Bellringer

November 2026

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

November 1: Ted-Style Talk - "Say Your Truths and Seeks Them in Others": In a lyrical, unexpectedly funny talk about heavy topics such as frayed relationships and the death of a loved one, Elizabeth Lesser describes the healing process of putting aside pride and defensiveness to make way for soul-baring and truth-telling. "You don't have to wait for a life-or-death situation to clean up the relationships that matter to you," she says. Service led by Brian Warren

November 8: Ted-Style Talk - "The Gift and Power of Emotional Courage" : Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health and happiness. In this deeply moving, humorous and potentially life-changing talk, she challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility. Service will be lead by Brian Warren

November 15: "The Pilgrim's Path": Imagine you are a pilgrim on a journey to heal your inner self - what would that path contain? How would you change if you knew everything internal about you was about to be healed? What would life look like from that point on? Please join Rev. Ian Anderson as we reflect.

November 22: "We Set You a Place": Have you ever been invited to sit at a table but not felt truly included, wanted, or appreciated? Gather together four days before Thanksgiving to reconsider familiar stories about holiday gratitude, gathering, and the people we invite to sit



around our tables. From the 1621 gathering between English colonists and the Wampanoag people to the introduction of Franklin inPeanuts, the history of Thanksgiving and its cultural results is complicated at best. Join Samanthallliuson Nov. 22 to look at how the stories we tell can shape our understanding of belonging, who gets to be included, and who ends up left out. Together, we'll turn inward to reflect on our lives and consider how making room for perspectives that challenge our own can help us to heal.

November 29: "The Mirror and the Window: The Creative Spirit as a Healer": "What you seek is seeking you"--Rimu. Please join Mary Palmieri as we explore how creative expression -- that of others and our own -- can have a healing effet upon our physical, mental and spiritual well-being.

Healing

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: November 22, 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) November 18, 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, November 5, 12, 19 & 26, 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: November 5, 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: November 19, 1:00 - 2:30 pm. Exploring spirituality in the second half of life, women reflect and share in response to this month's theme: ***Healing***. Please join our circle of trust connection, growth and transformation. Meeting in- person and Zoom.

Committees & Teams

Congregational Meeting: Sunday, November 8, 12:30 (in-person) Every 2nd Sunday.

Sunday Services Committee: Sunday, November 15, 12:30 (in-person) Every 3rd Sunday to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees: Wednesday, November 11, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, November 19, 4-5 pm (Zoom). Update current programs, envision and plan new ones.

Oberlin Programs

Men's Covenant Group: Mondays, November 2, 9, 16, 23 & 30 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, November 25, 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.

November Calendar

All Sunday services, religious education and coffee hour are in person unless otherwise noted. Active links for Zoom meeting are published in the weekly e-Bellsound.

Saturday, October 31---Set the Clocks back 1 hour!

Sunday, November 1
11:00 Sunday Service
12:00 Coffee Hour

Monday, November 2
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Tuesday, November 3: ELECTION DAY

Thursday, November 5
10:30 Deepening Circles Meditation (Zoom)
1:30 Wisdom of Dreams (Zoom)

Sunday, November 8
11:00 Sunday Service
12:00 Coffee Hour
12:30 Monthly Congregational Meeting (in-person)

Monday, November 9
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, November 11
6:30 Board of Trustees (Zoom)

Thursday, November 12
10:30 Deepening Circles Meditation (Zoom)

Sunday, November 15
11:00 Sunday Service
12:00 Coffee Hour
12:30 Sunday Service Committee Meeting (in person)

Monday, November 16
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, November 18
2:00 Poetry Group (Zoom)

Thursday, November 19
10:30 Deepening Circles Meditation (Zoom)
1:00 W.I.S.E Women (in person & Zoom)
4:00 Adult Program Teams (Zoom)

Sunday, November 22
11:00 Sunday Service
12:00 Coffee Hour
12:15 Meditation with Mudras (in person)

Monday, November 23
7:00 OUUC &OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, November 25
7:00 What Would Jesus Do? (n person & Zoom)

Thursday, November 26
10:30 Deepening Circles Meditation (Zoom)

Sunday, November 29
11:00 Sunday Service
12:00 Coffee Hour

Monday, November 30
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Deadline for the December issue of the Bellringer is **Sunday, November 22**.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION
5050 Porter Road, North Olmsted, Ohio 44070 / 440-777-6622 / office@olmsteduu.org / www.olmsteduu.org
Office Manager: Melissa Copeland - office@olmsteduu.org