



Bellringer

June 2023

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



JUNE'S THEME: DELIGHT

June 4: TED Talk - Magic Is Creating Delight for Other People. Robert Strong has been voted San Francisco's "Best Magician" three times. He has performed in over 40 countries, in all 50 states, on every major TV network, and twice at the White House. Our discussion of "Delight", our theme of the month, will be facilitated by Brian Warren.

June 11: Is There Delight in Schadenfreude? Even if you don't know what *schadenfreude* means, chances are you've experienced it at least once in your life. Maybe when your annoying co-worker fell out of his chair. Maybe when your know-it-all classmate got a bad mark on a test. Maybe when your loud neighbours got their power cut off. If you've ever felt delight and/or joy when something bad happened to someone else, you've experienced *schadenfreude*.

It's an uncanny emotion that is difficult to assimilate. It's kind of a warm-cold experience that is associated with a sense of guilt. It can make you feel odd to experience pleasure when hearing about bad things

happening to someone else.

Knowing yourself is key to understanding the true meaning of *schadenfreude*. Join us on Sunday, June 11th and we'll explore some of the examples that might have caused you *schadenfreude*.

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

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

June 18: Transformed by Delight. Father's Day, Evolving: Over the past 50 years, in the wake of the women's movement and LGBTQIA+ rights, a full spectrum of emotion is opening to men, to fathers, to all of us. No longer confined to anger, fatherhood may be transformed by delight. No longer confined to fear, shame, sadness, we are all called to delight. Service led by Rev. Mary

June 25: Celebrating Spiritual Community. Join us for an end-of-year potluck brunch, celebration of bridging for Grace (to high school) and Amy (to middle school), followed by the Annual Meeting.

For more information about the Annual Meeting, please see page 4.

Reminder: Please turn in your pledges by June 4.



REV. MARY'S MUSINGS: Taking in Delight / Why Delight Matters



*The congregation's theme of the month for June is **Delight**.*

Delight? Seriously?... Yes. And, no.

When I first heard June's theme, simultaneously I responded, Yay! and... You've gotta be kidding! - with all that's going on....?

Both are true. Simultaneously.

What is delight?

(No dictionaries required.) De-light = *of or from light*

What are we made of? Light!

What do we live from? Light!

Who made us? Where are we going?

Yup, same old, same old. And never the same.

So why do we turn - must we turn - to delight?

The multiple crises of our times - climate, racism, homophobia, gun violence, war in Ukraine, attacks on democracy - need us to be awake, aware and engaged citizens.

To stay awake, aware and engaged, we need to be resilient.

To feel and respond to anger, fear, and grief, we need to be resilient.

We become resilient from love for life - for nature, for

each other, for ourselves, for what we can create and become together.

Taking in Delight - breathing it into every cell of the body - creates neurological well-being, which helps us face and respond creatively to complex realities.

Where does delight find you?

Where do you expect to welcome delight?

Where do you look for delight?

Can you - will you - give yourself permission to see, feel, breathe it in?

I wrote this Musings from a gritty, neighborhood car repair and mini-mart, sitting in their single (swiveling) seat, in front of the cooler (filled with Coke products, bottled water, Reese's peanut butter cups), next to shelves of Pringles and Pop Tarts. First time here. Oil change. Looking up, I see hand-made banners, drawn by a young child: *Congrats Daddy - I Love You - Angelina. Celebrating 20 years of Service.*

I can't stop smiling, delight and gratitude spreading in all directions.

Delight is in the air. And on the walls.

In the faces and stories of the ones around us. Plants and animals.

May intentional delight and surprising delight be our shared practice - this month and beyond - so we may be of benefit to our world.

Rev. Mary



Religious Education



RELIGIOUS EDUCATION NEWS FOR JUNE

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.

June 4: Emily Williams and Sheryl Chow will be leading an explo-

ration of the beautiful patterns in nature called "fractals". Found in flowers, trees, snowflakes and clouds, we are hard wired to respond to them and slow down. We stop worrying so much, become calmer and even experience a sense of awe and wonder!

June 11: For this month's theme, Delight, we will express -- through story and rhythms -- the many ways that music and musical instruments bring joy into our lives! Led by Mary Palmieri with Sheryl Chow. The story is "This Magical, Musical Night".

June 18: On Father's Day, after reading "Dandy" a whimsical story of the lengths a father will go to for his daughter, the children will be crafting a sweet gift to share their love for their fathers!

June 25: We will all join together for an end-of-year potluck brunch to celebrate the bridging of Grace (to high school) and Amy (to middle school), followed by the OUUC Annual Meeting.



OUUC News

ANNUAL MEETING - SUNDAY, JUNE 25, IN PERSON



Our Annual Meeting has been set for Sunday, June 25. We will come together for an end-of-year potluck brunch at 11 am to celebrate the bridging of Grace (to high school) and Amy (to middle school), followed by the meeting.

During the meeting we will receive annual reports from the Minister, the Board, the Treasurer, the Director of Religious Education, and the Office Manager.

We will also discuss and vote on:

- 2023-2024 Operating Budget based on the pledges that have been received
- 2023-2024 Board of Trustees
- 2023-2024 Nominating Committee

Per the Bylaws, a packet of information will be sent out two weeks before the meeting.

All are welcome to attend. Members of OUUC are able to vote.

HOME SCHOOL CO-OP FAIR JUNE 11

The Home School Co-op that was meeting one day a week at OUUC will be hosting a fair for the Greater Cleveland home school community. So far, they have 15 vendors who will be promoting their services for parents who home school their children.

The fair will be held on Sunday, June 11 from 1 - 5 pm outside if the weather is good. If not, they'll be

using Coe Hall. This will not interfere with our regular Sunday activities and is an invaluable chance for OUUC to be more visible to young families. The fair is a secular event, so we will not have a table, but it is still an important outreach.

If you'd like to learn more about home schooling and the community, please stop by.

WORSHIP RETREAT, SATURDAY, JUNE 10

Help imagine and plan spiritually uplifting Sunday services

Worship Retreat presented by the Oberlin Worship Team

When: Saturday June 10, 10:30 am-12 noon

Where: at the Oberlin Fellowship, 355 Lorain St., Oberlin, OH 44074 and on Zoom

Prep Work: What topics, readings, videos, podcasts, songs, stories (etc.) are lifting your spirits, engaging your heart and mind?

We'll explore the individual needs we must face together, and the social, collective needs we must respond to - as a spiritual community, as support and practice groups, and as friends.

All are welcome!



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: June 18, 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: June 6, 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: June 13, 2-3 pm (Zoom). Bring a poem (or two or three) to share. Or just come to listen. All are welcome.

UU Kendal Monthly Gathering, June 27, 2-3 pm, 4th Tuesdays, in Kendal's main building, in the Green Room. For June, our theme is **Delight**. Our reflection questions/conversation starters include,

- When have you been surprised by delight recently?
- Do you have a story to share about delight?
- What has delight shown you?
- What role has delight played in your life?
- Who comes to mind (heart) when you think of delight?

Conversation and check-in facilitated by Rev. Mary. All are welcome.

Wednesdays

Pastoral Counseling / Check-In, 2nd & 4th Wednesdays: June 14 & 28, 11 am --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: June 1, 8, 15, 29, 10:30-11:30 am (Zoom). NO SESSION on June 22. Weekly drop-in meditation group. Reading Pema

Chodron's, *Taking the Leap*, chapter nine "The Importance of Pain" (6/1); chapter ten, "Unlimited Friendliness" (6/8 & 6/15); epilogue "Taking This into the World" (6/29). All are welcome. Led by Rev. Mary.

Wisdom of Dreams: June 1, 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: June 15, 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 June we reflect on Delight and share what we are learning as WISE Women.

Saturdays

Worship Retreat: June 10, 10:30 am - 12 noon (in person at Oberlin UU & Zoom). See page 4 for information.

Committees & Teams

Sunday Services Committee: Tuesday, June 13, 4:00-5:00 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees: Wednesday, June 7, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, June 15, 4-5 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

Men's Covenant Group: Mondays, June 5, 12, 19, 26 at 7 pm (In person at Oberlin UU & Zoom). Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, June 28, 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.



June 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, June 1

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

Sunday, June 4

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

Monday, June 5

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

Tuesday, June 6

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

Wednesday, June 7

- 6:30 Board of Trustees (Zoom)

Thursday, June 8

- 10:30 Deepening Circles Meditation (Zoom)

Saturday, June 10

- 10:30 Worship Retreat (In person at Oberlin UU & Zoom)

Sunday, June 11

- 11:00 Sunday Service: Is There Delight in Schandefreude? (In person)
- 11:00 Religious Education for Children (In person)
- 12:00 Coffee Hour in Coe Hall (In person)

Monday, June 12

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

Tuesday, Jun 13

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

Wednesday, June 14

- 11:00 Pastoral Counseling / Check-In (Phone in)

Thursday, June 15

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

Sunday, June 18

- 11:00 Sunday Service: Transformed by Delight (In person)
- 11:00 Religious Education for Children (In person)
- 12:00 Coffee Hour (In person)
- 12:15 Meditation with Mudras (In person)

Monday, June 19

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

Sunday, June 25

- 11:00 Celebrating Spiritual Community - Picnic and Annual Meeting (In person)

Monday, June 26

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

Tuesday, June 27

- 2:00 UU Gathering at Kendal (In person)

Wednesday, June 28

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

Thursday, June 29

- 10:30 Deepening Circles Meditation (Zoom)

Deadline for the July issue of the Bellringer is Monday, June 26

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

5050 Porter Road, North Olmsted, Ohio 44070 / 440-777-6622 / office@olmsteduu.org / www.olmsteduu.org
 Staff / Minister: Rev. Mary Grigolia - mary@marygrigolia.com / Office Manager: Cathy Ross - office@olmsteduu.org
 Coordinator of Religious Education: Sheryl Chow - spa1012@yahoo.com
 Board / Eric Jaworowski - President Emily Williams - Past President Kay Potetz - Treasurer
 Jen Biermann, Jim Carney & Linda Rich - Trustees