



Bellringer

April 2025

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



April's Theme: JOY

April 6: Ted-Style Talk: "Where Joy Hides and How to Find It."

Cherry Blossoms and rainbows, bubbles and googly eyes: Why do some things seem to create such universal joy? In this captivating talk, Ingrid Fetell Lee reveals the surprising tangible roots of joy and shows how we can all find - and create - more of it in the world around us.

April 13: "Onward and Upward":

The title of this Sunday's talk is a phrase first used by our Universalist predecessors in the 19th century. Two centuries earlier, Shakespeare coined the phrase, "To thine own self be true." Join Bob Mulkins in discussing how one phrase supports the other.

April 20: Joyful, Joyful, We Adore Thee:

Explore the beauty of Joy, its depths, its power, and what it means to embrace it. Drawing from wisdom all over the world, we will reflect on this sacred force as it shapes and moves our hearts. Service led by Ian Anderson.

April 27: "Creating a Circle of Trust:

Wise Women, an OUUC program based on spiritual exploration in the 2nd half of life, has continued to evolve and thrive over the past 8 years. Please join us as we share the story of its origin, staying power, and our experiences as members of this beloved small group program. Service led by Lynda Garvin and Zellda Zellely.



Religious Education



OUR RE THEME FOR APRIL IS JOY

April 6: There is joy to be found in foolishness. Being silly and laughing at ourselves reduces stress and anxiety, builds emotional resilience, strengthens our ability to express ourselves and allows each of us to grow as a person. Sheryl Chow and Jessica Watts will lead in playing with this idea as we tell jokes, listen to and try our hand at song parodies, and generally act silly!

April 13: When we think about life's joys, we know how much pleasure we can experience through music. Today's drum circle invites us to create joyful rhythms with drums, shakers, tambourines--even using our bodies as a drum! Please join us!

April 20: Although it's much more difficult in challenging times, if we keep looking, we can still find joy. If we can "rise from the ashes", we are strengthened and "reborn". Our wisdom tale is, "The Story the Phoenix Told", followed by novel activities in which we seek to find the joy in frustration! Emily Williams and Sheryl Chow will lead.

April 27: Today, Marianna Carney and Sheryl Chow will facilitate a lesson in seeking the "joy in nature". We'll either be spending time outside, weather permitting, or "bee" making homes for some of our smallest wild neighbors.



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: April 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.

TUESDAYS

SpiritSong Circle: Songs of Resilience & Spiritual Deepening. Monthly drop-in song circle. (3rd Tuesday) April 15, 2-3 pm. Songs for the spiritual journey. We'll sing, journal and share what the songs awaken in us. No need to be a confident singer or read music. Accessible to all. Suggested donation of \$20. In person at Westshore UU in the chapel, 20401 Hilliard Blvd, Rocky River, OH 44116. Park on the East side of the building. Parking lot entrance. For information, contact Mary: mary@marygrigolia.com

WEDNESDAYS

Monthly UU Poetry Group: (3rd Wednesdays) April 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 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. Meditate together: **Thursdays, April 3, 10, 17 & 24.** 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.

Wisdom of Dreams: April 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) -3rd Thursday April 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, Trust. Please join our circle of trust, connection, growth and transformation. Meeting in person and Zoom.

COMMITTEES & TEAMS

Sunday Services Committee: Sunday, April 13, 12:30 pm to reflect on past services and plan upcoming services. All are welcome.

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

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

OBERLIN PROGRAMS

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

What Would Jesus Do? Wednesday, April 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.



April 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, April 3

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

Sunday, April 6

- 11:00 Sunday Service
- 12:00 Coffee Hour
- 12:30 Sunday Services Committee Meeting (in Minister's Office)

Monday, April 7

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

Wednesday, April 9

- 6:30 Board of Trustees (Zoom)

Thursday, April 10

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, April 13

- 11:00 Sunday Service
- 12:00 Coffee Hour

Monday, April 14

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

Tuesday, April 15

- 2:00 Spirit Song (in person at Westshore UU)

Wednesday, April 16

- 2:00 Poems to Live By (Zoom)

Thursday, April 17

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

Sunday, April 20

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

Monday, April 21

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

Wednesday, April 23

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

Thursday, April 24

- 10:30 Deepening Circles Meditation (Zoom)

Sunday, April 27

- 11:00 Sunday Service
- 12:00 Coffee Hour

Monday, April 28

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

Deadline for the May issue of the Bellringer is Sunday, April 27.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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Board / Fran Mulkins & Zellda Zellely - Co-Presidents, Eric Jaworowski - Past President, Kay Potetz - Treasurer
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