



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

Over the last few years, the Board of Trustees and I have talked several times about whether or not we need more emergency and safety procedures for the church. There are several things we have already done to increase the safety in our church in a variety of ways. We've placed a phone in our nursery, school house, and social hall. Our smoke detectors have been recently replaced. We do background checks on all our volunteer teachers and require two adults with children at all times. We've created a policy that the church will not provide alcohol at any church event. All these are done with safety in mind. And, too, many of our Religious Education teachers are teachers by profession who have had training in various emergency procedures. But there is more that we can do. Following the tragic deaths in the Parkland, Florida high school this month, I am refocusing on the issue. Gordon Bernstein has drafted some thoughts for us, and I'm working on drafting a policy and pulling together a small committee to review and discuss plans. Vic Marshall has volunteered to be part of that committee, and has shared some resources. I've also reached out to law enforcement, local clergy, other UU clergy, and read numerous policies and procedures online as part of this process from churches, insurance companies, the government, and more.

Gordon Bernstein has said to me more than once when talking about this subject, "I believe that each step we take to make us safer shuts us off by one step from the seeker." I completely agree with this statement. This is a very important consideration for us, and one I take very seriously. We have to find the careful balance between actions we can take to make us safer and those that make us harder to join or be with.

Similarly, whenever we take bold steps, it can make us afraid of a violent or destructive response. Every time we've done something bold that makes news and involves our building, from displaying a rainbow flag to hanging a "Standing on the Side of Love" banner to hosting a transgender photo display, I hear concerns about whether or not we might become a target. And, indeed, within the last few years several Unitarian Universalist churches displaying "Black Lives Matter" signs have had those signs torn down or defaced. Again, we have to find the balance between actions that make us safer, and living and expressing our values in the world. I believe we can do both. At my own home, I have a yard sign which proclaims my values, and I have a security system too. For me, that's the right balance. And we'll find the right balance for the church as we explore this carefully and thoughtfully.

Continued on next page 2 ...

Notes from the Board

February's meeting was held at the church on February 7. Gratia was absent so Elissa chaired. After receiving both minister's and treasurer's reports, we went to governance issues. We were happy to hear Gordon Bernstein has agreed to head the annual pledge drive this year. The canvassing will begin soon.

We then brainstormed possible people to be on the Board when this term ends. They will be submitted to the nominating committee for congregation consideration at the annual meeting.

We are going to ask Vic Marshall to put up previous limited access signs in the parking lot. This will give 2 additional handicap spaces.

Another important issue for our discussion is replacing our worn flag in front of the church. The old one which was in very bad condition has been removed. We plan to have the scouts help with a ceremony for our new flag in the early spring. We will keep you posted via pulpit announcements.

A date for the annual auction was set for Friday May 4! Be sure to write that on your calendars. Our next meeting will be March 7.

Elissa

**Submitted by: Elissa Alden
Board Vice President**

Minister's Schedule

Rev. Cindy will be out of town several days during March and on vacation from March 12-18. During these times she can be reached on her cell phone at 517-784-4361. Rev. Dan Kidder-McQuown of Arbor Grove Congregational Church is also available for emergency pastoral care support on the following days: March 4-6, 9-11, and 16-18.

Submitted by: Rev. Cindy

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 ...

If you have thoughts to share on these issues, I invite you to talk to me or a board member. And if you'd like to be part of the committee that we'll be forming to explore policy and procedure, let us know as well.

Peace,

Rev. Cindy

~Upcoming Fund Raisers~

Annual Auction ~ Friday May 4

Submitted by: The Church Board

Notes from Religious Education

The Religious Education Committee met on February 13th. We wrapped up plans for our annual Church Buddies Breakfast, the culmination of February's Church Buddies event, where new friendships are made. The breakfast will be at 10:00 am on Sunday, March 4th. It is open to all, so mark your calendar, and let Nancy Smith or Elizabeth Walker know if you are able to contribute a dish (suggestion: fruit). We also agreed on a plan to have the church children and youth plan and lead a Sunday service on April 22, with an Earth Day theme. We are asking our youth for ideas of how to make this a memorable service. Also, Easter Sunday is April 1st this year, and we are getting ready for another exciting egg hunt after the service. Finally, we are setting up an End-of-Year Wrap-Up meeting for all adults and youth in the R.E. program. The idea is to discuss/critique the year, look to the next year, and have some food and fellowship.

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

Our Spiritual Exercises on “Balance”

Option A: A Reminder to Re-Balance

Sometimes balance is as simple as remembering to take a moment to breathe. The problem is we're not so good at reminding ourselves and remembering on our own. In recognition of this, take a week this month and commit to the practice of a “daily pause” - or maybe a few daily pauses. You can keep it simple by setting an alarm on your phone reminding you to take a break. Or you can use one of the recommended apps below to help remind and guide you. You'll also need to decide what to do during your daily pauses. Some of us will step away and go for a walk or find a quiet place to be by ourselves. Others will keep it short and sweet, staying put and just taking 5 deep breaths. Still more will use the time for brief meditation. Figure out what works for you.

Here are some apps that might help:

- * PauseAble: <http://www.pauseable.com>
- * AURA: <https://www.aurahealth.io>
- * Breathe: <https://itunes.apple.com/us/app/breathe-daily-breathing-reminders/id976954751?ls=1&mt=8>
- * The Now: <https://itunes.apple.com/gb/app/the-now-mindful-living/id347667121?mt=8>
- * 7 Second Meditation: <http://www.7secondmeditation.com>

Option B: Trying Sabbath on For Size

When talking about balance, it's hard to avoid the biggest recommendation of the Judeo-Christian world: Honor the Sabbath! The Bible tells us that “on the seventh day, God rested.” Whether you believe in God or not, you've got to admit that this is a pretty significant endorsement. The emphasis here is, of course, on *taking a whole day*. Sometimes pausing for a few minutes of deep breathing is fine, but for many of us imbalance runs too deep for a quick pause to touch. So, if you're up for some deeper work this month, take on the challenge of a Sabbath day or two. How you go about it is up to you. Indeed, figuring out what “a day of Sabbath” means to you is central to the exercise. Below are some

First Steps Toward Sabbath Practice
<http://iym.ptsem.edu/resources/foundations/sabbath/sabbath-lesson-3/>

* Digital Sabbath: Unplug for 24 hours

<https://www.youtube.com/watch?v=-LWZkL5Xsno>

* The Case for the Sabbath, Even if You're Not Religious, Menachem Kaiser

<https://www.theatlantic.com/entertainment/archive/2010/03/the-case-for-the-sabbath-even-if-youre-not-religious/38187/>

* The Case for A Secular Sabbath, Pico Iyer
<https://ideas.ted.com/why-we-need-a-secular-sabbath/>

Option C: Finding Balance by

Facing F.o.M.O

F.o.M.O. stands for the “fear of missing out.” It's a trendy phrase but captures something deeply true about what throws our entire culture out of balance. We are constantly bom-barded with images of others who've “made it” or found “the good life.” This plants the deadly seed in our mind that we're failing, or worse, that we're missing out. It's the classic feeling that “the grass MUST be greener on the other side of the fence.” It throws our lives significantly out of balance.

If any of this echoes with your own struggle, then take some time this month to get in touch with your own F.o.M.O. This is more of a reflective exercise than a doing exercise. Your instructions are to set aside some time to engage the recommended pieces below. Let them lead you where you need to go. Allow them to help you better define your own brand of F.o.M.O.

For Reflection:

- * School of Life on FOMO: https://www.youtube.com/watch?v=VrC_MSG9zSU
- * Jason Silva on FOMO: <https://www.youtube.com/watch?v=KsSmFZNrpLc>
- * Fighting FOMO: <https://www.artofmanliness.com/2013/10/21/fighting-fomo-4-questions-that-will-crush-the-fear-of-missing-out/>

Continued on next column...

Meetings and Events

U.U. Church of East Liberty

Church Buddies Breakfast

The culmination of February's Church Buddies event, where new friendships are made. A simple breakfast of muffins and or biscuits, bagels with cream cheese, milk, orange juice, fruit, and a baked egg dish will be starting at 10:00 am in the social hall Sunday, **March 4**. It is open to all, so mark your calendar.

Submitted by: R.E. Committee

Potluck and Game Night

Join us for a potluck dinner on **Friday, March 23rd** at 6:00 pm, followed by a time of board and card games. **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

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)

March 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

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, March 15th ~ 6:30 pm

“Aging in Community”

Medicare/Medicaid needs Virtual Village
Concept Project Bridge: New JDL services for
homebound seniors.

Submitted by: Marge Duane

Esoteric Philosophy is the overall name given to the writings of Alice A. Bailey. In the twenty-four books subjects range from consciousness of the atom through a treatise on white magic with trails though esoteric healing and discipleship in the new age and many other subjects.

Please join in an exploration of all the subjects and where your conclusions could lead. The main purpose I see is to know yourself and the universe.

Meeting will begin on February 13 at 7:00 pm at the Essential Energy building located at 915 Airport Road, Jackson MI 49202. The Meeting will be on the second and fourth Tuesdays. With friendship, Phil Chaban if you have any questions contact him at 517-914-4610.

NEORACISM AND (UN)EMPLOYMENT

The Editors have received an e-mail to be in the March Bellnote – It is printed off and on the corkboard in the social hall, as the format was not something that we were about to move/work with easily. The title is NEORACISM AND (UN)EMPLOYMENT the event is April 21 in Ann Arbor. Please read the 2 page article for more information. Thanks from the editors.

“You are important”

Without “U” we can’t spell
CH_RCH,
or
AD_LT, or YO_TH.

Without “U” we can’t have
M_SIC,
S_NDAY,
or
S_CCESS.

Clearly, our church needs “U”.

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 April ISSUE, INFORMATION IS NEEDED BY:

SUNDAY, March 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, 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

March's UUCEL Calendar

All events are at the church, unless otherwise noted.



- 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 Church Buddies Breakfast and Welcome to Everyone ~ 10:00 am
4 Sunday ~~~~ Service ~ Lay Leader: Marion Shroyer ~ 11:00 am
6 Tues RE Meeting ~ 4:30 pm ~ @ JDL
7 Wed. Board Meeting ~ 6:30 pm
11 Sunday Daylight Savings Time Begins
11 Sunday ~~~~ Service ~ Julica Hermann DelaFuente ~ 11:00 am
11 Sunday Caring Committee Meeting ~ After the Service
15 Thurs. JXN Community Forum "Aging in Community" ~ 6:30 pm @ JDL
18 Sunday ~~~~ Service ~ Lay Leader: Monica Day ~ 11:00 am
18 Sunday The Bellnote Newsletter ~ Submissions Due
22 Thurs. Membership meeting @ Marge's place ~ 3:30 pm
23 Fri. Potluck Dinner and Game Night ~ 6:00 pm
25 Sunday ~~~~11:00 am ~ Rev. Dr. Cynthia L. Landrum

Upcoming Events

- Sun Apr 1 Easter Egg Hunt ~ After the Service
Fri May 4 Annual Auction

Weekly Volunteer Schedule

Sunday, Mar 4 ~~ Greeter, Alyce O ~~ Nursery Helper, Kathy H ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Donna H & Team # 1 ~~ R.E. K-5, Nancy S ~~ R.E. Youth, Elizabeth W
~~ R.E. K-12 Floater Gretchen M

Sunday, Mar 11 ~~ Greeter, Ann G ~~ Nursery Helper, Donna H ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Carole H & Team # 2 ~~ R.E. K-5, Nancy S & Janette M ~~ R.E. Youth,
Stay in the Service

Sunday, Mar 18 ~~ Greeter, Joan B ~~ Nursery Helper, Joan B ~~ Usher, Paul J & Steve K
~~ Social Hour Host, Nena O & Team # 3 ~~ R.E. K-5, Intergenerational
~~ R.E. Youth, Intergenerational ~~

Sunday, Mar 25 ~~ Greeter, Carole H ~~ Nursery Helper, Nena O ~~ Usher, Paul J & Steve K~~
Social Hour Host, Jane V & Team # 4 ~~ R.E. K-5, Nancy S ~~ 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 March's Theme is: "Balance"

Mar 4 - "Self-Respect Can Change Lives"
– Marion Shroyer, Lay Leader

Marion Shroyer will talk about his path to self-respect and how it connects to our principles after coming from the poorest of households, in a childhood filled with abuse.

Mar 11 - "Courage, Resilience and Risk"
– Julica Hermann DelaFuente, Guest Preacher

Our guest preacher Julica Hermann de la Fuente brings us three stories about immigration, courage, resilience and risk. Julica currently serves as a retreat/program leader for the Beloved Conversations program and for the UU College of Social Justice. Born and raised in Mexico City, she first became committed to social justice when she came to the United States for college. In addition to a lay community ministry degree from Meadville Lombard, she also holds an MSW and is certified as a master life coach.

Mar 18 - "World Water Day Celebration"
– Monica Day, Lay Leader

In an intergenerational service, lay leader Monica Day will help us further our church's year-long social justice theme on the environment with this service connecting to March 22nd's World Water Day.

Mar 25 - "Balancing"
– Rev. Dr. Cynthia L. Landrum

Writer E.B. White once said, "I arise in the morning torn between the desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day." How do find balance in our lives? Rev. Cindy will talk about the balancing acts we face every day.

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

