



# 2015 ~ January

## The Bellnote Mini-News

**Universalist Unitarian Church of East Liberty**  
 2231 Jefferson Road, Clarklake, MI 49234  
 (517) 529-4221 Located 3/4 miles West of U.S. 127

### Minister's Column

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**

#### ***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,

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### Sunday Services at 11:00 am -- 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."

### Calendar - 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

**Minister - Rev. Dr. Cynthia L. Landrum** [revCyn@ugaalum.uga.edu](mailto:revCyn@ugaalum.uga.edu)  
**R.E. Coordinator - Sharon Pedersen** [sspedersen@sbcglobal.net](mailto:sspedersen@sbcglobal.net)  
**Board President - Gratia Karmes** [glk222@tds.net](mailto:glk222@tds.net)

# Meetings and Events: at or affiliated with U.U. Church of East Liberty

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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! 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.

## **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, Jan. 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.

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East Liberty, OH 43024  
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