Bellringer

January 2026

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

Practicing Resistance

January 4: TED-Style Talk: "Let's Get Real About Free Speech" Gregg Lukionoff - Ted2025 - April 2025
In this Ted Talk, Dr. Dan Tomasulo explains: "Hope" is teachable. People with high 'hope' live longer, happier, and healthier lives. And they don't wait for inspiration, they make 'hope' happen. High 'hope' people practice 7 thinking habits that make all the difference, and you can learn what they know. Dr. Dan Tomasulo wrote the bestselling, "Learned Hopefulness, The Power of Positivity to Overcome Depression" after his own depression led him to use the new 'science of hope' not just to bounce back, but to bounce forward. His new book is, "The Positivity Effect". Service led by Brian Warren

January 11: Exploring Spirituality: Join us for a service that examines making our Sunday Service a more spiritual experience. We will discuss our order of service and focus on the spiritual aspects of many of the things we currently do. I will also be asking you to tell us what you need for a service to feel spiritual. Service led by Zellda Zelley

January 18: Love Is Our Shelter: Small, faithful acts of love toward ourselves and others can be essential forms of resistance by holding us in warmth when the world feels harsh and overwhelming. Together, we will reflect on how returning to love again and again steadies us in the desire to resist contempt and apathy. **Rev. Ian Anderson will be leading this service.**

This is also Stone Soup Sunday. Please bring an item to throw in the pot: carrot, potato, onion, etc.

January 25: What Doesn't Die Will Always Rise: Winter is a season of dormancy, but it is far from the end. In this service, reflect on resistance as it appears in the natural world and in myth. Visit the story of Persephone, who teaches us what it means to endure hardship without losing yourself to it. While in times of political unrest and cultural unease, resistance can feel futile and exhausting. History and the cycles of the natural world remind us again and again: what refuses to die does not vanish, but rises.

Religious Education



OUR RE THEME FOR JANUARY IS

PACTICING RESISTANCE

January 4: Join us for our drum circle where we will explore the importance of developing self-confidence and assertiveness to resist social pressure to fit in. Mary Palmieri will lead the circle.

January11: Marianna Carney and Sheryl Chow will be leading a discussion exploring the challenge of resisting the unhealthy parts of social media and some of the main pressures that pull them away from being their best selves.

January 18: Today we'll be learning about Fannie Barrier Williams and her contributions toward dismantling racism. Resisting racism and unfairness takes courage and awareness, but standing up for justice doesn't always mean fighting. Sometimes it means speaking kindly and listening deeply. Jessica Watts and Sheryl Chow will facilitate.

This is also Stone Soup Sunday. Please bring an item to throw in the pot: carrot, potato, onion, etc.

January 25: Emily Williams and Sheryl Chow will be providing activities that aid in taming the "monkey mind"; using art to explore the challenge of resisting distraction, overwhelm, anger and worries.

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 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.

Wednesdays

Monthly UU Poetry Group: (3rd Wednesdays) January 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. Welcome all.

Thursdays

Deepening Circles Sangha: A drop-in Zoom based meditation and 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, January 8, 15, 22 & 29, 10:30-11:30 am eastern (Zoom).

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 committment to yourself to attend, to practice with the support of the 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.

Thursdays, continued...

Wisdom Dreams: January 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: January 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: **Practicing Resistance.** Please join our circle of trust connection, growth and transformation. Meeting in-person and Zoom.

Committees & Teams

Sunday Services Committee: Sunday, January 11, 12:30 (in-person) to reflect on past services and plan upcoming services. All are welcome.

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

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

Oberlin Programs

Men's Covenant Group: Mondays, January 5, 12, 19, & 26 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, January 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.

December Calendar

Meeting types are noted below. Active links for Zoom meeting are published in the weekly e-Bellsound.

All Sunday services, religious education and coffee hour are in person unless otherwise noted.

Sunday, January 4

11:00 Sunday Service
12:00 Coffee Hour

Monday, January 5

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

Thursday, January 8

10:30 Deepening Circles Meditation (Zoom)

Sunday, January 11

11:00 Sunday Service
12:00 Coffee Hour
12:30 Sunday Service Committee Meeting (in-person)

Monday, January 12

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

Wednesday, January 14

6:30 Board of Trustees (Zoom)

Thursday, January 15

10:30 Deepening Circles Meditation (Zoom)
1:00 Wise Women - (in person & Zoom)
4:00 Adult Program Teams (Zoom)

Sunday, January 18

11:00 Sunday Service
12:00 Stone Soup Sunday

Monday, January 19

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

Wednesday, January 21

2:00 Poetry Group (Zoom)

Thursday, January 22

10:30 Deepening Circles Meditation (Zoom)

Sunday, January 25

11:00 Sunday Service
12:00 Coffee Hour

Monday, January 26

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

Wednesday, January 28

7:00 What Would Jeses Do? i(n person & Zoom)

Deadline for the February issue of the Bellringer is Sunday, Jan. 25.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION
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