INSITES

The Grove United Methodist Church JANUARY 2024







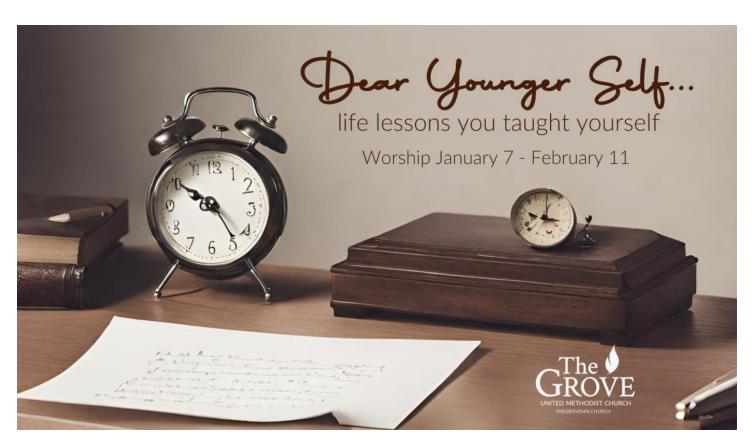






Sunday, January 28

9am-12pm



January 7th — MARY January 28th—PETER

January 14th — MOSES February 4th — MARTHA January 21st — DAVID February 11th — PAUL

First Connections Groups give you the opportunity to join together, get to know Interested in others, and learn about making some the church. new relational connections Sundays at church? January 7, 14, 21 & 28 4:00-5:30p **Gathering Room** Child Care available as needed. RSVP by January 4th to klamon@thegrovemn.church

GET INVOLVED



BLOOD DRIVE

Friday, February 2, 2024 11:00am-5:00pm

Woodbury Location

The American Red Cross is one of the largest blood collection organizations in the world. Blood Donation is a critical process that saves lives every day. One Unit of donated blood can help up to three people in need. Visit RedCrossBlood.org and enter: **Grove** to schedule your appointment!



Consider Joining the PRIDE TEAM

Next Meeting: January 8, 2024 6:30pm (Zoom)

The team is encouraging ways to love as in this scripture: "Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love" *1 John 4:7-8* If you would like to be a part of this group working on inclusion in our congregation, please contact psuyak@gmail.com for the Meeting link.

Outfront Minnesota

Outfront Minnesota delivers programs and services to the LGBTQ+ community since its founding 1987. Outfront MN was established to promote LGBTQ+ justice and equity by supporting public policy, grassroots organizing,



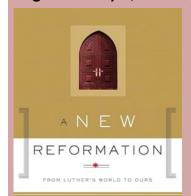
legal advocacy, and anti-violence programming. Outfront MN has been instrumental in passing policy for non-discriminative law on sexual orientation and gender identity (1993), marriage equality (2013), conversion therapy ban (2023), the Trans refuge bill (2023) and more.

The Grove's Pride team is partnering with Outfront Minnesota's associate director of religious organizing, Matthew Lewellyn-Otten. Matthew has spent much of his career in youth ministry and received his Master's in Divinity from Boston University School of Theology. He works with faith organizations to become more inclusive and welcoming to our LGBTQ+ friends. The Grove's Pride team has asked Matthew to lead a study group this spring on Queer theology. He is also scheduled to preach on Pride Sunday. The Grove is lending financial support to Outfront Minnesota through a first time donation from our Being the Hope campaign. To find out more about Outfront Minnesota and their mission visit their website www.outfront.org.



WEDNESDAY BIBLE STUDY

Every Wednesday, 9:30am Room 207 Begins January 3, 2024



Cost: Class \$5; Book \$10 (fifteen books are available in the office)

In A New Reformation, author Rob Fuquay introduces you to the life of Martin Luther and two important themes of the Reformation he sparked: the centrality of Scripture and the power of God's grace. Through a close look into the life of Martin Luther and the world of sixteenth-century Europe, you will discover what makes Luther's message revolutionary today—and how we can embrace Reformation in the church and in our personal lives.

Justified by faith, the main message of the Protestant Reformation is just as relevant and true for Christians today as it was in Martin Luther's time.

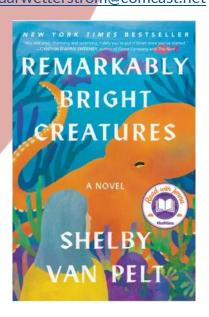
GROWING IN FAITH

Every Tuesday, 9:00 am Room 207 Begins January 9, 2024 Contact: Betty Schilling bettyaschi@gmail.com



READERS BOOK CLUB

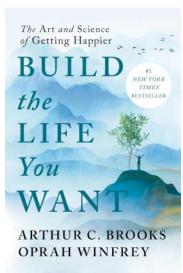
Monday, January 15, 2024
7:00-8:00pm Zoom
Contact: Darlene Wetterstrom
darwetterstrom@comcast.net



TALKING BOOKS WITH PASTOR DAN

Tuesday, January 16, 2024 7:00pm Contact: Dan Wetterstrom

dwetterstrom@thegrovemn.church









Sunday, January 7th

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 Grilled Cheese Sandwich bar.



Sunday, February 4th

EXTENDED STAY & PLAY KINDERGARTEN—5TH GRADE

11:45am-5:00pm Room 100

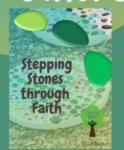
Check your child in following 10:30am Worship, even if your child is already in Room 100

Lunch Provided

Movie, Crafts, & lots of time to PLAY!

Serving Others





Workshop January 14, 2024 11:45am-1:00pm

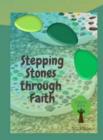
Kids with Adults Kindergarten through Fifth Grade

Martin Luther King Jr. Day has become known as a day of service. Engage in a family service project together, the Sunday before. Light Lunch Provided

ttsu.me/servingothers2024



Explore Your Bible





Workshop For 2nd grade and Older January 17 & 24, 2024 5:30 - 6:45 pm

> January 31, 2024 5:30 - 6:45 pm Kids with Adults

Learn what the Bible is, how to use it, and how it relates to your own story.

Light Meal Provided



ttsu.me/explorebible2023

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

Opportunity to Serve

Parents: A large part of being a follower of Jesus is serving others. This is why we have created an opportunity for Student Ministry Families to help from 10:15 to Noon to be Coffee Time Hosts. Families who have done it so far have had positive things to say about this experience. Please take the time to sign up to serve our community!

CLICK HERE TO SERVE AT COFFEE TIME

Student Ministry Programming Calendar

www.thegrovemn.church/ages-stages/ students

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



Middle School Lock In January 28th-29th, 2024

Middle School Students loved our lock in last year! This year's lock-in will start at 11:30 am on Sunday, January 28 and will end at 9 am on Monday, January 29. We're planning on playing

Gaga ball in the Plaza, having lunch, dinner and breakfast together as well as games, movies, Jackbox games and more! Friends are welcome to come!

CLICK HERE TO SIGN YOUR STUDENT UP FOR THE LOCK IN CLICK HERE TO SIGN UP TO BE AN ADULT HELPER AT THE LOCK IN





Saturday, **January 27, 2024** 5:00-6:00 pm

ttsu.me/freemeal





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 distributed on a first-come, first-served basis. Promote the Saturday Supper Club by sharing information with someone who can use a meal.

VOLUNTEERS NEEDED - MONTHLY!

Great Opportunity for Grove Groups to Serve Together

Help prepare meals at the Woodbury Location or hand out curbside at both locations Larger vehicle and someone to load heavy crates for transport to Cottage Grove also needed.



The car pool will leave the church parking lot at 9 am on Thursday, **January 18, 2024.**

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



Traditional Scandanavian Food Christ Lutheran Church, Marine-on-St.Croix Thursday, January 18th

Meet at The Grove to Carpool Meet at Christ Lutheran Church

11:50am 12:30pm

\$25.00 Per Person

Menu: Lutefisk, Swedish Meatballs & Mashed Potatoes, Swedish Rye, Brown Beans, Lefse, Swedish Rice Pudding & Swedish Cookies.

The funds raised go to the Women of the Evangelical Lutheran Church in America.

https://ttsu.me/cultureclub



Racial Justice Happenings



The Grove now has a Racial Justice Facebook page: "The Grove Racial Justice Initiative" (<u>Facebook</u>). Visit this page to view and comment on articles, along with recommended resources (books & movies), pertaining to racial justice issues. Upcoming opportunities to be a part of justice events (in person, webinars, etc.) will also be shared on this page. If you would like new posts or comments to appear in your feed, be sure to "like" this page.



January 6, 2023

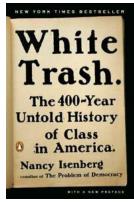
9:00am-2:30pm

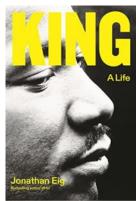
Lake Harriet UMC

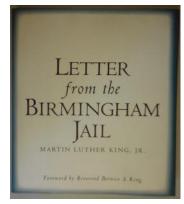
4901 Chowen Ave S., Minneapolis

Facilitated by Beacon Interfaith Housing Collaborative, attendees will learn how the history of systemic racism continues to impact housing today. As described on Beacon's website: "This workshop provides a foundational framework for understanding and being able to take action on the racial disparities in housing that exist due to the historical legacy of racism in our country and state. At Beacon, we believe that to further racial equity we first need to acknowledge the fact that Minnesota has some of the widest racial disparities in the nation - especially in housing. Secondly, to close the disparities we must learn about and from our history and how it shaped who we are and what we need to do today." You can register for this event here: Unpacking Race and Housing Workshop (ministryforms.net)

January 2024 Book Recommendations







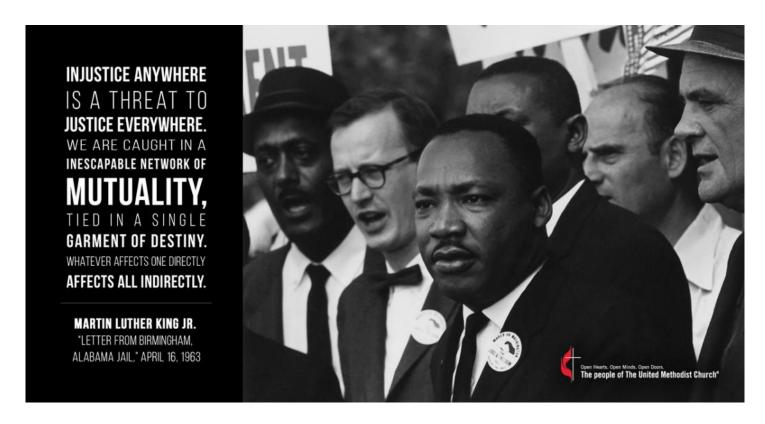
Racial Justice Happenings



1 City, 2 Realities | MLK Day 2024

"1 City. 2 Realities.", is the world's first truly virtual exhibition space highlighting racial inequalities in our nation and community. Minneapolis has long thrived on the reputation of being one of the "Best Places To Live" in the country, while at the same time, has one of the largest racial inequality gaps in the nation. This virtual exhibition highlights this reality to help us get past "Minnesota Nice" and into the place where we can address the systemic inequality in our community head-on.

Sign up before Jan. 11 to receive instructions and access to the exhibit on Friday, Jan. 12. Explore the exhibit at your leisure until Sunday, Jan. 21. Register between Jan. 13-19 to receive a link the following week. This virtual exhibition can be accessed by anyone with a computer and internet. Register at www.handsontwincities.org.



Dr. Martin Luther King, Jr. celebration at the Ordway Jan. 15

The Council on the Dr. Martin Luther King, Jr. Holiday invites Minnesotans to the 38th Annual Dr. Martin Luther King, Jr. Celebration, hosted by Governor Walz and Lieutenant Governor Flanagan on Jan. 15 at the Ordway Center for the Performing Arts in St. Paul from 10:30 a.m.-12:30 p.m. The celebration recognizes the legacy of Dr. King and what his dream means to today. The 2024 Champion of Change Award recipients will be recognized. The event is free and open to the public. For more information visit 2024 MLK Day / Office of Equity, Opportunity, and Accessibility — State of Minnesota (mn.gov)

HAPPY NEW YEAR!

The **Sustainability Project** has information on GREEN projects each month. Make a plan to add something new to your commitments to the environment.

NATIONAL BIRD DAY January 5, 2024

https://nationaltoday.com/national-bird-day/

The importance of National Bird Day is to recognize issues critical to the survival of birds both captive and in the wild.

Easy and Eco-Friendly Bird Feeders to make with Kids: https://

runwildmychild.com/easy-bird-feeders-with-kids





WINTER ANIMAL HABITAT DAY January 16, 2024

https://kids.nationalgeographic.com/nature/article/animals-prepare-for-winter

WHAT CLIMATE CHANGE MEANS for MINNESOTA

Climate change is having a profound impact on Minnesota's natural environment. Rising temperatures not only interfere with winter recreation but cause widespread problems for our state. The extended growing season changes the composition of trees in the north woods and increases water pollution in lakes and rivers. Many of our state's iconic native plants and animals, from birch trees to walleye, are threatened by warming temperatures and shifting weather patterns.

Check out the Minnesota Pollution Control Agency for information on what is happening as our climate warms:

https://www.pca.state.mn.us/air-water-land-climate/climate-impacts-on-the-environment

Increasing Temps Chip Away At Lake Ice

On Minnesota lakes, ice coverage has declined an average of 10-14 days in the last 50 years, according to data collected by state agencies and volunteers. Since 1967, ice-in dates have moved about 9 days later on average, while ice-out dates have moved about 4-5 days earlier. That means 2 fewer weeks each winter for ice fishing, snowshoeing, cross-country skiing and snowmobiling across our state's lakes.



2024-25 Registration

<u>Registration for Current Families</u> runs January 3rd - 12th. Registration is open to the Community starting Tuesday, January 16th. Names received after January 16th, go into a lottery for open spaces.. Families are notified by email mid-February of placement. At that time, you will confirm the spot. Children need to be pre-registered before attending any program. Enrollment space is limited.

Preschool Open House

Thursday, January 25th 5:30pm-7:00pm.

For families conisidering Woobury Preschool at The Grove - tour the preschool, meet with staff, and learn more about the programFor registration information or questions about the program, please contact Kate Beck at 651-738-9670 or preschool@thegrovemn.church.

Woodbury Preschool at The Grove 2024 Pancake Breakfast Fundraiser



Saturday, Feb. 3rd 8:00am-10:00am

CRAVE RESTAURANT (9100 Hudson Rd, Woodbury) \$7.00/person, Children 2 and under are FREE. Purchased (cash or check) at the Greeter Desk starting Wed., Jan 3rd.













Carolyn Winslow Director of Caring Ministries Office Hrs: Weds 12-3 pm & Thus 10 am-1 pm

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

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 <u>liztracy@comcast.net</u> or submit <u>prayer requests</u> (thegrovemn.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 2ndTuesday, 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

care corner



Interested in joining The Grove's Director of Caring Ministries, Carolyn Winslow, in observing "Dry January"?

"Dry January" is the exercise of **abstaining from alcohol for the entirety of the first month of the year**.

According to a Cleveland Clinic article (https://health.clevelandclinic.org/is-doing-a-dry-january-good-for-your-health-or-not), "You're going to notice tremendous health benefits when you stop drinking for an extended period of time":

- Your energy levels will increase as your quality of sleep improves.
- You'll help your heart, possibly lowering your heart rate & blood pressure.
- It can decrease liver inflammation.
- Your skin will be clearer and you will likely observe less facial puffiness & bloating.
- You'll consume fewer calories, possibly resulting in weight loss.
- It may help you better understand your relationship with alcohol.

The article also provides some tips to help ensure a successful Dry January:

- Scale back on your drinking before January to help ease the transition to sobriety.
- Set goals and even take a photo of yourself.
- Get the support of friends & family.
- Avoid tempting situations (identify those times when you are mostly likely to drink & do your best to avoid them).
- Engage in other hobbies and interests.
- At the end of "Dry January" ease back into drinking slowly, if at all. You may decide to extend it for a longer period of time.

WATCH FOR SYMPTOMS OF WITHDRAWAL:

- If you are currently a moderate or heavy drinker, ask your health provider if it's safe to do a "Dry January".
- Watch for symptoms such as abdominal cramping, anxiety, dizziness, headaches, sweating or vomiting and seek medical assistance if necessary.
- SEEK extra help, if you need it, including support programs such as Alcoholics Anonymous.

Reach out to Carolyn (<u>caring@thegrovemn.church</u>) if you are seeking support or encouragement in this endeavor.



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 — mnmurfam@hotmail.com
Lou Ann Henderson, WB Chancel Choir Director — davelou@centurylink.net
Dr. Jean Lubke, Handbell Director — lubk0001@umn.edu

WOODBURY PRESCHOOL AT THE GROVE

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

New Years Search

NNASKROWER I F NRHCWL T E C W K VWUQWMO Q В J T I C D В U P Ι В K M N E U W G Q C D G N S S P L X R K Y F Y T E C Ι P Z D U В J A O W 0 D L I G X C G N D N Y Y L Α R K Ι U M J L Q Z U G F P M H R V S R M R O A M Ι S U C I. S S X O B D Ĭ H W F N K F J R Z J L T J X E S P R T Y T M C В S Ε M D G U C P C T D B L G B Y W L Q U Q D W A L I S S E M T T E R U Q Ι G G H A I C S R A U 0 J W \mathbf{Z} O В D M M M F Z H O Z N I P H C Y S Ι S X V S Q A A T P F S H A N D Ι L K D D C Η Z H W T В Y D F Q Q U H В W A N Z Q L D Z Z X M Z I Z C N A X E R I Η T A O P H WD T S I KGR C C C N Q R S Ι K S Y L Η K X \mathbf{Z} В E K Η Q Y G E T E R S G N P N Y K K T H \mathbf{L} R E C U L E 0 L E E S Z R D F A O S E T F R Q J Η G В L S C O N Z S O L T Ι Y R E U V A T K W

games festivities January kiss dancing ball year New York Times Square midnight champagne

sparklers countdown resolution wine glass celebrations happy clock party fireworks gathering



WORD SEARCH

F E Q С D C 0 В Q В Н G X В C D X S S R Т S D K S M E N D D 0 S R E В 0 D Q M Т С Q Q S Н R Е М X Н Z T T 0 G A О E E S 1 0 U A D G P 0 Ε G X Q G R Н U Н Y K N 0 W T R X Z S R Y M 0 Q В Y 0 G G E Y K G В T E S N R H В Т A G 0 Q В S E K B Q Q M Q G E Ε G Т M M Х N G E Z T J Т D G 0 T S В N 0 E C X S D 0 C Ε В Α D M K X K R Т S K D Т Α В R Е D Α Υ О Н S A F S В Z W Ε Z G N Z R G S G D M R R В K В M W K Z G M Z G 0 Z U Ν L M U M

CHINESE SPRING TIGER SNAKE MONKEY PIG NEW FESTIVAL RABBIT HORSE ROOSTER RAT YEAR CELEBRATE DRAGON GOAT DOG OX