



~ February 2026 ~

The Bellnote Mini-News

UNIVERSALIST UNITARIAN CHURCH OF EAST LIBERTY
2231 Jefferson Road, Clarklake, MI 49234
(517) 553-4311 Located 3/4 miles West of U.S. 127

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

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Sunday Services

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.

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Calendar

- 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

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Rev. Dan's Column Continued....

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. 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

Sunday Services Continued...

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

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