



Bellringer

October 2024

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



October 6: TED-Style Talk: "How to Deal With Hypocritical Activists, Politicians and Charities"

In this insightful talk, Nat Ware explains why we shouldn't call out hypocrites, and what to do instead. Too often, Nat says, we use the hypocrisy of others as an excuse for inaction, and charity as an excuse to do anything. We target charitable messengers and avoid critiquing charitable messages. Nat argues that the exact opposite should be true. Nat challenges us all to "rebut the message not the messenger" because what matters more than doing an action is the impact of that action. According to Nat, small minds rebut people but great minds rebut arguments! Service lead by Lynda Garvin & Brian Warren

October 13: Listening with Compassion:

How do you prove to the other person that you are listening? In today's service we will review the steps to listening with compassion. Zellda will lead our service.

October Theme

The Practice Of: Deep Listening

October 20: "A Journey Toward Connection:

Listening is not about simply hearing something or someone - it is about understanding what is heard. In a spiritual sense, when we truly listen to our surroundings, hearts or souls, what are some of the deeper lessons and meanings we can uncover?" Sermon by Ian Anderson

October 27: Dia de Muertos!

Please join us for our special service commemorating The Day of the Dead -- Dia de Muertos! Mary Palmieri will lead the service, with special guest speaker, Hector Castellanos Lara from Guatamala, NE Ohio's local artist, educator, activist and community leader who represents the arts, cultures, stories and folklore of the Americas.

Please feel free to bring a photo or small item of memorabilia to place upon our ofrenda (memorial altar) to honor a loved one.



Religious Education



OUR RE THEME FOR OCTOBER IS DEEP LISTENING

October 6: Wisdom Within: Marianna Carney and Sheryl Chow will be reading a story and leading a discussion about listening to the "wisdom within" and how that applies to relationships with one's friends.

October 13: Drum Circle: Join Mary Palmieri as we explore how we can use rhythms as a voice to express our feelings and communicate with each other. Please Bring your emotions and drum-voices with you!

October 20: Listening to those we disagree with: a skill in which we can all use some practice. Emily Williams and Sheryl Chow will combine this important lesson with some fun activities with the goal of us all coming away a little more skilled in listening!

October 27: Intergerational Service: Dia de Muertos! Please join us for our special service commemorating The Day of the Dead -- Dia de Muertos! Mary Palmieri will lead the service, with special guest speaker, Hector Castellanos Lara from Guatamala, NE Ohio's local artist, educator, activist and community leader who represents the arts, cultures, stories and folklore of the Americas.

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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: October 27, 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.

Mondays

SpiritSong for Resilience and Transformation: October 21, 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

Wednesdays

Monthly UU Poetry Group: (3rd Wednesdays) October 16, 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 October 3, 10, 17, 24 & 31. 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: October 3, 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): October 17, 1:00-2:30 pm, Exploring spirituality in the second half of life, women reflect and share in response to this month's theme: Deep Listening. Please join our circle of trust, connection, growth and transformation. The meeting will be in-person and on Zoom. (You can get the Zoom link in the weekly eBellsound for the week of October 13 or by emailing the office - office@olmsteduu.org.) WISE Women will continue to meet on the 3rd Thursday of each month.

Committees & Teams

Sunday Services Committee: Sunday, October 13, 9-10:30 am to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees: Wednesday, October 9, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, October 17, 4-5 pm (Zoom). Update current programs, envision and plan new ones.

Oberlin Programs

Men's Covenant Group: Mondays, October 7, 14, 21 & 28 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, October 23, 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.



October Calendar

Zoom Meeting Type is noted below. Active links for Zoom meetings are published in the weekly e-Bellsound. If no meeting type is listed, the event is in person.

All Sunday services, religious education and coffee hour are in person unless otherwise noted.

Thursday, October 3

- 10:30 Deepening Circles Meditation (Zoom)
- 1:00 Wisdom of Dreams (in person & Zoom)

Sunday, October 6

- 11:00 Sunday Service: TED-Style Talk: "How to Deal with Hypocritical Activists, Politicians, and Charities" - Nat Ware
- 12:00 Coffee Hour

Monday, October 7

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

Wednesday, October 9

- 6:30 Board of Trustees (Zoom)

Thursday, October 10

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, October 13

- 9:00 Sunday Services Committee (In person)
- 11:00 Sunday Service: "A Journey Toward Connection" led by Barbara Zellej
- 12:00 Coffee Hour

Monday, October 14

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

Wednesday, October 16

- 2:00 Poems to Live By (Zoom)

Thursday, October 17

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

Sunday, October 20

- 11:00 Sunday Service: "A Journey Toward Connection" by Rev. Ian Anderson
- 12:00 Coffee Hour (In person)

Monday, October 21

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

Wednesday, October 23

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

Thursday, October 24

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, October 27

- 11:00 Sunday Service: Dia de Muertos! (Day of the Dead) led by Mary Palmieri
- 12:00 Coffee Hour
- 12:15 Meditation with Mudras (In person)

Monday, October 28

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

Thursday, October 31

- 10:30 Deepening Circles Meditation (Zoom)

Deadline for the October issue of the Bellringer is Sunday, October 27.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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