



# Bellringer

## June 2024

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



### **JUNE'S THEME: THE GIFT OF RENEWAL**

**June 2: Atomic Habits - How to Get 1% Better Every Day** . We'll watch a video, featuring James Clear, followed by a discussion. James Clear is the author of "Atomic Habits" and a speaker focused on habits, decision making, and continuous improvement. James Clear will explain quick techniques to dramatically improve your life.

Atomic Habits - Tiny Changes, Remarkable Results. "Every action you take is actually a vote for the type of person that you want to become."

Service Leaders: Lynda Garvin and Brian Warren.

**June 9: Regroup, Reprioritize, and Renew Yourself.**

When we think of renewal we often think of rebirth; something old dies and something new is born. By allowing our lives to mimic the cycles of nature we are reminded that no matter what happens to us there are always opportunities to shift a situation, to optimize our chances, and/or to start all over.

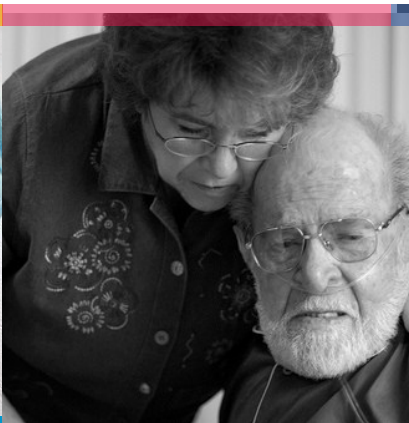
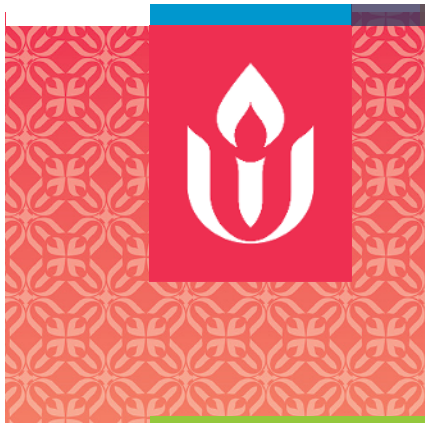
We'll discuss ways to help you regroup, reprioritize, renew, and perhaps, re-invent yourself. Many of these are actual things you can do, while others are ways to "re-think" who you are and what you want to be. Our service will be led by Kay Potetz. Join us!

**June 16: Renewal - Slow Down.** How might we slow down, not to make the moment last, but to BE here, fully present, together. To touch and be touched by life, the real source of Renewal. Service led by Rev. Mary. ***This will be Rev. Mary's final sermon as minister at OUUC. Please join us to wish her well in retirement.***

**June 23: The Importance of Renewal.** "To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence. The frenzy of our activism neutralizes our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful." --Thomas Merton

This Sunday we will look at the importance of Renewal and we will have a presentation by David Rivera about his Renewal project, The Hood Squad. Our service will be led by Zellda Zellely with the Story for all Ages by Sheryl Chow.

**June 30: Livestream of the UUA General Assembly Service.** The theme of this year's General Assembly is "Love Unites, Stories Ignite". General Assembly services are always exceptional with deeply moving sermons and beautiful music. This will not be just another "YouTube" video. We hope you'll join us.



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



Where does your mind go when you hear the word, "renewal?" For me, it's library books I meant to read but.... In our "to do" culture, it's easier to think of renewing some "thing," out there, than to apply that verb - that spiritual practice - to ourselves.

For teachers, professors, students and ministers, for UU congregations,

June marks the end of the school or congregational year. We pace ourselves to get through whatever "programs" we're part of. And we tend toward depletion by the end. Like pacing ourselves for a race. Then what happens?

We living systems seem wired for renewal. When depleted, our bodies resist taking on more. But what of our minds and spirits? Choice matters.

For me, renewal asks us to open to choice, not just numbing out, shutting down. It asks us to let go of old habits, with self-kindness. And to bring curiosity to unfamiliar landscapes and possibilities opening at their own pace.

This is a powerful moment for me, writing my last *Mary's Musings* column. Our shared-ministry ends on June 30: not just the end of a year's cycle, but of 12 years at Olmsted and 13 years in Oberlin.

Both congregations planned beautiful gatherings to

celebrate the journey we've shared together, daring to bring our whole selves into community, to grow together in service to Love and justice. You have touched me beyond what words can say. In sharing your lives - your stories, challenges and joys, your feelings and needs - you helped me become more aware of and to share my own. In daring to grow, you encouraged me to grow. In opening your heart to others, you helped me open mine to you, again and again.

How is Renewal calling you now?

What cycles are coming to conclusion for you?

What challenges and gifts have they brought you?

How may you honor and celebrate them, as steps toward renewal?

What do you already know about renewal?

What helps you open to new life all around you? And within you?

May this be a month to support each other in bringing awareness to the end of one cycle, taking in the learnings, the gifts we've given to one another, in preparation for a new cycle, new beginnings, for the congregation, for each one of us.

May we all slow down to be present to Life as it continues to show up and shine all around us. May we allow it to fill us up, so we too may show up and shine - the real gift of Renewal!

In Fellowship,  
Rev. Mary



# Religious Education



## OUR RE THEME FOR JUNE IS RENEWAL

**June 2:** We'll be reading "The Story of Harvey Milk and the Rainbow Flag"; a story about hope for acceptance of diversity. We'll follow it up by making some rainbow-colored tie-dyed T-shirts! Emily Williams and Sheryl Chow will facilitate.

**June 9:** Today we're focusing on our amazing bodies, appreciating that we're all unique and Every Body is beautiful. Our Story for All

Ages is "Bodies Are Cool", then our class will watch the short videos of 2 young women with messages of body positivity. We'll finish with moving our own bodies: Marianna Carney and Sheryl Chow will aid in creating and following an obstacle course. And we'll follow our lesson up with a drum circle at 12:30.

**June 16:** On Father's Day, we'll be reading "Granddad's Prayers of

the Earth". Then Jessica Watts and Sheryl Chow will assist with making gifts to honor the father figures in our lives.

This will be the last RE class for the year. We will have an inter-generational service on June 23. Child care will be available during Sunday services throughout the summer.



# OUUC News

## OUUC ANNUAL MEETING SET FOR SUNDAY, JUNE 23



Our Annual Meeting will take place on Sunday, June 23 following the service.

During the meeting we will receive annual reports from the Minister, the Board of Trustees, the Treasurer, the

Children's Religious Education Coordinator, OUUC Committees and the Office Manager.

We will also discuss and vote on:

- 2024-2025 Operating Budget
- 2024-2025 Board of Trustees
- 2024-2025 Nominating Committee

A packet of information will be sent out two weeks before the meeting.

All are welcome to attend. Members of OUUC are eligible to vote.

## ALL-AGES DRUM CIRCLE - SUNDAY, JUNE 9



Please join us for our Intergenerational Drum Circle on Sunday, June 9th starting at 12:30 pm. We

will share rhythms to songs that celebrate renewal, inclusiveness, and positive self-image, reflecting the RE lesson of the day about body positivity.

## RESILIENCE: UU KENDAL GATHERINGS

Two monthly UU Kendal gatherings, approaching Resilience in complementary ways. Welcoming all members and friends of OUUF & OUUC, and all Kendal residents.

June's theme is The Gift of Renewal. At both sessions we will also explore what participants need in next year's UU-sponsored programs at Kendal:

**Lift Your Spirit: Poems, songs, stories of Renewal.**  
Tuesday, June 11-2:00-3:00 pm - Crossroads Room at Kendal

**A Conversation in Community, Exploring Renewal.**  
Tuesday, June 25-2:00-3:00 pm- Crossroads Room at Kendal



# 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, normally scheduled for the fourth Sunday, has been canceled for June.**

### Tuesdays

**Writing Your Own Eulogy.** Two sessions sharing your preliminary drafts, Tuesdays, June 4 & 18, 1-2:30 pm, in the Crossroads Room at Kendal.

**UU Resilience Conversations.** Two monthly Kendal gatherings, approaching Resilience in complementary ways. See page 4 for details. 2nd Tuesdays (June 11), 2-3 pm; 4th Tuesdays (June 25), 2-3 pm.

### Wednesdays

**Pastoral Counseling / Check-In: June 12 & 26, 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: (3rd Wednesdays) June 19, 2-3 pm (Zoom).** Poems to Live By, Poems to Wake Us Up. June's theme is the Gift of Renewal. Bring a poem or two reflecting your experience of Renewal. 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*. **June 6** (chap 18: Opening to the Sacred World); **June 13** (chap 19: From Openness to Concreteness: An Eternal Pattern); **June 20** (chap 20, Entering the Bardo of Becoming); **June 27** (chap 21, Heart Advice).

All are welcome. No previous experience required. We read the book together. Led by Rev.

Mary. No charge to members and friends of the congregation.

**Wisdom Dreams: June 13, 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. How may your dreams reflect our month's theme, Renewal? How might all parts reflect back as you? All are welcome.

**WISE Women - Women-in-Spirit-Evolving: June 20, 1:00-2:30 pm, (in-person and Zoom).** Listen, share, support and celebrate what's emerging in our lives. We'll delve into the month's theme, The Gift of Renewal. All women are welcome. In-person at Olmsted UU and online.

## Committees & Teams

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

**Board of Trustees: Wednesday, June 12, 6:30 pm (Zoom).** All are welcome.

**OUUC & OUUF Adult Program Teams: Thursday, June 20, 4-5 pm (Zoom).** Update current programs, envision and plan new ones. All are welcome.

**Care Team: Tuesday, June 25, 3-4 pm (In person).** The Care Team reaches out to offer presence and support to members and friends. All are welcome.

## Oberlin Programs

**Men's Covenant Group: Mondays, June 3, 10, 17, 24 at 7 pm.** In person at Oberlin UU & Zoom. Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.

**What Would Jesus Do? Wednesday, June 26, 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.



# June 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, June 2

- 11:00 Video Discussion: Atomic Habits - How to get 1% better every day *(In person)*
- 11:00 Religious Education for Children *(In person)*
- 12:00 Coffee Hour *(In person)*

## Monday, June 3

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

## Tuesday, June 4

- 1:00 Writing Your Own Eulogy *(In person at Kendal in Oberlin)*
- 4:00 Sunday Services Committee *(Zoom)*

## Thursday, June 6

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

## Sunday, June 9

- 11:00 Sunday Service: Regroup, Reprioritize, and Renew Yourself *(In person)*
- 11:00 Religious Education for Children *(In person)*
- 12:00 Coffee Hour *(In person)*

## Monday, June 10

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

## Tuesday, June 11

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

## Wednesday, June 12

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

## Thursday, June 13

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

## Sunday, June 16

- 11:00 Sunday Service: Renewal - Slow Down *(In person)*
- 11:00 Religious Education for Children *(In person)*
- 12:00 Coffee Hour *(In person)*

## Monday, June 17

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

## Tuesday, June 18

- 1:00 Writing Your Own Eulogy *(In person at Kendal)*

## Wednesday, June 19

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

## Thursday, June 20

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

## Sunday, June 23

- 11:00 Intergenerational Service: The Importance of Renewal *(In person)*
- 11:00 Religious Education for Children *(In person)*
- 12:15 **Annual Meeting**

## Monday, June 24

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

## Tuesday, June 25

- 2:00 UU at Kendal *(In person)*
- 3:00 Care Team *(In person)*

## Wednesday, June 26

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

## Thursday, June 27

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

## Sunday, June 30

- 11:00 Livestream of UUA General Assembly Service *(In person)*
- 12:00 Coffee Hour *(In person)*

**Deadline for the June issue of the Bellringer is Monday, June 24.**

## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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