

Volume 16, Issue 5, May 2023, page 1

Sunday Services

Meeting place: Mano a Mano, 925 W Pierce Butler Rte, St Paul. Cross street is Milton. Services are hybrid, with one virtual service/month.

NOTE: May 21 is our last service until September.

May 7, 10:00 am

Overview of Alternatives for Pain and Stress Relief, and a Demonstration of Acupressure
Hybrid service – in person and on Zoom

Speaker: Chandler Yorkhall, NCTMB, AOBTA

Moderator: Huron Smith



Chandler will briefly share with us various alternative modalities for the treatment of pain and relief of stress. He will then lead us in performing a sample of self-treatment using

acupressure.

Chandler Yorkhall is a board-certified massage therapist, an experienced clinician, a holistic educator, and works as an integrative therapies practitioner at Allina Hospice. His main modalities are shiatsu and craniosacral therapy. His specialties include working with chronic pain, trauma and pediatrics. He especially enjoys working with other practitioners of complementary and alternative therapies who are interested in

deepening their own experiences and understandings of the healing process.

May 14, 10:00 am

Small UU Congregations: How are they Faring and What are their Prospects?

Hybrid service – in person and on Zoom

Speaker: Rev. Phillip Lund

Moderator: Leticia Smith



Like other religious institutions, UU congregations continue to face challenges. Rev. Lund will talk specifically about the smaller UU congregations, the nature of challenges they face, what innovations they

have implemented, and what prospects they have for thriving in the next five years or so. He will also touch on the implications of the current Article II bylaws revision work at the UUA on smaller congregations.

Phillip Lund has twenty years' experience serving congregations in the areas of faith formation and spiritual growth. 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.

In 2013 Phil was named the Fahs Fellow for Innovation in Technology by the Fahs Collaborative at Meadville Lombard. Phillip Lund currently lives in Saint Paul with his wife Julia and their son Henry David.

Continued on page 2

May 21, 10:00 am
Flower Communion
Hybrid service – in person and on Zoom

Note: This is our last service until September
Moderator: Ceile Hartleib



The Flower Communion service was created by Norbert Capek (1870-1942) who founded the Unitarian Church in Czechoslovakia. He felt the need for some symbolic ritual that would bind people more closely together.

Congregants are asked to bring a flower of their choice, from their gardens, the roadside, or flower shop. Each person upon arrival places their flower in a vase at the front of the room, symbolizing the larger fellowship. At the end of the service, people are asked to take home a flower other than the one they brought. (*Adapted from UUA.org*)

Looking Ahead...

Groveland Book Group
Wednesday, May 17
6:30-8:00 pm – On Zoom



On May 17 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 April meeting:
Mecca (novel) – Susan Straight
The Tobacco Wives (novel) – Sarah Penne
The Diamond Eye (novel) – Kate Quinn

The London Séance Society (novel) – Sarah Penner
Mercy Falls (novel) – William Kent Krueger
What I Talk About When I Talk About Running – Haruki Murakami
Talking to Strangers: What We Should Know About the People We Don't Know – Malcolm Gladwell
Supreme Inequality: The Supreme Court's Fifty-year Battle for a More Unjust America – Adam Cohn
The Longest Race: Inside the Secret World of Abuse, Doping and Deception on Niki's Elite Running Team – Kara Goucher
Preparing for War: The Extremist History of White Christian Nationalism—and What Comes Next – Bradley Onishi
Indeh: An Apache Odyssey – Eve Ball



May Birthdays

We know of no May Birthdays. Please let us know if we have missed yours. Bake a cake and celebrate anyway!

Annual Meeting and Potluck June 11

Groveland's annual meeting and potluck will be on June 11th at 11 am. You will be notified as to the address of the meeting in an email. The agenda will include a treasurer's report, budget proposal, discussions about our UUA status, speaker honoraria, technology, election of officers and anything else you would like to add. Potluck will follow the meeting.

Program Meeting - June 18

Our program planning meeting will be on Sunday, June 18 from 10:00 am till noon at Mano a Mano. Lunch afterwards at a nearby restaurant for those who have time.

Leticia is working on potential program themes and topics and will send an email to members with information before the meeting. Please let Leticia know by May 15 if you plan to attend. (imsmith@aldea.org).

UUA MidAmerica Annual Meeting (Virtual)

The MidAmerica Region is inviting all members and friends of our congregations to register and attend the virtual meeting on Thursday, June 8 at 7:00 pm CDT (8:00 EDT). There will be reports from leaders and some voting. There is no cost to attend, but registration is required. Go to the MidAmerica website for more information: <https://www.uua.org/midamerica/>

Message from Our Treasurer

In Minnesota's theater of seasons, community is one thing we can count on. To keep our community strong, consider donating. 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.

Photos from past services



Michelle Horovitz spoke to us on **April 2nd** about the group she co-founded called Appetite for Change which uses food as a tool to build health, wealth and social change in Minneapolis.

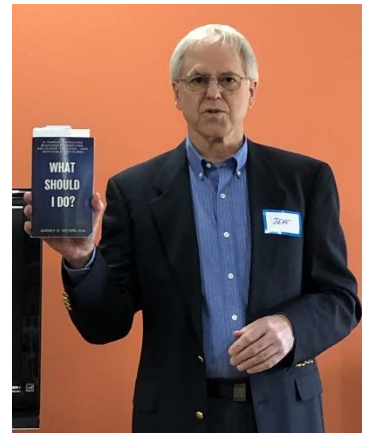
On **April 9th**, charismatic speaker **Drew Bekius** told us about how he went from being an evangelical pastor to becoming an atheist and a humanist. His books, *The Rise and Fall of Faith* and *Your next Life Now* are available at Amazon.



Matt Lewellyn-Otten spoke on **April 16th** about confronting Christian nationalism in Minnesota. He is co-leader of a coalition of four organizations – Outfront Minnesota, Gender Justice, Jewish Community Action and TakeAction MN.

Jeffrey D, Nelson, M.D. April 23rd.

Jeffrey holds up his book, *What Should I Do?* He spoke of different religious beliefs about abortion and contraception, and how some people use their religion to imposed their beliefs on all women. He also stressed how abortion



is less dangerous to women than pregnancy and delivery and the many health issues that can arise for the mother and the fetus. His book is available on his website: www.authorjeffreynelsonmd.com

Groveland E-Wire Editors:

Martha Anderson

Email: mhaa427@aol.com

Lois Hamilton

Email: hamiltonlando@gmail.com

Ceile Hartleib

Email: ceceilehartleib@gmail.com

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 grovelanduu.org