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OBERLIN UNITARIAN UNIVERSALIST FELLOWSHIP

The Chalice Newsletter of the Oberlin Unitarian Universalist Fellowship March 2023

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

Thank You!

Upcoming Services **Vulnerability** February 2023

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March 5 **TED Talk: Listening to Shame**

Shame is an unspoken epidemic, the secret behind many forms of broken behavior. Brené Brown, whose earlier talk on vulnerability became a viral hit, explores what can happen when people confront their shame head-on. Her own humor, humanity and vulnerability shine through every word. Service led by Jeff Witmer, Meridith Sender, & Ryan Mincey

March 12 **Being Who You Are - Why Vulnerability Matters**

Howard Thurman wrote, "I want to feel completely understood so I can take my guard down, vulnerable and absolutely secure." Brené Brown writes, "We must take off our armor, put down our weapons, and let ourselves be seen." Our task as a spiritual community is to learn how to be vulnerable together, empowering one another to be of benefit to the world. Service led by Zellda Zelley and Rev. Mary.

March 19 **A Healthy Church Needs a Healthy Planet**

Climate change presents not only physical challenges, but also spiritual ones. Diana Butler Bass asks, "WHAT IS THE FUTURE OF HUMANKIND? That IS the existential question of

our time. All other questions pale by comparison, distracting us from hearing the voices of God (Love), the earth, and other creatures with the kind of rigor and compassion necessary for the living of these particular days.” Don Leake will partner with John Sabin, the Great Lakes Regional Coordinator for Citizens Climate Lobby (CCL), to explore how we can act with rigor and compassion on climate change. As CCL’s Dana Nuccitelli notes, “There will be no point in our lifetimes when it will become too late to leave the world a better place for future generations.”

March 26 The Power of Vulnerability

As we honor World Water Day (March 22), we reflect that all life is vulnerable - open to one another, interdependent, interwoven, constantly needing to adapt, to learn, to evolve, together. Our spiritual and political task is to overcome aversion to vulnerability so we might use its collective power to benefit planet and people. Service led by Rev. Mary

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Mary's Musings



What Touches You?

*The congregation's theme of the month for March is **VULNERABILITY**.*

As I sit at my kitchen counter, looking north over Lake Erie, the cloudy late-afternoon winter's sky is streaked with grays and pinks; the lake, a steel blue streak across the horizon, gently moving water reflecting light back at the clouds. A gull is lifted by the breeze. I am touched - softened, opened - by Life's beauty. I breathe in peace and spaciousness, a constantly changing tableau.

The root of the word 'vulnerable' means 'able to be wounded.' Yet vulnerability is also our ability to be touched: by the beauty all around us, by the uncertainty and gifts of the flowing moment; touched by one another, learning to trust and be

trustworthy; touched by memories, by art; touched by Life's evolving forms, including the mystery and wonder of the wise body and beautiful heart.

The power of vulnerability comes from the mystery of Life: Life evolves because we are all vulnerable to one another, in what Thich Nhat Hanh called, "inter-being." We must learn to adapt to the Covid virus. And to all viruses, bacteria, fungi, plants, neighbors, and siblings. To all weather patterns and movements of Earth's tectonic plates.

Our political and climactic context is daunting.

Our task is to learn to use the super-power of vulnerability to respond to the collective challenges facing us as individuals, as communities, and as a human family.

We are living in a culture where collective power has been systematically shaped by the few for their benefit, with no regard for the common good. And where the power of

advertising, psychology, politics devolves to click bait and scaring people who become locked into fear responses and scenarios.

Imagine what can happen when we learn to share the exponential collective power of vulnerability and inter-being.

We have a lot to learn.

And we are not alone. Others are also sitting with this urgency and invitation, looking out their windows, looking to each other, in spiritual communities and justice-centered groups all around the world.

Our congregation exists to support one another in showing up as we are: Practicing being vulnerable in public, so that we may free and follow the deepest, wisest yearnings and guidance of the beautiful heart, in harmony and benefit to the world around us.

We are each that gull, soaring over the beautiful lake.

And together, we are also the breeze lifting the gull, and the lake, waving and holding and reflecting it all.

In vulnerability, Rev. Mary

March 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 for March 2023 is the **Lorain County Free Clinic**.

The Lorain County Free Clinic plays a significant role in bridging the gap for the medically uninsured seeking access to quality health care. It provides a safety net for county residents without affordable access to health care benefits. Qualified patients are 19 to 65 years old, with incomes at or below 150% of the Federal poverty level, who find themselves unable to qualify for Medicaid or too young to apply for Medicare. They are eligible to receive medical, vision and prescription drug services. The Free Clinic, a volunteer-driven organization, provides care from several locations.

We'll share a video update from LCFC Executive Director Dr. Paul Baumgartner on Sun., March 12.

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. **March 14, 2-3 p.m.** Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Sources Covenant Groups, March 7 & 21, (1st and 3rd Tuesdays), **1-3 p.m.** in-person at Oberlin; **7-8:30 p.m.**

UU Kendal Monthly Gathering, March 28, 2-3 p.m., 4th Tuesdays, in Kendal's main building, in the Green Room. For March, our reflection questions include, "How have you been vulnerable this month? How are you experiencing and honoring the vulnerability around you?" Conversation and check-in facilitated by Rev. Mary; All are welcome.

Wednesdays:

Pastoral Counseling/Check-In - 2nd & 4th Wednesday's, March 8 & March 22, 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, March 22, 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).

Thursdays:

Deepening Circles Meditation (DCM) - Thursdays, 10:30-11:30 a.m.; March 2, 9, 16, 23, 30 on Zoom. Reading Pema Chodron's, *Taking the Leap*: "The Habit of Escape," chapter three, (3/2 & 3/9), "The Natural Movement of Life," chapter four, (3/16 & 3/23) and "Getting Unstuck," chapter five, (3/30 & 4/6). All are welcome. Led by Rev. Mary.

Wisdom Dreams - Thursday, March 2, 1-2 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.)

WISE Women - Thursday, March 16, 1-2:30 p.m. Women-in-Spirit Evolving - a monthly group to listen, support and celebrate what's emerging in our lives. In February we reflect on Vulnerability and share what we are learning as WISE Women. In-person at Olmsted UU and also online:

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.

MORE ABOUT OUR COMMITTEE & TEAM EVENTS

Joys & Concerns, Oberlin Care Team, Wednesday, March 22, 2 p.m. on Zoom:

OOUF Worship Team, Tuesday, March 14, 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, March 16, 4-5 p.m. Evaluate current programs, plan new ones. All are welcome. On Zoom:

Why does OOUF matter to YOU?

On Stewardship Sunday, February 26th, Treasurer Cindy Frantz issued a challenge: answer the question "Why do you need OOUF" in 5 words or less. The responses came in many voices (and handwriting) but had a lot in common:

"Shared values, inclusiveness, diversity, acceptance."

"Spiritual guidance, transformation, and nourishment."

"Openmindedness, love, comradery"

"Friendship, feel welcomed, stimulation, belonging"

"Love, serve, transform"

In other words, OOUF is an oasis of loving engagement -- a place that offers community, belonging, and love, but also stimulation, nourishment, and transformation. Be on the look-out for your Pledge packet. Pledges are due March 19th, 2023. The top of our wish list is to move our minister's salary closer to where it should be, and to once again be full dues-paying members of the UUA. Please give as generously as you can so we can continue to love, nourish, and transform.

The Stewardship Team

**MEMBERSHIP MATTERS:
BRING A FRIEND SUNDAY, APRIL 23, 2023**

Twice a year we're 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, April 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 will all be glad you did!

“The strongest love is the love that can demonstrate its fragility.” –Paulo Coelho

“To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength.” – Criss Jami

“When we were children, we used to think that when we were grown-up we would no longer be vulnerable. But to grow up is to accept vulnerability... To be alive is to be vulnerable.” – Madeleine L'Engle

“It's very hard to have ideas. It's very hard to put yourself out there, it's very hard to be vulnerable, but those people who do that are the dreamers, the thinkers and the creators. They are the magic people of the world.” – Amy Poehler

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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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