



2015 ~ October
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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Minister's Column

Our theme of "Letting Go" this month is sure to challenge this Type-A minister. "Letting Go" is not something that comes naturally to me – it has to be worked at. But at least working at something is something that I'm used to doing. Spiritual practices have always been like that for me – I have to make a concerted effort to relax, to meditate, to go with the flow or get in the zone. And "Letting Go" is, indeed, a spiritual practice, whether it's letting go of attachment, in the Buddhist sense, letting go of grievances, or letting go in other ways. Zen proverb says, "Let go or be dragged." To truly let go may require faith, or it may require discipline, or it may require courage. A reflection on "Letting Go" by the Soul Matters Sharing Circle says this:

We cling. You name it, we've wrapped our grasping fingers and anxious hearts around it: success, safety, society's standards of beauty, personal desires to be accepted, perfectionism, duty, fear, grudges, hurts, hopes, stuff, shame and privilege. Whether the object of our grasping is good or bad is not, as we learn, truly the issue. It's the grasping itself. That's the real problem. Holding on too long and too tightly is never good for the soul. So our faith pleads with us, "Let it go!"

"Letting go" can also be about dealing with death. In September, we held a well-attended "Death Potluck" where ten of us gathered to share food together and talk about coming to terms with death, among other things. As we turn to the time of year when the veil between the living and the dead is thought to be thinned, we'll also look at death in other ways this month through our exploration of the Day of the Dead, and we may also schedule a second Death Potluck.

Despite the focus on "Letting Go," I go into this month with a lot of excitement. We have programs and events this month that I've been greatly looking forward to. I hope you take time to read this newsletter thoroughly, because it's full of ways to engage with your religious community. I look forward to seeing you at East Liberty.

Namaste, **Cindy**

Minister Out of Town

Rev. Cindy will be out of town for a minister's meeting in Indiana from Sunday, October 4 through Wednesday, October 7.

This Month in Religious Education

This month our K-5 class explores our monthly theme of “Letting Go” and continues their exploration of the world of nature with lessons on “Nature’s Partnership” and “Thanks be for Trees!” The Youth continue their Coming of Age program with a session where they start the development of the “credos.” A “credo” is an “I believe” statement. And the youth will have a theme exploration where they look at our church’s monthly theme of “letting go” by bringing songs to share that relate to the theme.

This month our middle-school youth have the opportunity to attend the Mystic Lake Middle School Youth Conference the weekend of October 9-11. Some of our youth are thinking about attending.

All of our children are also invited to our Day of the Dead event. The details and date of this event are still being finalized, but we’ll have a day to learn about Dia de los Muertos through engaging activities. Watch our Facebook page and listen to announcements for further information.

**Jackie and
Rev.Cindy**

Notes from the Board

The board met on Wed September 2 with everyone in attendance. We completed the process of hiring a new pianist, and were very happy to do so. We are very focused on the upcoming Grandma’s Attic/Harvest Bazaar sale which we hope will bring in enough money for two fundraisers, as it is a combined event (for the first time.) We are still looking for donations of baked goods for this sale. Please donate, volunteer, and SHOP with us, October 2nd and 3rd, 9:00 am. until 5:00 pm.

Gratia

**Submitted by: Gratia Karmes
Board President**

“Letting Go” Journaling or Dialogue Questions

October’s theme is “Letting Go.” Here are some questions to consider journaling about or discussing with a confidant this month:

1. Are you living in (and holding on to) a story about yourself that isn’t letting you grow?
2. Are you looking at (and holding on to) a story about others that isn’t letting them grow? A story that is blinding you to the wholeness and complexity of who they really are? That is putting them in a box that they don’t deserve? That is putting up an unnecessary wall between you and them?
3. Are you allowing yourself to be dragged? One of our Soul Matters participants writes, *“It took me 10 years of repression and 2 years of rumination before I forgave my ex-husband as a gift to myself for my birthday this year, and when I did, I realized how much lighter I felt. ... I’m now exercising my “forgiveness muscle”... because letting go feels so much better than being dragged.”* How does your forgiveness muscle need a bit more exercising?
4. Has letting go of “God” numbed you to “the love that never lets us go”?
5. Do you judge or celebrate those who have let go of God? Has your holding on to God led you to honor or look down upon those who have let God go?
6. Is doing your duty driving you farther and farther from yourself?
7. Is staying in control controlling you? Is it time to let go of always being in charge?
8. Is trying to look a certain way stopping you from seeing yourself?
9. Are you ready to forgive yourself? Sometimes the kind of mercy most needed is mercy for oneself. Is it time to let go of being so hard on yourself?
10. What’s your question? Your question may not be listed above. As always, if the above questions don’t include what life is asking from you, spend the month listening to your days to hear it.

**2015 Common
Read Book:
Just Mercy**

For the last several years, the Unitarian Universalist Association has announced "Common Read" books. This year's book is an important one for us here in Jackson, so we'll try to hold discussion groups later in the year. Pick up a book from your favorite bookseller and start reading now. [Just Mercy: A Story of Justice and Redemption](#) by Bryan Stevenson is this year's selection. Stevenson has dedicated his legal career to defending those who are trapped by an often capricious, political, and willfully unjust criminal justice system - poor people, people of color, children, and others over whom the system has run roughshod. It speaks to justice, mercy, and compassion, themes of concern to us as Unitarian Universalists and as human beings. It follows on recent Common Reads, such as *The New Jim Crow* and *Reclaiming Prophetic Witness*, and responds to recent statements passed by the delegates to the UUA General Assembly.

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.

Back to the Future!

October 21, 2015 is like totally the day Marty McFly traveled to in the 1985 movie "Back to the Future II." Pull on your legwarmers, tie your patterned shoelaces, put your hair in a scrunchie, and set your Swatch for 7:00 pm, because we're having a righteous 80s movie night at the church on **Wednesday, October 21**. It's going to be totally tubular as we find out what we thought 2015 would look like back in 1985. Where's my hoverboard, dude?
Submitted by: Rev. Cindy



**And on a More Serious Movie Note:
Suffragette**

Can you take two movies in one week? October 23 is the premier of "Suffragette", starring Carey Mulligan, Helena Bonham Carter, and Meryl Streep. The premier coincides with the 100th anniversary of the 1915 New York City suffrage parade where 25000 women marched up Fifth Avenue for the right to vote. Unitarians and Universalists were heavily involved in the suffrage movement. It's not clear what show times of the movie might be available locally, but we'll plan an outing for **Friday, October 23**. Watch your Bellringer and Facebook page for more details.

Submitted by: Rev. Cindy

Meetings and Events

U.U. Church of East Liberty

Grandma's Attic Sale

The attic sale is **Friday, October 2** and **Saturday, October 3** from 9:00 am to 5:00 pm. If you are able to help before, during or after the sale please let Gratia and Deb know, thanks in advance. Also there will be a Baked Goods Sale so if you can make some, baked good of all kinds would be welcomed. Please package them up in small amounts ready to be sold. Thanks.

Submitted by: Debbie Hartsuff

Golf Scramble

This year golf scramble will be at the Clark Lake Golf Course on **Sunday, October 4** starting at 2:00 pm. After the game of golf you are welcome to join us for dinner in the clubhouse. The price per game will be \$9.00 with a cart and also \$9.00 to walk the course. Contact Betty if you would like to golf. See supplement page for more contact info.

Submitted by: Betty Gulliver

The Jackson Personal Care Ministry

Nena has informed us that The Jackson Personal Care Ministry will be hosting a fundraiser at the "In Good Company" Restaurant located on US 127 just north of Jefferson Road. This event takes place on **Wednesday, October 7**, from 4:00-9:00 pm. with a percentage of the evening meals sold going to help out The Jackson Personal Care Ministry.

Submitted by: Nena Obits

Death Potluck

Our first "Death Potluck" was a good success, but I've only heard from one or two people interested in one on a different date. If you'd still be interested in attending one, let Rev. Cindy know, and we'll schedule one for the near future, this time on a Wednesday or Thursday.

Submitted by: Rev. Cindy

Bridges to Justice

The Jackson Area Civil Rights Awareness Assoc. (JACRAA) will be kicking off a series of forums on prison reform in the US. First event is **Saturday, October 10**, 9:00 am - 3:00 pm at St. John's UCC, 810 S. Mechanic, Jackson. Lunch will be provided for this free event, but please register at 517-788-4087, Ext. 1339. Check out JACRAA's website for more information.

Submitted by: Nena Obits

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

Legalizing Marijuana in Michigan

~ Thursday, October 15

October's Forum is on Legalizing Marijuana. There are bills currently moving in our state legislature to make this happen. A panel of speakers from different perspectives is planned. Is at the JDL, on Thursday, October 15 at 6:30-8:30 pm. Call Debby Sears at the library at 517-788-4087 ext. 234 for more information or see our Facebook page at:

www.facebook.com/JXNCommunityForum

Submitted by: Outreach Committee

Young Adult and Young Families Sunday & Outing

Sunday October 18th will be a special Sunday for them to connect at our church, with a group outing afterward to Meckley's Flavor Fruit Farm. What does "Young Adult" mean? In this case, we mean it as roughly 18-35 and also parents with young children. If you are in this demographic, please mark your calendars, and if you know someone to invite, please bring them along! Pack a picnic lunch and a picnic basket, and we'll picnic at the church or at the farm.

Submitted by: Rev. Cindy

Day of the Dead Intergenerational Event



This event is still being planned, but in late October or early November, we'll be hosting a Dia de los Muertos event at UUCEL. This will be a family-friendly event with crafts, local expert speakers, food and more. Watch our Facebook page and the Events page on our website for more information.

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 as chair.

Submitted by: Jane Volk

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, **Oct. 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 Supplement Page for more information. **Submitted by: Nena Obits**

~~ Upcoming Fund Raisers ~~

Grandma's Attic Sale ~~

Friday, October 2 10:00 am to 5:00 pm

Saturday, October 3 10:00 am to 5:00 pm

Holiday Gift Baskets ~ Nov. 15 - Dec. 6

Submitted by : The Church Board



Gospel Sing Fundraiser, an invitation to Personal Care Support Churches November 8,

@ First Congregational Church, N. Jackson Street

This is to invite the churches who support the Personal Care Ministry to join us on Sunday afternoon, November 8, 2015, in a Gospel Sing Festival to be held at the First Congregational Church.

Each participation choir/praise team/small group/soloist will have a slot on the program for one, two, or three selections along with congregational hymn singing.

Please pass this invitation on to those who may be interested in performing in this event. Last November, we had a great time and raised a good amount for the ministry. Our goal is to increase the choir participants.

For information or to register to participate, contact Christine Canning-Peterson at Christine.Canning@uni.edu or call her at 517-416-2281. Or you can contact Nena Obits for more information. **Submitted by: Nena Obits**



Holiday Gift Baskets Nov. 15 - Dec. 6.

Once again we will be asking for donations of gift baskets for our Holiday Silent Auction. Some creative ideas from the past are holiday gift wrap, pet supplies, candles, books, games and puzzles, personal care items and various treats, to name a few. Bidding will start on Sunday, Nov. 15 and end at 11am on Sunday Dec. 6 .If you have any questions, Please see Donna Hinton or Nena Obits

Submitted by: Nena Obits ~ 5 ~

Outing to Frederik Meijer Gardens and Sculpture Park

1000 East Beltline Ave., Grand Rapids, MI 49525

Saturday, October 17, (24th in case of rain)

This is a beautiful place to visit with indoor and outdoor gardens and many sculptures. You can have lunch in the cafeteria or bring your own and dine at one of the picnic tables.

Prices are \$12 Adults

\$ 9 Seniors and Students/ with ID

\$ 6 Ages 5-13

\$ 4 Ages 3-4

Free Ages 2 and under

Group rates are also available for 10 people or more and require reservations.

Please let Nena Obits and Jon Hart know if you are interested in going.

Submitted by: Nena Obits

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• 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
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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 NOVEMBER ISSUE, INFORMATION IS NEEDED BY: SUNDAY, OCTOBER 18. ~~~~~ SEND SUBMISSIONS TO: UUCEL_BELLNOTE@YAHOO.COM OR IN WRITING TO KATHY OR VICKI. THANK YOU –

We want to thank; Rev. Cindy Landrum, Gratia Karmes, Nena Obits, Debbie Hartsuff, 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



October

- 1 Thurs. AUUW Meeting ~ 12:30 pm
- 2 Fri. Grandma's Attic Sale ~ 10:00 am to 5:00 pm
- 3 Sat. Grandma's Attic Sale ~ 10:00 am to 5:00 pm
- 4 Sunday ~~~~ Service ~ Lay Leader: Peg Beison~ 11:00 am
- 4 Sunday Golfing at Clark Lake Golf Course ~ 2:00 pm
- 4-7 Minister away at Heartland UU Minister's Association meeting in Angola, Indiana
- 7 Wed. The Jackson Personal Care Ministry; Fundraiser @ "In Good Company" ~ 4:00-9:00 pm
- 7 Wed. Board Meeting ~ 6:30 pm
- 8 Thurs. Membership Meeting ~ 2:00 pm
- 8 Thurs. RE Committee at Carnegie Branch, Jackson Public Library ~ 4:30 pm
- 9-11 Mystic Lake UU Middle School Conference
- 10 Sat Bridges to Justice (JACRAA) 1st forums in series on prison ~ 9am-3pm @ St. John's UCChurch
- 11 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 11 Sunday Caring Committee Meeting ~ After the Service
- 12 Mon. Outreach/Forum Committee @ JDL ~ 2:00 pm (subject to change)
- 13 Tue. Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
- 15 Thurs. Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
- 15 Thurs. JXN Forum ~ Legalizing Marijuana in Michigan @ JDL, 244 West Michigan Ave. ~ 6:30-8:30
- 17 Sat Outing to Frederik Meijer Gardens and Sculpture Park ~ Leaving at 9:00 am ~24th in the rain date
- 18 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 18 Sunday The Bellnote Newsletter ~ Submissions Due
- 18 Sunday Outing to Meckley's Flavor Fruit Farm ~ Young Adult ~ After the Service
- 20 Tue. Worship Comm ~ Meets at Members' Homes in the Evening
- 23 Fri Movie Night: Suffragette ~ Location to be Announced
- 25 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am

Upcoming Events

- 11/8 Gospel Sing Fundraiser ~ @ First Congregational Church ~ 120 N. Jackson Street
- 11/15-12/6 Holiday Gift Baskets Silent Auction

Sunday	Greeter	Nursery	Ushers	Social Host	R.E. K-5	R.E. Youth
Oct 4	Alyce O	Vicki H &___	Gary T &___	Sue R & Purple Team	Jackie/Donna Letting Go	Youth @Sunday Service & Journal on Coming of Age
Oct 11	Grace M	Vicki H &___	Gary T &___	Ann G & Red Team	Jackie/Joh/Kerry World of Wonder2	Exploration:Through Music: "Letting Go" Lynn/ElizabethW
Oct 18	Joan B	Vicki H &___	Gary T &___	Nancy S & Orange Team	IG	IG
Oct 25	Betty G	Vicki H &___	Gary T &___	Gretchen M & Lime Team	Rob/Nancy/Laura World of Wonder#3	Gretchen/Alyce Coming of Age Unit 2: Cremos

October Theme: **Letting Go**

Oct 4 - "Adam and Eve, Historical Figures or Biblical Myth"

– **Lay Leader:** Peg Beison

We will explore the genetic evidence for Adam and Eve, and the implications of that evidence for Christianity.

Oct 11 - "Writing on Sand and Stone"

– **Rev. Dr. Cynthia L. Landrum**

Rev. Cindy explores this month's theme of "Letting Go."

Oct 18 - "One Hundred Years Hence"

– **Rev. Dr. Cynthia L. Landrum** –

We'll celebrate the 100th anniversary of the Women's Suffrage March in New York City. Frances Dana Barker Gage wrote a song "One Hundred Years Hence" during the suffrage movement – have we lived up to her vision?

Oct 25 - "Circles of Harm, Circles of Support"

– **Rev. Cynthia L. Landrum**

October is Domestic Violence Awareness Month, National Bullying Prevention Month, and LGBTQ History Month. Rev. Cindy will look at these three issues and how they intersect.

M H

