



# Bellringer

## February 2023

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



### **FEBRUARY'S THEME: THE PATH OF LOVE**

**February 5: TED Talk.** February's Ted Talk is by former ABC News anchor and author of "10% Happier" Dan Harris. TED says: "In a wise, funny talk, he shares his years-long quest to improve his relationships with everyone (starting with himself) and explains the science behind loving-kindness meditation, and how it can boost your resiliency, quiet your inner critic and simply make you more pleasant to be around." Brian Warren will facilitate our discussion.

**February 12: Are We Defining Love the Wrong Way?** Between human beings, love is a relational word. Yes, you can love things that do not love you back - the sky, or a painting, or a game of chess. But the love of other people is directional. There is a lover and a beloved - you don't just love, but you love at someone. And real love is not only about the

feelings of the lover; it is not egotism. It is when one person believes in another person and shows it. We know in our bones that love is not a feeling alone, but a feeling that flows into the world of action.

What are the many ways we can exhibit our love for another? How is love defined? Join us on Sunday February 12th and we'll explore this thought-provoking topic. Speaker: Kay Potetz. Pianist: Bob Perry. Greeter: Linda Rich

*Also, remember our raffle for a prize every second Sunday. No purchase needed. Attending the service will automatically qualify you in the drawing.*

**February 19: Compassion Begins at Home.** All religions teach the Golden Rule, "Do unto others as you would have others do unto you." Yet we are harder on ourselves than on anyone else. A kind world begins with self-compassion, self-love that radiates out, in all directions. Service led by Rev. Mary. *Join us for Stone Soup after the service. Please bring something to add - a potato, carrot, onion, etc.*

**February 26: Appreciating Syrian Culture.** Zafer Deeb will give us a brief introduction to the history of Syria, its culture, art, music and food. It will be conducted in two presentations, one in February about the geographical location of current Syria and how it changed from The Greater Syria over the years and times of domination by other nations. The second presentation will cover Syrian art, architecture, and history. Zafer is originally from Syria and has been attending OUUC for several years. This will be an Intergenerational service, finishing in Coe Hall where we will enjoy an array of Mediterranean food.



## REV. MARY'S MUSINGS: MAKE CHANNELS FOR THE STREAMS OF LOVE



Finding ourselves in midwinter - bleak or not - how are we called to love, as intentional response to the challenges and gifts of our lives?

I write looking out at Lake Erie, a morning after two days of snow and iron-gray skies. A sunny day? No. Yet morning light plays behind eastward-moving clouds, illuminating all with colors beyond words.

I started the day reading about the Russian army learning from western criticisms of their military disorganization, gearing up for more efficient destruction of Ukraine, democracy, world peace. Do we dare be open-hearted, to love?

Reading about mass shooting after mass shooting in the US, avoiding stories of attacks on the rule of law from within Congress. Do we dare be open-hearted, to love?

Buddhism challenges us to make a vow to accept the world as it is - even as mass shootings escalate and Russian military strategy mutates like Covid.

Accepting the world doesn't mean looking away. It

means upping our capacity to love: To bear witness. To face hard truths. To allow Life to rage and weep through us. Being fully present to the heartbreak opens the channels in us, empowering us to Love life in all its evolving forms, so we may respond on its behalf, as individuals and together.

We set the intention, make the vow, knowing we will break it again and again. Forgiving ourselves and vowing again.

This is the hardest commitment of all: To love the world as it is, not the way we wish it were. Mourning the needless suffering and accepting the limits - our own and those of our time. To make this vow, I need to be lifted like I was this morning, re-energized by morning light after the storms, illuminating all, building my capacity - our capacity - to be present, and to make new channels for the streams of love, together.

The gift (and task) of UU spiritual community is to love the world as it is now, to love ourselves as we are now, and to hold us as we learn how to respond. Are we ready to make that vow together - for 5 minutes, an hour, a day, a lifetime?

**In love,  
Rev. Mary**

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## OX CART FOOD PANTRY REQUESTS FOR FEBRUARY

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

February the request is simple -- PASTA & PASTA SAUCE! Please leave your donations in the marked box in Coe Hall, and we will deliver them .





# Religious Education



## RELIGIOUS EDUCATION NEWS FOR FEBRUARY

The goal of the OUUC religious education program is to provide a safe, welcoming, loving environment for religious education for children and youth that is grounded in the UU principles, encourages spiritual and intellectual growth and empowers our children to live our common ideals and develop their individual faith. Each Sunday, the children begin in the sanctuary for opening rituals then go to their class for the morning program.

**February 5:** Sheryl Chow will read two books, "I Am Enough", by Grace Byers and "I Am Every Good Thing" by Derrick Barnes. Sheryl and Emily Williams will talk about the importance of loving yourself for who you are and how you can use yoga to show yourself love and be your best self. "Yoga is

about getting to the true you, not copying someone else's shape!" We'll finish with a yoga session, so wear something comfortable!

**February 12:** Marianna Carney and Sheryl Chow will discuss a trio of interrelated books. The first book, "WEIRD!", by Erin Frankel, focuses on Luisa; a girl losing faith in herself under the barrage of negative comments from a girl at school. She tries to win the bully's approval by changing herself. When that doesn't work (and after some good advice from mom) she goes back to being herself - but owning it! In the second book, a girl who was formerly bullied learns to "DARE!" to speak up for someone else (and discovers something valuable in the process). In the final book, the bully herself learns that maybe

she can still protect herself and be strong without being mean and "TOUGH!" Many kids are worried or troubled by bullying. These books teach kids different ways to deal with bullying and help themselves be more confident.

**February 19:** All of us get angry or upset with others sometimes ... how could we express those feelings without hurting each other? Today's music and the story, "Sometimes People Fight, Even When They Love Each Other", by Dagmar Geisler, look at healthier ways we can have disagreements with our family and friends.

**February 25:** Intergenerational service. Children will join the adults for an all-ages service about the culture of Syria.



# OUUC News

## OLMSTED / OBERLIN BOOK GROUP: *BAD FEMINIST*

**Tuesday, February 28, 1 pm on Zoom**

*Bad  
Feminist*  
Essays  
Roxane  
Gay

The Olmsted/Oberlin Book Group reads and discusses the work of marginalized writers. The book they've chosen for February is a series of insightful and funny essays by Roxane Gay who writes, *"Pink is my favorite color. I used to say my favorite color was black to be cool, but it is pink—all shades of pink. If I have an accessory, it is probably pink. I read Vogue, and I'm not doing it ironically, though it might seem that way. I once live-tweeted the September*

*issue."*

In this book, Roxane Gay takes us through the journey of her evolution as a woman of color while also taking readers on a ride through culture of the last few years and commenting on the through state of feminism today. The portrait that emerges is not only one of an incredibly insightful woman continually growing to understand herself and our society, but also one of our culture.

*Bad Feminist* is a sharp, funny, and spot-on look at the ways in which the culture we consume becomes who we are, and an inspiring call-to-arms of all the ways we still need to do better.

## COCOA, MARSHMALLOWS AND GAMES - FEBRUARY 25



The young and young-at-heart are invited to come warm up over hot cocoa and games with us on **Saturday, February 25 from 2-4**

**pm.** Feel free to bring your favorite games or play one of ours. We'll supply snacks and beverages.

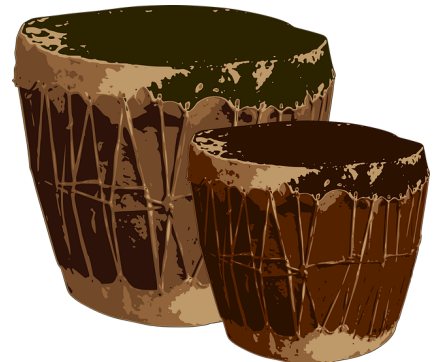
## INTERGENERATIONAL DRUM CIRCLE - FEBRUARY 12

Come to our next Intergenerational Drum Circle on Sunday, February 12! The Drum Circle will take place in Coe Hall from 12:25-1:30pm. In addition to the percussion instruments we will provide, please feel free to bring your own. Refreshments and light snacks will be provided before the Drum Circle begins.

Through rhythm and music, we will begin to explore how American music has been influenced by the many cultures that have come to call this country

home, either voluntarily, or by force.

Mary Palmieri







# UU 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. Participants worship, witness, learn, connect, and make policy for the 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](mailto: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. (UUA).

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## WINTER INSTITUTE - FEBRUARY 17-20

Winter Institute (WI) is a long-held tradition of gathering over President's Day week-end for a mid-winter retreat at Salt Fork State Park in Cambridge, Ohio. This relaxing weekend has been an intimate gathering for UUs of all ages. There are frosty outdoor activities like sledding, hiking and cross-country skiing. For those who choose to stay in their slippers all weekend, there is a beautiful lodge with its many cozy corners and fireplaces. The pool and hot tub are truly a wintertime treat. There are fellow UUs always ready to

play board games or to join in the community jigsaw puzzle. We have wonderful community worship services in the morning and evenings.

This year Winter Institute will be held on **February 17-20, 2023** at Salt Fork State Park in Cambridge, OH. Registration is open at [https://www.uua.org/central-east/calendar/winter-institute-2023?vgo\\_ee=lOnTUd4EzEOPRvAdUPvz93b7lmlKGICdLGgtNBedJm0%3D](https://www.uua.org/central-east/calendar/winter-institute-2023?vgo_ee=lOnTUd4EzEOPRvAdUPvz93b7lmlKGICdLGgtNBedJm0%3D) and all are welcome! Deadline is February 12!



# UU News

## CHEERS! AN EVENING OF WINE TASTING

**February 18, 2023, 7:30 pm at 355 E. Lorain St., Oberlin, OH 44074**

Join winemaker and former Oberlin resident John Levenberg for a fun and informative evening of wine tasting at the Oberlin Unitarian Universalist Fellowship. This year we will be sampling 6 wines: two sparkling whites, and four reds from Collective.The Wine John will again educate us about the techniques and tools of wine-making, and guide us through the tasting process. ... You can register for the event at

[https://oberlin.qualtrics.com/jfe/form/SV\\_9za8a69g0lWd61E?jfe=new](https://oberlin.qualtrics.com/jfe/form/SV_9za8a69g0lWd61E?jfe=new). Spaces are quite limited! Register now!

**About John:** John has a masters degree from UC Davis in Viticulture and Enology. He has worked at wineries in California, France, and New Zealand, as well as up and down the East Coast, accruing multiple awards in the process. John built and opened Baltimore's first and only operating winery, The Wine Collective in 2019.

## 8th PRINCIPLE NEW DAY RISING CONFERENCE

**Saturday, February 25, 2023, noon - 5pm.**

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. 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/m5pqbg0s058j2/>

This conference will include pre-work and resources on the UU Institute.

## UUJO LEADERSHIP OPPORTUNITIES

Unitarian Universalist Justice Ohio has a few leadership opportunities available. UUJO is a small but mighty organization with a great track record in support of Ohio UU congregations and collaborating with other Ohio Justice groups to achieve common goals. As you may be aware, each year, the Nominating Committee recruits both Board members and Nominating Committee members. We are looking

for folx with a variety of skills sets who are interested in promoting Justice in Ohio. In addition to interest in areas of justice, we also encourage former treasurers/bookkeepers to consider learning more. The terms are for 2 years. I am on the Nominating Committee; you can direct inquiries to me at [ljalbright@hotmail.com](mailto:ljalbright@hotmail.com).

Laurie Albright





# 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: February 5, 12:15-12:45 pm (in person)** Note date change. Hand positions to welcome intention and affirm harmony of body, mind and spirit. Facilitated by Emily Williams. All are welcome.

### Tuesdays

**Sources Covenant Groups, February 7 & 21, 1-3 pm** in person at Oberlin; **7:00-8:30 pm** on Zoom. **Note:** Pre-registration required.

**Poems to Live By, Poems to Wake Us Up: February 14, 2-3 pm (Zoom).** Bring a poem (or two or three) to share. Or just come to listen. All are welcome.

**Listening to Marginalized Writers: February 28, 1-2:30 pm (Zoom).** Olmsted/Oberlin Book Group. See page 4.

**UU Kendal Monthly Gathering, February 28, 2-3 p.m.,** 4th Tuesdays, in Kendal's main building, in the Green Room. For February, our reflection questions include, "How is love getting your attention this month? How are you allowing love to flow through you this month? How are you intentionally listening for love?" Conversation and check-in facilitated by Rev. Mary. All are welcome.

### Wednesdays

**Pastoral Counseling/Check-In, 2nd & 4th Wednesdays: February 8 & 22, 10-11 am.** Phone in: 216-402-3438. Or email Rev. Mary for an appointment at a different time ([mary@marygrigolia.com](mailto:mary@marygrigolia.com)). All are welcome.

### Thursdays

**Deepening Circles Meditation: February 2, 9, 16, 23, 10:30-11:30 am (Zoom).** Weekly drop-in meditation

group. Reading Pema Chodron's, *Taking the Leap*, chapter one, "Feeding the Right Wolf" (2/2 & 2/9), chapter two, "Learning to Stay", (2/16 & 2/23). All are welcome. Led by Rev. Mary.

**Wisdom Dreams: February 2, 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: February 16, 1-2:30 pm (In person & Zoom).** Welcome to Women-in-Spirit Evolving - a monthly group to listen, support and celebrate what is emerging in all aspects of our lives. In February we reflect on The Path of Love and share what we are learning as WISE Women.

## Committees & Teams

**Board of Trustees, Wednesday, February 8, 6:30 pm (Zoom).** All are welcome.

**Sunday Services Committee: Tuesday, February 14, 4:00-5:00 pm (Zoom)** to reflect on past services and plan upcoming services. All are welcome.

**OUUC & OUUF Adult Program Teams: Thursday, February 16, 4-5 pm (Zoom).** Evaluate current programs, plan new ones. All are welcome.

## Oberlin Programs

**Men's Covenant Group: Mondays, February 6, 13, 20, 27 at 7 pm (In person at Oberlin UU & Zoom).** Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.

**What Would Jesus Do? Wednesday, February 22, 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.



# February Calendar

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

## Thursday, February 2

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

## Sunday, February 5

- 11:00 Sunday Service: TED Talk (*In person*)
- 11:00 Religious Education for Children (*In person*)
- 12:15 Meditation with Mudras (*In person*)

## Monday, February 6

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

## Tuesday, February 7

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

## Wednesday, February 8

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

## Thursday, February 9

- 10:30 Deepening Circles Meditation (Zoom)

## Sunday, February 12

- 11:00 Sunday Service: Are We Defining Love the Wrong Way? (*In person*)
- 11:00 Religious Education for Children (*In person*)
- 12:25 Drumming Circle

## Monday, February 13

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

## Tuesday, February 14 **HAPPY VALENTINE'S DAY!**

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

## Thursday, February 16

- 10:30 Deepening Circles Meditation (Zoom)

- 1:00 WISE Women (*In person & Zoom*)
- 4:00 Adult Programs Team (Zoom)

## Sunday, February 19

- 11:00 Sunday Service: Compassion Begins at Home (*In person*)
- 11:00 Religious Education for Children (*In person*)
- 12:00 Stone Soup in Coe Hall (*In person*)

## Monday, February 20 **PRESIDENT'S DAY**

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

## Tuesday, February 21

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

## Wednesday, February 22

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

## Thursday, February 23

- 10:30 Deepening Circles Meditation (Zoom)

## Saturday, February 25

- 2:00 Intergenerational Game Afternoon (*In person*)

## Sunday, February 26

- 11:00 Sunday Service: Appreciating Syrian Culture, an Intergenerational Service (*In person*)

## Monday, February 27

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

## Tuesday, February 28

- 1:00 Book Group: Listening to Marginalized Writers (Zoom)
- 2:00 UU Gathering at Kendal (*In person*)

**Deadline for the March issue of the Bellringer is Monday, February 27**

## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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