

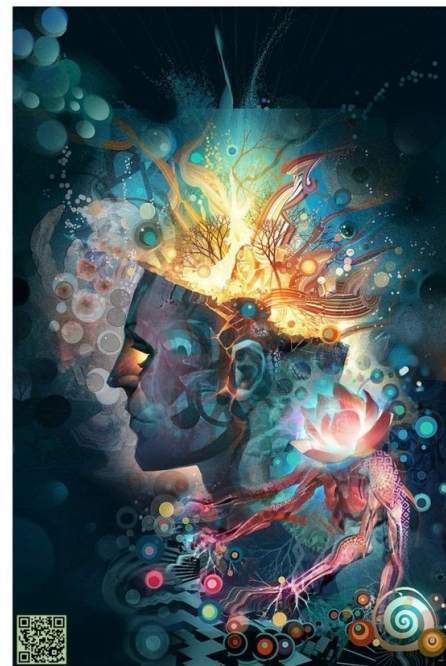
January 2021: Imagination

Maybe our most important work is to re-imagine imagination.

Imagination's great gift is improvement. At least that is what we're usually taught. The deep magic lies in the way it can reshape our reality. We are urged to imagine the world we dream of. A world with more justice. More peace. More love. From that, a mysterious magnetism arises, a magnetism that pulls our imperfect present into an improved future. Imagination moves us forward. It makes us better.

Yet there's a way in which this view of imagination impoverishes us. It steals the stage. Shuts out imagination's other precious gifts.

For instance, think of what happened when you got out of bed this morning. After a shower and a cup of coffee, you didn't just pull on fresh clothes, you also pulled out a jewelry box and slipped on your grandmother's ring. As you slid it on your finger, she slid, not just into your memory, but into your day. Now, because of imagination, you aren't just elegant; you're accompanied. Or how about that invisible friend of yours when you were a child? Imagination made sure you didn't travel through those early years alone. It conjured up a loyal friend. Even today, amidst the hustle and bustle of adult life, tell me you don't hear the guidance of ancestors and friends all day long. It's all one giant reminder that imagination doesn't just improve our lives, it populates it.



*digital art by Android Jones

And illuminates it too. That's right. Imagination isn't just a force that drives us forward toward a more perfect future, it also pulls the sacred into our impoverished present. Imagination is what transforms trees from potential firewood into wise friends. Imagination is what moves us from lording over the natural world to seeing ourselves as part of it. It gives the world a soul. And not just the natural world, but the ordinary world too. Through the lens of imagination, we perceive the common as precious, even miraculous. The laughter of our children becomes the sound of angels. Sunshine on our face becomes a greater treasure than gold. Our "everyday" lives are understood as amazing adventures and inexplicably lucky gifts.

So friends, this month, do everything you can to soak in the many messages of imagination. It's not just shouting, "Improve the world!" It's also pleading, "Let the world come alive!"

—from Soul Matters Themed Ministry

Schedule a Visit with Rev. Laura!

Book a Zoom meeting with Laura: <https://calendly.com/revlaura/zoom-with-rev-laura>

Book a phone meeting with Laura: <https://calendly.com/revlaura/phone-call-with-rev-laura>





January Services

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

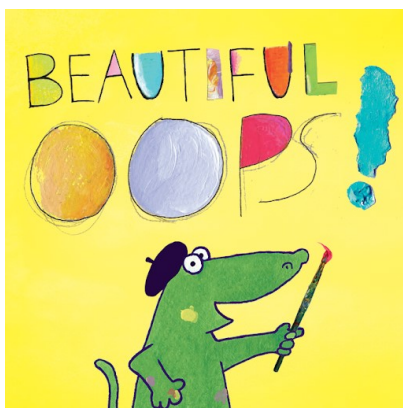
mnvalleyuu.org

- **Jan 3rd: Through the Fire:** 2020 was a challenging year unlike any other; the pandemic, the election and an uprising calling once again for attention to be paid to racial inequity and injustice in our country. Alongside it, we all no doubt held our own personal challenges. It's been a rough one. Let's start off the year letting go into the fire the things we need to let go of and imagining what might grow from the ashes. Rev. Laura and Carla V. Ries lead the service to be followed by a drive-by Fire Communion in the MVUUF parking lot from 12-1pm.
- **Jan 10th: Imagine No Hunger:** As we come up on our last 2 weeks of 'Rise Against Hunger', we'll hear from leaders of organizations leading the fight to end hunger in Minnesota and we'll hear from Fran Bohlke and Polly Sonifer about the work they do with VEAP. Donations for 'Rise Against Hunger' can be made on our website or by using the GivePlus app on your smartphone; click the category 'hunger' under the menu.
- **Jan 17th: Imagining a Beloved Community:** *Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives.* —Dr. Martin Luther King Jr. On this MLK Sunday, Rev. Andrea and members of the Racial Justice Committee present a service about the anti-racism work we need to engage to continue to build Beloved Community.

Fire Communion

Sunday Jan. 3, 2021 12-1pm
MVUUF Parking Lot

Write down what you need to let go of, release it into the flames. From the heat and ashes, invite what you need to move forward.



- **Jan 24th: What comes Next: A State of the Fellowship Address:** Coming off a challenging year, we'll look at where we are at with the current challenges we are facing and plot a vision for what comes next for the good of our Fellowship and in honoring our mission and highest aspirations. There will be time for questions from members during the service. Led by Rev. Laura and leaders of the congregation.
- **Jan 31st: Oops is Just the Beginning:** What will become of a failure? What can be built with an honest mistake? Keep paying attention. Keep dreaming and supposing that more is possible. We don't know the ending. And if you are tired, then it must be time to rest. Staying curious is like a muscle. We flex - reaching for what we don't yet know. And relax - leaving space for what is yet to come. ~ Rev. Theresa I. Soto. Maria Baviera leads this all-ages service.

They are ill discoverers
that think there is no land
when they see nothing but sea.

Francis Bacon



Notes from the Chair

I am proud to be a member of the MVUUF congregation. Three recent examples for why come to mind. First, we sent a letter of support to each Secretary of State in all fifty states thanking them for their service to the democratic process, which is one of our seven principles. They, their employees and volunteer election workers have been threatened and harassed when carrying out their duty for our democratic process. Second, we as a congregation have stepped up our support of MVUUF. The response to the recent pledge reminder was good and very helpful. Third, we have taken on a very real need— hunger, with a significant challenge for the congregation to help others during these very difficult times.

I look forward to being with you next year as proud members of the MVUUF community.

Enjoy the holidays.

Douglas Bruce
Chairman Board of Trustees
dbucejr@comcast.net

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>

Local Bookstore Options

Irreverent Bookworm—Online only now. Curbside pickup or shipping available free with \$15 order. <https://irrevbooks.com/>

Moon Palace Books— Open only for online. <https://www.moonpalacebooks.com/>

Birchbark Books Louise Erdrich bookstore. Shipping or curbside (phone orders only for curbside) <https://birchbarkbooks.com/>

Magers & Quinn— In store browsing or online <https://www.magersandquinn.com/>

Subtext Books— St Paul independent bookstore open online and in-store browsing <https://subtextbooks.com/>



From the Minister of Congregational Programs REV. ANDREA JOHNSON

From the Committee on Racial Justice: Accountability through Education

Last month I announced that the Board approved our plan to present the proposed 8th Principle at our annual meeting this spring for passage. As a refresher, the 8th Principle asks us to work *to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.*” 8thprincipleuu.org/

So how do we hold ourselves accountable to dismantling racism? By engaging in activities that can be grouped as follows: Educational (e.g., reading books such as *White Fragility*, *How to be an antiracist* etc.), Action/advocacy (e.g., welcome Friday worshippers at Dar Al Farooq Mosque, Lobby at the State Capital etc.), and spiritual reflection (Attend a justice-focused worship service or workshop, reflect on racism and whiteness in a journal or with friends/congregants etc.).

So the first step is **Education**. Unpacking the term “white supremacy culture” will be important as we journey together in this work. The UUA commonly uses this organization’s definition. dismantlingracism.org/white-supremacy-culture.html

What is culture?

Culture is a way of life of a group of people--the behaviors, beliefs, values, and symbols that they accept, generally without thinking about them, and that are passed along by communication and imitation from one generation to the next. Culture is a collective programming of the mind that distinguishes the members of one group or category of people from another.



THE LONGER YOU SWIM
IN A CULTURE, THE MORE
INVISIBLE IT BECOMES

What is cultural racism?

Cultural racism is how the dominant culture defines reality and then shapes the society’s norms, values, beliefs and standards to validate and advantage white people while oppressing People of Color. Cultural racism uses cultural differences to overtly and covertly assign value and normality to white people and whiteness in order to rationalize the unequal status and degrading treatment of People and Communities of Color.

What is white supremacy culture?

White supremacy culture is the idea (ideology) that white people and the ideas, thoughts, beliefs, and actions of white people are superior to People of Color and their ideas, thoughts, beliefs, and actions. White supremacy culture is reproduced by all the institutions of our society. In particular the media, the education system, western science (which played a major role in reinforcing the idea of race as a biological truth with the white race as the “ideal” top of the hierarchy), and the Christian church have played central roles in reproducing the idea of white supremacy (i.e. that white is “normal,” “better,” “smarter,” “holy” in contrast to Black and other People and Communities of Color. White supremacy culture is an artificial, historically constructed culture which expresses, justifies and binds together the United States white supremacy system. It is the glue that binds together white-controlled institutions into systems and white-controlled systems into the global white supremacy system



My Reflections on this term

When I first heard the term white supremacy it was certainly off-putting if not downright offensive because I confused it with far right-wing white supremacist groups and I am not that! It also made me feel shame and guilt about being white. Although



From the Minister of Congregational Programs

CONT'D

I do agree that shame and guilt do not motivate people to work for justice, an interesting question I have been asking myself and that I'd like to ask those who have been centered by traditional systems of power (e.g., cis, white, male etc.): what if it were true that you and I did do something wrong/bad? What if the systems we've spent our lives creating are in fact wrong/bad for the majority of people on the planet? What if that were true?

For me I'm really trying to reckon with this fact. I'm uncovering that my ancestor's on my mom's dad's side of the family owned slaves. I'm examining how my husband and I have acquired the wealth we have and am asking hard questions about whether it is just and fair? For example I did consulting with financial companies who made profits on the backs of poor black and brown people through unethical lending practices. Is it fair that I had the money to invest in a college saving plan, when my kids were young, that has now tripled in value? I'd like to look at ways that I can make reparations - so that is why I've given money to an organization called Stolen Wealth Returns (which aims to raise \$1.2 million to get 12 Black Social Justice advocates out of crushing student loan debt). This is why I am trying to advance racial justice work here at MVUUF and on the Board of United Seminary where I serve. I am trying to take responsibility and stop the harm to black and brown people. It will be life long journey for sure and I have much still to learn but for me to live with integrity and to follow the call of my faith, I want to do this work and sit in the discomfort of white supremacy and do my best to avoid **White Fragility**, the disbelieving defensiveness that white people exhibit when their ideas about race and racism are challenged—and particularly when they feel implicated in white supremacy.

This is the work I'd like to invite you all to do with the Racial Justice Committee (Myra Basar, Fran Bohlke, Eve Bergmann, and Glen Corliss). It's hard and it asks us to develop skills to be able to sit with discomfort and pain and the complexity of a system we did not create yet participate in. On Sunday January 17th, the Racial Justice committee will be dedicating the MLK service to discussing these very important topics. I hope to see you there so we can begin this work together!

Racial Justice Spotlight

Richard Duffin

COLOR OF CHANGE helps you do something real about injustice

Recently I worked with Color Of Change sending texts and delivering PPE to the polls in North Minneapolis.

COC is the nation's largest online racial justice organization. They help people respond effectively to injustice in the world around us. As a national online force driven by 7 million members, they move decision-makers in corporations and government to create a more human and less hostile world for Black people in America. During the Presidential election members sent 7.5 million texts and made 743,000 phone calls to get out the black vote in all of the battleground states.

Their goals for strengthening our democracy are:

- Expanding voter access and ensuring the votes of all Black people count
- Ending voter intimidation and voter suppression policies, including voter ID laws
- Boosting civic engagement before and after elections
- Ensuring full and fair representation in the 2020 census

<https://colorofchange.org/>



Companion Sources—Imagination

Word Roots & Definitions

Buried in its roots, imagination carries the Proto-Indo-European root *aim* meaning "to copy" through the Latin root *imitari* meaning "to picture oneself." There is a sense of imagination not being real, but a copy. An improved copy, a possible copy, a representation of what could be. Or, as Baldwin suggests, perhaps "imagination is the real life" which creates the exterior world.

Wise Words

They are ill discoverers that think there is no land when they see nothing but sea. —Francis Bacon

Listen To The Mustn'ts

Listen to Mustn'ts, child, listen to the Don'ts.

Listen to the Shouldn'ts, the Impossibles,
the Won'ts.

Listen to the Never Haves, then listen close to me.

Anything can happen, child, Anything can be.

—Shel Silverstein

I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities.

—Theodore Geisel/Dr. Seuss

The moment you doubt whether you can fly, you cease forever to be able to do it. —J.M. Barrie, *Peter Pan*

V'ahavta

Aurora Levins Morales

[Full poem here](#)

Say these words when you lie down and when you rise up,
when you go out and when you return. In times of mourning
and in times of joy. Inscribe them on your doorposts...
tattoo them on your shoulders, teach them to your children:

Another world is possible...

Imagine winning. This is your sacred task. This is your power.
Imagine every detail of winning, the exact smell of the summer
streets in which no one has been shot, the muscles you have
never unclenched from worry, gone soft as newborn skin...

Think in ways you've never thought before.

If the phone rings, think of it as carrying a message
Larger than anything you've ever heard...

When someone knocks on the door, think that their
about to give you something large: tell you you're
forgiven, Or that it's not necessary to work all the time,
or that it's been decided that if you lie down no one will
die. Robert Bly, [Things to Think](#)

Fairy Tales are more than true; not because they tell us
that dragons exist, but because they tell us dragons can
be beaten. —G. K. Chesterton

You can either think that the world is getting better or
that the future will be much better than it is now, or you
can think that the world is getting worse. But that
continuum isn't as important to me, actually, as this idea
of, do you think you have agency in this world that is
either getting better or worse? —Angela Oguntala

Imagination is a danger thus every totalitarian regime is
frightened of the artist. It is the vocation of the prophet
to keep alive the ministry of imagination to keep on
conjuring and proposing alternative futures to the single
one the king wants to urge as the only thinkable one.

—Walter Brueggemann

Imagination is one of the spoils of colonization, which in
many ways is claiming who gets to imagine the future for
a given geography. Losing our imagination is a symptom
of trauma. Reclaiming the right to dream the future,
strengthening the muscle to imagine together as Black
people, is a revolutionary decolonizing activity.

—adrienne maree brown, *Emergent Strategy*

What will become of a failure? What can be built with an
honest mistake? Keep paying attention. Keep dreaming
and supposing that more is possible. We don't know the
ending. And if you are tired, then it must be time to
rest. Staying curious is like a muscle. We flex - reaching
for what we don't yet know. And relax - leaving space for
what is yet to come.

—Rev. Theresa I. Soto



Companion Sources Imagination cont'd

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting —
over and over announcing your place
in the family of things.

[*Mary Oliver*](#), *Wild Geese*

Music

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

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

Videos & Podcasts

Breaking Free

<https://vimeo.com/14425446>

The Good Ancestor - The Legacies We Leave

<https://www.youtube.com/watch?v=8i9f1UdvohE>

Reversing Inequality & Rebuilding Local Economies Post-Pandemic

On imagining a new economy

<https://www.youtube.com/watch?>

Unfinished Portraits

On using imagination to honor the loss of black lives.

[https://www.facebook.com/60SecDocs/
videos/384017189256735/?v=384017189256735](https://www.facebook.com/60SecDocs/videos/384017189256735/?v=384017189256735)

Imagining the Future of UUism

[https://www.youtube.com/watch?
time_continue=1842&v=H7sjTUK-iu0](https://www.youtube.com/watch?time_continue=1842&v=H7sjTUK-iu0)

The Neuroscience of Imagination

[https://www.ted.com/talks/
andrey_vyshedskiy_the_neuroscience_of_imagination](https://www.ted.com/talks/andrey_vyshedskiy_the_neuroscience_of_imagination)

Some Fun with Visual Imagination

[boredpanda.com/things-that-look-like-other-things-
optical-illusion/](https://boredpanda.com/things-that-look-like-other-things-optical-illusion/)

Tipping Our Hats to Mr. Rogers for Inspiring Our Imaginations!

<https://www.youtube.com/watch?v=OFzXaFbxDCM>

Articles

On Despair and the Imagination

[https://www.theschooloflife.com/thebookoflife/on-
despair-and-the-imagination/](https://www.theschooloflife.com/thebookoflife/on-despair-and-the-imagination/)

“It may sound strange to locate the problem here, but some of our most despairing moods are caused by failures of the imagination. We are not merely ‘sad’; we cannot picture any better life than the agonized one we currently have.”

Coronavirus Will Change the World Permanently. Here's How.

[https://www.politico.com/news/
magazine/2020/03/19/coronavirus-effect-economy-
life-society-analysis-covid-135579](https://www.politico.com/news/magazine/2020/03/19/coronavirus-effect-economy-life-society-analysis-covid-135579)

Books

Imagine: How Creativity Works

Jonah Lehrer

Kindred

Octavia E. Butler

The Ocean at the End of the Lane

Neil Gaiman

Movies & TV

[Landfill Harmonic](#)

[The Big Flower Fight](#)

[Whose Line is it Anyway?](#)

Finding Neverland

Big Fish

Pan's Labyrinth

Life of Pi

[Black Mirror](#)



Children, Youth and Family Ministry

Maria Bavier

Creating an image for a postcard to send to Pre-K through 5th Graders in December turned into an art project for my 8 year old and me. We worked together: creating some amazing Spirograph art and piecing together a collage with colored construction paper which Jeannie made into postcards! When I was arranging paper, I was pleasantly surprised to notice the Stillness of December.

Compiling interesting items and writing a poem to go with them is the theme of the January Pre-K through 5th Grade Care Packages that we will be delivering. I look forward to seeing some of you from a distance and getting a chance to say "hi!" I miss seeing you in the Fellowship Hall over a cup of water/coffee and a cookie/carrots:) and watching our MVUUF children run around and play with fidget spinners or puzzles and visit with each other.

I invite you to look ahead with me at the rest of the activities we have planned for our children, families, junior youth and youth. See the Calendar on the next page. Please save this calendar! Everything is online, unless otherwise noted.

Most Sunday Morning Worship Services will have an All Ages piece near the beginning.

I can't wait to continue this Ministry with you. In January-February I am taking two classes through the UUA. One is about UU Theology and another about Curriculum Development. Thank you for your support and for all you do! Happy New Year!

See Friday Emails for Zoom Links.

Questions/Comments about Pre-K through 5th Grade Family Ministry: maria@mnvalleyuu.org

Questions/Comments about 6th-8th Grade Jr. Youth and 9th-12th Grade Youth Ministry: minister@mnvalleyuu.org





Children, Youth and Family Ministry Calendar for Winter/Spring 2021

Date	Soul Matters Theme	Family Events	Pre-K- 1 st Grade (9:45-10:15am)	2 nd - 5 th Grade (9:45-10:15am)	6 th - 8 th Jr. Youth & 9 th - 12 th Grade Youth (3pm or 7pm)
1/3	Imagination				3pm Online Gathering
1/10		11:45-12:15 Coffee Hour	Online Gathering		
1/15		Family Activities Email Sent at 10am			Friday Game Night 7pm
1/17				Online Gathering	
1/24		Staff and Volunteers are Delivering Care Packages to Families – Say “Hi” from a safe distance!			
1/31		All Ages Worship 10:30am			
2/7	Beloved Community				3pm Online Gathering
2/14		11:45-12:15 Coffee Hour	Online Gathering		
2/19		Family Activities Email Sent at 10am			Friday Game Night 7pm
2/21				Online Gathering	
2/28		Save the Date, Sledding – 1pm (hopefully, details coming)			
3/7					3pm Online Gathering
3/14	Commitment	11:45-12:15 Coffee Hour	Online Gathering		
3/19		Family Activities Email Sent at 10am			Friday Game Night 7pm
3/21				Online Gathering	
3/28		Save the Date March Parking Lot Fair – 1pm (hopefully, details coming)			
4/4					
4/11	Becoming	11:45-12:15 Coffee Hour	Online Gathering		3pm Online Gathering
4/16		Family Activities Email Sent at 10am			
4/18				Online Gathering	
4/23					Youth Sunday Planning 7pm
4/25		Youth Sunday 10:30am			
5/2	Story				3pm Online Gathering



Musical Notes

Nicole Collins

Thank you everyone who contributed to our successful Holiday Music Sunday and to all those who cheered us on!!! I know it's not the same as being in person, but it still feels so connecting to see each other make music and to share with our community!

As the choir is mastering the acapella app for recording singing together, you will see small groups performing more hymns for and with you in the upcoming year. We'd love to hear some children leading our hymns too! If any are interested, please let Nicole know and she can send you an accompaniment track.

If you're looking for a singing outlet, you're welcome to join us in our choir rehearsals. No recording necessary! All ages and abilities welcome.

The sanctuary is available for your musical needs. Please contact Nicole, Richard, and Jeannie to schedule your time and familiarize yourself with our COVID protocols here: [COVID POLICIES](#)

We would love to hear your musical talents in the New Year! Please contact Nicole for help getting started. Music@Mnvalleyuu.org.

Share your talents!



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

**Need help with music selection,
video taping or accompaniment?**

**Email Nicole:
Music@Mnvalleyuu.org**



IMPORTANT POLICY UPDATES COVID-19

Thank you to everyone who has completed our COVID survey. We have received about 60 responses so far and the information from the results has been great. It helps us see that a lot of what we are doing with virtual services and meetings is in line with what you want for the safety of our congregation. We look forward to sharing more information related to results soon but are hoping to get a bit higher return rate before building our final report and recommendations.

You can still complete the survey using the link below and it should take less than 10 minutes to do so. We sincerely appreciate everyone taking the time to do this and for staying engaged in all the ways that you are during this challenging time.

<https://www.surveymonkey.com/r/BBJW89J>

STEWARDSHIP

Finding Meaning in the Virtual World of MVUUF *Through Shared Ministries 2021/22*



It is the beginning of a new year. With a new president coming into the White House, and distribution of a vaccine to prevent the spread of COVID 19, hope is in the air. We have much to look forward to. However, it will be sometime yet before we can gather as a community, in person.

Last year Stewardship learned much from the small group 'in person' conversations about what MVUUF means to you. This year we are facilitating conversations via Zoom. Watch for opportunities to participate in one of these virtual conversations. The first one is being held on January 6, 2021 with the Men's

Group. Also be on the watch for videos of some of your friends who share why they give during this time of COVID-19, when MVUUF is shut and virtual. Until we can meet again in person – stay safe and be well.

Your Stewardship Team



REVIEWS OF FALL PROGRAMMING

This past autumn MVUUF had some great programming. We asked a few participants to share their experiences. If you want to share your thoughts of programming that you felt was particularly meaningful please email Jeannie at office@mnvalleyuu.org

MEMOIR WRITING AS A SPIRITUAL PRACTICE by Glenn Corliss and Fran Bohlke

This fall, MVUUF partnered with the UU Church of Minnetonka and the UU Congregation in Eau Claire, WI to offer programs to members of all three congregations. Fran B., Glenn C., and Linda H. joined with members of the other two congregations by enrolling in *Memoir Writing As a Spiritual Practice*, a stimulating course, capably led by Rev. Julianne Lepp of Eau Claire.

During our monthly gatherings we examine life through the lens of our own sacred stories because by examining our lives we discover patterns and meaning emerges. We are encouraged to write on a regular basis, with attention to reverence, detail and care for our stories. Rev Lepp uses a variety of prompts to give us new story ideas and help us get unstuck when words are not flowing. Prompts teach us to observe and be more aware of our surroundings. We share our writings with others and they encourage and support us.

This program's mission can be summarized in a quotation from a 13th century Sufi, provided by Rev. Lepp.

"Be always mindful of what you are doing and thinking. So that you may put the imprint of your immortality on every passing incident of your daily life." -Abd'l-Khaliq Ghijdwani, thirteenth-century Sufi.

If you are interested in writing memoir, you might find these books to be very helpful:

- Writing the Sacred Journey by Elizabeth Andrew, ESSENTIAL SPIRITUALITY: The 7 Central
- Practices to Awaken Heart and Mind by Roger Walsh
- Writing to Awaken the Soul: Opening the Sacred Conversation Within by Karen Hering.

Study Group using My Grandmother's Hands (book by Resmaa Menakem) by Eve Bergmann

I recently completed MVUUF's Adult RE program using the book *My Grandmother's Hands* by Resmaa Menakem. The class applied Menakem's method for people of all races and ethnicities to understand how white-body supremacy is reinforced in the US and he provided a healing process. The group discussed the book and participated in experiential exercises.

This healing process was skillfully and gently discussed by the program facilitators leading participants to an awareness of their own embodied racism.

A day has not gone by that I have not appreciated the impact of this teaching. I would whole-heartedly encourage others to participate in the next session.



SOCIAL ACTION COMMITTEE

Tackling the Problem of Hunger of Hunger and Poverty



**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".

Fundraising

We have raised over \$6000 so far to fight hunger. Every donation counts! 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** in the memo.

Learning

[Growing Up Poor in America](#)
[A Place at the Table](#)
[Hunger Solutions \(MN\)](#)
[Food Insecurity \(MN\)](#)

Action

Volunteer: <https://veap.org/volunteer/>

Advocate: feedingamerica.org/take-action/advocate/campaign-to-end-hunger

The Social Action Committee's next meeting is Wednesday January 6th at 7pm. To attend or for more information contact minister@mnvalleyuu.org



RELIGION, ETHICS AND IDEAS

SUNDAY JANUARY 10TH

Religion Ethics and Ideas will meet by way of Zoom on Sunday January 10 our topic will be What are the Characteristics of White Supremacy Culture? A strongly recommended reading which will be referenced in the discussion is **The Characteristics of White Supremacy Culture** by Kenneth Jones and Tema Okun (see link below). This publication has been used by the UUA to dismantle what they describe as their own white supremacy culture. It has also been referenced by Rev. Thompson in at least one past sermon. Those who are on the REI email list will be sent a zoom link others who wish to participate should contact John Peloquin.

[Showing Up for Racial Justice - SURJ WHITE SUPREMACY CULTURE: Characteristics -](#)

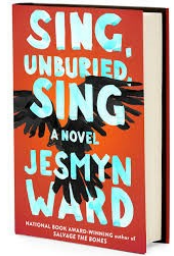


EVENING BOOK CLUB

Joyce McMartin

The Evening Book Group continues to meet using Zoom into the New Year. We have made an addition to our list of books which takes us through September. Read them all or pick the ones you find most interesting and join us for thought provoking discussion. Alternating fiction and nonfiction, our upcoming choices are:

- January 21, 2021, **The Case Against Education: Why the Education System is a Waste of Time and Money** by Bryan Caplan
- February 18, 2021, **All Adults Here** by Emma Straub
- March 18, 2021, **Hidden Valley Road: Inside the Mind of an American Family** by Robert Kolker
- April 15, 2021, **American Dirt** by Jeanine Cummings
- May 20, 2021, **The Meritocracy Trap: How America's Foundational Myth Feeds Inequality, Dismantles the Middle Class and Devours the Elites** by Daniel Markovits
- June 17, 2021, **Sing, Unburied, Sing** by Jesmyn Ward
- July 15, 2021, **How to Be Antiracist** by Ibram X. Kendi
- August 19, 2021, **Such a Fun Age** by Kiley Reid
- September 16, 2021, **Tribe: On Homecoming and Belonging** by Sebastian Junger



The Evening Book Group usually meets on the third Thursday of the month throughout the year in the Fireside Room at 7 PM. We will be meeting USING ZOOM until further notice. 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

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

JANUARY 14TH JOHN PELOQUIN

COVID-19 Ethical and Legal Issues

Men's Group will meet on Thursday **January 14 at 7:00 PM** on Zoom. The COVID-19 pandemic has raised a host of legal and ethical issues. Health care attorney **David Peloquin** (son of John Peloquin & Eva Mach) will discuss some of the issues he has encountered during the pandemic in advising hospitals, universities, research institutes, diagnostic testing laboratories, pharmaceutical companies, and information technology companies on their pandemic response. Issues to be discussed include: the tension between patient privacy, medical research and public health uses of COVID-19 information; the development of diagnostic tests for COVID-19; liability immunity for health care providers and employers; and the expansion of telemedicine. A Zoom link will be sent to all persons on the men's group email list, if you wish to attend and are not on the list contact John Peloquin John17780@charter.net. All genders welcome.

**WOMEN'S GROUP****Saturday, January 9 - 10:30am*****Two Gals and a Piano***

All women of the fellowship, members and friends, are welcome to attend January 9th at 10:30 am the Zoom Women's Group. We're determined to help get the new year off to a good start, so we've recruited two of MVUUF's most talented musicians, Sonja Johnston and Barb Berger, for a musical program called Two Gals and a Piano. This 40-minute medley of delightful music is guaranteed to bring some joy to your Minnesota winter. For added fun, plan to sign in to Zoom a few minutes early and stay for a while after the meeting to enjoy some time for conversation with MVUUF friends. (Please note: for January only, we are meeting the **second** Saturday of the month)

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 January!

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 class on January 1st, NEW YEARS Day

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.

Low Impact 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.





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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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Accompanist

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Custodian & Operations

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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

Please watch for our Facebook weekly Video Messages from the staff. Please use the chat forums on Facebook and YouTube to share your own thoughts on these postings.

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