

How fitting is it that our Soul Matter's theme for May is **Thresholds.** Here we are in the midst of one of the largest challenges we will face in our lives. This will be one of those historic times which will be referred to as "post-Covid" or "post-pandemic" once we are through it. Life as we have known it will change.

When encountering thresholds, we often talk as if our work is that of successfully "passing through" them. We speak of "making healthy transitions." We seek out advice and support as we decide which thresholds to lean into and which to resist. The goal, it would seem, is figuring out how to travel forward in the right way.

But what if the true invitation of a threshold is not to successfully move from here to there, but instead to just sit and pause? What if we saw thresholds as resting places rather than as those moving walkways that transport us through airports? What if thresholds help us "become" by asking us to just "be" for a while? No moving. Just noticing and naming. Less traveling and more listening.— Soul Matters' team

The idea of 'not moving successfully from here to there', is one that comes hard to many of us right now. Currently, we are all trying to navigate new ways of feeling connected as we face uncertainty together. We are in completely new territory. This does not mean, however, that we are illequipped for what lies ahead. We still have our faith and our sense of community to hold onto.

Faith is belief in something you cannot see. We cannot see exactly what the future holds, but we want it to hold peace, safety, love, joy and justice. We have faith that a kinder, gentler world can be created. And we enter into the work of building that world from within the community that holds us. Though we remain in our own homes as we attempt to make the world on the other side of this threshold the best we can, we remain at home <u>together</u>.

Our sense of belonging to one another, is the very reason we are keeping safe distance from one another. It is an interesting paradox; in keeping our distance, we are preserving our community. We stand on the threshold of a future, where perhaps less is more, where our care for one another matters more than anything else. Sounds like a nice direction to be moving in.

See you online, Rev. Laura.

- Adapted from the Soul Matters Theme Ministry Team





### WHAT'S NEW IN MAY AT MNVUUF

This new world of Zoom and web posting threw us all for a loop. The MVUUF staff scrambled quickly to assemble our online presence and create space for us to gather as a community together. After 5-6 weeks we have learned what gatherings have been needed and what have not, so there will be a few changes in the online schedule which you can find below. Aside from a few scheduling changes, other new ways of engaging MVUUF in May will include:

- Bi-weekly Video Messages from the staff. Laura will post a message every Tuesday via email, YouTube and Facebook and another staff will do so on Thursdays. Please use the chat forums on Facebook and YouTube to share your own thoughts on these postings.
- Book Discussions for Indigenous People's History of the United States (which was canceled in March) will be held on Zoom on Tuesday evening May 12<sup>th</sup> or Saturday Morning May 16<sup>th</sup>.
- May will be the last month for regular "church year" services. In June, we will move to our summer model, which
  invites our members, friends and guests to be lead speakers most weeks. These services are a little more informal.
  We anticipate that these services will all be held on Zoom/YouTube. If you are interested in leading a service, you
  can sign-up here: <a href="https://www.signupgenius.com/go/20F044EABA823A0FE3-summer">https://www.signupgenius.com/go/20F044EABA823A0FE3-summer</a>
- Sunday Services going forward will be live broadcast on YouTube in addition to being held on Zoom. Please
  note that you will not be able to interact in the same way on YouTube e.g., you won't have access to livechat or coffee hour breakout rooms.

### **MAY SUNDAY SERVICES 10:30 AM**

May 3rd: Heaven Knows Where We are Going:

Jim Marsden, a speaker about transformation change writes,

"As we heed the Call, we step over the threshold, marking our journey into the unknown. This threshold is both a movement into mystery and the movement of leaving home and the familiar surroundings of our life." We have certainly crossed into a time of unfamiliarity. How does our faith help us in uncertain times, and how can it lead us onward? Rev. Laura Thompson



May 10th: <u>Parenting in a Pandemic</u>; Join Rev. Laura and Worship associates

Maria Bavier and Carla V. Ries as we celebrate and support parenting in the age of Covid-19.

May 17th: RE Sunday: We're collecting videos of all of our kiddos for RE Sunday! What do they miss most about Stay-at Home? What do they like best? What's keeping them busy. Have a kid? Make a video and send it to Rev. Laura; <a href="minister@mnvalleyuu.org">minister@mnvalleyuu.org</a> Don't have a kid? Just tune in to support and celebrate all of our younger members.

May 24th: There Will Always Be Singing (and maybe some dancing too): Music Sunday; Calling all musicians and music lovers! We had to put off Music Sunday in March due to the Safe Distancing, but we are ready to give it a go on Zoom. Send a video of yourself singing, playing or dancing to the songs that help keep your spirits lifted up in times of challenge to <a href="mailto:music@mnvalleyuu.org">music@mnvalleyuu.org</a>

May 31st Flower Communion: Yes, even this tradition can be carried over to Zoom. Please bring a bouquet of flowers or something else beautiful into your space. Wear a floral dress or a colorful Hawaiian shirt, put some flowers in your hair...or your beard! Come to celebrate that life always has beauty to offer, even in the midst of challenge and heartache.



### **MAY SUNDAY SHARING PARTNER**

### **Beacon Interfaith Housing Collaborative**



Vision: All people have a home.

**Mission**: As a collaborative of congregations united in action we create homes and advance equitable housing.

#### We Affirm

All people are valuable and deserve respect
Our many faiths call us to act to create more equitable communities
All people have a right to a quality affordable home
Quality affordable homes belong in all communities
Our society has the resources for all of us to have a home
Systemic racism causes housing inequities

### **Notes From the Chair**

**NANCY BUCKMAN** 

We have much to be grateful for at MVUUF.

- Our staff has been spending many hours learning how to hold virtual meetings and services. Thank you!
- The Stewardship Team has held many caucus and made many calls to strengthen our community. Thank you!
- Our Treasurer plus the Finance Committee are working hard to keep us solvent and plan our budget for 2020-2021. Thank you!
- So many in our community at MVUUF are checking on each other to keep us connected with one another and keep our spirits up. Thank you!

### MVUUF Board Meeting: Wednesday, May 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 <a href="mailto:nancybmnuu@gmail.com">nancybmnuu@gmail.com</a>

### **COVENANT OF RIGHT RELATIONS**

Following the examples of the UUA and other congregations across the country, the Board has assigned the Committee on Shared Ministry (COSM) to guide our fellowship in developing a Covenant of Right Relations. Such a covenant is intended to clarify expectations that will help unite us in our commitment to treat others in a positive, respectful manner that aligns with our 7 principles.

COSM (Eve Bergmann, Linda Hayen, Jeanne Simpson, Christine Chessler, Tom Bergmann, Laura Thompson, and Andrea Johnson) has been working on this task by reviewing guidance from the UUA and practices of other congregations, as well as gathering information to help us undertake our collective covenant-writing task.

As our fellowship – ministers, staff, lay leaders, members and friends – works together to fulfill our mission and achieve our visionary goals, it is essential that we interact in ways that exemplify our spiritual values and honor our Unitarian Universalist principles. The UUA recommends developing a "Covenant of Right Relations" as an important step in clarifying expectations and creating a safe, respectful, and trusting environment for congregations and staff.

It is also designed to be a framework for our relationships with our partners and others as we work outside our walls in the larger community. Covenant is Latin for "come together" and means a "solemn agreement" or "promise from the heart" regarding a course of action between parties.

Right relations are relationships that you approach consciously; where the participants behave in a manner congruent with their values. This type of relationship is based on kindness and compassion and is mutually beneficial and satisfying. MVUUF values right relations and its Board, employees, ministers, and members will strive to promote their use always.

We know that differences of opinion and conflict are normal in any community, including MVUUF. But sometimes a relationship is harmed by conflict or perceived conflict. And sometimes we make mistakes. We believe the entire community benefits when we intentionally support both, restoring right relations after conflict and communicating in ways that prevent harm.

We believe that, most of the time, we act in ways outlined in the proposed Covenant. Yet we recognize that differences or misunderstandings can arise as we tackle difficult issues, and conflict may occur between various individuals, groups, and lay and staff leaders. It is especially at these times that we may look to the Covenant to inspire us to be our best selves.

We present this document to you for your information and review. We hope that you agree it reflects our beliefs and values about right relationships congruent with our mission, principles and visionary goals, as well as the 7 UU principles. If you have comments and/or suggestions, please address them to Eve Bergmann (ebergmann11@aol.com) or any COSM member. We will also hold meetings at the Fellowship for discussions.



### **MVUUF COVENANT OF RIGHT RELATIONS**

We, the members of Minnesota Valley Unitarian Universalist Fellowship, affirm this covenant of right relations to strengthen the bonds of trust and loyalty in our community and to diminish the chances of hurt and disillusion in times of disagreement.

In adopting this covenant we seek to create an atmosphere of honesty, respect, trust, gratitude, forbearance, forgiveness, acceptance, and loyalty within our congregation. Right relations are the foundation on which a safe and healthy congregation is based. To this end, we pledge to govern our actions and our speech by the spirit and letter of this covenant. Therefore we, the members and friends of the Minnesota Valley Unitarian Universalist Fellowship, agree to this covenant of right relations with one another.

Through this covenant we promise to strive:

To honor our interactions with others by being present, listening, being respectful of everyone and taking concerns directly to those involved.

To trust, even when in disagreement, the good intentions of others.

To be inclusive in actions and decision-making and to find shared ground among diverse viewpoints.

To respect and follow fellowship decisions resulting from open discussion and the democratic process.

We affirm through this covenant to create a community that enjoys and embraces its time together and speaks truth in love as we pursue the mission, vision and values of our fellowship and congregation as well as the 7 UU Principles. We are also mindful that individually and collectively as representatives of MVUUF we conduct ourselves in public events, small and large, in concert with our principles, covenants and beliefs.

We honor and utilize existing systems for conflict resolution (*Policies, Procedures, Governance Handbook,* "Conflict Resolution Guidelines Policy, November 11, 2009", February 10, 2010; *Minutes of Board meeting*, January 9, 2013. Policy Adopted: June 10, 2015) and continually re-educate ourselves on these processes as necessary.

This covenant is a living document. It may be reviewed by the congregation at any time in the future and adapted to fit changing needs and circumstances.



### **CONGREGATIONAL PROGRAMS**

**REV. ANDREA JOHNSON** 

Many of us are raised to believe that hard work and helping others is what makes us valuable. Yet some of us find ourselves working and helping much differently, less or not at all. How does self-worth interact with just **being** when we feel we are doing nothing? (If our faith as Unitarian Universalists encourages us to believe that we are all inherently worthy and dignified just by being human, how do we feel that way when at times it feels as if we are doing "nothing.")

Krista Tippet, of On Being, suggests that being is not something passive and empty but about our presence in the world, our presence to others, our presence toward our families. I am witnessing lots of presence and caring among my neighbors, my friends and my family and here at church as we find ways to reach out and connect via phone calls, letters and video conferencing. But I think right now part of the work of *being is also about tending to ourselves*. Tending to, being kind to, ourselves as much as we can. And this is not always possible for those of us who are home with small children or just the incredible distraction of feeling what's happening in the world outside. But I'm encouraging you to do what Tippet is calling "to get settled inside yourself; to know what it means to befriend reality; to figure out how to stay soft;"to figure out how to live with an open-heart. But if we can learn to do this now it will be a piece of resilience for the long work ahead that this crisis has made so apparent. It will shape our presence with ourselves and others and perhaps even lead to creativity for this long work ahead.

Wishing you peace, joy and kindness during this time of uncertainty.

Rev. Andrea.

#### **May Religious Education Calendar**

RE Sunday is May 17th!

How will we have RE Sunday with physical distancing? No problem! Rev. Laura and our new communications director, Jeannie will create a video to play during our Zoom service. Families, please consider creating short video clips and sending photos of your child(ren) answering these questions: What is the hardest part about being home because of COVID19? What is the best part of being home? What is one activity you have enjoyed doing during this stay-at-home time? Use Google Drive or email to share with Rev. Laura at minister@mnvalleyuu.org

Maria will continue to send families Creating Centering Space packets - which are designed to provide ways for families to engage in thinking about the theme and our faith at home together. May's theme is Thresholds. We continue to hold Zoom RE Classes on Sundays at 3pm (for the PreK-3rd graders) and 4pm (for the 4th-6th graders). The classes have been going well! We have a check-in; then a story and discussion about the theme. Thank you to all who have participated! Please keep coming, or join on Zoom for the first time: Maria will send you the link via email. Zoom RE classes will end on Sunday May 17th. Happy Spring Everyone!

OWL coordinator and facilitator, Carla Ries, continues to hold a Wednesday night OWL session at 7:30pm. Carla has been sending the Zoom link to you via email.

COA We enthusiastically celebrated our Coming of Age youth on April 26th as we heard their insightful statements of faith. Please also join me in congratulating our graduating senior, Colden Longley, who will be attending college at Cornell University in New York this fall. We will continue weekly Zoom calls on Wednesday night at 8:30pm.



### **CONGREGATIONAL PROGRAMS**

**CONTINUED** 

#### **May Religious Education Calendar**

#### **Racial Justice**

In times of crisis, it is easy to get lost in focusing on our immediate needs, without feeling like we have room for big-

picture concerns such as human rights. In truth, however, our immediate needs are deeply connected to our human rights. It is precisely in such periods of global distress that human rights protections are most needed. It is also moments like this that most call for coordinated actions in solidarity with others to uphold these rights. As Dr. Angela Davis, long-time movement leader notes, individuals cannot bring about change, only movements can do that. So let's move in solidarity together. Here are ways we can take action to promote human rights and justice right now:



Visit <a href="https://www.showingupforracialjustice.org/">https://www.showingupforracialjustice.org/</a> for

good information Including the "Combating Anti-Asian Racism and Covid-19 Toolkit" This document helps to illuminate the specifically anti-Asian racist, xenophobic scapegoating that is occurring in these times and offers resources to combat it.

Combating Anti-Asian Racism and COVID-19 Toolkit

Join others across the state, led by our comrades at <u>ACER</u> and <u>Inquilinos Unidos</u> demanding Governor Walz to <u>#CancelRent</u> and mortgage, immediately.

Read the following article from the New Yorker about how the coronavirus is engulfing black communities.

The Black Plague —The New Yorker





Musical Notes Nicole Collins



#### And there was still music!

We're going into our last month of the season as your director of music and resident pianist and it looks totally different than the beginning. Lark Lewis has done an incredible job playing and singing beautifully for every service. Thank you! Nicole has been working diligently behind the scenes, getting the choir connected online for rehearsals, and recording sessions. Not an easy task. The joy of seeing everyone singing together has made the job worth it.

Despite all the changes and difficulties emotionally and physically, one thing remains the same, we still love making music, listening to music, and being together, online of course.

Our hope is to have one Virtual Music Sunday in May but we need your help. Please make a video of you and/or your family making music and send the clip to music@mnvalleyuu.org. It could even be a TickTock video!!!

### **ANNUAL MEETING**

Stay the date! This year's annual meeting will be after the Flower Communion on Sunday, May 31st. The service will be a bit shorter to accommodate for beginning the Annual Meeting at approximately 11:30am.

You will receive more information about the meeting closer to the actual date.



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#### **PRAISE**

### BY JEANNIE PIEKOS

"Praise, my dear one/Let us disappear into praising/Nothing belongs to us." Rainer Maria Rilke

Does not even this body belong to me? Or I to it? My imperfect machine, no warranty and all this work it's done for me. The humiliation we suffered in that dismal darkness when first it stumbled, then faltered, and fell from homeostasis.

And what of spirit? The wildness that has hurled me into and out of love until I thought I could take no more. No more nakedness, no more grief. Yet, stripped bare, with luminous forgiveness, I took more.

Of course, tomorrow never belonged to me. Although, I pestered it with questions. How far will this path take me? Where is the limit of my longing? Will I ever relinquish desire?

What is most mine is faith in absence;
The losses I carry with me, tucked into my pocket, not hidden in pity, but resting beside me, a gentle shimmer, the hopefulness in this great Unknowing, and in the hollow left by what has disappeared. This is what belongs to me.

All this I praise.





### **COMMON READ**

#### **Unitarian Universalist Common Read 2019-20**

Best-Of Lists: Best YA Nonfiction of 2019 (Kirkus Reviews) ·
Best Nonfiction of 2019 (School Library Journal) · Best Books for Teens (NY 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.

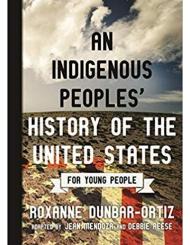
The original academic text is fully adapted by renowned curriculum experts Debbie Reese and Jean Mendoza, for middle-grade and young adult readers to include discussion topics, archival images, original maps, recommendations for further reading, and other materials to encourage students, teachers, and 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, May 12th at 7pm Sunday, <a href="https://zoom.us/j/3953901346">https://zoom.us/j/3953901346</a> or Saturday, May 16<sup>th</sup> at 10am, <a href="https://zoom.us/j/3953901346">https://zoom.us/j/3953901346</a>

Both versions are available on Amazon or at <u>uuabookstore.com</u>. The original version is also available on Audible.



### YOGA

Gentle Yoga with Fran is still going happening. Join Monday and Friday from 5:00-5:50pm

https://zoom.us/j/3953901346 or call 312-626-6799; Meeting ID: 395 390 1346

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. Instructor is Fran Bohlke who can be reached at bryawnte@msn.com or text 612-401-4653.



### "GROWING COMMUNITY THROUGH SHARED MINISTRY"



### Distance is Temporary - Community is Forever

The 2020-2021 Stewardship Campaign has ended as we work to put together an annual budget for the next fiscal year.

Thank you to those who have pledged. We fell short of our goal this year, primarily because COVID-19 made it necessary to suspend our Stewardship caucuses. Eighty percent (80%) of the Fellowship took part in one of the Stewardship caucuses. Of those who pledged, to-date, 93% are from members who took part in one of the caucuses. We are sorry that we could not continue the Caucuses. We received valuable feedback, as well as encouragement to continue this approach next year. We will report this feedback to the Fellowship in the upcoming Annual Meeting.

For those of you who have not pledged, we are asking you to make your pledge online. It is quick and easy. Go to MVUUF 20/21 Pledge. If you choose, you may download the form, fill it out, and mail it to the Fellowship office:

Minnesota Valley Unitarian Universalist Fellowship

Attention: Finance

10715 Zenith Avenue South Bloomington, MN 55431

Among our challenges, we have opportunity. The stimulus money that many of us will receive is an important lifeline to some. To others who might not need it, we ask you to consider donating a part of it to MVUUF. You can include it as part of your pledge for 2020-2021, or as an added amount above your pledge. These are interesting and challenging times. Stewardship is more than contributing money; it is about nurturing. Think about what it is you value about our MVUUF Community. How can you help to nurture it? Going forward, we will look for new ways to nurture and grow our community as we work through the challenges presented by this crisis. Please reach out to any of us on the Stewardship Committee or the Board with your ideas.

#### May 17, 2020 is Celebration Sunday. Please join us to celebrate our successes and imagine our future.

Thank you for your support! Thomas Walkington, on behalf of the core Stewardship Committee: Kelley Hughes, Thomas Walkington, Glenn Corliss, Richard Duffin and Steve Danko.

## EVENING BOOK CLUB

**Joyce McMartin** 

The Evening Book Group continues to meet via Zoom despite the pandemic. A list of our upcoming selections follow.

If you would like to join us just send an email to joyceamcmartin@gmail.com, and I will send you a Zoom invitation a few days prior to our meeting. Alternating fiction and nonfiction (mostly), our upcoming choices are:

On May 21, 2020, *Drive Your Plow Over the Bones of the Dead* by Olga Tokarczuk (winner of the 2018 Nobel Prize for Literature)

On June 18, 2020, *The Coddling of the American Mind: How Good Intentions and Bad Ideas are Setting up a Generation for Failure* by Greg Lukianoff and Jonathan Haidt

On July 16, 2020, *Disappearing Earth* by Julia Phillips

On August 20, 2020, How Democracies Die by Steven Levitsky and Daniel Ziblatt

On September 17, 2020, *The Lager Queen of Minnesota* by J. Ryan Stradal

On October 2020—NO MEETING

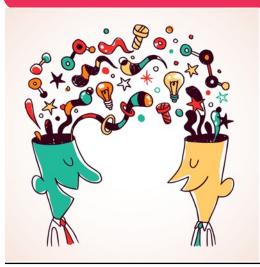
On November 19, 2020, *The Economist Hour: False Prophets, Free Markets, and the Fracture of Society* by Binyamin Appelbaum

On December 17, 2020, *The Topeka School* by Ben Lerner

On January 21, 2021, *Girl, Woman, Other* by Bernardine Evaristo

The Evening Book Group **USUALLY** meets on the third Thursday of the month throughout the year in the Fireside Room at 7 PM. We will be meeting USING ZOOM until the church reopens. **PLEASE NOTE THAT THERE IS NO MEETING IN OCTOBER**. 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.

# Summer Service Sign-



Summer services are just around the corner. Do you have something to say or sing or share? We are seeking service leaders (people who give the sermon/presentation), Worship Associates (help with all other spoken parts of service, script provided), and musicians to provide special music. Rev. Laura is around to help with guidance and tips. At this point, we anticipate that all summer services will be held on Zoom. A tech person or worship associate will be assigned to every Sunday in order to handle all of the technical aspects and regular parts of the service (chalice lighting, etc.) Sign up today to help make our summer services great: <a href="https://www.signupgenius.com/go/20F044EABA823A0FE3-summer">https://www.signupgenius.com/go/20F044EABA823A0FE3-summer</a>



### **CLASSES AND GROUPS**

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

Men's Group Plan A and Plan B

Plan A (least likely)

In the unlikely event that large gatherings are considered safe and the Fellowship Bldg. is open - on Thursday May 14 our speaker will be a retired Professor of Philosophy who will speak on the topic of <u>Theories of Economic and Social Justice</u>. This presenter **wants to do it in person** and not virtually.

#### Plan B (more likely)

We will have a general Zoom meeting at 7:00 PM and talk about possible topics for next year and whatever else is on people's minds. {We could also elect officers – we have not had an election in about 20 years ②. Should we have one, women can vote in it (and be elected). As far as I know we have no past notes, no treasury and no bylaws.} I will send an email several days in advance letting people know what is happening.

Questions contact John Peloquin. John17780@charter.net

### **WOMEN'S GROUP**

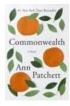


The MVUUF Women's Group usually meets on the first Saturday of each month October through May. This year we will not be meeting on the first Saturday in May. During the summer we will plan the programs for next year. Suggestions are welcome – in fact, needed! Please send your suggestions to Delores Roeder at droeder109@gmail.com.

Women's Group is a good way to get to know others better. Meetings begin at 10:15 am and include time for beverages and conversation, a program, a short business meeting and lunch. All women are encouraged to attend. Looking forward to seeing you on October 3,

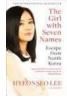
#### Women's Book Club

We have temporarily suspended our book club meetings until such time as we feel it is safe for us to meet again. Perhaps we will read and discuss the remaining two books on our 2019 – 2020 season's list when we resume meeting again. The books are:



Commonwealth by Ann Patchett and The Girl with Seven Names by Hyeonseo Lee

New members are always welcome.





<b>BOARD OFFICERS OF THE FELLOWSHIP</b>			BOARD TRUSTEES		
Chair & Board Member	Nancy Buckman	(952) 736-9586 nancybmnuu@gmail.com	Trustee & Board Member	Max Chessler	(952) 388-1186 maxchessler@gmail.com
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	BOARD WORKGROUPS		
Hanifl Property	Doug Bruce, Mark Clary, Steve Danko, Eva Mach		

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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

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#### **Minister of Congregational Programs**

Rev. Andrea Johnson, programs@mnvalleyuu.org (612) 216-4224

#### **Music Director**

Nicole Collins, music@mnvalleyuu.org

Religious Education Coordinator Maria Bavier, <u>RE@mnvalleyuu.org</u>

#### Administration and Communications Manager

Jeannie Piekos ,<u>office@mnvalleyuu.org</u> (612) 216-4113

#### **Accompanist**

Lark Lewis, piano@mnvalleyuu.org

Custodian & Operations
Mark Clary, <a href="mailto:cust@mnvalleyuu.org">cust@mnvalleyuu.org</a>

#### Internet

Home Page: <a href="www.mnvalleyuu.org">www.mnvalleyuu.org</a>
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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



#### NEW MVUUF ONLINE SCHEDULE

The following meetings are conducted on Zoom. Instructions for using Zoom are here: Zoom Instructions or Video Tutorial. Please note there are different links for some of our gatherings depending on which staff person is leading them. Please be sure you have the correct link.

#### **SUNDAY**

10:30am: Weekly Sunday Service; services will include brief breakout sessions for folks to check-in in small groups.

https://zoom.us/j/3953901346 or call 312-626-6799; Meeting ID: 395 390 1346

**3:00pm:** Pre-K - 3rd Grade <a href="https://zoom.us/j/800317418?pwd=S3c2cjNaajBjVjhrazUzcWRTRWtXQT09">https://zoom.us/j/800317418?pwd=S3c2cjNaajBjVjhrazUzcWRTRWtXQT09</a> Meeting ID: 800 317 418 Password: MVUUF2020 or join by Phone +1 312 626 6799

**4:00pm: 4th-6th Grade RE** <a href="https://zoom.us/j/883918911?pwd=U2sza080a1Qxb3lkSmIyajM1WW5sUT09">https://zoom.us/j/883918911?pwd=U2sza080a1Qxb3lkSmIyajM1WW5sUT09</a> Meeting ID: 883 918 911 Password: MVUUF2020 Join by phone +1 312 626 6799

#### **MONDAY**

**5:00-5:50pm**: Yoga with Fran! Gentle yoga class <a href="https://zoom.us/j/3953901346">https://zoom.us/j/3953901346</a> or call 312-626-6799; Meeting ID: 395 390 1346

#### WEDNESDAY

**5:00-5:50 pm**: **Yoga with Fran! Gentle yoga class** <a href="https://zoom.us/j/3953901346">https://zoom.us/j/3953901346</a> or call 312-626-6799; Meeting ID: 395 390 1346

6:30-7:30pm Mixed Choir Rehearsals <a href="https://zoom.us/j/160751437">https://zoom.us/j/160751437</a>

7:00pm: Jr. High: (grades 7-9) come together to share favorite music, poetry, art, and reflections on the theme of the week. Carla Ries is host. Parents look for zoom link in your email from Andrea.

**8:30pm: High School Youth** (grades 10-12) come together, check in and share your favorite music, poetry, art, and whatever else is capturing your attention this week. <a href="https://zoom.us/j/5110889422">https://zoom.us/j/5110889422</a> or call 312-626-6799; Meeting ID: 511 088 9422

#### **FRIDAY**

**5:00-5:50pm**: Yoga with Fran! Gentle yoga class <a href="https://zoom.us/j/3953901346">https://zoom.us/j/3953901346</a> or call 312-626-6799; Meeting ID: 395 390 1346

You may have noticed that we are not doing as many zoom check-ins. Instead, please watch for our Facebook bi-weekly Video Messages from the staff. Laura will post a message every Tuesday via email, YouTube and Facebook and another staff will do so on Thursdays. Please use the chat forums on Facebook and YouTube to share your own thoughts on these postings.

