

From Our Minister, Reverend Wendy Jones

What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.

—T. S. ELIOT "Little Gidding," from *Four Quartets*

Is today an ending or a beginning? It's both. It's always both.

The overarching theme for this year is "bridging the gap." How do we go from one place to another, or from one state of mind to another? Do we have to let go of the old to embrace the new? Or is it possible that this is what it means to cross over a bridge. Does crossing over a bridge mean that you can never to go back?

Bridges are important because they help us to get from point A to point B when there doesn't appear to be any other option.

Sometimes people can be a bridge, an experience can be a bridge, even a pandemic might be a bridge from one paradigm of life to the next.

As I reflect on this concept, I am reminded of the above words from T.S.

(Continued on page 2)

We are an affiliated congregation of the Unitarian Universalist Association and the Mountain Desert District



We are a Welcoming Congregation

#grandvalleyuu

A Place for
Liberal Spirituality
Diverse Thought
and
Community Action



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Eliot, “what we call the beginning is often the end . . .”

This simple phrase really is so true. For many of our children, school is about to begin, or has already started, which means they are approaching the end of their summer vacation and beginning that bridge into the school year.

Our UUCGV calendar year ended in June and started over with a new slate of leaders in July, and we are beginning the planning and visioning for the upcoming year. We have a new administrator named Val, and a new position called Director of Programming that Maya is taking on. Some things are old, some things are new and I think of this year as the bridge in between.

I find it interesting that we experience endings and beginnings so often in our lives that most of the time we don't even notice them when they are happening. One event blends into the other so often that we don't recognize that our lives really are a series of endings and beginnings.

Letting go and embracing something new is part of the cycle of life. This month I invite us to take some time to pause to recognize the significance of what is happening while it is happening; to embrace our new beginnings and honor and release that which is ready to end while understanding that a bridge allows us to move back and forth as needed.

A Message from Joanna Wernette, Director of Music

As August rounds the corner and school supplies fill the aisles of stores, I hope you're as excited as I am for the youth music and choir programs to resume!

Those who are interested in singing with the choir this year, please mark your calendars for **August 27th, which will be the date of our first annual 'sing-in'**, where veteran and prospective choir members can come see what's in store for our UU choir world.

Wednesday evening rehearsals will resume, **August 30th, from 6:45-8:15** and childcare will be provided. The choir will sing every other Sunday starting September 10.

Youth music will start **Wednesday, August 30th from 6-6:30** downstairs in the new music office. New musical opportunities for the coming year include a parent/guardian and babies/toddlers music class, all-ages karaoke, and a monthly 'Hootenanny' (front porch-style group instrumental music making.)



Change for Change

Each month we collect change (coins) from the offertory baskets and donate it to a local charity. This effort usually brings about \$100/month.

The change collected during June and July went to Grand Valley Audubon Society.

Change collected during the month of August will go to the Colorado West Land Trust.

UUCGV Green Team

Upcoming Meeting:
**Thursday, August
3rd at 7:00pm via
Zoom**



*All Are
Welcome!*

JOURNEY TO A GREEN SANCTUARY



In living into our 7th Principle, the mission of the Green Team is to guide ourselves, our congregation and our community into a deeper awareness, understanding, and commitment to preserve and protect the "interdependent web of all existence" of which we are part.

The Green Team meets monthly to exchange ideas and provide tips for leaving a smaller footprint. If you're interested in learning more about or joining our group email green@grandvalleyuu.org.

In June and July we read the book "Sacred Nature" by Karen Armstrong. Among other topics, we will be discussing the book during the meeting.



Free Women's Only Self Defense

instructed by Bob McKenna

Focus will be on simple but effective maneuvers and techniques that can stop and attack long enough for you to get away. All fitness levels welcome.

Drop by to watch. No commitment or participation required.

**Wednesday's at 7:15
After UU Night**

From Angeline Barrett, Green Team Member

Caring for Your Garden and Yourself Despite Summer Heat

Last month we decided each of our Green Team members would write an article about something we have personal knowledge about that is good for our climate. Ever since I moved to Grand Junction almost 50 years ago, from a climate of 60 to 70 degrees year-round (Ventura, California), I have told myself “if I can just get through January and July I will be all right”.

Now it is a lot harder to get through July because of the extreme heat in the summer, probably caused by climate change.

I have a garden I am struggling to keep alive. It looks like I do – droopy, thirsty, dull and grouchy. Flowers, if they bloom at all, are wilted by noon, squash won't put on fruit, tomatoes cook on the vine, roses refuse to open from the bud. The only things thriving are bad bugs.

Mosquitos, squash bugs, bud worms, and the dreaded stinky elm seed bugs. They are everywhere and on everything, including me.

So I thought I would write an article taking a positive view of what to do about the raging summer heat. After all, I am supposed to be a nature lover. I should be able to think of something.

First and foremost, plant a tree for shade, preferably on the side of your living space that faces the afternoon sun, west-northwest. Nurture that tree so that it grows big and healthy. You will be thankful for that tree forever. We have a huge Pecan in our back yard that I've actually measured the temperature difference between being in the sun and being under the shade. It ranges between 10 and 15 degrees cooler in the shade. Think of the cooling expenses you will save when you have a tree. If you can't plant a tree build some shade. Though a tree is better, any shade will help.

Here are a few tips from David Salman, founder of High Country Gardens, a nursery that specializes in plants that grow best in our southwestern climate:

- For new plants, water frequently, even for young xeric plants. During their first summer, water new transplants every 1 to 3 days. If they begin to turn yellow or permanently droopy, cut back on the water to see if they respond positively. You may be watering too much.
- Water in the cool of the morning when plant roots are more able to take up the moisture. Plants begin to shut down in the heat of the day so it is harder for them to get the water into their circulatory systems.

- Mulch your garden with at least 1” to 2” of a good organic mulch to conserve water and keep the soil cooler.. I like one called “Soil Pep” because it is heavy but kind of a course grind like tiny wood chips. This mulch decomposes eventually to become part of your garden soil. The larger light weight mulches can catch it the wind and blow around the yard. The very finely ground mulches can act like dust and blow away. A good rock mulch will keep the soil cooler if it is thick enough. It blends especially well with more desert – like landscape plants.
- An irrigation mantra in the southwest is “don’t water more often, water more deeply – make sure the water goes down about a foot into the soil. This can be especially true for lawns in the summer. Many of us have clay soil in our valley and it absorbs water more slowly so the water can simply roll off or evaporate instead of sinking in. The answer to this is to water twice. The first time will begin to wet the upper soil then water again to encourage the water to go deeper into the soil.
- Plant heat loving and xeric plants that are native to hot climates. There are more and more of these plants available in local garden centers and online from catalogues. Read the tags to see if the plant is heat tolerant and waterwise. These plants are best planted in early spring and fall to give their roots time to become established before the extreme heat of summer.
- Following are a few examples with which I have had success: Agastache – many varieties, Aster “Purple Dome”, Coneflower, Gallardia, Kniphofia (Red Hot Poker), Liatris punctate, Monarda (Bee Balm), Penstemon, Phlox paniculate, Russian Sage and many ornamental grasses.

There are some suggestions that may help your plants. But to help yourself, garden in the morning as early as is comfortable for you. I am not a morning person but I can usually get myself outside by 9:00am and I quit at least by noon. One morning recently my dog Pax, my cat Trouble and I were out in the garden just enjoying the cooler part of the day when someone in the commercial area below us began playing beautiful music on a violin. It was so lovely to be out that the cat & dog sat down beside each other, just cooling out together (even though they are usually at odds) and the three of us had a very spiritual time together. It made the hotter part of the day better just from the memory of that morning.

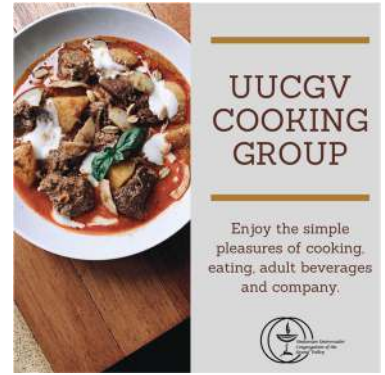


UUCGV Cooking Group

A monthly gathering for adults to experience the joys of cooking together, sharing meals, exploring new cuisines and styles, sampling adult beverages, and having no other agenda. We meet on the third Thursday of each month.

For more info, contact Mark McKenney | mckenneyd@qwetst.net | (970) 256-7907 or go to <https://grandvalleyuu.org/uucgv-cooking-group.html>

Meeting next on: **Thursday, August 21 at 6:00 p.m.**
Host - Brad Montgomery-Anderson Theme - Southern



Care for Caregivers

Come share with this confidential discussion group the joys and struggles of caring for a loved one.

We meet every other Thursday @ 11 a.m. at UUCGV

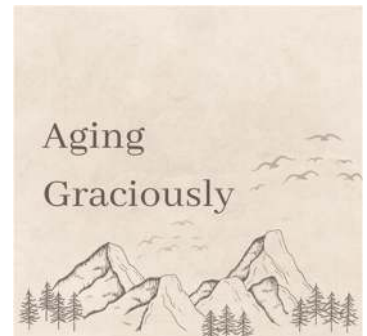
Next Meetings: August 3, August 17, August 31

Aging Graciously

Open to everyone of all ages! The discussion will be lead by Rev. Wendy.

We'll be meeting next on:
Thursday, August 24 at 1:00 p.m.

Go to www.grandvalleyuu.org/aging-graciously for the Zoom link.



Laughter Yoga

W out your spirit with laughter!

Wednesdays @ 8:30 a.m. @ Sherwood Park

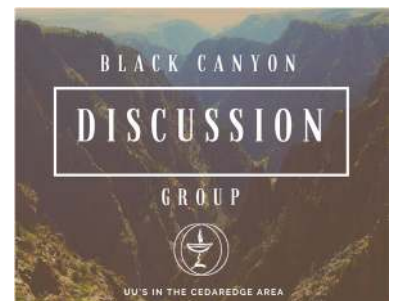
NE section of Sherwood Park across from 1460 East Sherwood Drive.
More info call Barbara Beth (970)241-1978 (land line).

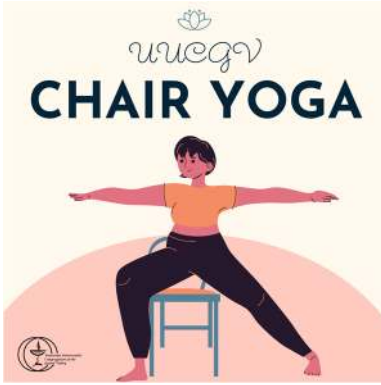
Black Canyon Discussion Group

1st **Wednesday of each month at 5:30 p.m.** in the Cedaredge area.

Next Topic: 'What is Affirmative Action' **Next Meeting: August 2**

Questions? Call 970-856-4226 E Heuscher or email at epheuscher@gmail.com.
COVID vaccine is required.





Chair Yoga

Are you interested in the benefits of practicing yoga?

Perfect for people who are new to yoga or who have mobility issues.
For questions contact Maya at programs@grandvalleyuu.org

Mondays 3:00 p.m. @ UUCGV

(Please arrive around 2:45 to get settled in)

Drop In Class - \$8/class / 5 Class Punch Pass - \$25

100% of the class fees go to support church programming. We also have a pay-it-forward jar, so if the class fee is unavailable to you, you are still encouraged to join us!

Soup Kitchen Saturday

Soup Kitchen Saturday is the second Saturday of every month at Catholic Outreach, located at the south end of 1st Street between Pitkin and Ute Avenues. A group of folks join to create, cook, serve and clean up a delicious meal for our neighbors.



Please contact Chris Jauhola (chrisjauhola@aol.com; 703-216-6479) for more information and to let us know that you plan to volunteer.



Silent Meditation for Healing Our World

Join us at the church for 20-30 minutes of silent meditation for healing our world.

Wednesdays at 10:30 a.m.

Reviving the Aesthetics Team

Wanted for the Aesthetics Team:
Artists! Sewists! Quilters!

If this is you, please email Patricia Eble at rubyshoes52@gmail.com



VOLUNTEER YOUR TALENTS. JOIN A UUCGV TEAM!

From Dir. of Programming and Community Outreach—Maya Kraushaar

The phrase “Bridging the Gap” has many meanings for me. It makes me contemplate possibilities and what-ifs.

What if instead of being right, you could truly begin to see another’s point of view?

What if you were able to remember and feel something that you once knew and have long ago forgotten?

How might you feel when having a meaningful connection with someone you assumed you had nothing in common with?

How might it feel to teach others something you know well?

How does it feel when you receive a gift from the universe that you weren’t expecting?

As we step into the Realm of Possibility, we explore how taking actions that Bridge the Gap between ourselves and our neighbors is not only possible, but required for forward growth, individually and collectively.

During the month of August, we will explore these possibilities in our Sunday children’s programming. These will include: exploring the differences between doing something solo and then as a team; ways we can build bridges to the impossible; and though a Diversity Mosaic.

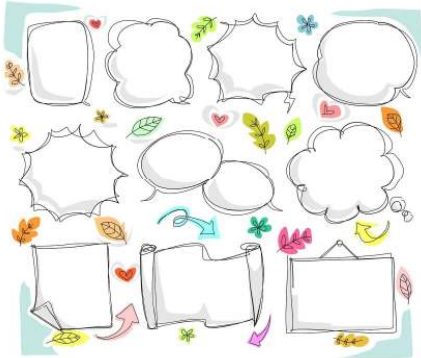


Childcare provided every Sunday!

10:15 am – 11:45 am

Children's Religious Education

August Schedule 2023



August 6th

Two Minds Are Better Than One

Exercises in taking on challenges solo vs. a team

August 13

We Need a Bridge!

We will explore ways we can join two things that seem impossible to connect



August 20th

Diversity Mosaic

Part 1 of 3: Create ceramic tiles to build a tapestry of color, texture and subjects into one collective mosaic celebrating our unique creations.



August 27th

Sundae Sunday: Embracing the Realms of Possibility

Join the excitement as we dive into the 'Realm of Possibility' with hot fudge sundaes immediately following church service.

Bring Your Favorite Topping!





Alternative Healing Fair

Embracing Mind, Body & Spirit

Saturday, August 26th

10:00 - 2:00

536 Ouray Ave.



Brought to you by:



Win a Free Chair Yoga Pass



Join us for Chair Yoga every Monday in August for a chance to win a FREE pass for a friend!

4 Chances to Win in August

- ◆ Chair Yoga Has Raised \$450 So Far
- ◆ Averaging 11 Students Per Class
- ◆ Will Add Second Class When We Reach 20 Students Per Class
- ◆ All Fitness Levels Welcome
- ◆ \$8/class or 5 Pass Punch card for \$25

Welcoming Valerie Stow



We are excited to announce we have hired Valerie Stow to fill Maya's role as Office Administrator.

Valerie is a long-time resident of the Grand Valley. She grew up on Glade Park and attended school in Fruita. She has 3 children, and too many chickens!

Valerie is an avid gardener, self proclaimed soil nerd and has studied ecological landscape restoration and resiliency. She is very excited to bring her business, organization and management skills to the UU!

As she settles into her role, you will likely see her milling around various UU events. Stop by and say hello!

UU NIGHT

COMMUNITY. CONNECTION. CONVERSATION.

Wednesdays @ 5:30 p.m.

POT LUCK

MEDITATION

CHOIR REHEARSAL

MUSIC READING 101 FOR SINGERS

YOUTH MUSIC PROGRAMMING

WOMEN'S SELF DEFENSE

Let's reconnect and grow our community!

Soulful Sundays

Upcoming Sunday Services

Please join us virtually or in person at
10:30 a.m. every Sunday.

Zoom: www.grandvalleyuu.org

View the Order of Service & Music at
www.grandvalleyuu.org/sunday-services

Children's Programming & childcare provided.

August 6

"Two Minds are Better Than One"

August 13

"Bridging the Gap: Paradigm for a New Year"

August 20

**"The Crack In Everything:
Theology of Leonard Cohen"
Guest Speaker Steve Brooks**

August 27—ALL AGES SERVICE

"Embracing the Realms of Possibility"

Join us for Sundaes Sunday

BRING YOUR FAVORITE TOPPING!

Thank You

2022/2023 Leadership Members

BOARD

Laurel Carpenter
Elizabeth High
Kitty Tattersall
Laura Jeffries
Dave Collins

TLC

(Team Leadership Circle)

Catherine Black-Ward
Angie Ecker
Jeanie Hendricks
Abby Leinbach
Ann Barrett
Adrienne Cascarella

SCR

(Staff Congregation Relations)

Richard Hyland
Joanie Leinbach
Monte High

Leadership Development

Richard Hyland

Welcome

2023/2024 Leadership Slate

BOARD

Richard Hyland
Angie Ecker
Laurel Carpenter
Kitty Tattersall
Dave Collins
Elizabeth High

TLC

(Team Leadership Circle)

Catherine Black-Ward
Debbie Buchele
Tom Acker
Maggie Eagleton
Barb Preston

SCR

(Staff Congregation Relations)

Monte High
Kathleen Hedlund

Leadership Development

Wendy Metzger
Debbie Buchele

August 2023

Please Remember that all meetings & events **MUST** be scheduled through the administrator

(257-0772) or administrator@grandvalleyuu.org.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|---------------------------|---|---|--------|-----------------------------------|
| 30 10:30 Worship 10:30 Children's Program | 31 3:00 Chair Yoga | 1 10:00 GJ Mutual Aid | 2 8:30 Laughter Yoga 10:30 Meditation 11:00 Care Team 5:30 Black Canyon 5:30 UU Night! 6:10 Meditation 7:15 Women's Self Defense | 3 11:00 Care for Caregivers 7:00 Green Team | 4 | 5 |
| 6 10:30 Worship 10:30 Children's Programming | 7 12:00 Finance 3:00 Chair Yoga | 8 10:00 GJ Mutual Aid | 9 8:30 Laughter Yoga 10:30 Meditation 4:00 Non-Violence Study and Action 5:30 UU Night! 6:10 Meditation 6:30 Music Reading for Singers 7:15 Women's Self Defense | 10 6:00 TLC 7:00 Board | 11 | 12 8:30 UU Serves Soup Kitchen |
| 13 10:30 Worship 10:30 Children's Programming | 14 3:00 Chair Yoga | 15 10:00 GJ Mutual Aid | 16 8:30 Laughter Yoga 10:30 Meditation 5:30 UU Night! 6:10 Meditation 6:30 Music Reading for Singers 7:15 Women's Self Defense | 17 11:00 Care for Caregivers 6:00 Cooking Group | 18 | 19 |
| 20 10:30 Worship—Guest Speaker 10:30 Children's Programming | 21 3:00 Chair Yoga | 22 10:00 GJ Mutual Aid | 23 8:30 Laughter Yoga 10:30 Meditation 5:30 UU Night! 6:10 Meditation 6:30 Music Reading for Singers 7:15 Women's Self Defense | 24 1:00 Aging Graciously | 25 | 26 |
| 27 10:30 All Ages Worship 10:30 Children's Program 11:30 Sundae Sunday 12:30 Sing In for Choir Members | 28 3:00 Chair Yoga | 29 10:00 GJ Mutual Aid | 30 8:30 Laughter Yoga 10:30 Meditation 5:30 UU Night! 6:10 Meditation 6:45 Choir Rehearsal 7:15 Women's Self Defense | 31 11:00 Care for Caregivers | 1 | 2 |

**Unitarian Universalist Congregation
of the Grand Valley**

P.O. Box 1053

Grand Junction, CO 81502



“Vitaly Inclusive
Justice-Centered
Spiritually Alive”

Minister: Rev. Wendy Jones
257-0772 x2 or minister@grandvalleyuu.org

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music@grandvalleyuu.org

Dir. Of Programming & Community Outreach: Maya Kraushaar
programs@grandvalleyuu.org

Church Administrator: Valerie Stow
257-0772 x1 or administrator@grandvalleyuu.org

Facilities Coordinator: Trent Nakagawa
facilities@grandvalleyuu.org

Office Hours:
Tuesdays through Thursdays: 10:30 am - 2:30 pm

536 Ouray Ave, Grand Junction, CO 81501

www.grandvalleyuu.org

Find us on Facebook &
Instagram @grandvalleyuu

A perfect summer
day is when the sun
is shining, the
breeze is blowing,
the birds are
singing, and the
lawnmower is
broken.

James Dent

We meet via Zoom and in-person
on Sundays at 10:30 am for Worship