The Chalice

Newsletter of the Oberlin Unitarian Universalist Fellowship

February 2021

Like us on Facebook

If you have announcements for The Chalice,

send them to office@ouuf.org at least one week before the first of the month.

Thank You!

Upcoming Services
February 2021
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February 7

"TED Talk: 3 Lessons of Revolutionary Love--Valerie Kaur"
Caitlin Chapman, Ann Cook-Frantz, Brian Warren, with Zoom support from
Jeff Witmer and Rev. Mary Grigolia

What's the antidote to rising nationalism, polarization and hate? Valarie Kaur asks us to reclaim love as a revolutionary act. As she journeys from the birthing room to tragic sites of bloodshed, Kaur shows how the choice to love can be a force for justice.

Note: On first Sunday's we watch a TED Talk together and go into breakout rooms for facilitated discussion, followed by Joys & Concerns.

February 14

"Widening the Circle of Concern"
Marianna Carney, Rev. Mary Grigolia

Focusing on oppression and healing, featuring testimony from five UU leaders and stirring music.

February 21

"Beloved Community, 2021, A Single Garment of Destiny"
Rev. Mary Grigolia

Martin Luther King, Jr., shared the dream of a united human family with justice, equity and compassion. As we start our annual stewardship campaign, we explore: How are we called to live into this vision (of our 2nd UU principle)? What are our growing edges? What do we celebrate? What is our commitment?

February 28

"Building Bridges"
George and Gerry Bloomgren, Ann Cook-Frantz, and Friends

Ann Cook-Frantz and George and Gerry Bloomgren participate actively in the "Oberlin Advocacy Team," one of 110 local teams guided by the highly respected national Quaker lobbying organization FCNL: Friends Committee on National Legislation. George, Ann, and other members of the team will share some of their experiences lobbying members of Congress, and talk about why they are drawn to this fascinating work.

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Zoom Addresses

Sunday Service Zoom Login

Join via computer: https://zoom.us/j/92624190519?pwd=SWdHL3Z6QkxGY1lTWXdqdVluYUVXQT09

Meeting ID: 926 2419 0519

Join via smartphone by dialing: 929-436-2866, then entering the

Meeting ID followed by the pound sign: 92624190519#, then entering the password:134017#

OUUF Events Calendar

events are online and times are PM unless otherwise specified
For more information, and to see when rooms are reserved for private use,
check our online calendar.

1 Mon
7:00-9:00 OUUF Men's Group via Zoom
2 Tue
7:00-8:00 Poetry Group via Zoom
3 Wed
4 Thu
10:00-11:30am Morning Meditation via Zoom
2:00-3:30 Dream Group via Zoom
7:00-8:00 Evening Meditation Group via Zoom
5 Fri
12:30-1:30 Friday After-Lunch UU Check-in with Rev. Mary via Zoom
6 Sat
7 Sun

10:15-10:45am Children's Church via Zoom
11:00am Sunday Service via Zoom

8 Mon
7:00-9:00 OUUF Men's Group via Zoom

9 Tue

10 Wed

11 Thu
10:00-11:30am Morning Meditation via Zoom
7:00-8:00 Evening Meditation via Zoom

12 Fri
12:30-1:30 Friday After-Lunch UU Check-in with Rev. Mary via Zoom
7:00-9:00 Game Night via Zoom

13 Sat

14 Sun
10:15-10:45am Children's Church via Zoom
11:00am Sunday Service via Zoom

15 Mon
7:00-9:00 OUUF Men's Group via Zoom

16 Tue

17 Wed

18 Thu
10:00-11:30am Morning Meditation via Zoom
2:00-3:30 WISE Women via Zoom
3:45-5:00 Adult Program Team Meeting via Zoom
7:00-8:00 Evening Meditation Group via Zoom

19 Fri
12:30-1:30 Friday After-Lunch UU Check-in with Rev. Mary via Zoom

20 Sat

21 Sun
10:15-10:45am Children's Church via Zoom
11:00am Sunday Service via Zoom

22 Mon
7:00-9:00 OUUF Men's Group via Zoom

23 Tue
4:00-5:00 Care Givers Support Group via Zoom

24 Wed
4:00-5:30 OUUC Sunday Services & & OUUF Worship Teams Meeting via Zoom
7:00-9:00 What Would Jesus Do? Covenant Group via Zoom

25 Thu
10:00-11:30am Morning Meditation via Zoom
7:00-8:00 Evening Meditation Group via Zoom

26 Fri
12:30-1:30 Friday After-Lunch UU Check-in with Rev. Mary via Zoom

27 Sat

28 Sun
10:15-10:45am Children's Church via Zoom
11:00am Sunday Service via Zoom

Mary's Musings

What Does Beloved Community Ask of Us Now? Rest, Relax, Recharge

As we turn to February 2021, still in the shadow of the transition of power in Washington, people self-report as exhausted or sleeping more than usual.

When we hear pundit after pundit (and email after email) calling us to the unfinished business of racial justice, economic justice, climate justice, food justice, it feels strange to say, "There. That's done. Now we can relax." Shouldn't I sign up for that UU justice seminar tonight? Maybe yes, maybe no.

Several years ago I took a Qigong class where the most important learning was that there are three parts to the practice (and to life):
- Preparing, setting an intention
- Doing the practice mindfully
- Pausing, taking a breath to let it energize every cell of the body; drinking it in: letting the body/heart/mind learn from what just happened

I learned a lot of cool Qigong moves (some of which I could do), but that third part - pausing and taking it in - was the most difficult. I resisted. I wanted to rush on to the next move. Slowly, I saw that my whole life was like that: "Cool insight! Now off to the next meeting, book, conversation, email, FaceBook post." Can we give ourselves a break, not to run away, but to take it in, and let it go deep, let it strengthen and renew us?

Yes, the presidential transition is (mostly) behind us. We have elected officials intent on holding responsible those who broke the laws protecting our common good.

We can and must relax or we burn out - a physiological, emotional and spiritual state in which we can't learn, which just makes everything worse. We can't live in fight-or-flight mind. That's called an amygdala hijack, when we lose access to creative thinking and the ability to work together - except to circle the wagons against the other (and in

fight-or-flight mind, everything and everyone looks and sounds threatening).

Recharging brings us home to the boundlessness and buoyancy of awareness, to this very moment; to the embodied reality of our interdependence with life's emerging possibilities.

Recharging enables us to know whether it's Life calling us to participate in that webinar or just our cranked-up limbic system that desperately needs a reset.

We're going to be unpacking the trauma and lessons of the last four years for a long time. We need to do so with clarity and shared creativity that resting, relaxing and recharging make possible.

May we create moments, programs and relationships in our congregation to support one another in resting, relaxing, recharging for the work of justice, equity, and compassion. May we show up fully charged, together!

MEMBERSHIP MATTERS: BRING A FRIEND SUNDAY April 25, 2021

We hear it can be awkward, not knowing how a friend might respond to invitation. An Open Spiritual Community like ours makes a real difference in people's lives! We encourage all of us to overcome our hesitation.

In Breakout Groups after the service March 28, we will explore with Rev. Mary and Dr. Kay the most comfortable and effective ways of inviting a guest to attend a service in the zoom era. We hope you'll join us for the fun.

February 2021 Cause of the Month

As part of our covenant with one another, OUUF members have made a commitment to live our values in the world through Causes of the Month, which we support through our offering.

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The cause of the month for February 2021 is Neighborhood Alliance Haven Center Homeless Shelter.

Neighborhood Alliance Haven Center Homeless Shelter is Lorain County's only 24-hour, 365-day emergency shelter for men, women, and children. A full-service, 68-bed facility, it provides meals, toiletries, laundry, and clothing as well as connections necessary to transition into independent housing.

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JULY 2020 - JUNE 2021
CAUSES OF THE MONTH SCHEDULE

JULY Oberlin Weekday Community Meals
AUGUST League of Women Voters- Oberlin Area Education Fund
SEPTEMBER El Centro
OCTOBER Genesis House

NOVEMBER OCS Helping Hands
DECEMBER UU Service Committee- Guest At Your Table
JANUARY Let's Get Real
FEBRUARY The Haven Center of Neighborhood Alliance
MARCH Lorain Co. Free Clinic
APRIL Lorain Co. Rape Crisis Center
MAY UUA Disaster Relief Fund
JUNE Family Planning Service of Lorain Co.

EVENING MEDITATION GROUP.
Every Thursday 7 TO 8 PM. On Zoom until it is safe to meet in person.

"Meditation can give you what you cannot get from any other source, it introduces you to yourself. It allows you to see that the Spirit is within you. You are no longer alone." - Swami Rama

The meditation group that started as a Sangha in Michael Reitz's (Casper) apartment a year ago has continued to meet, using his excellent format as a guide. We would be delighted if others would like to join us.

Call or email Ann Cook-Frantz, convener, if you would like to join us, and she will send you the zoom link: anntcf78@gmail.com. or 5087-572-0563

Adult Programs

Tuesdays:

Poetry Group, Groundhog Day, Tuesday, February 2, 7-8 p.m. on Zoom
Bring poems that speak to your life, that spark your imagination in these winter days; come to listen and share. (Poems do not have to reference Groundhogs). All are welcome.

Zoom login for Poetry is:
https://zoom.us/j/99928081815?pwd=T05FQk5sZ05TbEpLUGNmTk5NMldhdz09
Meeting ID: 999 2808 1815
Passcode: 559893
Join by smartphone by dialing: 301-715-8592, then entering the Meeting ID plus pound: 99928081815#, then entering the passcode plus pound: 559893

Care-Givers Support Group, Tuesday, February 23, 4-5 p.m. on Zoom.
Do you care for a spouse, partner, parent, friend or child? Join us. Led by Rev. Mary. All are welcome. (usually 4th Tuesdays, meeting monthly)

Zoom login for Care-Givers is:
https://zoom.us/j/91083839716?pwd=SlFxZWR0T1pESnhQN04yeU1PSXlKUT09
Meeting ID: 910 8383 9716
Passcode: 510093

Join by smartphone by dialing: 929-436-2866, then entering the Meeting ID plus pound: 91083839716#, (then perhaps: 0#,) then entering the passcode plus pound: 510093#

Book Group: Listening to Writers of Color, Tuesday, February 23, 1:00 p.m. on Zoom
Our pick this month is *Motherhood So White* by Nefertiti Austin

About the Book:
Mother = White
That's what Nefertiti, a single African American woman, discovered when she decided she wanted to adopt a Black baby boy out of the foster care system. Eager to finally join the motherhood ranks, Nefertiti was shocked when people started asking her why she wanted to adopt a "crack baby" or said that she would never be able to raise a Black son on her own. She realized that American society saw motherhood through a white lens, and that there would be no easy understanding or acceptance of the kind of family she hoped to build.

Motherhood So White is the story of Nefertiti's fight to create the family she always knew she was meant to have and the story of motherhood that all American families need now. In this unflinching account of her parenting journey, Nefertiti examines the history of adoption in the African American community, faces off against stereotypes of single, Black motherhood, and confronts the reality of raising children of color in racially charged, modern-day America.

Zoom Login:
https://us02web.zoom.us/j/84335138667pwd=b1EyN3NZZHNDRGNNb3lMT292T2l3Zz09
Meeting ID: 843 3513 8667
Passcode: 302751

Wednesdays

What Would Jesus Do? Covenant Group, Wednesday, February 24, 7:00-9:00 p.m. on Zoom
You are warmly invited to explore with us all the ways in which the seven principles of Unitarian Universalism lie at the heart of Jesus' consciousness.

Zoom Login:
https://zoom.us/j/99356254184?pwd=ZkoyVmdJSXA0aGk5dGozZW5adWVadz09
Meeting ID: 993 562 54184
Passcode: 580 483

Thursdays

Thursday Morning Meditation, (weekly on Thursdays),10-11:30 a.m. on Zoom.
Welcoming awareness as the wise body, beautiful heart, responsive mind, and boundless spirit. Drawing wisdom from many traditions. All are welcome. Led by Rev. Mary.

Zoom login for Meditation is:
https://zoom.us/j/97515604579?pwd=bjJRcWdpMU1VcGxpVHNiZXlnS2piUT09
Meeting ID: 975 1560 4579
Passcode: 679876
Join by smartphone by dialing: 929-436-2866, then entering the Meeting ID plus pound: 97515604579#, (then perhaps: 0#,) then entering the passcode plus pound: 679876#

Dream Group - Thursday, February 4, 2-3 p.m. on Zoom.
Exploring spiritual growth through metaphors, stories, roles and relationships, wisdom and

humor of dreams. Bring a dream (or dream cameo) to share. All are welcome.

Zoom login for Dream Group is:
https://zoom.us/j/93122029279?pwd=TC9UMmVGQVZHUHEzcWJ1OWUzUHorZz09
Meeting ID: 931 2202 9279
Passcode: 238245
Join by smartphone by dialing: 929-205-6099, then entering the Meeting ID plus pound: 93122029279#, then entering the passcode plus pound: 238245#

WISE Women - Thursday, February 18, 2-3:30 p.m. on Zoom.
Explore our monthly theme, Imagination, How are you experiencing Imagination this month? All are welcome.

Zoom login for WISE Women is:
https://zoom.us/j/91280099980?pwd=MUsxb1BDMjA2SVQ0TVR3cTRDVWZGUT09
Meeting ID: 912 8009 9980
Passcode: 527342
Join by smartphone by dialing: 929-205-6099, then entering the Meeting ID plus pound: 91280099980#, then entering the passcode plus pound: 527342#

Fridays

Friday After-Lunch UU Check-in with Rev. Mary, Fridays, 12:30-1:30 p.m. on Zoom
In this time of turbulence, when faith in democracy and the common good is needed:

- What's touching you in current affairs?
- What's happening in your family and friendships?
- How are you personally?

Zoom Login: https://zoom.us/my/keepingfaithwithlife

Current Events Discussion Group, February 19, 7:00-9:00 p.m. on Zoom
We gather to enhance our awareness of current events and provide emotional support to one another in responding to them with vigor.

Zoom Login:
https://zoom.us/j/94407037950?pwd=UW5EcC9kMnlzOGFDazNYYndNNldvUT09
Meeting ID: 937 7402 1775
Passcode: 294 216

MORE ABOUT OUR COMMITTEE & TEAM EVENTS

Worthship Team
Our mission is to facilitate worthship that is transformational for the individual, congregation, and beyond.

OUUC Sunday Services & & OUUF Worship teams meet together on Wednesday, February 24, 4:00-5:30 p.m. on Zoom. All are welcome.
NOTE NEW TIME & DAY (4th Wednesdays, 4-5:30)
Zoom login:
https://zoom.us/j/92624190519?pwd=SWdHL3Z6QkxGY1lTWXdqdVluYUVXQT09
Meeting ID: 926 2419 0519
Passcode: 134017
Join by smartphone by dialing: 301-715-8592, then entering the Meeting ID plus pound: 92624190519#, (then, perhaps, 0#,), then when prompted entering the passcode plus pound: 134017#

Care Team OUUF
Our mission is to make visible the "spirit of caring fellowship", facilitating care for members and friends in their times of need.

Adult Program Team
Our mission is to provide transformational adult programs for spiritual exploration and ethical living for members and friends of OUUF and the larger community.

Adult Program Team meets on Thursday, February 18 at 3:45 p.m. via Zoom. All are welcome!
Join Zoom Meeting by computer:
https://zoom.us/j/97055771526?pwd=Q1psWjJzcDZxeWx0WHRpMlBqYnB0Zz09

Meeting ID: 970 5577 1526
Passcode: 975903
Join by smartphone by dialing: 301-715-8592, then when prompted entering the Meeting ID plus pound: 97055771526#, then when prompted entering the passcode plus pound: 975903#

Communications Committee
The Communications Committee is looking for new members! If you are interested in joining, please send an email stating your interest to communications@ouuf.org.

STAND FOR JUSTICE

Saturday, March 6, 2021
8 to 9 p.m.
Hal Walker Concert for Peace & Justice & Loving Your Neighbor

All of the funds raised by this concert will be used to help UUJO continue its efforts for economic justice, racial justice, criminal justice reform and its new environmental justice initiative. In 2021, UU Justice Ohio needs to raise funds to help organize Earth Ministry interest groups in all Ohio UU congregations and create environmental justice educational opportunities for all Ohioans.

Enjoy the music and help Unitarian Universalist Justice Ohio
continue to lead the fight for economic justice, criminal justice reform, and environmental justice!

Minimum suggested donation $15.
Please Register at http://bit.ly/UUJOConcert

Hal Walker grew up in Kent, Ohio blowing the harmonica along the banks of the Cuyahoga River. He is a singer, songwriter and musical "explorer". A natural-born musician, he is truly one-of-a-kind. His creative and passionate style engages audiences of all ages. Hal Walker writes soul-searching songs that celebrate community, diversity and the creative process. His soaring baritone voice is a Northeastern Ohio treasure. Hal has released 2 albums of his songs and one CD of instrumental music. Home in Ohio and Life Wonderful are available for purchase online and on itunes. See more about Hal at https://www.halwalkermusic.com/

If you have any questions about UUJO or the concert, please contact Rev Joan VanBecelaere at info@uujo.org

UUA News

UUA Youth Opportunities

From involvement in drafting the Universal Declaration of Human Rights, to leading the faith caucus to establish the International Criminal Court, to overcoming UN apathy about sexual orientation & gender identity issues, the Unitarian Universalist United Nations Office (UU-UNO) has a long history of providing strong leadership in all aspects of human rights at a policy level.

With a deep passion for and commitment to international human rights, youth and adults from all over North America gather annually for our three day seminar to dig deeply into issues with global impact.

The intergenerational seminar is an opportunity to collaborate with others while learning how to be a global activist. Through workshops, peer and expert-led panel discussions, community building activities, and worship services, participants undergo a transformative process of learning, reflection, and growth as we explore some of the most challenging issues facing humanity today. Registration for the Virtual 2021 Intergenerational Spring Seminar will open in December 2020.

Register here.

Exploring Class and Classism

UU Class Conversations provides Unitarian Universalist congregations and organizations with the tools and language to explore class and classism through a distinctly UU lens. Building upon our faith community's ongoing diversity work - from race to gender to sexual orientation to gender identity - the project aims to produce more welcoming congregations while strengthening our shared commitment to social justice.

Multicultural Leadership & Inclusion

Effective justice ministry depends on partnership, since racial discrimination touches everyone. UU partners in racial justice work, beyond the Unitarian Universalist Association,

include UU State Action Networks, the Unitarian Universalist Service Committee, the UU College of Social Justice, Diverse & Revolutionary UU Multicultural Ministries (DRUUMM), and Allies for Racial Equity. UUs also form interfaith partnerships, such as with the Interfaith Organizing Initiative, Congregation-Based Community Organizations, the Forward Together movement, the NAACP, and the Living Legacy Project. Learn more here.

Reproductive Justice

Decisions about children, families and sexuality are some of life's most profound. We advocate not only for the freedom of those choices in each person's life journey, but also for the ability of all families and communities to realize a sense of wholeness with regard to their sexual and reproductive lives. We create safe and healthy environments for children in our faith communities and campaign publicly for just and compassionate laws for family planning, reproductive health, and gender equality. Read about what we're doing here.

Committees & Teams

Building & Grounds Committee	bandg@ouuf.org
Board of Trustees	board@ouuf.org
Committee on Ministry	com@ouuf.org
Communications Committee	communications@ouuf.org
Religious Exploration Committee	cyre@ouuf.org
Nominating Committee	nomcom@ouuf.org
Social Justice Committee	socjust@ouuf.org
Worthship Team	worship@ouuf.org
Membership Committee	membership@ouuf.org
Finance Committee	finance@ouuf.org

Oberlin Unitarian Universalist Fellowship

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Services every Sunday on Zoom
at 11:00am

All Are Welcome!

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Board of Trustees '20-'21

President, Stephanie Gibson;
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