



2015 ~ January

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

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Grace Mulnix



This month I'm sharing with you the column from the Soul Matters group about integrity, which is this month's theme. The Soul Matters group is organized by Scott Tayler, director of the department of congregational life at the UUA. The group votes yearly on monthly themes, and is the source of the theme questions I've been putting in our newsletter for the last few months. The columns that come with the group are also really worth sharing, so this month I'm taking a little holiday break and sharing their column. Have happy holidays everyone! I'll be back in January and look forward to exploring these themes in the new year with you.

Peace,
Cindy

Minister's Column

Soul Matters Column

What Does It Mean To Be a People of Integrity?

There is no doubt that C.S. Lewis was right when he wrote, "Integrity is doing the right thing even when no one is watching." Morality, honesty, knowing right from wrong - who of us would argue that these are qualities of a person with integrity? And yet our faith tradition has always been a little uneasy with leaving it simply at that. When it comes to integrity, the Unitarian Universalist take has always been as much about wholeness as goodness. Embracing the many aspects of ourselves has been more of a concern than perfecting every last aspect of ourselves. Indeed, we resonate with Quaker theologian Parker Palmer who writes, "I now know myself to be a person of weakness and strength, liability and giftedness, darkness and light. I now know that to be whole means to reject none of it but to embrace all of it." Yes, says our religion, keep working at making yourself better, but along the way please don't allow yourself to get so tangled up in perfection that you feel the need to hide those imperfect parts. This need to hide is what has always worried us UU's the most. Integrity is most surely about honesty, but the honesty that seems to matter the most is the ability to hold an honest view of oneself.

Which also involves enjoying that flawed self. When Palmer talks of "embracing it all" this is not a matter of somber resignation. There is a gladness involved. We can be whole without being perfect! To come to this realization is most surely the goal of any spiritual path.

And there is yet another sense in which integrity calls us to gladness. Here the poet [Rainer Maria Rilke](#) puts it best: "May what I do flow from me like a river, no forcing and no holding back, the way it is with children." Here the call of integrity is not "Be perfect." or "Be good." but "Be yourself!" Know your center. Know what makes you uniquely you. And live from that place!

Continued on bottom of page 2 ~!~

Religious Education Report

I want to take this moment to thank all the helpers from this Fall: teachers, nursery helpers, volunteers for special events, and the RE Committee alike. When you add it up, a good portion of our church membership is involved in helping the RE program to run smoothly. The intergenerational “Celebration of Caring” service and workshop following on December 14 was a great success—we even made it onto the news at 11pm that night! We donated the hats and ornaments to Interfaith Shelter kids, and the laundry soap to Cascades Humane Society and Together We Can Make a Difference, a Jackson ministry for food and related programs. Thanks to Elizabeth Walker, Gretchen Marshall, and Alyce Oosting for donating materials for the activities.

In January we will wrap up the “Amazing Grace” curriculum, and move onto the one that was also written by Richard S. Kimball, “Riddle and Mystery.” The purpose of Riddle and Mystery is:

...to assist middle schoolers in their own search for understanding. Each of the 16 sessions introduces and processes a Big Question. The first three echo Paul Gauguin’s famous triptych: Where do we come from? What are we? Where are we going? The next ten, including Does God exist? and What happens when you die?, could be found on almost anyone’s list of basic life inquiries. The final three are increasingly Unitarian Universalist: Can we ever solve life’s mystery? How can I know what to believe? What does Unitarian Universalism mean to me? (<http://www.uua.org/re/tapestry/children/index.shtml>)

Here are some items we could use donations of for the Winter/Spring curriculum:

Newsprint/flip chart
Poster Board

Supplies for iron-on t-shirts
Joann Fabric gift cards
“Scratch Art” paper
Oval wooden beads large enough
for youth to write on and string
Writing paper, envelopes

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

Yuurs Truly,

Sharon

**Submitted by: Sharon Pedersen
RE Coordinator**

Minister on Vacation

Following Christmas, Rev. Cindy will be taking a week and half of combined vacation and study leave, and will be gone through January 5.

Rev. Cindy’s Column Continued...

Forget the masks. Forget the “shoulds” and the “suppose tos.” Just figure out what takes you to that place of deep gladness and to that remain true! This doesn’t mean abandoning the task of “doing the right thing when no one is watching,” says our faith; it just means that you will know what the right thing is when deep joy accompanies your choice.

Integrity and joy. They are companions on the spiritual journey. May we encounter them both more deeply this month.

Notes from the Board

The board met to discuss a variety of topics, most of which fall into the “good news” category. Some important repairs are underway, including a new roof which is much needed. Unfortunately, the installation of the ceiling tiles in the social hall has run into a number of unanticipated road blocks. We may need to rethink this project. We are grateful to all the volunteers who raked leaves recently and also who are helping shovel and deice our walkways. Please remember to use ONLY the chemical deicer (not salt) on those areas that are concrete, such as the school house steps. We are looking forward to more FUN fundraisers like the 2 venison dinners hosted by George Haynes...and particularly the talent show, which has been set for Friday March 6. Full minutes of this meeting can be found in the social hall.

Gratia

Submitted by: Gratia Karmes
Board President



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.

Goodshop/Goodsearch and Amazon Associates

Our church can earn money while you browse or shop online. To help while you surf the web, use <http://www.goodsearch.com> as your search engine after entering our church as your agency of choice to support. To help while you shop, go through the links at <http://www.goodshop.com> (again, after entering our church as your agency), to any number of different online sites. If shopping at Amazon, first click on one of our links on our webpage at <http://www.libertyuu.org/shop.html>. These will take you to Amazon, and then we'll earn a percentage of the total cost of your purchases.

in-teg-ri-ty

noun

1. the quality of being honest and having strong moral principles; moral uprightness.
2. the state of being whole and undivided.

~~ Upcoming Fund Raisers ~~

Venison Dinners ~ Saturday, January 24
at 6:00 pm

Venison Dinners ~ Friday, February 20
at 6:00 pm

Talent Show ~ Friday, March 6

In Good Company Fundraiser ~ for the
new playground fund ~ Wed., April 15

Annual Auction ~ Saturday, May 16 is
the tentative date

Submitted by : The Church Board

Joys & Sorrows New Book, Info

Please Note: All Joys and Sorrows are written down by someone. Please help with this task by picking up the NEW Blue spiral notebook located on the desk in the foyer. There is a change in how this works for those who have done it before. The new book is a 2 page carbon copy. The person writing them for the day is to please remove the white copy ~ (Please check first for its readability before removing the top page) ~ and give/send/call the info to Rev. Cindy and the yellow bottom copy stays in the book for the Bellnote editors. This change is the idea for both the Committee on Ministry and the Caring Committee. Thanks and Please pick-up the book.

**Submitted by: the Committee on
Ministry and the Caring Committee**

Meetings and Events

U.U. Church of East Liberty

2014 Calendar Year

After the end of December, I will determine everyone's latest donations and get that to you, as usual. On January 5, 2015, I will begin to determine the church contributions by donors for tax purposes. If you would like to know your total amount of church donations for Calendar Year 2014, please let me know you want the information by February 28, 2015. You can tell me at church, call me at my home or send your message by e-mail. If I don't hear from you by February 28, 2015, I will not send you 2014 Calendar Year donations.

Submitted by: Steve Beison

2 Venison Dinners Coming Up

George Haynes would like to serve up two venison dinners as a fundraiser for the church. They will be on **Saturday, January 24** and also **Friday, February 20** 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-up on the sheet on the bulletin board if you are planning on attending so we can have a good idea of the number of people attending of one or both dinners, thanks

Submitted by: George & Kathy Haynes

Annual Auction will be in May

In May we will celebrate many ways of giving thanks in support of our church by giving items for our annual auction. It's not really that far away. Please put **Saturday, May 16**, on your calendar as a tentative date for food and fun. That gives us four months to gather great items to donate!

Submitted by: Steve Beison

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. Call Debby Sears at the library at 517-788-4087 ext. 234 for more information or see the JDL website at www.myjdl.com

Thursday, January 15

The Weather Underground

Perry Samson, University of Michigan professor in Atmospheric Sciences and co-founder of The Weather Underground, will bring us up to date on climate change and its effects, including national security.

Submitted by: Outreach

Movie Outing

The movie "Selma" opens in theaters on January 9. A description of the film states, "SELMA is the story of a movement. The film chronicles the tumultuous three-month period in 1965, when Dr. Martin Luther King, Jr. led a dangerous campaign to secure equal voting rights in the face of violent opposition. The epic march from Selma to Montgomery culminated in President Johnson (Tom Wilkinson) signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement." It's too early to know the showtimes, but we'll plan for a group outing for **Friday, January 16**. The plan will be to go to the first showtime after 6:30 pm at whichever Jackson theater is showing the film. Check the bulletin board and church announcements for more specifics, or where to go if no theaters or multiple theaters in Jackson are screening the movie. After the movie, we'll gather at a restaurant or coffee shop to discuss the film. Join us!

Submitted by: Rev. Cindy

Talent Show ~ March 6th

Attention all talented folks out there AND people who just plain want to have some fun! Just want you to be thinking of a possible performance for our church talent show on Friday, March 6. Start talking it up and planning what you might do. We will have all kinds of spots to showcase young and old and everyone in between! It can be serious or humorous and it is open to people outside our church community also. This is actually a fun fundraiser so there will be a minimal entry fee - food for your bellies for sale and we will charge admission. If you know of anyone who may want to enter, let them know. More information on this will follow, of course, but wanted to get you mulling this around in your talented brains! Thanks.

Submitted by: Elissa Alden

Personal Care Ministry

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 15** 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

Caring Committee

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.

**Submitted by: Jane Volk
Chair**

Spiritual Exercises

This month's theme is Integrity. Here are some exercises you can engage in to explore integrity this month:

A New Year of Integrity: New Year's resolutions are often about changing oneself. In light of this month's theme, make it about holding on to (or remaining loyal to) yourself instead. Pick one thing that makes you distinctively you and then resolve to protect, celebrate or live into it for at least this month. Think of it as a "resolution to your integrity." Reflect on why you picked the personal characteristic you did and how your resolution to honor it altered your day-to-day living this month.

What's The Big Deal about White Lies? White lies regularly come up in conversations about integrity. Are they really that big of a deal? Spend this month figuring out the role they play in your life. Monitor when you use them. See what patterns emerge. Do you use them to protect the feelings of others? Or to hide something about yourself? Do they serve your sense of integrity or betray it? Reflect and journal on your experience.

Person of the Year: Time magazine names a "Person of the Year" every January. They choose someone whose impact stands out and whose influence dramatically shifted the events the past year. Likewise, we all have someone in our lives who shaped our sense of integrity just as significantly. Reflect and journal on the story of someone who was a model of integrity in your life.

Your Greatest Act of Integrity: All of us have it: that time in our life on the strength of our character stood out and we acted out of our deepest sense of what was morally right or most true to our core. Revisit and re-celebrate that moment by sharing it with your group. Spend some time reflecting and journaling on how that moment of high resolve not only brought you pride but challenged you to live up to it again and again.

A Child's Integrity: One of the most sacred responsibilities of a parent or caretaker is to foster and protect their child's sense of integrity. If you have a child in your life (either as a parent, relative or mentor), use this month to be a bit more intentional about this precious task. Find at least one way to support their sense of integrity and true self.

New Social Hour Hosting Information

Here is the list of the new Social Hour Team Leaders and the Color Team name that goes with each team. The Newsletter will print the name and color team each month. Just about everyone is in a team. If you have not been contacted by team leaders (one of the names below) you will be soon. This will be starting on January 4 with ~ If any changes come up we will keep you posted.

- (#1) Ann Green & the Red Team -----(#2) Nancy Smith & Rob Gaecke & the Orange Team
- (#3) Gretchen & Vic Marshall & the Lime Team -----(#4) Peg & Steve Beison & the Teal Team -
- (#5) Donna & Jason Hinton & the Magenta Team ---(#6) Kerry & Jon Hart & the Coral Team -
- (#7) Carole Hartsuff & the Yellow Team -----(#8) Nena Obits & the Green Team -
- (#9) Jane Volk & the Blue Team -----(#10) Sue Rainey & the Purple Team.

~~~~This order of team names/colors will stay in the same rotation and repeat every 10 weeks. An example would be Ann and her Red Team will be hosting on Jan. 4 and the next time would be the 11<sup>th</sup> Sunday afterwards of March 15, then on May 24, Aug. 2, Oct. 11 and Dec. 20 – This will all fall into place and get easier to understand sooner than you think. There is an average of 5/6 families per group and within each group you need to talk amongst yourselves to see who will be doing what on your assigned date. Like who is making the coffee, bringing treats, set-up, cleaning-up or 1 person can do it all and another person can do the next date and so on. It's up to your team.

**Submitted by: the Membership Committee**

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| <ul style="list-style-type: none"> <li>• Church Website</li> <li>• The Bellnote Newsletter</li> <li>• Church's facebook page</li> <li>• Forum facebook page</li> </ul> | <ul style="list-style-type: none"> <li><a href="http://www.libertyuu.org">http://www.libertyuu.org</a></li> <li><a href="http://www.libertyuu.org/newsletter.html">http://www.libertyuu.org/newsletter.html</a></li> <li><a href="http://www.facebook.com/libertyuu">http://www.facebook.com/libertyuu</a></li> <li><a href="http://www.facebook.com/JXNCommunityForum">http://www.facebook.com/JXNCommunityForum</a></li> </ul> |
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**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 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 18.** ~~~~~ 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, Jane Volk, Elissa Alden, Steve Beison, George Haynes, Committee on Ministry, Outreach Comm., 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

# The Bellnote Calendar

All events are at the church, unless otherwise noted



## January

- 1 Thurs. AUUW Meeting ~ 12:30 pm ~ Not Meeting this Month
- 4 Sunday ~~~~ Service ~ Anita Pepper: Lay Leader ~ 11:00 am
- 7 Wed. Outreach/Forum Committee @ JDL ~ 5:15 pm
- 7 Wed. Board Meeting ~ 6:30 pm
- 11 Sunday Choir Rehearsal ~ 10:15-10:45
- 11 Sunday ~~~~ Service ~Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 11 Sunday Caring Committee Meeting ~ After the Service
- 13 Tue. Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
- 15 Thurs. JXN Community Forums **"The Weather Underground"** @ Library Carnegie ~ 6:30 pm
- 15 Thurs. Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
- 15 Thurs. Membership Meeting ~ 10:30 am
- 16 Fri. Movie Outing to see "Selma" ~ Time: To Be Announced
- 18 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~11:00 am
- 18 Sunday The Bellnote Newsletter ~ Submissions Due
- 20 Tue. Worship Comm. ~ Meets at Members' Homes in the Evening
- 24 Sat. Venison Dinners ~ 6:00 pm
- 25 Sunday Choir Rehearsal ~ 10:15-10:45 and Performing during the Service
- 25 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am

## Upcoming Events

Feb.20 Venison Dinners ~ 6:00 pm

### WEEKLY VOLUNTEER SCHEDULE:

| Sunday | Greeter  | R.E.<br>Greeter | Nursery             | Ushers | Social<br>Host            | R.E.<br>K-5           | R.E.<br>Monitor |
|--------|----------|-----------------|---------------------|--------|---------------------------|-----------------------|-----------------|
| Jan 4  | Alyce O  | Sharon P        | Vicki H<br>George H | Gary T | Ann G &<br>Red Team       | Craft Day<br>Sharon P | Sharon P        |
| Jan 11 | Grace M  | Sharon P        | Vicki H<br>Joan B/? | Gary T | Nancy S &<br>Orange Team  | Gretchen M<br>Alyce O | Sharon P        |
| Jan 18 | Carole H | Sharon P        | Vicki H<br>Donna H  | Gary T | Gretchen M<br>& Lime Team | Hart<br>Morrison      | Sharon P        |
| Jan 25 | Kathy    | Sharon P        | Vicki H<br>Jackie J | Gary T | Peg B &<br>Teal Team      | Alyce O<br>Sharon P   | Sharon P        |

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

## January Worship Theme: Integrity.

### Jan 4 - "Bridging the Great Divide"

– Anita Pepper, Lay Leader

We will examine the increasing polarization between religious conservatives and liberals, believers and non-believers in our society. What separates us, and what can bring us together?

### Jan 11 - "Fear and Harmony"

– Rev. Dr. Cynthia L. Landrum, Minister

As Herman Hesse wrote, "You are only afraid if you are not in harmony with yourself."

### Jan 18 - "Cowardice and Conscience"

– Rev. Dr. Cynthia L. Landrum, Minister

We'll celebrate Martin Luther King, Jr day by exploring his words: On some questions, Cowardice asks the question, "Is it safe?" Expediency asks the question, "Is it polite?" And Vanity comes along and asks the question, "Is it popular?" But Conscience asks the question, "Is it right?" And there comes a time when we must take a position that is neither safe, nor politic, nor popular, but we must do it because Conscience tells us it is right.

### Jan 25 - "Integrity of Self"

– Rev. Dr. Cynthia L. Landrum, Minister

As Parker Palmer wrote, "I now know myself to be a person of weakness and strength, liability and giftedness, darkness and light. I now know that to be whole means to reject none of it but to embrace all of it."

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M 4