FROM OUR MINISTER, REVEREND WENDY JONES

As Unitarian Universalists, we live out our faith based on seven basic principles. Our 1st principle acknowledges the inherent worth and dignity of every person. Because of this commitment to actively acknowledge this inherent worth, we are in a unique position to step up as leaders to actively apply and live out this principle.

Here in the United States and around the world, we are seeing an increase in antisemitism as the conflict in Gaza continues.

Let me be clear and state unequivocally, Jewish lives matter! It is our role to stand up, speak out and stand strong with our Jewish neighbors, family and friends. When we see antisemitic acts happening we must be the first people to stand strong and proclaim loudly, "this will not be tolerated!"

Likewise, as our 7th principle acknowledges the interdependent web of all existence, we understand that as a human community we are all one.

In this we stand with the civilians in Palestine, who are just trying to survive from day to day. Palestinian lives matter!

>>> continued on page 2

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

GENEROSITY

the habit of giving freely without expecting anything in return

We are a welcoming congregation

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



In This Issue

Green Team & Equal Exchange 3 Upcoming Special Events 4-5 UUCGV Ongoing Events 6-7 Religious Education 8-9 Community Happenings 10 Worship Calendar 12 Leadership Updates 13 A Haunted Auction Photos 14 Calendar 15 Dr. Barbara Zind is the embodiment of this principle, as she was in Gaza, literally acknowledging the inherent worth and dignity of Palestinian children, when the Hamas attacks took place in Israel. We stand with her, as we unite to bring her home safely.

There is only so much we can do to help the situation on the other side of the world. But there is a whole lot we can do to make sure that our community here in Grand Junction Colorado remains a beacon of love, safety, and strength for all of our citizens.

The theme this month is generosity. Now is the time for us to be generous in how we apply our UU principles. Knowing who and what we stand for matters. I invite us to step into our principles, and live out our faith. As individuals, the task may seem daunting. As a faith community our commitment to these inherent principles becomes our voice and our strength when others feel like they are losing theirs.

JOANNA WERNETTE, DIRECTOR OF MUSIC

Greetings, music lovers!

November holds some special musical services to look forward to. The first Sunday is our All Soul's service, with some beautiful pieces to be sung by the choir in tribute to those in our congregational orbit and the world at large who have passed on this last year.

The Sunday prior to Thanksgiving, the choir will be singing one of my favorite Latin pieces, Ubi Caritas by M. Durufle. The first line's text is 'Ubi caritas et amor, Deus ibi est' which translates to: Where there is charity and Love, God is there. As Thanksgiving is a time to practice gratitude for all we have been given, may it also be a time for us all to reflect on the nature of both charity and generosity, and how we show our love through generous and/or charitable acts.

If you love to sing, come sing with the UUCGV choir on Wednesday nights from 6:45-8:15. All abilities are welcome!



UPDATE YOUR CALENDARS - YOGA SCHEDULE UPDATES

With the holiday season upon us, our lovely yoga instructors Maya and Miriam have adjusted their schedules.

The UU Office will be closed the week of November 20th so there will be no Chair Yoga or Yin Yoga that week.

No Chair Yoga 11/20 No Yin Yoga 11/23 No Yin Yoga in December Yin Yoga will resume classes January 11th

NO KARAOKE NIGHT IN NOVEMBER

We have had positive response to the two karaoke nights we have hosted thus far. With the holiday season upon us, scheduling karaoke has become difficult.

So, the karaoke night scheduled for November will not be held. Keep an eye out on our weekly email newsletter or our online calendar for next karaoke night.

Thanks for understanding and keep singing!

UUCGV Green Team

UPCOMING MEETING: THURSDAY, NOVEMBER 2 @ 7 P.M. VIA ZOOM



ALL ARE WELCOME!



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

The Green Team meets monthly to exchange ideas and provide tips for leaving a smaller footprint. At our next meeting we will discuss the Earth Film Series, the 'Green Moments' and engaging new members. If you're interested in learning more about or joining our group email green@grandvalleyuu.org.

EOUAL EXCHANGE COFFEE FOR SALE AT UUCGV

Our Equal Exchange product sales has a primary function to be actively supporting some of our UU principles.

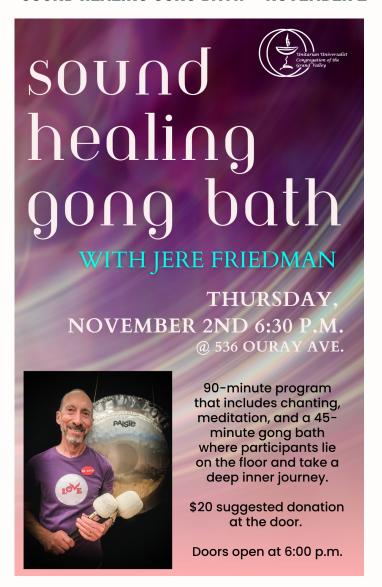
The coffees and teas in our display shelf in the kitchen are produced by small farms --mostly in Central and South America and Africa. The growers are guaranteed upfront fair prices and are financially rewarded for doing shade-growing, organically and humanely.

The packaging and distribution are additional cooperative activities that distinguish Equal Exchange from typical corporate food production and marketing. The Better World Shopping Guide named Equal Exchange as one of only two coffee companies given the Guide's star rating. Four times EE was awarded "most democratic workplace" and was certified as a major leader in the fair trade movement.

UUCGV puts the small profit we make from these coffee and tea sales to pay for our social hour beverages. We have maintained low prices in our display for our congregants to keep a good volume of sales going and thus reorders---that help those small farmers and their families. Our usual social hour coffees (regular and decaf) are Equal Exchange's Fellowship blend. If you have enjoyed those, you will be able to purchase them from the display sales shelf again this month. We just introduced a Rooibos Chai herbal tea to the display, as well. Rooibos has been receiving much attention for it's highly beneficial health value.

Coffee starts at \$9/bag and Teas are \$4/box. There is a collection box in the display to put your money. Enjoy!

SOUND HEALING GONG BATH - NOVEMBER 2



Join us for a 90-minute program led by Jere Friedman that includes chanting, meditation, and a 45-minute gong bath where participants lie on the floor and take a deep inner journey \bigcirc

Dress in layers and wear loose, comfortable clothing. As a courtesy to others, please refrain from wearing perfume, cologne, scented body lotion, or other body fragrances.

Bring a yoga mat or pad, blankets, pillows or cushion, and eye pillow or eye mask, as you will be sitting and lying on the floor. (We have yoga mats if you don't have one. Chairs are also available for sitting if you are unable to sit and lie on the floor.)

\$20 suggested donation at the door. Doors open at 6:00 p.m.

JEWELRY SWAP - NOVEMBER 11



The much anticipated Jewelry Swap is Back!!

Saturday, November 11, 2023
UUCGV | 536 Ouray Ave.
6:00 p.m. - Cocktails & Hors d'oeuvres
6:45 p.m. - Jewelry Swap
Admission: \$15 tickets at the door

Bring your jewelry, scarves, purses and other accessories to trade while enjoying cocktails and hors d'oeuvres.

You are welcome to bring items in advance. You may drop them off at the Administrators Office during normal office hours.

INDEPENDENT DOCUMENTARY FILM SERIES

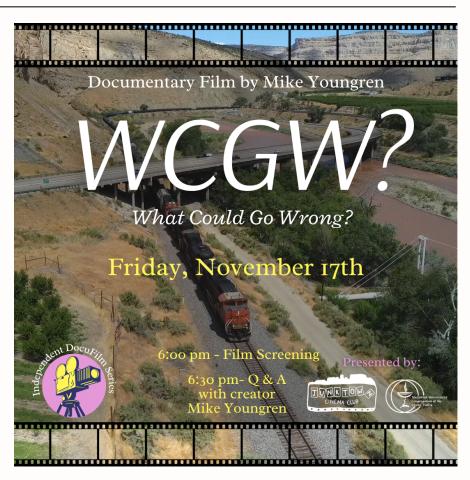
The Independent DocuFilm Series, co-hosted by Junktown Cinema Club and UUCGV, is intended to serve as a platform to shed light on topics related to humanitarianism, environmentalism, and social justice, with the idea that by meeting with the film creator/s after the showing, we equip the community with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

WCGW? (What Could Go Wrong?)

Friday, November 17th 6:00 p.m. - Film Screening 6:30 p.m. - Q & A with creator Mike Youngren

Join us on Friday, November 17th for a screening of documentary filmmaker Mike Youngren's newest film entitled WCGW? (What Could Go Wrong?).

This documentary details past and present plans to build an expensive rail line to support a massive increase in crude oil produced in the Uintah Basin. If the railroad plans are ever realized, the waxy crude would be sent toward southern state refineries by way of Colorado.



ABOUT MIKE YOUNGREN

Mike Youngren spent 45 years in television news and production. He started as a reporter ('66), eventually became a documentary producer, a news program producer and in '79 a news director (in charge of the product) in Oklahoma City, then Salt Lake City and Denver.

Mike has been directly involved (producer/writer/sometimes cinematographer/editor) in roughly 40 television documentaries. Many of those programs won local awards. Some won regional awards (Emmys, SPJ). One (Clouds of Doubt) https://youtu.be/kaDf8gVETXQ won a Edward R. Murrow (Radio/TV News Directors) and a Columbia/Dupont Silver Baton and other national trophies. The first major documentary ('69) was built around a prison interview with two Utah killers - the timing matched a SCOTUS decision to halt capital punishment - the program was broadcast on the NBC network.

As a reporter, Mike covered everything from the 1968 Democratic National Convention to ten years of Ted Bundy and beyond. Some of his first work involved four documentaries that anticipated the creation of Canyonlands National Park and elevating Arches and Capitol Reef to NP status.

Since Mike retired in 2008, he has produced documentary programs by himself - sometimes with the assistance of friends with whom he used to work (audio, camera, lighting, music, narration, etc).



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, November 16 at 6:00 p.m. - Off-Site

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 Meeting: November 9th No Meeting Thanksgiving Day





AGING GRACIOUSLY

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

No meeting in November due to Thanksgiving Holiday

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 at 8:30 thru November 30 (excluding Thanksgiving Day No Yin Yoga in December

YIN YOGA

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

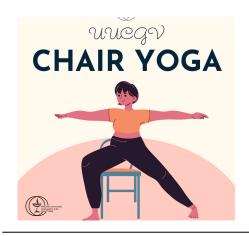


BLACK CANYON DISCUSSION GROUP

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

Topic: What are you doing individually to deal with limited world resources as we have an increasing world population?

Next Meeting: Wednesday, November 1 Ouestions? Call 970-856-4226



CHAIR YOGA

Are you interested in the benefits of practicing yoga?

Perfect for people who are new to yoga or who have mobility issues. For questions contact Maya at programs@grandvalleyuu.org

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

No Class November 20

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, November 11 @ 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.

No Meditation November 22

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.

Groups Forming Now Meeting Through January

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





PICK YOUR SUNDAY GREETER DAY!

As scary as it might sound, volunteering a day or two a year to welcome congregants and visitors to Sunday Worship can be a rewarding and relaxing experience.

Greeters help hand out hymnals and order of service pamphlets. They direct guests to sign the guest book, count how many are in attendance, pass around the offertory baskets, and collect and count the money received before turning it in at the Administrator's Office.

If everyone picked a day or two we'd have the year covered!

7

FROM DIR. OF PROGRAMMING & COMMUNITY OUTREACH - MAYA KRAUSHAAR

From you I receive, to you I give, together we share, and from this we live.

We sing these words from hymn #402 "From You I Receive" each Sunday morning. This message is as true for our UUCGV community as it is for us as individual humans cohabitating on this beautiful planet.

The exchange of our gifts is the gift itself, not what is given. We create depth and meaning in our relationships when we learn how to give AND receive. Both are an ever-evolving art that can be practiced for a lifetime, and perhaps beyond.

We have been imprinted by the generosity of others and likely impacted people with ours. These moments undeniably have an effect that can unfold over generations. These moments matter, they change us and they change the world.

This month in Children's Religious Education (RE) we will explore ways that we are still connected to our ancestors, our loved ones who have passed, and how to build and nurture new connections.

We will practice ways of deepening our gratitude within and of expressing our gratitude outwardly. We'll dive into what generosity means and how #KindnessMatters.

Fall Colors Hike On the Grand Mesa - September 30



Children's Religious Education Schedule

November 2023



The Gift of Generosity

November 5

All Ages All Souls Day

Last week, as a way to honor and remember those we have loved and lost to death, we created a Memory Tree. We will now share these memories of our loved ones during this Annual All Ages All Souls Day Service.

November 12

The Gift of Gratitude

We will look at how generosity and gratitude are connected. When we focus on what we're grateful for, we end up feeling that the world is a generous place.

November 19

The Gift of Connection

We will explore how being generous with others connects them and us more deeply. In other words, being generous helps moves us from isolation ("I am alone") to community ("I belong.") By being generous we receive and give the gift of connection.

November 26

No RE - Thanksgiving Weekend

Childcare is still offered.

RELIGIOUS EDUCTATION (RE)



RE - October 22nd - The Gift of Being Rooted in Science and Reason





October 19th - Diversity Mosaic - Tile Construction



October 8th - The Gift of Reclaiming Our Roots - Indigenous People's Day - with Sally Crum



October 6th - Children's Cloudspotting Workshop with Gavin Pretor-Pinney

Culture Fest

Mesa County Public Library Central Branch

Art Show and Reception

Friday, November 3 from 6:30 p.m. to 7:30 p.m.

2023 Culture Fest Celebration

Saturday, November 4 from 11:00 a.m. to 2:30 p.m.

Learn more about the events at mesacountylibraries.org/culturefest/

Colorado Recycles Week

You are invited to join Recycle Colorado, Mesa County, and the City of Grand Junction for an afternoon lunch & learn and tour of the current recycling and waste infrastructure in Mesa County. In addition to touring Mesa County's landfill, you will get a first-hand look at a composting operation that handles over 60,000 cubic yards of yard waste annually and a Hazardous Waste Collection Facility, one of only eight in the state! Afterward, we'll head to the City of Grand Junction's Materials Recovery Facility. The processing facility tour will provide a better perspective of much-needed infrastructure, which will help support the EPR legislation. The current processing facility is considered more of a "mini-MRF" with limited ability to process materials. Participants will be able to view the public drop-off, which, on average, has 300 visitors daily. This drop-off is open to all residents, Monday through Saturday, with frequent visitors coming from as far as Moab, UT.

Interested in attending please fill out this form at: https://rb.gy/lpt4d

Join us Monday, November 13th! 12pm-5pm

ThanksGIVN Service

Tuesday, November 21 7:00 p.m.

Church of the Nativity

Interfaith Service.
All are welcome.



Thanksgivng Day Potuck

First Congregational Church

Continuing the tradition, everyone is invited to the Thanksgiving Day pot-luck at the First Congregational Church. Turkey, ham and mashed potatoes provided.

Bring a dessert or drink to share or simply come as you are.

November 23 1425 N 5th St

RSVP if possible (970) 242-0298



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 October went to Loving Beyond Understanding. A new center in Grand Junction providing support for the LGBTQIA+ community.

Change collected during the month of November will go to the The Gift of Love. This organization provides individualized care packages for people in need. Currently they connect with people through a variety of organizations including the Latimer House, Karis Teen Shelter, Ariel and more.

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.



UU Night

COMMUNITY. CONNECTION. CONVERSATION.

Wednesdays @ 5:30 p.m.

November Themes

11/1 - There's a Chili in the Air

11/08 - Pommes de Terre (Fruit of the Earth)

11/15 - Eternally Grateful

11/22 - No UU Night
No Youth Music
(Happy Thanksgiving)

11/29 - Pottage

POT LUCK

CHOIR REHEARSAL
YOUTH MUSIC

Let's connect and grow our community

UU Night Schedule

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

6:00 Youth Music (downstairs)

6:45 UUCGV Choir Rehearsal

*childcare is available through choir rehearsal

SOULFULSUNDAYS

UPCOMING SUNDAY SERVICES

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

View the Order of Service & Music at grandvalleyuu.org/sunday-services

children's programming and childcare provided

November 5

All Souls Day All Ages Service

November 12

When Gratitude is All We Have Left Rev. Wendy Jones

November 19

The Joy of Being Generous (Difference between Generosity and Charity) Rev. Wendy Jones

November 26

Becoming Barbie: Finding Our Real Selves 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

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

Wendy Metzger & Debbie Buchele

UUCGV BOARD

The Board's primary responsibility is to carry out the UUCGV mission through wise governance of the physical, financial, administrative program, and operational resources of the Congregation.

Below are the highlights from the last Board meeting. Our UUCGV Board will meet again on **Thursday, November 9 , 2023 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

- Val Stow gave an overview of the CRM software she needs to help the church manage all the moving parts and people. The software will be the paddle auction fundraiser.
- Discussion of the Haunted Auction and filling the pieces to ensure a successful event.
- Sherry Cole is working with the Travel Lodge on Horizon Drive to create an agreement for them to host the WE Shelter program. They would still need volunteers to help during the event. As well as meals.
- The Facility Use Guidelines have be updated and Val now has them.
- Board is working on a Code of Conduct for all visitors on the UUCGV's property.
- Working with MAP to begin night security detail with Citadel.

Team Leadership Circle (TLC)

Worship — Catherine Black-Ward
Religious Education (RE) — Maya Kraushaar
Green Team — Ann (Angeline) Barrett
Social Action — Tom Acker
Membership — Debbie Buchele
Property Team — Maggie Eagleton &
Barb Preston

UUCGV TLC

Team Leadership Circle, TLC, maintains the Programs of the church and the church calendar which live into the Mission, Vision, and Principles of UUCGV.

TLC communicates with the board about the day-to-day operations of the church and provides support to the teams if they need it.

TLC meets the **second Thursday** of the month at 3:30pm. Typically directly before the Board Meeting

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

TLC MEETING HIGHLIGHTS

TLC September Meeting Synopsis:

- Continuing efforts to recruit greeter and welcoming volunteers
- Discussed updating new member packets
- Discussed the Haunted Auction and assigned various volunteers and committees
- Cloudspotting with the Cloud Appreciation Society at CMU was a success. Tickets sold out.
- Children's cloudspotting with Gavin Pretor-Pinny was a success. Welcoming 16 children, including many new faces.
- Brief discussion of upcoming UUCGV events including the Sound Gong Bath, Independent Film Series.

A HAUNTED AUCTION IN ACTION



























Thank you!

November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:30 Meditation 11:00 Care Team 5:00 Black Canyon Discussion Group 5:30 UU Night! 6:00 Youth Music 6:45 Choir Rehearsal	2 8:30 Yin Yoga 6:30 Sound Healing Gong Bath 7:00 Green Team (zoom)	3	4 11:30 Culture Fest @ MCPLD
5 DAYLIGHT SAVINGS ENDS 10:30 Worship All Ages Service 11:30 Blood Pressure Checks	6 12:00 Finance 3:00 Chair Yoga	7 ELECTION DAY 10:00 GJ Mutual Aid	8 10:30 Meditation 5:30 UU Night! 6:00 Youth Music 6:45 Choir Rehearsal	9 8:30 Yin Yoga 11:00 Caregiver Support Group 3:30 TLC 4:30 Board	10	11 Veterans Day 8:30 Soup Kitchen Saturday 6:00 Jewelry Swap
12 10:30 Worship Service 10:30 Children's RE	13 3:00 Chair Yoga	14 10:00 GJ Mutual Aid	15 10:30 Meditation 5:30 UU Night! 6:00 Youth Music 6:45 Choir Rehearsal	16 8:30 Yin Yoga 6:00 UUCGV Cooking Group	17 6:00 Film Screening	18
19 10:30 Worship 10:30 Children's RE	20	21 10:00 GJ Mutual Aid 7:00 GIVN Service	20 6:45 Choir Rehearsal	23 11:00 Thanksgiving Pot luck @ First Congregational Church	24	25
26 10:30 Worship No RE	27 3:00 Chair Yoga	28 10:00 GJ Mutual Aid	29 10:30 Meditation 5:30 UU Night! 6:00 Youth Music 6:45 Choir Rehearsal	30 8:30 Yin Yoga	1	2

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



"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: 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

NO ACT OF
KINDNESS, NO
MATTER HOW
SMALL, IS EVER
WASTED

~AESOP

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