



OBERLIN UNITARIAN UNIVERSALIST FELLOWSHIP

The Chalice

Newsletter of the Oberlin Unitarian Universalist Fellowship

December 2022

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

Thank You!

Upcoming Services

Wonder

December 2022

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December 4

How we experience awe, and why does it matter?

Join us for a service about wonder, awe, and why they are important experiences. The service will include a TED Talk with neuroscientist Beau Lotto, who conducted an ambitious study with Cirque du Soleil on the emotion of awe and its psychological and behavioral benefits.

In this talk and live performance, he shares some of their findings -- and stands back as Cirque du Soleil dancers create their own awe-inducing spectacle. There will be a discussion after the service. Service led by Jeff Witmer, Meridith Sender, and Ryan Mincey.

December 11

Of Darkness & Wonder

In this darkest time of year, we choose the Path of Wonder, opening to mysteries of being and becoming, knowing ourselves and the world, renewed again. Service led by Zellda Zelle & Rev. Mary.

December 18

Celebration of Light

We revel in festivals of light at this time of year. Share in the music, friendship and hope these festivals celebrate. This will be an intergenerational service engaging all the senses with extra candles, music, readings, movement, and tasting of special foods with expanded time to share Joy and Concerns.

December 24 - Service offered at Olmsted UU Congregation

There's Hope in Christmas

"Every night a child is born is a holy night," every child comes as a 'messiah,' bringer of Wonder, healing, change. We'll explore how Christmas practices, stories and music evolved. We'll end by singing of Silent Night by candlelight. Service led by Marianna Carney, Lara Lillibridge, Jessica Watts, Emily Williams, and Rev. Mary; with music by Katie Cross and Rian Fetting.

December 25
Our Christmas Message: Joy to the World

Service led by members of the What Would Jesus Do? Covenant Group

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Zoom Addresses
Sunday Service Zoom Login
Join via computer:

Mary's Musings

Courage to Dance in the Turning



The congregation's theme of the month for December is **WONDER**. And I wonder if you'd join me in a **daily Wonder practice** for the month of December: Set the intention to notice at least one moment of wonder as it arises in your daily life. Make a note of it (on your phone, in a journal, on your laptop).

Or, use this practice **from Soul Matters** (resources from UU religious professionals).

In either case, if you'd like to share your experiences, insights and questions about WONDER, it would be WONDER-full to hear from you (via email or text).

May we all have (and notice) a wonder-filled December!

Here's the Soul Matters Wonder practice:

Take A Daily Dose of Online Wonder

We most often talk about the giant, single-moment spiritual transformations that awe ignites in us. For instance, witnessing a solar eclipse, after which our entire view of Life/Spirit/Mystery/God and ourselves was transformed.

These once-in-a-lifetime infusions of wonder are great, but most of us wouldn't mind a little daily shot of wonder too. Every single day most of us get stuck in our heads. Every afternoon we feel more numb than we'd like. And every evening it's hard to put our petty, self-centered worries into wider perspective. In the midst of all this, who doesn't long for a bit of daily wonder to wake us up?!

So this month, let's give ourselves the gift of *adaily* dose of wonder. Think of it as taking a regular "Awe Break." Every day, put everything down for just a few minutes and let wonder soak in.

To help, we've put together 31 online doses of wonder: One wonder-filled YouTube video for each of the 31 days of December. It's a lot like those advent calendars some of us had as kids. We'd peel back the cardboard door, discover some magical new gift and our entire day would be transformed.

If you're having a particularly hard day, feel free to watch a couple of them. The goal is to see if daily doses of wonder really change your days. We bet they do!

Please share the videos with friends/members without online access!

Here's the link to the YouTube playlist with all 31 Wonder videos:

https://youtube.com/playlist?list=PLvXOKgOQVYP7kGFJOQQHNR-onCJWSf_eC

December 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.

The cause for December 2022 is the UUSC Guest at Your Table Program.

Guest at Your Table (GAYT) is UU Service Committee's annual program to raise support for and awareness about key human rights issues. This year's theme: **Hope, Courage, Action.**

The injustices and crises of the past year have underscored the importance of our shared goal -- a world free from oppression, where all can realize their full human rights. They also have emphasized just how big a task that is.

To meet the enormous challenges of today and build a more just future, we need big ideas and bold change. We must fundamentally transform the way things are, so that we do not perpetuate systemic inequities and repeat the harms of the past.

At UUSC, we believe that the transformational solutions we need come from communities most directly impacted by injustice. Join us for this year's Guest at Your Table program to learn what UUSC partners are doing to address immediate injustices – as well as what they envision for the future. At this extraordinary juncture in history, we think their stories will offer inspiration and guidance on the path toward justice.

Please send donations by check to OUUF Treasurer. Pay Pal is also available. Whatever option of generosity you choose, it is crucial that you indicate who you want to receive your donation

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 & Events

For a complete list of events taking place at OUUF, and to see when rooms are

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.

Tuesdays:

Poems to Live By, Poems to Wake Us Up: Monthly UU Poetry Group Zoom. NEW DATE/TIME **December 13, 2-3 p.m.** Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Zoom login:

Book Group - Due to the Holidays, the book group will not be meeting in December.

Sources Covenant Groups, December 6, 1:00-3:00 p.m. . in-person at Oberlin; **7:00-8:30 p.m.** on Zoom,

Wednesdays:

Pastoral Counseling/Check-In - 2nd Weds, December 14, 11:00am-12:00pm.

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

(Note, skipping the 4th Wednesday because of Christmas holidays.)

Cultivating Resilience

The Cultivating Resilience Covenant Group will not be meeting until after the New Year. Updates coming!

What Would Jesus Do? Covenant Group - 4th Wednesdays, December 28,
7pm-8:30pm - via Zoom

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:

Thursdays:

Deepening Circles Meditation - Thursdays, 10:30-11:30 a.m.; Dec 1, 8, 15, 22 on Zoom. Weekly drop-in meditation group. Four circles of awareness: body, heart, mind and spirit. Buddhism and beyond. Practicing with Pema Chodron's, *Living Beautifully*, chapters eight (12/1), nine (12/8 & 15), ten (12/22). All are welcome. Led by Rev. Mary. Zoom login:

Wisdom Dreams - Thursday, December 1, 1-2:30 p.m. on Zoom. Bring a dream (or dream image) to share. Explore together the messages, meanings, and metaphors, wisdom and humor. All are welcome. (Note: We're going back to the dedicated Dream Group Zoom login.)

DREAM Group:

WISE Women - Thursday, December 15, 1-2:30 p.m. Welcome to Women-in-Spirit Evolving - a monthly group to listen, support and celebrate what's emerging in all aspects of our lives. In December we reflect on The Path of WONDER and share what we are learning as WISE Women. (Note: We're back to the dedicated WISE Women Zoom login.) **WISE Women:**

Fridays:

Current Events Discussion Group, December 16, 7-9:00 p.m.

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:

MORE ABOUT OUR COMMITTEE & TEAM EVENTS

Joys & Concerns, Oberlin Care Team, Wednesday, Dec 7 1:00p.m. on Zoom:

OOUF Worship Teams, Tuesday, Dec 13, 11:15-12:45 p.m. on Zoom to reflect on past services and plan upcoming services. All are welcome. Same login as Sunday morning services:

Adult Program Teams, Thursday, December 15, 4-5 p.m. Evaluate current programs, plan new ones. All are welcome. On Zoom:

MEMBERSHIP MATTERS: POSITIVE THINKING LEADS THE WAY

It is not always easy to be positive in today's world. Life is difficult...this is a basic fact. But we can make a change within ourselves to help encourage your feelings of thankfulness. This change takes a commitment and, just like all things that are worthwhile, takes work and time to feel the results.

"When we decide to be positive, we make a small change that can make a big difference... not just for ourselves, but for those around us. Will this change or alter life itself? Not really... but it will change YOUR life and how you feel as you meet the challenges of day-to-day living." -- Marci, Blue Mountain Arts

Your Membership Team wishes you joyful, wonder filled holidays throughout the season and into the new year!

"Mystery creates wonder, and wonder is the basis of man's desire to understand."--Neil Armstrong

"He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed." -- Albert Einstein

"Wisdom begins in wonder." -- Socrates

"Wonder, rather than doubt, is the root of all knowledge." -- Abraham Joshua Heschel

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Oberlin Unitarian Universalist Fellowship

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Services every Sunday on Zoom
at 11:00am

All Are Welcome!

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