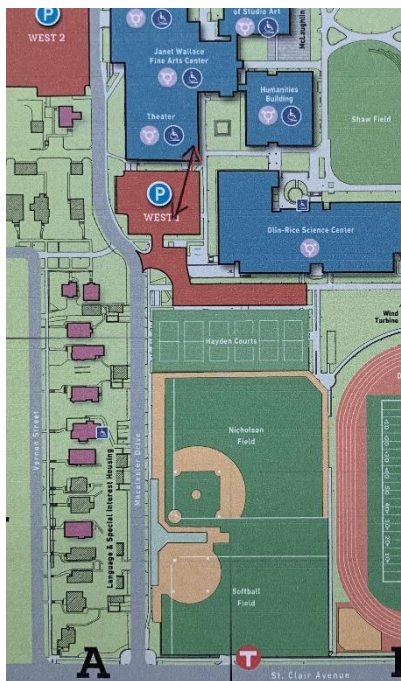




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## Sunday Services

**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)

**March 6, 10 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. Still, the constant propaganda

reinforcing the rightness of the Imperial Order is so strong that most USAmericans 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/](http://www.nygaardnotes.org/)

**March 13, 10:00 A.M.**  
**Changing Behaviors, Not Beliefs**

*(Zoom Service)*  
**Presenter: Phillip Atiba Goff**  
**Moderator: Larry Herbison**

The rift between police and Black Americans can feel impossible to bridge. But in his work with police departments across the U.S., Yale psychologist Phillip Atiba Goff has found novel ways to address the problem.

*Continued on page 2*

This is an interview on a Hidden Brain podcast. Hidden Brain is a weekly program on NPR, hosted by Shankar Vedantam. Hidden Brain explores the unconscious patterns that drive human behavior and questions that lie at the heart of our complex and changing world.

**March 20, 10:00 A.M.**  
**Book Discussion**  
**(In-person Service at Macalester)**  
**Moderator: Lois Hamilton**



Groveland's book group meets monthly, but not everyone has a chance to come talk about the books they are currently reading. For this special Sunday we invite everyone to bring their favorite book of the

moment. Be ready to give a synopsis and tell us about any characters, settings, historical events or important issues that have particularly struck you. We'll exchange authors and titles and go home the richer for having new things to read about.

Lois Hamilton is a long-time member of Groveland Fellowship, along with membership in 4 book clubs including the Groveland Book Group. She will be the moderator and is already having a hard time deciding which book to talk about.

**March 27, 10:00 A.M.**  
**Sources**  
**(Zoom Service)**  
**Pilgrim Church Visit**  
**Presenters: Richard Terrill and Larry McDonough**

We will be meeting on Zoom at 10:00 A.M. as usual. All interested can proceed to the Pilgrim House virtual site at 10:20 (service begins at 10:30).

As much as UUs credit a wide range of sources for their spirituality, creative artists "borrow" from those who have come before. In today's service, pianist Larry McDonough (composition, arranging), and saxophonist Richard Terrill (poetry) will describe and illustrate their process of borrowing material from other sources for use in their own creative work, and attempt to draw parallels to spiritual pursuits.

**Looking Ahead...**

**April 3, 10:00 A.M.**  
**Mino bimaadiziwin (The Way of a Good Life)**  
**(In-person Service at Macalester)**  
**Presenter: Carol Hernandez**  
**Moderator: Ceile Hartleib**



Mino bimaadiziwin is a concept of the Anishinaabe people that guides us on the path towards a good life. Living a good life requires us to make good choices every day. We should strive towards physical, mental, emotional and spiritual balance. We have been given 7 Grandfather teachings: love, respect, bravery,

truth, honesty, humility and wisdom to help us. One is not more important than the other and should be used with each other.

Carol Hernandez is an enrolled member of the Mille Lacs Band of Ojibwe. She will share her journey from growing up in the Twin Cities and later moving to the reservation. She is second degree Midewin and will talk about her conversion from Christianity. She will discuss how she strives to apply the 7 Grandfather teachings to her daily life and continues on the path of mino bimaadiziwin.

**Mino bimaadiziwin, continued...**

As an elder, Carol believes it is her responsibility to not only be a role model but to pass on knowledge to anyone who seeks it. She is knowledgeable in many cultural crafts/traditions and is often called upon to make items needed for ceremonies. She also believes that cultural/traditional crafting helps those lost on their path to gain back their lost identity.

## Groveland Events...

### Groveland Book Group

Wednesday, March 16

6:30-8:00 pm – On Zoom



On March 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](mailto:leiste@yahoo.com) for Zoom help.

### Books discussed at the February meeting:

*Do Better: Spiritual Activism for Fighting and Healing from White Supremacy* - Rachel Ricketts

*What Are You Going Through* - novel by Sigrid Nunez

*Unsheltered* - novel by Barbara Kingsolver

*Dune* - novel by Frank Herbert

*The Grand Biocentric Design: How Life Creates Reality* - Bob Berman, Matij Pavšič and Robert Lanza

*The Web of Meaning: Integrating Science and Traditional Wisdom to Find Our Place in the Universe* - Jeremy Lent

*Sand Talk: How Indigenous Thinking Can Save the World* - Tyson Yunkaporta

*An Indigenous Peoples History of the United States* - Roxanne Dunbar-Ortiz

*How to Host a Viking Funeral: The Case for Burning Your Regrets, Chasing Your Crazy Ideas, and Becoming the Person You're Meant to Be* - Kyle Scheele  
*The Systems View of Life: A Unifying Vision* - Fritjof Capra and Pier Luigi Luisi  
*Unthinkable: Trauma, Truth, and the Trials of American Democracy* - Jamie Raskin  
*Nixonland* - Rick Perlstein  
*The Pilot's Daughter* - Audrey J. Cole  
*Quicksilver* - Dean Koontz  
*Strongmen: Mussolini to the Present* - Ruth Ben-Ghiat  
*The Thunder before the Storm* - Clyde Bellecourt (autobiography)

### 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!

### March Birthdays



**There are no March Birthdays! Bake a cake and celebrate anyway!**

## Past Services and Member Updates...

**February 6: Patrice Koelsch** spoke to us



at an in-person service about mindfulness and meditation, stressing loving kindness both for ourselves and others. She has a special interest in antiracism work focusing on waking up to whiteness. Patrice works in groups in

correctional facilities and offers training in mindfulness through Common Ground Meditation Center.

*Continued on page 4*



**February 13: Jess Mally** talked about moving beyond mere concepts of Allyship to operating in solidarity with people, to work toward implementing antiracist practices into our daily lives and dismantling



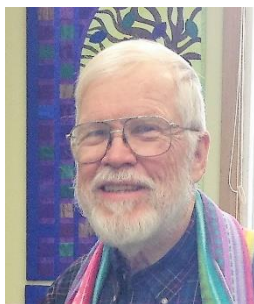
racism in our lives and in the world at large. She is living in London, England. We were very fortunate to have her speak with us on Zoom.

**February 20:** Groveland's own **Abby Struck** spoke to us on February 20th about



fear of the unknown, confusion and uncertainty in our lives. She talked about making good choices and taking care of ourselves and each other while we adjust to whatever the new normal will be.

We were all very happy to see our member **Jerry**, back with us at the February 20<sup>th</sup> in-person service. He had had surgery in December of 2021. Because he is so fit, he was able to go home from transitional care much earlier than was expected. He has done an amazing job of recovering. We expect to see him around a lot now that he is back to normal. Maybe we can get him to do a service on his experiences?



**February 27: Audrey Kingstrom** spoke to us on Zoom about coming to terms with America's legacy of slavery, subjugation, dispossession, oppression and marginalization of African Americans, native Americans, and non-white immigrants. She talked about the way critical race theory has been vilified by cultural conservatives as threats to social cohesion and American exceptionalism. These critiques are fear mongering attempts to thwart long overdue social change and healing.



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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)