



# Bellringer

## November 2023

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

### NOVEMBER'S THEME: THE GIFT OF GENEROSITY



**November 5: TED Talk - The Art of Giving | A Monk's Guide to Generosity (5 Tips).** Presenter Nick Keomahavong writes, "We all understand the power of giving and generosity, intellectually. However; how's your practice of it? Do you give as often as you would like? As a Buddhist monk, we learned that giving or generosity, is the foundation of our practice. This is one of the ten perfections that we try to cultivate. In this video, I wanted to explore the

topic of giving and generosity from what I have learned from my own path and being in the monastery as a Buddhist monk in Thailand. I hope you can use some of these tips to help develop, improve or deepen your spiritual practice."

**Saturday, November 4: Join us at Cleveland Public Theatre's Dia de Muertos Procession, 3:30-4:15 pm.**

We're planning to hand out candies and perhaps carry a banner in the procession. Wear a costume (or not) and join us for a vibrant celebration at Cleveland Public Theatre (6205 Detroit Ave.). Marchers will line up at 2:30 pm. Prefer not to walk in the procession? Come for the fun of this festive celebration featuring Latin food, live music, folk art and free entertainment for all ages.

**November 12: Make Someone Happy.** Happy, like love, is a short word with pages of long definitions. In this talk, I'll explore some of them. I'll also present a few antonyms to better clarify the meaning of happiness. Bob Mulkins will lead our service.

**November 19: Giving & Receiving.** As we prepare for Thanksgiving, we explore generosity as serving life, moving us beyond transactional giving and receiving in the service of Life/Love - in our friendships, family and community. Our service will be led by Rev. Mary.

**Stone Soup Returns!** What better way to contemplate our theme of generosity this month than to bring back our beloved tradition of Stone Soup. Please bring something to add to our soup - potato, carrot, onion, etc.

**November 26: Program to be announced.**



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



This month's theme is **Generosity**. November is the month of elections and Thanksgiving, opening us to the generosity of spirit necessary for democracy: - I defend your vote and you defend mine; we may not agree on all issues, our community must respect and reflect all of us. Holding space for one another generates (i.e. creates) community: a field of awareness, of attunement,

shared cultural values, vulnerability, creativity. Democracy expects and needs us to create this field with all and each of us. And to use this generative field in all our choices as citizens - electing school board members, local mayors and council people, state and national representatives. We create this field, we generate this field together.

As we are more honest about the brutality of colonial times, the limitations as well as the vision of our founders, may we widen our Thanksgiving story to include and celebrate this astonishing power we

generate in community together: People power. The real common good.

May we become skillful with its power of heart, interconnection, compassion. May we allow it to heal our irritation, projection, prejudice and blame of our fellow citizens.

May we take seriously the responsibility of this generative power as citizens of democracy.

May we be thankful for our ancestors' journeys over thousands of years of vision and struggle that bring us to this time and this practice together.

May we be good stewards of the generativity of the congregations we co-create and sustain.

May we do our duty as citizens, neighbors, members and friends.

May we generously share ourselves with one another, and receive the gifts of generosity with gratitude, thankful.

In Fellowship,  
Rev. Mary

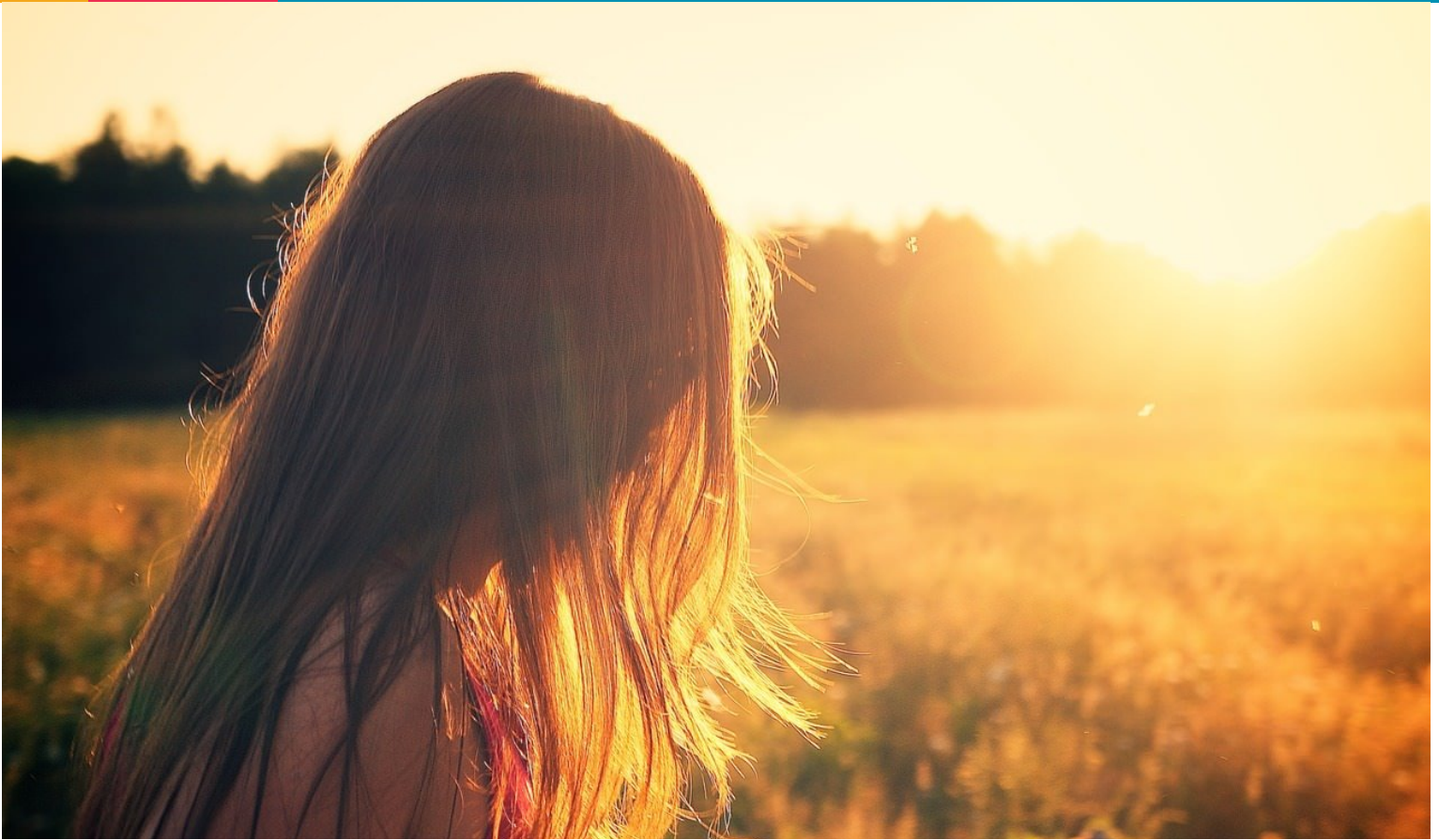
## COLLECTING FOOD FOR THE OXCART PANTRY

The Oxcart Food Pantry offers assistance to North Olmsted residents in need, and OUUC has been collecting items to help fill their shelves for years. Please leave your non-perishable food donations in the box in Coe Hall and we will deliver them.





# Religious Education



## OUR R.E. THEME FOR NOVEMBER IS GENEROSITY

**November 5:** Jessica Watts and Sheryl Chow will be leading a field trip to visit our neighbors at Joshua Tree Senior Living Campus. We're widening our circles of care and assisting the seniors there with their favorite game - Bingo! We'll be starting earlier than usual to accommodate their schedule; meeting at Joshua Tree at 10:10, then returning to the church around 11. We'll spend the remaining hour outside or playing games.

**November 12:** This Sunday we'll explore how being generous with

others connects them and us more deeply. It helps move us from isolation ("I am alone") to community ("I belong.") We'll read "The Humming Planet", then we'll be generous with our time and clean up around the church. Jessica Watts and Sheryl Chow will lead.

**November 19:** Emily Williams and Sheryl Chow will lead the class in exploring how gratitude and generosity are closely linked. Gratitude helps move us from the feeling that we live in a world of scarcity (a non-generous world) to

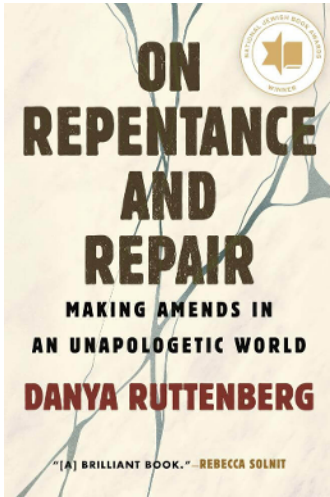
the idea that we live in a world of abundance (a generous world). We will read "The Day the Turkey Walked".

**November 26:** Each kind word and action makes a difference ... collectively, it creates a community of hope and strength! On this Sunday, we'll read "How Much Does a Snowflake Weigh" then enjoy our next youth rhythm circle with Mary Palmieri. Our focus will be on gratitude and generosity of spirit!



# UU News

## UUA COMMON READ FOR 2023-2024



*On Repentance and Repair: Making Amends in an Unapologetic World* is the 2023-24 UU Common Read. In this 2022 Beacon Press book, Rabbi Danya Ruttenberg offers a fresh perspective on how we make ourselves accountable to others.

This UU Common Read offers a glimpse into Judaism, one of Unitarian Universalism's foundational sources, through the

writings of 12th century physician and scholar, Maimonides. The book invites us to explore practices, informed by Jewish tradition, that can lead us toward meaningful atonement in our personal, community, and national lives.

Discussion materials for *On Repentance and Repair*

include a two-session workshop for in-person or online groups. While recommended as a two-part series, these discussion materials can also support a half-day workshop.

All resources for the UU Common Read can be found, along with Common Read updates, on the UUA website

Look for additional videos and discussion materials in Fall 2023. UU Common Read gatherings can be facilitated by a UU lay leader or religious professional. A co-facilitator with tech skills is recommended for online or hybrid groups.

The book is available at the inSpirit Book and Gift Shop, on Amazon.com and other book stores, and in the Cuyahoga County Library.

## WEST SHORE FILM SERIES TO HOST "JOIN OR DIE"

In this feature documentary, follow the half-century story of America's civic unraveling through the journey of legendary social scientist Robert Putnam, whose groundbreaking "Bowling Alone" research into America's decades-long decline in community connections could hold the answers to our democracy's present crisis.

Flanked by influential fans and scholars — from Hillary Clinton, Pete Buttigieg, and Surgeon General Vivek Murthy to Eddie Glaude Jr., Raj Chetty, and Priya Parker — as well as inspiring groups building community in neighborhoods across the country,

join Bob as he explores three urgent civic questions: What makes democracy work? Why is American democracy in crisis? And, most importantly... What can we do about it?

**WHEN:** Saturday, November 11th, 2023, at 7:00pm

**WHERE:** West Shore Unitarian Universalist Church, 20401 Hilliard Blvd., Rocky River, Ohio 44116

**COST:** The film series is **free and open to the public** (donations gratefully accepted).

**More information at:**

FaceBook: [www.facebook.com/wssaafs](https://www.facebook.com/wssaafs)



# 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: November 26, 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: November 14, 2-3 pm.** Monthly UU Poetry Group Zoom. November's theme is the Gift of Generosity. Bring a poem (or two or three) that reflect generosity to you. Or come to listen. All are welcome.

**Care Team: November 14, 3:00 pm (In person).** The Care Team reaches out to offer presence and support to members and friends. All are welcome.

**UU Resilience Conversations: November 28, 2-3 pm** (and on 4th Tuesdays). Monthly conversation check-in at Kendal. November's theme is The Gift of Generosity. What is generosity to you? How do you practice generosity? How has your understanding and recognition of generosity evolved? Facilitated by Rev. Mary. All are welcome!

**UUSOS Discussion Zoom** (Update yoUr Spiritual Operating System): **November 28, 7-8 pm.** Exploring themes from the November 12th service at Oberlin UU: "The Good Samaritan vs. Emperor Constantine," Christianity's arising doctrines of fear vs. the teachings of Jesus that God is Love and needs us to work for social justice.

### Wednesdays

**Pastoral Counseling / Check-In: 2nd & 4th Wednesday's, November 8, 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. NOTE: not meeting on Nov. 22.

### Thursdays

**Deepening Circles Meditation (DCM): Thursdays, 10:30-11:30 am (Zoom).** Reading Pema Chodron's, *When Things Fall Apart* - November 2 (chap 14, The Love that Will Not Die); November 9 (chap 15, Going Against the Grain); November 16 (chap 16, Servants of Peace); and November 30 (chap 17, Opinions). All are welcome. Led by Rev. Mary. NOTE: Not meeting Thanksgiving Day.

**Wisdom Dreams: November 2, 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: November 16, in-person and on Zoom, 1:00-2:30 pm.** Listen, share, support and celebrate what's emerging in our lives. We'll delve into The Gift of Generosity. All women are welcome. In-person at Olmsted UU and Zoom.

## Committees & Teams

**Sunday Services Committee: Tuesday, November 7, 4-5 pm (Zoom)** to reflect on past services and plan upcoming services. All are welcome.

**Board of Trustees: Wednesday, November 15, 6:30 pm (Zoom).** All are welcome.

**OUUC & OUUF Adult Program Teams: Thursday, November 16, 4-5 pm (Zoom).** Update current programs, envision and plan new ones. All are welcome.

## Oberlin Programs

**Men's Covenant Group: Mondays, November 6, 13, 20, 27 at 7 pm.** In person at Oberlin UU & Zoom. Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.



# November 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.*

## Thursday, November 2

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

## Saturday, November 4

- 2:30 Dia de Muertos Celebration & Procession  
(see page one for details)

## Sunday, November 5

- 10:10 Religious Education Field Trip (In person)
- 11:00 TED Talk: The Art of Giving - A Monk's Guide to Giving (In person)
- 12:00 Coffee Hour (In person)

## Monday, November 6

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

## Tuesday, November 7

- 4:00 Sunday Services Committee (Zoom)

## Wednesday, November 8

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

## Thursday, November 9

- 10:30 Deepening Circles Meditation (Zoom)

## Sunday, November 12

- 11:00 Sunday Service: Make Someone Happy (In person)
- 11:00 Religious Education (In person)
- 12:00 Coffee Hour (In person)

## Monday, November 13

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

## Tuesday, November 14

- 2:00 Poems to Live By (Zoom)
- 3:00 Care Team (In person)

## Wednesday, November 15

- 6:30 Board of Trustees (Zoom)

## Thursday, November 16

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

## Sunday, November 19

- 11:00 Sunday Service: Giving & Receiving (In person)
- 11:00 Religious Education (In person)
- 12:00 Stone Soup (In person)

## Monday, November 20

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

## Thursday, November 23 HAPPY THANKSGIVING

## Sunday, November 26

- 11:00 Sunday Service: To be announced (In person)
- 11:00 Religious Education (In person)
- 12:00 Coffee Hour (In person)
- 12:15 Meditation with Mudras (In person)

## Monday, November 27

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

## Tuesday, November 28

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

## Thursday, November 30

- 10:30 Deepening Circles Meditation (Zoom)

**Deadline for the December issue of the Bellringer is Monday, November 27**

## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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