

What Does It Mean To Be A People of Attention?

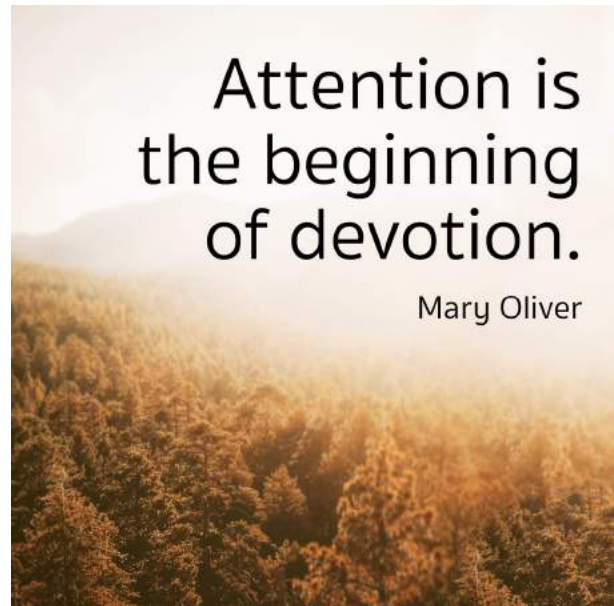
In an age of information, paying attention can seem overwhelming. We have sound bites and news swarming in from all directions. Most of the news we take in is challenging, even heart-breaking or anger-provoking. And then there are the challenges and sorrows of our own lives that demand our attention often leaving us with little energy for anything else. Paying attention leaves us open to all of life's pain. But that is only one side of it.

November is a good time for us to turn our hearts and minds to the theme of attention and think about the things we sometimes forget to turn our awareness to. The season of autumn brings a slow-down to life around. It is a reminder for us to all do the same and in doing so we are able to turn our attention to things we may have overlooked before. Paying attention also brings all of life's beauty to us.

In this season, we take time to stop and notice the changing colors of life and light around us. It is a time to remember the things that matter most; gratitude, family, community. It is a time to slow down and savor the tastes of the season; the warmth that we associate with them warms our spirits as well as our bodies. It is a time to snuggle under blankets with loved ones or furry friends and take the time to gaze at flickering flames in the fireplace or the pattern of rain on the window.

Mary Oliver writes, "Attention is the beginning of devotion." It's a beautiful way of saying you cannot love something that you do not really see. We are a people who seek justice and peace because we see the suffering in this world. We are a people who seek comfort and peace because we see the beauty in this world. Let us do our best to pay attention to what the world is offering us and let us respond as best we can with love as our guide.

See you Sunday,
Rev. Laura





NOVEMBER SUNDAY SERVICES 10:30 AM

Nov. 3rd: **First Sunday Choice Service:**

- **Upstairs: Who's Really in Charge?:** Unitarian Universalists take pride in having agency over our lives. *We decide what schools we'll attend, who we'll marry, where we'll live, how we'll make a living. Yet, when it comes to our end of life matters, we often hand over control to others – the government, the medical establishment, family members who may not fully understand or appreciate what we desire. What leads to that inconsistency? How can we both live and die being fully in charge? Guest Speaker, Rev. Harlan Limpert and Rev. Andrea Johnson. Music provided by Steve Koehler, Lark Lewis and MVUUF Choir*
- **Downstairs: Tis' the Ancestor's Breath: Day of Remembrance:** Sweet Honey and the Rock sing, "Tis' the ancestors' breath when the fire's voice is heard. Tis' the ancestor's breath in the voice of the waters" *Join us for this service of song and ritual as lift up the voices of those who have died whose voices live on in us. You are encouraged to bring photos, mementos or items of beauty to decorate our altar. Rev. Laura Thompson is leading the service with music from MVUUF Choir members, Missy Krouth and Heidi Voss.*

Nov. 10th: Lean on Me; Finding Home: They say that home is where the heart is, but what if your heart is struggling to find a safe place of belonging? This is often the case for youth and adults facing homelessness. The barriers to finding and creating a space that feels like home can be overwhelming for any one person to try to overcome. Join Rev. Laura Thompson, Maria Bavier and folks from OASIS for Youth as we explore the ways we lean on one another for support in finding and creating space to call home. Music from the Kids Choir and MVUUF Choir.

Nov. 17th: The Heart of Masculinity: Exploring Gender Constructs: While the various waves of feminism and the women's movement have redefined and allowed female identified people more freedom in their gender expression, masculine identified people still remain boxed in and stifled in socially accepted gender expressions. How does this affect male identified people? How does it affect us all? How do power and freedom play a role in socially accepted gender expression? Tom Ehlinger and Rev. Laura Thompson. Music from the Women's Chorale and Tom Ehlinger.

Nov. 24th: Cornbread, Cider and Gratitude Communion: Communion – *noun: the sharing or exchanging of intimate thoughts and feelings, especially when the exchange is on a mental or spiritual level. We come together to celebrate with song, ritual and sharing our gratitude for the gift of this life. With Revs. Laura Thompson and Andrea Johnson*



NOTES FROM THE CHAIR

NANCY BUCKMAN

November - The month we reflect on things to be "thankful for". Here at MVUUF we can be thankful for our families, for each other, for our energetic and innovative staff and for our beautiful building. Obviously, there is so much more I could list.

I for one am thankful for all of the above and that I found this place so many years ago. Let's work together to do what is necessary to keep MVUUF strong so that others may find this place too. In the pages within this newsletter you will read about what is needed. Please help where and when you can.

Thank you,
Nancy Buckman

Nancybmnuu@gmail.com

952-736-9586



Next Board Meeting: Wednesday, November 13 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

NOVEMBER SUNDAY SHARING PARTNER

Our sharing partner for November is Oasis for Youth.

Oasis for Youth opens doors to housing, employment, education and wellness for youth facing homelessness in the suburbs. Oasis is celebrating 9 years of providing tools for stability and opportunities to thrive through individualized case management, onsite supportive services and connections to housing and community resources.



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

November, to me, is the beginning of the quiet months, which means it's time to make even more joyful noise at church! We're taking new chances, singing hymns we're not familiar with, getting out of the hymnals with projected lyrics, and doing more call and response. The vibrations are high!!

November will have more special music, featuring Steve Koehler on violin, dueting with Lark and Tom Ehlinger on guitar.. We'll be diving deeper into the teal hymnal singing a Sweet Honey and the Rocks song, "Breaths," both upstairs and downstairs for Choice Sunday. We're also bringing back some favorite beloved songs, "We Will," and "You Are The New Day." The end of the month, the chorale will be debuting a powerful acapella anthem, a song that became famous at the Women's' March in D.C.

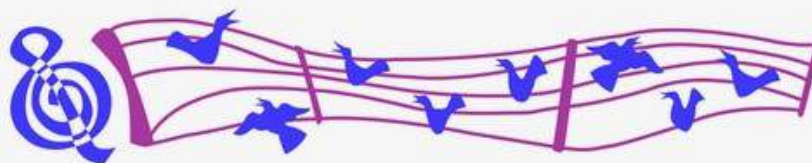


Music Sunday is on December 15th! Start thinking about what you'd like to play or sing. Lark will be available on Saturday mornings for rehearsals. Please let her know sooner than later your ideas and get in some rehearsal time. Piano@Mnvalleyuu.org and Music@Mnvalleyuu.org, We won't have the luxury of as much flexibility with rehearsal time as the past, so start making your plans now. I am really looking forward to my first Music Sunday as Music Director here! Let's end the year on a high note!

In gratitude and community of song,
Nicole Collins
Music Director

Music@MNValleyuu.org

612-296-1622



Save the date:

Saturday, November 23rd

Family Supper and Sing Along

Hosted by the Music Committee

Watch for more info in Friday emails and posters



FIRST SUNDAYS GUEST SPEAKER AND FORUM

First Sundays Guest Speaker and Forum: Compassion and Choices

Our First Sundays upstairs 10:30 service will feature guest speaker Rev. Harlan Limpert speaking about end-of-life choices. Following the services (upstairs and Day of Remembrance, downstairs), Compassion and Choices will be holding a forum in the sanctuary.



“Endings Matter”

For human beings, life is meaningful because it is a story. And in stories, endings matter.

- Atul Gawande

Although most of us would like to die at home surrounded by loved ones, most of us will die slowly from a chronic disease, half of us will lose the capacity to speak for ourselves and more than two-thirds of us will die in an institution. The mission of Compassion & Choices is to improve care and expand choice at the end of life, and to empower everyone to chart their own end-of-life journey.

In this presentation, Dr. Rebecca Thoman will describe current end-of-life options in medical care and tools to help ensure you have the death experience that you want. She will also summarize the Minnesota End-of-Life Options Act, a bill modeled after Oregon’s Death with Dignity law. Rev. Harlan Limpert will address what gives life meaning and how to start conversations with loved ones.



Rebecca Thoman, M.D. manages the campaign to authorize aid in dying for Compassion & Choices in Minnesota. She has worked in health and public health policy for more than 20 years advocating for such issues as gun violence prevention, tobacco control and health care access. She trained in Family Medicine and the University of Minnesota, is a registered lobbyist and was a candidate for the Minnesota House of Representatives in 2000.

Rev. Harlan Limpert is a Unitarian Universalist minister, a former chaplain and served as chief operating officer of the Unitarian Universalist Association. He co-founded Interfaith Clergy for End of Life Options, an interfaith group of clergy supporting expanded options at the end of life. He supports the mission of Compassion & Choices and often addresses the religious and ethical aspects of medical aid in dying.





CONGREGATIONAL PROGRAMS

Our theme this month is Attention and I am excited to dive in and look at the many ways our UU faith directs our attention to things like: this present moment, our inner spiritual life, needs beyond our own and the beauty and abundance around us as we celebrate Thanksgiving.

Whole church worship is one of the things that we are attending to this year as we try out worshipping with our kids more often. “Why are we doing this again - you ask?” Because back in September when our Faith Development consultant, Kim Sweeney, was here - she explained the importance of kids feeling connected to the adults in our community and vice versa. When we come to church and separate by age we pay a cost. We pull kids out of multigenerational worship where they might witness other children serving as chalice lighters, and learn that people of all ages can touch the sacred and lead worship. They might hear the minister incorporate a baby’s gurgling noises into the message of their sermon and learn that joy is part of a robust communal spiritual life. They might lay their head on a parent’s arm as the congregation sings “we believe in love” and lay down that experience in their memory for life. Not to mention the impact of age separated programming on adults. Part of the work of church is knitting us back together making us whole – reminding us that there is room for everyone – where the light in each heart is recognized, valued and protected and that we are not alone on this journey.

To help make multigenerational worship work well, religious educator CB Beal has written a helpful set of seven rules that I invite you to **attend** to, the next time you are sitting next to a child in worship:

1. If you find that you are sitting in front of a child and blocking their view, lean to the side.
2. Grab a crayon or two on your way in. If the children seated behind you are rustling papers, share your crayons.
3. If a baby cries, the universe is sending you a message. Don’t miss it. If you are lucky enough to be sitting very nearby, thank the baby and the grownup who brought them for that gift.
4. If the teenagers are whispering and you can’t hear them, cup your hand around your ear and lean in. Teenagers talk about cool and interesting things. If you still can’t make out what they’re saying, be sure to connect with them after the service during coffee hour.
5. When a child sitting nearby is very squirmy, practice emanating unconditional love. Sacred opportunities to live out your values of acceptance and compassion often arrive disguised as bad timing. Don’t fall for it.
6. When a child is running around giving everyone high-fives during the time of greeting your neighbor, make sure to give them an extra fun high-five, and then high-five the next several adults that you see.
7. When the three-year-old insists on standing on the front pew turned backwards looking at the rest of the people, don’t miss the opportunity to meditate on their face. Let it remind you of who you once were, and that every person in this sanctuary who is not small once was that young. Even you.

Let these rules remind you that this is our calling: to create spaces where unbridled curiosity and authenticity, wild joy, the longing for human connection, and the values of justice, inclusion and love live together in harmony.

In faith,

Rev. Andrea





CONGREGATIONAL PROGRAMS

CONTINUED

NEW! Religious Education Bulletin Board



Check out the new Religious Education bulletin board which is down stairs in the Social Hall. The calendar shows the dates for Religious Education (RE) Sundays, Multigenerational Sundays and other events that are happening at the Fellowship. Also attached are the monthly Soulful Home packets (these contain theme-based activities to do with your kids) as well as the monthly RE lessons - for those parents who want to see what the kids covered in class! Please direct visitors to the board for other helpful information about our RE Program here at MVUUF!

Religious Education Sundays are November 10th and 17th.

Religious Education classes meet on November 10th and 17th this month. On November 10th, we'll talk about turning our attention to the Now - the practice of mindfulness. The youngest children will slow down and learn to study a raisin, the older children will learn a pebble meditation. The children will start in the Sanctuary and then head to their classrooms. On November 17th, the kids will be paying attention to the needs of others - the practice of helping as we learn about the Unitarian Universalist Service Committee's Guest at Your Table program. After learning about the program, the kids will help set up the social hall for the Spaghetti Luncheon. The kids will start in the Social Hall for an In Gathering chapel service with Andrea and Sara before we all dive in.

REMINDER OWL EXTENDED SESSION on Nov 17th 10:00am - 3:00pm.

A friendly reminder that OWL has an extended session on November 17th from Noon - 3:00pm. They will join the congregation for the UUSC Spaghetti Luncheon at 11:30 that day.





SOCIAL ACTION COMMITTEE

Rev. Laura Thompson



The Social Action Committee is pleased to announce that we have submitted all required elements to renew our Welcoming Congregations (LGBTQ) status! We look forward to receiving word of our renewal from the UUA soon.

Next meeting: tba

VEAP

LORNA PRELL

MVUUF will once again participate in a "Donate & Do" at the VEAP building. The "Donate" will be held during the month of December as well as the first half of January during which time we will accept donations of toilet paper and baby diapers.

The "Do" will be held during the MLK weekend on January 19th.

Please let Lorna Prell or Polly Sonifer know if you wish to sign up for the "Do" and we hope everyone will donate in any amount that you can manage.



EDOWMENT

How Can I Help MVUUF's Endowment Fund?

There are many ways to benefit MVUUF's endowment fund. The easiest way is to make a cash donation. This has an immediate impact on the Fund and increases the amount of dollars that will be available next year for Fellowship.

Other ways include naming the Fund as a beneficiary in your will. It can also be named as a beneficiary of a retirement plan or life insurance policy. Lastly, the UUA has Charitable Gift Annuities that will pay you an income for life with the remainder going to the fund. In addition, you will receive an immediate tax deduction and for a cash donation as well. If you questions, please do not hesitate to contact a member of the Endowment committee. They are Kat Janes, Rolie Hron, Holly Bruce, Bob Boucher and David Hobart.

MEMBERSHIP COMMITTEE

Membership is working closely with Kate and Carol Jernberg on updating our website— making sure everything is current and accurate, and as user friendly as possible. If you are a committee chair or leading a group here at MVUUF, don't be surprised if you get a call from Carol or Kate for further information about your group to put on the website.

We are still in need of more people on hospitality teams! Please sign up on a clipboard or email the office at office@mnvalleyuu.org to be assigned to a team. The hospitality teams do the essential jobs each Sunday morning of greeting, ushering, and hosting each and every person in the building.



Mark Your Calendar for these Events and Classes in November

Saturday, Nov. 2nd	Sunday, Nov. 3rd
<p style="text-align: center;">Women's Group</p> <p>at the Fellowship. We will gather at 10:15 for beverages and conversation with the program beginning at 10:30. The speakers will be Carol Schauback and Julie Enroth speaking on Memories of Axel and Carmen on Magic Island. At age 15, in 1964, Carol and Julie were fascinated with the children's show Axel and His Dog, starring Clellan Card as Axel and Mary Davies as Carmen the Nurse. Julie and Carol turned their star-struck dreams into a Fan Club for Axel and Carmen at WCCO TV.</p>	<p style="text-align: center;">Sunday Forum: "Endings Matter" Compassion and Choices</p> <p>Dr. Rebecca Thoman will describe current end-of-life options in medical care and tools to help ensure you have the death experience that you want. Noon; Sanctuary</p>
Sunday, Nov. 3rd	Sunday, Nov. 10 th
<p style="text-align: center;">Racial Justice and our UU Faith, pt 1.</p> <p>This interactive and reflective workshop provides a framework and tools for understanding race, racism, and whiteness and the spiritual imperative of connecting our actions, words and values to create healing through racial justice work. Led by Rev. Andrea Johnson Conference Room 12:15-2. Lunch provided</p>	<p style="text-align: center;">Racial Justice and our UU Faith, pt 2.</p> <p>This interactive and reflective workshop provides a framework and tools for understanding race, racism, and whiteness and the spiritual imperative of connecting our actions, words and values to create healing through racial justice work. Led by Rev. Andrea Johnson Conference Room 12:15-2. Lunch provided</p>
Thursday, Nov. 14 th	Sunday, November 17th
<p>Men's group will meet November 14 at 6:30 at the Fellowship. Our speaker will be Kevin Featherly longtime friend and past member of the fellowship. Kevin a career Journalist, currently the capitol staff writer for Minnesota Lawyer will speak on current challenges in the world of Journalism.</p>	<p style="text-align: center;">UUSC Spaghetti Luncheon</p> <p>Come to our annual Spaghetti Luncheon to support the Unitarian Universalist Service Committee (UUSC) Luncheon. This year's theme, Women Leaders, Strong Communities, is intended to highlight women leaders whose experience and imagination embolden communities and inspire lasting change. Suggested donation: Adults \$10, Kids \$5 and \$20 per family. Social Hall following the service.</p>
Saturday, November 23rd	Every Friday at Noon
<p style="text-align: center;">Sing-a-long Fundraiser and Chili Dinner</p> <p>All are invited to energetic sing-a-long fundraiser for our music ministries. Our brilliant new music staff are in need of funds to update our music files. Bring your love of music and community! 5pm - Chili dinner in social hall; free 6:30 - Sing-a-long in sanctuary; free will offering, generosity is encouraged!</p>	<p style="text-align: center;">Neighbors Together in Solidarity</p> <p><u>Solidarity gathering every Friday from 12-1:15 at Dar al Farooq in Bloomington.</u> Show your solidarity be welcoming and greeting our Muslim neighbors as they gather for weekly prayers. Dress for weather, bring LOVE signs.</p>



CLASSES AND GROUPS

MEN'S GROUP (ALL GENDERS WELCOME)

Men's group will meet Thursday November 14 at 6:30 at the Fellowship. Our speaker will be **Kevin Featherly** longtime friend and past member of the fellowship. Kevin a career Journalist, currently the capitol staff writer for **Minnesota Lawyer** will speak on current challenges in the world of Journalism. All welcome regardless of gender. If you wish to come for dinner at 6:15, email John Peloquin John17780@charter.net by Tuesday Nov 12 with the phrase **For Dinner**; Dinner \$10 or less. 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

The MVUUF Women's Group will meet on Saturday, November 2 at the Fellowship. We will gather at 10:15 for beverages and conversation with the program beginning at 10:30. The speakers will be Carol Schauback and Julie Enroth speaking on **Memories of Axel and Carmen on Magic Island**. At age 15, in 1964, Carol and Julie were fascinated with the children's show **Axel and His Dog**, starring Clellan Card as Axel and Mary Davies as Carmen the Nurse. Julie and Carol turned their star-struck dreams into a Fan Club for Axel and Carmen at WCCO TV. Join them as they reminisce about their adventures t the TV station.

Attendees are encouraged to stay for lunch. A catered lunch is provided for \$7.00 per person or you can bring your own lunch. All women are encouraged to attend and visitors are very welcome. If you would like to attend and are not on the current Women's Group Contact List, please inform Nancy Buckman that you will attend by October 30 at nancybmnuu@gmail.com or at 952-736-9586. Our meetings are a great way to get better acquainted with others.

We Need You!

Here are two great opportunities for you to be engaged part of the MVUUF community:

Hospitality Teams: do you have a friendly smile, an ability to pass a microphone or basket or a killer banana bread recipe? Join a hospitality team! This is an excellent opportunity for new members/friends and for families! Teams rotate serving every 6 weeks. Sign-up on the communication board in the lobby or contact [Kate](#).

Elder Friends: We have several beloved members at Friendship Village (senior living) who need rides and companionship to MVUUF services and events. If you would like to help, please sign-up on the clipboard on the communication board or contact [Laura](#).



ITCHY FINGERS SALON

Becky McPeck



The Itchy Fingers Salon is open! We will be around each Saturday through 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. You are invited to come hang out with us. Stop over when you can. It is a chance to relax, do handwork and visit. Becky McPeck, racreates@yahoo.com, text to 612-201-3442



GENTLE YOGA

Fran Bohlke



Gentle Yoga is held at MVUUF on Wednesdays at 5:00 pm and Saturdays at 9:00 am. The classes are 50 minutes , including poses and stretches designed to maintain and increase strength, flexibility, and balance. Attendees are encouraged to wear comfortable clothes and to bring a mat. Blocks and straps are provided. The cost is \$3 per class or \$40 for 15 classes. Instructor is Fran Bohlke who can be reached at bryawnte@msn.com or text 612-401-4653. **There are no classes on November 6, 9, and 23.**

WOMEN'S BOOK GROUP

Marilyn Burt

The Women's Book Club meets the 2nd Tuesday of each month at the Fellowship, 10 am. We will meet in the Conference Room each month. Books to be read and discussed for the upcoming 2019 – 2020 season are:

November 12, 2019	The News of the World by Paulette Giles
December 10, 2019	Animal Farm by George Orwell
January 14, 2020	The Great Alone by Kristin Hannah
February 11, 2020	The Lido by Libby Page
March 10, 2020	Stars Over Clear Lake by Loretta Ellsworth
April 14, 2020	Commonwealth by Ann Patchett
May 12, 2020	The Girl with Seven Names by Hyeonseo Lee
June 9, 2020	Meeting to Select the reading list for the 2020 – 2021 church year



We always have lively and interesting discussions. If you think some of these books sound interesting and you would like to come, please do so.



CLASSES AND GROUPS

CONTINUED

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

November bridge will be on Saturday, November 16 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 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!**

First and third Tuesdays each month, 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 November 10 at 9:00 AM in the Fireside Room. Our questions will be **should College education be free and should student loan debts be forgiven?** Potential questions raised – is this fair to people who do not go to college - should they be entitled to a grant of a roughly equivalent value? What about people who recently paid their student loans - should they be reimbursed? Should there be income limits on free college? How would free college be financed? Would it make student less likely to focus on studies that result in marketable skills? Would it encourage students who are not academically prepared only mildly interested to attend college? How many years should college be paid for? Should room and board be free at colleges? All are invited and welcome to attend Questions contact John Peloquin.



EVENING BOOK GROUP

Joyce McMartin

The leaves are turning colors and falling off the trees. Time to move inside and grab a good book. We hope you consider reading one of our group's selections, and then join us for a lively and informative discussion. Alternating fiction and nonfiction (mostly), our upcoming books are:

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

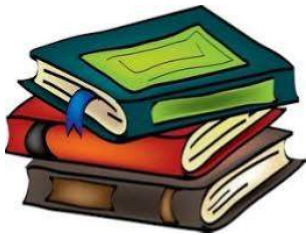
On December 19, 2019, *City of Girls* by Elizabeth Gilbert

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

Carmen Herzog

The discussion group will meet Thursday, November 21 at 1:00 in the fireside room at the Fellowship. It is open to all. Topic of discussion will be books, movies, plays and other cultural event you have enjoyed. Contact Carmen Herzog or Jan Wolff with questions.



Photo : Dale Lewellyn of the MVUUF gardens

MEDITATION



Group meditation continues each Wednesday at 4:00 pm. 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			BOARD TRUSTEES		
Chair & Board Member	Nancy Buckman	(952) 736-9586 nancybmnuu@gmail.com	Trustee & Board Member	Max Chessler	(952) 388-1186 maxchessler@gmail.com
Chair-elect & Board Member	Doug Bruce	(952) 897-0970 dbrucejr@comcast.net	Trustee & Board Member	Judith Anderson	(952) 941-7047 andersonkj@earthlink.net
Secretary & Board Member	David Olson	(952) 888-6527 olson199@umn.edu	Trustee & Board Member	Tom Walkington	(612) 859-7939 tawalking@gmail.com
Treasurer	Dale Lewellyn	(952) 432-9459 treasurer@mnvalleyuu.org	Trustee & Board Member	Kelley Hughes	(952) 831-0032 uukelley@hotmail.com

BOARD WORKGROUPS	
Hanifl 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 luvzcatz@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 ebergmann11@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

10351 Zenith Ave South
Bloomington , MN 55431

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, **music0@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**
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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**



November 2019

SUN 27	MON 28	TUE 29	WED 30	THU 31	FRI Nov 1	SAT 2
<ul style="list-style-type: none"> 9:30am Mixed Choir 10am OWL Class 10am OWL- Meditation Space <p>4 more</p>			<ul style="list-style-type: none"> 10am MVUUF Staff Meeting 1pm Nicole Collins Voice Lessons 4pm Group Meditation <p>3 more</p>	<ul style="list-style-type: none"> Women's Spirituality Group Halloween 	<ul style="list-style-type: none"> 12pm Neighbors Together in Solidi 	<ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Group 1pm Itchy Fingers Salon
<p>Daylight Saving Time ends</p> <ul style="list-style-type: none"> 9:15am Mixed Choir 9:45am Endowment Committee <p>5 more</p>		<ul style="list-style-type: none"> 1pm Beyond Sunday Morning 	<ul style="list-style-type: none"> 10am MVUUF Staff Meeting 1pm Nicole Collins Voice Lessons 1pm Mah Jongg <p>5 more</p>	<ul style="list-style-type: none"> Women's Spirituality Group 7pm Transforming and Becoming: 	<ul style="list-style-type: none"> 10:15am Blue Highways 12pm Neighbors Together in Solidi 7pm Friday Night Poker 	<ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Choral 1pm Itchy Fingers Salon
<ul style="list-style-type: none"> 9am Religion Ethics and Ideas 9:15am Mixed Choir 10am OWL Class <p>5 more</p>	<p>Veterans Day</p>	<ul style="list-style-type: none"> 10am Women's Book Group 7pm Finance Committee Meeting 	<ul style="list-style-type: none"> 10am MVUUF Staff Meeting 1pm Nicole Collins Voice Lessons 4pm Group Meditation <p>4 more</p>	<ul style="list-style-type: none"> Women's Spirituality Group 6:15pm Men's Group 	<ul style="list-style-type: none"> 12pm Neighbors Together in Solidi 	<ul style="list-style-type: none"> 9am Yoga on the mat 1pm Bridge Club 1pm Itchy Fingers Salon
<ul style="list-style-type: none"> 9:15am Mixed Choir 10am OWL Class 10:30am Sunday Services <p>3 more</p>		<ul style="list-style-type: none"> 1pm Beyond Sunday Morning 	<ul style="list-style-type: none"> 10am MVUUF Staff Meeting 1pm Nicole Collins Voice Lessons 1pm Mah Jongg <p>4 more</p>	<ul style="list-style-type: none"> Women's Spirituality Group 1pm Afternoon Discussion Group 7pm Evening Book Club 7pm Transforming and Becoming: 	<ul style="list-style-type: none"> 10:15am Blue Highways 12pm Neighbors Together in Solidi 	<ul style="list-style-type: none"> 9am Yoga on the mat 10:30am Women's Choral 11:30am Music Committee Meetin <p>2 more</p>
<ul style="list-style-type: none"> 9:15am Mixed Choir 10:30am Sunday Services 11:30am Kid's Choir <p>2 more</p>			<ul style="list-style-type: none"> 10am MVUUF Staff Meeting 1pm Nicole Collins Voice Lessons 4pm Group Meditation <p>4 more</p>	<p>Thanksgiving Day</p>	<p>Black Friday</p> <ul style="list-style-type: none"> 12pm Neighbors Together in Solidi 	<ul style="list-style-type: none"> 9am Yoga on the mat 1pm Itchy Fingers Salon

To View the MVUUF Calendar online, go to:
<http://mnvalleyuu.org/calendar/>

MVUUF 10715 Zenith Avenue South
 Bloomington, Minnesota 55431

We are a Welcoming Congregation