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Sunday Services Location

We are meeting at Mano a Mano, 925 Pierce Butler Route, at Milton St., St Paul, 55104. Services will be on Zoom only on the third Sunday of each month; all other services will be in person and simultaneously on Zoom (hybrid).

March 5, 10:00 a.m.

**Islam: Basics and Issues
Confronting Muslims in the US
and Elsewhere in the World**
Hybrid service – in person and on Zoom

**Presenters: Rashed and Christina
Ferdous**

Moderator: Leticia Smith

Rashid and Christina Ferdous will give us an introduction to the Muslim faith and share their perspectives on the issues of greatest concern to Muslims in the U.S. and other places in the world.

About the presenters:



Rashed Ferdous is the Islamic Resource Group board chair. He has been involved with various interfaith activities in Rochester and serves on the board of directors for the Rochester Mosque. He volunteers at various jails and prisons.

Christina Ferdous was born and raised near Brainerd, Minn. Raised a Christian, she converted to Islam while attending

college as a nursing student. While in college, she served as president of the Student Nurses Association and edited the student newsletter.



Christina is an active volunteer and currently serves on the board of directors of Al Amal School in Fridley.

March 12, 10:00 a.m.

**Issues Confronting American
Indians in Minnesota**
Hybrid service – in person and on Zoom

Presenter: Jim Bear Jacobs

Moderator: Sara Leiste

Jim Bear Jacobs will discuss the most significant issues confronting American Indians in Minnesota. What is being done to tackle those issues? What is the effectiveness of such actions? We will hear his suggestions as to how small congregations like ours and/or our members as individuals can help in dealing with these issues.



About the presenter: Born in St. Paul, Jim Bear Jacobs is a member of the Stockbridge-Munsee Mohican Nation, an American Indian tribe located in central Wisconsin. He has degrees in Pastoral Studies and Christian Theology and has served various churches as youth minister, adult Christian educator, and director of Men's Ministries. Presently, he is

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Jim Bear Jacobs, continued

Program Director for Racial Justice for the Minnesota Council of Churches. He has served as a parish associate at Church of All Nations Presbyterian Church. He is a cultural facilitator in the Twin Cities and works to raise the public's awareness of American Indian causes, and injustices toward them. He is founder of "Healing Minnesota Stories," an initiative dedicated to creating events of dialogue, education, and healing, particularly within faith communities.

March 19, 10:00 a.m.

Iskotew Kahmahch Opikik: An Indigenous Journey of Trauma Healing

Virtual Service (On Zoom Only)

Presenter: Nia To Go there, Ph.D.

Moderator: Alan Lando

Dr. Nia To Go There will briefly highlight current trauma healing principles and the emerging field of epigenetics. She will illustrate how she used these principles in the curriculum she designed to address indigenous trauma healing entitled, *Iskotew Kahmahsh Opikik* (Fire that is Beginning to Stand).

About the presenter:



Dr. To Go There is a member of the Cree tribe enrolled on Turtle Mountain Reservation in ND. Currently, she is working with Quakers on a national and state level as they grapple with their Indigenous "land back" initiative. She is passionate about turning this "land back" initiative to a "return to the land" movement so that "land" is no longer viewed merely as "real estate." She's a strong advocate for individual, ancestral, and collective trauma healing and she has been studying for the past three years with Dr. Thomas Hubl, international "guru" on collective trauma healing.

March 26 10:00 a.m.

Quaker Prison Ministry: A Follow-up

Hybrid service – in person and on Zoom

Presenters: Terry Kayser, Ph.D. and David Islam

Moderator: Rose Dorer

Alternatives to Violence Project (AVP) was initiated by US Quakers in 1975 in response to requests for help from inmates in Greenhaven Prison, New York. It is based on the belief that everyone has inside himself or herself the creative power to find non-violent ways of reacting to conflict situations. AVP groups use workshops to help people build the capacity to find alternatives to violence. All participants come voluntarily to these workshops - compulsion, even in prison settings, would be out of keeping with the AVP approach.

In 1992, AVP Minnesota began offering workshops in alternatives to violence to inmates at the Stillwater correctional institute in Bayport, Minnesota.

About the presenters:

Dr. Kayser discovered AVP in 1995. He



realized, after viewing a video of incarcerated youth produced by Bill Moyers, that there is another way to deal with offenders. He now facilitates AVP in two state prisons, a federal prison, and a county correctional facility. He holds a Ph.D. in Educational Psychology from the University of Minnesota.

David Islam, a former inmate, was an early volunteer for the program. After completing the three levels of AVP workshops in Stillwater, he became a facilitator joining the team to offer AVP workshops to other inmates.

Subsequently, David was transferred to a lower-level facility in Faribault Minnesota,

David Islam, continued

and then was released from custody in 2022. David will share his experience with AVP as one who has made it a basis of his life.

Looking Ahead...

April 2, 10:00 a.m.

Building Community Capacity to Engage with Food System

Hybrid service – in person and on Zoom

Presenter: Michelle Horovitz

Moderator: Lois Hamilton

Minnesota Native Michelle Horovitz will share the story of how Appetite For Change was founded, and why food justice should be a focus across the community. Michelle will also talk about AFC's future plans as they work to address current issues such as youth unemployment and mental health. Another challenge is the recent closure of a grocery store and a pharmacy on the Northside.

About the presenter:

Michelle Horovitz is a co-founder, and now Vice-President of Innovation at Appetite For



Change (AFC), a nonprofit social enterprise organization dedicated to using food as a tool to build health, wealth and social change. AFC works with

residents to build strong families and healthy, equitable communities around food. Michelle graduated from the University of Pennsylvania with a B.A. in Bioethics and Spanish and earned a J.D. from the University of Minnesota Law School. She worked as an Assistant Public Defender in Miami-Dade County before working for James Beard Award winning Chef Michelle Bernstein as a prep cook, line cook and assistant to the pastry chef. She is a dedicated leader, passionate about social

and racial justice, and advocates for criminal justice reform, and equity. Michelle enjoys yoga, biking and spending time with her family and friends. She lives in Minneapolis with her husband, two children, three dogs and two fish.

Groveland Book Group

Wednesday, March 15

6:30-8:00 pm – On Zoom



On March 15 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 spoken about at the February meeting:

Bring the War Home – Kathleen Belew
Being the Change: Live Well and Spark a Climate Revolution – Peter Kalmus
Our First Civil War: Patriots and Loyalists in the American Revolution – H. W. Brands
Stranger in a Strange Land – Robert A. Heinlein
The Cultural Toolbox: Traditional Ojibwa Living in the Modern World – Anton Treuer
The Myth of Normal – Gabor Maté
State of Terror – Hillary Rodham Clinton and Louise Penny
Daughter of Fortune – Isabel Allende
Chronicles of Narnia – C. S. Lewis
Five Point Someone: What not to do at IIT – Chetan Bhagat
Surviving the White Gaze: A Memoir – Rebecca Carroll
When No One is Watching: A Thriller – Alyssa Cole
To the Lighthouse – Virginia Woolf
Mink River – Brian Doyle
Dinners with Ruth – Nina Totenberg
The Oppermanns – Lion Feuchtwanger

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March Birthdays
Happy Birthday,
Danielle!

Message from Our Treasurer

Minnesota has long winters. Ample time to snuggle down and consider a donation to Groveland. 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

Images from previous services: On January 29th Dawn Zuber, FAIA



Dawn spoke to us about aging in place. She had many good suggestions on how older people can remain in their homes without major remodeling.

February 26, Tom Esch

Tom spoke about making sense of the madness. He explored the concept of Liminality: the underling becoming uppermost in our society and what this means for us.



SACReD Reproductive Justice Course - Online Mondays 6 - 8pm Central, March 20 - May 1 (7 sessions)

SACReD has developed a curriculum to help participants deepen their understanding of the connection between faith, racism, and reproductive ethics, and to identify strategies and actions for liberation within religious communities and the larger world. Given the recent rollback of Roe v. Wade, and that many people have never had meaningful access to reproductive

healthcare, it is a critical time to learn and to act. As part of our commitment to reproductive dignity, MUUSJA is offering the **SACReD** curriculum in a series of 7 classes on Monday evenings (March 20 - May 1) from 6 - 8pm. Individuals, as well as congregational teams, are encouraged to join.

The Spiritual Alliance of Communities for Reproductive Dignity (SACReD) is a national organization whose mission is to empower congregations and spiritual communities to become loving, justice-seeking faith communities that fully support the fulfillment of reproductive moral agency and flourishing for all. (<http://www.sacreddignity.org/>)

LINK TO REGISTER (or copy and paste) <https://forms.gle/fXCbAZ9ziLVJNmnC6>
or reach out to Kate Kline
(katie.muusja@gmail.com) for more 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 send them to:
PO Box 40011, St Paul, MN 55104

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