

## October 2020: Listening

### What Does It Mean To Be a People of Deep Listening?



*This is your chance to listen carefully. Your whole life might depend on what you hear.* - Joyce Sutphen

People often confuse listening with hearing. Though they can mean the same thing, listening (especially deep listening) can mean so much more. We hear things with our ears. But, we listen with all of our senses: our ears, our eyes, our skin, our hearts and our minds.

To listen to someone or something is not just to “hear” it, but to invite whatever you are hearing or sensing into the places of your heart or mind. Rachel Naomi Remen writes, “Our listening creates

sanctuary for the homeless parts within the other person.” To deeply listen is to set your ego, arguments, judgements and justifications aside in order to fully witness that which is in need of being seen and heard.

We practice this kind of listening in many ways. In meditation, we quiet our minds in order to listen to our hearts or the simple miracle of our breathing. On walks, we listen to the world around us as it comes to us. In that way of listening we may hear the sounds of water moving, birds singing, children playing or the beat and hum of the busy city. Though, we are focused on the sounds we hear through deep listening we become aware of our connection to and place among it all.

Deep listening also needs to be a part of our justice work. In order to do good anti-racism work, we must listen to the voices of black folks and people of color. The same is true of listening to LGBTQ folks, immigrants, disabled folks and other groups of people who have historically been marginalized. In cases of justice, our ‘deep listening’ can be replaced with ‘active listening’. Whereas in deep listening we listen to understand, in active listening we listen in order to respond thoughtfully in a way that is rooted not in our insights or opinions, but tied intrinsically to the expressed needs of those whom we have listened to.

In deeply and actively listening to others, and to the world around us, we open ourselves to both giving and receiving as we reinforce our relationship with one and all. Of course, it all takes practice. I’ve posted some resources on the following pages to help us all improve our listening. And don’t forget that I am always here if you need someone to listen.

In faith and joy,  
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](#)



MVUUF is a liberal religious congregation guided by democratic principles whose mission is to engage members in a shared quest for spiritual and intellectual growth leading to lives of service, compassion, and justice.



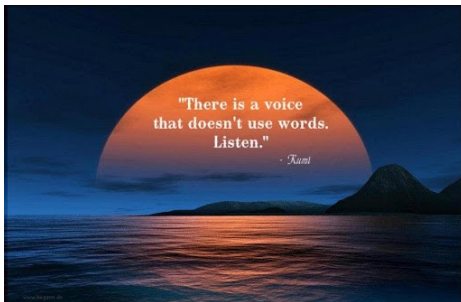
## September Services

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

[mnvalleyuu.org](http://mnvalleyuu.org)

**Oct. 4th: Listening for Yourself:** Quaker educator and activist Parker Palmer writes: "Before I can tell my life what I want to do with it, I must listen to my life telling me who I am." How might a person find ways to hear themselves, hear their lives telling them who they are, really listening for the answers and the questions that might follow? We are invited to join Rev. Rita Capezzi reflect on this as we join together to worship with the Unitarian Universalist Fellowship of Mankato for this service. (They will be joining us the following week!)

- Join Zoom Video Meeting by clicking <https://zoom.us/j/99358411229> ;
- or by opening your Zoom icon and entering the Meeting ID 993 5841 1229;
- or through an audio-only call by dialing on your phone 312-626-6799, then entering the Meeting ID 993 5841 1229, followed by # . **The Meeting password is 883666.** You will enter a Waiting Room, and a Host will greet you to admit you to the Worship Space.



**Oct. 11th: Listening to the Silence:** "Make a place to sit down. Sit down. Be quiet... Accept what comes from silence. Make the best you can of it", writes poet Wendell Berry. Join Worship Associates Fran Bohlke, Tom Ehlinger and Rev. Laura Thompson as they offer a reflective service that explores and delves into the realm of silence. With music from Nicole Collins, Lark Lewis and Kaizen Hummer. We are pleased to have the Unitarian Universalist Fellowship of Mankato joining us for this service.

**Oct. 18th: Compassionate Listening:** *Compassionate Listening is a practice that reaches deep into the heart of discord or disconnection, teaching us to listen with a different "ear" to those around us. Its powerful tools help transform the energy of conflict into opportunities for understanding, intimacy at home, healthy relationships, productive teamwork, and positive action. It is a practice that provides a roadmap to what sages from all ages and cultures have taught: cultivating the wisdom of the heart is the key to real peace "from the inside out." Our guest speaker is Tom McSteen, a certified Facilitator with The Compassionate Listening Project. Tom is also a somatic and ontological coach, working with clients toward leading an embodied life, and he is the Founder of Sacred Discourse, a heart-centered framework for relational conversations and dialogue. Polly Sonifer is the host and Worship Associate with music from Mamie St. John Holm, Nicole Collins and Lark Lewis.*

### **Oct. 25th: Day of Remembrance: The Legacies of our Matriarchs:**

We hold space for those who have gone before us, whose spirit lives on in our hearts. Please send a photo of the people/pets you want to lift up this year along with their name and maybe a sentence about them to [minister@mnvalleyuu.org](mailto:minister@mnvalleyuu.org). We will pay special attention to the matriarchs of the Fellowship whose life journeys ended this year. If you have memories or comments to share of Jane Parrish, Barb Bollag, Luella Newstrom, Betty Gutmann or Donna Kopnick please send them also to [minister@mnvalleyuu.org](mailto:minister@mnvalleyuu.org). With Music from Nicole Collins, Lark Lewis and Kaizen Hummer.





## Notes from the Chair

This year we carry on with the success of last year's "laboratory year" as we continue to experiment with ways to meet the needs and desires of our evolving congregation during this unique time. We also have Mother Nature to deal with as storms have damaged our roof, causing needed repairs to the inside and outside of the building. Our operations and finance committees are handling the leak situation and repairs are underway.

The board continues to make progress in managing our COVID-19 response and next steps in planning to buy the property next-door. We will keep you updated on our progress.

Recently we have had two in-person events in our parking lot. While not everyone could attend, those wanting to safely connect in-person had a chance to do so. More similar opportunities to gather safely are being planned. I look forward to seeing you then.

If you have any questions, comments or suggestions for the Board of Trustees please share them with me. Enjoy the fall color.

Doug Bruce  
Chairman Board of Trustees

## October Sunday Sharing

As we continue to work toward outcomes that best represent our values in the 2020 election we are asked not only to vote, but to get out the vote. [UU the Vote](https://www.uua.org/justice) has been campaigning tirelessly to talk to voters about the issues at stake and to ensure that folks are able and committed to exercising their voting rights.

Learn more here: <https://www.uua.org/justice>







## Community Events



# MN Valley UU Parking Lot Fair

**October 25 1:00-3:00**

- Pumpkin carving
- Puzzle exchange
- Refreshments
- Safe Visiting

**Please join us. See your community.  
Support your community!**



## Resources for Deep Listening

### Music

Spotify playlist on [Deep Listening](#).

YouTube playlist on [Deep Listening](#).

### Videos and Podcasts

Being A Good Listener

[https://www.youtube.com/watch?v=BdbiZcNBXg&feature=emb\\_logo](https://www.youtube.com/watch?v=BdbiZcNBXg&feature=emb_logo)

A Decade Of Watching Black People Die - Code Switch

<https://www.npr.org/2020/06/02/868025780/code-switch-a-decade-of-watching-black-people-die>

On being able to hear today's violence against Black American as nothing new.

Dr. Robin DiAngelo Discusses 'White Fragility'

<https://www.youtube.com/watch?v=45ey4jgoxeU&feature=youtu.be>

On the difficulty white people have talking about and listening conversations about racism.

I Listen to Color

[https://www.ted.com/talks/neil\\_harbisson\\_i\\_listen\\_to\\_color?referrer=playlist-listen\\_up](https://www.ted.com/talks/neil_harbisson_i_listen_to_color?referrer=playlist-listen_up)

Neil Harbisson's "eyeborg" allows him to hear colors, even those beyond the range of sight.

Witnessing and Listening to Difference: Atheists, Christians, Jews, and Muslims...

On Rights: <https://www.youtube.com/watch?v=9l0Lba-WUcU>

On Beliefs: <https://www.youtube.com/watch?v=tNsxSV96JQY>

### Videos and Podcasts continued

Neuroscience Says Listening to This Song Reduces Anxiety by Up to 65 Percent

<https://medium.com/inc./neuroscience-says-listening-to-this-song-reduces-anxiety-by-up-to-65-percent-d69ae1343a27>

Conversation Guide - On what to say when you hear white people denying the reality of what's going on

Part 1: <https://www.instagram.com/p/CA6A3UsI5c4/>

Part 2: <https://www.instagram.com/p/CBAXPQ6IGAS/>

### Books

[Me and White Supremacy](#) by Layla F. Saad

Moving beyond listening and leaning into action

[Let Your Life Speak](#) by Parker J. Palmer

[The Lost Art of Listening: How Learning to Listen Can Improve Relationships](#) by Micael P. Nichols

### Movies

[Dear White People](#)

[Lost in Translation](#)

[Dead Poets Society](#)

[Whale Rider](#)

[Inside Out](#)

[Arrival](#)

[Babal](#)



## Children, Youth and Family Ministry

Maria Bavier

### Welcome Families, to Religious Education and Family *Ministries!*

October is here already. Grown-ups, please take time for yourself. It is so important as we are working so hard to take care of our children. Minnesota Valley UU Fellowship is here to help in any way we can. Sunday morning Zoom worship services will include all-ages portions to introduce the monthly theme (October's theme is Deep Listening). We want our children and youth to build relationships with each other and have fun!

- **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.

Some of our most important religious learning takes place at home. This is even more true in 2020. Look for family activity ideas sent to your email once a month. Most recently, MVUUF Family Ministries made Welcome Kits for each child and youth. These kits include makings for your own chalice. If you haven't received one, please email Jeannie at [Office@mnvalleyuu.org](mailto:Office@mnvalleyuu.org) to set up a time to pick one up from the Fellowship. We have more available, so don't be shy!

How can we feel more a part of our faith community? Look for emails coming about being a Pen-Pal with a child or youth. Our Fellowship has a tradition of this program being a great success. Looking for something new? On the 2nd Sunday of the Month from 4:30-5pm, come to a Zoom group dedicated to grown-ups who take care of children and youth. Come for a short presentation on Deep Listening. <https://us02web.zoom.us/j/2683523653>

MVUUF Family Ministries can better serve you when you let us know what you need. Please register [here](#) or send a quick email [maria@mnvalleyuu.org](mailto:maria@mnvalleyuu.org). <https://putu.cloud/survey/index.php?r=survey/index&sid=917872&lang=en>

I sometimes wake  
in the early morning  
and listen to the soft  
breathing of my children  
and I think to myself,  
this is one thing  
I will never regret  
and I carry that quiet  
with me all day long.

Brian Andreas





## The MidAmerica Nominating Committee Needs Your Help!

MidAmerica is seeking fresh voices for leadership positions to strengthen the future of the MidAmerica Region! We have open positions for the **Board of Trustees, Camp Unistar Foundation Board of Directors, Midwest Unitarian Universalist Conference (MUUC),** and the **MidAmerica Nominating Committee** itself. Our region needs energetic people with diverse perspectives to fill these leadership positions. We are working to dismantle the legacy of white supremacy in our faith in order to create a collaborative environment with people from historically marginalized communities.

### Some traits we value in candidates:

- Willingness to collaborate with others
- Ability to provide a unique perspective
- Strong communication skills
- Interest in leadership and stewardship
- Dedication to radical inclusion
- Personal investment in the future of our region and Unitarian Universalism as a faith

The **MidAmerica Regional Board of Trustees** is responsible for the general direction of the region, including policies, strategic goals, and priorities. There are nine members serving three-year terms. Three of those nine members include the President, Secretary, and Treasurer, who are elected directly by the Board members annually.

The **Nominating Committee's** purpose is to nominate individuals for the Regional Board, Camp Unistar, the Midwest Unitarian Universalist Conference Board, and the Nominating Committee itself. We are dedicated to seeking qualified candidates to reflect the full diversity of the Region to fulfill these leadership positions, especially in regards to historically marginalized communities. The Nominating Committee has seven members serving two-year terms.

The **Midwest Unitarian Universalist Conference (MUUC)** furthers the interests of UU's and their institutions in the Midwest, fosters the interests of the UUA, supports spreading the message of Unitarian Universalism, and distributes the surplus income generated by funds in trust. The MUUC Board of Directors is composed of seven members serving three-year terms.

**Camp Unistar** is a beautiful island retreat in Cass Lake, Minnesota where you can unplug, unwind, and enjoy nature with a village of old and new friends who are largely rooted in Unitarian Universalist values. It is governed by an independent Board of 8 members, with one member appointed each year by the Board of Trustees. All board members must have attended Camp Unistar.

*Our only requirement is that our candidates must be a member of either a MidAmerica Congregation or the Church of the Larger Fellowship. If you or someone you know may be interested, please send your suggestions to one of our co-chairs:*

**Co-Chair Helen Dwyer**, All Souls Unitarian Church in Indianapolis, IN: [hdwyer1492@msn.com](mailto:hdwyer1492@msn.com)

**Co-Chair Mel Priese**, Eliot Unitarian Chapel in Kirkwood, MO: [mel.priese@gmail.com](mailto:mel.priese@gmail.com)



**MEMBERSHIP****KELLEY HUGHES & ERIC GRADY**

A great group of six people met for the first time this year as MVUUF's Membership Committee: Diane Bick, Chair; Barb Berger, Nancy Buckman, Eric Grady, Rev. Andrea Johnson (staff representative) and Kelley Hughes (liaison to the Board of Trustees).

Our purpose is to facilitate new membership growth by raising awareness of our congregation and its values, and by helping integrate newcomers into our community. We also aim to strengthen the bonds among current members through increased opportunities to participate in the congregation's activities.

## **Did you know?**

**MN Valley balances our resources with our values?**

**Our fuel is your financial commitment  
that powers our Mission and Vision**

**We run on hundreds of volunteer hours.**

**During the pandemic we need your resources and stewardship  
to survive this unprecedented time. It is how we show we care  
for and support one another in our Beloved Community.**

**All of this is possible because of  
your commitment and generous pledges.**





## SOCIAL ACTION COMMITTEE



The Social Action Committee helped in getting VEAP and UU the Vote to our Parking Lot Fair in September. Thanks to all of those who helped and supported these actions. Our next meeting will be Wednesday October 7th at 7pm. Contact [minister@mnvalleyuu.org](mailto:minister@mnvalleyuu.org) if you would like to join us or if you have ideas or questions.

The committee is committed to providing members with actionable opportunities for MVUUF friends and members of all ages. Look for opportunities in your Friday email and check out these upcoming events; Get involved with [UU the Vote](#) on the national level or with [MUUSJA](#).

Spend a Friday afternoon at Dar al Farooq by providing a welcoming wave to folks going to the noon-time prayer service. Our presence keeps would-be harassers at bay. More information is here: [Neighbors Together in Solidarity](#)

Find ways to support Latinx (Hispanic) Heritage Month (September 15-October 15): Local events and places <https://www.minneapolis.org/calendar/holidays/hispanic-heritage-month/>

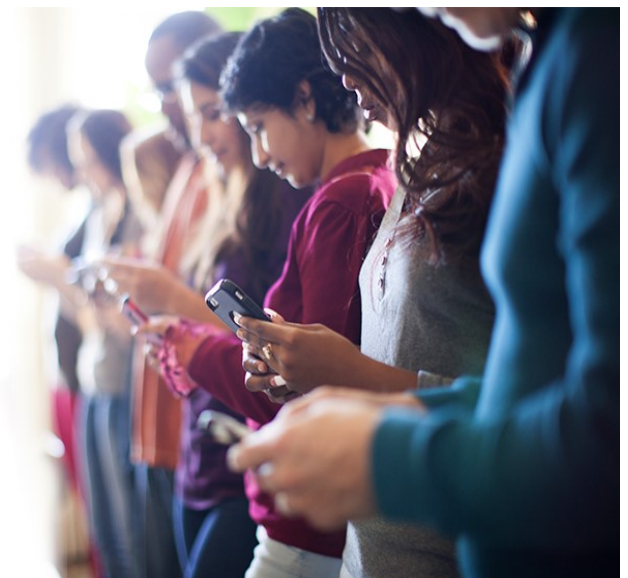
Films: <https://hiplatina.com/powerful-latinx-films/>

Books: [goodreads.com/shelf/show/hispanic-heritage-month](https://goodreads.com/shelf/show/hispanic-heritage-month)

## Use GivePlus right from your smart phone for easy giving

In an effort to make giving as simple as possible you can now also use the smart phone app GivePlus. For anyone who has had an issue with our online donation button this app may be easier. Once you install it you can search for MVUUF and the fellowship will pop up. It's pretty simple.

Find it at the Apple app store or Googleplay. You can read more about it [here](#)





## RACIAL JUSTICE

REV. ANDREA JOHNSON

I ran across (with help from Karen Wills) this lovely poem from UU minister and theologian, Rebecca Parker that might be helpful as we get closer to November's election.

Your gifts—whatever you discover them to be—  
can be used to bless or curse the world.

The mind's power,  
the strength of the hands,  
the reaches of the heart,  
the gift of speaking, listening, imagining, seeing, waiting

Any of these can serve to feed the hungry,  
bind up wounds,  
welcome the stranger,  
praise what is sacred,  
do the work of justice  
or offer love.

Any of these can draw down the prison door,  
hoard bread,  
abandon the poor,  
obscure what is holy,  
comply with injustice  
or withhold love.

You must answer this question:  
What will you do with your gifts?



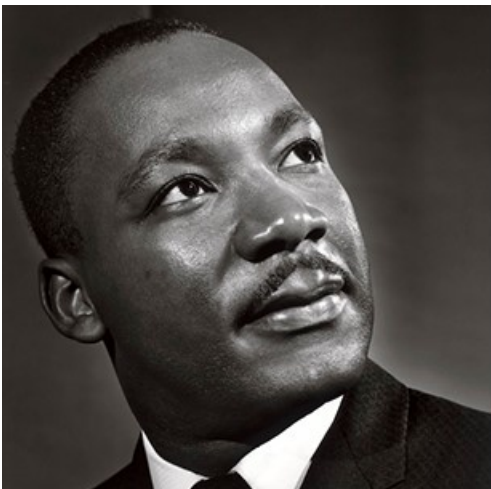


## RACIAL JUSTICE CONTINUED

Karen Wills, Director of MUUSJA invites us to consider participating by masking up and helping to register voters at an event, picking up a pen to write postcards or letters, blasting out texts as if they were firecrackers, or calling a voter as if your life, theirs, all our lives, depends upon democracy. Here are the details:

- Karen still has about 560 pre-printed letters to give you all, with envelopes and stamps, to be written before October 24th, from [www.VoteForward.org/UU](http://www.VoteForward.org/UU) ... some generous beloveds have kicked in for postage so we can keep those letters flying off to Georgia voters who are facing intense suppression efforts... Again, contact Karen [kwmuusja@gmail.com](mailto:kwmuusja@gmail.com) if you need letters to write... you can also print your own letters from home [using that link](#) and your own printer. (P.S. We can still use a bit more money for stamps. Donations in any amount at [www.muusja.org/donate](http://www.muusja.org/donate) are tax deductible.
- Text-banking (that means sending as many as 1000 texts per hour from your computer... NOT using your own phone data or thumbs!)... [see the calendar](#), it's happening almost daily now... check with your candidates for partisan text banking but remember they mostly aren't reaching the 1/3 of voters who aren't affiliated with any Party... check with us for nonpartisan voter outreach, engagement, and coalition building for the long haul.
- Phone-banking (typically using your computer to reach phone numbers where someone picks up, which saves you listening to voicemails and endless ringing)... [see the calendar](#), also happening almost daily, and these are deeply compelling conversations with "uphill voters" who don't always have the info and resources they need to get to the polls.

Use the three effective tools -- Write, Text, or Call -- to personally reach out to other potential voters. Broadcasting is fine, too, such as posting to social media, hosting lawn signs, bumper stickers, buttons and t-shirts, holding up overpass banners, doing chalk art events -- these activities are quick, fun, easy, cheap, and they raise awareness and energize our friends, and can share useful facts with others -- but most essential are those one-on-one conversations via letters, texts, and phone calls. My vote matters, and so does yours. But my vote doesn't make things change... We make things change when we ALL vote.



Voting is the foundation stone for  
political action.

— *Martin Luther King* —



## Musical Notes

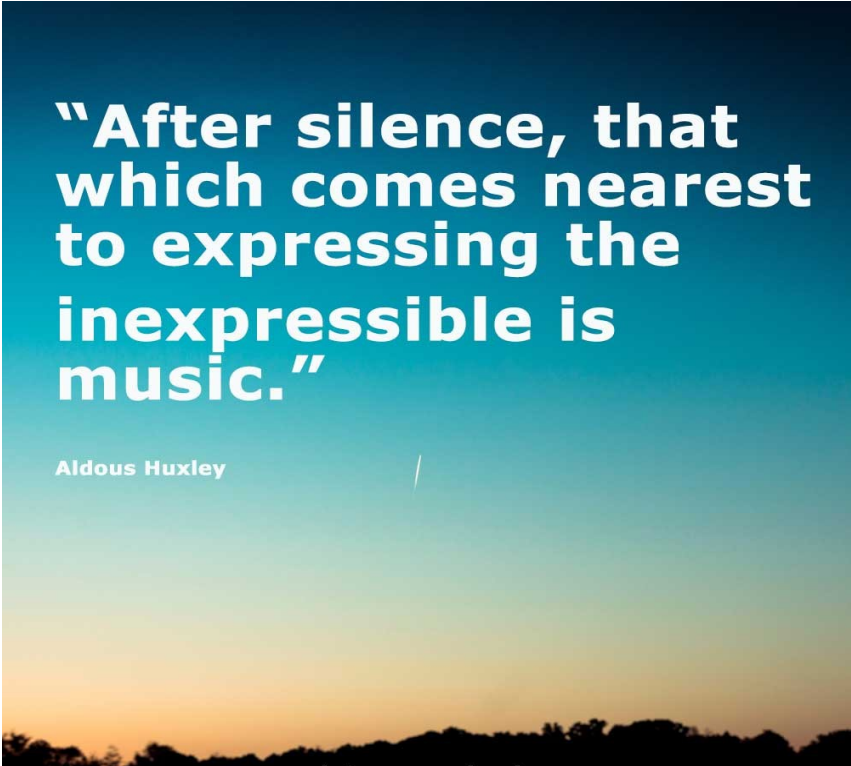
Nicole Collins

Our choir at MN Valley UU Fellowship meets once a week online for full rehearsals or sectionals. While we've figured out a way to create a "virtual choir," it has proven to be very time consuming and difficult to maintain a performance pace we had before. We are now focusing on learning new repertoire for Music Sundays. This lets us dive into the music in a way we haven't before. The best part continues to be a sense of community and some sense of normalcy seeing each other for weekly rehearsals.

The piano is tuned and ready for your performance videos and live streams for services! There are safe ways to make this happen, especially if performing with members of your own household. Please get in touch with Nicole to set up a time to use the sanctuary and piano. We can also assist in recording needs. MN Valley services have a long history of beautiful classical ensembles. Let's bring those back into our streamed services.

October will bring you music from composers Helen Jane Long, MaMuse, Sara Bareilles, and Simon and Garfunkel. Plus, some of our very own MN Valley kids!!

Do you have thoughts or ideas about what you'd like to see from the music program? Contact Nicole at [Music@Mnvalleyuu.org](mailto:Music@Mnvalleyuu.org) and let her know your thoughts.



**"After silence, that  
which comes nearest  
to expressing the  
inexpressible is  
music."**

Aldous Huxley





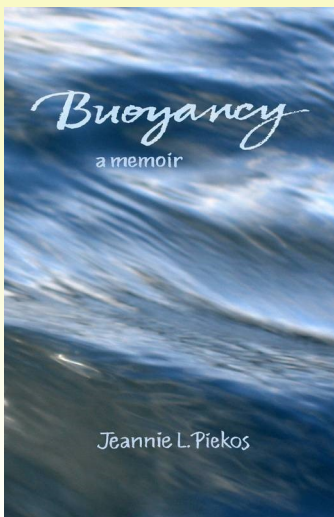
## Technology Tips



Sometimes technology gets the better of us. It can be frustrating if you are not receiving important email. Here are a few tips that can help. If you are a Gmail user please know that Gmail may put mail they think is “promotional” or “social” in folders with those names. You can give instructions from that folder to Gmail to keep MN Valley emails in your primary inbox. Here is a link to Gmail support that further explains the best way to deal with those folders. [Help me get my mail](#). Also, emails going into your spam folder can be a problem. The simplest solution is to mark it as not spam and to make sure mnvalleyuu.org is in your contacts. Here are more helpful links. [Help #1](#) [Help #2](#) Contact Jeannie at [office@mnvalleyuu.org](mailto:office@mnvalleyuu.org) with any questions.

## WOMEN'S GROUP

Saturday, October 3<sup>rd</sup> at 10:30 am



All women of the fellowship are welcome to attend our Zoom Women's Group. You may join 15 minutes before the program and stay up to 30 minutes after for socializing.

Our first event of the season will feature our own Communications and Administration manager, Jeannie Piekos .

When faced with an aggressive and rare cancer diagnosis, Jeannie Piekos, award-winning writer and poet, found a way to navigate the challenges of her cancer journey through poetry and writing. Through her writing, she discovered that even in the unpredictable sea of disease there was the possibility to float.

Please join us to hear Jeannie read from her memoir, *Buoyancy*, winner of Best Memoir by Midwest Independent Publishers Association and to share ways in which we can all find our inner buoyancy.

Zoom Link to join: [Women's Group Zoom Link](#)

The operations committee has worked hard to figure out the roof leak. The roof will be fixed in the next couple of weeks and then there will be repairs to the interior damage.

It has us whistling a little Beatles music!

*I'm fixing a hole where the rain gets in/And stops my mind from wandering/Where it will go/Where it will go  
I'm fixing a hole where the rain gets in/And stops my mind from wandering/Where it will go ...*





## 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](mailto: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.

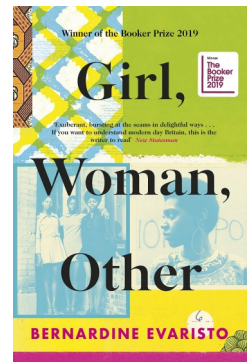
Alternating fiction and nonfiction (mostly), our upcoming choices are:

**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](mailto: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](mailto: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.



Listening to  
both sides of a story  
will convince you  
that there is  
more to a story  
than both sides.

Frank Tyger



## RELIGION, ETHICS AND IDEAS

### Life after the Pandemic

**Sunday October 11 at 9:00 AM:** Religion, Ethics, and Ideas will meet on Zoom. Our question will be **What lasting impact if any will COVID-19 have on the US economy and society in general?** Potential areas of impact to be discussed: delivery of health care, small business start-ups, the career trajectories of parents in paid employment, the gender pay gap, the delivery of K-12 education, the delivery of higher education, jobs and wage rates for less skilled labor, business travel, preference for in-city living vs less dense living, prevalence of brick and mortar retail, education of children, the racial ethnic achievement gap, international trade, and tourism. A link will be sent to all persons on the RE list, anyone wishing to participate that is not on the list should contact John Peloquin [John17780@charter.net](mailto:John17780@charter.net).

## GENTLE AND CHAIR YOGA

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

Gentle yoga -- Wednesday 9:00-9:50am  
Chair Yoga -- Tuesday and Friday from 9:00-9:50am

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](mailto:bryawnte@msn.com) or call [612.401.4653](tel:612.401.4653).

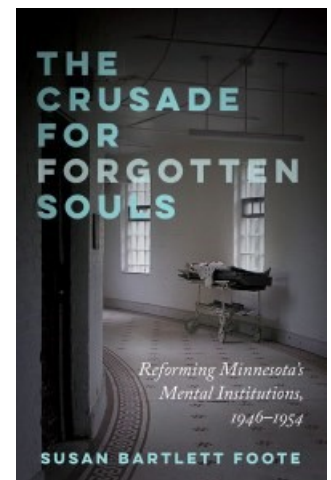


## MEN'S GROUP

JOHN PELOQUIN

The Men's Zoom group meeting is Thursday October 8 at 7:00 PM. Our speaker will be fellow UU **Susan Bartlett Foote**, author of *The Crusade for Forgotten Souls*, (Winner Minnesota Book Award for Minnesota Nonfiction 2019). Susan's book describes the path-breaking efforts of Unitarians and others to reform Minnesota's state hospitals for the mentally ill from 1946 – 1954. Their efforts catapulted Minnesota for a time from among the worst to a model for other states to follow. For additional details and ordering see [Crusade For Forgotten Souls](#). Susan is well-qualified to tell this story, she is professor emerita in the School of Public Health at the UM (1999-2010), where she was head of the Division of Health Policy and Management from 1999 to 2005.

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.



**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
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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
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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
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Finance	Steve Danko	(952) 884-9099 sdankojr@gmail.com
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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**

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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
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**MVUUF**

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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/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

### FRIDAY

**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**



**MVUUF**

10715 Zenith Avenue South  
Bloomington, Minnesota 55431

**We are a Welcoming Congregation**