



GROVELAND

UNITARIAN UNIVERSALIST FELLOWSHIP

Volume 15, Issue 7, September 2022

Sunday Services

Our services will resume on Sunday, September 11 with our Mingling of Waters Ceremony

Note: New meeting place: Mano a Mano, 925 W Pierce Butler Route, St Paul, 55104. Cross street is Milton just east of Lexington. Services will be in person, with Zoom capability. Please see more information about our new space in the article on page 3, "Meet Our New Space."

September 11, 10:00 am Mingling of Waters Presented by Ceile Hartleib



We begin our church year with our annual Mingling of Waters Ceremony. Please remember to bring water from your summer travels, from the Mississippi or from your tap, to this service of reunion and communion.

We will each pour our water into a communal bowl to represent our gathering together again to begin our new church year and share stories of our summer travels and adventures. We will also reaffirm our UU Principles at this service.

Ceile is a long time Groveland Fellowship member and is currently serving as president.

September 18, 10:00 am How to Tame Your Wandering Mind

**TED Talk by Dr. Amishi Jha
Zoom Service**

Moderator: Huron Smith



Amishi Jha studies how we pay attention: the process by which our brain decides what's important out of the constant stream of information it receives. Both external distractions (like stress) and internal ones (like mind-wandering) diminish our attention's power. "Pay attention to your attention," Jha says.

Dr. Amishi Jha is a professor of psychology at the University of Miami, and serves as the Director of Contemplative Neuroscience for Mindfulness.

September 25, 10:00 am Generative Conversations in Congregations Presented by Rev. Phillip Lund Moderator: Rose Dorer

How do we create spaces for deep listening? Phil Lund discusses his four-part approach: 1) Create safe, sacred space, 2) Practice holy listening: Slow, silent and with a simple frame of mind, 3) Honor the silence and 4) Invite wisdom.

Rev. Lund has almost twenty years of experience serving congregations in the areas of faith formation and spiritual growth,

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Phil Lund, continued



first as a religious educator in Bloomington, Ind., New York City, and Chicago, Ill., and most recently as a congregational life consultant working for the MidAmerica Region of the Unitarian Universalist Association. He holds a Master of Divinity degree from

Meadville Lombard Theological School in Chicago and a certificate in InterSpiritual Counseling from One Spirit Learning Alliance in New York. Rev Lund has received additional training in a number of spiritual places including the Lombard Mennonite Peace Center. In 2013 Phil was named the Fahs Fellow for Innovation in Technology by the Fahs Collaborative at Meadville Lombard.

Looking Ahead...

October 2, 10:00 am

Turnout: Making Minnesota the State that Votes

Presented by Lori Sturdevant

Moderator: Sara Leiste



Minnesota has long been a leader among the 50 United States in voter participation and turnout. An effective government and enviable quality of life have been the result. How that advantage came about is described in the 2020 book "Turnout:

Making Minnesota the State that Votes," by Joan Anderson Grove with Lori Sturdevant. Sturdevant will be with us to talk about that book and its lessons for today, as ready access to the ballot is being challenged in many parts of this country.

Lori Sturdevant continued in column 2

Lori Sturdevant is a retired editorial writer and columnist for the *Minneapolis Star Tribune* who has spent more than forty years covering Minnesota government and politics. A three-time Minnesota Book Award winner, she is the author, co-author, or editor of twelve books about notable Minnesotans. Most recently, she co-authored "Turnout: Making Minnesota the State that Votes" (Minnesota Historical Society Press, 2020). A native of Dell Rapids, S.D., she is a life trustee of the Board of Trustees of her alma mater Coe College in Cedar Rapids, Iowa. Sturdevant lives in St. Paul with her husband, Martin Vos. They have three grown children.

Groveland Book Group

Wednesday, September 21

6:30-8:00 pm – On Zoom



We will meet at 6:30 pm on September 21 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 discussed at the August meeting:

The End of Eternity, by Isaac Asimov

The Naked Now, by Richard Rohr

The Biology of Wonder: Aliveness, Feeling and the Metamorphosis of Science, by Andreas Weber

The Real Indians Died Off: And 20 Other Myths about Native Americans, by Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker

History's Greatest Voyages of Exploration, by Vejas Gabriel Liulevicius

Diesel Heart: An Autobiography by Melvin Whitfield Carter (Jr.)

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Meet Our New Meeting Space!

We have found a new space for meeting this year! It's in the Mano a Mano building at 925 W Pierce Butler Route, Saint Paul, 55104, at the



intersection with Milton St. It is a bit east of Lexington Pkwy. The entrance to the building is on the left in the parking area facing Pierce Butler. There are



several steps to the entrance. If you cannot negotiate stairs, there is a handicapped entrance on the opposite side of the building, which can be accessed by calling or

texting **Larry (651-235-9993) or Huron (414-248-0250) by 9 a.m.** Please arrive no later than 9:50 a.m. for the 10 am service.

Photos: 1. front of building, 2. close-up of main entry, 3. Back of building showing handicapped entry.

Map: click on link below:

<https://www.bing.com/maps?osid=9c7eeda3-fa4b-4c9b-a450-f69f70b9cf49&cp=44.965521~-93.145324&lvl=16&imgid=b683c5eb-b957-4688-80f6-a8d3042079c6&v=2&sV=2&form=S00027>
<https://www.bing>

September Birthdays

Happy Birthday to Leticia and Huron!



Other Groveland Messages from our Program Director: Moderators Needed!



Moderators are essential: they put together an order of service, contact the speaker (if needed), contact our pianist with music choices, moderate the service. If you are interested in moderating but unsure about the process, contact Leticia at (414-248-0251) or one of our officers for assistance.

Update: After back surgery last week, Leticia is recovering well.

Message from Our Treasurer



Keep Groveland in your thoughts for the upcoming church year. We always need help for rent and presentations. 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!

Groveland Information

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Services are at 10:00 am Sundays, September through May

Groveland meeting address:

Mano a Mano

925 W Pierce Butler Route, (at Milton St.) St Paul, 55104

Groveland UU Mailing address:

Donations: Please address donations to Groveland UU Fellowship, and mail to:

PO Box 40011, St Paul, MN 55104

For more information about **Groveland UU Fellowship**, go to grovelandu.org