



2018 ~ February

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 month we're engaging in the work of anti-racism in a serious way through two unique programs created within Unitarian Universalism. Cheri Taylor says on the UUA webpage of the "The Promise and the Practice" program, "It takes a commitment to do something truly different as we are called to be bold and revolutionary in how we are living, leading, and giving to support the work to dismantle white supremacy, racism, and oppression from within and beyond." On the UUTeachIn webpage it says, "Everyone has to start somewhere, and it takes a commitment to disrupt business as usual." What both of these say is it takes a commitment. So this is where we start: by being committed to changing the status quo.

This can be scary work, frustrating work, vulnerable work. What we'll do is work to create a non-shaming atmosphere in which we can risk vulnerability to affect change. It's not easy, but I know our beloved community is up to the challenge. We start with commitment.

Peace,

Rev. Cindy

Notes from the Board

The board did not meet in January due to the weather. Please see the board report next month.

Gratia

**Submitted by: Gratia Karmes
Board President**

Notes from Religious Education

The R.E. committee met at the Carnegie library on Saturday January 13th. Details were finalized for the Youth Get-together with Arbor Grove Church - we have invited them to a Pizza/Board Games party at the School House on Sun. Jan. 14th at 1:00. We also planned for the annual Church Buddies event to take place in the month of February. Vicki Haynes will have sign-up/information sheets for children who wish to participate. For adults willing to be "buddy" to a child, please let Vicki know ASAP and she will match you up with a UUCEL child. Beginning on the first Sunday of February (2/4), each adult buddy brings a small gift, token, or surprise for their child buddy. We will provide bags for the items to be placed into. This will continue for all four weeks in February. Finally, on Sunday March 4th, we will host a breakfast at 10:00 am where buddies will be revealed to each other. This event is a chance to show kindness and get to know one another better. It's a UUCEL favorite!

**Submitted by Nancy A. Smith,
Co-Chair R.E. Committee**

Our Spiritual Exercises

Option A:

What Props Up Your Perseverance?

So forget that image of Sisyphus pushing his rock up the hill all by his lonesome. It is a myth after all. In real life we rarely push or carry our boulders on our own. Our perseverance is always propped up by something or someone. This exercise invites you to celebrate and share that which enabled -and enables - you to carry on through tough times. *But here's the catch:* In order to help your other group members expand their view of possible sources of sustenance, try to think of the *unexpected* thing that propped or props you up. For instance, maybe it was the relative you least expected that stepped forward in your time of need. Or maybe it was the person who gave you gifts of beauty when everyone else was telling you how they got through so you can too. In short, pick a *surprising* person, song, book, quote, insight, spiritual practice or experience that propped up your perseverance and come to your group ready to share its story. And if there is an object connected to it, consider bringing that in as well.

Option B:

Let Beauty Birth Your Perseverance

"In my own worst seasons, I've come back from the colorless world of despair by forcing myself to look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And another: the perfect outline of a full, dark sphere behind the crescent moon... until I learned to be in love with my life again. Like a stroke victim retraining new parts of the brain to grasp lost skills, I have taught myself joy, over and over again." *Barbara Kingsolver* In the packet introduction, we talked about how perseverance requires a balance of self-care and a strong will. Digging deep is important, but unless one takes the time to fill one's well, that digging will be useless. Barbara Kingsolver lifts up beauty as one of those things that fills our wells and makes our perseverance possible. So this month, accept Kingsolver's invitation: **stare at one glorious thing each day for at least two**

Continued on next page...

weeks. It can be the same glorious thing or you can seek out a different one each day. It's the "staring" that is really the important part. Give it your attention long enough to sink in. You will know when you are done; your body will tell you. Just stare until you, like Kingsolver, feel joy starting to tingle at the edges of your skin and caress your face into a smile. Come to your group and let them know the result of following Kingsolver's advice.

Option C:

Get The Obstacles Out of the Way

Yes, perseverance is often about the work of putting one foot in front of the other. It's about keeping going. But sometimes the problem isn't in keeping our feet moving; it's an obstacle in the middle of our path. It's about getting unstuck not so much keeping going. This exercise invites you to lean into this type of perseverance that is about recognizing and removing those obstacles. Check out this article: <http://upliftconnect.com/little-habits-happiness/>. It's about the barriers to happiness, but its list contains many of the same things that prevent us from moving forward, many of the things that prevent us from persevering. You can make your engagement with the article as simple or complex as you need. You can simply weave it into your meditation practice and use it to identify a place of stuckness that you might not have fully recognized. Or you can take it to the next level and actually work on removing your obstacle using the advice contained in the column.

Option D:

The Perseverance that Birthed Your Beauty

Ahlaam Lala Abduljalil shares a raw, honest and moving poem about the many acts of perseverance that gave birth to her freedom and beauty. It's called Open-Hearted Beauty and can be found here: <https://www.youtube.com/watch?v=UgwzHkkPZbw> In her poem, Ahlaam introduces each of her acts of perseverance with the phrase "It takes..." This exercise invites you to use these "It takes..." phrases to reflect on what it has taken for you to birth your own hard-won freedom and beauty. Here's a suggested approach:

* Listen to Ahlaam's poem multiple times, maybe even playing it at a slower speed for a time or two.

Continued on next column...

* As you listen, identify the 3-4 "It takes..." lines that stick out to you. Listen for the lines that connect with and are similar to your own experience. Write them down.

* You now have two options.

*First, you can simply spend some time meditating and reflecting on those chosen lines and your own experiences they take you back to. Then come to your group ready to share how that reflective experience was for you.

* A second option is to write up your own "It takes..." list. Imagine that you, like Ahlaam, were to try to explain to others what has gone into your journey. Take the time to list the many forms of perseverance that it took to birth your own beauty. Come to your group ready to share what you are comfortable sharing.

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



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.

Meetings and Events

U.U. Church of East Liberty

White Supremacy Teach-In

Join us after the service on **February 4th** for a follow-up to last year's "White Supremacy Teach-In." This will be a more interactive time to share thoughts, feelings, and ask questions as we explore this topic.

Submitted by: Rev Cindy

Greeter Needed

The Worship Committee is looking for a greeter for the second Sunday of each month. Smiles and hugs guaranteed. Ann Green will do this task until another person steps forward to do so. This is an easy volunteer task once a month; if you have any question about being a greeter Joan Bernstein or Alyce Oosting could answer your questions.

Submitted by: Ann Green

Rentals

For information about renting our church buildings please now contact Lynn Hightower at 517-539-5126 not Kathy Haynes as she is passing the task on to Lynn. Lynn will take your information and add it to the church calendar. The price for renting our building is \$60.00 per a half day event.

Submitted by: Membership Committee

Dear Cynthia,

We (The MidAmerica Region, where UUs visibly live our faith, create connections, grow our membership, and welcome all persons who share our UU values) wanted to make you aware of the financial assistance available from the Iva Laughlin Fund for members of your congregation.

Mrs. Iva Giles Laughlin, who died in January 1904, was an active and inspirational Universalist laywoman who lived in Chicago. She made this bequest to help those in need when they were elderly. The Iva Laughlin Fund is administered by the Midwestern Unitarian Universalist Conference. Examples of grants include:

~ Hearing aids ~ Rent assistance ~ Medical expenses ~ Food subsidy ~ Funeral expenses ~ Utility subsidy ~ Personal care assistance

Grants can be used to reimburse expenses recently incurred or to fund pending expenditures. The grants, however, are limited to discrete, one-time requests, not ongoing support. Grants will be made based on need. Individuals can expect a decision on their application within 4 to 6 weeks. Please know that all grant requests are confidential.

To apply, send an email with the following information to the LaughlinFund@gmail.com or mail to The Laughlin Fund, c/o MidAmerica Region, [2355 Fairview Ave. N., #312, Roseville, MN 55113](https://www.google.com/maps/place/2355+Fairview+Ave+N,+Roseville,MN+55113/@45.7511111,-93.1111111,15z)
~ Applicant's Name ~ Name of person submitting application if not the applicant ~ Address, telephone # & email address ~ Date of Birth ~ Name of congregation to which the applicant belongs ~ An explanation of the use of the grant ~ The amount being requested ~ A quote or a bill to support that amount ~ An explanation of when the money is needed and any other sources of funds being requested to help ~ Any other relevant information that will support your application

The size of grants varies based on the availability of funds. Grants can be as large as \$1,000 with typical grants ranging between \$250 and \$500. If a grant cannot fund the total request, a smaller amount can be distributed to help fund the total need.

Submitted by: Rev Cindy

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, February 18th ~ 6:30 pm

The Opioid Epidemic

Panel Discussion: How to Spot and Combat Opioid Abuse. Where to go for help with overcoming addiction.

Submitted by: Marge Duane

Christmas Tree

The church is looking for a lighter weight Christmas tree to replace the Older Very Very heavy tree we have now. If you have an newer-old Christmas tree or know of one, maybe seen at a upcoming yard sale or at second hand store, please keep the church in mind. A smaller tree maybe with attached lights would be great and a storage case would be helpful. The tree is stored in the basement under the nursery, so it is carried up and down 2 flights of stairs. This is something to think about. ~ Thank You for your help.

JEWEL HEART CLASSES AT THE UNIVERSALIST UNITARIAN CHURCH OF EAST LIBERTY

2231 Jefferson Rd, Clarklake, MI 49234



Wonders of Compassion

Chapter One of Bodhisattva's Way of Life

In the First Chapter of Bodhisattva's Way of Life Shantideva discusses the qualities and benefits of the bodhimind that aspires to Enlightenment for the sake of others. Gelek Rinpoche's detailed commentary forms the basis of this course.

**10 weeks: Mondays, April 2, 9, 16, 23, 30,
May 7, 14, 21 7:00 – 8:30 pm**

To register: Phone 734-239 5985 or email: jackson@jewelheart.org and look us up on our website: <https://www.jewelheart.org/chapters/jackson> and facebook: Jewelheart Jackson ~ ~ ~ For information about Jewel Heart membership, visit: <http://www.jewelheart.org/donate-support/> *Jewel Heart courses are open to all, regardless of ability to pay. If you are unable to afford a fee, please speak with registration about the possibility of a partial or full scholarship.*



JEWEL HEART ~ ~

This program is not sponsored by and may not reflect the views of the UU Church of East Liberty

Social Hour Host ~ ~ Below is the schedule for 2018. A new group # 9 was added, with only 3 people that has been moved; everyone else is on the same teams as last year. If you are not on a social hour team and would like to be, speak with Kathy Haynes and she will add you to a team. Also if you are on a team and feel you would no longer like to take part please let Kathy know this as well. A full listing is posted in the kitchen on the cork board.

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

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 **First Thursday** (note date change not the 3rd week any longer) **February 1** 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 March ISSUE, INFORMATION IS NEEDED BY: SUNDAY, February 18. ~~~~~ 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, ANN GREEN, 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

February's UUCEL Calendar

All events are at the church, unless otherwise noted.



~ Church Buddies ~ All Month, Youth Matched up with an Adult ~

- 1 Thurs. AUUW Meeting ~ 12:00 pm
- 1 Thurs. Personal Care Ministry @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm, date change
- 4 Sunday ~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
- 4 Sunday White Supremacy Teach-In ~ After the Service
- 7 Wed. Board Meeting ~ 6:30 pm
- 11 Sunday ~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
- 11 Sunday Caring Committee Meeting ~ After the Service
- 15 Thurs JXN Community Forum "The Opioid Epidemic" ~ 6:30 pm @ JDL
- 18 Sunday ~~~~ Service ~ Lay Leader: Marion Shroyer ~ 11:00 am
- 18 Sunday The Bellnote Newsletter ~ Submissions Due
- 25 Sunday ~~~~11:00 am ~ Rev. Dr. Cynthia L. Landrum

Upcoming Events

- March 4 Church Buddies ~ Breakfast and Welcome to Everyone ~ 10:00 am

Weekly Volunteer Schedule

Sunday, Feb 4 ~~ Greeter, Alyce O ~~ Nursery Helper, Kathy H ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Sue R & Team # 6 ~~ R.E. K-5, Intergenerational
~~ R.E. Youth, Intergenerational

Sunday, Feb 11 ~~ Greeter, Ann G ~~ Nursery Helper, Donna H ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Nancy S & Team # 7 ~~ R.E. K-5, Kerry H ~~ R.E. Youth, Elizabeth W
~~ R.E. K-12 Floater Gretchen M

Sunday, Feb 18 ~~ Greeter, Joan B ~~ Nursery Helper, Joan B ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Vic M & Team # 8 ~~ R.E. K-5, Kerry H & Janette M
~~ R.E. Youth, Stay in the Service ~~

Sunday, Feb 25 ~~ Greeter, Carole H ~~ Nursery Helper, Nena O ~~ Usher, Paul J & Steve K~~
Social Hour Host, Debbie H & Team # 9 ~~ R.E. K-5, Kerry H ~~ R.E. Youth, Elizabeth W
~~ R.E. K-12 Floater Monica D

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

February's Theme is: "Perseverance"

Feb 7 - "The Promise and the Practice"

— Rev. Dr. Cynthia L. Landrum

The Unitarian Universalist Association has created this special service to help congregations with the work of dismantling white supremacy. The service centers on the history, the perspectives, the voices and the leadership of Black Unitarian Universalists. Join us after the worship for a workshop, as well.

Feb 11 - "Luminescence"

— Rev. Dr. Cynthia L. Landrum

Luminescence is a holiday created a decade ago by UUs to focus on the cycle of recognition, reflection, refocus, and renewal. Come and engage in this reflective service.

Feb 18 - "UU Principles"

— Lay Leader: Marion Shroyer

Marion will give a talk about the UU principles.

Feb 25 - "Perseverance"

— Rev. Dr. Cynthia L. Landrum

Rev. Cindy will explore this month's theme of perseverance.

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

