



2016 ~ June
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



Minister's Column

Our theme for the month is "Simplicity." One of the popular songs in our hymnal is known as "Simple Gifts," which says, "'Tis a gift to be simple; 'tis a gift to be free." How is it a gift to be simple? Life is not always simple, and the complexity, while sometimes joyous, sometimes is related to hardship. Sometimes it is a blessing for life to be simple.

Simplicity is often a privilege, too. I read magazines and books on voluntary simplicity sometimes, and some of the suggestions they give are anything but easy and affordable. One article on making the most of small spaces led me to a chair store where chairs ranged up to five thousand dollars per chair, and that was in the "shabby chic" section! Another article on "Real Simple" tells me that there are seven manicure mistakes I might be missing. I assume all seven must be that I'm not getting manicures!

When you think about people juggling families and work, as many of us do, lives are far from simple. But there are always those for whom life is even more complicated. For example, the issue of gendered bathrooms has been in the news a lot lately. Imagine, if you are not someone for whom this is true, how complicated life is if you have to plan your trips so that you never use a public restroom, or if you do use a public restroom, you have to think each time about which one to use, and where you might face the least real danger. This is one area where our "simple" building, at least, makes things simpler for people – all of our bathrooms are single-stall and for all genders.

June is also Pride month in the LGBT community. We've come a long way with last year's decision for marriage equality, but the escalating violence around bathrooms shows there's a long way to go. For example, I read a recent Facebook post from a woman who once visited our church who said she was harassed in the line for the women's room recently at the beach in South Haven. As long as people believe that it's okay to police the gender expression of others, we're going to keep seeing incidents like this one.

So as we celebrate pride, the end of the year, and simplicity this month, keep working for justice for those for whom our society makes things all too complex.

Peace,

Rev. Cindy

This Month in Religious Education

A successful year of Religious Education is coming to a close here at East Liberty UU. We could not have pulled it off without our village of volunteers. In the nursery Vicki Haynes continued to care for our youngest UUs with support from Kathy Haynes, Gratia Karmes, Joan Bernstein, Nena Obits and Cecily Savick. Kerry Hart, Nancy Smith, Robert Gaecke, Peter Morrison, Donna Hinton, and Laura Thurlow worked with our elementary kids as we learned about the Interdependent Web of Life. Cindy Landrum, Lynn Hightower, Elizabeth Walker, Gretchen Marshall, and Alyce Oosting helped our teens as they worked on growing into unique and caring individuals. Seventeen people from our small congregation! WE TRULY APPRECIATE EACH OF YOU.

Jackie

Submitted by: Jackie Johnson

Notes from the Board

The annual meeting was held May 22 and the budget was passed unanimously. The board would like to thank all the members who attended and provided input into planning for the coming year. Ann Green is stepping down from the board to chair the worship committee. Tom Pepper will be the newest board member, and I will be staying for another three year term. The 4 Special Collections with the highest votes for this upcoming year are Jackson Personal Care Ministry, Aware Shelter, Brooklyn Food Pantry and the Jackson Interfaith Shelter.

Gratia

**Submitted by: Gratia Karmes
Board President**



~~ Upcoming Fund Raisers ~~

Annual Attic Sale ~ Sept 16 and 17

Submitted by : The Church Board

Minister's Schedule:

Rev. Cindy will be away from June 19-June 26 for General Assembly and Ministry Days.

Rev. Cindy will be on vacation and study leave from June 27 through July 31.

~Visitor Tips for Everyone~

Here are some ways to make people feel welcome that everyone can follow:

- Introduce yourself and get to know a visitor by name.
- Invite a visitor to social hour.
- Wear a nametag.
- Sit toward the middle of the pew or nearer to the front of the church so visitors can be more anonymous if they choose.
- Watch for people who may be alone during social hour and ask them about the sermon or their faith journey.

Thank you!

June's Spiritual Exercises on Simplicity

Option A: When Life Was Simple — This exercise invites you challenge your present with your past. We all remember a time when “life was simpler.” These are fond memories but also come with a sense of mourning. A part of us wishes we could return to the feeling of that time, but the biggest part of ourselves “knows” that’s not realistic. Maybe it’s time to take a second look. Here are your instructions:

1. Bring the memory back to life: Find a way to return to that time in your life when life was simpler and more nourishing. Journal about it, share the story with a friend, make it a part of your meditative practice.

2. Work with the memory: Spend time focusing on what was most nourishing or precious about it. Figure out why the memory anchors you or keeps coming back. Note what gift it gave you at the time and the impact on that gift being absent from your present circumstances. Again, do this reflective work using the form you are most comfortable with: journaling, conversation with a friend, personal meditation, etc.

3. Let it challenge you: Ask yourself “Why can’t it be this way again?” Play devil’s advocate with yourself. Challenge yourself justifications about why life just can’t be that simple now? Ask yourself if the barriers are really immovable and push yourself to consider how they might actually be self imposed or more in control than you want to admit. You may not be able to return to the circumstances of that previous time, but what about reclaiming the feeling and the freedom it offered you.

Option B: De-Clutter Your Decision Life! — Simplicity is not just about materialism. For many, the most oppressive clutter is not the stuff packed into our physical space but the millions of decisions we have to make each day. Psychologists have even given this struggle a name: “Decision Fatigue”:

<http://www.nytimes.com/2011/08/21/magazine/do-you-suffer-from-decision-fatigue.html>

<http://www.businessinsider.com/decision-fatigue-and-productive-mornings-2015-4>

They see willpower functioning like a muscle that can get quickly exhausted. Too many decisions, they show, quickly weaken our ability to think clearly, and

even be kind. Spending too much will power on the inconsequential stuff ends up damaging our ability to address the important decisions of our lives. For this reason, many people - including President Obama and Mark Zuckerberg - are now simplifying their “decision life” by routinizing basic daily activities, for instance wearing the same outfits or eating the same breakfast or lunch:

<http://www.businessinsider.com/barack-obama-mark-zuckerberg-wear-the-same-outfit-2015-4>

<http://www.becomingminimalist.com/wear-one/>

So if it is good enough for President Obama, why not you? Your Assignment: **Simply pick a daily routine and take the decision out of it.** For one week at least, wear the same basic outfit or part of the same outfit, eat the same breakfast or pack the same lunch. You get the drift. **Find some way of your own to de-clutter your decision life!**

Option C: Room for What’s Inside You —This exercise is inspired by a quote: *I think you should learn, of course, and some days you must learn a great deal. But you should also have days when you allow what is already in you to swell up inside of you until it touches everything. And you can feel it inside you. If you never take time out to let that happen, then you just accumulate facts, and they begin to rattle around inside of you. You can make noise with them, but never really feel anything with them.* — Elaine Konigsburg

This quote reminds us that simplicity is not just about pruning the world outside of us, but also about making space for the world inside us. The real tragedy of busy lives is often not about being overwhelmed by outside voices, but being cut off from our inner voice. Simplicity in this sense is less about clearing away the trivial and more about making room for the divine to speak.

So here’s your assignment: **Make time to listen. It is as simple as that.** As Konigsburg puts it, “allow what is already in you to swell up.” There are a myriad of ways to make space: meditation, walking in the woods, turning off the radio on your way to work. The goal is to have the experience of simplifying your schedule and your listening enough to fit the experience that Konigsburg describes in her quote.

Meetings and Events

U.U. Church of East Liberty

General Assembly

Registration for General Assembly is now open. The General Assembly is closer than ever this year, in our neighboring state of Ohio! General Assembly is from **June 22** through **June 26** in Columbus. If you've never been, this is a great opportunity to attend for even a day or weekend. The theme this year is "Heart Land: Where Faiths Connect" and is all about interfaith cooperation. This year's Ware Lecture (the keynote address) speaker is Krista Tippett, journalist, author, and host of the public radio show "On Being." The choir at this year's GA is being led by the fabulous Glen Thomas Rideout of the Ann Arbor church. For more information and to registration, go to www.uua.org/ga.

Submitted by: Rev. Cindy

Pledge Reminder

The church fiscal year ends June 30, 2016. Please try to have your current year's pledge up to date by **June 30**. Thanks you for your continuing generosity to the UU Church of East Liberty.

Submitted by the Finance Committee

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

Adult RE

Presentations on Health

The next adult religious education event on health will be a presentation by Kerry Hart on **June 5**. She will speak on Social Security and financial health. Kerry is the manager of the Social Security office in Adrian. This series will occur over the next several months on health. These presentations are being coordinated by Steve Kish and will include presentations by both members and guests. Each session will be held after our church service starting approximately at 12:30 -12:45 pm, and lasting about a half hour.

Submitted by: Steve Kish

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...

JXN Community Forum is taking the summer off. In September we will be cosponsoring two local/state Candidate's Forums with the Jackson League of Women Voters. Watch for information in August..

Submitted by: Outreach Committee

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, **June 16** 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

June's Spiritual Exercises on Simplicity, continued...

Gramma's Attic Sale

The Annual Gramma's Attic Sale will be held on **Friday, September 16** and **Saturday, September 17** more information will be in next month's Bellnote newsletter. Gratia Karmes will be the chair of this large fundraiser. If you are able to help in any way, please let Gratia know as soon as possible as plans are getting under way. The Gramma's Attic Sale is our name for a large yard sale held inside and outside the schoolhouse next to the church. Save the dates and clean your closets and or attics. Thanks

Submitted by: Gratia Karmes

Option D: Before I Die....For some this may be too trite. For others it may be too tender and close. But the exercise of reflecting on what you want to do before your die or what you might do if you had only one to two years to live is a core spiritual practice for all religious traditions. It is the ultimate simplifying and clarifying exercise. In fact, recently, it has caught the imagination of people from around the world in the form of giant chalkboards where people are invited to complete the sentence, "Before I die I want to..."

<http://beforeidie.cc/site/blog/category/walls/>
<http://beforeidie.cc/site/about/>
https://www.ted.com/talks/candy_chang_before_i_die_i_want_to?language=en

You do not need a giant chalkboard installation to achieve the same clarifying experience. Your Assignment: **Complete the sentence for yourself.** Spend time thinking about it. Talk with friends. Make it the core question of your meditative practice for the month. The challenge will be to pick just one thing. The gift will come if you actually commit to doing it and living out the sentence sooner than later!

Sabbatical Notice

The Board has approved a plan for Rev. Cindy to take a three month sabbatical beginning after Christmas 2016 or starting in January 2017, which will be taken along with two or three additional weeks of vacation and study leave. While she is eligible for one month per year of service up to six months, this is a sabbatical planned to be shorter than her previous sabbatical of five months in 2010-2011, with the thought that trying shorter but more-frequent sabbaticals may prove to be a better model for our church. Vic Marshall, Joan Bernstein and Kathy Haynes have agreed to serve on a sabbatical committee. They will plan for how to best handle Cindy's absence.



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.

AMERICAN RED CROSS – Home Fire Prevention Campaign

Purpose: A nation-wide study was done that indicated Jackson area zip codes 49201 and 49203 were among the highest in reports of fire-related injuries and death. The goal of this campaign is to reduce fire injuries and deaths by 25% by the end of the five year campaign, 2019.

The local office of the AMERICAN RED CROSS, along with several community partners, has expanded the service area to include any persons in need of working smoke detectors in Jackson and Hillsdale counties. We will install up to three smoke detectors per family or household at **NO COST TO THE CLIENT**. Also there are no qualifying criteria (income, age, number of people in the home, ect), only that you live in Jackson or Hillsdale county. We can give you 10-year smoke detectors, up to 3 per household. We must also install them, at no charge. The average life of a smoke detector is 10 years, so if you can't remember when your smoke detectors were installed, you probably need new ones. Spread the word to your family, friends and neighbors. This campaign is ongoing through 2019 across the whole U.S.A.

To sign up for the free detector program, call the local AMERICAN RED CROSS office MONDAY - THURSDAY 9:00am - 4:00pm at [517-782-9486](tel:517-782-9486) or [517-480-4079](tel:517-480-4079), or contact Debbie Hartsuff at church, an AMERICAN RED CROSS VOLUNTEER, to schedule an appointment for installation. **Submitted by: Debbie Hartsuff**

<ul style="list-style-type: none"> • Church Website • The Bellnote Newsletter • Church's facebook page • Forum facebook page 	<ul style="list-style-type: none"> http://www.libertyuu.org http://www.libertyuu.org/newsletter.html http://www.facebook.com/libertyuu 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 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 JULY ISSUE, INFORMATION IS NEEDED BY: SUNDAY, JUNE 19. ~~~~~ 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, STEVE KISH, DEBBIE HART-SUFF, 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



June

- 1 Wed. Board Meeting ~ 6:30 pm
- 2 Thurs. AUUW Meeting ~ 12:30 pm
- 5 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 5 Sunday Adult RE Presentations on Health "Social Security & Financial Health" 12:30 - 1:00 pm
- 8 Wed. Outreach/Forum Committee @ JDL ~ 1:00 pm
- 9 Thurs. RE Committee at Carnegie Branch, Jackson Public Library ~ 7:00 pm
- 12 Sunday ~~~~ Service ~ Dr. Cynthia L. Landrum, Minister ~ 11:00 am
- 12 Sunday Caring Committee Meeting ~ After the Service
- 13 Tue. Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
- 16 Thurs. Membership Meeting ~ 2:00 pm--- Not meeting this Month
- 16 Thurs. Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
- 19 Sunday ~~~~ Service ~ Lay Leader ~ 11:00 am
- 19 Sunday The Bellnote Newsletter ~ Submissions Due
- 21 Tue. Worship Comm. ~ Meets at Members' Homes in the Evening
- 22-26 General Assembly ~ in Columbus, Ohio
- 26 Sunday ~~~~ Service ~ Lay Leader ~ 11:00 am

Upcoming Events

Attic Sale ~ Sept 16 and 17

Weekly Volunteer Schedule

Sunday	Greeter	Nursery	Ushers	Social Host	R.E. K-5	R.E. Youth
Jun 5	Alyce O	Vicki H & Kathy H	Gary T & ___	Jane V & Blue Team	IG	IG
Jun 12	Grace M	Vicki H & Gratia K	Gary T & ___	Sue R & Purple Team	IG	IG
Jun 19	Joan B	Vicki H & Joan B	Gary T & ___	Joan B & Red Team		
Jun 26	Betty G	Vicki H & Nena O	Gary T & ___	Nancy S & Orange Team		

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

June Theme: Simplicity

June 5 - "Flower Communion"

– Rev. Dr. Cynthia L. Landrum

Join us for our annual flower communion service! Bring a flower to represent the diversity of humanity, and leave with another flower in your care.

June 19 - "TBA"

– Lay Leader: TBA

June 12 - "Wheel of the Year & Simple Gifts"

– Rev. Dr. Cynthia L. Landrum

Join us as we recognize transitions and honor volunteers. Bring about sixty of something simple to pay thanks to all those who help make our congregation strong. Your item of thanks can be a penny, a matchbook, a stone, a swatch of cloth, a clothespin... or go a little more elaborate and fold cranes or write notes or make book-marks. The options are limitless!

June 26 - "TBA"

– Lay Leader: TBA

W h e

