

January 2014

Universalist Unitarian Church of East Liberty

2231 Jefferson Road

Clarklake, MI 49234

(517) 529-4221

# The Bellnote

LOCATED 3/4 MILE WEST OF U.S. 127

## 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

## STAFF

MINISTER REV. CYNTHIA LANDRUM

REVCYN@UGAALUM.UGA.EDU

R. E. COORDINATOR ~ SHARON PEDERSEN

SSPEDERSEN@SBCGLOBAL.NET

PIANIST TOM PEPPER

PEPPET49@comcast.net

NURSERY & CHILD CARE Vicki Haynes

kemit\_210@yahoo.com

## BOARD OF DIRECTORS

PRESIDENT GRATIA KARMES

glk222@tds.net

VICE PRESIDENT JACKIE JOHNSON

jsj128@comcast.net

TREASURER MARTHA KOOPMAN

koopman9@live.com

SECRETARY Dee Reed

hd1reed@comcast.net

TRUSTEE NENA OBITS

nen\_a\_obits@hotmail.com

TRUSTEE DONNA HINTON

daisy\_lefty@yahoo.com

## CARING COMMITTEE

Jane Volk gjvolk@comcast.net

## BUILDING & GROUNDS

Vic Marshall vbmarshall@gmail.com

## BOARD/ELECTED NOMINATING COMM

Steve Kish ~ stevekish982@yahoo.com

Kerry Hart ~ khart247@sbcglobal.net

Grace Mulnix



## Minister's Column

Some members of our community are experiencing grief or trauma right now following the tragic deaths of a former member and her son. Even for those who are not experiencing this, learning about how to be in community with people who are can be useful. I wanted to take this space to give a few resources for dealing with trauma and grief, and to talk about how a community responds. More information is also available following links from our website at <http://www.libertyuu.org/DVresource.html>.

Signs to watch out for include a change in sleeping or eating habits or alcohol consumption; feeling depression, guilt, anxiety, isolation, anger, or grief. Other relationships can increase in conflict, you can experience stomach problems and headaches. You can also feel scattered, confused, or be easy to startle.

Some things to do: exercise, drink water, structure your time and keep busy (even though this may seem counter-intuitive), meditate, pray, reach out to someone to talk or listen, journal, rest, and eat regularly. Put off big decisions and life changes, and try to live life just as normally as possible for a while.

It's normal to feel like you want to make this tragedy "mean something." As holocaust survivor Viktor E. Frankl wrote in *Man's Search for Meaning*, "In some ways suffering ceases to be suffering at the moment it finds a meaning, such as the meaning of a sacrifice." He also said, "If there is meaning in life at all, then there must be meaning in suffering." It's an extremely normal reaction to this type of situation to look for meaning, and to try to create meaning by trying to change the world so that this doesn't happen again. However, different people will respond in different ways, and it's important that in our community we understand that while some people will want to turn to working to stop domestic violence or to implement greater gun control or to work on our society's response to mental illness, others will make meaning in other ways, like through creating memorials or dealing with things on a personal level, and still others are not in this place of grief and needing to create meaning out of this at all.

While communities usually pull together in the immediate aftermath of trauma, there's a life-cycle that communities go through, and the next stages are harder institutionally, as some may want to turn to social justice, some to creating a memorial, and some wanting to just put this behind us and move on. The "heroic" phase following the disaster when we pull together is followed by a "honeymoon" phase for weeks or months when we're still feeling supported and assisted,

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# Religious Education

## Report

I have thoroughly enjoyed December's RE classes and services, and the kids seem to have as well. The intergenerational "We Believe in Christmas" service on December 8 was a great success, as was Santa's workshop on the next Sunday.

We were saddened to learn of the deaths of three people who had been connected to the church in the past, and through Facebook and mutual church friends were heard from occasionally even after they moved to the Lansing area. This is the fourth family I have known personally to have lost a love one to guns (the other three accidental or self-inflicted), and I feel like it's time for me to take a stand on this issue. Topics such as gun rights and mental health are such hot buttons, but I am glad that this very sad occurrence has raised awareness of domestic violence. Most can agree that there is no excuse for physical abuse, and I'm proud of our church's support of the AWARE Shelter and Chris's family. I also am grateful for the generosity of those who donated funds for church families that could use a little cheer and help this holiday season.

In January we will wrap up the "Love Connects Us" curriculum, and move onto the one that was also written by Rev. Lynn Ungar, "Sing to the Power." This curriculum "affirms our Unitarian Universalist heritage of confronting powers and structures of evil with justice, compassion, and the transforming power of love." Children will explore their own power, and understand how it can help them to be leaders. In the words of the author,

"Our Unitarian Universalist tradition has long placed an emphasis both on our human capacity to change the world and our moral obligation to exercise our powers for the common good". *Sing to the Power* uses the metaphor of the four elements—earth, air, fire,

and water—to investigate different forms of power we each can express. Power does not belong only to adults. This program gives young people opportunities to experience and explore ways they can use their power as agents for positive change.

Both the Fall and Winter on-line, FREE UUA curricula have been great to work with - - the kids seem to "get" them, and get a lot out of lessons, and it's pretty easy to fit a good amount of each lesson's activities into the time we have allotted.

I'm so glad to be a UU in service to children! Happy New Year!

Yuurs Truly,

**Sharon**

Sharon Pedersen, RE Coordinator

### Rev. Cindy's Column Continued...

but then by "disillusionment," as we struggle with the fact that different people have different reactions, that our community is imperfect, and perhaps also that nothing major has changed in our institution or in the world. People can become resentful that things are not changing, not moving, or resentful that other people are expecting change and movement. This phase can last weeks or years. The good news is that after the disillusionment phase comes a new beginning, a reconstruction.

I share all this to let you know that now is the time to walk gently with each other, realizing that we may be in extremely different places, and some of them are fragile and raw still. This community can't be everything that everyone needs simultaneously, but what it can be is a loving, caring place where we understand both limitations and possibilities.

In faith,  
**Cindy**

# Notes from the Board

The board met on Wed, Dec 4th. We discussed many repairs (pipes, pump, new gravel in driveway, ballast for lighted sign, new toilet, etc, etc.) Of course, all of this has an impact on our budget. We are trying to stay on top of the bills as they come in. Please, if you see something that may be broken or otherwise needing repair, tell Nena Obits, Vic Marshall or a member of the board as soon as possible, preferably via email or a note. Our next meeting has been moved to the second Wednesday in January, due to the holidays. Complete minutes are available in the social hall.

## Gratia

Submitted by: Gratia Karmes  
Board President

### Minister's Schedule

Minister's Sabbath (Day Off): Mondays

Minister's Writing Day: Fridays

Office Hours: Tuesday through Thursday,  
Saturdays and Sundays by appointment

Vacation Dates: December 26 – 31

Study Leave Dates: January 1 – 7

Upcoming Conference Away Dates:  
February 2-5

During vacation and study leave and on her day off Rev. Cindy is available for emergency pastoral care. For all other pastoral concerns on those days, please contact a member of the Caring Committee. For non-pastoral needs, please e-mail or call during office hours days (Tuesday through Thursday).

### Support Our Church While Shopping Online!

UUCEL has multiple ways you can support our church while shopping online. Try one of these easy methods!

1. We have a new Amazon Store where every purchase benefits our church. Simply go to <http://astore.amazon.com/libertyuu-20> and search for items like you would on Amazon. All the same items are there at the same prices. When you go to check out, you'll be directed to Amazon's usual secure check-out area.
2. Another way to shop at Amazon is to go to our shopping page at <http://www.libertyuu.org/shop.html>. If you click on a link there, anything you buy at Amazon will earn us a percentage.
3. When you go to <http://www.goodshop.com>, you can enter our church as your chosen agency. From Goodshop there are links to dozens of online stores. When you go from Goodshop to those stores, you earn a percentage. Goodshop also often has coupons that can save you money.

These links have the potential to earn the church a significant amount of money. With only a few people participating, we've already been making enough per year to replace one small fundraiser. *Share this link with your friends and family and ask them to participate, too!*



"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."  
~~ Our Closing Song~~

# Meetings and Events

U.U. Church of East Liberty

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## Adult RE Opportunities

**Tuesday, January 14 – 6:30pm**

– More Zentangling with

Rev. Cindy –

If you missed Rev. Cindy's first workshop on Zentangling, here's your chance to doodle with her! Bring fine-tipped black marker pens.

Submitted by Rev. Cindy



## Fundraising Dinner

George Haynes would like to serve up another venison dinner fundraiser for the church. This will be on **Friday, January 31** at 6:00 pm in the social hall. The menu will be venison chili, venison swiss steak with mushroom gravy and potatoes. Come and have a good dinner with church friends and make a free will offering to help support the church operating budget.

Please sign the sheet on the bulletin board if you are planning on attending so we can have a good idea of the number of people to serve, thanks

Submitted by: Kathy Haynes

## JXN Community Forums

...are free and open programs to encourage dialogue about the challenging issues of our day. The series is sponsored by the Universalist Unitarian Church of East Liberty and the Jackson District Library. All forums are held at the JDL, 244 West Michigan Ave., Jackson, MI and they are usually on the third Thursdays at 6:30-8:30 pm.

Childcare may be available for a modest donation: (See Supplement Page for more contact information to RSVP for childcare). Call Debby Sears at the library at 517-788-4087 ext. 234 for more information or see the JDL website at [www.myjdl.com](http://www.myjdl.com).

**Thursday, January 16**

**Human Rights in Jackson** will be the topic for the Thursday, January 16 forum at 6:30 pm. Mark Bishop, Michigan Department of Civil Rights will facilitate a discussion to learn more about human rights issues in Jackson. Members of the Jackson Human Relations Commission will also participate and share their perspectives. Audience participation is strongly encouraged during this forum. Community sharing will be key to understanding local concerns and learning from each other.

This forum is co-sponsored by the Jackson Area Civil Rights Awareness Association. Submitted by: Outreach Comm.

## Personal Care Ministry

The Jackson Personal Care Ministry provides personal and household products to those in needs in Jackson County. An average of 150 guests are served weekly. Our team works at the distribution on the third Thursday of each month, 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 Supplements Page for more information)

Submitted by: Nena Obits

## Remembering Chris and Isaac

Our community is greatly saddened by the deaths of former member Christine (Lentz) Keith and her son Isaac Miller.

· The fund set up to help Chris' parents, Pat and Riley Lentz, support Chris' three younger children is available through a link at <http://www.uulansing.org/2013/12/chris-keith-memorial-fund.html>. The family has received a lot of donations of toys and clothing, and do not need any more, but have home renovations and other needs as they make a new home for three young children. The Christmas gifts were covered through the UU Church of Greater Lansing's Christmas gift program, where Chris had already prepared lists of what she wanted for her children for Christmas.

· Pat Lentz has donated Christmas bread-dough ornaments (mostly elves) for people to have to remember Chris and Isaac with. These were passed out in the service on December 22<sup>nd</sup>, but there are still some remaining in the social hall. Please feel free to take one for yourself or anyone you know might wish to have one.

— For trauma and domestic violence resources, please see the list on our website at <http://www.libertyuu.org/DVresource.html>

· We wish to thank everyone who has supported the church during this time, particularly the UU Trauma Ministry Response Team and the Rev. Bret Lortie, Barbara Hill who made ornaments to support the fund, and the Board and Bellnote team who assisted with getting the word out about this very sad event and the memorials that followed, and Sharon Pedersen who worked closely with Rev. Cindy to make sure that the Sunday following the deaths would be a safe and celebratory space for our children's program, yet also have a chance for adults to share their grief.

We are sure there will be other opportunities and information in times to come relating to how the community responds to the deaths of and remembers the lives of Chris and Isaac, and will let you know about some of them. There are many posts online in the blogging community, as well as news articles, and an upcoming tribute to Isaac on MSNBC. A complete list of articles is difficult, but many can be found easily through a search online.

Submitted by Rev. Cindy

**~Visitor Tips for Everyone~~**

Here are some ways to make people feel welcome that everyone can follow:

- Introduce yourself and get to know a visitor by name.
- Invite a visitor to social hour.
- Wear a nametag.
- Sit toward the middle of the pew or nearer to the front of the church so visitors can be more anonymous if they choose.
- Watch for people who may be alone during social hour and ask them about the sermon or their faith journey.

**Thank you!**

• Church Website	<a href="http://www.libertyuu.org">http://www.libertyuu.org</a>
• The Bellnote Newsletter	<a href="http://www.libertyuu.org/newsletter.html">http://www.libertyuu.org/newsletter.html</a>
• Church's facebook page	<a href="http://www.facebook.com/libertyuu">http://www.facebook.com/libertyuu</a>
• Forum facebook page	<a href="http://www.facebook.com/JXNCommunityForum">http://www.facebook.com/JXNCommunityForum</a>

**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 EDITOR:**

"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 TO 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 FEBRUARY ISSUE, INFORMATION IS NEEDED BY: SUNDAY, JANUARY 19. ~~~~~ SEND SUBMISSIONS TO: UUCEL\_BELLNOTE@YAHOO.COM OR IN WRITING TO

KATHY OR VICKI. THANK YOU –

**We want to thank;** Rev. Cindy Landrum, Sharon Pedersen, Gratia Karmes, Nena Obits, Outreach 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

# The Bellnote Calendar

All events are at the church, unless otherwise noted

## January

- Thurs. AUUW Meeting ~ 12:30 pm ~~~ Not meeting this month  
 2 Thurs. Outreach/Forum Committee @ JDL ~ 5:30 pm  
 5 Sunday ~~~~ Service ~ Anita Pepper, Lay Leader ~ 11:00 am  
 8 Wed. Board Meeting ~ 6:30 pm  
 9 Thurs. Membership Committee ~ 10:00 am  
 12 Sunday ~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am  
 12 Sunday Child Dedication Service for Thomas Michael (Tommy) son of Jason & Donna Hinton  
 14 Tue. Meet Your Neighbor Coffee ~ 9:00 - 11:00 am  
 16 Thurs. JXN Community Forums **"Human Rights in Jackson"**  
                     @ Jackson District Library, Carnegie Branch ~ 6:30 pm  
 16 Thurs. Personal Care Ministry ~ 4:30-6:30 pm @ 1st Baptist Church, 201 S. Jackson, To Help  
 19 Sunday ~~~~ Service ~ Jon Hart, Lay Leader ~11:00 am  
 19 Sunday The Bellnote Newsletter ~ Submissions Due  
 21 Tue. Worship Comm. ~ Meets at Members' Homes in the Evening  
 26 Sunday ~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am  
 26 Sunday Caring Committee Meeting ~ After the Service  
 31 Fri. Fundraising Venison Dinner ~ 6:00 pm

## Upcoming Events

### WEEKLY VOLUNTEER SCHEDULE:

Sunday	Greeter	R.E. Greeter	Nursery	Ushers	Social Host	R.E. K-5	R.E. Monitor
Jan 5	Alyce O	Sharon P	Jackie J Nena O	Gary T	RE Comm	Sharon P Jon H	Sharon P
Jan 12	Grace M	Sharon P	Vicki H Kathy H	Gary T	Elissa A	Sharon P Open	Sharon P
Jan 19	Joan B	Sharon P	Vicki H Donna H	Gary T	Open	Kerry H Laura T	
Jan 26	Alyce O	Sharon P	Vicki H George H	Gary T	Open	Sharon P Gretchen M	Sharon P

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

### Jan. 5 - "It's Complicated"

– Anita Pepper, Lay Leader

Anita will respond to the ideas of the relationship of a UU and his or her church.

### Jan. 12 - "The Future of East Liberty"

– Rev. Dr. Cynthia L. Landrum

Rev. Cindy will revise her award-winning sermon from last year and talk about the future of Unitarian Universalism and our church specifically, as current trends in religion and voluntary organizations would suggest.

### Jan. 19 - "With This Faith"

– Jon Hart, Lay Leader

This sermon will examine what Martin Luther King Jr. hoped to achieve "with this faith" and what the faith was. We will seek to connect this faith with UU principles in order to help society achieve King's dream.

### Jan. 26 - "Why Sci-Fi? Ethics and Exploration"

– Rev. Dr. Cynthia L. Landrum

Rev. Cindy discusses how the popularity of science fiction, fantasy, and superheroes has to do with the way we explore ethical questions in the current age.

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