



THE GROVELAND E-WIRE

Volume 11, Issue 3, March 2018, page 1

Sunday Services

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

Sunday, March 4

Cabbage Town

Presented by Rev. Karen Hutt,

Moderator: Lois Hamilton



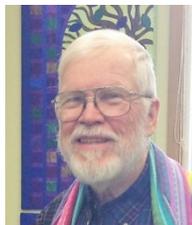
Class bias among Unitarian Universalists has often been seen as an impenetrable reality of our association. Is it? If so, can we explore why? This sermon will explore the history and current realities of class bias in America and pose some suggestions to address this schism.

Reverend Karen Hutt is an ordained Unitarian Universalist minister. She was a co-founder and co-pastor of Church of the Open Door, a dual-affiliated UCC/UU congregation that served Chicago's Black LGBTQ population. She has also served as Executive Director of Companions Journeying Together, Inc. an interfaith prison ministry that worked with clients in prisons and jails around the state of Illinois. Rev. Hutt lives in Minneapolis with her partner, Rev. Ashley Horan and their two children.

Sunday, March 11

Dream Hoarders

Presented by Jerry Kettunen, Moderator: Huron Smith



As the basis of his talk, Jerry Kettunen will review the

Book, *Dream Hoarders*, written by Richard V. Reeves of the Brookings Institute. Reeves' premise is that the top 79% to 99% of income earners are the Upper Middle Class (UMC). Along with the politicians they have elected and other privileges they have, they are provided with a glass floor for their progeny. The UMC provides educational benefits through legacy admittance policies in many colleges and education for their children from pre-school on up making an educational playing field tilted in their favor. The lower 79% have a problem competing. Jerry Kettunen states that he "agreed in most cases, but found missing information and exceptions in his personal experience."

Jerry Kettunen, a retired 3M engineer and life-long Unitarian, is a member of Groveland Fellowship. He volunteers with Mano a Mano.

Sunday, March 18

The Body Keeps The Score

Presented by Rachael Cavegn

Moderator: Judy Bonhiver

Rachel Cavegn will speak about the book *The Body Keeps the Score*, by Bessel A. van der Kolk. Rachel will talk about how we can help ourselves move forward as we deal with trauma or mental health struggles. (For more information about this book, see page 2 Book Group, March 14 listing.)

Rachael Cavegn is a Licensed Associate Marriage and Family Therapist who has worked extensively with trauma, addiction, grief/loss and relationship dynamics over the past 8 years at various community-based clinics throughout the Twin Cities metro area. www.bodywisdom.abmp.com/mental-health-services

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Sunday, March 25

Thawing the Polarized Ice Between Us

Presented by Tom Esch

Moderator: Leticia Smith



We live in a world that is increasingly polarized and politically frozen. We know that being able to speak with and work effectively with those who hold differing ideas is part of our survival. How can we get

ourselves into a useful conversational place where we can truly listen to another person who may have different values and views from ours? Come explore a new level of awareness and a few practical ideas on how we can free ourselves from some of the patterns that keep us frozen in our roles and can begin to thaw the icy divisions between us.

Tom was a member of a Catholic religious community for 10 years. He lived in Nairobi, Kenya for 19 months and spent time in Guatemala. Tom worked as Coordinator of Social Justice at First Universalist Church in Minneapolis and was part of the Unitarian Universalist Associations "Social Justice Empowerment Weekend" program for over 13 years.

Tom Esch is President of Esch Consulting, LLC a business that helps people access authentic power and turn their differences into bridges. He and his wife Kristen are members of Unity Unitarian in St. Paul, MN. Tom's website is: tom@eschconsulting.com

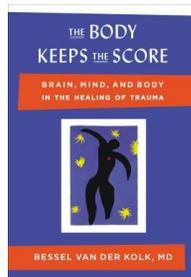
Sunday, Apr. 1

No Service – We are planning to hold a potluck. We're looking for a volunteer to host. Call Lois at 651-699-2920.

Book Group

Wednesday, March 14, 7 pm

We will meet at Lois and Alan's to discuss the book, *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*, by Bessel A. van der Kolk, a pioneering



researcher and one of the world's foremost experts on traumatic stress.

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children.

Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives. -from Goodreads. Call 651-699-2920 for more information.

March Birthdays

Happy Birthday this month to Danielle Gordanier!

Sunday Treat Changes, and Volunteers Needed!

At last Sunday's congregational meeting we made a change to the after service treat program. We are now asking that members attending the services please bring a small treat to share. This is not mandatory so please do not feel obligated to do this.

Also please sign up to help out with specific jobs on the Sundays of your choosing: 1. room set-up, 2. room put-

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away 3. kitchen clean-up.
Spontaneous help with any of these tasks is also always appreciated!

Leticia will have a sign-up sheet on Sundays. For those who prefer to consult their calendars at home Leticia will gladly accept emails at lsmith@aldea.org
Thanks!

MidWest Leadership School Decorah, Iowa, July, 2018



Part of the Unitarian Universalist Association's nationwide network of leadership schools, **MidWest Leadership School (MWLS)** is a week-long intensive program in leadership and group dynamics. Led by lay and ordained staff with a deep understanding of UU congregations, MWLS

- develops both youth and adults into congregational leaders
- provides leadership tools and skills
- deepens Unitarian Universalist identity

This is an *extremely* intense week of workshops, discussions, intimate small groups, worship preparation, personal theological exploration and growth.

For more information please go to:
www.mwls.org

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

Groveland meeting address:

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St Paul, MN 55105

Groveland UU Mailing address:

Groveland UU Fellowship
PO Box 40011, St Paul, MN 55104

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

For Information about **MidAmerica Region USA**

please go to midamericauua.org