



Bellringer

October 2022

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



OCTOBER'S THEME: COURAGE

Beginning in October, and except for our first Sunday TED Talk, Olmsted's services will be in-person and separate from Oberlin UU. We are profoundly grateful to Oberlin UU for sharing services with us during the COVID pandemic.

October 2: TED Talk - The Power of Vulnerability.

Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.

October 9: Courage. Courage lays the foundation for all great endeavors in life. Whether you're a leader, a parent, an entrepreneur, or want to live your life with virtue and bravery, being courageous and confident will get you places. Leading yourself with determination to move forward during hardship will set you apart and help you become a better version of you.

How is courage defined? What counts and what doesn't as courage? Join us as we explore this thought-provoking topic. Service led by Kay Potetz;

pianist - Bob Perry; greeter - Linda Rich.

Also, every second Sunday, we'll have a raffle for a great prize. No purchase needed. Attending the service will automatically enter you in the drawing.

October 16: Primal Reverence & Spirituality for Skeptics.

Kendyl Gibbons describes primal reverence - arising from nature and from stories of human courage - as requiring no supernatural explanations. Her Spirituality for Skeptics imagines religion's purpose is to help us live from reverence - the open secret of individual wholeness and interdependent oneness. Service led by Rev. Mary.

October 23: Those Who Hope. "Our lives, sometimes much of our lives are in the past, but all of our hopes still lie in the future because experience tells us that the winds of time blow only in that direction." This talk is about hope and how it gives meaning to us and to those who come after us. Service by Bob Mulkins.

October 30: Halloween Service. This Sunday, the children will stay in the adult service in the Sanctuary. In the service, we'll talk about the history of Halloween, its meaning today, and the various ways of celebrating, past and present. We'll have readings for adults and Halloween music. We will also talk about the Mexican tradition of The Day of the Dead, which honors our ancestors on the day after Halloween. You are invited to bring a picture or other memento of an honored ancestor for the display of remembrance. After the service, everyone is invited to stay for a Halloween party with refreshments, costumes(?), and a drumming circle for all!!!!

November 6: TED Talk - Topic to Be Announced.



REV. MARY'S MUSINGS: COURAGE TO DANCE IN THE TURNING



The English word, "Courage," literally means the power of the heart. Courage, the power of the heart, is our focus for October. It takes courage to let summer go, to celebrate the beauty of the leaves turning orange/yellow/red, knowing trees will stand bare, waiting, through winter, fast approaching. It takes courage to face autumn in this 3rd year of

pandemic. The unknown. Nothing covering it up. Part of me resists, even as I marvel at fall's finale of color. How do we motivate ourselves to let go of that which is passing away? How do we accept and even celebrate that which is arising and falling away within us and all around us? I hear the words of

Marge Piercy, "I do not seek to stop this wheel of change, but to dance in its turning." When I read her words, I felt caught in the act: I was trying to stop the wheel of change, as my youngest child finished high school. Excited for him, I needed to feel the heaviness at the loss of his childhood. I needed to grieve, so I could celebrate his transformation into a young adult. I hung a banner of her words across the archway to my kitchen and set my intention to dance. Today, I remember as a child jumping with glee in neatly raked piles of leaves. As I write, the trees dance in the wind and rain. Right here, in this moment, the rain subsides and all is well. I dance in these words. In the midst of morphing pandemic. In the midst of uncharted change. And beneath these words I feel quiet joy, waiting to respond with courage, as needed.

Rev. Mary

OX CART PANTRY PREPPING FOR THANKSGIVING



The Oxcart Food Pantry is getting ready to help our neighbors have a Thanksgiving dinner with all the trimmings. The Pantry offers assistance to North Olmsted residents in need. Each month they feature a "theme" and request specific food donations. For October and

early November they are asking for:

- Boxed/bag stuffing mix
- Cranberry sauce
- Gravy (Jar/can/packets)
- Dessert Items (boxed cake mixes, cookie mixes, brownie mixes, etc.)
- Canned sweet potatoes

Please leave your donations in the marked box in Coe Hall by Tuesday, November 1. The Pantry will be packing Thanksgiving boxes on November 2.



Religious Education

RELIGIOUS EDUCATION NEWS FOR OCTOBER



Our religious education program is going strong, we are now offering an RE program every Sunday. The kids are having fun and learning about our UU beliefs and our values of love and acceptance. It would be fun to have more children. If you have family members with school age kids, please tell them about our church and the RE program.

Thanks to our Religious Education Committee: Sheryl Chow, Emily Williams, Marianna Carney, and Jessica Watts. Other RE volunteers include: Mary Palmieri, Fran Mulkins, and Lynda Garvin.

October 2: On this Sunday, we remember St. Francis of Assisi, and his kindness and love of all animals. Children are encouraged to bring pictures of their pets, and tell how they love and take care of them. The children hope to collect a small money donation for the Friendship APL in Lorain County, and will make a box for donations

of pet supplies needed for the care of animals seeking adoptive homes. The APL always appreciates gently used towels and blankets for the pets in their care. Other suggestions for donations will be on the collection box. Sheryl Chow and Lynda Garvin will be the teachers.

October 9: Art teacher (and Grandma) Fran Mulkins will have a creative art project for the children. The children will be making paper mache masks. While they are crafting the masks, they will think about the meaning and use of masks, and how we sometimes wear an invisible mask when we are not comfortable. We will begin to think about the many meanings of Halloween, and why UU's do not have to be afraid of Halloween monsters! Fran and Marianna will be the teachers.

October 16: In keeping with the Halloween theme, this Sunday the children will talk about courage – when do we need it, and how do we find courage when we are afraid or worried? They will hear a story about courage, and learn some Mudras (hand gestures) to use when needed. The teachers today are Sheryl Chow and Emily Williams.

October 23: This morning, the children will make Halloween treats for the party on October 30, and decorate the church for

Halloween fun for everyone. Why do we have certain symbols for Halloween? What is your Halloween costume? How is Halloween celebrated in our country? And in other countries? Fran Mulkins and Jessica Watts and the children will take over the OUUC kitchen for this project!

October 30: This Sunday, the children will stay in the adult service in the Sanctuary. In the service, we will talk about the history of Halloween, its meaning today, and the various ways of celebrating, past and present. We will also talk about the Mexican tradition of The Day of the Dead, which honors our ancestors on the day after Halloween, All Saints Day. You are invited to bring a picture or other memento of an honored ancestor for the display of remembrance. After the service, everyone is invited to stay for a Halloween party with refreshments, costumes(?), and the drumming circle for all ages!!!!





Justice & Equity

WINDSONG presents A SING OUT FOR JUSTICE Moving Toward Equity & Inclusion

Saturday, October 22, 2022, 4:00-6:00 pm
Cleveland State University's Waetjen Auditorium

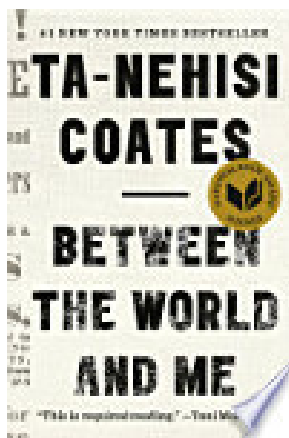
No cost to participate, but registration is requested.

Windsong is Cleveland's feminist chorus, a group which strives to create a joyful, caring community with a spirit of inclusiveness and diversity. They create music to promote feminism, social justice,

activism, and the empowerment that comes from finding one's own unique voice.

To register, contact: windsongcle@gmail.com

LISTENING TO MARGINALIZED WRITERS BOOK GROUP



On October 25 at 1:00 pm on Zoom the book group will read and discuss *Between the World and Me* by Ta-Nehisi Coates. In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for

understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden?

WOMEN'S MARCH, SATURDAY, OCTOBER 8 @ NOON

Women all around the country are uniting for a fall of reckoning and since October 8th marks 30 days until election day, they're uniting to elect women and pro-choice candidates everywhere. There will be a national march in Washington DC and local marches around the country.

Clevelanders are meeting to march at 50 Public Square in Cleveland.

Register at action.womensmarch.com/events/women-s-wave-11 or just show up. West Shore UU Church will have members marching. Join them!



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: October 23, 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 welcome.

Tuesdays

Sources Covenant Groups, October 4, 2:30-4:30 pm in person at Oberlin; **7:00-8:30 pm** on Zoom: **October 18, 2:30-4:30 pm** in-person at Oberlin; **7:00-8:30 pm** on Zoom. Pre-registration required.

Poems to Live By, Poems to Wake Us Up: October 11, 2-3 pm (Zoom). NEW DATE/TIME. Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Wednesdays

Pastoral Counseling/Check-In, 2nd & 4th Wednesdays: October 12 & 26, 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: Courage, UU Monthly Gathering, Kendal-at-Oberlin, Wednesday, October 19, 4-5 pm (In person). 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. October's Resilience theme explores, *The Path of Courage*; facilitated by Rev. Mary.

Thursdays

Deepening Circles Meditation: October 6, 13, 20, 27, 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*, chapters five and six. All welcome. Led by Rev. Mary.

Wisdom Dreams: October 6, 1-2:30 pm (Zoom). 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: October 20, 1-2:30 pm (In person & 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 October our theme is The Path of Courage. What is courage to you? How are you being challenged to be courageous?

Committees & Teams

Sunday Services / Worship Teams: Tuesday, October 11, 11:15-12:45 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees, Wednesday, October 12, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, October 20, 4-5 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

Men's Covenant Group: Mondays, October 3, 10, 17, 24, 31 at 7 pm (In person at Oberlin UU & Zoom). Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, October 26, 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.



October Calendar

Sunday Services are offered in person with the exception of TED Talks on the first Sunday that 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, October 2

- 11:00 TED Talk: The Power of Vulnerability
(*In person & Zoom*)
- 11:00 Religious Exploration for Children (*In person*)

Monday, October 3

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

Tuesday, October 4

- 2:30 Sources - UU Deepening (*In person at Oberlin UU*)
- 7:00 Sources - UU Deepening (*Zoom*)

Thursday, October 6

- 10:30 Deepening Circles Meditation (*Zoom*)
- 1:00 Wisdom Dreams (*Zoom*)

Sunday, October 9

- 11:00 Sunday Service: Courage (*In person*)
- 11:00 Religious Exploration for Children (*In person*)

Monday, October 10

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

Tuesday, October 11

- 11:15 Sunday Services Team (*Zoom*)
- 7:00 Poems to Live By (*Zoom*)

Wednesday, October 12

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

Thursday, October 13

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

Sunday, October 16

- 11:00 Sunday Service: Primal Reverence & Spirituality for Skeptics (*In person*)

- 11:00 Religious Exploration for Children (*In person*)

Monday, October 17

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

Tuesday, October 18

- 2:30 Sources - UU Deepening (*In person at Oberlin UU*)
- 7:00 Sources - UU Deepening (*Zoom*)

Wednesday, October 19

- 4:00 UU at Kendal - Cultivating Resilience (*In Person*)

Thursday, October 20

- 10:30 Deepening Circles Meditation (*Zoom*)
- 1:00 WISE Women (*in person & Zoom*)
- 4:00 Adult Programs Team (*Zoom*)

Sunday, October 23

- 11:00 Sunday Service: Those Who Hope (*In person*)
- 11:00 Religious Exploration for Children (*In person*)
- 12:15 Meditation with Mudras (*In person*)

Monday, October 24

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

Tuesday, October 25

- 1:00 Listening to Marginalized Writers (*Zoom*)

Wednesday, October 26

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

Thursday, October 27

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

Sunday, October 30

- 11:00 Intergenerational Service: Halloween (*In person*)

Monday, October 31

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

Deadline for the November issue of the Bellringer is Monday, October 24

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

5050 Porter Road, North Olmsted, Ohio 44070 / 440-777-6622 / office@olmsteduu.org / www.olmsteduu.org

Staff / Minister: Rev. Mary Grigolia - mary@marygrigolia.com

Office Manager: Cathy Ross - office@olmsteduu.org / Childcare Provider: Sheryl Chow - spa1012@yahoo.com

Board / Eric Jawarowski - President Emily Williams - Past President Kay Potetz - Treasurer

Jen Biermann, Jim Carney & Linda Rich - Trustees