (Zoom) to reflect on past services and plan upcoming services. All are welcome.

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

OUUC & OUUF Adult Program Teams: Not meeting in July. Next meeting Thursday, August 18, 3:45-5:15 pm to evaluate past programs and plan upcoming programs. All are welcome.

CARE Team: Tuesday, July 26, 3:00-4:30 pm (Zoom). The CARE Team reaches out to offer listening, presence, and spiritual support to members and families. All are welcome.

Oberlin Programs

Men's Group: Mondays, July 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, July 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.



July 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, July 3

11:00 How Angel Debate the Issues
(In person & Zoom)

Monday, July 4

7:00 OUUC & OUUF Men's Covenant Group
Not meeting

Tuesday, July 5

7:00 Poems to Live By (Zoom)

Thursday, July 7

10:30 Deepening Circles Meditation (Zoom)

Sunday, July 10

11:00 Sunday Service: Open Mind, Loving Heart
(In person & Zoom)

Monday, July 11

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

Wednesday, July 13

6:30 Board of Trustees

Thursday, July 14

10:30 Deepening Circles Meditation (Zoom)

Sunday, July 17

11:00 TED Talk: A Conservative's Plea - Let's Work Together (In person & Zoom)
12:15 Meditation with Mudras (In person)

Monday, July 18

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

Wednesday, July 20

10:00 A Walk in the Woods (In person at Rocky River Nature Center)

Thursday, July 21

10:30 Deepening Circles Meditation (Zoom)

Sunday, July 24

11:00 Sunday Service: The Founding Fathers Were Not Christians (In person & Zoom)

Monday, July 25

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

Tuesday, July 26

3:00 CARE Team

Wednesday, July 27

7:00 What Would Jesus Do? (In person at Oberlin UU & Zoom)

Thursday, July 28

10:30 Deepening Circles Meditation (Zoom)

Saturday, July 30

6:00 OUUC Picnic

Sunday, July 31

11:00 Sunday Service: Lammas

Deadline for the August issue of the Bellringer is Monday, July 25.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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Jen Biermann, Jim Carney & Linda Rich - Trustees