



Bellringer

September 2022

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



SEPTEMBER'S THEME: BELONGING

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.

September 11: Together Again - Reconnecting. *We are launching the new church year with a celebration service, in person in our sanctuary!*

We will come together and share why we value our church community. We hope everyone will think

about what they love and want to keep at OUUC, and share their thoughts and wishes for the future. Bob Perry will provide live piano music. After the service, there will be a traditional potluck lunch in Coe Hall, where we can continue our conversation and reconnect with friends. Please come and celebrate!

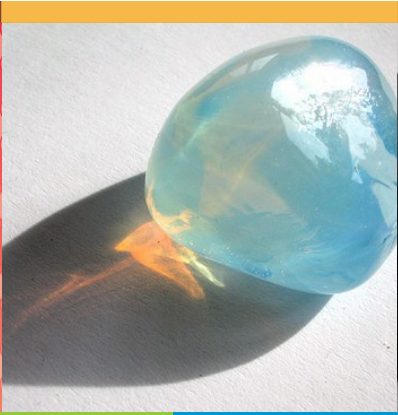
NOTE: There will be no Zoom from Olmsted. Oberlin Fellowship will Zoom their Water Communion Service, and welcome those who are not able to come to Olmsted this Sunday for the live service.

September 18: Belonging - to Oneself, to Life. Writer Maya Angelou was asked where she belonged. She replied: When she accepts herself as she is, she feels she belongs to herself and can belong anywhere. When do we accept ourselves as we are? Where do we feel accepted as we are, where do we belong? Service led by Zellda Zelley and Rev. Mary.

September 25: Return to the Home of Your Soul. As Autumn begins, we celebrate Rosh Hashanah, the Jewish New Year, with the invitation to "return again to the home of your soul." Where and what is home for us - as individuals and as a UU spiritual community? What does home ask of us? Service led by Rev. Mary.

Do you have a symbol for home? Bring it to the service (in person or on Zoom).

October 2: TED Talk - Topic to Be Announced.



REV. MARY'S MUSINGS: BELONGING, HOME



What makes us feel like outsiders? What separates us from belonging?

Where and how do we belong?

I was thrilled to move to northeast Ohio 30 years ago to accept my first parish ministry position. Yet after I arrived, I felt out of place, like I didn't belong. Even as I loved my new job, when I

looked around the landscape, I had a sinking feeling I had made a mistake. I kept it to myself, a hidden sadness growing inside me. I thought of the home I'd left behind, feeling the presence inside me of the hills and trees and water keeping me company on morning walks. I ached for them.

Six months into my first year in Ohio, early on a cold Monday morning in January, I was midway between Cleveland and Columbus, driving south on I-71, to meet with my mentor. The sun was rising over rolling open fields, bare trees shimmering, in colors I had never seen and could not name. Filled with awe and wonder, I felt everything opening in radiance and love, around me and within me: this unknown landscape, my sense of belonging, home.

No one ever told me we have to grieve the old landscape, the old home, before we can see the beauty of a new home, before we can allow ourselves to belong. How have you grieved old homes and embraced belonging in your new home?

Rev. Mary

OX CART PANTRY COLLECTION FOR SEPTEMBER



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 September the theme is

"School Lunches", and they are asking for:

- Peanut Butter & Jelly
- Mac and Cheese
- Baked beans
- Canned Tuna or Chicken
- Individually Packaged Snacks

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



Religious Education



ABOUT OUR RELIGIOUS EDUCATION PROGRAM

Sunday School classes will resume in September for children and youth, as regular services start. The Religious Education Committee has been meeting over the summer and is ready to welcome kids on Sunday mornings. Most Sundays, the children will join the adults in the sanctuary for opening rituals, before going to class for their lessons.

The September 11 service will be intergenerational. The children can share what they like about being part of our church.

On September 18, Sheryl Chow will provide a nature lesson (outdoors, weather permitting) on the coming of fall. What changes do we see in plants and animals as winter approaches?

On September 25, musician Mary Palmieri will help the children

make music together. We will also remember Rosh Hashanah, the Jewish New Year which begins that day.

We have plans for October, including a Halloween party for all ages. It will follow a lesson in the origins of Halloween. The message is that UU's do not believe in evil spirits, but like spooky fun and costumes!



Church News

JOIN SOURCES, BI-WEEKLY GROUP FOR UU DEEPENING

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

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 program. We will have two groups, both starting on Tuesday, September 20:

1. 1 pm, in person at Oberlin UU Fellowship, 355 East Lorain St., Oberlin
2. 6 pm on Zoom (link will be available in the eBellsound)

Each group will have up to 12 members (including two co-facilitators). There is still room in both groups.

The program includes pre-session readings.

We begin with a Retreat - **Saturday, September 17, 9-12:30**. Hosted at West Shore UU Church 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.

LISTENING TO MARGINALIZED WRITERS - SEPTEMBER

On September 27 at 1:00 pm the book group will read and discuss *The Fire Next Time*. This 1963 non-fiction book by James Baldwin, contains two essays: "My Dungeon Shook: Letter to my Nephew on the One Hundredth Anniversary of the Emancipation" and "Down at the Cross: Letter from a Region of My Mind".

The book's title comes from a couplet in "Mary Don't You Weep", an African-American spiritual:

God gave Noah the rainbow sign
No more water, the fire next time

The first essay, written in the form of a letter to Baldwin's 14-year-old nephew, discusses the central role of race in American history. The second essay, which takes up the majority of the book, deals with the relations between race and religion, focusing in particular on Baldwin's experiences with the Christian church as a youth, as well as the Islamic ideas of others in Harlem.

The group will meet via Zoom (link available in the eBellsound). All are welcome to 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: September 25, 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

Poems to Live By, Poems to Wake Us Up: September 6, 7-8 pm (Zoom). Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Sources Covenant Groups, September 20: 1-3 p.m. in-person at Oberlin; or **6:30-8:30 p.m.** on Zoom. Pre-registration required.

CARE Team: September 27, 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.

Wednesdays

Pastoral Counseling/Check-In, 2nd & 4th Wednesdays: September 14 & 28, 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: Wednesday, September 21, 4-5 pm (In person & 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.

Thursday

Deepening Circles Meditation: September 1, 8, 15, 22, 29, 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 three and four. All welcome. Led by Rev. Mary.

Wisdom Dreams: Not meeting in September. Next meeting October 6, 1-2:30 pm (Zoom).

WISE Women: September 15, 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 September, we explore our individual journeys of belonging and reflect on the power of belonging to WISE Women.

Saturdays

Sources Retreat: September 17, 9-12:30 pm at West Shore UU Church, 20401 Hilliard Blvd., Rocky River. Open to all who pre-registered for our two new Sources Covenant groups.

Committees & Teams

Sunday Services / Worship Teams: Thursday, September 1, 3:00-4:30 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees, Wednesday, September 14, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, September 15, 3:45-5:15 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

Men's Covenant Group: Mondays, September 5, 12, 19, 26 at 7 pm (In person at Oberlin UU & Zoom). Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, September 28, 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.



Sept. 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, September 1

- 10:30 Deepening Circles Meditation (Zoom)
- 1:00 Wisdom Dreams / Not meeting in September
- 2:45 Sunday Services / Worship Teams (Zoom)

Sunday, September 4

- 11:00 Our Evolving Democracy Discussion: Where Do We Go From Here? (In person & Zoom)

Monday, September 5 - LABOR DAY

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

Tuesday, September 6

- 7:00 Poems to Live By (Zoom)

Thursday, September 8

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, September 11

- 11:00 Sunday Service: Together Again - Reconnecting (In person & Zoom)

Monday, September 12

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

Wednesday, September 14

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

Thursday, September 15

- 10:30 Deepening Circles Meditation (Zoom)
- 1:00 WISE Women (in person & Zoom)
- 3:45 Adult Programs Team (Zoom)

Saturday, September 17

- 9:00 Sources Retreat (In Person), West Shore UU Church, 20401 Hilliard Blvd., Rocky River

Sunday, September 18

- 11:00 Sunday Service: Belonging - to Oneself, to Life (In person & Zoom)

Monday, September 19

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

Tuesday, September 20

- 1:00 Sources - UU Deepening (In person at Oberlin UU)
- 6:00 Sources - UU Deepening (Zoom)

Wednesday, September 21

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

Thursday, September 22

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, September 25

- 11:00 Sunday Service: Return to the Home of Your Soul (In person & Zoom)
- 12:15 Meditation with Mudras (In person)

Monday, September 26

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

Tuesday, September 27

- 3:00 CARE Team (Zoom)

Wednesday, September 28

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

Thursday, September 29

- 10:30 Deepening Circles Meditation (Zoom)

Deadline for the October issue of the Bellringer is Monday, September 26

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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