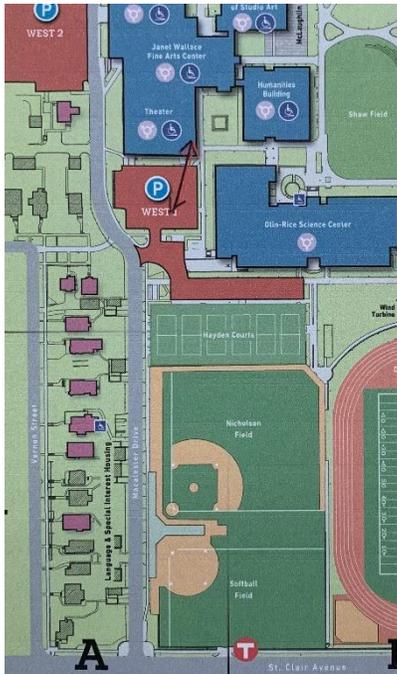


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## Sunday Services

**Combination Zoom and in-person services, plus a new location - Macalester College in the Theater Building, St. Paul**



**In-person:** Groveland UU Fellowship will be meeting in **Room 205** in the Theater Arts building on the Macalester College campus. This building is located at 130 Macalester Drive. It is part of the Janet Wallace Fine Arts Center. Enter from St. Clair Ave. onto Macalester

Drive. Park in the West 1 lot. The building access is at the northeast corner of the parking lot. There will be someone at the door from 9:45-10:00 to let you into the building. (Arrow on map shows parking lot to use and the entry to building.)

### Public Transit:

**The A Line bus stops at the corner of Snelling and Grand and also at Snelling and St. Clair. The route 63 bus stops at Grand and Snelling.**

**Zoom services:** We will continue alternating in person and Zoom services. The Zoom

invitation and reminder will be sent via GUUF-announce.

If you need help with Zoom, please contact Sara Leiste at [leiste@yahoo.com](mailto:leiste@yahoo.com)

**Happy New Year!!**

**January 9, 10 a.m.  
Healing Ourselves in Trying Times**

**(In-person service)**

**Presenter: Kristen Werneke  
Moderator: Leticia Smith**



Kristen Werneke will speak about the need for mind, body and spirit healing in each of us. As we learn where our blind spots are, we can bring in new, healthy behaviors that allow us to live more fully. This is personal, and it affects our lives in all of the ways that we show up in the world. Many of us

have lost our path at some point, and this is a gentle reminder that there are ways we can bring ourselves back to our essence and our own divinity. Our healing stories really do change the way that we bring our light into the lives of others and into our own lives.

Kristen Wernecke has been a bodyworker since 1990, doing Massage Therapy, Energy Healing, and teaching Meditation, as well as classes on Health and Wellness Coaching and Energy Healing. She was also a Wellness Specialist at Hazelden-Betty Ford for 5 ½ years, until Covid shut down in person contact. Kristen has written a book called "Choosing Conscious Health for a Vibrant Life" which has sold hundreds of copies. Kristen lives with husband Tom Esch and their two entertaining cats. Their 21-year-old son, Eli recently moved in with friends.

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**January 16, 10 a.m.**  
**Making Sandwiches for the Homeless**

**(In-person service)**

**Presenter: Sara Leiste Ph.D**

Each year, Groveland Fellowship does a service project as part of a Sunday service.



Today, we will make sandwiches and focus on issues around food and hunger insecurity. The sandwiches will be donated to the 363 Days Food Program that brings food to people on the streets at night.

Sara Leiste is a long-time member of Groveland Fellowship.

**January 23, 10 a.m.**  
**Meditation Through Drawing**

**(In-person service)**

**Presenter: Sue Swanson MDiv**

**Moderator: Ceile Hartleib**

As a journey begins with the first step, Zentangle-inspired art begins with the first mark. We will each create a 4-inch tile filled with designs, each done with simply one mark at a time. For some of us who prefer prayer while moving instead of sitting still, drawing tangles provides a perfect canvas for quieting the mind. Tangling lifts the art of doodling from a secondary to a primary activity. It is a meditative way of drawing that uses simple, repetitive strokes to build patterns that are combined to make a small work of art. The process is easy, relaxing and fun.



Sue Swanson lives in Woodbury with her husband Roger and greyhound River. She's been a tangler since 2011 when she visited Rainy Day Books in Nisswa during a rainy week at the lake. After a few days of staying indoors, she was hooked. Sue holds an MDiv

from United Theological Seminary of the Twin Cities with an emphasis in art, women's theologies and interdenominational studies. She teaches fiber arts, journaling, labyrinths, beadwork and Zentangle Inspired Art.

**January 30, 10 a.m.**  
**The Soul of an Artist**

**(Online service)**

**Presenter: Nia To Go There Ph.D**

**Moderator: Ceile Hartleib**



This presentation will focus on the creative act as an arc of the heart—longing to be, to become, and to belong. No other artist illustrates this creative trajectory more poignantly than Tsa-sah-wee-eh (1943-1984) from Santa Clara Pueblo,

NM. Her life and artwork reveal her cultural and spiritual quest as an indigenous woman of mixed ancestry who painted with a sense of urgency and authenticity. Her artwork will be shown in Power Point slides.

Nia TGT is a member of the Cree tribe of Turtle Mountain Reservation, and she takes special interest in sharing an indigenous view of life from "the far side", knowing it is not so far away at all.

**Looking Ahead...**

**February 6, 10 a.m.**  
**Mindfulness and Meditation**  
**(In-person service)**

**Presenter: Patrice Koelsch**

**Moderator: Sara Leiste**

This service will focus on meditation. It will include a brief introduction to mindfulness and meditation. During the service, there will be a meditation period.

Formally trained with a Ph.D. in Philosophy, Patrice Koelsch began sitting at Common Ground Meditation Center in 1995. Patrice is

*Koelsch continued from page 2*

a graduate of Spirit Rock's Community Dharma Leaders Program, and completed a year-long Buddhist Chaplaincy Training Program at the Sati Center for Buddhist Studies. She has practiced meditation at monasteries in Thailand and Myanmar. Patrice has provided hands-on care for persons in the last stages of HIV/AIDS, and worked for many years in HIV education and client support services. Until the Pandemic interrupted, she had been facilitating meditation groups in correctional facilities. She has a special interest in antiracism work focusing on waking up to whiteness. Through Common Ground Meditation Center, Patrice offers training in mindfulness and loving kindness for corporations, non-profit organizations, and educational institutions. She has also taught workshops on Buddhist spiritual care for Buddhist and other religious organizations. Patrice is on the Board of the Minnesota Multifaith Network, and is involved with Isaiah and Faith in Minnesota in working for a multiracial democracy and a caring economy.

## **Groveland Events...**

**Groveland Book Group**  
**Wednesday, January 19**  
**6:30-8:00 pm – On Zoom**



On January 19 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.

Books talked about at the December meeting:  
*Main Street* – Sinclair Lewis

*The Handmaid's Tale* – Margaret Atwood  
*Arsene Lupin* – Maurice LeBlanc  
*Personal Accountability and Power* – Tom Esch

*Carnival Lights* – Chris Stark  
*The Web of Meaning: Integrating Science and Traditional Wisdom to Find Our Place in the Universe*– Jeremy Lent  
*If You Tell: A True Story of Murder, Family Secrets, and the Unbreakable Bond of Sisterhood* – Gregg Olsen  
*Never* – Ken Follett

## **Message from Our Treasurer**

Your financial contribution helps cover our expenses. To donate, please write your check to Groveland UU Fellowship and send it to P.O. Box 40011, Saint Paul, MN 55104-8011. Thank you!

## **January Birthdays**



**Happy Birthday**  
**Judy and Bruce!**

## **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 alternating between Zoom and in-person)

**Groveland meeting address:**

We are now alternating between Zoom from home and in-person meetings in the Theater Arts Building at Macalester College in St. Paul:

Janet Wallace Fine Arts Center

Room 205

130 Macalester St

Saint 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)