



The Gift Of: **INTERDEPENDENCE**

UNITARIAN UNIVERSALIST CONGREGATION OF THE GRAND VALLEY NEWSLETTER

April 2024

FROM OUR MINISTER, REVEREND WENDY JONES

This month our theme is interdependence. I have been struggling with what to write about this because this week I have come across too many stories with the world at large struggling to acknowledge the inherent worth and dignity of the people around them. I don't think we can truly reflect on our inter-connected/interdependent nature if we can't recognize the inherent worth and dignity of all the people and other species among us. So, I'd like to share with you some words from a sermon I wrote almost 25 years ago.

I wrote:

We live in a world where people are invisible; a world where we don't like to look at one another. We don't look at obese people because they are not pleasant to the eye. We don't look at elderly people because they remind us of what we might become. We don't look at poor people because we fear the possibility of one day walking in their shoes.

Sometimes all it takes to change a life for the better is for one person to open his/her eyes and acknowledge that divinity within another. The Gospel of Luke Chapter 13:10 states "And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said 'woman, you are set free from your ailment.'"

Did Jesus have the power to heal this woman? Could he perform miracles? Was he really God? Was this woman healed because Jesus performed a miracle, or maybe was it because Jesus was the one person who looked over and saw her; and by seeing her as the beautiful divine creature that she was, he brought her back to her full humanity.

As Unitarian Universalists, I believe it is our job to look at the ordinary and see the extraordinary. It is our job to truly see the invisible people and then help them to see themselves."

I don't think until we are able to acknowledge the inherent worth of every being will we be able to truly embrace our truly interconnected nature. Where are the invisible people in your life? Is it time to see them in a new light?

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



We are a welcoming congregation

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



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ALL AGES FIELD TRIP TO THE BOTANICAL GARDENS AND BUTTERFLY HOUSE



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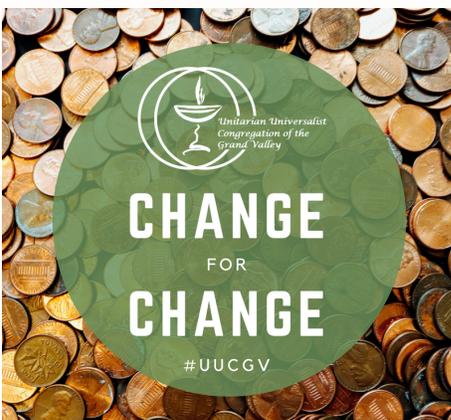
UUCGV MUSIC BRINGING JOY AND VIBRANCY TO OUR CONGREGATION!

Youth Music



Stewardship Kick-off Party

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 March went to support The Roice Hurst Humane Society.

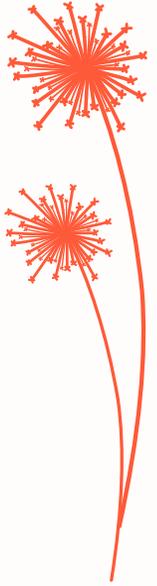
Change collected during the month of March will go to the Sierra Club (April 22 is Earth Day).

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.



All-Ages Field Trip Botanical Gardens and Butterfly House

March 22, 2024



Botanical Gardens

APRIL 22 - EARTH DAY



EARTHDAY.ORG's founders created and organized the very first Earth Day on April 22, 1970. Since then, EARTHDAY.ORG has been mobilizing over 1 billion people annually on Earth Day, and every other day, to protect the planet.

Sunday Children's Programming



From the Gift of
Love
to
Hearts of Hope

Gardening in a War Zone

Produced by Erin Benzakein / Directed by Rob Finch

Friday, April 19, 2024 at 6:00 p.m.

536 Ouray Ave., Grand Junction, CO



This film features Alla Olkhovska, a gardener, writer, photographer, and clematis seed grower in Kharkiv, Ukraine. Unable to leave the country, Alla supports her family by selling the rare seeds she collects from her small garden. This story is rooted in beauty, inspiration, and hope.

The Independent DocuFilm Screening Series, co-hosted by Junktown Cinema Club and UUCGV, is intended to serve as a platform to shed light on topics related to humanitarianism, environmentalism, and social justice with the idea that by meeting with the film creator/s after the showing, we equip the community with the information and tools to take steps of action inspired by the film.

Go to <https://www.grandvalleyuu.org/films.html> for info on past and future features

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

FROM DIR. OF PROGRAMMING & COMMUNITY OUTREACH - MAYA KRAUSHAAR

I am excited to be able to delve into the theme of Interdependence with our youth this month. Respect for the interdependent web of all existence of which we are a part would be my favorite of our 7 Principles if I had to choose. The kids in our program know this well, as we talk about it a lot and they too never seem to tire from its message.

Dedicating a full month to this concept will allow us to branch off into three main focuses: community, creatures, and creations, and how we have a give-and-take relationship with them all.

The first Sunday in April will focus on what interdependence means using games to emphasize that we are not “in it alone.” The second Sunday will offer kids a chance to explore how communities, in general, are an excellent source of nurturing. Through stories and activities, we’ll see how our UU community offers support and wisdom. Our third and fourth sessions will work together to highlight first how we can care for and are connected to the earth, nature, and all its creatures and creations, and then how earth, nature, and all its creatures and creations care for and make our lives better.

The goal this month is to have fun working together in a way that helps kids explore what interdependence means for us, the difference between independence and interdependence, and how honoring this bond teaches us that we are all connected.

With gratitude,
Maya

CHILDREN'S RELIGIOUS EDUCATION SCHEDULE

MONTH OF INDEPENDENCE - APRIL 2024

April 7

Interdependence-- What is it?

In this session, we explore what interdependence means for us as Unitarian Universalists, the difference between independence and interdependence, and how our faith teaches us and lifts up the idea that we can't go it alone.

April 21

Caring for the Web of Creation

In this session, we explore how The Gift of Interdependence and Earth Day are both reminders that we are called to care for our planet, its natural resources, and the life and nature that inhabit it.

April 14

The Web of Community ~ How we nurture it, and it nurtures us

In this session, using the metaphor of "pouring," we explore how our interdependence with our communities is such a vital part of our community. Kids will explore the many different ways we can contribute and pour ourselves into our church communities and how our communities pour their support, wisdom, concern into us, filling up our cups. In other words, we can find nurturing and comfort in our church communities and how we can nurture it back.

April 28

How the Web of Creation Cares for Us

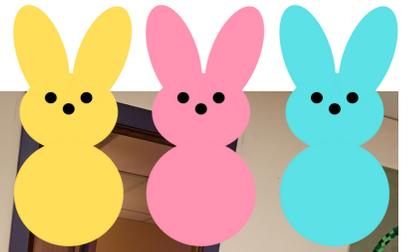
We have explored the importance of caring for the earth and nature, now in this session, we explore how our Earth and the web of creatures and creation take care of us! Children will have the opportunity to explore how nature is a gift and how being in it and connected to it allows us to live, thrive, and feel cared for.

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

Questions? Contact Maya at programs@grandvalleyuu.org



THE PROPERTY GROUP

The property team has achieved great things recently. A very big shout out to them for keeping this church functioning, safe, and lovely.

Recent accomplishments:

- Energy audit - free from Xcel - the full report is pending but Xcel will replace ALL of our fluorescent and other lights and remove ballasts FOR FREE! They already replaced all the lamps and fixtures that had bulbs. Further report pending.
- The pillars will be beige with white trim and we plan on repainting and cleaning up all of the front entrance which will include a directory board.
- New shelving for the vestibule in front of the sanctuary.
- Ventilation grills were placed in Joanna's office downstairs for better airflow.
- Carpet cleaning of the sanctuary and some of the downstairs spaces, some of which require several passes with a carpet cleaner.
- Progress on a future play area for kids... There are some property and financial restrictions but they are not unsurmountable. The property and the play area team are working together to create a safe, colorful and fun kid-friendly area.

Watch for the announcement of a spring work day to pretty the place up for our tenth anniversary.



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 or administrator@grandvalleyuu.org

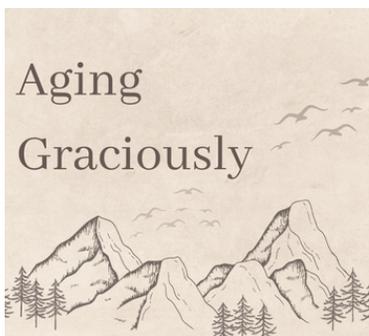
Next Meeting: **Thursday, April 18 at 6:00 p.m. @ UUCGV Downstairs**

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

April Meetings: April 3, 17



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 April 25, 2024 @ 1:00 p.m.

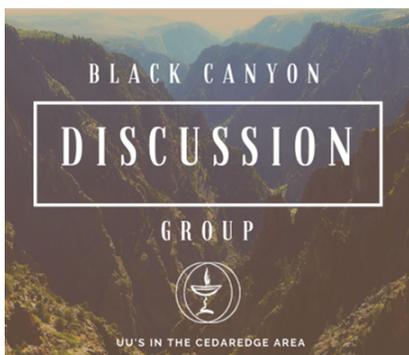
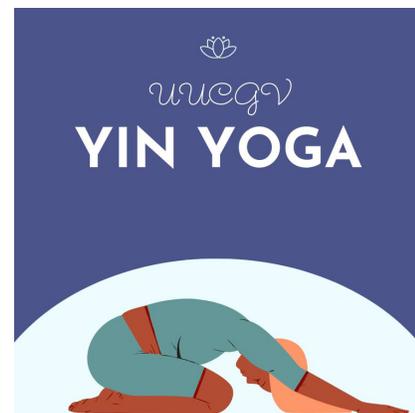
Go to grandvalleyuu.org/aging-graciously for the Zoom link.

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



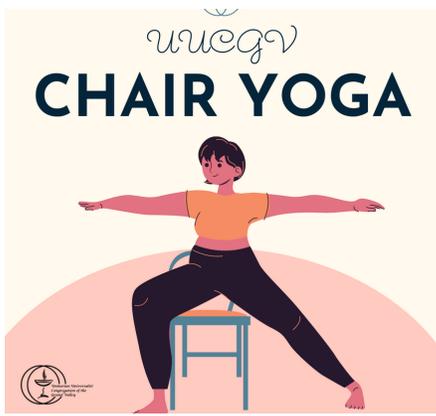
BLACK CANYON DISCUSSION GROUP

1st Wednesday of each month in the Cedaredge area.

Topic: "Discuss the positive aspects of our aging selves, and how we can impart wisdom and be influential to our community and younger generations."

Next Meeting: April 3 | Time: 6:00 - 8:00 PM

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

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 (debbiebuche1517@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!



PROGRAMMING HIGHLIGHTS

Easter Sunday, March 31, 2024 - Easter Egg Hunt and Potluck



Children's Religious Education



Easter Sunday, March 31, 2024

DIVERSITY MOSAIC TILE GLAZING



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](mailto: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. ~ Maya

PLEDGES ARE IMPORTANT

If you are able to, financial pledges are very important to the running of this church. Thank you to everyone who has already pledged! 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.

INDEPENDENT FILM SERIES



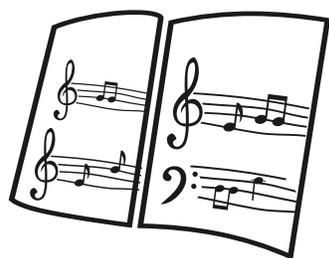
Film screening:
WOMEN ARE THE CHANGE
(3/18/24).

\$xxx raised for CASA
A Children's Voice in Court

NEW! CHILDREN'S LIBRARY AND ZEN DEN



BOOK BINDING - AUCTION ITEM



HYMNALS AT HOME?

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.

UU NIGHT & KARAOKE

UU Night is a chance to get to know other unitarians and karaoke is for anyone - the kids love it!



UU Night

COMMUNITY. CONNECTION. CONVERSATION.

Wednesdays @ 5:30 p.m.

April Themes

4/3 - Dealer's Choice

4/10 - Potatoes

4/17 - Comfort Food
2 days after taxes due

4/24 - Taco Bar

UU Night Schedule

April 3rd & 17th

5:30-6:30 Pot-Luck Dinner

April 10th & 24th

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

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

April 7

Sacred Land and our Native
Neighbors

Guest Speaker: Bill Conrod

April 21

The Spiritual Art of Language

Guest Speaker: Wendy Vidlock Poet Laureate

April 14

A Love Letter to Humanity; Life
from the perspective of Mother
Earth

Rev. Wendy Jones

April 28

Staying Grounded in a
Chaotic World

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, April, 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.

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.

BOARD MEETING HIGHLIGHTS

The Board and Finance team are underway to create budgeting for the new financial year...

WE NEED GREETERS!

- Seeking people to be Sunday Greeters as well as needing volunteers to oversee updated new membership practices
- We need greeters to help with passing the offering baskets
- Sign up sheet is on table by the Sanctuary. EASY PEASY...

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 April Fool's Day	2 12:00 Chair Yoga	3 10:30 Meditation 11:00 Care Team 5:00 Black Canyon Discussion 6:45 Choir Rehearsal 5:30 UU Night	4 8:30 Yin Yoga 7:00 Green Team (Zoom)	5	6
7 10:00 Youth Music 10:30 Worship Service 10:30 Kids' Connection 11:30 Blood Pressure Checks	8	9 11:00 Finance 1:00 Chair Yoga	10 10:30 Meditation 6:45 Choir Rehearsal 5:30 UU Night & Karaoke!	11 8:30 Yin Yoga 11:00 Caregiver Support Group 3:30 TLC 4:30 Board Meeting	12	13 8:30 UU Serves @ the soup kitchen
14 10:30 Worship 10:30 Kids' Connection	15	16 1:00 Chair Yoga	17 10:30 Meditation 6:45 Choir Rehearsal 4:00 Nonviolence Study & Action 5:30 UU Night	18 8:30 Yin Yoga 6:00 UUCGV Cooking Group	19 6:00 Independent Documentary Film Series	20
21 10:00 Youth Music 10:30 Worship 10:30 Kids' Connection	22	23 1:00 Chair Yoga	24 10:30 Meditation 6:45 Choir Rehearsal 5:30 UU Night & Karaoke!	25 8:30 Yin Yoga 11:00 Caregiver Support 1:00 Aging Graciously 4:00 Active Hope Training	26	27
28 10:30 Worship 10:30 Kids' Connection	29	30 1:00 Chair Yoga 6:00 Native/American Truth & Reconciliation & Intersectional Circles Workshop	15			

**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

Find us on Facebook and Instagram:

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

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**