# Bellringer

## October 2026

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



**October 4: Ted-Style Talk - "How to Make Big Decisions in Challenging Circumstances":** When making a big decision, should you trust your gut or follow the data? Emergency manager Jonathan Reimer draws on his own experiences responding to some of Canada's largest wildfires to share advice on high-stakes decision making that you can take to your boardroom, kitchen table or anywhere else.

**October 11: "When the Lights Go Out" :** It's the beginning of October, the time of year when we surround ourselves with the imagery of ghosts, witches, monsters, and other things that"bump" in the night. We send our children to knock on strangers' doors after dark, sit around with flashlights to tell stories of the undead, and willingly walk into haunted houses. Join together on October 11 to consider the courage required to walk willingly into the dark. Explore the history of All Hallows' Eve and Samhain while hearing the folklore of jack-o'-lanterns, ghost stories and the legend of the Headless Horseman. As Unitarian Universalists, these stories have much to teach us about courage and what it means to turn the corner when we don't neccesarily know what waits around it.

**October 18: "Corazón: From The Heart"**: Courage doesn't mean we are without fear, but that we find the strength to move forward despite uncertainty. Within ourselves, we know we can overcome anything as long as we have heart. Join us for a worship service about finding courage when you need it the most.

**October 25: Hello, Goodbye...and Hello Again! New Beginnings for Hope, Grace and Change:** Today's service invites up to explore the hope for new beginnings through creativity, imagination and self-reflection. You are wlecome to bring a friend, and your wildest dreams! Service will be led by Mary Palmieri and guest speaker: award winning artist and educator, Hector Castallanos Lara.

*October's Theme:*

*Courage*

# 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: October 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) October 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, October 1, 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: October 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: October 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: ***Beginnings***. Please join our circle of trust connection, growth and transformation. Meeting in- person and Zoom.

## Committees & Teams

**Congregational Meeting: Sunday, Octber 11, 12:30 (in-person)** Every 2nd Sunday.

**Sunday Services Committee: Sunday, October 18, 12:30 (in-person)** Every 3rd Sunday to reflect on past services and plan upcoming services. All are welcome.

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

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

## Oberlin Programs

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

**What Would Jesus Do? Wednesday, October 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.

# October 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.***

**Thursday, October 1**
10:30 Deepening Circles Meditation (Zoom)
1:30 Wisdom of Dreams

**Sunday, October 4**
11:00 Sunday Service
12:00 Coffee Hour

**Monday, October 5**
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

**Thursday, October 8**
10:30 Deepening Circles Meditation (Zoom)

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

**Monday, October 12**
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

**Wednesday, October 14**
6:30 Board of Trustees (Zoom)

**Thursday, October 15**
10:30 Deepening Circles Meditation (Zoom)
1:00 W.I.S.E Women (in person & Zoom)
4:00 Adult Program Teams (Zoom)

**Sunday, October 18**
11:00 Sunday Service
12:00 Coffee Hour
12:30 Sunday Service Committee Meeting (in person)

**Monday, October 19**
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

**Wednesday, October 21**
2:00 Poetry Group (Zoom)

**Thursday, October 22**
10:30 Deepening Circles Meditation (Zoom)

**Sunday, October 25**
11:00 Sunday Service
12:00 Coffee Hour
12:15 Meditation with Mudras (in person)

**Monday, October 26**
7:00 OUUC &OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

**Wednesday, October 28**
7:00 What Would Jesus Do? (n person & Zoom)

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

**OLMSTED UNITARIAN UNIVERSALIST CONGREGATION**
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