



GROVELAND

UNITARIAN UNIVERSALIST FELLOWSHIP

Volume 15, Issue 2, February 2022, page 1

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

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 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 in both Isaiah and Faith in Minnesota, working for a multiracial democracy and a caring economy.

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February 13, 10 A.M.
Moving Beyond Concepts of Allyship to Anti-Racism as Spiritual Practice

(Zoom service)

Presenter: Jess Mally

Moderator: Huron Smith



Jess Mally will explore the two pillars of anti-racist practice: internal work and external actions. She will explore how we can move beyond mere concepts of allyship to operating in solidarity with people, how

we can implement anti-racist practices into our day to day lives working towards dismantling racism in our lives and world at large.

Jess Mally is a London based antiracism workshop facilitator, writer, speaker, podcast host, creative and events producer. She is Vice President of Operations and Delivery at Belovd Agency, a DEI consultancy working for the advancement of all intersections of humanity in the workplace and places of education. She works with individuals and organizations who have made big statements about becoming anti-racist allies, and helps them reorient themselves to performing as anti-racists instead."

Note: "Belovd" above is spelled correctly.

February 20, 10:00 A.M.
Fear of the Unknown: Conspiracy Theories and Confusion in the time of Covid

(In-person service at Macalester)

Presenter: Abby Struck

Moderator: Ceile Hartleib



How do we, as people of reason and faith, deal with all the confusion and uncertainty in our lives? How can we make good choices and take good care of ourselves and each other

while we adjust to whatever the new normal turns out to be? How can we help build the best possible new normal?

Abby Struck is one of the founders of Groveland Fellowship and is a frequent speaker at Fellowship services.

February 27, 10:00 A.M.
America's Historical Reckoning
(Zoom Service)

Presenter: Audrey Kingstrom

Moderator: Lois Hamilton



We as a country have yet to come to terms with America's legacy of slavery, subjugation, dispossession, oppression, and marginalization of African Americans, Native Americans, and non-white

immigrants. Most recently, critical race theory and ethnic studies are being vilified by cultural conservatives as threats to social cohesion and American exceptionalism. Audrey will argue that such critiques are unwarranted fearmongering attempts to thwart long overdue social change and healing.

Audrey is former president of HumanistsMN, serving now as their program coordinator. She is also a 22-year member of First Unitarian Society of Minneapolis. She is a Humanist celebrant and educator developing and leading programs for these organizations.

Looking Ahead...

March 6, 10:00 A.M.
The Empire in Our Heads
(In-person service at Macalester)

Presenter: Jeff Nygaard

Moderator: John Christensen

The average person in the U.S. doesn't think about Empire—the rule of one nation or people by other nations or people—too much, at least not consciously.

Jeff Nygaard, continued...



Still, the constant propaganda reinforcing the rightness of the Imperial Order is so strong that most US Americans end up sharing a set of ideas that I call The Imperial

Mindset.

What do I mean by The Imperial Mindset, how does it work inside of our heads, and why should we care?

Jeff Nygaard is a long-time writer, commentator, and activist who publishes a free newsletter on politics and culture called Nygaard Notes. (No, it's not a blog, it's a newsletter.) Find it at www.nygaardnotes.org/

Groveland Events...

Groveland Book Group
Wednesday, February 16
6:30-8:00 pm – On Zoom



On February 16 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.

Books talked about at the January meeting:
The Love Songs of W.E.B. Du Bois - Honorée Fanonne Jeffers - fiction
Unthinkable: Trauma, Truth, and the Trials of American Democracy - Jamie Raskin
Orwell's Roses - Rebecca Solnit - nonfiction
A People's History of the United States - Howard Zinn
Saturday - A Novel by Ian McEwan
The Prince of Tides - A Novel by Pat Conroy
Fuzz: When Nature Breaks the Law - Mary Roach
The Bridge at Andau - James Michener - nonfiction
How Do You Want to be When You Grow Old? The Path of Purposeful Aging. - David Shapiro and Richard Leiden
Afterlife - Julia Alvarez
Just Pursuit: A Black Prosecutor's Fight for Justice - Laura Coates
Extra credit...
The Children of Men - P.D. James. Good book, terrible movie. . .

Groveland News...



Cliff Watson, husband of Abby Struck, recently had surgery, which went very well. Abby says, "He will be in transitional care for about three weeks after leaving the hospital. He will either go to a residential facility or possibly come

home with more services depending on how they evaluate his ability to be safe at home. Also, he is not in much pain and is in good spirits. The staff seems to like him, and both the care and the food seem pretty good at Woodwinds Hospital."

Supporting Groveland

Groveland programs are possible because of your support! 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!

February Birthdays



**Happy Birthday
Larry and John M.!**

Groveland Photos:

Our annual Sandwich-Making for the Homeless Service took place on January 16 at Macalester College. Organized by Sara Leiste, we made 160 which were donated to the 363 Days Food Program.

Left to Right: Alan Lando, Larry Herbison (in the distance), Rose Dorer and Lois Hamilton.

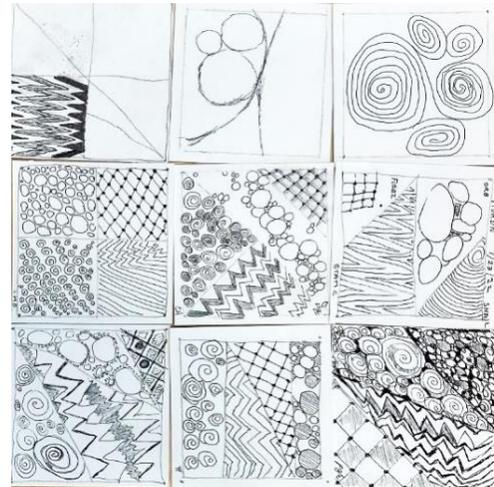


Kristen Wernecke spoke to the fellowship on January 9th. Her topic was *Healing Ourselves in Trying Times*.



Left to Right:
Ceile Hartleib,
Kristen Wernecke
and Leticia Smith.
(Photo, courtesy of Tom Esch.)

Sue Swanson, M. Div. was our speaker on Sunday, January 23. She taught us how to do Zentangles, which is a form of meditative drawing. Photo below is of our work arranged together to make a quilt-like pattern. All of us who are doodlers really loved this service. Sue teaches this art at the White Bear Center for the Arts in White Bear Lake.



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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