



Bellringer

January 2025

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



January 5: How changing your story can change your life | Lori Gottlieb | TED - Brian & Lynda

Stories help you make sense of your life -- but when these narratives are incomplete or misleading, they can keep you stuck instead of providing clarity. In an actionable talk, psychotherapist and columnist Lori Gottlieb shows how to break free from the stories you've been telling yourself by becoming your own editor and rewriting your narrative from a different point of view.

January 12: It's Yesterday Once More - presenter Kay Potetz - The next great reform movement is poised to begin. With our recent election, voters are also wondering about the resulting societal changes. What will the public mood be, what about social and scientific issues, and let's not forget the financial area, i.e., taxes, national debt, etc?

It appears as though the public would like to see a period of true reform and modernization in our public institutions. Given how our politics appear to be repeating, or at least rhyming with the latter part of the 19th century, it's not too big of a leap to think that just as the inequality of polarization of the Gilded Age triggered the Progressive Era of the early

January Theme

Living Love Through The Practice Of:

Story

20th century, that today's new Gilded Age could give rise to something similar.

We warmly invite you to experience this unique view on the recent American political process.

January 19: The Stories We Carry - Our lives are built on stories - the ones we tell, the ones we hear, and the ones we carry with us. Stories help shape our identities by giving meaning to our experiences and help us to connect with one another. By embracing the power of narratives, we can share our journeys toward truth and understanding together.-Rev. Ian Anderson will be leading this service.

January 26: International Service: Visitors to our church often ask what UU's believe. Church members sometimes struggle for an answer, for ourselves and for others who are considering a UU church. In this week's service, Religious Education Committee members will be exploring UU Identity, for adults and children. We will learn about the Golden Rule and the Platinum Rule, and remember a lively hymn that expresses our beliefs: ***Standing on the Side of Love.***

Service leaders are Sheryl Chow, Mary Palmieri, Emily Williams, Marianna Carney, and Jessica Watts. A service for all ages to explore and enjoy.



Religious Education



OUR RE THEME FOR JANUARY IS STORY

January 5: As we begin a new year, we'll consider how we are story tellers by nature: stories give us hope and help us grow. They are how we make sense of the world and our stories inspire others. Today we'll be designing the "main character" in our own story. Jessica Watts and Sheryl Chow will lead.

January 12: Today's theme is "Stories and Friendship" and is all about building meaningful connections. We'll be exploring this idea as the RE class joins Fran Mulkins in making Valentines for Vets. Our Story for All Ages is, "The Storyteller".

January 19: As our congregation looks at the practice of love and storytelling this month our RE drum circle will explore how agape love and diverse stories have inspired social change over the years. Mary Palmieri will lead our drum circle.

January 26: Visitors to our church often ask what UU's believe. Church members sometimes struggle for an answer, for ourselves and for others who are considering a UU church. In this week's service, Religious Education Committee members will be exploring UU Identity, for adults and children. We will learn about the Golden Rule and the Platinum Rule, and remember a lively hymn that expresses our beliefs: *Standing on the Side of Love*.

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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 or contact the office at office@olmsteduu.org.

SUNDAYS

Meditation with Mudras: January 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.

MONDAYS

SpiritSong for Resilience and Transformation: January 20, 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) January 15, 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 Sangha: Happy New Year! A drop-in Zoom based meditation and spiritual spiritual deepening group open to all. Facilitated by Mary Grigolia, at each session, we share an arriving guided meditation, a reading, discussion, and a 2nd guided meditation. In January, we continue with brief readings from Pema Chodron's collection, "Comfortable with Uncertainty".

Meditate together: **Thursdays, January 9, 16, 23 & 30.**

Zoom In. This drop-in group is open to all, regardless of financial ability. The Buddhist tradition of *Dana* invites us to give what we can. Some folks pay per session, some monthly or quarterly. Suggested donation is \$15. Some pay \$0, \$5, \$7, \$10, \$15, \$20. Pay what feels kind to you, to Mary, and to the Sangha, so that you make a commitment to yourself to attend, to practice with the support of a community, a sangha. You may pay via Paypal (mary@marygrigolia.com), or Venmo (@Mary-Grigolia) or Zelle (PNC). To pay by check,

send to Mary Grigolia, 12550 Lake Road #412, Lakewood OH 44107.

January 9: Chpt. 27-The Facts of Life:Suffering & Chpt. 28-Hope and Fear. 2nd Thursdays, we open to boundless awareness. **January 16:** Chpt. Lighten Up & Chpt. 30: The 4 Reminders. 3rd Thursday, we practice embodied awareness. **January 23:** Chpt.31 Heaven and Hell & Chpt. 32: The 3 Futile Strategies. The 4th Thursday, we watch the creative mind. **January 30:** Chpt. The Opposite of Samsara & Chpt. 34: Cultivating the 4 Limitness Qualities. The 5th Thursday, we explore neurospirituality.

Wisdom of Dreams: January 2, 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 January 16, 1:00-2:30 pm, As we begin this new year we do so without our beloved friend Mary Baird. So this month's meeting will include a tribute to her as well as discussion on the topic of "Story." We will also discuss how the new WISE Women structure is working for us. We will meet in person and on Zoom.

COMMITTEES & TEAMS

Sunday Services Committee: Sunday, January 5, 12:30 pm to reflect on past services and plan upcoming services. All are welcome.

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

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

OBERLIN PROGRAMS

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

What Would Jesus Do? Wednesday, January 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.



January 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, January 2

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

Sunday, January 5

- 11:00 Sunday Service: TED-Style Talk
- 12:00 Coffee Hour
- 12:30 Sunday Services Committee Meeting (in minister office)

Monday, January 6

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

Wednesday, January 8

- 6:30 Board of Trustees (Zoom)

Thursday, January 9

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, January 12

- 11:00 Sunday Service
- 12:00 PotLuck
- 12:30 Congressional Meeting

Monday, January 13

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

Wednesday, January 15

- 2:00 Poems to Live By (Zoom)

Tuesday, January 16

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

Sunday, January 19

- 11:00 Sunday Service
- 12:00 Coffee Hour (In person)

Monday, January 20

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

Wednesday, January 22

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

Thursday, January 23

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, January 26

- 11:00 Sunday Service
- 12:00 Coffee Hour/Stone Soup (In person)
- 12:15 Meditation with Mudras (in person)

Monday, January 27

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

Thursday, January 30

- 10:30 Deepening Circles Meditation (Zoom)

Deadline for the February issue of the Bellringer is Sunday, January 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 - office@olmsteduu.org

Office Manager: Melissa Copeland - office@olmsteduu.org

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



January Calendar



The trustees of the Olmsted Unitarian Universalist congregation have called for a **Congregational Meeting**
Sunday, January 12

12:30

A potluck dinner will precede the meeting from 12:00 pm to 12:30 pm, and before that, at 11 AM, will be a service in the sanctuary conducted by Kay Potetz. "It's Yesterday Once More"

Please plan to come for all three events, or at least the congregational meeting at 12:30. The purpose of the meeting is to discuss important issues we are facing for our future, possibly to make decisions, and plan for moving ahead.

Zellda Zelle, co-president, will facilitate the meeting. The first order of business will be to set the agenda.

Possible agenda items include: Insurance, Filling the Ministerial Vacancy, Reviewing and Updating the Bylaws, Sunday Services-getting involved, Community Outreach, Keeping Ourselves Solvent,

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.