

# The Gift Of: **WELCOME**



UNITARIAN UNIVERSALISTS OF THE GRAND VALLEY NEWSLETTER

September 2023

## FROM OUR MINISTER, REVEREND WENDY JONES

*We welcome you here . . . .*

*No matter your age, your size, or how you speak – you are welcome here.*

*No matter the color of your skin, your hair, or your eyes – you are welcome here.*

*No matter whom you love, or how your family is composed – you are welcome here.*

*Whether your ability to contribute comes in the form of time, talent or treasure  
– you are welcome here.*

*No matter how you express your gender identity, or whatever your abilities  
– you are welcome here.*

*Whether you come with laughter in your heart or tears - you are welcome here.*

*Come with an open mind, a loving heart, and willing hands – you are welcome here!*

These are the words we speak every Sunday from the podium, but in my mind they are meant to be so much more. These are intentional and thoughtful words designed to offer deep welcome.

There is a process of welcome. True welcome moves from allowing, to tolerating, to accepting, to embracing, to belonging.

➤➤➤ *continued on page 2*

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

Anyone can slay a dragon but try waking up every morning and loving the world all over again.

That's what takes a real hero.

Brian Andreas



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*We are a welcoming congregation*

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



## In This Issue

Among Us 1-3  
Monte's Musings 4; 14  
UUCGV Groups 5-6  
Religious Education 8  
Green Team 9  
Treasurer Update 10  
Worship Calendar 12  
Leadership Updates 13  
Calendar 15

continued from page 1

Welcoming becomes belonging when the words and the actions move to a deeper level of connection. Sometimes it takes a while, and sometimes you walk into a place and just know that you belong.

But . . . you will not belong if you do not feel welcome.

So, we start with that. We welcome you here!!!!

## A MESSAGE FROM JOANNA WERNETTE, DIRECTOR OF MUSIC

Happy September, music lovers!!

As our music programming gets up and rolling for the year, a reminder that youth music meets Wednesday nights from 6-6:30, and UUCGV Choir meets Wednesday nights from 6:45-8:15. We would love to have you come make music with us!

Over the summer we had a great time making music at a Karaoke night and a Hootenanny/drum circle night. Starting in September, UUCGV will be hosting **monthly Karaoke night**, on the final Friday of each month.

Mark your calendars for **Friday, September 29th** for the first of our monthly karaoke nights! Held in the sanctuary from 6-8 with refreshments for sale benefitting the youth music program.

All ages are welcome, and feel free to bring a friend!



ALL AGES  
**OPEN MIC  
KARAOKE  
NIGHT**

BACK BY POPULAR DEMAND!

LET'S HAVE SOME FUN SINGING  
OUR FAVORITE SONGS AND  
SHARING OUR GIFTS!

LAST FRIDAY OF THE MONTH  
6:00 - 8:00 P.M.

The poster features a stylized illustration of a hand holding a microphone, with the hand and microphone rendered in yellow and blue outlines. In the top right corner, there is a small circular logo for the Unitarian Universalist Congregation of the Grand Valley.



The UUCGV Choir has reconvened now that summer break is over. We are very excited for the renewed energy each choir member brings.

Mark your calendars for the All Ages Service, Sunday, September 10. Not only is it the ingathering and water communion service, but it is also the debut of the UUCGV Choir!



**COLORADO WEST  
LAND TRUST**

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 August went to Colorado West Land Trust.

Change collected during the month of September will go to the Koinonia Church to help rebuild their labyrinth.

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).

# UUCGV Green Team

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



**ALL ARE WELCOME!**

JOURNEY TO A GREEN SANCTUARY

A photograph of the Earth from space, showing the horizon and the curvature of the planet. The colors are vibrant, with blues for the oceans and greens and browns for the landmasses.

*In living into our 7th Principle, the mission of the Green Team is to guide ourselves, our congregation and our community into a deeper awareness, understanding, and commitment to preserve and protect the "interdependent web of all existence" of which we are part.*

The Green Team meets monthly to exchange ideas and provide tips for leaving a smaller footprint. If you're interested in learning more about or joining our group email [green@grandvalleyuu.org](mailto:green@grandvalleyuu.org).

*Read this month's Green Team Article by Richard Hyland on Page 9*

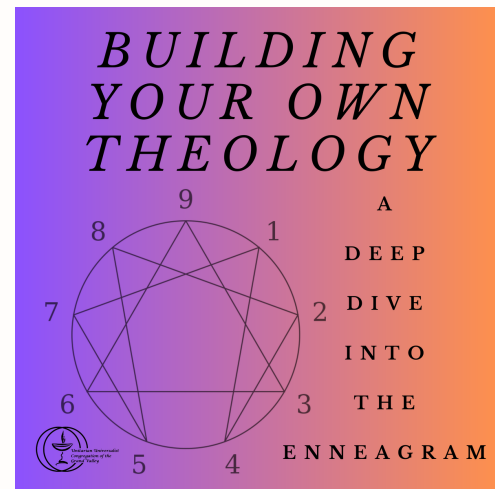
## **Building Your Own Theology: A Deep Dive into the Enneagram**

This year, Wendy is expanding the concept of "Building Your Own Theology" to take a closer look at various aspects of ultimate understanding and how we might view our lives through a theological lens. With that in mind this fall, we will be looking at our spiritual personality types through a tool called the Enneagram.

How might gaining an understanding of both conscious and unconscious motivations help us in our personal and professional lives? We will explore the 9 aspects of the enneagram and do some inner work to determine our type and gain an understanding that will help us in our day to day lives.

*"With the Enneagram, it's a matter of inner work that can lend authenticity to our spiritual path." (Richard Rohr)*

All are welcome.



**Six week course:**  
Tuesday, September 12th  
through October 17th  
2:00 p.m. – 3:30 p.m.

## FINAL REVELATIONS COLUMN, FROM MONTE HIGH

Hello, fine folk.

You UU's are my favorite people (particularly UUCGV'ers). I have so enjoyed writing the Revelations column these past several years. I feel honored to have been allowed to interview many inspiring congregants, and write a piece of their story. I am grateful to the congregation for permitting me to do this work, and to the many individuals who opened themselves to my interpretation of their stories.

As much as I've enjoyed writing the articles for the newsletter, it is nevertheless time for me to let go. I am feeling more and more pulled toward poetry. Sooo, I have decided to start a blog.

My intention is for poetry to become a spiritual practice. A mindful, heart-centered practice wherein I sit in stillness – listening. Wherein I open my Self to insight and image that comes from God knows where. Wherein I wander in wonder, playing with language – as prayer, beating my chest and bellowing like the beautiful beast I am.

I am hopeful that this blog will encourage my poetic practice. I am hopeful that poetry will flow into my everyday life – bringing me often to the Junction of Beauty and Love. I am hopeful that my practice will remind me to be attentive, stirring me into the happening – to simply be, like a bumbling bumblebee.

I will include in this final newsletter article the first post in my new blog – a poem entitled “A Love Letter to Earth”. I originally wrote this poem as my contribution to the Earth Month Ecochallenge that several members of the UUCGV participated in.

If you are so inclined (handing up-side down? or lying in the grass?) check out my blog site – [junctionofbeautyandlove.com](http://junctionofbeautyandlove.com). I encourage you to click on the Subscribe button, and then follow the necessary steps to confirm your email address so you don't miss any musings. You will then be notified whenever I post something new on the blog. Don't worry, it's free, and you won't be overrun with emails because I don't expect to post more than once or twice a month. If you Google "Junction of Beauty and Love", it will also take you to my blog site.

Life flows on... in endless song....

With utmost gratitude,

Monte High

**Read the first of Monte's blogs on page 14**

**Find this, and future poems on his website at**

**[JunctionOfBeautyAndLove.com](http://JunctionOfBeautyAndLove.com)**

### SAVE THE DATE - OCT. 28



### PRIDE FEST



PRIDE WEEK EVENTS

SEPTEMBER 8-9

[coloradowestpride.org](http://coloradowestpride.org)

### SAVE THE DATE - OCT. 6





## 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](mailto:mckenneyd@qwetst.net) | (970) 256-7907

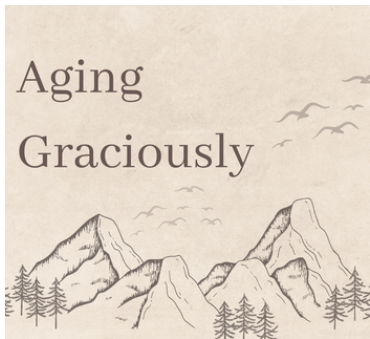
Next Meeting: **Thursday, September 21 at 6:00 p.m. Theme: Local**

## 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: **September 14 & September 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.

We'll be meeting next on: **Thursday, September 28 at 1:00 p.m.**

Go to [grandvalleyuu.org/aging-graciously](http://grandvalleyuu.org/aging-graciously) for the Zoom link.

## LAUGHTER YOGA

Work out your spirit with laughter!

**Wednesdays @ 8:30 a.m. @ Sherwood Park**  
NE section of Sherwood Park across from 1460 East Sherwood Drive.

Hosted by Barbara Beth



## BLACK CANYON DISCUSSION GROUP

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

Topic: 'Travel is fatal to prejudice, bigotry, and narrow-mindedness. How does this apply to you?'

Next Meeting: **Wednesday, September 6**

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](mailto:programs@grandvalleyuu.org)

**Mondays 3:00 p.m. @ UUCGV** (Please arrive around 2:45 to get settled in)

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

100% of the class fees go to support church programming. We also have a pay-it-forward jar, so if the class fee is unavailable to you, you are still encouraged to join us!

## SOUP KITCHEN SATURDAY

Soup Kitchen Saturday is the **second Saturday of every month** at Catholic Outreach, located at the south end of 1st Street between Pitkin and Ute Avenues. A group of folks join to create, cook, serve & clean up a delicious meal for our neighbors.

**Saturday, September 9 @ 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 20-30 minutes of silent meditation for healing our world.

**Wednesdays at 10:30 a.m.**

## EVENING MEDITATION

Come to UU Night and enjoy the community of our congregation and then stay for Meditation!

**Wednesdays at 6:00 p.m.**



## NEW! - 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

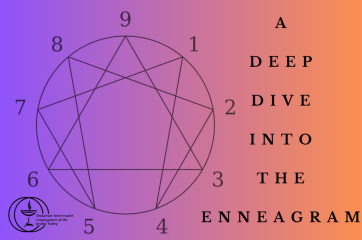
**Thursdays 8:30 a.m. @ UUCGV | Classes start September 7th**

**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!



## BUILDING YOUR OWN THEOLOGY



## BUILDING YOUR OWN THEOLOGY: A DEEP DIVE INTO THE ENNEAGRAM

Wendy is expanding the concept of "Building Your Own Theology" to dive deeper into various aspects of ultimate understanding and how we might view our lives through the theological lens. With that in mind this fall, we will be looking at our spiritual personality types through a tool called the Enneagram.

**6 week course starts Tuesday, September 12 | 2 p.m. - 3:30 p.m.**

**All are welcome!**

# GAVIN PRETOR-PINNEY

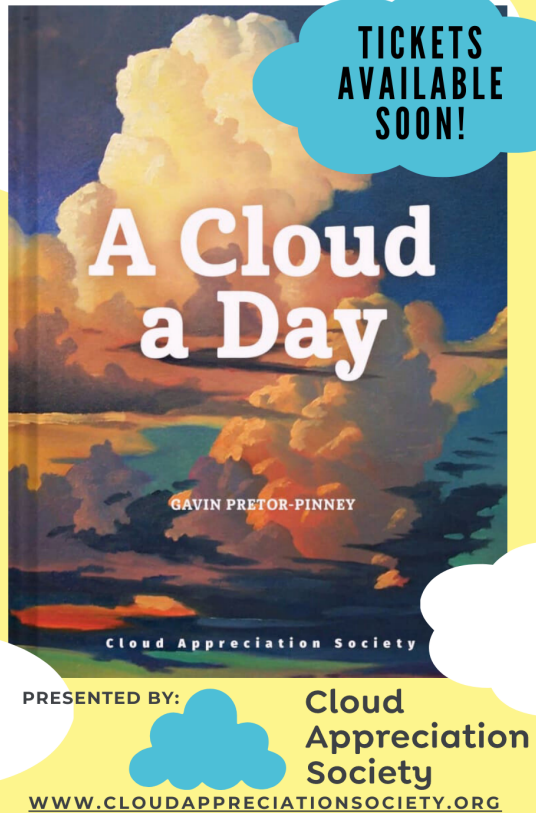
CLOUD SPOTTING AS SCIENCE AND PHILOSOPHY

SATURDAY  
**OCTOBER 07**  
**2023**

SPONSORED BY:



**6:30 P.M.**  
@ CMU's Dominguez Hall



**CLOUD SPOTTER EXTRAORDINAIRE**

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

**SATURDAY, OCTOBER 7TH 6:30 PM**

**CMU'S DOMINGUEZ HALL**

Cloud Appreciation Society Founder and author Gavin Pretor-Pinney will be presenting in Grand Junction on Saturday, October 7th at 6:30p.m. in the Dominguez Hall at Colorado Mesa University. His talk entitled, "Cloud Spotting as a Science and a Philosophy" is an illustrated tour of our skies featuring a collection of stunning photography of our aerial architecture. An enlightening and entertaining speaker, Pretor-Pinney will address how to recognize the many varied and dramatic cloud formations and how cloud identification can help forecast the weather and more. Adults and children are welcome. Tickets available soon!

The October 7th event marks Pretor-Pinney's first visit to the Grand Junction area. A TED Global speaker with 1.3 million views, Pretor-Pinney is the founder of the Cloud Appreciation Society. Headquartered in England, the organization has cloud spotters from 120 countries. He is the author of "Cloud Collector's Handbook" (2009) and "A Cloud A Day" published by Chronicle Books (2021). Pretor-Pinney will explain why clouds look the way they do, how the sky has played a cameo role throughout the history of art and how clouds reveal the invisible movements of our atmosphere. The presentation is replete with images from members sent from around the world.

"When the sky puts on a show, you just have to be prepared to pause what you are doing and engage with it for a few moments," says Pretor-Pinney. A reception is planned following the talk.

**In addition, Pretor-Pinney will host a cloud spotting workshop for children (including hands-on activities) on Friday, October 6th at 6:00p.m. at the Unitarian Universalist Congregation of the Grand Valley (UUCGV) at 536 Ouray Avenue. Admission to the children's workshop is free. Registration is required.**

Join Us for the Sunday Service "Look Up" on September 3 with Guest Speaker Melode Mariner from the Cloud Appreciation Society.



*Welcome to the New Church Year!*

I am excited not only as a mother of two children in our RE program, but also as the person who gets to lead the program into this new year.

The power of collaboration will be a driving force within all realms of what is possible within our programming. As we dive in this month, I welcome your ideas, your visions, and your participation in creating programming that fuels us as a community. Not just for our growing children's and youth programs, but as an intergenerational community.

In Children's RE this month we'll be setting our intention for the coming year by further examining our hopes for ourselves and for this shared community. What we tend to this year, will be what we witness bloom next spring.

We will also increase our understanding of what peacebuilding means. Through sharing our experiences, we will explore ways of standing up for what we believe in and promoting clear and peaceful communication with our peers.

Let's welcome this new year together. I am here to nurture and give structure to our dreams. No idea is too big or too small! I welcome them all, so please share your thoughts and let's begin the collaboration!

*OWL - Our Whole Lives*

In recent emails we have shared links to upcoming OWL (Our Whole Lives) facilitator trainings.

If becoming trained to teach OWL is of interest to you and you have questions, please email [programs@grandvalleyuu.org](mailto:programs@grandvalleyuu.org).

If we feel it is of value to offer OWL classes, these upcoming trainings are invaluable! The more people we have trained the closer we are to making comprehensive sexual education available to the Grand Valley.

**You can learn more about OWL from the UUA at: [www.uua.org/re/owl](http://www.uua.org/re/owl)**

*Upcoming OWL Facilitator Trainings*

**OWL Facilitator Training**  
Grades: 7-9th & 10-12th,  
Online - September 5  
6:00 p.m. - 8:30 p.m. **PDT**

**OWL Facilitator Training,**  
Grades: K-1st & 4-6th  
Online - October 10  
6:00 p.m. - 8:30 p.m. **EDT**

[uua.org/re/owl/trainings/calendar](http://uua.org/re/owl/trainings/calendar)

Children's Religious Education Schedule

September 2023

**September 3**

Labor Day - No RE

**September 10**

Ingathering/Water Communion  
All Ages Service

We invite you to bring a bit of water from your travels throughout the past year.

**September 17**

Sowing Our Seeds for the Year  
RE Program Begins

Join us as we investigate our dreams for ourselves and for this shared community. What we tend to this year, will be what we witness bloom next spring.

**September 24**

Positive Peacebuilding -  
Understanding the Power of  
Nonviolent Communication

Peace does not mean just having no wars, it means how we relate to one another. We will explore different ways of relating to one another and idea of the Two Hands. Holding boundaries while still feeling compassion and love for each other.





# Household Energy: Heating & Cooling with Heat Pumps

Shortly after selling our 4-bedroom house in Houston and moving into our 2-bedroom house in GJ in 2013, Jan and I set about the task of trying to live more simply. Part of this goal was financial; part was ecological. In 2014 we invested in solar panels that enabled us to reduce our electricity cost by nearly 70 percent.

When our AC unit died in 2021, we had the option of replacing it with another AC unit or trying something new: an air-source Heat Pump. As always there were “pros” and “cons” in this decision. Here’s a quick recap of what we faced:

Heat Pump Pros	Heat Pump Cons
More efficient than AC units; absorb and move ambient heat for heating and cooling (from inside to outside or outside to inside) rather than burning fuel	More expensive to purchase than an AC unit. In our quotes, 30% more. But lifetime operating cost significantly lower than AC units
Would eliminate need for a Furnace, thus reducing heating-related carbon emissions by 40%	Would require an Air Handler unit to circulate air
Environmentally-friendly; amplifies benefits of solar panel-generated electricity	Heating capability limited in cold climates (temperatures below 0 degrees F)
Eligible for substantial federal, state and utility credits/rebates	Would require heat pump-certified installation and maintenance expertise and experience
As a single unit, heats and cools rooms more effectively and consistently	Would potentially use more electricity to run than an AC unit unless set-up and adjusted properly

Pondering these, our ecological concerns outweighed the potential financial risk and we switched our household energy focus to heat pump technology. Now, 24 months later, we still believe we made the right decision, but have learned a few things:

- **Most HVAC contractors in the Grand Valley appear to be unfamiliar with heat pump technology.** Our contractor spent the better part of 6 months and multiple crew visits completing the installation of both the heat pump and air handler. Our impression was that we were an unwitting training vehicle for their technicians. Recommendation: Do your research; look for certified heat pump technicians.
- **Equipment reliability is important.** Of the 24 heat pump manufacturers on the market, only 2 achieved the highest ratings from Consumer Reports for predicted reliability and owner satisfaction: American Standard and Trane. Ours is the former.
- **Heat pumps will freeze up**, as ours did last February when the temperature in GJ dropped to 1 degree F. But the unit comes with a defrost capability that is automatically triggered. After several hours, the unit resumed operation.

Finally, here are a few useful sources to consult for further information:

“Heat Pump Vs. Air Conditioner: What Are the Differences? Forbes Home (Feb. 7, 2023)

“4 Reasons You Might Consider a Heat Pump (Plus a Few Caveats)” Consumer Reports (Jul. 19, 2022)

“Heat Pump Buying Guide” Consumer Reports (May 26, 2022)

“DSIRE–Database of State Incentives for Renewables & Efficiency”, NC Clean Energy Technology Center, Web URL: [dsireusa.org](http://dsireusa.org)

## Finance News

### *Pledge Statements*

After stuffing about half the 70-some letters and statements into envelopes, it occurred to me that the letter could have been better.

Too late then!

Here is what I wish I had included:

Pledges and pledge payments are voluntary. The pledge statement says "amount due" but what we actually mean is "if you are willing and able to pay the full amount of your pledge, this is the amount remaining to be paid." You also have a choice of when you make your payments.

The church year runs from July 1 to June 30. Most people pay during the church year, but some pay their pledges before the church year starts, and others finish up their payments during the summer after the church year has ended.

If you filled out a card for the \$20 Campaign, the amount you agreed to pay has been added to your pledge and is included in the pledge statement.



### *NPI Grant Application*



The Colorado Department of Local Affairs and Community Shares of Colorado is offering the Nonprofit Infrastructure (NPI) Grant Program. It is a statewide grant program for small, community-based, nonprofit organizations. Funds can be used for organizational capacity needs, such as professional development for the board and staff alike, strategic planning, technology, etc. Funding runs through December 2026.

We have applied for a grant, asking for \$70,800 over the next three years, which is the maximum allowed. We will find out in December how much (if any) we will receive.

We requested funds for staff salaries, OWL instructor training, computers, and IT improvements. We also included 10% for administration costs such as insurance and reporting requirements. The bulk of our request was for a third of the cost of our new Director of Programming and Community Outreach (Maya's new job). Even though it is called an infrastructure grant, it does not cover buildings or parking lots.

### *\$20 Campaign*

A total of \$5,420 was pledged to the \$20 campaign from 24 individuals or families! This does not include additional money being placed in the offering basket by people who didn't fill out a card. This was a great response and is a testament to the collective power of many small contributions!

### *Our Building Loan*

The UUCGV does not have a typical mortgage, but a repayment agreement to Betty Foreman. She and Dale purchased the building for us. We owe Betty \$2,267 monthly with the entire remaining balance (if any) due June 1, 2034. Our current balance due is about \$239,000 which includes the principal and 4% interest. If we were to receive donations for a building fund they would most likely be saved to cover future monthly payments.



# UU Night

COMMUNITY. CONNECTION. CONVERSATION.

**Wednesdays @ 5:30 p.m.**

## Septmeber Themes

9-6 - Tapas Tiempo

9-13 - Konnichiwa/Asian Fusion

9-20 - Autumn Blaze

9-27 - Apple of my Eye

## UU Nigh Schedule

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

6:00 - Meditation

6:00 Youth Music (downstairs)

6:45 UUCGV Choir Rehearsal

\*childcare is available through choir rehearsal

**POT LUCK**  
**MEDITATION**  
**CHOIR REHEARSAL**  
**YOUTH MUSIC**

Let's reconnect and grow our community

# SOULFUL SUNDAYS

## UPCOMING SUNDAY SERVICES

Please join us virtually or in-person at  
10:30 a.m. every Sunday  
Zoom link at: [grandvalleyuu.org](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

### September 3

#### NO RE

#### Look Up

Guest Speaker Melode Mariner  
(see page 7 for related event info)

### September 17

#### Regenerative Agriculture and Spiritual Life

Guest Speaker Kevin Watt

### September 10

#### All Ages Service: Ingathering Water Ceremony

Please join us for our annual water ceremony as we kick off the beginning of the UUCGV church year. We invite you to bring a bit of water from your travels throughout the past year. This will be an all ages service and the debut of the 2023/2024 UUCGV choir.

### September 24

#### Non-violent Communication: The Power that Comes with Words of Peace

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, September 14, 2023 at 7:00 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

The August meeting was the first Board Meeting with the new officers.

- Kitty is working on a grant for the church. All approved her going forward with it.
- \$20 campaign update: So far the campaign has secured \$5,145 in promised donations.
- Board members will be looking at our insurance to ensure we are appropriately covered.

## 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 6:00pm.

Email [tlc@grandvalleyuu.org](mailto:tlc@grandvalleyuu.org) for questions and comments.

## TLC MEETING HIGHLIGHTS

The August meeting was the first TLC Meeting with the new members.

- A Haunted Auction date was approved. Mark your calendars for October 28. Announcements with more details on volunteers and donations to come. Possible tech-savvy assistant to help Val organize the event and catalog auction items.
- WE Shelter will again be held at the church the first 2 weeks in January. Tom Acker volunteered to be the general coordinator. We will need overnight volunteers, greeters, food, and to create clear guidelines and rules. More details to come as January approaches.

## LOVE LETTER TO EARTH, BY MONTE HIGH

"Water of love, deep in the ground,  
but there ain't no water here to be  
found. Someday, baby, when the  
river run free, gonna carry that water  
of love to me."

- Dire Straits



Dearest Earth,

O Hosanna!  
body of my body O Sacred Mother  
truly, how can I speak of thee but  
as gesture  
I bow down  
onto hands and knees  
forehead gently placed  
smudged and grounded  
supplicant  
delight in darkhorse dirt

I arise breathing  
Your improbable blue breath  
wailing the truest love song

I awake praising  
my sensual body  
a thirsty being  
a swimming beggar  
at Your waters edge

O Hosanna!  
I need to know  
this instant  
always and forevermore  
this instant  
the river runs free  
through me

the body beckons  
as One You and I  
a beautiful waltz  
my body of Your body  
wholly human becoming

blessed body  
swirl of energy  
twirl of delight  
infinite inward

introduce Me

bare feet on wet sand  
holding hands  
the sweet sin  
of skin on skin

light within an aspen grove  
late evening light  
moonlight  
bright noon sun  
cottonwood shadow

lily and lilac bush  
rosemary and russian sage  
skunk cabbage and asparagus piss  
pine forest and everglade

huckleberry and basil  
avocado and garlic  
broccoli and bean  
cantaloupe and lime

chirp and howl  
hoot and growl  
melody and drumbeat  
heartbeat  
heavy breathing  
and  
silence

## *Non-Violence Study & Practice Group*

The Non-violence Study and Practice Affinity Group includes members from UUCGV and other people from US, Canada, and England. We are part of the larger Campaign Nonviolence movement to "build a culture of peace and active nonviolence, free from war, poverty, racism, and environmental destruction."

Our group meets once a month on Zoom to study nonviolence and find ways to apply it in our lives and communities. If you would like to learn more or think you would like to join, contact:

Elizabeth High at  
[elizabethahigh3@gmail.com](mailto:elizabethahigh3@gmail.com).

As part of the Campaign Nonviolence Action Days, we would like to invite the UUCGV community to participate in a:

**Film viewing and discussion  
via Zoom of the movie  
"The Third Harmony:  
Nonviolence and the New Story  
of Human Nature"  
Sunday, October 1 at 2:00 pm.**

To learn more and register, go to [paceebene.org/events/2023/8/10/t hird-harmony-film-screening-amp-discussion](http://paceebene.org/events/2023/8/10/t hird-harmony-film-screening-amp-discussion).



Campaign Nonviolence 

FIND MORE OF MONTE'S POETRY ON HIS BLOG:  
[WWW.JUNCTIONOFBEAUTYANDLOVE.COM](http://WWW.JUNCTIONOFBEAUTYANDLOVE.COM)

# September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 10:30 Worship NO RE (childcare still available) 11:30 Blood Pressure Checks	4 LABOR DAY 3:00 Chair Yoga	5 10:00 GJ Mutual Aid	6 8:30 Laughter Yoga 10:30 Meditation 11:00 Care Team 5:30 UU Night! 5:30 Black Canyon Discussion Group 6:00 Meditation 6:45 Choir Rehearsal	7 8:30 am Yin Yoga 7:00 Green Team (zoom)	8	9 8:30 Soup Kitchen Saturday  12:00 PRIDE PARADE @ Liincoln Park
10 10:30 All Ages Service  CHOIR DEBUT!	11 12:00 Finance Meeting 3:00 Chair Yoga	12 10:00 GJ Mutual Aid 2:00 Enneagram Class	13 8:30 Laughter Yoga 10:30 Meditation 5:30 UU Night! 6:00 Meditation 6:45 Choir Rehearsal	14 8:30 am Yin Yoga 11:00 Caregiver Support Group 3:30 TLC 4:30 Board	15	16
17 10:30 Worship 10:30 Children's RE	18 3:00 Chair Yoga	19 10:00 GJ Mutual Aid 2:00 Enneagram Class	20 8:30 Laughter Yoga 10:30 Meditation 5:30 UU Night! 6:00 Meditation 6:45 Choir Rehearsal	21 8:30 am Yin Yoga 6:00 UUCGV Cooking Group	22	23 8:30 Leadership Retreat
24 10:30 Worship 10:30 Children's RE	25 3:00 Chair Yoga	26 10:00 GJ Mutual Aid 2:00 Enneagram Class	27 8:30 Laughter Yoga 10:30 Meditation 5:30 UU Night! 6:00 Meditation 6:45 Choir Rehearsal	28 8:30 am Yin Yoga 11:00 Caregiver Support Group 1:00 Aging Graciously	29 5:30 Karaoke	30

**Please Remember that all meetings & events MUST be scheduled through the administrator  
970-257-0772 or [administrator@grandvalleyuu.org](mailto: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](mailto:minister@grandvalleyuu.org)**

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**[music@grandvalleyuu.org](mailto:music@grandvalleyuu.org)**

**Dir. Of Programming & Community Outreach: Maya Kraushaar**

**[programs@grandvalleyuu.org](mailto:programs@grandvalleyuu.org)**

**Church Administrator: Valerie Stow**

**257-0772 x1 or [administrator@grandvalleyuu.org](mailto:administrator@grandvalleyuu.org)**

**Facilities Coordinator: Trent Nakagawa**

**[facilities@grandvalleyuu.org](mailto:facilities@grandvalleyuu.org)**

**Office Hours:**

**Tuesdays through Thursdays: 10:30 am - 2:30 pm**

**536 Ouray Ave, Grand Junction, CO 81501**

**[www.grandvalleyuu.org](http://www.grandvalleyuu.org)**

**Find us on Facebook and Instagram:**

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

WELCOME OUT OF  
THE CAVE, MY  
FRIEND. IT'S A BIT  
COLDER OUT  
HERE, BUT THE  
STARS ARE JUST  
BEAUTIFUL.

~PLATO

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