

February 2021- Beloved Community

The term “Beloved Community” can be traced back to theologian and philosopher Josiah Royce (1855-1916). The concept became part of the lexicon at Boston University’s School of Theology during the early 1950s, when Dr. Martin Luther King Jr. was a doctoral student there. Royce characterized the Beloved Community as “a spiritual or divine community capable of achieving the highest good as well as the common good.” MLK built his ministry around the foundational concept that Royce had laid out.

The King Center for Nonviolent Social Change lays out MLK’s vision: *Beloved Community is a global vision, in which all people can share in the wealth of the earth. In the Beloved Community, poverty, hunger and homelessness will not be tolerated because international standards of human decency will not allow it. Racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of sisterhood and brotherhood. In the Beloved Community, international disputes will be resolved by peaceful conflict-resolution and reconciliation of adversaries, instead of military power. Love and trust will triumph over fear and hatred. Peace with justice will prevail over war and military conflict.* (thekingcenter.org)



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.

Rev. Dr. Martin Luther King, Jr.

PAINTING: KAREN DE COSTER

*digital art by Android Jones

In order to build this community, MLK calls upon us to make qualitative changes in our souls and quantitative changes in our lives. Our work within ourselves is done through our services and programs at MVUUF. We make space to ground ourselves in principles, to renew our spirits and to continually learn and practice what it means to be in Beloved Community through our anti-racism commitments, our Welcoming Congregation (LGBTQ) & Green Sanctuary (environment) statuses. This work is always an ongoing journey with each new step and horizon bringing us further into the Beloved Community we seek.

We live out the quantitative changes by engaging in practices that broaden the larger concept of Beloved Community; we volunteer, we strive to share the wealth of the world and our personal wealth in a way that overcomes obstacles to achieving Beloved Community and we advocate for policies and cultural changes that brings Beloved Community ever closer to us all because our dreams of Beloved Community are merely realities that we have yet to bring into focus.

This month we invite you to explore this concept deeply. What does the vision of Beloved Community ask of you? Of us? What does it bring? What can you do and what can we do to bring it into clearer focus. Let’s lean into the dream together and strive to make it reality.

See you Sunday,
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>



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.



January Services

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

mnvalleyuu.org

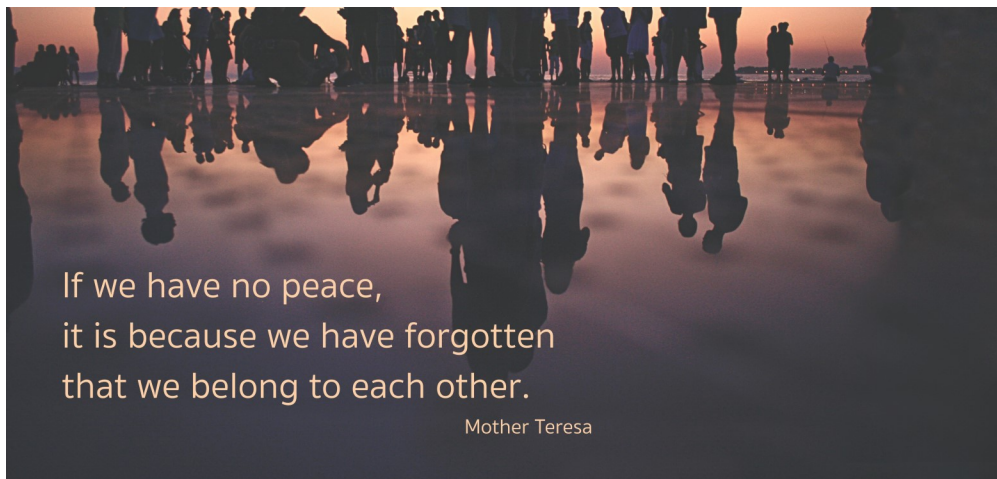
Feb. 7th: What is Beloved Community and How Do We Get There? The concept of Beloved Community is broad and it encapsulates our ultimate aspirations of who we want to be. In this service we'll explore the theological and philosophical roots of Beloved Community and reflect what we are called on to do as individuals and as a congregation to practice and build Beloved Community. Rev. Laura Thompson and Linda Hayen

Feb. 14th: Kindness Grows Love: a Family Service for All Ages On a day that celebrates love, join us for music, stories and discussion about how kindness can grow more love in the world. Send examples of random acts of kindness that you have done or received to Rev. Laura or Maria Bavier by Feb. 10th to have your experiences of kindness lifted into the service.



Feb. 21st: Building Beloved Community for All; Conversations with Friends 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. Fran Bohlke will reflect on her volunteer work with CWF and our guest speaker will be CWF director, Steve Kraemer.

Feb. 28th: Beloved Community as Spiritual Practice Rev. Victoria Safford writes, "The Beloved Community [is] not a goal or destination, and it was not any kind of idealistic, Christian utopian dream, but instead a way of being - spiritually, politically, economically, emotionally, intellectually. Beloved Community is an attitude, an orientation of the heart." How do we plant, nourish and hold Beloved Community in our hearts? Rev. Laura Thompson



If we have no peace,
it is because we have forgotten
that we belong to each other.

Mother Teresa



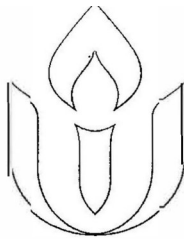
Notes from the Chair

In December, your Board of Trustees sent a letter to all of the Secretaries of State thanking them for their work during the election. Voting is important. During the civil rights movement and the voter registration drive of that time, one of our ministers was murdered trying to see that all eligible Americans could vote.

We did, unexpectedly, receive notes from the Secretaries of State of Tennessee and Georgia saying, "This election cycle was certainly a challenging one." and "Thank you for taking the time to write me. My staff and I deeply appreciate your words of kindness, encouragement, and gratitude. We will continue to follow the facts because integrity matters."

Thanks,

Douglas Bruce
Chairman Board of Trustees



Minnesota Valley Unitarian Universalist Fellowship



December 18th, 2020

Dear

The Unitarian Universalist religious denomination holds seven principles as their core beliefs. One of them is "*The right of conscience and the use of the democratic process within our congregations and in society at large.*"

We, at Minnesota Valley Unitarian Universalist Fellowship, would like to thank you, your staff and the volunteer election officials for your planning and actions to defend our country's democratic process from any and all foreign or domestic meddling.

You are on the frontline making our democratic process a reality.

Thank you for your service.

Sincerely,

Douglas Bruce Chair
Dee Conley, Treasurer
Thomas Wallington
Alana McEwen

- Myra E. Basar
Jennifer Anderson
Carla V. Ries
Kelley Hughes

Minnesota Valley Unitarian Universalist Fellowship Board of Trustees

10715 Zenith Ave. S.

Bloomington, MN 55431



From the Minister of Congregational Programs REV. ANDREA JOHNSON

Check out the NEW Racial Justice page on our website

MVUUF is committed to continuing the fight for Racial Justice through education, advocacy, self-reflection, and relationship-building; as well as addressing structural racism and whiteness through intentional efforts in every area of our ministry (i.e., worship and music, children, youth and family, adult education, and justice).

The 8th Principle

How do we show our religious commitment to standing against systemic racial oppression? Many of us are longing to build a multi-racial beloved community that King so powerfully argued for. One way that we can do this is by adopting the 8th Principle.

Written by Bruce Pollack and long-time UU and racial justice consultant, Paula Cole Jones, the 8th principle, asks for a commitment to undertake a dedicated journey to achieve justice for all oppressions starting with racism. It 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.” To learn more visit the 8th Principle website. <https://www.8thprincipleuu.org/>

Adopting the 8th Principle is a starting point to being accountable toward antiracism. It would help us renew our commitment to this work and fulfill the potential of the existing principles.

Take the Racial Justice Pledge

MN Valley invites you to commit to action for racial equity and the fight for racial justice. Visit our NEW Racial Justice website <https://mnvalleyuu.org/racial-justice/> to learn more.

I affirm the inherent worth and dignity of every person and I support justice, equity and compassion in human relations. I affirm that white privilege and a culture of white supremacy are harmful to individuals and our society and I support efforts to dismantle them. I support racial equity, justice, and liberation for every person.

Therefore, from this day forward....

I will strive to understand more deeply the societal impacts of white privilege including how its existence potentially benefits me.
I commit to help transform our fellowship culture to one that is actively engaged in seeking racial justice and equity for everyone.
I will make a greater effort to treat all people with the same respect I expect to receive.
I commit to developing the courage to live my beliefs and values regarding racial justice and equity.
I will strive daily to eliminate racial prejudice from my thoughts and actions so that I can better promote the racial justice efforts of our church; and
I will renew and honor this pledge daily, knowing that our congregation, our community, our nation, and our world will be better places because of my efforts.
Make your pledge a lived reality by engaging in education, advocacy and/or spiritual reflection actions. We encourage you to think creatively about your action steps and push yourself to move outside your comfort zone. That is where true growth and change reside.

Click here to take the pledge <https://forms.gle/MVtWA2Ka5oidi4xL6>

8th Principle Conversations! Sunday February 7th and 14th from 1-2pm.

Come learn more about the 8th Principle and why we should adopt it! We'll play a few short videos about the principle and then have time for questions and reflections. Join Zoom Meeting <https://us02web.zoom.us/j/5110889422>



COVID-19 Executive Summary

The Board and Staff would like to express our thanks to everyone who participated in our COVID-19 Survey. We wanted to provide the congregation with an overview of the results.

Sixty-three members of the congregation completed the survey with 12 of those indicating that they had not participated in a virtual Sunday service. Most respondents who have participated were somewhat and very satisfied with them. Concerns were mostly tech issues which they indicate have gotten much better and missing being in person for connection and for singing/music. There was interest expressed in continuing to have a virtual option even when we are able to return to in person. This would allow people to participate even when they cannot physically get to the fellowship.

Many of the respondents are also staying engaged via video messages, committees, social media, parking lot fairs, groups like yoga, book club, men's group, etc. and one on one connections with other members. Overwhelmingly, our congregation misses being TOGETHER in person for casual conversation, camaraderie, making new friends and music!

Many respondents thought we had several ways to stay connected but being virtual comes with challenges for true connection. There were some suggestions for more casual opportunities for chatting via small groups like virtual suppers, knitting, etc, making our social media pages more interactive and social distanced walking groups.

When asked about returning to in-person services, smaller group and children's education activities, some members were willing to participate with significant protocols such as masks and physical distancing in place but, overwhelmingly, our membership is waiting for the vaccine to be more widely available before they would feel completely comfortable being physically back together. Many of our congregation are either personally high risk or reside with/care for others who are and naturally do not want the risk of becoming infected themselves or infecting others. We care about one another and certainly would not want being together to result in terrible outcomes for any of us.

Whether we should still be virtual when the weather warms was significant. There is interest in having some outdoor services. The number of members who indicated they attended parking lot fairs supports this possibility. Again, we sincerely thank those that responded to the survey. If anyone has additional comments or suggestions they would like to share as we continue to navigate these challenging times, please send them to Jeannie at jeannie@mnvalleyuuu.org or any other member of the staff.

I am reminded in this time that white supremacy culture shows up in our society in many ways. It does not always take the form of gun-carrying terrorists draped in Confederate flags. In fact, it doesn't usually take that form. More often, it is lawmakers working to disenfranchise the votes of BIPOC communities. More often, it is unthinking support for institutions whose knees—literal and metaphorical—are on people's necks. More often, it is well-meaning white people dismissing the lived experiences of people of color. — Rev. Michael Tino, *Lead Ministry Team, Church of the Larger Fellowship*



Companion Sources—Beloved Community

Wise Words

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. - The Proposed 8th Principle

If we have no peace, it is because we have forgotten that we belong to each other.
Mother Teresa

Beloved community is formed not by the eradication of difference but by its affirmation, by each of us claiming the identities and cultural legacies that shape who we are and how we live in the world.
bell hooks, Killing Rage: Ending Racism

Community is first of all a quality of the heart. It grows from the spiritual knowledge that we are alive not for ourselves but for one another. Community is the fruit of our capacity to make the interests of others more important than our own. The question, therefore, is not 'How can we make community?' but, 'How can we develop and nurture giving hearts?'
Henri Nouwen

Music

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

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

Videos & Podcasts

[Compassion and Kinship](#), Fr Gregory Boyle

[Closing Ceremony on Black Lives UU](#) at UUA General Assembly 2016

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

[The Future of Race in America](#) M Alexander

[Finlandia](#) by Jean Sibelius -- Cantus

[Video](#) - Racial Wealth Gap

Articles

[Selma's Challenge](#) by Rev. Dr. Mark Morrison-Reed

[The End of iChurch](#) by Rev. Fredric Muir

Books

[The Warmth of Other Suns; The Epic Story of America's Great Migration](#) by Isabel Wilkerson

[Bailey's Cafe: A Novel](#) by Gloria Naylor

Movies

[And Breathe Normally](#)

[Selma](#)

[Black Panther](#)

[Kindness is Contagious](#)

[Moonlight](#)



Children, Youth and Family Ministry

Maria Bavier

Welcome to Beloved Community!

This month we're exploring the many ways our UU faith invites us to become "A People of Beloved Community."

Beloved Community is a special kind of community where... Black Leaders are Honored, Love Grows beyond Boundaries, Wounds are Healed, and We Don't Run Away When Things Get Hard.

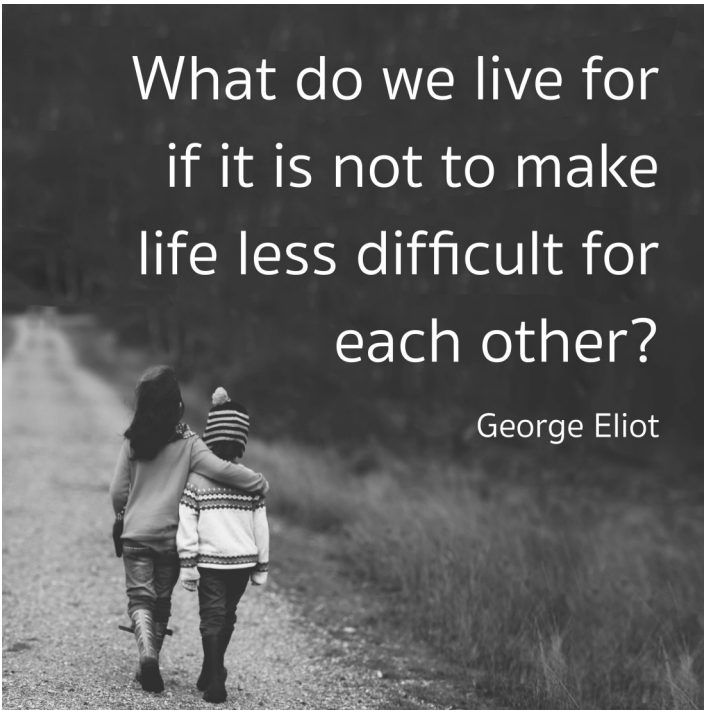
A big focus of this month's online gatherings, family activity packet, Soulful Home family packet and our All Ages Worship on Feb. 14 is Antiracism.

Updated Calendar: 2nd-5th Grade will now meet online **both** the 2nd and 3rd Sundays of each month.

[Sign Up Secret Friends](#)

What do we live for
if it is not to make
life less difficult for
each other?

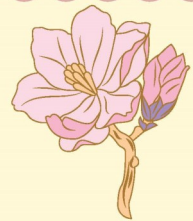
George Eliot



SIGN UP FOR SECRET FRIENDS

WHAT IS SECRET FRIENDS?

It is a fun way for adults and children to get to know each other! This is an annual MVUUF tradition that dates back to 2000.



HOW DOES IT WORK?

All adults in the Fellowship are encouraged to sign up. They will be given a "secret name" to use and will be provided with a real name and address for the child (ages 5 and older) who has also signed up.

STARTING FEBRUARY 22

Adults write letters to the children, asking questions about their likes, dislikes, etc. Children write back, not knowing exactly who their secret friend is, but asking questions to hopefully figure it out. Parents will need to help children with U.S. Mail



WHEN DO I FIND OUT WHO MY SECRET FRIEND IS?

The Secret Friends will meet at the MVUUF March 28th Parking Lot Fair for S'mores and Camp Fires at 1pm.

REMEMBER

Sign Up for Secret Friends in early February. Children need parent's permission before signing up. Children do not need secret names. When you receive a letter please respond.



Children, Youth and Family Ministry Calendar Winter/Spring 2021

Everything is online, unless otherwise noted

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

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)
2/7	Beloved Community				3pm Online Gathering
2/14		11:45-12:15 Coffee Hour	Online Gathering	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	Commitment				3pm Online Gathering
3/14		11:45-12:15 Coffee Hour	Online Gathering	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	Becoming				
4/11		11:45-12:15 Coffee Hour	Online Gathering	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

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
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5/9	Story	11:45-12:15 Coffee Hour	RE Sunday Planning	Online Gathering	
5/14		Family Activities Email Sent at 10am			Friday Game Night 7pm
5/16				RE Sunday Planning	
5/23		RE Sunday 10:30am			
5/31		Save the Date May Parking Lot Fair – 1pm (hopefully, details coming)			



Musical Notes

Nicole Collins

"In times of strife, we have our imagination, we have our creative impulse, which are things that are more important than material things. They are the things we should magnify."—Patti Smith

Amidst the darkness of Winter and the darkness of Covid, I can't help but imagine all that is being created right now. This idea brings hope and inspiration to me in these times—light at the end of the tunnel. I'll admit, I have really struggled to form a music program in these times. The obstacles feel endless and stress ever present on trying to continue the legacy of music at MVUUF that you all have created. However, when I zoom out the lens, it's the images of your faces making music in new and creative ways, doing what you've always done and that brings me the greatest joy! MVUUF needs this. It's who we are. Even though many are "zoom fatigued," can you find time to make music? The MVUUF fellowship would love to see it so send it our way!

A reminder that the sanctuary is available for practice and for recordings. Richard Duffin has incorporated incredible technology abilities to assist in sound and video production. Our Covid protocols will assure you can have a safe experience doing so, and also reunite you to the space where we created music together before, and will again. Simply contact Nicole to get you on the calendar, and/or Richard for tech assistance.

In other news, the small but mighty "Covid Choir," is embarking on our first "Virtual Choir Kit," experiment, a song composed by Elaine Hagenberg, who's music "soars with eloquence and ingenuity" (ACDA Choral Journal). We invite any choir members who are not currently singing with us to learn the material on their own with hopes of singing it together when we finally are! The Virtual Choir Kit is designed to help you learn the music on your own. Please contact Nicole for the material. There are a few printed copies in the lobby of the church for those needing one.

SAVE THE DATE! Music Sunday is March 14th. We would love to have our beloved instrumentalists and musical families involved.

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**

Visitor Coffee Hour

Membership

Visitor Coffee Hour. If you have been visiting MN Valley and would like to learn more about our fellowship, join us for Coffee Hour on the first Sunday of each month directly after the service. 11:30 - noon. We'll answer questions you have and get to know you! Use the following zoom link to join us. [Zoom https://us02web.zoom.us/j/5110889422](https://us02web.zoom.us/j/5110889422).

Contact Rev. Andrea Johnson if you have questions. andrea@mnvalleyuu.org. No sign up is necessary.



Membership Dance!

Who: For any and /all MVUUF Members, Friends and Children w/ internet access and email

What: Dance the Night Away with others via Zoom

When: Friday, February 26, 2021, 6:30-7:30

Where: Choose **One** of Two Dances below:

1. Kids BOP: DJ Eric Grady is spinning the songs. This is for kids and their families with familiar songs
2. Twist and Shout: DJ Diane Bick is playing Chubby Checkers and others.

All you need is space in your house, and a willingness to move the way you want, even if you think you don't know how to dance. All ages welcome.

How: Send an email to Jeannie at office@mnvalleyuu.org by Monday, February 22.



STEWARDSHIP

Finding Meaning in the Virtual World of MVUUF

Through Shared Ministries 2021/22



Good stewardship is not just about money – it is about caring for one another, in the Fellowship and the Community at large. Stewardship is about gratitude, generosity, and bringing members and friends together to sustain our Fellowship in furtherance of our mission and vision through shared ministries. Good stewardship is about being present in the community to listen, and to bring compassion, concern, and hope to our members (Liz Colt, Stewardship for Us 1/13/21).

The Stewardship Team has embarked on its second listening tour being conducted virtually to learn about what

MVUUF means to you. How do we find meaning in our virtual community? How can we support one another through these challenging times as we look forward to coming together, in person? Watch the Friday email for dates and times to sign up for a virtual conversation, connect with other members of the Fellowship and share your thoughts on 'Finding Meaning in Our Virtual Community.'

MVUUF Stewardship Team

Kelley Hughes, chair; Thomas Walkington, Glenn Corliss, Jeanne Simpson, Steve Danko



VEAP VOLUNTEER EXPERIENCES

Lee Swenson is one of the MVUUF members who volunteer at VEAP. Here are his thoughts on that experience:

A few years ago I was talking with Donna Kopnick after the service. Donna and I and Lou would talk now and then over coffee, and on this particular Sunday morning Donna asked me if I had thought about volunteering at VEAP. I told Donna I had and she said she thought I would be a good fit. The next week I went down to VEAP and filled out an application. I was interviewed by Cheri DeBlieck, their volunteer coordinator, and was told my application would be reviewed and I'd be called shortly. I was called and told to report for duty the next Tuesday. That was April of 2012. I've now been working there for 8 years and have been a shift leader for 4 years.



I've met many different kinds of people who donate their time at VEAP over the years and they all have been motivated to help others who are less fortunate than they are due to a variety of circumstances, most of which are beyond the client's immediate control. Most VEAP clients just need a short term lifeline for rent or food. The reasons are many, from loss of a job to loss of health insurance or a car breakdown and unexpected repairs.

There's nothing glamorous about the work I do in the warehouse. Typically, I'm sorting large bins of vegetables or other perishable goods along with my crew. Some days 70-90% of our available vegetables are usable and packaging is easy. Others days only 20-40% of the vegetables and fruits are suitable for repackaging. On those days, our compost bins get full all too quickly and I have a lot of heavy 5 gallon pails to bring to the compost area in the next room. I then have to lift those pails shoulder high and dump the contents into a huge steel bin.

As shift leader, I have to be prepared to reassign labor as needed and to quickly set up new temporary work tables so new volunteers have a work space. I also train and introduce new volunteers to the work routines in the warehouse. I like meeting and working with new and old volunteers. I find that they are there to build a better, more resilient community. I work with a lot of really dedicated people and my successes, whatever they may be, have depended on the hard work of our VEAP volunteers.

Prior to Covid 19, VEAP served about 8,000 people a month. That's a lot of food and it takes about 3,000 volunteers 5 days a week on three shifts each day to meet our client's food needs. As long as my body can do the work I plan to continue to volunteer at VEAP. It does take a lot of energy but I want to help so others in my community do not go to bed hungry.

~ Lee Swenson



RELIGION, ETHICS AND IDEAS

SUNDAY JANUARY 10TH

Religion, Ethics and Ideas will meet by ZOOM on Sunday February 14 at 9:00 AM. Our topic will be **Ethical issues in the development, testing, manufacture and distribution of vaccines.** A ZOOM link will be sent to all on the REI list. Anyone else who wishes to attend should contact John Peloquin and you will be sent a ZOOM invitation.

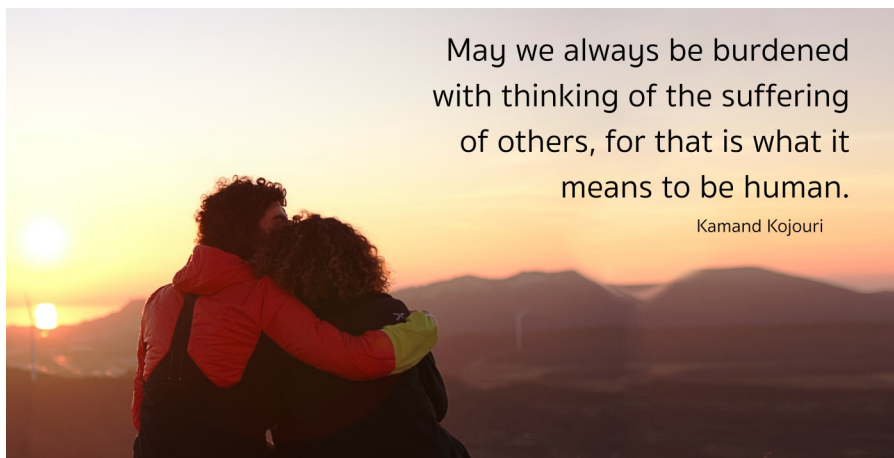


SOCIAL ACTION COMMITTEE

Our next meeting will be Wednesday, Feb. 3rd at 7pm. Contact minister@mnvalleyuu.org for Zoom login info. We are getting ready to launch our next drive. In December and January, we were focused on the issue of hunger, for the next few months we are shifting our focus to the environment. MVUUF is happy to support the Third Congressional District of the State DFL's effort to **collect 500 pounds of recyclable plastic bags** to be turned into a park bench. You can bring your plastic bags to the church and drop them in the receptacle near the door anytime.



Our Rise Against Hunger campaign ended on January 19th. We are proud to announce that, at the time of this writing, we raised over \$17,000! Though the official campaign date has ended we are still leaving the fund open, given that there is another round of stimulus checks expected and folks might want to offer some of those funds to the cause. Donations can be made on our website or on the GivePlus App using the category "Hunger". Checks may also be sent to the Fellowship with that designation in the memo. The Social Action Committee voted to split the funds 60/40 between [Hunger Solutions](#) and [VEAP](#). Thanks to everyone who donated funds and to all of those who work to end hunger.



May we always be burdened
with thinking of the suffering
of others, for that is what it
means to be human.

Kamand Kojouri

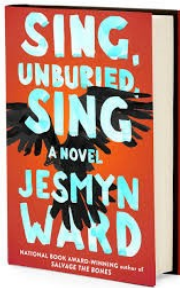
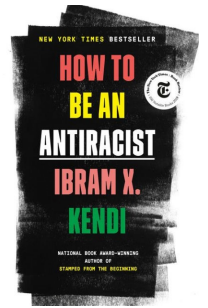


EVENING BOOK CLUB

Joyce McMartin

The Evening Book Group continues to meet using Zoom into the New Year. **Please note:** We have changed the order of our list of books so if you want to attend, please make sure you have the right book discussion for the date. Read all the books or pick the one you find most interesting and join us for thought provoking discussion. Alternating fiction and nonfiction, our upcoming choices are: :

- 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, **How to Be Antiracist** by Ibram X. Kendi
- May 20, 2021, **American Dirt** by Jeanine Cummings
- June 17, 2021, **The Meritocracy Trap: How America's Foundational Myth Feeds Inequality, Dismantles the Middle Class and Devours the Elites** by Daniel Markovits
- July 15, 2021, **Sing, Unburied, Sing** by Jesmyn Ward
- August 19, 2021, **Tribe: On Homecoming and Belonging** by Sebastian Junger
- September 16, 2021, **Such a Fun Age** by Kiley Reid



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

FEBRUARY 11TH 7PM JOHN PELOQUIN

Men's Group will meet by ZOOM on Thursday, Feb 11, 2021 at 7:00pm. Our topic will be **employment and training opportunities for disadvantaged youth**. Our speaker will be John R Olson who is an Employment and Training Coordinator in the Minnesota Department of Employment and Economic Development. John will talk about the challenges of training and finding employment for disadvantaged youth. All members of the fellowship regardless of gender are invited to attend. A Zoom link will be sent to all men's group members in advance of the meeting, if you are not on the list and wish to attend contact John Peloquin.

**WOMEN'S GROUP****Saturday, February 6th 10:30am****Interactive Program
Suggestions for Self Care and Caring for Others**

As the pandemic restrictions on in-person socializing continue, we are all challenged to continue good self-care practices for our mental and physical health. We also know that, in order to feel good about ourselves and to live out our UU values, we need to contribute in some way, often financially, to improving the lives of other humans. For February 6th's program, come prepared to share with the group one or two things that you are doing for good self-care as well as an organization or two that you support financially or through volunteering. Please tell us what it is about the organization(s) that made you decide to help support it. We hope the latter sharing will include many lesser-known organizations.



(Our originally scheduled program for February had to be postponed for technical reasons, but we hope it can be rescheduled for an in-person program next year.)

As always, all female members and friends of MVUUF are welcome. We encourage you to sign in about 15 minutes early or stay for a bit after the meeting for some social time. To attend the meeting, open your Zoom account and enter this meeting number: 850 5101 2350.

Meeting ID: 850 5101 2350

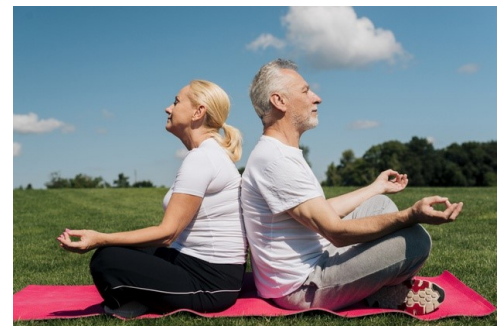
<https://us02web.zoom.us/j/85051012350> (if at first you don't succeed trying clicking again!)

GENTLE AND CHAIR YOGA

Yoga continues three times a week through February!

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>



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.

**BOARD OFFICERS OF THE FELLOWSHIP**

Chair & Board Member	Doug Bruce	952-897-0970 dbrucejr@comcast.net
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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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MVUUF STANDING COMMITTEES

Committee	Chair(s)	Phone & Email
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Uni-Sun Item Submission Information

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

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



NEW MVUUF ONLINE SCHEDULE

The following meetings are conducted on Zoom. Instructions for using Zoom are here: [Zoom Instructions](#) or [Video Tutorial](#). Please note there are different links for some of our gatherings depending on which staff person is leading them. Please be sure you have the correct link.

SUNDAY

10:30am: Weekly Sunday Service; services will include brief breakout sessions for folks to check-in in small groups. <https://zoom.us/j/3953901346> or call 312-626-6799; Meeting ID: 395 390 1346

TUESDAY

9:00-9:45am: Chair Yoga with Fran <https://zoom.us/j/85114758567> or call 312-626-6799; Meeting ID: 395 390 1346

WEDNESDAY

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

FRIDAY

9:00-9:45am: Chair Yoga with Fran <https://zoom.us/j/85114758567> or call 312-626-6799; Meeting ID: 395 390 1346

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

UUA.ORG/IMAGES

MVUUF

10715 Zenith Avenue South
Bloomington, Minnesota 55431

We are a Welcoming Congregation