



THE GROVELAND E-WIRE

Volume 14, Issue 3, March 2021, page 1

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 for Zoom help.

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 also 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 those challenges, and the need to look after our own mental health and 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 Health at the University of Minnesota.

March 14 – 10:00 am

Thrivalism

Presented by Jeffry Jeanetta-Wark
Moderator – Leticia Smith

"Be with spirit in the heart of the moment, and keep the body in mind." –Thrivalism curriculum

It is common in times of chronic stress to feel like we are simply surviving. Physical pain, economic challenges, neurochemical



imbalances, health pandemics, social/interpersonal distresses, gender-based and ethnic-created inequalities, spiritual crises as well as political distress: these are just a few issues

that can contribute daily to our sense of survivalism.

Thrivalism is an alternative to survivalism; it is a guide to living with less stress and more authenticity and contentment. In his presentation today, Jeffry will touch on effectively aligning mind, emotions and body, connecting with spirit, living soulfully with purpose and passion, and removing blockages toward integrating these components.

In 2004, Jeffry Jeanetta-Wark, M.A., LICSW, founded the Center for Integrated Well-Being, Inc. (CIWB), a holistic psychotherapy practice. He is a senior level social worker, holistic psychotherapist, and educator with more than 25 years of local and national experience in the fields of wellness, healing, stress management and program development. Jeffry has taught and lectured throughout the Upper Midwest, including at the University of Minnesota, Lakeview Hospital, IBM, Cargill, and The William Mitchell School of Law.

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March 21 - 10:00 am
Regenerative Food Systems to
Help Sustain the Earth
Presented by George Boody
Moderator – Lois Hamilton

Besides our own health, why is what we eat critical in sustaining the planet? For one thing, food systems emit ¼ or more of all greenhouse gases. Raising crops and livestock with greatly improved soil health can better sustain the planet through higher quality food, more pollinators, protecting our



waters, reducing greenhouse gas emissions and storing carbon in the soil. The pandemic has also shown us that we must transform food systems to be

just, fair, healthy, and regenerative. What we choose to eat and why sends potent signals to farmers, companies and policymakers. It's an action each can take.

George Boody recently retired as Science and Special Projects Lead, and before 2016 was for 23 years the Executive Director of the Land Stewardship Project (LSP), a local non-profit with headquarters in Minneapolis. He co-directed interdisciplinary projects that measured and predicted ecological and financial benefits from diversified farming systems and engaged farmers. Boody is currently Senior Fellow with the Endowed Chair in Agricultural Systems at the University of Minnesota's Minnesota Institute for Sustainable Agriculture. He received a Master's of Science degree in horticulture and human nutrition and a Bachelor of Science degree in biology from the University of Minnesota.

Boody lives in Minneapolis with his wife Ann, where they raised their family and built their house. Their hobbies are gardening,

canoeing and cross-country skiing. They also take time for their grandchildren. They are members of the First Universalist Church in Minneapolis. George has deep roots in rural Minnesota, where his mother grew up on a farm.

March 28 – 10:00 am
Visiting Sunday: Commitment
UU Church of Minnetonka

Today we will visit online with the Unitarian Universalist Church of Minnetonka. Their worship theme for March is Commitment.

Their service begins at 10:00. You are welcome to log in at 9:30. Watch for login details, which will be provided several days in advance.

Looking Ahead:

April 4 – Easter
No service



Groveland News:

March Birthdays



Happy Birthday
Danielle

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



On March 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 for Zoom help.

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

Where Law Ends, Inside the Mueller Investigation – Andrew Weismann
A Woman's War, Too, Women at Work During WWII – Virginia M. Wright-Peterson
The Power Worshippers: Inside the Dangerous Rise of Religious Nationalism – Katherine Stewart
Strangers in Their Own Land – Arlie Hochschild
The Lyncher in Me: A Search for Redemption in the Face of History – Warren Read, memoir
An Absolutely Remarkable Thing – Hank Green
A Beautifully Foolish Endeavor – Hank Green
Factfulness – Hans Rosling
An Indigenous Peoples' History of the United States – Roxanne Dunbar-Ortiz
Caste – Isabel Wilkerson
You'll Never Believe What Happened to Lacey: Crazy Stories about Racism – Amber Ruffin and Lacey Lamar
Why We can't Sleep: Women's New Midlife Crisis – Ada Calhoun
Hadley and Grace – Suzanne Redfearn
Lives Other Than My Own – Emmanuel Carrère
Widening the Circle of Concern: Report of the UUA Commission of Institutional Concern – June 2020

UUA General Assembly 2021

The annual meeting of the UUA will be held 100% virtually this year on June 23-27, with the theme of "Rooted, Inspired, & Ready!" Anyone may attend. Registration information is on their website: UUA.org More information to follow.

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.

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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