



Christmas at The Grove

Upside Down Christmas Worship Series
November 26 - December 31

How-To-Train-an-Elf Community Christmas
December 8, 4:30-6:30pm

Kids Christmas Program
December 10, 10:30 Worship

Choir, Bell & Brass Christmas Concert
December 17, 9:00 Worship

Longest Night Worship
December 17, 5:00pm

Wear your PJs to Church
December 31



TheGroveMN.church



Office@
thegrovemn.
church



c/thegrove
mnchurch



651-738-0305
Ext. 111

Christmas Eve Worship

9am Carols and Message in Chapel

3pm Storybook Family Worship with Band

5pm Contemporary Worship with Band

7pm Traditional Worship with Choir

9pm Traditional Worship with Choir in Chapel

3pm, 5pm, and 7pm will be live streamed from Worship Center.
Nursery is offered 3pm, 5pm, and 7pm.

THE GROVE'S MULTI-CULTURAL NATIVITY DISPLAY

For the 2nd year, the Racial Justice Team created a multi-cultural nativity display, which provides an opportunity to explore the ethnic history of Jesus.



At the time Jesus lived, race was not the same concept we have now. People certainly had many different colored skin and features, but it was before African slavery (at which time the concept of race was constructed to justify enslaving Africans). Skin color was seen like hair color—we just have differences. As such, Jesus' physical features would indeed point to ethnicity, but skin color was not an indicator of privilege or oppression.

As part of the Fertile Crescent, the area Jesus lived was culturally diverse. This land bridge connected Asia and Africa and became the intersecting point of many religions and cultures.

While some scholars refer to this time and area as the *Ancient Near East* or the *Ancient Middle East*, professors at UTS believe *Afro-Asianic area* is a better descriptor of the mix of people who were intersecting. Additionally, *Afro-Asianic* isn't a European-centric label like *Near or Middle East*. (What is the area east of? Europe, of course.) The takeover by Rome added even more socio-political complexities. Jesus lived during this time period.

Given Jesus' ethnic background, scientists and historians have tried to give the best guess on Jesus' physical characteristics: 5'5" tall, dark curly hair, brown-to-olive skin, wider nose. According to Joan Taylor, Professor of Christian Origins and Second Temple, Jesus was probably similar in features to modern Jewish Iraqis. For more by Joan Taylor, scan the QR code below for a video.



In 2001, forensic anthropologist Richard Neave created a model of a Galilean man for a BBC documentary, *Son of God*, working on the basis of an actual skull found in the region. It gives an idea of what people of Jesus' time and ethnicity would have looked like.

As Christianity spread, depictions of Jesus in art took on features of the ethnicities across the world. Very early artwork depicted Jesus with Asian features, as well as artwork depicting Jesus with African features, and of course eventually European features in the 5th century. These multi-ethnic/multi-cultural nativities represent that same historical tradition.



Train To Be an Elf

Community Christmas at The Grove



Do you have what it takes to be one of Santa's helpers?
After you get your Official North Pole Badge,
set out for your elf training.

Friday,
December 8, 2023
4:30-6:30pm

Pictures with Santa
Elf Training Games
Treats and Crafts

Pulled Turkey
Sandwiches & Fixings
(\$4 per person, 4 and under free)

Activities are Indoor and Outdoor
Weather-permitting
Santa says to dress for the
weather in layers.
Bring a non-perishable donation
for Open Cupboard.



CAROLING WITH THE GROVE

Thursday, December 7 3:00pm Potluck: 5:00pm

Faith in Action invites you to carol at some of our member's homes.

If you cannot make the caroling but would like to
join in the meal, please come! Bring a dish to share!

Contact: Jan Slagter, 651-739-7719; jslagter1949@gmail.com

Christmas

BY CANDLELIGHT

ARRANGED BY JOHN RANDALL DENNIS

December 17, 2023
9:00am Worship

A SERVICE OF CAROLS

Featuring music by the
Chancel Choir, Steeple Bells,
Brass Quintet, Organ, and Flute

LONGEST NIGHT SERVICE

Sunday, December 17 5pm

The Grove UMC Woodbury Location
Livestream at thegrovemn.church



In John 8:12 Jesus called himself the light of the world. He knew that there would be times of loneliness, sadness, loss, and pain.

For some of us the Christmas season can be a time of loneliness, and sadness as we grieve personal losses of loved ones, jobs, relationships, and health.

Hosted by The Grove UMC Congregational Care Ministry, the Longest Night Service gives you the opportunity to be surrounded by the compassionate love of God and one another. This service offers an evening of worship, refectation, remembrance, and hope.

Please welcome others who might also find comfort in this service.

CHRISTMAS PLANT DELIVERY

Sunday, December 10th

before/after Worship

Deliver a Christmas plant to one (or more) of our Grove family who will appreciate some special cheer this Christmas.

Plants will be available for pick-up before or after worship on Sunday, December 10.

Each plant will have the name and address of the intended recipient and can be delivered, when convenient, during the following week.



Thank you for growing goodness by spreading joy during this Christmas season!

2023 HOLIDAY GIFT PROGRAM

For many years, The Grove was a drop off site for gift donations for Tubman Services. This program provides needed items to families and individuals across the Twin Cities who are in crisis. Tubman supports clients through long-term healing and helps people overcome barriers through the core service areas of shelter and housing, mental and chemical health, legal services, youth programs, workshops, and support groups.

Even though The Grove UMC is no longer a drop off site, you can still contribute to this impactful program by dropping off donations in Maplewood.

1725 Monastery Way, Maplewood, MN 55109

Deliver on: November 20, 21, 22, 27, 28, 29, 30 - 8 a.m. to 5 p.m.
December 1 - 8 a.m. to 3 p.m.
December 4, 5, 6, 7 - 8 a.m. to 5 p.m.
December 8 - 8 a.m. to 3 p.m.

SUGGESTED DONATIONS:

Storage Bins: 10 gallon and 18 gallon storage totes with lids.

Please NO clear bins, as these are used to deliver gifts to our families while providing practical dignity

Gift Cards - \$25, \$50, \$75 to Target, Cub Foods, Sephora, Walmart, Visa or Mastercard

Large Gift Bags
Pajamas for All Genders:
Most needed adult sizes XL - 5XL.

Gifts for Teens & Young Adults like Wireless headphones/earbuds, nail and manicure kits, joggers and sweatshirts (all sizes), pajamas for all genders (sizes M-XL).

Family Card and Board Games like Twister, Monopoly, Blokus, Skip-Bo, etc.
Please NO Candyland

Donate through Amazon or Target:
www.tubman.org/give-help/holiday-gift-program.html

Christmas Flowers given in MEMORY

Richard & Lynda Caughron	Casey Caughron
Jackie Easton	Jerry Easton
Gary & Pam Gades	
Katie Garber	Dean Enrici
Lloyd & Ann Goerke	Our Parents
Steve & Kris Hallis	Arlie & Evie Gades; Dorothy Hallis; Karen Gades
	Chris Hansen
Richard Hansen	Carolyn Jankowski
Greg & Robin Haseley	
Bob & Judy Horn	
Suzanne Howes	
Greg & Carol Kilbane	Parents & Grandparents
Caroline King	Stanley King
Dave, Sara, Natalie & Aaron Koehnen	Doug Nicholas
Louise Letnes & Mike Thompson	Brothers Jim & Mark
Jim Massoth	Katherine Burke Moore
Craig Moeckly	Ray Moeckly
Cliff Moore	
Brett Mortensen	Eric Mortensen & Helen Withers
Andrew & Jenny Neuharth	Phil Weisz
Gladys Nicholas	Doug Nicholas
Carol Prettyman	Bob & Betty McGrew
Dave & Brenda Rydeen	Jerry Easton
Donald Selinger	Barbara Selinger
Rana Severson	Debra Sanford
Betsy Stites	Brian Stites
Jan Strommen	
Margaret Turk	John Turk
Wally & Jeanne Wadd	
Dawn Walker	
Wayne Walther	Jacqueline C. Walther
Darii Wohlers	Ken Wohlers & Our Grandparents

Christmas Flowers given in HONOR

Bob & Judy Horn	Loved Ones
Betsy Stites	Talbot's Birthday
Darii Wohlers	Parents Carl, Berniece & Carole

DONATIONS to purchase flowering plants for those we wish to show special care

Florence Buggert
 Greg & Robin Haseley
 Caroline King
 Dave, Sara, Natalie
 & Aaron Koehnen
 Paula Miller
 Craig Moeckly
 Cliff Moore
 Andrew & Jenny Neuharth
 Kathy Parker
 Donald Selinger
 Rana Severson
 Betsy Stites
 Jan Strommen
 Wally & Jeanne Wadd
 Dawn Walker
 Darri Wohlers



Adults

WEDNESDAY BIBLE STUDY

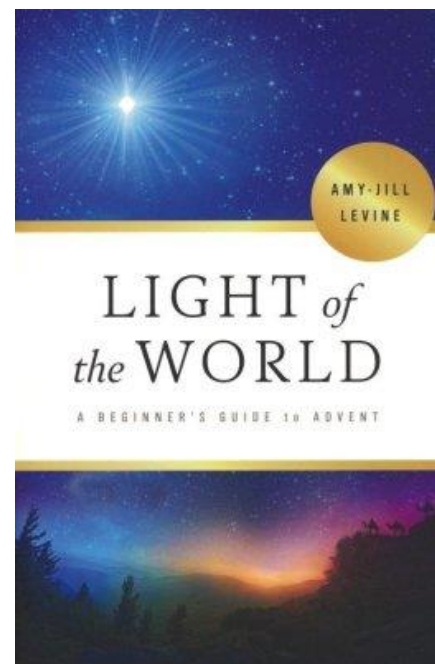
Every Wednesday, 9:30am Room 207

Starts November 29th

"Light of the Word: A Beginners Guide to Advent"

Cost: Class \$5; Book \$15 (books are available in the office)

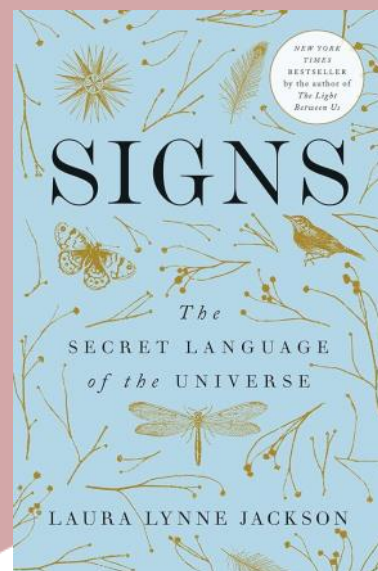
In *Light of the World: A Beginner's Guide to Advent*, author, professor, and biblical scholar Amy-Jill Levine explores the biblical texts surrounding the story of the birth of Jesus. Join her as she traces the Christmas narrative through the stories of Zechariah and Elizabeth, Mary, the journey to Bethlehem, and the visit from the Magi. These stories open conversations around connections of the Gospel stories to the Old Testament, the role of women in first-century Jewish culture, the importance of Mary's visitation and the revolutionary implications of Mary's Magnificat, the census and the stable, and the star of Bethlehem and the flight to Egypt. The book provides a rich and challenging learning experience for small groups and individual readers alike. As part of a larger four-week study that is perfect for Advent, a DVD and a comprehensive leader guide are also available.



GROWING IN FAITH

Every Tuesday, 9:00 am
Room 207

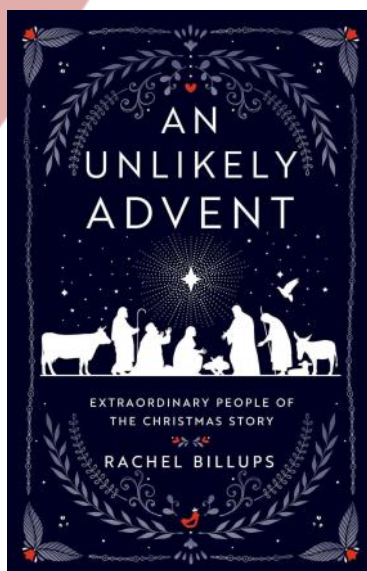
Contact: Betty Schilling
bettyaschi@gmail.com



FAITHBUILDERS

Every Wednesday, 10:00am
Room 204

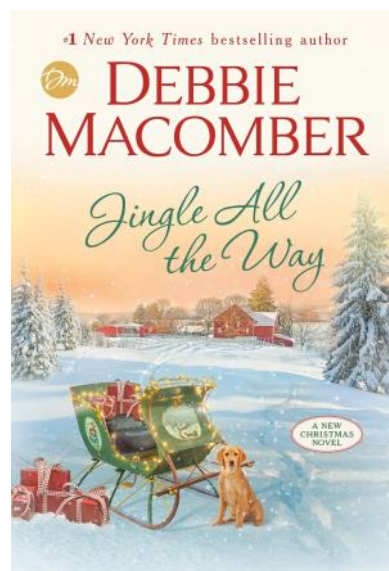
Contact: Jan Slagter
jslagter1949@gmail.com
Delores Hedrick
deloreshedrick@comcast.net



READERS BOOK CLUB

Monday, December 11, 2023
7:00-8:00pm Zoom

Contact: Darlene Wetterstrom
darwetterstrom@comcast.net



Compassion & Justice: Second Mile Ministry

2nd Mile has put an intentional focus on the under-resourced Brentwood neighborhood of Jacksonville, Florida since 2003. Launched by living in the community and simply listening to our neighbors to hear both their gifts and their needs, 2nd Mile seeks to embody the love and justice of Christ in ways large and small. Our goal is to day-by-day, build a community where justice reigns, students thrive, families flourish, and God is glorified. Since 2009, Marc Nettleton, who grew up at The Grove Church, has served full-time with 2nd Mile and is currently the Interim Executive Director. This work takes many forms but at present, there is a particular focus on youth leadership development, senior citizen programming, and community organizing and engagement. Celebrations of success in our work can be as small as cheering on a seasoned citizen who uses the internet for the first time, to as grand as seeing a teen follow through years of 2nd Mile programs and earn a full-ride college scholarship. Through two decades of patient and consistent work, 2nd Mile has been blessed with deep relationships in the community and the joy of living life alongside our beautiful neighbors. Thanks to your generosity, Compassion and Justice was able to give \$2,000 to support this vital ministry!




Talking Books

WITH DAN

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.

DWETTERSTROM@THEGROVEMN.CHURCH



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.

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

We invite you to begin a journey toward greater happiness no matter how challenging your circumstances. Drawing on cutting-edge science and their years of helping people translate ideas into action, they show you how to improve your life right now instead of waiting for the outside world to change. With insight, compassion, and hope, Brooks and Winfrey reveal how the tools of emotional self-management can change your life—immediately. They recommend practical, research-based practices to build the four pillars of happiness: family, friendship, work, and faith. And along the way, they share hard-earned wisdom from their own lives and careers as well as the witness of regular people whose lives are joyful despite setbacks and hardship. Equipped with the tools of emotional self-management and ready to build your four pillars, you can take control of your present and future rather than hoping and waiting for your circumstances to improve.



The Big Ask

The Grove Kids 2023 Christmas Program
December 10, 2023 - 10:30am Worship



Mark Your Calendars!

Rehearsals for Christmas Play
December 2 & December 9
9:00 am-12:00 pm

Kids Ministry Programming Calendar

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

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

RACIAL JUSTICE AND KIDS

Last month we had a sermon series called "Good Trouble" that helps us to understand how we can be part of racial reconciliation. If you would like a fantastic resource for your kids click the link below!

Did you know we have a phenomenal Racial Justice Adult and Kid's Library? It is located in the Gathering Room every Sunday. Look through the books and sign them out!

[CLICK HERE FOR RACIAL RECONCILIATION LINK](#)



Sunday,
December
3rd

11:45am-1:00pm Room 100

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? Awesome! We will have a sandwich bar.

prEsCHool
pLAytime!

Cottage Grove Location

FRIDAYS AT 10AM

Baby Buds

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

Through December 15



Fridays
8:45-10:00am
Woodbury Campus
Room 100



Students

Christy Schally, Family Minister Director

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

Summer Stretch

The 2024 Summer Stretch will include a 3 day, 2 night stay for a service project at Camp Amnicon. We will be “glamping” along the shore of Lake Superior and helping with a service project. This will be June 11-13. Look for more information in our Summer Brochure that will be released in January! This year you will be able to register for specific Summer Stretch dates as your family schedule allows.

Namekagon Canoe Trip: July 7-12, 2024

The cost per person will be around \$500 for the entire week! Camp Amnicon is a Christian Outdoor Adventure camp which provides food, supplies, well trained guides for this experience. We will have a day of training at Camp Amnicon, be on the river 4 days, and then return back to Amnicon.

CLICK HERE to learn more about this trip, and Camp Amnicon.

Milwaukee Service Trip July 21-28, 2024

We are excited to provide a new experience to our Student Ministry Service Trips by going to Milwaukee this year. We are partnering with Next Steps Ministries as they partner with people in the community that are organizing efforts to bring equity back into areas of Milwaukee that were subject to unfair redlining practices. In the next month we should be publishing more information about costs. This trip is available to students who have completed grades 8-12.

CLICK HERE to learn more about this trip through Next Steps.



*Students
VS
Adults
Bible Trivia*



*It was a close call—
but the students pulled
off a win in the end!*

Student Ministry Programming Calendar

www.thegrovenmn.church/ages-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

Poinsettia's roots go deeper than the plant's Christmas status

The poinsettia's origins are rooted deeply in Indigenous Mexican culture and medicine. Originally known as *cuetlaxochitl*, the plant found its way into modern holiday culture. But there's a good case to be made for returning to its original name.



La Cuetlaxochitl is the Mexican name for what we call poinsettias. La Cuetlaxochitl was originally sacred to the Nahuatl-speaking and Aztec cultures, and it's still used in decorative and medicinal ways today among the Teenek Indians in southeastern Mexico. It holds seasonal religious significance as well because it blooms during the winter solstice, the birthday of Huitzilopochtli, the god of sun and war. In the 16th century, Spanish Franciscan friars began using it in nativity processions, calling it la *flor de la nochebuena*, or Flower of the Holy Night. Cuetlaxochitl is pronounced, roughly, kwet-la-sho-she. Pronunciation sites provide variations.

Why is the plant called Poinsettia? That's because of Joel Poinsett, a plantation slave owner and amateur botanist. According to Ace Collins in his book, *Stories Behind the Great Traditions of Christmas*, Poinsett was the first U.S. ambassador to Mexico. He first saw this beautiful red plant as a church decoration at a Christmas Eve service in Mexico in 1824. Poinsett had seeds shipped back to his plantation in South Carolina. There, he grew them in greenhouses and presented the plants as Christmas gifts to local Charleston, S.C. churches.

One of the recipients was a famous botanist, who passed it on to a nursery owner, who sold the plants under their botanical name, *Euphorbia pulcherrima*. Its handlers began calling it a poinsettia, after the ambassador.

A Case for Calling It Cuetlaxochitl

Historical accounts paint Poinsett as a white-supremacist nationalist who, while serving as U.S. Secretary of War, forcibly removed Indigenous communities from their lands and committed other atrocities. He believed Mexicans needed white people to govern them. Today, many feel that calling this celebrated plant La Cuetlaxochitl is one way to honor those who originally cultivated it while embracing the true Christmas spirit of love, harmony and tolerance.

The above information is taken from a January 2023 article by Karuna Eberl, a freelance writer and indie film producer. To read the full article, click [History of the Poinsettia \(familyhandyman.com\)](https://familyhandyman.com/history-of-the-poinsettia/)

Racial Justice Happenings



Culturally Responsive Caregiver Support and Dementia Services

Established in 2014 in response to the need for culturally relevant Alzheimer's and dementia support for African American community members, the program has now expanded to serve the unique needs of East African (Somali, Ethiopian) and Hmong caregivers, care receivers, and their families. Culturally Responsive Caregiver Support and Dementia Services, a program through Volunteers of America - Minnesota and Wisconsin, focuses on building trust and engagement within the community. The goal is to improve caregivers' ability to provide care, cope with stress related to caregiving, and localize services within the community.

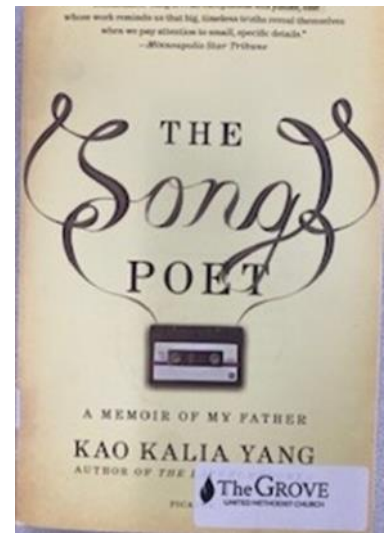
Programs are offered daily for people with dementia and caregivers of all ages via in-person telephone and video conference. The program focuses "on neighborhood-based support services that meet the people served where they are, building on relationships that are founded on trust." They provide an active multi-lingual (Hmong, Somali, Oromo) caregiver support phone line.

Contact information: Volunteers of America, Minnesota and Wisconsin, 3333 North 4th St., Minneapolis, MN 55412, 952-945-4034, voamnwi.org.

December Book Review

In the Hmong tradition, a song poet recounts the story of his people, their history and tragedies, joys and losses. He keeps the past alive, invokes the spirits and the homeland and records courtships, births, weddings and wishes. The following book is included in the Racial Justice library located in the Gathering Room. Additional digital resources are available on The Grove website <http://www.thegrovernminn.church/service-justice/racial-justice>.

Author Kao Kalia Yang retells the life of her father, Bee Yang, the song poet. He was a Hmong refugee in Minnesota, driven from the mountains of Laos by America's secret war. He sings the life of his people through the war-torn jungle and a Thai refugee camp.



December Facts

On Dec. 3, 1970, Cesar Chavez is jailed in Monterey County, California, after he refused to follow a court order demanding that he call off a migrant farmworkers' strike against a lettuce farm.

Dec. 10, 1960, While in Florida for a bowl game, Black players on an integrated California college football team are banned from lodging with their teammates in a segregated hotel.

Dec. 18, 1952, Georgia Gov. Herman Talmadge proposes abolishing public schools in the state if the Supreme Court mandates racial integration.

Dec. 23, 1946, The all-white University of Tennessee basketball team refuses to play against Duquesne University because the team includes one Black player.



Sustainability Project



Fill Out the Environmental Stewardship Plan Questionnaire



The City of Woodbury is collecting input as it begins the process of updating its Environmental Stewardship Plan. Follow [this link](#) or scan the QR code to make sure your voice gets heard as the city develops priorities and goals.

PLAN A GREEN, ECO-FRIENDLY, ETHICAL CHRISTMAS

In the “hurry” of the upcoming Christmas season, gift giving can be simplified to being creative and thoughtful by choosing to give experiences, time, and love. Christmas should be about sharing joy and creating memories.



The Grove Sustainability Project's [GREEN GIFT GIVING GUIDE – ACTIVITIES brochure](#) is filled with unique ideas for everyone on your list. The whole family can get together and plan fun gift giving for relatives and friends and cut down on all the packaging and wrapping paper waste. An Eco-Friendly Christmas will promote a sustainable lifestyle during the rest of the year. Download the pdf or look for printed guides in the Grove's Commons area.

For on-line shopping from sustainable companies, download the [Sustainable Shopping Gift Guide](#) or scan the QR code with your phone. In addition to the guide – check out the great links below!

So Many Great Ideas to Choose From! Eco-Friendly Gifts for Kids:
Green Child Magazine

<https://www.greenchildmagazine.com/green-gifts-for-kids/>



The Organized Family

<https://www.theorganizedfamilyblog.com/2023/11/eco-friendly-christmas-gift-ideas-for-kids/>

30 Eco-friendly stocking stuffers for kids

<https://sustainableinthesuburbs.com/2021/12/18/30-eco-friendly-stocking-stuffers-for-kids/>

Gifts for Adults

<https://www.swindonalexandrahouse.co.uk/unique-and-eco-friendly-christmas-gift-ideas>



Sustainability Project

SUSTAINABILITY PROJECT DECEMBER ENVIRONMENTAL AWARENESS DATES

December 4 Wildlife Conservation Day

Each year on December 4th, Wildlife Conservation Day seeks to spread awareness about preserving and protecting the natural world and its inhabitants. This includes striving to put an end to wildlife crime and supporting the Endangered Species Act.

<https://nationaltoday.com/world-wildlife-conservation-day/#:~:text=World%20Wildlife%20Conservation%20>

<https://www.discovery.com/nature/world-wildlife-conservation-day-aims-to-protect-endangered-speci-pictures>

December 5 World Soil Day for Sustainable Farming

Our planet's survival depends on the precious link between soil and water. Over 95 percent of our food originates from these two fundamental resources. Soil water, vital for nutrient absorption by plants, binds our ecosystems together. This symbiotic relationship is the foundation of our agricultural systems. However, in the face of climate change and human activity, our soils are being degraded, putting excessive pressure on our water resources. Erosion disrupts the natural balance, reducing water infiltration and availability for all forms of life.

World Soil Day (WSD) is held annually on December 5th to focus attention on the importance of healthy soil and to advocate for the sustainable management of soil resources.

Did you know?

- 95% of our food comes from soils.
- One cubic meter of healthy soil can retain over 250 liters of water.
- Improper soil and water management practices affect soil erosion, soil biodiversity, soil fertility, and water quality and quantity.
- Healthy soil plays a crucial role as a natural filter, purifying and storing water as it infiltrates into the ground.

<https://www.un.org/en/observances/world-soil-day#:~:text=Background,sustainable%20management%20of%20so>

VISITATION TEAM

Mon., January 8, 2024, 1:30-3 pm - Rm. 207

Congregational Care Ministers (CCMs) are lay volunteers who are trained to listen and provide emotional and spiritual support to others.

- 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, care facility, 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, contact Carolyn Winslow, Director of Caring Ministries

HELPING HANDS TEAM

Filling short-term immediate needs

Through a carefully organized program, we can extend the love of God by offering short-term help to church family members in need of transportation, meals, grocery shopping or assistance in other tangible ways. If you feel called to care for others or are in need of assistance, contact Liz at liztracy@comcast.net.

PRAYER CONNECTION TEAM

Praying for needs in our church and community

The Prayer Connection Team presents the joys and concerns of our church and community before the Lord. Contact Liz Tracy at liztracy@comcast.net or submit [prayer requests](https://thegrovenm.church/ages-and-stages/prayer-request) (thegrovenm.church/ages-and-stages/prayer-request).

HEALTH TEAM

Assisting with health-related issues

Comprised of members from the healthcare field, this team supports the staff and ministry volunteers to better communicate care to members as requested. Carolyn Winslow, Director of Caring Ministries, will direct your questions to the appropriate healthcare professional.

GRIEF AND LOSS SUPPORT GROUP

Once/Month

This group provides people a confidential and safe space to explore feelings of grief & loss (of social contact, loved ones, control, etc.) Al Kleinsasser, a retired chaplain, facilitates this group. Contact Carolyn Winslow if you are interested in joining.

GRANDMOTHERS WITH CHALLENGES 1st & 3rd Wednesday, 1 pm - Zoom

Grandmothers with Challenges are women who have unique responsibilities in their role as a grandparent. Join with other grandmothers for support and discussion. New participants are always welcome! Contact Carolyn Winslow for more information.

GUIDED CHRISTIAN MEDITATION

Saturdays, 9 am - Zoom

Meditation can increase your connection to God and give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. Contact Carolyn Winslow for more information. Offered by Jane Sharer-Maier.

MEMORY LOSS CAREGIVERS SUPPORT GROUP

2nd Tuesday, 10:00 – 11:30 am

Caregiving for persons with memory loss/Alzheimer's can be difficult, lonely, and emotionally and physically exhausting. But there is hope. Gain support, understanding and friendship from people who are going through or have gone through similar situations. Hosted by Bob & Judy Horn (612-801-2255)

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



Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at **988lifeline.org**.



nimh.nih.gov/sad

NIMH Identification No. OM 22-4320



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

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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 – mnmurfam@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