

INSITES

The Grove United Methodist Church
OCTOBER 2023



The Grove United Methodist Church
7465 Steepleview Road, Woodbury, MN 55125

OCTOBER 28, 2023 2:00-4:30 PM

Put on your favorite costume and enjoy an afternoon trunk-or-treating with friends and neighbors at this not-so-scary Halloween event.

Come for activities, music and trick or treating.
You can also bring a food donation for Open Cupboard.

Participate with your trunk or donate items.
Sign up at <https://ttsu.me/treat2023>
Donations requested to the church by October 22



TheGroveMN.church



Office@
thegrovemn.church



[c/thegrove
mnchurch](https://c/thegrove mnchurch)



651-738-0305
Ext. 111



SIGN UP TO HELP AT
TTSU.ME/CGPPP

GROVE Groups

2023-2024

Sign Up in September.
Launching in October.

Choose a group that meets weekly,
twice a month, or once a month.

thegrovemn.church/register-here



Like finding your campsite into which you can settle,
Grove Groups are where you'll grow meaningful relationships by
learning with, caring for, and serving alongside others.



*Are you signing up for
a Grove Group?*

WOODBURY GROVE GROUP LAUNCH PARTY POTLUCK

10-8-23 from 11:30-12:45, Fellowship Hall

Meet the others in your 2023-2024 Group. Get acquainted with how groups will roll.

Bring a dish to share: ttsu.me/grovetgroupspotluck

Potlucks hold a major role in the fellowship side of Minnesota Methodism. They offer the perfect opportunity to share food and fellowship. Some people will share a cherished family recipe; some will bring a bag of chips; some will heat up a box Stouffer's lasagna between services; some will have a pizza delivered. It's all good as we share this time together.



BRAVER ANGELS WORKSHOP

Depolarizing Within: Becoming a Braver Angel in Your Own World
Saturday, October 7th, 9:00a-11:30am, 8:30 for light snacks & coffee

As people of faith, civil discourse begins in recognizing the image of God in our conversation partners. Respect, not agreement, is an essential key for healthy discussion. This workshop addresses how we may inadvertently be complicit in, or possibly even encourage, polarization. Note, that by “polarization” we are not referring to healthy disagreements over issues or philosophy. We are talking about how we regard and talk about ordinary people on the other side of the political aisle. At its core, Braver Angels seeks ways to have better and more meaningful conversations between persons of different biases.

The workshop’s goals are to teach participants:

- how to be more aware of your own “inner polarizer,”
- how to be critical without demonizing or stereotyping those of differing viewpoints,
- strategies for intervening constructively in social conversations with like-minded people when these conversations veer into contempt and ridicule of those with opposing viewpoints.

Braver Angels gave us a taste of what they are about in a Wednesday night 2023 Lenten series presentation. The Compassion and Justice team invites you to take a deeper dive offering a 2 1/2-hour workshop called Depolarizing Within.

Anyone can attend this FREE workshop.

Sign up at:

<https://www.eventbrite.com/e/depolarizing-within-registration-706984950017?aff=oddtcreator>

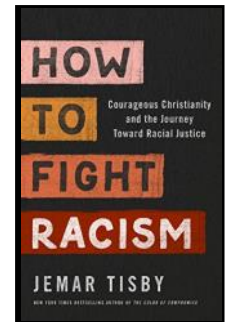
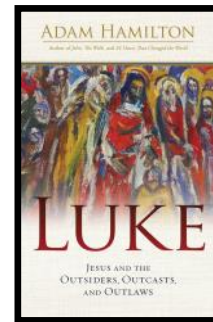


Adults

WEDNESDAY BIBLE STUDY
9:30AM ROOM 207

Through October 18th

"Luke: Jesus and the Outsiders, Outcasts, and Outlaws"



Begins October 25, 4 week study

How to Fight Racism: Courageous Christianity and the Journey toward Racial Justice
by Jemar Tisby

Cost: Book \$10 (books are available in the office)

In How to Fight Racism, Christian, theologian, historian of race and religion, and best-selling author Jemar Tisby equips his readers with a framework to pursue racial justice with hands-on suggestions bolstered by real-world examples of change.

Tisby roots the ultimate solution to racism in the Christian faith as we embrace the implications of what Jesus taught his followers. Beginning in the church, he provides an opportunity to be part of the solution and suggests that the application of these principles can offer us hope that will transform our nation and the world. Tisby encourages us to reject passivity and become active participants in the struggle for human dignity across racial and ethnic lines. Readers of the book will come away with a clear model for how to think about race in productive ways and a compelling call to dismantle a social hierarchy long stratified by skin color.

GROWING IN FAITH

Every Tuesday

10:00a-11:30am, Room 207

Women seeking to explore faith perspective through books and other resources while forming relationships

Contact Betty Schilling (612-741-5885) or Suzie Brownlee (651.230.7860)

FAITHBUILDERS

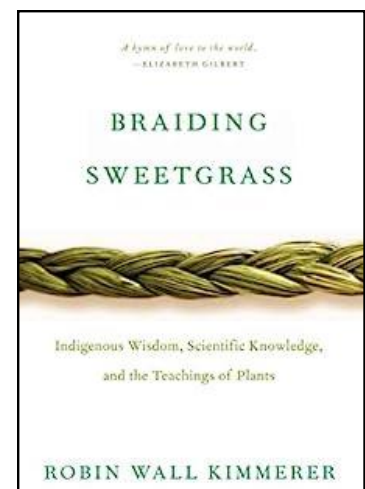
Every Wednesday

10:00am, Room 204

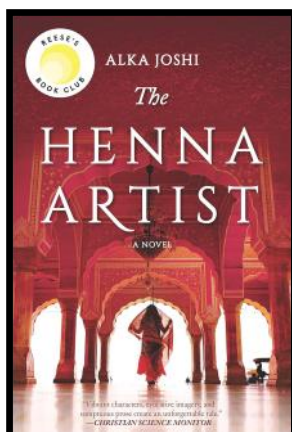
Open to women wanting to enjoy discussion of greats books and supporting one another through life's joys and challenges.

Fall Book Study: "Braiding Sweetgrass," Robin Wall Kimmerer takes us on a journey of the natural world from a place of abundant passion. This book "captures the true reverence between native Americans and the earth, the relationship that we need to survive."

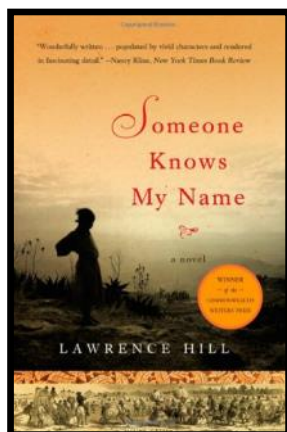
Contact: Jan Slagter jslagter1949@gmail.com



Adults



October



November

READERS BOOK CLUB

Monday, October 9, 2023

7:00-8:00pm Zoom

Participants in this group share a love of reading and a willingness to explore all types of books.

Contact: Darlene Wetterstrom

darwetterstrom@comcast.net

TUESDAY GROVE GUYS

Every Tuesday, Year Round

8:00am, Woodbury Panera

Join lively discussion on faith, family, and the challenges of daily living. Deepen your spiritual life through scripture and community.

Contact: Pastor Dan Wetterstrom

dwetterstrom@thegrovern.church



THURSDAY MORNING MENS GROUP

Every Thursday

7:30-8:30am Room 204

This group welcomes all men who want to grow their faith and strengthen their relationships with God and each other through book studies and video.

Contact: Tim Martin tnm7428@gmail.com

SUNDAY MORNING EDUCATION OPPORTUNITIES

"The Triumph of Christianity"

Sundays, 10:30-11:30am

1/2 hour video & 1/2 hour discussion

Led by Anthony Harder & Roger Nelson

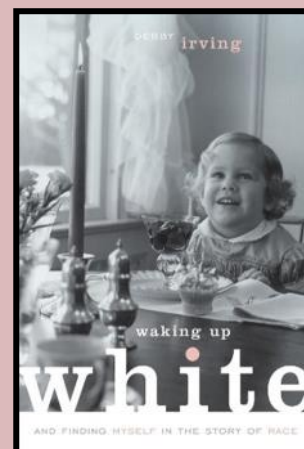
"Waking up White"

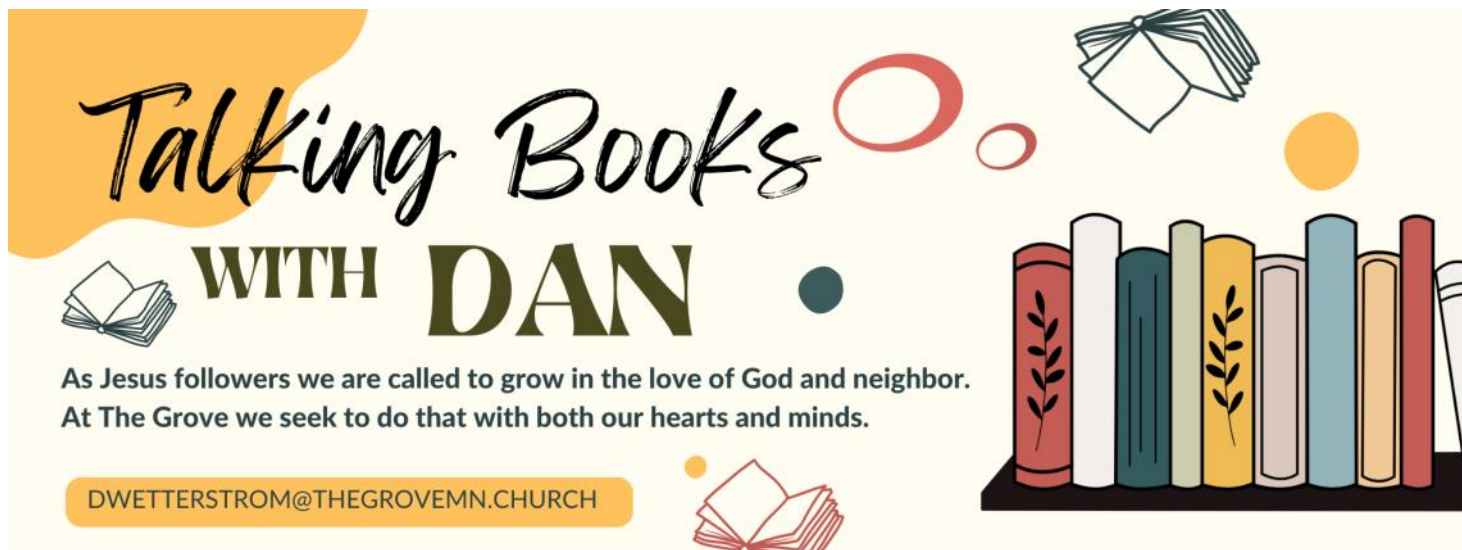
Sundays, 10:30-11:30am, September 17–October 22

Led by Betsy Stites & Kaylee Kamalanathan

Sign up tsu.me/wakingupwhite

Waking Up White is a first step in approaching the complex world of racial justice from a non-judgmental and practical framework. It is one woman's journey of discovery and insight as she transformed her own lack of knowledge, and anxiety into curiosity and action.





As Jesus followers we are called to grow in the love of God and neighbor. At The Grove we seek to do that with both our hearts and minds. Join Pastor Dan in reading and discussing nonfiction books that help us better understand the human condition and think about and act on our faith commitments. Read the book on your own and then we'll gather for discussion.

FORTUNE: HOW RACE BROKE MY FAMILY AND THE WORLD by Lisa Sharon Harper
Monday, November 20, 2023 at 7:00pm at The Grove: Woodbury
Register by emailing Dan at dwetterstrom@thegrovern.church

Drawing on her lifelong journey to know her family's history, leading Christian activist Lisa Sharon Harper recovers the beauty of her heritage, exposes the brokenness that race has wrought in America, and casts a vision for collective repair.

Harper has spent three decades researching ten generations of her family history through DNA research, oral histories, interviews, and genealogy. Fortune, the name of Harper's first nonindigenous ancestor born on American soil, bore the brunt of the nation's first race, gender, and citizenship laws. As Harper traces her family's story through succeeding generations, she shows how American ideas, customs, and laws robbed her ancestors--and the ancestors of so many others--of their humanity and flourishing.

Fortune helps readers understand how America was built upon systems and structures that blessed some and cursed others, allowing Americans of European descent to benefit from the colonization, genocide, enslavement, rape, and exploitation of people of color. As Harper lights a path through national and religious history, she clarifies exactly how and when the world broke and shows the way to redemption for us all. The book culminates with a powerful and compelling vision of truth telling, reparation, and forgiveness that leads to Beloved Community.

Upcoming Book

BUILD THE LIFE YOU WANT: THE ART AND SCIENCE OF GETTING HAPPIER
by Arthur C. Brooks and Oprah Winfrey
Tuesday, January 16 at 7:00pm

preschool

playtime!

Cottage Grove Campus
8600 90th Street S.

FRIDAYS AT 10AM

Baby Buds

**NEW
TIME!**

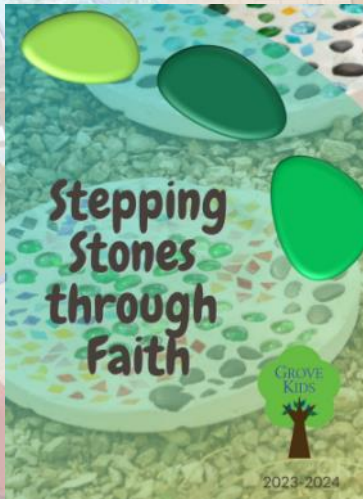
Play Group with activities designed for kids two years old and under and their grownups

Fridays 8:45-10:00am
September—November (starting Sept. 15)
Drop In, no registration needed

The Grove Church
7465 Steepleview Road, Woodbury
Enter through Door #3, Follow signs to Rm 100



A time for parents to nurture the relationship with their children, children to interact with other children, and parents to connect with other parents.



CREATE FAMILY RITUAL

October 15, 11:45am-1:00pm

Kindergarten & Up

Enjoy lunch together and then create a family devotional booklet with art, story and prayer. Register at <https://ttsu.me/familyritual2023>

COME TO THE TABLE

October 29, 11:45am-1:00pm

First Grade & Up

Make a meal to share together as we explore the beginnings of communion. Register at <https://ttsu.me/table2023>

STEPPING STONES THROUGH FAITH are developmentally appropriate workshops which have been designed to facilitate understanding and discussion for children and their adults about the Christian faith. [CLICK HERE](#) for the Stepping Stone calendar.

KIDS! Come ready for crafts, play, and making connections with other Grove Kids!

ADULTS! Come ready to hang out with your person or meet other adults!

Little Siblings? Great! They are welcome to join us too!

Want Lunch? Grab some friends and bring them along—as this grows we will add elements like a light lunch!



Every 2nd Sunday of the Month
Starts in November!

Kids Ministry Programming Calendar

www.thegrovechurch.mn/ages-and-stages/kids

Any changes or corrections to the programming dates will be sent through email.



Students

Christy Schally, Family Minister Director

family@thegrovenm.church ~ 651-738-0305, ext. 119

WEDNESDAY NIGHTS

6:30-8

The Student Ministry Year has begun! If you haven't registered your student yet, [CLICK HERE](#).

Each evening we provide pizza at 6 pm for busy families with a suggested (but not required) donation of \$1 per slice of pizza. We always have lemonade to drink, but you can send your student with a \$1 bill if they'd like to get soda for the soda machine.

Students are divided into Middle and High School groups after the announcements. We always play games, have connection times and learning times which undergird what it means to be a person of faith. Pastors Dan and Kelly will teach the confirmation class 10 times during the year.

CONFIRMATION

10/29

If your student is in 10th grade this year and would like to confirm their baptism, please sign them up to be confirmed so we can get you the detail needed. [CLICK HERE](#) to register.

Student Ministry Programming Calendar

www.thegrovechurch.mn/ages-and-stages/students

Any changes or corrections to the programming dates will be sent through email.

NEW TO STUDENT MINISTRIES?

- Student Ministry is on Wednesday nights from 6:30 to 8 pm.
- Starting at 6:00pm, Pizza (\$1/slice) and lemonade will be available to purchase
- After announcements at 6:30 students in Middle School are dismissed into Room 100 for games, group interactions and time to learn about our faith.
- High School Students are dismissed to Room 204 for the same.

If you have any questions or concerns, please reach out to Christy Schally via email or phone.





Racial Justice Happenings



HISPANIC AND LATINO LATIN HERITAGE MONTH SEPT. 15 - OCT. 15

This year's Hispanic Heritage Month celebration begins in the middle of the month because Sept. 15 marks the anniversary of the independence of five countries: Costa Rica, Nicaragua, El Salvador, Honduras and Guatemala. Mexico's Independence Day follows on Sept. 16 and Chile's is Sept. 18.

DID YOU KNOW? The U.S. Hispanic population is the second fastest growing ethnic group after Asians. Hispanics/Latinos make up 18.5% of the total U.S. population. Two-thirds of this population are U.S. born. There are 284 United Methodist Hispanic/Latino congregations and faith communities in the U.S.

Hispanic and Latino are two different terms

- Hispanic usually refers to people with a background in a Spanish-speaking country.
- Latino is typically used to identify people who hail from Latin America.
- These identities can be claimed by anyone, regardless of their heritage.
- Hispanic specifically concerns the Spanish-language-speaking Latin America and Spain.
- Latino and Latina specifically concern those coming from Latin American countries and cultures, regardless of whether the person speaks Spanish.
- Latinx is a gender-neutral alternative for Latino/Hispanic.

One way to celebrate:

Oct. 5, 6 - 8 pm

St. Paul – Feeding Our Souls: The Essence of Latino Joy at the Minnesota Humanities Event Center 987 Ivy Avenue East, Saint Paul. The aroma of inviting cuisine will fill the halls of the Minnesota Humanities Center as the center commemorates Latino Cultural Heritage Month through food. For more registration information, go to www.mnhum.org/events/. Cost is \$20.

Documentaries on tpt (Twin Cities Public Television)

Check out tpt.org for more information.

When it's Good, it's Good | [POV Shorts](#) | Oct. 5

[José Clemente Orozco: Man of Fire](#) | American Masters | Oct. 7

[El Equipo](#) | Independent Lens | Oct. 9

Movie Night Suggestion

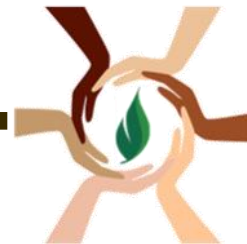
"A Million Miles Away"

Available on Amazon Prime

This biopic is based on the life of astronaut Jose Hernandez. This story starts in Michoacan, Mexico as Hernandez looks at the sky in wonder and ends with him 200 miles above the earth in the International Space Station. The journey was not easy or without sacrifice and turmoil. How does a migrant worker become an astronaut? *Run Time Approx 1 hr. 20 min.*



Racial Justice Happenings



so Wash CO SCHOOLS

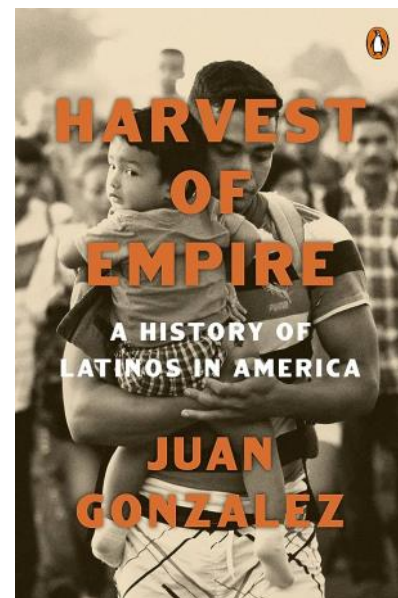
Hispanic Heritage Celebration Event

Friday, Oct. 6, 2023
East Ridge High School
4200 Pioneer Dr, Woodbury
6-8 p.m.

Gather as a SoWashCo Schools community to celebrate Hispanic heritage (past, present and future).

FREE

- Games
- Crafts for kids
- Food
- Entertainment
- Cultural learning
- Open to all

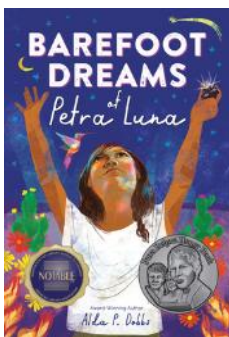


Suggested Reading:

"Harvest of Empire: A History of Latinos in America" by Juan Gonzalez

Washington County Libraries celebrate Hispanic Heritage Month for Young Readers

The following books are examples of the many books for all ages the Washington County Library has to Celebrate Hispanic Heritage Month. For a more complete list, check out the library website.



Based on a true story, the tale of one girl's perilous journey to cross the U.S. border and lead her family to safety during the Mexican Revolution.



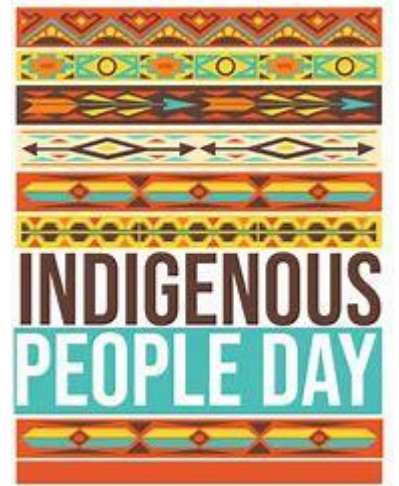
When poachers threaten the island they love, two girls team up to save the turtles-and each other. An eco-mystery with an unforgettable friendship story at its heart from a fresh new voice in middle grade.



Racial Justice Happenings

Indigenous Peoples Day is Monday, Oct. 9

In 2019, Governor Walz [proclaimed](#) the second Monday in October “Indigenous Peoples Day” in Minnesota. President Biden made a national Proclamation in 2021. Indigenous Peoples Day is an alternative to the national Christopher Columbus Day holiday based on the shared histories of native and non-native peoples in the U.S. Here are some ways to celebrate in the Twin Cities area.



Honor Indigenous Culture at the Owámní Falling Water Festival

Father Hennepin Bluff Park, 420 SE Main St., Minneapolis
Water Works and Mill Ruins Park, 425 W. River Parkway, Minneapolis
Saturday, Oct. 7; 1-5 pm
A celebration of indigenous cultures. Participate in cultural activities, including music, art, food, and more. Drop-in. Free.

Investigate Archeology at Historic Fort Snelling

[Historic Fort Snelling](#), 200 Tower Ave., St Paul

October 5-7 or 12-14; 10am-4pm

Historic Fort Snelling and the visitor center are open Thursdays- Saturdays for guided tours through the end of the month. There are [ongoing archeological investigations at the fort](#), which include tools that show that Native Americans in the area were making stone tools as much as 10,000 years ago. Adults \$12; Children 5-17 \$8; Kids 4 and under are Free.

Tour a Dakota Bark Lodge and Tipi

[Gibbs Farm](#), 2097 Larpenteur Ave. W., St Paul

Saturdays through Oct. 21; 10am-4pm

Families can learn more about traditional life-ways of the Dakota and investigate the native prairie, medicine garden, and traditional Dakota and pioneer crop gardens. Site tours that include the Dakota Bark Lodge and Tipi. Drop-in. Adults \$10; Seniors; \$7, Kids \$5; under age 3 free.

Make an Indigenous Art Scavenger Hunt

[Minneapolis Institute of Art](#), 2400 Third Ave. S., Minneapolis

Tuesday-Sunday 10am-5pm (until 9pm on Thursdays)

The MIA website has a search tool for finding specific art, including art from indigenous populations in all states. Free. *We Move and We Stay* Exhibit exploring Minnesota Indigenous Communities

[Science Museum of Minnesota](#), 120 W. Kellogg Blvd, St Paul

Sunday-Thursday 10am-5pm; Fridays & Saturdays 9am-8pm

This [permanent exhibit on Level 4](#) of the museum, displays objects and artifacts of Dakota and Ojibwe people. [Included with museum admission](#).

Our Home: Native Minnesota Exhibit

[Minnesota History Center](#), 345 W. Kellogg Blvd., St Paul

Wednesday, Friday, Saturday 10am-4pm; Thursday 10am-8pm; Sunday 11am-4pm

The [Our Home: Native Minnesota Exhibit](#) examines Dakota and Ojibwe history through their own stories.

Racial Justice Happenings



Explore the Pond Dakota Mission Park

[Pond Dakota Mission Park](#), 401 E. 104th Street, Bloomington

Saturdays, 1pm-4pm.

Pond Dakota Mission Park is open daily. There are programs each Saturday from 1pm-4pm. Gideon and Samuel Pond were missionaries to the Dakota people during the mid to late 1800s. [Drop-in. Free.](#)

Say It! Sing It! Play It! in Cherokee

[Franklin Library](#), 1314 E Franklin Ave, Minneapolis

Saturday, October 14, 2023; 3pm-3:45pm

Families with kids ages 4+ can learn a little Cherokee language through fun songs and stories told by Z Puppet artists and Cherokee tribal citizens, Chris Griffith and Shari Aronson.

Native Art & Books Birchbark Books

[Birchbark Books](#), 2115 W. 21st Street, Minneapolis

Open daily 10am-6pm

Pulitzer Prize winner, Louise Erdrich is a member of the Turtle Mountain Chippewa community and owner of Birchbark Books. She recently won the Pulitzer Prize for *The Night Watchman*. Her children's book, *The Birchbark House*, is a favorite among students, teachers and parents.

Experience the Dakota Sacred Hoop Walk

[University of Minnesota Landscape Arboretum](#), 3675 Arboretum Dr., Chaska

Open daily 8am-8pm

The Dakota Sacred Hoop Walk is a five-stop, self-guided exhibition created by Dakota artist, Marlena Myles. The Arb recommends bringing earbuds or headphones for the best sound quality. Admission to the Arb is \$15 for ages 16+ and free for children 15 and under. [Online reservations are required.](#)

Stroll through the Wodakota Walk

[Caponi Art Park](#), 1220 Diffley Rd., Eagan,

Tuesday-Sunday, 9am-6pm through Oct. 31

Wodakota means "Harmony and Peace with all in the Universe". This new interactive art installation by Marlena Myles, a local Native American (Spirit Lake Dakota/Mohegan/Muscogee) artist offers five stops that weave Dakota stories into the landscape of Caponi Art Park using digital art, animation and sound.

Information in this article was gathered from [Ways to Observe Indigenous Peoples Day in Minnesota in 2023 \(familyfuntwincities.com\)](#)

Paul Red Elk discusses Tree Medicine and Spirituality at the Sally Manzara Interpretive Nature Center in Lake Elmo

Paul Red Elk, a traditional Lakota Medicine Man, has been collecting knowledge about Native American Tree Medicine (Indian Tree Medicine) for over 40 years. During these years, he has studied with over 40 elders of the upper Midwest, including people from Dakota, Lakota, Nakota, Ho-Chunk (Winnebago), Anishinaabe (Ojibwe), Wisconsin Chippewa (preferred title), Menominee, Oneida, and Sac and Fox. His next presentations about Tree Medicine and Spirituality are on Sundays, Oct. 29 and Nov. 5 from 9 a.m. to 4 p.m. Bring a chair, notebook, your own food and beverage. For information, directions and registration information, go to <https://sminc-lake-elmo.org> or call the nature center at 651-408-2838.





Sustainability Project

October 2 World Habitat Day 2023

Accelerating Urban Action For A Carbon-Free World

un.org/en/observances/habitat-day

The United Nations has designated the first Monday of October of every year as World Habitat Day. The purpose of World Habitat Day is to reflect on the state of our towns and cities, and on the basic right of all to adequate shelter. It is also intended to remind the world that we all have the power and the responsibility to shape the future of our cities and towns.

The future of our planet depends on national, regional and local governments and organizations, communities, academic institutions, the private sector, and all relevant stakeholders working together to create sustainable, carbon-neutral, inclusive cities and towns.

World Habitat Day will amplify the global Race to Zero Campaign and UN-Habitat's ClimateAction4Cities and encourage local governments to develop actionable zero-carbon plans in the run up to the international climate change summit, COP26, in November.



31 DAYS OF PROMOTING
A BETTER URBAN FUTURE



October 6

Energy Efficiency Day

energyefficiencyday.org

As our population continues to grow and we experience more extreme temperature

swings and increased storms resulting from climate change, stress on the electricity grid is expected to increase. This is why we must update and strengthen our nation's grid. Energy efficiency is the cheapest, quickest way to meet energy needs, cut consumer bills, and reduce pollution.

WAYS TO SAVE MONEY ON YOUR NEXT ENERGY BILL

energyefficiencyday.org/ways-to-save-on-your-next-energy-bill

**October 16
World Food Day**

fao.org/world-food-day

Collective action across 150 countries is what makes World Food Day one of the most celebrated days of the UN calendar.

Hundreds of events and outreach activities bring together governments, businesses, NGOs, the media, and the general public. They promote worldwide awareness and action for those who suffer from hunger to ensure healthy diets for all.



Local Food Programs

Open Cupboard 8264 4th Street N. Oakdale, MN 55128 www.opencupboard.org

Fill the Cupboard Annual Gala is Saturday October 28th

The Sustainably Team of The Grove will be sponsoring a **Nature Walk at the Tamarack Nature Preserve** on Sunday, October 8 at 2:00 PM. The Tamarack Nature Preserve is managed by the City of Woodbury in collaboration with the Ramsey-Washington Metro Watershed District. It is a 169-acre wetland surrounded by woodlands. This bog-like "rich fen" resulted from the last retreat of glaciers in the region over 10,000 years ago. It is home to one of the southernmost stands of tamarack trees in the state. To learn more about the Tamarack Nature Preserve go to:

<http://www.tamaracknaturepreserve.org/>

The nature walk will be led by Dana Boyle, who has been active as a volunteer steward for the Nature Preserve and is extremely knowledgeable about the Nature Preserve. Whether you are a participant at The Grove, or a curious member of the community, this is a great opportunity to learn about this unique natural feature right in our back yard. Be sure to bring a pair of binoculars. Also, think about uploading the free iNaturalist app on your phone so you can identify and tag your observations of wild flora and fauna while on the nature walk. The walk will be at a leisurely pace and is on mostly non-paved trails. This will include a boardwalk through the wetland, surrounded by a forested trail. It should be a good time of year to see the changing colors and take photos. The tour should last about 1 ½ hours. You can sign up by clicking this link <https://ttsu.me/tamarack> or you can sign up in person at our booth at the One Woodbury Celebration on September 30. Please sign up by October 1 so we know how many people to expect.

We will meet at the trailhead parking lot located at 1825 Tower Drive (just north of Valley Creek Road), in Woodbury. There is a sign for the Tamarack Nature Preserve at the entrance of the parking lot. If you have any questions about the nature walk, contact Roger Otstot at rotstot53@gmail.com.



Image taken from
www.tamaracknaturepreserve.org

Division of Indian Work Donation Drive



The Grove will be collecting personal care items and cold weather accessories for the Division of Indian Work located on East Lake Street in Minneapolis. The Division of Indian Work (DIW-MN.ORG) which is over 70 years old, is a non-profit whose mission is to support and strengthen urban American Indian people through culturally-based education, traditional healing approaches, and leadership development.

Donations accepted thru October 31 in collection bins located in the Woodbury campus plaza.

Personal care items needed for individual use are liquid hand soap, bar soap, shampoo, conditioner, deodorant, toothpaste and toothbrushes.

Hats, mittens, gloves and scarves for adults and children can be hand knitted, made of wool or fleece or store bought.

caring ministries

Carolyn Winslow

Director of Caring Ministries

Office Hrs: Weds 12-3 pm & Thurs 10 am-1 pm

caring@thegrovern.church ~ 651-738-0305, ext. 129 ~ Rm. 205

VISITATION TEAM

Congregational Care Ministers (CCMs)

Mon., October 2

1:30-3 pm - Rm. 207

Congregational Care Ministers are lay volunteers who are trained to listen and provide emotional and spiritual support to others. CCMs work alongside our pastors to provide care and:

- Connect (telephone, send cards/notes) with people in need of contact.
- Follow up on prayer requests.
- Meet one-on-one with people in need of a listening ear, offering prayers and encouragement.
- Offer support to grieving families.
- Provide a presence on Sunday mornings for connection and prayer.
- Serve communion to church members who can no longer physically attend worship.
- Visit people in a hospital, in a care facility or who are homebound, depending on visitation regulations/restrictions.

If you feel called to care for others as a CCM, or if you or someone you know could benefit from a visit or call from a CCM, contact Carolyn Winslow, Director of Caring Ministries, 651-738-0305, ext. 129 or at caring@thegrovern.church.

HELPING HANDS TEAM

Filling short-term immediate needs

Through a carefully organized program, our hands can extend the love of God by offering short-term help to our church family members in need of transportation (to church or medical appointments, for example), meals (following surgery or during an immediate crisis), grocery shopping or assistance in other tangible ways. If you feel called to care for others in very practical and helpful ways or if you are in need of such assistance, contact Liz at liztracy@comcast.net.

PRAYER CONNECTION TEAM

Praying for needs in our church and community

The Prayer Connection Team exists to present the praises and petitions of our church and community before the Lord. Confidential prayer requests may be requested to be shared with the pastors, the staff, the Prayer Connection Team and/or the congregation by making that choice at the time the prayer request is submitted. Contact Liz Tracy at liztracy@comcast.net or submit [prayer requests](https://thegrovern.church/ages-and-stages/prayer-request) (thegrovern.church/ages-and-stages/prayer-request).

HEALTH TEAM

Assisting with health-related issues

This team is comprised of members who have been or still are employed in the healthcare field for the purpose of providing answers to questions from staff and ministry volunteers so that they can better communicate care to members experiencing health issues. The Director of Caring Ministries will direct health-related questions to the appropriate health team member for follow-up. Contact Carolyn at caring@thegrovern.church.

GRIEF AND LOSS SUPPORT GROUP

2nd & 4th Thursday, 10 am - Zoom

During this time we are all experiencing a variety of losses – loss of social contact, loss of loved ones, job loss, physical separation from loved ones or loss of control, to name a few. This group meets to provide people with a confidential and safe space to explore feelings of loss and grief. Al Kleinsasser, a retired chaplain and one of our CCMs, facilitates this group. Interested? Contact Carolyn at caring@thegrovern.church.

GRANDMOTHERS WITH CHALLENGES

1st & 3rd Wednesday, 1 pm - Zoom

Grandmothers with Challenges are women who have unique responsibilities in their role as a grandparent. During this time of COVID-19, grandparents may be facing new challenges. Join with other grandmothers for support and discussion. New participants are always welcome! Contact Carolyn at caring@thegrovern.church for more information.

GUIDED CHRISTIAN MEDITATION

Saturdays, 9 am - Zoom

Offered by Jane Sharer Maier. Guided Christian meditation can increase your connection to God and give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. Interested? Connect with Carolyn at caring@thegrovern.church.



Loneliness and Social Isolation are Linked to Serious Health Conditions

Some members of The Grove have been reading the book “Together; The Healing Power of Human Connection in a Sometimes Lonely World” by Surgeon General Vivek H. Murthy.

According to a recently released advisory from the Surgeon General, “There is an epidemic of loneliness in the United States (1 in 2 American adults report experiencing loneliness) and lacking connection can increase the risk for premature death to levels comparable to smoking 15 cigarettes a day”.

Entitled "Our Epidemic of Loneliness and Isolation," the report (which can be accessed from [Social Connection – Current Priorities of the U.S. Surgeon General \(hhs.gov\)](https://www.hhs.gov/social-connection-current-priorities-of-the-u-s-surgeon-general)) warns that the physical consequences of poor connection can be devastating, including:

- a 29% increased risk of heart disease
- a 32% increased risk of stroke
- a 50% increased risk of developing dementia for older adults

In his book, Murthy proposes 4 key strategies to weather this crisis:

- “Spend time each day with those you love. Devote at least 15 minutes each day to connecting with those you most care about.
- Focus on each other. Forget about multitasking and give the other person the gift of your full attention, making eye contact, if possible, and genuinely listening.
- Embrace solitude. The first step toward building stronger connections with others is to build a stronger connection with oneself. Meditation, prayer, art, music, and time spent outdoors can all be sources of solitary comfort and joy.
- Help and be helped. Service is a form of human connection that reminds us of our value and purpose in life. Checking on a neighbor, seeking advice, even just offering a smile to a stranger six feet away, all can make us stronger.”

The Grove can help us all combat loneliness and improve our health if we each:

- Attend Sunday worship & connect with others after worship in the Commons area.
- Join a Grove Group where we can grow meaningful relationships by learning with, caring for, and serving alongside others or
- Volunteer with others through Faith in Action or in one of our Ministry areas (Students, Kids, Caring, Justice, Meals – check out the ministry folders on the Welcome Desk in the Commons Area).

DRUM CIRCLE

3rd Friday of Every Month, 7:00-8:30pm

Plaza

For individuals and families living with Autism/Asperger's, and for anyone with disabilities or social challenges who likes music, rhythm and dance.

This group is not intended to teach how to drum.

Contact: Dick Hansen cdhansen@comcast.net



Open Cupboard

Formerly known as CCEFS

VOLUNTEER SHIFT AT OPEN CUPBOARD

ON THE 3RD THURSDAY OF THE MONTH

9 AM CARPOOL AT WOODBURY GROVE

Sign up at <https://ttsu.me/opencupboard> for October 19.

A New Way to Lend a Hand

A group from The Grove will volunteer at Open Cupboard food shelf on the third Thursday of every month. Volunteers will sort vegetables in a two-hour morning shift. Members of Faith in Action will be the nucleus, but all are welcome to take a shift. This would be the perfect project for a Grove Group, for example.

The car pool will leave the church parking lot at 9 am on Thursday, October 19. Workers are welcome whether they volunteer every month or take a shift every once in a while.

Sign up for a shift using <https://ttsu.me/opencupboard> Indicate whether you will drive on your own or join the car pool. Open Cupboard is located at 8264 4th Avenue N, Oakdale, next to Best Buy and Guardian Angels Church.

Please send any questions to Jean at Jean.roemer@comcast.net.



SATURDAY SUPPER CLUB

Saturday, October 28

5-6 pm both locations

In partnership with SoWashCo CARES, The Grove provides a free meal curbside pick-up at both our Woodbury and Cottage Grove locations on the 4th Saturday of each month.

No pre-registration is required. Meals will be distributed on a first-come, first-served basis. Help to promote the Saturday Supper Club by sharing information with someone who can use a meal.



VOLUNTEERS NEEDED - MONTHLY!

Sign up at ttsu.me/freemeal

- ⇒ Need volunteers to prepare meals at the Woodbury location.
- ⇒ Need a volunteer who is able to lift heavy crates with a bigger vehicle to bring the food to the Cottage Grove location.
- ⇒ Volunteers needed to hand out the free meals curbside at both the Woodbury and Cottage Grove location.
- ⇒ Serving together at Saturday Supper club is a great opportunity for Grove Groups.





The Grove Woodbury Location

7465 Steepleview Rd., Woodbury, MN 55125

Main Office Phone: 651-738-0305

THEGROVEMN.CHURCH



The Grove Cottage Grove Location

8600 90th St. South, Cottage Grove, MN 55016

Main Office Phone: 651-738-0305

THEGROVEMN.CHURCH

Office hours at Woodbury are Monday-Friday, 9 am-3 pm (Fridays 9 am-12 pm during the summer)



CHURCH LEADERSHIP

The responsibility for the day-to-day administrative tasks of the church has been invested in the Core Team. The team functions as the primary lay-clergy partnership to provide guidance and direction to ministries.

Charlie Maier – Chair
 Carey Erkel – Secretary
 Trudi Winek – Business Adm.
 Linda Kleinsasser
 Rick Osborn
 Kathy Parker
 Jay Stroebel
 Rev. Kelly Lamon
 Rev. Jeremy Peters
 Rev. Daniel Wetterstrom

CHURCH STAFF

Rev. Daniel Wetterstrom, Lead Pastor – dwetterstrom@thegrovemn.church
 Rev. Kelly Lamon, Executive Pastor – klamon@thegrovemn.church
 Rev. Jeremy Peters, Pastor – jpeters@thegrovemn.church
 Christy Schally, Director of Family Ministry – family@thegrovemn.church
 Carolyn Winslow, Director of Caring Ministries – caring@thegrovemn.church
 Trudi Winek, Business Administrator – finance@thegrovemn.church
 Kelly Reese, Family Ministry Assistant – familyassistant@thegrovemn.church
 Colleen Kelly, Early Childhood Ministry Associate – kids@thegrovemn.church
 Robin Muscoplat, Records & Registration Manager,
recordsregistration@thegrovemn.church
 Debbie Crank, Building & Event Coordinator, buildinguse@thegrovemn.church
 Kaite Knack, Media Specialist mediaspecialist@thegrovemn.church
 Jim Tousignant, Facilities Manager – facilities@thegrovemn.church

MUSIC MINISTRY

Rick Murphy, Contemporary Music – nnmurfam@hotmail.com
 Lou Ann Henderson, WB Chancel Choir Director – davelou@centurylink.net
 Jean Lubke, Handbell Director – lubk0001@umn.edu

WOODBURY PRESCHOOL AT THE GROVE

Kate Beck, Woodbury Preschool at The Grove –
preschool@thegrovemn.church