



# THE GROVELAND E-WIRE

Volume 11, Issue 1, January 2018

## Sunday Services

Groveland Fellowship services start at 10:00 a.m. at 1671 Summit Ave in Saint Paul.

### Sunday, January 7

**Meditation: Energetic and Fun, presented by Eric Larson**

**Moderator: Sara Leiste**

Eric Larson will share with us a bit about the role of mindfulness and meditation in his journey from a tightly wound and anxious twenty-something into a slightly less tightly wound and anxious but much more fulfilled thirty-something. He will also lead us in a short, simple mindfulness practice. Eric Larson is a professional life and leadership coach who supports fellow travelers on the path through voluntary and involuntary life transitions. He has been practicing mindfulness meditation for the past 12 years, as a way of developing greater self-awareness and a sense of peace, and deepening his understanding of how to be an effective human being in these complex times.

### Sunday, January 14

**Let's Make Sandwiches for the Homeless, presented by Sara Leiste**

This week, our topic is homelessness and hunger. We will have readings and discussion as usual, but the main focus will be on making sandwiches for the 363 Days food program. In addition, we will take a monetary collection for the organization. They use funds to buy bus tokens. Bus rides provide safety and shelter to homeless people, especially in the winter.

### Sunday, January 21

**Laughter Yoga: A Direct Practice of Joy, presented by Spruce Krause**

Laughter yoga involves deep breathing and a deep commitment to being fully in the now. When we are laughing there is no past, no future and no mind chatter. Laughter increases one's sense of well-being and promotes a wholesome community. Spruce Krause lives her dream of supporting clients and workshop participants with spiritual, heart-based principles. Prior to creating her dream business, Spruce was a high school English teacher, a wholesale business owner and psychologist. She believes we all have a lot of wisdom within us, and with a little bit of willingness and the right tools we can make that wisdom more accessible, at a much deeper level and have more insight, creativity, compassion and joy.

### Sunday, January 28

**The Importance of Asking for Help, presented by Abby Struck**

**Moderator: Ceile Hartleib**

No one is an island, we are interdependent. When we ask for help, we also give others the opportunity to share their skills, their compassion and enhance our connection as human beings.

Abby is a founding member of Groveland.

## Looking Ahead...

### Sunday, February 4

**TED TALK, What is Real News, What is Fake News? By Tom Becka**

**Moderator: Ceile Hartleib**

How do we be smart about the media that we choose to consume? We'll watch the TED talk, then discuss our take on the news.

*Continued on page 2*

## Upcoming Events

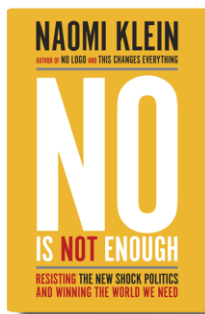
### Groveland Book Group for January

#### Wednesday, January 10



The January book group will meet on Wednesday, January 10 at Ceile Hartleib's. We are reading *No Is*

*Not Enough, Resisting Trump's Shock Politics and Winning the World We Need*, by Naomi Klein. Call Ceile at 651-647-6078 for more information.



"Trump is extreme but he's not a Martian. He is the logical conclusion of many of the most dangerous trends of the past half-century. He is the personification of the merger of humans and corporations--a one-man megabrand, with wife and children as spin-off

brands. This book is to help understand how we arrived at this surreal political moment, how to keep it from getting a lot worse, and how, if we keep our heads, we can flip the script and seize the opportunity to make things a whole lot better in a time of urgent need. A tool-kit for shock-resistance." - From Goodreads.

## January Birthdays

Happy Birthday to Judy Bonhiver and Bruce Jarvis!

## Groveland Outreach: MORE Food Aid



Fridays at 8:00 a.m., several Grovelanders meet at Whole Foods Market at Snelling and Selby Aves. to transport groceries to the Multicultural School for Empowerment (MORE).

Please call Trescia Dunn at 651-698-1858 for more information, or to volunteer

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**Services** are at 10:00 am Sundays, September through May

### Groveland meeting address:

1671 Summit Ave  
St Paul, MN 55105

### Groveland UU Mailing address:

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You may make donations to Groveland UU by addressing them to 'Treasurer' at the above address.

For more information about **Groveland UU Fellowship**, go to [grovelanduu.org](http://grovelanduu.org)

For Information about **MidAmerica Region USA** please go to [midamericauua.org](http://midamericauua.org)