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The Chalice
 Newsletter of the Oberlin Unitarian Universalist
 Fellowship
 November 2022

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

Thank You!

Upcoming Services

Change

November 2022

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November 6

Change: The Power of Perception

An introspective look at perception and that how we perceive things can radically change our worldview. The service will culminate in a video about how we perceive class, specifically the middle class in America, with a discussion table after the service. Service led by Jeff Witmer, Meridith Sender, and Ryan Mincey.

November 13

Changing the Story: Indigenous Peoples & Thanksgiving.

As we face challenges to American democracy, we must draw on wisdom deeper than “power-over, winner-takes-all.” How do we do that? By freeing the truth, which means changing our founding stories to name the violence and dehumanization inflicted by the American government on those already here. Let’s help change the story on behalf of justice, equity & compassion. Service led by Zellda Zellely & Rev. Mary

November 20

Pre-Thanksgiving Bread Service

For the last 30 or 40 years, the Fellowship has celebrated Thanksgiving by exploring the many meanings of bread in our lives. We share bread as a symbol of Earth’s many gifts,

and express joyful thanks for this amazing interconnected world. A table down the middle of the Sanctuary becomes loaded with bread and goodies, each carrying its own meaning bestowed by the giver. The service is built with music, readings, and a story.

All are invited to bring a bread from their own family culture. That could mean an old family recipe or the Wonder bread you ate as a child, or a special gluten-free loaf, and lots of other options in between. If you choose to bring bread, please plan to arrive a few minutes early to label and prepare your bread for the service. Children are welcome to join in the fun. Service led by the Living With Change Covenant Group.

November 27

Changing Faces of Gratitude

The Holiday season is upon us, with its yearning to belong, to be welcomed home, to find meaning and reassurance in old rituals (e.g., stuffing the turkey or tofu). What holds us in times of change, times of celebration? Bring a symbol from your Thanksgiving table. Service led by Rev. Mary.

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 Zoom Addresses
 Sunday Service Zoom Login
 Join via computer:

Mary's Musings

Courage to Dance in the Turning



Becoming the Change. Literally.

Recovering from a late-summer, mild case of Covid (is that an oxymoron?), I'm noticing how much more tired I get when I run out of go-juice. Fighting with myself to notice and not judge. My intent is to practice self-kindness (i.e., not "powering through" regardless of consequences). And not to jump to the conclusion that "I will never feel energized and whole again."

As I write, I am enjoying a surprisingly warm and luminous late October Sunday afternoon in northeast Ohio. Breath is moving fully, naturally, through the body. Sitting in the window at my favorite coffee shop (Blackbird, in Lakewood), I am taking in the light, energy, chi. Allowing myself to be restored by the responsive creative matrix of Life in which we are.

Does Covid change us? Yes, it does. Can we - will I - use that fact, that awareness, to change my behavior to a new normal: To take in, breathe in, open to the Life energy always all around (and within) me/us?

May we/I choose to respond affirmatively, again and again. Remembering that I don't have to fuel or finance that opening, that flow, that gift:

We swim in life energy, breathe it in, every moment. Our change (my change) is to stop acting as if I have to make it all happen. In this culture of do-do-do, to pause. Breathe in. Open. Changing myself, changing ourselves, changing our culture, one breath at a time. Becoming the change. Literally.

November 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.

November 2022 Cause of the Month: Oberlin Community Services - Holiday Helping Hands

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 November 2022 is **Oberlin Community Services - Holiday Helping Hands**.

Through the network of Oberlin Community Services (OCS) local families in need are identified to receive food for holiday meals and gifts for their children. In the past, OUUF has contributed to this beloved event with donations, shopping for gifts, and having an annual "wrap the gifts party".

Due to Covid concerns, OUUF will not be having our traditional gift wrapping program but our cash donation will continue to support this worthy cause. Please designate your gift to go to OCS/HHH. Donations will be accepted until December 6. This gives our treasurer time to submit the money to OCS in time for their distribution.

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.

Tuesdays:

Poems to Live By, Poems to Wake Us Up: Monthly UU Poetry Group Zoom. NEW DATE/TIME **November 8, 2-3 p.m.** Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Zoom login:

Book Group - Reading Marginalized Writers, November 29, 1:00, via Zoom We will be reading *Hunger* by Roxane Gay. It is a collection of essays.

Zoom Login:

Sources Covenant Groups, November 1, 15, & 29, 1:00-3:00 p.m. in-person at Oberlin; **7:00-8:30 p.m.** on Zoom,

Wednesdays:

Pastoral Counseling/Check-In - 2nd & 4th Weds, **November 9 & 30, 10-11 a.m.** 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 Thanksgiving, adding the 5th.*)

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, November 23, 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.; Nov 3, 10, 17, Dec 1 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 six (11/3), seven (11/10 & 17) and eight (12/1). All are welcome. Led by Rev. Mary. Zoom login:

Wisdom Dreams - Thursday, November 3, 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, November 17, 1-2:30 p.m. Welcome to Women-in-Spirit Evolving - a monthly group to listen, support each other and celebrate what is emerging in our lives and our spiritual exploration. In November we reflect on our individual journeys with CHANGE and share what we are learning as WISE Women. (Note: We're going back to the dedicated WISE Women Zoom login.)

WISE Women:**Fridays:**

Current Events Discussion Group, November 18, 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, Nov 2 p.m. on Zoom:

OOUF Worship Teams, Tuesday, Nov 8, 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, November 17, 4-5 p.m. Evaluate current programs, plan new ones. All are welcome. On Zoom:

MEMBERSHIP MATTERS: Advantages of Becoming a Member

Advantages of Becoming A Member Instead of Just A Friend

- You Walk Your Talk: present yourself as a UU; representing our congregation and our religion in the larger community
- Receive UU World
- Number of OOUF members determines representation at General Assembly
- Belonging & Legacy: become an important part of something which will outlast you. Each member matters!

"Be the change that you wish to see in the world." --Mahatma Gandhi

"The people who are crazy enough to think they can change the world are the ones who do." -- Steve Jobs

Committees & Teams

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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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