



# Bellringer

## February 2024

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



### **FEBRUARY'S THEME: THE GIFT OF JUSTICE & EQUITY**

#### **February 4: Equity: The Thief of Human Potential.**

*"If there's anything worse than unfairness, it is make-believe fairness." ~ Thomas Sowell*

In this video, we compare Traditional Justice to Cosmic Justice, and Equal Opportunity vs. Equal Outcome. Thomas Sowell is an American author, economist, and political commentator. He has written more than 45 books on a variety of subjects including politics, economics, education, and race, and he has been a syndicated columnist in more than 150 newspapers. Brian Warren will lead our discussion.

**February 11: Talking Across the Political Divide: Insights from Braver Angels.** Why is it so hard to have conversations with those of differing political

views? Why should we have those conversations anyway? Cindy Frantz and Jeff Witmer from Oberlin UU Fellowship will share perspectives and experiences. Things aren't as bad as we may fear, but all of us have work to do.

**February 18: On Repentance & Repair.** All of us have caused harm. All of us have experienced harm. All of us have witnessed collective harm from racial, gender, class (and other) hierarchies of power and privilege. We will explore moving from justice and equity as ideals to the deep work and spiritual practice of repentance and repair. Service led by Zellda Zelley and Rev. Mary

*Before the service, 9:15-10:30 am,* Rev. Mary invites you to join her in the Minister's Office, for a Growth Brainstorm / Check-in, to plan programs & out-reach.

**February 25: Follow the Drinking Gourd, a service for all ages.** In honor of Black History month, we will learn about the importance of Ohio, and many of its citizens, to the Underground Railroad movement. The Universalists of the pre Civil War time, including members of our own Olmsted church, joined in the abolitionist movement. They contributed and supported the Black people who were attempting to escape slavery. We will recall the ways they were able to conceal themselves and communicate with each other through codes, and especially music, as they moved precariously toward freedom.

This service will be coordinated by OUUC members Lynda Garvin and Marianna Carney. Our pianist, Bob Perry, will enrich the story by helping us sing the music that guided the fugitives to freedom.



## REV. MARY'S MUSINGS: The Gift of Justice & Equity



Perhaps like you, whenever I hear the phrase, 'justice & equity,' I also hear the word, 'compassion' - the second UU principle, a guide for ethical living, part of our covenant as Unitarian Universalists (both individually and as congregations).

I suspect that each of us has our own journey, waking up to injustice and the call for justice, and then to the

need for equity, for correcting a massive and on-going moral imbalance. My own awakening began at age 5, when I learned that 'people' were uneasy that Judith and I wanted to play together after school. I remember our mothers looking at us (and each other) uneasily, not knowing how to talk with us about racism. I didn't understand the privilege that came with white skin. I felt the weight of their fear. They got my attention. Judith and her family moved away. We lost contact. She doesn't know that I dedicate all my efforts for understanding and confronting racism to her well-being.

It has taken me decades to mature my perspective on equity, which I feel as a moral and collective soul debt weighing upon our culture to see and feel, to grieve and seek repair for the consequences of generations of violence, dehumanizing, redlining, preferential hiring practices, and the consequences of physical, psychological and spiritual stress from being subjected to discrimination.

I know that equity is necessary - for all those who have been harmed and for the wholeness of our society. I don't know what equity needs to look like. And I acknowledge my need to be part of that learning and implementation.

I hope you join me and Betsy and Zellda in reading the UU Common Read, *On Repentance and Repair*, which gives us a process for the deep work necessary for living in community.

May we all continue waking up and deepening our hearts' commitment to justice and equity with compassion, the building blocks to the Beloved Community we envision and create together.

In Fellowship,  
Rev. Mary

---

## GROWING OUUC: SUNDAY, FEBRUARY 18, 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 need and concerns. All are welcome!





# Religious Education



## OUR RE THEME FOR FEBRUARY IS JUSTICE & EQUITY

**February 4:** We'll begin looking at people who had a positive impact in American history during Black History Month with the book, "A Voice Named Aretha". Then we'll discuss the difference between Equality and Equity and why understanding that difference matters. Emily Williams and Sheryl Chow facilitate.

**February 11:** Through songs and lyrics, today's drum circle invites us to explore how the practice of kindness can build and strengthen our relationships with others. Please bring your own ideas and

rhythms to this musical event! Mary Palmieri will lead our circle.

**February 18:** In our Story for All Ages, "Sorry" by Trudy Ludwig, we will learn how to go beyond just saying the words and take a step toward healing. We'll follow that in the classroom with "Rosa", the story of Rosa Parks. Marianna Carney and Sheryl Chow will lead.

**February 25:** A service for all ages. In honor of Black History month, we will learn about the importance of Ohio, and many of its citizens, to the Underground

Railroad movement. The Universalists of the pre Civil War time, including members of our own Olmsted church, supported the black people who were attempting to escape slavery. We will recall the ways they were able to conceal themselves and communicate with each other through codes, and especially music, as they moved precariously toward freedom. Bob Perry, will enrich the story by helping us sing the music that guided the fugitives to freedom.



# OUUC News

## MEET OUR NEIGHBORS AT 'SOUP EVERY SUNDAY' IN FEBRUARY



Stone Soup Sundays have always been a cozy and friendly time after church services, especially in the winter. The OUUC Board did some brainstorming and came up with the idea to invite our

North Olmsted neighbors for lunch, every Sunday during February.

We already know the drill for Stone Soup Sundays! Fran Mulkins will provide the basic soup ingredients and instructions. Everyone else can bring ONE other thing,

potluck style: vegetables for the soup, munchies like crackers and cheese, bread and butter, fruit and cookies. It all comes together for a nice lunch on a cold winter afternoon.

We need church volunteers each Sunday in February to watch the soup, stir, and serve. We are going to advertise the lunch on our sign by the street, We are going to ask the North Olmsted Senior Center to advertise a free lunch to their clients. We hope to let our neighbors know that we are here and friendly and ready to support the community.

See you next Sunday for soup and friendship! Volunteer sheets will be posted in Coe Hall!

## OUUC Attending Karamu House Play, February 11, 3 pm

In honor of Black History month, a group of Olmsted UU members will be going to Karamu House to see "Breakfast at the Bookstore", a play written by Cleveland native Lisa Langford.

The Karamu website describes the play this way. "It's 1973, five years after the 1968 Glenville uprising, started by a shootout between police and Black nationalists. Dot wants to be an activist and support

the Black liberation movement by opening a revolutionary bookstore. Sharpe, Dot's common-law husband and a former Black nationalist, wants anything but. And Spacemen. Yep."

Tickets for the 3 pm matinee can be purchased at [www.karamuhouse.org](http://www.karamuhouse.org). We suggest you act quickly as the theatre has limited seating.

We hope to see you there.

## UU COMMON READ: *On Repentance & Repair*

In this book, author Rabbi Danya Ruttenberg offers a perspective for restoration and healing. Whereas forgiveness in American culture pressures the one harmed to let it go and smooth things over, the book presents the work of repentance, repair and restoration as spiritual/ethical practice for justice, the foundation for heart-centered relationships in family, friendship, community and world.

Our Zoom discussions will be co-facilitated by Betsy Geist, Zellda Zelle and Rev. Mary.

**Read the book in February. Join the discussion in March. Two meetings on Zoom, Wednesday, March 6 & March 20, 6:30-8 pm**



# OUUC News

## RESILIENCE: UU KENDAL GATHERINGS



Two monthly gatherings will approach Resilience in different though complementary ways. At both gatherings, we welcome all Kendal residents, all members and friends of OUUC and OUUF.

- On 2nd Tuesdays, 2-3 pm, we 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 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 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!

February's theme is Justice & Equity

**Lift Your Spirit:** Poems, songs, stories - Tuesday, February 13, 2-3 pm - Crossroads Room at Kendal. All Welcome!

**Community Conversation** on our experiences of Justice & Equity. Tuesday, February 27, 2-3 pm - Crossroads Room at Kendal. All Welcome!

## West Shore Film Series Presents: FIX IT: Healthcare at the Tipping Point

**Saturday, February 10, 7:00 pm**

'FIX IT: Healthcare at the Tipping Point' is a powerful documentary film that reaches across the political and ideological divide to expand support for major healthcare reform.

With more than forty voices advocating for reform: activists, health policy experts, economists, physicians, nurses, patients, business and labor leaders, this documentary takes an in-depth look into how our healthcare system is damaging our economy, suffocating our businesses, discouraging physicians and negatively impacting the nation's

health, while remaining unaffordable for a third of our citizens.

A representative from the Single Payer Action Network SPAN Ohio will be on hand to talk about efforts aimed at healthcare reform and to answer questions after the film.

Trailer link:

<https://www.youtube.com/watch?v=u43Dp4qYQsM>

The film series is free and open to the public (donations gratefully accepted)  
Questions? Call 440-333-2255  
[www.facebook.com/wssafs](http://www.facebook.com/wssafs)



# 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: February 25, 12:15-12:45 pm** (in person). Mudras bring meditation practice into the body with accessible hand positions and movement. They calm the mind, relax and empower the body and spirit. All are welcome. Facilitated by Emily Williams. All are welcome.

### Tuesdays

**UU Resilience Conversations.** Two monthly UU Kendal gatherings, approaching Resilience in different though complementary ways. See page 5 for details. 2nd Tuesdays (Feb 13), 2-3 pm, share uplifting songs, poems and stories; 4th Tuesdays (Feb 27), 2-3 pm, explore the theme of the month - Justice & Equity - in conversation together.

### Wednesdays

**Pastoral Counseling / Check-In: February 14 & 28, 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.

**Monthly UU Poetry Group Zoom: NOTE NEW DAY (3rd Wednesdays) February 21, 2-3 pm (Zoom).** Poems to Live By, Poems to Wake Us Up: February's theme is the Gift of Justice & Equity. Bring a poem (or two or three) reflecting Justice & Equity 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 eastern (Zoom).** Reading Pema Chodron's, *How We Live Is How We Die*. Feb 1 (Introduction: Sitting with Mortality); Feb 8 (chap 1, Wondrous Flow of Birth & Death); Feb 15 (chap 2, Continuous Change); Feb 22 (chap 3, Passing Memory); Feb 29 (chap 4, How We Live Is How We Die). Led by Rev. Mary.

**Wisdom Dreams: February 1, 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, Justice & Equity? All are welcome.

**WISE Women - Women-in-Spirit-Evolving: February 15, in-person and 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 Justice & Equity. All women are welcome. In-person at Olmsted UU and online.

### [COMING ATTRACTIONS]

*Read it in February, discuss it together on March 6 & March 20, 6:30-8 pm:*

#### UU Common Read - Zoom Book Group:

*On Repentance & Repair* by Danya Ruttenberg  
Co-facilitated by Betsy Geist & Rev. Mary. See page 4 for details.

## Committees & Teams

**Sunday Services Committee: Tuesday, February 6, 4-5 pm (Zoom)** to reflect on past services and plan upcoming services. All are welcome.

**Board of Trustees: Wednesday, February 14, 6:30 pm (Zoom).** All are welcome.

**OUUC & OUUF Adult Program Teams: Thursday, February 15, 4-5 pm (Zoom).** Update current programs, envision and plan new ones. All are welcome.

## Oberlin Programs

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

**What Would Jesus Do? Wednesday, February 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.





# February 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, February 1

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

## Sunday, February 4

- 11:00 Video Talk: Equity: The Thief of Human Potential (In person)
- 11:00 Religious Education for Children (In person)
- 12:00 Soup Every Sunday (In person)

## Monday, February 5

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

## Tuesday, February 6

- 4:00 Sunday Services Committee (Zoom)

## Thursday, February 8

- 10:30 Deepening Circles Meditation (Zoom)

## Sunday, February 11

- 11:00 Sunday Service: Talking Across the Political Divide: Insights from Braver Angels (In person)
- 11:00 Religious Education (In person)
- 12:00 Soup Every Sunday (In person)
- 3:00 OUUC at Karamu Theater (In person)

## Monday, February 12

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

## Tuesday, February 13

- 2:00 UU at Kendal (In person)

## Wednesday, February 14 (Valentine's Day)

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

## Thursday, February 15

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

## Sunday, February 18

- 9:15 Growing OUUC (In person)
- 11:00 Sunday Service: On Repentance & Repair (In person)
- 11:00 Religious Education (In person)
- 12:00 Soup Every Sunday (In person)

## Monday, February 19 (President's Day)

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

## Wednesday, February 21

- 2:00 Poems to Live By (Zoom)

## Thursday, February 22

- 10:30 Deepening Circles Meditation (Zoom)

## Sunday, February 25

- 11:00 Sunday Service: Follow the Drinking Gourd, a service for all ages. (In person)
- 12:00 Soup Every Sunday (In person)
- 12:15 Meditation with Mudras

## Monday, February 26

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

## Tuesday, February 27

- 7:00 UU at Kendal (In person)

## Wednesday, February 28

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

## Thursday, February 29

- 10:30 Deepening Circles Meditation (Zoom)

## 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