



2017 ~ July

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

Dear UUCEL members & friends,

I'm writing you from New Orleans, where our Ministry Days and General Assembly are beginning with intense conversations about social justice, about our movement, about the future.

Last week, our board and worship committee began some intense conversation about social justice, about our church, and about the future.

There is so much potential right now, and the need for our faith response is so needed. In the weeks to come, board members may be asking you about what your personal priorities for our church are. I hope you will take time to engage in thoughtful answers. We won't be having conversations with everyone, just a representative sample, so if you are curious about more, let me know or talk to a board member. We always want to hear from you.

Peace,

Rev. Cindy

Notes from the Board



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.

The Board met on June 13 at the home of Elissa Alden. After the minister's report and treasurer's report we discussed an upcoming strategic planning session. We also okayed yoga to be able to be practiced in the schoolhouse on Monday mornings at 10:00. We did a yearend lookback and discussed new coffee hour groups. We talked about the playground and moving our original fire pit to a different location. We heard ideas for the history wall and update of the social hall. We adjourned at 9:00 and decided our next meeting will be on July 5 at the church

Elissa

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

"You are important"

Without "U" we can't spell
CH_RCH,
or
AD_LT, or YO_TH.

Without "U" we can't have
M_SIC,
S_NDAY,
or
S_CCESS.

Clearly, our church needs "U".

Notes from Religious Education

The R.E. Committee met on June 13th. We looked at curricula for the next year of classes. The good news is that we are selecting simpler and shorter lessons for the K-5 kids. Also, in the event teachers need to purchase craft supplies or food for a lesson, there will be some dollars available for that. If you've taught R.E. in the past, or expressed an interest in teaching, please expect a call soon confirming your availability. We run on volunteers! Most of the time, you are only going to need to commit to once per month (September - May). Thanks for your support!

**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

Option A: Rethink Kindness

This is the closest topic to “Caring” the Editors could find in the Soul Matters website that Cindy has set up for us to use.

We also need to widen our view of kindness. Too often we think of it as “sweet.” Sometimes we even give in to our culture’s tendency to mock and make light of it. But there is nothing sentimental or silly about remembering that most pain is hidden. Everyone walks around with wounds we are unable to see. Thus kindness isn’t helpful here and there; it’s needed everywhere we look. It’s not “good to remember” every once in a while; it is necessary all the time. In fact, if everyone is walking around with invisible wounds, we actually allow and cause great damage when we forget to be kind.

So this month, here’s your assignment: **Remember that kindness is needed everywhere you look.** Make yourself walk around with new eyes. Commit to taking kindness a bit more seriously than you have in the past. Remind yourself regularly that it’s not about being polite or sweet; it’s about healing unseen wounds – maybe even yours.

Here’s some guidance and inspiration to keep you on track:

- **Naomi Shihab Nye’s poem, Kindness:** <https://www.poets.org/poetsorg/poem/kindness>
- **The Power of True Kindness:** <https://www.youtube.com/watch?v=8OMGsVnqvYA>
- **Kindness Boomerang - “One Day”:** <https://www.youtube.com/watch?v=nwAYpLVyeFU>
- **35 Powerful Images of Kindness Found Within Conflict:** http://www.huffingtonpost.com/kindness-blog/35-powerful-images-of-kin_b_6013278.html
- **From Anne Lamott’s, *Traveling Mercies*:** “On the first Sunday of Advent our preacher, Veronica, said that this is life’s nature, that lives and hearts get broken, those of people we love, those of people we’ll never meet. She said the world sometimes feels like the waiting room of the emergency ward, and that we, who are more or

less OK for now, need to take the tenderest possible care of the more wounded people in the waiting room, until the healer comes. You sit with people, she said, you bring them juice and graham crackers.”

Option B: Show Others Your Healing Place

Healing also happens when we expand our understanding of where it comes from. We know it comes from the people who love us, but it often also comes from the places we love. To honor this, you are invited this month to share your healing place with your group. This of course will serve as a way of re-connecting you to this space and reflecting on why it means so much.

In particular, here’s your assignment:

Turn your healing place into a tangible and portable form!

In other words, take a picture of your place and bring it into your group. Or maybe instead of a picture, bring in an object from your healing place, or something that represents it. For instance: a shell from “your beach,” a leaf from “your forest,” your dog’s leash representing your walks, your ski pole or maybe even the paddle from your canoe.

And don’t forget that music creates its own healing space! Maybe your healing place is not a physical space but a state of mind that you only have access to when you play that healing song. If so, bring it in and play that song for your group.

Here’s some inspiration to help you on your way:

- **The Science of Healing Places** <http://www.onbeing.org/program/the-science-of-healing-places/4856>
- **Healing Songs (in addition to the ones featured later in this packet):** <https://www.theguardian.com/music/musicblog/2013/mar/14/readers-recommend-songs-healing>

Meetings and Events

U.U. Church of East Liberty

AUUW News

DO WE HAVE A DEAL FOR YOU!! Some years ago our lovely AUUW ladies purchased brooms, spatulas and tomato knives to sell to us. We have found that there are still some available and would love to give you all the opportunity to purchase these wonderful goods. The brooms are \$10.00, spatulas are \$3.50 and the knives are \$5.00. Please see Joan Bernstein or Grace Mulnix to check them out and/or buy them during social hour. **Submitted by: Elissa Alden**

New Directories

The new Directories are complete now and ready for purchase. We have two styles of Directories, the color copy for \$14.00 and the black & white copy for \$5.00. Both styles are full of photos, names, addresses, e-mail addresses, phone numbers and mobile phone numbers of members and friends along with some noteworthy historical figures. These books are in the social hall ready for you.

Submitted by: Kathy Haynes

Please check the
cork board in the kitchen
for the new updated
Social Hour Host Grouping List
that starts in July.

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, **July 20** 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

~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!

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.

White Tara Meditation on Wednesday, July 19.

held at The Universalist Unitarian Church of East Liberty 2231 Jefferson Rd, Clarklake, MI 49234
This course is FREE to the PUBLIC.

Other classes will begin again after Labor Day.

For more information and to register, phone 734-239-5985, or email: 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 will be flyers at church that give more information if you want to see more about it.



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.

Please Note: contact Debbie Hartsuff instead of Jane Volk now through Oct 1st if you need the help of the caring committee. You can see Debbie's information on the Supplement page.

Submitted by: Jane Volk

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**

~Upcoming Fund Raisers ~

From: The Board

HUMANITARIANS ~~ **Susan B. Anthony** — Activist in the antislavery movement, advocate for women’s right to vote. Born a Quaker, member of Unitarian congregation for 40 years ~~ **Clara Barton** — Founder of the American Red Cross ~~ **Dorothea Dix** — 19th Century Pioneer in the rights of the mentally ill. 123 hospitals were built because of her work and influence ~~ **Florence Nightingale** — Nurse, hospital reformer, humanitarian ~~ **Horace Mann** — Pioneer in public education for all Americans ~~ **Albert Schweitzer** — Humanitarian, theologian, missionary, organist, environmentalist and medical doctor. Became a member of the Church of the Larger Fellowship, a Unitarian church by mail for those who do not live near a Unitarian church ~~ **Robert Gould Shaw** — Fought for abolition of slavery, profiled in the Movie “Glory”

SCIENCE AND MEDICINE ~~ **Alexander Graham Bell** — Worked to help deaf people hear, invented the telephone, founded “National Geographic” Magazine ~~ **Charles Darwin** — Naturalist, father of principles of natural selection ~~ **Samuel Morse** — Well known artist and inventor of the telegraph ~~ **Isaac Newton** — Mathematician, scientist, philosopher, preacher, created rules of scientific method and theory of gravity ~~ **Linus Pauling** — Chemist, activist, winner of Nobel Peace Prize

<p>Church Website The Bellnote Newsletter Church’s facebook page Forum facebook page</p>	<p>http://www.libertyuu.org http://www.libertyuu.org/newsletter.html http://www.facebook.com/libertyuu http://www.facebook.com/JXNCommunityForum</p>
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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 August ISSUE, INFORMATION IS NEEDED BY:
 SUNDAY, July 23. ~~~~~ SEND SUBMISSIONS TO: UUCEL_BELLNOTE@YAHOO.COM OR IN WRITING TO KATHY OR VICKI, THANK YOU –

WE WANT TO THANK; REV. CINDY LANDRUM, ELISSA ALDEN RELIGIOUS EDUCATION COMM., WORSHIP COMM., NENA OBITS, JANE VOLK, MARGE DUANE, 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

July's UUCEL Calendar

All events are at the church, unless otherwise noted



- 2 Sunday ~~~~ Service ~ Lay Leaders Lynn Hightower and Elissa Alden ~ 11:00 am
5 Wed. Board Meeting ~ 6:30 pm
6 Thurs. AUUW Meeting ~ 12:30 pm
Membership Meeting ~ TBA
9 Sunday ~~~~ Service ~ Presenter: __ ~ 11:00 am
9 Sunday Caring Committee Meeting ~ After the Service
11 Tue. Meet Your Neighbor Coffee ~ 9:00 - 11:00 am
16 Sunday ~~~~ Service ~ Andrea Ericksen ~ 11:00 am
19 Wed. White Tara Healing Meditations ~ 7:00-8:30 pm
20 Thurs. Personal Care Ministry ~ @ 1st Baptist Church, 201 S. Jackson ~ 4:30-6:30 pm
23 Sunday The Bellnote Newsletter ~ Submissions Due
23 Sunday ~~~~ Service ~ Presenter: __ ~ 11:00 am
30 Sunday ~~~~ Service ~ Presenter: __ ~ 11:00 am

Upcoming Events

Weekly Volunteer Schedule

Sunday, July 2 ~~~ Greeter, Alyce O ~~~ Nursery Helper, Kathy H ~~~ Usher, Gary T ~~~ Social Hour Host, Joan B & Team # 6 ~~~ R.E. K-5 Intergenerational ~~~ R.E. Youth Intergenerational

Sunday, July 9 ~~~ Greeter, Grace M ~~~ Nursery Helper, Jackie J ~~~ Usher, Gary T ~~~ Social Hour Host, Nancy S & Team # 7 ~~~ R.E. K-5, Intergenerational ~~~ R.E. Youth, Intergenerational ~~~

Sunday, July 16 ~~~ Greeter, Joan B ~~~ Nursery Helper, Joan B ~~~ Usher, Gary T ~~~ Social Hour Host, Vic M & Team # 8 ~~~ R.E. K-5 Intergenerational ~~~ R.E. Youth Intergenerational

Sunday, July 23 ~~~ Greeter, Betty G ~~~ Nursery Helper, Nena O ~~~ Usher, Gary T ~~~ Social Hour Host, Donna H & Team # 1 ~~~ R.E. K-5 ~~~ Intergenerational ~~~ R.E. Youth Intergenerational

Sunday, July 30 ~~~ Greeter, Carole H ~~~ Nursery Helper, Open ~~~ Usher, Gary T ~~~ Social Hour Host, Carole H & Team # 2 ~~~ R.E. K-5 Intergenerational ~~~ R.E. Youth Intergenerational

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

July's Theme is Caring

July's theme will be "caring for others". The worship committee will have guest speakers with the topics of caring for our urban communities, our children, our dying loved ones, and our college student's spiritual needs. But, we will start with a little fun.

July 2 - "Express Yourself"

- Lay Leader: Lynn Hightower and Elissa Alden

How do we say who we are even before we open our mouths. Wear or Bring a T-shirt, button, jewelry, bumper sticker or hat that tell others what we are proud of, what is important to us, what we have done or would like to do, or just our opinions.

July 9 - "Caring"

Caring Theme with guest speaker

- Lay Leader:

July 16 - "Caring"

- Presenter: Andrea Ericksen

- Lay Leader: Lynn Hightower

Andrea Ericksen of Community Vibrations will speak on Urban Deserts.

July 23 - "Caring"

Caring Theme will continue with guest speaker

- Lay Leader:

July 30 - "Caring"

Caring Theme will continue with guest speaker

- Lay Leader:

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

