



OBERLIN UNITARIAN UNIVERSALIST FELLOWSHIP

The Chalice

Newsletter of the Oberlin Unitarian Universalist Fellowship

April 2023

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

Thank You!

Upcoming Services

Resistance

April 2023

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April 2 **A Palm Sunday Reflection on Good Friday**

Unitarian Universalism, notoriously, is a church that celebrates Easter Sunday but not Good Friday. Palm Sunday, the Oberlin-Olmsted What Would Jesus Do Discussion Group, in collaboration with Dave Burwasser and Helen Kopp, will address that, with a special appearance by a guest from 1st Century Judea. Come join the fun!

April 9 **Easter Celebrates Resistance & Resurrection**

New life comes through all of us, if we don't resist it: New ideas, new ways of seeing ourselves or each other, new ways to create justice. Jesus died for speaking the truth to power - the ultimate resistance. What will we do with our power, our love for life? Service led by Rev. Mary & Zellda Zellely

April 16 **The Spiritual Work of Facing the Climate Crisis With Hope and Action**

The climate crisis confronts us with deep existential fears but also untold possibilities. This service will explore coming to grips with both those realities and responding with effective action. Service led by Cindy Frantz, who is an environmental psychologist and long-time member of this congregation.

April 23 **Resistance, Race & Resilience**

Beneath resistance to teaching the history of racism & slavery in the US, is fear of truth. We journey beyond fear by facing it and feeling it, discovering its gifts in resilience - our own and each other's. We'll share and reflect on a contemporary junior high school text, An American Story. Service led by Rev. Mary.

Mary's Musings



Dancing Together in Resistance:

The congregation's theme of the month for April is **RESISTANCE**.

With all the crises in our world - the war on democracy in Ukraine and in the US House of Representative, the climate crisis that requires international commitment and cooperation, growing economic uncertainty and widening disparity - it would be easy to equate resistance with protests and picketing.

But resistance has two main faces:

- **Preserving the status quo** = resisting change in cultural conventions and/or individual habits
- **Transforming** the status quo = resisting norms and habits on behalf of more peace, justice, and well-being

Resistance is necessary for stability of body, heart, mind, and spirit. Our bodies require homeostasis to stay balanced across all systems. Our minds and brains use homeostasis, habit patterns, for efficiency (so we don't have to eat 24 hours a day). And homeostasis limits us. For example, if we don't resist efforts to scare us, we each become an anxious non-presence.

I invite us all to do a **Personal Resistance Check-in**.

Asking ourselves, In what ways am I using resistance for:

- Preserving the Status Quo, including personal habits that cause me and others suffering?
- Transforming the Status Quo, on behalf of positive change for me and for others?

Here's what I uncovered in myself:

Resistance **PRESERVING** the Status Quo:

- I resist the unknown by escaping into email or text messages.
- I resist scheduling time for music, meditating, nature, yoga.
- I resist noticing what I feel and what I need (necessary for healthy relationships)
- I resist prioritizing downtime.
- I resist scheduling time for integrating and reflecting after meetings, programs, conversations.

Resistance **TRANSFORMING** the Status Quo:

- I resist taking on the meanness of the system around me.
- I resist "othering".
- I resist cynicism and pessimism about our world situation.
- I resist the cultural norm against talking about grief, death and dying.
- I resist my habit of Doing over Being.

- I resist denial about the risk facing democracy.

I'm a slow learner. But I'm a learner. I take heart in the neuro-science of change: Resisting and changing habits takes persistence and happens slowly. It changes our brains, our minds, and our lives.

Collectively resisting conventions and habits that cause suffering and injustice can change the world. We're slow learners. But we're learners.

Dancing with you in resistance, Rev. Mary

April 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 April 2023 is the **Lorain County Rape Crisis**.

Lorain County Rape Crisis (LCRC), a service of the Nord Center, provides free and confidential support and advocacy 24/7 to men and women of all ages in Lorain County who are survivors of all forms of sexual assault. The program assists survivors with the aspects of assault aftermath including legal and medical advocacy and referral for psychological needs. LCRC also provides educational services to survivors, service providers, and the larger community. Emphasizing empowerment, LCRC is committed to cultural sensitivity and diversity. April is Sexual Assault Awareness Month.

At our service on Sun., April 9, 2023, we'll share a video update about the program from Kayla Gelb, LCRC Community Educator and Volunteer Coordinator.

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:

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. **April 11, 2-3 p.m.** Bring a poem (or two or three) to share. Or come to listen. All are welcome.

Sources Covenant Groups, April 4 & 18, (1st and 3rd Tuesdays), **1-3 p.m.** in-person at Oberlin; **7-8:30 p.m.** on Zoom

UU Kendal Monthly Gathering, April 25, 2-3 p.m., 4th Tuesdays, in Kendal's main building, in the Green Room. For April, our reflection questions include,

- What positive changes are you resisting making?
- What positive changes are you allowing yourself to engage?
- How are you resisting hurtful cultural norms?
- How are you resisting oppression and injustice?

Conversation and check-in facilitated by Rev. Mary; All are welcome.

Wednesdays:

Pastoral Counseling/Check-In - 2nd & 4th Wednesday's, April 12 & 26, 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, April 26, 7pm-8:30pm - via Zoom

You are warmly invited to join us in exploring the book *Christ for Unitarian Universalists: A New Dialogue with Traditional Christianity* by Scotty McLennan, and a study provided by the UUA to go along with each chapter. 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.; April 6, 13, 20, 27 on Zoom. Reading Pema Chodron's, *Taking the Leap*: "Getting Unstuck," chapter five, (4/6); "We Have What We Need," chapter six (4/13 & 20). "Rejoicing in Things as They Are," chapter seven (4/27). All are welcome. Led by Rev. Mary.

Wisdom Dreams - Thursday, April 6, 1:30-2:30 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.

WISE Women - Thursday, April 20, 1-2:30 p.m. Women-in-Spirit Evolving - a monthly group to listen, support and celebrate what's emerging in our lives. In March we reflect on Resistance and share what we are learning as WISE Women. In-person at Olmsted UU and also online:

Fridays:

Current Events Discussion Group, April 21, 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, April 26, 2 p.m. on Zoom:

OUUF Worship Team, Tuesday, April 11, 11:15-12:15 p.m. on Zoom to reflect on past services and plan upcoming services. All are welcome. Same login as Sunday morning services:

OUUF & OUUC Adult Program Teams, Thursday, April 20, 4-5 p.m. Evaluate current programs, plan new ones. All are welcome. On Zoom:

Why does OUUF matter to YOU?

On Stewardship Sunday, February 26th, Treasurer Cindy Frantz issued a challenge: answer the question "Why do you need OUUF" 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, OUUF 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 history of liberty is a history of resistance." – Woodrow Wilson

"To fly, we have to have resistance." – Maya Lin

"The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character." – Arnold Schwarzenegger

"Change means resistance; and resistance means transformation and igniting energies" – Yasmine Hamdan

Committees & Teams

[Building & Grounds Committee](#)
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[Board of Trustees](#)
board@ouuf.org

[Committee on Ministry](#)

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Services every Sunday on Zoom
at 11:00am

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