Bellringer

November 2022

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



NOVEMBER'S THEME: CHANGE

October 30: Intergenerational 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 - You don't actually know what your future self wants. "You are constantly becoming a new person," says journalist Shankar Vendantam. In a talk full of beautiful storytelling, he explains the profound impact of something he calls the "illusion of continuity" -- the belief that our future selves will share the same views, perspectives and hopes as our current selves -- and shows how we can more proactively craft the people we are to become. Program offered by the TED Talk committee.

November 13: Change (And Dealing with it). Change is indispensable to progress and progress comes only with change; resistance to change prevents great new ideas from being created and impedes personal growth.

Many of us give a lot of "lip service" to wanting and appreciating change, but when it really comes down to it, we are creatures of habit and resist most attempts at variation in our daily routines. We expect others to do the changing, while the burden of change is upon all of us. Join us while Lilly B lends her vocal talents to addressing the topic of change and dealing with it. Service led by Kay Potetz - speaker; Lilly B - vocalist; Linda Rich - greeter .

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.

November 20: Thanksgiving Service - Grace & Grit. Thanksgiving begins the holiday season with the grace of evolving traditions and the grit of change: aging, loss, new possibilities not quite in focus. To be whole, to be present, to be joyful, we need to embrace both. What is the grit of your Thanksgiving? What is the grace? Bring a symbol to share. Service led by Rev. Mary





REV. MARY'S MUSINGS: BECOMING THE CHANGE. LITERALLY.



Recovering from a late-summer, mild case of Covid (is that an oxymoron?), I'm noticing how much more tired I get when I run out of go-juice. Fighting with myself to notice and not judge. My intent is to practice self-kindness (i.e., not "powering through" regardless of consequences). And not to jump to the conclusion that "I will never feel energized and whole again."

As I write, I am enjoying a surprisingly warm and luminous late October Sunday afternoon in northeast Ohio. Breath is moving fully, naturally, through the body. Sitting in the window at my favorite coffee shop (Blackbird, in Lakewood), I am taking in the light, energy, chi. Allowing myself to be restored by the responsive creative matrix of Life in which we are.

Does Covid change us? Yes, it does. Can we - will I - use that fact, that awareness, to change my behavior to a new normal: To take in, breathe in, open to the Life energy always all around (and within) me/us?

May we/I choose to respond affirmatively, again and again. Remembering that I don't have to fuel or finance that opening, that flow, that gift.

We swim in life energy, breathe it in, every moment. Our change (my change) is to stop acting as if I have to make it all happen. In this culture of do-do-do, to pause. Breathe in. Open. Changing myself, changing ourselves, changing our culture, one breath at a time. Becoming the change. Literally.

Rev. Mary

(continued from page 1)

November 27: Gratitude: the Science, the Experience. Gratitude is a familiar and simple concept, yet the gifts inherent in a particular situation are not always immediately apparent. It's about pausing to notice good things, to look for them, and to appreciate what we often take for granted. We will be sharing our personal experiences with gratitude, as well as looking at the science of gratitude, and the many benefits of a gratitude practice. Service by Lynda Garvin, Zellda Zelley, Jen Bierman, and Emily Williams.

Olmsted UU's services are held in person. You are welcome to Zoom into the Olmsted UU service at 11 am using the link provided in the weekly eBellsound.

Religious Education



RELIGIOUS EDUCATION NEWS FOR OCTOBER

We are so happy to welcome Sheryl Chow as our Coordinator of Religious Education. Warm wishes, Sheryl, from everyone at OUUC! Thanks, also, to our Religious Education Committee: Emily Williams, Marianna Carney, and Jessica Watts. Other RE volunteers include: Mary Palmieri, Fran Mulkins, and Lynda Garvin.

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.

November 6: With Election Day right around the corner, (on November 8) Marianna Carney and Sheryl Chow will provide a story and lesson on the importance of voting in our democracy, how people vote, and how it's in keeping with the UU principle of observing democratic principles.

November 13: Sheryl Chow and Emily Williams will be discussing the importance and satisfaction of helping in their community, and encourage the children to think of ways in which they can help. They'll be using the book, "Just Help", by Sonia Sotomayor, which is based on her personal experience growing up. "How will you help today?"

November 20: It's Thanksgiving week! Fran Mulkins and Sheryl Chow will be discussing gratitude - what is it and what are we grateful for? How do we celebrate Thanksgiving in our families? Why? Is it celebrated in other countries and cultures? Fran (a retired art teacher) will guide the children in making cornucopias.

November 27: Mary Palmieri, an accomplished drummer, will be providing another enlightening music program for the children. We'll be using our own new instruments(!) along with the ones she provides. She will be focusing on music from indigenous peoples and that of other countries and cultures, while teaching the kids how to use the drums. Assisted by Sheryl Chow.

Justice & Equity

WHO IS ON MY BALLOT?

Find Out at OhioVoterGuide.org

Ever go into the voting booth and see races you forgot to research? Well, Innovation Ohio has launched a new interactive tool for the 2022 election season, the **Ohio Voter Guide**. In partnership with BallotReady, this interactive guide provides Ohioans with vital information prior to casting their ballot.

Marianna Carney says this is a legitimate organization that may help some of us who don't understand who our representatives are, or about the two state constitutional amendments that are on the ballot.

UPDATE FROM UU JUSTICE OHIO

Ohio Voter Rights Coalition (OVRC) is a group of individuals and organizations that work to ensure it's as easy as possible for all eligible Ohio voters to exercise their right to participate in elections.

Here are some volunteer opportunities:

- Ambassaadors for Election Protection
- Poll Monitors
- Social Media Monitors
- Command Center (Legal Exp. Preferred)
- Text Banking
- Election Peacekeepers

Find more information at the OVRC website - www.ohiovoterrights.org

Honesty for Ohio Education. The egregious anti-trans & anti Title IX resolution that recently was considered by the State Board of Education Ohio has been referred to the Executive Committee for review, perhaps due to the impact of the outpouring of testimonies and stories shared in opposition to it. However, the resolution won't just go away and will now be discussed by the BOE's Executive Committee on October 31. Honesty for Ohio Education is leading the charge to challenge the resolution. Check www.honestyforohioeducation.org to see how you can get involved and to learn about what is happening in local school boards.

Save the Date: UUJO Fall Assembly on Saturday, December 3, 2022 on the campus of Methodist Theological School in Delaware, Ohio. More information, links, details, etc. will be coming soon.

REMEMBER THE OXCART FOOD PANTRY

The Oxcart Food Pantry i offers assistance to North Olmsted residents in need. Each month they feature a "theme" and request specific food donations. For 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

Leave your donations in the box in Coe Hall.

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: November 27, 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, November 1 & 15, 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: November 8, 2-3 pm (Zoom). Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Wednesdays

Pastoral Counseling/Check-In, 2nd & 4th Wednesdays, 10-11 am: November 9 & November 30 (note new date due to Thanksgiving holiday)**.** Phone in: 216-402-3438. Or email Rev. Mary for an appoint- ment at a different time (mary@marygrigolia.com). All are welcome. *(Note, skipping the 4th Wednesday because of Thanksgiving, adding the 5th.)*

Thursdays

Deepening Circles Meditation: November 3, 10, 17, Dec. 1, 10:30-11:30 am (Zoom). No meeting on N0vember 24, Thanksgiving holiday. Weekly drop-in meditation group. Four circles of awareness: body, mind, heart, and spirit. Buddhism and beyond. Prac- ticing with Pema Chodron's, *Living Beautifully,* chap- ters six (11/3), seven (11/10 & 17) and eight (12/1). All welcome. Led by Rev. Mary.

Wisdom Dreams: November 3, 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. *(Note: We're going back to the dedicated Dream Group Zoom login).*

WISE Women: November 17, 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 November we reflect on our individual journeys with CHANGE and share what we are learning as WISE Women. *(Note: We're going back to the dedicated WISE Women Zoom login).*

Committees & Teams

Sunday Services Team: Thursday, November 10, 4-5 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees, Wednesday, November 9, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, November 17, 4-5 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

CARE Team: Tuesday, November 29, 3-4 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 Covenant Group: Mondays, November 7, 14, 21, 28 at 7 pm (In person at Oberlin UU & Zoom). Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, November 23, 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.

November 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.

Tuesday, November 1
2:30 Sources - UU Deepening (In person at Oberlin UU)
7:00 Sources - UU Deepening (Zoom)

Thursday, November 3
10:30 Deepening Circles Meditation (*Zoom*)
1:00 Wisdom Dreams *(Zoom)*

Sunday, November 6
11:00 TED Talk: You Don't Actually Know What Your Future Self Wants *(In person & Zoom)*
11:00 Religious Exploration for Children *(In person)*

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

Tuesday, November 8
7:00 Poems to Live By *(Zoom)*

Wednesday, November 9
10:00 Pastoral Counseling / Check-In *(Phone in)*
6:30 Board of Trustees *(Zoom)*

Thursday, November 10
10:30 Deepening Circles Meditation (*Zoom*)
4:00 Sunday Services Team (Zoom)

Sunday, November 13
11:00 Sunday Service: Change (And Dealing with it) *(In person)*
11:00 Religious Exploration for Children *(In person)*

Monday, November 14
7:00 OUUC & OUUF Men's Covenant Group (*In person at Oberlin UU & Zoom*)

Tuesday, November 15
2:30 Sources - UU Deepening *(In person at Oberlin UU)*
7:00 Sources - UU Deepening *(Zoom)*

Thursday, Novmber 17
10:30 Deepening Circles Meditation (*Zoom*)
1:00 WISE Women *(in person & Zoom)*
4:00 Adult Programs Team *(Zoom)*

Sunday, November 20
11:00 Thanksgiving Service: Grace & Grit (In person)
11:00 Religious Exploration for Children *(In person)*

Monday, November 21
7:00 OUUC & OUUF Men's Covenant Group (*In person at Oberlin UU & Zoom*)

Tuesday, November 22
1:00 Reading Marginalized Writers *(Zoom)*

Wednesday, November 23
7:00 What Would Jesus Do? *(In person at Oberlin UU & Zoom)*

Thursday, November 24 HAPPY THANKSGIVING

Sunday, November 27
11:00 Sunday Service: Gratitude - the Science, the Experience *(In person)*
11:00 Religious Exploration for Children *(In person)*
12:15 Meditation with Mudras *(In person)*

Monday, November 28
7:00 OUUC & OUUF Men's Covenant Group (*In person at Oberlin UU & Zoom*)

Tuesday, November 29
3:00 Care Team *(Zoom)*

Wednesday, November 30
10:00 Pastoral Counseling / Check-In (*Phone In)*

Deadline for the December issue of the Bellringer is Monday, November 28

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