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The Chalice

Newsletter of the Oberlin Unitarian Universalist Fellowship August 2022

If you have announcements for The Chalice, send them to office@ouuf.org by the 25th of each month.

Thank You!

Upcoming Services

Our Evolving Democracy: How Can UU Values and Community be of Benefit?
August 2022

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August 14
The Imagination Battle
Rev. Mary Grigolia & Zellda Zelle

There is a struggle going on for the future. The values of the world are shaped by choices each of us makes. “We must transform ourselves to transform the world.” Drawing on Adrienne Maree brown and Grace Lee Boggs, we ask: How do we become accountable to our time, our earth, our species, our loved ones? Service led by Zellda Zelle and Rev. Mary.

With an update from Megan Baechle, Executive Administrative Director, LGBTQ+ Lorain County, Oberlin’s Cause of the Month for August.

August 21
Embodied activism
Rev Mary Grigolia & Emily Williams

We need to care for and trust our bodies to sustain us in our efforts to heal our democracy. Service led by Emily Williams and Rev. Mary

August 28
Dismantling Racist Barriers
Mary Grigolia & Achilles Morales, Coach, Lorain County Urban League

Hear how Lorain County Urban League is working for racial and economic justice. Explore how UU values call us to be of benefit.

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Zoom Addresses

Sunday Service Zoom Login

Join via computer: [https://zoom.us/j/92624190519?](https://zoom.us/j/92624190519?pwd=SWdHL3Z6QkxGY1lTWXdqdVluYUVXQT09)

[pwd=SWdHL3Z6QkxGY1lTWXdqdVluYUVXQT09](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#

OOUF 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 OOUF Men's Group (**hybrid meeting**)

2 Tue

7:00-8:00 Poetry Group via Zoom

3 Wed

1:00 Care Team Meeting via Zoom

6:30-8:00 Getting the Word Out Meeting via Zoom

4 Thu

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

1:00-2:30 Wisdom Dreams via Zoom

7:00-8:00 Evening Meditation via Zoom

7:00-8:00 Religious Exploration Committee

5 Fri

6 Sat

7 Sun

11:00am Sunday Service (**hybrid meeting**)

8 Mon

7:00-9:00 OOUF Men's Group (**hybrid meeting**)

9 Tue

10 Wed

10:00-11:00am Pastoral Check-In **via phone**

3:00-5:00 Living with Change Covenant Group

11 Thu

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

7:00-8:00 Evening Meditation via Zoom

12 Fri

2:30-3:30 Membership Team

6:30-10:00 Game Night via Zoom

13 Sat

14 Sun

11:00am Sunday Service (**hybrid meeting**)

2:00 Board Meeting via Zoom

15 Mon

7:00-9:00 OOUF Men's Group (**hybrid meeting**)

16 Tue

17 Wed

4:00-5:00 Cultivating Resilience **at Kendal Ed Center**

18 Thu

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

1:00-2:30 WISE Women **(hybrid meeting)**

4:00-5:00 Adult Program Team Meeting via Zoom

7:00-8:00 Evening Meditation via Zoom

19 Fri

7:00-9:00 Current Events Discussion Group (hybrid meeting)

20 Sat

21 Sun

11:00am Sunday Service **(hybrid meeting)**

22 Mon

7:00-9:00 OUUF Men's Group **(hybrid meeting)**

23 Tue

24 Wed

10:00-11:00am Pastoral Check-In **via phone**

3:00-5:00 Living with Change Covenant Group

7:00-9:00 What Would Jesus Do? Covenant Group **(hybrid meeting)**

25 Thu

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

7:00-8:00 Evening Meditation via Zoom

26 Fri

27 Sat

28 Sun

11:00am Sunday Service **(hybrid meeting)**

29 Mon

7:00-9:00 OUUF Men's Group **(hybrid meeting)**

30 Tue

31 Wed

Mary's Musings

Come and Go with Me to that Land....



"You meet saints everywhere. They can be anywhere. They are people behaving decently in an indecent society." Kurt Vonnegut (*UU*)

My partner and I drove to D.C. to support my brother in moving through knee replacement surgery. Alex lives alone in a tiny 3rd floor walkup, with 28 steep and narrow steps. No question about going home right after surgery. I drive a tiny Fiat. Could he bend his post-surgical leg enough to get in (and out)? How would he get to rehab? This was not the hospital's responsibility.

In an act of kindness, late Sunday afternoon, the young case worker contacted Humble Non-Emergency Transportation. (I wondered at the non-macho name.) Two young workers arrived with a wheelchair; recent immigrants, English was their 3rd or 4th language. With gentleness and kindness, they helped him into their spacious van.

We met them in Alex's room at the rehab; in the chaos of shift change, on Sunday night. Several hours later, searching for ice, I ran into them down the hall: "You're still here!" The sweetness of the young man's smile still touches my heart: He was waiting patiently,

to make sure Alex was safely checked in and not in harm's way. Knowing what it's like to be new, vulnerable. They were doing what they could, humbly. So may we all. Amen.

August 2022 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.

August 2022 Cause of the Month: LGBTQ+ Lorain County

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 for August 2022 is **LGBTQ+ Lorain County**.

LGBTQ+ Lorain County is a volunteer-led coalition of community leaders and representatives of churches, social service agencies, and LGBTQ-serving organizations in the county and Northeast Ohio region. It addresses the needs of the LGBTQ+ community through education, advocacy, and allied community resources.

We'll share a video update about the program from Executive Administrative Director Megan Baechle at our August 14 service.

JULY 2022 - JUNE 2023 CAUSES OF THE MONTH SCHEDULE

JULY - Oberlin Weekday Community Meals
AUGUST - LGBTQ+ Lorain County
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.

Adult Programs

Mondays:

OUUF Men's Group, Mondays, 7-9 p.m., **hybrid meeting**

The mission of the OUUF Men's Group is to:

- Support each other as men for positive participation in living the Unitarian Universalist principles in our personal and community lives.
- Strengthen our bond and covenant together, expressing feelings at deepening levels, speaking from the heart and listening actively without judgment.

- Facilitate personal and congregational spiritual growth in beloved community. Our relationships exist in the space between us, which is sacred (Martin Buber). We honor that space through the use of Essential Silence, I-Statements, and Active Deep Listening. Come once a week, once a month, or once a year. If you identify as male and generally agree with the principles of Unitarian Universalism we hope to see you here.

Zoom Meeting ID: 707 226 286

Passcode: 091 905

Tuesdays:

Poetry Group, Tuesday, August 2, 7-8 p.m. on Zoom

Poems to Live By, Poems to Wake Us Up: Monthly UU Poetry Group on Zoom. Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Zoom login: [https://zoom.us/j/99928081815?](https://zoom.us/j/99928081815?pwd=To5FQk5sZO5TbEpLUGNmTk5NMldhdzo9)

[pwd=To5FQk5sZO5TbEpLUGNmTk5NMldhdzo9](https://zoom.us/j/99928081815?pwd=To5FQk5sZO5TbEpLUGNmTk5NMldhdzo9)

Meeting ID: 999 2808 1815 Passcode: 559893

Join by smartphone: 301-715-8592, enter the Meeting ID plus #:

99928081815#, enter the passcode plus #: 559893#

Wednesdays

Pastoral Counseling/Check-In - August 10th and 24th. (2nd and 4th Wednesdays).

Phone in: 216-402-3438. Or email for an appointment at a different time (mary@marygrigolia.com). All are welcome.

UU Gathering: Cultivating Resilience: The Path of Belonging, Wednesday, September 21 4-5 p.m. Kendal Education Center Building - **Does not meet in August**

How do we stay centered in stressful times? How do we not get overloaded – emotionally, physically, psychologically and spiritually? And how may we bounce back when overwhelmed? The “answer” is in cultivating resilience. September’s theme explores, *The Path of Belonging*; co-facilitated by Zellda Zelley and Rev. Mary.

What Would Jesus Do? Covenant Group, Wednesday, July 27, 7:00-9:00 p.m. hybrid meeting

You are warmly invited to join us in exploring Christian Renewal Within Unitarian Universalism: Returning To The Heart Of Jesus Consciousness , the title of a workshop conducted by UU Minister Matthew Johnson. The core values which Jesus embodied are authentically expressed in the seven Principles and six Sources of Unitarian Universalism, and lived out in UU congregations. Spiritual seekers from traditional Christian churches are also welcome in our group! (Our group was inspired by a book entitled The Great Spiritual Migration, by Brian McLaren, as well).

Zoom Login:

<https://zoom.us/j/99356254184?pwd=ZkoyVmdJSXAoaGk5dGozZW5adWVadz09>

Meeting ID: 993 562 54184

Passcode: 580 483

Thursdays

Deepening Circles, Morning Meditations, weekly on Thursdays, 10:30-11:30 a.m. on Zoom

Weekly drop-in meditation, drawing from Buddhism and beyond; practicing four circles of awareness: body, heart, mind and spirit. Practicing with Pema Chodron's *Living*

Beautifully. All are welcome. Led by Rev. Mary.

Zoom

login: <https://zoom.us/j/97515604579pwd=bjJRcWdpMU1VcGxpVHNiZXlnS2piUT09>

Meeting ID: 975 1560 4579 Passcode: 679876

Join by smartphone by entering: 929-436-2866, then entering the Meeting ID plus #: 97515604579#, then entering the passcode plus #: 679876#

Evening Meditation, weekly on Thursdays, 7:00-8:00 p.m. on Zoom

"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

Wisdom Dreams - Thursday, August 4, 1:00-2:30 p.m on Zoom. NEW TIME!

Bring a dream (or dream image) to share. Explore together the messages, meanings, and metaphors, wisdom and humor. All are welcome. Facilitated by Rev. Mary.

<https://zoom.us/j/93122029279?pwd=TC9UMmVGQVZHUHEzcWJ1OWUzUHOrZz09>

Meeting ID: 931 2202 9279

Passcode: 238245

One tap mobile

+19292056099,,93122029279#

WISE Women - Thursday, August 18, 1:00-2:30 (hybrid meeting)

Grieving Loss Through Ritual - a monthly group to listen, support each other and celebrate what is emerging in our lives and our spiritual exploration. On Zoom and in person (wearing masks if unvaccinated). Facilitated by Lynda Garvin, Betsy Geist, Carol Shultheis, & Rev. Mary.

Zoom login: [https://zoom.us/j/91280099980?](https://zoom.us/j/91280099980?pwd=MUsxb1BDMjA2SVQoTVR3cTRDVWZGUT09)

[pwd=MUsxb1BDMjA2SVQoTVR3cTRDVWZGUT09](https://zoom.us/j/91280099980?pwd=MUsxb1BDMjA2SVQoTVR3cTRDVWZGUT09)

Fridays

Current Events Discussion Group, July 15, 7:00-9:00 p.m. hybrid meeting

As a group we believe there is a difference between waiting and keeping vigil. "Anxious, impatient waiting is just waiting. But waiting with purpose, hope, and love is vigilant waiting." We warmly invite you to join us in our vigilant waiting to enhance our understanding of current events and provide emotional support to one another in community, responding to them with vigor. Ideas for social action initiatives are referred to the Social Justice Committee for consideration.

Zoom Login:

Meeting ID: 937 7402 1775

Passcode: 294 216

JOIN SOURCES, BI-WEEKLY GROUP FOR UU DEEPENING

Dear Members and Friends of OUUF & OUUC,

We're excited to invite you to join SOURCES, a bi-weekly UU deepening program with a set curriculum exploring the Sources that animate UU theology and practice. Format includes:

- deep listening in a small group

- deeper understanding of UU history and UU theology
- living your faith
- spiritual companionship
- daily spiritual practice

WHY SOURCES?

After more than two years of pandemic disruption, like other members and friends, you may be looking for ways to connect with each other, to go deeper into our UU faith, to grow spiritually and to live our faith in the world.

SOURCES is a ten-month, bi-weekly covenant group (*meeting times and days to be determined by you and your group*).

Each group has up to 12 members (including 2 co-facilitators).

The program includes pre-session readings.

We begin with a Retreat, **Saturday, September 17, 9-12:30**

Hosted at West Shore UU in Rocky River (20401 Hilliard Blvd.)

Click here for the SOURCES brochure from UU Wellspring.

To sign up or for more information, email office@olmsteduu.org or office@ouuf.org.

MORE ABOUT OUR COMMITTEE & TEAM EVENTS

Sunday Services/Worship Teams - Thursday, August 4, 2:45-4:15 p.m. (NEW TIME) on Zoom to reflect on past services and plan upcoming services. All are welcome. Same login as Sunday morning services:

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

Adult Program Teams - Thursday, August 18, 3:45-5:15 p.m. to evaluate past programs and plan up-coming programs. All are welcome. On

Zoom: <https://zoom.us/j/97055771526?pwd=Q1psWjJzcDZxeWxoWHRpMlBqYnBoZz09>

Meeting ID: 970 5577 1526 / Passcode: 975903

Joys & Concerns, Oberlin Care Team meets next on **Wednesday, August 3, 1 p.m.** on Zoom: <https://zoom.us/my/keepingfaithwithlife>

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.

DO YOU LIKE TED TALKS?

Most of us do! TED Talks have been a favorite for both Olmsted and Oberlin congregations during these “virtual service” times. We have viewed TED Talks monthly on Sunday mornings, and many people have joined a deeper discussion later in the week. Caitlin Chapman, DRE at Olmsted, has been a leader of the TED team for more than a year, often leading TED Talk services and discussions. But Caitlin needs to step aside now to focus on the Olmsted RE program as the church reopens. Many thanks, Caitlin!

Would you like to help with continuing TED Talks? If you have seen a TED Talk that inspires you, please share your find with the TED planning team. Better yet, join the team

to help select TED Talks for Sunday Services, or lead discussions after the talk. If you are interested, please contact Jeff Witmer at Oberlin (jeff.witmer@oberlin.edu), or Brian Warren (blwarren@juno.com) at Olmsted.

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 worship, and other spiritual exploration programs with us, 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 Oasis of Loving Engagement. Our relationships exist in space between us, which is sacred!

July notes from the Board

July notes from the board will be included in the weekly updates.

"It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed."

--DOE ZANTAMATA

"I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars." -- Og Mandino

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

Oberlin Unitarian Universalist Fellowship

355 E. Lorain St.
Oberlin, Ohio 44074
Phone: 440-775-0355
www.ouuf.org

Services every Sunday on Zoom
at 11:00am

All Are Welcome!

STAFF

Minister:
Mary Grigolia
minister@ouuf.org

Social Justice Committee
socjust@ouuf.org

Worship Team
worship@ouuf.org

Membership Committee
membership@ouuf.org

Finance Committee
finance@ouuf.org

Office Manager:
Ryan Mincey
office@ouuf.org

Director of Religious Exploration:
Hanna Steele
dre@ouuf.org

Music Director:
Katie Cross
crossk_connect@yahoo.com

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