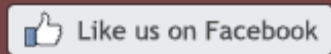


# The Chalice

## Newsletter of the Oberlin Unitarian Universalist Fellowship



## January 2021



If you have announcements for The Chalice,  
send them to [office@ouuf.org](mailto:office@ouuf.org) at least one week before the first of the month.

Thank You!

### Upcoming Services January 2021

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January 3

"Living a Circular Life"

Caitlin Chapman, Ann Cook-Frantz, Brian Warren, Jeff Witmer

TED Talks are back on 1st Sundays. Both congregations will watch together, "Living a Circular Life," by Dallas Arcand (TEDxYYC), then go into congregation-based Breakout Rooms for facilitated discussion. How are you living in balance with circles of nature, family, community, your heart?

January 10

"Imagining a New Year"

Rev. Mary Grigolia, Zellda Zelle

James Baldwin wrote, "The interior life is the real life... The intangible dreams of a person may have a tangible effect on the world." Imagination shapes our lives: What we dream, we become. We need one another for our dreams of equality, justice, and peace.

January 17

"Power of Truth"

Rev. Mary Grigolia, Zellda Zelle

Celebrate Martin Luther King, Jr.'s birthday, and the fourth UU Principle, "a free and responsible search for truth and meaning." As the presidential inauguration looms, we reflect on the role of truth in our individual and collective lives, and on its distortion and minimizing.

January 24

"Love Wins: UU Views of Evil"

Tom Derby, Helen Kopp, Don Leake, Rev. Mary and Lara Lillibridge.

We all have the capacity for good and bad. Whatever we believe about evil, we share responsibility to embody its antidote: Love.

January 31

TBA

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Zoom Addresses

Sunday Service Zoom Login

Join via computer: <https://zoom.us/j/92624190519?pwd=SWdHL3Z6QkxGY1ITWXdqVluYUVXOT09>

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#

## RE News

### Children's Church

It's a new year! (Well, almost.)

We are returning to the UU Principles, and this month is:

#4 A free and responsible search for truth and meaning, or as we sing in our Principles song, each week, "...and search for what is true."

Here is our schedule for the month:

1/3/21 Kode's Question, a Story of Respect. We'll learn what the word respect means in this Native American story.

1/10/21 Everyday Superheroes by Kamala Harris (Feel free to wear a cape if you want to!)

1/17 Martin Luther King Jr. Day: we'll watch a video and read a story about Martin Luther King, Jr.

1/24 The search for truth and meaning requires us to be brave. We'll read Miss Hazeltine's Home for Shy and Fearful Cats and make a worry box!

1/31 Something else that's true: you can do big things! (Even if you are small.) In The Little Big Ocean Rescue, a new retelling of one of Aesop's Fables, we'll learn that everyone has something to contribute, even little people.

We are also going to do a service project this month! I sent out an assortment of colorful blank cards. Please have your child color on one or both sides and return to me. I will

collect them, add the matching envelopes, and send on to the Caring Committee to mail to members of the congregation who are sick or grieving.

Lara Lillibridge  
Director of Religious Exploration  
Oberlin Unitarian Universalist Fellowship

## **Youth**

It's nearly January, and the birth of the new year always feels ripe with the possibility to reconnect with our better selves.

What presents can you give yourself this year?

Ask yourself the following questions:

When do you feel most in touch with the real you?

When is your inner voice the clearest?

What simple things can you do to recognize the wisdom inside yourself?

Here are some ideas of ways you can try to strengthen your inner voice:

Even a minute of mindful breathing can calm your nervous system and bring a sense of peace. The easiest way to do this is just to sit quietly and focus on your breath. You can close or eyes, or let them just go out of focus. Pay attention to the sensation of the rise and fall of your chest, the feeling of air in your nostrils.

*Don't tell me to be calm*

*when there are so many reasons*

*to be angry...*

*I didn't say to be calm, said the wind, I said to breathe.*

*We're going to need a lot of air*

*to make this hurricane together.*

- Rev. Lynn Unger, from her poem *Breathe*

Creativity brings you closer to your true self. What space does creativity occupy in your life? Do you sing, dance, play music, listen to music, draw, paint, or write? Maybe this is a year to learn a new craft, try a different medium. Making art is not selfish, rather it is self-care. You are allowed to make creativity a priority in your life. Notice how creativity puts you in touch with your inner self or makes you feel connected to the world at large.

Some people like to make a vision board. This is a collection of pictures of things that inspire you or that represent goals you want to achieve. You can do this on a bulletin board, in a notebook, or even in a computer file. It helps to look at the vision board from time to time and add and take away as you like so it reflects you, your hopes and dreams.

Lastly, you keep a journal? I started one last year. I try to write down three good things every day. Sometimes these are big things, like my family, and sometimes these are little things, like fresh cookies or the smell of rain. If you don't like to write, you can name three good things before you go to bed or at the dinner table.

I hope some of these ideas are helpful for you. Remember, the magic you seek is already inside you!

Lara Lillibridge (she/zher)  
Director of Religious Exploration

# 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 Fri**

**2 Sat**

**3 Sun**

10:15-10:45am Children's Church via Zoom

11:00am Sunday Service via Zoom

**4 Mon**

7:00-9:00 OUUF Men's Group

**5 Tue**

7:00-8:00 Poetry Group via Zoom

**6 Wed**

**7 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

**8 Fri**

7:00-9:00 Game Night via Zoom

**9 Sat**

**10 Sun**

10:15-10:45am Children's Church via Zoom

11:00am Sunday Service via Zoom

**11 Mon**

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

**12 Tue**

**13 Wed**

**14 Thu**

10:00-11:30am Morning Meditation via Zoom

7:00-8:00 Evening Meditation via Zoom

**15 Fri**

**16 Sat**

**17 Sun**

10:15-10:45am Children's Church via Zoom

11:00am Sunday Service via Zoom

**18 Mon**

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

**19 Tue**

**20 Wed**

6:30-8:00 OUUC and OUUF Worship Teams Meet

7:00-9:00 Current Events Discussion Group via Zoom

**21 Thu**

10:00-11:30am Morning Meditation via Zoom

2:00-3:30 WISE Women via Zoom

3:45-5:00 OUUC and OUUF Adult Program Teams Meet via Zoom

7:00-8:00 Evening Meditation via Zoom

**22 Fri**

**23 Sat**

**24 Sun**

10:15-10:45am Children's Church via Zoom

11:00am Sunday Service via Zoom

**25 Mon**

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

**26 Tue**

1:00-3:00 Listening to Writers of Color Book Group via Zoom

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

**27 Thu**

10:00-11:30am Morning Meditation via Zoom

7:00-8:00 Evening Meditation via Zoom

**28 Fri****29 Sat****30 Sun**

10:15-10:45am Children's Church via Zoom

11:00am Sunday Service via Zoom

**31 Mon**

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

## Mary's Musings



### We the People--Imagining 2021

As the new year starts, I'm hearing what I call PHD: Pandemic Holiday Disenchantment syndrome: Unable to celebrate the winter holidays in "time honored ways," disappointment and grief drive us to dismiss the importance of January 1st and new year resolutions. Why should we pause [from Netflix, MSNBC, FaceBook, video games, or worrying] and reflect on what's important for a new cycle and what we're called and willing to do?

Holiday customs are not set in stone. They are cultural constructs the human family created to help us live from the cycles of nature and the circadian rhythms wired into our brains, bodies and being. We let them run our holiday practices - like the old wizard behind the

curtain in The Wizard of Oz.

The bad news is that the pandemic is still with us.

The good news is that we're in a cultural "magic moment."

The magic is two-fold:

1. Drawing back the curtain: Covid showed us we don't have to do holidays (or congregational life) in the same ways. Tradition evolves to meet changing needs - our changing needs - in the moment, in this moment.
2. Billions of humans are pausing as the year turns, to consider: What was the meaning of 2020? What were the lessons? What do I choose for 2021? And, most powerfully, what do we choose, together?

When I feel the sorrow of not having been able to hug my grandchildren this season, I feel it amplified by families around the globe. Amplified into compassion, connection, communion with the human family.

How may we live through this pandemic with greater compassion for one another and for the environment? How may we live through the crises of democracy and demagoguery as citizens, finding political will to dethrone those manipulating the system and to promote the common good?

This is a powerful and empowering moment, to pause;

- to come into our hearts with all our losses, as billions are pausing with us
- to consider who we are to one another, and who we might and must become: We, the People--The kind people, the people who vote and protect access to voting for all, the people who hold each other accountable to live by our shared values that make democracy and the rule of law possible; people committed to learning and growing, together!

May we find ourselves supported by this wave of humanity, with open hearts and minds, imagining then building a future that will support us all, together!

## **MEMBERSHIP MATTERS: THE MEANING OF MEMBERSHIP- WHAT DIFFERENCE DOES IT MAKE?**

The decision to become a member of our congregation represents recognition that you have found a spiritual home with us. New members are the lifeblood of our congregation. We celebrate and formally recognize them a couple times a year. Their commitment to deepen their spiritual lives through ongoing participation in worship and other spiritual exploration and enhancement programs is matched by a commitment of our congregation to enthusiastically welcome the opportunity of being changed by the unique presence and expression of each new member's individuality. Individual and congregational spiritual growth is realized as they are mutual and reciprocal. As you are open to being changed in relationship with us, we are open to being changed in relationship with you, In our Beloved Spiritual Community. Our relationships exist in the space between us, which is sacred!

**January 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.

\*\*\*\*\*

The cause of the month for January 2021 is Let's Get Real. A 501c3 nonprofit recovery community organization in Lorain County, its mission is to assist families and their loved ones in the journey from addiction to recovery, a growing challenge in these pandemic times. The organization is a partner in ongoing projects in Lorain County, as well as offering support groups weekly. Due to COVID-19 restrictions, many of its gatherings are now on Zoom, although some in-person meetings resumed in December, following strict protocols.

**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](mailto:anntcf78@gmail.com). or 5087-572-0563

**Adult Programs**

***Tuesdays:***

Poetry Group, Election Day, Tuesday, January 5, 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. All are welcome.

Zoom login for Poetry is:

<https://zoom.us/j/99928081815?pwd=To5FOk5sZo5TbEpLUGNmTk5NMLdhdz09>

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, January 26, 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=SlFzZWROt1pESnhQNo4yeU1PSXIKUT09>

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, January 26, 1:00 p.m. on Zoom

Monthly on Zoom, the last Tuesday of the month from 1 p.m.-3 pm, starting July 28. Do you want to deepen your understanding of what it is like to live as a person of color in the US? Olmsted member Lara Lillibridge is leading a book group to give us a glimpse into the lives of others, told in their own words. Come for one or all.

Lillibridge holds an MFA in Creative Nonfiction from West Virginia Wesleyan College, and is the Interviews Editor for Hippocampus Magazine. Author visits will be arranged whenever possible.

Our December read is *I Am Yours* by Reema Zaman.

Zoom Login:

<https://us02web.zoom.us/j/84335138667?pwd=b1EyN3NZZHNDRGNNb3lMT292T2l3Zz09>

Meeting ID: 843 3513 8667

Passcode: 302751

## **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, January 7, 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, January 21, 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=MUsxb1BDMjA2SVQoTVR3cTRDVWZGUT09>

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#

## MORE ABOUT OUR COMMITTEE & TEAM EVENTS

### **Worship Team**

Our mission is to facilitate worship that is transformational for the individual, congregation, and beyond.

Worship Team meets on Wednesday, January 20 6:30-8:00 p.m. via Zoom. All are welcome!

Join Zoom Meeting by computer:

<https://zoom.us/j/92624190519?pwd=SWdHL3Z6QkxGY1lTWXdqdVluYUVXQTo9>

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#

### **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, January 21 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](mailto:communications@ouuf.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	<a href="mailto:bandg@ouuf.org">bandg@ouuf.org</a>
Board of Trustees	<a href="mailto:board@ouuf.org">board@ouuf.org</a>
Committee on Ministry	<a href="mailto:com@ouuf.org">com@ouuf.org</a>
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Nominating Committee	<a href="mailto:nomcom@ouuf.org">nomcom@ouuf.org</a>
Social Justice Committee	<a href="mailto:socjust@ouuf.org">socjust@ouuf.org</a>
Worship Team	<a href="mailto:worship@ouuf.org">worship@ouuf.org</a>
Membership Committee	<a href="mailto:membership@ouuf.org">membership@ouuf.org</a>
Finance Committee	<a href="mailto:finance@ouuf.org">finance@ouuf.org</a>

## ***Oberlin Unitarian Universalist Fellowship***

355 E. Lorain St.  
Oberlin, Ohio 44074  
Phone: 440-775-0355  
[www.ouuf.org](http://www.ouuf.org)

Services every Sunday on  
Zoom  
at 11:00am

***All Are Welcome!***

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## Board of Trustees '20-'21

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Vice-President, Jeff Witmer;  
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