



Bellringer

September 2023

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



THEME FOR SEPTEMBER: WELCOME

September 3: Ware 2016 Lecture with Krista Tippett. "The 'art of living' is another way to talk about 'practices of faith'—virtues—the being and doing of spiritual life that our world so desperately needs in the 21st Century, now as much as ever before. I've become intrigued by unexpected themes that have arisen in my life of conversation—religious wisdom that reveals itself in fresh and compelling language, from fresh and compelling angles." Join us as we view the Ware Lecture from the 2016 General Assembly.

September 10: The Importance of Shangri-La. In 1937, American novelist, Thomas Wolfe wrote: "The essence of belief is doubt." At about the same time, British novelist, James Hilton had his High Lama of

Shangri-La say: "I have found that doubt is the basis of any profound and significant faith." To many this might sound like a contradiction. Join Bob Mulkins to explore these and other ideas regarding faith and belief. Fran Mulkins will be our moderator.

This service will include our **Water Service**, OUUC's annual celebration of our return to the regular church year.

September 17: Beyond Loneliness. Even before Covid, loneliness has been spreading throughout America, endangering individual quality of life and devastating the common good. We need one another to face grief, to make meaning, to search for truth, to celebrate, to become who we can be. UU spiritual community is an antidote, moving us beyond loneliness, reviving the common good. Our service will be led by Rev. Mary.

Join us after the service for a **Welcome Back Potluck Picnic**. Mary Palmieri will then lead an intergenerational drumming circle outside, weather permitting.

September 24: Yom Kippur & Fall Equinox. Please join us for an intergenerational service as we honor the Jewish high holy day of Yom Kippur (the day of atonement) and celebrate fall equinox, when we reflect upon what we have harvested from the year's lessons and find grace and hope in change. Children will also participate in a drum circle that celebrates this holy day and time of year. Marianna Carney, Lynda Garvin and Emily Williams will lead our service.



REV. MARY'S MUSINGS: The Gift of Welcome



This month's theme is welcome. The etymology tells us: that which we "welcome" makes us feel good. Some forms of welcome are obvious: Welcoming our whole selves, welcoming one another. Others are more challenging: Welcoming change we do not want, welcoming loss .

My favorite meditation teacher, Pema Chödrön,

literally wrote the book on *Welcoming the Unwelcome*. I balked. Welcoming change? I get grumpy, resist and eventually get over it. But welcoming *heartbreak*? Witnessing *brutality*? I march for justice, preach and sing for justice, to make injustice go away.

As much as the world keeps changing, I know "it" will never go away (injustice, violence). We are wired to protect ourselves: "Hurt people hurt people." Looking away from violence, denial, is never an option.

Do I have, do we have, the courage - literally, the strength of heart - not to look away? Do I dare, do we dare, to "welcome" and to feel the truth of domestic violence, violence against LGBTQ people, the Russian invasion of Ukraine? Do we let it wake us up, break the heart wide open, charging us up to live with integrity, so that we may do what we can for Love and peace?

When I allow myself to feel it all, to welcome even and especially the unwelcome, I notice the whole field of awareness widening, revealing the boundless preciousness, beauty, joy and buoyancy of life all around and within us.

May we welcome one another in welcoming it all - the grief and the joy - so that Life and Love may continue to express itself and evolve through us.

A good September to us all,

Rev. Mary

PS: If you'd like to experience some of Pema's teachings, you are always welcome to Zoom in to our weekly Thursday morning sangha.

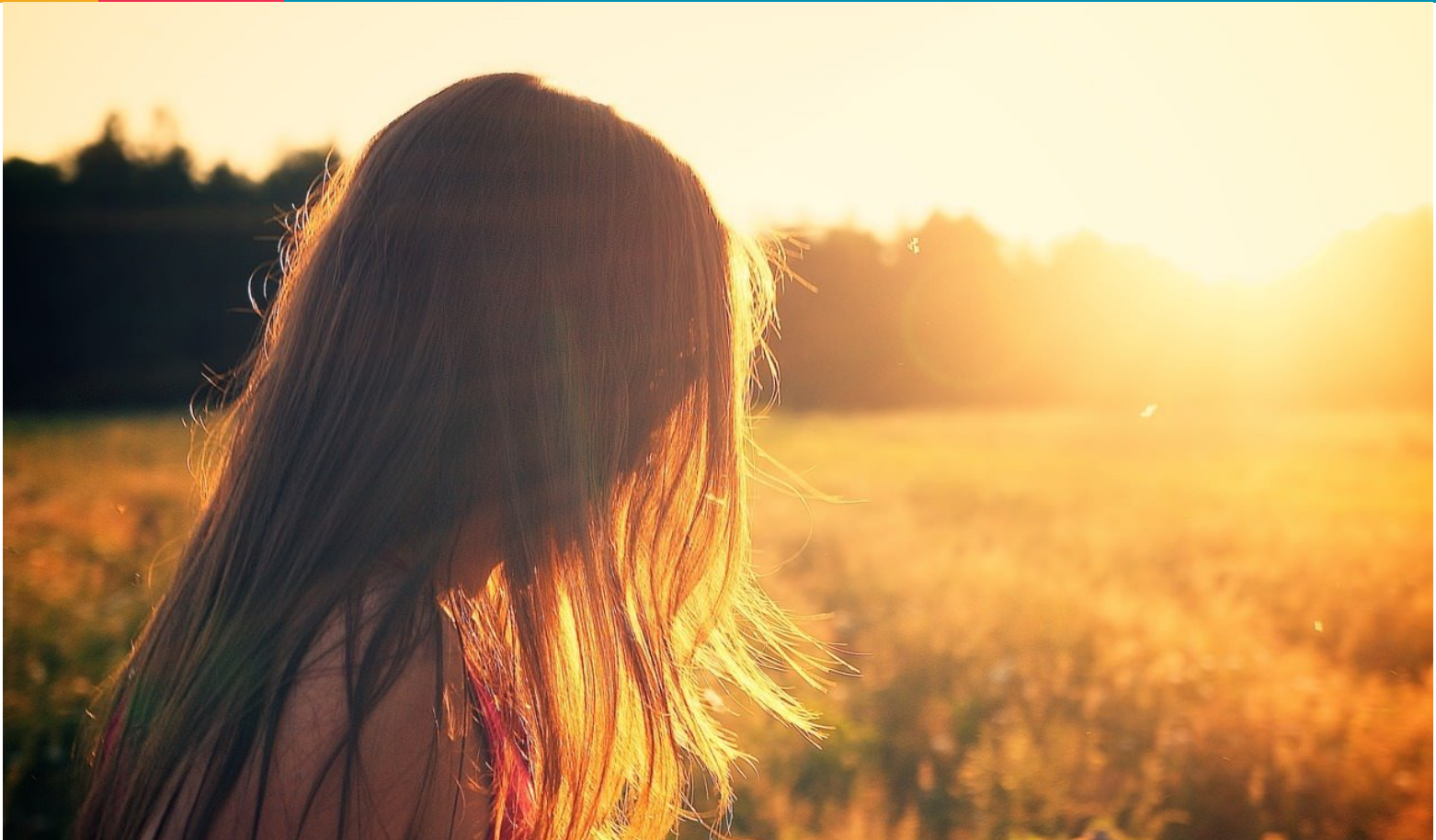
YOUR DONATIONS HELP OXCART FOOD PANTRY

The Oxcart Food Pantry offers assistance to North Olmsted residents in need, and OUUC has been collecting food items to help fill their shelves for years. Please leave your donations of

non-perishable food in the marked box in Coe Hall and we will deliver them.



Religious Education



CHILDREN'S ACTIVITIES FOR SEPTEMBER

The children and youth of the congregation are very important members of our multi-generational church community. Most Sundays, they are present for the first 15 minutes of service before leaving for their activities. Several times a year they participate in intergenerational worship.

Activities are designed to match the child's age, ability and interest; to understand our religious tradition which focuses on an individual search for meaning, and to ponder the

questions that all religions address. We draw materials from many sources, including the Unitarian Universalist Association.

September 3: No RE Class

September 10: Intergenerational service, "The Importance of Shangri-La". Our Story for All Ages will be, "The Missing Piece" by Shel Silverstein.

September 17: Focusing on the importance of community and connection, we will read "The Buddy

Bench" by Patty Bronzo. The RE Class will then prepare a Rainbow Salad for our Potluck Picnic to help celebrate *our* community. Jessica Watts and Sheryl Chow will lead.

September 24. This intergenerational service will honor the Jewish high holy day of Yom Kippur (the day of atonement) and celebrate fall equinox. Children will also participate in a drum circle that celebrates this holy day and time of year.



OUUC News

HELP US BRAINSTORM PROVOCATIVE SUNDAY SERVICES

Olmsted UU recently placed an ad in a West Life magazine featuring North Olmsted's 78th Annual Homecoming Festival. The message in the ad was MODERN SPIRITUALITY, HISTORIC CHURCH - an exciting new way of representing our church to the community.

We think it's a powerful message that will attract visitors and attention and we've been brainstorming ways to feature it in Sunday services and other OUUC programming.

On **Sunday, September 17 at 9:15 am** we will continue to explore ways to express the many forms of Modern Spirituality we welcome at OUUC.

YOUR ideas and inspiration are important to this process. Please plan to join us as we create compelling new programs for our beloved church community.

WISE WOMEN: SEPT 21, 1-2:30 PM - IN PERSON & ZOOM

Welcome to a new year of WISE Women.

Our theme for the month of September is **The Gift of Welcome.**

What does **welcome** mean?

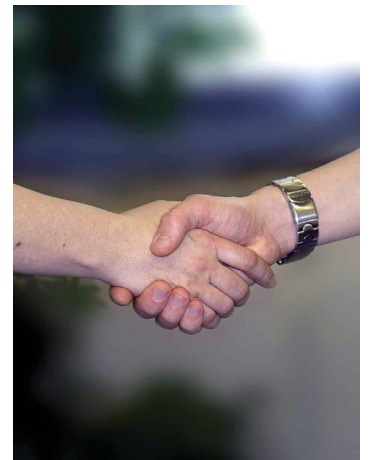
Etymologically, **Welcome** dates back to Anglo-Saxon days, from *Beowulf*. The word was originally *wilcuman* Old English, a combination of *wil* (pleasure) plus *cuma* (guest). The verb form, *wilcumian*, meant to receive someone or something with pleasure.

There are so many ways we are called to welcome, so many gifts to welcome.

QUESTIONS - which question welcomes you?

1. What does welcome mean to you?
2. What part of yourself is the hardest for you to welcome with open arms?
3. What's one of the biggest changes you've welcomed into your life?
4. How has welcoming change gotten easier or harder as you've grown older?

5. Tell us about a time when you welcomed a new piece of music into your life?
6. When have you welcomed a moment so fully that you felt one with it?
7. What would you tell someone about welcoming in grief?
8. What part of you do you wish your family of origin would have welcomed more enthusiastically?
9. What does welcome mean in friendship? Are there ways we don't welcome each other in?
10. What do we do to allow ourselves to feel welcomed?
11. How do you welcome joy?





...More News

EMMA'S REVOLUTION @ KENT UU, SEPT. 8!

The UU Church of Kent's beautiful new Hobbs Hall is having its official folk music debut! The fabulous folk duo Emma's Revolution is including Kent on their Fall tour! Regular performers at our national UU General Assembly, their songs are grounded in UU values: valuing people over profit, choosing compassion over violence, demanding accountability and building a more just and sustainable world. Favorite songs include Swimming to the Other Side, Keep on Moving Forward, and Peace, Salaam, Shalom.

Part of the proceeds will benefit the Kent church! And, UU Kent's own Kevyn Breeden will be opening!

The show starts at 7:30 pm.

Advance tickets (\$20) available online at <https://emmasrevolution.com/tickets-sept-8th-kent-ohe>

Tickets will be \$25 at the door.



OUUC WELCOMES HOME SCHOOL & MEDITATION GROUPS

For the second year, the Oaks Home School Co-op will be using our facility once a week for group educational activities. This year two new families have joined the group, enabling them to increase their time with us to 21 weeks from October to April. The Co-op is secular with values that align well with our own, and we are delighted to be able to host them. The group will be in our building on Tuesdays from 9:30 am to 3 pm.

We are also pleased to welcome Meditation Cleveland, a non-profit group that teaches mindfulness meditation at no charge. They will be using Coe Hall on the second and fourth Tuesdays from 7 to 8:30 pm.

If you are at church when either group is here, please give them a warm welcome.

Please make OUUC checks payable to "First Universalist Church of Olmsted"

The legal name for our Olmsted Unitarian Universalist Congregation is "First Universalist Church of Olmsted". That is the name we used when we opened our current bank account with Chase Bank. The bank is now requiring that all checks made

out to the church be made payable to "First Universalist Church of Olmsted". They will not accept anything else. If you are sending a check to the church, please be sure to use the wording that Chase Bank is requiring.



Programs/Meetings

Adult Programs

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

Sundays

Meditation with Mudras: September 24, 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: September 12, 2-3 pm. Monthly UU Poetry Group Zoom. September's theme is the Gift of Welcome. Bring a poem (or two or three) to share. Or come to listen. All are welcome.

UU Resilience Conversations: September 26, 2-3 pm (and on 4th Tuesdays). The UU Kendal monthly gathering resumes. The theme this month is The Gift of Welcome. What are you welcoming into your life now? What challenges are you welcoming? What gifts? How are you welcoming the unwelcome? Who models welcoming for you? Who's welcoming you now? Conversation facilitated by Rev. Mary. All are welcome!

UUSOS Discussion Zoom (Update yoUr Spiritual Operating System): **September 26, 7-8 p.m.** Exploring themes from the September 10th Oberlin UU service: "The Non-dual Jesus: Jesus wasn't a Christian." An introduction to integral or non-dual spirituality: Exploring how consciousness evolves in individuals and cultures, and the role of organized religion as a catalyst for the evolution of consciousness.

Wednesdays

Pastoral Counseling / Check-In, 2nd & 4th Wednesday's, September 13 & 27, 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 (DCM), Thursdays, 10:30-11:30 am (Zoom). Reading Pema Chodron's, *When Things Fall Apart* - September 7 (chap 6, Not Causing Harm); September 14 (chap 7, Hopelessness and Death); September 21 (chap 8, Eight Worldly Dharmas); and September 28 (chap 9, Six Kinds of Loneliness). All are welcome. Led by Rev. Mary.

Wisdom Dreams: Not meeting in September. Next session - Thursday, October 5, 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: September 21, 1:00-2:30 pm.

Women-in-Spirit-Evolving is a monthly group to listen, support and celebrate what is emerging in our lives. We'll delve into The Gift of Welcome. All women are welcome. In-person at Olmsted UU and Zoom.

Committees & Teams

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

Board of Trustees: Wednesday, September 13, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, September 21, 4-5 pm (Zoom). Evaluate current programs, plan new ones. All are welcome.

Oberlin Programs

Men's Covenant Group: Mondays, September 11, 18, 25 at 7 pm (not meeting on Sept. 4) In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, September 27, 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.



Sept Calendar

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

Sunday, September 3 - HAPPY LABOR DAY

- 11:00 Sunday Service: 2016 Ware Lecture with Krista Tippet *(In person)*
- 12:00 Coffee Hour *(In person)*

Monday, September 4

- 7:00 OUUC & OUUF Men's Covenant Group
- NOT MEETING

Tuesday, September 5

- 4:00 Sunday Services Committee

Thursday, September 7

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

Sunday, September 10

- 11:00 Water Service: The Importance of Shangri-La Intergenerational *(In person)*
- 12:00 Coffee Hour *(In person)*

Monday, September 11

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

Tuesday, September 12

- 2:00 Poems to Live By *(Zoom)*

Wednesday, September 13

- 11:00 Pastoral Counseling/Check-In *(Phone-In)*
- 6:30 Board of Trustees *(Zoom)*

Thursday, September 14

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

Sunday, September 17

- 9:15 Modern Spirituality Brainstorming *(In person)*
- 11:00 Sunday Service: Beyond Loneliness *(In person)*
- 11:00 Religious Education *(In person)*

- 12:00 Welcome Back Potluck *(In person)*
- 12:30 Drumming Circle *(In person)*

Monday, September 18

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

Thursday, September 21

- 10:30 Deepening Circles Meditation *(Zoom)*
- 12:30 WISE Women *(In person at OUUC & Zoom)*
- 4:00 Adult Programs Team *(Zoom)*

Sunday, September 24

- 11:00 Sunday Service: Yom Kippur & Fall Equinox *(In person)*
- 12:00 Coffee Hour *(In person)*
- 12:15 Meditation with Mudras *(In person)*

Monday, September 25

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

Tuesday, September 26

- 2:00 UU at Kendal *(In person)*
- 7:00 UUSOS Zoom Discussion: Update YoUr Spiritual Operating System *(Zoom)*

Wednesday, September 27

- 11:00 Pastoral Counseling/Check-In *(Phone-In)*
- 7:00 What Would Jesus Do? *(In person at Oberlin UU & Zoom)*

Thursday, September 28

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

Deadline for the October issue of the Bellringer is Monday, September 25

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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