



Bellringer

March 2023

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



MARCH'S THEME: VULNERABILITY

March 5: Brene Brown Discussion - "The Most Eye-Opening 14 Minutes Of Your Life!" In this video, Brene Brown explains her research on shame, vulnerability, hope, and leadership. Followed by a discussion of the video, accompanying songs, and/or our personal experiences. Compiled and moderated by Brian Warren.

March 12: Why Is Vulnerability a Strength? Many of us might associate vulnerability with feelings of fear, uncertainty, or shame. We may have been taught not to allow ourselves to appear vulnerable because it is often accompanied by the possibility of rejection or failure; both of which are frightening.

While being vulnerable is often thought of as a sign of weakness, it is a deeply important part of the human experience. Even though it can be uncomfort-

able, vulnerability can also be the birthplace for joy, creativity, and authenticity. Where is the virtue in vulnerability? How is vulnerability defined? Is there any value in being vulnerable? Join us as we explore this stimulating subject.

Speaker: Kay Potetz. Pianist: Bob Perry. Greeter: Linda Rich.

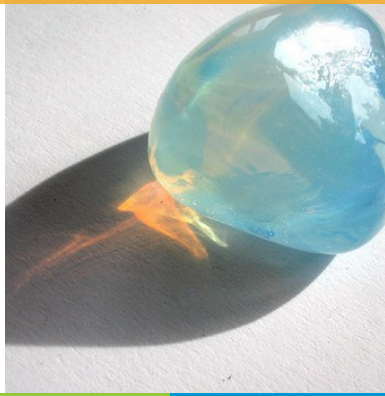
Also, remember our raffle for a prize every second Sunday. No purchase needed. Attending the service will automatically qualify you in the drawing.

March 19: The Power of Vulnerability. As we honor World Water Day (March 22), we reflect that all life is vulnerable: open to one another, interdependent, interwoven, constantly needing to adapt, to learn, to evolve. Our spiritual and political task is to overcome aversion to vulnerability so we might use its collective power to benefit planet and people. Service co-led by Marianna Carney and Rev. Mary.

Join us for Stone Soup after the service. Please bring something to add - a potato, carrot, onion, etc. - or to serve along side our soup.

March 26: Tour of Historical Syria, Part 2. We'll continue the audio visual tour of the historical part of Syria, the capital Damascus, Bosra, Palmyra, musical instruments and their sounds, art over the ages from figurines to mosaic to architecture. The Arabic influence on the Greek Byzantine buildings, Roman amphitheater and much more.

Join us all as your input is important to the presentation.



REV. MARY'S MUSINGS: WHAT TOUCHES YOU?



The congregation's theme of the month for March is VULNERABILITY.

As I sit at my kitchen counter, looking north over Lake Erie, the cloudy late-afternoon winter's sky is streaked with grays and pinks; the lake, a steel blue streak across the horizon, gently moving water reflecting light back at the clouds. A gull is lifted by the breeze. I am touched - softened, opened - by Life's beauty. I breathe in peace

and spaciousness, a constantly changing tableau.

The root of the word 'vulnerable' means 'able to be wounded.' Yet vulnerability is also our ability to be touched: by the beauty all around us, by the uncertainty and gifts of the flowing moment; touched by one another, learning to trust and be trustworthy; touched by memories, by art; touched by Life's evolving forms, including the mystery and wonder of the wise body and beautiful heart.

The power of vulnerability comes from the mystery of Life: Life evolves because we are all vulnerable to one another, in what Thich Nhat Hanh called, "inter-being." We must learn to adapt to the Covid virus. And to all viruses, bacteria, fungi, plants, neighbors, and siblings. To all weather patterns and movements of Earth's tectonic plates.

Our political and climactic context is daunting. Our task is to learn to use the super-power of vulnerability to respond to the collective challenges

facing us as individuals, as communities, and as a human family.

We are living in a culture where collective power has been systematically shaped by the few for their benefit, with no regard for the common good. And where the power of advertising, psychology, politics devolves to click bait and scaring people who become locked into fear responses and scenarios.

Imagine what can happen when we learn to share the exponential collective power of vulnerability and inter-being.

We have a lot to learn.

And we are not alone. Others are also sitting with this urgency and invitation, looking out their windows, looking to each other, in spiritual communities and justice-centered groups all around the world.

Our congregation exists to support one another in showing up as we are: Practicing being vulnerable in public, so that we may free and follow the deepest, wisest yearnings and guidance of the beautiful heart, in harmony and benefit to the world around us.

We are each that gull, soaring over the beautiful lake.

And together, we are also the breeze lifting the gull, and the lake, waving and holding and reflecting it all.

In vulnerability, Rev. Mary



Religious Education



RELIGIOUS EDUCATION NEWS FOR MARCH

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.

March 5: Marianna Carney and Sheryl Chow will continue a discussion from February on bullying, using a trio of interrelated books. In the second

book of the series, 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".

March 12: "Hosea Plays On" tells the story of Hosea Missouri Taylor Jr., a street musician who plays his saxophone at the marketplace in a Rochester (NY) neighborhood. He is busking for money, and has a very special reason for doing so! This true story delivers a beautiful message about kindness,

generosity, community, and using one's musical gifts to bring joy to others. Through story and rhythm, Mary Palmieri, with Lynda Garvin, will explore a genre of music initiated by black culture: blues and jazz!

March 19: In honor of "World Water Day" we'll be celebrating the importance of water in our lives. Fran Mulkins, with Sheryl Chow, will lead an art project exploring Monet's "Water Lilies".

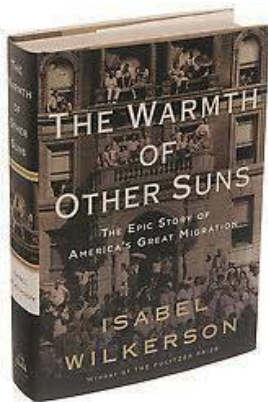
March 26: We'll be joining the adults in the sanctuary for an intergenerational service about the history of Syria.



OUUC News

OLMSTED / OBERLIN BOOK GROUP: *THE WARMTH OF OTHER SUNS*

Tuesday, March 28, 1 pm on Zoom



The NATIONAL BOOK CRITICS CIRCLE AWARD WINNER • *NEW YORK TIMES* BESTSELLER • In this beautifully written masterwork, the Pulitzer Prize-winner and bestselling author of *Caste* chronicles one of the great untold stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities, in search of a better life.

From 1915 to 1970, this exodus of almost six million people changed the face of America. Wilkerson compares this epic migration to the migrations of other peoples in history. She interviewed more than a thousand people, and gained access to new data and official records, to write this definitive and vividly dramatic account of how these American journeys unfolded, altering our cities, our country, and ourselves.

Join the OUUC/OUUF Book Group on March 28 at 1 pm. Zoom link will be available in the eBellsound.

PASTA & PARCHEESI! SATURDAY, MARCH 11



Last month's Game Day was enjoyed by all, so we're bringing it back for March! On Saturday, March 11, we'll serve a spaghetti lunch at 12:30, followed by games until 4 pm. Bring your favorite games or play one of ours. Donations gratefully accepted.

OX CART FOOD PANTRY - MARCH WISH LIST

Each month the Oxcart Food Pantry features a "theme" and requests specific food donations. For March the request is:

JAMS, JELLIES & CANNED/JARRED FRUIT.

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,.

GA 2023 Ware Lecturer Is Imani Perry

Imani Perry is the Hughes-Rogers Professor of African American Studies at Princeton University and a faculty associate with Gender and Sexuality Studies and Jazz Studies. In the summer of 2023 she will join the faculty at Harvard University as a Radcliffe Professor. Perry is also a contributing

writer for *The Atlantic* and the author of seven books. The Ware Lecture will take place on **Saturday, June 24 at 7 pm ET** and requires General Assembly registration to view the live stream or attend in-person.



UU News

UUA PRESIDENTIAL FORUMS

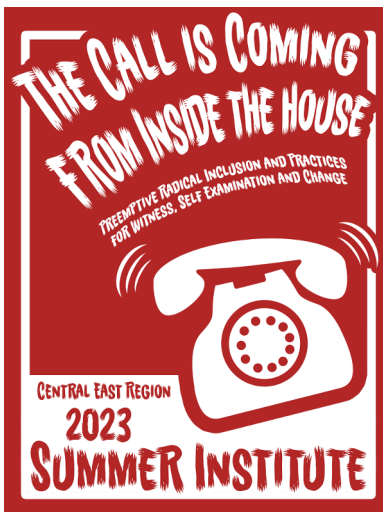
There will be a series of four presidential candidate forums, starting in March, to allow delegates and members to learn more about Rev. Dr. Sofia Betancourt. Planned in concert with the Election Campaign Practices Committee with support from UUA staff, each forum will offer both on-site and virtual 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.

- [March 18, 2023 1p ET Arlington VA](#)
- [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>. Or check upcoming issues of the eBellsound.

SUMMER INSTITUTE 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: Not offered in March.

Tuesdays

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

UU Kendal Monthly Gathering, March 28, 2-3 p.m., 4th Tuesdays, in Kendal's main building, in the Green Room. For March, our reflection questions include, "How have you been vulnerable this month? How are you experiencing and honoring the vulnerability around you?" Conversation and check-in facilitated by Rev. Mary. All are welcome.

Wednesdays

Pastoral Counseling/Check-In, 2nd & 4th Wednesdays: March 8 & 22, 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: March 2, 9, 16, 23, 30, 10:30-11:30 am (Zoom). Weekly drop-in meditation group. Reading Pema Chodron's, *Taking the Leap*, chapter three, "The Habit of Escape" (3/2 & 3/9), chapter four, "The Natural Movement of Life"

(3/16 & 3/23), chapter five, "Getting Unstuck", (3/30 & 4/6). All are welcome. Led by Rev. Mary.

Wisdom Dreams: March 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: March 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 March we reflect on Vulnerability and share what we are learning as WISE Women.

Committees & Teams

Board of Trustees: Wednesday, March 15, 6:30 pm (Zoom). Note date change. All are welcome.

Sunday Services Committee: Tuesday, March 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, March 16, 4-5 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

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

What Would Jesus Do? Wednesday, March 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.



March 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, March 2

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

Sunday, March 5

- 11:00 Sunday Service: Discussion (In person)
- 11:00 Religious Education for Children (In person)

Monday, March 6

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

Tuesday, March 7

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

Wednesday, March 8

- 10:00 Pastoral Counseling / Check-In (Phone in)

Thursday, March 9

- 10:30 Deepening Circles Meditation (Zoom)

Saturday, March 11

- 12:30 Spaghetti Lunch - followed by all-ages Game Afternoon (In person)

Sunday, March 12

- 11:00 Sunday Service: Why Is Vulnerability a Strength? (In person)
- 11:00 Religious Education for Children (In person)

Monday, March 13

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

Tuesday, March 14

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

Wednesday, March 15

- 6:30 Board of Trustees (Zoom)

Thursday, March 16

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

Sunday, March 19

- 11:00 Sunday Service: The Power of Vulnerability (In person)
- 11:00 Religious Education for Children (In person)
- 12:00 Stone Soup in Coe Hall (In person)
- 12:00 Stewardship Campaign Kick-off**

Monday, March 20

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

Tuesday, March 21

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

Wednesday, March 22

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

Thursday, March 23

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, March 26

- 11:00 Intergenerational Service: A Historical Tour of Syria (In person)

Monday, March 27

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

Tuesday, March 28

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

Thursday, March 30

- 10:30 Deepening Circles Meditation (Zoom)

Deadline for the April issue of the Bellringer is Monday, March 27

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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