



The Gift Of:

LIBERATING LOVE

UNITARIAN UNIVERSALISTS OF THE GRAND VALLEY NEWSLETTER

January 2024

FROM OUR MINISTER, REVEREND WENDY JONES

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal.

If I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing.

If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing. Love is patient and kind; love is not jealous or boastful;

It is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; It does not rejoice at wrong, but rejoices in the right.

Love bears all things, believes all things, hopes all things, endures all things. Love never ends; as for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away.

For our knowledge is imperfect and our prophecy is imperfect; but when the perfect comes, the imperfect will pass away.

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became a man, I gave up childish ways.

*For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully, even as I have been fully understood. **1Corinthians 13***

As human beings, the guiding light or the glue that holds us together is love. Many times, when we think of "love" we limit ourselves to thinking about romantic love with a partner. However, there are so many types of love to sustain us and help us endure.

We have the love we feel for our children or our parents, we have the love expressed through friendship, and we have the universal love expressed through the acknowledgement that we are all a part of the interconnected web of all existence.

➤➤➤ *continued on page 2*

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.



In This Issue

- Thank You MAP 3
- Film Series - Docked 4
- Active Hope Training Opportunity 5
- UUCGV Ongoing Events 6-7
- Religious Education 8-10
- UU Night 12
- Worship Calendar 13
- Leadership Updates 14
- Calendar 15

continued from page 1

This month, I invite us to reflect on and bless the love that we have in our lives. Not everybody is in a nurturing romantic relationship. However, that is certainly not a requirement for fulfillment or for experiencing the true joy that loving and being loved can bring.

One of the things I do occasionally is to take a few minutes to write down all of the ways in which I express love and am in turn receiving love.

How are we doing that this year as a UUCGV community? Are we able to reach out and ask for the support and love that we need? Are we willing to be that expression of love embodied as we reach out and share our love, gifts, compassion with those around us?

I want to thank everybody who demonstrated their compassion & love through their time, talent and treasure to help us successfully host the WE Shelter program this year. We started off strong in January! How might we continue to be that expression of love throughout the rest of the year? I ask us to reflect on this both in a personal sense and as a faith community.

With Love,
Rev. Wendy

YOUTH MUSIC & KARAOKE RETURN TO UU NIGHT

We are excited to restart up the youth music program once the WE Shelter finishes. Mark your calendars for

Wednesday, January 17, 2024 @ 6:00 p.m. for Youth Music!

We will also be hosting Karaoke every other week during UU Night again!!! Our first Karaoke of 2024 will be January 17th. Dust off those pipes and pick out a favorite song to share with our amazing Community!!



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 December went to support the WE Shelter.

Change collected during the month of January will go to La Plaza. La Plaza is a nonprofit organization that supports the health and wellbeing of migrant and immigrant communities in Mesa County, Colorado.

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, JANUARY 4
@ 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 & 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.

THANK YOU MUTUAL AID PARTNERS! AND GOOD LUCK!

Mutual Aid Partners and their Distribution Day have been held at the UU Church since it began in early 2020. Our Tuesday mornings and early afternoons have been busy, vibrant and bountiful. Many volunteers and countless community members converged on our parking lot to receive goods and services.

As of December 19, 2023, Mutual Aid Partners has moved their distribution to a new facility that offers a more effective space with room for growth potential!

As sad as we at UUCGV are that we no longer witness the dedicated volunteers and the community served each Tuesday, we are excited for the growth MAP is experiencing.

A huge thank you to Stephania Vasconez, Executive Director or Mutual Aid Partners, for all the work she does to support the underserved in our community!

MAP's new facility is located at 261 Ute Ave. Stop by and check it out!



INDEPENDENT DOCUFILM SERIES

Docked

by Sarah C. Sifers - Producer, Director,
Cinematographer, Writer

Friday, January 19, 2024 at 5:30 p.m.

536 Ouray Ave., Grand Junction, CO 81501

Docked examines the plight of sheepherders working the Western Range of the Rocky Mountains through the eyes of Tom Acker (a human rights activist), Ignacio Alvarado (a former sheepherder from Chile) and Lionel (a current sheepherder from Chile) as he works his sheep through the ranges in Colorado and Wyoming. Brought into the country through the Department of Labor's (DOL) H2A temporary visa program because no American is willing to work under these conditions, they are paid \$750 a month for a job that requires being on call 24/7. With the rationale that these sheepherders are being brought in from third world countries where they would have earned less money and lived in similar conditions, the film explores whether that is a valid argument for denying these sheepherders basic human rights.



Friday, January 19th

Presented by:

5:30 p.m. - Film Screening

6:30 p.m. - Q & A

with Tom Acker, human rights activist
& Ignacio Alvarado, former sheepherder from Chile

536 Ouray Ave., Grand Junction, CO

Suggested donation of \$10 at the door (goes to the sheepherders)



*Suggested Donation of \$10 at the door. Cash/Check preferred.
Funds raised go to the Hispanic Affairs Project.*

Hispanic Affairs Project (HAP) advocates for REAL CHANGE in our systems. HAP envisions communities where cultural diversity is embraced, and immigrants actively contribute to creating a more equitable society by developing community leaders.

Through education, enrichment, and encouragement of immigrant families, HAP strives to address the barriers to integration so that everyone has a chance to fulfill their dreams and potential.

Watch the trailer for this film and view other upcoming documentaries on our website at

grandvalleyuu.org/films

Support H2A Workers

Donate the following items to the
Migrant Education Program
Western-Central Region

2768 Compass Drive, Grand Junction, CO 81506

www.d51schools.org/about_us/programs_and_services/migrant

- Sun hats & caps
- Bandanas & cooling neck wraps
- Men's work boots (size 10 and smaller)
- Men's lightweight long sleeve shirts (light colors only, sizes small & medium)
- Electrolyte powders

The Active Hope Foundations Training ~ Seven Practices for Positive Change ~

Are you concerned about world problems?

Do you recognize a mismatch between the size of the problems and the size of the response?

Would you like to nourish and strengthen your response, so that you're better able to make a difference in the world?

Would you like to help others do this too?

7-Part Course Based On "Active Hope ~ How to Face the Mess We're in Without Going Crazy" co-written by Joanna Macy & Chris Johnstone

Takes us on a journey designed to nourish and strengthen their capacity to make a difference in the world. To explore insights and practices that help us face our concerns about the world and respond in ways that contribute to positive change.

4th Thursday of Each Month

Begins Thursday, January 25 | 4:00 p.m. - 5:30 p.m.

Unitarian Universalist Congregation of the Grand Valley

536 Ouray Ave, GJ, CO 81501

Free. Registration Required.

Session 1 - Introduction to Active Hope Training, introducing the framework of The Work That Reconnects and sources from health psychology the course draws upon.

Director of Programs, Maya Kraushaar, will lead each of the 7 in-person sessions and facilitate an ongoing online dialogue available to participants only.

Because this curriculum builds on itself, it's not the type of group that you can drop into at your convenience. This will be a closed group. We will have a dialogue throughout the month, so if something comes up and you miss a class, the private chat space will allow you to catch up and for everyone to reflect on our individual experiences from the practices that come with each section.

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



This course takes you on a journey designed to nourish and strengthen your ability to make a difference





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

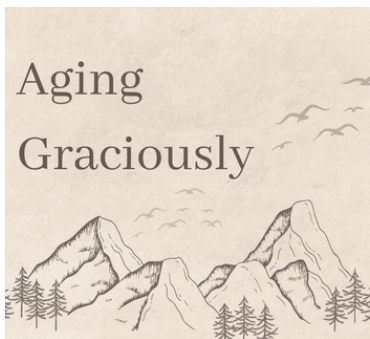
Next Meeting: **Thursday, January 18 at 5:00 p.m. @ UUCGV Downstairs**

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: January 18



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 January 25, 2024

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. - January 18th & January 25th

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



BLACK CANYON DISCUSSION GROUP

1st Wednesday of each month at 5:00 p.m. in the Cedaredge area.

Topic: No meeting January 3

No Meeting in January

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, January 13 @ 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.

Current Circles are Full. Accepting more people for February 2024 Groups.

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!

Last month I shared my awe for the magical power contained within a seed and the mystery it holds. As we cross into 2024, I feel equally compelled to continue exploring the power of the seed, but now in relation to the *intention* in which we sow the seed.

Did you know that our intentions emit a frequency that is immediately felt by others? Guess which intention has the highest frequency?

Authenticity.

When we are authentic and come from a place of genuine honesty, compassion and love, others are able to perceive this and move into a space of trust, their frequency harmonizing with our frequency almost instantly.

This is love literally guiding us into balance with one another.

This month in our children's programming we are going to explore what Liberating Love means. How the intention behind our actions can connect us in a meaningful and powerful way to the world with which we are a part.

Like a magnet, loving intention attracts more love. Let's ring in this new year by sewing seeds of kindness, care, and compassion.

With gratitude,
Maya

Independent Documentary Film Series

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.

The film series continues in January with one film screening each month.

See Page 4 to learn about January's Film *Docked*

Go to www.grandvalleyuu.org/films for info on past and future features.

Children's Religious Education Schedule

January 2024



The Gift of Liberating Love

January 7

Liberating Love -

An Act of Warmth & Kindness

Warming Booth in the Community Garden

Join us as we exercise a form of love that might bring a little comfort, as we will be serving warm beverages to folks from a table in the community garden directly north of our building.

January 14

NO RE

We welcome the children to stay in the sanctuary for this meaningful service with guest speaker Dr. Barbara Zind who will be sharing her experiences and stories from her time spent in Gaza working with the children who live there.

January 21

Love Pulls Us Toward Self-Acceptance

Through love we can navigate to a place of accepting ourselves, loving our imperfections, and, in doing so, creating space for us to love ourselves.

January 28

Love Pulls Us Up Stream

This week we will explore how love is like a magnet and pulls us upstream.

PROGRAMMING HIGHLIGHTS



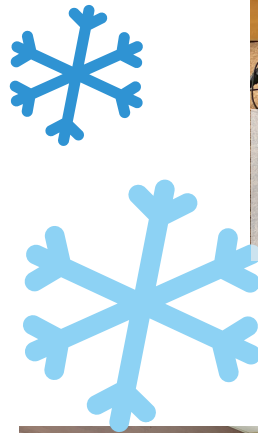
Sunday, December 3rd
Our creations to visually represent our minds in a state of awe



Wednesday, December 6th
UU Night Karaoke



Kids Table at UU Night



UUCGV Choir & Youth Music
Sunday, December 17th - Joy Throughout the World

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.

Items the RE Program Needs:

We always get excited when items that we need are donated to us. If you have any of these items taking up space in storage and are looking to give them a new home, we are in need of:

- extension cords
- floor lamps
- table lamps
- a baseball bat
- sidewalk chalk (we use it often!)
- new markers

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.

CHILDREN'S GONG SOUND EXPERIENCE

WITH JERE FRIEDMAN

SATURDAY,

FEBRUARY 10TH 10:00 A.M

@ 536 OURAY AVE.



60-minute program for children ages 6+, beginning with a short lesson, followed by a brief guided meditation leading into the gong sound experience where participants lie on the floor and take an inner journey. We'll finish with some time for reflection and a Q&A. Children of all ages will be invited to play the gongs too!

\$10 suggested donation at the door.

Doors open at 9:45 a.m.

Contact programs@gandvalleyuu.org for more info.



Community Shares of Colorado & DOLA Grant

UUCGV Awarded \$50,000!

Community Shares of Colorado along with the Department Of Local Affairs (DOLA), are working together to administer infrastructure grants to small community-based organizations that have a track record of providing effective, culturally responsive, and relevant programs and services to communities who have historically been underrepresented, underserved or under-resourced in Colorado.

These funds are to be used for one or more of the following eligible projects only: Data technology needs including data collection and technology infrastructure; professional development for staff and board members; strategic planning and organizational development for capacity building, fundraising, and other services; communications; and existing program expansion, development, or evaluation. Funds are not eligible to be used on the following expenses: capital improvement projects, real estate or land acquisition, payment of debt, advocacy or lobbying, organizing, and endowments or reserves.

We would like to thank our Treasurer, Kitty Tattersall, who spearheaded the grant application!

Thanks Kitty!

Thank You For Your Generosity!

UUCGV Staff Bonuses

On behalf of the staff at the UUCGV, we would like to thank everyone who generously contributed extra funds for the Holiday Staff Bonuses this year. It is just another reminder of the amazing congregation we have at the UU!

Ariel Thank You Gift

We would like to take a moment to thank everyone who was able to donate to our Thank You gift to the recycling team at Ariel. They were over the moon with excitement. We purchased them a gift card to the movie theatre. They can hardly wait to see a movie as a group and get concession treats!

They promised to take some selfies of their adventure.



Year End Donation Reports and Statements

Thank you for making 2023 a great year for the UUCGV!

We are preparing the calendar year end donation reports as well as the year end pledge statements. If you have donated to the church or committed a pledge for 2023-2024, you will be receiving a letter in the mail. If you do not receive one by the end of January, please contact the Office.

The statements also include your Haunted Auction invoices and any payments you have made. If you have a balance due for the Auction, please pay that as soon as you can.

Tax 
Season

UU Night

COMMUNITY. CONNECTION. CONVERSATION.

Wednesdays @ 5:30 p.m.

January Themes

1/3 - No UU Night

1/10 - No UU Night

1/17 - TBD

1/24 - TBD

1/31 - TBD

UU Night Schedule

January 17th & 31st

5:30 - 6:30 - Pot-Luck Dinner & Karaoke/Open Mic

6:00 Youth Music

January 24th

5:30-6:30 Pot-Luck Dinner

6:00 Youth Music

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

POT LUCK

CHOIR REHEARSAL

YOUTH MUSIC

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

January 7

Common Ground
Guest Speaker: Stuart Church

January 14

Liberating Love
Barb Preston

January 21

Becoming Barbie:
Finding Our Real Selves
Rev. Wendy Jones

January 28

What Does It Mean To Lead?
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, January 11, 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

- Should hear about the Grant soon. discussion about the DOLA grant.
- WE Shelter 12/31 - 1/14
- MAP has relocated to their new facility 261 Ute
- Compassion in Action Fundraiser for Palestine 1/13 @ 5:00p.m. at FCCC. Talk is free, dinner is suggested donation \$50
- Code of Conduct has been approved. Val to print and post it.

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

- Security begins 12/16 for 6 weeks. 2x/night stops
- 2024 brings 10 year anniversary of the building
- Membership packet improvements have been made. New material is being updated and included
- New tri-fold will be designed as well
- Would like to reach out to more young families
- 4 facilitators for the upcoming high school OWL
- Maya & Melody are newly CPR and 1st Aid trained

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 10:30 Meditation 4:00 Choir Rehearsal	4 11:00 Caregiver Support Group 7:00 Green Team (zoom)	5 1:00 Women's Self Defense	6 8:30 Soup Kitchen Saturday
WE Shelter						
7 10:30 Worship Service 10:30 Children's RE (off-site: dress warm)	8 12:00 Finance	9 1:00 Chair Yoga	10 10:30 Meditation 11:00 Care Team 4:00 Nonviolence Study & Action Group 4:00Choir Rehearsal	11 3:30 TLC 4:30 Board	12	13 8:30 Soup Kitchen Saturday 5:00 Palestine Fundraiser @ FCCC
WE Shelter						
14 10:30 All Ages Service NO RE 1:00 OWL Parent Orientation	15	16 1:00 Chair Yoga	17 10:30 Meditation 4:00 Choir Rehearsal 5:30 UU Night! 5:30 Karaoke 6:00 Youth Music	18 8:30 Yin Yoga 11:00 Caregiver Support Group 6:00 UUCGV Cooking Group	19 1:00 Women's Self Defense 4:00 OWL 6:00 Film Series	20 10:00 OWL
21 10:30 Worship 10:30 Children's RE	22	23 1:00 Chair Yoga	24 10:30 Meditation 4:00 Choir Rehearsal 5:30 UU Night! 6:00 Youth Music	25 8:30 Yin Yoga	26 1:00 Women's Self Defense	27
28 10:30 Worship 10:30 Children's RE 1:00 OWL	29	30 1:00 Chair Yoga	31 10:30 Meditation 4:00 Choir Rehearsal 5:30 UU Night! 5:30 Karaoke 6:00 Youth Music	1	2	3

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

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: 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)

LOVE LIBERATES.
IT DOESN'T JUST
HOLD—THAT'S
EGO. LOVE
LIBERATES. IT
DOESN'T BIND.

~MAYA ANGELOU

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