

April 2021- Becoming

After a 20-plus career as a chef, I became the first person in my family to graduate from college. The next step for me was going to be law school. I had been accepted to Hamline School of Law and went there one spring day for tours, Q&A sessions, and other events for new enrollees. As someone who had never really toured a school before (I transferred into a state university from an online college), this was all very new to me.

Late in the afternoon, they had a reception for us. It was pretty swanky with smoked salmon, imported cheeses, and wine. I grabbed a glass of chardonnay and a small plate full of nibbles and went to one of the 'conversation pit' areas to sit with others and presumably make small talk. I felt awkward and out of place among all of these educated intellectuals; they all talked about what they thought and not what they felt. And then I saw her.

She was maybe in her mid-thirties. Her hair was tied neat behind her head. She had a slight smile on her face as she wove in and out of folks. She had on khaki pants and a maroon colored polo shirt. As she got closer to me, I saw her name tag; "Eleanor, Dining Services".



"Excuse me, can I take that for you... all finished here?" she asked as she worked the room.

The guests, for the most part, didn't bother to engage her too much. They'd say, "oh, yes" or "yes, thank you" and stack their dish on top of the pile in her hand or just nod and carry on their important conversations without ever even making eye contact with her. My heart sank. After decades of working every kind of job in food service, she was the only person in the room I could relate to. I spent a lot of time after that day trying to reconcile who I was *becoming with who I had always been. Six months later, I withdrew my enrollment and applied to seminary.*

Our whole lives we are "becoming". Every day, every hour, every moment surrenders to become the next. Change, transition, expansion, becoming; that's all there is. Sometimes what we become is good and sometimes it's not. Always we have some agency, even if it is just in surrender to or acceptance of whatever comes next in our becoming.

Join us this month as we explore who we have become and who we hope to become.
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>





April Services

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

mnvalleyuu.org



April 4th And We Rise Up: Themes of resurrection, renewal and rebirth seem especially fitting this Easter. After a year of historic and unprecedented challenge, we rise. Rev. Laura Thompson

April 11th A Work in Progress: American Novelist Richard Bach writes, "I gave my life to become the person I am right now." Rev. Laura and Carol Jernberg reflect on our personal status of always "becoming".

April 18th Becoming a Beloved Community: MVUUF's Racial Justice team leads this service about the proposed 8th principle, "We 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." **Please join us for a discussion after the service. We'll answer questions you have about the 8th Principle.**

Zoom <https://us02web.zoom.us/j/5110889422>



April 25th What We Hope the World Becomes: Youth Sunday: Join the MVUUF Youth for a service filled with their hopes for the future.

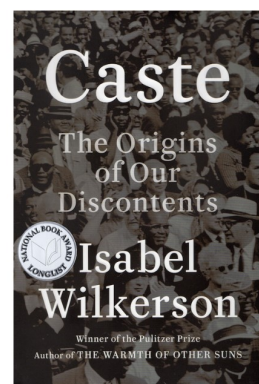
Coming Attractions

Your UU Elevator Speech

Mondays; April 19, April 26, May 3
7:00 p.m.–8:30 p.m.

Do you ever wish you could explain Unitarian Universalism in the time it takes to ride an elevator? Would you like to increase your confidence in talking about your congregation and your faith? Would you like to learn and practice effective strategies with other UU's? Join us for this 3-part class where we will write and practice our elevator speeches.

To register, email Rev. Lisa Friedman at revlisa@uucmtka.org.



Book Discussion

May 4th at 7-8:30pm

Contact Rev. Laura Thompson to register and get Zoom Link.
minister@mnvalleyuu.org

As we go about our daily lives, caste is the wordless usher in a darkened theater, flashlight cast down in the aisles, guiding us to our assigned seats for a performance. The hierarchy of caste is not about feelings or morality. It is about power—which groups have it and which do not.



Notes from the Chair

There is light at the end of the tunnel.

I recently received my second shot.

I was very surprised about how positive I felt about my future and our future just after having the first shot. The growing swell of vaccinated people and that impact on the pandemic along with spring coming and the SUN returning has changed my mood in a very positive way.



I am looking forward to our being together again. When we will have our homecoming I can not say but we will be getting together outside at MVUUF on Sunday March 28 from 1-3PM. We have paid off our mortgage on the church and will celebrate that happening. I look forward to seeing you there.

The beginning of our return will be done in a responsible way at MVUUF. I encourage you to help by becoming vaccinated so we can have a homecoming celebration sooner than later.



MVUUF highly recommends that we all register on the state's vaccination website:

<https://vaccineconnector.mn.gov/>





From the Minister of Congregational Programs REV. ANDREA JOHNSON

The 8th Principle Resolution - to be voted on at our annual meeting on May 16th, 2021

As Unitarian Universalists, we have been grappling with how to address white supremacy in our institutions and the world at large. At MVUUF, the Racial Justice Committee has been calling us to actions that will make our community more welcoming and open to all people—offering the Racial Justice Pledge mnvalleyuu.org/racial-justice/ and encouraging us all to actively address bias and white supremacy in our lives and in our congregational life together. Other congregations and our denomination as a whole have been grappling with questions of white privilege and power within Unitarian Universalism.

The Racial Justice committee, with support from the Board of Trustees proposes our congregation approve the 8th Principle resolution to clearly state our desire to promote justice, equity and compassion and to denounce and work against racism and other oppressions in ourselves, at MVUUF and in our wider community. We will be voting to add the 8th Principle of Unitarian Universalism to MVUUF's list of existing principles at our annual meeting on May 16th, 2021. The resolution we will be asking you to approve is as follows: *We, the members of Minnesota Valley Unitarian Universalist Fellowship of Bloomington, MN, 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.*

Why is it important for the Unitarian Universalist Association (UUA) to adopt an 8th Principle?

As UUs we are called to build the diverse multicultural Beloved Community that our ancestors spoke of and current generations still speak of to this day. There is much work to be done to undo 400 years of racism and white supremacy. Our BIPOC siblings of faith (Black Lives of Unitarian Universalism (BLUU) and Diverse Revolutionary UU Ministries (DRUUM)) have asked the association to adopt the principle to commit us to take action in dismantling racism and other oppressions. Adopting the 8th Principle makes it clear that all UUs strongly support the long-term work of ending white supremacy. At the 2020 General Assembly, the UUA created the Article II (section of our by-laws that holds our principles, sources and purposes) Study Commission to consider amendments and changes to our current principles. This commission has a two year charge to examine all elements of Article II to reflect “our commitment to anti-racism, anti-oppression, and multiculturalism.”

Why is it important for MN Valley UU Fellowship (MVUUF) to adopt the 8th Principle?

The time needed for the UUA to fully adopt the resolution could also be reduced by a strong show of support from individual congregations. 40 congregations have already approved the 8th Principle, we would be adding our voice to the voices of others. Adopting the 8th principle at MVUUF would represent an important step in our ongoing journey to dismantle racism in our own congregation. At MVUUF the Racial Justice Committee has been calling us to actions that will make our community more welcoming and open to all people. The UU principles were always intended as a dynamic and flexible covenant instead of a fixed creed. Unitarian Universalism is the only religion that intentionally builds in the flexibility to adjust to ongoing revealed truth; much as the 7th principle was added to respond to our interconnection with each other and the earth in response to environmental awareness, adopting and practicing this 8th principle reflects the current urgency and awareness of the need to do the personal and institutional work of acknowledging and eradicating systemic racism.

Please join us for a discussion after the 4/18 service. We'll answer questions you have about the 8th Principle.

Zoom <https://us02web.zoom.us/j/5110889422>



Children, Youth and Family Ministry

Maria Bavier

Online Easter Egg Hunt

The Easter Bunny didn't forget 2021! Beginning **April 3rd** click here for a [letter](#) and [the starting link](#). All are welcome!

Letting Go and Letting In

When we think about Becoming, we often first think of growing, more and more. But becoming isn't just about expanding and adding. Like a helium balloon floats up, up and up, we need to let go of some things. Like an admission ticket that lets you into a fair or a concert, we need to let some things in.

Practice Radical Acts of Kindness

Which of the following ideas for radical acts of kindness do you want to do?

- Call your grandparents.
- Add encouraging messages to your sidewalks using chalk.
- Set up a video call with a friend from school that you don't talk to often to say hello.
- Write a note to a parent to let them know they are doing a good job being your parent.
- Make your parents breakfast, lunch, or dinner.
- Don't fight with your family.
- Color pictures for people you love and then put them in the mail.
- Leave a note and a small gift for delivery drivers.
- Write a letter or make a card for a relative.
- Do your chores without being asked and without complaining.
- Pick weeds from your flower beds and gardens.
- Tell each of your family members one thing you love about them.
- Give a parent a big hug.
- Host a virtual game night with friends.

Finding Your True Self (Who are You Becoming?)

"[In the [movie clip from Frozen, Let it Go!](#)] Elsa says, 'I don't care what they're going to say,' and I love that line. For once she's confident in herself, and she's not letting other people's opinions drag her down," says Cara Liebowitz, development director for the National Council on Independent Living, a disability policy group in an interview with [National Public Radio](#). Have you ever felt dragged down by other people's opinions of you? Finding our true selves isn't always easy, but it can be empowering!

Becoming People of the Earth (Earth Day/7th Principle)

Dr. Michael Osterholm is the helping lead the fight against COVID19 in the USA. He is the same person who cleaned up a creek in Iowa so well that it teaches a valuable lesson about restoring our natural resources. In the picture book *Creekfinding: A True Story* by Jacqueline Briggs Martin (Author), Claudia McGehee (Illustrator), Mike said, "It was as if the water remembered." One person can make a difference! Here is a [Video \(about the story\)](#) and the book for purchase: [HERE](#) Does the story make you want to take a walk in nature? Where would you go?





Making Hopeful Predictions

Who are we becoming as we grow up? Who are we becoming as Unitarian Universalists? It's normal for human beings to want to control and know the future, and yet we can only control the future so much. The challenges become easier when we tell ourselves (and others) hopeful, affirming words.

Using the supplies from the March Parking Lot Fair Family Kit, decorate a rock with affirming words:

- You are worth it
- You got this
- Justice
- You are loved
- Happy
- Fairness
- You rock
- You matter

- Dream Big
- Black Lives Matter
- Mistakes are proof you are trying
- Keep going you're doing great
- Wholeness

Happy Spring. Click [here](#) for Instructions on how to make these flowers! Supplies in the March Parking Lot event kit.



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)
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
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)			

See Friday Emails for Zoom Links. Questions/Comments: Pre-K through 5th Grade Family Ministry: maria@mnvalleyuu.org or 6th-8th Grade Jr. Youth and 9th-12th Grade Youth Ministry: minister@mnvalleyuu.org



Musical Notes

Nicole Collins

THANK YOU all for a very successful Music Sunday!!! It is a testament to our legacy of a strong music program, which we've achieved through the abundant talent, efforts, and community at MVUUF. A special thanks to our Covid Choir who stuck through as we sometimes clumsily stumbled our way through rehearsals. Together we have learned new skills and they will translate in a new and vibrant way when we are together again.

- Stay tuned for details of an in person, outdoor gathering for all choir members, past and present, sometime in May!!
- The piano in the sanctuary has been tuned and is available for those who would like to use it. A reminder to contact Jeannie and Nicole to reserve the space. Richard Duffin has also provided time to produce and edit video, for those interested.
- We have heard the request for more hymns and will plan on continuing to provide them in various ways every other week or so. Thank you for your feedback.
- We would love to have more participation from our talented musicians! We realize there are many obstacles to make this happen, so we are happy to take some of the work out for you by helping record, creating space for live performance, attaining piano accompaniment, or any other things you might need. Please reach out to schedule your performance.
- The music committee has been busy all year tending to various details and tasks! We're brainstorming growing our music offerings at the church with considerations for musical clubs. What would you like to participate in? Ukulele jams, Drum circles, sound healing, script read through...? We would love to hear your ideas!

Shout out to the beloved children's choir that has been on hiatus all through Covid! I can't wait to work with you again!! Keep singing and playing!! Here are just a few of the members!



Trivia Contest hosted by Membership

April 11th

"Join us for a quick fun trivia contest after the service April 11th at approximately 11:30. We will have t-shirts as prizes for the winners!"

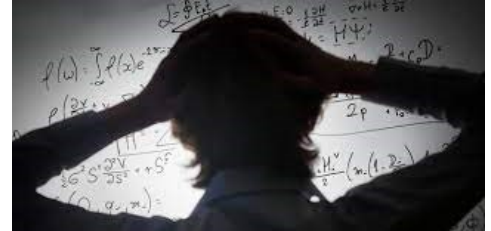
It will only last about 30 minutes but it will be fun!





Do you want to understand theoretical physics?

At the service auction last fall, Dale Lewellyn offered two seminars on theoretical physics. The first is on the concept of relativity and the second is on quantum mechanics. These seminars will be held via Zoom on April 15 and April 22 at 7PM. They will be non-mathematical presentations designed for people with little background in physics. If you would like to learn about these topics, you can still purchase the seminars. The cost is \$30 for both payable to MVUUF.



Please contact Dale Lewellyn or Jeannie Piekos if you did not purchase the seminars at the service auction but would like to do so now.

STEWARDSHIP

KELLEY HUGHES

Greetings from your small but busy Stewardship Team!

As five core members, we work to bring you the information you need to assess what MVUUF means to you, and to consider how to support MVUUF in ways that are aligned with your values.

So far, as of this date, just two weeks from Commitment Sunday, more than a quarter of us have submitted our pledges. Thank you!



Other acknowledgments:

The "Why I Give" videos presented by Candace McClenahan, Jeanne Simpson, Karen Olson, Myra Basar, Richard Duffin, Tom Ehlinger, and Tom Schoenbauer are inspiring. Thank you so much for taking time out to do this.

Our Thank-You's also extend to Richard Duffin and Jeanne Simpson who respectively recorded and edited these moving film clips.

Tom Walkington, whose vision has been instrumental in guiding our Stewardship Team's collective efforts, continues to host Zoom Community Conversations every Tuesday, Thursday and Saturday at 7PM, until April 10. This is a place where you can discuss MVUUF's value and where you see us going. To sign up, visit

signupgenius.com/go/20f054baba929a2fb6-virtual

Did you receive your pledge form? Already the Stewardship Team has received compliments about this year's quality of mailing. We have Steve Danko to thank for the number-crunching, and Jeanne Simpson for its professional polish.

If you did not receive a form, or if you have questions or comments, please email/call Kelley Hughes.



VEAP VOLUNTEER EXPERIENCES

Jean and Steve Danko are two of the MVUUF members who volunteer at VEAP. Here are their thoughts on that experience:

Jean:

I started working at VEAP about 1 1/2 years ago. I'd wanted to volunteer there for a while but didn't have time. I work for about 3 hours twice a month. I like that they welcome my help however small the commitment. I'm a shopper: I fill a shopping cart with items the clients have chosen. I like getting to know the others who work there, more and more often I work with friends and neighbors—which also includes many of us from MVUUF. This has become important during the pandemic when getting together has been impossible. I'm physically tired at the end of my shift but mentally stimulated. I'm helping others and those I work with are helping me.



Steve:

I started with VEAP in March of 2021 with the onset of COVID. I also work there twice a month for 3 hours at a time. I work in the warehouse as a loader, generally helping clients with their carts of food, other available produce and household items. It is a very physical job, a good workout. Working at VEAP has cemented my commitment to the organization and helping its clientele. As I become more familiar with VEAP I have become more aware of the good it does in our community and how it assists our neighbors and others in need.

REI

APRIL 11TH 9:00AM

Religion, Ethics and Ideas will meet on Zoom Sunday, April 11. We will pick up where we left off last time talking about White Supremacy Culture / Racism and Education. The following Resources are recommended for the discussion **K-12 Achievement Gap is a National Problem**

<https://conservancy.umn.edu/bitstream/handle/11299/201541/48-1-craig-scott-v2.pdf?sequence=5&isAllowed=y>

The State of our Students 2019 (MN Dept of Education)

<https://education.mn.gov/mdeprod/groups/communications/documents/basic/bwrl/mdg3/~edisp/mde087471.pdf>

A Pathway to Equitable Math Instruction - **Dismantling Racism in Mathematics Instruction**

https://equitablemath.org/wp-content/uploads/sites/2/2020/11/1_STRIDE1.pdf

A Zoom link will be sent to all on the email list. If you wish to join and are not on the list, contact John Peloquin John17780@charter.net



SOCIAL ACTION COMMITTEE

Our next Social Action Meeting will be Thursday, April 1, at 7pm.

Thanks to everyone who helped with the Diaper Drive at the March Parking Lot Fair!



Earth Day #51 April 22, 2021 by Ed Prell

Earth Day and I go way back. All the way back to its beginning in 1970. America had been shocked by the orange haze of smog in the Los Angeles Basin, pollution in Lake Erie so toxic that it could catch fire by a lighted match. We declared a day to honor our beleaguers planet. California mandated automotive emission standards; our water became more swimmable and drinkable. For a hot moment I felt, naïvely, that we were on our way to a healthy planet. The Environmental Protection Agency was created. When ozone depletion in our upper atmosphere was detected and its potential disastrous effects understood, CFCs in air conditioners and hairspray were banned worldwide, which averted one catastrophe.

But these promising remedies have been overshadowed by less visible assaults against our habitat. The most consequential assault is (as we all know) the discharge of billions of tons of carbon into that overhead sewer known as our sky. This discharge, the by-product of our fossil-fueled energy industry, has destabilized our climate and sickened our oceans. There is precious little time left for us to back off while our Earth can still sustain its living beings.

We call it Earth Day, but it's really about us and our fellow creatures. The Earth will be OK with or without us. She has nurtured us so far, but we're beginning to wear out our welcome. The short videos linked below drive home the point better than this or any essay can.

[Nature Is Speaking – Harrison Ford is The Ocean | Conservation International \(CI\) - YouTube](#)

[Nature Is Speaking – Julia Roberts is Mother Nature | Conservation International \(CI\) - YouTube](#)

[Our Planet: Our Business. - YouTube](#)

PS: Our Earth has clearly suffered continued damage under the watch of my generation since Earth Day first appeared. It's also clear that the generation now maturing will need to grapple with its effects and bring the continued damage to a halt. But shaming the old folks for the mass and burdening the youngsters with the cleanup operation would be a disservice to both. The game is underway, the outcome is in doubt. If we truly care about its outcome. It's time for all of us, as we are able, to get out of the stands and onto the field on behalf of our grandchildren and all grandchildren yet unborn.

Our Earth's physical environment is not alone in crying for our attention. Human misbehavior is at the core of these ills. They will persist even if we attend to the Earth's preservation while overlooking the others. What breaks your heart? It is crying for your attention. Even if it's not Mother Earth's plight, you can play a vital supporting role.

So, let us - each generation - get to work. We have the opportunity to transform our Earth into a planet we will be proud to call our home.



Poetry

Trees

Trees start from seeds
But they can grow to be so tall.
They love to be together
And their families are not small,
But if they're by themselves
They can get to be quite lonely.

If you find the perfect tree
And lean into its bark
You can sometimes hear it talking
When you listen with your heart.
It sends in rays of calmness
Until you're fast asleep
You dream of leaves and branches
And when you break away again
You know that you are changed.



Misha Lewellyn Age 10

Do you have a poem to share? Please send it to Jeannie at office@mnvalleyuu.org

Chick Chat April 15 3pm

Calling all women of the fellowship: Are you needing more opportunities for socializing with other women as winter and the pandemic continue? If so, join us for about an hour of conversation on Thursday afternoon, March 18 at 3 p.m. If lots of women join the Zoom discussion that day, we'll split in to smaller groups for at least part of the time so that everyone gets a chance to share. Participants are finding that these virtual visits help combat the isolation many of us are feeling right now and also give us new ideas for safe things to do during the pandemic. We hope to see you there.

We apologize if you were unable to join the February Chick Chat because you didn't have the passcode. Here is all the information you will need to sign in to your Zoom account for Chick Chat:

Meeting ID: 825 8220 9636 Passcode: 157823



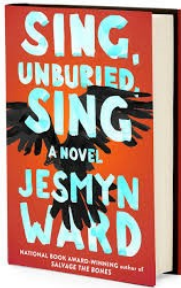
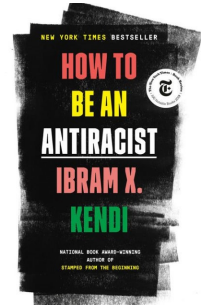


EVENING BOOK CLUB

Joyce McMartin

The Evening Book Group continues to meet using Zoom for the duration of the pandemic. We hope to begin in person meetings in a few months. Read all the books or just the current one and join us for lively discussion. Alternating fiction and nonfiction, our upcoming choices are:

- 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

For some time now a group of mostly retired MVUUF guys have been informally meeting for lunch on the fourth Thursday of the month except in November and December. Since the COVID-19 epidemic, we have had a virtual lunch via zoom (except for July and August when we were able to meet outdoors at Moir Park).

If you think you would like to join the lunch contact Don Park (donfpark@comcast.net) and he will add you to the list of those who receive e-mail reminders and a zoom link to the meeting.

MEN'S GROUP

APRIL 8TH 7PM JOHN PELOQUIN

Men's Group will meet on Zoom on Thursday, April 8th at 7:00pm. Our speaker will be Augsburg University **Professor Emeritus of Psychology Nancy Steblay**; her topic will be **the reliability of eyewitness identification**. Nancy's Augsburg biography states "as an experimental social psychologist, Dr. Steblay has conducted research on eyewitness memory, police procedures, and eyewitness evidence for 30 years and has published numerous peer-reviewed scientific articles and chapters on eyewitness topics. She is Associate Editor of *Psychology, Public Policy and Law*, and serves as a reviewer for the National Science Foundation and forensic scientists. All are invited and welcome to attend regardless of gender. John will send a Zoom link to people on the emailing list in advance. If you wish to attend and are not on the list let him know. John Peloquin John17780@charter.net



WOMEN'S GROUP

Saturday, April 3rd 10:30am

Women's Group program on Saturday, April 3, will especially appeal to our environmentalist members, that is, most UUs. The program will be presented by Paul Sommers and Anne Archbold, volunteer members of the Land Conservation and Natural Burial Project. Natural burial is among the most ancient of rituals to honor a body after-death.

Join this session to learn how natural burial is making a comeback, the three designations of natural burial cemeteries (according to the Green Burial Council), and how your after-death choices can fully reflect the values of your life.



Please plan to join us on Zoom around 10:15 or to stay for a few minutes afterward in order to have time to socialize and discuss this interesting topic with your Women's Group friends. We look forward to seeing you! The meeting ID is [850 5101 2350](https://us02web.zoom.us/j/85051012350).

As always, all female members and friends of MVUUF are welcome. [Meeting ID: 850 5101 2350](https://us02web.zoom.us/j/85051012350)
<https://us02web.zoom.us/j/85051012350> (if at first you don't succeed trying clicking again!)

MAY WOMANS GROUP

Did you learn a new pandemic skill this past year?
 Woman's group for May will showcase members talents.
 We have writers reading splendid poems and prose, sharing new cooking skills, among others.

Please let Kathy, Barb, or Nancy know if you wish to participate in this popular yearly program.

GENTLE AND CHAIR YOGA

Yoga continues three times a week through April.
Chair Yoga classes is on Tuesdays and Thursdays at 9:00.
Gentle Yoga classes, on the mat, will be Saturday morning at 9:00.

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**

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Treasurer	Dale Lewellyn	952-432-9459 treasurer@mnvalleyuu.org

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Hanifl Property	Doug Bruce, Mark Clary, Steve Danko, Eva Mach
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Operations	Mark Clary	952-830-1971 Magwcfm@gmail.com
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Uni-Sun Item Submission Information

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

Submit articles to the Newsletter Editor
via email to **office@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

THURSDAY

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

SATURDAY Gentle yoga class <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

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We are a Welcoming Congregation