



March 2021– Commitment

There's a natural, and important, go-getter quality to this month. After all, huge payoffs come when we keep our commitments. Maintaining loyalty to healthy habits not only lengthens our lives but enriches them. Faithfully following through on our relationship commitments allows us to fully realize ourselves as the interdependent creatures we are, while increasing just about every metric of happiness, meaning and purpose. And keeping the promises we make to ourselves ultimately gives us the strength, groundedness and self-confidence needed to follow through on promises we make to others.

Add it all up and what we get is a picture of commitment that looks a lot like climbing a mountain. The path is long and littered with challenges, but there's definitely a beautiful view waiting for us at the top. Staying on course is the goal. What's needed most in our backpacks are the qualities of endurance, focus, determination and grit. And of course no commitment climb would be complete without a handful of coaches offering us motivational words and strategic tips, along with a supportive crowd that lines the path and cheers us on with encouraging shouts of "You can do it!"

There is no doubt that such climbs are worth it. All of us certainly need a few of these successful journeys to feel fulfilled. But what about those we notice along the way? What about those we see sitting on the side of the trail, bruised and tending to their wounds? What about those we see walking the other way? Those who have stopped half-way up and are now traveling back down the path? We often find ourselves in those places.

Marriages fail. Careers don't always fulfill our dreams. Our social systems place road blocks in front of some. Illness in ourselves or those we care for can set us back. Things just don't always go as planned. Sure, the path of commitment may be a lot like climbing a mountain, but it is just as often like trudging through a thick forest where all sorts of paths complicate our journey. Not every path is clear and long, with a reward waiting at the end. Some just lead to dead ends. Others start out along beautiful streams but mid-way through turn to deserts. Some trails are simply too steep and must be abandoned, not just for our safety but for the safety of those we love. And almost always there's that fork in the road. We want to travel both, but we are forced to choose.

For these, we need the qualities of self-forgiveness, acceptance, and the ability to let go or admit "I was wrong." We need more than just coaches and cheerleaders. We need something more like pit stop crews. A trusted circle of people willing to offer us repair and rest.

Commitment may be about the destination, but it is also about the journey; it's about the beauty we find along the way, the lessons we learn, the grief we honor, the relationships we build and self-discovery.

-adapted from Soul Matters Themed Ministry

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.



March Services

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

mnvalleyuu.org

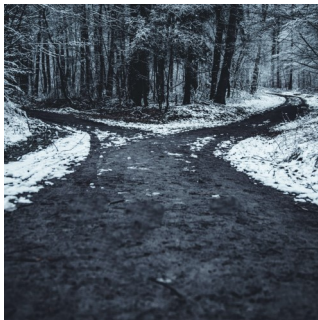
March 7th: Commitment Sunday: Finding Meaning Through Shared Ministry:

Our community has gotten to where it is through the commitments of our current members and those who came before us. Where we go next depends on the commitments we make to MVUUF today. Join Rev. Laura Thompson and Steve Danko for an interactive service on our shared ministries and our shared commitments.



March 14th: Spring Music Sunday: "Ain't got no trouble in my life, No foolish dream

to make me cry. I'm never frightened or worried, I know I'll always get by. I heat up, I cool down. When something gets in my way I go round it. Don't let life get me down Gonna take life the way that I found it. [I got the music in me.](#)" If you've got the music in you, contact music@mnvalleyuu.org to share it with using this well-loved service.



March 21st: When Everything Changes: Relationships fail. Careers don't always fulfill our dreams. Our social systems place road blocks in front of some. Illness in ourselves or those we care for can set us back. Things just don't always go as planned. How do change and commitment work together and against one another. With Rev. Laura Thompson and Tom Ehlinger.

March 28th: Committing to Make a Difference: There are so many ways we can make a difference to the world around us. One of the most important and accessible ways is to just show up. Show up for our children, show up for LGBTQ folks, show up for those in need, for Black Lives, Native Lives and people of color, show up for immigrants. It matters more than you know. Rev. Laura Thompson and guest speaker, Joan Naymaker representing the Human Rights Defender Project's Immigration Courtroom Observation

Spring Music Sunday

Sunday, March 14th
10:30am

Contact Nicole Collins to participate:
music@mnvalleyuu.org



Notes from the Chair

Church Mortgage

The Finance Committee and the Treasurer have been exceptionally good stewards of our resources. Therefore, when they recommended to the Board of Trustees that MVUUF pay off the mortgage now we listened. The original plan was to pay off the mortgage on the church this year, no later than December 2021.

Our investment, the Vanguard Federal Money Market fund, had been paying us about \$250 a month but recently we were only earning about \$1.50 per month. The options were: be happy with a return of \$1.50 per month, make a riskier investment or pay off the mortgage that costs us 4.63%.

We can pay off the mortgage and still have the needed reserves for an emergency. The committee analysis indicated that paying off the mortgage was the best move given the current situation and the foreseeable future. The Board of Trustees unanimously agreed and voted to pay off the mortgage now.

When we again meet in the parking lot at the Fellowship in March, we look forward to warming our hearts by retiring our church mortgage and burning it in a fire. We look forward to seeing you then.

Your Board of Trustees

Douglas Bruce
Chairman Board of Trustees





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).

Visit our NEW Racial Justice website <https://mnvalleyuu.org/racial-justice/> to learn more.

While you are there - take the Racial Justice Pledge! Thirty-three staff and congregants have taken the pledge so far. We invite the rest of you to join in. Here are some of the commitments MVUUF congregants are making in their pledge!

- Continue as active member of Color of Change
- Lead racial justice book study groups
- Work to elect, appoint, and hire BIPOC leaders and sponsor their volunteer and professional development, as well as supporting and amplifying the work of established BIPOC leaders and their allies
- Work as immigration court observer
- Watch films made by black writers and directors
- Discuss racial issues with my family and friends
- Participate in MUUSJA's Racial Justice Summit
- Listen and talk with frontline communities impacted by bigotry and state-sanctioned violence and discriminatory policies
- Listen to Podcasts: Seeing white, Code Switch and Nice White Parents
- Read books: White Fragility, Caste, A Good Time for the Truth
- Educate myself regarding an accurate recording of our racial history
- Speak up and take action when I witness an injustice
- Advocate for equity in affordable housing, fair wages, universal health care, decarceration and abolition of violent policing





From the Minister of Congregational Programs

cont'd

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.

For more information, contact Rev. Andrea Johnson andrea@mnvalleyuu.org

8th Principle Frequently Asked Questions

To read the answers to frequently asked questions [click here](#)

IT'S A NEW ADMINISTRATION!

Fran Bohlke has good news to share from the MN Human Rights Defender Project: Immigration Court Observation. President Biden has signed many executive orders on immigration in the first month of his administration. A full list can be found on their website: <https://tinyurl.com/3377otqg> Here are some of the highlights:

- “Proclamation on the Termination of Emergency with Respect to the Southern Border of the US and Redirection of Funds Diverted to Border Wall Construction.” This ended the funding and construction of the border wall.
- “Proclamation on Ending Discriminatory Bans on Entry to the US”, ending the Muslim and Africa Travel Bans. This will allow many families from banned countries to reunite with their citizen and LPR relatives in the US.
- Preserving and Fortifying Deferred Action for Childhood Arrivals (DACA). This reaffirms a recent court decision upholding DACA.
- Ordered a 100 day moratorium on most deportations in order for DHS to revise policies and priorities.
- Reforming our Incarceration System to Eliminate the Use of Privately Operated Criminal Detention Facilities. (This does not address ICE detention facilities but perhaps can lead to that.)
- Establishment of Interagency Task Force on the Reunification of Families. This task force will create standards and procedures for reuniting families and providing trauma informed care.



Companion Sources—Commitment

Diving Deeper: Exploring Commitment

Videos & Podcasts & Articles

Bold & Untold - Video series celebrating impactful women and their untold stories. A great way to engage March as Women's History Month!

[Season One](#)

[Season Two](#)

[A New Way to Mourn, The Daily Podcast](#)

On finding new ways to fulfill our commitment to mourn and honor lives lost

[On Commitment & Our Desire to be Consistent](#)

<https://embertelelevision.co.uk/blog/psychology-ofpersuasion-commitment-consistency/>

[Nothing's Gonna Stop Us Now](#) - epic lip sync scene

[Fun with a classic song about indecisiveness and commitment](#)

[Always Make Promises... and there's no pressure to exceed them](#) *The Atlantic*

[Commitment as a Path to Happiness](#) by Father Pablo Migone

[15 Promises All Couples Should be Able to Make to Each Other](#) by Matt Duczeminski

Movies & Series

[We Are The Champions](#): Especially recommend the episodes "cheese rolling" and "chili eating"!

[Of Gods and Men](#)

[Other People](#)

[You Can Count on Me](#)

[Beautiful Boy](#)



Music

Spotify playlist on [Commitment](#)

YouTube playlist on [Commitment](#)

In honor of Women's History Month, also check out Soul Matters' [The Power of Women](#) playlist on Spotify

Did You Know that the 2021-22 proposed budget for Adult Programming is \$133,662?

This includes, but is not limited to: Minister's salary, benefits and professional expenses

Music director and accompanist's salary
Outside speaker fees
Membership and communication expenses



All of this is possible because of your financial generosity.



Children, Youth and Family Ministry

Maria Bavier

Good news, MVUUF: We have begun our Secret Friends Pen Pal writing month and 22 of you are participating! Check your U.S. Postal Mail.

"As a first grader in the UU Sunday School of Claremont, CA, I vividly remember the session they offered on change. First we churned cream into butter and watched the miraculous change from liquid to solid. Next we learned about how bees made honey from the nectar of flowers. Finally, both honey and butter were served on salt crackers! Bless that teacher! Even though that was about 60 years ago, the memory of the changes still reside in my awareness." – From Katie Covey, DRE for Soul Matters

Our theme this month is commitment - the sacred responsibilities we take on and the sacred bonds that bind us together. As UUs we are committed to:

curiosity (asking questions),

change (keeping an open mind),

conscience (the value of each person, 5th UU Principle), and

compassion (seeing the needs of others as your own, 2nd and 8th UU Principle).



Change is a major theme throughout these UU commitments. All of the commitments we are looking at this month require us to be open to new ideas, experiences and feelings. That newness is an invitation to grow! Saying "I don't know" is a good thing sometimes. It can welcome us into wondering about the mysteries of the universe. May we stay curious, and may we, as said by German Poet [Rainer Rilke](#), "[learn to love the questions.](#)"

Did You Know that the 2021 proposed budget for Children's Programming is \$28,200? This includes, but is not limited to: Salaries for our committed RE Director and Associate Minister



All of this is possible because of your financial generosity.

March 28th 1-3pm Parking Lot Fair!!!

**SAFE DISTANT
VISITING!**

- Bring Your Recyclable Plastic Bags
- Buy BLM or Love signs
- Pick-up Family Ministry Packets
- Youth fire pit gathering
- Mortgage burning fire pit
- Secret Friends Meet-Up & S'mores
- And more!!



VEAP Donate & Do
Bring and repackage
diapers of all sizes





Children, Youth and Family Ministry Calendar Spring 2021

Everything is online, unless otherwise noted

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

Date	Sul 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)
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
------	--------------------	---------------	--	---	---

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

"We are one, a diverse group of proudly kindred spirits, here not by coincidence but because we choose to journey together. We are active and proactive. We care deeply. We live our love as best we can.

We are one, working, eating, laughing, playing, singing, storytelling, sharing, and rejoicing, getting to know each other, taking risks, opening up, questioning, seeking, searching, trying to understand, struggling, making mistakes, paying attention, asking questions, listening, living our answers, learning to love our neighbors, learning to love ourselves, apologizing and forgiving with humility, and being forgiven through grace, creating the beloved community together. We are one."

~Hope Johnson, beloved elder in Unitarian Universalism.



This month, the choir is rehearsing our beloved song, "We Are One," in honor of celebrating our relationship with each other. Despite the many obstacles of rehearsing and performing online, we have found a way to connect through music, a victory indeed. We will be performing this at **MUSIC SUNDAY, March 14th!**

Won't you let Music Sunday be a part of your connection to us? If you can, please share your musical talents! All abilities are welcome and encouraged. [Nicole Collins](#) can help make arrangements for recording in the sanctuary, getting accompaniment tracks for you, and help with ideas. The Green Room is taking shape. Carpet samples are being chosen and the space is being organized. We are looking for lateral file cabinets to store music. Please keep your eyes open for some.

Share MVUUF Events

Membership

Bring your friends and family along to MVUUF Events!

Please invite your friends and family to any MVUUF events, we'd love to meet them and share our message of joy and community! All are welcome! Events include: youth trivia night, interesting Men's & Women's groups, parking lot events and more!

Why I Give Videos

Stewardship

Have you seen the Why I Give videos?

Please tune in below to see why your friends and associates support MVUUF through their giving. All the work we do is possible because of your financial generosity.

[Tom Schoenbauer](#)
[Candace McClenahan](#)
[Richard Duffin](#)



STEWARDSHIP

On Commitment Sunday, March 7

Recently, Fellowship members shared “Why I give” on video. Each member has talked about what the MVUUF Community means to them – what motivates them to financially support this community. These stories are heartfelt and personal; demonstrating the importance of Community.

Also, Virtual “Community Conversations” are underway. We hear what it means to be a member of this community – the difference we make in the community-at-large, and what we miss the most – being together in person.



Members appreciate the work that MVUUF staff do to sustain our community “virtually” during this unprecedented time. Their work and the commitment of many volunteers truly keep this community together.

We are very much looking forward to being back together, in person, again in the not-too-distant future. What that future looks like will depend, in large part, on your continued financial commitment that supports our MVUUF Community.

On Sunday, March 7, 2021, you will be asked “What the MVUUF Community Means to You” and to support it financially to the best extent you are able. Following Commitment Sunday, a Stewardship packet will be mailed to you describing how your pledge supports the Shared Ministries of MVUUF.

We trust that you will reflect on what the MVUUF community means to you and pledge your financial support to the future of this community. Thank you for your support. We look forward to seeing you in person as soon as it is possible.

Please watch your Friday emails for opportunities to sign up for virtual conversations.

MVUUF Stewardship Team

Kelley Hughes, Glenn Corliss, Jeanne Simpson, Steve Danko

REI

MARCH 14TH 9AM

Religion Ethics and Ideas will meet on Sunday March 14 at 9:00 am by way of ZOOM. Our topic will for the lack of a better term be **The Fishbowl Theory of White Supremacy**. According to the theory: White culture is the norms, values, beliefs, and standards that white people hold that have the effect of advantaging white people and oppressing people of color. White people are like a fish in water, “the longer you swim in a culture the more invisible it becomes”. A short reading of less than two pages by Rev. Andrea Johnson on this topic can be found in the January 2021 newsletter ([link here](#)). A short blog: **THE UU CRISIS, EXPLAINED** by lay UU minister Mel Harkrader Pine provides an alternate point of view see ([link here](#)). I recommend reading both before attending. A Zoom link will be sent to all on the REI email list, if you wish to be included contact John Peloquin.



VEAP VOLUNTEER EXPERIENCES

Barb Berger volunteers at VEAP. Here she shares her experience:

I have always had a lot of respect for VEAP. Many years ago when I was teaching Social Work at St. Catherine University, many of my students did their field placements at VEAP. They worked with families who were struggling with poverty and helped the parents and their children. I was so impressed by the work they did. When my teaching career ended, I personally dropped off food and personal care products at VEAP because I was aware how important these items are to families.

When I joined MVUUF, I contributed food and sundries to VEAP with other members there. Having recently retired from my counseling career, I decided to add a volunteer activity to my week. I feel a strong obligation to be helpful to poor families, especially due to the loss of jobs, etc. during the COVID time. For the last several months I've volunteered at VEAP once a week and my role is to fill up paper bags of nonperishable foods that clients request when they drive up to the doors. In the past families would come in and fill up their own bags but due to Covid time, they cannot come in.

There are several things I appreciate while at VEAP. Safety is very important. We volunteers wear masks and rubber gloves, and we keep space between ourselves. I get to work with very nice, sweet coworkers. Also, VEAP is so organized and staff communicate well with the volunteers. I am glad and grateful I have added this activity to my life.



Did You Know that the 2021-22 proposed budget for Building and Administration is \$95,788?

This includes: Salary and benefits for Jeannie, our outstanding office and communications director. Mortgage, which will be paid off in March of 2022. Utilities, custodian and fees services such as credit card and payroll.



All of this is possible because of your financial generosity.



Chick Chat

March 18th 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 into 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

**"I am doing something I learned early to do,
I am paying attention to small beauties,
whatever I have-as if it were our duty
to find things to love, to bind ourselves to
this world."**

Sharon Olds



SOCIAL ACTION COMMITTEE

The next Social Action Committee meeting is Thursday, **March 4th at 7pm.**
Contact minister@mnvalleyuu.org for more info or to attend.

The committee is busy this month with two projects:

- Recyclable bag program; read more next page
- VEAP Donate & Do Diaper drive



We'd also like to highlight the service on March 28th: Committing to Make a Difference, which focuses on the work of [Immigration Courtroom Observation as part of the Human Rights Defender Project](#). Court observer Joan Naymark of First Universalist will share her experiences; Joan has deferred her speaker fee to benefit [The Advocates for Human Rights](#).



ARE PLASTIC BAGS A PROBLEM?

Plastic bags start out as fossil fuels and end up as deadly waste in landfills and the ocean. Birds often mistake shredded plastic bags for food, filling their stomachs with toxic debris. For hungry sea turtles, it's nearly impossible to distinguish between jellyfish and floating plastic shopping bags. Fish eat thousands of tons of plastic a year, transferring it up the food chain to bigger fish and marine mammals.

Despite all of this, plastic bags are in almost every American home because retail giants continue to use them for nearly every purchase made in their stores.

Some Disturbing Facts About Single-use Plastic Bags*

- Americans use 100 billion plastic bags a year, which require 12 million barrels of oil to manufacture.
- The average American family takes home almost 1,500 plastic shopping bags a year.
- According to Waste Management, only 1 percent of plastic bags are returned for recycling. That means that the average family only recycles 15 bags a year; the rest end up in landfills or as litter.
- Up to 80 percent of ocean plastic pollution enters the ocean from land.
- Plastic bags are used for an average of 12 minutes.
- It takes 500 (or more) years for a plastic bag to degrade in a landfill.
- Plastic bags don't break down completely but instead photo-degrade, becoming microplastics that absorb toxins and continue to pollute the environment.

*Center for Biological Diversity

Can We Make a Difference?

We can! The Social Action Committee is sponsoring a plastic bag recycling program. If we collect 500 lbs. (approx. 40,500 bags) within 6 months, a company called Trex will build and donate a park bench made from the bags. Since that is a HUGE amount of bags, we will collaborate with other organizations. For the current project, we will work with the 3rd Congressional district of the DFL. The bench will be donated to the city of Eden Prairie.

Starting now, you can drop off your plastic bags at MVUUF. There is a container outside the front door – the building does not need to be open! If this is inconvenient, Glenn Corliss will come to your home and pick them up. His contact information is below. **Guidelines are as follows:**

- Any type of plastic that can be "stretched" with your fingers is acceptable, such as newspaper sleeves, carry out bags, grocery bags, produce bags, dry cleaning bags, wrapping from cases such as water or toilet paper, etc.
- All plastic needs to be CLEAN and DRY and free of food residue
- Cut off any paper labels.
- Cut off the "zip top" part of zip lock bags.
- Shipping envelopes that are ALL PLASTIC (not the kind that are paper on the outside and plastic on the inside) are acceptable if labels are cut off.

Any questions contact [Linda Hayen linda590.lh@gmail.com](mailto:linda590.lh@gmail.com) 651-214-1279

For bag pickup contact Glenn Corliss gcorliss16@aol.com 952-835-6832



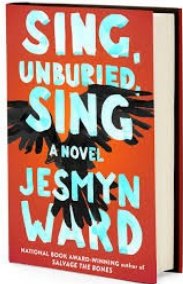
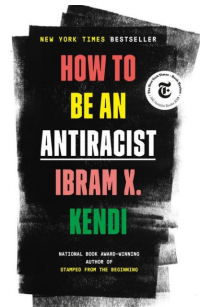


EVENING BOOK CLUB

Joyce McMartin

The Evening Book Group continues to meet using Zoom for the duration of the pandemic. Hopefully, we can meet in person after more people become vaccinated. Our selections follow. 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:

- 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

MARCH 11TH 7PM JOHN PELOQUIN

Men's group will meet by Zoom on Thursday March 11, at 7:00 PM. Our speaker will be fellow MVUUF member of many years **Pat Chelmo**. Pat a Sergeant with the Hennepin County Sheriffs office will talk briefly about challenges facing law enforcement. He will then open it up for questions and answers. All are invited to attend regardless of gender.

Members will be sent a link in advance of the meeting, if you are not on the men's group list and wish to attend contact John Peloquin.

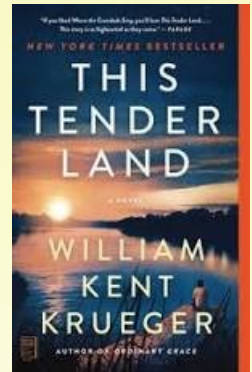


WOMEN'S GROUP

Saturday, March 6th 10:30am

Join us via Zoom Saturday March 6, 2021 for the Women's Group book discussion of ***This Tender Land***, written by Minnesota author William Kent Krueger. Krueger has written a series of mystery novels, but this was his twentieth novel and is a stand-alone story.

The story is an adventure that takes place during the Great Depression. It is told through the eyes of a boy, one of four young people who escape from an Indian boarding school in Minnesota. We get to see the abuse and cruelty in these Indian boarding schools and experience the adventures of these four young adventurers. Reading the book before our discussion will make this program more meaningful to you. However, you are welcome to join us whether or not you have read the book.



Plan to join us a few minutes early or stay for awhile after the meeting in order to have time to socialize with other attendees. We look forward to seeing you on the 6th.



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 March. However the schedule is shifting.

Beginning the week of March 8, **Chair Yoga** classes will be 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

Chair & Board Member	Doug Bruce	952-897-0970 dbrucejr@comcast.net
Chair-elect & Board Member	Carla Ries	952-500-8526 cvr_uu@hotmail.com
Secretary & Board Member	David Olson	952-888-6527 olson199@umn.edu
Treasurer	Dale Lewellyn	952-432-9459 treasurer@mnvalleyuu.org

BOARD WORKGROUPS

Hanifl Property	Doug Bruce, Mark Clary, Steve Danko, Eva Mach
-----------------	---

MVUUF STANDING COMMITTEES

Committee	Chair(s)	Phone & Email
Adult Education and Enrichment	Rev. Andrea Johnson	612-216-4224 programs@mnvalleyuu.org
Aesthetics	Karen Olson	952-888-6527 luzcatz@comcast.net
Archives	Kathy Eager	952-888.8427 Kathy@darrelleager.com
Congregational Care	Maria Bavier	maria@mnvalleyuu.org
Committee on Shared Ministry	Eve Bergmann	612-597-7915 ebergmann11@aol.com
Endowment	Bob Boucher	952-432-6632 woopatis@msn.com
Finance	Steve Danko	952-884-9099 sdankojr@gmail.com
Membership	Diane Bick	952-250-2559 dianeebick@gmail.com
Music	Janet Stevens	952-888-6577 jastevens1972@gmail.com
Nominating	Linda Hayen	651-214-1279 linda590.lh@gmail.com
Operations	Mark Clary	952-830-1971 Magwcfm@gmail.com
Religious Education	Rev. Andrea Johnson	612-216-4224 programs@mnvalleyuu.org
Social Action	Rev. Laura Thompson	612-216-4203 minister@mnvalleyuu.org
Stewardship	Kelley Hughes	952-451-6376 UUKelley@hotmail.com
Technology	Richard Duffin	707-696-6406 rwduffin@comcast.net

BOARD TRUSTEES

Trustee & Board Member	David Olson	952-888-6527 olson199@umn.edu
Trustee & Board Member	Judith Anderson	952-941-7047 andersonkj@earthlink.net
Trustee & Board Member	Tom Walkington	612-859-7939 tawalking@gmail.com
Trustee & Board Member	Kelley Hughes	952-451-6376 uukelley@hotmail.com
Trustee & Board Member	Myra Basar	301-379-9210 gratitude30@hotmail.com

MVUUF

Office Phone Number
952-884-8956

10715 Zenith Ave South
Bloomington , MN 55431

Lead Minister

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

Minister of Congregational Programs

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

Music Director

Nicole Collins, **music@mnvalleyuu.org**

Religious Education Coordinator

Maria Bavier, **RE@mnvalleyuu.org**

Administration and Communications Manager

Jeannie Piekos, **office@mnvalleyuu.org**
612-216-4113

Accompanist

Lark Lewis, **piano@mnvalleyuu.org**

Custodian & Operations

Mark Clary, **cust@mnvalleyuu.org**

Internet

Home Page: **www.mnvalleyuu.org**
Facebook: **www.facebook.com/mnvalleyuu**
Instagram: **[@mnvalleyuu](https://www.instagram.com/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

THURSDAY

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

SATURDAY

9:00am Yoga with Fran! 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

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