



Bellringer

May 2024

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



MAY'S THEME: THE GIFT OF PLURALISM

May 5: TED Talk: How Curiosity Will Save Us / Monica Guzman / TEDxSeattle. For Mónica Guzmán, curiosity isn't a muse that flits by when we wonder about something. It's the most powerful tool we have to navigate our world, especially when our world is dangerously divided along political lines. "If you can't be curious across divides in a polarized world," she says, "you can't see the world at all." Mónica shares examples of curiosity-driven conversations that make it possible for even the most opposed liberals and conservatives to see and hear one another, despite the misperceptions from their news feeds. With simple, powerful questions she herself has used in countless treks across the divide, Mónica shows us how having critical conversations with people—instead of about them—changes everything. And how taking the first steps toward understanding the views that most confound us isn't

just possible, it's easier than you think. Mónica is Director of Digital Storytelling at Braver Angels, the nation's largest grassroots, cross-partisan organization dedicated to bridging the political divide. Brian Warren will lead our discussion.

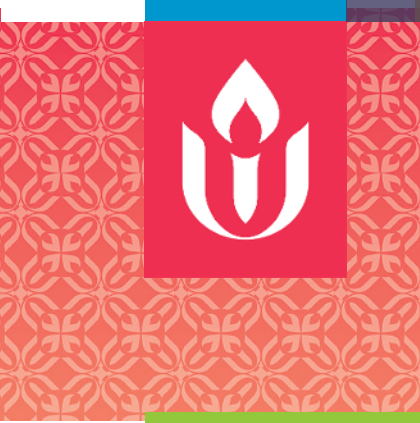
May 12: Pluralism. Pluralism isn't easy. It is a constant willingness to self challenge, and to look at where we might be wrong, or limited; even with regard to pluralism itself. It requires a capacity to detach ourselves from our agendas, our beliefs, our commitments, and to recognize that there may be other ways. And it also requires us to recognize that we can never wholly achieve that.

In this service on Mother's Day, we will look at the many different ways that we have been influenced by our mothers. And since it is also flower Sunday, we suggest that you bring a flower that reminds you of your mother and others in your life who have perhaps acted as a mother. We will have the opportunity to share our thoughts about the way we have been influenced by them. The service will be led by Zellda Zellely and Sheryl Chow.

May 19: Pluralism - We Are One, We Are Many. Paula Cole Jones observes that a UU congregation is a "community of communities." Rooted in love, in harmony with UU values, our shared spiritual practice is learning to see one another beyond differences, being transformed, and celebrating together. Service led by Zellda Zellely and Rev. Mary.

Join us in Coe Hall at 12:00 pm to honor Rev. Mary's ministry with us and wish her well in retirement.

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REV. MARY'S MUSINGS: The Gift of Pluralism



I first heard about Pluralism in a power-context from UU leader and diversity trainer Paula Cole Jones, who referred to her congregation as, "a community of communities." Huh?! It stopped me in my (thought) tracks.

With the moniker, "Unitarian," we're tempted to focus on our unit-y, perhaps a romanticized oneness.

What *unites us* as UUs and sets us apart from Baptist, Bahai and Buddhist buddies? The need to welcome many approaches to truth and meaning.

Each UU congregation is unique. Most have faced tensions between humanists and spiritual seekers. Learning to see and respect each other across spiritual diversity prepares us for pluralism in our

commitment to equality and social justice for all who are and have been marginalized (e.g., women, LGBTQ and nonbinary, BIPOC, poor, incarcerated, non-able-bodied, neurodivergent, immigrants and more).

This has not been easy. When UU conferences started to provide space for specific marginalized groups, some people protested. "No one should be excluded from any group. We're Unitarians!" People were afraid that opening to "identity politics" meant losing our unity. I disagree.

Pluralism helps us to make existing power differentials visible, supporting each other in moving beyond the trauma of "Power Over," toward the peace and creativity of "Power With."

Embracing pluralism - Cole's community of communities - acknowledges both our courageous willingness to heal and our yearning for unity: alive and evolving. May we evolve together in our pluralism and in our unity.

In Fellowship,
Rev. Mary

CONTINUED FROM THE COVER....

May 26 Sunday Service: The Meanings of Memorial Day

Memorial Day is a national holiday, which is observed on the last Monday of the month of May, all over the United States. Today It is widely seen as the unofficial beginning of summer, part of a three day holiday with

pools opening, parades, and picnics.

What are the origins of Memorial Day, how has its celebration changed over the years, and what are its many meanings for us in 2024? What will you be honoring on Memorial Day?



Religious Education



OUR RE THEME FOR MAY IS PLURALISM

May 5: Today we'll be using a Spirit Play UU Source Story that was adapted from a story by Nita Penfold. As we read the story, we'll be creating a tree, using the branches to represent our values and the roots to represent the Sources of our beliefs. Marianna Carney and Sheryl Chow will facilitate.

May 12: It's Mother's Day! Today we'll be working on our Top Secret Mother's Day Crafts, as well as

exploring the power of perspective - the advantage of seeing different points of view in order to better see the whole picture. The Story for All Ages is The Tale of Two Beasts by Fiona Robertson. Emily Williams and Sheryl Chow will lead.

May 19: Today, we will have an Intergenerational Service about Pluralism led by Rev. Mary and Zellida Zellely. Join us after the service in Coe Hall for a celebra-

tion of Rev. Mary's ministry with us and to wish her well in retirement.

May 26: Today the RE rhythm circle will address the value of inclusiveness and diversity as we celebrate the musical gifts of many cultures. Please come and share your own gifts with us!



OUUC News

JOIN US TO HONOR REV. MARY & WISH HER WELL!

On Sunday, May 19, following the service, we will gather in Coe Hall to celebrate Rev. Mary's ministry with us at OUUC and wish her the very best as she sets out on a new chapter in her life. We've invited lots of folks from Mary's life and groups, so we

expect many people to Join us as we recognize her contributions to Olmsted UU and our beloved community. We hope you'll be among them. To help us plan for food, please RSVP to Linda Rich at lindamrich@sbcglobal.net.

NEWS FROM YOUR BOARD OF TRUSTEES

Stewardship Campaign ends on May 5 with a "Thank You" Brunch

Join us in Coe Hall after the service for a celebration! Please submit your pledge by May 5. Packets were mailed to members and friends of OUUC. If you haven't received yours, contact office@olmsteduu.org.

Annual Meeting on Sunday, June 23, 12 pm. Save the date for this important meeting. We'll receive annual reports and discuss and vote on:

- 2024-25 Operating Budget
- 2024-25 Board of Trustees
- 2024-25 Nominating Committee

WRITING YOUR OWN EULOGY

Tues, May 21, 1-2:30, Kendal, Crossroads Rm
Share your drafts, Tuesday, June 4 & 18, 1-2:30

Presented by Mary Grigolia. Open to all Kendal residents and members of Oberlin Unitarian Universalist Fellowship (OUUF) and Olmsted UU Congregation.

- Have you ever left a memorial service, wishing you had known more about the person who died?

- Do you wonder what friends and family will say about you at your service?

Come learn about the role of a eulogy, how to write your own, so that you may help those who will want to celebrate your life.

Note: This is not a religious program. All are welcome.

Registration requested (for materials):
Email mary@marygrigolia.com

RESILIENCE: UU KENDAL GATHERINGS

Two monthly gatherings approaching Resilience in different though complementary ways. Welcoming all members and friends of OUUC and OUUF, and all Kendal residents. Crossroads Room at Kendal. **May's theme is Pluralism.**

Lift Your Spirit: Poems, songs, stories of Pluralism - Tuesday, May 14, 2-3 pm.
A Conversation in Community Exploring Pluralism: Tuesday, May 28, 2-3 pm.



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: May 26, 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

Meditations for Living & Dying Well: May 7, 1-2:30 pm, Education Center Training Room, Kendal@Oberlin. The final session of a four-part workshop to prepare us to live with peace and die with grace when it is our time. Led by Rev. Mary. Please register with mary@marygrigolia.com.

UU Resilience Conversations. Two monthly Kendal gatherings, approaching Resilience in complementary ways. See page 4 for details. 2nd Tuesdays (May 14), 2-3 pm; 4th Tuesdays (May 28), 2-3 pm.

Wednesdays

Pastoral Counseling / Check-In: May 8 & 22, 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) May 15, 2-3 pm (Zoom). Poems to Live By, Poems to Wake Us Up. May's theme is the Gift of Pluralism. Bring a poem or two reflecting your experience of Pluralism. 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*. May 2 (chap 13: The Second Step to Courage: A Positive Take on the Keshas); May 9 (chap 14, Two Practices for

Transforming the Heart); May 16 (chap 15, The Third Step to Courage: Emotions as a Path of Awakening); May 23 (chap 16, Five Flavors of Wisdom); May 30 (chap 17, Experiencing Things as They Are: The Bardo of Dharmata). 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: May 9, 1:30-2:30 pm (Zoom). **Note date change.** 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, Pluralism? How might all parts reflect back as you? All are welcome.

WISE Women - Women-in-Spirit-Evolving: May 16, 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 Pluralism. All women are welcome. In-person at Olmsted UU and online.

Committees & Teams

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

Board of Trustees: Wednesday, May 8, 6:30 pm (Zoom). All are welcome.

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

Oberlin Programs

Men's Covenant Group: Mondays, May 6, 13, 20, 27 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, May 22, 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.



May 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, May 2

10:30 Deepening Circles Meditation (Zoom)

Saturday, May 4

1:00 World Labyrinth Day, Unity Spiritual Center West,
23855 Detroit Rd, Westlake

Sunday, May 5

11:00 TED Talk: How Curiosity Will Save Us *In person*)
11:00 Religious Education for Children *(In person)*
12:00 Coffee Hour *(In person)*

Monday, May 6

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

Tuesday, May 7

1:00 Meditations for Living & Dying Well,
(In person at Kendal in Oberlin)
4:00 Sunday Services Committee (Zoom)

Wednesday, May 8

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

Thursday, May 9

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

Sunday, May 12

11:00 Sunday Service: Pluralism *(In person)*
11:00 Religious Education for Children *(In person)*
12:00 Coffee Hour *(In person)*

Monday, May 12

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

Tuesday, May 14

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

Wednesday, May 15

2:00 Poems to Live By (Zoom)

Thursday, May 16

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

Sunday, May 19

11:00 Intergenerational Service: Pluralism: We Are One,
We Are Many *(In person)*
12:00 Special Recognition Lunch for Rev. Mary
(In person)

Monday, May 20

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

Tuesday, May 21

7:00 Writing Your Own Eulogy *(In person at Kendal)*

Wednesday, May 22

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

Thursday, May 23

10:30 Deepening Circles Meditation (Zoom)

Sunday, May 26

11:00 Sunday Service: Info to Com??? *(In person)*
11:00 Religious Education for Children *(In person)*
12:00 Coffee Hour *(In person)*
12:15 Meditation with Mudras *(In person)*

Monday, May 27 MEMORIAL DAY

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

Tuesday, May 28

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

Thursday, May 30

10:30 Deepening Circles Meditation (Zoom)

**Deadline for the June issue of the Bellringer is
Monday, May 27**

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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