

MINISTER'S COLUMN

REVEREND LAURA THOMPSON

What does it mean to be a people of MEMORY?

Memory is a strange thing. We don't hold onto everything from the past; not everything is sealed in the vault of memory. Memory is random and selective and true and embellished. Memories are not history but rather recollection of experiences that may, in fact, become influenced, changed and tainted by other experiences we have later.

I have always been fascinated by the things I remember versus the things I don't. What is it in our brains that decides what information is going to get stored long-term and what will just pass through our short-term memory? I used to work at a group home with residents who had traumatic brain injuries. Tom, one of the residents had suffered a bad stroke decades ago and was forever changed. He could not recognize his children as grown, he only knew them as they were 30 years ago. He could not remember that he had just eaten lunch 10 minutes ago and would often become confused and angry demanding that someone would feed him. The solution to the problem was to put on a CD of Elvis, George Jones or Johnny Cash. Though he couldn't remember that he just ate two helpings of ham and green bean casserole along with a piece of pie, he could remember every word to every song he knew from the 60's and 70's and he would sing along and feel better. Tom didn't have the cognitive ability to store any new memories after his stroke, but his old memories were still there because he had deep embedded feelings attached to them.

Memories are not historical facts, stored like data. Rather, memories are stored feeling. We remember the things we do because we remember the way we felt. That's why sometimes when retelling a memory, we'll say, "It feels like yesterday." We say that because it really can feel that way. These resurfaced feelings can make us feel better or they can be a place of stored pain and trauma. Sometimes this can result in someone "living in the

past" or it can lead to pain from the past being constantly lived out in the now. So, we have to be careful in how we balance memory with the present if we ever hope to have a future for its own sake. I hope you'll join us this month as we explore the gifts and challenges that being a people of memory brings.

See you Sunday,
Rev. Laura

Nov 4th: Day of Remembrance (All Ages)

During this annual service we take time to pause to remember those who have gone before us. We celebrate and remember our ancestors, and friends and family who have passed. Please bring a photo or a memento item of a loved one to place on our center altar. This service will feature stations in the sanctuary for young and older members alike to draw pictures or write cards for the altar and there will be a time for sharing when everyone is invited to share the name of someone they are remembering.

Rev. Laura Thompson and Andrea Johnson

Nov 11th: The Good Ole Days; The Problem with Nostalgia

Most people long for stability. Change can threaten well-being, especially when it requires a new set of skills to meet new demands. We may often spend our days longing for days gone by and while in and of itself seems harmless, it may have debilitating consequences on how we actually move forward.

Rev. Laura Thompson and Fran Bohlke

Nov 18th: Celebrating Our Roots; The Fellowship Movement

53 years ago our fine community began as a small fellowship and though many here might not know it, we were actually part of a much larger movement that was sweeping across the country known as the Fellowship Movement. Join us to remember our roots and ponder how our beginnings as a fellowship shape our community today.

Rev. Laura Thompson

Nov 25th: The Voices of Our UU Ancestors

Alice Walker says that "to acknowledge our ancestors means we are aware that we did not make ourselves." The past is the raw material where our future is made. Come explore some of the key historical touchstones of our faith and what our ancestors are calling us to remember.

Andrea Johnson and Carla Ries





NOTES FROM THE CHAIR

Fall is underway, and before October barely had begun, we had our first snowfall....yep, this is par for the course in Minnesota. Our building, which MVUUF calls "home," has had needed work done before this snowfall: Carpets were cleaned, some offices received a needed new coat of paint, and the woodpecker holes on the outside wall by our flags were covered by the Gilliland legacy. Good work.

Also, work is still needed: siding on the back wall of the sanctuary is showing signs of wood rot. Plans are underway.

One of our illustrious members proposed a "Steward of the Month" recognition program, to acknowledge people who see a need, and...well, who just meet the need. A story (names omitted to protect the modest): A stain was seen on the carpet, and was mentioned...and the following week, a member showed up with a carpet cleaner to take care of that stain.

There are so many, many people at MVUUF who do these things, with our time, our energies, and our many varied resources. So very likely, for the first few months, multiple people will be named.

BOARD OF TRUSTEES HIGHLIGHTS

It is October, a busy time before the even-busier November and December holidays. We learned much about our committees this month, and they are shaping up well for the year. Highlights include: The Membership Committee is going strong, with hospitality teams underway. Congregational Care continues its excellent work. Operations is strong and has talented new members overseeing our building and grounds. Religious Education is burgeoning. Technology diligently continues to make hearing, seeing, and being at Sunday services more accessible and enjoyable. Finance continues to be a stalwart in minding our financial health. Archives continues to preserve our Fellowship's legacy, efficiently, and meaningfully. Music and Aesthetics....well, what needs to be said except THANK YOU for your wonderful work in making our building and services meaningful and beautiful. Stewardship has been consulting...stay tuned for updates. We learned Social Action is in need of a chair, but even without, Beloved Conversations continues to thrive, as does other Social Action efforts.

As stated in last month's Uni-Sun, stewardship continues to be a focus of the Board of Trustees. Stewardship and Finance have contracted Bruce Finkelstein and Mark Ewert, of the UUA, to advise us on continued steps. We met Monday, October 15, and we will meet again Wednesday, October 24, to continue our planning. Stay tuned for our "Did You Know" posters.

If you have questions, comments, etc., please feel free to contact me,

Kelley Hughes, Board Chair, 2018-2019 Phone 952-451-6376 Email: uukelley@hotmail.com

Next Board Meeting: Wednesday, November 14 at 7:00PM

All are welcome to attend. If there is a topic you would like to add to the Board agenda,



EXPLORING OUR THEME: MEMORY

Six Questions for Diving Deeper:

1. **What memory has been with you the longest?** What does it want from you so badly that it has held on this long?
2. **How has your memory changed as you've grown older?** Do you think of childhood memories more or less? Is it stories or images you now remember more? Has your confidence about the accuracy of your memory grown or lessened? Or is that no longer a question you worry so much about, as long as the "truth" of those memories remain?
3. **Has memory ever made you smarter?** We think of memory as a warehouse or scrapbook, but for many of us it serves as a teacher and tutor. How has that been true for you?
4. **What memory will die with you if you don't pass it on?** Is this the month you finally make a concrete plan to make sure it lives on the memory of another?
5. **What memory holds your truest self?** For some, it comes from childhood, like that time we were handed a paintbrush and canvas and felt a strange sense of home. For others it is from our adult adventures, maybe that time we bravely walked away. We don't just have personality traits, we hold tight to our defining traits through memory. What memories help you hold on to yourself?
6. **What if the question isn't, "Did it really happen that way?"** But instead, "Why do you want to remember that it happened that way?"

More to explore:

Movies:

Eternal Sunshine of the Spotless Mind
Vertigo

O'Brian
Coco – Family Movie
Big Fish

Books:

Beloved by Toni Morrison

The Things They Carried by Tim

MUSICAL NOTES

SONJA JOHNSTON, MINISTER OF MUSIC

Coming in November will be music by the adult choir, the women's chorale and from our instrumental and vocal soloists. What a joy to have so many accomplished musicians at MVUUF!

Way back in my piano bar days (nights) -1966-mid-80s - I split the week at the Mpls Radisson with another gal for six years. Interestingly, we both eventually became church music directors and both have composed choral music. This Christmas, the choir will perform one of Judy Moen's compositions; she has performed a couple of mine.

As many of you know, I lost my beloved brother Julian and only sibling to cancer October 22. He was musically talented, intelligent, funny and kind. We visited him in hospice in Toledo shortly before he died and, even though frail, weak, and not always conscious, he said to me, "I like your hair".

So, life goes on and we begin preparing for winter and the holiday season beginning with Thanksgiving. May you all have joyful times with your favorite people.



CONGREGATIONAL PROGRAMS

ANDREA JOHNSON

Religious Education Program Updates

October saw the start of regular Religious Education programming. We kicked off our theme-based lessons using the Soul Matters monthly themes for all age groups except the 4th and 5th graders who are following the Harry Potter and UU Social Justice focused curriculum.

In October we discussed the theme of Sanctuary - how our fellowship building is a Sanctuary that holds us and our values, how animals, plants and people (especially immigrants and refugees) need physical sanctuaries for protection and how silence, music or nature can be a sanctuary for reflection and meditation for ourselves. November's theme is Memory and we will be discussing the importance of remembering the people we have lost or who have died, the shoulders we stand on and life's gifts and grace.

Please note that Sunday November 4th will be a multigenerational service of remembrance. We encourage you and your kids to bring a picture of your loved one or an object that represents them to place on the altar during the service. There will also be no RE classes on Sunday November 25th due to the Thanksgiving holiday.

It's not too early to consider signing up to teach Religious Education for term 2 (February - May). We need teachers for all age groups! There are 10 Religious Education Sundays from February - May. You DO NOT need any previous teaching experience. All lesson materials are provided and are easy to follow. Training in January will be provided. Please contact Andrea at programs@mnvalleyuu.org to indicate your interest in teaching!

Sign up for Circle Suppers: To be held on Saturday December 1st.

Are you looking for a way to get to know other members in our church? Circle Suppers are a great way to do so! These intimate gatherings are a recipe for good conversation and good food while enjoying the camaraderie of other MVUUF members.

We meet in each other's homes for dinner on Saturday December 1st and two more times this winter/spring (dates TBD). Hosts provide the setting and the main dish while guests bring a side dish, dessert or appetizer to share. Sign up on the paper sign-up sheet outside the Narthex or email Andrea Johnson at programs@mnvalleyuu.org. Contact Andrea Johnson, Director of Congregational Programming if you have questions.

Guest at Your Table Program - Launch

Guest at Your Table (GAYT) is the Unitarian Universalist Service Committee's (UUSC) annual intergenerational program to raise support for and awareness about key human rights issues. The program is an opportunity to celebrate grassroots partnership, support human rights, and learn about just four of these individuals – the "guests" in Guest at Your Table. This year's theme is **Justice Across Borders**. We are all watching with alarm the horrific human rights abuses experienced by so many from Central America. From violence and extreme poverty at home to prolonged detention and family separation in this



country, the issues facing migrants all along the migration route are devastating. The kids will be learning about this program on Sunday October 28th during the In Gathering service and brochures and collection boxes will be handed out. Please consider giving generously to this cause and talk about the issues as a family during the month of November. The program will wrap up after Thanksgiving on Sunday December 2nd.

We are a Soul Matters Theme-based Congregation.

What is Soul Matters? The Soul Matters Sharing Circle is a network of Unitarian Universalist congregations who follow the same monthly themes, so we can more easily share small group material, as well as worship, sermon, music and children's religious education resources. We are a web of support and connection. Companions traveling a new journey together each month.

This year our monthly themes are:

Vision – September
Sanctuary – October
Memory – November
Mystery – December
Possibility – January
Trust – February
Journey - March
Wholeness - April
Curiosity - May
Beauty – June

The intention of the themed year is to help Unitarian Universalists build a robust spiritual and ethical vocabulary. The themes are not “topics,” but instead points of departure for religious liberals seeking to think, speak and act theologically, prophetically and prayerfully. Loaded terms, right? The themes reclaim religious language, casting old terms in a new key to deepen spiritual grounding and sharpen moral reasoning. We are reclaiming, resurrecting, not just words but the power that infuses words. The theme project is asking if we're sure before we hit “delete,” and asking also who gets to own these words and what they represent.

There is also a Facebook group you can be a part of to get weekly inspiration about the theme and a Spotify music play list.

[Our Facebook Inspiration Page](#): Check out how we connect and inspire participants on a daily basis.
[Our Spotify Lists](#): We offers songs for each month's theme through Spotify.

In October we kicked off 2 Soul Matters Small Groups that meet once a month from October – June on the 4th Wednesday evening (6:30-8:00) and Sunday afternoon (1-2:30) with the purpose of getting to know ourselves and each other by practicing deep listening and open-hearted sharing. Our groups still have openings – please contact Andrea Johnson at programs@mnvalleyuu.org if you'd like to join us in November.

You don't have to be in a small group to take advantage of the monthly Soul Matters Theme packet. Please feel free to pick one up and work with our monthly theme on your own, with your partner or



MEN'S GROUP (ALL GENDERS WELCOME)

Men's Group - Chiropractic

Men's group will meet Thursday November 8 at 6:15. Our speaker will be fellow MVUUF member Tom Bergmann. Tom is a retired faculty member from the **Northwestern Health Sciences University, College of Chiropractic**. His talk will include an overview of chiropractic care, focusing on the past and present aspects of the profession, the role manipulative therapy can play in health, as well as some thoughts on aging and fall prevention. Tom is very open to questions and discussion. If you have any interest in learning something about chiropractic, this presentation is for you. All are invited regardless of gender. If you wish to come for dinner at 6:15 email [John Peloquin at John17780@charter.net](mailto:John17780@charter.net) by Tuesday November 6 with the phrase **For Dinner** (if a spouse or friend will attend with you please indicate that). Dinner will be less than \$10. If you only want to hear the speaker come by 7:00 and email me with the phrase **Speaker Only**. Questions contact John Peloquin John17780@charter.net.

WOMEN'S GROUP

Our next MVUUF Women's Group meeting will be on **Saturday, November 3, 2018** at the Fellowship. Come at 10:15am for coffee and visiting, followed by the program beginning at 10:30am.

November's Women's Group speaker is **Joe Nathan, director of the Center for School Change located in St. Paul**. Joe will share his perspective on the current state of public K-12 education in Minnesota, the good news as well as the concerns. More information about Joe can be found at www.centerforschoolchange.org.

Our monthly meetings are a great way for the women of the fellowship to get better acquainted, learn something new, and enjoy a catered meal and conversation together. If you plan to attend the Nov 3 meeting but are not currently on our Women's Group contact list, please contact Nancy Buckman at nancybmnuu@gmail.com or 952-736-9586 by Wednesday, October 31st.

COMMITTEES

CONGREGATIONAL CARE

The Congregational Care Resource Committee (CCRC) helps connect volunteers in the congregation with people who need services. The CCRC looks for volunteers to help with: Meals, Rides to church/appointments, Child care, Visits (at home/hospital), Light chores (mowing, changing light bulbs, shoveling, etc), Special Equipment (crutches, wheel chairs, etc), Pet Care, and other things you might need.

Contact any one of us. We will do our best to help.

Maria Bavier, Bobby Gish, Ruth Keely, Donna Kopnick, Betty Olson, Leslie Swenson, Angie Talarico, and Maya Walkington





ENDOWMENT

Glenn Corliss, Chair

As the end of the year approaches many of us will start thinking about our 2018 taxes. Maybe you need to “up” your Charitable Contributions? If so, we hope you will consider a contribution to the MVUUF Endowment Fund.

For anyone pondering Estate Planning, there is currently a Legacy Challenge Campaign called Wake Now Our Vision (WNOV). Through it, a gift-matching opportunity is available for the MVUUF Endowment Fund. For more information contact a member of the committee.

The Endowment Committee is happy to report that we have just over \$34,000 as of September. Our first grant has been given for a special training program for new staff and new lay leaders. We look forward to requests from any of our committees for funds for a special program they may wish to offer. There are still limited funds available this church year. Application forms are available electronically and on file with Kate Stomberg in the office.

If you have questions please contact any committee members: Glenn Corliss, Kat Janes, Marv Gish, Holly Bruce and Rolie Hron.

MEMBERSHIP COMMITTEE

KATE STOMBERG

MVUUF is embarking on a journey into hospitality that many UU congregations and fellowships have gone on before us - paving the way and making the steps clear. **Hospitality teams became a tool used as a part of "religious hospitality"** by our former UUA President Peter Morales. From his writings on hospitality:

"There are a thousand ways to practice hospitality. First, we can begin by being open and loving with those we already know, allowing ourselves to be vulnerable and extending ourselves to others. But we can not and must not stop there. If we stop there we draw a circle that keeps others out, a circle that disconnects us. We must go much further. A true religious hospitality reaches out to those we do not yet know. This can be as simple as greeting those seated near you on Sunday morning and working up the courage to talk to a stranger during coffee hour. It means warmly welcoming those who come looking for a religious home. As Unitarian Universalists, we respect each person's search for truth and meaning. And as stewards of hospitality, we can stand ready to look at each other face-to-face, to see the divine in each person." - Peter Morales

It is with this inspiration that the membership committee is **asking each friend and member of the fellowship to become a part of a hospitality team, captained by members of the membership committee**, and others with a heart for service within our fellowship. Each team will be in charge about four Sundays per church year, greeting, ushering, bringing treats, making coffee, setting up, and cleaning up. The captains will handle scheduling and reminding members of their responsibilities. This new path for us will mean no more begging and pleading for help on Sundays, no more Sundays without adequate help, and no more Sundays were the same few are doing the work of love and hospitality for the many.

On December 2, We will host a “Getting to Know UU” class for new and interested members and friends at MVUUF. The class will be following service and a light lunch will be provided, please let me know if you need **child care**, more information to follow.

We are pleased to announce **we are starting to serve only UUSC, Equal Exchange coffee and tea—fair trade, small batch farming**. This is an important step in standing with our UU principles. We will soon be offering it for sale in the Fellowship as well. We will have the coffee and tea available for sale later this month as well! Stay tuned for more information!



SOCIAL ACTION COMMITTEE

Sunday Sharing Charity

VEAP is more than a food pantry!

This November as we give thanks for our food plenty is a great time to think about sharing food with neighbors. And contributing to VEAP (Volunteers Enlisted to Assist People) will do just that. This agency provides food to neighbors in Richfield, Bloomington, parts of South Minneapolis, and Edina. (The food pantry system in the Twin Cities has organized itself into geographic neighborhoods). Every \$1 we contribute allows the agency to buy \$5 worth of food, so our financial contributions go a long way!

The agency's current site used to be a place where food was prepared for the Viking team! Because of that, there is a wonderful kitchen facility which is now used for cooking classes taught by county extension staff. Volunteers make banana bread from the fragrant bananas donated by our local groceries. A group of immigrant women started a small food company here, also.

Much of the bread and produce at VEAP is donated, and often donated near its useful life. So, this food needs to be eaten soon after purchase. And, since those who visit VEAP can only receive food on a regular basis once a month, access to fresh produce can be limited. A new project of the agency is its food truck that visits neighborhoods to distribute its goods while things are still nourishing and edible.

Every year close to Martin Luther King's birthday, congregations join to provide a day of service. This year, again, we will be collecting things for VEAP during the month of December, and first two weeks of January. In the next month's Uni-Sun you can find out just WHAT we will be collecting this year, and when you will have a chance to visit the agency with our contributions!

In the meantime, VEAP is always looking for volunteers to help, perhaps weekly, or by picking up different volunteer shifts based on your schedule. One current need is for drivers who can help pantry visitors get home with a month's worth of food. Contact the agency to find out more!



We will be signing 200 Christmas cards for the Worthy Now Prisoner Program, sponsored by the Church of the Larger Fellowship, on Saturday, November 17 at 10:00 a.m. There will be coffee and snacks available. It should take about one hour. Interested? Contact Fran Bohlke, bryawnte@msn.com



SOCIAL ACTION COMMITTEE

Continued

BELOVED CONVERSATIONS AT MVUUF

Racism is as old as history itself, and as such, needs intentional spaces to reverse its damaging impact. Commissioned by a congregation in need of resources to hold its members in covenant as they learned how race and ethnicity shape their spiritual and social lives, *Beloved Conversations: Meditations on Race and Ethnicity* is now serving more than 140 Unitarian Universalist, Jewish, and Quaker congregations across the United States.

Using a small-group ministry format, the curriculum creates a supportive space for congregants to talk about their own experiences, while identifying places where growth is necessary. As an instrument of faith formation, it offers participants a chance to rediscover the sacred and important presence of compassion, grace, risk-taking, vulnerability, and the healing joy when cross-racial relationships are reconciled. *Source: Beloved Conversations website*
Rev Ashley Horan will start us off with a 1 ½ day retreat. On Sundays at noon, the group will meet for two hours. Transportation home can be provided upon request.
Signup on clipboard or by phone call to the office.

BELOVED CONVERSATIONS FACILITATOR OPPORTUNITY

We are looking for three people to facilitate these sessions. This is a great opportunity to build your spiritual muscles and work as a team. Beloved Conversations provides five 1hour consultation sessions with Rev Horan, and on-line facilitation training and support, as well as opportunities to communicate with others involved in the training. The curriculum is very thorough, with all activities, music, and readings provided.
Contact Rev Laura Thompson if you are interested and/or need more information!

Did you Know?

This is the first year MVUUF has
had paid staff to lead adult
programming?

All of that is possible because of your generous pledges and
the Hanifl Grant.





SUMMER GOLF

2018 MVUUF Summer Golf Summary Another memorable year for MVUUF summer golf. We had some new golfers. Angie Talarico, and Daniel Kroger joined us. Darrell and Kathy's 16 year old grandson, Derrek, came a few times. He outdrove Kathy on every hole and even birdied one. Kathy finally made her goal of one par for the year. Darrell got a small bag and only carries three clubs around. George "fairway" Fairman, Linda "a really good golfer and a very nice person" Rabb, and John "iron man" Peloquin were regulars. Even Mark "hole in one" Clary showed up. From John. A true story. "We were on the eighth hole and George hit the longest, straightest drive of the year. A young man came on the fairway looking for his ball and said "that was some drive your partner hit." John told him "George was the guy that hit that drive and he's 94." A few pair of eye brows certainly raised in that fellows group. We look forward to next year. Please join us. Skill is optional. Submitted. Darrell and Kathy Eager

MVUUF Office Hours

— Minister —

Rev. Laura Thompson
minister@mnvalleyuu.org
(612) 216-4203

Tuesday/ Wednesday/ Thursday
9:00 am — 5:00 pm

*office hours vary due to meetings and appointments throughout the day and evening

— Director of Congregational Programs —

Andrea Johnson
Programs@mnvalleyuu.org
(612) 216-4224

Tuesday / Wednesday / Thursday
10:00am—3:30 pm
Sunday 9:00 am — 1:00 pm

*office hours vary due to meetings and appointments throughout the day and evening

— Communications Manager and Membership Coordinator —

Kate Stomberg
office@mnvalleyuu.org
(952) 884-8956 (Fellowship Phone)
(612) 216-4113 (Direct Line)

Sunday - Thursday
9:30 am — 1:30 pm

— RE & Youth Coordinator —

Sara Sweeney
REY@mnvalleyuu.org
(612) 216-4318
Sunday and Tuesday 9:00 am — 1:00 pm

Please call or email ahead to make sure we don't have another appointment when you come in.

HELLO! I AM

Please wear your name badges on Sunday mornings. If you need either a new one or a replacement, look for the signup sheet in the entrance hall.

In case you don't know or remember, the colored dots indicate where you live. Besides being colorful, they can be conversation starters! Look for someone else who has the same dot as you and talk about how close you live to one another.

Soda at the Fellowship

There is soda in the downstairs refrigerator, next to the coffee pot.

Soda is a suggested donation of \$.50 a can. This is a system that was started years ago by Jerry Gilliland as he knew many young people especially were coming to the fellowship between school and sports or other activities, and wanted it available for people in meetings as well. So, next time you're here and thirsty,



WOMEN'S BOOK GROUP

The Women's Book Group is looking for new readers to join our lively and stimulating monthly discussions. We meet the second Tuesday of each month at 10:AM in the Fellowship hall where we sit around a table and share comments on the book of the month. Our books are chosen each July for the year. This November we are reading *Bohemian Flats* by Minnesota author Mary Ellis, Judyne Hellman will lead the discussion. We invite you to read the book and join us to share your comments and opinions, we make sure everyone is heard.

The rest of the year we plan to read, *To the Lighthouse* by Virginia Wolff, *Born a Crime*, by Trevor Noah, *Maggie: A Girl of the Streets* by Stephen Crane, *Giant of the Senate* by Al Franken and *The Woman Who Smashed Codes*, by Jason Fagon. Call or email questions to Donna Kopnick.

RELIGION, ETHICS, AND IDEAS

Religion Ethics and Ideas will meet on Sunday November 11 at 9:00 AM. **Dale Lewelyn** will lead a discussion on the question - **is world population size and growth something we need to worry about?** There will be some video materials starting at 9:00. All are invited to attend - ask questions – and comment. Questions contact JohnPeloquin John17780@charter.net.

THEATER GROUP

Did you know that MVUUF has a theater group? This is an email list of people interested in hearing about good plays to attend. If you are interested on being on the list please email Jean Danko - sjdanko71@gmail.com to be added. Then if you go to a play that is really good you may want to spread the word to others. Send me an email about it and I'll distribute the info to others. Or you can find others who may be interested going to a play together. This is strictly for an exchange of information, no obligation required. Our latest emails were to let everyone know about *The Importance of Being Earnest* playing the weekends of Oct. 26-28 and Nov. 2-3. Fran Bohlke is playing the part of the governess. If you need details go to plplayers.org. And Glenn Corliss let us know that *The Agitators* at Park Square through October is well worth seeing, plus it has a 1/2 price ticket offer. Details at parksquaretheatre.org.



REGULAR EVENTS

Men's Group

A Preview Men's Group topics 2018 -2019

Men's group meets the second Thursday of each month . All members of the fellowship are invited regardless of gender. A tentative but not complete or final list of topics is shown below:

Financing K thru 12 education in Minnesota

Looking at Organized labor from WWII to the present.

Questions contact John Peloquin

American Mahjongg

If you are interested in playing or learning how to play, we have a small group meeting every other Wednesday in Social Hall at the Fellowship from 1-3 pm. Contact either Bobbie Gish or Nancy Buckman for more information.

Beyond Sunday Morning

Come to some of our small, informal gatherings at the following locations and times if you would like an opportunity to get to enjoy the conversation.

Tuesdays, November 6 and 20 - We are meeting from 1-2:30 at the Richfield Panera (980 W 78th)

Wednesday, November 28, We are meeting from 1-2:30 at the SUBWAY located on Nicollet Ave between Rt 13 and Burnsville Pkwy in Burnsville.

Contact Nancy Buckman at nancybmnuu@gmail.com , 952-736-9586 if you have questions, need a ride and/or if you would like an email reminder.

Yoga

Yoga classes on the mat are on Wednesdays at 5:00 pm and Saturday yoga is at 9:00 am,. Classes are 50 minutes and include gentle stretches and beginning yoga poses. All are welcome. Wear comfortable clothes and bring a mat. Cost is \$3 per class or \$40 for 15 classes. Not sure if this is for you? Call Fran Bohlke, instructor, at 952.445.9131 or email her bryawnte@msn.com.

Meditation

Meditation group meets on Fridays at 3:30 in the Fireside room. We begin with a short reading, then a few minutes of centering music, 25 minutes of silence , then conversation. Not sure if this is for you? Contact Fran

Bohlke bryawnte@msn.com or Richard Duffin rwduffin@comcast.net

Evening Book Group

Fall is in the air and the group is snuggling in for some good cool weather reading. Our reading list follows. If you read one of our selections, we hope you will join us for a lively, informative discussion. Alternating fiction and nonfiction, our upcoming choices are:

On November 15,2018, *Loaded: A Disarming History if the Second Amendment* by Roxanne Dunbar-Ortiz

On December20, 2018, *What Alice Forgot* by Liane Morairty

The Evening Book Group meets on the third Thursday of the month throughout the year in the Fireside Room at 7PM. The only requirement is that you read, or attempt to read, the monthly selection. Feel free to come to any or all of the meetings. We welcome newcomers! Questions? Call Joyce McMartin at 952-942-7143 or email at joyceamcmartin@gmail.com.

Women's Group

Saturday, November 3 at 10:15 am. See article on page 6

Bridge Club

November bridge will be on Saturday, November 17 at 1 p.m.

The bridge group meets the third Saturday of every month from 1-3 p.m. We are always looking for new players! Beginner to expert, all are welcome. If you are interested, please contact Barbara Hanson, 952-937-5905 or bnehanson@comcast.net. Come join the fun!

**BOARD OFFICERS OF THE FELLOWSHIP**

Chair & Board Member	Kelley Hughes	(952) 831-0032 uukelley@hotmail.com
Chair-elect & Board Member	Nancy Buck-man	(952) 736-9586 nancybmnuu@gmail.com
Secretary & Board Member	David Olson	(952) 888-6527 olson199@umn.edu
Treasurer	Dale Lewellyn	(952) 432-9459 treasurer@mnvalleyuu.org

BOARD TRUSTEES

Trustee & Board Member	Max Chester	(952) 388-1186 maxchessler@gmail.com
Trustee & Board Member	Judith Anderson	(952) 941-7047 andersonkj@earthlink.net
Trustee & Board Member	Tom Schoenbauer	(952) 808-7714 tschoenbauer@hotmail.com
Trustee & Board Member	Diane Bick	(952)250-9559 dianeebick@gmail.com

BOARD WORKGROUPS

Zimmer Property	Doug Bruce, Mark Clary, Steve Danko, Eva Mach
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MVUUF STANDING COMMITTEES

Committee	Chair(s)	Phone & Email
Adult Education and Enrichment	Open	Andrea Johnson programs@mnvalleyuu.org
Aesthetics	Karen Olson	(952) 888-6527 luzzcatz@comcast.net
Archives	Beverly Schmidt Kathy Eager	(952) 884-7262 gypsyleap@gmail.com (952) 888.8427 Kathy@darrelleager.com
Congregational Care	Open	office@mnvalleyuu.org 952-884-8956
Committee on Shared Ministry	Tom Ehlinger	(612) 840-8905 tomehlinger@gmail.com
Endowment	Glen Corliss	(952) 835-6832 gcorliss16@aol.com
Finance	Steve Danko	(952) 884-9099 jsg@jsgalleries.com
Kitchen	George Fairman	((612)669-3952 geofairman@gmail.com
Membership	Kate Stomberg	(612) 216-4113 office@mnvalleyuu.org
Music	Betty Olson	(952) 831-3854 bolsonflute@gmail.com
Nominating	Robyn Schoenbauer	(952) 808-7714 robyn.schoenbauer@gmail.com
Operations	Mark Clary	(952) 830-1971 mlfe@aol.com
Personnel	Tom Traub	(952) 435-5855 Tomtraub@charter.net
Religious Education	Open	Andrea Johnson programs@mnvalleyuu.org
Social Action	Open	office@mnvalleyuu.org 952-884-8956
Stewardship	Jeanne Simpson	(612) 239-1240 jems.ellen@gmail.com
Technology	Richard Duffin	(707) 696-6406 rwduffin@comcast.net

MVUUF
Office Phone Number
(952) 884-8956

Minister
Laura Thompson
minister@mnvalleyuu.org
(612) 216-4203

Tuesday/Wednesday/Thursday
9:00am-5:00pm

Director of Congregational Programs
Andrea Johnson, programs@mnvalleyuu.org
(612) 216-4224
Tuesday/Wednesday/Thursday 10am-3:30 pm
Sunday 9:00-am-1:00 pm

Minister of Music
Sonja Johnston, music@mnvalleyuu.org

RE and Youth Coordinator
Sara Sweeney
612-216-4318, REY@mnvalleyuu.org
Sunday and Tuesday 9:00-1:00 pm

Communications Manager and Membership Coordinator
Kate Stomberg office@mnvalleyuu.org
(612) 216-4113
Sunday-Thursday 9:30-1:30 pm

Custodian & Operations
Mark Clary, cust@mnvalleyuu.org

Internet
Home Page: www.mnvalleyuu.org
Facebook: www.facebook.com/mnvalleyuu

Uni-Sun Item Submission Information

The submission deadline date for the
UNI-SUN is the 20th of each month.

Submit articles to the Newsletter Editor
via email to newsletter@mnvalleyuu.org

MVUUF CALENDAR ~ NOVEMBER 2018

The screenshot displays the MVUUF Google Calendar for November 2018. The calendar is viewed in a monthly grid format. Key events include:

- November 1st (Sun):** 9am Choir, 10:30am Sunday Services, 1pm Soul Matters.
- November 2nd (Mon):** 9am Yoga, 10:15am Women's Group, 1pm Itchy Fingers Salon.
- November 3rd (Tue):** 9am Yoga, 10:15am Women's Group, 1pm Itchy Fingers Salon.
- November 4th (Wed):** 9am Women's Spirituality Group, 11am Stewardship meeting, 5pm Yoga, 6:30pm Choir.
- November 5th (Thu):** 9am Women's Spirituality Group, 10:30am Women's Book Club, 6:15pm Men's Group.
- November 6th (Fri):** 9am Women's Spirituality Group, 10:15am Blue Highways, 3:30pm Meditation Group, 7pm Friday Night Poker.
- November 7th (Sat):** 9am Yoga, 10:30am Women's Chorale, 1pm Itchy Fingers Salon.
- November 8th (Sun):** 9am Choir, 10:30am Sunday Services.
- November 9th (Mon):** 12:30pm Mental Health Minn.
- November 10th (Tue):** 12pm Beyond Sunday Mornir.
- November 11th (Wed):** 1pm Mah Jongg, 5pm Yoga, 6:30pm Choir.
- November 12th (Thu):** 9am Women's Spirituality Group, 7pm Evening Book Club.
- November 13th (Fri):** 9am Women's Spirituality Group, 10:15am Blue Highways, 3:30pm Meditation Group.
- November 14th (Sat):** 9am Yoga, 10:30am Women's Chorale, 1pm Itchy Fingers Salon.
- November 15th (Sun):** 9am Choir, 10:30am Sunday Services.
- November 16th (Mon):** 12pm Beyond Sunday Mornir.
- November 17th (Tue):** 1pm Mah Jongg, 5pm Yoga, 6:30pm Choir.
- November 18th (Wed):** 9am Women's Spirituality Group, 10:15am Blue Highways, 3:30pm Meditation Group.
- November 19th (Thu):** 9am Women's Spirituality Group, 10:15am Blue Highways, 3:30pm Meditation Group.
- November 20th (Fri):** 9am Yoga, 10:30am Women's Chorale, 1pm Itchy Fingers Salon.
- November 21st (Sat):** 9am Yoga, 10:30am Women's Chorale, 1pm Itchy Fingers Salon.
- November 22nd (Sun):** 9am Choir, 10:30am Sunday Services, 1pm Soul Matters.
- November 23rd (Mon):** 12pm Beyond Sunday Mornir.
- November 24th (Tue):** 1pm Mah Jongg, 5pm Yoga, 6:30pm Choir.
- November 25th (Wed):** 9am Women's Spirituality Group, 10:15am Blue Highways, 3:30pm Meditation Group.
- November 26th (Thu):** 9am Women's Spirituality Group, 10:15am Blue Highways, 3:30pm Meditation Group.
- November 27th (Fri):** 9am Yoga, 10:30am Women's Chorale, 1pm Itchy Fingers Salon.
- November 28th (Sat):** 9am Yoga, 10:30am Women's Chorale, 1pm Itchy Fingers Salon.
- November 29th (Sun):** 9am Choir, 10:30am Sunday Services, 1pm Soul Matters.
- November 30th (Mon):** 12pm Beyond Sunday Mornir.
- November 31st (Tue):** 1pm Mah Jongg, 5pm Yoga, 6:30pm Choir.

To View the MVUUF Calendar online, go to:

<https://calendar.google.com/calendar/r/month/2018/11/1?tab=mc>

MVUUF 10715 Zenith Avenue South
Bloomington, Minnesota 55431
We are a Welcoming Congregation

More information on Uni-Sun articles and MVUUF in general can be found at the MVUUF Fellowship website www.mnvalleyuu.org.
Click on Calendar at the top of the home page and use the arrow to go to the month you want.