

The Gift Of:

TRANSFORMATION

UNITARIAN UNIVERSALIST CONGREGATION OF THE GRAND VALLEY NEWSLETTER

March 2024

FROM OUR MINISTER, REVEREND WENDY JONES

What does it mean to transform? Does transformation happen immediately, or does it take place slowly overtime? Is a fast transformation the way to go, or is slow, steady and gradual a better approach?

As I spend some time reflecting on theme of transformation this month, I can't help but pay attention to nature and the divine rhythms that are found within it. Nature is in a constant state of movement and rhythmic transformation, and it can be extremely slow and gentle, as with water slowly carving out beautiful canyons or swift with the occasional tornado, hurricane or tidal wave.

How often do we let ourselves be in divine rhythm in our own lives with the flow of the seasons, slowing down in the winter, slowly emerging in the spring, becoming playful in the summer and centering down in the fall?

How do we transform overtime as we move through our own rhythms and cycles of life? Is our own transformation a slow gradual unfolding? Or is it sudden and abrupt? Is one way to make change better than the other?

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



We are a welcoming congregation

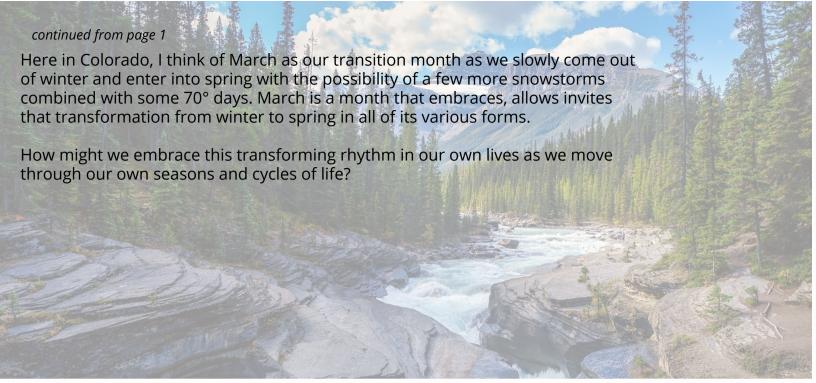
>>> continued on page 2

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



In This Issue

Green Team 3
Film Series 4
Theology Series 6
UUCGV Ongoing Events 7-8
Programming Highlights 9-10
Finance Updates 11
UU NIght 12
Worship Calendar 13
Leadership Updates 14
Calendar 15



UUCGV MUSIC BRINGING JOY AND VIBRANCY TO OUR CONGREGATION!

Some changes will be occurring in the youth music world here at UU. Every other week, we will continue having Karaoke offerings, but will be adding the invitation to all creative types to come share their creative energy and creations at Karoke/creative sharing night. Please bring your creative energy to share: drawings, stories, instrumental music you've been working on, joke telling, poetry reading, etc. will be embraced in addition to karaoke opportunities.

Starting Sunday 3/10, youth music is going to try meeting every other week from 10-10:25 before the Sunday service. The Sundays in March that youth music will meet are 3/10, and 3/24.

The UUCGV Choir has been meeting from 4-5:30 though the winter months, and will be voting on whether to continue this earlier time, or return to the later time of 6:45-8:15 once the spring time change has occurred. Please feel free to email music@grandvalleyuu.org if you are interested in joining the conversation about when the choir rehearses, or if you are interested in joining the choir! We are always excitedly accepting new members of all experience levels.



CHANGE FOR CHANGE



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 February went to support Mutual Aid Partners (MAP).

Change collected during the month of March will go to The Roice Hurst Humane Society.

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.

UUCGV Green Team

UPCOMING MEETING: THURSDAY, MARCH 7 @ 7 P.M. VIA ZOOM



ALL ARE WELCOME!



In living into our 7th Principle, the mission of the Green Team is to guide ourselves, our congregation & 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. The Zoom link is on the website calendar

WORLD WATER DAY









World Water Day celebrates water and raises awareness that 2.2 billion people live without access to safe water

INDEPENDENT DOCUFILM SERIES

Women Are The Change Created by Linda Stout

Friday, March 15, 2023 at 6:00 p.m.

536 Ouray Ave., Grand Junction, CO

Sub-Saharan Africa is poised for sweeping change. Educated women are the agents of this change. They are the mothers of a new Africa. This is the story of African girls and how educating them can change everything.

The women in the film grew up as ordinary girls, struggling with traumas of war, loss of innocence and obstacles of culture. And yet they are now extraordinary women educated and giving back to their communities.

Join us on a journey to see how educating these girls has changed their fates and has started a new chain pulling others along.

learn more: www.grandvalleyuu.org/films



Suggested Donation of \$10 at the door. Cash/Check preferred.

FROM DIR. OF PROGRAMMING & COMMUNITY OUTREACH - MAYA KRAUSHAAR

Change happens. It is the one guarantee in life. We're always in motion, moving through space, as the earth spins it orbits the sun which whizzes along with billions of other stars swirling around our galaxy amongst trillions more. All the while we are birthing and dying, planting and harvesting, celebrating and mourning, falling asleep and waking up. Transformation takes place in each moment. Even through our thoughts, we continually transmute what we perceive into our reality.

This month we will explore different ways transformation takes place in our lives and within the world of which we are interconnected. We are going to take a look at ways that transformation can be both difficult and beautiful.

We will experience the transformative power of how a gift of love and acts of kindness can cultivate hearts of hope within the giver and the receiver.

Another practice we will explore, involves directing our attention and the use of intention. By thoughtfully changing our attention, we have the power to transform our outlook on our own lives.

As Spring Equinox heralds change we'll learn about ways that our ideas and dreams evolve like the seasons and our bodies and minds grow like plants. We will explore ways that we can make changes in our lives to best serve our current dreams of today.

We'll close the month with a fun Easter celebration directly following the Sunday Service. Join us in the basement at 536 Ouray ave. at 12:00 p.m. for an all-ages Easter Potluck and Egg Hunt.

With gratitude, Maya

GHILDREN'S RELIGIOUS EDUGATION SCHEDULE

MONTH OF TRANSFORMATION - MARCH 2024

March 3

Transformation ~ Change happens

Transformation, our theme of the month, means change. Compost transforms natural materials like leaves, grass and kitchen scraps into soil and humus that is a rich gift to plants. Just like compost, transformation is sometimes hard and messy. It's a cycle of changes that includes difficult or messy times along with beauty and excitement. Change and transformation is hard, but we can do hard things. So, for today's session, we are going to explore ways that transformation is both difficult and beautiful.

March 10

From the Gift of Love to Hearts of Hope

We can all have bad times when we are sad, but then, there are opportunities for rekindling hope in our hearts. One of the best ways to transform a sad heart to a hopeful heart is to do something kind and offer support to others. This session we will be making "Goodie Bags" with Brittney Bade of The Gift of Love for the residents of the Fountains Senior Living Home.

March 17

Changing our Attention

We can benefit from being more intentional about where we focus our attention. And by thoughtfully changing our attention, we have the power to transform our outlook on our own lives.

March 24

Spring Equinox ~ Changing Season Grow New Things. So Can We!

We will explore how the Spring Equinox, also called "Ostara" in neo-pagan practice, heralds a change of seasons, and welcomes in Spring. Just as children's bodies grow up and plants start growing, so do children's likes and ideas. When seeds used to lay dormant in the winter earth, now they transform into seedlings. As we grow and change, so do our wants and dreams. We will explore ways that we can make changes in our lives to best serve our current dreams of today.

March 31Embracing Miracles

Easter is a time of transformation. We are going to explore mystery and learn how we can use wonder to change our perception and deepen our connection to each other and the world.



Coming Up at the UUCGV

There are many special events coming up at the UUCGV and we want to invite you to come! Mark your calendars today!

- Intergenerational Field Trip to the Botanical Gardens and Butterfly House Friday, March 22nd 1:30-3:00 \$1 admission
- **Diversity Mosaic** Glazing Friday, March 29th 2:30-4:30
 - Join us to glaze your unique ceramic tiles (which we constructed in a previous session) to go
 into our Diversity Mosaic featuring a tapestry of color, texture and subjects celebrating our
 unique creations.
- Independent Documentary Film Series:

Women Are the Change - Friday, March 15th 5:30 p.m. Go to https://www.grandvalleyuu.org/films.html for info



Join us as we celebrate UUCGV with an evening of fun filled music through the decades.

Enjoy cocktails, hors d'ouevres and you sign your pledge card.

Dress in fashions from your favorite decade!

UUCGV COOKING GROUP

Well the cooking group is the little engine that could! The attendance is not consistent but the folks who attend have a great meal. That is very consistent. Once again, the Cooking Group had a wonderful meal together and the only thing missing was you!

Our February theme was Italian as a humble attempt to make romantic (read = ROME) food since February has the cupid holiday. in March it will be FRENCH. You can never have too much French food.

Although this started as as a men's cooking group, Unitarians, being an inclusive bunch, opened it up to anyone. You are encouraged to bring a friend, a partner, a lover, or just your own fine self to the March Cooking Group meeting. As always, it's the third Thursday at 6 pm, so the 21st this month, and we'll meet at the church. We hope to see you there and nom nom nom nom!

BUILDING YOUR OWN THEOLOGY - WHAT HAPPENS WHEN YOU DIE?

Building Your Own Theology series will continue in March. What happens when we die? Is there life after death? What are near death experiences? Do we come back and live again? What is Karma? How does reincarnation work? Do we have eternal have soul mates? Come contemplate all these questions in a six-week series of discussions.

The 6-week Journey Begins:

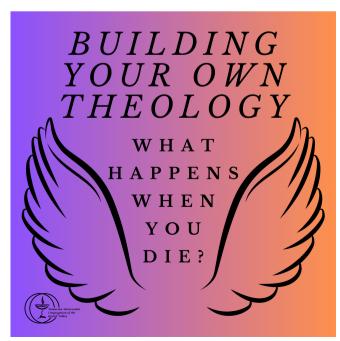
When: Tuesday afternoons from 2:30-4:00 p.m.

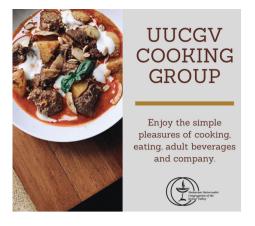
Begins February 6th. Ends March 12

Where: UUCGV Sanctuary

Does anybody have all the answers? *Probably not*. Are they fun questions to contemplate? *Absolutely!*

Everybody is welcome!





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 or administrator@grandvalleyuu.org

Next Meeting: Thursday, March 21 at 6:00 p.m. @ UUCGV Downstairs

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: March 14, March 28





AGING GRACIOUSLY

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

Next Meeting March 28, 2024 @ 1:00 p.m.

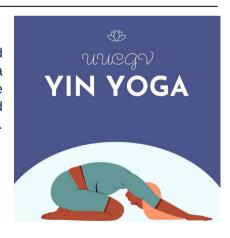
Go to <u>grandvalleyuu.org/aging-graciously</u> for the Zoom link.

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





BLACK CANYON DISCUSSION GROUP

1st Wednesday of each month in the Cedaredge area.

Topic: "What is current and past paganism and how is it relevant today?"

Next Meeting: March 6 | Time: 5:00 - 7:00 PM

Ouestions? 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

Tuesdays 1:00 p.m. @ UUCGV (Please arrive around 12:45 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, March 9@ 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

Social dinner groups, involving around 8 people, who get together 3-4 times in their homes or at church for a casual dinner. This is a great way to get to know other people in the congregation in an informal, small group.



Please contact Debbie Buchele (debbiebuchele1517@gmail.com) for more information.



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!

8

PROGRAMMING HIGHLIGHTS











Children's Religious Education







Three Year Soil Film Screening (February)



RE VOLUNTEERS NEEDED

We are asking for parents/guardians and UUCGV the community to volunteer a couple of Sundays per year to offer our children the experience of learning from a wider range of perspectives. Please let Maya know what topics you are passionate about and which Sundays may work for you this coming year by emailing her at programs@gandvalleyuu.org.

Thank you for your time and energy. I appreciate each of you and I adore our children.

THEY are our future and bring so much love and light to our community.



TREASURER TIDBITS - BY KITTY TATTERSALL

PLEDGE STATEMENTS AND CALENDAR YEAR TAX INFORMATION

Pledge Statements and Calendar Year Tax Information will be in the mail soon. We use the Quickbooks program to generate the statements. "Amount Due" is what the program calls the balance at the bottom of the page. Pledge payments are voluntary. You can be a member by donating time or talent even if you don't have money to donate. Thank you to everyone who contributes to UUCGV.

NPI GRANT APPLICATION

In the September 2023 Newsletter I mentioned we had applied for \$70,800 from Colorado DOLA through their Nonprofit Infrastructure (NPI) Grants. I am happy to report that on January 17, 2024 we were notified that we would receive \$50,000 over the next three years, contingent on providing proof of required insurance and choosing which projects to fund. We are working on the insurance coverage. The Finance Team will be discussing the projects on February 5. If you have input, feel free to attend the meeting, contact anyone on the Finance Team, or contact anyone on the Board.

INCOME AND EXPENSES

As of the end of December, pledge payments were at 55% of budget and offerings got a big boost from a \$5000 donation from the McCary Family Fund. We are showing a surplus overall.

The Haunted Auction paddle funds are earmarked for buying a customer relationship management (CRM) software program from Salesforce. Salesforce wants to see proof of our nonprofit status by going to the IRS website before allowing us to get the huge cost savings as a nonprofit. As a church, we are not required to file any forms with the IRS to prove our status, but because Salesforce and some other entities are requesting to see us on the IRS website, we are working with the IRS to make that happen.

In December, the congregation contributed \$2,275 for staff bonuses. This combined with the 1% of base salary and \$400 for employer payroll taxes (FICA, unemployment, etc) that were in the budget to create total pre-individual-tax bonuses of \$3,545. This was split among six staff: the Minister, Program Director, Administrator, Facilities Manager, Music Director, and Childcare provider. Thank you to the congregation for your generosity and to our Staff for being so awesome.



We are considering purchasing a few more copies of our hymnals. Before we invest in new ones, do you have any at home that you no

longer use?

If so, please return them so we can have more available on Sundays. If you still attend service virtually, please keep them if you'd like. We also have copies of each week's hymns on the website along with the Order of Service.

PALESTINE FUNDRAISER

A HUGE THANKS to everybody who contributed to the hugely successful fundraiser. We have an amazing community of people who generously donated money and/or their time and talent!

We are proud to have raised \$12,500!



UU Night

COMMUNITY. CONNECTION. CONVERSATION.

Wednesdays @ 5:30 p.m.

March Themes

3/6 - Old Family Favorite

3/13 - Daffodil Surprise

3/20 - Spring Green

3/27 - A Light Repast

UU Night Schedule

March 7th & 21st

5:30-6:30 Pot-Luck Dinner

March 13th& 27th

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

Karaoke/Open Mic

UUCGV Choir Rehearsals have been moved to 4:00 on Wednesdays

POT LUCK

CHOIR REHEARSAL

Let's connect and grow our community

SOULFULSUNDAYS

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

March 3

Walking the Sacred Path of Transformation

Rev. Wendy Jones

March 10

A Decade of Dedication (Stewardship Sermon)

Rev. Wendy Jones

March 17

Intention and Attention

Kevin Watt

March 24

Bringing the Spiritual to Life

Rev. Wendy Jones

March 31 - Easter Sunday

Embracing Miracles

Rev. Wendy Jones followed by potluck and egg hunt in the basement at 12:00

LIVING INTO LEADERSHIP

Board

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

<u>Leadership Development Team (LDT)</u>

Wendy Metzger & Debbie Buchele

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, February 8 , 2024 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

- UUCGV awarded NPI grant for \$50,000 to be used over the next 3 years
- WE Shelter was a success. Hosted 12 men for 2 weeks
- Code of Conduct reviewed. Almost complete and will be ready soon for posting
- Agreed to support brother Moji Agha and his Peace and Truth Heals (PATH) initiative and 2024 US speaking tour as a spiritual/organizational ally. He will be giving a talk/workshop at UUCGV
- Reviewed UUCGV's involvement in Palestine fundraiser

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 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 <u>tlc@grandvalleyuu.org</u> for questions and comments.

TLC MEETING HIGHLIGHTS

- WE Shelter was successful and provided over night shelter to 13 people.
- Palestine fundraiser raised over \$12K!
- 18 kids attended religious education recently so we may be looking for volunteers for extra help
- The Property Team is looking for ways to find the source of a strange smell in a room in the basement
- The Property Team is working with the outdoor space for children's team to create an outdoor play area.
- Film series, *Three Year Soil* in February and *Women are the Change* on 3/15
- Seeking people to be Sunday Greeters as well as needing volunteers to oversee updated new membership practices

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
3 10:30 Worship Service 10:30 Kid's Connection 11:30 Blood Pressure Checks	4	5 12:00 Chair Yoga 2:30 Building Your Own Theology	6 10:30 Meditation 11:00 Care Team 12:00 Black Canyon Discussion 4:00 Choir Rehearsal 5:30 UU Night	7 8:30 Yin Yoga 5:30 Board 7:00 Green Team (Zoom)	8	9 8:30 UU Serves @ the soup kitchen
10 10:00 Youth Music 10:30 Worship Service 10:30 Kids' Connection	11 12:00 Finance	12 1:00 Chair Yoga 2:30 Building Your Own Theology	13 10:30 Meditation 4:00 Choir Rehearsal 4:00 Nonviolence Study & Action (zoom) 5:30 UU Night & Karaoke!	14 8:30 Yin Yoga 11:00 Caregiver Support Group 3:30 TLC 4:30 Board Meeting	15 6:00 Film Series - Office Close out of Town	16
17 10:30 Worship 10:30 Kids' Connection		19 1:00 Chair Yoga Break - Office Wendy out of 1		WORLD WATER DAY 8:30 Yin Yoga 6:00 UUCGV Cooking Group	22 1:30 All Ages Field Trip: Botanical Garden & Butterfly House	23 6:00 Stewardship Party
24 10:00 Youth Music 10:30 Worship 10:30 Kids' Connection 31 Easter 10:00 Youth Music 10:30 Worship 12:00 Potluck and egg hunt	25	26 1:00 Chair Yoga	27 10:30 Meditation 4:00 Choir Rehearsal 5:30 UU Night & Karaoke! 6:00 Youth Music	28 8:30 Yin Yoga 11:00 Caregiver Support Group 1:00 Aging Graciously 4:00 Active Hope Training	29 2:30 Diversity Mosaic Glazing	30

Unitarian Universalist Congregation of the Grand Valley

P.O. Box 1053 Grand Junction, CO 81502



"Vitally Inclusive Justice-Centered Spiritually Alive"

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

Director of Music: Joanna Wernette music@grandvalleyuu.org

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

> Church Administrator: Diane Brown 257-0772 x1 or administrator@grandvalleyuu.org

Facilities Coordinator: Trent Nakagawa facilities@grandvalleyuu.org

Office Hours:

T, W, Th: 10:30 am - 2:30 pm & (NEW) Sun 12-1:30 536 Ouray Ave, Grand Junction, CO 81501

www.grandvalleyuu.org

THE OPPOSITE OF POVERTY IS NOT WEALTH, THE OPPOSITE OF POVERTY IS JUSTICE.

> ~BRYAN STEVENSON

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

Find us on Facebook and Instagram: @grandvalleyuu