

December 2020: Stillness

What Does It Mean To Be A People of Stillness?

Often when stillness weaves its way into our discussions, it's framed as a retreat strategy. But, as wise ones like Rev. Unger remind us, that's not all there is to it. It's less like a locked room that keeps all the enemies out and more like an oxygen mask that brings us back to life, that renews and replenishes us. Stillness doesn't simply slow our breath and energy; it fills us with it.

We may find it hard to find calmness when there is indeed so much to be angry about; so much that needs to be defended, resisted and restored. Which means that there's a lot at stake in how we talk and think about stillness. A stillness that invites us simply to escape the world is dangerous. In stillness we are not asked to be inactive, but to listen and witness what we often miss amid our own busy and noisy lives. Alongside the strength we gather in stillness, we also gain perspective and clarity.

A powerful and heart-breaking example of this comes from the movie Schindler's List. In what is possibly its [most famous scene](#), Oscar Schindler is at the top of a hill looking down at atrocities being committed by the Nazi soldiers. Up until that moment, Schindler couldn't see past his rationalizations. But in that still moment, which was filmed in black and white, we watch through his eyes and see one small burst of red emerging from the sea of gray. It's a single small girl in a bright red coat. In that moment his perception is transformed and the stillness allows him to notice that which calls him back to his humanity.

So friends, stillness does this too. It allows us to perceive that which is truly precious. In doing so, it calls us back to our humanity. The blur that usually dominates our attention fades and we are able to notice that which truly deserves our focus, our care, our commitment, our love. And when we are surrounded by and connected to those precious things, a type of magic happens. We suddenly know ourselves anew. We can once again find our purpose and place in life. That sense can calm us or it may challenge us, but either way life comes alive again, born from something buried in the dark and silent ground.

Maybe stillness is not an end but a means. Maybe it is not the destination but the road. It is not the bloom, but a seed that carries all possibility.

~ adapted from Soul Matters Ministry team

See you on Sunday,
Rev. Laura

Don't tell me to be calm
when there are so many reasons
to be angry...
I didn't say to be calm, said the wind,
I said to breathe.
We're going to need a lot of air
to make this hurricane together.

- Rev. Lynn Unger, from her poem Breathe





November Services

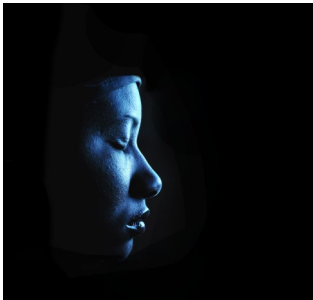
Services are live at 10:30am unless otherwise noted
See our website for links to live and recorded services:

mnvalleyuu.org

Dec. 6th: The Art of Sitting Still: The old Buddhist joke is, "Don't just do something, sit there!" But, sitting still is hard. There is an art to stillness and it takes practice to do it well... or undo it well. Join Rev. Thompson, Carol Jernberg and musician Lark Lewis for a reflective service of readings, music, meditation and silence



Dec. 13th: Songs of the Season: A Winter Music Sunday: It is a special time of year; the Advent Season, The Buddha's Enlightenment Day, Hanukkah, Winter Solstice, Christmas, Kwanzaa and the growing in popularity UU holiday of [Chalica](#) all happen in December. That's a lot to lift up! Songs of this season remind us of what matters most; peace, love, justice, hope and joy. Raise your voice or bang your drum; it's Music Sunday. Contact Nicole Collins, music@mnvalleyuu.org to send a recording of yourself or to arrange to perform live during the service.



Dec. 20th: Into the Darkest Blue Night: The winter holidays, no matter which of them you celebrate, can be complicated -- grief, tense relationships, painful memories, loneliness, the absence of loved ones; amid the joy and sounding of bells, these feelings also ring true. With the pandemic and its impact on how we can safely gather, these feelings are even more profound. On the eve of the darkest night, this service creates space for the more complicated feelings that the holidays bring. Rev. Laura Thompson

Thursday Dec. 24th, 5pm: Christmas Eve; Carols and Stories: On this night we come together to share age-old stories of hope and sing songs of joy and peace. Revs. Andrea Johnson and Laura Thompson with Linda Hayen.

Dec. 27th: Traveling Sunday: As our staff and worship lay-leader take a post holiday rest, we invite you all to join one of our larger local congregations for their online service:

- **First Unitarian Society:** Live 10:30am at [FUS Live](#) or on their [YouTube channel](#).
- **First Universalist Church:** Live Zoom at 10am [here](#), or use webinar ID 861-805-984. If the Zoom webinar reaches capacity, or if you simply prefer, tune in live via YouTube [here](#).
- **Unity Church Unitarian:** Multigenerational Sunday services are being live-streamed from the Sanctuary at 10:00am. Join at [Unity Church Unitarian](#)
- **White Bear UU Church:** Online Service at 10am. <http://bit.ly/wbuuc-sundays>

It is inner stillness that will save and transform the world

Eckhart Tolle





Notes from the Chair

MVUUF members and friends, please pay special attention to the recent mailing to you regarding your pledge to MVUUF.

Our financial downward trend continues. We hope the curve can be flattened. To do so we need your attention to our financial situation. We have been closely monitoring our budget and approximately 66% of our expenses are human resources. Without a flattening of this downward curve, there may be important implications for this and next year's budget.

MVUUF knows we are all experiencing difficult times. We are here to support each other but can not do that unless we know about your situation. We will get through this rough time as we have in the past. Each time we have become wiser and stronger as we will this time.

Take care and be safe during the holiday season. Do not lose sight of what we have to be thankful for— each other.

Douglas Bruce
Chairman Board of Trustees
dbucejr@comcast.net

Rise Against Hunger

**Rise
Against
Hunger**

Dec. 1, 2020 - Jan. 19, 2021

In our campaign to Rise Against Hunger we seek to raise \$50,000 to combat hunger in our communities. We invite you to donate generously at mnvalleyuu.org or on the GivePlus app on your smartphone under the category "hunger".

According to Second Harvest Heartland, one in every eight Minnesotans will face hunger this year. That's 705,000 people, just in Minnesota. A third of them, 235,000, are kids. These are our neighbors.

The problem is big and yet, we have everything we need to address it.

During this season of giving we invite you to dig deep and give generously, if you are able. Take the money you would be spending on travel and holiday activities and divert it to feed our neighbors. Talk to your family about scaling back your gift giving, to give more to those in need. We can do this.

Donate on our webpage: mnvalleyuu.org/donate/, or by using the GivePlus app on your smartphone using the category hunger or send a check to MN Valley UU Fellowship, 10715 Zenith Ave S.

Bloomington, MN 55431, with the word **hunger** written in the memo.

The Buddha said that no true spiritual life is possible without a generous heart. Generosity allies itself with an inner feeling of abundance—the feeling that we have enough to share.



From the Minister of Congregational Programs REV. ANDREA JOHNSON

From the Racial Justice Committee

Exciting News! The Board approved the Racial Justice Committee's proposal to engage the congregation in a dialogue to adopt the 8th Principle at our annual meeting in May 2021.

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." <https://www.8thprincipleuu.org/>

How can you get involved?

We'll be rolling out a number of programs to engage you in the racial justice journey. More programming will be rolled out in the January newsletter. Here are some things to get you started:

- Congregation-wide book read: A Good Time For The Truth: Race in MN Led by Fran Bohlke and Richard Duffin. We will discuss the book over three sessions: January 7, 14th and 21st [buy it locally](#)
- Join every Friday at Dar Al Farooq Center 8201 Park Ave S Bloomington, MN 55420 from Noon-1:30. Bring your Love your Neighbor Sign or Neighbors in Solidarity sign to welcome worshippers to their Friday services. Especially during this time when it is so very difficult to listen to the news about the ongoing trial of the terrorists who attacked our friends and neighbors at Dar Al Farooq. Read Love Thy Neighbor: A Muslim Doctor's Struggle for Home in Rural America by Ayaz Virji. [buy it here](#)
- Join the organization Conversation with Friends to end isolation by visiting and supporting people detained by ICE. <https://conversationswithfriendsmn.org/>
- Read this short chapter entitled "Racists" from Glennon Doyle's book, *Untamed*. [Read it here](#)

Congregational Book Read

CONGREGATION BOOK READ: A GOOD TIME FOR THE TRUTH: Race in Minnesota

Edited by Sun Yung Shin

Minnesota Historical Society Press

Copyright 2016

"In this provocative book, sixteen of Minnesota's best writers provide a range of perspectives on what it is like to live as a person of color in Minnesota. They give readers a splendid gift: the gift of touching another human being's inner reality, behind masks and veils and politeness. They bring us generously into experiences that we must understand if we are to come together in real relationships.

Minnesota communities struggle with some of the nation's worst racial disparities. As its authors confront and consider the realities that lie beneath the numbers, this book provides an important tool to those who want to be part of closing those gaps.

Richard Duffin and Fran Bohlke will be facilitating a book discussion group for three sessions: January 7th, 14th and 21st from 6:30-8pm. Register Here <https://tinyurl.com/y6rfys74>



Companion Sources Stillness

Word Roots & Definitions

~ from the Middle English word stillness via the Old English *stilnes*, 'meaning silence, absence of noise or disturbance, tranquillity, quietness and absence of movement'.

Wise Words

All of humanity's problems stem from our inability to sit quietly in a room alone.

Blaise Pascal

I like the silent church before the service begins, better than any preaching.

Ralph Waldo Emerson, Self-Reliance and Other Essays

Be still and know that I am God.

Psalms 46:10

I'm taking the day off.

Quiet as a feather.

I hardly move though really I'm traveling a terrific distance.

Stillness. One of the doors into the temple.

Mary Oliver

A day of Silence can be a pilgrimage in itself.

A day of Silence can help you listen to the Soul play its marvelous lute and drum.

Hafiz

Music

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

[Spotify Stillness \(instrumental\).](#)

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

[Youtube stillness instrumental](#)

Videos & Podcasts

[Watch Night: An Extended Public Service Announcement](#)

by Terrance Hayes

Video Meditation featuring Pablo Neurda's poem [Keeping Quiet](#)

[Just Breathe](#)

"In this powerful short film, watch and hear from elementary school students learning to use mindfulness to navigate complex feelings."

[Be Here, Be Still](#) by Melissa Monforti

A sung meditation

[A Meditation from Stress to Stillness](#)

[Jellyfish Meditation!](#)

[The Prison Within](#)



Articles

[Loitering Is Delightful](#) by Ross Gay

[Why We All Need Quiet Days](#)

from The School of Life

[Seven Most Calming Works of Art in the World](#)

Books

[Quiet Mind: A Beginner's Guide to Meditation](#)

[Breath: The New Science of a Lost Art](#) by James Nestor



Movies

[Max Richter's Sleep](#)

[The Big Silence](#)

[Silence](#)

[The Sound of Silence](#)



Children, Youth and Family Ministry

Maria Bavier

Welcome to December! This month we're exploring the many ways our UU faith invites us and calls us to become "A People of Stillness."

Week 1: Step Away from Busyness (1st UU Source which is "Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life")

Week 2: Listen for the Voices of Angels (How to be Guided on a Journey/ Christmas Story/ 4th UU Source which is "Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves.")

Week 3: Rekindle Hope by Watching for the Light (Winter Solstice/ 6th UU Source which is "Spiritual teaching of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.")

Week 4: Wait for Freedom (Watch Night/Anti-Racism, and 8th UU Principle which is coming soon! See Rev. Andrea's article in this newsletter.)

As we contemplate the theme of Stillness, we realize that our shared feelings of the month may be exhaustion and grief. Let's acknowledge our feelings whatever they are. Pause. Breath. Is this holiday season different for your family? Maybe we can take some extra time and effort this December to find the quiet stillness and to find our balance.

Look for **Emails** from me with Family Activities exploring each of the above Stillness focuses. I may send them out in two emails instead of one each week. Check out this [link to a video](#) telling more about our Family Ministry program for our [website](#)!

Children's Zoom Gatherings – See your Friday email for the link.

1. On the First Sunday of December (6th) at 9:45am Pre-K-1st grade are having a Zoom Gathering. It will be 20 minutes – interactive and include puppets!
2. On the Second Sunday of December (13th) at 9:45am 2nd-5th grade are having a Zoom Gathering. It will be 30 minutes, a time to see friends and play a game. We will make a craft, too – bring a piece of construction/ printer paper, stapler/tape and scissors.

Families UUnite – See 10:30 Service Chat for the link or your Friday email.

- On the Second Sunday of December (13th) after 10:30 Service we will have a Family Social Hour – before lunch. Come and visit with other families – Can you look to child(ren) to find Stillness? Sometimes children can be our greatest teachers. Sometimes they know how to focus on what matters most and they know best how to be still.

Email me at: maria@mnvalleyuu.org or office@mnvalleyuu.org

Click here for: [2020-2021 Family Ministry Registration](#)

Thanks for coming: [MVUUF Visitor Form](#)



Musical Notes

Nicole Collins

There's Music Within The Stillness

One of the biggest lessons I've learned about music was how valuable the space between the notes was; Letting the music breathe. I find this incredible lesson helpful now during these times of Covid. I allow myself to sit in the unknown—the emptiness, sorrow, and sometimes relief, the space of it all, knowing how sweet the music is when returned.

We continue to find ways of making music together. For anyone interested in learning how to collaborate musically via the Acapella app, please reach out to Nicole. It has been a wonderful tool in playing and singing together. The Music Department has a spare iPad to lend out, as an Apple product is necessary for the process.

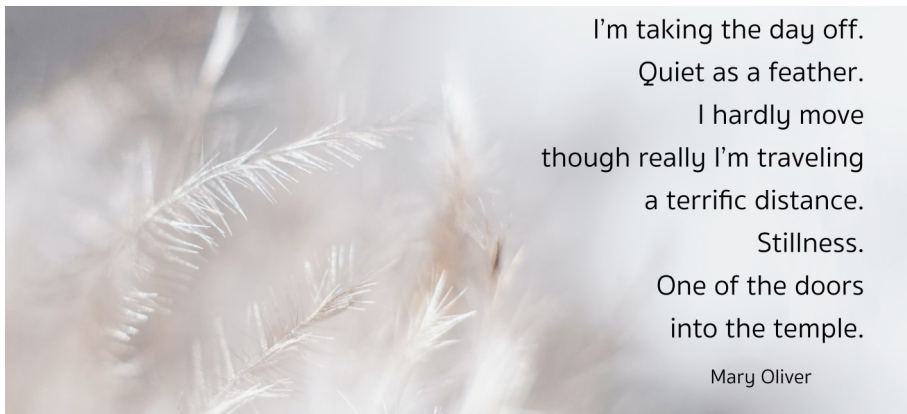
OUR HOLIDAY MUSIC SUNDAY IS DECEMBER 13TH, a spirited holiday tradition of celebrating holiday music that continues to live on! Nicole is available to help with ideas, arranging accompaniment, and helping with recording or live performance ideas. Please reach out. Send any recordings to Laura for video processing. Again, these services are so joyful and important now more than ever.

Even though there won't be in person caroling, for many of us carols embody the holiday spirit with familiar and comforting melodies and lyrics we grew up with. I ask, in addition to our Holiday Music Sunday, would you consider performing your favorite carol for our Christmas Eve Service? They could be instrumental, acapella, solo, and family groups. These traditions are the glue that helps bind us to each other. I plan on stoking a fire on Christmas Eve, plugging in my computer to my tv, and singing with you all, feeling comforted.

The choir has been singing this beautiful song in our rehearsals. Here are some of the lyrics:

"We will meet when the danger is over,
We will meet when the sad days are done,
We will meet sitting closely together
And be glad our tomorrow has come.

So let's make with each other a promise
That when all we've come through is behind,
We will share what we missed and find meaning
In the things that once troubled our mind."



I'm taking the day off.
Quiet as a feather.
I hardly move
though really I'm traveling
a terrific distance.
Stillness.
One of the doors
into the temple.

Mary Oliver



Stewardship

Through Shared Ministries Stewardship Campaign 2021-22

We are living in interesting and challenging times. We have not been together physically since April 2020—a virtual lifetime. The pandemic has presented us with choices at work, school, and family that we have never had to make before. Yet, we are adapting to this new world in a way that we never thought we could. MVUUF, too, is adapting; facing choices it has never had to make. Yet, we are adapting to this new environment, working hard to build a virtual community through shared ministries with some successes such as Sunday services, Parking lot Fairs, the Un-auction, and Men's and Women's groups, to name a few.

There is no question that living in a virtual world is not as satisfying as meeting in person—especially for a fellowship like MVUUF that has always emphasized its wonderful community. The theme for the 2021/22 Stewardship Campaign is “Finding meaning in the virtual world of MVUUF.” In the coming weeks you will hear from members of MVUUF on what MVUUF means to them.



The Stewardship team will be holding virtual conversations to learn what MVUFF means to you. What you like about creating community in a virtual world, and how we can grow our community in these challenging times. Watch the Friday Newsletter, and other communications for opportunities to sign up for a virtual conversation beginning in January 2021.

Did you know? Gratitude leads to Generosity



“It is easy to feel that nothing we do is enough—that any action taken is just a drop in the bucket, inadequate. It is true that we will not accomplish everything we would wish on any given day. Our ability to navigate this time calls on our ability to reckon with our limitations, accept them, and grieve. We do this, in part, so that we celebrate with gratitude all that we *are* able to do and value all that we *are* as human beings.” —**Rev. Lauren Smith UUA** Director of Stewardship and Development, UUA Season of Giving, Oct. 2020



Looking to ground your holiday traditions with deeper UU roots? Let's celebrate Chalica!

With social-distancing shutting down some of our usual winter holiday activities, there has never been a better time to explore the fairly new winter UU holiday of [Chalica](#).

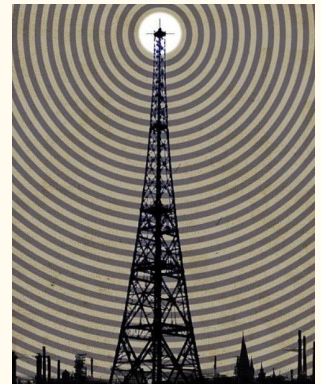
Chalica is seven days long and runs from the first Monday to Sunday in December. Each day represents a different Unitarian Principle, a chalice is lit and gift(s)

are given and received. Gifts can be made, bought, verbal, written, acts, shared/personal celebrations. One can have seven different chalices or one common chalice. You can find suggestions for celebrating [here](#). This year's celebration runs from Dec. 7-13th.

Help Boost our Signal!

MVUUF needs your help to boost our signal! Facebook is the most common social media platform. If you "like" or comment under a MVUUF Facebook page post, that helps boost our presence! But sharing is even better! If you find a particular post that you really enjoy, like a quote that speaks to you, or a service that you think your friends would enjoy, please share the post. Sharing greatly boosts engagement!

As you know, MVUUF has a great message of community, diversity and positivity. In such an uncertain time, our congregation might just be what one of your friends or acquaintances is looking for!



Blessing in the Chaos

To all that is chaotic in you,
let there come silence.
Let there be a calming
of the clamoring,
a stilling of the voices that
have laid their claim on you,
that have made their
home in you,
that go with you even to the
holy places but will not
let you rest, will not let you
hear your life with wholeness
or feel the grace that fashioned you



Let what distracts you cease.

Let what divides you cease.
Let there come an end
to what diminishes and demeans,
and let depart all that keeps you
in its cage. Let there be
an opening into the quiet
that lies beneath
the chaos, where you find
the peace
you did not think
possible
and see what shimmers
within the storm.

—Jan Richardson



SOCIAL ACTION COMMITTEE

Tackling the Problem of Hunger of Hunger and Poverty



As part of our **Rise Against Hunger Campaign**, we have set the ambitious goal of raising \$50,000 by January 19, 2021 to support local organizations working to help our neighbors in need. And while our financial support is greatly needed, the very core ideas of who we are and who we want to be as neighbors, communities and a nation need to also be addressed.

What would it take to reframe our American dream from “a nation where anyone can succeed” to a “nation, where everyone is safe and fed”? Please join us for two nights of film discussions around the devastating effects of poverty in our nation.

Tuesday, Dec. 15th at 7pm: [A Place at the Table](#): Investigates incidents of hunger experienced by millions of Americans, and proposed solutions to the problem. View the film on your own before the discussion. Viewing and streaming options here: <https://www.justwatch.com/us/movie/a-place-at-the-table>

Tuesday, Dec. 22nd at 7pm: [Frontline's Growing Up Poor in America](#): follows three children and their families in the battleground state of Ohio as the COVID-19 pandemic amplifies their struggle to stay afloat. Please View the film on your own before the discussion.

The Social Action Committee's next meeting is Wednesday Dec. 2nd at 7pm. To attend or for more information contact minister@mnvalleyuu.org

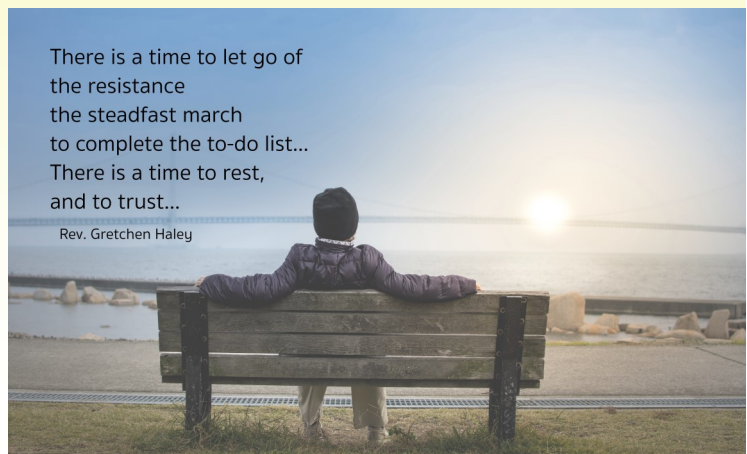
MVUUF COVID-19 Policies

The Board, staff and the COVID-19 response group have been worked hard to update MVUUF's policies to keep members and staff safe. The building remains closed for all meetings and group activities. More details about the new safety policies around use of the building for recordings (for services) and for work that needs to be done at the Fellowship is available in the policy sheet.

Please click on this link for complete details: [Updated MN Valley UU COVID-19 Policies](#)

Please stay safe.

Here are the guidelines from the CDC for safe ways to celebrate this Holiday season. Please click [here](#)





RACIAL JUSTICE

FRAN BOHLKE

Conversations with Friends (CWF) is a dedicated, humanitarian, all-volunteer non-profit organization that visits, writes cards and letters to, and provides safe release and accompaniment to people in three of the four county jails where they are detained by Immigration and Customs Enforcement (ICE) in Minnesota. conversationswithfriendsmn.org/



The following is an excerpt from the CONVERSATIONS WITH FRIENDS newsletter November 15, 2020.

On October 15, 2020, we did a Safe Release for a gentleman from Cuba. (A Safe Release is what we do after ICE calls us from the Whipple Bldg. saying that a gentleman is being released that day and needs assistance reaching his final destination.) He exited the Whipple Federal Building at Fort Snelling wearing an orange sweatshirt, gray sweatpants and rubber, slip-on shoes, and carrying the large, transparent, plastic bag that contained his legal documents. The day before, through an English-speaking gentleman at the jail who had attended our CWF Zoom visit, he requested a shirt, pants and shoes.

Upon exiting the building, he said he'd like to put them on right away, before heading to the bus station for his 12:01 pm bus to Omaha, NE. So, we re-entered the building and headed for the rest room where he selected one of the previously-donated new shirts that we had placed in a bag for him to choose from and put on the casual shoes and slacks that we had purchased the night before at Goodwill (we washed the slacks after purchasing). I wish I had taken before-and-after photos. What a dramatic contrast! He walked out of the building with dignity.

Upon entering the car, he was offered a "Dignity" backpack and the choice of removing anything that he didn't want or didn't plan to use. He kept everything, including the travel pillow which would come in very handy for the 8+ hour bus ride to Omaha, NE. He was also offered a choice from many sweatshirts and fleece jackets (previously donated and washed) and selected a zip-up fleece. Then he inserted all of his legal documents in the backpack.

We had also added a few things for the long journey including a couple sandwiches, a small bag of carrots and apples and a National Geographic magazine. And, we filled the backpack's water bottle with water. All of the above would make for a much more comfortable journey, a good start to a restarted life. When we entered the bus station there was absolutely no evidence that Alaim had been in a MN county jail for the last two months, having been treated like a criminal even though not in criminal custody. There was no evidence that earlier that morning, in the transport vehicle from the jail to Whipple, he had been shackled at his wrists and ankles and waist. There was no evidence that he was carrying legal documents in his new backpack.

He likely looked like he did before this nightmarish ICE experience began, though now he was carrying the backpack and knew that he had the support of so many caring and compassionate members of the community who view his imprisonment as inhumane, unjust and unacceptable.

Donated funds made it possible for us to purchase his one-way bus ticket to Omaha!

Dear MVUUF Friends,

Any donation to CWF is a great help to an immigrant released from detention. Please check out their website. Fran Bohlke, CWF Pen Pal. conversationswithfriendsMN.org



EVENTS

Linda Hayen is part of the cast of a live Zoom play entitled "Uh Oh, Here Comes Christmas" based on books by Robert Fulghum and produced by Applause Community Theater. The play is a conglomeration of short scenes and monologues, both humorous and poignant, about the holidays. Several other cast members are UU's from other congregations. It was performed live last year and was very well received.

Performances are Friday, Dec. 11th at 7:00 and Saturday, Dec. 12th at 2:00 and 7:00; Tickets are Pay What You Can and can be purchased at act-mn.org.

MVUUF Youth & Jr. Youth: On the Road Together



Dec. 6th, 3pm: Exploring the Path of Stillness
Dec. 18th, 7pm: Game Night
Both meetings on Zoom
Contact minister@mnvalleyuu for login info

Low Impact Cardio



Fran now offers cardio!

Are you interested in low impact cardio? Fran is teaching a cardio class on both Tuesday and Thursday mornings at 8:00 a.m.

The 45 min. class consists of warm-up stretches, 20 min. of cardio, and cool down with stretches. This is not through the MVUUF zoom, but the class is free. It is sponsored by Shakopee Community Center.

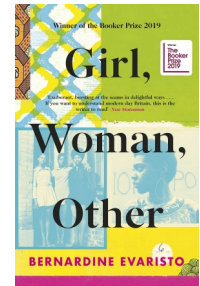
If you'd like to join, please email Fran bryawnte@msn.com and she will explain how you can register and get the zoom for the class.



EVENING BOOK CLUB

Joyce McMartin

The Evening Book Group will be discussing **Girl, Woman, Other** by Bernardine Evaristo on December 17, 2020. A new list of books has been selected to take us through the summer. Read them all or pick ones you find most interesting and join us for thought provoking discussion. Books make great gifts.



Alternating fiction and nonfiction, our upcoming 2021 choices are:

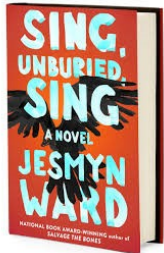
January 21 **The Case Against Education: Why the Education System is a Waste of Time and Money** by Bryan Caplan

February 18 **All Adults Here** by Emma Straub

March 18 **Hidden Valley Road: Inside the Mind of an American Family** by Robert Kolker

April 15 **American Dirt** by Jeanine Cummings

May 20 **The Meritocracy Trap: How America's Foundational Myth Feeds Inequality, Dismantles the Middle Class and Devours the Elites** by Daniel Markovits



June 17 **Sing, Unburied, Sing** by Jesmyn Ward

July 15 **How to Be Antiracist** by Ibram X. Kendi

August 19 **Such a Fun Age** by Kiley Reid

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 at 952-942-7143 or email at joyceamcmartin@gmail.com.

MEN'S LUNCH GROUP

Don Park

There will be no men's lunch group in December but watch for it to return in January.

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

DECEMBER 10TH JOHN PELOQUIN



Men's group will meet by Zoom on Thursday December 10, at 7:00 PM our speaker will be Steven Holmgren Chief Public Defender for Minnesota First Judicial District. Steven will speak on the role of the public defender in Minnesota's system of justice. 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.

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.

John17780@charter.net.

**WOMEN'S GROUP****Saturday, November 5th at 10:30**

NEED SOME LAUGHTER? Need a break from COVID? **Women's Group is happy to welcome Colleen Kruse**, Comedienne, Playwright and Storyteller, on Saturday, Dec 5th at 10:30am.

Colleen has appeared on HBO, Comedy Central, MTV and the Independent Film Channel. Her stage work credits include the Historic Pantages Theater, the Jungle Theater and the Weisman Art Museum. Colleen will relate a funny, heartwarming incident one Christmas Day in 1985 when she was a waitress at the famed Mickey's Dining Car in St. Paul. 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.

Meeting ID: 850 5101 2350

<https://us02web.zoom.us/j/85051012350> (if at first you don't succeed trying clicking again!)

GENTLE AND CHAIR YOGA

Yoga continues three times a week through December!

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 **NO YOGA on CHRISTMAS DAY, December 25th**.

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**SUNDAY DECEMBER 13TH**

REI will meet on **Sunday December 13** at 9:00 AM by way of ZOOM. Our topic will be social media and Free Speech. Likely discussions may include should social media be responsible for the content of things posted on their site. Should social media be subject libel and slander laws like the news media is? What constitutes hate speech? What constitutes truth; what is the difference between lies, misleading statements, exaggeration and hyperbole. I will send a ZOOM link to all members on the REI list, if you wish to participate contact me and I will send you a link. 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 cvr_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 luzcatz@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
Membership	Diane Bick	(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

Rev. Laura Thompson
minister@mnvalleyuu.org
(612) 216-4203

Minister of Congregational Programs

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

Music Director

Nicole Collins, music@mnvalleyuu.org

Religious Education Coordinator

Maria Bavier, RE@mnvalleyuu.org

Administration and Communications Manager

Jeannie Piekos, office@mnvalleyuu.org
(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/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**

UUA.ORG/IMAGES



10715 Zenith Avenue South
Bloomington, Minnesota 55431

We are a Welcoming Congregation