



Bellringer

December 2022

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



DECEMBER'S THEME: WONDER

December 4: TED Talk - How We Experience Awe & Why It Matters. Neuroscientist Beau Lotto conducted an ambitious study with Cirque du Soleil on the emotion of awe and its psychological and behavioral benefits. In this talk and live performance, he shares some of their findings -- and stands back as Cirque du Soleil dancers create their own awe-inducing spectacle. Brian Warren will lead our discussion.

December 11: Protecting Your Sense of Wonder.

A sense of wonder is a feeling of child-like delight, amazement, and admiration at the natural state of the world. It refers to that feeling of grateful awe in the smaller things in life. It drives that natural feeling of wanting to know more about the world around you, like a young child with a curious mind. Wonder gives you a positive feeling and makes you pause in appreciation for those things like nature that are greater than you are.

Whether it's a day where you're exploring the world

through exotic adventures or commuting to work on a Monday, cultivating wonder can benefit you. What are some of your ideas? Service led by Kay Potetz; 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.

December 18: Winter Solstice Service & White Buffalo Gift Exchange. Intergenerational exploration of Hanukkah (which starts Sunday evening, 12/18) & Native American winter solstice traditions, in story and song. Service led by Emily Williams & Rev. Mary, with drumming by Mary Palmieri.

For our gift exchange, bring a gift that warms your heart in the dark chill of winter.

December 24, 5 pm: There's Hope in Christmas.

"Every night a child is born is a holy night," every child comes as a 'messiah,' bringer of Wonder, healing, change. We'll explore how Christmas practices, stories and music evolved. We'll end by singing of Silent Night by candlelight. Service led by Marianna Carney, Lara Lillibridge, Jessica Watts, Emily Williams, and Rev. Mary; with music by Katie Cross and Rian Fetting. Join us after the service for wassail and cookies in Coe Hall.

December 25: Christmas Gathering & Brunch at 11 am. Jane Semple has generously offered to provide brunch for all who would like to celebrate Christmas with church friends.

January 1: An End-of-Year Retrospective. Sharing lessons learned during the past year. Our discussion will be led by Brian Warren. (Please, no politics.)



REV. MARY'S MUSINGS: DAILY WONDER PRACTICE



The congregation's theme of the month for December is **WONDER**. And I wonder if you'd join me in a **daily Wonder practice** for the month of December: Set the intention to notice at least one moment of wonder as it arises in your daily life. Make a note of it (on your phone, in a journal, on your laptop).

Or, use this practice **from Soul Matters** (resources from UU religious professionals).

In either case, if you'd like to share your experiences, insights and questions about WONDER, it would be WONDER-full to hear from you (via email or text).

May we all have (and notice) a wonder-filled December!

Here's the Soul Matters Wonder practice:

Take A Daily Dose of Online Wonder

We most often talk about the giant, single-moment spiritual transformations that awe ignites in us. For instance, witnessing a solar eclipse, after which our entire view of Life/Spirit/Mystery/God and ourselves was transformed.

These once-in-a-lifetime infusions of wonder are great, but most of us wouldn't mind a little daily shot of wonder, too. Every single day must of us get stuck in our heads. Every afternoon we feel more numb than we'd like. And every evening it's hard to put our petty, self-centered worries into wider perspective. In the midst of all this, who doesn't long for a bit of daily wonder to wake us up?!

So this month, let's give ourselves the gift of a *daily* dose of wonder. Think of it as taking a regular "Awe Break." Every day, put everything down for just a few minutes and let wonder soak in.

To help, we've put together 31 online doses of wonder: One wonder-filled YouTube video for each of the 31 days of December. It's a lot like those advent calendars some of us had as kids. We'd peel back the cardboard door, discover some magical new gift and our entire day would be transformed.

If you're having a particularly hard day, feel free to watch a couple of them. The goal is to see if daily doses of wonder really change your days. We bet they do!

Please share the videos with friends/members without online access!

Here's the link to the YouTube playlist with all 31 Wonder videos:

https://youtube.com/playlist?list=PLvXOKgOQVYP7kGFJOQQHnr-OnCJWSf_eC



Religious Education



RELIGIOUS EDUCATION NEWS FOR DECEMBER

December 4: This Sunday, we'll be talking about the many meanings of Christmas. Our UU religion has its roots in Protestant Christianity, which celebrated Christmas as the birthday of Jesus. While Unitarians and Universalists both rejected the belief in the Trinity and did not think of Jesus as a part of God, they still studied and honored his teachings and celebrated the magical story of his birth. We will read "The Christmas Story" and talk about the life of Jesus and his enduring message of love and acceptance as part of understanding what we celebrate at Christmas. Teachers will be Sheryl Chow & Marianna Carney.

December 11: In the vividly written story, "Owl Moon", by Jane Yolen, a young girl is finally old enough to join her father in

seeking something wonder-ful: the sight and sound of a Great Horned Owl. What traits does one need to successfully seek this elusive owl? Well, you need to be quiet and patient. And very brave. Emily Williams and Sheryl Chow will lead a discussion with the children on the rewards of cultivating these traits, and how to use Mudras to help. Weather permitting, we may play a fun game outside!

December 18 - Intergenerational Winter Solstice Service & White Buffalo Gift Exchange. This Sunday, we'll have an interfaith exploration of Hanukkah (which starts Sunday evening, 12/18) & Native American winter solstice traditions, in story and song. Service led by Emily Williams & Rev. Mary, with drumming by Mary

Palmieri.

For our gift exchange, bring a gift that warms your heart in the dark chill of winter. (See Sheryl about gifts for our children.)

December 24, 5 pm: Intergenerational Service - There's Hope in Christmas. "Every night a child is born is a holy night," every child comes as a 'messiah,' bringer of Wonder, healing, change. We'll explore how Christmas practices, stories and music evolved. We'll end by singing of Silent Night by candlelight. Service led by Marianna Carney, Lara Lillibridge, Jessica Watts, Emily Williams, and Rev. Mary; with music by Katie Cross and Rian Fetting. Join us after the service for wassail and cookies in Coe Hall.



News...news...news

END OF YEAR TAX PLANNING

We are approaching year end, so those who have retirement accounts and want to avoid income tax, donating the (RMD) required minimum distribution to OUUC is a win/win.

If you are itemizing and need a little more for your charitable deductions, donating to OUUC would do so much good and again save you tax dollars.

If you find yourself in neither of these situations, you can still donate to OUUC because it's the right thing to do.

If you pledged and you have not sent it in, let this be your holiday reminder.

Thank you,
OUUC Board

ANTI-RACISM TRAINING OFFERED

Jubilee Three Anti-Racism Training Online

Do you wish to deepen your understanding of how race and ethnicity play out in our institutions and our daily lives? Are you ready to take a leading role to nurture a multicultural future in the face of opposing cultural currents? Then consider joining this life-changing weekend with Paula Cole Jones, Dr. Leon Spencer and Lutricia Callair.

Weekend Activities: The training includes presentations, discussions, videos, exercises, and small group work. This 2½ day workshop is open to anyone who wants to journey toward making a stand against racism. Church members and church leaders of any faith, as well as non-church members are all welcome! January 13-15, 2023 online.

Registration and details at the CER website:
<https://www.uua.org/central-east>

"NUU" ART EXHIBITION

An Invitation for Northeast Ohio Unitarian Universalist Artists

February 5, 2023- April 21, 2023

West Shore Unitarian Universalist Church

The Aesthetics & Permanent Collection Committee of West Shore Unitarian Universalist Church in Rocky River will be hosting an art exhibit in early 2023 of work created by professional and emerging artists (artists that may have never exhibited their artwork). The committee will curate and install the exhibit and host a reception in March.

They are inviting artists from the area to share their creative and expressive work with others from the region and community. The exhibit will be held in West Shore's Fireside Room along with other spaces of the church.

Call for art includes: Drawing, Painting, Printmaking, Photography, Graphic Arts, Fiber Arts, Ceramics, Sculptures.

Complete details and an application form are available in Coe Hall or contact 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: Not meeting in December.

Tuesdays

Sources Covenant Groups, December 6, 1-3 pm in person at Oberlin; **7:00-8:30 pm** on Zoom.

Note: not meeting on December 20.

Pre-registration required.

Poems to Live By, Poems to Wake Us Up: December 13, 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 Wednesday: December 14, 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. Note: Not meeting on December 28.

Cultivating Resilience: UU Monthly Gathering, Kendal-at-Oberlin. Not meeting in December.

Thursdays

Deepening Circles Meditation: December 1, 8, 15, 22, 10:30-11:30 am (Zoom). Weekly drop-in meditation group. Practicing with Pema Chodron's, *Living Beautifully*, chapters eight (12/2), nine (12/8 & 15), ten (12/22), not meeting 12/29. All welcome. Led by Rev. Mary.

Wisdom Dreams: December 1, 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: December 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 December we reflect on The Path of WONDER and share what we are learning as WISE Women.

Committees & Teams

Worship Committee: Tuesday, December 13, 4:00-5:00 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

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

OUUC & OUUF Adult Program Teams: Thursday, December 15, 4-5 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

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

What Would Jesus Do? Wednesday, December 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.



December Calendar

Sunday Services are offered in person. Meeting type - whether in person, Zoom only, or both - is noted below. Links for Zoom meetings are included in the weekly e-Bellsound.

Thursday, December 1

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

Sunday, December 5

- 11:00 TED Talk: How We Experience Awe & Why It Matters (In person)
- 11:00 Religious Exploration for Children (In person)

Monday, December 5

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

Tuesday, December 6

- 1:00 Sources - UU Deepening (In person at Oberlin UU)
- 7:00 Sources - UU Deepening (Zoom)

Thursday, December 8

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, December 11

- 11:00 Sunday Service: Protecting Your Sense of Wonder (In person)
- 11:00 Religious Exploration for Children (In person)

Monday, December 12

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

Tuesday, December 13

- 2:00 Poems to Live By (Zoom)
- 4:00 Worship Committee (Zoom)

Wednesday, December 14

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

Thursday, December 15

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

Sunday, December 18

- 11:00 Intergenerational Sunday Service: Winter Solstice Service & White Buffalo Gift Exchange (In person)

Monday, December 19

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

Thursday, December 22

- 10:30 Deepening Circles Meditation (Zoom)

Saturday, December 24

- 5:00 Intergenerational Christmas Eve Service: (In person) followed by a reception in Coe Hall

Sunday, December 25

- 11:00 Christmas Gathering & Brunch (In person)

Monday, December 26

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

Wednesday, December 28

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

Deadline for the January issue of the Bellringer is Monday, December 26

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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