

The Gift Of: **HERITAGE**



UNITARIAN UNIVERSALISTS OF THE GRAND VALLEY NEWSLETTER

October 2023

FROM OUR MINISTER, REVEREND WENDY JONES

"Where do we come from? What are we? Where are we going? Mystery, mystery, life is nothing but a mystery. . . ."

(Singing the Journey #1003)

At the Iliff School of Theology, where I received my Masters of Divinity, one of our professors, Dr. Vincent Harding, used to ask us to introduce ourselves by giving our name and the name of our mother's mother. He did this for every class.


It was a reminder that we come from something, and we are part of something larger than ourselves. We do not exist in a vacuum. We are all part of a lineage, part of a heritage. How often do we think of that these days?

My mother's, mother's name was Mildred. But I realize I don't know who her mother's mother was. If we don't know our heritage, if we don't know where we've come from, can we really know where we're going?

I tend to want to place my focus more on the here and now, and I like to think I am guiding my metaphorical raft with intention and awareness of where I'm going. But this month as I'm writing this, I realize if I don't know where I've been, how can I know where I'm going?

➤➤➤ *continued on page 2*

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



Always do
what you are
afraid to do.

Ralph Waldo Emerson

*We are a welcoming
congregation*

**We are Vitally
Inclusive.
Justice-Centered
and Spiritually
Alive.**



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Likewise, as a faith community if we don't know where we've been do we know where we're going? I'm not one to focus on the past, but perhaps this month is a good reminder to take some time to look at your past, what is your heritage, where do you come from, how does that guide where you're going?

Perhaps when we pay attention to our past, life becomes a little less of a mystery.

FOR THE LOVE OF KARAOKE! - JOANNA WERNETTE, DIRECTOR OF MUSIC

Greetings, music lovers! This month, I thought I'd share what a fun and special role singing karaoke has played in my life, in hopes that you'll choose to grace us with your presence and vocal stylings at our next karaoke night.

I started singing Karaoke during my college years, (about 20 years ago) and fell in love with it. For those of you who may not know what karaoke is, it is the practice of singing with a microphone along to an instrumental track of a popular song which is missing the vocal track. There are lyrics on a screen that change color with the rhythm of the words to help guide you with what words to sing. You sing as the lead singer along to one of your favorite songs, in front of an audience. For me, this helped me bring out my inner rock star!

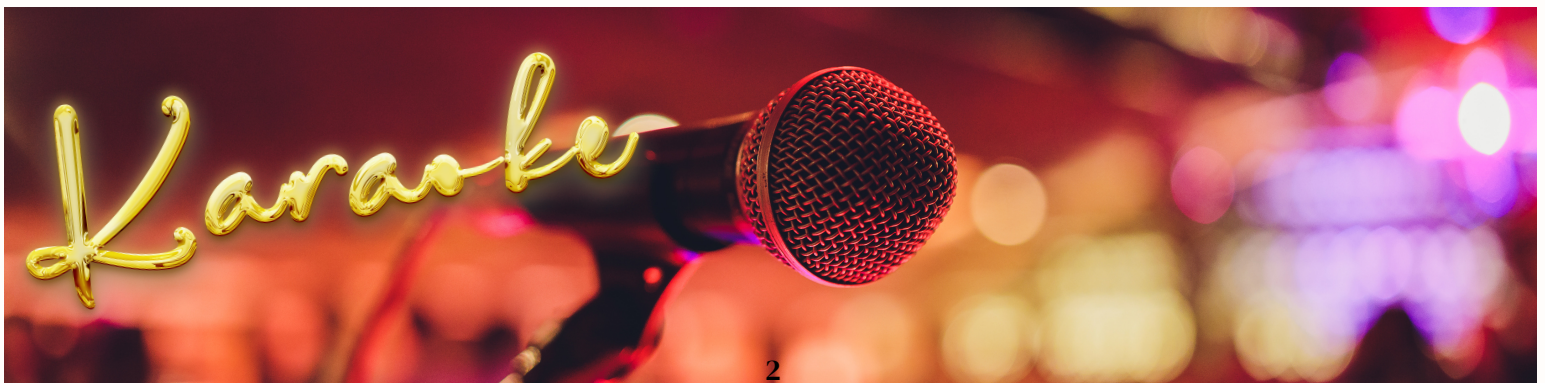
Granted, I was a vocal performance major in college, so I wasn't afraid of taking the stage, or a microphone in hand, and my inner rock star had been growing since a young age. My mother was a classical singer, and as a child I told her, "Mom, I know you like classical, but I'm going to be a rock star someday. I hope that's ok." I would belt out 'The Rainbow Connection' while swinging in the backyard, and sang along to Bohemian Rhapsody and the rest of the Wayne's World soundtrack when it came out. I was obsessed with Madonna and Paula Abdul. These are some of the songs/artists I have loved singing at karaoke. My go-to song is 'I can't make you love me' in the style of Bonnie Raitt.

After I transferred to a university in Chicago, I found a bar that had a karaoke competition, and won first prize my first night (and excitedly called my parents to share the good news- at 2:00 a.m! They were excited for me, but not for the hour of the call.) Karaoke became a fun source of income, (every other week, was the bar's rule) and I started to find a fun community of fellow karaoke-lovers that I came to cherish.

After I graduated college, karaoke became a favorite outing with dear friends- enjoying singing songs and cheering each other on, helping each other choose songs to sing, and sharing the excitement of 'being up next'.

My favorite part was that it truly didn't matter how well you sang- what mattered was how much fun you had and how much you enjoyed singing the song. I loved singers who were off key, but whose performance was so heartfelt it brought a tear to your eye. As Wendy has told me, it is not always about the quality of the sharing- it's the willingness to share that matters.

No matter the quality of the performance, the best karaoke crowds cheer you on the minute you go up there, and roar your praise as you finish. Not for a perfect performance, but because you had the courage to share the music of that inner rock star that resides inside many of us. Hoping you'll be willing to share that inner rock star at our next Karaoke night! Stay tuned for more details coming soon!



UUCGV Green Team

**UPCOMING MEETING:
THURSDAY, OCTOBER 5
@ 7 P.M. 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.

A HAUNTED AUCTION - OCTOBER 28

It's that time of the year for our annual service auction!

Auction Donations will be accepted starting October 3. The donation form will be live on the website.

Tickets to the event will be available to purchase mid-October. Tickets are \$20 each.

Starting October 3, you can visit the auction website for updates and more details as the event nears.

grandvalleyuu.org/auction

A HAUNTED AUCTION

28
October

5:30 pm Cocktails & Silent Auction
6:30 pm Devilish Dinner
7:30 pm Haunted Live Auction

\$20

grandvalleyuu.org/auction 536 Ouray Ave

UUCGV MEMBERSHIP - DEBBIE BUCHELE, MEMBERSHIP TEAM

How Welcoming Are We?

At a recent get together with friends, the conversation turned to churches, and why we chose the church we did. Everyone there leaned more liberal, both religiously and politically, some currently attend church and some don't. Feeling welcome was an important part of those choices. And something that was said by several people really set me back on my heels. Several people said that they found the UU Church (here in Grand Junction) unfriendly. Wow, now that is something to think about isn't it?

As someone relatively new to the church (4 years, 2 of them Covid) I had to think back about my own experience. Were people unfriendly when we first visited the church? Did people approach us in a friendly way? How long did it take to get to know people in the congregation?

Dave and I came to the church knowing that we really wanted to become part of the community quickly. We moved here from a much more "blue" area and felt we needed to find a "tribe" quickly. We raised our kids in the UU Church, and believe strongly in the covenants.

Both of us being somewhat introverted, we were lucky to have skills from growing up in (non UU) congregations that our parents were quite involved in. So "church" is not a foreign place for us. We are comfortable interacting with others in that context. We took the initiative to introduce ourselves to others, and watched for activities that would give us the opportunity to get to know people. Thinking back though, I have realized that for the most part we were the ones that introduced ourselves to others. Had we not had the background that we did, and taking the initiative that we did, we may have felt the same way as some of the folks at the party.

Having gotten to know more people in the church, I know that we are a pretty nice, thoughtful, accepting, caring and fun group. In fact when I brought this up at TLC, the experiences of most of the people there were quite different. So why is there the perception out there that we are kind of unfriendly?

Wendy has mentioned several times in her sermons and otherwise that UU's trend introvert. Perhaps this is part of the issue? Perhaps not. I do think however that it is hard for many of us to approach new people and visitors. What do you say? Do they actually want to be approached? What if I am too forward and run them off? What if I say the wrong thing and look a fool? Luckily the UUA has a great card that can help you to come up with things to say. It has already helped me to approach visitors in a (hopefully) positive way. I am becoming more comfortable with it anyway. Greeter Tips can also be found at uua.org/s Leader Lab. or go to rb.gy/btwiw

I spoke to several people about what I had heard about us, and somehow this has led to me 'volunteering' to lead the membership committee. I am certainly experiencing some 'deer in the headlights' moments with this position. (remember I am actually something of an introvert even though I may not present that way) I have made it my mission to try to greet guests and visitors.

However I cannot do it alone. A few Sundays ago, there were new people in every corner of the church. I could not possibly get to all of them, nor should I try. If we are truly a welcoming congregation then the responsibility to live that value falls on all of us.

In addition to encouraging everyone to take a few moments to greet newcomers, I'd like to build a team of people who are willing to be church ambassadors, committed to engaging guests and visitors, recognizing them when they return, helping them to learn about our church, and offering them the opportunity to join us if they would like. Personally, instead of 'ambassador' I prefer the title "Stealth Greeter". Sounds a lot more intriguing and fun doesn't it? Which ever title you prefer, please consider joining the membership committee. Together we can contribute to the vibrancy of our community here.

Contact Debbie Buchele: debbiebuche1517@gmail.com

CHOOSE YOUR DAY!

SUNDAY GREETERS

VOLUNTEER TODAY!

Sign up for 2 or 3 Greeter Days a YEAR
and help welcome our congregation to
Sunday services!

**If you have a friendly
smile, YOU QUALIFY!!**

**Download UUA's Greeter Tips
or go to rb.gy/btwiw**



UUCGV COOKING GROUP

Enjoy the simple pleasures of cooking, eating, adult beverages and company.



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.

Contact Mark McKenney | mckenneyd@qwetst.net | (970) 256-7907

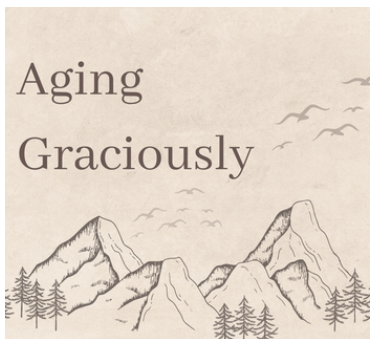
Next Meeting: **Thursday, October 19 at 6:00 p.m. - Off-Site**

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: **October 12 & October 26**



AGING GRACIOUSLY

Open to everyone of all ages! The discussion will be lead by Rev. Wendy. Held on the fourth Thursday of the Month.

We'll be meeting next on: **Thursday, October 26 at 1:00 p.m.**

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

YIN YOGA WITH MIRIAM DEMING

Yin yoga is a quiet, contemplative practice for all ages of adults. It uses longer held seated poses and gravity to target the deep connective tissues of the body. This is a contrast to the more dynamic yang yoga practices, such as Vinyasa, which target the muscles. The benefits of yin include increased calm, flexibility and energy, reduced stress, improved sleep, fosters self-love, self-discovery, and releases stored emotions

Thursdays 8:30 a.m. @ UUCGV
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!



BLACK CANYON DISCUSSION GROUP

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

Topic: What are you doing individually to deal with limited world resources as we have an increasing world population?

Next Meeting: **Wednesday, October 4**

Questions? Call 970-856-4226



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 & clean up a delicious meal for our neighbors.

Saturday, October 14 @ 8:30 a.m.

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



PEACEFUL MEDITATION



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

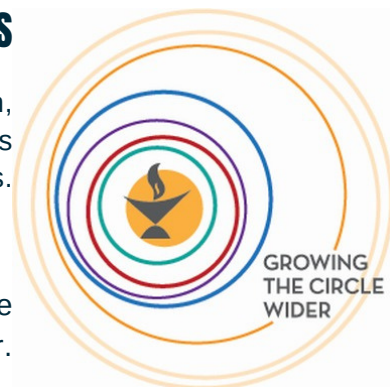
Wednesdays at 10:30 a.m.

DINNER IN OUR HOMES - CIRCLE SUPPERS

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 & clean up a delicious meal for our neighbors.

Sign Up By October 7

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



PICK YOUR SUNDAY GREETER DAY!

As scary as it might sound, volunteering a day or two a year to welcome congregants and visitors to Sunday Worship can be a rewarding and relaxing experience.

Greeters help hand out hymnals and order of service pamphlets. They direct guests to sign the guest book, count how many are in attendance, pass around the offertory baskets, and collect and count the money received before turning it in at the Administrator's Office.

If everyone picked a day or two we'd have the year covered!



GAVIN PRETOR-PINNEY

CLOUDSPOTTING WITH THE CLOUD APPRECIATION SOCIETY

SATURDAY
OCTOBER 07
2023
6:30 P.M.

SPONSORED BY:

THE ENVIRONMENTAL SCIENCE AND TECHNOLOGY PROGRAM
DEPARTMENT OF CMU'S PHYSICAL AND ENVIRONMENTAL SCIENCE



@ CMU's Dominguez Hall



OUT WEST BOOKS



TICKETS AVAILABLE NOW!

A Cloud a Day

GAVIN PRETOR-PINNEY

Cloud Appreciation Society

PRESENTED BY: Cloud Appreciation Society

WWW.CLOUDAPPRECIATIONSOCIETY.ORG

CLOUD SPOTTER EXTRAORDINAIRE

AUTHOR GAVIN PRETOR-PINNEY TAKES YOU ON A TOUR OF OUR SKIES

SATURDAY, OCTOBER 7TH
6:30 PM
CMU'S DOMINGUEZ HALL

Ticket Link Available At grandvalleyuu.org/cloudspotting

DINNER IN OUR HOMES (AKA CIRCLE SUPPERS) ARE BACK!

STARTING OCTOBER 7

Dinner in our Homes, also known as, Circle Suppers, are social dinner groups who meet once a month, either in our homes or at the Church. Groups are typically around 8 people.

These are a great way to get to know other people in the congregation.

Sign up by October 7th to be a part of the first group which will meet through January 2024. Can't commit to this group, don't worry a new group will begin in February.



Contact Debbie Buchele by October 7th for the fall groups. debbiebuche1517@gmail.com

SEEKING A NEW BOOKSHELF

In an effort to improve the appearance and functionality of the foyer, we are seeking a different bookcase or better organize blessing box donations..

Preferably 11-12 inches deep, around 48+ inches wide, 5-6 ft. tall.

Once we have a bookcase, nice baskets or bins would also be helpful.

Contact Debbie Buchele at debbiebuche1517@gmail.com





The Gift of Heritage

We all come from somewhere, but do we REALLY know where? *Where* can mean so many things in this context. At a *specific time* you were born in a *specific place*, all the while so much unfolded before that moment and so much has unfolded since...creating your roots.

Many millennia of ancestors, our ethnicities, our family (chosen or not), our culture, our customs, our surroundings, our schools, churches, faiths and communities; we have grown roots from and back into these. They are us and we are them, AND we have this lifetime to use the nutrients absorbed from these roots to grow strong in new directions.

This month we will explore ways of honoring our heritage, gaining strength and wisdom from the past, rooting in the present moment, and growing with intention into the future.



Haunted Auction Children's Party

UUCGV children and youth are welcome to join in an evening of ghoulish delights and creepy crafts while you are at the Haunted Auction - UUCGV's Annual Service Auction on Saturday, October 28th.

5:30-9:00

The Energy Collaborative
640 White Ave, Grand Junction,
CO 81501 (just a couple of blocks away from UUCGV.)

Registration required.

To register email Maya at programs@grandvalleyuu.org.

Children's Religious Education Schedule

October 2023

October 1

All Ages Animal Blessing

We welcome pets and their humans to join us for a fun intergenerational outdoor service

October 8

Reclaiming Our Roots - Indigenous People's Day

We will explore the gifts of honoring our shared cultural heritage in a more truthful way, specifically regarding indigenous peoples' heritage.

October 15

The Gift of Staying Rooted

Using the metaphor of roots that nourish a tree, we will explore the way roots give us the gift of courage and wisdom when times get hard. We will also learn a grounding practice that can keep us rooted in times of turbulence.

October 22

The Gift of Being Rooted in Science and Reason

We will learn about the roots of the universe, and how we are physically part of everything around us and connected. Science and reason lead us to - and give us the gifts of - wonder, gratitude and curiosity.

October 29

A Tree of Memories

As a way to honor and remember those we have loved and lost to death, we will create a Memory Tree. Feel the power of love as we transform a seemingly "lifeless" tree into one of vibrancy, slowly taking on color and life, just as bringing the memories of our loved ones brings color and life into our lives.

Children's Cloud Spotting Workshop
with Gavin Pretor-Pinney
Friday, October 6
5:30 p.m.
UUCGV
536 Ouray Ave.
free event. registration required

Join us as we host author Gavin Pretor-Pinney for a Children's Cloud Spotting Workshop!

Friday, October 6 @ 5:30 p.m.
Admission is Free

Registration is Required

programs@grandvalleyuu.org
(970) 257-0772

LAST MONTH IN RE

Diversity Mosaic UUCGV Community Collaboration

In September we had an amazing time creating tiles for a outdoor, mosaic tile art display. The feedback was so great, we have scheduled TWO more opportunities for you to join in on the fun!

We're Doing It Again!

Join us on one of the following dates to sculpt unique ceramic tiles which we will use to build a mosaic featuring a tapestry of color, texture and subjects celebrating our unique creations.

Please RSVP to Maya at programs@grandvalleyuu.org with your preferred date.

- **Thursday, October 19th 3:00–5:00 p.m.**
- **Friday, October 20th 10:30 a.m.–12:30 p.m.**



RE In Action

RE Program Begins



Ingathering Water Ceremony. Youth music performing "Wade in the Water".



Positive Peacebuilding—
Understanding the
Power of Nonviolent
Communication



Sowing our Seeds for the Year



GRAND VALLEY HAPPENINGS

GIVN Food Drive

Volunteers and Donations Needed

When: Sat, October 14, 9:00am – 11:30am
Where: The Downtown Vineyard Church, 402 Grand Ave, Grand Junction, CO



It's that time of year when GIVN coordinates a food drive and the UUCGV is excited to support their efforts.

Rev Wendy has brought bags to collect donations of non-perishable food and hygiene items. GIVN has provided us with food need lists (located on each bag). They are available at the church. A sample list of items is below. See the individual bags for a complete list. Please bring any items you can to fill the bags BY October 13.

We have 5 bags for the following organizations: Clifton Christian Church Food Bank, Grand Valley Peace and Justice, Community Food Bank, La Plaza and Grand Valley Catholic Outreach.

We also need a few volunteers to help unload the donations on Saturday, October 14 at the Downtown Vineyard Church.

Sample Foods & Goods:

- Canned Meats
- Canned Fruit & Veggies
- Dry Noodles/Beans/Rice
- Pasta Sauce
- Canned Soup
- Oatmeal/Boxed Cereal
- Salt/Pepper/Clove/Cumin/Oregano
- Instant coffee/creamer/sugar
- Powdered Milk/Shelf stable milk
- Stuffing/Gravy Mix
- Canned pumpkin/pie filling
- "Cracker-to-go" packs w/meat
- Granola bars (high protein)
- Gatorade/Water/V8 cans
- Peanut Butter
- First Aid items
- Razors, shampoo, conditioner
- Toothpaste/Toothbrushes
- Sunscreen, nail clippers
- Twin Sheets/Towels

Water Lights at Night - GJ Parks & Rec

Saturday, October 7
5:30 – 8:00 p.m.
Los Colonias Butterfly Park

More Event Info
gjc.org/1245/Water-Lights-at-Night

Envision hundreds of glowing water lanterns gently bobbing on the Las Colonias Butterfly pond right after sunset. Each one beautifully decorated with words of hope, memories, or dreams and wishes.

Music and aromas from local food trucks fill the air while families and friends decorate their lanterns. In what is sure to be an awe-inspiring sight, the lanterns will all be launched at once!

Attendance is free, and water lantern kits, including the lantern, LED tea light, and marker, are \$7 each, or six kits for \$36. Lanterns cost \$9 the day of the event. Link above.



Each month we collect change (coins) from the offertory baskets and donate the funds to a local charity. On average, this effort usually brings about \$100/month.

The change collected during September went to Koinonia Church to help rebuild their labyrinth.

Change collected during the month of October will go to the Loving Beyond Understanding. A new center in Grand Junction providing support for the LGBTQIA+ community.

If you have a local charity that you would like to suggest be a Change for Change recipient, please send the organization's details to administrator@grandvalleyuu.org.



UU Night

COMMUNITY. CONNECTION. CONVERSATION.

Wednesdays @ 5:30 p.m.

October Themes

10/4 - Crispy Crunchies

10/11 - Stew on That

10/18 - 1 Potato 2 Potato
(baked potato's provided)

10/25 - Lentil Peas Begin
With Me

UU Nigh Schedule

5:30 - 6:30 - Pot-Luck Dinner

6:00 - Meditation

6:00 Youth Music (downstairs)

6:45 UUCGV Choir Rehearsal

*childcare is available through choir rehearsal

POT LUCK

CHOIR REHEARSAL

YOUTH MUSIC

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 link at: grandvalleyuu.org

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

children's programming and childcare provided

October 1

Animal Blessing
All Ages Service - Outside weather
permitting

October 8

Where Do We Come From?
Rev. Wendy Jones

October 15

Becoming Barbie ~
Embracing Authentic Self Love
Rev. Wendy Jones

October 22

The Science of Spirituality
Rev. Wendy Jones

October 29

Living Beyond Our Masks
Rev. Wendy Jones

LIVING INTO LEADERSHIP

Board

President — Richard Hyland
Vice President—Angie Ecker
Past President — Laurel Carpenter
Treasurer — Kitty Tattersall
At-Large — Elizabeth High & Dave Collins

Leadership Development Team (LDT)

Wendy Metzger & Debbie Buchele

Team Leadership Circle (TLC)

Worship — Catherine Black-Ward
Religious Education (RE) — Maya Kraushaar
Green Team — Ann (Angeline) Barrett
Social Action — Tom Acker
Membership — Debbie Buchele
Property Team — Maggie Eagleton & Barb Preston

UUCGV BOARD

The Board's primary responsibility is to carry out the UUCGV mission through wise governance of the physical, financial, administrative program, and operational resources of the Congregation.

Below are the highlights from the last Board meeting. Our UUCGV Board will meet again on **Thursday, October 12, 2023 at 4:30 pm**. We welcome and seek direct dialogue with members and friends of our congregation.

If you would like to discuss a matter at the Board meeting, please contact Board President Richard Highland at 281-467-4779.

BOARD MEETING HIGHLIGHTS

- Discussion surrounding the UU's role in the houseless crisis that is increasing in the Valley. How do we respond and manage these crisis while not assuming our staff has the skills, time and expertise to enforce.
- Board approved publicizing the history of vandalism that has occurred on our property to continue the community dialogue around the Whitman Park closure and broader issue.
- Greeter recruitment and volunteering is low. There has been a feeling of 'burn-out' from those members who always step up. Possibly a greeter training can be devised so everyone feels empowered to successfully volunteer.

UUCGV TLC

Team Leadership Circle, TLC, maintains the Programs of the church and the church calendar which live into the Mission, Vision, and Principles of UUCGV.

TLC communicates with the board about the day-to-day operations of the church and provides support to the teams if they need it.

TLC meets the **second Thursday** of the month at 3:30pm. Typically directly before the Board Meeting

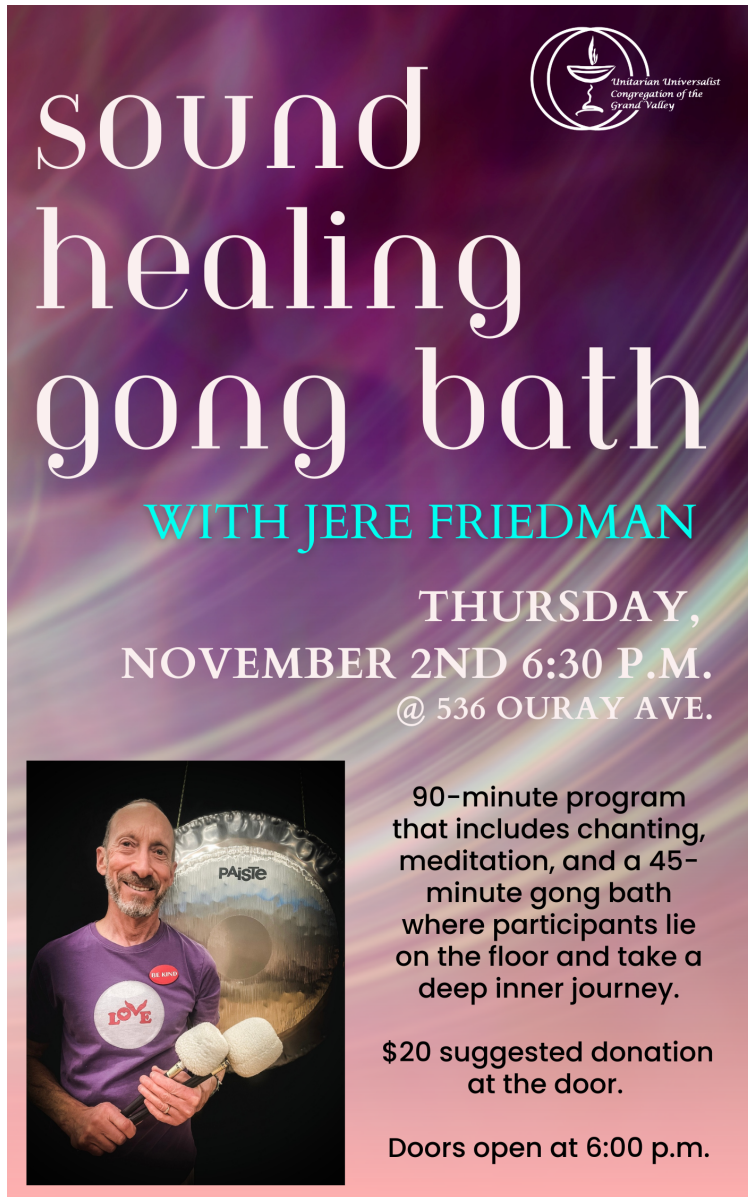
Email tlc@grandvalleyuu.org for questions and comments.

TLC MEETING HIGHLIGHTS

TLC September Meeting Synopsis:

- A Greeter recruitment plan is needed and will be further discussed at the board meeting
- Property Team is regrouping and active. Currently addressing the Toilet Equity vandalism. The City of GJ will go through Karis to fund the port-a-potty. MAP has funding for a shed. Will be applying for a variance with the city to better place the sheds to reduce 'nooks' for safety reasons.
- Membership Team is working to freshen up the foyer. Also working on new member recognition.
- Maya has added a Children's Halloween Party during the Haunted Auction 10/28.

SOUND HEALING GONG BATH - SAVE THE DATE



The poster features a purple and pink gradient background with a rainbow light effect. At the top right is the logo for the Unitarian Universalist Congregation of the Grand Valley, which includes a chalice with a flame. The main title 'sound healing gong bath' is written in large, white, lowercase letters. Below it, 'WITH JERE FRIEDMAN' is written in teal. The date and time 'THURSDAY, NOVEMBER 2ND 6:30 P.M.' and location '@ 536 OURAY AVE.' are in white. A photo of Jere Friedman, a man with a beard wearing a purple t-shirt with 'LOVE' on it, holding a gong mallet, is on the left. Text on the right describes the 90-minute program and the \$20 suggested donation.

Unitarian Universalist
Congregation of the
Grand Valley

sound healing gong bath

WITH JERE FRIEDMAN

THURSDAY,
NOVEMBER 2ND 6:30 P.M.
@ 536 OURAY AVE.

90-minute program that includes chanting, meditation, and a 45-minute gong bath where participants lie on the floor and take a deep inner journey.

\$20 suggested donation at the door.

Doors open at 6:00 p.m.

Join us for a 90-minute program led by Jere Friedman that includes chanting, meditation, and a 45-minute gong bath where participants lie on the floor and take a deep inner journey 😊

Dress in layers and wear loose, comfortable clothing. As a courtesy to others, please refrain from wearing perfume, cologne, scented body lotion, or other body fragrances.

Bring a yoga mat or pad, blankets, pillows or cushion, and eye pillow or eye mask, as you will be sitting and lying on the floor. (We have yoga mats if you don't have one. Chairs are also available for sitting if you are unable to sit and lie on the floor.)

\$20 suggested donation at the door.
Doors open at 6:00 p.m.

SAVE THE DATE - NOVEMBER 11



The poster has a dark background with a hexagonal pattern. The title 'Jewelry Swap' is in large white letters, with 'AN EVENING OF ELEGANCE' below it. Text describes the event as an evening of fun, food, and fashion, with an admission of \$15. It lists the schedule: 6:00 pm Cocktails & hors d'oeuvres, and 6:45 pm Jewelry Swap. The date and time 'SATURDAY, NOVEMBER 11TH 6:00PM' and location '536 OURAY AVE. GRAND JUNCTION, CO' are at the bottom. A photo of jewelry in a small white dish is in the center.

Jewelry Swap

AN EVENING OF ELEGANCE

Bring your jewelry, scarves, purses, and accessories to exchange during this evening of fun, food, and fashion.

Admission \$15

Items remaining at the end of the evening will be donated to the Joseph Center & The Closet

6:00 pm
Cocktails & hors d'oeuvres

6:45 pm
Jewelry Swap

SATURDAY,
NOVEMBER 11TH 6:00PM

536 OURAY AVE. GRAND JUNCTION, CO

The much anticipated Jewelry Swap is Back!!

This popular UUCGV event is again scheduled for November 11, 2023 @ 6 p.m.

Bring your jewelry, scarves, purses and other accessories to trade while enjoying cocktails and hors d'oeuvres.

You are welcome to bring items in advance. You may drop them off at the Administrators Office during normal office hours.

Please wait to drop off items until after the Haunted Auction on October 28.

October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 10:30 Worship ALL AGES - ANIMAL BLESSING 11:30 Blood Pressure Checks 2:00 Nonviolence Study Film Screening	2 11:00 Aesthetics Team 3:00 Chair Yoga	3 10:00 GJ Mutual Aid 2:00 Enneagram Class	4 10:30 Meditation 11:00 Care Team 5:30 UU Night! 5:30 Black Canyon Discussion Group 6:00 Youth Music 6:45 Choir Rehearsal	5 8:30 am Yin Yoga 7:00 Green Team (zoom)	6 5:30 Kid's Cloud Spotting	7 6:30 Cloud Spotting @ CMU
8 10:30 Worship 10:30 Children's RE	9 Indigenous People's Day 12:00 Finance 3:00 Chair Yoga	10 10:00 GJ Mutual Aid 2:00 Enneagram Class	11 10:30 Meditation 4:00 Nonviolence Study and Action 5:30 UU Night! 6:00 Youth Music 6:45 Choir Rehearsal	12 8:30 am Yin Yoga 11:00 Caregiver Support Group 3:30 TLC 4:30 Board	13	14 8:30 Soup Kitchen Saturday
15 10:30 Worship Service 10:30 Children's RE	16 3:00 Chair Yoga	17 10:00 GJ Mutual Aid 2:00 Enneagram Class	18 10:30 Meditation 5:30 UU Night! 6:00 Youth Music 6:45 Choir Rehearsal	19 8:30 am Yin Yoga 3:00 Diversity Mosaic 6:00 UUCGV Cooking Group	20 10:30 Diversity Mosaic	21
22 10:30 Worship 10:30 Children's RE	23 3:00 Chair Yoga	24 10:00 GJ Mutual Aid	25 10:30 Meditation 5:30 UU Night! 6:00 Youth Music 6:45 Choir Rehearsal	26 8:30 am Yin Yoga 6:00 UUCGV Cooking Group	27	28 5:30 A Haunted Auction & A Haunted Childrens Party
29 10:30 Worship 10:30 Children's RE	30 3:00 Chair Yoga	31 10:00 GJ Mutual Aid 	1	2	3	4

**Please Remember that all meetings & events MUST be scheduled through the administrator
970-257-0772 or administrator@grandvalleyuu.org.**

**Unitarian Universalists Congregation
of the Grand Valley**

P.O. Box 1053

Grand Junction, CO 81502



"Vitaly Inclusive
Justice-Centered
Spiritually Alive"

Minister: Rev. Wendy Jones

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music@grandvalleyuu.org

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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 and Instagram:

[@grandvalleyuu](https://www.facebook.com/grandvalleyuu)

IT IS NOT THE
HONOR THAT YOU
TAKE WITH YOU,
BUT THE
HERITAGE YOU
LEAVE BEHIND.

~BRANCH RICKEY

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