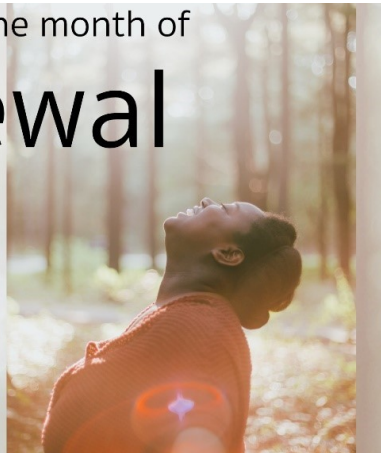


September 2020: Renewal

Welcome to the month of
Renewal



Here we are again, on the verge of a new church year. This is the beginning of my fifth year at MN Valley UU Fellowship. I would say that I couldn't be happier. And, while that is true in the context of continuing to be in community with you all, we all know that the current state of everything is much more complicated than that: we are still in the midst of a pandemic and economic crisis, the likes of which we have never experienced; there are shifting tides against racism embedded in our culture and systems; divisiveness permeates our families, communities and country as we face one of the most important elections and historical time's in our nation's history. It is an uneasy

time AND I am glad to be in community with you all during it.

The tasks at hand are daunting. We are stressed. We are tired. And sometimes, we just feel a bit lost in all of it. We need a space in our lives for comfort and healing, for nourishment and sharing, for respite and renewal. Artist Brian Andreas writes, "Anyone can slay a dragon... But, try waking up every morning & loving the world all over again. That takes a real hero." Loving the state of the world right now is hard. But, no matter the fear or challenge we are facing, we must be grounded in love to face it; that is what will keep us moving forward.

The purpose of our faith community is to be a space where you can find the ongoing renewal you need to love the world in the best ways you can and to provide opportunities for us to engage in loving the world together. This will be a challenging year in many ways and it will take all of us loving and supporting one another to see it through.

We will need your input and insight as to how we best "do church" during a pandemic. We will need your resources and stewardship; your time, talents and financial help to make it through. We will all need tangible reminders of the ways that we care for and support one another. We must not only wake up every morning and love the world, we must also wake up every day and find love, nourishment, comfort, healing and renewal for our own hearts. Together we can provide that for one another. Together we can provide that to a world in need.

See you on Sunday,
Rev. Laura





September Services

Services are live at 10:30am unless otherwise noted
See our website for links to live and recorded services:

mnvalleyuu.org



September 6th: UU the Vote: Part 1

MVUUF member and MN UU Social Justice Alliance (MUUSJA) Executive Director, Karen Wills talks to us about how to get involved with “UU the Vote” on a local level. Linda Hayen will be the Worship Associate.

September 13th: We Begin Again in Love:

Renewal and moving forward often begin with “letting go” and forgiveness. What assumptions, plans and ideals do we need to let go of to begin anew. Rev. Laura Thompson and Carla V. Ries

September 20th: Water Communion: Buckets and Bridges:

Our annual gathering of waters actually begins the weekend before. We invite all friends and members to bring water from your home to the MN Valley on the afternoon of Sept 12-13th. There will be vials of water from the fellowship for you to take home with instructions. If you can't come to the church, let us know and we will arrange to come to you. Revs. Laura Thompson & Andrea Johnson and Maria Bavier



September 27th: UU the Vote: Part 2

The UUA “UU the Vote” team and UUA president, Rev. Susan Frederick lead a service for UUs nationwide to view in solidarity as we dive full force into fighting for the values we hold most high during the 2020 election season.





Notes from the Chair

As the world turns. You could not write this. We just get to live it. We can, and will, live it well. The amount of work that currently goes into providing service to the MVUUF community is amazing. Jeannie and Richard's works allows us to continue as a community, whether we are at home or miles away. Our ministers, RE and music leadership provide programming now delivered in new ways and on electronic venues.

The Un-Auction committee worked very closely with the members of the congregation and Jeannie to orchestrate our first ever Un-Auction. The first one is always the hardest but now we have a template for the future. We are incredibly lucky to have such a dedicated group committed to sustaining our community. You made a difference and raised almost \$5,000 for the Fellowship. Thank you.

The Board has taken action on two things, the creation of a COVID 19 workgroup and asking the Zimmer Property workgroup to make a recommendation to the congregation and Board on whether to purchase the property. As these workgroups make progress, their work on your behalf, will be shared so that during and after COVID-19 your MVUUF community will be there for you.

If you have a suggestion, question or concern, let us know. If you would like to talk or need assistance, please contact me at dbucejr@comcast.net

Douglas Bruce

September Sunday Sharing

MUUSJA

The Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA) serves UUs and the broader community by helping Unitarian Universalists do powerful, sustainable, accountable, spiritually rooted work. Their work entails two intersecting spheres:

CONVENING

MUUSJA exists because **together** UU's are smarter, louder, and stronger. Creating justice for the earth and its peoples requires self-exploration, relationship-building, perseverance, resources, knowledge, and skills. It can feel lonely, overwhelming, exhausting, sometimes even hopeless. From Bemidji to Winona, from fellowships of 10 to churches of 1000+, MUUSJA reminds us we are stronger together and we are not alone.

CAPACITY BUILDING

MUUSJA supports UU's and community partners who engage with many different issues as faith calls us to local, regional, and national action. LGBTQ+ PRIDE, anti-racism and climate justice, tenant's rights and immigration witness, fighting hunger and homelessness, are active concerns. MUUSJA shares resources and strategies for effective advocacy, authentic partnerships, sustaining resilience and claiming the power within each of us. Learn more at muusja.org





Community Events

Sept. 12-13th: 12-3pm Parking Lot Fair

Stop by Saturday or
Sunday Afternoon:

- Drop off/Pick up Water for Water communion
- Buy BLM or Love signs
- Pick-up Family Ministry Packets
- Free Puzzle and Game Exchange
- Meet Board Members
- Hopscotch and Chalk Art
- Socially distant visiting space
- Free Refreshments
- Make Your Own Lawn Sign
- and more..





Community Events

WATER COMMUNION SERVICE
SUNDAY, SEPTEMBER 20, 2020

BUCKETS & BRIDGES

Revs. Laura Thompson & Andrea Johnson and Maria Bavier

To participate in Water Communion this year:

1. Stop by Parking Lot Fellowship on Saturday 9/12 or Sunday 9/13 anytime from 12-3pm
2. Bring some water from your house or a favorite place and pour it into our community bucket
3. Write in the "water journal" the qualities that you bring to our community.
4. Take a vial of MN Valley UU Fellowship Water home
5. Take a picture that week of what you used your water for (cooking, art, watering a plant, etc) and send pic to minister@mnvalleyuu.org



FROM THE FAMILY MINISTRY STAFF

Welcome to Religious Education for Fall 2020!

Welcome to a New Year... of Online Religious Education! There is no getting around it. Online church is complicated. All of us are trying out new things and preparing to be flexible in the face of the unexpected challenges that will surely come our way. We heard in feedback from you that your kids don't want to do too much learning via zoom Please continue to offer your feedback. We are open to making changes. A lot of what we learn from children and youth is: plans change and being flexible is important - so with that being said, we've tried to develop an innovative and fun approach to Religious Education; combining once-per month age-segregated games and activities for your kids and All-Ages parts of weekly worship services; balancing that with activities to do together at home and physically-distanced family fun gatherings! Rev. Andrea and Maria are so looking forward to welcoming you and your family to RE this fall!

Let us begin this year with enthusiasm and confidence!

Our goals this year in Religious Education are to build community and to practice living our UU values, faith and seven principles. In this time of physical separation, we need to pay extra attention to the key relationships that nurture our children and youth. Our program aims to support and encourage five distinct relationships:

1. **Leader to child** relationships – supported by a commitment to provide weekly multi-generational Sunday morning worship services that include stories, videos, and other activities designed to engage our children in the monthly theme.
2. **Child to child** relationships – supported by live (via zoom), age-segregated small group sessions that include fun activities the kids can do together based on our monthly theme.

PreK - 1st Grade will be held from 9:45-10:15 on zoom on the **2nd Sunday** of the month.

2nd - 5th Grade will be held from 9:45-10:15 on zoom during the **3rd Sunday** of the month.

Youth Group (6th-12th Grade) will be held from Noon - 1:00pm on zoom on the **2nd and 3rd Sundays** of the month. We will use the Soul Matters curriculum, "On the Road Together" to honor the way youth groups journey together. Friends, community, shared values, support in the midst of life's twists and turns: These are the building blocks that make UU youth mini tries meaningful and transformative. This frame also highlights the way in which each monthly theme is a path all youth need to learn to navigate. We can use zoom breakout rooms to split the youth into middle school and high school groups after an introduction all together.

3. **Family member to family member** relationships – supported by weekly activities that families can do together at home.
4. **Family to Family** relationships – supported by monthly special event and service-based activities that bring families together in a physically distant manner (e.g., pumpkin carving in the MVUUF parking lot,

Continued next page



FAMILY MINISTRY PROGRAMS

dessert exchange between families, a nature walk to see Holiday Lights, a sledding party at a nearby park etc.). The Pen-pal program is another opportunity to connect. Children and youth may partner with an elder, youth or adult in the congregation to write back and forth to each other once every two weeks. Writing/drawing/coloring prompts will invite participants to introduce themselves and respond to a question or idea based on our monthly theme.

5. **Families UUnite** - adults may choose to come to monthly zoom gatherings from 4:30-5pm on the **2nd Sunday** of the month. Share resources and cultivate the wisdom within each of us as people nurturing children and youth. Look forward to readings related to our monthly themes and short presentations from guest speakers. Families UUnite Zoom Link: <https://us02web.zoom.us/>



Register for RE

Please click this link to [Register for RE](https://putu.cloud/survey/index.php?r=survey/index&sid=917872&lang=en) We are looking forward to a great year!
<https://putu.cloud/survey/index.php?r=survey/index&sid=917872&lang=en>

General RE Calendar

Click here to see the [General RE Calendar for 2020](https://putu.cloud/nextcloud/s/oj36EdF4pnRxjxB)
<https://putu.cloud/nextcloud/s/oj36EdF4pnRxjxB>

Volunteering Opportunities

It takes a congregation to raise children and youth! Please take a look at [this survey](https://putu.cloud/survey/index.php?r=survey/index&sid=2&lang=en) and consider giving the gift of your time this year.

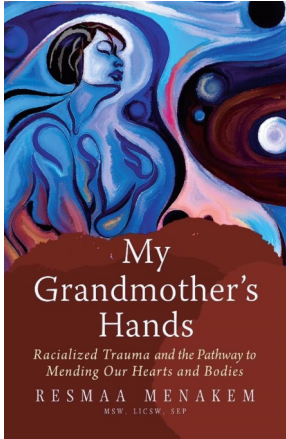
<https://putu.cloud/survey/index.php?r=survey/index&sid=2&lang=en>



Congregational Programs



Adult Faith Formation Opportunities for Fall 2020 and beyond.

COVID-19 is providing an exciting opportunity for MN Valley to partner with two neighboring congregations: The UU Congregation in Eau Claire, WI led by the Rev. Julianne Lepp and the UU Church of Minnetonka, MN led by the Rev. Lisa Friedman, to offer joint programming this year. The following programs are being offered to all three congregations. Please use the registration links provided to register for these programs. Additional programming is being planned and will be communicated in future newsletters and Friday emails. For questions about any of these programs, please feel free to contact Rev. Andrea Johnson andrea@mnvalleyuu.org

| Program | Description | Dates/ Facilitator | Registration and Zoom Links |
|---|---|---|--|
| <p>My Grandmother's Hands: Using embodied practices as tools for healing racialized trauma.</p>  | <p>We will use Resmaa Menakem's book, <i>My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies</i> as a method for people of all races and ethnicities to understand how white-body supremacy is reinforced in the US and provides a healing process. While this program will involve reading and some discussion, there will be emphasis on the body-centered practices contained in the book. Menakem writes: "If you see white supremacy as a belief system or ideology, in this book you will discover only a fraction of it exists in our cognitive brains. For the most part, white supremacy lives in our bodies." This course will provide insight and tools to help you understand and constructively deal with the embodied aspects of racism.</p> | <p>Facilitated by Rev. Andrea Johnson and Tom Ehlinger</p> <p>Offered every Thursday 7:00-8:30pm for seven weeks from October 1st - November 12th.</p> <p>For questions, contact Rev. Andrea Johnson. andrea@mnvalleyuu.org</p> <p>Please purchase or borrow a copy of the book.</p> | <p>To register: https://tinyurl.com/MVUUFMGH</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/5110889422? pwd=b2hKMlErWEdnRUxaEFvNFA0enMxUT09</p> <p>Meeting ID: 511 088 9422 Passcode: 021070</p> |




Congregational Programs

| | | | |
|--|--|---|---|
| <p>Black Film Series</p>  | <p>This monthly film series will center on black filmmakers telling their stories. Seeing and understanding the world through the black experience is one way to undermine white supremacy and advance racial healing. You will watch the movie on your own and then come prepared to discuss it with the group.</p> | <p>Facilitated by Revs. Andrea Johnson, Laura Thompson and Julianne Lepp</p> <p>First Monday of the month - October - April from 6:30-8:00pm October 5th, Nov 2nd, Dec 7th, Jan 4th, Feb 1st, Mar 1st, April 5th.</p> | <p>To register: https://tinyurl.com/MVUUFBlackFilm</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/5110889422?pwd=b2hKMlErWEdnRIUxaEFvNFA0enMxUT09</p> <p>Meeting ID: 511 088 9422</p> <p>Passcode: 021070</p> |
| <p>Soul Matters Small Groups</p>  | <p>SOUL MATTERS are groups of 5-8 committed participants who come together once a month, from October – May, with a trained facilitator to nurture spiritual growth in community and engage more deeply with our monthly themes through deep listening and open-hearted sharing.</p> | <p>Groups offered at the following times:</p> <p>4th Monday morning 10:30-noon Oct 26, Nov 23, Dec, 14, Jan 25, Feb 22, Mar 22, Apr 26, May 23</p> <p>4th Tuesday evening 6:30 - 8:00pm. Oct 27, Nov 24, Dec, 15, Jan 26, Feb 23, Mar 23, Apr 27, May 24</p> <p>4th Wednesday evening from 6:30-8:00. Oct 28, Nov 18, Dec, 16, Jan 27, Feb 24, Mar 24, Apr 28, May 26</p> | <p>To register click the appropriate day/time link:</p> <p>Fourth Monday: https://tinyurl.com/MVUUFsoulMonday</p> <p>Fourth Tuesday: https://tinyurl.com/MVUUFsoulTuesday</p> <p>Fourth Wednesday: https://tinyurl.com/MVUUFsoulWednesday</p> <p>Zoom links will be sent to all registered participants</p> |



CONGREGATIONAL PROGRAMS

| | | | |
|--|--|---|--|
| <p>Memoir: Writing As A Spiritual Practice</p>  | <p>This will be a monthly gathering that examines life through the lens of our own sacred stories. When we examine our lives we find the star stuff and the detritus; we discover patterns and meaning emerges. There will be a chance to write and a time to share, if desired.</p> | <p>Facilitated by Rev. Julianne Lepp (Eau Claire)</p> <p>Offered Mondays 6:30-8:00pm on: September 14th, October 12th, November 9th, December 14th and January 11th</p> | <p>To Register: https://tinyurl.com/EauClaireMemoir</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/83173200654?pwd=UX11d1IUSU9UZHRaRFNmdVFhWnJVUT09</p> <p>Meeting ID: 831 7320 0654 Passcode: 560210</p> |
| <p>Getting to know UU (MN Valley specific)</p> | <p>This is a one-session 2-hour class that offers a general introduction to our congregation and Unitarian Universalism.</p> | <p>Facilitated by Rev. Andrea Johnson</p> <p>Offered on Sunday November 15th from 1-3pm</p> | <p>Register https://tinyurl.com/MVUUFinfo</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/5110889422?pwd=b2hKMIerWEdnRIUxaEFvNFA0enMxUT09</p> <p>Meeting ID: 511 088 9422 Passcode: 021070</p> |



A self that goes on
changing is a self
that goes on living.

Virginia Woolf



SOCIAL ACTION COMMITTEE

The Social Action Committee will meet on **Wednesday September 2nd at 7pm on Zoom**. The committee serves our social justice ministries (outside of anti-racism work) by providing supporting opportunities for our members and friends and engaging the congregation in concrete actions to support social justice issues in our broader communities. If you would like to attend the meeting or are interested in joining the committee contact Rev. Laura; minister@mnvalleyuu.org



Voter Turnout Efforts via UU The Vote and MUUSJA:

Postcard Writing Effort

In partnership with Reclaim Our Vote, MUUSJA has committed to sending 10,000 postcards with inclusive, multi-racial images and non-partisan voting rights messages into key states experiencing significant voter suppression. To participate, get prepared by watching this short, 7 minute video. <https://www.youtube.com/watch?v=Q3Z9AYeKQPg&feature=youtu.be&eType=EmailBlastContent&eld=48d355ee-5b2e-469f-b3f1-48b8c144473b>

Then come to the fellowship by Tuesday September 8th to pick up a pack of 15 postcards and instructions for completion. Mail postcards by September 15th.



National UU Days of Action – Phone Banking Into Wisconsin

Every other week until election day, UUs across the country are making non-partisan calls to register, mobilize and persuade voters in 2020. Click <https://www.uuthevote.org/get-involved/?eType=EmailBlastContent&eld=48d355ee-5b2e-469f-b3f1-48b8c144473b> and select 'Wisconsin' to find out more.

Want a Safe Way to Connect?

Help get everyone you know registered and ready with a plan to vote safely. One way to do this is through MUUSJA's Empower app – a handy, simple app (don't worry, it also works on your home computer as well) to help you figure out what to say to folks, how to track what they've told you and be reminded to connect with them again later if needed. To download the app, go to <https://getempower.com/muusja> you'll be prompted which of your contacts you'd like to reach out to as we send out calls to action. And just so you know, contact information you input through the MUUSJA link will only share that information with MUUSJA.



RACIAL JUSTICE: FINDING OUR NEXT RIGHT ACTION

Work to end racial injustice has been a focus at MN Valley but the killing of George Floyd on May 25, 2020 and the many other senseless deaths of people of color have highlighted the absolute necessity of these efforts. Many of us may be looking for ways to turn our outrage and sorrow into concrete action to end racial injustice. MN Valley's Racial Justice committee (co-chaired by Rev. Andrea Johnson and Myra Basar) invites you to join us in shaping this important work. Our first committee meeting of the new fellowship year will take place on Sunday September 27th from noon-1pm. Contact andrea@mnvalleyuu.org if you'd like to become a member of the racial justice committee and/or participate in this meeting.

Zoom information

<https://us02web.zoom.us/j/5110889422?pwd=b2hKMlErWEdnRUxaEFvNFA0enMxUT09>

Meeting ID: 511 088 9422

Passcode: 021070

Educational opportunities:

My Grandmother's Hands: Using embodied practices as tools for healing racialized trauma. Offered every Thursday 7:00-8:30pm from October 1st - November. See full description in Adult Programming section on page 8.

Black Film Series: This monthly film series will center on black filmmakers telling their stories. Seeing and understanding the world through the black experience is one way to undermine white supremacy and advance racial healing. You will watch the movie on your own and then come prepared to discuss it with the group. Offered on the First Monday of the month - October - April from 6:30-8:00pm. See full description in the Adult Programming section on page 9.

Information about direct action/protests

[Unitarian Universalists of the Twin Cities](#) (Facebook Page): Updated with information about actions and ways to be involved.

[Take Action Minnesota](#) is a statewide, independent, multiracial people's organization working to advance democracy and equity through organizing, political action, and campaigns.

[Midtown Phillips Neighborhood Association](#) (Facebook Page): Posting updates and information about clean-up help and support for the neighborhood around the 3rd Precinct.

[Neighbors in Solidarity Together](#) is a coalition of Minnesota neighbors who stand in solidarity with all who love justice and wish to work, play, and worship in peace.

[Indivisible Bloomington](#) unites progressive residents in and near Bloomington Minnesota to create a more inclusive, fair, and welcoming community, region, and nation



RACIAL JUSTICE EDUCATIONAL RESOURCES

Please check out the following resources. Below are all clickable links.

- Anti-Racism Resources
- Bearing Witness: The Death of George Floyd
- The Seeing White Podcast (14 episodes)
- The Conscious Kid
- Resources for Talking about Race, Racism and Racialized Violence with Kids
- Five Twin Cities Organizations Fighting to Overcome Racism <http://daily-work.org/five-twin-cities-organizations-fighting-to-overcome-racism/>
- Hennepin County Library Tools to Talk about Racial Justice <https://hclib.bibliocommons.com/list/share/619268670/1034799938>
- YWCA Racial Justice Workshops <https://www.ywcampls.org/racial-justice/workshops/>
- Poetry Asylum Ally Information <https://www.thisispoetryasylum.com/be-an-ally>
- New York Times Finish the Fight Virtual Play <https://timesevents.nytimes.com/finishthefight>
- <https://www.eventbrite.com/c/educate-yourself-online-racial-equity-workshops-cwwzzcp/>
- Miles for Justice Virtual Run <https://www.eventbrite.com/e/2020-milesforequality-virtual-846-mile-run-walk-saint-paul-registration-109150630474>
- Overcoming Racism Virtual Conference <https://overcomingracism.org/programs/conference/2020-conference/>

Funding Emergency Needs

A list of opportunities to support critical initiatives that address police violence, gaps in housing and education, growing economic disparities, and more is listed below:

- Minnesota Freedom Fund
- Minnesota Youth Collective
- Black Visions Collective
- NAACP Legal Defense Fund
- Black Lives Matter and BLM - What you can do
- Official George Floyd Memorial Fund
- MIGIZI
- Rebuild Lake Street
- United Renters for Justice



Musical Notes

Nicole Collins

Coming back together this September feels different. So many questions are still unanswered. So many schedules that keep changing. Some things are not the same. That's why, for me, the constants feel good. Coming back to routines feels good. Coming back to church feels good.



I've been poring through music recordings, databases, documents, and many resources with ideas on how to keep the music going. To be honest, last year was HARD. I, like many of us, was flying by the seat of my pants; Creating music, holding rehearsals, attending meetings, and also like you, got tired of it. However, after some recharge time, walks, family dinners, games, and quiet, I'm finding myself needing to get back to it again, to be with you all in the spirit of community. Maybe it's also because I feel the looming winter and that feels hard too. I know I need connection to help get through it.

The choir had its first rehearsal and we're off and running. You can expect us working harder on refining our online rehearsal and recording skills, getting ready for our annual Music Sundays. Due to

the nature of online rehearsals, we'll be singing in services less, allowing us the opportunity to work on things we haven't been able to in the past, like individual singing and more time with each piece. If you're looking for something to do or connect with, have you thought about the choir or musical ensembles? This could be the perfect time to start. Even if you don't want to "perform," you can come and learn new music with us.

We still need music! While Lark and I will be performing some solos and duets, this is the time to share your musical talents! We need kids and adults to share your talents with the fellowship. Please reach out to Nicole if you have time or ideas to share at music@mnvalleyuu.org

There will be no children's choir this year, but I have heard loud and clear, the fellowship wants to hear beautiful music from the kids as soloists and family groups. We will make this happen together. Again, I'll be getting in touch to help facilitate this undertaking. Don't worry, you're not alone! Finally, I'd like to share a poem that embodies this time of year for me written by my late Grandfather.

Impressions by Vern Paul (1930-2012)

September Day, Dakota prairie, easy season
 I returned to where I spent my youth
 This is the time of transition, Summer then Fall
 I walked the fields that many years earlier I labored
 The slanting sunlight, bloom of wildflowers, tinges of red and yellow
 I listen, deeply, and hear distant crows, cicadas, corn leaves rustle
 Images come as in a procession from the past, the boy so long ago

Who walked these same fields and looked to the future now looks back
 This Earth once again gives up its bounty, corn, the scent of hay, animals
 Time to rest, time to lay back, to gather in and to hold
 Look, listen, smell and let's have a celebration of creation
 Once again, something that began so long ago comes again
 One last look, the man turns, a heart warm with gratitude
 To have been a part of it all, if only for awhile



Music is a great blessing. It has the power to elevate and liberate us. It sets people free to dream. It can unite us to sing with one voice. Such is the value of music.

Nelson Mandela

THE FIRST EVER MVUUF UN-AUCTION WAS A SUCCESS



Thanks to all of you who donated items and to all of you who bought them. We couldn't have done this without any of you. We hope you found it interesting and fun, and that you are getting some contact with other members and friends. We don't have the final figures yet, but the total donated is somewhere over \$4,000. There were the usual first-time blunders and we appreciate your patience and understanding. We much prefer doing our silent auctions and hope to do so again next spring.

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

"GROWING COMMUNITY THROUGH SHARED MINISTRY"



MVUUF's 2019-2020 Caucus Report is available [at this link](#). The Stewardship Team plans to hold similar small affinity group meetings in 2020-2021, via Zoom, and in person if possible, as the COVID-19 pandemic abates.

Questions or comments? Please contact Kelley Hughes (uukelley@hotmail.com) or Thomas Walkington (tawalking@gmail.com).



EVENING BOOK CLUB

Joyce McMartin



The Evening Book Group continues our pandemic mode Zoom meetings. A list of our upcoming selections follow. If you would like to join us, just send an email to joyceamcmartin@gmail.com, and a Zoom invitation will be sent to you a few days prior to our meeting. We are hoping that someday we can return to in-person meetings but right now we are stuck in the virtual world.

Alternating fiction and nonfiction (mostly), our upcoming choices are:

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

October 15, 2020—*The Economist Hour: False Prophets, Free Markets, and the Fracture of Society* by Binyamin Appelbaum

November 19, 2020—*The Topeka School* by Ben Lerner

December 17, 2020—*Girl, Woman, Other* by Bernardine Evaristt

The Evening Book Group **USUALLY** meets third Thursdays of the month in the Fireside Room at 7 PM. We will be meeting USING ZOOM until the church reopens. 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.



MEN'S LUNCH GROUP

Don Park

For some time now a group of mostly retired MVUUF guys have been informally meeting for lunch on the fourth Thursday of the month (except in November and December). Since the COVID-19 epidemic, we have had a virtual lunch via zoom (except for July and August when we were able to meet outdoors at Moir Park).

If you think you would like to join the lunch contact Don Park (donfpark@comcast.net) and he will add you to the list of those who receive e-mail reminders and a zoom link for the meeting.



AN ARCHIVAL GEM

Founders at groundbreaking for our current building September 2000. Standing Al Hyman, Helen Hyman. Sitting left to right Luella Newstrom, Betty Gutmann, Helmet Gutmann.



RELIGION, ETHICS AND IDEAS

Religion, Ethics, and Ideas will meet by way of ZOOM on Sunday Sept 13 from 9 – 10:20. Our question will be **What does White Supremacy mean and what is White Supremacy Culture?**

The following links you to “Characteristics of White Supremacy Culture” by Tema Okun & Kenneth Jones <https://www.showingupforracialjustice.org/white-supremacy-culture-characteristics.html>.

A ZOOM link has been or will be sent to those on the REI email list.



GENTLE AND CHAIR YOGA

Fran is currently offering one gentle yoga class per week on Wednesday mornings at 9am. Chair yoga is Tuesday and Thursday mornings at 9am. However, there will be no yoga the week of September 14.

Gentle yoga -- Wednesday 9am

Chair Yoga --Tuesday and Thursday from 9:00-9:45am

Both are offered on the church zoom, so all you need to do is join the meeting just like you do on Sunday! There is no fee. She will begin the “meeting “ 15 minutes before class begins so members are free to visit, ask questions, etc. Please email Fran bryawnte@msn.com or call [612.401.4653](tel:612.401.4653).



A NOTE FROM THE TREASURER

MVUUF currently spends approximately \$40 per month for the composting bin outside of the Fellowship. Unless I hear from members that it is a bad idea, I plan to drop this service for several reasons:

1. It is unsightly, at least in my opinion.
2. Without in-person services and meetings, it has lost its convenience factor. People no longer bring their compost when they are going to the Fellowship anyway, because they aren't going to the Fellowship anyway.
3. The city of Bloomington already provides three facilities that accept compost. Hours are posted on the Hennepin County website.

The Bloomington drop-off sites are at:

East : Valley View Park, 201 E 90th street

Central: South Hennepin Recycling and Problem Waste Drop-off Center at 1400 W 96th St

West: West Bush Lake Park, 95th St and W. Bush Lake Rd near Shelter #1 in the parking lot next to the storage building

**BOARD OFFICERS OF THE FELLOWSHIP**

| | | |
|----------------------------|---------------|--|
| Chair & Board Member | Doug Bruce | (952) 897-0970 dbrucejr@comcast.net |
| Chair-elect & Board Member | Carla Ries | (952)-500-8526 cwr_uu@hotmail.com |
| Secretary & Board Member | David Olson | (952) 888-6527 olson199@umn.edu |
| Treasurer | Dale Lewellyn | (952) 432-9459 treasurer@mnvalleyuu.org |

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 | 612-216-4224 programs@mnvalleyuu.org |
| Aesthetics | Karen Olson | (952) 888-6527 luvzcatz@comcast.net |
| Archives | Kathy Eager | (952) 888.8427 Kathy@darrelleager.com |
| Congregational Care | Maria Bavier | maria@mnvalleyuu.org (763) 228-9985 |
| Committee on Shared Ministry | Eve Bergmann | (612) 597-7915 ebermann11@aol.com |
| Endowment | Bob Boucher | 952-432-6632 woopatis@msn.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 | Linda Hayen | 651-214-1279 linda590.lh@gmail.com |
| Operations | Mark Clary | (952) 830-1971 Magwcfm@gmail.com |
| 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 |

BOARD TRUSTEES

| | | |
|------------------------|-----------------|--|
| Trustee & Board Member | David Olson | (952) 888-6527 olson199@umn.edu |
| Trustee & Board Member | Judith Anderson | (952) 941-7047 andersonkj@earthlink.net |
| Trustee & Board Member | Tom Walkington | (612) 859-7939 tawalking@gmail.com |
| Trustee & Board Member | Kelley Hughes | (952) 831-0032 uukelley@hotmail.com |
| Trustee & Board Member | Myra Basar | (301)379-9210 gratitude30@hotmail.com |

MVUUF

Office Phone Number
(952) 884-8956

10715 Zenith Ave South
Bloomington, MN 55431

Lead Minister

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(612) 216-4203

Minister of Congregational Programs

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Music Director

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

Religious Education Coordinator

Maria Bavier, **RE@mnvalleyuu.org**

Administration and Communications Manager

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(612) 216-4113

Accompanist

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

Custodian & Operations

Mark Clary, **cust@mnvalleyuu.org**

Internet

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

Uni-Sun Item Submission Information

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

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



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

TUESDAY

9:00-9:45am: Chair Yoga with Fran <https://zoom.us/j/3953901346> or call 312-626-6799; Meeting ID: 395 390 1346

WEDNESDAY

9:00am Yoga with Fran! Gentle yoga class <https://zoom.us/j/3953901346> or call 312-626-6799; Meeting ID: 395 390 1346

THURSDAY

9:00-9:45am: Chair Yoga with Fran <https://zoom.us/j/3953901346> or call 312-626-6799; Meeting ID: 395 390 1346

WE ARE:

ALL CONNECTED

STRONGER TOGETHER

LOVE'S HANDS IN THE WORLD

CALLED TO CREATE JUSTICE

**RESPONSIBLE FOR ONE
ANOTHER AND THE EARTH**

UUA.ORG/IMAGES

MVUUF

10715 Zenith Avenue South
Bloomington, Minnesota 55431

We are a Welcoming Congregation