



# LIVING LOVE THROUGH THE PRACTICE OF RESISTANCE

UNITARIAN UNIVERSALIST CONGREGATION OF THE GRAND VALLEY NEWSLETTER

February 2025

## FROM OUR MINISTER, REVEREND WENDY JONES

In 1966 MLK was the guest speaker at the Unitarian Universalist General Assembly. He offered the prestigious Ware Lecture and he called it "Don't sleep through the Revolution."+

This is what he said directly to the UU's at the time:

*"One of the great misfortunes of history is that all too many individuals and institutions find themselves in a great period of change and yet fail to achieve the new attitudes and outlooks that the new situation demands.*

*There is nothing more tragic than to sleep through a revolution. And there can be no gainsaying of the fact that a social revolution is taking place in our world today. We see it in other nations in the demise of colonialism. We see it in our own nation, in the struggle against racial segregation and discrimination, and as we notice this struggle we are aware of the fact that a social revolution is taking place in our midst. Victor Hugo once said that there is nothing more powerful in all the world than an idea whose time has come.*

*The idea whose time has come today is the idea of freedom and human dignity, and so all over the world we see something of freedom explosion, and this reveals to us that we are in the midst of revolutionary times. An older order is passing away and a new order is coming into being.*

*There is nothing more tragic than to sleep through a revolution."*

When I was in high school and college learning about history and what happened during WWII, I used to ask myself how good people could have let the holocaust happen. I used to wonder what kind of person I would have been if I was alive during the times of slavery or the holocaust. Would I have had the courage to stand up against slavery? Would I have been willing to hide and shelter the Jewish families in Germany to protect them from the Nazis? Would I have fought? Well, we are in times when we get to answer those questions for ourselves.

*Continued...*

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



*We are a welcoming congregation*

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



Artwork by Penny Youngren

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What do I stand for?

What do I speak up for?

Who do I choose to protect with my actions?

What am I willing to give up for these beliefs?

In 100 years if my great grandchildren are looking back would they think that I was the 'right' side of history?

I understand that the world is complicated as are we human beings. I don't know what I would have done back then, but I think we are at a point in history where we are being given the opportunity to answer some of these questions for ourselves in our own time period.

Are we sleeping through a revolution, or are we wide awake? As humans we always have our blind spots, but my hope is that if my children and grandchildren look back at me, they might just say, "she didn't sleep through the revolution." At least that is my hope.

## UPDATE FROM OUR MUSIC DIRECTOR



Sometimes it feels like we are bearing the weight of the entire world on our shoulders.

Sometimes it feels like we are all alone.

Sometimes it all feels like way too much.

I've been thinking a lot lately about how far one act of kindness, encouragement, or positivity can go. Maybe I can't change the world by picking up a piece of trash or smiling at someone in the grocery store, but if it makes a difference in just one person's day, perhaps it was worth it. And when it comes to

sharing music, I believe the effect of one uplifting moment might be able to ripple throughout our entire community.

I hope that we can start that ripple for you and your family during these difficult times. I hope that one meaningful song on Sunday or shared laugh during choir practice will help you to bring that spirit home with you or out into the community.

If you want to join us, you are always welcome! As ever, the choir rehearses at 4:00 on Wednesdays. Kids can come sing with us on choir Sundays (every other week) after the service! Be well this winter!

~Amanda

## 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.

December recipient: Colorado Coalition for the Homeless

January recipient: Mosaic

February recipient will be La Plaza in Palisade

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](mailto:administrator@grandvalleyuu.org).



## FROM OUR DIRECTOR OF PROGRAMMING & COMMUNITY OUTREACH - MAYA KRAUSHAAR

We kicked off 2025 with our All Ages Time Capsule Service, reflecting on the year past and making our predictions for 2025. Following that, our kids hosted a warming booth outside which offered complimentary warm beverages and conversation to our neighbors. We then learned the power of working together as a team while identifying what is important to us individually. We finished the month by exploring the meaning of hope as a verb, not a noun, something we do instead of something we obtain, through learning about Active Hope and hope as a discipline.

This month we will explore the importance of inclusion through lessons built around not leaving people out, not leaving stories out, not leaving love for ourselves out, and not leaving the diversity of religions out.

Practicing inclusion is more important now than ever. Although most kids (and unfortunately not all adults) know that all humans should be provided with equal access to opportunities and resources, we will explore this value more deeply. We will take a closer look at what inclusivity means as we practice empathy and harness the power of compassion in matters of truth and justice. Ultimately, we may be compelled to ask ourselves how we can become more inclusive and understand why that is of the utmost importance. I hope that we will conclude the month feeling humbled by our knowledge and practice of inclusion.

As always if you have an idea that you would like to suggest for our Rchildren's program, please let me know. I am always happy to build a lesson around your idea and better yet feature your knowledge within our program, inviting you in as a special guest. Our children benefit from the wealth of knowledge held in our community and interactive time with our adults. This makes our program more dynamic and diverse.

#diversitymatters

#inclusionisessential

#lovewins

With gratitude,  
Maya

Questions?

Contact Maya at [programs@grandvalleyuu.org](mailto:programs@grandvalleyuu.org)

### Help Needed!

Maya is seeking people to help, by her side, during our Sunday Children's Programming. She is 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 so she can help build a program around it for the day that you are available to volunteer. Email Maya at [programs@gandvalleyuu.org](mailto:programs@gandvalleyuu.org) with your ideas.

*Wendy's sermon is usually posted on our website which you can enjoy at any time...*

### Time Capsule Service January 5, 2025



# CHILDREN'S RELIGIOUS EDUCATION SCHEDULE

*FEBRUARY 2025*

**WELCOME TO THE PRACTICE OF INCLUSION!**



*February 2nd*

## **The Practice of Not Leaving People Out**

In this session, we will explore how our actions can result in others' feelings of being left out and unseen. Then, we will reflect on ways we can be more inclusive.

*February 9th*

## **The Practice of Not Leaving Stories Out**

In this session, we continue our exploration of people and things that get “left out.” Whereas last week we looked at how people get left out, today we turn to how stories get left out of our telling of history. We will dig into why this is, how it harms us all, and what we can do to tell “bigger stories” that honor us all.

*February 16th*

## **The Practice of Not Leaving Love for Ourselves Out**

We are already halfway through our month of exploring our monthly theme: The Practice of Inclusion. So far, we’ve looked at people and stories that get left out. Today, we talk about how parts of ourselves sometimes get left out. To explore this, we will get into body positivity as well as the importance of self-love and self-acceptance.

*February 23rd*

## **The Practice of Not Leaving Religion Out**

This is our final week exploring The Practice of Inclusion and looking at how people and things that get “left out.” In this last session, we turn to the way religions get left out and treated as “untrue,” “immoral,” and even “evil.” Our UU commitment to religious diversity and our UU belief that all religions contain truth will be a central part of our discussion.

As UUs, we are called to help people value the learnings and insights from all of the world's religions and understand that there are many valid spiritual paths to travel.



## All Ages Yoga ~ Cultivating Love

Friday, February 14th 4:00–5:00 p.m.

Celebrate your Valentine's Day with a practice of self-love with the people you love! Join us for this intergenerational 60-minute hatha yoga practice.

We will begin with a grounding exercise, then move through a series of asanas (yoga postures) to increase our strength and flexibility, and then we will close with a short guided meditation.

For questions contact Maya Kraushaar  
Yoga Teacher CYT200  
programs@grandvalleyuu.org.



ALL AGES YOGA  
~ CULTIVATING LOVE ~

FRIDAY,  
FEBRUARY 14TH  
4:00 P.M.  
@THE UU CHURCH  
536 OURAY AVE.

Celebrate your Valentine's Day with a practice of self-love with the people you love! Join us for this intergenerational 60-minute hatha yoga practice.

Wear loose and comfortable clothing. If you have a yoga mat, you are welcome to bring it, otherwise we have some to share. \$5 per person.

For questions contact Maya Kraushaar, Yoga Teacher CYT200, programs@grandvalleyuu.org.



**NEW MOON  
GONGBATH**

WITH  
**JERE FRIEDMAN**

THURSDAY, FEBRUARY 27 - 6:00 P.M.  
UNITARIAN-UNIVERSALIST CONGREGATION  
536 OURAY AVENUE

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

\$25 suggested donation at the door. Doors open at 5:30 p.m.  
\*Contact programs@grandvalleyuu.org for more info.

Jere Friedman, J.D., M.A., CMMI, is an Employee of the Universe – with full benefits! Jere holds a Masters' degree in Spiritual Psychology and serves as a Soul Centered Coach and ordained minister. As a Gongmaster, Certified Breathwork Healer, and Certified Meditation and Mindfulness Instructor, Jere founded Spiral Light Sound Meditation Center in Grand Junction, Colorado.

Through his coaching practice, sound medicine journeys, and other skills, Jere's life work is to contribute to the evolution of consciousness on Planet Earth by supporting others in finding their own way to joy, fulfillment, and inner peace. As a Soul-Centered Coach, he supports his clients in transforming their lives on the "Soul Line" of life as well as the "Goal Line."

## Cooking Group



The Cooking Group is the longest running group at UUCGV. The theme in January was Tropical. Pineapple is more versatile than you might guess... 5

## Auction Item: Racelette Dinner

Diane Brown was the winner of the Racelette Dinner hosted by Dave Collins and Debbie Buchele. And it was the weekend of Janets's birthday. A good time was had by all.



## ONGOING EVENTS AT UUCGV UUCGV COOKING GROUP



### UUCGV COOKING GROUP

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



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 [administrator@grandvalleyuu.org](mailto:administrator@grandvalleyuu.org)

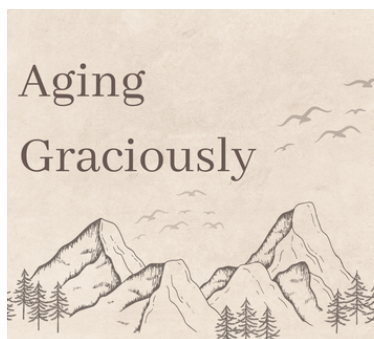
Next Meeting: **Thursday, February 20 - 6:00 p.m. at UUCGV (Downstairs)**

## 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

**February 2024 Meetings: February 13th and 27th**



## 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 February 27 - 1:00 p.m.**

Go to [grandvalleyuu.org/aging-graciously](http://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 and improved sleep. It fosters self-love, self-discovery, and releases stored emotions.

**Thursdays - 8:30 a.m. at UUCGV**

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



## BLACK CANYON DISCUSSION GROUP

First Wednesday of each month in the Cedaredge area.

Topic: "If you had a time machine, what period would you want to experience?"

**Next Meeting: February 5th, 5:30 - 7:30 PM**

Questions? Call 970-856-5450



## CHAIR YOGA AT NOON

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](mailto:programs@grandvalleyuu.org)

**Tuesdays 12:00 p.m. at UUCGV (Please arrive around 11:45 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, February 8th - 8:30 a.m.**

Please contact Chris Jauhola ([chrisjauhola@aol.com](mailto: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 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](mailto: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 & 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!

# CIRCLE SUPPERS



## Dinner in our Homes

DINNERS IN OUR HOMES/CIRCLE SUPPERS.

Sign up now for dinner groups of 6- 8 people.

email: [debbiebuche1517@gmail.com](mailto:debbiebuche1517@gmail.com)

It is a great way to get to know fellow UU's!

We always have great food and conversation.



Did you know?  
Each modern American generates an average of 4.5 lbs of waste per day.

## Visit New Way Refillery

Address: 936 North Ave STE 102

Friday 10 AM-1 PM

Saturday Closed

Sunday Closed

Monday Closed

Tuesday Closed

Wednesday 10 AM-5:30 PM

Thursday 10 AM-6 PM

Phone: (970) 822-7476

<https://www.newwayrefillery.com/>



# Matching Donations until June!

Building loan

Parking Lot

AN ANONYMOUS DONOR HAS GRANTED \$20,000 MATCHING FUNDS FOR UUCGV.



## Help us fund a re-paved parking lot!

Double your donation this month!  
Write CC in the memo line on a check, specify 'capital campaign' in Tithe.ly, or use the envelopes on the table by the Sanctuary.

## Green Team

### Pet Friendly Cleaners that Work Naturally!

#### Nine Pet-Friendly DIY Cleaners

##### 1. All-purpose cleaner

Combine equal parts white vinegar and water, add a few drops of pet-safe essential oil like lavender for a fresh scent, and there you have it – a versatile cleaner for most surfaces.

##### 2. Glass cleaner

For sparkling clean windows and mirrors, mix a cup of white vinegar with a cup of water. It's simple and highly effective.

##### 3. Kitchen cleaner

Tackle grease and grime in your kitchen using a mixture of baking soda and vinegar. It's a powerful combination that can make your kitchen appliances gleam.

##### 4. Bathroom cleaner

Create a paste using one part hydrogen peroxide with two parts baking soda to clean tiles, bathtubs, and sinks. This non-toxic mixture can effectively remove soap scum and hard water stains.

##### 5. Oven cleaner

Combine water and baking soda to create a safe oven cleaner. Apply the paste, leave it overnight, then rinse and wipe the oven in the morning.

##### 6. Drain cleaner made with white vinegar for a pet friendly cleaner

For clogged drains, pour half a cup of baking soda followed by half a cup of white vinegar. Let it fizz for 15 minutes before flushing with hot water.

##### 7. Carpet cleaner

To make pet friendly carpet cleaners then mix equal parts white vinegar and water to use on carpet stains. Apply, leave for a few minutes, then blot with a cloth. It's also a great deodorizer.

##### 8. Wood polish

Make a pet-safe wood polish by combining two parts olive oil with one part lemon juice. This solution leaves furniture with a beautiful shine and fresh scent.

##### 9. Air freshener

Combine water, baking soda, and a few drops of pet-safe essential oil in a spray bottle for a natural, pet-friendly air freshener.



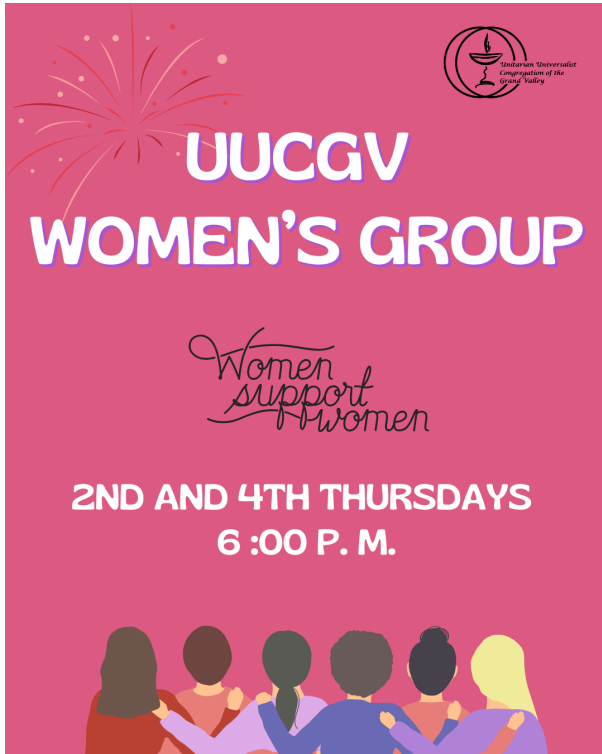
## The Art Corner

A new artist is now being featured in THE ART CORNER in the back of the sanctuary. Come check out Penny Youngren's beautiful pastel paintings. She will have her work up through April when it will change to another one of our talented artists.

To purchase a piece, please see Penny for prices. She will be donating 30% back to the church. Happy art gazing!!



Million Dollar View by Penny Youngren



Our women's group started with a call from a friend who was as worried and sick after the election as many of us were. I called a few folks to meet at my home to talk together about what we could do to make things better and fight the injustices we were sure to come when Trump took office. We chatted for three hours and decided we needed to continue the group.

At our next meeting we talked quite a bit about how we might stand up for women and challenge the unjust ideas that may rise up in the coming four years. It was a varied and interesting discussion.

Ann Barrett introduced a book from her collection that was published in the 1980's called "The Chalice and the Blade" by Riane Eisler. The book covers somewhat recent archaeological discoveries that indicate that women in our ancient past had a more powerful role in the cultures of that time than we do now. We will probably visit the 2nd half of the book at our next meeting which will be on Thursday, February 13th at 6:00pm at the Unitarian Universalist Church. That is a busy night so we don't know if we will be meeting downstairs or upstairs. But we are sure you will find us. All are welcome and be sure to bring your experience and ideas.

## Corey's Cleaning Corner

This coming Friday, 1/31 (at the time of this writing,) there is a lesser-known holiday that I like to celebrate. Known as Imbolc among us "magical" folks, Celtic peoples - and coincidentally some Catholics, as well - celebrate the coming of St. Brigid. Legend says that if you place a cloth outside of your door on the evening of January 31st, as Brigid makes her way across the land (Ireland, in this case) and she will bless this cloth for you. It can then be used for comfort and healing throughout the year. This legend is also thought amongst scholars to be where the tradition of the Groundhog and his shadow came from; if you awoke to find that your cloth was missing on the morning of February 1st, it meant that Brigid had taken it to keep warm during the following cold weeks. If the cloth remained, Spring would be coming soon and she did not need to take it.



It is around this time of year that the Spring cleaning bug typically takes over me. Following the chaos that typically surrounds the winter holidays, I revel in decluttering our living space and scrubbing away the cold, dark weeks that we are leaving behind. Whether this be symbolic, or merely the abatement of the seasonal affective disorder that I typically find myself in, I find that the ritualistic aspect of the cleaning does wonders for my mental health and overall mood. As we move away from huddling inside for warmth, opening up our hearts and minds to the new adventures that await - allowing space for new chapters to be written. I urge you to take a moment to declutter - whether it be a stubborn box in the closet that needs dealt with, or a symbolic box in your mind that needs to be gone through. Sit with it, breathe, and do what needs to be done. Just as Brigid will find shelter at the end of her long Imbolc journey - you, too, can find shelter in the freeing of the space; and as always, we are here to help if you need it.

# RE Adventures

## December and January



Active Hope



Active Hope



Active Hope



Active Hope



Kids Shenanigans



Warming Booth



Active Hope



Children's Music



Warming Booth

# Rapid Advisory for Sanctuary Congregations

From the UUA:

Dear friends,

Our hearts are with each of you and all of our Unitarian Universalist congregations and communities as you minister in this deeply upsetting and complex time. We seek to be a sanctuary, a safe harbor, in this turbulent time for all people under threat of oppression—immigrants, trans/nonbinary and intersex people, those needing reproductive care, those who are disabled, and many more. As events unfold that affect our exercise of these values, the UUA and our staff teams will be working to share more rapid response information and advisories, based on partners and experts we trust.

## Advisory on Immigration Enforcement and Church Space

This week's announcement that the new Administration is ending the previous policy which prevented immigration enforcement actions in certain places—including churches, schools, and hospitals—is of special concern to us as religious leaders. It is part of a much larger push to dramatically escalate deportations and criminalize millions of migrants and members of our communities. We know this may directly affect many of you, your families and neighbors, and we are working to provide the support you will need to live out our faith's call for us to be a people who offer sanctuary for the body, mind, heart and spirit.

While we will be sharing more soon, right now, we want to make you aware of how the National Immigration Law Center (NILC) describes how we can continue to serve and support everyone in our communities, and especially the most vulnerable. It gives concrete actions to take to limit access to churches by immigration enforcement.

The NILC states:

"The rescission [of the Protected Areas Policies] is a fear tactic by the administration to make immigrant communities feel less safe even in spaces that are at the heart of a civil society... All people in the United States have certain rights regardless of immigration status. However, now that the protected areas (aka 'sensitive locations') and courthouse memos have been rescinded, these areas no longer enjoy special protections from ICE enforcement. Instead, individuals will need to rely on basic constitutional protections in these spaces."

See resources at the

### Community Resilience Hub

<https://www.uua.org/safe/community-resilience>

### Join the NILC Day One Response Team

<https://act.nilc.org/page/77200/petition/1?ea.tracking.id=web>

We have a  
**Family Preparedness Pack**  
with great resources on our  
website here:

<https://www.grandvalleyuu.org/race-towards-justice.html>

### From Immigrant Legal Resource Center (ILRC).

Useful cards to keep on hand or  
distribute to people who might  
be targeted by ICE

<https://www.ilrc.org/red-cards-tarjetas-rojas>



## Ari Ara Book Club For All Ages: We Can Be Heroes

A free, monthly book discussion throughout 2025 on the novels in the Ari Ara Series.

Join this virtual book club for kids and adults on the award-winning, peace-waging fantasy of Rivera Sun's Ari Ara Series. Each month, we'll read the next book in the series and gather at the church to zoom into the larger group with Rivera Sun to discuss it. We'll also use art, creativity, games, and group exercises to explore the real-life skills that Ari Ara uses in the adventures. We can be heroes, too!

Author Rivera Sun will facilitate (virtually) this all-ages group. Bring your kids, friends, educators, grandparents, book-lovers and peace activists.

Schedule: Last Saturday of each month from 2-3:30 MST

The Way Between - Feb 22

The Lost Heir - March 29

Desert Song - April 26

The Crown of Light - May 31

River Dragon - June 28

The Adventures of Alaren - July 26

Who can join: Readers of all ages are welcome. Children under 9 years old should come with an adult. Adults of all ages are encouraged to come ... and if you can bring young people with you, that's even better!

Waging peace is a great adventure.



Join the Ari Ara Book Club For All Ages

Monthly Feb 22-July 26, 2025

w/ Author Rivera Sun

## A Parenting Space for Guardians and Their Littles

Tuesday, February 11th February 25th 2:30 - 4:00 pm

A space for parents and guardians with young ones under the age of 4, to relax and connect with other parents alongside their babies and toddlers who are engaging in enriching activities. If you are interested in joining us, please email Maya at [programs@granvalleyuu.org](mailto:programs@granvalleyuu.org).

Space is limited.



# SOULFUL SUNDAYS

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

Zoom link at: [grandvalleyuu.org](https://grandvalleyuu.org)

View the Order of Service & Music at  
[grandvalleyuu.org/sunday-services](https://grandvalleyuu.org/sunday-services)

Children's Programming and Childcare Provided

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**February 2**

Guest: Tom Acker

*Immigration*

**February 16**

Rev. Wendy Jones

**February 9**

Guest: Rivera Sun

*Ari Ara & The Way  
Between*

**February 23**

Rev. Wendy Jones

# LIVING INTO LEADERSHIP

## Board

President – Richard Hyland  
Vice President – Angie Ecker  
Treasurer – Catherine Black-Ward  
At-Large – Bill Conrod & Jamie Kavanaugh

## Leadership Development Team (LDT)

Wendy Metzger

## Team Leadership Circle (TLC)

Worship – Peg Oswald  
Religious Education (RE) – Maya Kraushaar  
Green Team – Joel Prudhomme  
Social Action – Tom Acker  
Membership – Debbie Buchele  
Property Team – Barb Preston  
Celebrations – Debi Nelson

## TLC HIGHLIGHTS

### **Social Action:**

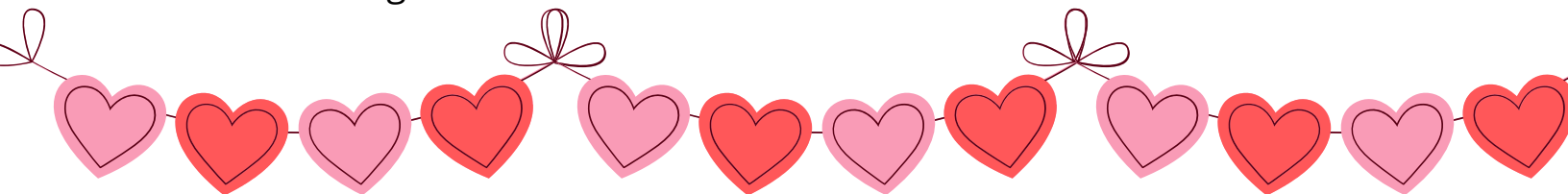
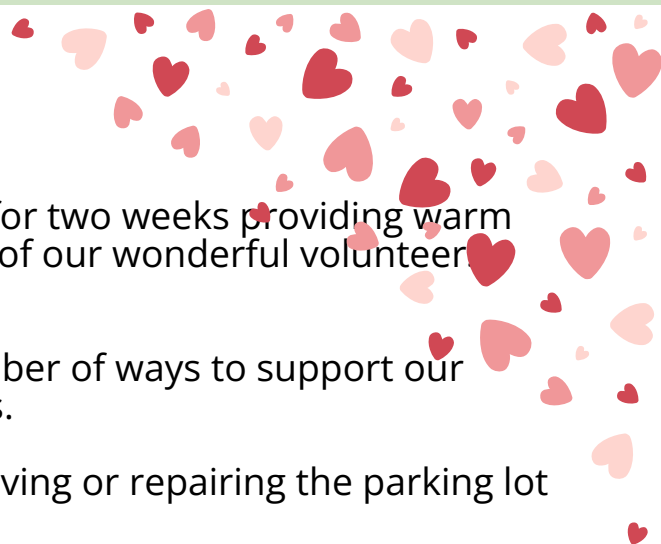
WE shelter was a success. We sheltered 10 men for two weeks providing warm meals and a safe place to sleep. Thank you to all of our wonderful volunteers who make this happen.

UUCGV is a member of CIRC. There will be a number of ways to support our immigrant communities in the upcoming months.

**Property:** The property team is looking into repaving or repairing the parking lot in the near future.

**Membership:** Our membership is steadily growing. We have had many new visitors and guests since November.

**Religious Education:** Please see Maya's RE page for all of the upcoming events. There are a number of upcoming programs in the month of February. Please see the details throughout the newsletter.



## BOARD HIGHLIGHTS

Stewardship Campaign will begin in March.

There is a capital campaign to improve our property. An anonymous donor has pledged up to \$20,000 in matching donations so this month is a good chance to double your donation.

The board is paying attention to how to navigate all of the upcoming changes happening in the country.

# February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
2 10:30 Worship Service 10:30 Kids' Connection 11:30 Blood Pressure Checks	3	4 12:00 Chair Yoga	5 10:30 Meditation 11:00 Care Team 4:00 Choir Rehearsal 5:30 Black Canyon Discussion	6 8:30 Yin Yoga	7	8 8:30 UU Serves @ the soup kitchen
9 10:30 Worship Service 10:30 Kids' Connection	10 12:00 Finance	11 12:00 Chair Yoga 2:30 A Parenting Space	12 10:30 Meditation 4:00 Choir Rehearsal	13 8:30 Yin Yoga 11:00 Caregiver Support 3:30 TLC 4:30 Board 6:00 Women's Group 8:00 Green Team via Zoom	14 4:00 All Ages Yoga - Cultivating Love	15
16 10:30 Worship Service 10:30 Kids' Connection	17	18 12:00 Chair Yoga 2:30 Practice Sessions for Bystander Intervention 6:00 Spiritual Activism Class	19 10:30 Meditation 4:00 Choir Rehearsal	20 8:30 Yin Yoga 6:00 Cooking Group  <i>Newsletter deadline</i>	21	22 2:00 Ari Ara Book Club for All Ages: We Can Be Heroes
23 10:30 Worship 10:30 Kids' Connection 12:00 RE Team at the Church	24	25 12:00 Chair Yoga 2:30 A Parenting Space 6:00 Spiritual Activism	26 10:30 Meditation 4:00 Choir	27 8:30 Yin Yoga 11:00 Caregiver Support 1:00 Aging Graciously 6:00 NEW MOON Gong Bath 6:00 Women's Group	28	1

**The strength and power of despotism consists wholly in the fear of resistance.**

**Unitarian Universalist Congregation  
of the Grand Valley**

P.O. Box 1053

Grand Junction, CO 81502



"Vitaly Inclusive  
Justice-Centered  
Spiritually Alive"

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**Find us on Facebook and Instagram:**  
**@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**