



# Bellringer

## May 2023

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



### **MAY'S THEME: CREATIVITY**

**May 7: TED Talk on the Theme of the Month - Creativity.** We'll watch a TED Talk on creativity with accompanying music and videos to inspire our imagination and help us get in touch with the artist within.

**May 14: Creativity - What Is It?** Studying creativity can be a tricky process. Not only is creativity a complex topic in and of itself, but

there is also no clear consensus on how exactly to define it. Many of the most common definitions suggest that creativity is the tendency to solve problems or create new things in novel ways.

Creativity requires both: a fresh perspective combined with discipline. As Thomas Edison, "Genius is one percent inspiration and 99% perspiration."

Join us on Sunday May 14th and we'll explore some of the steps that you can take to improve your own creativity. Speaker: Kay Potetz . Pianist: Bob Perry. Greeter: Linda Rich.

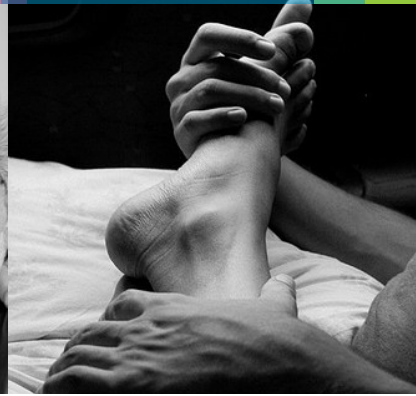
*Also, remember our raffle for a prize every second Sunday. No purchase needed. Attending the service will automatically enter you in the drawing.*

**May 21: Mothering the Future.** Beyond birthing and raising children, life needs us to mother a sustainable future for the global human family, creating peace and mutuality with one another and with nature. We practice mutuality in spiritual community. 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.*

**Drum Circle on May 21, 12:30 pm.** You are invited to participate in our next Intergenerational Community Drum Circle, with Mary Palmieri. We will continue to explore how the multicultural composition of our country has influenced American music! Snacks and refreshments will be provided, along with good fellowship in rhythm and harmony! If weather permits, we will hold the circle outdoors.

**May 28: On Memorial Day.** On the last Monday in May we honor Memorial Day with parades and solemn ceremonies as we should. Heroic acts deserve such ceremonies. But the tragedy of war produces many heroes some in uniform and others in street clothes. This talk considers both. Speaker: Bob Mulkins. Moderator: Fran Mulkins.



## REV. MARY'S MUSINGS: Creating Community Together Moment by Moment



What is creativity?

The dictionary definition is: Giving form to something new.

Do you think of yourself as a creative person?

Children are creative geniuses, not hiding imaginary friends or memories unbounded by time; constantly creating new games, new stories, new creatures.

Our productivity-obsessed culture pressures us to confine creativity to neat categories (*I'm a songwriter or poet. A water-colorist or architect.*)

Yet creativity is not so easily boxed up.

Everyday is a fresh canvas, with yesterday's brushes and paints at hand.

We create or confine ourselves into routines every day, throughout the day. Every moment asks, What will we create now?

What attitudes, habits, intentions enable us to create -- to give form to something new?

When we invite a friend to our home we create a welcoming environment for them and for ourselves.

When we make a phone (or Zoom) call, we create an environment for all of us to be heard (and seen).

When we leave school and launch ourselves into the adult world, we create ways to make a living and create an ever-evolving career.

When we move beyond cultural stricture, every moment of life becomes an opportunity to create. An open field. Brush in our hand. Kindness in our open heart.

Rumi wrote, Out beyond divisions of you and me, win and lose, there is an open field. I'll meet you there!

May we become again creative geniuses, moment by moment, creating an evolving spiritual community together!

Rev. Mary

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## OXCART FOOD PANTRY WISH LIST FOR MAY

Things that go well with a great cup of coffee:

- Granola - bars or mixed
- Oatmeal - cups or quick oats
- Muffins/Breads/Pancakes - boxed mixes
- Cereal - box or bagged, hot or cold. Cereal bars or breakfast bars

- PBJS - peanut butter, jelly or jams, syrup
- Desserts - cookie, cake or brownie mixes. Pudding or jello.

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





# Religious Education



## OUUC RE NEWS FOR MAY

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.

**May 7:** Walking in the woods makes us feel calm and happy. Many children experience "nature deficiency." This Sunday, our children will joyfully connect with nature down by the Rocky River Nature Center, and then draw

what they want to remember. It could be frogs, birds, squirrels, trees, flowers, leaves, water; whatever draws their attention. Emily Williams and Sheryl Chow will lead.

**May 14:** This week's story, "Jayden's Impossible Garden" is about opening our eyes to the beauty that's around us and using our imagination and creativity to enhance the beauty of everyday items. Marianna Carney and Sheryl Chow will be leading the class in using this idea to make a Mother's Day craft.

**May 21:** Fran Mulkins will be reading the enlightening and entertaining story, "Marcel's Masterpiece, How a Toilet Shaped

the History of Art". Can a toilet be art? What IS art? Is it an object? An idea? Who decides? Fran will be leading a discussion of these questions and the making of crafts using found objects.

**May 28:** In keeping with the theme of "Creativity" for May, Mary Palmieri will lead a rhythm circle that looks at the ways that music invites us to participate in the creative process. Sheryl Chow will read the book, "Starboy" by Jami Gigot, based on the music and life of rock legend, David Bowie. We will include some of Bowie's music along with other unique and creative singers/songwriters as we drum along with them."



# OUUC News

## OUUC Service Auction

Saturday, May 6, 5:30 pm



**Finger foods & beverages**  
**Live Auction of donated services**  
**Silent Auction of baskets and donated items**  
**Raffles of individual items**  
**Bargains. Bargains. Bargains.**

***\$5 adults, \$3 kids under 18, \$10 family***

**Get ready for LOTS of fun with LOTS of great items to bid on.**

- A Night at the Casbah - Custom Oil Painting - Deluxe Family Style Dinner**
- Drumming Explorations in basic rhythms - Computer Help / Photo Retouching**
- Luscious Chocolates - Card Making Lessons - And Lots More!**

**There's still room for donations, so turn on your ingenuity and create an event of your own. Donations to our Service Auction are still being sought. To submit a donation just complete a Donation Sheet available in Coe Hall or contact Sheryl Chow at [spa1021@yahoo.com](mailto:spa1021@yahoo.com).**





# UU News

## 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.

- [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>.

## GENERAL ASSEMBLY 2023, JUNE 21-25

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

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.

## SUMMER INSTITUTE JULY 9-15

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.

Registration 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: May 28, 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, May 2, 16, 30, 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: May 9, 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: May 23, 1-2:30 pm (Zoom).** Olmsted/Oberlin Book Group.

**UU Kendal Monthly Gathering, May 23, 2-3 p.m., 4th Tuesdays,** in Kendal's main building, in the Green Room. For May, our reflection questions/conversation starters include: -

- What is a surprising way you've used creativity?
- How are you intentionally creative?
- What has creativity shown you?
- How has creativity changed for you through your life?
- Where might you invite creative mind to unlock a persistent habit? Conversation and check-in facilitated by Rev. Mary. All are welcome.

### Wednesdays

**Pastoral Counseling/Check-In, 2nd & 4th Wednesdays: May 10 & 24, 11-12 noon.** 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: May 4, 11, 18, 25,**

**10:30-11:30 am (Zoom).** Weekly drop-in meditation group. Reading Pema Chodron's, *Taking the Leap*, chapter seven, "Rejoicing in Things as They Are" (5/4); chapter eight "Uncovering Natural Openness" (5/11, 5/18); chapter nine "The Importance of Pain" (5/25). All are welcome. Led by Rev. Mary.

**Wisdom Dreams: May 4 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: May 18, 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 our lives. In May we reflect on Creativity and share what we are learning as WISE Women.

## Committees & Teams

**Sunday Services Committee: Tuesday, May 9, 4:00-5:00 pm (Zoom)** to reflect on past services and plan upcoming services. All are welcome.

**Board of Trustees: Wednesday, May 10, 6:30 pm (Zoom).** All are welcome.

**OUUC & OUUF Adult Program Teams: Thursday, May 18, 4-5 pm (Zoom).** Evaluate current programs, plan new ones. All are welcome.

## Oberlin Programs

**Men's Covenant Group: Mondays, May 1, 8, 15, 22, 29 at 7 pm (In person at Oberlin UU & Zoom).** Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.

**What Would Jesus Do? Wednesday, May 24, 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.





# May Calendar

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

## Monday, May 1

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

## Tuesday, May 2

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

## Thursday, May 4

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

## Saturday, May 6

5:30 OUUC Service Auction

## Sunday, May 7

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

## Monday, May 8

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

## Tuesday, May 9

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

## Wednesday, May 10

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

## Thursday, May 11

10:30 Deepening Circles Meditation (Zoom)

## Sunday, May 14

11:00 Sunday Service: Creativity - What Is It?  
(In person)  
11:00 Religious Education for Children (In person)  
12:00 Coffee Hour in Coe Hall (In person)

## Monday, May 15

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

## Tuesday, May 16

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

## Thursday, May 18

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

## Sunday, May 21

11:00 Sunday Service: Mothering the Future  
(In person)  
12:00 Stone Soup  
12:30 Intergenerational Drumming Circle

## Monday, May 22

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

## Tuesday, May 23

1:00 Book Group: (Zoom)  
2:00 UU Gathering at Kendal (In person)

## Wednesday, May 24

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

## Thursday, May 25

10:30 Deepening Circles Meditation (Zoom)

## Sunday, May 28

11:00 Sunday Service: On Memorial Day (In person)  
11:00 Religious Education for Children (In person)  
12:00 Coffee Hour  
12:15 Meditation with Mudras

## Monday, May 29

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

## Tuesday, May 30

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

## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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Jen Biermann, Jim Carney & Linda Rich - Trustees