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The Chalice

Newsletter of the Oberlin Unitarian Universalist Fellowship October 2022

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

Thank You!

Upcoming Services

Courage

October 2022

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October 2

TED Talk: The Power of Vulnerability

Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.

October 9

Courage to Resist Injustice

“Courage” means the power of the heart. We explore heart-based social activism: “We need the courage to question the powers that be, the courage to be impatient with evil and patient with people” [Cornel West]. “Courage is not the absence of fear, but rather the judgment that something else is more important than fear” [Ambrose Redmoon]. Service led by Rev. Mary

We’ll have an update from Meg McIntyre, Interim Director, Lorain County Safe Harbor/Genesis House, Cause of the Month for October.

October 16

The Voice of Courage through Poetry & Music

This will be a flow of poetry and music with short reflections on the selected examples. What music, poetry, or combination of sensory experiences inspires courage in you?

Service lead by Katie Cross, Ann Cook-Frantz and Kathleen Carothers.

October 23

Courage to Take a Leap

Courage to take a leap, to risk failure, to learn to fly: "Come to the edge. *We might fall.* Come to the edge. *It's too high!* COME TO THE EDGE! And they came. And she pushed. And they flew." [adapted from Christopher Logue] What do you already know about leaps of faith? What leaps of faith have you made in your life? What didn't go the way you expected? What leap of faith do you need to take, do we need to take? How might we encourage each other? Service led by Rev. Mary and Zellda Zellely.

October 30

Samhain

We have no choice but to be haunted. Long after a loved one or friend dies, we still have undelivered messages for that person. This service, drawing on pre-Christian traditions of the Celts, addresses that unmet need. All are welcome. Joys and concerns will be omitted for this service.

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Zoom Addresses
Sunday Service Zoom Login
Join via computer:

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 Sat

2 Sun

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

3 Mon

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

4 Tue

2:30-4:30 Sources Covenant Group - In Person - Preregistration required

7:00-8:30 Sources Covenant Group - via Zoom - Preregistration required

5 Wed

1:00 Care Team Meeting via Zoom

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

6 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

7 Fri

8 Sat

6:30-10:00 Game Night via Zoom

9 Sun

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

2:00 Board Meeting via Zoom

10 Mon

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

11 Tue

11:15am-12:45pm Sunday Services/Worship Team meeting, via Zoom

2:00-3:00 Poetry Group via Zoom

12 Wed

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

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

13 Thu

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

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

7:00-8:00 Evening Meditation via Zoom

14 Fri

2:30-3:30 Membership Team

15 Sat

16 Sun

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

17 Mon

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

18 Tue

2:30-4:30 Sources Covenant Group - In Person - Preregistration required

7:00-8:30 Sources Covenant Group - via Zoom - Preregistration required

19 Wed

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

20 Thu

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

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

7:00-8:00 Evening Meditation via Zoom

21 Fri

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

22 Sat

23 Sun

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

24 Mon

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

25 Tue

26 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**)

27 Thu

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

7:00-8:00 Evening Meditation via Zoom

28 Fri

29 Sat

30 Sun

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

31 Mon

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

Mary's Musings

Courage to Dance in the Turning

The English word, "Courage," literally means the power of the heart. Courage, the power of the heart, is our focus for October. It takes courage to let summer go, to celebrate the beauty of the leaves turning orange/yellow/red, knowing trees will stand



bare, waiting, through winter, fast approaching. It takes courage to face autumn in this 3rd year of pandemic. The unknown. Nothing covering it up. Part of me resists, even as I marvel at fall's finale of color. How do we motivate ourselves to let go of that which is passing away? How do we accept and even celebrate that which is arising and falling away within us and all around us? I hear the words of Marge Piercy, "I do not seek to stop this wheel of change, but to dance in its turning." When I read her words, I felt caught in the act: I *was* trying to stop the wheel of change, as my youngest child finished high school. Excited for him, I needed to feel the heaviness at the loss of his childhood. I needed to grieve, so I could celebrate his transformation into a young adult. I hung a banner of her words across the archway to my kitchen and set my intention to dance. Today, I remember as a child jumping with

glee in neatly raked piles of leaves. As I write, the trees dance in the wind and rain. Right here, in this moment, the rain subsides and all is well. I dance in these words. In the midst of morphing pandemic. In the midst of uncharted change. And beneath these words I feel quiet joy, waiting to respond with courage, as needed.

October 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: Lorain County Safe Harbor/Genesis House

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 September 2022 is **Lorain County Safe Harbor/Genesis House**.

Lorain County Safe Harbor/Genesis House is Lorain County's only domestic violence shelter, providing temporary safety, shelter, food, aid, and support to the victims of domestic violence and their children who have reached the decision to leave the violent situation. It is part of a collaborative community effort to provide a responsive system of care for victims while also raising awareness.

We'll share a video update about the program from Meg McIntyre, Interim Director of Lorain County Safe Harbor/Genesis House, at our October 9 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:

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

The mission of the OOUF 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 **October 11, 2-3 p.m.** Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Sources Covenant Groups, October 4, 2:30-4:30 p.m. in-person at Oberlin; **6:30-8:30 p.m.** on Zoom, <https://zoom.us/my/keepingfaithwithlife>. And **October 18, 1-3 p.m.** in-person at Oberlin; **6:30-8:30 p.m.** on Zoom.

Wednesdays:

Pastoral Counseling/Check-In - 2nd & 4th Weds, **October 12 & 26, 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.

Cultivating Resilience: Courage, UU Monthly Kendal Gathering: **Wednesday, October 19, 4-5 p.m.**

~~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. October's Resilience theme explores, ***The Path of Courage***; facilitated by Rev. Mary.

What Would Jesus Do? Covenant Group - 4th Wednesdays, October 26, 7pm-8:30pm - via Zoom

What wisdom can Christianity offer us as UUs? Join us as we read *The Great Spiritual Migration* by Ryan McLaren. Facilitated by Don Leake. Email office@ouuf.org for Zoom information.

Thursdays:

Deepening Circles Meditation - Thursdays, 10:30-11:30 a.m.; October 6, 13, 20, 27 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 five and six. All are welcome. Led by Rev. Mary.
Zoom login:

Wisdom Dreams - Thursday, October 6, 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. New Zoom address:

WISE Women - Thursday, October 20, 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 October we reflect on our individual journeys of courage and share what we are learning as WISE Women.

NEW ZOOM login:

MORE ABOUT OUR COMMITTEE & TEAM EVENTS

Joys & Concerns, Oberlin Care Team, Wednesday, Oct 5 1 p.m. on Zoom:

Sunday Services/Worship Teams, Tuesday, October 11, 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, October 20, 4-5 p.m. Evaluate current programs, plan new ones. All are welcome. On Zoom:

MEMBERSHIP MATTERS: BRING A FRIEND SUNDAY - OCTOBER 23, 2022

Twice a year we are asked to consider with whom among our family, friends and acquaintances we would like to share our Oasis of Loving Engagement.

Invite them to attend in person on Bring A Friend Sunday, October 23 in our sanctuary. Or, if indicated, invite them to zoom into the service, and provide their

email address to our office manager so they receive an invitation with a link for the service. We all will be glad you did!

September notes from the Board

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

"Those who have a strong sense of love and belonging have the courage to be imperfect."
--Brené Brown

"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently." -- Maya Angelou

Committees & Teams

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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
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Worship Team
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Membership Committee
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Finance Committee
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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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Board of Trustees '22-'23

President, Stephanie Gibson;

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