



2016 ~ March

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. DR. CYNTHIA LANDRUM
CYNLANDRUM@GMAIL.COM
PIANIST ANITA FOBES
AFOBES@JUILLIARDALUMNI.NET
R.E. JACKIE JOHNSON
JSJ128@COMCAST.NET
NURSERY & CHILD CARE VICKI HAYNES
KERMIT_210@YAHOO.COM

BOARD OF DIRECTORS

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GLK222@TDS.NET
VICE PRESIDENT ELISSA ALDEN
ELISSA.ALDEN@COMCAST.NET
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KHART247@SBCGLOBAL.NET
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GREENANNM@JCCMI.EDU
TRUSTEE DEB HARTSUFF
DEBHARTSUFF@GMAIL.COM

CARING COMMITTEE

JANE VOLK
GJVOLK@COMCAST.NET

BUILDING & GROUNDS

VIC MARSHALL
VBMARSHALL@GMAIL.COM

COMMITTEE ON MINISTRY

GRETCHEN MARSHALL
AMARSHALLG@YAHOO.COM

BOARD/ELECTED NOMINATING COMM

STEVE KISH STEVEKISH982@YAHOO.COM
GRACE MULNIX



Dear UUCEL Members & Friends,

Michigan is a troubled place lately, between the water crisis in Flint, the shootings in Kalamazoo, the Detroit Schools crisis, and anti-Muslim violence on the rise across the state. I'm sure you are as concerned as I am about all these issues in our state that we love. So there are a few things I'd like to share with you, beginning with the Flint water crisis. Last month I shared information from the Flint UU congregation. This month I share information from Leslie Mac, a member of the Grand Rapids UU congregation, and their minister Rev. Colleen Squires. Leslie Mac is the founder of the Ferguson Response Network. Rev. Colleen and Leslie recently went to Flint to find out how the response was going, and the answer was disturbing. Rev. Colleen writes, "This was a very eye-opening exercise. The Red Cross has a large stock pile of bottled water and with the help of the National Guard is distributing water from four or five area fire stations. They are rationing the water to one case per household and they are requiring an ID for folks who need a water filter. People without documentation would not find this a safe environment to access water." Leslie has created a crowdfunding campaign to help Flint that they ask I share with you. It supports a coalition of local leaders in Flint called "Flint Rising." It is at <https://www.crowdrise.com/flintwatercrisisfergusonresponse/fundraiser/lesliemac>.

Responding to anti-Muslim rhetoric and violence has been a part of my ministry from the first days after I started ministry in the summer of 2001. I was pleased to write a letter that was shared in the Citizen Patriot a couple of months ago about the anti-Muslim rhetoric we've been hearing from our politicians, but this is not enough. In January a handful of UU ministers across the state met with a Detroit-area Imam to discuss what more we could do. One thing that came out of that meeting was a resolution that we're asking the MidAmerica Region to adopt, and our church board was the first of eight church boards to endorse the resolution for the Regional Assembly's action. We're working on further actions that our churches can take to support local Muslims, as well.

We cannot solve all these big problems of violence, poverty, and more in our state, but our faith works to make a difference wherever we can. I've been seeing the Kalamazoo UU church's new minister, Rachel Lonberg responding in her community with vigils and press statements and strong ministry in the face of a grieving community. In Flint the minister is working with the local community on the water crisis. My sister who teaches in Detroit Public Schools tells me of a UU church in a neighboring state that's helping with supplies for her classroom and her classroom's kids.

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This Month in Religious Education

On February 19-21 three of our middle school/Jr. High kids went to a CON (UU retreat) in Kalamazoo. They participated in workshops on cooking, making blankets for the local shelter, song writing, appropriate use of social media, and mindfulness. The kids had a good time and made new friends. They returned tired but built up by many notes of praise in their compliment bags. This was definitely a worthwhile experience for our kids.

March starts off our annual Secret Friends month this year. Please let Jackie know if you would like to friend one of our UU youth this year. We need between 10-15 volunteers. The kids will have decorated gift bags set up in the social hall. Each week the volunteer puts a small gift (example: snack, note, stickers) in the bag for the kids to find. Some secret friends have given hints each week for the child try to guess their identity. The last week, March 27, we have a reveal breakfast before church the time will to be announced soon. Kids and adults both really enjoy Secret Friends month. Let Jackie know if you want to join the fun!

Jackie

Submitted by: Jackie Johnson

Notes from the Board

The board met with five members present plus Marion Shroyer, who helped clarify several financial reporting issues. We also adopted a formal calendar of important items for the board to review. We voted to endorse the Mid America resolution on Muslim solidarity, and created a policy regarding borrowing of church owned furniture and equipment. The next board meeting will be the second Wednesday of March instead of the first. Please see full minutes that are posted in the social hall.

Gratia

**Submitted by: Gratia Karmes
Board President**

Minister's Schedule

Rev. Cindy will be out of town but available by cell phone on March 11th through March 13th.

Cindy's column continued ...

And across the state and region we're responding to anti-Muslim violence together. It's important for us in East Liberty to remember that we're part of a larger movement, connected to UU churches across the state and country, working together for peace and for justice. We may feel small, remote, and isolated at times, but our efforts and our assistance can make a difference.

Namaste,

Rev. Cindy

~~ Upcoming Fund Raisers ~~

**In Good Company Fundraiser ~
Wednesday, April 6, 4:00-9:00**

Submitted by : The Church Board

This Month's Spiritual Exercises:

Option A: Mark (and take control of) Your Hours!

Liberation is often about simply waking up! Hour by hour, we give up intentionality and let life happen to us. This exercise invites us to liberate ourselves by waking up to what our hours actually look like.

Here's your assignment: Use the alarm clock on your cell phone (or some other device) to set off an hourly alert/chime. Have the alarm/chime go off every hour on the hour for the entire day, from the time you get up to the time you go to bed. Every time the hourly alarm goes off, make a one-word note in a journal or notepad that capture what you are doing in that moment. For instance, one day's worth of entries might look like: worrying, staring, working, working, working, eating, complaining, day-dreaming, emailing, working, commuting, cooking, washing, emailing, dog-walking, nodding-off.

Do this at least 2-3 days, either in a row or at different times.

Now here's the catch: Notice the pattern and figure out how you want to change it. Don't over-plan it. Just give your day a little bit more intentionality. Keep your hourly alarm in your head and tell yourself that you want to end the day with a list that you can be proud of. Imagine what kind of list would make you smile, feel in control or feel free. For instance this kind of list: snoozing, jogging, enjoying, planning, working, experimenting, advocating, working, dreaming, laughing, cooking, reading, connecting, talking, loving, breathing. Or this kind of list from a day off of work: sleeping, sleeping, soaking, painting, painting, varnishing, indulging, napping, painting, painting, dining, dancing, dancing, gazing, dreaming. It's all about consciousness. It's all about liberating yourself by simply noticing. It's all about living life rather than letting life live you!

Option B: Let Your Precious Go

In J.R.R. Tolkien's classic, *The Lord of the Rings*, we watch a creature named [Gollum](#) give his life and soul over to his "precious." That which was meant to free and protect him, depleted and betrayed him. It's meant to symbolize the destructive lure of addiction and power. It's an extreme example. But this trap is also commonplace.

Continued on next column...

All of us do things that we think will make us feel better but end up making us feel worse. We all have our "precious" that ends up betraying us.

This exercise simply asks you to use this month to work on facing your "precious" and make some small step in letting it go. There are no more complicated instructions than this: Liberate yourself from your "precious."

Here is some inspiration and guidance:

http://gretchenrubin.com/happiness_project/2015/03/like-gollum-do-you-have-something-precious-that-isnt-good-for-you/

Option C: DANCEBREAK!

Oh yeah! You know you need this one. If music and dance have saved you before, they can save and free you again. This exercise asks you to let music and/or dance interrupt your weekly routine. The instructions are easy: Sign up for DANCEBREAK! at <http://dancebreak.weebly.com/join-the-dance-party.html> DANCEBREAK was created by Rev. Scott Rudolph, a Unitarian Universalist minister in Pittsburgh. The vision is explained here: <http://dancebreak.weebly.com/about-dancebreak.html>. Rumors have it that the real origin was to help ministers escape the pressure and fear of sermon writing right when they need it most. But don't we all need a bit of music and dance to help us step back from the stress? Don't we all need a bit of rhythm and joy to free us from our worries? Who of us doesn't need a mid-week dancebreak?!

By signing up, you will receive a weekly email that has a song/video to dance along with. If you want a dancebreak more than once-a-week, then set an alarm on your calendar and visit the DANCEBREAK archives: <http://dancebreak.weebly.com>.

And if you're up to it, help liberate other Soul Matters members by posting DANCEBREAK worthy songs on the Soul Matters Facebook page (<https://www.facebook.com/groups/soulmatters/>) throughout the month of March. When you post it, tell your Soul Matters family why you picked the song and what it liberated you from.

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Meetings and Events

U.U. Church of East Liberty

In Good Company Community Night April 6, 2016

Please bring yourself, your family, and friends to In Good Company on Wednesday, April 6 between 4 and 9 pm. In Good Company will donate 15% of all proceeds during that time to UUCEL. Specifically, the donation will help UUCEL fund improvements to its audio-visual capabilities (including the purchase of a flat screen television and necessary peripherals and equipment).

How can YOU help? Come to dinner between 4 and 9 pm on April 6. Make a reservation. Tell everyone you know. Share the event as it's posted on social media. Consider donating an item for silent auction. Sign up to welcome customers at a table in the lobby. Convince a business owner to match the proceeds, or a portion of them (yes, we'll mention the business in our PR material).

If you're interested in helping, please contact Kerry Hart. See Supplement Page for more contact information.

Submitted by: Kerry Hart

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, March 17

"Everything You Wanted to Know about Refugees"

The March JXN Community Forum will be entitled "Everything You Wanted to Know about Refugees". Our speaker will be Bruce Winters from the Refugee Development Center of Michigan. This will be held at the downtown branch of the library on March 17th at 6:30 pm

Submitted by: Outreach Committee

"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:
March - Liberation: *The Third Reconstruction*
April - Creation: *When God Isn't Green*
May - Blessing: *Blessing the World*

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.

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, **March 17** from 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 contact information. **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>

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 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 APRIL ISSUE, INFORMATION IS NEEDED BY: SUNDAY, MARCH 20. ~~~~~ 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, GRATIA KARMES, NENA OBITS, JANE VOLK, KERRY HART, 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



March

March is Secret Friends Month

- 3 Thurs. AUUW Meeting ~ 12:30 pm
- 6 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister: ~ 11:00 am
- 8 Tue. Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
- 9 Wed. Board Meeting ~ 6:30 pm
- 9 Wed. Outreach/Forum Committee @ JDL ~ 2:00 pm
- 10 Thurs. Membership Meeting ~ 2:00 pm
- 10 Thurs. RE Committee at Carnegie Branch, Jackson Public Library ~ 7:00 pm
- 13 Sunday Daylight Saving Time Begins
- 13 Sunday ~~~~ Service ~ Lay Leader: Nena Obits ~ 11:00 am
- 13 Sunday Caring Committee Meeting ~ After the Service
- 17 Thurs. Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
- 17 Thurs. JXN Forum ~ "Everything You Wanted to Know about Refugees" @ JDL, ~ 6:30-8:30
- 20 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 20 Sunday The Bellnote Newsletter ~ Submissions Due
- 21 Tue. Worship Comm. ~ Meets at Members' Homes in the Evening
- 27 Sunday Secret Friends Reveal Breakfast ~ Time to be announced
- 27 Sunday ~~~~ Easter Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 27 Sunday Social Hall is Rented for Wes Smith and his Family Dinner ~ 1:30 pm

Upcoming Events

- April 6 Fundraiser @ In Good Company ~ 4:00 - 9:00 pm

Weekly Volunteer Schedule

Sunday	Greeter	Nursery	Ushers	Social Host	R.E. K-5	R.E. Youth
Mar 6	Alyce O	Vicki H & Kathy H	Gary T & ___	Donna H & Magenta Team	Jackie J & Nancy/Rob -WOW 11	Lynn H & Elizabeth W Liberation Music
Mar 13	Grace M	Vicki H & Gratia K	Gary T & ___	Kerry H & Coral Team	Jackie J & Peter M -WOW 12	Gretchen M & Alice O COA-5
Mar 20	Joan B	Vicki H & Joan B	Gary T & ___	Carole H & Yellow Team	Donna H & Jackie J -WOW 13	Teens Journaling the service
Mar 27	Carole H	Vicki H & Nena O	Gary T & ___	Nena O & Green Team	IG	IG

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

March Theme: Liberation

Mar 6 - "Women's History Profile:

Judith Sargent Stevens Murray"

- Rev. Dr. Cynthia L. Landrum

For women's history month, Rev. Cindy will share information about Judith Sargent Stevens Murray, wife of the first Universalist minister in America and a noted writer and editor in her time. Judith wrote one of the earliest published statements on women's rights.

Mar 13 - "Hymn Sing Sunday"

- Lay Leader: Nena Obits

You've told us what your favorite hymns are. Come join us for a Sunday of singing!

Mar 20 - "Liberation Theology"

- Rev. Dr. Cynthia L. Landrum

Rev. Cindy explores this month's theme of "liberation" through an exploration of liberation theology.

Mar 27 - "Liberating Easter"

- Rev. Dr. Cynthia L. Landrum

Join us for Easter Sunday as we wrestle with what Easter means in our own lives.

W h e

