



Bellringer

January 2024

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

JANUARY'S THEME: THE GIFT OF LIBERATING LOVE



January 7: TED Talk - Leadership is Love, The Power of Human Connections with Dr. Mark Rittenberg, TEDxCincinnati. Bringing empathy into relationships results in new levels of understanding and appreciation of one another and results in heightened communication, partnership, and collaboration in both professional and personal life.

For over twenty years, Dr. Mark Rittenberg has helped organizations create communities of excellence and empowered individuals to become true leaders with the ability to actualize a vision — all through the power of communication. Brian Warren will lead our discussion.

January 14: Living a Life of Love, Not of Fear. Rev. Ian C.M. Anderson will be providing today's sermon. While ordained through a humanist organization, Rev. Anderson is very interested in Unitarian Universalism. Rev. Randy Partain of UUC of Cleveland has served as a mentor in introducing him to the UU faith. Rev. Anderson is excited and honored for the opportunity to be part of today's service.

January 21: Liberating Love & Compassionate Communication. Exploring spiritual community as an oasis, a practice ground for growing our hearts, evolving our relationships and our work in the world. Service led by Zellda Zelley and Rev. Mary.

Following the service, join us in Coe Hall for Stone Soup. Please bring something to add to our soup -- a potato, carrot, onion, etc.

January 28: UU Resistance. Unitarians and Universalists have traditionally led the charge for social change, resisting unjust, cruel and morally reprehensible social norms like slavery, war, denial of human rights, minority oppression and religious zealotry. This Sunday's service will highlight Unitarian Universalist "Resistance" since the two denominations merged in 1961, focusing on our role in the civil rights movement, Viet Nam war protests, immigration reform, marriage equality, economic justice, climate change and most recently the Black Lives Movement. Our sermon is from the Playlist of Lake Chapala UU Fellowship in Jalisco, Mexico. The presenters are Kriss and Deb Gang.



REV. MARY'S MUSINGS: The Gift of Liberating Love



As we start a new year, we explore the theme of the month: Liberating Love - challenging us to look beyond cliches, beyond our own habits and patterns.

What do we mean by "liberating love?"

For me, Love is the force of the Universe; for our Universalist forebears, God was love, setting us free: Free from bondage, free from

self-imposed limitation; free to be are whole selves; to co-operate, to harmonize, to co-create.

How does "liberating love" affect relationship?

I've heard more and more people lamenting the lack of mentors for creating friendships and partnerships that support us in growing more courageous, kind and honest with ourselves and each other, relationships that free us from societal restrictions about what we can feel, what we can express, what/who we can be.

Our culture hasn't known how to create and maintain relationships that liberate and celebrate us in growing into who we can become.

How do we address that need?

Where is our road map to liberating love? The UU principles!

(1) Affirming and promoting the inherent worth and dignity of every person including ourselves; (2) seeing beyond ourselves and committing to justice, equity, compassion; (3) accepting one another and encouraging self and other to spiritual growth, (4) rooted in truth; (5) defending the right to vote, every voice counts; (6) rooting ourselves in the united human family, responsible to (7) the interdependent web of existence.

In congregational life, we get to practice liberating love by creating and living into behavioral covenants, naming and committing ourselves not to condone behaviors that harm ourselves or others, actions that harm relationship and keep us all stuck.

There is nothing more complex or more - well, **liberating** - than relationships which spark mutual growth. That's the heart task (and the hard task) of spiritual community: to challenge and change us, to grow our hearts, so we might make a difference in ourselves, each other, and the world.

In Fellowship & Liberating Love,
Rev. Mary

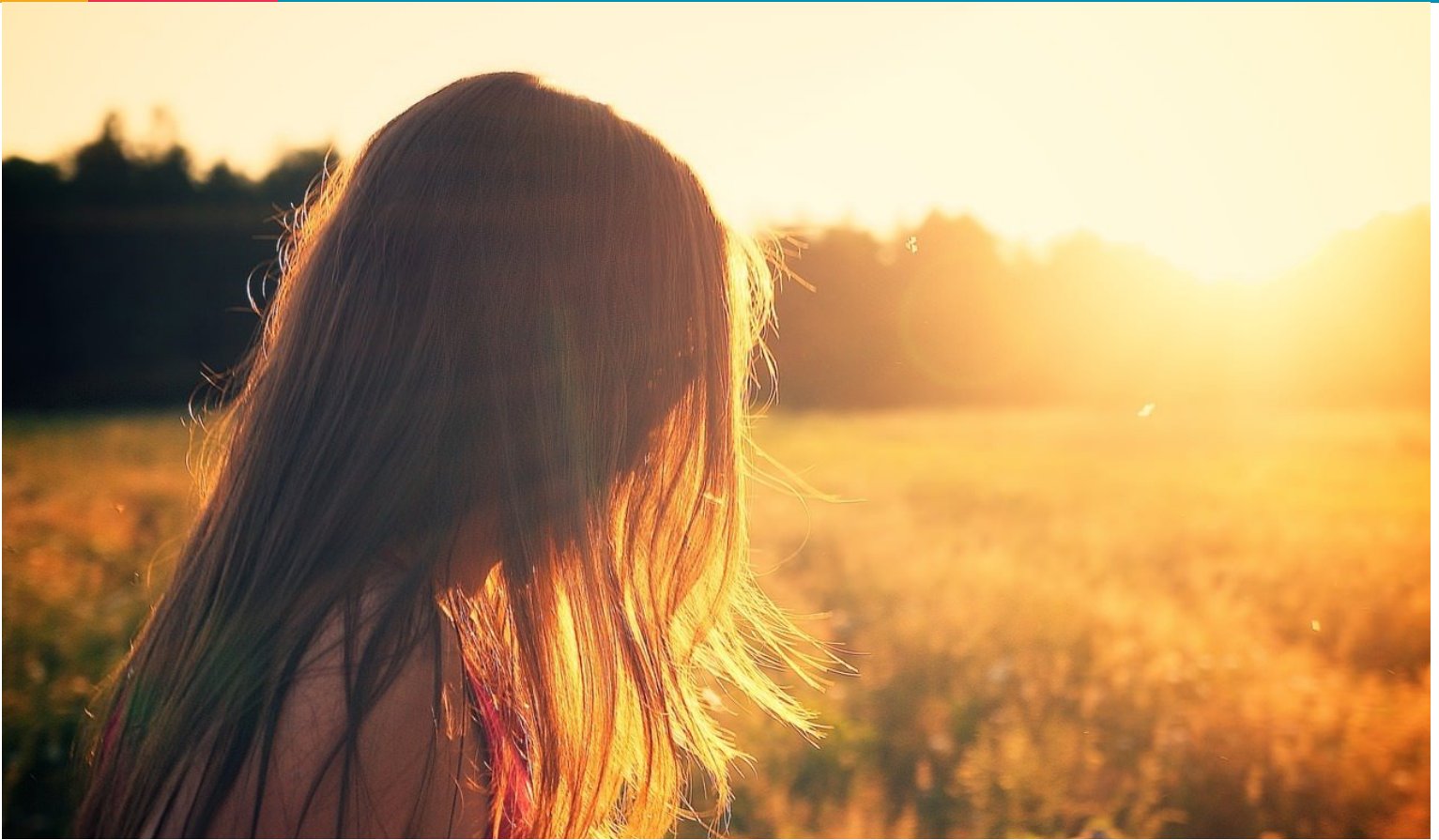
GROWING OUUC: SUNDAY, JANUARY 21, 9:15-10:30 am

Before the Sunday service, join us for the next Growing OUUC brainstorm and planning meeting in the minister's office. Bring your coffee or tea. Bring

ideas for outreach to friends and neighbors, how we address their needs and concerns. All are welcome!



Religious Education



OUR RE THEME FOR JANUARY IS LIBERATING LOVE

January 7: "Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love." Today the RE class will be sharing our Love by making cards with Fran Mulkins and Sheryl Chow to send for "Valentines for Vets".

January 14: We'll be exploring the idea that "Love Pulls Us Upstream" with the help of the book "Today is Different". Topics

will include; what it means to be an ally, being open to relationships with people who aren't like you, how to listen, and when to speak up. Sheryl Chow will lead.

January 21: Today's theme is "Love Pulls Us Back to the Table" and we'll be reading "We Disagree". Sometimes it feels like our differences are insurmountable, but finding just a little bit of common ground can make all the difference. Emily Williams and Sheryl Chow will facilitate.

After our class, we'll join the adults in Coe Hall for Stone Soup. The children are invited to bring something to add to our soup - a potato, carrot, onion, etc.

January 28: Come ready to create rhythms at our next drum circle. The theme is girls' empowerment, and how they can express their voice through music. We will explore the value of self-acceptance, and how personal power is the right of every human being, regardless of one's gender, age, ethnicity, or self-identity.



OUUC News

UU KENDAL NOW OFFERING TWO GATHERINGS EVERY MONTH



Starting in January, we'll have two monthly UU Kendal gatherings, approaching Resilience in two different ways though complementary ways. At both gatherings, we welcome all Kendal residents, all members and friends of OUUC.

On 2nd Tuesdays, 2-3 pm, we'll share songs, poems and stories that are up-lifting. You are invited to bring something to share that has made a positive difference in your lives. Or you may come to listen and take in what's shared.

On 4th Tuesdays, 2-3 pm, we'll explore the theme of the month from each person's experience in a conversation facilitated by Rev. Mary. You are invited to participate fully, which includes grateful listening.

Both sessions support us in "taking in the good," neurologically strengthening our positive memories and practices that shape who we are becoming: enabling us to grow, deepen, evolve. One, through the arts; the other, through conversation on a theme: Together!

January's theme is Liberating Love.

Lift Your Spirit: Poems, songs, stories
Tues., Jan. 9 - 2:00-3:00 pm - Crossroads

A Conversation with our Community
Tues., Jan. 23 - 2:00-3:00 pm - Crossroads

COMING ATTRACTIONS:

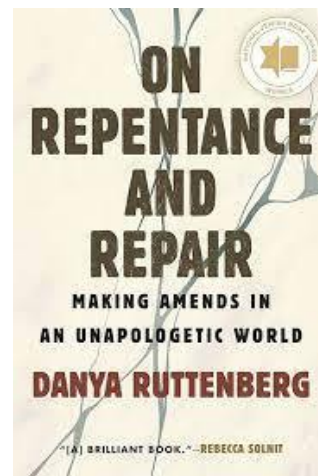
Read it in January, discuss it together in February

UU Common Read - Zoom Book Group:
On Repentance & Repair
by Danya Ruttenberg

Forgiveness as a spiritual practice and foundation for heart-centered, evolving lives in our families, friendships and in the world.

The group will be co-facilitated by Betsy Geist & Rev. Mary

Meeting twice in February, dates/times TBA.





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: January 28, 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

UU Resilience Conversations. Monthly in-person conversations at Kendal in Oberlin.
2nd Tuesdays, 2-3 pm, share songs, poems and stories; 4th Tuesdays, 2-3 pm, explore the theme of the month which is Liberating Love in January.
January 9, 2-3 pm and January 23, 2-3 pm - in Crossroads.

Wednesdays

Pastoral Counseling / Check-In: January 10 & 24, 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.

Monthly UU Poetry Group Zoom: NOTE NEW DATE (3rd Wednesdays) January 17, 2-3 pm (Zoom). Poems to Live By, Poems to Wake Us Up: January's theme is the Gift of Liberating Love. Bring a poem (or two or three) reflecting Liberating Love to you. Or another poem that speaks to your heart or our times. Come to listen. All are welcome.

Thursdays

Deepening Circles Meditation (DCM): Thursdays, 10:30-11:30 am (Zoom). Reading Pema Chodron's, *When Things Fall Apart* - January 4 (chap 20, The Trick of Choicelessness); January 11 (chap 21, Reversing the Wheel of Samsara); January 18 (chap 22, The Path Is the Goal); January 25 (reviewing major challenges and gifts from *When Things Fall Apart*). Led by Rev. Mary.

Wisdom Dreams: January 4, 1:30-2:30 pm (Zoom). Bring a dream (or dream image) to share. Explore the messages, meanings, and metaphors, wisdom and humor of dreams. Do any of your dreams reflect our month's theme, Liberating Love? All are welcome.

WISE Women - Women-in-Spirit-Evolving: January 18, 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 month's theme, The Gift of Liberating Love. All women are welcome. In-person at Olmsted UU and online.

[COMING ATTRACTIONS]

Read it in January, discuss it together in February:
UU Common Read - Zoom Book Group:
On Repentance & Repair by Danya Ruttenberg
Forgiveness as a spiritual practice and foundation for heart-centered, evolving lives in our families, friendships and in the world.
Co-facilitated by Betsy Geist & Rev. Mary
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Committees & Teams

Sunday Services Committee: Tuesday, January 2, 4-5 pm (Zoom) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees: Wednesday, January 17, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, January 18, 4-5 pm (Zoom). Update current programs, envision and plan new ones. All are welcome.

Oberlin Programs

Men's Covenant Group: Mondays, January 15, 22, 29 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, January 24 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.



January 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.

Tuesday, January 2

4:00 Sunday Services Committee (Zoom)

Thursday, January 4

10:30 Deepening Circles Meditation (Zoom)

1:30 Wisdom Dreams (Zoom)

Sunday, January 7

11:00 TED Talk: Leadership Is Love (In person)

11:00 Religious Education for Children (In person)

12:00 Coffee Hour (In person)

Tuesday, January 9

2:00 UU at Kendal (In person)

Wednesday, January 10

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

Thursday, January 11

10:30 Deepening Circles Meditation (Zoom)

Sunday, January 14

11:00 Sunday Service: Living a Life of Love, Not Fear (In person)

11:00 Religious Education (In person)

12:00 Coffee Hour (In person)

Monday, January 15

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

Wednesday, January 17

2:00 Poems to Live By (Zoom)

6:30 Board of Trustees (Zoom)

Thursday, January 18

10:30 Deepening Circles Meditation (Zoom)

1:00 WISE Women (In person at OUUC & Zoom)

4:00 Adult Programs Team (Zoom)

Sunday, January 21

9:15 Growing OUUC Meeting (In person)

11:00 Sunday Service: Liberating Love & Compassionate Communication (In person)

11:00 Religious Education (In person)

12:00 Stone Soup (In person)

Monday, January 22

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

Tuesday, January 23

7:00 UU at Kendal (In person)

Wednesday, January 24

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

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

Thursday, January 25

10:30 Deepening Circles Meditation (Zoom)

Sunday, January 28

11:00 Sunday Service: UU Resistance (In person)

11:00 Religious Education for Children (In person)

12:00 Coffee Hour (In person)

12:15 Meditation with Mudras

Monday, January 29

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

Deadline for the February issue of the Bellringer is Monday, January 29

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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Board / Eric Jaworowski - President Emily Williams - Past President Kay Potetz - Treasurer
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