



# Bellringer

## October 2023

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



### **THEME FOR OCTOBER: THE GIFT OF HERITAGE**

**October 1: Our Universalist Heritage.** *Celebrating 250 Years of Universalism in America: From Individual Salvation to Collective Liberation.* Rev. Schuyler Vogel's 2020 G.A. service introduces us to John Murray and other early Universalists, and how yesteryear's and today's religious expression differ and/or are familiar. This Service was sponsored by The Murray Grove Center and Fourth Universalist Society of NYC to celebrate John Murray's 1770 landing at Good Luck (now Lanoka Harbor), NJ.

**October 8: Our Unitarian Heritage.** We'll watch Rev. David Dunn from The UU Metro. Atlanta North (UUMAN) Church present a service about our Unitarian heritage. Focusing on Rev. Francis David of Transylvania (the first Unitarian minister) and William Ellery Channing (who brought Unitarianism to America).

**October 15: Re-Imagining America's Heritage.** Setting our heritage free from romanticized doctrine, to become a truth-telling, "living tradition," drawing on Lincoln's "more perfect union" and spiritual activist Valarie Kaur's, "America longing to be born." What is our role as citizens and as spiritual communities? Our service will be led by Rev. Mary.

**October 22: Able Not Label.** Guest speaker Stefanie Gaudino will tell us about "Able Not Label", a business made up of North Ridgeville High School students of varying abilities. They're learning all aspects of the business, from design to creation, to the sale of the items, and will be running a pop up shop after the service. We invite you to learn about and support a project which celebrates the worth and dignity of all people! Emily Williams and Sheryl Chow will facilitate the service.

**October 29: Halloween and the Day of the Dead, Fear or Acceptance of Death?** By the end of October, we cannot deny the signs of the coming of winter. For our ancient ancestors, winter was a fearful time and the specter of death was very real. Today, Halloween has become playfully spooky for most of us, but its origin and symbols were based on fear and self protection. In other cultures, including the Mexican Day of the Dead, the coming of winter invites people to remember and pay loving homage to their ancestors. In this service, we will explore human responses to fear and acceptance of death.



## REV. MARY'S MUSINGS: The Gift of Heritage



This month's theme is Heritage. Adults raised in the US grew up with stories of Christopher Columbus "discovering" America, which incidentally was already inhabited. Over the last decades, American historians and teachers have unraveled the conqueror's story to include and wonder about wider and deeper perspectives. We who live in the United States

benefit from its experiment with democracy; we also must learn the reality of the degradation and destruction of cultures and peoples who were here before us. Our heritage is all this: To be a living tradition, it needs us to learn from it all, in order to live not as clueless conquerors but as citizens

co-responsible for creating justice, evolving democracy with a culture of compassion and equity, facing and responding to challenges of authoritarianism, racial injustice and climate change together.

For Americans who benefitted from post-World War II stability, we do not carry the trauma of those who witnessed total destruction of their cultures, homes and families. Now is the time to use gifts of stability to learn to speak the truth about our heritage - the brutal and the visionary. And to help others finding their ways to future stability through truth telling and working together.

May we celebrate the many strands of heritage that weave us together, may we weave a legacy of welcoming, spiritual community, grounded in Love.

A good October to us all,

Rev. Mary

## COLLECTING FOOD FOR THANKSGIVING



The Oxcart Food Pantry is collecting food fit for a Thanksgiving dinner with all the trimmings for North Olmsted residents in need. Items most needed are:

--Boxed / bag stuffing mix  
--Cranberry sauce

--Gravy (Jar / can / packets)  
--Dessert Items (boxed cake mixes, cookie mixes, brownie mixes, etc.)  
--Canned sweet potatoes  
--Mashed potatoes (boxes / packets)

The deadline to donate is **October 31** when the Food Pantry will begin packing Thanksgiving bags. Please consider donating generously.





# Religious Education



## CHILDREN'S ACTIVITIES FOR OCTOBER

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.

In October, three of our Sunday Religious Education programs for children will be intergenerational - October 1, 8, and 29 with everyone across the age spectrum participating in the services.

**October 15:** We'll be reading "Watercress", by Andrea Wang. This is the true story of the growth and healing that happens when a young girl's parents share their difficult past with her. Why is it important to understand what came before us?

What can we learn from our own families?

**October 22:** Guest speaker Stefanie Gaudino will tell us about "Able Not Label", a business made up of North Ridgeville High School students of varying abilities. They're learning all aspects of the business, from design to creation, to the sale of the items, and will be running a pop up shop after the service. We invite you to learn about and support a project which celebrates the worth and dignity of all people! Emily Williams and Sheryl Chow will facilitate the service.



# 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: October 22, 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: October 10, 2-3 pm.** Monthly UU Poetry Group Zoom. October's theme is the Gift of Heritage. Bring a poem (or two or three) that reflect heritage to you. Or come to listen. All are welcome.

**UU Resilience Conversations: October 24, 2-3 pm** (and on 4th Tuesdays). October's theme is The Gift of Heritage. What is heritage to you? How do you honor your heritage? How do you evolve your heritage? Facilitated by Rev. Mary. All are welcome!

**UUSOS Discussion Zoom** (Update yoUr Spiritual Operating System): **October 24, 7-8 pm.** Exploring themes from the October 8th service at Oberlin UU: "Jesus: Non-Dual Storyteller, Activist, Catalyst." Exploring worldviews and levels of consciousness in the parables and beatitudes.

### Wednesdays

**Pastoral Counseling / Check-In, 2nd & 4th Wednesday's, October 11 & 25, 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 (DCM), Thursdays, 10:30-11:30 am (Zoom).** Reading Pema Chodron's, *When Things Fall Apart* - October 5 (chap 10, Curious about Existence); October 12 (chap 11,

Nonaggression and the four Maras); October 19 (chap 12, Growing Up); and October 26 (chap 13, Widening the Circle of Compassion). All are welcome. Led by Rev. Mary.

**Wisdom Dreams: 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 Women-in-Spirit-Evolving - October 19. Optional WISE Feedback & Visioning session, 12:15-12:45 pm:** What's working well? What could be improved? Should we grow the group? In-person and on Zoom. **Monthly WISE Reflection & Sharing session, 1:00-2:30 pm.** Listen, share, support and celebrate what's emerging in our lives. We'll delve into The Gift of Heritage. All women are welcome. In-person at Olmsted UU and Zoom.

## Committees & Teams

**Sunday Services Committee: Tuesday, October 3, 4-5 pm (Zoom)** to reflect on past services and plan upcoming services. All are welcome.

**Board of Trustees: Wednesday, October 11, 6:30 pm (Zoom).** All are welcome.

**OUUC & OUUF Adult Program Teams: Thursday, October 19, 4-5 pm (Zoom).** Update current programs, envision and plan new ones. All are welcome.

## Oberlin Programs

**Men's Covenant Group: Mondays, October 2, 9, 16, 23, 30 at 7 pm.** In person at Oberlin UU & Zoom. Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.

**What Would Jesus Do? Wednesday, October 25, 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.



# October 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, October 1

- 11:00 Intergenerational Service: Our Universalist Heritage *(In person)*
- 12:00 Coffee Hour *(In person)*

## Monday, October 2

- 7:00 OUUC & OUUF Men's Covenant Group

## Tuesday, October 3

- 4:00 Sunday Services Committee

## Thursday, October 5

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

## Sunday, October 8

- 11:00 Intergenerational Service: Our Unitarian Heritage *(In person)*
- 12:00 Coffee Hour *(In person)*

## Monday, October 9

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

## Tuesday, October 10

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

## Wednesday, October 11

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

## Thursday, October 12

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

## Sunday, October 15

- 11:00 Sunday Service: Re-Imagining America's Heritage *(In person)*
- 11:00 Religious Education *(In person)*
- 12:00 Coffee Hour *(In person)*

## Monday, October 16

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

## Thursday, October 19

- 10:30 Deepening Circles Meditation *(Zoom)*
- 12:15 Optional WISE Feedback & Visioning
- 1:00 Monthly WISE Reflection & Sharing *(In person at OUUC & Zoom)*
- 4:00 Adult Programs Team *(Zoom)*

## Sunday, October 22

- 11:00 Sunday Service: Abel Not Label *(In person)*
- 11:00 Religious Education *(In person)*
- 12:00 Coffee Hour *(In person)*
- 12:15 Meditation with Mudras *(In person)*

## Monday, October 23

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

## Tuesday, October 24

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

## Wednesday, October 25

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

## Thursday, October 26

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

## Sunday, October 29

- 11:00 Sunday Service: Halloween and the Day of the Dead *(In person)*

## Monday, October 30

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

## Tuesday, October 31 **HAPPY HALLOWEEN**

**Deadline for the October issue of the Bellringer is Monday, October 30**

## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

5050 Porter Road, North Olmsted, Ohio 44070 / 440-777-6622 / [office@olmsteduu.org](mailto:office@olmsteduu.org) / [www.olmsteduu.org](http://www.olmsteduu.org)  
**Staff** / Minister: Rev. Mary Grigolia - [mary@marygrigolia.com](mailto:mary@marygrigolia.com) / Office Manager: Cathy Ross - [office@olmsteduu.org](mailto:office@olmsteduu.org)  
 Coordinator of Religious Education: Sheryl Chow - [spa1012@yahoo.com](mailto:spa1012@yahoo.com)  
**Board** / Eric Jaworowski - President Emily Williams - Past President Kay Potetz - Treasurer  
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