



Bellringer

March 2024

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



MARCH'S THEME: THE GIFT OF TRANSFORMATION

March 3: TED Talk - 'The Ancient Secret to Self-Improvement' by Manly Palmer Hall. *"The path to Enlightenment is not a destination, but a lifelong commitment to self-improvement."* - Mr. M.P. Hall. In this video, Mr. Hall presents quieting the body, mind, & emotions and ridding ourselves of 'intemperances' to become the ruler of our mind. We can then "use the body, mind, & emotions as an instrument for the "Fulfillment of a sacred purpose". Brian Warren will lead our discussion.

March 10: Questions of How and Why. Thomas Paine long ago spoke of Moral Infidelity in his book, *The Age of Reason*. He defined it as not about belief or unbelief but claiming to believe what one didn't believe. I found myself in that position when I was 20 years old and knew it was time for a transformation, time to change how I looked at questions of how and why. Our service will be led by Bob Mulkins.

March 17: Keeping Faith with Life, 1 - We Are What We Are Dreaming. What is 'keeping faith with life'? We'll explore it as (1) being an active partner in creation, (2) accepting life as it is, (3) learning from all we have done, and (4) allowing Life to dream

through us - as individuals and as a spiritual community. Our service will be led by Zellda Zelle and Rev. Mary.

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

Following the service, please join us for an all-church intergenerational drum circle. Through music and rhythms, we will observe a montage of cultural traditions that celebrate Spring & renewal of the Spirit.

March 24: Self-Improvement Requires Self Awareness. What if you could go home happy -- every day? Think about how different your life would be if you had the power to feel at ease with yourself and your circumstances and be in control even when everybody and everything around you is going crazy. The good news is this is quite possible! Each of us has an abundant supply of personal power and yet we give it away daily. Join us and discover methods of self-improvement by increasing your self awareness. Our service will be led by Kay Potetz.

Easter Sunday - March 31: New Spring Resolution. Every year, we come up with resolutions to make a physical change in our lives to break habits or make a lifestyle change. With the Easter holiday, we have the opportunity to reflect upon our mental habits and ways of considering our place in the world. In this time of transformation, growth and development, how ought we begin living our lives free from disharmonious thinking and become the best versions of ourselves? Not a New Year's Resolution, but a New Spring Resolution! Our service will be led by Rev. Ian C. M. Anderson.



REV. MARY'S MUSINGS: The Gift of Transformation



Okay, I'm going to refrain from telling the caterpillar's story. Suffice it is to say that transformation is not just change. Change is already hard. We resist change. And change, nevertheless. Transformation asks for everything we are, everything we have. Including our intention and willingness to surrender. In service to emerging Life, transformation dissolves our old ways, allowing

something beyond our wildest dreams to emerge. (So, yeah, the butterfly.)

Why transformation now? March is the month of Easter (this year) for Christianity. Not just the Easter of bunnies and eggs, but total transformation of Jesus, from living itinerant rebel rabbi to tortured, executed legend.

Transformation does not always end in death, even as it always asks surrender and purification - untangling and releasing life-energy trapped in old

structures of fear, denial, blame, rage, shame.

Transformation requires surrendering the illusion that we are in control.

In the Hopi Elders Prophecy for the 21st century, we are along the banks of a raging river. They urge us to let go of the shore and plunge in. Joining each other in the living waters. Learning to swim together, to buoy each other up. Surrendering to total transformation of who we are becoming, together.

Transformation is Life's greatest creative act; and its greatest challenge and gift - to us, to each other, to the world.

Last month, I invited you to join me, Betsy and Zellda in reading the UU Common Read, ***On Repentance and Repair***, which describes a process for the inner work of justice and equity, transforming who we are: people who no longer cause harm. Discuss the book with us on Zoom, Wed Mar 6 and Mar 20, 6:30-8 pm; <https://zoom.us/my/keepingfaithwithlife>

In Fellowship,
Rev. Mary

GROWING OUUC: SUNDAY, MARCH 17, 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. Where have you left OUUC brochures? Whom have you

invited? How did they respond? What fun and interactive events might bring people together? All are welcome!



Religious Education



OUR RE THEME FOR MARCH IS TRANSFORMATION

March 3: One of the foremost teachings of Buddhism is the concept of impermanence. When we recognize the ever-changing nature of reality, it's easier to appreciate the present moment. Bob Williams will be helping us appreciate the present moment and demonstrating change and transformation using science.

March 10: Ramadan is a holiday that calls Muslims to change the focus of their attention from everyday concerns to spiritual ones, like charity and empathy.

This is an invitation for us, as UUs, to pay attention to where our focus is. Our SFAA is "The Cricket and the Coin". Marianna Carney and Sheryl Chow will lead.

March 17: As the Vernal Equinox approaches, we'll continue to focus our attention on transformation. In the story, "The Stream", we learn that sometimes we cannot remain the same and the best we can do is choose HOW we will change. Weather permitting, Emily Williams and Sheryl Chow will lead in exploring the church

property, seeking the many changes of spring. Afterward, join a drumming circle with Mary Palmieri.

March 24: Children will engage in a drum circle with a focus on the joys and challenges of transformation -- we will also celebrate Amy's 13th birthday!

March 31 - Easter Sunday. The children will join the adults for an all-ages service led by Rev. Ian C. M. Anderson.



OUUC News

STONE SOUP IN MARCH?



Thanks to everyone who worked on the Sunday Stone Soup lunches in February, and generously added to the soup menu with other goodies. We had some delicious lunches, good conversation

and company after church for the whole month! We had fun. We have beautiful new soup bowls. (Thanks, Jen Biermann!) It was very successful for our church family.

Unfortunately, we did not succeed in welcoming the community for lunch, as we hoped.

Should we continue? The conversation suggests having Stone Soup at least once a month. Let's schedule a March 17 St. Patrick's Day lunch (third Sunday of March, and also the Sunday when Mary Grigolia leads the service.) If we want to continue weekly lunches, we can talk together after church and make a plan. Happy March!

GRACE WATTS COLLECTING ITEMS FOR PETS



Our own Grace Watts will be collecting food and other needs for pets throughout the month of March for a school project. OUUC members and friends are invited

to bring donations on Sundays and leave them in the box in Coe Hall next to the sign created by Grace's grandfather, Bob Mulkins. At the end of the month, all items will be taken to Grace's school and donated to the Animal Protective League.

UU BOOK DISCUSSION GROUP: *On Repentance & Repair*

UUA Common Read: *On Repentance & Repair* by Rabbi Danya Ruttenberg offers a perspective and process 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, foundation for heart-centered relationships in

family, friendship, community and world.

Co-facilitated by Betsy Geist, Zellda Zelley and Rev. Mary

Join the discussion. **Two meetings on Zoom: Wednesday, March 6 & March 20, 6:30-8 pm** Zoom links will be published in the weekly eBellsound.



OUUC News

RESILIENCE: UU KENDAL GATHERINGS



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

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!

March's theme is **Transformation**

Lift Your Spirit: Poems, songs, stories of Transformation - Tuesday, March 12, 2-3 pm - Crossroads Room at Kendal. All Welcome!

A Conversation in Community Exploring Transformation: Tuesday, March 26, 2-3 pm - Crossroads Room at Kendal. All Welcome!

West Shore Film Series presents: 'HEALING JUSTICE'

Saturday, March 9, 7:00 pm

Since 1998, World Trust Educational Services has worked to advance social justice and racial equity with a strategic focus in the Education, Health, Media/Culture, and Technology sectors.

Their newest film, *Healing Justice*, explores the causes and consequences of the current North American justice system and its effect on marginalized communities. The film walks back through the history of violence that has led to our current system, bringing into focus the histories of trauma – on a personal, interpersonal, community, and generational level.

This powerful documentary addresses the school-to-prison pipeline, the need for comprehensive criminal justice reform, and the importance of healing and restorative practices.

Find a link to the trailer at:
<https://youtu.be/jmTc3qwflI8>

Film Length: 66 minutes. This film not rated. Free Parking).

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/wssafs or <https://wsuuc.org>

CONTACT: email westshorefilmseries@gmail.com or call Bob Bemer at 440-333-2255

Hosted by West Shore Social Action Committee



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: March 24, 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. 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 (March 12), 2-3 pm, share uplifting songs, poems and stories; 4th Tuesdays (March 26), 2-3 pm, explore the theme of the month - Transformation - in conversation together.

Wednesdays

UU Book Discussion Group: Two meetings on Zoom - March 6 & March 20, 6:30-8 pm. Reading *On Repentance & Repair* by Rabbi Danya Ruttenberg, a UU Common Read.

Pastoral Counseling / Check-In: March 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.

Monthly UU Poetry Group Zoom: (3rd Wednesdays) March 20, 2-3 pm (Zoom). Poems to Live By, Poems to Wake Us Up: March's theme is the Gift of Transformation. Bring a poem (or two or three) reflecting Transformation to you. Or another poem that speaks to your heart or our times. Come to listen.

Thursdays

Deepening Circles Meditation (DCM): Thursdays, 10:30-11:30 am eastern (Zoom). Reading Pema Chodron's, *How We Live Is How We Die*. March 7 (chap 5: When the Appearances of This Life Dissolve:

The Bardo of Dying); March 14 (chap 6, Mingyur Rinpoche's Story); March 21 (chap 7, Mother and Child Luminosity); March 28 (chap 8, What Goes Through the Bardos?). Led by Rev. Mary. All are welcome.

Wisdom Dreams: March 7, 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, Transformation? All are welcome.

WISE Women - Women-in-Spirit-Evolving: March 21, 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 Transformation. All women are welcome. In-person at Olmsted UU and online.

Committees & Teams

Care Team: Tuesday, March 5, 3-4 pm (in person). The Care Team reaches out to offer presence and support to members and friends. All welcome.

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

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

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

Oberlin Programs

Men's Covenant Group: Mondays, March 4, 11, 18, 25 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, March 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.



March 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, March 3

- 11:00 TED Talk: The Ancient Secret to Self Improvement *(In person)*
- 11:00 Religious Education for Children *(In person)*
- 12:00 Coffee Hour *(In person)*

Monday, March 4

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

Tuesday, March 5

- 3:00 Care Team *(In person)*
- 4:00 Sunday Services Committee *(Zoom)*

Wednesday, March 6

- 6:30 UU Common Read *(Zoom)*

Thursday, March 7

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

Sunday, March 10

- 11:00 Sunday Service: Questions of How & Why *(In person)*
- 11:00 Religious Education *(In person)*
- 12:00 Coffee Hour *(In person)*

Monday, March 11

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

Tuesday, March 12

- 2:00 UU at Kendal *(In person)*

Wednesday, March 13

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

Thursday, March 14

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

Sunday, March 17

- 9:15 Growing OUUC *(In person)*
- 11:00 Sunday Service: Keeping Faith with Life, We Are What We Are Dreaming *(In person)*

- 11:00 Religious Education *(In person)*
- 12:00 Stone Soup *(In person)*
- 12:00 Intergenerational Drum Circle

Monday, March 18

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

Wednesday, March 20

- 2:00 Poems to Live By *(Zoom)*
- 6:30 UU Common Read *(Zoom)*

Thursday, March 21

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

Sunday, March 24

- 11:00 Sunday Service: Self Improvement Requires Self Awareness *(In person)*
- 11:00 Religious Education for Children *(In person)*
- 12:00 Coffee Hour *(In person)*
- 12:15 Meditation with Mudras *(In person)*

Monday, March 25

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

Tuesday, March 26

- 7:00 UU at Kendal *(In person)*

Wednesday, March 27

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

Thursday, March 28

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

Sunday, March 31

- 11:00 Intergenerational Sunday Service: New Spring Resolution *(In person)*
- 12:00 Coffee Hour *(In person)*

Deadline for the April issue of the Bellringer is Monday, March 25

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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 Jen Biermann, Jim Carney & Linda Rich - Trustees