



OBERLIN UNITARIAN UNIVERSALIST FELLOWSHIP

The Chalice

Newsletter of the Oberlin Unitarian Universalist Fellowship

January 2023

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

Thank You!

Upcoming Services **Finding Our Center** January 2023

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January 1 **New Year, New You – Finding Our Center**

You are constantly becoming a new person," says journalist Shankar Vendantam. In a talk full of beautiful storytelling, he explains the profound impact of something he calls the "illusion of continuity" -- the belief that our future selves will share the same views, perspectives and hopes as our current selves -- and shows how we can more proactively craft the people we are to become. We will watch this TED Talk and how it relates to our month's theme of Finding Our Center, with a discussion table after the service.

There will be a discussion after the service. Service led by Jeff Witmer and Ryan Mincey.

January 8 **Finding Our Center - Love's Converging Paths**

Unitarian Universalism celebrates many paths to truth and meaning. But what draws them together? What's at the center of our faith tradition? The Universalist call to Love - the most powerful force in the Universe. Service led by Rev. Mary.

Donations today benefit Let's Get Real, serving the needs of individual and families overcoming opioid addiction.

January 15 **Finding Our Center in Slowness**

We spend much of our lives busily scurrying from one thing to the next, cramming as much productivity into the day as possible. How can we find our center through deliberate slowness? Service led by Ryan Mincey.

January 22 **Finding Our Center - Individual Search for Truth & Meaning**

How do we find our center as individuals? How does Love guide our journey? How do we support one another? Service led by Zellda Zellely & Rev. Mary

January 29 **New Year Check-In & Potluck**

This will be an abbreviated service with expanded time for Joy & Concerns, with a social hour and brunch potluck. Note, the potluck will be on the 5th Sunday this month.

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Zoom Addresses
Sunday Service Zoom Login
Join via computer:

Mary's Musings



The congregation's theme of the month for January is **FINDING (Y)OUR CENTER**.

As we start a new year, almost 3 years into pandemic shake-up, I invite us all to find our center. What is our center?

For me, our center is an embodied sense of well-being and presence that includes wise body, beautiful heart, responsive mind and boundless awareness. It's the home of the "deepest wisest self," of "the still small voice within."

A Soul Matters author writes, "[Your center is] not simply a sense of peace and calm; it's also being challenged and pushed. What you hear in this deep space is not just, 'Rest' and Breathe,' but also, 'Take a deep breath and jump!' We encounter an invitation there, not just a relaxation. [Our experience of our center is] a still point, yes. But a

point upon which we pivot and turn to something new."

However you define and experience your center, may we support each other in living from that unified, still-point within. May we rest and breathe together. And may we inspire each other to turn toward something new life emerging and jump - at times, jumping together!

January 2023 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 2023 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 weekly support groups. Although some in-person meetings have resumed, following strict protocols, many of its groups are now hybrid in-person/Zoom event. We'll share a video update about the program from Let's Get Real's Executive Director Kim Eberle at our service on Sun., Jan. 8, 2023.

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 reserved for private use, [check our online calendar](#). Otherwise, events will be published in the "This Week @ OUUF" emails the week they occur.

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:

Poems to Live By, Poems to Wake Us Up: Monthly UU Poetry Group Zoom. NEW DATE/TIME **January 10, 2-3 p.m.** Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Poetry Zoom login:

Sources Covenant Groups, Jan 17 & 31, 1-3 p.m. in-person at Oberlin; **7-8:30 p.m.** on Zoom, Note: Pre-registration required.

UU Kendal Monthly Gathering, Jan 24, 2-3 p.m. - For January, our reflection question is, "How are you finding your center?" Facilitated by Rev. Mary; 4th Thursdays, 2-3 p.m. in Kendal's main building, in the Green Room. All are welcome.

Wednesdays:

Pastoral Counseling/Check-In - 2nd & 4th Wednesday's, Jan 11 & 25, 11-12 noon Phone-in: 216-402-3438 or email Rev. Mary for an appointment at a different time (mary@marygrigolia.com). All are welcome.

What Would Jesus Do? Covenant Group - 4th Wednesdays, January 25, 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 (DCM) - Thursdays, 10:30-11:30 a.m.; Jan 5, 12, 19, 26 on Zoom. Weekly drop-in meditation group. Practicing with Pema Chodron's, *Living Beautifully*, chapters ten (1/5 & 12), Concluding Words and chapter eleven (1/19 & 26). All are welcome. Led by Rev. Mary.

DCM Zoom login:

Wisdom Dreams - Thursday, Jan 5, 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've gone back to the dedicated Dream Group Zoom login.)

DREAM Group:

WISE Women - Thursday, Jan 19, 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 January we reflect on Finding Our Center and share what we are learning as WISE Women.

In-person at Olmsted UU and also online:

(Note: We've back to the dedicated WISE Women Zoom login.)

WISE Women:

Fridays:

Current Events Discussion Group, January 20, 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, Jan 4, 1 p.m. on Zoom:

OOUF Worship Team, Tuesday, Jan 10, 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:

OOUF & OUUC Adult Program Teams , Thursday, January 19, 4-5 p.m. Evaluate current programs, plan new ones. All are welcome. On Zoom:

MEMBERSHIP MATTERS: WHAT DOES IT MEAN TO BE AN OOUF VISITOR CONTACT PERSON?

In 2019, OOUF began a system to help new visitors feel more connected to us, by pairing a volunteer or two with each newcomer, based on common interests, etc. to answer questions about UUism and our congregation, introduce them to other members, and generally make sure they feel we value their presence.

The program was difficult to implement during the pandemic zoom era. With the return of live services and increasing number of newcomers we are welcoming, it is time to renew this practice with the coming of the new year. If you have not already volunteered to be a Contact Person, but are willing to do so, please let your Membership Team know (Stephanie Gibson & Don Leake). Thank you for your consideration, and HAPPY HOLIDAYS!

"Instead of asking ourselves, 'How can I find security and happiness?' we could ask ourselves, 'Can I touch the center of my pain? Can I sit with suffering, both yours and mine, without trying to make it go away? Can I stay present to the ache of loss or disgrace-disappointment in all its many forms-and let it open me?' This is the trick." --Pema Chodron

"Tranquil as a forest, but on fire within, once you find your center, you are sure to win!" -- David Zippel

"If you can't find your own center and love for yourself, nothing else works!" -- Chris Brogan

"Success comes from finding your center and self!" -- Bryant H. McGill

Committees &
Teams

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Fellowship

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Board of Trustees
board@ouuf.org

Committee on Ministry
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Communications Committee
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Religious Exploration Committee
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Nominating Committee
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Social Justice Committee
socjust@ouuf.org

Worship Team
worship@ouuf.org

Membership Committee
membership@ouuf.org

Finance Committee
finance@ouuf.org

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Services every Sunday on Zoom
at 11:00am

All Are Welcome!

STAFF

Minister:
Mary Grigolia
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Board of Trustees '22-'23

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