



The Forum



A Southwest Unitarian Universalist Publication

www.swuu.org

November 1, 2025

Daylight Savings Ends
Nov. 2
Fall Back

Sunday Services

10:30 AM

6320 Royalton Road, North Royalton
In-Person and On Zoom



November 2

The Gentle Power of Gratitude

There is a gentle power in gratitude. In our busy lives, taking a moment to reflect on the kindness people demonstrate and the wonders of the natural world, allow us to see outside ourselves and appreciate the joys that keep us connected.

-Led by Worship Team member, Ken Ellis

Worship Associate: Mike Gold

Focus Collection: Cleveland VA Fisher House

November 9

Gratitude Even Now?

With so much suffering in the world, what even is there to be grateful for? Come this Sunday, as we invite gratitude to guide us through tough times.

-Led by Rev. Ali Peters

Worship Associate: Kirk Jusko

November 16

No Problem

Gratitude can be a deeply enriching practice. But does that mean that it is mandatory? This Sunday we explore how our expectations of gratitude might miss the point.

-Led by Rev. Ali Peters

Worship Associate: Sarajane Willson

November 23

Scarcity and Abundance

How might a practice of gratitude nurture a revolution?

-Led by Rev. Ali Peters

Worship Associate: Dan Paxson

November 30

Attitude of Gratitude: Hooey or Help?

Everyone from Oprah Winfrey to Brene Brown recommends gratitude as a cure for what ails you. But is it? Today, we explore this question.

-Led by Worship Team member, Deb Celinski

Worship Associate: Mike Gold

The Forum

Message from your Minister

Gratitude

Dear Ones,

On October 18, many of us were out in the streets for the No Kings protests, raising our voices for our UU values of Love, Justice, Equity, Transformation, Pluralism, Interdependence, and Generosity. It was good to be together, even as we were spread out across different cities and towns.

While I was there at one of the protests, I received a wonderful text. It was a picture of one of our congregation's children, Blake, holding a sign that said "THANK YOU!!!" in big bold letters. Next to it, she wrote "You are amazing!!!" and underneath, she added "I LOVE SWUU!!!"

Blake's mom, Kristen, explained that they were driving through a couple of the protests to show their support. Blake wanted her sign to include "I love SWUU" because she knew that her SWUU family would be among the protestors.

Beloveds, it is often so easy to feel overwhelmed by the bigness of things, asking, 'Do the things we do really make a difference?'

Blake's enthusiastic display of gratitude reminded me that they do. And while our hearts are trained on the big picture of liberation and building a better world, our children are watching. They see who we are, they see what we do. They see it while we are all gathered together in the sanctuary and they see it when we are out in the world. They are watching. And that is no small thing.

May we remember that. May we know how powerful that is. And may that knowing feed our commitment and our hope.

With love and gratitude,
Rev. Ali



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Focus Offering for November: Cleveland VA Fisher House

by Jan Wehn, Social Justice Committee

As most of you are aware, every November we support the Greater Cleveland Food Bank. We have actually supported it twice this calendar year. Hope that you don't mind in honor of Veterans Day on November 11, that we switch it up and support the **Cleveland Fisher House**. I learned about it at a Memorial Day Service in Middleburg Hts. The speaker was very inspiring. To quote the brochure:

"The Cleveland VA Fisher House is a "home away from home" where veteran families can stay free of charge while their loved one is receiving care at the Louis Stokes VA Medical Center. The Greater Cleveland Fisher House is a nonprofit organization dedicated to raising awareness and funding additional resources and programs."

The papers I received will be on our bulletin board. I hope you deem this organization worthy of supporting. You may use Vanco or put a check in the collection basket clearly marked November Focus Offering. Thank you for your generosity.

Urban Hope Update

by Jan Wehn, Social Justice Committee

Sunday was a beautiful day, and our Urban Hope visit matched the day! We served many grateful, hungry Cleveland neighbors. Nancy & Denny Peltola, CJ Warren, Mick Stentz and I were busy serving and visiting from 3 - 5. We had a Tater Tot/ Meatball/Veggie/Cheese Casserole, 2 HUGE salads, Pepperoni Bread, Chips, crackers, bars and Delicious homemade cupcakes. The guests were particularly cheerful and grateful. We all felt good about being there. Our next visit is Sunday, November 9! Thanks for supporting Urban Hope.

The Forum



LEARN



PLAY



FRIENDS

AFTER HOURS RE



5-8 PM

FRIDAY NOV 14TH

FRIDAY DEC 12TH



Dinner & Snacks
Community Building
Fun & Friendship

RSVP NOW!



office@swuu.org

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 by Thursday morning of each week.

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

The Forum is published on the 1st day of each month
Submissions should be sent to forum@swuu.org by the 23rd of the month unless otherwise noted.

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

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 and tell us which you want.

Sermons

If you would like to receive sermons via email or by mail, contact office@swuu.org

Board Minutes

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

Editorial Team

Dan Paxson
Susan Paxson

The Forum

Friends, Fun and Fellowship at Fall Fest 2025

by Danelle Baker-Miller, Stewardship Committee

SWUU members and friends celebrated the spooky and silly side of fall at Fall Fest on Saturday, October 25. North Park in Brunswick provided the perfect autumn setting for pumpkin carving, rock painting, snacks, a spooky trivia contest, costume contest and a raffle.

Thank you to all who contributed to make the event fun and successful: Lois Veraguth and Sarajane Willson collected items for the raffle, Mike and Sharron Gold provided supplies and led rock painting, Jessica Tad-y volunteered her supplies and face painting skills, Wil and Lydia Avery judged the costume contest and the Hospitality Committee provided hot cider. Several volunteers also helped set up and clean up the event.

In addition to making memories, fun and new friends, we were able to raise over \$1,000 for SWUU!



Photo's courtesy of Janet LaBonne

The Forum

Free Cookies Good Company and the Truth About Power in Redistricting Maps

“Map Craft: The Art of Gerrymandering”

When: Sunday, November 23, 2025 • 12:30-2 p.m.

Where: SouthWest Unitarian Universalist Church, 6320 Royalton Rd,
North Royalton, OH

Join us for an eye-opening (and cookie-fueled) conversation about how district lines are drawn — and redrawn — to serve power instead of the people.

We’ll unpack how gerrymandering affects Ohio’s elections and what we can do about it.

At **“Map Craft: The Art of Gerrymandering,”** you’ll take part in fun, interactive games designed to show you exactly how political maps shape our votes and our voice. Whether you’re a democracy-enthusiast or just curious about why your vote might not count the same as your neighbor’s, you’ll leave informed, engaged — and maybe a little sugar-high.

“Gerrymandering is something Ohioans hear a lot about. But we the people have a lot more influence over the future of our state than we might realize,” said Ohio Ballot Protection co-chair Laura Lucarelli. “Come down and learn what you can do to change the system.”

This community event is a collaboration between the SouthWest Unitarian Universalist Church and Ohio Ballot Protection, a grassroots group committed to building understanding and inspiring meaningful action around fair representation in Ohio.

"We at SouthWest Unitarian Universalist Church are proud to host this educational event because inclusive and fair democratic processes are crucial for building communities where all can flourish," said Rev. Ali Peters, Minister, SouthWest Unitarian Universalist Church.

Want a cookie? Register so we make enough, and join us to explore how Ohio’s ballots and district lines shape representation and the future of our democracy.

Scan the code to register.



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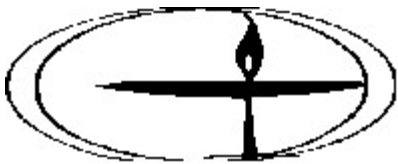
Sharing and Caring

Dan and Susan Paxson are adjusting to their new doggie, Honey, a pit mix. She is full of energy and very sweet! We hope you will get to meet her soon on a walk or hike. Let us know if you want to join us!

Cynthia Mondia is getting her strength back now that she had her pacemaker battery replaced. She said she has more energy than she has had in a while.

**Please send your joys and sorrows to forum@swuu.org for inclusion in the next issue.*

**Southwest Unitarian Universalist Church
6320 Royalton Road
North Royalton, Ohio 44133**



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