



Bellringer

August 2024

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



August 4: Why we're unhappy -- the expectation gap | Nat Ware | TEDxKlagenfurt. Why are bronze medalists often happier than silver medalists? "The first step to being happy is to understand why we're often unhappy," says economist and entrepreneur Nat Ware. In an entertaining and enlightening talk, Nat shows that we're bad predictors of happiness, and explains why this is. We make decisions based on actual outcomes, but our happiness depends on relative outcomes. It's near impossible for reality to live up to our expectations. It is this expectation gap – the gap between our expectations and reality –

that Nat argues is a key reason we're unhappy. Nat challenges us to start taking happiness seriously. The answer is not to simply lower our expectations, but rather to change the very way in which we make decisions. Our discussion will be facilitated by Brian Warren

August 11: Einstein's God. To the philosopher, Spinoza, the words: "Nature" and "God" were interchangeable. Einstein saw God, not in the cosmos itself, but in the laws and rules that underpin it. "The most incomprehensible thing about the universe," he said, "is that it is comprehensible." Join Bob Mulkins on August 12 for Einstein's God. We'll also briefly explore Einstein's connection to Unitarian Universalism.

August 18: To be announced

August 25: To be announced

Children are always welcome, but during the summer there will be no Religious Education classes or child care provided. Activity kits will be available to use for children accompanying their family.



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: August 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. Facilitated by Emily Williams. All are welcome.

Wednesdays

Monthly UU Poetry Group: (3rd Wednesdays) August 21, 2-3 pm (Zoom). Poems to Live By, Poems to Wake Us Up. Bring a poem or two that speaks to your heart or our times. Come to listen. All are welcome.

Thursdays

Deepening Circles Meditation (DCM): Meeting on August 1, 8 & 15 (Zoom). Note: Not meeting on August 22 or 29. Continuing to read Pema Chodrun's "How We Live Is How We Die". In September, we will begin reading Chodrun's "Comfortable with Uncertainty." All are welcome. No previous experience required. We read the book together. Led by Rev. Mary.

Wisdom Dreams: August 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. All are welcome.

WISE Women (Women-in-Spirit-Evolving): August 15. New Start Time. On August 15th, WISE Women will meet at **12:30** rather than 1:00, in-person and via Zoom. While there will not be a formal meeting, we will have a picnic lunch - outside if the weather permits. So please bring lunch and an outdoor chair.

The day before, August 14th, Pat Krivonak will meet with the OUUC Board to determine the parameters of WISE Women in the future. Therefore, there will be news to share at the August WISE Women picnic with which we will be able to discuss our options. So, if interested in this aspect of the decisions, please join us!

Once options have been determined they will be discussed and voted on in September and then shared with all WISE Women via email. Listen, share, support and celebrate what's emerging in our lives.

Committees & Teams

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

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

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

Oberlin Programs

Men's Covenant Group: Mondays, August 5, 12, 19 & 26 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, August 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.



August 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, August 1

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

Sunday, August 4

11:00 TEDxKlagenfurt: Why We're Unhappy (In person)
12:00 Coffee Hour (In person)

Monday, August 5

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

Tuesday, August 6

4:00 Sunday Services Committee (Zoom)

Thursday, August 8

10:30 Deepening Circles Meditation (Zoom)

Sunday, August 11

11:00 Sunday Service: Einstein's God (In person)
12:00 Coffee Hour (In person)

Monday, August 12

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

Wednesday, August 14

6:30 Board of Trustees (Zoom)

Thursday, August 15

10:30 Deepening Circles Meditation (Zoom)
12:30 WISE Women Picnic Lunch (In person & Zoom)
4:00 Adult Programs Team (Zoom)

Sunday, August 18

11:00 Sunday Service: To be announced (In person)
12:00 Coffee Hour (In person)

Monday, August 19

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

Wednesday, August 21

2:00 Poems to Live By (Zoom)

Sunday, August 25

11:00 Sunday Service: To be announced (In person)
12:00 Coffee Hour (In person)
12:15 Meditation with Mudras

Monday, August 26

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

Wednesday, August 28

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

Deadline for the September issue of the Bellringer is Monday, August 26.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

5050 Porter Road, North Olmsted, Ohio 44070 / 440-777-6622 / office@olmsteduu.org / www.olmsteduu.org

Staff / Coordinator of Religious Education: Sheryl Chow - spa1012@yahoo.com

Office Manager: Cathy Ross - office@olmsteduu.org

Board / Fran Mulkins & Zellda Zellely - Co-Presidents, Eric Jaworowski - Past President, Kay Potetz - Treasurer
Jen Biermann, Jim Carney & Linda Rich - Trustees