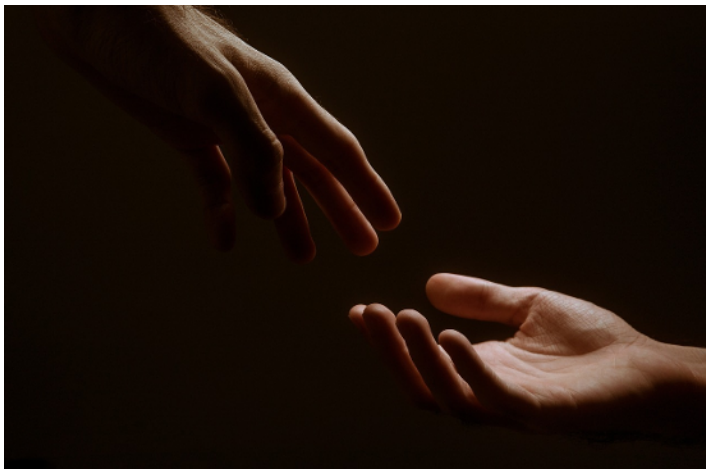




# Bellringer

## September 2024

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



### **SEPTEMBER THEME: THE PRACTICE OF INVITATION**

**September 1: TED-Style Talk: "The Five Reasons You Should NOT be a Unitarian".** In a video sermon, Rev. Daniel Kanter says you should not be a Unitarian if you: 1) Want to believe anything you want. 2) Only want to be with people like yourself. 3) Are thin skin 4) Don't know how to sin 5) Don't want to be more generous, compassionate, and to serve others. Brian Warren will facilitate our discussion.

**September 8: Welcome to a New Beginning.** A new beginning means that you are allowing yourself to accept changes that might bring good things to you. It means that you are open to thousands of new opportunities that will define a new version of your personality. Let's discuss the possibilities! Kay Potetz will lead our service.

*After the service we are inviting everyone to meet our new office manager, Melissa Copeland, and to*

*participate in a Welcome Back Potluck and Intergenerational Drumming circle. It will be held outside, weather permitting.*

**September 15: Hear the Real Story.** Suspension of disbelief is critical to an enjoyment of fiction, fantasy and myth. But what happens when religion more and more requires a permanent suspension of disbelief? This talk is about art and science creating a synthesis of new knowledge and human emotion and meaning. Bob Mulkins will lead our service.

**September 22: TED-Style Talk - The Problem with Plastics.** Plastics are everywhere -- they're in our favorite electronic devices, they package our food and insulate our homes. Today, the total mass of plastic is twice the total mass of all living organisms on the planet. Plastic pollution researcher Patricia Villarrubia-Gomez breaks down the consequences of producing all of this plastic at every stage, from fossil fuel extraction to the disposal of single-use plastics in landfills and oceans. The first step to breaking free of our plastic problem is admitting we have one. Our discussion will be led by Zafer Deeb

**September 29: Vulemu Benvenuto: We Want to Welcome.** The Rev. Ian Anderson says this about his service, "Invitation and welcoming is an ongoing process based on compassion, reflection, and intention. When and where does it start? When we go from 'You can sit with us' to 'We want you to sit with us' we begin to allow the spirit of humanity to reside not just near us, but within us."



# Religious Education



## OUR RE THEME FOR SEPTEMBER IS INVITATION

**September 8:** We welcome our students back from summer vacation with an invitation to share their stories and highlights from the summer, their favorite memories from the previous church year, and their hopes for the coming school and church year. It's an opportunity to reconnect after so much time away from each other. The Story for All Ages is "A Lamp in Every Corner". Emily Williams and Sheryl Chow will lead.

*(After the service everyone's invited to a Welcome Back Potluck and Drumming circle held outside, weather permitting.)*

**September 15:** Today we're extending an invitation to bring in water from a place or time that has meaning and share the story behind it. We'll talk about the need to cherish and share this precious resource and demonstrate the idea that if everyone takes as much as they can, there's often not enough. We'll be reading "We Are Water Protectors". Jessica Watts and Sheryl Chow will facilitate.

**September 22:** Sheryl Chow and Emily Williams will be "Inviting the New" in this class. We'll read "The Scratched Diamond" where

we'll learn that flaws can be beautiful, then we'll embody our values by practicing yoga poses that represent them. We'll finish with a brainstorming session of how our class can invite and welcome newcomers.

**September 29:** Marianna Carney and Sheryl Chow will be Inviting in Spiritual Practice with the story of the origins of the flaming chalice. We'll then be creating and decorating our own chalices.



# 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: September 22, 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.

### Monday

**SpiritSong for Resilience and Transformation: September 23, 7-8 pm.** Join Mary Grigolia on a spiritual journey of being and becoming, change and healing, using three songs by Mary, interspersed with self-reflection, journaling, and sharing. No need to read music or be a confident singer. Suggested donation \$15. In person at Centering Space, 14812 Lake Ave., Lakewood, OH. For information, contact Mary: 216-402-3438, [mary@marygrigolia.com](mailto:mary@marygrigolia.com)

### Wednesdays

**Monthly UU Poetry Group: (3rd Wednesdays) September 18, 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: Meeting on September 5, 12, 19 & 26. 10:30-11:30 am EST (Zoom).** Our fall gatherings start! In this time of

rising hope for democracy and continuing threat and disinformation, we'll start with two readings from Pema Chodron's "Comfortable with Uncertainty" 1. The Love that Will not Die, and 2. The Healing Power of Bodhichitta. All are welcome. No previous experience required. We read the book together. Led by Rev. Mary. Suggested donation \$15.

**Wisdom of Dreams: September 5, 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): September 19, 1-2:30 pm.** This month the WISE Women group will discuss and vote to finalize its new structure. The meeting will be in-person and on Zoom. (You can get the Zoom link in the weekly eBellsound for the week of Sept. 15 or by emailing the office - [office@olmsteduu.org](mailto:office@olmsteduu.org).) WISE Women will continue to meet on the 3rd Thursday of each month, from 1-2:30.

## Committees & Teams

**Sunday Services Committee: Sunday, September 8, 9-10:30 am (Zoom)** to reflect on past services and plan upcoming services. All are welcome.

**Board of Trustees: Wednesday, September 11, 6:30 pm (Zoom).** All are welcome.

**OUUC & OUUF Adult Program Teams: Thursday, September 19, 4-5 pm (Zoom).** Update current programs, envision and plan new ones. All are welcome.

## Oberlin Programs

**Men's Covenant Group: Mondays, September 9, 16, 23 & 30 at 7 pm.** In person at Oberlin UU & Zoom. Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.

**What Would Jesus Do? Wednesday, September 25, 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.



# September 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, September 1

- 11:00 TED-Style Talk: The Five Reasons You Should NOT Be a Unitarian (*In person*)
- 12:00 Coffee Hour (*In person*)

## Monday, September 2 - Labor Day

## Thursday, September 5

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

## Sunday, September 8

- 9:00 Sunday Services Committee (*In person*)
- 11:00 Sunday Service: Welcome to a New Beginning (*In person*)
- 12:00 Coffee Hour (*In person*)
- 12:00 Meet Melissa Copeland, our new office manager**

## Monday, September 9

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

## Wednesday, September 11

- 6:30 Board of Trustees (*Zoom*)

## Thursday, September 12

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

## Sunday, September 15

- 11:00 Sunday Service: Hear the Real Story (*In person*)
- 12:00 Coffee Hour (*In person*)

## Monday, September 16

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

## Wednesday, September 18

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

## Thursday, September 19

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

## Sunday, September 22

- 11:00 TED-Style Talk : The Problem with Plastics (*In person*)
- 12:00 Coffee Hour (*In person*)
- 12:15 Meditation with Mudras

## Monday, September 23

- 7:00 Spirit Song (*In person at Centering Space, 14812 Lake Ave., Lakewood, OH*)
- 7:00 OUUC & OUUF Men's Covenant Group (*In person at Oberlin UU & Zoom*)

## Wednesday, September 25

- 7:00 What Would Jesus Do? (*In person at*

## Thursday, September 26

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

## Sunday, September 29

- 11:00 Sunday Service: Vulemu Benvenuto with Rev. Ian Anderson (*In person*)
- 12:00 Coffee Hour (*In person*)

## Monday, September 30

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

**Deadline for the October issue of the Bellringer is Monday, September 23.**

## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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