



2017 ~ June

# The Bellnote

## 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

This month I'm headed to New Orleans for the UUA General Assembly. I've never been to New Orleans, although I drove through Louisiana once while moving from Texas to Rhode Island. While dragging a car behind a moving van was not the right time, in my husband's opinion, to try to go into the city.

New Orleans has been in the news a lot this month, because they are taking down some prominent Confederate statues there. As someone with a Southern heritage, I know how complex this is, and have heard the arguments against doing something like this all my life. But it's the right thing for New Orleans. As their mayor explained, the statues are a product of the Cult of the Lost Cause. Mayor Landrieu stated, "The historic record is clear: the Robert E. Lee, Jefferson Davis, and P.G.T. Beauregard statues were not erected just to honor these men, but as part of the movement which became known as The Cult of the Lost Cause. This 'cult' had one goal — through monuments and through other means — to rewrite history to hide the truth, which is that the Confederacy was on the wrong side of humanity."

I had heard the arguments of the "Cult of the Lost Cause" all my life, but this speech really affected me. What the statues coming down made me think about are what are the ways in which attempts to rewrite history are all around us, unrecognized? What are the stories we tell ourselves in order to make our own institutions and organizations look better than they are? In what ways are churches complicit in this?

Last month we did work on understanding "white supremacy." This work isn't done — there are still numerous ways we view whiteness as normative and anything else as "other," and ways that white supremacy affects even liberal religious institutions. As this is Pride month, we might think about the ways heteronormativity affects us, as well.

Our work at better understanding our heritage and shaping ourselves to live our future in better alignment continues, just as it does in New Orleans. Our General Assembly there will be engaging in how we do that as an entire denomination. I invite you to view pieces of it online. The schedule of what is available online is:

- **Wednesday, June 21**  
 Welcoming Celebration and General Session I 8:30 PM - 10:00 PM
- **Thursday, June 22**  
 Morning Worship 9:00 AM - 9:30 AM  
 General Session II 9:45 AM - 1:15 PM  
 Service of the Living Tradition 9:00 PM - 10:30 PM

## Notes from the Board

The board met with the primary purpose of planning for our annual meeting. This includes preparation and review of the budget. We got good news about a generous benefactor, someone we don't even know, who remembered our church in his will. This coupled with the generosity of all our members and friends made for a pretty positive meeting. It appears we can develop a budget that does not require cutting any of the things that we value and that may even have room for a little bit of expansion. Full minutes of the board meeting will be posted in the Social Hall as usual.

### Gratia

**Submitted by: Gratia Karmes  
Board President**

### Minister's Schedule

Rev. Cindy will be gone for General Assembly from June 18th through June 26. Following that she will be on study leave 6/26 through 7/16, followed by two weeks of vacation through 7/30.

### 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 Religious Education

Our committee met on May 2nd. We reviewed the Church Buddies event of April and noted that givers and recipients enjoyed meeting one other at the breakfast on April 30th. This continues to be a favorite annual event, allowing the generations to get better acquainted. There was a recent report from our teen (youth) R.E. students that they would like to leave the service earlier to allow for more time on their lessons. They would also like to hold their classes in the schoolhouse. The committee thought these were wonderful ideas. In other teen news, we planned a third Youth Meet-Up with the teens of Arbor Grove Congregational on May 21. It turned out that the original plan of playing Putt Putt was modified due to rain, and the kids shared lunch and games in our schoolhouse instead. We discussed curriculum ideas for next year for our two age groups. As we work on plans for next school year, it's a good time to announce that we really need volunteers to teach. Your commitment would be approximately one Sunday per month. Let Cindy or a committee person know if you are interested! It's a great way to give back to your church community. Finally, we want to remind all parents and kids of an important safety rule: Children 10 and under are not to play outside without a parent or approved adult (not teen) accompanying them.

**Submitted by: Nancy Smith  
and The RE Committee**

### Interested in Joining?

We will be planning our next new member service soon. So if you're interested in joining, see Rev. Cindy or Kathy Haynes, Membership Committee Chair.

## Our Spiritual Exercises

### **Embodiment Option A: Right Where You're Supposed To Be?**

The packet introduction challenges us to lean into the spiritual practices of gratitude and deep listening. As it highlights, embodiment is not simply “being present”; it is also about engaging life with the sense that “this is right where I am supposed to be.” This exercise is about having that experience. Here are your instructions: (1. **Pick a random day on the June calendar.** Remember embodiment is not so much about setting aside special days to intentionally cultivate meaning as it is about using intention to notice that any and every day has significance. Picking your day at random honors that. (2. **Begin that day by “offering thanks.”** Do it in your own way. Even if you have to learn a new way to do it. Like the poet quoted in our introduction, we are all “learning to shape the words “thank you” with our first breath each morning.” Bottom line: find some way to begin the day by telling it and yourself that you are grateful it is about to begin. (3. **Center on the words “This is right where I am supposed to be.”** Before the day gets going, get yourself in the mindframe of this sentence. Meditate on it. Write it down and pin it up by your desk. Say it outloud to yourself throughout the day like a mantra. Do whatever it takes to ensure it shapes your attitude and perspective. Don't hesitate to lean on Sarah Kay's poem as one way of getting into the “right where I am supposed to be” mindframe: <http://poetryisanemotioninwords.tumblr.com/post/96928884837/when-i-am-inside-writing-all-i-can-think-about> (4. **Start listening.** Like our introduction says, the whole point of paying attention is for us to “better hear what life and our hearts are trying to tell us.” So spend the day listening to what life and your heart are trying to tell you, ask you, and invite you to lean into. (5. **End with thank you...and a thank you note.** The poet talks about shaping “thank you” with both our first and last breath. See how that works for you. As a way of saying thank you, write a paragraph or two about why this particular day of yours was “exactly where you were supposed to be.” Come to your group ready to share your note and your experience.

### **Option B: The Question We Embody**

*“Hearing about [others'] first, big question got me wondering about my own. What is the question that I asked as a little girl and have never stopped asking? How has asking that question defined, even if unconsciously, the choices I've made, the things I've created, the legacy I will leave behind?” -Courtney Martin*

Courtney Martin sees our lives as embodiments of our “first big questions.” This exercise asks us to take that proposition seriously. Instead of a complex set of steps, your instructions are simply:

***Spend the month figuring out and articulating your “first big question” and identify one way it has shaped you and one way it is calling you to change or deepen.***

So... What question have you been trying to embody your entire life? What question has embodied you whether you liked it or not? What is the question that you asked as a little kid and have never stopped asking?

### **Option C: Embody Your Privilege**

The embodiment of (or lack of) privilege is arguably *the* defining characteristic of our relationships and our life's trajectory. And yet most of us in this culture are taught to ignore privilege, even pretend that it doesn't exist. The website BuzzFeed has created a powerful video and shared a challenging set of questions to help us get in touch with our privilege and its consequences. So, for this exercise:

- go to the BuzzFeed website: <http://www.vagabomb.com/What-Is-Privilege-Let-This-Demonstrative-Experiment-Answer-That-for-You/>
- read the article
- watch the video, and then
- reflect on the questions that are shared.
- Find a way to participate in the experiment/questionnaire either by organizing a handful of your friends or imagining yourself doing it with a circle of your family, neighbors and co-workers.
- Come to your group ready to share what it means to begin to embody and be aware of your privilege.

# Meetings and Events

## U.U. Church of East Liberty

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### Summer BLING! Volunteers Needed

The Summer BLING! event needs volunteers to work during the sale, and to help with set-up and clean-up, all on **Friday, June 23**, at First Congregational Church, 120 N. Jackson St., in downtown Jackson. Set-up will be 9am-noon. Shift times during the event are 3-5 pm, 5-7 pm, and 7-9 pm. The sale closes at 8 pm, and clean-up will occur 8-9 pm as part of the third shift. Volunteers should enter by the Pearl Street entrance (corner of North Jackson). To volunteer, contact Pat Baumgartner at [martyb1250@gmail.com](mailto:martyb1250@gmail.com) or 517-782-3971 or Nena Obits

### Summer BLING! at Cruise-In

What goes better with shiny cars than shiny jewelry? It's the Summer BLING! Hundreds of gently used earrings, necklaces, bracelets, and more will be offered at summer sale prices, to benefit the Jackson Personal Care Ministry. It's **Friday, June 23** from 3 p.m. to 8 p.m. The sale is at First Congregational Church, 120 N. Jackson St., in the midst of a Jackson Cruise-In. The Jackson Personal Care Ministry will soon begin its sixth year of assisting over 100 needy Jackson Country residents each week with soap, shampoo, toothpaste, detergent and other non-food necessities. **Submitted by: Nena Obits**

### JXN Community Forums

The JXN Community Forum takes the summer off. Although our congregation will no longer be a co-sponsor of the Forum, it will continue at the Carnegie Branch Library. It will start up again in September and we will keep you informed about topics. **Submitted by: Marge Duane**

### Photo Directory Book

Lights, Camera, and Action. . . Our New Photo Directory Book is full of your photos, your names and addresses along with some famous UU's. The 24 pages are off to be printed. The price per book for the black and white copy will be \$5.00. The color copy will be \$14.00 per book. If you are buying a book you also can get a file you can download if you want an on-line copy. If you want a copy of either book and have not already spoken with Kathy, please call the church phone 517-529-4421 to place your order on the answering machine, or let her know at church. Thank you.

**Submitted by: Kathy Haynes**

### 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 15** 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 her contact information. ~~ Here is how you can help, by writing a Check made out to Westminster Presbyterian Church, with the words "For Personal Care" written on the memo line. This can be mailed to Westminster Presbyterian Church 2301 Ridgeway Road, Jackson, MI 49203, or handed to Nena Obits. Please note that there are a few other churches involved in the Personal Care Ministry and this church handles the money part.

**Submitted by: Nena Obits**

## Tibetan Meditation Classes

will be offered by Jewel Heart Jackson, who are renting the UUCEL's Schoolhouse.

### PRESENTED BY JEWEL HEART JACKSON MEDITATION COURSE

Mindfulness & Loving Kindness Meditation provides a clear stable mind, necessary for a happy life and foundation for deepening our spiritual journey. This course offers hands on experience with the basic elements of meditation, using breath, posture and techniques for coping with distractions and laxity of the mind as well as cultivating loving kindness for oneself and others. 8 weeks: Tuesdays May 16, 23, 30 & June 6, 13, 20, 27 at The Universalist Unitarian Church of East Liberty 2231 Jefferson Rd, Clarklake, MI 49234 This course is FREE to the PUBLIC.

Art of Living Meditation Classes, Mondays June 5, 12, 19, 26, 7:00-8:30 pm

White Tara Healing Meditations, Wednesdays June 21 and July 19, 7:00-8:30 pm

For more information and to register, phone 734-239-5985, or email: [jackson@jewelheart.org](mailto:jackson@jewelheart.org). Our website is <https://www.jewelheart.org/chapters/jackson>. Our Facebook Page is Jewelheart Jackson. (If you are unable to afford a fee, please speak with registration about partial or full scholarships.)

**Submitted by: Nena Obits**

Nena is their contact person from the church. There



## ~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!**

## 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**

~Upcoming Fund Raisers ~

From: The Board

## Cindy's column continued ...

- **Friday, June 23**, Morning Worship 9:00 AM - 9:30 AM - General Session III 9:45 AM - 1:15 PM  
Presidential Candidates Forum 9:00 PM - 10:30 PM
- **Saturday, June 24**, Morning Worship 9:00 AM - 9:30 AM - General Session IV 9:45 AM - 1:15 PM  
Synergy Bridging Worship 6:00 PM - 7:15 PM - Ware Lecture 9:30 PM - 10:30 PM
- **Sunday, June 25**, Sunday Morning Worship 10:00 AM - 11:30 AM - General Session V and  
Closing 1:30 PM - 4:30 PM

The URL for viewing should be [UUA.org/ga/2017](http://UUA.org/ga/2017). Hope you'll join me in NOLA virtually!

Namaste, **Rev. Cindy**

**Church Website**  
**The Bellnote Newsletter**  
**Church's facebook page**  
**Forum facebook page**

<http://www.libertyuu.org>  
<http://www.libertyuu.org/newsletter.html>  
<http://www.facebook.com/libertyuu>  
<http://www.facebook.com/JXNCommunityForum>

### 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 18. ~~~~~ SEND SUBMISSIONS TO: [UUCEL\\_BELLNOTE@YAHOO.COM](mailto:UUCEL_BELLNOTE@YAHOO.COM) OR IN WRITING TO KATHY OR VICKI, THANK YOU -

**WE WANT TO THANK;** REV. CINDY LANDRUM, GRATIA KARMES RELIGIOUS EDUCATION COMM., WORSHIP COMM., NENA OBITS, EISSA ALDEN, JANE VOLK, OUTREACH COMM., CARING COMM. AND MEMBERSHIP COMM. FOR THEIR NEWS

**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.



### 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

# June's UUCEL Calendar

All events are at the church, unless otherwise noted



	Board Meeting ~ Is Not Meeting in June
1 Thurs.	AUUW Meeting ~ 12:30 pm
4 Sunday	~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
5 Mon.	Art of Living Meditation Classes ~ 7:00-8:30 pm
	Membership Meeting ~ TBA
8 Thurs.	Outreach Committee ~ Jackson District Library 3:00 pm
11 Sunday	~~~~ Service ~ Rev. Dr. Cynthia L. Landrum ~ 11:00 am
11 Sunday	Caring Committee Meeting ~ After the Service
12 Mon.	Art of Living Meditation Classes ~ 7:00-8:30 pm
13 Tue.	Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
13 Tue.	RE Meeting ~ 6:30 pm @ Carnegie Library
15 Thurs.	Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
18 Sunday	~~~~ Service ~ Jackson City Councilman, Derek Dobies ~ 11:00 am
18 Sunday	The Bellnote Newsletter ~ Submissions Due
19 Mon.	Art of Living Meditation Classes ~ 7:00-8:30 pm
21 Wed.	White Tara Healing Meditations ~ 7:00-8:30 pm
25 Sunday	~~~~ Service ~ Presenter: Victor Marshall ~ 11:00 am
26 Mon.	Art of Living Meditation Classes ~ 7:00-8:30 pm

## Upcoming Events

July 19 Wed. White Tara Healing Meditations ~ 7:00-8:30 pm

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## Weekly Volunteer Schedule

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**Sunday, June 4** ~~~ Greeter, Alyce O ~~~ Nursery Helper, Kathy H ~~~ Usher, Gary T ~~~ Social Hour Host, Carole H & Team # 3 ~~~ R.E. K-5 Intergenerational ~~~ R.E. Youth Intergenerational

**Sunday, June 11** ~~~ Greeter, Grace M ~~~ Nursery Helper, Jackie J ~~~ Usher, Gary T ~~~ Social Hour Host, Nena O & Team # 4 ~~~ R.E. K-5, Intergenerational ~~~ R.E. Youth, Intergenerational ~~~ Gratia U.U. Day 6-11-17

**Sunday, June 18** ~~~ Greeter, Joan B ~~~ Nursery Helper, Joan B ~~~ Usher, Gary T ~~~ Social Hour Host, Jane V & Team # 5 ~~~ R.E. K-5 Intergenerational ~~~ R.E. Youth Intergenerational

**Sunday, June 25** ~~~ Greeter, Betty G ~~~ Nursery Helper, Nena O ~~~ Usher, Gary T ~~~ Social Hour Host, Sue R & Team # 6 ~~~ R.E. K-5 ~~~ Intergenerational ~~~ R.E. Youth Intergenerational

June's Theme is Embodiment

**June 4 - "International Flower Communion"**  
– Rev. Dr. Cynthia L. Landrum

This year is the 95th anniversary of the founding of the Unitarian Church in Prague, where the flower communion was created. We'll celebrate with them as we share our flower communion together. Bring a flower representing yourself and add it to the bouquet of humanity.

**June 11 - "What's Going On?"**  
– Rev. Dr. Cynthia L. Landrum

Changes in our denomination are happening quickly these days. As Rev. Cindy prepares to leave for General Assembly, she'll catch us up on the changes in our faith and the issues in front of us.

**June 18 - "The Jackson  
Non-discrimination Ordinance"**  
– Presenter: Jackson City Councilman,  
Derek Dobies

**June 25 - "Global Warming and  
The Nature of Science"**  
– Presenter: Victor Marshall  
– Lay Leader: Tom Pepper

**Where people care about each other and care about the world.**

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