Bellringer

February 2026

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

Embodying Resilience

February 1: What Refuses to Die Will Rise: We are in the heart of winter--nature's season of dormancy--but just because the world slows does not mean injustice rests. In this service, reflect on resistance as it appears in myth, history, and the natural world. Through the story of Persephone, we'll explore what it means to endure hardship without losing oneself to it. In times of political unrest and cultural unease, resistance can feel exhausting or futile. And yet, history and the cycles of the natural world remind us again and again: what refuses to die does not vanish, but rises. Service will be led by Samantha Illius

This service was originally scheduled for 1/25/26 and will replace the usual scheduled 1st Sunday of the month Ted-style talk.

February 8: Intergenerational Service-"Hope and Freedom of Expression Through the Arts": Please join us this Sunday as we celebrate how the Arts can give us voice to express the human journey of hope, struggles, joys, relationships and transformation. We heartfully welcome back artist and educator, Hector Castallanos Lara as our guest speaker. **NOTE:** We also invite you to bring a personal object of creative expression to share with others on our display table in Coe Hall after the service.

This service was originally scheduled for 12/15/26 and was postponed due to weather concerns.

February 15: Love As an Act of Resilience: Gather the morning after Valentine's Day with Samantha Illius to explore love beyond romance. Consider the resilience required to practice love, and how having love in our lives can, in turn, make us more resilient. Drawing on the history of Valentine's Day and mythological figures like Cupid and Aphrodite, we'll look at historical, contemporary, and spiritual understandings of love.

In a world growing increasingly hard, withdrawn, and individualistic, reflect on how simply embracing and practicing love can become a way of embodying resilience.

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

February 22: Against the Tides: Human beings have been remarkable in their efforts to endure, adapt, and overcome. From the foundations of civilization to the Civil Rights Movement, moral courage has always stood proudly against the tests of indifference and adversity.

In this service, Rev. Ian Anderson will ask what it means to live with integrity and meaning, and discuss why these human responsibilities matter.

Religious Education

OUR RE THEME FOR FEBRUARY IS

EMBODYING RESILIENCE



February 1: 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 us away from being our best selves.

February 8: **Intergenerational Service-"Hope and Freedom of Expression Through the Arts"**: Please join us this Sunday as we celebrate how the Arts can give us voice to express the human journey of hope, struggles, joys, relationships and transformation. We heartfully welcome back artist and educator, Hector Castallanos Lara as our guest speaker.

NOTE: We also invite you to bring a personal object of creative expression to share with others on our display table in Coe Hall after the service.

February 15: In life, things often happen around us and to us that are outside of our control. When this happens, the only thing that truly matters is your choice of how you react to it and what you make of it. Today, Jessica Watts and Sheryl Chow will lead an exploration of resilience and grit through art.

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

February 22: Humor can open hearts, challenge injustice, and remind people of their shared humanity. While it doesn't magically fix hard things, it does change how we experience them. With that in mind, we'll be exploring humor as a way to release tension.

Mary Palmieri and Shery Chow will facilitate.

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: February 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) February 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, February 5, 12, 19 & 25, 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: February 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: February 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: **Embodying Resilience.** Please join our circle of trust connection, growth and transformation. Meeting in-person and Zoom.

Committees & Teams

Sunday Services Committee: Sunday, February 8, 12:30 (in-person) to reflect on past services and plan upcoming services. All are welcome.

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

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

Oberlin Programs

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

What Would Jesus Do? Wednesday, February 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.

February 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, February 1

11:00 Sunday Service
12:00 Coffee Hour

Monday, February 2

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

Thursday, February 5

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

Sunday, February 8

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

Monday, February 9

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

Wednesday, February 11

6:30 Board of Trustees (Zoom)

Thursday, February 12

10:30 Deepening Circles Meditation (Zoom)

Sunday, February 15

11:00 Sunday Service
12:00 Stone Soup Sunday

Monday, February 16

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

Wednesday, February 18

2:00 Poetry Group (Zoom)

Thursday, February 19

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

Sunday, February 22

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

Monday, February 23

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

Wednesday, February 25

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

Thursday, February 26

10:30 Deepening Circles Meditation (Zoom)

Deadline for the March issue of the Bellringer is **Sunday, Feb. 22**.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION
5050 Porter Road, North Olmsted, Ohio 44070 / 440-777-6622 / office@olmsteduu.org / www.olmsteduu.org
Staff / Coordinator of Religious Education: Sheryl Chow - spa1012@yahoo.com
Office Manager: Melissa Copeland - office@olmsteduu.org
Board / Fran Mulkins & Zellda Zelley - Co-Presidents; Kay Potetz - Treasurer;
Jen Biermann, Bob Morrow & Linda Rich - Trustees