

June 2021 Summer of Self-Care

This past church/academic year has been most challenging. We've weathered a pandemic, an election and an insurrection at our nation's capital. These things alone would be enough to raise one's stress levels. But, we've also gotten through those things while bearing witness and responding to racial injustice. I don't know about you, but my tank is feeling pretty empty. And so, for myself, I have declared this summer as the SUMMER OF SELF-CARE.

Summer brings a slow-down for many of us and a chance to get outdoors more. Vacations and reunions put off last year can be enjoyed this year. All of this is good for our souls. It helps to fill our empty tanks. You can make this a Summer of Self-Care, too. Make a summer wish-list of the things that you want to do to nourish your soul; go to a baseball game, hug friends, go swimming at the lake, go to a concert, feel the grass on your feet at least 3x a week... what's on your list. There is nothing that could be better for us this summer than to take the time to really care for ourselves. So, breathe it all in. Relax. Have fun. Indulge. Be loved.



Have a great summer,
Rev. Laura

Sunday Services

This summer's services feature lay-led services and services from other congregations in the UU Summer Services Collaborative that we are a part of. Please note; because different congregations are hosting the service every week, **it is important that you check the time and link each week for the service, as they will be different week to week.**

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>





Summer Services

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Date, Time & Host	Service	Zoom Info
June 6th: 10:30am MVUUF Staff	<u>Annual Flower Communion Service</u>	https://us02web.zoom.us/j/3953901346
June 13th: 10:30am MVUUF Rev. Laura Thompson	<u>Question Box Sunday:</u> We don't have a physical box, but we do have a chat box and email. Bring your questions or email them to minister@mnvalleyuu.org and let's work through them together	https://us02web.zoom.us/j/3953901346
June 20th: 10:30am MVUUF MUUSJA Northern Regional Organizer Katie Kline (she/her) and Executive Director Karen Wills (she/her)	<u>How UU's showed up as "good relatives" at Line 3 and Standing Rock</u> Minnesota UU's live on unceded Dakota and Anishinaabe land, and have shown up as good relatives in many ways. How do we acknowledge and honor this complex history and recent shared activism?	https://us02web.zoom.us/j/3953901346
June 27th: 11am First Universalist Minneapolis Live from UUA General Assembly	<u>Circle Round for Justice, Healing & Courage:</u> First Universalist has been a model of shared ministry and what it means to put the work of dismantling white supremacy and building anti-racist, anti-oppressive practices at the center of their ministry. They have been on the front lines in support of the Movement for Black Lives in Minneapolis, bringing spiritual care and moral leadership in the wake of George Floyd's murder and the important uprisings for justice that followed. Children and families are a vital part of their ministry, and they have been using creative approaches to engage all ages in worship during the pandemic. Their leadership exemplifies some of the best practices for the creativity, spiritual depth, and moral leadership that is possible when we embrace the work of shared ministry rooted in love and justice.	https://www.uua.org/ga/off-site/2021/sunday-worship



Summer Services Cont'd

Date, Time & Host	Service	Zoom Info
July 4th: 10:30am MVUUF Rev. Laura Thompson	Declaration of Independence: If this last year has taught us anything it is how deeply dependent we are on one another for our own well being. Changing our narrative from Independence to Interdependence might just be the shift we need for better living all around.	https://us02web.zoom.us/j/3953901346
July 11th: 10am UU Congregation Eau Claire Rev. Julianne Lepp	Resilient Hearts and Sunflowers: Rev. Lepp will draw from the resilience of our battered hearts and the bravest sunflowers from her front yard garden. We encounter challenges, suffer loss, experience trauma, and witness to the pain of others. At times, these experiences break us, and at other times, break open our hearts. Resilience is about what we do with these life transforming experiences: how we make meaning from them, heal, and integrate them.	Link will be published in Friday email prior
July 18th: 10am UU Church of Minnetonka Rev. Lisa Friedman	Radical Theology in the Heartland: Since the 19th century, the Midwest has been home to some of the most radical and innovative shifts in Unitarian Universalist theology. Our congregations have been willing to experiment with new approaches to ministry and community in every age. What charge would our forebears give to us today?	https://zoom.us/j/97674891960?pwd=VFBIU3NvNTFpdnVVFlyM25UNDIxdz09 Meeting ID: 976 7489 1960 Passcode: 650878
July 25th: 10:30am MVUUF Rev. Laura Thompson	Practice, Practice, Practice: What is spiritual practice? How often should we engage in it? And why do we need it? Let's explore spiritual practice together!	https://us02web.zoom.us/j/3953901346
Aug. 1st: 10:30am MVUUF Fran Bohlke and Linda Hayen	Gertrude Stein; Philosophy and Poetry: Enjoy a scene from "Gertrude and Companion", where Gertrude and Alice are discussing heaven. Then we'll reflect on Stein, her philosophy and writing style. She was very intellectual and studied the relationship between consciousness and language and the experience of life itself.	https://us02web.zoom.us/j/3953901346



Summer Services Cont'd

Date, Time & Host	Service	Zoom Info
Aug. 8th: 10:30am UU Fellowship of Mankato Rev. Dr. Rita Capezzi	<u>Gathered Here in the Mystery of the Hour:</u> Folks often proclaim they are “spiritual, not religious.” What does it look and feel like to attend to the development of our spirits in the company of other fellow travelers and seekers? Why gather as a people rather than practice alone?	https://zoom.us/j/99358411229 Meeting ID: 993 5841 1229 Passcode 883666
Aug. 15th: 10:00 am UU Church of Minnetonka Rev. Lisa Friedman	<u>Believe What You Know:</u> So often we struggle to articulate what we believe, as opposed to what we don't believe. And yet, as Unitarian Universalists, we live out our beliefs each day in countless ways. Perhaps we know more than we think we do about the nature of belief.	https://zoom.us/j/97674891960?pwd=VFBIU3NvNTFpdnVVFlyM25UNDIxdz09 Meeting ID: 976 7489 1960 Passcode: 650878
Aug. 22nd: 10:30am UU Fellowship of Mankato Rev. Dr. Rita Capezzi	<u>Everything Old in New Again:</u> With anticipation, we imagine gathering our in-person again. What will be familiar? What will be new? How will navigate familiar and new relationships, in ways that are compassionate, inclusive, and open to creative possibility?	https://zoom.us/j/99358411229 Meeting ID: 993 5841 1229 Passcode 883666
Aug. 29th: 10:30am MVUUF MUUSJA Racial Justice Organizer Nico Van Osstrand (they/them)	<u>Antiracism, Accountability, and Transformative Justice:</u> Accountability, in the sense used in the 8th Principle, is linked with transformative justice. What does it mean to be accountable to one another, and why are kindergarteners generally so much better at it than most grown-ups?	https://us02web.zoom.us/j/3953901346
Sept. 5th: Michael Servetus UU Society Rev. Laura Smidzik	<u>Considering Prayer:</u> The hymn Spirit of Life was described by its author, Carolyn McDade, as a prayer. Prayer can look, feel, and mean so many different things. Rev. Laura will reflect on her own thoughts on prayer and the many forms it has taken in her lifetime.	https://uuma.zoom.us/j/6827547240 Meeting ID: 682 754 7240



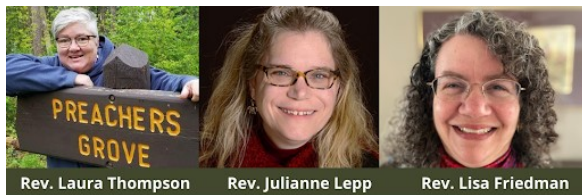
Letter from Board Chair

It has been my pleasure to serve MVUUF as Chairman of your Board of Trustees. I have enjoyed working with and getting to know members of our congregation as we tend to the business of MVUUF. It has also given me the chance to get to know our new Chair, Carla Ries and the Chair-elect, Myra Basar. I have appreciated their leadership and input this past year and look forward to their continued leadership of the new board.

Enjoy your summer! I look forward to seeing you all in person when we have a home-coming in the fall.

Doug Bruce

Summer Services Partners



**Better
Together**



Unitarian
Universalist
Summer Services
Collaborative



A Celebration of the Life of Betty Gutmann

"Without dignity our lives are only blinks of duration. But if we manage to lead a good life well, we create something more. We write a subscript to our mortality. We make our lives tiny diamond in the cosmic sands" — Ronald Dworkin.

When: Sunday, July 11th

Where: In-person at MVUUF and on YouTube

Watch your Friday emails for time (likely afternoon) and links.





Children, Youth and Family Ministry

Maria Bavier



Maria Bavier is the incoming Director of Children, Youth and Family Ministry.

Over the Summer:

Rev. Laura is leading worship twice, during those services there will be a Time for All Ages.

General Assembly is Wednesday, June 23 - Sunday, June 27.



In **2021-2022** we will have at least one monthly:

- online offering (Soulful Home packet, staff videos, etc.) AND
- And intergenerational offering (Time for All Ages, Parking Lot Fair, Secret Friends, etc.)

Children, Youth and Family Ministry 2021-22 Opportunities:

- small group ministry
- gatherings at a park
- outdoor RE classes
- outdoor scavenger hunt with LGBTQ Heros, or Civil Rights Heros
- kite flying
- spiritual practice nature walk
- reading favorite picture books during an online storytime
- creating a place to share photos and conversation online

[Volunteer Sign-Up](https://forms.gle/GoKxeGnr3A6TT189) (<https://forms.gle/GoKxeGnr3A6TT189>)

Registration for 2021-2022 Children, Youth and Family Ministry

To Volunteer with Children, Youth and Family Ministry next year call or email Maria at (763) 228-9985 maria@mnvalleyuu.org

BUILDING COMMUNITY TOGETHER

@mnvalleyuu.org/ourcommunity/children-and-youth/

JOIN OUR VOLUNTEER TEACHERS

MARIA@MNVALLEYUU.ORG

Sometimes you need the community. Sometimes the community needs you.

**Musical Notes**

Nicole Collins

**MUSIC AT MVUUF
2020-2021**

**THANK YOU EVERYONE FOR THE MUSIC!!!
A big big thank you!**



Wow, wow, WOW!!!

We are so lucky to have such a wonderful, supportive, and nurturing community at MVUUF! This time has proven that we will persevere, we show up, and there will be music! We had a variety of music this year, and only a handful was not our own members. This is a huge accomplishment and I thank everyone for their participation.

MLCP UPDATE

Nicole finished two courses this past year; Spiritual care training and a survey of UU Theology for musicians. She will be attending three more classes this upcoming year; Leadership of congregational singing, Musicians as theologians, (multicultural competency), and developing and managing a music program. Next year will involve a community service project with our fellowship and a community organization.

Please stay tuned and read your emails for music programming in the Fall. If anyone is interested in joining the choir or music program, please contact Nicole at Music@MNValleyUU.Org.



Musical Notes cont'd

Nicole Collins

COVID-19 SINGING UPDATE

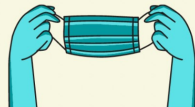
UUA has provided some more guidance for singing in person. Here is a brief summary of this moment in time. Things may look different in the Fall.

IN-PERSON SINGING GUIDANCE "Pick Three"



**Excellent
Ventilation**

**High-Quality
Masks**



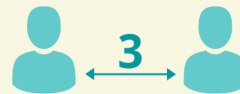
**Six-Foot
Distancing**

**No More Than
30 Minutes**



FULLY VACCINATED IN-PERSON SINGING GUIDANCE

**Small, Consistent
Group**



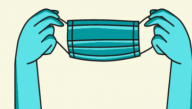
**Three-Foot
Distancing**

+ "Pick One"



**Good
Ventilation**

**High-Quality
Masks**



You can discover more
about a person in
an hour of play
than in a year of
conversation.

anonymous





STEWARDSHIP

Thank you to everyone for contributing to a challenging Stewardship year, a difficult year of uncertainty and loss.

We are successful: We have a viable budget.

Other churches also have experienced difficulties this past year. MVUUF has done comparatively well.

According to some sources, twenty years ago, 70% of the US population was affiliated with a religious organization. Today, 47% are affiliated with a religious organization. In this context, MVUUF is not only surviving; we are also evolving and continuing to seek ways to thrive. The talent, passion, and compassion in this congregation is powerful, and inspiring.



A final note: We are grateful to Tom Walkington, whose vision and voice has been seminal in Stewardship activities for these past three years. We will carry his advice into our future endeavors.

Kelley Hughes, Stewardship Chair

The Stewardship Team, 2020-2021 : Glenn Corliss, Steve Danko, Jeanne Simpson, Tom Walkington, Kelley Hughes

MVUUF Directory has arrived

Here is an updated directory. Please bear in mind there are limited capabilities to our current software for membership. We are looking at switching in the future and that will hopefully offer us an opportunity to produce a better directory. In the meantime bear with us but also please let Jeannie know of any outdated or incorrect information.

[MVUUF Directory](#)



MVUUF SUMMER GOLF IS BACK

We have tee times at Birnamwood Golf Course in Burnsville beginning June 6 @ 8:00 am.

Green fees are \$15 a round. A pass is available \$116.69 for a ten round pass. Cart rentals also available.

The club house may be open by June 6. All skill levels and ages welcome.

Contact Darrell 612-333-8732 or Kathy 952-454-3478 for further details. 4!!





SOCIAL ACTION COMMITTEE

Social Action will not be meet in the summer.

You can, however, continue to drop off of plastic bags for recycling See this list for all the recyclable plastics you can offer to this project: <https://www.naparecycling.com/ask-the-experts-plastic-bag-recycling/>.



BACK TO SCHOOL SUPPLY DRIVE: JULY & AUGUST

Most needed items: Backpacks and scientific calculators & earbuds/headphones.

Also: notebooks, paper, pens and pencils
Please make sure all items are new.

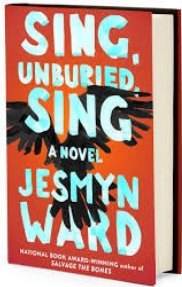




EVENING BOOK CLUB

Joyce McMartin

The pandemic seems to be winding down, but our reading and meeting continues. Hopefully, in person meetings can start up again soon. Contact the Group leader at the phone number or email below for June's meeting format, if you are not a regular and wish to attend. There are still kinks to be ironed out in the safety protocols. Read all the books or just the current one and join us for lively discussion. Alternating fiction and nonfiction, our upcoming choices are:



- 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. They will try to meet in person July and August outdoors at Moir Park. They will decide month to month. 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/or a zoom link for the meeting.

GROUPS NOT MEETING IN SUMMER

The following groups and/or activities will not meet in the summer.

- Men's Group
- REI
- Social Action
- Racial Justice
- Women's Group
- Yoga classes



WOMEN'S GROUP

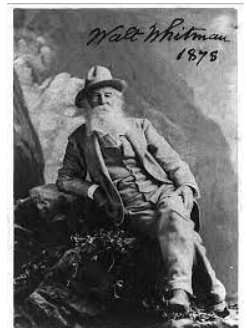
Thanks to everyone who contributed to make our year of Zoom Women's Group a success. A special thanks goes to Kathy Eager who stepped in to chair our group part way through the year and also organized our especially fun May Talent Sharing! Thanks also to Nancy Buckman for her encouragement during this challenging year.



Enjoy the summer break, but please look for news about next year's Women's Group programs in the September Uni-Sun. We hope to see lots of MVUUF women, members and friends, when we resume meeting in person on the first Saturday morning in October at 10:15.

A LITTLE WHITMAN

"This is what you shall do; Love the earth and sun and the animals, despise riches, give alms to every one that asks, stand up for the stupid and crazy, devote your income and labor to others, hate tyrants, argue not concerning God, have patience and indulgence toward the people, take off your hat to nothing known or unknown or to any man or number of men, go freely with powerful uneducated persons and with the young and with the mothers of families, read these leaves in the open air every season of every year of your life, re-examine all you have been told at school or church or in any book, dismiss whatever insults your own soul, and your very flesh shall be a great poem and have the richest fluency not only in its words but in the silent lines of its lips and face and between the lashes of your eyes and in every motion and joint of your body." —Walt Whitman



Happy Fathers' Day!

**BOARD OFFICERS OF THE FELLOWSHIP AS OF 7/1/2021**

Chair & Board Member	Carla Ries	952-500-8526 cvr_uu@hotmail.com
Chair-elect & Board Member	Myra Basar	301-379-9210 gratitude30@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
Covid-19	Rev. Laura Thompson, Myra Basar, Jeanne Simpson, Richard Duffin, Kelley Hughes

MVUUF STANDING COMMITTEES AS OF 7/1/2021

Committee	Chair(s)	Phone & Email
Adult Education and Enrichment	Rev. Laura Thompson	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	OPEN	
Committee on Shared Ministry	Jeanne Simpson	612-239-1240 jems.ellen@gmail.com
Endowment	Bob Boucher	952-432-6632 woopatis@msn.com
Finance	Steve Danko	952-884-9099 sdankojr@gmail.com
Membership	Eric Grady	952-237-1057 grady318@hotmail.com
Music	Barb Becker	651-253-0127 gbhcb@msn.com
Nominating	Linda Hayen	651-214-1279 linda590.lh@gmail.com
Operations	Mark Clary	952-830-1971 Magwcfm@gmail.com
Racial Justice	Myra Basar	301-379-9210 gratitude30@hotmail.com
Religious Education	Maria Bavier	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 AS OF 7/1/2021

Trustee & Board Member	David Olson	952-888-6527 olson199@umn.edu
Trustee & Board Member	Kathleen Coate	612-205-2507 katbagby@mac.com
Trustee & Board Member	Eve Bergmann	612-597-7915 bergmann11@aol.com
Trustee & Board Member	Kelley Hughes	952-451-6376 uukelley@hotmail.com
Trustee & Board Member	Holly Bruce	952-897-0970 holly-bruce@comcast.net

MVUUF
Office Phone Number
952-884-8956

10715 Zenith Ave South
Bloomington , MN 55431

Lead Minister
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612-216-4203

Music Director
 Nicole Collins, music@mnvalleyuu.org

Director of Children, Youth & Family Ministries
 Maria Bavier, RE@mnvalleyuu.org
 612-216-4224

Administration and Communications Manager
 Jeannie Piekos, office@mnvalleyuu.org
 612-216-4113

Accompanist
 Lark Lewis, piano@mnvalleyuu.org

Custodian & Operations
 Mark Clary, cust@mnvalleyuu.org

Internet
 Home Page: www.mnvalleyuu.org
 Facebook: www.facebook.com/mnvalleyuu
 Instagram: @mnvalleyuu

Uni-Sun Item Submission Information

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

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



MVUUF SERVICE SCHEDULE

Services are conducted on Zoom. Instructions for using Zoom are here: [Zoom Instructions](#) or [Video Tutorial](#).

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

Please check the website, Friday emails and the above content of the UniSun for all the MVUUF events

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