

## What Does it Mean to be a People of WISDOM?



When the topic of wisdom comes up, so do the usual images. Walls and walls filled with dusty old books. Elders with the wisdom of many years carved into the wrinkles on their faces. Diplomas framed and filling one's office wall. Endless letters placed in front and behind your name (Dr., PhD., LCSW, JD, Rev., etc.) The message: wisdom is about accumulation.

If you want to be wise, you need to pile it on. More knowledge. More experience. More books to read. More gurus to follow. More degrees to get. But then words like these sneak into the conversation:

-- *Knowledge is a process of piling up facts; wisdom lies in their simplification.* - Martin H. Fischer

-- *There is no need to "acquire" the knowledge of God. There is only the*

*dropping of the illusion and forgetfulness.* - Omid Safi

-- *Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials.* - Lin Yutang

It's a reminder that the math of wisdom is often the opposite of what we think. It's more a game of subtraction than addition. Often, the accumulation of knowledge doesn't get us closer to wisdom; it's just in the way.

There's a sorting, simplifying and stripping away that needs to occur. It's about unknowing as much as knowing. Just think about how deeply we get tangled up in those cultural messages about money and success. Or the way degrees, IQs tests and SAT numbers get mixed up with status rather than the pursuit of greater truth. Or the way political parties, religions and even science claim to have all the answers. Maybe this is why the Sufi poet Hafiz wrote:

*The Beloved sometimes wants*

*To do us a great favor:*

*Hold us upside down*

*And shake all the nonsense out.*

And with all the nonsense shaken out and stripped away, maybe what we notice most is not so much the pearls of wisdom themselves, but the sources of wisdom we've forgotten.

When reason and logic hog the spotlight, the wisdom of the body rarely enters the room. When week-long retreats with the newest guru define the path to wisdom, we stop asking what our failures and mistakes are trying to teach us. When "experts" sit in the center, the wisdom of those on the margins is lost.

Knowledge is a fixed point; a still destination that hold only one specific place. Wisdom, on the other hand, is an unending journey that does not let the traveler stay fixed at one point of "I know", but forever invites them the vast and larger truth beyond their knowing.

Makes one think that maybe the wisest question of all this month is:  
"Where have I not looked before?"

- Adapted from the Soul Matters Theme  
Ministry Team





## FROM THE LEAD MINISTER

This month's theme has me thinking a lot about knowledge versus wisdom. Of knowledge, I have always said: When I was young I thought I knew everything, as I got older I realized I didn't know anything... and in the end most of it doesn't matter.

The things that truly matter are not the facts and figures that we hold in our heads. The things that truly matter are the deeper truths that we hold in our hearts...in our bones. Whether or not I know how a song can be transcribed into a record, a cd, or an mp3 and then be played for me across time and distance whenever I want to hear it doesn't change how I feel each time I hear "Here Comes the Sun". Wisdom invites us beyond the knowledge and into a deeper experience of what it means to 'know'. The feelings I experience, in turn, effect my very own being in the world opening me up to the "cold, dark, lonely winters" that not only I experience, but giving me insight to recognize it in others.

The sources of wisdom are far greater than sources of knowledge. I have gained wisdom in being present at moments of birth and death, in the practice of writing, and in watching a bee who accidentally got stuck on a bus I was riding. If you've got some time this month, email me or catch me after the service. I'd love to hear where you've found wisdom.

See you Sunday,  
Rev. Laura

## MARCH SUNDAY SERVICES 10:30 AM

**March 1<sup>st</sup>: Healing Minnesota Stories with Jim Bear Jacobs:** Healing Minnesota Stories is an effort to create understanding and healing between Native American and non-Native people. Native people have suffered deep trauma over many years, losing their land, language, and culture, and all who call Minnesota home are the lesser for it. While many people and institutions contributed to that trauma, it happened with the full participation of many churches. We all still need healing and faith communities have a role to play in healing. With music from Lark Lewis. A book making activity will be provided in the vestibule area and in the conference room for folks wanting to keep their hands active. The nursery will be expanded to accommodate children ages 5 and under.



**March 8<sup>th</sup>: Growing Community Through Shared Ministry: Stewardship Sunday:** We celebrate all that we are and all that we are becoming! How do we continue to engage our work together in a way that is both meaningful to us as individuals and that lives out our mission and vision? Our service will include our projected need for next year alongside reflection on why supporting MVUUF is vital. Music from Mark Lofgren. A potluck and stewardship caucus event is planned for after the service. Bring a dish to share! Childcare provided.

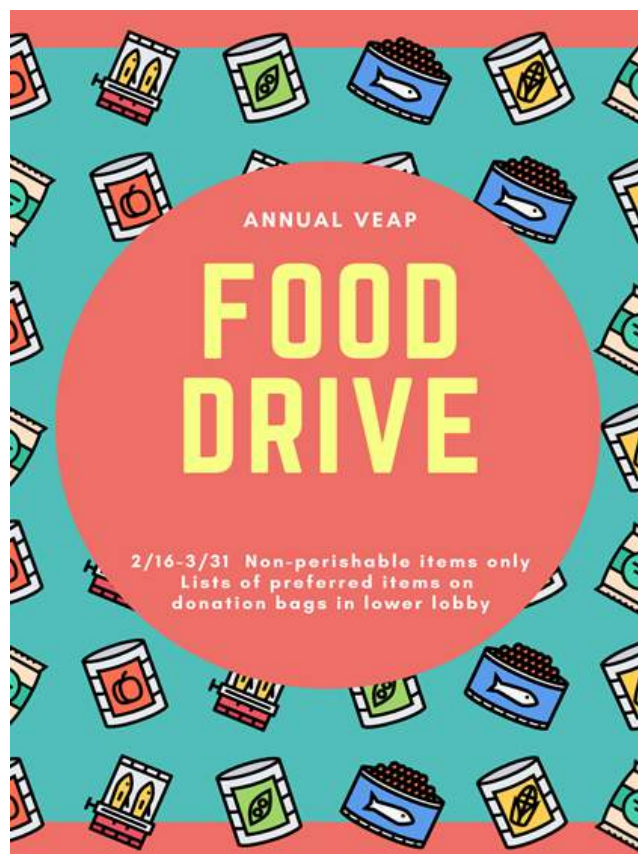
**March 15<sup>th</sup>: Spring Music Sunday:** Okay, it isn't exactly spring yet. Nonetheless, the sanctuary will be filled with energy and beauty. Join us for this beloved biannual event. Fran Bohlke is the service leader. If you'd like to offer music or a song please contact [music@mnvalleyuu.org](mailto:music@mnvalleyuu.org). Let the music play!!

**March 22<sup>nd</sup>: Until You Know Better:** Maya Angelou reminds us to do the best that we can until we know better; then do better. How do we as a community make space to know and do better? What does knowing and doing better look like as we try to dismantle systems of oppression? Rev. Laura is leading the service with music from the Choral and Children's Choir

**March 29<sup>th</sup>: The Wisdom of Fools:** The Sacred Fool keeps us humble by revealing our limitations, and shows us anything is possible when you let go of expectations. They teach us the healing power of laughter. They inspire us to share our joy and sadness so that others may laugh and learn and grow. Join Tom Ehlinger and Rev. Laura as we explore the Sacred Fool.



## MARCH SUNDAY SHARING PARTNER



### Our March Sunday Sharing Partner is VEAP

VEAP is a basic needs and social services organization whose [programs](#) promote access to healthy foods, stable housing and other supportive services. VEAP's programs are designed to address a particular need and when used together provide hope and can help avoid a financial crisis such as loss of housing, transportation or employment. Whether the hardship is from a disability, job transition, or the financial and physical stresses of aging, VEAP has been helping our neighbors in need for 45 years.



Meeting Basic Needs.  
Building Stronger 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

## NOTES FROM THE CHAIR

NANCY BUCKMAN

Over the last couple of months, there has been much dialogue regarding the topic of "Programming". The culmination is a document called "the Kerfuffle", a "Covenant of Right Relations" draft which will be voted on at the Annual Meeting, and a notebook that will be in the office regarding programming guidelines. If you have not had a chance to read any of those, let me know so that I can get you a copy. Please direct any feedback to either Rev. Laura or myself.

Also over the last couple of months, Stewardship has arranged a series of caucuses so that everyone who can has had an opportunity to attend one. What a wonderful idea this has been! Much has been shared and learned from each other about what is importation to them at MVUUF. If you have not had an opportunity to attend one, contact any Stewardship committee member: Kelley Hughes, Tom Walkington, Glenn Corliss, Steve Danko or Richard Duffin.

### MVUUF Board Meeting: Wednesday, March 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](mailto:nancybmnuu@gmail.com)



## MUSICAL NOTES

NICOLE COLLINS

The days are starting to get longer, the sunlight is returning! Hooray!



All of the choirs have been working hard, challenging themselves to different material all the time and we hope you're all enjoying it! We sure are!

Our beloved Music Sunday is returning MARCH 15TH. Please start submitting your selections to Nicole at [Music@MNValleyuu.org](mailto:Music@MNValleyuu.org). If you need an accompanist, please contact Lark Lewis at [Piano@MNValleyuu.org](mailto:Piano@MNValleyuu.org).

The Chorale has been working on a very difficult yet stunning piece by composer Joan Szymko. I'm including a bit out about her from her website here:

*"My goal is to compose music that invites the audience in while challenging the notion that accessibility and musical integrity are incompatible concepts. I have composed choral music to be performed with actors, poets, Taiko drummers, modern dancers, aerialists and accordion players. I have set texts by fourth graders and Pulitzer Prize winners, medieval mystics and contemporary poets. I am drawn to texts that invoke divine grace, speak to the universal yearning for good and that nurture a compassionate heart."*

We will be singing her piece "Peace Of Wild Things," for Music Sunday.

The Mixed Adult Choir is singing a piece by Mark Miller, a clinician from the AUUMM Conference I was fortunate enough to attend. He composes rich joyful songs often rooted in contemporary gospel and we've had a great time rehearsing it. We're also working on an Eric Whitacre piece, "Glow." I'm not sure about the rest of the choir, but I'll be sad when we're done. It's simply gorgeous!

The Children's Choir has been rehearsing, and I say rehearsing loosely because these kids came in singing this song loud and proud without much help from me at all. I'll keep the title a secret, but make sure not to miss MUSIC SUNDAY, March 15th!

Finally, we have been marinating on some fun ideas for entertainment following the auction AND I NEED YOU!!! I need your talents! Any of them! I heard we've had a unicyclist rider before! Anything goes, jugglers, comedy, spoken word, rap, knitting demos, you name it! Please send me an email and let's get you on the docket for our VARIETY SHOW!! May 2nd!

In beloved song,  
Nicole Collins

There is a wisdom inside  
each of us. It sits silently,  
patiently waiting,  
hoping we will listen,  
ready for us,  
when we decide  
we are ready for it.

Rev. Scott Tayler





## MVUUF BECOMES A SHELTER FOR HOMELESS FAMILIES

On any given night there are upwards of 10,000 folks in Minnesota who do not have a home to live in. Of those people more than 30% are children, making families a large portion of those people experiencing homelessness in our state. MVUUF is proud to be partnering with Beacon Interfaith Housing Collaborative's Families Moving Forward program. For the week of April 5-12, our social hall and classrooms will become a shelter for up to 4 families who are experiencing homelessness. We need everyone to chip in and sign-up to help make this happen. We encourage groups (choir, committees, families, etc) to consider hosting on a particular night. It sometimes takes all of us to make a difference.

SIGN-UP HERE: <https://www.signupgenius.com/go/20F044EABA823A0FE3-families>

SEE VOLUNTEER JOB DESCRIPTIONS HERE: [https://docs.google.com/document/d/10X6jSUS6BOrfotKjGTfy3dezt0pw6\\_SkgQhIW3gx4Ng/edit?usp=sharing](https://docs.google.com/document/d/10X6jSUS6BOrfotKjGTfy3dezt0pw6_SkgQhIW3gx4Ng/edit?usp=sharing)



## PITCHIN IN TO HIT THE HIGH NOTE

**The MVUUF Service Auction is Saturday, May 2nd**

Planning is in full swing for an evening of food, entertainment and fundraising. Back in January we sent over 100 letters and emails asking for donations from theaters, restaurants and other entertainment venues. During March we ask for your donations.

What can you give to the Auction?

- Host a dinner in your home or at a restaurant
- Make baked goods or candy
- Offer to weed a garden
- Lightly clean a house
- Teach a skill

If none of those ideas work, buy a gift card to your favorite restaurant or entertainment venue. Or maybe instead of donating you need help with something - understanding your smart phone, new computer program, cleaning, yard work, etc. We have a section called Help Wanted where you donate dollars to the church and someone will help you as needed.

The Service Auction is a major fundraiser that helps fund our budget. Look for more information and ideas in the Friday emails, the MVUUF website and the table near the fireplace. We thank you in advance for your donation.

Jean Danko, Barb Becker, Holly Bruce, Nancy Buckman, Karen Olson, Leslie Swenson



# CONGREGATIONAL PROGRAMS

REV. ANDREA JOHNSON



Viola Liuzzo

Our theme this month is wisdom and this month we're exploring the many ways our UU faith invites us to become "a people of wisdom." To get at that, we'll be exploring sources of wisdom such as simplicity, children, our UU sources, stories and myths and our bodies.

March is also the month when the Selma-Montgomery Protest March took place in 1965, along with the murder of two white UU's - Viola Liuzzo and James Reeb. Liuzzo's story is particularly heartrending because of the smear campaign directed against her by Herbert Hoover and the FBI after her death. I am saddened to realize that I had never heard of Ms.

Liuzzo until well into my career. These events remind us that the wisdom of justice and equality is not always easily accepted. Some wisdom isn't merely learned, it is something we have to fight for and sacrifice for.

Last but not least, let us say thanks for the wisdom you are passing on to the children in your care. A favorite quote of mine reminds us: "The best teachers are the ones who show you how to use your heart." Thanks for the many ways you are helping our kids learn to wisely use both their heads and their hearts!

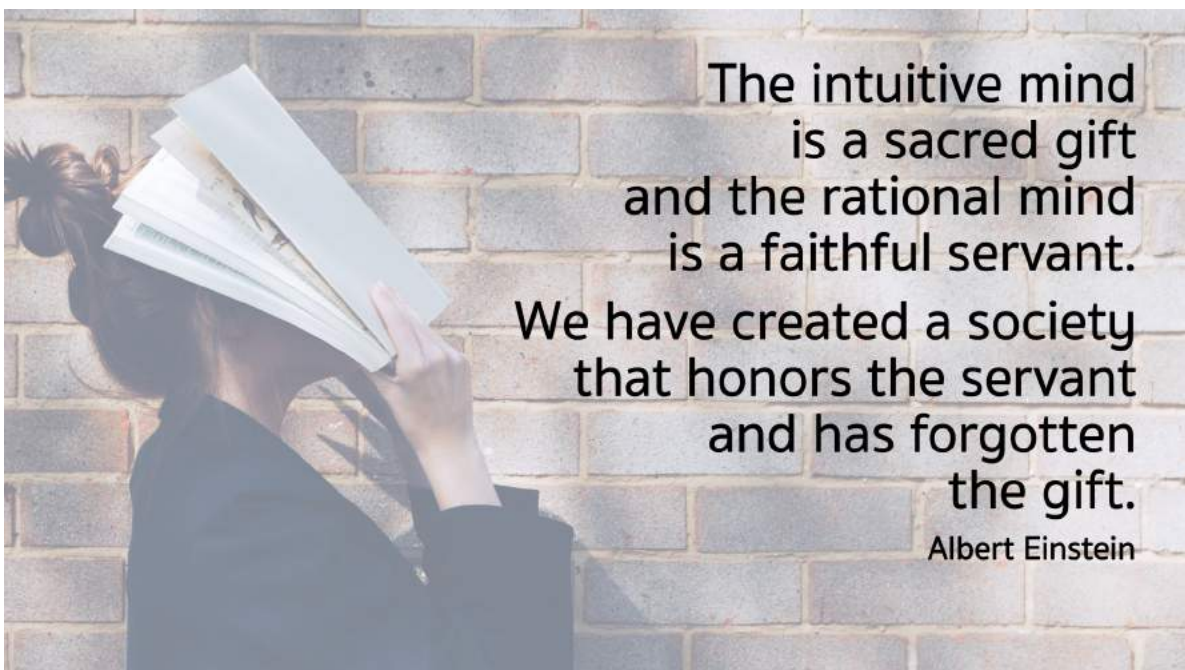


James Reeb

## March Religious Education Calendar

There are two Religious Education Sundays in March- on the 8th and 29th.

OWL will also be held from 10:00am-noon on these days.



The intuitive mind  
is a sacred gift  
and the rational mind  
is a faithful servant.  
We have created a society  
that honors the servant  
and has forgotten  
the gift.  
Albert Einstein



## CONGREGATIONAL PROGRAMS

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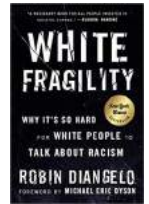
### Upcoming Adult Education Opportunities

#### Racial Justice SpotLight

The Racial Justice team would like to highlight the following opportunities for learning more about racism and begin the hard spiritual work of confronting our own racism and the racism that pervades and divides our society. Your ministers, along with the Racial Justice team (Myra Basar, Fran Bohlke, Tom Ehlinger, Glen Corliss, Polly Sonifer and Lorna Prell) are committed to this work. Please join us!

#### Opportunities within MVUUF:

- Book Read: White Fragility by Robin Di Angelo. Tuesday March 3rd from 7-9pm
- UU Denomination Wide Book Read: An Indegenous People's History of the United States - for young people. By Roxanne Dunbar-Ortiz. Tuesday March 17th at 6:30 and March 29th at Noon, light lunch provided.



#### Community Learning Opportunities:

- "We Don't Need Nice, We Need Justice." Conversations with Chanda featuring Tim Wise, author of "White Like Me." Wednesday March 4, 10:30am - 12pm. Westminster Presbyterian Church 1200 S Marquette Ave, Minneapolis, MN. Register <https://www.eventbrite.com/e/conversations-with-chanda-live-with-tim-wise-registration-92125974269>
- **Play** at the Penumbra Theater: The White Card <https://penumbratheatre.org/event/the-white-card/>. Showing now through Sunday March 8th.

Virginia and Charles are wealthy, white arts patrons with a keen interest in racial injustice. Over time they have acquired an impressive collection of contemporary art depicting the violence exacted against black Americans. Tonight, they are excited to host Charlotte, a black photographer on the verge of great renown, at a private dinner in their home. As the conversation ventures into our current political climate from the first champagne toast, it's clear neither artist nor collector is what the other may have expected. With incisive wit, Rankine's play turns the camera from the casualties to the collectors

- **Play:** Thunder Knocking on the Door" presented by Ten Thousand Things Theatre Company  
March 6-8, 12-22 and April 2-5, 2020  
Thurs/Fri shows start at 7:30 p.m.  
Sun shows start at 4 p.m.  
Open Book, 1011 Washington Ave S.Minneapolis, MN



This mythical tale takes place at the crossroads of "here and there," where blues singer and shape shifter Marvell Thunder has rolled into town to challenge the two children of the only musician who ever "out-licked" him on the delta blues guitar. Glory has lost her sight in a terrible accident, and her brother, Jaguar, is a superficial swaggerer who has lost touch with his father's legacy.

<https://tenthousandthings.org/season/thunder>



## CONGREGATIONAL PROGRAMS

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### Unitarian Universalist Common Read

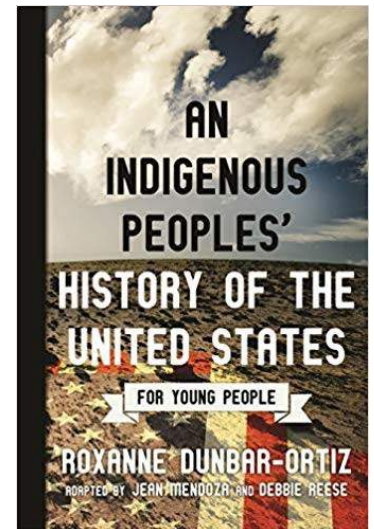
**2019 Best-Of Lists: Best YA Nonfiction of 2019 (Kirkus Reviews) · Best Nonfiction of 2019 (School Library Journal) · Best Books for Teens (New York Public Library) · Best Informational Books for Older Readers (Chicago Public Library)**

Spanning more than 400 years, this classic bottom-up history examines the legacy of Indigenous peoples' resistance, resilience, and steadfast fight against imperialism.

Going beyond the story of America as a country "discovered" by a few brave men in the "New World," Indigenous human rights advocate Roxanne Dunbar-Ortiz reveals the roles that settler colonialism and policies of American Indian genocide played in forming our national identity.

The original academic text is fully adapted by renowned curriculum experts Debbie Reese and Jean Mendoza, for middle-grade and young adult readers to include discussion topics, archival images, original maps, recommendations for further reading, and other materials to encourage students, teachers, and general readers to think critically about their own place in history.

Join us in reading this year's UU common read is *An Indigenous People's History of the United States*, by Roxanne Dunbar-Ortiz. *There are two versions of this book available; the original and an adapted version for youth and young adults. We have chosen the latter because it is more accessible across generations. But, feel free to read either to participate in the upcoming discussions.*



All ages are welcome to come to community book discussions on either of these dates:  
 Tuesday, March 17th at 6:30pm  
 Sunday, March 29th at Noon, light lunch provided

Andrea has some of the youth version of the book available for purchase. Both versions are available on Amazon or at [uuabookstore.com](http://uuabookstore.com). The original version is also available on [Audible](https://www.audible.com).

## IMMIGRATION COURT

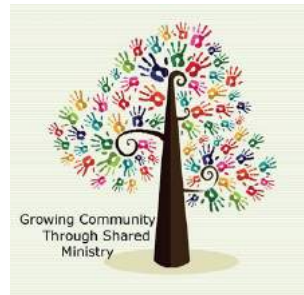
FRAN BOHLKE

I've been a volunteer observer in immigration court through the Human Rights Defender Project for the past year. About two times per month, I ride the blue line to the Bishop Whipple Building at Fort Snelling to witness detainee cases. In my 90-minute shift, I often see 8 or 9 cases, and watch as defendants walk into the courtroom with shackles on their ankles and handcuffed wrists. I fill out a form on each case and submit it to the Binger Center for New Americans at the University of MN Law School. Why do I do this? I've worked with new immigrants to our country for 25 years and I want to bear witness to what is happening in the court system. I want to do SOMETHING to help the immigrants I so admire, who are so resilient, and who deserve our utmost respect.





## “BUILDING COMMUNITY THROUGH SHARED MINISTRY”



### STEWARDSHIP 2020-2021

Kelley Hughes Chair, Thomas Walkington Co-Chair,  
Steve Danko, Glenn Corliss, and Richard Duffin

*Stewardship Sunday March 8, 2020*

*Glenn Corliss:* By now most members and friends have had the opportunity to take part in this year’s

Stewardship Campaign by attending a “Caucus” at MVUUF or in a member’s home. Because this is an election year “Caucus” is the word the committee chose to describe these small gatherings. If you have not been invited to attend a caucus, or would like to host a caucus, please contact one of the committee members named above. We expect there will be a need to conduct more on an ad hoc basis following Stewardship Sunday March 8. If you would prefer to be canvassed individually for any reason, please also communicate that request to a committee member.

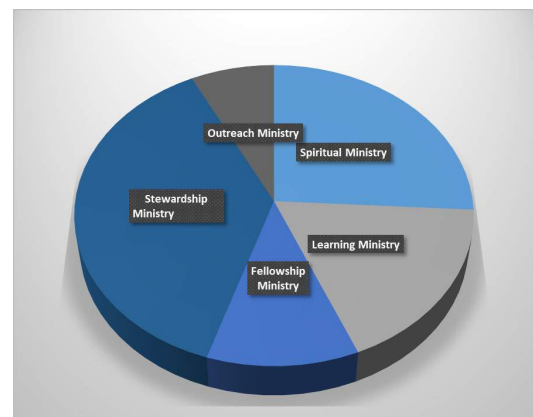
We are grateful to MVUUF members who have volunteered to host a caucus. If you have participated in a caucus but not yet pledged, please pledge online, mail it into the Fellowship office c/o Finance Committee, or drop it in the Ballot 20/21 pledge box on the table in the foyer. Pledge forms are also available on the table in the foyer. If you have not taken part in a Caucus, you are invited to attend *Stewardship Sunday March 8*. The Stewardship

Committee is hosting a potluck followed by a 20/21 caucus. Childcare will be provided. Please bring a dish to share. The Caucus asks 1) What do you value about the MVUUF Community? 2) What do you think about the changes taking place in the MVUFF Community? 3) How do we “Build” Community? 4) What is your vision for the future of MVUUF? In other words, “what motivates you to support the MVUUF Community” with your time, your talents, and your financial gifts?

Information learned from the Caucuses will be presented to the MVUFF Community at the Annual meeting and online through the Fellowship web site.

Your pledge supports Building Community through Shared Ministry:

*20/21 Stewardship Goal: \$300,000.00*





## SOCIAL ACTION COMMITTEE

Rev. Laura Thompson

Currently the Social Action team is very busy planning to turn our downstairs space into an overnight family shelter for week in April. We'd love for you to sign-up to be a part of this meaningful project.

You can sign-up here: <https://www.signupgenius.com/go/20F044EABA823A0FE3-families>

April will also bring Earth Day and another opportunity to raise our voices for our concerns over climate change. Join with friends, families and MVUUF members at the St. Paul Capitol for a Climate Change March, sometime around the 50th US Earth Day (April 22, 2020). The date is yet to be announced. The plan is to meet at the 28th Ave Bloomington light rail station to go to St. Paul as a group. We'll reduce greenhouse gases by using public transit, and won't have to hassle with parking and driving. Maybe some will want stop on the way home at a University Avenue restaurant. We'll have sign making opportunities in the week's prior. Stay tuned for more information.

Our next Social Action Committee Meeting will be Thursday March 5<sup>th</sup> at 7pm. This is a departure from our usual first Tuesday meeting because of Primary Voting. Get out and VOTE!

LET'S BE STEWARDS OF THE EARTH!

A Social Action Project to reduce the use of plastic and paper is under way.

**Want to be a bag person?** The Bag Project begins now. See the poster and basket with reusable bags in the hallway upstairs by the fireplace.

The Green Sanctuary project reminds everyone to use reusable bags when shopping. Have them in your car at all times and bring them into every store you enter.

**Need a bag?** Please take as many as you need. Have extra bags, please bring them and donate to the basket for others to take.

The purpose of this effort is to reduce the use of plastic and paper from stores. The poster says it in pictures and words.

We hope you will remember to "BRING YOUR OWN BAGS"!

And there are even small bags for produce.



## 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 [Diane Bick](#).

**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 [Rev. Laura](#)



## CLASSES AND GROUPS

### MEN'S GROUP (ALL GENDERS WELCOME)

Men's Group will meet on Thursday March 12, at 6:30 in the Fellowship Hall. Our presenters will be Laura Calbone and Marcia Wattson who will speak on the topic of Ranked Choice Voting (RCV) Both are members of RCV Bloomington. In addition to speaking on what they see as the advantages of RCV, they will hold a real time RCV simulation in which attendees will participate. This will give us a better understanding of how RCV works. **All are invited regardless of gender.** If you wish to come for dinner at 6:15 email John Peloquin [John17780@charter.net](mailto:John17780@charter.net) by Tuesday March 10, 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](mailto:John17780@charter.net)



### WOMEN'S GROUP

On Saturday, March 7<sup>th</sup>, the Women's Group is proud to present **James Lileks**, an American journalist, columnist, author, and blogger. You may know him from his Monday column in the Star Trib. or you may know him from his blog, the Daily Bleat, about his personal life. His commentaries on daily life leave us laughing at the absurdity all around us. He was born and raised in Fargo, but, as he says "avoided getting the delightful accent we associate with the fair city".



Additionally, he has authored a number of books, been a regular guest on a KSTP talk show, and a food columnist for City Pages. Come spend a delightful morning with us. The meeting begins with coffee and conversation at 10:15 followed by the program at 10:30, a short business meeting and lunch. Attendees may purchase the catered lunch for \$7.00 or bring a bag lunch. Visitors are welcome! If you wish to attend and are not on the regular Women's Group Contact List please notify Nancy Buckman that you will attend by March 4 at [nancybmnuu@gmail.com](mailto:nancybmnuu@gmail.com) or 952-736-9586. These meetings are a great way to get to know others!

Listen: a wisdom within you  
calls to a wisdom beyond you  
and in that dialogue lies peace.

Leslie Takahashi



## CLASSES AND GROUPS

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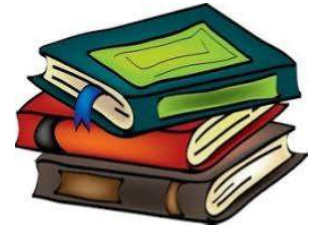
### EVENING BOOK GROUP

Joyce McMartin

Time slows down in the winter. Make it pass more quickly by reading a good book. Pick one from our list and then join us for a low-key, informative discussion. Look for a new list in the next Unisun. Our upcoming choices are:

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](mailto:joyceamcmartin@gmail.com).

### 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](mailto:bryawnte@msn.com) or text 612-401-4653.

Don't let the noise of other's opinions  
drown out your own inner voice.  
Follow your heart and intuition.  
They somehow already know  
what you truly want to become.

Steve Jobs



## 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

February bridge will be on Saturday, March 21 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](mailto: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

John Peloquin

Religion Ethics and Ideas will meet on Sunday March 7, at 9:00 AM in the fireside room. Our topic will be our 4<sup>th</sup> principle **A free and responsible search for truth and meaning.** One topic we will explore is: Under what if any circumstances does it conflict with any of the other principles? Questions contact John Peloquin



### 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](mailto:bryawnte@msn.com)



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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



	SUN Mar 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
1	<ul style="list-style-type: none"> <li>9:15am Mixed Choir</li> <li>9:45am Endowment Comm</li> <li>10:30am Sunday Services</li> <li>3 more</li> </ul>	<ul style="list-style-type: none"> <li>7pm Stewardship Meeting</li> </ul>	<p><b>Super Tuesday (regional holi</b></p> <ul style="list-style-type: none"> <li>6am Primary Election</li> <li>1pm Beyond Sunday Mornir</li> <li>7pm White Fragility Book Gr</li> </ul>	<ul style="list-style-type: none"> <li>4pm Group Meditation</li> <li>5pm Yoga on the mat</li> <li>6:30pm Mixed Choir</li> <li>7:30pm Women's Chorale</li> </ul>	<p><b>Women's Spirituality Group</b></p> <ul style="list-style-type: none"> <li>10:30am White Fragility Boc</li> <li>7pm Social Action Meeting</li> </ul>	<ul style="list-style-type: none"> <li>12pm Neighbors Together ir</li> </ul>	<ul style="list-style-type: none"> <li>9am Yoga on the mat</li> <li>10:30am Women's Group</li> </ul>
8	<p><b>Daylight Saving Time starts</b></p> <ul style="list-style-type: none"> <li>9am Religion Ethics and Ide</li> <li>9:15am Mixed Choir</li> <li>5 more</li> </ul>	9	10	11	12	13	14
15	<ul style="list-style-type: none"> <li>9:15am Mixed Choir</li> <li>10:30am Sunday Services</li> <li>11:30am Kid's Choir</li> </ul>	16	17	18	19	20	21
22	<ul style="list-style-type: none"> <li>9:15am Mixed Choir</li> <li>10:30am Sunday Services</li> <li>11:30am Kid's Choir</li> </ul>	23	24	25	26	27	28
29	<p><b>OWL Class</b></p> <ul style="list-style-type: none"> <li>9:15am Mixed Choir</li> <li>10:30am Sunday Services</li> <li>2 more</li> </ul>	30	31	Apr 1	2	3	4

To View the MVUUF Calendar online, go to:

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

# WE ARE:

ALL CONNECTED

STRONGER TOGETHER

LOVE'S HANDS IN THE WORLD

CALLED TO CREATE JUSTICE

RESPONSIBLE FOR ONE ANOTHER AND THE EARTH



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**We are a Welcoming Congregation**