



Bellringer

January 2023

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



JANUARY'S THEME: FINDING (Y)OUR CENTER

January 1: Looking Back at 2022. What has the past year been like for you? What were the blessings you received, the challenges you faced, the lessons you learned? And how has our Olmsted UU community enriched your life? Join us to share your experiences in Olmsted UU's annual reflection on the year that has past. Brian Warren will facilitate our discussion.

January 8: The Path to Finding Our Center. We've all had moments when life's demands leave us feeling stressed and scattered. Deadlines, to do lists, projects, and responsibilities: they all help make our lives feel a little too hectic, unmanageable, and even out of control. One of the greatest skills you can acquire is learning how to access your internal compass and find your center in times of stress.

Over many years of experience and practice, we have found a handful of mind-body techniques that are useful to employ when you're having "one of those days." Implementing them during times of stress will help you find your center.

We warmly invite you to experience this unique, deeply healing and transformative practice, and find liberation and inner peace for yourself. Service led by Zellda Zelley and Kay Potetz.

Stone Soup returns! As part of their lesson today, our RE class will be making stone soup for all to share. Please bring something to add -- potato, carrot, etc.

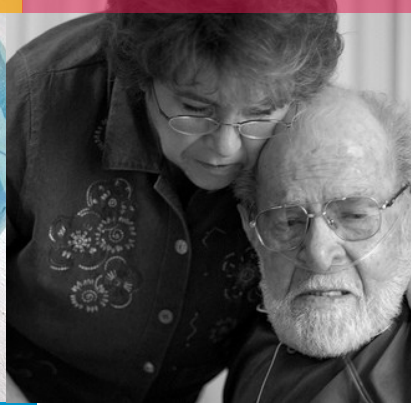
Also, remember our raffle for a prize every second Sunday. No purchase needed, just your attendance.

January 15: Finding (Y)our Center - Love's Converging Paths. Unitarian Universalism celebrates many paths to truth and meaning. What draws them together? What's at the center of our faith tradition? The Universalist call to Love - the most powerful force in the Universe. Service led by Rev. Mary.

January 22: The Problem of Immigration. Almost weekly we hear about immigrants assembling on the border, more people than our country can seem able to absorb. It is heartbreaking. But can we reasonably accommodate them?

What's to be done? We'll have a discussion about what the alternatives are, what are the moral and ethical issues, how we as UUs should regard this situation, what we as humanitarians are called to do. Our service will be led by the OUUC Worship Team.

January 29: House of Tomorrow. What is the connection between the musical, Bye-Bye Birdie and the poet, Khalil Gibran? Who discovered the most powerful weapon against bigotry and superstition? What are the Countries of Time? Bob Mulkins will give his answers to these questions. Hope you'll join us for "The House of Tomorrow".



REV. MARY'S MUSINGS: FINDING YOUR CENTER



The congregation's theme of the month for January is *FINDING (Y)OUR CENTER*.

As we start a new year, almost 3 years into pandemic shake-up, I invite us all to find our center. What is our center?

For me, our center is an embodied sense of well-being and presence

that includes wise body, beautiful heart, responsive mind and boundless awareness. It's the home of the "deepest wisest self," of "the still small voice within."

A Soul Matters author writes, "[Your center is] not simply a sense of peace and calm; it's also being challenged and pushed. What you hear in this deep space is not just, 'Rest and Breathe,' but also, 'Take a deep breath and jump!' We encounter an invitation there, not just a relaxation. [Our experience of our center is] a still point, yes. But a point upon which we pivot and turn to something new."

However you define and experience your center, may we support each other in living from that unified, still-point within. May we rest and breathe together. And may we inspire each other to turn toward something new life emerging and jump - at times, jumping together!

Rev. Mary

OX CART FOOD PANTRY REQUESTS FOR JANUARY

The Oxcart Food Pantry offers assistance to North Olmsted residents in need. Each month they feature a "theme" and request specific food donations. For January, they are asking for help restocking their shelves with staples:

- Hamburger or Tuna Helpers
- Dry mashed potatoes, bag or box
- Rice side dishes or Rice a Roni

- Noodle side dish packages
- Ramen packages or cups
- Dry soup mixes: Chicken or Onion
- Heat-in-bag rice varieties
- Bread crumbs or Shake N Bake

Please leave your donations in the marked box in Coe Hall, and we will deliver them .



Religious Exploration



RELIGIOUS EXPLORATION NEWS FOR JANUARY

Our Religious Exploration program continues strong in 2023. Each Sunday, the children join the adults in the sanctuary for opening rituals then go to their class for the morning program.

January 1: New Year's Day. No RE class today.

January 8: Today's story, "Almost a Full Moon", is also a song that we'll hear sung by Hawksley Workman. It's a story about finding warmth and community around the making and sharing of a pot of hot soup; cooked and eaten together. The RE class, with Jessica Watts and Sheryl Chow, will then be making a pot of soup to serve in Coe Hall after the

service. In the spirit of Stone Soup Sundays, we ask everyone to bring an item for the pot or to eat with the soup.

January 15: We'll be celebrating the peace and beauty of winter, with Marianna Carney reading "Stopping by Woods on a Snowy Evening". Sheryl Chow will also read "Winter Barn", while Fran Mulkins leads a craft on snowflakes.

January 22: Today's story, "Mr. Tiger Goes Wild" explores how a well-dressed, properly behaved tiger decides to explore his wild nature and celebrate who he was really meant to be. Do you have a "wild" nature inside of you, too?

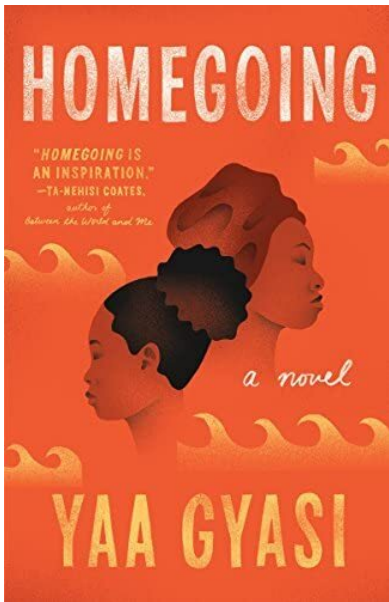
Through story and music, we'll learn how we can honor our "wild" and natural center of being! Mary Palmieri, with Sheryl Chow, will be the teachers.

January 29: In the story, "Just Listen" by Winifred Morris, Tara lives in the city, going through her day tuning out the abundant background noise. But her grandmother teaches her that sometimes you have to consciously focus and tune in. Tara learns first to listen to the sounds of nature around her and then to listen to her "song" within. Emily Williams and Sheryl Chow will be planning an outdoor sensory experience.



News...news...news

OLMSTED / OBERLIN BOOK GROUP: *HOMEGOING*



The Olmsted / Oberlin Book Group focuses on reading the work of marginalized writers. *Homegoing*, A **NEW YORK TIMES** NOTABLE BOOK by Yaa Gyasi, is the Oberlin Common Read this year.

The novel begins in Ghana in the eighteenth century. Two half sisters are born into different villages, each unaware of the other. One will marry an Englishman and lead a life of comfort in the palatial

rooms of the Cape Coast Castle. The other will be captured in a raid on her village, imprisoned in the very same castle, and sold into slavery.

One of Oprah's Best Books of the Year and a PEN/Hemingway award winner, *Homegoing* follows the parallel paths of these sisters and their descendants through eight generations from the Gold Coast to the plantations of Mississippi, from the American Civil War to Jazz Age Harlem. Yaa Gyasi's extraordinary novel illuminates slavery's troubled legacy both for those who were taken and those who stayed—and shows how the memory of captivity has been inscribed on the soul of our nation.

On January 31, the book group will meet at noon via Zoom. Please note this one-time change in time. All are welcome.

8th PRINCIPLE NEW DAY RISING CONFERENCE

Saturday, February 25, 2023, noon - 5 pm

Congregations throughout the Central East Region have started work on adopting the [8th Principle](#), covenanting to affirm and promote journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions. Some congregations have discussed it with no action, some have voted to adopt it, and some are using it to actively work on dismantling racism in their systems and communities. Our UU congregations are ready to take the next step in their process of furthering antiracism, whether they use the 8th Principle as a vehicle or not.

Join this year's New Day Rising event to learn from neighboring congregations about what path they've taken with their 8th Principle and other antiracism work, and how your congregation might move itself forward. This Central East Region event will include worship, testimony from congregations engaged in the work, plus caucusing and other community building opportunities.

Registration is open at:
<https://uua.wufoo.com/forms/m5pqbgys058j2/>

This conference will include pre-work and resources on the [UU Institute](#).



News...news...news

GENERAL ASSEMBLY 2023, JUNE 21-25

Join In Person in Pittsburgh, PA or Online



General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process. It is an inspirational, uniquely Unitarian Universalist experience

Anyone may attend. Congregations are allocated delegates based on the number of members. OUUC will be entitled to one delegate. If you are

interested in representing our congregation at GA, please contact the office at office@olmsteduu.org for more information.

Registration and additional information about attending GA is available at:
<https://www.uua.org/ga/registration>

Note: This year, the UUA will be voting to elect a new president.

OUUC WELCOMES HOME SCHOOL CO-OP GROUP

OUUC is pleased to announce that we will be hosting a small home school co-op once a week beginning on January 10. The co-op meets on Tuesdays from 9-3 and includes a small group of seven to ten children ages 5-10 and their families. They will be using a few of our RE rooms as well as Coe Hall and the kitchen.

The group shares our UU values of acceptance and inclusivity and says that our status as a UU

congregation was one of the reasons they asked to meet here.

The parents plan lessons and learning experiences for the children that can include art projects, science experiments, social justice events, etc. They will be with us from January through March. If you are in the building while the home school is here, please give them a warm welcome.



Programs/Meetings

Adult Programs

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

Sundays

Meditation with Mudras: January 22, 12:15-12:45 pm (in person). Hand positions to welcome intention and affirm harmony of body, mind and spirit. Facilitated by Emily Williams. All are welcome.

Tuesdays

Poems to Live By, Poems to Wake Us Up: January 10, 2-3 pm (Zoom). NEW DATE/TIME. Bring a poem (or two or three) to share. Or just come to listen. All are welcome.

Sources Covenant Groups, January 17 & 31, 1-3 pm in person at Oberlin; **7:00-8:30 pm** on Zoom. **Note:** Pre-registration required.

UU Kendal Monthly Gathering, January 24, 2-3 pm, (in person). For January, our reflection question is, "How are you finding your center?" Facilitated by Rev. Mary in Kendal's main building, in the Green Room. All are welcome.

Listening to Marginalized Writers: January 31, 12-1 pm (Zoom) Note temporary time change. Olmsted/Oberlin Book Group. See page 4.

Wednesdays

Pastoral Counseling/Check-In, 2nd & 4th Wednesdays: January 11 & 25, 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.

Thursdays

Deepening Circles Meditation: January 5, 12, 19, 26, 10:30-11:30 am (Zoom). Weekly drop-in meditation group. Practicing with Pema Chodron's, *Living Beautifully*, chapters ten (1/5 & 1/12), Concluding

Words and chapter eleven (1/19 & 1/26). All are welcome. Led by Rev. Mary.

Wisdom Dreams: January 5, 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: January 19, 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 all aspects of our lives. In January we reflect on Finding Our Center and share what we are learning as WISE Women.

Committees & Teams

CARE Team: Tuesday, January 3, 3-4 pm (Zoom). The CARE Team reaches out to offer presence and support to members and friends. All are welcome.

Worship Committee: Tuesday, January 10, 4:00-5:00 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees, Wednesday, January 11, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, January 19, 4-5 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

Men's Covenant Group: Mondays, January 2, 9, 16, 23, & 30 at 7 pm (In person at Oberlin UU & Zoom). Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, January 25, 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.



January Calendar

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

Sunday, January 1

- 11:00 Sunday Program: Looking Back at 2022
(*In person*)
- 11:00 No Religious Exploration for Children today

Monday, January 2

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

Tuesday, January 3

- 3:00 CARE Team (*Zoom*)

Thursday, January 5

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

Sunday, January 8

- 11:00 Sunday Service: The Path to Finding Our Center
(*In person*)
- 11:00 Religious Exploration for Children (*In person*)

Monday, January 9

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

Tuesday, January 10

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

Wednesday, January 11

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

Thursday, January 12

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

Sunday, January 15

- 11:00 Sunday Service: Finding Our Center - Love's
Converging Paths (*In person*)
- 11:00 Religious Exploration for Children (*In person*)

Monday, January 16

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

Tuesday, January 17

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

Thursday, January 19

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

Sunday, January 22

- 11:00 Sunday Service: The Problem of Immigration
(*In person*)
- 11:00 Religious Exploration for Children (*In person*)
- 12:15 Meditation with Mudras (*In person*)

Monday, January 23

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

Tuesday, January 24

- 2:00 UU Gathering at Kendal (*In person*)

Wednesday, January 25

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

Thursday, January 26

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

Sunday, January 29

- 11:00 Sunday Service: House of Tomorrow (*In person*)
- 11:00 Religious Exploration for Children (*In person*)

Monday, January 30

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

Tuesday, January 31

- 12:00 Book Group: Listening to Marginalized Writers
(*Zoom*)
- 1:00 Sources - UU Deepening (*In person at Oberlin UU*)
- 7:00 Sources - UU Deepening (*Zoom*)

**Deadline for the February issue of the Bellringer is
Monday, January 30**

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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