



2018 ~ January

The Bellnote

MINISTER'S OFFICE HOURS:

Monday: Minister's day off
Tuesday: 9:00 am - 4:00 pm
Wednesday: 9:00 am - 6:00 pm
Thursday: 9:00 am - 4:00 pm
Friday: Sermon-writing day,
no office hours
Saturday: By appointment
Sunday: By appointment

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GRACE MULNIX



Minister's Column

This is a personal story this month. When I was in my first years of ministry, the Unitarian Universalist Minister's Association had a week-long conference that happened every five years. At that time, we called it "Convo," short for "Convocation." The first one that I was eligible to go to was in March, 2002 in Birmingham, Alabama, and the theme was "The Mind and Soul on Fire: When Hunger and Passion Meet." But in January, 2002, I was fired from my first ministry position. In an act of generosity on the part of the congregation, part of my severance package included the professional expenses necessary to attend Convo. And so I went. It was a wonderful and painful week. I had to my shame and humiliation and fear over and over again. Over and over again I had to greet colleagues and explain when they asked "So where are you, now?" that I was unemployed, having gone through negotiated resignation. And they listened, patiently, kindly, and supported me in a time when my feelings were still raw, feeling like a failure, wondering if any church would ever give me a job again, wondering if my career was over as soon as it had started. I remember one conversation with a colleague who had gone through a negotiated resignation only a year or two prior, who was also a new minister who went through this in his first or second year of ministry, who commiserated with me, but also showed me that he had recovered and gone on and was in ministry again. And because of the kindness of colleagues, I slowly started to heal, and was able to go forward, believing in myself, applying to congregations to get out there and try it again.

We no longer have "Convo," and instead we have "Institute" which is every three years, and has more emphasis on in-depth continuing education than the old Convo model had. I haven't attended every one of the four Institutes that we've had. In fact, I've only attended one in person, and attended a second one online. But this year, I'm not only attending, but I'm preaching on the first evening. This is my first opportunity to preach in front of a national gathering of Unitarian Universalists. I'm sharing the service with a colleague, and we'll both be preaching. I'm excited. I'm terrified. And I'm not yet prepared! I'll be spending my Christmas vacation, in part, writing for this. But here's what I do know: part of what I'm going to preach about is how these gatherings saved my ministry at a time when it might have ended.

We never know what the impact of our actions may be. That's part of what I'll be preaching on at our church later this month. Sometimes we don't intend to hurt someone, and we do. Sometimes we act without great

Notes from the Board

The board met at Elissa's home for a lovely holiday gathering before the meeting. Vic Marshall provided an informative presentation on various building needs and issues. We also regretfully received Marion Shroyer's resignation from our finance committee. We appreciate the hard work and good advice he and the committee have provided over the past few years, which has made a positive difference to our well-being as a church. Our next meeting will be Wednesday, January 3, 6:30 at the church.

Gratia

**Submitted by: Gratia Karmes
Board President**

Notes from Religious Education

Lesson Theme: "Intention"

We all enjoyed the play of the "Last Straw" on December 10 the children and youth did a great. This column will return next month after their next meeting in January. ~~ From the Editors

**Submitted by: Nancy A. Smith,
Co-chair of RE committee**



Our Closing Song

Go now and live your religion.
Its truth reflect in all you do.

Go, may love's presence ever guide you.
Live the good life the whole day through.

Cindy's column continued ...

intentions, and our kindness reverberates on through someone's life. Sometimes the smallest action at a time when someone is vulnerable, alone, afraid, lost, hurt, can be the life-giving strength they need to continue on. And we never know when those moments might be. We can't plan for them. And sometimes we will, inevitably, fall short. But, my friends, those moments of grace are worth the moments of failure.

Peace

Rev. Cindy

P.S. I could use a time to try out my Institute sermon, even though it's geared toward a different audience of ministers. If you'd like to be part of a test audience, I am planning to hold a brief rehearsal after the service on January 14th.

Minister Out of Town

Rev. Cindy will be out of town from Thursday, January 18th until Friday, January 26th. During this time she will be in the Tampa Bay, Florida area at the Unitarian Universalist Ministers Association's CENTER Institute for Excellence in Ministry, a continuing education conference that is held every three years. Between the 18th and 20th, she will be taking two vacation days while there. She can be reached during this time for pastoral emergencies by leaving a message at her home phone, where she will be checking in regularly, or on her cell phone (see supplement page for her contact info).

Submitted by: Rev. Cindy

Monthly Spiritual Exercises

Start Your Day with Intention

“At the beginning of the day, the mind is most open to receive new impressions. One of the most important things we can do is to take full responsibility for the power of the morning.”

- Marianne Williamson

This exercise invites you to explore the power of intentional mornings. Too often our days take hold of us rather than us taking ahold of them. For at least one week, pick one of the below practices to begin your day with a greater sense of intentionality and purpose.

Pick A Word

Carve out some time each morning to complete the sentence: “Today I want to be/feel

_____.” You can do this while you are meditating, brushing your teeth, eating breakfast or walking the dog. Just make enough room to pick one descriptive word that you want to walk with throughout your day. So many to pick from: generous, powerful, unruffled, trusting, present, nurturing, nurtured, kind. Pull that word into your awareness throughout the day. It helps to literally place it in front of yourself. Write it on a 3*5 card and place it on your desk or put it in your wallet or purse. Maybe even write it on your hand!

Nourish

This route gives you permission to indulge yourself and give yourself the gift of generosity. It invites you to begin your day with the feeling of being gifted by life, rather than armoring up for the battle of another day. You can keep it very simple. For instance, shower with aromatherapy, treat yourself to a fancy cup of coffee, give yourself an extra 30 minutes to get ready at a slower pace or wake up early enough to see the sunrise. Whatever it is, add something to your morning routine that nourishes you.

Sort

Go ahead and pull out that to-do list and worry list. Write it all down. Then go through it and self-consciously pick the handful of things you will give

attention to. The goal is to narrow the list and achieve a sense of manageability. Sounds simple, but most of us start our days with a hill of worries that just places a shadow over or entire day. End that feeling of “I’ve just got too much to do today” and move yourself into the space of “I’ve chosen the things I can and want to do today.”

Sing

That’s right. Get up. Pick a song you love. And do nothing but sing it or sing along with it. Songs have more power than we give them credit for. Don’t underestimate the power of singing as opposed to just listening. When the words come out of your mouth, the music gets more deeply into your body and spirit, enabling the feeling to stay with you and “set the tone” for the entire day.

Walk in Nature

Get out and connect with nature rather than the morning news. Let the smells, sights and weather on your skin remind you of your deeper and wider connections. Begin the morning by reminding yourself that you are more than an employee or a parent. Simply put, begin the day with a wider sense of who you are. Feeling a part of something larger helps you maintain perspective during the day. Feeling connected to the interdependent universe reminds you that you are not alone.

Inspire Yourself

Start your morning off with something that inspires you: a podcast, a poem, an inspirational audio book, a work of art from the internet or simply a quote. We find it so easy to begin our days with what is weighing us down. Why not turn things on their head and start with something that lifts you up?

Be Silent, Meditate, or Pray

The classics! If you don’t have a daily practice of silence, meditation or prayer practice, use this month to try it on for size. For silence or meditation, start with just emptying yourself and let yourself sit only with silence and your breath. There are lots of resources out there on the web, but the best route is to talk to a friend who regularly meditates or prays and ask them for a bit of guidance and inspiration.

Continued on next column...

Meetings and Events

U.U. Church of East Liberty

Holiday Gift Baskets Auction

~ \$458.00 was raised with the many holiday baskets, thank you to all.

Submitted by: Nena Obits

Sabbatical Exchange

Remember how a number of ministers preached at our church during Rev. Cindy's sabbatical? Well, she is returning the favor on several of her "off" Sundays this year. This month, on January 7th, she will be preaching in Grand Rapids for the Rev. Colleen Squires' sabbatical. Rev. Squires was one of the ministers who filled our pulpit last winter. **Submitted by: Rev. Cindy**

Youth Gathering

Youth and parents, please hold the date for the afternoon of **January 14th** for a possible youth gathering with our youth and the youth from Arbor Grove Congregational. The tentative plan is a board games and pizza party.

Submitted by: Rev. Cindy

~Upcoming Fund Raisers ~
Nothing is Planned Yet ~ Stay Tuned
Submitted by: The Church Board

UUCEL Members & Friends Invited to Arbor Grove for Presentation and Discussion of UU's Seven Principles

Marion Shroyer will present Unitarian Universalism's Seven Principles for information and discussion at Arbor Grove Congregational Church, **Sunday, January 7, 2018**, beginning at 12:30 p.m. A luncheon, sponsored by Arbor Grove Board of Deacons, will precede the meeting and will begin at noon following church services. Members of UUCEL are invited to attend and participate. In fact, Shroyer would really appreciate at least two other UU's attending and joining in the discussion to give a more diverse interpretation of UU thinking and beliefs.

Since the lunch and meeting times make it difficult for UUCEL members to attend church and still have lunch, I'm sure enough White's chicken will be available for late comers to receive nourishment.

This program continues the interaction of the two churches in supporting each other in Religious Education, special fund raising and other projects. The friendship of Rev. Cindy and Rev. Dan is the catalyst for these joint ventures.

Arbor Grove Church is located at 2621 McCain Road in Jackson. Please contact Marion Shroyer (see supplement page for his contact info) if you plan on eating lunch so we can make sure there is enough chicken! There is no need to call if only attending the meeting.

Submitted by: Marion Shroyer

Meetings and Events not directly affiliated with UUCEL

JXN Community Forums

...are free and open programs to encourage dialogue about the challenging issues of our day. The series is sponsored by the League of Woman Voters, Jackson Area, and the Jackson District Library, formerly co-sponsored by UUCEL. All forums are held at the JDL, 244 W. Michigan Ave., Jackson, MI and they are usually on the third Thursdays at 6:30-8:30 pm. Call Calvin Battles at the library at 517-788-4087 for more information or see the JDL website at www.myjdl.com...

Thursday, January 18th ~ 6:30 pm

Hate Crimes in Michigan

View clips of "Not in Our Town" and hear a presentation about how hate crimes are being combatted.

Submitted by: Marge Duane

Social Hour Hosting

Below is the schedule for 2018. A new group #9 was added with a few changes and the 3 names know who they are. If you are not on a social hour team and would like to be, please speak to Kathy Haynes and she will add you to one of the teams. Also if you are on a team and feel you would no longer like to take part, please let Kathy know that as well. A full listing is posted in the kitchen on the cork board.

- 2 ~ Carole Hartsuff** 1/7 ~ 3/11 ~ 5/13 ~ 7/15 ~ 9/16 ~ 11/18
- 3 ~ Nena Obits** 1/14 ~ 3/18 ~ 5/20 ~ 7/22 ~ 9/23 ~ 11/25
- 4 ~ Jane Volk** 1/21 ~ 3/25 ~ 5/27 ~ 7/29 ~ 9/30 ~ 12/2
- 5 ~ Joan Bernstein** 1/28 ~ 4/1 ~ 6/3 ~ 8/5 ~ 10/7 ~ 12/9
- 6 ~ Sue Rainey** 2/4 ~ 4/8 ~ 6/10 ~ 8/12 ~ 10/14 ~ 12/16
- 7 ~ Nancy Smith & Rob Gaecke** 2/11 ~ 4/15 ~ 6/17 ~ 8/19 ~ 10/21 ~ 12/23
- 8 ~ Vic & Gretchen Marshall** 2/18 ~ 4/22 ~ 6/24 ~ 8/26 ~ 10/28 ~ 12/24
- 9 ~ Debbie Hartsuff** 2/25 ~ 4/29 ~ 7/1 ~ 9/2 ~ 11/4 ~ 12/30
- 1 ~ Donna & Jason Hinton** 3/4 ~ 5/6 ~ 7/8 ~ 9/9 ~ 11/11

The Jackson Personal Care Ministry provides personal and household products to those in need in Jackson County. An average of 150 guests are served weekly. Our team works at the distribution on the third **Thursday** of each month, **January 18** from 4:30 - 6:30 pm. Financial support and donations of new and gently used products are greatly appreciated. For more information, contact Nena Obits. See Supplement Page for her contact information. ~~ Here is how you can help, by writing a Check made out to Westminster Presbyterian Church, with the words "For Personal Care" written on the memo line. This can be mailed to Westminster Presbyterian Church 2301 Ridgeway Road, Jackson, MI 49203, or handed to Nena Obits. Please note that there are a few other churches involved in the Personal Care Ministry and this church handles the money part. **Submitted by: Nena Obits**

Caring Committee monthly meeting will generally be held on the 2nd Sunday of the month after church at 12:30 in the Nursery. If you are aware of any issues or concerns involving any of our church family for which the Caring Committee can lend a helping hand, please contact any member of the Committee. Those serving on the Caring Committee are: Debbie Hartsuff, Debbie and Fred Marshall, Gretchen Marshall, Alyce Oosting, and Jane Volk as chair. **Submitted by: Jane Volk**

Church Website	http://www.libertyuu.org
The Bellnote Newsletter	http://www.libertyuu.org/newsletter.html
Church's facebook page	http://www.facebook.com/libertyuu
Forum facebook page	http://www.facebook.com/JXNCommunityForum

We Welcome Your Membership Not a member? We'd love to have you join our spiritual community. New members signify their commitment by signing the Membership Book during a scheduled church service. It is understood that members actively support their congregation through attendance, service and/or financial commitment. To start your process of becoming an official member of our lively, compassionate and challenging congregation, speak with Rev. Cindy Landrum, (517) 529-4221, or a member of the membership committee.

FROM THE EDITORS:

"THE BELLNOTE" IS A MONTHLY PUBLICATION OF UUCEL. IF THIS IS YOUR 1ST COPY OF THE CHURCH'S NEWSLETTER, WELCOME. OUR CHURCH YEAR RUNS FROM JULY 1-JUNE 30. THE CHURCH BOARD ASKS THOSE THAT RECEIVE THE PAPER VERSION OF THE NEWSLETTER PAY A \$17.00 PER YEAR SUBSCRIPTION FEE. NEW VISITORS WILL GET 3 MONTHS FREE, AFTER THAT A SUBSCRIPTION FEE WILL BE ASKED FOR, OR CHANGE TO AN ON-LINE VERSION THAT IS FREE OF CHARGE.

THE **January** ISSUE, INFORMATION IS NEEDED BY: **SUNDAY, December 26.** ~~~~~ SEND SUBMISSIONS TO: UUCEL_BELLNOTE@YAHOO.COM OR IN WRITING TO KATHY OR VICKI, THANK YOU -

WE WANT TO THANK; REV. CINDY LANDRUM, ELISSA ALDEN RELIGIOUS EDUCATION COMM., WORSHIP COMM., NENA OBITS, JANE VOLK, MARGE DUANE, CARING COMM. AND MEMBERSHIP COMM. FOR THEIR NEWS ITEMS THIS MONTH.



OUR 7 PRINCIPLES AND PURPOSES

WE, THE MEMBER CONGREGATIONS OF THE UNITARIAN UNIVERSALIST ASSOCIATION, COVENANT TO AFFIRM AND PROMOTE:

- The inherent worth and dignity of every person
- Justice, equity, and compassion in human relations
- Acceptance of one another and encouragement to spiritual growth in our congregations
- A free and responsible search for truth and meaning
- The right of conscience and the use of the democratic process within our congregations and in society at large
- The goal of world community with peace, liberty and justice for all
- Respect for the interdependent web of all existence of which we are a part

January's UUCEL Calendar

All events are at the church, unless otherwise noted



- 3 Wed. Board Meeting ~ 6:30 pm
4 Thurs. AUUW Meeting ~ 12:00 pm
7 Sunday ~~~~ Service ~ Lay Leader: Elissa Alden~ 11:00 am
7 Sunday U. U.'s Seven Principles @ Arbor Grove Congregational Church ~ 12:30 pm
14 Sunday ~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
14 Sunday Caring Committee Meeting ~ After the Service
14 Sunday Worship/Membership/R.E. Meeting after the Service
18 Thurs JXN Community Forum "Hate Crimes in Michigan" ~ 6:30 pm @ JDL
18 Thurs. Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
21 Sunday ~~~~ Service ~ Guest Speaker: Alan Gamble ~ 11:00 am
21 Sunday The Bellnote Newsletter ~ Submissions Due
28 Sunday ~~~~11:00 am ~ Rev. Dr. Cynthia L. Landrum

Upcoming Events

Weekly Volunteer Schedule

Sunday, Jan 7 ~~ Greeter, Alyce O ~~ Nursery Helper, Kathy H ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Carole H & Team # 2 ~~ R.E. K-5, Intergenerational
~~ R.E. Youth, Intergenerational

Sunday, Jan 14 ~~ Greeter, open ~~ Nursery Helper, Donna H ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Nena O & Team # 3 ~~ R.E. K-5, Nancy S ~~ R.E. Youth, Peter M
~~ R.E. K-12 Floater Gretchen M

Sunday, Jan 21 ~~ Greeter, Joan B ~~ Nursery Helper, Joan B ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Jane V & Team # 4 ~~ R.E. K-5, Nancy S & Janette M
~~ R.E. Youth, Stay in the Service ~~

Sunday, Jan 28 am ~~ Greeter, Carole H ~~ Nursery Helper, Nena O ~~ Usher, Paul J & Steve K~~
Social Hour Host, Joan B & Team # 5 ~~ R.E. K-5, Nancy S ~~ R.E. Youth, Peter M
~~ R.E. K-12 Floater Monica D

All Sunday Services Start at 11:00 am -- Celebrating Over 150 Years of Liberal Religion

January's Theme is: "Intention"

Jan 7 - "Favorite Things"

— Lay Leader: Elissa Alden

On this day you are invited to bring with you to church and talk about your Favorite Things. It can be almost anything from rocks to books and most anything in between.

Jan 14 - "Intention and Impact"

(Rev. Dr. Martin Luther King, Jr. weekend)

— Rev. Dr. Cynthia L. Landrum

Our theme for January is "Intention." In anti-racism work these days, there is a lot of talk about "intention vs. impact," with the saying that "impact is greater than intent," meaning that how an action impacts someone is more important to pay attention to than what the intent was, in situations where the felt impact is racism. Rev. Cindy will explore this issue in greater detail in this service.

Jan 21 - "Baha'i Faith"

— Guest Speaker: Alan Gamble

Lay Leader: Ann Green

Alan of the Gandhi-King Community is speaking about the Baha'i Faith.

Jan 28 - "Torda 450"

— Rev. Dr. Cynthia L. Landrum

2018 is the 450th anniversary of the Edict of Torda. What was the Edict of Torda, why is it important to our faith, and why should it matter to us now, 450 years later? The short answer is that the Edict of Torda was an act that legalized religious toleration and legalized the practice of Unitarianism. For more about it, come to the service! If you'd like to read up on how our faith is celebrating this anniversary, there's more at <https://www.uua.org/international/torda450>.

Where people care about each other and care about the world.

