



# The Forum



A Southwest Unitarian Universalist Publication

[www.swuu.org](http://www.swuu.org)

November 1, 2021

**Daylight Savings Ends**  
**Nov. 7**  
**Fall Back**

## Sunday Services

**10:30 AM**

**6320 Royalton Road, North Royalton  
Limited In-Person and On Zoom!**



### **November 7**

*Holding History*

Elections, COVID, and stress, oh my! You are welcome to join us as we reflect this morning on where our country is going and how we got here. May we continue to hold each other in hope and faith.

-Led by Rev. Megan Mathieson

Worship Associate: anastasia birosh

Focus Collection: Greater Cleveland Food Bank

### **November 14**

*Journeying from Drama to Empowerment*

The Drama Triangle is a powerful framework to understand our roles with others and ourselves. Each role, Victim, Persecutor or Rescuer represents a mindset. Learn how to identify how we think and how we act when dealing with differences of opinion or disagreements with our own self or others. We will begin to develop acceptance, understanding and appreciation of each role. Please join us to learn how to shift from Victim to Creator. Perfect timing for the upcoming Holidays!!

-Led by Maryellen Myers

Worship Associate: Mike Gold

### **November 21**

*Giving Thanks*

Giving Thanks: All are invited to a celebration of Thanksgiving in its purest form: a day dedicated to gratitude. Join us - you will be grateful that you did!

-Led by Rev. Megan Mathieson

Worship Associate: Rae Brewer

### **November 28**

*Darkness*

With the Thanksgiving holiday in the rearview, we now turn toward the darkest time of the year. Christmas, Solstice, and other celebrations of the dark times beckon. Prayerfully, we enter Advent and Hannukah today together.

-Led by Rev. Megan Mathieson

Worship Associate: Deb Celinski

# The Forum

## Message from your Minister

### Holding History

My dear SWUU family,

As we move into the darkest part of the year, we must continue to hold each other in love and in joy. Our theme for the month of November is "Holding History," which conjures thoughts of elections, Veterans Day, and the tumultuous history behind our Thanksgiving holiday.

In conversation with our Worship Associate Team, some associated the theme of "Holding History" with the cognitive dissonance and resulting fear and frustration that arises from reflecting on where history has brought us. In this era of "fake news," remembering that "history" is not a static, factual thing can bring clarity to the mind. What our children are taught matters, as so many of us who are experiencing learning things about our country's history now as adults can attest.

We know the old adage that "history is told by the victors" is true enough. What happens when we open our ears to the oppressed? Can we lean into the difficult truths of their history?

Sometimes the political issues in our country can feel so overwhelming that we need a place of safety and peace to quiet our minds. It helps to know that we are not alone. SWUU is this place of peace, reaching out to you, offering warm community and support.

During this month, I look forward to worshipping with you in person and online. And as always, please do not hesitate to email me at [minister@swuu.org](mailto:minister@swuu.org), even just to say hello!

With so much love,  
Rev. Meg

### Announcements from Rev. Meg!

- I am offering a fall class in our usual SWUU zoom room titled "Covenant and Communication Post-COVID." This class will run for 5 weeks (skipping the week of Thanksgiving) and will focus on acknowledging the trauma of COVID, not only in our feelings and our lives but in our bodies. We will discuss resources for healing ourselves and our relationships in this time of hope. No need to sign up. Every class is a standalone drop-in, so if you miss one, you are still invited to others. Each class will be one hour long. Starting **Nov 12 at 7 pm**, and running through Dec 17th at 7 pm.
- On the 1st and 3rd Saturdays of each month, I'll begin offering a drop-in coffee-and-chat time I'll be calling "**Holy Grounds.**" Folks can drop in any time between **12 noon and 1:30 pm** for an interesting conversation, some ministerial support, spiritual guidance, or just a friendly chat! I will have issues prepared to discuss or bring your own thoughts. In November, I will be holding "Holy Grounds" at **Sips-n-Such** on Pearl Road in Middleburg Heights. Drop by and say hello on **Saturday Nov 6th and/or 20th!**

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## **Focus Collection for November: Greater Cleveland Food Bank** by Jan Wehn, Social Justice Committee

For as long as I can remember, SWUU has generously supported the Cleveland Food Bank in November. The Food Bank's Strategic plan is to continue supporting the 1 in 6 food insecure people in the 6 county district. The goals are as follows:

1. Addressing hunger today providing targeted programs to reach more people.
2. Addressing hunger for tomorrow by connecting people to services.
3. Tracking success in specific groups. For example in 2020, 56,000 children were served, 93,000 seniors, and 5300 people with health challenges, Plus, 41,000 people were assisted with benefits, and 10,800 connected to partners. 1000 partner programs have been supported and over 300,000 people have been served.
4. Plans in the work to build a new facility that will give more space for efficient food distribution. The Waterloo Facility will be transformed to a client focused space to provide "one stop shopping" with extended hours. Other assistance will also be offered.

This has been too much data, and a very sparse explanation of how the Food Bank continues to evolve. If you have an interest, there is a short video on their website showing their services and some client's responses. Some of the comments are how "appreciative they are with fresh produce, and it is easier to stay positive with community support." I will end with a Maya Angelou quote which is included in the video: *When we give cheerfully and accept gratefully, everyone is blessed.*

Please send contributions to the church with a personal check clearly marked November Focus Collection or Donate online at Vanco Give Plus. Thank you for giving to this important organization to help support and nurture our neighbors.

## **Urban Hope Outreach Report**

by Nancy Peltola, Jan Wehn, Debby Gorencic, Social Justice Committee

Thanks to the generosity of our SWUU Church community, the Social Justice Committee was able to once again provide 30 delicious, balanced lunch bags filled with a variety of nutritious items on Sunday, October 10. We use the monetary donations you send directly to us to purchase turkey, cheese, buns (along with sandwich baggies/salt & pepper/mayo/mustard/ketchup packets/napkins/lunch bags), eggs we hard boil, cheese sticks, fresh clementines, granola bars, chips, desserts, and a drink (Sunny D this month). Due to the pandemic, we still do not know if Urban Hope will ever open up again as a neighborhood drop-in center with a full hot meal prepared monthly by our congregation, including a short UU service before closing as in past years.

Following Covid protocols, individuals come to the storefront door one at a time, wearing a mask, to get a lunch bag and drink; they may use the restroom and even take a shower if they need to, using towels, soap, and wash cloths we provide. We use your donations to purchase hand sanitizer, toiletry products, masks, as well as socks and underwear, which are always in high demand. On October 10, we had the pleasure of working with a group of students from Creighton University in Omaha who were in town to do their annual service learning experience by living in simple rooms above Urban Hope and interacting out front with such kindness toward all of our guests who stopped by for lunch. As always, leftover lunches and sandwiches donated by Starbucks were later taken to areas where homeless folks gather.

Please know that we on the SJ Committee welcome your checks or cash sent to us to buy what's needed each month. We continue to be grateful, after a 30 year relationship, for your support of SWUU's Urban Hope Outreach. Our next visit will be Sunday, November 14.

# The Forum



## Would you like to submit something to The Forum?

- ◆ Write as if the reader is new to SWUU
- ◆ Include first and last names, and area codes
- ◆ Include a contact person, phone number, and email if possible
- ◆ Include the city in which the event is located
- ◆ Avoid or explain insider terms and abbreviations
- ◆ Explain Who, What, Where, and When (How and Why are often helpful as well.)
- ◆ Encourage volunteering and participation gently.

Submission guidelines apply to articles and Order of Service announcements. Order of Service announcements may be sent to [office@swuu.org](mailto:office@swuu.org) by Thursday morning of each week.

Articles are edited minimally, only to ensure that these guidelines are met.

The Forum is published on the 1<sup>st</sup> day of each month  
Submissions should be sent to [forum@swuu.org](mailto:forum@swuu.org) by the dates listed in the calendar of each issue.

The Board of Trustees meets once per month. Check the calendar on our website for the specific date. Everyone is welcome to attend. Minutes from the meetings will be available for members upon request to the Board Secretary.

## SWUU on the Web

For general information about SWUU, services, sermons, committees and the most up-to-date calendar of events, visit our website at:

[www.swuu.org](http://www.swuu.org)

## Get Connected!

If you would like to receive The Forum via email, or if you would like to join a newsgroup focused on issues of importance to SWUU, or if you would like to receive our weekly newsblast, e-mail [connect@swuu.org](mailto:connect@swuu.org) and tell us which you want.

## Sermons

If you would like to receive sermons via email or by mail, contact [office@swuu.org](mailto:office@swuu.org)

## Board Minutes

If you would like to receive the Board Minutes via email, contact [office@swuu.org](mailto:office@swuu.org), and put "Board Minutes" in the subject line

## Editorial Team

Dan Paxson  
Susan Paxson

## The Forum

### **SWUU Fall Fest was a “Spooky” Success!**

by Steve Doucette, Stewardship Committee

As you can tell by the accompanying pictures, our Halloween themed Fall Fest on October 23rd was a huge success! Over 50 members, friends, and family members joined us at North Park in Brunswick for our first large scale gathering since the start of the Covid pandemic. Everyone was in high spirits and many dressed in costumes. Kids had a great time with games and pumpkin carving, and even a few



adults joined the kids to decorate their pumpkins. On top of being a terrific chance to socialize, we also raised over \$1,200 in our craft sale and raffle. Thank you to everyone who attended, and special thanks to the small army of volunteers who helped to put this event together.

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## **A Message from the SWUU Board President**

by Dodi Lettus

As we enter into the season of Thanksgiving and gratitude, I wanted to take a moment to recognize the many volunteers who share their time and talents with SWUU. The ZUUM team that makes it possible for us to attend Sunday service on Zoom, the Membership Committee and Greeters who welcome those who attend the service in-person and follow up with the new folks who join us on Zoom, Steve Doucette and the Stewardship Committee that brought us a joyful Fall Festival and Gay Cady and the CARE team members who reach out to those among us who need a helping hand—Thank you!

And of course there are the volunteers that faithfully visit Urban Hope, the Worship Associates who provide inspiration and enrichment, those who help with Religious Exploration for our youth, our talented photographers—Ken and Sylvia—who delight our eyes with the changing seasons, Carol Jagers who recently scrubbed and steam cleaned the Fellowship Hall, Sarjane Willson who decorates our altar, Ellen Hansen-Ellis who filled in to provide music for the October 24 service, the team that weeds and cleans up our front garden, Dan Paxson who has been working steadily with various repair people to fix the damage caused by our recent electrical surge—I apologize because I cannot mention everyone by name and have probably left someone out. Volunteers are the heart and soul of SWUU! THANK YOU!

## **Update on Our Building**

by Dan Paxson, Buildings and Grounds Committee

We are continuing to work through the issues that befell our building in September. On the positive front, our railing out front that was damaged when it was struck by a car has been repaired. It looks great! The person who did the damage graciously arranged and paid for the repair.

On the not so positive front, the elevator damage from the electrical surge was more extensive than initially realized. And we have come to find out that our elevator is very difficult to find parts for. The upshot is that it is still out of commission and likely will be through November. Also in the not so good news department, we discovered that the office phone system was also damaged by the surge. Fortunately, this one appears to be readily solvable, and we should have it working again soon. And in the meantime we can receive messages left on the system.

One final tidbit. We now have a new thermostat in the sanctuary. This replaces the old one with the worn out buttons that many of you may have struggled with in the past.

## **New Breakfast Location in North Royalton**

by Hallie Davis

SWUU encourages using businesses in North Royalton. Our 1st Wednesday Breakfast will meet at Royal Lunch, 6165 Royalton Rd., North Royalton from 9:30-11 am on November 3rd.

Please park in front of the restaurant and not in the spaces reserved for the carwash vacuums. The restaurant is attached to the car wash. We will meet in their back room that seats about 15.

Reservations are needed. Please email with your reservation. Also, please be kind to yourself and others and remain at home if you are ill.

## **News from Membership**

by Carol Jordan, Membership Committee

Five members of SWUU will mark five-year anniversaries on Nov. 20. Russell Allbery, Pat Mellott, Pam Benedict, Betsy Clark and Bernie Smith all joined SWUU in 2016. Congratulations and thank you for sharing your talents and experience with SWUU.

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## Sharing and Caring

**Gayle Doucette** says that her surgery went well and she is doing therapy for her knee.

One of our dear long time members, **Cathy Plude**, died peacefully Sunday morning, October 24th. Her daughter Pat, said that her happiest times were when she was active at SWUU. She has been inactive for a number of years due to health issues, but many of us remember her participation in Social Justice, Choir and other committees. We will be hosting her celebration of life on January 30th, 2022 at 2:00 pm. The family has suggested that in lieu of flowers, donations can be made to SWUU in her memory.

*\* send your joys and sorrows to [forum@swuu.org](mailto:forum@swuu.org) for inclusion in the next issue*

**Southwest Unitarian Universalist Church  
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North Royalton, Ohio 44133**



We are happy to mail The Forum to anyone who would like to receive it.