



Bellringer

December 2024

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

December Theme

Living Love Through The Practice Of: **Presence**



December 1: How to Eat Less Plastic: In the spirit of our UU of looking after each other; last time, the TED talk was about plastic impact on our environment. This time plastic effect on our own health; what does eating plastic do to our body from organ damage, developmental delays in children, reducing fertility to cancer and obesity. The program includes 6 tips, from Consumer Reports, on how to reduce plastic and solvents in our daily consumption of food. Leaders: Brian Warren and Zafer Deeb

December 8: "Care Takers": We will tie in the importance of establishing routine self-care habits to enable us to be more present with both ourselves, as well as those we care for. While some of this information leans toward the family caregiver, it is important for all of us, whether or not we find ourselves in a caregiving role to a family member or friend, to implement the tools provided. We will initially take a look at a few caregiver statistics, including how caregiving can impact the carer's physical and emotional health, identify personal barriers that may exist which prevent any of us from pursuing self-care, and finally, outlining steps we can immediately put into practice to begin good self-care habits that alleviate stress and allow us to become more present in our lives. Handouts will be provided with the information, resources and tools discussed. Leaders: Brianna Haggerty and Lynda Gavin

December 15: Art as a Spiritual Experience: "I found in art

and the making of lines and marks to be a friend, companion and clarifier in times of quiet, times of happiness and times of sadness. The need to express and find meaning is common in all of us." Speaker: Fran Mulkins
Moderator: Fran Mulkins

December 22: Are You Being Kinds to Yourself?: "Whether you think you can or you think you can't, you're right." H. Ford. The theme for this month is living love through the practice of presence. Who are you most often present with? We are present with ourselves most of the time. This service will focus on how we talk to ourselves – SELF TALK and how important it is to our well-being.

Following the service, join us in Coe Hall for Stone Soup. Please bring something to add -- a potato, carrot, onion, etc.

December 24: Christmas Eve Service. Presence is the Best Present: Whether one follows the Prophet Yeshua of Nazareth, or the Jesus Christ of Faith, a crucial topic of his teachings is often forgotten: mindfulness. Yes, Jesus taught mindfulness! This Christmas Eve, we are invited to reflect on how many of our Unitarian and Universalist ancestors understood his words, inspiring us to live in the presence of love and holiness, and to dwell together in unity within the interdependent web of life.

December 29: An End-of-Year Retrospective Sharing lessons learned during the past year. The discussion will be led by Brian Warren.(Please, No Politics.)



Religious Education



OUR RE THEME FOR DECEMBER IS PRESENCE

December 1: It's easy to sacrifice the present by looking to the future, but then we miss out on experiencing our life. But, if we use the lens of paying attention to focus on the gifts that life has already given us, we'll find that they are waiting for us to notice them! Marianna Carney and Sheryl Chow will facilitate. The Story for All Ages is "Peter and the Golden Thread".

December 8: Today we'll be exploring lessons in gift giving. The truly meaningful part of gift-giving is the chance for us to offer a gift that represents something special about them or shows them what we appreciate about them. Emily Williams and Sheryl Chow will guide the class in crafting a gift for someone special.

December 15: What Does It Mean to be Present? This Sunday, we will explore these questions, and learn how connecting with each other depends on Presence and Attention.

By creating rhythms together, we will exercise our ability to engage in the collective spirit of mindful and playful vibrations!

December 22: During the darkest time of the year, we will be looking for the gifts hidden in the darkness. Times of darkness can be seen as spaces of rest, renewal and even rebirth. We'll be embracing the darkness with shadow hand puppets, blanket forts and extra story time. The Story for All Ages is "'Twas the Night before Yuletide". Jessica Watts and Sheryl Chow will lead.

After our class, we'll join the adults in Coe Hall for Stone Soup. The children are invited to bring something to add to our soup -- a potato, carrot, onion, etc.



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: NO DECEMBER MEETING.

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: NO DECEMBER 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) December 18 20 , 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 December 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: December 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) (3rd Thursdays) December 19, 1:00-2:30 pm, Exploring spirituality in the second half of life, women reflect and share in response to this month's theme: Repair. Please join our circle of trust, connection, growth and transformation. (in-person and Zoom)

Committees & Teams

Sunday Services Committee: Sunday, December 8, 12:30 pm to reflect on past services and plan upcoming services. All are welcome.

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

OUC & OUF Adult Program Teams: Thursday, December 19, 4-5 pm (Zoom). Update current programs, envision and plan new ones.

Oberlin Programs

Men's Covenant Group: Mondays, December 2, 9, 16, 23 & 30 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, December 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.



November 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.

Sunday, December 1

11:00 Sunday Service

12:00 Coffee Hour

Monday, December 2

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

Thursday, December 5

10:30 Deepening Circles Meditation (Zoom)

1:30 Wisdom of Dreams (in person & Zoom)

Sunday, December 8

11:00 Sunday Service

12:00 Coffee Hour

12:30 Sunday Services Committee Meeting
(in minister office)

Monday, December 9

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

Wednesday, December 11

6:30 Board of Trustees (Zoom)

Thursday, December 12

10:30 Deepening Circles Meditation (Zoom)

Sunday, December 15

11:00 Sunday Service

12:00 Coffee Hour (In person)

Monday, December 16

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

Wednesday, December 18

2:00 Poems to Live By (Zoom)

Thursday, December 19

10:30 Deepening Circles Meditation (Zoom)

1:00 WISE Women (In person & Zoom)

4:00 Adult Programs Team (Zoom)

Sunday, December 22

11:00 Sunday Service

12:00 Coffee Hour/Stone Soup (In person)

Monday, December 23

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

Wednesday, December 25

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

Thursday, December 26

10:30 Deepening Circles Meditation (Zoom)

Sunday, December 29

11:00 Sunday Service

12:00 Coffee Hour

Monday, December 30

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

Deadline for the January issue of the Bellringer is Sunday, December 29.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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Staff / Coordinator of Religious Education: Sheryl Chow - office@olmsteduu.org

Office Manager: Melissa Copeland - office@olmsteduu.org

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



November Calendar

Congregational Meeting in January



The Board will be calling a CONGREGATIONAL MEETING IN JANUARY so that, together, we can all discuss what is happening in our church and together, we can all decide what we want to do. Topics so far include

- Hiring a temporary minister for the rest of the fiscal year, (January through June)
- Hiring a longterm part-time contract minister
- Funding the new minister.
- Updating the bylaws.

It will be a potluck dinner some evening or on a Saturday afternoon in January.

You can let us know ahead of time what your ideas, concerns, and questions are by emailing the board via office@olmsteduu.org, with a subject line of CONGREGATIONAL MEETING. You can also let us know by talking to any of the trustees in Coe Hall after church. You can also let us know your preferences for the date and time for the meeting in an email.

More information will follow .