



# Bellringer

May 2025

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

## May's Theme: IMAGINATION



### **May 4: Ted-Style Talk: "Where Good Ideas**

**Come From.":** People often credit their ideas to individual "Eureka!" moments. But Steven Johnson shows how history tells a different story. His fascinating tour takes us from the "liquid networks" of London's coffee houses to Charles Darwin's long, slow hunch to today's high-velocity web. Brian Warren and Lynda Garvin will lead the service.

### **May 11: Tour of Mozart Music-Part 2:**

Will cover the remainder of some of his great music namely: Mozart Clarinet Concerto in A major, his Chamber Piano Trio in C major And the Requiem Come all, it is a great place to take a nap listening to great music. Service led by Zafer Deeb.

### **May 18: "Imagine: The Gateway to the Spirit"**

Imagination is often dismissed as a fantasy, but it is a powerful tool for both creative and human expression. Let us explore this powerful tool and truly contemplate its place in our hearts, minds, and souls. Rev. Ian Anderson will lead this service.

### **May 25: Ralph Waldo Emerson:**

Ralph Waldo Emerson was born on May 25, 1803 , 222 years ago. In 2003 I was asked if I would write a talk celebrating Emerson's 200th birthday. What my research revealed is a profile of one of the most amazing people ever to speak from a Unitarian pulpit. 22 years later I think that talk is worth repeating. Join Bob Mulkins for this enlightening service.



# Religious Education



## OUR RE THEME FOR MAY IS IMAGINATION

**May 4:** Can we express love and kindness creatively? Of course--by using our imagination! And music has always been a fun way to do that! Please join us for our next drum circle (May 4) where we will create rhythms for songs that celebrate how Love and Imagination come together to build good will.

**May 11:** Today, Mother's Day is a day to honor our mothers, but originally it began as a day to celebrate social justice, when Julia Ward Howe issued a proclamation, calling upon mothers and women of all nationalities to band together to promote and work towards ending war and creating peace. We will honor that vision by creating a poster to illustrate our own proclamation for peace: our promise of how we will strive to make a difference in our world.

**May 18:** The theme today is using imagination to think outside the box. With that in mind, we will discuss inventions that have sprung from accidents, along with a sprinkling of imagination and vision. We'll then use our imaginations to make our own creations.

**May 25:** On Memorial Day, we'll be sharing the story of how the holiday began, on May 5, 1865, as "Decoration Day"; a way to show gratitude to the Union Soldiers who had perished, then expanded to acknowledge the sacrifice of soldiers in all wars. In both World Wars, Americans at home were encouraged to support the war effort with Victory Gardens. We'll be creating our own little gardens as we discuss this piece of American history.



# 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: May 25, 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) May 20, 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) May 21, 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, May 1, 8, 15, 22 & 29.** 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: May 1, 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 May 15, 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, May 11, 12:30 pm** to reflect on past services and plan upcoming services. All are welcome.

**Board of Trustees: Wednesday, May 14, 6:30 pm (Zoom).** All are welcome.

**OUC & OUUF Adult Program Teams: Thursday, May 15, 4-5 pm (Zoom).** Update current programs, envision and plan new ones.

## OBERLIN PROGRAMS

**Men's Covenant Group: Mondays, May 5, 12, 19, 26 at 7 pm.** In person at Oberlin UU & Zoom. Contact [donleake087@gmail.com](mailto:donleake087@gmail.com) for information.

**What Would Jesus Do? Wednesday, May 28, 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.



# May 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, May 4

11:00 Sunday Service  
12:00 Coffee Hour

## Monday, May 5

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

## Thursday, May 8

10:30 Deepening Circles Meditation (Zoom)

## Sunday, May 11

11:00 Sunday Service  
12:00 Coffee Hour  
12:30 Sunday Service Committee Meeting

## Monday, May 12

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

## Wednesday, May 14

6:30 Board Meeting (Zoom)

## Thursday, May 15

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

## Sunday, May 18

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

## Monday, May 19

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

## Tuesday, May 20

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

## Wednesday, May 21

2:00 Poems to Live By (Zoom)

## Thursday, May 22

10:30 Deepening Circles Meditation (Zoom)

## Sunday, May 25

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

## Monday, May 26

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

## Wednesday, May 28

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

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**Deadline for the June issue of the Bellringer is Sunday, May 25.**

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## OLMSTED UNITARIAN UNIVERSALIST CONGREGATION

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