Bellringer

June 2026

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

June's Theme



Flourishing Together

June 7: Ted-Style Talk: How Curiosity Will Save Us: Monica Guzman shares examples of curiosity-driven conversations that make it possible for even the most opposed liberals and conservatives to see and hear one another, despite the misperceptions. With simple, powerful questions she herself has used in countless treks across the divide, Monica shows us how having critical conversations with people (instead of about them) changes everything. Monica Guzman is Director of Digital Storytelling at Braver Angels, the nation's largest grassroots, cross-partisan organization dedicated to bridging the political divide. She studies political division and community engagement. Service led by Brian Warren

June 14: No Flower Blooms Alone: In the summer, growth appears effortless, as gardens fill in, trees branch out, and flower beds spill over with life. Still, as effortless as it may appear, nothing in nature flourishes alone. Trees in forests exchange nutrients through root systems, and pollinators and flowers depend on mutualism to survive. Even soil is shaped by the creatures who walk above it. Join together on June 14 to reflect on the collectivism required to thrive. Question what allows people to flourish and discover who has helped us become who we are. Leave with a sense of belonging to the community that makes life possible for everyone within it. Samantha Illius will be leading this service.

June 21: TBA: Annual Meeting After the Service

June 28: Universal Love, Sacred Humanity: Unitarian Universalism affirms that all human beings belong in the sacred web of life and existence. Rooted in the Universalist belief that no soul is beyond the reach of love, this service explores how humanity is called to flourish together and grow in love. Together, we will reflect on how compassion, inclusion, and radical hope can help build a world where every person can belong. Service led by Rev. Ian Anderson.

Religious Education



June's Theme
Flourishing Together

June 7: Mary Palmieri and Sheryl Chow will be discussing our theme today of Flourishing and Flower Communion: the UU ritual that reminds us of our connection to each other and to humanity as a whole. Then, we'll play a game that fosters compassion, collaboration and a connection with nature and each other.

June 14: We're celebrating Pride month today, and the courage it takes to be who we are and to stand with others. We'll make bead crafts with messages that show support. Amy Attridge and Sheryl Chow will lead.

June 21: As we honor the father figures in our lives who help us flourish, Jessica Watts and Amy Attridge will facilitate in expressing our love and appreciation with a craft.

June 28: NO RE. SUMMER BREAK.

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: June 28, 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) June 17, 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, June 4, 11, 18 & 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: June 4, 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: June 18, 1:00 - 2:30 pm. Exploring spirituality in the second half of life, women reflect and share in response to this month's theme: **Flourishing Together.** Please join our circle of trust connection, growth and transformation. Meeting in-person and Zoom.

Committees & Teams

Sunday Services Committee: Sunday, June 14, 12:30 (in-person) to reflect on past services and plan upcoming services. All are welcome.

Board of Trustees: Wednesday, June 10 13, 6:30 pm (Zoom). All are welcome.

OUUC & OUUF Adult Program Teams: Thursday, June 18, 4-5 pm (Zoom). Update current programs, envision and plan new ones.

Oberlin Programs

Men's Covenant Group: Mondays, June 1, 8, 15, 22 & 29 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, June 24, 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.

June 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.

Monday, June 1
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Thursday, June 4
10:30 Deepening Circles Meditation (Zoom)
1:30 Wisdom of Dreams

Sunday, June 7
11:00 Sunday Service
12:00 Coffee Hour

Monday, June 8
7:00 OUUC &OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, June 10
6:30 Board of Trustees (Zoom)

Thursday, June 11
10:30 Deepening Circles Meditation (Zoom)

Sunday, June 14
11:00 Sunday Service
12:00 Coffee Hour
12:30 Sunday Service Committee Meeting (in-person)

Monday, June 15
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, June 17
2:00 Poetry Group (Zoom)

Thursday, June 18
10:30 Deepening Circles Meditation (Zoom)
1:00 Wise Women - (in person & Zoom)
4:00 Adult Program Teams (Zoom)

Sunday, June 21
11:00 Sunday Service
12:00 Coffee Hour
12:30 Annual Meeting

Monday, June 22
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, June 24
7:00 What Would Jesus Do? (n person & Zoom)

Thursday, June 25
10:30 Deepening Circles Meditation (Zoom)

Sunday, June 28
11:00 Sunday Service
12:00 Coffee Hour

Monday, June 29
7:00 OUUC &OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Deadline for the July issue of the Bellringer is **Sunday, June 28**.

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION
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Jen Biermann, Bob Morrow & Linda Rich - Trustees



FREE PRODUCE ON MONDAYS JUNE 8TH, JULY 13TH, & AUGUST 10th!!

The Oxcart Pantry will host Mobile Produce Pantries at John Knox Church - 25200 Lorain Road - on **Mondays, June 8th, July 13th and August 10th from 2-4pm**! Registration is required for *each* date in advance. Two ways to register: Call us 440.716.4165 or on the North Olmsted Website (north-olmsted.com). Scroll down on the main page, then click on "Mobile Produce Pantry". Next, click on "To register click here." Finally, fill out the registration form (You will NOT get a registration number. None is needed). Pre-registration speeds up distribution, so please register today! Drive thru, no contact pick-up. Open to non-residents. One per household.