Bellringer

May 2026

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

May's Theme

Awakening Curiosity

May 3: Ted-Style Talk: The Hidden Opportunity Behind Every Rejection: Jia Jiang is the creator of "100 Days of Rejection", and author of a new book called "Rejection Proof". To conquer the fear of rejection, Jia embarked on a personal quest and started a blog to face "100 Days of Rejection". His journey revealed a world where people are much kinder than we imagine, discovered that rejection can be much less painful than we believe, and that it is the fear of rejection that is much more destructive than we know. Service led by Brian Warren

May 10: Nurturing... Views on Mother's Day: Join Fran Mulkins as she explores the many meanings of nurturing, some based on her own life as a mother.

May 17: Another King of Awakening: In the 1700s and 1800s, the early American Unitarians helped shape the social and political landscape of the time. In this service, we will reflect on how our spiritual ancestors chose inquiry over certainty, and curiosity over fear. Together with Rev. Ian Anderson, we will consider how these awakenings can inspire us today and how they can be a transformative spiritual practice.

May 24: Ted-Style Talk - Why You Think You're Right - Even If You're Wrong: Perspective is everything, especially when it comes to examining your beliefs. Are you a soldier, prone to defending your viewpoint at all costs -- or a scout, spurred by curiosity? Julia Galef examines the motivations behind these two mindsets and how they shape the way we interpret information, interweaved with a compelling history lesson from 19th-century France. When your steadfast opinions are tested, Galef asks: "What do you most yearn for? Do you yearn to defend your own beliefs or do you yearn to see the world as clearly as you possibly can?" Service led by Brian Warren

May 31: The Point of No Return: Many see curiosity as something entirely harmless and inconsequential. However, there are some questions you can't "un-wonder." Rather, some questions are like Pandora's Box, and the moment you ask them, everything changes. When old assumptions take a back seat to wonderment, new possibilities appear, and whether you act on these possibilities or not, things aren't guaranteed to go back to the way they were. Join us on May 31 to look at curiosity as a turning point. Consider myth, story, and lived experience to explore what happens when a question starts you down a path with no return.

Religious Education



OUR RE THEME FOR MAY IS

AWAKENING CURIOSITY

May 3: Jessica Watts and Sheryl Chow will lead in exploring the idea of "building a bridge to a more just world". On one side of the bridge are the curious questions that allow us to see the injustice around us and on the other is the imagination needed to see a different, more equitable world. The kind of storytelling that imagines this different world has always played a powerful role in challenging oppression and Star Wars is a great example of this. May the 4th be with you!

May 10: We'll be exploring the UU value of Pluralism as we observe with curiosity the varied world outside our doors. We're often suspicious of what is different, and often taught there's only one way to be. But if we look to nature, we get a bigger picture: it shows us that variety and diversity help species, and the ecosystem at large, thrive. We'll appreciate the beauty as we use natural materials to build a mandala. Emily Williams and Sheryl Chow will facilitate.

May 17: The traditional UU belief is that, just like holding one piece of a jigsaw puzzle, no one has the whole truth. Each piece by itself is an idea or perspective. Alone, it can be confusing or incomplete. But when we are open and curious; ask questions and notice what other people see, we can better fit the pieces together. That's how wisdom grows. If one person has some pieces, and another person has others, together we can see the full picture. Amy Attridge and Sheryl Chow will lead.

May 24: Marianna Carney and Sheryl Chow will lead in creating a collage to play with the idea that curiosity's a bridge to the world of our future self. What we are curious about as a child almost always shapes who we are as we grow up, and especially what we are passionate about as we get older.

May 31: Please join Mary Palmieri where we will have fun traveling across the curiosity bridge by challenging ourselves with an improvisation game and keeing time and with unusual and unexpected

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: May 24, 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) May 20, 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, May 7, 14, 21 & 28, 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: May 7, 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: May 21, 1:00 - 2:30 pm. Exploring spirituality in the second half of life, women reflect and share in response to this month's theme: **Awakening Curiosity.** Please join our circle of trust connection, growth and transformation. Meeting in-person and Zoom.

Committees & Teams

Sunday Services Committee: Sunday, May 10, 12:30 (in-person) to reflect on past services and plan upcoming services. All are welcome.

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

OUUC & OUUF Adult Program Teams: Thursday, May 21, 4-5 pm (Zoom). Update current programs, envision and plan new ones.

Oberlin Programs

Men's Covenant Group: Mondays, May 4, 11, 18 & 25 at 7 pm. In person at Oberlin UU & Zoom. Contact donleake087@gmail.com for information.

What Would Jesus Do? Wednesday, May 27, 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.

May 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, May 3
11:00 Sunday Service
12:00 Pot Luck

Monday, May 4
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Thursday, May 7
10:30 Deepening Circles Meditation (Zoom)
1:30 Wisdom of Dreams

Sunday, May 10
11:00 Sunday Service
12:00 Coffee Hour
12:30 Sunday Service Committee Meeting (in-person)

Monday, May 11
7:00 OUUC &OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, May 13
6:30 Board of Trustees (Zoom)

Thursday, May 14
10:30 Deepening Circles Meditation (Zoom)

Sunday, May 17
11:00 Sunday Service
12:00 Coffee Hour

Monday, May 18
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, May 20
2:00 Poetry Group (Zoom)

Thursday, May 21
10:30 Deepening Circles Meditation (Zoom)
1:00 Wise Women - (in person & Zoom)
4:00 Adult Program Teams (Zoom)

Sunday, May 24
11:00 Sunday Service
12:00 Coffee Hour
12:15 Meditation w/Mudras (in person)

Monday, May 25
7:00 OUUC & OUUF Men's Covenant Group
(In person at Oberlin UU & Zoom)

Wednesday, May 27
7:00 What Would Jesus Do? (n person & Zoom)

Thursday, May 28
10:30 Deepening Circles Meditation (Zoom)

Sunday, May 31
11:00 Sunday Service
12:00 Coffee Hour

Deadline for the June issue of the Bellringer is **Sunday, May 24**.

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