



Bellringer

April 2023

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

APRIL'S THEME: RESISTANCE



April 2: TED Talk - The Moral Case for Fossil Fuels. Alex Epstein, philosopher and author of "Fossil Future: Why Global Human Flourishing Requires More Oil, Coal, and Natural Gas—Not Less", uses a philosophical approach of balancing moral costs & moral benefits to society that allow humans to flourish on this otherwise inhospitable planet. We (hopefully) will discuss using this balanced philosophical approach with other issues besides energy.

April 9: Easter and Resistance. Religion can be a powerful force. Challenges to religiously based ethical standards and moral behaviours often compel people of faith to respond with protests in support of their vision of a just society or a greater sacred order.

Faith-based protest movements range widely in purpose: while some faith groups have played prominent roles in bringing attention to injustice, others have used religion to justify intolerance.

Many spring celebrations include people like you and me standing up to our fears and frustrations while resisting those forces that try to grind some people up, turn some people into victims, and squash some people's dreams. While others rejoice

in finding new life and focus on a better future for everyone.

Join us as we explore various religious celebrations, i.e., Christian Easter, Jewish Passover, Muslim Ramadan, and Unitarian New Life. Speakers: Kay Potetz and Emily Williams. Pianist: Bob Perry. Greeter: Linda Rich.

Also, remember our raffle for a prize every second Sunday. No purchase needed. Just attend the service.

Canned goods needed. We'll hide them for a children's Easter hunt and donate them after to Oxcart Pantry. Cans can be left in Coe Hall in the marked box.

April 16: Resistance, Race & Resilience- Beneath resistance to teaching the history of racism & slavery in the US, is fear of truth. We journey beyond fear by facing it and feeling it, discovering its gifts in resilience - our own and each other's. We'll share and reflect on a contemporary junior high school text, *An American Story*. Service led by Rev. Mary.

Join us for Stone Soup after the service. Please bring something to add or to serve along side our soup.

April 23: Celebrating Earth Day. This Intergenerational Service will celebrate Mother Earth through poetry, music, discussion, and drumming! Mary Palmieri, Marianna Carney and Sheryl Chow will lead us as we contemplate the welfare of our planet.

April 30: Thoughts on Happiness: A Blue Dress. Are you happy? Should you be? Do you have enough in your life, or would you be happy if you just had a little bit more? We will consider this and related questions. Service led by Jeff Witmer.



REV. MARY'S MUSINGS: DANCING TOGETHER IN RESISTANCE



The congregation's theme of the month for April is RESISTANCE.

With all the crises in our world - the war on democracy in Ukraine and in the US House of Representative, the climate crisis that requires international commitment and cooperation, growing economic uncertainty and widening disparity - it would be easy to equate resistance with protests and picketing.

But resistance has two main faces:

1. **Preserving** the status quo = resisting change in cultural conventions and/or individual habits
2. **Transforming** the status quo = resisting norms and habits on behalf of more peace, justice, and well-being

Resistance is necessary for stability of body, heart, mind, and spirit. Our bodies require homeostasis to stay balanced across all systems. Our minds and brains use homeostasis, habit patterns, for efficiency (so we don't have to eat 24 hours a day). And homeostasis limits us. For example, if we don't resist efforts to scare us, we each become an anxious non-presence.

I invite us all to do a **Personal Resistance Check-in**. Asking ourselves, In what ways am I using resistance for:

1. Preserving the Status Quo, including personal habits that cause me and others suffering?
2. Transforming the Status Quo, on behalf of positive

change for me and for others?

Here's what I uncovered in myself:

Resistance **PRESERVING** the Status Quo:

- I resist the unknown by escaping into email or text messages
- I resist scheduling time for music, meditating, nature, yoga
- I resist noticing what I feel and what I need (necessary for healthy relationships)
- I resist prioritizing downtime
- I resist scheduling time for integrating and reflecting after meetings, programs, conversations.

Resistance **TRANSFORMING** the Status Quo:

- I resist taking on the meanness of the system around me
- I resist "othering"
- I resist cynicism and pessimism about our world situation
- I resist the cultural norm against talking about grief, death and dying
- I resist my habit of Doing over Being
- I resist denial about the risk facing democracy

I'm a slow learner. But I'm a learner. I take heart in the neuro-science of change: Resisting and changing habits takes persistence and happens slowly. It changes our brains, our minds, and our lives.

Collectively resisting conventions and habits that cause suffering and injustice can change the world. We're slow learners. But we're learners.

Dancing with you in resistance,
Rev. Mary



Religious Education



RELIGIOUS EDUCATION NEWS FOR APRIL

The goal of the Olmsted UU 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.

April 2: We're celebrating spring with a trip to Rocky River Nature Center! We'll be using our senses to discover and appreciate the life that's awakening in our woods and waterways. Marianna Carney &

Sheryl Chow will lead the adventure

April 9 - Easter: We'll be celebrating Easter in the sanctuary with the grownups where we'll hear the story, "Looking for Easter". Approximately 20 minutes before the end of the service, Fran Mulkins will leave with the children to hunt for Easter eggs and canned goods donated by Olmsted UU members and friends. *Grown-ups - please donate some canned goods for our hunt!*

April 16: How do we talk about the painful history of slavery in our country? Why talk about it all? Today we'll be reading and discussing "An American Story" by Kwame Alexander. This is a Stone Soup Sunday so please bring a

carrot, potato, onion, etc. to add to our soup. Thank you!

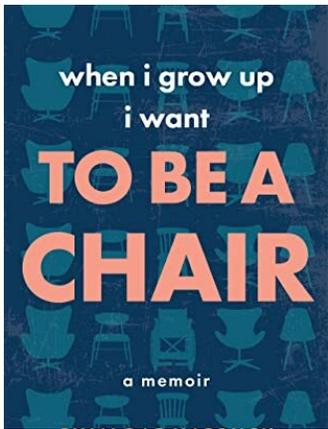
April 23 - Earth Day: We'll join the grown-ups in the sanctuary to celebrate and honor our Mother through discussion, music and drumming! Mary Palmieri will lead this Intergenerational service with help from Marianna Carney and Sheryl Chow.

April 30: A greedy king searching for the one beautiful thing that will make him happy meets a generous quiltmaker who only gifts her beautiful quilts to those in need. What can the King learn from the Quiltmaker? What can we all? This fable comes from "The Quiltmaker's Gift", by Jeff Brumbeau.



OUUC News

OLMSTED / OBERLIN BOOK GROUP: *When I Grow Up, I Want to Be a Chair*



**Tuesday, April 25,
1 pm on Zoom**

Her story has (not) defined her.

From where she sat, her perspective of the world was both quite ordinary and rivetingly extraordinary—from a paralyzing car accident in her teens to traveling overseas on a journey of self-reflection to becoming a mom. Throughout everything she experienced, she

fervently believed in following her given path. She wanted to trust its trajectory. She wanted to be sure.

Her story is not about a chair.

Her story is about her strengths and how they rose out of her instinctive vulnerabilities.

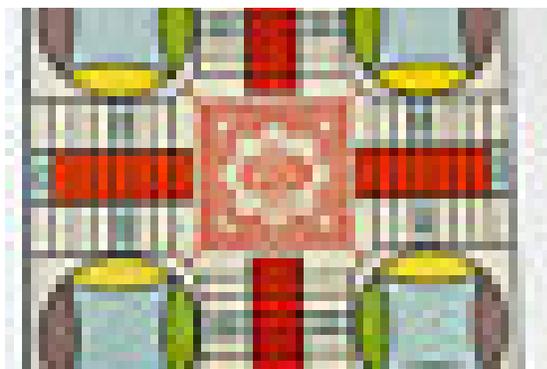
Her story is about her struggles and how they became her victories.

Her story is about being willing to hold it all, for herself and the whole of her world.

Everyone has a chair. That thing you are bound to or unwillingly defines you. An element that makes you different from the rest. One that you have little choice in the matter.

What's YOUR chair?

GAME DAY IS BACK! SATURDAY, APRIL 15, 1-4 pm



Join us for another fun-filled afternoon of games and camaraderie. This time, we'll enjoy freshly popped corn and iced tea. What could be better? Please come and feel free to bring your favorite snack to share.

OXCART PANTRY WISH LIST: SIDE DISHES FIT FOR A HOLIDAY DINNER

- Rice sides (heat/eat or package mixes)
- Mashed potatoes (dry)
- Scalloped potatoes (package mixes)
- Noodle side dishes

The Pantry offers assistance to North Olmsted residents in need. Please leave your donations in the marked box in Coe Hall, and we will deliver them to the Food Pantry.



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 their 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 and will consider changes to Article II of the Unitarian Universalist Association (UUA) Bylaws, Principles and Purposes.

UUA PRESIDENTIAL FORUMS

There will be a series of presidential candidate forums, to allow delegates and members to learn more about Rev. Dr. Sofia Betancourt. Each forum will offer both on-site and virtual participation. There will also be an additional forum during General Assembly in June.

All Unitarian Universalists are welcomed and encouraged to engage with the presidential candidate forums and the process as a whole, to ensure our next UUA President may establish the

foundation for their leadership with broad participation.

- [April 29, 2023 1p CT Evanston IL](#)
- [May 20, 2023 1p PT Santa Barbara](#)
- [June 3, 2023 1p CT Dallas, TX](#)

For more information about these forums or to register, go to: <https://www.uua.org/uuagovernance/elections/2023-presidential-election>.



UU News

AN INVITATION FROM WEST SHORE UU CHURCH

The EarthFest & Aesthetic Committees of West Shore Unitarian Universalist Church invite the congregants of northeast Ohio UU churches to attend and participate in our EarthFest celebration on **Saturday, April 29, from 10 - 4** at WSUUC in Rocky River.

The Aesthetic Committee will **host an exhibit with art furnished to us by YOUU!** The call for art includes: drawing, painting, printmaking, photography and graphic arts of Nature, The **drop off date is Saturday, April 22 from 9 - 1 pm** in the West Shore Rotunda (limit one piece per artist).

The exhibit will be held in WSUUC's Fireside Room and there will be two receptions. We are hoping you come to the reception on Saturday, April 29 from 10 - 4 and then stay and enjoy our **EarthFest**. You may also come on Sunday, April 30 after church service.

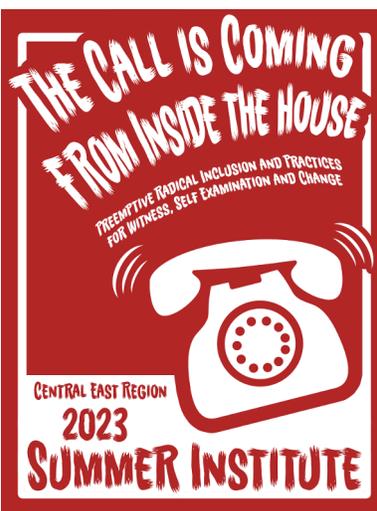
EarthFest will be a fair and celebration to connect, inspire and inform anyone who is interested in the preservation of our environment. The event is designed for all ages and includes: face painting, displays from Nature Centers and libraries, vendors with earth friendly products, government and private organizations whose emphasis is saving the environment for all peoples.

Thank you,

EarthFest - Contact **Suzanne Rusnak** for registration materials if you would like to set up a table or have questions. srusnak916@gmail.com mobile 440.334.3336

Art Exhibit - Contact **Jerry Devis** if you have questions. devisjj@yahoo.com mobile 216.288.8012

SUMMER INSTTUTE REGISTRATION OPENS MARCH 1



Our second year at PennWest University (formerly CalU) is scheduled and we're looking forward to seeing you there! We'll have campers from a larger area this year as folks from UUMAC (Unitarian Universalist Mid-Atlantic Community) join with CERSI (Central East Region Summer Institute). Join us **July 9-15, 2023** at PennWest in California, PA.

2023 Theme - The Call is Coming from Inside the House: Preemptive Radical Inclusion and Practices

for Witness, Self Examination and Change. Our Theme Speaker this year is CB Beal (they/them/theirs), a storyteller, educator, and speaker who is known for their humor, insight, ability to use their own foibles and unfortunate life experiments as cautionary tale, and to hold space where people can be braver and safer, facilitating learning experiences where people get to make their next move towards justice. Through stories, reflections, and conversation about practices of preemptive radical inclusion, CB will help us explore our capacity for witness, self examination and change.

Registration opens March 1, Scholarship Deadline is May 31. Learn more today at the CERSI website <https://www.cersiuu.org/>



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: April 23, 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

Sources Covenant Groups, April 4 & 18, 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: April 11, 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: April 28, 1-2:30 pm (Zoom). Olmsted/Oberlin Book Group. See page 4.

UU Kendal Monthly Gathering, April 25, 2-3 p.m., 4th Tuesdays, in Kendal's main building, in the Green Room. For April, our reflection questions include: -
 - What positive changes are you resisting making?
 - What positive changes are you allowing yourself to engage?
 - How are you resisting hurtful cultural norms?
 - How are you resisting oppression and injustice?
 Conversation and check-in facilitated by Rev. Mary. All are welcome.

Wednesdays

Pastoral Counseling/Check-In, 2nd & 4th Wednesdays: April 12 & 26, 11-12 noon. 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: April 6, 13, 20, 27, 10:30-11:30 am (Zoom). Weekly drop-in meditation

group. Reading Pema Chodron's, *Taking the Leap*, chapter five, "Getting Unstuck", (4/6); chapter six, "We Have What We Need" (4/13 & 20); chapter seven, "Rejoicing in Things as They Are" (4/27). All are welcome. Led by Rev. Mary.

Wisdom Dreams: April 6, 1:30-2:30 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: April 20, 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 April we reflect on Resistance and share what we are learning as WISE Women.

Committees & Teams

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

Sunday Services Committee: Tuesday, April 11, 4:00-5:00 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees: Wednesday, April 12, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, April 20, 4-5 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

Men's Covenant Group: Mondays, April 3, 10, 17, 24 at 7 pm (In person at Oberlin UU & Zoom). Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, April 26, 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.



April 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, April 2

- 11:00 Sunday Service: TED Talk *(In person)*
- 11:00 Religious Education for Children *(In person)*
- 12:00 Coffee Hour *(In person)*

Monday, April 3

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

Tuesday, April 4

- 1:00 Sources - UU Deepening *(In person at Oberlin UU)*
- 3:00 Care Team *(Zoom)*
- 7:00 Sources - UU Deepening *(Zoom)*

Thursday, April 6

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

Sunday, April 9 **EASTER**

- 11:00 All-ages Service: Easter and Resistance *(In person)*
- 11:40 Easter hunt for treats & canned goods *(In person)*
- 12:00 Coffee Hour *(In person)*

Monday, April 10

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

Tuesday, April 11

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

Wednesday, April 12

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

Thursday, April 13

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

Saturday, April 15

- 1:00 Game Day *(In person)*

Sunday, April 16

- 11:00 Sunday Service: Resistance, Race & Resilience *(In person)*

- 11:00 Religious Education for Children *(In person)*
- 12:00 Stone Soup in Coe Hall *(In person)*

Monday, April 17

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

Tuesday, April 18

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

Thursday, April 20

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

Sunday, April 23

- 11:00 All-ages Service: Celebrating Earth Day *(In person)*
- 12:00 Coffee Hour
- 12:15 Meditation with Mudras

Monday, April 24

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

Tuesday, April 25

- 1:00 Book Group: "When I Grow Up, I Want to Be a Chair" *(Zoom)*
- 2:00 UU Gathering at Kendal *(In person)*

Wednesday, April 26

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

Thursday, March 30

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

Sunday, April 30

- 11:00 Sunday Service: Thoughts on Happiness *(In person)*
- 11:00 Religious Education for Children *(In person)*
- 12:00 Coffee Hour

Deadline for the May issue of the Bellringer is Monday, April 24

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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