



# Bellringer

## March 2025

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

## March Theme: TRUST March 2

**TedTalk - We've stopped trusting institutions and started trusting strangers | Rachel Botsman**

Something profound is changing our concept of trust, says Rachel Botsman. While we used to place our trust in institutions like governments and banks, today we increasingly rely on others, often strangers, on platforms like Airbnb and Uber. This new era of trust could bring with it a more transparent, inclusive and accountable society - if we get it right. Who do you trust?

### March 9

Please join speaker and musician Bob Perry this Sunday for his sermon entitled, "**Trust, Rinse and Repeat.**"

### March 16

#### "The Force That Transforms"

Trust is more than just a feeling - it is a powerful force that shapes out lives, relationships and communities. What happens when we lean into trust and how can we use this experience to guide us through life?" Serive led by Ian Anderson

### March 23

#### Intergenerational Service

Tour of Historical Egypt, on March 23, we will have a tour of historical Egypt; history, art, culture and music. An audio visual presentation. Your presence will be very important. Please be on time, there is so much material to cover.

Lead by Zafer Deeb and Lynda Garvin Thank you:  
Zafer Deeb

### March 30

Join Linda Rich for a discussion as to: "**Why do we have so much trouble with trust, and what is needed to rebuild it, also what happens when we lose trust in our Government**"





# Religious Education



## OUR RE THEME FOR MARCH IS TRUST

**March 2:** How can you tap into your self-confidence? What makes someone trustworthy? Through discussions and activities such as Improvisation and a "Pothole Blindfold Walk", we'll be developing the ability to trust oneself and to trust others. Marianna Carney and Sheryl Chow will facilitate.

**March 9:** Learning to trust begins with learning how to first have trust in ourselves--and from there, learning how to trust others, and Life itself. Many songs have been written about trust--having it, sometimes losing it, and hopefully reclaiming it again. Please join us for our drum circle where we will discuss and play rhythms to songs that address the idea of trust.

**March 16:** "Lost in the Desert", today's Story

for All Ages, is a reminder to be open, to trust life, and to be brave enough to take a leap of faith! We'll be planting a "seed of trust" and also discussing what to do when trust is broken. Marianna Carney and Jessica Watts will lead.

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**March 30:** Fran Mulkins and Sheryl Chow will be leading the class in making greeting cards of support for transgender people.



# 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](mailto:office@olmsteduu.org).*

### SUNDAYS

**Meditation with Mudras: March 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.

### TUESDAYS

**SpiritSong Circle: Songs of Resilience & Spiritual Deepening. Monthly drop-in song circle. (3rd Tuesday) March 18, 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](mailto:mary@marygrigolia.com)

### WEDNESDAYS

**Monthly UU Poetry Group: (3rd Wednesdays) March 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. Meditate together: **Thursdays, March 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](mailto: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: March 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 Thursday March 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, Trust. Please join our circle of trust, connection, growth and transformation. Meeting in person and Zoom.

## COMMITTEES & TEAMS

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

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

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

## OBERLIN PROGRAMS

**Men's Covenant Group: Mondays, March 3, 10, 17, 24 and 31 at 7 pm.** In person at Oberlin UU & Zoom. Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.

**What Would Jesus Do? Wednesday, March 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.



# March 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, March 2

- 9:30 Board Meeting
- 11:00 Sunday Service: TED-Style Talk
- 12:00 Congregational Meeting

## Monday, March 3

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

## Thursday, March 6

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

## Sunday, March 9

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

## Monday, March 10

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

## Wednesday, March 12

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

## Thursday, March 13

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

## Sunday, March 16

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

## Monday, March 17

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

## Tuesday, March 18

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

## Wednesday, March 19

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

## Tuesday, March 20

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

## Sunday, March 23

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

## Monday, March 24

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

## Wednesday, March 26

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

## Thursday, March 27

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

## Sunday, March 30

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

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

## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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