



February 2026

The Bellnote

UNIVERSALIST UNITARIAN CHURCH OF EAST LIBERTY
2231 Jefferson Road
Clarklake, MI 49234
(517) 295-3290 - New(er again) Church Number
Located 3/4 miles West of U.S. 127

Minister

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UUDJM@YAHOO.COM

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Message from the Minister

Practicing Resistance: Choosing Not to Give Up

Dear UUCEL,

January's theme of Practicing Resistance has given us much to reflect on. In my January 11 sermon, I spoke about resisting internal despair and refusing to become numb to what's happening around us. On January 18, I focused on external resistance—choosing not to remain silent in the face of injustice.

This month, however, another form of resistance has emerged in my own life: resisting self-pity, and resisting resentment toward my current situation.

After my recent diagnosis, I encountered a quieter struggle than I expected. Not fear exactly, and not despair, but the pull toward feeling sorry for myself. The voice that says, This isn't fair, followed closely by, What's the point? And to be clear—this was no small diagnosis.

Had this happened years ago, I likely would have shut down completely. I would have retreated, immobilized myself, and let resentment take over. This time has been different.

Whether it's age, hard-earned wisdom, or simply knowing that I am not powerless in this situation, I've found myself approaching it with an unexpected sense of gratitude—almost as something to embrace rather than resist. Gratitude, as I have learned, isn't about denying difficulty. It's about refusing to let difficulty have the final word.

To be honest, I had been feeling lethargic for quite some time before my hospitalization. I struggled to find energy or motivation. I lost interest in things I enjoy. I assumed it was depression. Looking back now, the explanation is much simpler: I couldn't breathe properly. No wonder I felt exhausted and disconnected. The body needs oxygen to do anything, and I simply didn't have enough.

As I write this, I am nearly a week out of the hospital, and I feel better than I have in a long time. I feel more energetic, more productive, and more alive. That, for me, is the gift.

This diagnosis is not how I wanted to begin the new year. And yet, by not resisting this new reality—and by resisting the urge to feel sorry for myself—I am better able to accept what is and make the most of it. It's a choice.

Continued on Page 3....

Notes from the Board

January Board Meeting

On January 12 the board held our regular meeting. After a reading of the board covenant and approving the December minutes (which are posted on the social hall wall by the kitchen), Treasurer Laurie Campbell reported that we have a net income for the last six months. Rev. Dan's report highlighted visits to shut-in members and a plan to work with the Nominating Committee.

Strategic Plan Progress includes plans for pastoral care associates and noting the success of the Membership Committee with December events: East Liberty Awards, postcard writing, and caroling. Buildings and Grounds reports the large oak tree was trimmed. Rooted Pixels has been hired to overhaul the much-out-dated web site. The board will potentially partner with the League of Women Voters Jackson Area to fulfill our commitment to taking a UUA "Action of Immediate Witness" to address community needs.

The annual pledge drive will get underway soon with a potential theme of looking forward. The board is to come prepared with ideas at the February meeting.

The buildings and grounds committee reports the nursery railing has been fixed. There is a recommendation to install a remote-controlled thermostat in the schoolhouse. A new snow-removal company will be hired to plow with salt.

Worship services are mostly planned through March.

Religious Education functions well.

Tech – the next joint service with the Elkhart Fellowship will be Easter Sunday, April 5th.

Social Justice still seeks two people willing to offer shared leadership.

Membership (see above) and Caring continue to function well.

Gene Kopf attended a seminar in December about best security practices in churches. Plans are afoot for him to give a presentation after an upcoming church service.

The board meets again on February 9, 2026 at 12:30pm.

Ann

**Submitted by: Ann Green Board
President**

Notes from Religious Ed

Volunteers Update

We have at least one opening for a teacher assistant volunteer, which means a commitment of nine Sundays, scattered throughout the school year. UUCEL wants to continue to be an inviting church for families to bring their kids. So please consider answering this call!

UUCEL is proud to offer nursery care for babies and preschool children every Sunday. We have a roster of adult volunteers who kindly give one Sunday a month to make this happen (really, it's only about 45 minutes per month!). Thank you

Submitted by: RE Committee

Watch on Facebook:

<https://www.facebook.com/LibertyUU>

Reminder to all Social Hour Teams

When done with the regular social hour duties, please make sure the following are done:

~Open all registers in social hall

~Close the doors that go upstairs to sanctuary

Submitted by: Alyce Oosting

Rev. Dan's Column Continued

Often it's a small one: doing what I can instead of mourning what I can't. Staying engaged rather than withdrawing. Finding new ways to be productive rather than measuring myself by old standards.

We often think of resistance as something loud and public. But sometimes resistance is the quiet decision to keep going—to stay present, to live forward with honesty and care.

That kind of resistance doesn't make headlines. But it does make a life.

With Love Abundant,

Rev. Dan

~~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!

HELP WANTED!

Let's spread the word about our church community on social media. Our new website is in the works but we need more visibility. Are you willing and able to post images from our UU collection to Facebook, Instagram, and other media? Know someone who would? Give Ann Green a holler
Submitted by: Ann Green



Honoring our Shared Pulpit December 28.
Alice Shepherd served as Worship Leader.
Watch on Facebook.



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.

Meetings and Events for UUCEL

Announcement from Rev. Dan

The next Lunch with the Minister will be on Friday February 13 at 12:30. We will meet at Steve's Ranch (311 W. Louis Glick Hwy). Come to chat about whatever is on your mind, eat some good food, and hang out with great people! All are welcome.

UU Younger

The UU Younger group (known as YUUMM) has started a recurring meeting the first Sunday of every month at 12:30 pm in the school house. It will include snacks, board games and conversation. **Submitted by: Scott Reese**

Quarterly Donations

The Social Mission Designee for the 3rd quarter is AWARE. They provides services for survivors of domestic and sexual violence. They support survivors at every stage. They're dedicated to ensuring that survivors have the resources, support, and comfort they need during this critical time. Please, give by using the donate button on our website or by contributing with a check to the church with AWARE in the memo line.

**Submitted by: Gretchen Marshall
& Ann Green**

Ladies' Lunch

The Ladies Lunch will be meeting on Thursday February 12, at Rocky Top 1900 Lansing Ave. at 12:00 am. If you are not on Joan's list and want to come, please call her by Wednesday morning. Please see Joan's contact information on the top of the Supplement Page.

Submitted by: Joan Bernstein

Updated info of the Jackson Personal Care Ministry

JPCM is a cooperative mission of 7 area churches now, it was 14. We offer a weekly pantry of personal care and cleaning products to anyone residing in Jackson County. Our team, the First Congregational and UUCEL, just 2 churches, was 3, works the first Thursday of the month, and that would be February 5th. Because we are serving more people, the number of volunteers needed has grown from 3-4. Please let me know if you can help. Volunteers are asked to arrive at 4:30 pm. **JPCM has now relocated to St. John's Church** at 801 S. Mechanic Street in Jackson. Distributions is still on Thursday evenings 5:00- 6:30 pm. It's an excellent way to meet the community and give back! If you'd like to work or have any questions. Nena's contact info is on the top of the Supplement Page if anyone needs more info.

Submitted by: Nena Obits

“If you had been
assigned a task for
a Sunday or even
any committee
meeting and you
are not able
to attend, would you
please call or contact
someone to let
them know”
– thank you

Reminder of First Sunday Information for Social Hour Host

Those on the team that is on the **1st Sunday of Each Month** - Please READ the NOTE that has been added to the paper copy on the corkboard in the KITCHEN. - With directions YOU need to KNOW. **Thank you From the Board**

LOST & FOUND

Has moved to a box in the window ledge - Are they YOURS ?

Green thick sock found in parking lot ---- A bag was in the frig with an Apple & oversized Dark Sunglasses, Apple is gone ---- Sweater/Jacket, Light Gray & White w/ Zipper Size X-L ---- Shawl, Dark Blue, Long Rectangle w/ Fringe and Buttons by: harve benard ---- Scarf, Very Long, Tan Knitted w/ 4 rows of Cable by: Isotoner ---- Cap/Hat, White w/ Intermobile Racing & N norman ---- oversized Dark Sunglasses

Submitted by: Kathy Haynes

UUMUAC now has Podcasts

UUMUAC, the Unitarian Universalist Multiracial Unity Council, is now offering a growing library of podcasts that features sermons from our 40-plus monthly Vespers services, along with newly digitized recordings by founding member the late Finley Campbell. These short, accessible episodes make a welcoming experience for people who want to listen to them while driving, walking, crafting, or simply taking a quiet moment. Our Vespers services are already on YouTube and new podcast episodes are being added regularly to our feed on [https://
rss.com/podcasts/uumuac-you-me-act](https://rss.com/podcasts/uumuac-you-me-act). These thoughtful and inspiring audio recordings are perfect for people who support liberal religion and multiracial unity, but don't have time for a full-length service. To help others discover this new resource, please share, rate, and comment. If you have additional feedback, or want to help with the conversion process, contact Bjeanwalsh@outlook.com. For more information about UUMUAC, visit our website UUMUAC.org.



February 's UUCEL Calendar

All Events are at the church Unless Otherwise Noted

- 1 Sunday ~~ Service ~ Led by: Cory Page ~ 11:00 am
1 Sunday YUUMM Meeting ~ School House ~ 12:30 pm
5 Thurs Personal Care Ministry @ St. John's Church, 801 S. Mechanic ~ 4:30-6:30 pm
8 Sunday ~~ Service ~ Led by: Darrin Palmer ~ 11:00 am
9 Mon Board Meeting ~ 12:30 am
9 Mon Church Cleaning ~ by: Vicki Haynes
12 Thurs Ladies Lunch @Rocky Top at 1900 Lansing Ave ~ 12:00 am
13 Fri Rev. Dan group discussions over lunch ~12:30 pm at Steve's Ranch
15 Sunday ~~ Service ~ Led by: Rev. Dan ~ 11:00 am
16 Mon The Bellnote Newsletter, Submissions Due
22 Sunday ~~ Service ~ Led by: Daveda Quinn and Ann Green ~ 11:00 am
23 Mon Church Cleaning ~ by: Vicki Haynes

Weekly Volunteer Schedule

- Sunday, Feb 1~~ Greeter, Alyce O ~~ Usher, Paul J & Helper Needed**
 ~~ Social Hour Host, Alyce O & Team 7
 ~~ Technology Streaming, Mike B ~~ Worship Associate, Ben B
 ~~ R.E. K-5, Classes w/ Kerry H & Darrin P ~~ Nursery w/ Nena O & Sue R
- Sunday, Feb 8 ~~ Greeter, Lori A ~~ Usher, Paul J & Helper Needed**
 ~~ Social Hour Host, Deb H & Team 1
 ~~ Technology Streaming, Tom P ~~ Worship Associate, Laurie C
 ~~ R.E. K-5, Classes w/ Intergenerational ~~ Nursery w/ Alyce O & Alice P
- Sunday, Feb 15 ~~ Greeter, Joan B ~~ Usher, Paul J & Helper Needed**
 ~~ Social Hour Host, Kathy H & Team 2
 ~~ Technology Streaming, Rob G ~~ Worship Associate, Tiffany R
 ~~ R.E. K-5, Classes w/ Nancy S & Darrin P ~~ Nursery w/ Kathy H & Ashley S
- Sunday, Feb 22~~ Greeter, Jackie J ~~ Usher, Paul J & Helper Needed**
 ~~ Social Hour Host, Nena O & Team 3
 ~~ Technology Streaming, Mike B ~~ Worship Associate,
 ~~ R.E. K-5, Classes w/ Kerry H & Darrin P ~~ Nursery w/ Donna H & Nicole B

~~ Celebrating Over 169 Years of Liberal Religion ~~
All Sunday Services Start at 11:00 am

Feb 1 - "Finding Mental Health Support"

- Led by: **Cory Page**

In person or live on Facebook.

Feb 8 - "The Language of Spirituality" -

Led by: Daren Palmer

In person or live on Facebook

Feb 15 - "Embodying Resilience: Lessons from James Luther Adams"

- Led by: **Rev. Dan Miyake**

In person or live on Facebook.

What does resilience look like after innocence is gone? In this service, we'll explore the life and insights of James Luther Adams, a Unitarian thinker shaped by witnessing the rise of Nazism in Germany. Adams challenges us to see resilience not as individual toughness, but as something embodied through covenant, community, and shared responsibility. His perspective offers a timely and deeply UU vision of how we stay grounded and committed in uncertain times.

Feb 22 - "Pursuing Freedom"

- Led by: **Daveda Quinn and Ann Green**

In person or live on Facebook.

Daveda and Ann as Harriet Tubman and Susan B. Anthony in Pursuing Freedom



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 1st - June 30th. The church board asks those that receive the paper version of the newsletter pay a \$18.00 per year subscription fee. New visitors will get a few months free, after that a subscription fee will be asked for, or change to an on-line version that is free of charge.

For the March 2026 issue, the information is needed by: Monday, February 16 ~~ send submissions to: uucel_bellnote@yahoo.com or in writing to Kathy or Vicki, thank you. We want to thank Rev. Dan Miyake, Ann Green, Nancy Smith, Gretchen Marshall, Darrin Palmer, Deb Hartsuff, Nena Obits, Scott Reese, Vicki Haynes, Tech Comm., and Worship Comm., for their news items this month.

A Quick Look of What's Inside - Full Information on Page 7

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Feb 22 - "Pursuing Freedom" - Led by: Daveda Quinn and Ann Green



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Church's E-Mail Address ~ uuliberty@gmail.com
Wednesday's Chimes ~ WednesdayChimes@gmail.com
Church's Facebook Page ~ <http://www.facebook.com/libertyuu>
The Bellnote's E-Mail Address ~ UUCEL_Bellnote@yahoo.com
Bellnote Newsletter ~ <https://libertyuu.org/category-newsletter/newsletter>

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

Where People Care About Each Other And Care About The World.

