



TheGroveMN.church



Office@
thegrovemn.
church



c/thegrove
mnchurch



651-738-0305
Ext. 111

LENT 2024

Woodbury Location



WORSHIP

Sundays
Feb. 18-March 24, 9 & 10:30am
"Kingdom Come"

Ash Wednesday Worship
Feb. 14, 7pm
"What's love got to do with it?"

Good Friday Worship
March 29, 7pm
"The Mocking of a King"

STUDIES

Choose your own adventure through the Kingdom
by picking one of The Grove's Core Studies.

Six Wednesdays, Feb. 21 - March 27, 6:30-8pm

Making Sense of the Bible
Reckless Love
Faithful and Inclusive (w/ hybrid option)
Waking Up White (w/ hybrid option)

To see descriptions of studies and sign up:
ttsu.me/lentstudies2024
Deadline: Friday, February 16, 2024



A group of people, including children and adults, are posing for a photo. The image has a teal overlay. The text "Pajama Ball" is written in a large, white, cursive font with a red outline. A small crown icon is above the "P".

Pajama Ball

Feb 9
6-8 pm

SIGN UP TO VOLUNTEER AT
TTSU.ME/PAJAMABALL24

A close-up of sewing supplies, including spools of thread in various colors (yellow, red, blue, green) and a needle, resting on a piece of fabric with a colorful pattern.

Dress A Girl

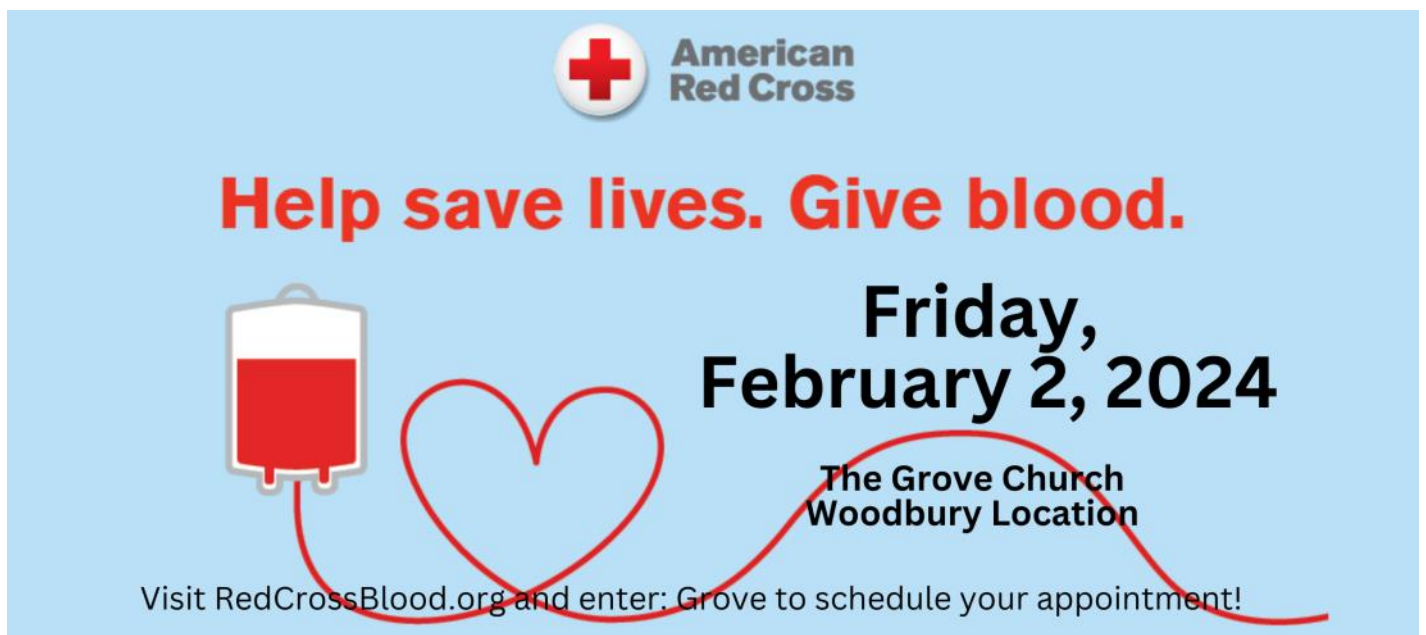

AROUND THE WORLD

Contact Jan Slagter
(jslagter1949@gmail.com)
with any questions.

Dresses sewn
through March 2024


Donate your
time, your
talents, or
supplies for
dresses for girls
in Haiti, Africa
& the World.

Accepted donations: fabric,
thread, money for shipping

A light blue background with a red cross icon and the text "American Red Cross". Below this is the text "Help save lives. Give blood." in red. To the left is a graphic of a blood bag with a red heart shape next to it. To the right is the text "Friday, February 2, 2024" in large black font. Below that is "The Grove Church Woodbury Location". At the bottom is the text "Visit RedCrossBlood.org and enter: Grove to schedule your appointment!".

American Red Cross

Help save lives. Give blood.



Friday, February 2, 2024

The Grove Church
Woodbury Location

Visit RedCrossBlood.org and enter: Grove to schedule your appointment!

Hope for the Future



The Grove United Methodist Church (The Grove)
has a well-established endowment fund.

Hope for the Future.

The fund is designated to help you and your family establish a legacy gift where a portion of your gift (up to 3%) is distributed annually to the ministry cause of your choice.

Plan A Gift to Your Church

Including your church doesn't mean forsaking your children. You can provide for both. Simply state in your will or estate the following:

I give The Grove United Methodist Church *Hope for the Future* Endowment Fund a specific dollar amount or a percentage of my estate, to be used by the church for the designated need(s) of my choice: general purpose, scholarships, missions, capital needs, and/or worship and music. (Suggested language for will.)

Your planned gift will make a much greater impact than you can imagine. It may also provide you with significant tax advantages.

For more information please contact Pastor Dan Wetterstrom at
651-738-0305, ext. 13 or at dwetterstrom@thegrovern.church

Consider The Grove Endowment Fund

2023 Update From Your Endowment Committee

We have a dedicated group of individuals who meet quarterly. Our primary function is to oversee our Hope for the Future endowment funds and promote additional support from members.

Hope for the Future endowment funds as of 12/31/2023 totaled approximately \$940,700. These funds are being prudently managed by our outside third party with oversight from the endowment committee.

In 2023, endowment funds totaling \$24,824 were used to support Youth Missions, Youth Scholarship, General Scholarships, Worship & Music, and General Purpose. Youth scholarship applications for 2024 will be available in the spring.

Our list of those who have indicated they have remembered The Grove in their estate planning is in the process of being updated. If you have dedicated funds in your estate planning for this and have not informed the church, please send Pastor Dan a quick note.

A special recognition dinner event is being planned this spring to thank all of you.

Adults

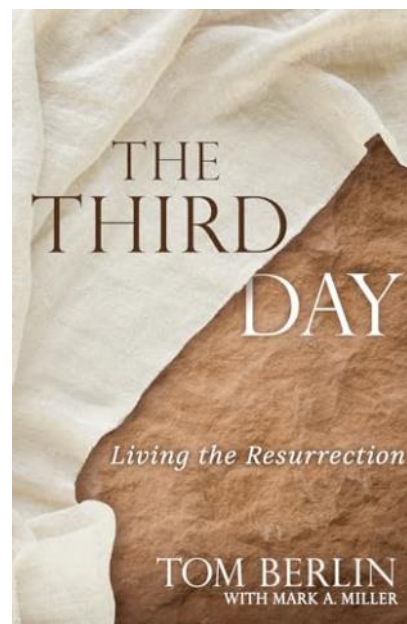
WEDNESDAY BIBLE STUDY

Every Wednesday, 9:30-11:00am Room 207
5 Wednesdays, Begins February 28

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

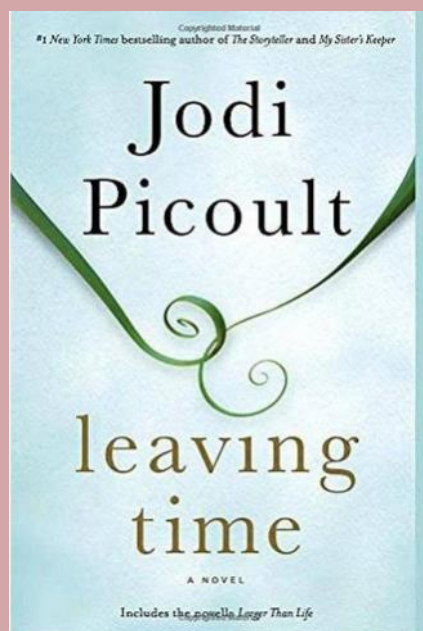
In *The Third Day: Living the Resurrection*, pastor, bishop, and author Tom Berlin uses his gifts of storytelling and understanding the Scriptures to connect us with the experiences of Peter, Mary Magdalene, Thomas, and the disciples at Emmaus as they feel the despair of losing Jesus and the surprise and joy that awaits them in the resurrection. We'll learn how the resurrection transformed their lives and can transform our lives. The book and video session used in this Lent study will prepare us to celebrate Easter.

Contact: Pastor Dan Wetterstrom
dwetterstrom@thegrovemn.church



READERS BOOK CLUB

Monday, February 12, 2024
7:00-8:00pm Zoom
Contact: Darlene Wetterstrom
darwetterstrom@comcast.net



TUESDAY GROVE GUYS

Every Tuesday, 8:00 am
Woodbury Panera
Contact: Pastor Dan Wetterstrom
dwetterstrom@thegrovemn.church

GROWING IN FAITH

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

FAITH BUILDERS

Every Wednesday, 10-10:30am
Room 207
Contact: Jan Slagter
jslagter1949@gmail.com or 651-739-7719

THURSDAY MORNING MEN'S GROUP

Every Thursday, 7:30-8:30am
Room 204
Contact: Tim Martin
tnm7439@gmail.com



Extended Stay & Play Sunday, February 4

Sign in: 11:35am Pick-Up: 5:00pm
Room 100

Kindergarten—Grade 5



Sign Up:
Scan the QR Code
Or
<https://tsu.me/djj425>

LENT 2024

Here is what to expect for your children!

Ash Wednesday, 2/14

Attend this worship as a family. Nursery Childcare available and special activities in the Worship Center for older children.

Lent Wednesdays, 2/21-3/20

So their adults can participate in Lent studies, children ages 3-5th grade can be checked into the Nursery. We'll have comfy places for them to play games, do crafts, unwind watch educational videos.

Good Friday, 3/29

Attend worship as a family. Nursery Childcare available and special activities in the Worship Center for older children.

Easter Sunday, 3/31

Nursery, Preschool and Grove Kids will be open during both services. Special activity bags available for families who prefer to celebrate this day with their children in the service. There will be a pancake breakfast following worship, hosted by the youth.



Serving Others
Stepping Stone
Blessing

January 21, 2024



Students

Christy Schally, Family Minister Director

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

Ash Wednesday February 14

No Student Ministries

We highly encourage students to attend the Ash Wednesday service with their families.

During the remainder of Lent, we will still be having Student Ministry!

Students will be learning about Racial Justice and can expect the same Wednesday night routine.

Student Ministry Programming Calendar

www.thegrovern.church/ages-stages/students

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

Confirmation Service Opportunities


Serve coffee & cookies between worship services, serve as Youth Leaders during Summer Stretch, and serve on the Milwaukee Mission Trip

Milwaukee Mission Trip

Check out our 2024 Summer Brochure for information on our Milwaukee Mission Trip.

Sign Up: thegrovern.church/register-here

FREE MEALS TO GO



CURBSIDE PICK UP

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

Menu:
Turkey Pasta Bake
with Spinach

At The Grove Churches
Woodbury: 7465 Steepleview Rd.
Cottage Grove: 8600 90th St. S

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 people of The Grove UMC aspire to “Grow Goodness”. The BEING the HOPE financial campaign occurs during the Lenten season. It provides a way to give through the church to missions within the church, locally, as well as nationally and internationally.

Listen on Sunday mornings and look in church media for highlights of a few of the missions the Grove supports. Mark your calendars for the MISSION FAIR on Sunday, February 25th in the fellowship hall. (Food will be served.) In March, watch your mail for a letter with more information on the BEING the HOPE campaign so we can “grow goodness” together.



March 10-16, 2024

Join others from The Grove in this ministry of hospitality, located on the campus of Guardian Angels Catholic Church in Oakdale.

Hope for the Journey Home provides families with a safe, supportive, place to stay as they look for stable, long-term housing.

How can you help?

Serve Dinner: 5:00 P.M. until 7:30 P.M. (though some flexibility on starting time is possible). Assist with meal preparation, eat dinner with the guests, cleanup afterwards and possibly do some light housekeeping tasks.

Stay Overnight: 7:45 P.M. until 9:10 A.M. Make sandwiches, lock facility, serve continental breakfast (IHop on weekends), and sleep in the volunteer guest room.

(A staff member is present for the dinner shift and provides orientation for the overnights.)

Sign up: <https://ttsu.me/hjhmarch10>

Note: Background check and online course requirements can be completed through The Grove after signing up.

For questions/more information, contact Pat Marzolf at patmarzolf@aol.com.



Racial Justice Happenings

Celebrating Black History Month

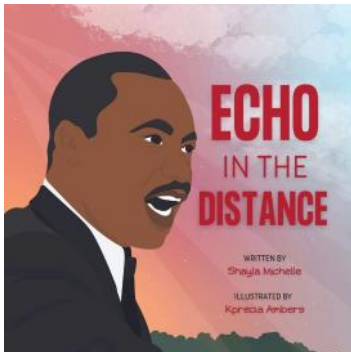
Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month.



Carter Woodson

Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history. The celebration of Black History Month began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator and publisher. It became a month-long celebration in 1976.

Book Review



"Echo in the Distance" written by Shayla Michelle and illustrated by Kprecia Ambers, is a moving tribute to Dr. Martin Luther King Jr.'s dream shared from the Lincoln Memorial on August 28, 1963. If Shayla's name seems familiar it's because she's an Emmy-winning journalist who contributes to the morning, mid-morning and noon shows as anchor/reporter on WCCO-TV. Millions watched as the civil rights leader delivered his hope for the future, his dream for what America could be.

"Echo in the Distance" reflects on Martin Luther King's "I Have a Dream" speech and the history that followed and serves as a reminder that each

individual can play a role in realizing the dream first shared in 1963.

In the words of author Shayla Michelle, "It's not too late. Dreams can come true. It starts with you."

Handprints

A powerful and vibrant autobiographical story written and performed by one of the Twin Cities' most renowned theater artists, Greta Oglesby is on Jan. 27-Feb. 18 at the Minneosta History Theater. Based on her book titled *Mama 'n 'Nem, Handprints on My Life*, this production is a love letter to the ordinary, yet extraordinary people who shaped her life. From her life in Chicago to making her mark here in Minnesota onstage and her community, experience the gift of Greta's story with unique storytelling including the gorgeous music that has inspired the person she is today.

The history theater is at 30 East 10th Street, St. Paul, Minnesota. For more information: 651.292.4323 or boxofc@historytheatre.com

"I haven't been on the History Theatre stage in many years. **I am so excited to return and share some of my own history with History Theatre audiences.**"



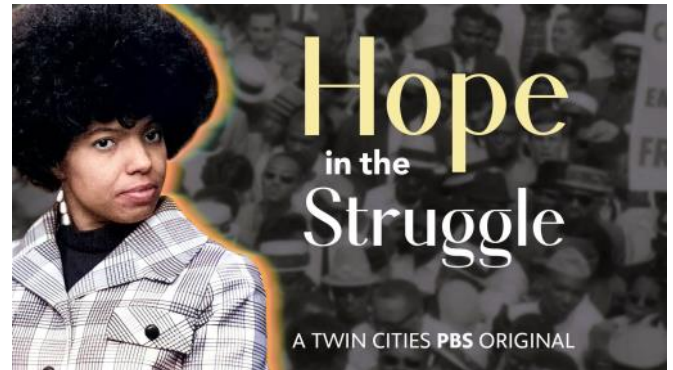
Greta Oglesby

Racial Justice Happenings



Premiere Screening of "Hope in the Struggle"

Twin Cities PBS (TPT) will host a premiere screening of *Hope in the Struggle* at the Cowles Auditorium at the Humphrey School of Public Affairs – University of Minnesota, Twin Cities, 301 South 19th Avenue Minneapolis on Monday, Feb. 12 at 6:30 p.m.



The documentary showcases the life and work of Dr. Josie Johnson, a prominent civil rights activist both in Minnesota and nationwide. From lobbying for fair housing legislation in Minnesota, to being part of the March on Washington, to serving as the first Black person on the University of Minnesota's Board of Regents, Josie's story is one of perseverance, hope, and an unwavering commitment to serving and bettering her community.

Join Executive Producer Daniel Bergin and members of Dr. Johnson's family for a conversation after the film. *Hope in the Struggle* airs on Twin Cities PBS (TPT) and be available to stream online starting on Feb. 19, 2024.

For information, call 651-229-1300 or go to www.tpt.org/events/



CULTURE CLUB

Christo's Greek Restaurant
2632 Nicollet Ave., Mpls
Sunday, February 18 12:30pm

CHRISTO'S OFFERS GREEK CHOICES, INCLUDING VEGETARIAN OPTIONS, INCLUDING MOUSAKA, GYROS, SPANAKOPITA, TAVAS, KOTOPOULO, AND SOUVLAKI.
CHECK THEIR MENU AND PRICES AT [HTTPS://WWW.CHRISTOS.COM/](https://www.christos.com/)

SIGN UP: [TTSU.ME/CULTURECLUB](https://ttsu.me/cultureclub)

CARPOLERS WILL LEAVE THE CHURCH PARKING LOT PROMPTLY AT NOON.
THOSE WHO MEET US AT THE RESTAURANT SHOULD BE THERE BY 12:30 PM.



Sustainability Project



Practice your observation skills by participating in the Great Backyard Bird Count!

The event will take place on Sunday, February 18, at 11:45am, shortly after 10:30 worship.

Come for outdoor fun and fellowship! This annual event creates a real-time snapshot of bird populations aiding research at Cornell Lab, the Audubon Society and Birds Canada. The count provides an opportunity to engage in citizen science AND get outside to connect with each other and God's creations. Find resources on how to participate here (birdcount.org/participate/).

Warm attire and field glasses/binoculars are recommended. We will be counting birds around the grounds of the Woodbury campus for about 30 minutes. We will meet in the parking lot and then split up to count birds on the church grounds. All ages are welcome! Bundle up, bring your field glasses, and join us for a bit of outdoor fun!

To participate at home: simply watch for birds for 15 minutes or more, at least once over the 4 days (February 16–19, 2024) and record your findings at www.birdcount.org

Join the Grove Sustainability Project & The Plastic-Free Challenge!



Ramsey County is partnering with Hennepin County and Washington County to offer you a way to take action against plastic waste in your own life. The Plastic-Free Challenge is a month-long effort starting Feb. 1 to reduce plastic consumption in ways that fit best with your lifestyle and have the most impact on reducing your footprint. Daily challenges personalized for your family boost your awareness of how to live more sustainably. Use this link to compete on the Grove Sustainability Project Team with friends from The Grove! Together we can showcase our creation care spirit to the east metro community.

Sign up: <https://tcplasticfree.ecochallenge.org/users/join>

For more details, visit <https://tcplasticfree.ecochallenge.org/>

WORLD WETLANDS DAY

February 2, 2024

<https://www.worldwetlandsday.org/>

Life Interlaced....Wetlands and People CARE...NURTURE...SUPPORT

World Wetlands Day is celebrated February 2. Nearly 90% of the world's wetlands have been degraded since the 1700s, and we are losing wetlands three times faster than forests. Wetlands are critically important ecosystems that contribute to biodiversity, climate mitigation and adaptation, freshwater availability, and world economies. Raising national and global awareness about wetlands helps reverse the rapid loss and encourages actions to conserve and restore them. Wetlands are highly productive and biologically diverse systems that enhance water quality, control erosion, maintain stream flows, sequester carbon, and provide a home to at least one third of all threatened and endangered species.



Inland wetlands: Marshes, lakes, rivers, floodplains, peatlands, and swamps

Coastal wetlands: Saltwater marshes, estuaries, mangroves, lagoons, and coral reefs

Human-made wetlands: Fish ponds, rice paddies and salt pans

MINNESOTA and WASHINGTON COUNTY WETLANDS MAPS

https://www.dnr.state.mn.us/eco/wetlands/nwi_proj.html

WETLANDS ARE THE LINKS BETWEEN LAND AND WATER

NATIONAL PARK SERVICE: <https://www.nps.gov/subjects/wetlands/>

NATURE PRESERVES NEAR WOODBURY, MN



Tamarack Nature Preserve



Fish Creek Natural Area



Oakland Nature Preserve



Maplewood Nature Preserve

FAMILY CONNECTION

Take a winter walk in the woods in any of the nearby Nature Preserves. Look around for signs of the season.... animal footprints in the snow, birds flying above the trees, water open in creeks, squirrels running, rabbits hopping, and if you are quiet, maybe a deer will come by! Most wetlands are frozen over in winter. Look for melting around the edges.

NATIONAL GEOGRAPHIC KIDS FRESHWATER HABITAT <https://kids.nationalgeographic.com/nature/habitats/article/freshwater>

WORLD WILDLIFE FUND

<https://www.worldwildlife.org/stories/what-is-a-wetland-and-8-other-wetland-facts#>

FRESNO CHAFFEE ZOO

Video: Home Sweet Habitats: Wetlands <https://youtu.be/in6NSVAHH70>

VISITATION TEAM

Mon., February 12, 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



A “Dry January” Retrospective...

For those of you who participated in “Dry January”, I (Carolyn Winslow, Director of Caring Ministries at The Grove) hope that you noticed many positive health effects throughout the month. *Personally*, I noticed several areas of improvement:

- *Much* improved sleep (this was the first & most notable side effect of January sobriety)
- Weight loss (4 lbs., without making any other changes in diet or exercise)
- Reduced anxiety and increased energy & focus
- A general reduction in resting heart rate and nighttime heart rate variability

Prior to mid-December, when I decided to go alcohol-free, I considered myself a regular, moderate drinker (a couple of glasses of wine in the evening). For those who drink more heavily, the positive effects of sobriety may be even more dramatic.

After a month of abstaining from alcohol, there are other positive benefits that are more difficult to measure:

- Decreased liver inflammation (slight liver impact from drinking generally takes 4-6 weeks to recover from)
- Improved appearance, with skin & eyes looking brighter and more refreshed
- Improved immunity (alcohol has potential to suppress the immune system, making a person more susceptible to illness)

What if you did not participate in “Dry January” or did not make through the entire month without alcohol? That’s OK. Any reduction in alcohol consumption is a positive step and any month/day is a good day to make the decision to reduce your level of drinking alcoholic beverages.

I have decided to continue “Dry January” into February and beyond. The positive effects I’ve experienced in my health make this an easy decision for me. Please feel free to connect with me (caring@thegrovern.church) if you want to chat about this further or are looking for resources for managing your sobriety.

Read more here ([Why you should continue being alcohol-free after Dry January // OYNB \(oneyearnobeer.com\)](https://www.oneyearnobeer.com/)) about why others have also decided to maintain an alcohol-free lifestyle when “Dry January” is over.





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