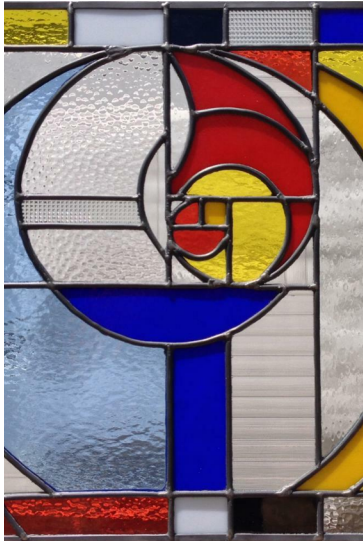




# Bellringer

## July 2023

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



### **July 2: G.A. Sunday Service**

**2023.** The pandemic has wrought change and created uncertainty for institutions, like our Unitarian Universalist congregations, and our wider world. Who and what are we becoming, individually and collectively? The 2023 GA Sunday service explored these themes as UUs gathered in community to celebrate the best of who we are.

### **July 9: What Do We Hear from Boston?**

The Unitarian Universalist Association headquarters is in Boston, Massachusetts. Sometimes the small UU congregations like us can feel very disconnected from the UUA headquarters. This Sunday, we will gather information from people who went to the recent General Assembly in Pittsburgh, and get news of proposed changes and other plans which may affect UUs. There was an election, a proposal to change some of the UUA By-Laws, and many other presentations on activities which may be of interest to all of us. Come and get an update on "the room where it happened!"

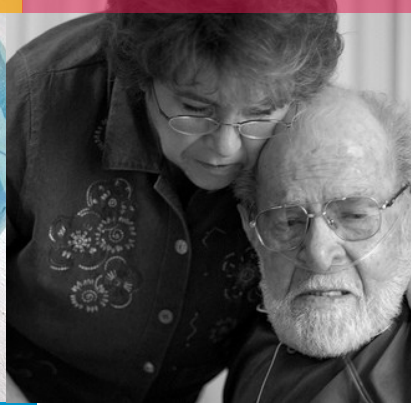
**July 16: Finding Our Roots, Part 1.** Our own OUUC started out as a Universalist church, founded as the First Universalist Society in 1834! In the new state of Ohio, Universalist beliefs were spreading across the

growing and developing state and becoming quite popular with the pioneers. What did the Universalists believe, and how did they live out their beliefs in our own church? Service will be led by Marianna Carney.

**July 23: Finding Our Roots, Part 2.** OUUC became a Unitarian Universalist Church in 1961, when the separate Unitarian and Universalist churches decided to merge into the Unitarian Universalist Association (the UUA as we know it). Although many individual churches had already merged, because of common beliefs, it was not official until 1961. We will briefly explore the history and beliefs of the Unitarian religion. Brian Warren will lead this service.

**July 30: TED Talk - The Great Migration and the Power of a Single Decision.** Isabel Wilkerson, acclaimed author of the award winning book, "The Warmth of Other Suns", talks about the power of the single decision that changed the course of families and lineages and countries and history to the current day. Wilkerson focuses on the consequences, personally and nationally, of the migration of millions of African Americans out of the Jim Crow south from World War I to the 1970's. Discussion facilitated by Lynda Garvin.

**TOO GOOD TO MISS! CHECK OUT THE SERVICE AUCTION ITEMS STILL AVAILABLE.** Sign-up sheets and directions on how to pay are in a manilla folder on the table to the left as you enter Coe Hall from the driveway. Take a look on Sunday or the next time you are at 5050 Porter Rd.



## REV. MARY'S MUSINGS: *On Study Leave*



Historically, every July I am on Study Leave.

Easier to say what Study Leave is NOT:

- It's not vacation.
- It's not a sabbatical.

What Study Leave is:

- It calls me to discern spiritual/ethical/social needs of

members and friends.

- It asks me to notice where the energy is moving, drawing my attention to resources and wisdom responding to our needs and yearnings.
- It needs me to explore how to address these needs and yearnings in services and adult programs.
- It allows me to make our spiritual journey together in this new congregational year real!

What this means for members, committees and program groups:

- I'm not attending or facilitating meetings in July.

- I'm not leading Sunday services in July. (*I am leading the memorial service for Mary Lee Orr on July 15 at 2 p.m. at Kendal in the main auditorium. All are welcome.*)

- I'm available only for emergencies, via text, phone or email.

- I'm holding you and our congregations in my heart and thoughts.

Why is Study Leave beneficial?

- Stopping on-going habits of mind allows us to see with new eyes.

- It offers the gift of time for inspirations to arise.

- It helps inspiration take form as new programs and services for a new year.

May we all find ways to see ourselves, each other, our congregation, and our world with new eyes, renewed energy, inspiration, commitment and care.

Happy Summer to you!

Rev. Mary

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## OX CART PANTRY COLLECTING SCHOOL SUPPLIES

The Oxcart Food Pantry offers assistance to North Olmsted residents in need. In July, they are requesting donations of school supplies - pens,

markers, crayons, pencils, glue sticks, rulers, back packs, etc. Please leave your donations in the marked box in Coe Hall and we will deliver them.



# 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: July 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

**Poems to Live By, Poems to Wake Us Up: July 11, 2-3 pm (Zoom).** Bring a poem (or two or three) to share. Or just come to listen. Hosted by Betsy in July. All are welcome.

**Care Team: July 11, 3-4 pm (Zoom).** The Care Team reaches out to offer presence and support to members and friends. All are welcome.

**UU Kendal Monthly Gathering, is on summer siesta.** See you in September! (Sept 26, 2-3 p.m. - 4th Tuesdays)

### Wednesdays

**Pastoral Counseling / Check-In, doesn't meet in July.** Resumes in August, 2nd & 4th Wednesday's, August 9 & 23, 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 doesn't meet in July. Meeting again in August, Thursdays, 10:30-11:30 am (Zoom).** Reading Pema Chodron's, *When Things Fall Apart* - August 3 (Introduction and chap 1, Intimacy with Fear); August 10 (chap 2, When Things Fall Apart); August 17 (chap 3, This Very Moment Is the Perfect Teacher); August 24 (chap 4, Relax As It Is); August 31 (chap 5, It's Never Too Late). All are welcome. Led by Rev. Mary.

**Wisdom of Dreams: July 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. Hosted by Emily in July. All are welcome.

**WISE Women: July 20, 1-2:30 pm (In person at Olmsted UU & Zoom).** Women-in-Spirit Evolving - a monthly group to listen, support and celebrate what is emerging in our lives. In July we continue to reflect on Delight and share what we are learning as WISE Women.

## Committees & Teams

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

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

**OUUC & OUUF Adult Program Teams** don't meet in July; next meeting **Thursday, August 17, 4-5 p.m (Zoom).** Evaluate current programs, plan new ones. All are welcome.

## Oberlin Programs

**Men's Covenant Group: Mondays, July 3, 10, 17, 24, 31 at 7 pm (In person at Oberlin UU & Zoom).** Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.

**What Would Jesus Do? Wednesday, July 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.





# July 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, July 2**

- 11:00 G.A. Sunday Service 2023 *(In person)*
- 12:00 Coffee Hour *(In person)*

## **Monday, July 3**

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

## **Thursday, July 6**

- 1:30 The Wisdom of Dreams *(Zoom)*

## **Sunday, July 9**

- 11:00 Sunday Service: What Do We Hear  
From Boston? *(In person)*
- 12:00 Coffee Hour *(In person)*

## **Monday, July 10**

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

## **Tuesday, July 11**

- 2:00 Poems to Live By *(Zoom)*
- 3:00 Care Team *(Zoom)*
- 4:00 Sunday Services Committee *(Zoom)*

## **Wednesday, July 12**

- 6:30 Board of Trustees *(Zoom)*

## **Sunday, July 16**

- 11:00 Sunday Service: Finding Our Roots, Part 1  
*(In person)*
- 12:00 Coffee Hour *(In person)*

## **Monday, July 17**

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

## **Thursday, July 20**

- 1:00 WISE Women *(In person & Zoom)*

## **Sunday, July 23**

- 11:00 Sunday Service: Finding Our Roots, Part 2  
*(In person)*
- 12:00 Coffee Hour *(In person)*
- 12:15 Meditation with Mudras *(In person)*

## **Monday, July 24**

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

## **Wednesday, July 26**

- 7:00 What Would Jesus Do? *(In person at Oberlin UU & Zoom)*

## **Sunday, July 30**

- 11:00 TED Talk: The Great Migration and the Power  
of a Single Decision *In person)*

**Deadline for the August issue of the Bellringer is  
Monday, July 24**

## **OLMSTED UNITARIAN UNIVERSALIST CONGREGATION**

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 Coordinator of Religious Education: Sheryl Chow - [spa1012@yahoo.com](mailto:spa1012@yahoo.com)  
**Board** / Eric Jaworowski - President Emily Williams - Past President Kay Potetz - Treasurer  
 Jen Biermann, Jim Carney & Linda Rich - Trustees