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**Sunday Services**

**10:00 am, 1671 Summit Ave., St. Paul**

Welcome to our Sunday services, now held on Zoom. The UUA has recommended that congregations continue virtual services for the time being. Please email Sara at [leiste@yahoo.com](mailto:leiste@yahoo.com) for Zoom help.

**February 7 - 10:00 am**

**Spiritual Music**

**Presented by Paul Hjelmstad  
Moderator – Ceile Hartleib**



Groveland Fellowship's pianist Paul Hjelmstad will present a service describing the development of African American spirituals. This rich tradition developed exclusively in the

United States, and had many diverse influences from African culture, but also ended up influencing several kinds of Black American Music, particularly Gospel, Soul, Rhythm and Blues and even Jazz.

Paul will split the time between discussing the historical and sociological importance of spirituals and playing samples of a number of them from the UU hymnal and other Unitarian Universalist songbooks.

Paul is an accomplished pianist who teaches piano and tutors students in math and other subjects. He is a member of Groveland Fellowship.

**February 14 – 10:00 am  
History of Valentine’s Day  
Presented by Dr. Brendan Cook  
Moderator – Leticia Smith**



Dr. Cook will provide perspective on the present-day celebration of Valentine's Day by tracing the changing definitions of sainthood in Western Christianity.

Dr. Brendan Cook is a senior instructor in Humanities & Cultural Studies at the University of South Florida. Born in Saskatchewan, Canada, he earned a Ph.D. in History from the University of Toronto.

**February 21 - 10:00 am  
Embrace Conflict? Now That’s  
a Dumb Idea**

**Presented by Tom Esch  
Moderator – Alan Lando**



We all experience interpersonal and internal conflict from time to time. At home, at work and even at church we have felt the sting of our differences. Depending on our level of emotional

intelligence, and ethnic ancestry most of us are a little afraid of it or really afraid of it.

Lots has been written about conflict and how to deal with it, even how to embrace it. Yikes! The poet Rumi has written, in

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**Tom Esch continued**

his famous poem *The Guesthouse*, "The dark thought, the shame, the malice... greet them at the door laughing and invite them in..." Wow, how can one live with more of that type of courage?

Come and explore some ideas for how we might learn to be less afraid of conflict and perhaps even see it as a potential friend, standing at the door of our life, sometimes needing to be welcomed in.

Tom has been leading a series of conversations called "Going Beyond Minnesota Nice". For an example of what he's talking about see this: <http://eschconsulting.com/happy-brave-thanksgiving>

**February 28 – 10:00 am**  
**How to Change your Behavior for the Better**  
**TED Talk by Dan Ariely**  
**Moderator – Larry Herbison**



What's the best way to get people to change their behavior? In this funny, information-packed talk, psychologist Dan Ariely explores why we make bad decisions even when we know we shouldn't -- and

discusses a couple tricks that could get us to do the right thing (even if it's for the wrong reason).

Dan Ariely is a professor of psychology and behavioral economics at Duke University and a founding member of the Center for Advanced Hindsight. He is the author of the bestsellers *Predictably Irrational*, *The Upside of Irrationality*, *The Honest Truth*

*About Dishonesty, Dollars and Sense and Amazing Decisions* -- as well as the TED Book *Payoff: The Hidden Logic that Shapes Our Motivations*. He is also co-creator of the film documentary *(Dis)Honesty: The Truth About Lies*.

Through his research and his (often amusing and unorthodox) experiments, he questions the forces that influence human behavior and the irrational ways in which we often all behave.

**Looking Ahead:**

**March 7 – 10:00 am**  
**Mental Health and COVID-19**  
**Presented by Alan Lando**  
**Moderator – Lois Hamilton**



According to the World Health Organization, fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So, it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. Added to this fear are the significant changes to our daily lives as movements and connections are restricted to contain and slow the spread of the virus. This talk will focus on challenges and the need to look after our own mental health and to support others in doing so.

Alan Lando is a long-time member and past president of Groveland UU Fellowship. He holds the title of Distinguished International Professor in the Division of Epidemiology and Community Health of the School of Public

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**Alan Lando, continued**

Health at the University of Minnesota. His work has focused primarily upon researching effective methods of tobacco cessation and on advocacy initiatives to reduce the global burden of tobacco harm.

**Reflection & Readiness:  
MUUSJA UU's Racial Justice  
Summit**

*February 16th, 18th, 20th, 23rd & 25th  
Tuesdays & Thursdays, 6:30 – 8 p.m.  
Central Time; Saturday 2/20, 10-12 AM  
Central Time*

MUUSJA UU Racial Justice Summit is an opportunity to reflect, convene, and connect across UU congregations in Minnesota and North & South Dakota, to share how we've been learning and taking action towards thriving multicultural democracy, and discern next steps for collective liberation.

Join UUs from other congregations for a Racial Justice Summit grounded in worship and covenant. Each day, we will split into breakout rooms offering racial identity caucus spaces in which white people will process their privilege, and practice ways of being that will help mitigate harm as they interact with BIPOC (Black, Indigenous and People of Color) UUs and community members. BIPOC will similarly explore our racial and UU identities, and find strength, inspiration, and healing with one another. The conversations and connections begun at the Summit will continue long afterwards, encouraging collaborative UU racial justice work across congregations.

Unitarian Universalist values and Principles call us to racial justice work, and this Summit is open to all UUs in

Minnesota and North & South Dakota who are committed to answering that call. Attendance at all sessions is encouraged, as this Summit aims to widen the circle of UU racial justice work through new and deeper connections.

For details and to register, [click here](#)

**Groveland Book Group  
Wednesday, February 17  
6:30-8:00 pm**



On

February 17, we will meet at 6:30 pm on Zoom. Our format is a discussion of books we are presently reading or have read recently. See our website for the Zoom link information. Please email Sara at [leiste@yahoo.com](mailto:leiste@yahoo.com) for Zoom help.

Here is a list of the books we discussed in January:

*The Power Worshippers: Inside the Dangerous Rise of Religious Nationalism* – Katherine Stewart  
*The Paper Daughters of Chinatown* - Heather Moore. Historical Fiction  
*Born a Crime* - Trevor Noah  
*Caste* - Isabel Wilkerson  
*The Yellow House* - Sarah Broom, memoir  
*Crossing to Safety* - Wallace Stegner, novel  
*A Promised Land* - Barack Obama  
*Winds of War* - Herman Wouk  
*War and Remembrance* - Herman Wouk  
*The Prodigal Daughter* - Jeffrey Archer  
*Sacred Economics: Money, Gift and Society in the Age of Transition* - Charles Eisenstein  
*Active Hope: How to Face the Mess We're in without Going Crazy* - Joanna Macy  
*Minnesota 1918: When Flu, Fire and War Ravaged the State* - Curt Brown

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## Groveland News:

### February Birthdays



**Happy Birthday**

**Lesley, Larry and John M.**

## Groveland Outreach...

### MORE Food Aid



Volunteers from Groveland Fellowship and other places meet at Whole Foods Market on Snelling and Selby Avenues to transport groceries to the

Multicultural School for Empowerment (MORE). Please call Cathy Rucci, MORE's executive director at 651-204-0497 for more information or to volunteer.

### Groveland E-Wire Editors:

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**Services** are at 10:00 am Sundays, September through May (Currently on Zoom)

**Groveland meeting address:** Now on Zoom, but when we are able to meet in person again, we will be at the address below:

1671 Summit Ave  
St Paul, MN 55105

### Groveland UU Mailing address:

**Donations:** Please address donations to Groveland UU Fellowship, and send them to:  
PO Box 40011, St Paul, MN 55104

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