



Bellringer

August 2022

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



AUGUST THEME: OUR EVOLVING DEMOCRACY - HOW CAN UU VALUES AND COMMUNITY BE OF BENEFIT?

August 7: TED Talk: How We Overcome Political Division in America. What will it take to get over our political divide and approach the challenges we face as a country together? Adam Hinds has worked in war zones, nonprofits, and now the Massachusetts Statehouse, and he may have an idea that could drive a new era of change.

Please join us for this extremely informative video and discussions during the service and a social hour afterwards. Our discussion will be led by Ryan Mincey and Meredith Sender.

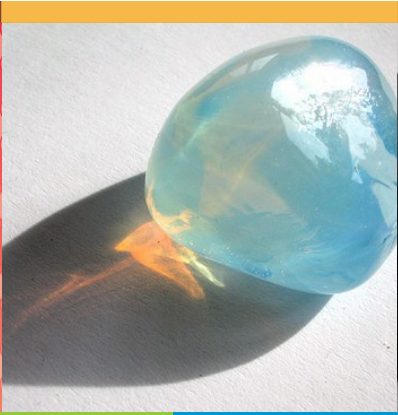
August 14: Our Evolving Democracy - The Imagination Battle. There is a struggle going on for the future. The values of the world are shaped by choices each of us makes. "We must transform ourselves to transform the world." Drawing on adrienne maree brown and Grace Lee Boggs, we ask: How do we become accountable to our time, our earth, our species, our loved ones? Service led by Zellda Zelley and Rev. Mary.

With an update from Megan Baechle, Executive Administrative Director, LGBTQ+ Lorain County, Oberlin's Cause of the Month for August.

August 21: Our Evolving Democracy - Embodied Activism. We need to care for and trust our bodies to sustain us in our efforts to heal our democracy. Service led by Emily Williams and Rev. Mary.

August 28: Our Evolving Democracy - Dismantling Racist Barriers. Hear how Lorain County Urban League is working for racial and economic justice. Explore how UU values call us to be of benefit. Service led by Rev. Mary, with Achilles Morales, Coach, Lorain County Urban League.

September 4- Our Evolving Democracy - Discussion. We'll wrap up our summer-long series of programs about how we can work together across the political divide with a discussion of the insights and visions we're coming away with. Our discussion will be led by the Sunday Services team.



REV. MARY'S MUSINGS: "You meet saints everywhere. They can be anywhere. They are people behaving decently in an indecent society."
Kurt Vonnegut (UU)



My partner and I drove to D.C. to support my brother in moving through knee replacement surgery. Alex lives alone in a tiny 3rd floor walk-up, with 28 steep and narrow steps. No question about going home right after surgery. I drive a tiny Fiat. Could he bend his post-surgical leg enough to get in (and out)? How would he get to rehab? This was not the hospital's responsibility.

non-macho name.) Two young workers arrived with a wheelchair; recent immigrants, English was their 3rd or 4th language. With gentleness and kindness, they helped him into their spacious van.

We met them in Alex's room at the rehab; in the chaos of shift change, on Sunday night. Several hours later, searching for ice, I ran into them down the hall: "You're still here!" The sweetness of the young man's smile still touches my heart: He was waiting patiently, to make sure Alex was safely checked in and not in harm's way. Knowing what it's like to be new, vulnerable. They were doing what they could, humbly. So may we all. Amen.

Rev. Mary

In an act of kindness, late Sunday afternoon, the young case worker contacted Humble Non-Emergency Transportation. (I wondered at the

OX CART PANTRY COLLECTIONS FOR AUGUST

The Oxcart Food Pantry offers assistance to North Olmsted residents in need. Each month they feature a "theme" and request specific food donations to meet that month's most requested or needed items. For August the theme is "Summer Side Dishes", and they are asking for:

- Canned corn
- Green beans
- Chick peas

- Baked beans
- Salsa
- Pasta
- Salad dressing
- Black beans
- Beets

Please leave your donations in the marked box in Coe Hall. We will deliver them at the end of August.



Re-Connecting

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.





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 will not meet in August. 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: August 2, 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: August 10 and 24, 10-11 am. Phone in: 216-402-3438. Or email Rev. Mary 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 August. **Next meeting Wednesday, September 21, 4-5 pm.** 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 Zelley and Rev. Mary.

Thursdays

Deepening Circles: Thursday Morning Meditation: August 4, 11, 18, 25, 10:30-11:30 am (Zoom). Weekly drop-in meditation group. Four circles of awareness: body, mind, heart, and spirit. Buddhism and beyond. Practicing with Pema Chodron's, *Living Beautifully*. All are welcome. Led by Rev. Mary.

Wisdom Dreams: August 4, 1-2:30 pm (Zoom). **NEW TIME!** Bring a dream (or dream image) to share. Explore together the messages, meanings, and metaphors, wisdom, and humor of dreams. All are welcome.

WISE Women: August 18, 1-2:30 p.m. (Zoom) - Grieving Loss Through Ritual. 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: 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, August 10, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, August 18, 4:00-5:15 pm to evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

Men's Group: Mondays, August 1, 8, 15, 22, 29 at 7 pm (In person at Oberlin UU & Zoom). Contact Don for information at donleake087@gmail.com.

What Would Jesus Do? Wednesday, August 24, 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.



August 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.

Monday, August 1

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

Tuesday, August 2

7:00 Poems to Live By (Zoom)

Thursday, August 4

10:30 Deepening Circles Meditation (Zoom)
1:00 Wisdom Dreams NEW TIME!
2:45 Sunday Services / Worship Teams (Zoom)

Sunday, August 7

11:00 TED Talk: How We Overcome Political Division
In America (In person & Zoom)

Monday, August 8

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

Wednesday, August 10

10:00 Pastoral Counseling / Check-In (Phone in)
6:30 Board of Trustees (Zoom)

Thursday, August 11

10:30 Deepening Circles Meditation (Zoom)

Saturday, August 13

4:00 Rental Event - Sanctuary & Coe Hall

Sunday, August 14

11:00 Sunday Service: Our Evolving Democracy - The
Imagination Battle (In person & Zoom)

Monday, August 15

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

Thursday, August 18

10:30 Deepening Circles Meditation (Zoom)
1:00 WISE Women
4:00 Adult Programs Team

Sunday, August 21

11:00 Sunday Service: Our Evolving Democracy -
Embodied Activism (In person & Zoom)

Monday, August 22

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

Tuesday, August 23

1:00 Marginalized Writers Book Read?????

Wednesday, August 24

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

Thursday, August 25

10:30 Deepening Circles Meditation (Zoom)

Sunday, August 28

11:00 Sunday Service: Our Evolving Democracy -
Dismantling Racist Barriers (In person & Zoom)
12:15 Meditation with Mudras (In person)

Monday, August 29

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

**Deadline for the September issue of the Bellringer is
Monday, August 29.**

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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Jen Biermann, Jim Carney & Linda Rich - Trustees