

It is fitting that our homecoming theme for September is “Expectation”. We have had a lot of staff changes and are headed into some new programming. In this regard, our expectations are optimistic and hopeful. I’d like to tell you about two new changes this year that I am excited about, in hopes that you find them exciting too.

Starting in October, we will begin new service programming on “First Sundays”. We will be offering two distinctly different services on first Sundays that will run concurrent to one another. You and your family, upon arrival, will have a choice to go to a service featuring an outside speaker or going to a service that is focused on more embodied participation. Music will be at both services. Opening words, chalice lightings, joys and sorrows and an offering will also be a part of both services. The services featuring a speaker will likely be upstairs and the embodied service in the social hall, where we have more room to move. We have a great line-up of speakers so far that include a funny former priest, local social justice organizations, a Native American storyteller and a talk about compassionate choices for dying. These varied options are meant to meet the different spiritual needs of our friends and members and provide space for everyone to go a little deeper into things that matter most to them.

September’s Monthly Theme:

Expectation



We also are rolling out some great adult programming this year. Andrea will be leading an adult version of our “Coming of Age” in the winter and spring, giving our grown-ups pause to reflect on life’s biggest questions. She will also be leading a Racial Justice and Our UU Faith short course in November and April. If its UU History you are looking for, she and I will both be teaching that throughout the year with Early Roots in the fall, the Radical Reformation in the winter and American U+U in the spring. Looking for something a little more personal and introspective... we also have Soul Matter’s Small groups continuing with at least 3 different meeting time offerings. In addition, I am leading a book study/practice group using the book *The Body is Not an Apology* by Sonja Renee Taylor which will meet once a month from October through May. I will also be offering a Couple’s Retreat Weekend in February. So, we have lots of new offerings for everyone.

Of course, the underlying expectation of all of this is that we have more ways to deepen and nourish our faith. We continue to do our best to make MVUUF a place where you can grow intellectually and spiritually, where you can connect to both people and to issues that matter to you. Working, celebrating, grieving, resisting, progressing, laughing, playing and diving deep together, we create a space where all of our grandest expectations can be nurtured into being.

See you Sunday,
Rev. Laura





SEPTEMBER SUNDAY SERVICES 10:30 AM

Sept. 1st: Blessing of the Animals: We are celebrating our favorite furry, feathered and finned friends with music, readings, sharing and a blessing for the animals. We invite you to bring your well-behaved animal friends; please be sure that they are on a leash or in a carrier. You may also bring a collar, picture or toy to represent them. All ages are welcome and encouraged.

Sept. 8th: Making Waves; Water Communion: Bring water from home or a favorite place and we will pool them all together reflecting on the ways that we make waves in the world. Service leaders; Revs. Laura & Andrea and, RE & Youth Coordinator Sara Sweeney. Music by Zenith Avenue, Women's Chorale, Lark Lewis, Nicole Collins and YOU!

Sept. 15th: Expectations; A Climate in Crisis: "If not you, then who? If not now, then when?", sixteen-year-old climate activist Greta Thunberg asks. We UU's know that all that exists is part of an interdependent web. What we do matters. We must show up for each other now. Rev. Laura Thompson and Linda Hayen with music by Lark Lewis, Nicole Collins and Mark Lofgren and the MVUUF Choir

9.20.2019



Unitarian Universalists
joining the
Global Climate Strike

9.20.2019

Sept. 22nd: Someone is Learning How to Be a Person of Faith by Watching You: As adults, we play a part in the faith development of our children. We play that role as parents and caregivers, as volunteers and teachers, *we play that role with or without any official connection to the Religious Education program or particular children of this congregation.* Our children absorb and learn from their environment, experiences, and the behavior and attitudes of the adults around them. Service Leaders; Revs. Andrea and Laura with guest Speaker, Kimberly Sweeney. Music by Lark Lewis, and the Women's Chorale.

Sept. 29th: Give Me a Break! As we work for a better future and do our best day in and day out, there are going to be times when we run out of gas. How do we keep ourselves fueled to take on everything that life keeps on giving? Service leaders Rev. Laura, Fran Bohlke and Carol Jernberg. Music by Lark Lewis, Nicole Collins and the Women's Chorale.

Next Board Meeting: Wednesday, September 11 at 7:00PM

All are welcome to attend. If there is a topic you would like to add to the Board agenda, please contact Nancy Buckman, Board Chair 2019-2020, at nancybmnuu@gmail.com



NOTES FROM THE CHAIR

NANCY BUCKMAN

At our board retreat in August the theme was **“Building - a noun and a verb”**. Using the imagery of a building, we affirmed our foundation: our Mission, Vision, the UU 7 Principles and our Core Values. The Board of Trustees and Staff are outer supporting walls and within is the congregation and our activities. Maybe the imagery is a stretch but **“building a community and building a future”** is what we are doing and we need all of us to do it.

Rev Laura filled us in on what is going to be an exciting new year filled with innovative scheduling and a variety of new activities. It will be different in many ways from “how we have always done it” but we and culture in general are not the same as we have always known it. We are going to be pleasantly surprised.

Your concerns and reactions are important to us. Please share them with us on the board. Our email addresses and phone numbers are listed in each newsletter. Also, feel free to seek us out on Sunday mornings.

Nancy Buckman

Nancybmnuu@gmail.com

952-736-9586



Photo : Dale Lewellyn of the MVUUF gardens

SEPTEMBER SUNDAY SHARING PARTNER

September Shared Plate Partner: MN350

MN350 unites Minnesotans as part of a global movement to end the pollution damaging our climate, speed the transition to clean energy, and create a just and healthy future for all.

Their vision statement;

We seek to transition from an extractive economy based on fossil fuels and consumption to a sustainable, life-affirming economy with energy from the wind and sun. We insist leaders act boldly to expedite that transition. We work to guarantee that benefits flow first to marginalized communities that are historically excluded from economic gain. We seek to build sustainable energy, transportation and food systems that protect our health and the health of our communities.



About Sunday Sharing:

Our offering plate is shared **50/50** each week with our Sunday Sharing Partner, (minus pledge checks). If you prefer for 100% of your gift to go to the Sunday Sharing Partner, Write “Charity Only” on your check or put cash in an envelope provided on the table in the lobby. If you prefer for your gift to go 100% to the Fellowship, write “MVUUF Only” on the check or put cash in an envelope with that written on it. Please contact the office or treasurer with any questions. Thanks!



MUSICAL NOTES

NICOLE COLLINS

Hello! My name is Nicole Collins and I'm thrilled to be serving you as your new music director! I have been a singer/performer since childhood, with my first experience being in a church, so I've come full circle. Along the way, my journey includes many different choirs, recording and performing with large arena rock bands, performances for the fringe fest, musical theater teacher and private voice instructor. Singing with other voices is my favorite. I grew up an only child raised by a single mother who taught me how to be a strong woman, and my grandparents who were mystics and followers of noetic science with a deep spiritual practice that inspired me. My dream has been to continue my spiritual practice alongside my music, and I have found that here at MVUUF!

We're underway with rehearsals, but it's not too late to join one of the choirs if you've been considering. Please reach out to me to answer any questions you have. Our upcoming repertoire is diverse, uplifting, and compelling. Plus, our new accompanist, Lark Lewis, is fantastic and ready to accompany our talented singers and instrumentalists. This is such an exciting time at the church and I look forward to getting to know you all.

In the spirit of music and community, I thank you.

Nicole Collins
Music@MNValleyuu.org

612-296-1622



WELCOME LARK LEWIS

Lark has been playing piano for over 33 years, and was a music major at Kenyon College in Ohio, where she played piano and flute and sang with the Kenyon Chamber Singers, in addition to accompanying various musical groups. She went on to obtain both a law degree and a master's degree in acupuncture, but has always maintained her love for making music. She's picked up a little ukulele in recent years, and has just started learning the cello, too. Her passions, other than music, include holistic health and nutrition and social and racial justice. She's also a huge animal lover. Prior to accepting the pianist position with MVUUF, Lark was a member at First Universalist Church of Minneapolis. She is thrilled to be the new pianist/accompanist for MVUUF, and looks forward to making music with each of you!

Pronouns : she/her/hers or they/them

Lark can be reached at piano@mnvalleyuu.org





CONGREGATIONAL PROGRAMS

REV. ANDREA JOHNSON

In a recent sermon I gave, I suggested that Faith Development is all we do, Unitarian Universalism is the faith we teach and the congregation is the curriculum. This idea comes from Religious Educator and Consultant, Connie Goodbread and her words remind us that faith development is not just for children. It is a thread woven through all our activities here at MVUUF. Goodbread encourages us to think about what we as a congregation are teaching and learning here - with our explicit curriculum (e.g., religious education lessons, sermon content, our 7 principles and our mission) and with our implicit curriculum (how and when children and youth are involved in worship, expectations of membership and giving, the governance structure of this fellowship and how conflict is resolved). Are we building the spiritual muscles we want to strengthen? In many ways I'd say yes - kids, youth and adults have rich opportunities for faith development both during worship, in the classroom and the work we do in the community. **AND** I do think it is legitimate to ask ourselves if there are things we are doing out of habit or because they've always been done that way - and are these helpful or harmful.

One of the new structures we have put in place to examine our faith development practices, both implicit and explicit, is a program called Courageous Faith Revolution. It is a 2-year intensive learning community that brings congregational shared ministry teams of religious professionals and lay leaders together to focus on creating contextually relevant plans for the future of faith formation while disrupting the Sunday school paradigm. This program is run by longtime Religious Educator and Consultant, Kimberly Sweeney, and I am excited to announce that she will be here to work with our congregation the weekend of September 20th (see details on page 8 of the newsletter).

So this coming year - we will be trying some new things both in our worship offerings and in our religious education programming. Every month there will be at least one multi-generational service where we are all together in the Sanctuary and we are also introducing First Sundays - where there will be two worship service options available - you and your family will get to choose your own spiritual adventure and you can even split up! Age-separated Religious Education classes will meet two times per month. See Laura's letter on page one for more information about worship. If you haven't yet registered for Religious Education classes, please do so **now** using the form on our website. <https://mnvalleyuu.org/ourcommunity/children-and-youth/>

Sara Sweeney and I have been hard at work this summer sprucing up the classrooms, getting the curriculum ready and preparing the teachers. We are so looking forward to greeting everyone in September as we kick off the new church year!

In faith,
Rev. Andrea



Photo : Dale Lewellyn of the MVUUF gardens

**WHAT'S UP WITH YOUTH**

Sara Sweeney

A letter from your Religious Education & Youth Coordinator:

I'm so excited to be starting another year at MVUUF as part of the religious education team-- and I'm even more excited that this year involves both the OWL and Coming of Age curricula. Our Whole Lives (OWL), the lifespan comprehensive sexual education program, offers impressive interactive workshops based around self-worth, sexual health, responsibility, and justice and inclusion. With this material, participants embark

on a journey of affective and emotional learning (a journey we are *all on, don't you think?*). To give you a taste of the material here's an abbreviated excerpt from a handout in the OWL facilitator training:

"How to Be More Understanding and Welcoming of Transgender People:

1. Respect a person's identity and self-label...
2. Say the words: Bisexual, Gay, Lesbian, and Transgender.
3. Do not use '-ed' at the end of 'transgender.'
4. Use the word "children" instead of 'boys and girls,' 'people' instead of 'women and men.'
5. Experiment: Spend a day or week avoiding using pronouns when referring to someone important in your life."

OWL is a trademark element to Unitarian Universalist congregations and I'm thrilled our team of facilitators this year is as strong and involved as possible.

Coming of Age, the high-school curriculum we chose for this year, will provide an opportunity for participants to form bonds with a chosen mentor, take part in high-level intellectual workshops, and to determine their own involvement in religion. Cooler, still, in my opinion, is that there will be a concurrent adult Coming of Age program (no-- the irony is not lost on me. I'm 25 and I'm definitely still coming of age). Needless to say, between the Coming of Age programs, and anticipated bond between facilitators/presenters/speakers and OWL participants, and the slew of family events in the upcoming year, we've taken "multi-gen" to heart!

More Congregational Programs information on the next page!



Making Waves: Water Communion

Join us for our annual homecoming service. The focus this year is "Making Waves". In preparation for this service think about the ways that you "make waves". What energy to you put out into the world that keeps things moving? Bring water from home or from a favorite place to represent the ways that you move toward love, peace and justice.

September 8th 10:30am



CONGREGATIONAL PROGRAMS

CONTINUED

The Nuts and Bolts of Religious Education for 2019-20.

Classes

We are offering the following age-separated Religious Education classes this year: If you haven't yet registered for Religious Education classes, please do so **now** using the form on our website. <https://mnvalleyuu.org/ourcommunity/children-and-youth/>

- **Nursery care** - offered for babies 6 months old - 3 years old.
- **PreK (4-year olds) - 1st Grade**. These children learn that church is a fun place full of friends of all ages through playful lessons based on our monthly themes. They become familiar with our space and the rhythm of our Sunday mornings together through sharing stories, arts and crafts, circle time and free play.
- **2nd-3rd Grade** - These children learn about Unitarian Universalist values, history and the sources of our faith through lessons based on our monthly themes.
- **4th-6th Grade** - These children learn about Unitarian Universalist values, history and the sources of our faith through lessons based on our monthly themes.
- **7th-9th Grade - Our Whole Lives (OWL) Sexuality Education Program**. This class helps our youth make informed and responsible decisions about their sexual health and behavior. Grounded in a holistic view of sexuality, Our Whole Lives not only provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. **Please note this class meets from 10am - noon.**
- **High School - Coming of Age Program**. These youth experience a year of community-building, deeper exploration of Unitarian Universalism, and a review of how their life experiences have shaped their identities. Participants meet for five 2-hour workshops and individually with ministers and trained mentors who support them in discovering and articulating the religious and spiritual ideals, practices and aspirations that define them today; concluding with a ceremony in which youth share their personal creeds as their passage into spiritual adulthood is recognized and celebrated.

Calendar

Religious Education classes will be held 2 times per month on the following days:

September 15, 29

October 13, 27

November 10, 17

December 8

January 12, 26

February 9, 23

March 8, 29

April 19, 26

May 10, 17

Family Events

Event	Date
Celebrating Family Faith Formation	Friday September 20 – 5:30-8:30pm
Halloween Party – 3:00-4:30pm	Sunday October 27
UUSC Spaghetti Lunch – 11:30-12:30	Sunday November 17 th
MLK Day of Service	Sunday January 19 th
Family Nights (dinner and activities from 5-7pm)	Sundays: January 26 th , March 29 th
RE Family and Teacher Appreciation Brunch	Sunday May 17 th



CONGREGATIONAL PROGRAMS

CONTINUED

Courageous Faith Revolution weekend with Consultant Kimberly Sweeney: September 20th -22nd!



Courageous Faith Revolution is a 2-year (we are beginning year 2) intensive learning community that brings congregational shared ministry teams of religious professionals and lay leaders together to focus on creating contextually relevant plans for the future of faith formation while disrupting the Sunday school paradigm. Participants from this congregation include: Rev. Laura, Rev. Andrea, Nicole Paul, Sara Sweeney, and Carla Reis. This program is run by longtime Religious Educator and Consultant, Kimberly Sweeney who will be with us the weekend of September 20-22nd. Kim Sweeney is a credentialed Religious Educator and independent consultant who worked for seven years as the Lead for Faith Formation and Safe Congregations on the Unitarian Universalist Association's New England Regional staff team. She is the author of *The Death of Sunday School* and *The Future of Faith Formation*. She is a sought-after presenter and workshop leader, and has led programs coast-to-coast!

The events we have planned are as follows:

Friday September 20th from 5:30-8:30: Celebrating Family Faith Formation.

Everyone (children, youth, adults, elders and families) are invited to come for dinner and attend an interactive workshop with Kim Sweeney as we explore the death of Sunday School and the future of faith formation. This workshop is for everyone! Kids and youth will be included in part of the workshop and then there will be supervised activities provided. Please join us for this innovative and exciting event!

Sunday September 22nd

Kim will be our guest preacher on Sunday September 22nd and will then hold a workshop from noon-2pm for key lay leaders and staff on the developing our plans for the future of faith formation here at MVUUF! An invitation for this event will be sent separately.



Adult Faith Formation Opportunities for 2019-20

Revs. Laura and Andrea have planned some exciting programming for this coming year as follows. Please note that dates are subject to change:

Program	Description	Date
Racial Justice and our UU Faith	This is a 2-session interactive and reflective workshop exploring a framework and tools for understanding race, racism, and whiteness and the spiritual imperative that drives our racial justice work.	Facilitated by Rev. Andrea Johnson Offered twice a year on Sunday November 3rd, and November 10th from noon - 2pm And Tuesday April 7th and 14th from 6:30-8:30.
Adult Coming of Age	This is a 4-session series designed for adults of all ages to explore their spiritual journey and religious identity. You will reflect on how you got to now, engage with texts as they relate to your spiritual life, and craft a statement about who you are as a person of faith.	Facilitated by Rev. Andrea Johnson Offered Sundays noon-2pm on: January 26th, February 2nd, February 23rd and March 1st.
Getting to know UU	This is a one-session 3-hour class that offers a general introduction to our congregation and Unitarian Universalism.	Facilitated by Rev. Laura Thompson Offered twice a year in January and May.
The Body is Not an Apology	This is 7-month long book study which invites us to break up with shame, to deepen our literacy, and to liberate our practice of celebrating every body and never apologizing for this body that is mine and takes care of me so well.	Facilitated by Rev. Laura Thompson and Offered on the 2nd Sunday of the month noon-1:30 from October - April.



CONGREGATIONAL PROGRAMS

CONTINUED

UU History in 3 parts	UU History is a 3-session introduction to concepts and people from our history. This class approaches history from the starting point of compelling stories and personalities. We will explore the questions those people faced, and make connections with our own lives and the world around us today. The overarching question is: how can history be translated into our religious life and practice? In addition to learning about history, we hope you will learn about yourselves.	Facilitated by Revs. Andrea Johnson and Laura Thompson Wednesday Evenings 6:30-8:30: October 30th, January 8th , May 4th.
Committed Couples Retreat	This two-session retreat is designed to support all couples who are committed to one another and to promote healthy and productive conversations about relationships. The retreat will cover issues like finances, spirituality, the impact of family of origin issues, parenting, intimacy, and conflict. There will be work done in small groups and as couples. Each couple creates a relationship vision together which serves as a foundation for the work that happens during class.	Facilitated by Rev. Laura Thompson Offered Saturday February 15th 9am - 3:30 and Wednesday evening February 19th from 6:30-9pm.
Soul Matters Small Groups	SOUL MATTERS are groups of 5-8 committed participants who come together once a month, from October – May, with a trained facilitator to nurture spiritual growth in community and engage more deeply with our monthly themes through deep listening and open-hearted sharing.	Groups meet at the following times: 4th Sunday afternoon (from noon-1:30) 4th Wednesday night (from 6:30-8:00) 4th Monday morning (10:00am - 11:30)



The fellowship also offers the following groups to be engaged with:

Group	When it meets	Contact Person
Men's Group	2nd Thursdays @ 6:15	John Peloquin
Women's Group	1st Saturdays @ 10:30	Delores Roeder
Afternoon Discussion Group	3rd Thursdays @ 1:30	Carmen Herzog
Beyond Sunday Morning	1st and 3rd Tuesdays @ 1:00 Richfield Panera	Nancy Buckman
Ethics and Ideas	2nd Sundays @ 9:00	John Peloquin
Yoga	Saturdays @ 9:00 Wednesdays @ 5:00	Fran Bohlke
Meditation	Wednesdays @ 4:00	Fran Bohlke

Adult Faith Formation Spotlight - Soul Matters Small Groups are Starting In September!

SOUL MATTERS are groups of 5-8 committed participants who come together once a month, from October – May, with a trained facilitator to nurture spiritual growth in community and engage more deeply with our monthly themes through deep listening and open-hearted sharing.

Soul Matters:

- Build circles of trust by speaking our own truth, listening receptively to the truth of others and asking each other honest, open questions instead of giving counsel. We offer each other the healing and empowering gifts of silence and laughter rather than “fixing, saving or setting each other straight.”
- Invite us, through spiritual exercises and questions focused on daily living, to engage the world not as an obstacle course to get through, but as a host of holy voices calling us to greater loving and living.

The Nuts and Bolts:

At the beginning of each month, participants will receive a packet of materials based upon the month's worship theme. From these materials, each participant chooses one spiritual exercise and one deep question to sit with for the course of a month. At the end of the month, participants will gather with their small group to share their experiences of the spiritual exercise, of contemplating their question, and to reflect on the theme.

Groups meet at the following times:

- The 4th Sunday of the month from noon-1:30 pm
 - The 4th Monday of the month from 10:00 am - 11:30 am
- The 4th Wednesday of the month from 6:30-8:00 pm

To sign up - please enter your name and email address on the following google form. https://docs.google.com/spreadsheets/d/IR5ybKcLKH4ZLTKI592DjvoRUVpLg_PJa6gwUYgma84/edit?usp=sharing

For more information, contact Rev. Andrea Johnson, Minister of Congregational Programs, at programs@mnvalleyuu.org.

**SOCIAL ACTION COMMITTEE**

Rev. Laura Thompson



The Social Action Committee meets once a month to discuss and develop ways for the Fellowship to engage in the issues that matter to us most. This year, we are hoping to give extra attention to issues related to immigration and climate change. We work closely with the ministers to develop programs and projects that we can all engage in. Committee members often choose to work on and engage MVUUF in projects that are meaningful for them and use our meetings for check-ins and garnering support. This year's Social Action Committee members include; Linda Hayen, KJ Hummer, Lorna Prell, Karen Wills, Glenn & Nan Corliss, Myra Basar, Heidi Voss, Tom & Barbara Greenspon and Rev. Laura. Contact Rev. Laura if you would like to join us. Our next meeting will be Sunday September 15th at 11:45 in the new Conference Room.

Stay tuned for information on how you can strike with us!

9.20.2019

**Unitarian Universalists
joining the
Global Climate Strike**

9.20.2019



EDOWMENT

Kat Janes



Photo : Dale Lewellyn of the MVUUF gardens

With the end of summer the Endowment Committee is ready to get to work. Our purpose is to provide you the opportunity to make charitable gifts to MVUUF that will become part of a permanent endowment of financial support and a living memorial. The fund is intended to be used for purposes that are not part of MVUUF's established programs funded through the operating budget and regular gifts of its members.

If you will be doing estate planning this year we hope you will consider the endowment fund. Or, if you have a special project for consideration that is outside of a regular committee operation contact us through your committee chair.

If you have questions please contact any committee members: Kat Janes, Rolie Hron, Holy Bruce, David Hobart and Bob Boucher.

MEMBERSHIP COMMITTEE

Kate Stomberg

We are excited to announce the Membership Committee will be lead this church year by Dale Lewellyn and Diane Bick. Kate is still the Membership Coordinator for the Fellowship, and will be handling the day to day operations of membership, but the committee itself and the goals and vision will be headed by these two wonderful leaders.

This Summer, the Membership Committee helped throw a wonderful event for the neighborhood on National Night Out. Hot dogs and ice cream, face painting, and community building. It was a great night and we hope to be able to do this again in the years to come.



We continue to sell coffee & decaf coffee (\$9 for 12 oz bag), a variety of teas (\$6 for 20 bags), and hot cocoa (\$8 for a 12 oz tin) along with mini chocolate bars in milk and dark chocolate (3 for \$1) in the entryway of the fellowship after service. Special orders are always welcome! You can also find a variety of literature about fair trade, small batch farming and it's impact on the communities UUSC and Equal Exchange work with, stop by and check it out!





EV EXPO—OUTSIDE EVENT

EV EXPO (electric vehicle) on Saturday September 15, 2018, 10AM to 1 PM at Oak Grove Presbyterian 2200 W. Old Shakopee Rd. in Bloomington

The event is co-sponsored by the American Lung Association. See how electric vehicles are dramatically changing transportation, talk to owners, and test drive several of the latest electrics and plug in hybrids all in one place.



Dealers will be bringing the latest models including: Tesla Model 3, Nissan Leaf, Chevy Bolt, Chevy Volt, Ford C-Max Energi, Ford Fusion Energi, Mitsubishi Outlander PHEV, Chrysler Pacifica PHEV, Audi etron, Fiat 500e, Mini PHEV. And there will be many EV and plug in hybrid owners showing their cars and telling about their driving experiences.

Short educational presentations will be held from 10-11 AM with test drives/owners talk from 11AM to 1 PM. “Smart” EV chargers, electric bikes, electric mowers, electric snow blowers and other electric tools will also be on display. A mechanic will be on site to test your Nissan or Prius batteries. The church youth will be providing free car washes (donations accepted).

Event is free and open to the public. Share this with your friends and neighbors. For more information, contact the Oak Grove Presbyterian church office at 952-888-4561

VOLUNTEER OPPORTUNITY—Methodist Hospital Hospice



Methodist Hospital

Methodist Hospital Hospice will be providing training sessions in the fall for new volunteers. Our volunteers give respite care to caregivers who are caring for terminally ill loved ones in their own homes. Or visit terminally ill patients to provide comfort and support.

In addition to respite volunteers, we are looking for veterans who would like to visit our patients who are also veterans. We receive frequent requests for veteran volunteers and we would like to be able to accommodate those requests.

Commitment is a maximum of four hours per week, can be less, and training is four sessions. If interested, please call Libby Swanson at 952-993-9381 or email at Elizabeth.swanson@parknicollet.com



THIS OLD EARTH

Ed Prell



It is no fun at all to learn about our worsening environment on This Old Earth. This month I was delighted to find a promising ray of sunlight peeking out from those dark clouds.

It looks like the eating habits of the world are beginning to change, and our environment will be a big winner. Here's how.

Because people (especially we Americans, only about 10% of whom are vegetarians) eat a lot of meat and dairy, intensive animal farming is a huge undertaking, and it's really clobbering our planet. Its livestock grazing fields take up 80% of the total farm acreage; its operations consume enormous amounts of water, fuel and fertilizer. Animal farming is the single largest source of methane, a greenhouse gas 25 times as potent as carbon dioxide.

People for the Ethical Treatment of Animals (PETA) issued this summary finding on these impacts: <https://www.peta.org/issues/animals-used-for-food/global-warming/>

What if we could tempt people with dishes that taste as good as the animal products, but made from plants? That would seem like a tall order, especially to those of us who have tried to eat veggie burgers in the past.

Start-up companies Impossible Foods and Beyond Meat are making major breakthroughs this year with vegetable-based burgers, sausages, and cheeses that have all but the pickiest food tasters fooled. They have made it to the menus of hundreds of high-end restaurants and chains like Burger King and Little Caesar. Their nutritional measures are comparable and in some ways healthier. Compared to beef burgers, they contain no cholesterol, less total fat, and more calories. On the flip side, they contain slightly less protein and more sodium and saturated fat. On the menus, they are 30%-50% more expensive. Food scientists are actively improving the quality, taste, and cost of this new class of foods.

Here is a link to details on these two start-ups: <https://www.cnet.com/news/beyond-meat-vs-impossible-burger-whats-the-difference/>

Despite the cost penalty, these start-ups are running full-tilt and expanding production as fast as possible. A "meat substitute" sector is forming, poised for explosive growth. Impossible Foods founder Patrick Brown's goal is to eliminate the need for animals from the meat supply by 2035. Wouldn't that be wonderful? For our health, our fellow creatures, and our planet. Bon Appetit!
Ed Prell

MVUUF Potluck Picnic!

September 8, Following Sunday Service

Moir Park, large picnic shelter

Help us celebrate the new church year and new staff. Bring a dish to share and a game to play! MVUUF will provide hot dogs, veggie burgers, and paper products.



CLASSES & GROUPS

ITCHY FINGERS SALON

Becky McPeek

The "Itchy Fingers Salon" returns in September



The Itchy Fingers Salon will be open again this season. We will be around all the Saturday's in September, October, November, January, and February. We gather in the lobby area of MVUUF on Saturday afternoon's from 1:00-2:30 pm. Participants do a variety of handwork. In the past, folks have painted, sketched, knitted, crocheted, and one person made woven business card holders.

Last season the Itchy Fingers Salon Collective produced 35 warm and wooly hats and 3 pair of mittens for adults and elementary school age children, all donated to Hats for the Homeless organization. <http://hats4thehomeless.blogspot.com>

This summer I was given a large stash of beautiful yarn that I am happy to share with anyone interested in making hats. I have a pattern that works up quickly especially if you use double strands or bulky yarn.

You are invited to come hang out with us. This includes those who like to draw, sketch, and color with paints, pencils, charcoal, pens, and crayons. Bring your own projects. Teaching and guidance is provided as needed.

Stop over when you can. It is a chance to relax, do handwork and visit.

Submitted by "Itchy Fingers Salon" hostess, Becky McPeek, racreates@yahoo.com, text to 612-201-3442





AMERICAN MAH JONGG



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.

BRIDGE GROUP

September bridge will be on Saturday, September 14 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!



BEYOND SUNDAY MORNING - "BUILDING COMMUNITY"

Come to any / all of our upcoming small, informal gatherings at the following locations and times. These are opportunities to visit with and get to know others better and have some interesting conversations. **No need to RSVP.** Just come if you can and invite any others who might be interested. **All are welcome!**

September 3 and 17 and October 1 and 15, Tuesdays, 1-2:30 pm: at Richfield Panera (980 W. 78th, Richfield)



RELIGION ETHICS AND IDEAS

Jon Peloquin

Religion, Ethics and Ideas will meet on Sunday Sept 8 at 9:00 AM in the Fireside Room. We will talk about **potential topics for the coming year** and time permitting we will **pick a topic to discuss**. All members of the congregation are invited to attend.

Thanks

John Peloquin



EVENING BOOK GROUP

Joyce McMartin

The regular church year is beginning and The Evening Book Group has a new list of books to go with it. We hope you find the selections interesting to read and then will join us for a lively and informative discussion. Alternating fiction and nonfiction (mostly), our upcoming books are:

On September 19, 2019, ***Why Nations Fail: The Origins of Power, Prosperity, and Poverty*** by Daron Acemoglu and James Robinson

On October 17, 2019, ***The Overstory*** by Richard Powers

On November 21, 2019, ***The Pioneers: the Heroic Story of the Settlers Who Brought the American Ideal West*** by David McCullough

On December 19, 2019, ***City of Girls*** by Elizabeth Gilbert

On January 16, 2020, ***Midnight in Chernobyl: The Untold Story of the World's Greatest Nuclear Disaster*** by Adam Higginbotham

On February 20, 2020, ***The Cartel*** by Don Winslow

On March 19, 2020, ***The Almost Nearly Perfect People: Behind the Myth of the Scandinavian Utopia*** by Michael Booth



On April 16, 2020, ***Why We Sleep: Unlocking the Power of Sleep and Dreams*** by Matthew Walker

The Evening Book Group meets on the third Thursday of the month throughout the year in the Fireside Room at 7 PM. 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.

AFTERNOON DISCUSSION GROUP

The Discussion group will meet Thursday at 1:00 on September 19. The topic is Can we get along; healing the incivility in our country. We will meet in the fireside room. Find an article or reading on your viewpoint and share this at our meeting.

Contact Carmen Herzog or Jan Wolff with questions.



Photo: Dale Lewellyn of the MVUUF Gardens

MEDITATION



Group meditation will resume on Wednesday, September 4 at 4:00 pm. Note that we've changed the day. All are welcome. We generally begin with a short check-in, then a reading, followed by 25 minutes of silent meditation. Questions? Contact Fran Bohlke bryawnte@msn.com

**BOARD OFFICERS OF THE FELLOWSHIP**

Chair & Board Member	Nancy Buckman	(952) 736-9586 nancybmnuu@gmail.com
Chair-elect & Board Member	Doug Bruce	(952) 897-0970 dbrucejr@comcast.net
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 Walkington	(612) 859-7939 tawalking@gmail.com
Trustee & Board Member	Kelley Hughes	(952) 831-0032 uukelley@hotmail.com

BOARD WORKGROUPS

Zimmer Property	Doug Bruce, Mark Clary, Steve Danko, Eva Mach
-----------------	---

MVUUF STANDING COMMITTEES

Committee	Chair(s)	Phone & Email
Adult Education and Enrichment	Rev. Andrea Johnson	Rev. Andrea Johnson programs@mnvalleyuu.org
Aesthetics	Karen Olson	(952) 888-6527 luzvcatz@comcast.net
Archives	Beverly Schmidt Kathy Eager	(952) 884-7262 gypsyleap@gmail.com (952) 888.8427 Kathy@darrelleager.com
Congregational Care	Maria Bavier	Care@mnvalleyuu.org mbavier@gmail.com (763) 228-9985
Committee on Shared Ministry	Eve Bergmann	(612) 597-7915 ebermann11@aol.com
Endowment	Kat Janes	(952) 221-0975 krjanes@gmail.com
Finance	Steve Danko	(952) 884-9099 sdankojr@gmail.com
Membership	Dale Lewellyn Diane Bick	(952) 432-4259 dalelewellyn@gmail.com (952) 250-2559 dianeebick@gmail.com
Music	Janet Stevens	(952) 888-6577 jastevens1972@gmail.com
Nominating	Open	office@mnvalleyuu.org
Operations	Mark Clary	(952) 830-1971 mlfe@aol.com
Personnel	Tom Traub	(952) 435-5855 Tomtraub@charter.net
Religious Education	Rev. Andrea Johnson	Rev. Andrea Johnson programs@mnvalleyuu.org
Social Action	Rev. Laura Thompson	(612) 216-4203 minister@mnvalleyuu.org
Stewardship	Kelley Hughes	(952) 831-0032 uukelley@hotmail.com
Technology	Richard Duffin	(707) 696-6406 rwduffin@comcast.net

MVUUF
Office Phone Number
(952) 884-8956

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

Minister of Congregational Programs
Rev. Andrea Johnson,
programs@mnvalleyuu.org
(612) 216-4224

Music Director
Nicole Collins, **music@mnvalleyuu.org**

RE and Youth Coordinator
Sara Sweeney, **REY@mnvalleyuu.org**

Communications Manager and Membership Coordinator
Kate Stomberg, **office@mnvalleyuu.org**
(612) 216-4113

Accompanist
Lark Lewis, **piano@mnvalleyuu.org**

Custodian & Operations
Mark Clary, **cust@mnvalleyuu.org**

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



September 2019

<div> Create </div> <div> September 2019 <div> S M T W T F S <div> 1 2 3 4 5 6 7 </div> 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 </div> </div> <div> Meet with... <div> Search for people </div> </div> <div> My calendars <div> <input type="checkbox"/> Kate Stomberg <input checked="" type="checkbox"/> Minnesota Valley Unitarian... <input type="checkbox"/> MVUUF Scheduling (intern... <input type="checkbox"/> Reminders <input type="checkbox"/> Tasks </div> </div> <div> Other calendars <div> <input checked="" type="checkbox"/> Holidays in United States </div> </div>	SUN Sep 1 <ul style="list-style-type: none"> 10:30am Sunday Services 9:15pm Mixed Choir 	MON 2 <div>Labor Day</div>	TUE 3 <ul style="list-style-type: none"> 1pm Beyond Sunday Mornir 	WED 4 <ul style="list-style-type: none"> 5pm Yoga on the mat 5:30pm C.O.S.M. meeting 6:30pm Mixed Choir 	THU 5 <ul style="list-style-type: none"> 5pm Beyond Sunday Mornir 	FRI 6 <ul style="list-style-type: none"> 10:15am Blue Highways 7pm Friday Night Poker 	SAT 7 <ul style="list-style-type: none"> 9am Yoga on the mat 1pm Itchy Fingers Salon
	8 <ul style="list-style-type: none"> 9am Religion Ethics and Ide 10am Endowment Committi 10:30am Sunday Services 9:15pm Mixed Choir 	9 <ul style="list-style-type: none"> 10am Women's Book Group 7pm Finance Committee Me 	10 <ul style="list-style-type: none"> 1pm Mah Jongg 5pm Yoga on the mat 6:30pm Mixed Choir 7pm Board of Trustees Mee 	11 <ul style="list-style-type: none"> 6:15pm Men's Group 	12 <ul style="list-style-type: none"> 10:15am Blue Highways 7pm Friday Night Poker 	13 <ul style="list-style-type: none"> 9am Yoga on the mat 1pm Itchy Fingers Salon 10:30pm Women's Chorale 	14 <ul style="list-style-type: none"> 9am Yoga on the mat 1pm Itchy Fingers Salon 10:30pm Women's Chorale
	15 <ul style="list-style-type: none"> 10:30am Sunday Services 11:30am Kid's Choir 11:45am Social Action Com 	16 <ul style="list-style-type: none"> 1pm Beyond Sunday Mornir 	17 <ul style="list-style-type: none"> 5pm Yoga on the mat 6:30pm Mixed Choir 	18 <ul style="list-style-type: none"> Women's Spirituality Group 1pm Afternoon Discussion (7pm Evening Book Club 	19 <ul style="list-style-type: none"> 10:15am Blue Highways 	20 <ul style="list-style-type: none"> 9am Yoga on the mat 1pm Bridge Club 1pm Itchy Fingers Salon 	21 <ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Chorale 11:30am Music Committee 1pm Itchy Fingers Salon
	22 <ul style="list-style-type: none"> 10:30am Sunday Services 11:30am Kid's Choir 9:15pm Mixed Choir 	23 <ul style="list-style-type: none"> 1pm Mah Jongg 5pm Yoga on the mat 6:30pm Soul Matters Small 6:30pm Mixed Choir 	24 <ul style="list-style-type: none"> Women's Spirituality Group 	25 <ul style="list-style-type: none"> 10:15am Blue Highways 	26 <ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Chorale 11:30am Music Committee 1pm Itchy Fingers Salon 	27 <ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Group 1pm Itchy Fingers Salon 	28 <ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Group 1pm Itchy Fingers Salon
	29 <ul style="list-style-type: none"> 10:30am Sunday Services 11:30am Kid's Choir 9:15pm Mixed Choir 	30 <ul style="list-style-type: none"> 1pm Beyond Sunday Mornir 	Oct 1 <ul style="list-style-type: none"> 5pm Yoga on the mat 5:30pm C.O.S.M. meeting 6:30pm Mixed Choir 	2 <ul style="list-style-type: none"> Women's Spirituality Group 5pm Beyond Sunday Mornir 	3 <ul style="list-style-type: none"> 10:15am Blue Highways 	4 <ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Group 1pm Itchy Fingers Salon 	5 <ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Group 1pm Itchy Fingers Salon

To View the MVUUF Calendar online, go to:

<http://mnvalleyuu.org/calendar/>