Bellringer

March 2026

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

Paying Attention

March 1: Stand Out of Our Light: In a reality that's flooded with false realities, design ethicist James Williams argues that we need to redefine the way we use social media if we want to be more, well, social. James Williams is a design ethicist and a co-founder of the Time Well Spent campaign, an effort that aims to evolve the design ethos of digital technologies to help them be more respectful of our time and attention, and more supportive of our deeper human values and goals. He is currently focused on questions of attention and persuasion in technology design. Service led by Brian Warren.

March 8: What Does Time Ask of Us? Gather the morning after we set our clocks forward to meditate on collective disruption. While, on the surface, one lost hour may seem small, the time change can reveal how tightly our lives are scheduled and how fragile our sense of "keeping up" can be. This service will invite you to pay attention to time, not as something to conquer or optimize, but as something to maintain a relationship with. Join us with Samantha Illius as we explore what it means to live attentively in a world that often measures worth in productivity and question how paying attention might help us to realign ourselves, even when the hour is out of our control.

March 15: Awake to the World: Paying attention invites us to rediscover the quiet miracle of noticing - how a simple act of being present can make the world shimmer with meaning. When we truly attend to one another, to the Earth, and to our own inner lives, what seems ordinary now begins to glow, and isolation melts away to become connection. In this service, we will appreciate how attention becomes a sacred bridge for focus and love." Service will be led by Rev. Ian Anderson.

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

March 22: Reaching the Spring Equinox. The spring equinox marks a moment of balance, a time when the sky has equal amounts of light and dark, right before the days become longer. Throughout time, this turning point has been honored as one of renewal, awakening, and re-entry into the world following winter. In this service, we pay attention to a cycle larger than ourselves: the returning light. Drawing from pagan traditions, natural symbolism, and spiritual reflection, we will meditate on what is stirring in us now. As we move deeper into the season of growth, we'll reflect on how attentiveness—to the earth, our inner lives, and one another—can guide us into the next phase of being. Service led by Samantha Illius.

March 29: Just living on the earth day to day is a spiritual experience. Listening to beautiful music or standing before a painting or a sculpture, visiting a place where the presence of history can be felt. All of these are profound spiritual experiences and all of them occur in the here and now. These terms can be emotionally powerful enough to be called "spiritual", but they needn't be forced into a supernatural mold. They merely define feelings that are very much related to simply existing on this planet as a human being. Service led by Bob Mulkins.

Religious Education

OUR RE THEME FOR MARCH IS

PAYING ATTENTION

March 1: Today is World Compliment Day. Compliments have the power to brighten people's day, which is a great reminder of how our attitudes, choices and mood can shape the attitides, choices and moods of others.

March 8: Today, we will celebrate International Women's Day by looking at women and girls who have fought for gender rights and improving our world through social change, environmental protection, inventions, and women's contributions to

March 15: We are focusing on the power of paying attention to the present moment. As we do that, we will have the chance to explore some of the ways we can recenter ourselves in a world full of distractions.

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

March 22: Today, on World Water Day, we are paying attention to our relationship with water. As we all know, next month is Earth Day, which invites us to look at the many of the issues around the climate crisis, but World Water Day give us the gift of focusing on this one aspect of nature. It's also a chance to have a lot of fun playing with water as we build a water filter.

March 29: At this month's drum circle, we will pay attention to the wisdom within us by playing to music that honors the value of self-reflection, encourages us to trust and live from the guidance of our inner voice, and to grow from our personal experiences. Led by Mary Pamlieri.

In honor of International Women's Day on March 8, our Social Action for March is to collect for NOMI Network.

Named after a young girl who had been trafficked by her stepfather, their mission is to end human trafficking by creating pathways to safe employment, empowering women and girls to break cycles of slavery in their families and communities. Over 49.6 million people are currently being trafficked.

Trafficking disproportionatley affects women and girls.

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: March 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) March 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 & 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: March 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: March 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: **Paying Attention.** Please join our circle of trust connection, growth and transformation. Meeting in- person and Zoom.

Saturdays

Committees & Teams

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

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

OUUC & OUUF Adult Program Teams: Thursday, March 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 & 30 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, March 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.

March 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.

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

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

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

Sunday, March 8
11:00 Sunday Service
12:00 Coffee Hour
12:30 Sunday Service Committee Meeting (in-person)

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

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

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

Saturday, March 14
1:30 Meditations for Living & Dying Well (in person at Westshore UU))

Sunday, March 15
11:00 Sunday Service
12:00 Stone Soup Sunday

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

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

Thursday, March 19
10:30 Deepening Circles Meditation (Zoom)
1:00 Wise Women - (in person & Zoom)
4:00 Adult Program Teams (Zoom)

Sunday, March 22
11:00 Sunday Service
12:00 Coffee Hour
12:15 Meditation w/Mudras (in person)

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

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

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

Saturday, March 28
1:30 Meditations for Living & Dying Well (in person at Westshore UU)

Sunday, March 30
11:00 Sunday Service
12:00 Stone Soup Sunday

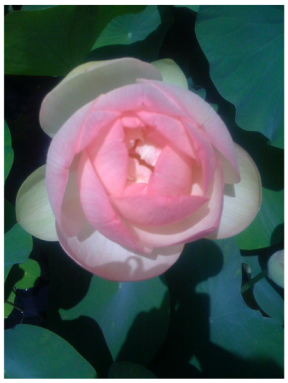
Monday, March 31
7:00 OUUC & OUUF Men's Covenant Group (In person at Oberlin UU & Zoom)

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

OLMSTED UNITARIAN UNIVERSALIST CONGREGATION
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Board / Fran Mulkins & Zellda Zelley - Co-Presidents; Kay Potetz - Treasurer;
Jen Biermann, Bob Morrow & Linda Rich - Trustees

MEDITATIONS FOR LIVING & DYING WELL

All Are Welcome



We all want to "die well" - at peace with Life and with Death, grateful for the life our wise bodies make possible, grateful for the love of family, friends and community.

Meditations for Living & Dying Well shares mindfulness and gratitude practices to befriend the body, awaken the heart and deepen our well-being, so we may live well now and - when we're ready - allow the body to let go with grace.

Opening to our own mortality is a profound practice - psychologically, emotionally, spiritually and physically: Feeling and befriending our fear (or anger or denial); moving toward acceptance of death as part of life, living with gratitude for this constantly changing dance of life.

In these times of social and political divisiveness, as we all swim in a collective sea of reactivity, it is especially helpful to learn and embody techniques and practices that allow us to live and die peacefully. Practices are based on contemporary neuroscience.

In our four sessions:

- You'll reflect on your assumptions and feelings about your own mortality, moving toward acceptance, freeing yourself for the joy of living now.
- You'll clarify what living & dying well means to you.
- You'll practice body-based, guided meditations.
- You'll explore how to support partners, friends and family members by sharing these practices for living and dying well.

Led by Rev. Mary Grigolia, Unitarian Universalist affiliate community minister at West Shore UU, spiritual director/companion. The program respects all spiritual and religious paths.

Every other Saturday afternoon, 1:30-3 p.m.
March 14, 28, April 11, 25
Location: West Shore UU Church, 20401 Hilliard Blvd, Rocky River, OH
Registration required; Suggested donation, $100 - for four sessions & the workbook

For more information & to register, contact Mary: 216-402-3438,
mary@marygrigolia.com