



2016 ~ 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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Dear Members & Friends,

The monthly themes and exercises I've been using for the last year and a half come from a group for UU ministers called "Soul Matters." Each month they send a packet with theme questions, suggested readings and quotes, and also a column. This month's column was particularly good, and so I share it with you in lieu of my own column this month. I hope you enjoy it!

Happy New Year,
Rev. Cindy

Minister's Column

What Does It Mean to Be a People of Resistance?

*...it starts when you care to act,
it starts when you do it again
after they said no,
it starts when you say We
and know who you mean, and each
day you mean one more.*

—Marge Piercy, from *The Low Road*

~ Yes, this month's theme is among the most complex of them all. But it also may be the most simple.

~ The complexity is clear:

~ Sometimes being a people of resistance involves struggle and requires us to disobey; other times it asks us to just be ourselves and not hide who we really are. Sometimes it involves defeating the enemy; other times it is a matter of noticing that treating them as the enemy defeats us all.

Sometimes being a person of resistance is about fighting all the way to the top; other times it's about picking yourself up off the floor and taking one tiny step. Sometimes it depends on the will to never let them win; other times it hinges on the wisdom to follow the path of least resistance.

~ It certainly takes the form of speaking our truth. But more often than not, it's about the harder task of speaking the truth in love.

~ We all know being a people of resistance involves refusing to comply and demanding change, which requires great courage. But sometimes the most courageous thing is to stop resisting and accepting that things just aren't going to work out the way we hoped.

~ Bottom line: being a people of resistance is tricky business and takes multiple forms.

~ But beyond this complexity lies the simplicity of Marge Piercy's words. In all cases, she reminds us, being a people of resistance starts when we say we.

This Month in Religious Education

Wasn't our pageant fun? We have some very talented kids. Elizabeth and Lynn report we have some great musicians and they have been enjoying their choices of music that inspires them. The teens continue to work on their personal beliefs. K through 5 kids are learning about nature and the interdependent Web of life. We have a couple of craft days coming up. In one we will work on crafts that connect us to nature. In the second craft day we will work on projects to donate.

February is coming up and we want to continue our tradition of Secret Friends. Let Jackie know if you want to friend one of our kids this year.

Jackie

Submitted by: Jackie Johnson



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.

Notes from the Board

The December's meeting was led by Elissa Alden the Vice President, as Gratia was out of town. The board met on Dec 2. We discussed specific committees and our strategic planning session which was held on November 15. We also talked about upcoming church events such as Santa's Workshop, RE pageant and special giving for Planned Parenthood.

Elissa

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

Cindy's column continued ...

~ January puts this in stark relief. Think about all those New Year's resolutions that try to overcome our personal inertia? Who of us ever accomplishes that without help? Without someone holding us accountable or cheering us on?

~ Martin Luther King Jr Day makes it just as clear. Although we celebrate him as a great leader, he himself preached that change requires a movement. Simply put, none of us resist alone.

~ Or maybe it's better to say that none of us **have** to resist alone. We all know what it is like to **want** to resist. Think of all those voices we hear in our heads and feel in our hearts: I'm not going to take it any more. I will not go along. I will not submit. I refuse to conform. I will no longer be numb. I will not give up. I will not forget. I will not go to sleep. I will ignore it no longer. I will not turn a blind eye. And yet, we also know that those voices are hard to hear and hold on to by ourselves. The blessing, of course, is that we don't have to hold on alone.

~ It is one thing to be told, "Resist!" It is quite another to be told, "Resist together!" But often what we need most is simply to be reminded that we don't have to resist alone.

~ May this be the gift we give each other this month. Let's help each other remember to start by saying we! It may be as simple as that.

~~ Upcoming Fund Raisers ~~

Venison Dinner
Saturday, February 6th at 6:00 pm

Submitted by : The Church Board

Resistance Theme Exercises:

Option A: Give Thanks!

Who made resistance possible for you? Who stood beside you as you stood against the status quo? Who helped remind you that the arc really can be bent? Who invited you into a vision of an entirely new day? Who made you feel like a one of a kind rather than a misfit? Who helped you resist the pressures to follow the herd?

Someone stood beside you. Someone picked you up for the protests. Someone taught the class that opened your eyes. Someone wrote the poem that inspired you. Someone's sacrifice moved your heart. Someone's courage rubbed off on you. Someone told you that you were precious. Someone made you feel like you aren't in the fight alone.

Thank them! That's it. Your assignment: Find a way to thank them and tell them how they made your resistance possible. Let them know what a gift it was.

Option B: Get Going ... But Not On Your Own

This is the month of New Year's resolutions. This year don't just pick a resolution; pick a partner! Honoring the spiritual practice of accountability, tell a trusted friend about your resolution and then ask them to help hold you to it. Choose whatever accountability strategy that works best for both of you. Maybe ask them to text you once a day to remind or encourage you. Instead of running alone, ask them to run with you for the month. Maybe your resolution is to get back to writing. If so, ask them to be your editor.

And don't just ask them to hold you accountable. Ask them to help you reflect on the experience itself. Sit down for at least one conversation to talk with your "resolution partner" about how it felt to be held accountable and to hold one accountable. What did it teach you - and them - about the power of resisting *together*?

Option C: Give It A Rest

In his book *Sabbath as Resistance: Saying No to the Culture of Now*, Walter Brueggemann invites us to resist our culture of busyness and anxiety. To him, striving is one of our greatest spiritual diseases. Resisting it needs to become one of everyone's core spiritual practices. Here are his Sabbath "instructions":

- You do not have to do more.

Continued on next column...

- You do not have to sell more.
- You do not have to control more.
- You do not have to know more.
- You do not have to be younger or more beautiful.

Pick one of these as your challenge or guide. Make it your mantra for the month. Find as many ways as you can to honor its goal of giving you rest and release.

(List taken from this review of Brueggemann's book: <http://tinyurl.com/hjonnred>)

Option D: Journaling

Choose one or more of the following questions and spend some time journaling on it:

- 1.) What would happen if you saw praise, joy or the creation of beauty as your primary form of resistance? What if the world needs your praise as much as your picket signs? What if it needs the creation of beauty as much as the elimination of injustice?
- 2.) Martin Luther King, Jr. wrote, "Our lives begin to end the day we become silent about things that matter." How is life asking you to end your silence?
- 3.) Is it really an insurmountable and futile challenge? Or just a matter of taking the next small step in front of you?
- 4.) The psychiatrist Carl Jung wrote, "What you resist, persists." So, is it possible that your resistance is the source of the struggle you are in? Would the fight end if you stopped fighting? Would the wall fall down if you *stopped* pushing on it?
- 5.) Has the habit become bad? Is it time to be honest about how your habit controls you more than you control it?
- 6.) If you were put on trial for being countercultural, would you be convicted?
- 7.) Is it possible that your refusal to give up and give in may be a way of avoiding the pain?
- 8.) Is labeling them the enemy defeating both them *and you*?
- 9.) Are your efforts to save the world leaving room to savor it?
- 10.) What would happen if you saw your justice work not as saving the world or bending the arc of the universe towards justice, but simply as "being a pest"? (Inspired by the Dalai Lama, who wrote: "If you think you are too small to make a difference, try sleeping with a mosquito.")
- 11.) What's your question? Your question may not be listed above. If the above questions don't include what life is asking from you, spend the month listening to your days to hear it.

Meetings and Events

U.U. Church of East Liberty

Challenges on the Inside

The Jackson Area Civil Rights Awareness Association will be holding a forum on **Jan. 4**, 6:30- 9:00 pm, at St. John's UCC Church, 801 S. Mechanic St., Jackson. Three speakers will cover topics concerning prison survival, and how families & citizens can work for better outcomes for prisoners and communities. For more information you can go to www.jacraa.com. **Submitted by: Nena Obits**

A Program for All Ages:

Draw and Color!

Join Rev. Cindy for an evening of drawing and coloring on **Tuesday, January 12**, 7:00 - 8:30 pm. Bring your own supplies. Rev. Cindy will bring instruction sheets on the basics of spiritual doodling and will provide instruction.

Submitted by: Rev. Cindy

30 Days of Love

For several years, the UU social justice campaign "Standing on the Side of Love" has celebrated "30 Days of Love" leading up to a "Standing on the Side of Love Sunday" on the Sunday closest to Valentine's Day. This year the 30 Days of Love begin on **January 17**. Usually there are daily activities that UUs can choose to engage in. This year the theme for 30 Days of Love is "Racial Justice." We'll start our 30 days of love at UUCEL with a service on Martin Luther King, Jr. weekend focused on bringing us up-to-date on the Black Lives Matter movement. For more on the 30 Days of Love, please visit <http://www.standingonthesideoflove.org/thirty-days-of-love-2016/>. **Submitted by: Rev. Cindy**

Theme Exploration and Discussion Group

Join us for coffee and conversation from 6:30 to 8:30 pm on **Wednesday, January 27**. Rev. Cindy will lead a discussion group focusing on this month's theme and the theme exercises. Please see page 3 of this issue for more information on the theme exercises. **Submitted by: Rev. Cindy**

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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 W. 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 21

A Living Wage. What does this mean to you?

This January JXN Forum will present a forum on "A Living Wage. What does this mean to you?" The participants will be 2 local ministers, the president of the Jackson Chamber of Commerce and an economics instructor from JC. Join us on January 21, at 6:30 at the downtown library in the basement auditorium.

Submitted by: Outreach Committee

Venison Dinner

Mark your calendar for **Saturday, February 6th** for a venison dinner prepared by George and Kathy Haynes. We will be serving at 6:00 pm in the social hall. The menu will be posted in the next issue of the Bellnote. The price of the dinner is a freewill offering that goes into the church's general fund.

Submitted by: George & Kathy Haynes

"Justice and Spirit" online book club

Skinner House, a publishing house of our Unitarian Universalist Association, has started an online book club that follows the themes of Soul Matters. This month's book selection about resistance is *The Rebellious Life of Mrs. Rosa Parks* by Jeanne Theoharis.

For more information and to sign up, go to:
<https://www.goodreads.com/group/show/173731-justice-and-spirit-unitarian-universalist-book-club>

For those who like to plan ahead, the book selections based on Soul Matters themes for the rest of this church year are:

February - Desire: *Listening Against the Stone*

March - Liberation: *The Third Reconstruction*

April - Creation: *When God Isn't Green*

May - Blessing: *Blessing the World*

Submitted by: Rev. Cindy

Social Hour, 2016 New Listing

This would be the new grouping for the upcoming year. As you may remember there were 10 groups last year and now you see 9. I was asked to remove 4 names and I did so without question, then I added 1 new name. As you can see I moved around a few names to balance the groups out. There was not a specific reason for who was placed where. Thanks everyone involved, last year was a fantastic year in the social hour department — let's do it again.

**Submitted by Kathy Haynes
Membership Comm.**

1 ~ Donna & Jason Hinton

1/3—3/6—5/8—7/10—9/11—11/13

Magenta Team

Elissa Alden
Nancy James
Vicki Haynes

2 ~ Kerry & Jon Hart

1/10—3/13—5/15—7/17—9/18—11/20

Coral Team

Paul Jenkins
Sharon & Doug Myers
Debbie Hartsuff

3 ~ Carole Hartsuff

1/17—3/20—5/22—7/24—9/25—11/27

Yellow Team

Dorothy Kerr
Steve Kish
Jackie Ellerthorpe

4 ~ Nena Obits

1/24—3/27—5/29—7/31—10/2—12/4

Green Team

Nancy Cooper
Cecily & David Savick
Joyce Kelley

5 ~ Jane Volk

1/31—4/3—6/5—8/7—10/9—12/11

Blue Team

Debbie & Fred Marshall
Gratia Karmes
Alyce Oosting & Lynn McLean
Jackie Johnson

6 ~ Sue Rainey

2/7—4/10—6/12—8/14—10/16—12/18

Purple Team

Grace Mulnix
Anita & Tom Pepper
Chris & Gordon Bernstein

7 ~ Joan Bernstein

2/14—4/17—6/19—8/21—10/23—12/24

Red Team

Marge Duane
Sharon Pedersen
Peg & Steve Beison

8 ~ Nancy Smith & Rob Gaecke

2/21—4/24—6/26—8/28—10/30—12/25

Orange Team

Lynn Hightower
Kathy & George Haynes
Martha Koopman

9 ~ Vic & Gretchen Marshall

2/28—5/1—7/3—9/4—11/6—12/25

Lime Team

Robin Wormser
Liz Webb
Betty & Ted Gulliver



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, Jan. 21 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

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 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 24. ~~~~~ SEND SUBMISSIONS TO:
UUCEL_BELLNOTE@YAHOO.COM OR IN WRITING TO

KATHY OR VICKI. THANK YOU —

We want to thank; Rev. Cindy Landrum, Jackie Johnson, Elissa Alden, Nena Obits, George & Kathy Haynes, 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

Cindy will be on vacation through January 3

- 1 Fri. New Year's Day
- 3 Sunday ~~~~ Service ~ Lay Leader: Jon Hart ~ 11:00 am
- 4 Mon. JACRAA forum 'Challenges on the Inside' ~ 6:30 - 9:00 pm @ St. John's UCC
- 7 Thurs. AUUW Meeting ~ 12:30 pm
- 10 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 10 Sunday Caring Committee Meeting ~ After the Service
- 12 Tue. Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
- 13 Wed. Outreach/Forum Committee @ JDL ~ 2:00 pm
- 13 Wed. Board Meeting ~ 6:30 pm
- 14 Thurs. Membership Meeting ~ 2:00 pm
- 14 Thurs. RE Committee at Carnegie Branch, Jackson Public Library ~ 4:30 pm
- 17 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 18 Tue. Worship Comm. ~ Meets at Members' Homes in the Evening
- 21 Thurs. Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
- 21 Thurs. JXN Forum ~ "A Living Wage. What does this mean to you?" @ JDL, ~ 6:30-8:30
- 24 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 24 Sunday The Bellnote Newsletter ~ Submissions Due
- 31 Sunday ~~~~ Service ~ Lay Leader: Anita Pepper ~ 11:00 am

Upcoming Events

February is Secret Friends Month

Venison Dinner ~ Saturday, February 6 at 6:00 pm

Weekly Volunteer Schedule

Sunday	Greeter	Nursery	Ushers	Social Host	R.E. K-5	R.E. Youth
Jan 3	Alyce O	Vicki H & Kathy H	Gary T & ____	Donna H & Magenta Team	Jackie J & Laura T	In the service or crafts with Jackie
Jan 10	Grace M	Vicki H & Gratia K	Gary T & ____	Kerry H & Coral Team	Jackie J & Kerry H	Truth and honesty in music Lynn and Elizabeth
Jan 17	Joan B	Vicki H & Joan B	Gary T & ____	Carole H & Yellow Team	IG	IG
Jan 24	Open	Vicki H & Nena O	Gary T & ____	Nena O & Green Team	Jackie J & Rob G/Nancy S	Coming on age 4 Gretchen and Alice
Jan 31	Carole H	Vicki H & Cecily S	Gary T & ____	Jane V & Lime Team	Jackie J & ?	Teens in service or crafts with Jackie ~ 7 ~

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

January Theme: Resistance

Jan 3 - "The Realidad-How the Zapatistas Transformed Reality through Imagination & Resistance"

– Lay Leader: Jon Hart

Jon Hart will examine the transformational actions and ideas of the Zapatistas through their rebellion and beyond.

Jan 10 - "Using the Force"

– Rev. Dr. Cynthia L. Landrum

Rev. Cindy takes another look at the theology of Star Wars through the lens of process theology.

Jan 17 - "Another Look at Black Lives Matter"

– Rev. Dr. Cynthia L. Landrum

For Martin Luther King, Jr. Sunday, Rev. Cindy will update us on what's been happening in the Black Lives Matters movement within Unitarian Universalism and in the larger society. How can...

...we engage with the "Action of Immediate Witness" passed by the General Assembly?
What are other churches doing?

Jan 24 - "Mysticism and Resistance"

– Rev. Dr. Cynthia L. Landrum

Dorothy Sölle said, "God has no hands except from our hands." Drawing on the work of Dorothy Sölle, Rev. Cindy will explore how spiritual grounding prepares us for the work of justice.

Jan 31 - "The Tao of Pooh"

– Lay Leader: Anita Pepper

Are you a Pooh or an Eeyore or a Tigger?
How does this connect to your spirituality?

M h e