



Bellringer

February 2025

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

February Theme

Living Love Through The Practice Of: Inclusion

February 2

TED-Style Talk - "Birds Aren't Real? How a Conspiracy Takes Flight"

What if by talking to conspiracy theorists like they're ignorant and stupid, we're actually pushing them farther away from the truth that we want them to see? Because what happens when you tell someone: 'you're stupid', 'you're all wrong', 'you're the problem' you'll make them feel judged and dismissed. Service led by Brian Warren & Lynda Garvin.

February 9

Being in the circle, what do we get; what might we miss?

The true blessing of inclusion is not that you get to come inside the circle. It's that you get to participate in expanding it. As the circle grows so do we. Service will be led by Zellda Zelley.

February 16 (Stone Soup Sunday)

Welcoming the Universal Whole

Join Rev. Ian Anderson as we celebrate inclusivity and welcoming by the covenants we make together as a faith. In this service, we will examine deeper this spiritual practice and how we can continue to honor our dedication to celebrating the worth of all people.



February 23

Imagine All the People

Scientist, Richard Fyneman said: "We are at the very beginning of time for the human race... there are tens of thousands of years in our future to do what we can to improve the solutions, and pass them on." This talk is about curiosity as a tool for knowledge. Bob Mulkins will lead this service.



Religious Education



OUR RE THEME FOR JANUARY IS INCLUSION

February 2: Today we'll be focusing on "The practice of not leaving people out". We'll be discussing the different ways people are excluded and how we can be more inclusive and welcoming. Jessica Watts and Sheryl Chow will then lead a scavenger hunt around the church looking for signs of inclusivity (sometimes literal!) and think about ways we can improve. We'll end with a game of "Emoji Charades".

February 9: Today's Story for All Ages is "Milk and Sugar" and we'll be talking about how we're all affected when stories get left out of our telling of history and that our differences make us better and stronger. We'll watch a short video about a young Syrian refugee girl and then learn how to write a few words in other languages. Led by Marianna Carney and Sheryl Chow.

February 16: Like "The Ugly Duckling", it's beneficial to learn to love and accept ourselves. Using positive affirmations and meditations and doing crafts, we'll be seeking and appreciating the traits that distinguish us. Emily Williams and Sheryl Chow will lead. Class will be followed by a Stone Soup.

February 23: Just as we can create music and rhythms from many diverse instruments, we can also experience the Divine through numerous beliefs. Please join us in this exploration of Sacred sounds. Mary Palmieri will lead.



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: February 23, 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: February 24, 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) February 19, 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, February 6, 13, 20 & 27.** 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: February 6, 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 February 20, 1:00-2:30 pm, Exploring spirituality in the second half of life, women reflect and share in response to this month's theme, Inclusion. Please join our circle of trust, connection, growth and transformation. Meeting in person and Zoom.

COMMITTEES & TEAMS

Sunday Services Committee: Sunday, February 9, 12:30 pm to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees: Wednesday, February 12, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, February 20, 4-5 pm (Zoom). Update current programs, envision and plan new ones.

OBERLIN PROGRAMS

Men's Covenant Group: Mondays, February 3, 10, 17, and 24 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, February 26, 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.



Janaury 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, February 2

- 11:00 Sunday Service: TED-Style Talk
- 12:00 Coffee Hour

Monday, February 3

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

Thursday, February 6

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

Sunday, February 9

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

Monday, February 10

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

Wednesday, February 12

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

Thursday, February 13

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

Sunday, February 16

- 11:00 Sunday Service
- 12:00 Coffee Hour & Stone Soup

Monday, February 17

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

Wednesday, February 19

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

Tuesday, February 20

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

Sunday, February 23

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

Monday, February 24

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

Wednesday, February 26

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

Thursday, February 27

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

Deadline for the March issue of the Bellringer is Sunday, February 23.

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