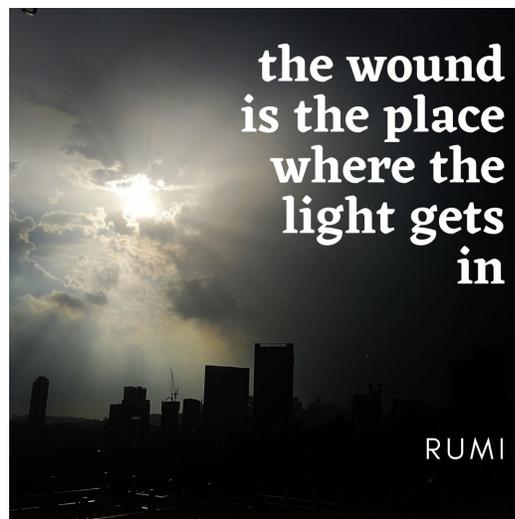


November 2020: Healing

When I was a chaplain, it was important that I knew what ‘healing’ was. We often think of healing along the same lines as curing or recovery, but it is not the same thing. Curing is eliminating disease, or the effects and conditions resulting from trauma and recovery is about returning to whatever ‘normal’ was for you before said event, condition or disease. Healing on the other hand deals with finding balance and wholeness, which sometimes means cure or recovery and other times it means something else.

Healing is admitting that your job is slowly killing you. Healing is enforcing a strict budget because you have long-term financial aspirations. Healing is restoring relationships instead of just walking away from them. Healing is choosing what nourishes you, not what comforts you. Healing is finding unprecedented worth and power. Healing is stepping into what you’ve never done before. Healing is a rebirth. [Briana Weist](#)



For the last few weeks, I have been participating in the study/practice group that Rev. Andrea and Tom Ehlinger are co-leading around the book [“My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies”](#) by Resmaa Menakem. The book explores the way that trauma affects our bodies, in this case, as it related is related to historical racism and the white supremacist culture it created here in the U.S. Menakem uses prose *and practice to get to places beyond our consciousness and thinking brain to the deeper places that trauma resides within us; our guts, our hearts, our nervous systems, immune systems and so many other parts of our wholeself that are our usual conscious control. This approach is called [Somatic Experiencing](#) or [Somatic Therapy](#) and it is an amazing way to engage in healing.*

This month we’ll be looking at lots of ways that we can encourage healing; in our communities, in our nation and in our own bodies, minds and hearts. We hope you’ll join us on the journey.

See you Sunday,
Rev. Laura

Schedule a Fall Visit with Rev. Laura! To schedule a Fall Sunday visit with Laura at your home or at the Fellowship please visit: [Fall Visits](#)





November Services

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

mnvalleyuu.org

Nov. 1st: Healing Communities; A Recipe for Change “Sweet potato pie is the ‘sacred dessert’ of Black people, and it has power. Not only does it give us energy, this pie links us to history, it soothes our spirits and renews us for the much-needed work.” Our guest speaker, **Rose McGee** founder of [Sweet Potato Comfort Pie](http://SweetPotatoComfortPie.com) will be sharing stories about the healing power of pie to nourish communities.



Nov. 8th: Healing a Nation; What Comes Next? As the saying goes, ten percent of life is what happens to you; the other ninety percent is how you choose to handle it. It is up to us: how we choose to handle the election results and what we do next are crucial to healing a nation in distress. What is our role as UUs? Rev. Laura Thompson and Tom Ehlinger



Nov. 15th: The Healing Power of Community: Caring for One Another;

The cold is settling in, many of us are anxious about the effects the pandemic will bring to our hearts and spirits as we face getting through the holiday season and winter in the face of a pandemic. What plans and commitments can we engage to help us all through this challenging time? Rev. Laura Thompson and Linda Hayen

Nov. 22nd: The Healing Power of Gratitude; We Give Thanks; With a national holiday of Thanksgiving, we pause to reflect on the power of gratitude in our lives. What are you grateful for this year, this month... this day, this moment? Join Rev. Laura Thompson and Carol Jernberg for this interactive service of sharing and practicing gratitude.

Nov. 29th: How do You UU?: A Celebration of Unitarian Universalist Identity; Our Children, Youth and Family Ministries Coordinator, Maria Bavier leads us in an All-Ages Celebration of UU identity. How does your Unitarian Universalism show up in your daily life; your work, your play, your commitments and your hopes?





Notes from the Chair

Winter is coming and we anticipate snow. That is not something new for Minnesota UU's.

We continue to evaluate our situation and work to provide service to the congregation through governance, finance, stewardship, operations and the COVID-19 work group so that we might anticipate what the next year will bring. Our purpose is to sustain and nurture this community through our mission, vision and values.

Stay in touch. We are in this together. Please, vote.

Doug Bruce
Chairman Board of Trustees
952-897-0970
dbrucejr@comcast.net

November Sunday Sharing

Currently the **Social Action Committee** is working on curating activities for our monthly Parking Lot Fairs and supporting efforts of the Board to put together a large fundraiser to benefit local food and basic needs centers. There has never been a greater need and we need to pitch-in beyond our Sunday Sharing to help our communities. Because our Sunday Sharing take has decreased during this time of online-services-only, we will suspend having monthly sharing partners for the time being, in lieu of finding more effective ways to financially support our community partners.

Our Community Social Action at the November Parking Lot Fair on November 22nd will be a Donation Drive for Oasis for Youth. Find a list of their needs here: <https://www.oasisforyouth.org/wishlist>

It is no measure of
health to be
profoundly adjusted
to a sick society.

Jiddu Krishnamurti





From the Minister of Congregational Programs REV. ANDREA JOHNSON

This month's theme is healing and some argue that racial healing requires making reparations for slavery. Others declare it unrealistic. But no matter where one stands, all of us can probably admit that the refusal to make space for the discussion drives us even farther from healing. Besides asking "Where do you stand?" maybe the equally important question is, "Why is America so afraid of the discussion?"

Once you dive in, the answer is hard to miss: The reparations debate challenges us with hard questions: What does apology without accountability mean? How can personal reconciliation occur without structural repair? How much of our comfort are we will to sacrifice to heal others' pain? Are you willing to look honestly at the casualties of your comfort and success? Can we disagree about the efficacy of reparations and still consider each other allies? With these challenging questions in mind, I invite you to explore the diverse articles below not simply with the question of "What's my opinion?" but also "Where is my resistance coming from?" "What scares me about this topic?" and "How is the conversation itself trying to help me heal?"

- The Case for Reparations, Ta-Nehisi Coates (related article) <https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>
- The centuries-long fight for reparations
<https://www.washingtonpost.com/outlook/2019/04/28/centuries-long-fight-reparations/>
- Blacks Deserve Reparations—But Not for Slavery, Jonathan Rauch
https://www.theatlantic.com/politics/archive/2001/09/blacks-deserve-reparationsbut-not-for-slavery/377561/?gclid=EAlalQobChMlosPkqoy06wIVo9SzCh0JpAmEEAMYASAAEgL6nvD_BwE
- The Impossibility of Reparations, David Frum
<https://www.theatlantic.com/business/archive/2014/06/the-impossibility-of-reparations/372041/>
- Why I Changed My Mind On The Reparations Debate, Julie Wittes Schlack
<https://www.wbur.org/cognoscenti/2019/06/27/the-case-for-reparations-julie-wittes-schlack>
- 7 Key Questions in the U.S. Slavery Reparations Debate
<https://people.howstuffworks.com/slavery-reparations.htm>
- Collective Liberation - Sacred Design Lab
<https://sacred.design/collective-liberation?fbclid=IwAR3cCd6kaPdMXqhwGHQkfrckEOH03rzj3-DBzNiAhcGE6aYT148-McG1564>
- UUs lead as riot survivors receive payments in Tulsa - UUWorld Article
<https://www.uuworld.org/articles/riot-survivors-receive-payments-tulsa?fbclid=IwAR06e7kG1wB34UNSGTygll2jPP8DPF2L03zshNSZqjAHEvc5Fx8Nim08Vgs>

*"I awoke this morning with devout thanksgiving for my friends, the old and the new."
—Ralph Waldo Emerson.*



Companion Sources for Healing

Music

Click [here](#) for the Spotify playlist on [Healing](#)

Click [here](#) for the YouTube playlist on [Healing](#).

Videos & Podcasts

[And the People Stayed Home](#)

Kitty O'Meara

Hope (and healing) in Coronavirus times

[How to Narrate Your Life Story](#)

[Trauma, Healing & Collective Power](#)

Spenta Kandawalla, Prentis Hemphill and Staci K. Haines, hosted by adrienne maree brown..

[The Star Spanglish Banner](#) by Angelica Maria

[Why These Native Americans Observe A National Day Of Mourning Each Thanksgiving](#)

The Doctrine of Discovery: Why the Europeans considered the "New World" given by God to them
<https://vimeo.com/71915411>

[Let Nature Heal You](#)

[Healing Through a Haircut](#)

<https://www.bbc.com/news/av/magazine-36918094>

Articles

[Relinquishing \(and healing from\) the Patriarchy](#)

adrienne maree brown

[How Racism Damages White People](#)

Aaron Wilson-Ahlstrom

[Everyone's History Matters: The Wampanoag Indian Thanksgiving story deserves to be known](#)

Lindsay McVay

Books

[Healing the Heart of Democracy](#)

Parker Palmer

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#)

Resmaa Menakem

[Dying of Whiteness: How the Politics of Racial Resentment is Killing America's Heartland](#)

Jonathan M. Metz

Buoyancy *MVUUF Communications Manager, Jeannie Piekos, found a way to navigate and share her cancer journey through essays and poetry. In Buoyancy, a memoir, she travels from the heart-breaking, life-threatening diagnosis through the treatment protocol with its side-effects and fallout, and onward into a transformed, unrecognizable self that yearns to find self-acceptance and possibly recovery. Buoyancy provides a lens into a private space that allows the reader to be witness to the loneliness, poignancy and universality of disease.*

Movies

[Thunder Road](#)

[The Rider](#)

[Minding the Gap](#)

[When They See Us](#)

[Wild](#)

[The Prison Within](#)



Children, Youth and Family Ministry

Maria Bavier

Religious Education Update from Maria

During these complicated times it helps to focus on relationships. This month our Religious Education programming is focused on those relationships that build us up.

Leader to child relationships – Come to Sunday morning multi-generational worship. A great way for families to participate in worship is to light your chalice on Zoom. [Sign up here](#). Look for a Wednesday staff videos from Maria to watch with your child(ren).

Child to child relationships – Come to fun small group gatherings on [Zoom](#) once a month • Pre-K -
 1st Grade: Sunday, November 8 at 9:45 am
 • 2nd-5th Grade: Sunday, November 11 at 9:45 am

Family member to family member relationships – Maria will send out Wednesday activities for families to do together to have fun with and delve more deeply into this month's theme: Healing.

Family to Family Relationships –

- Come to our Parking Lot Fair!
- Also, join the families social hour after worship on Sunday morning (around 11:30), Nov. 22 [on this Zoom](#) link. Visit with other families after worship and before lunch!
- Family Ministry is on Facebook <https://www.facebook.com/mnvalleyuufamilies>

INTRODUCING: Pen-Pals! Email maria@mnvalleyuu.org write in the subject line: Pen Pal and include your name to be connected with another member as a pen pal this winter! All are welcome! Special Friends was a success before I came to by Religious Education Coordinator, and I look forward to helping build our community through this opportunity.

I began a program through the Unitarian Universalist Association to become a Credentialed Religious Educator. I am excited to learn more and share some of it with you. My first five-week class just finished. It was titled: UU Identity. I met other Religious Educators from around the United States of America and together three of us created a worship service plan called: **"How do You UU?"** I invite you to take some time this month to reflect on how you are a Unitarian Universalist. Take a look at our principles and think about your activities. What are you doing to live out the Principles? It could be taking time to listen to the silence of the snow falling in October, reading through this newsletter, voting your values, encouraging others to participate in our Democratic process, volunteering, building friendships and so much more. On November 29th I will be leading our worship service and look forward to celebrating UU identity and hearing more about how you UU (as a verb!).

Rainbow UU Principles (Red Orange Yellow Green Blue Indigo Violet)

Respect the inherent worth and dignity of every person

Offer fair and kind treatment to all

Yearn to learn throughout life

Grow in your ongoing search for truth and meaning

Believe in your ideas and act on them

Insist on peace, freedom and justice for all

Value our interconnection with the web of life



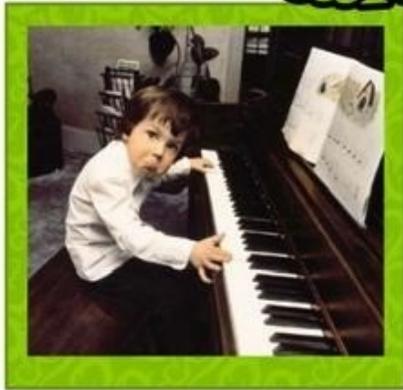
Musical Notes

Nicole Collins

This month of November will feature music from Tom Ehlinger, Omera Asif, Gretchen Grey, Isabella Collins, and Lark Lewis.

The sanctuary is available for your musical needs. Make sure to schedule your sanctuary use with Jeannie or Nicole by contacting them to let us know when you're coming. If you need help recording a video of your performance for use in services, and any other music making needs you might have, contact Nicole.

Share your talents!



SAVE THE DATE!! Music Sunday is December 13th There's lots of ways to showcase your talents and trust us, we need them right now, more than ever. It's balm to our aching spirits in these times.

The arts are really hurting right now! The New York Met is closed until September, without pay for the entire staff; Broadway closed; Cirque Du Soleil, bankrupt. No concerts, festivals, tours for the foreseeable future. It's predicted 90% of independent music rooms could close. Choirs, theaters, orchestras, dance companies, tech and suppliers are all suffering. Music and Arts are vital and necessary for a happy and balanced society. Please consider ways to help and support if you can. If you have any organizations near and dear to your heart, send a link to Nicole Collins to include in Friday emails.

Nicole has just started a music leadership program through UU Institute. It's a 3 year program covering music skills and resources, UU heritage and values, leadership and interpersonal skills. She looks forward to this opportunity to learn and grow.

Musicians of all sorts are welcome to participate in Sunday morning services.

Need help with music selection, video taping or accompaniment? Contact Nicole

Music@Mnvalleyuu.org

When I think how far the onion has traveled/ just to enter my stew today, I could kneel and praise/all small forgotten miracles...

—Naomi Shahib Nye





MEMBERSHIP COMMITTEE

Help us Welcome Visitors!

Attn: Committee and Small Group Contacts (Book Clubs, Men's Group, Knitting, etc, etc, etc)
We would really like newbies and visitors to try some of our small group activities, as they get to know MVUUF. But we can't meet them in person and often we don't even know what kinds of things might interest them.

In the near future, we plan to have a mini get-together with visitors to let them know something about the UU world, MVUUF, and to find out what activities might interest them. We have discovered that people feel most welcome to attend an event or activity when they are personally invited. It is more effective than publicizing the activity or announcing that anyone is welcome.

We'll be reaching out to you, and asking you to call someone who seemed interested in activities we are doing already. Please call and invite them to the next meeting you are having, and tell them a little bit about what you'll be doing. We will be calling or emailing you soon.

Thanks ahead of time!

Membership Committee: Barb Berger, Diane Bick, Eric Grady, Kelley Hughes, Rev. Andrea Johnson



Did you know?
MVUUF's fuel
is your financial
commitment
that powers our
Mission
and Vision

THAT IS POSSIBLE
BECAUSE OF YOUR
COMMITMENT AND
PLEDGES.

Did you know?

You are Vital
to MVUUF

Our Deepest Gratitude
for your Support!



MVUUF garden in spring by Kelly H



SOCIAL ACTION COMMITTEE



Currently the **Social Action Committee** is working on curating activities for our monthly Parking Lot Fairs and supporting efforts of the Board to put together a large fundraiser to benefit local food and basic needs centers. There has never been a greater need and we need to pitch-in beyond our Sunday Sharing to help our communities. Because our Sunday Sharing take has decreased

during this time of online-services-only, we will suspend having monthly sharing partners for the time being, in lieu of finding more effective ways to financially support our community partners.

Our Community Social Action at the November Parking Lot Fair on November 22nd will be a Donation Drive for Oasis for Youth. Find a list of their needs here: <https://www.oasisforyouth.org/wishlist>

Please note that Oasis does not accept used item; **all donations must be new**

Our next Social Action Committee meeting will be: Wednesday, November 4th at 7pm. Contact Rev. Laura for more information: minister@mvalleyuu.org

From the Treasurer

Dale Lewellyn

Donate Button Problems

There has been intermittent problems with the “Donate” button on the Fellowship’s website and in the Friday emails that Jeannie sends out each week. The problem occurs if you are using the Chrome web browser. I hoped that Vanco would have fixed the problem by now, but I don’t believe that they have.

As an alternative, you can download the “GivePlus” app from the Apple or Google Play Store. It works well and may be easier anyway, especially if you create a logon so that you don’t have to re-enter your information each time. Of course you can always send checks to the Fellowship (10715 Zenith Ave S, 55431). Just indicate what the check is for in the memo line.

We all need to continue contributing to our collection and Sunday Sharing charities as well as paying our pledges. It is harder to remember when we aren’t passing the plate each Sunday, but the need is still there. Whether you contribute online or via a check sent to the Fellowship is up to you. We will also be happy to set you up for automatic monthly withdrawals. Just let me know. However you choose to contribute, just remember that our expenses continue, and we want to emerge from this pandemic strong.

Thank you for your support.
Dale Lewellyn, treasurer



RACIAL JUSTICE

REV. ANDREA JOHNSON

At the end of September the Racial Justice committee met and decided to develop a proposal for the congregation to dialogue with and hopefully approve the 8th Principle of Unitarian Universalism. The 8th principle states:

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

While we currently recognize the inherent dignity of every person, and are committed to justice, endorsing the 8th principle, asks for a commitment to undertake a dedicated journey to achieve justice for all oppressions starting with racism. Adoption of the Eighth Principle demands Unitarian Universalists' participation in the work of undoing oppressive systems and building accountable, loving relationships and this is even more important now as many of us are looking for ways to turn our outrage and sorrow into concrete action to end racial injustice, especially in light of mass incarceration and police violence (e.g., the recent murder of Georgey Floyd and Breonna Taylor and now Jacob Blake) against people of color.

Many of us are soul-starved for a principle that speaks to our spiritual longing to build beloved community and to have some mechanism to hold ourselves and each other accountable to creating a diverse multicultural space. It doesn't really seem like we should need this new principle to do this – the values are implicit in the other seven principles. But the reality is that those seven principles haven't helped us make nearly enough progress on dismantling racism and other oppressions and building the Beloved Community. Adopting the 8th Principle is a starting point toward being accountable toward these goals. It would help us renew our commitment to this work and fulfill the potential of the existing principles.

The Racial Justice committee will be presenting a proposal at November's Board meeting for how a process such as this could unfold this year with an eventual pass at our 2021 annual meeting in May. If you have ideas, questions or would like to get involved in this initiative, please contact me at andrea@mvalleyuu.org

It's not forgetting that heals.
It's remembering.

Amy Greene





WHAT MATTERS DURING COVID-19?

Maintaining community and adapting to change

A lot matters. Some things have had to change, and other pre-COVID things remain the same. You and I are still a part of a community that shares a mission, vision and values that bring meaning to our lives, our congregation, and the larger community.

What has changed? We are now virtual and safety first. The Board of Trustees is tracking our progress along with the staff, the Finance Committee and other committees. Some trends have started to show up. We are closely monitoring our financial situation. So far, we are doing OK. However, we are seeing a trend that you should be aware of and we are paying close attention to it. That is our income has started to slow. For example, our fundraiser this year was a success given the situation, but it was roughly half of what was projected pre-COVID. In addition, our weekly collections are down significantly, and our income is behind where we were last year, at this time. Currently, these facts do not create a problem for us. But it will be important to closely monitor the situation and attempt to influence it in a positive way.

Therefore, if you have fallen behind in your pledge, please review your situation. If it is a matter of catching up, you have several options: you can mail a check to the church, switch to automatic withdrawal or use GivePlus, a smartphone app—find out more here: giveplushelp.vancopayments.com. You can donate online at mnvalleyuu.org/donate or use GivePlus to contribute during our weekly services.

Let Treasurer Dale Lewellen or Finance chair Steve Danko know if your income is COVID-affected so we can accurately project our financial position. It is ok to change your pledge. Dale can also switch you to automatic withdrawal.

We will be monitoring this situation closely and will communicate with you during the year. We are committed to open and ongoing communication with members and friends. We welcome your thoughts and input as we collectively work toward more settled times.



Finance Committee & Board of Trustees
MVUUF



EVENTS

NOVEMBER 22
PARKING LOT FAIR
12-2:00

JOIN US FOR A
GRATITUDE GATHERING

WE WILL HAVE CHILI AND CORNBREAD,
A GRATITUDE RITUAL, FIREPITS,
GAMES, CRAFTS AND A DONATION
DRIVE FOR YOUTH!



WE ARE IN IT TOGETHER ELECTION NIGHT SUPPORT

November 3, 9pm -Midnight

DROP IN FOR ANY OR ALL OF THIS ZOOM SESSION TO JOIN OTHERS FOR SUPPORT AND COMPANIONSHIP AS WE AWAIT THE RESULTS FOR THE 2020 ELECTION.

JOIN ON ZOOM

MEETING: [HTTPS://US02WEB.ZOOM.US/J/3953901346](https://us02web.zoom.us/j/3953901346)

MEETING: ID: 395 390 1346

This election carries a lot of stress and anxiety.

We are carrying a lot of stress and anxiety.

None of us has to carry this alone.

All are welcome.

Minnesota Valley UU Fellowship

mnvalleyuu.org

A POST-ELECTION

vigil & community gathering

THURSDAY, NOVEMBER 5

8PM ET / 7PM CT / 6PM MT / 5PM PT



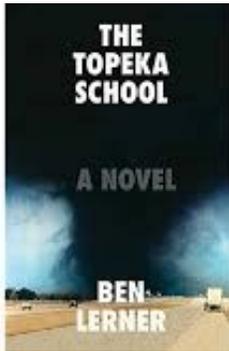
Save the date: Thursday, Nov 5th @ 7pm

No matter the results of the election this year, we know we will want to gather in community. Join the UUA, UU the Vote, Side with Love, and UUA President Rev. Susan Frederick-Gray Hosted on Zoom, Facebook Live, and YouTube. Links will be published as they are available



EVENING BOOK CLUB

Joyce McMartin



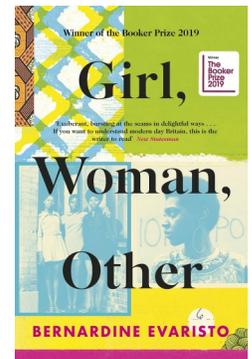
Need a diversion from the unrelenting bad news of the day? Try escaping through a book. The Evening Book Group continues our pandemic mode Zoom meetings. A list of our future selections follow. If you would like to join us, just send an email to joyceamcmartin@gmail.com, and a Zoom invitation will be sent to you a few days prior to our meeting. Right now we are stuck in the virtual world but someday we hope to emerge.

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

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.

MEN'S GROUP

JOHN PELOQUIN



Men's Group will meet virtually Thursday November 12, the topic will be "**The Cure for Addiction and Why No One is Talking About It**". The presenter will be Jill Carlson, a long time MVUUF member and Men's Group participant. Jill Carlson has been a Licensed Professional Clinical Counselor in Minnesota for the last ten years serving in both chemical health and mental health organizations. The conversation will cover controversial topics like religiosity in healthcare, anti-science stigma/bias and shame.

All are invited to attend regardless of gender. A link will be sent to people on the men's group list, if you are not on it and wish to attend contact John Peloquin he will send you a link.



WOMEN'S GROUP

Saturday, November 7th at 10:30



All women of the fellowship are invited to attend November's Women's Group Zoom session. On November 7, attendees will have an opportunity to socialize virtually as well as to learn more about Bridging, one of Bloomington's most respected non-profits. Begun in 1987 to create a bridge between those in need and those with excess, Bridging has provided quality furniture and household goods for nearly 100,000 residents pursuing housing stability. Diana Dalsin, Bridging's Community Relations Manager, will share how Bridging has changed over the years and how, during the pandemic and afterward, attendees can help to furnish homes with hope by donating time, treasures, and talents.

Join 15 minutes before the program and stay up to 30 minutes after for socializing. Those who plan to attend regularly are urged to contribute \$20 yearly so that we can offer some paid presenters along with several provided at no charge by fellowship members or non-profits. Your checks should be mailed to our treasurer Carolyn Halverson at 6711 Lake Shore Dr. S., Apt. 302, Richfield, MN 55423-2394. Zoom link to join: zoom.us/j/87112641067

GENTLE AND CHAIR YOGA

Yoga continues three times a week through November!

There is one gentle yoga class per week on Wednesday mornings at 9am. Chair yoga is Tuesday and Friday mornings at 9am.

To participate click on the Zoom link. Once you join the meeting, you will be in a waiting room until the instructor admits you to the class. Please enter the Zoom room about 10 minutes before class whether or not you care to visit. That gives Fran a chance to admit everyone speedily. <https://zoom.us/j/85114758567>



Please note there will be chair yoga on Friday, November 27th! Join Fran for Thanksgiving weekend yoga. The more the merrier! There is no fee. Fran will be on Zoom 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.

RELIGION, ETHICS AND IDEAS

What do the Election Results Mean?

Religion Ethics and Ideas will meet virtually on Sunday November 8 AT 9:00 AM. Our topic will be a general discussion of what will then be the just completed general election. (We hope it will be completed). A link will be sent to all persons on the REI list, anyone wishing to participate who is not on the list should contact John Peloquin John17780@charter.net.



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 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

BOARD WORKGROUPS

Hanifl Property	Doug Bruce, Mark Clary, Steve Danko, Eva Mach
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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 ebergmann11@aol.com
Endowment	Bob Boucher	952-432-6632 woopatis@msn.com
Finance	Steve Danko	(952) 884-9099 sdankojr@gmail.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



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/85114758567> or call 312-626-6799; Meeting ID: 395 390 1346

WEDNESDAY

9:00am Yoga with Fran! Gentle yoga class <https://zoom.us/j/85114758567> or call 312-626-6799; Meeting ID: 395 390 1346

FRIDAY

9:00-9:45am: Chair Yoga with Fran <https://zoom.us/j/85114758567> 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

USA.ORG/IMAGES



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We are a Welcoming Congregation