



**SCHEDULE:** See Sunday Service themes and Christmas Eve timing on page 3  
**RAISE THE ROOF FUNDRAISER** page 10

**December 2021**  
**Volume 57 Number 4**

## December: Joy

We often talk about the power of love and community to overcome whatever it is that life throws at us. But, it is equally important that we talk about the power of joy. Of course first we must understand what joy is.

The first step to understanding joy is to know that it is not the same thing as happiness. Happiness is an emotion in which one experiences feelings ranging from contentment and satisfaction to bliss and intense pleasure. Joy is a stronger, less common feeling than happiness. Witnessing or achieving selflessness to the point of personal sacrifice frequently triggers this emotion as does feeling spiritually connected to a god, the universe or to people.

*Joy seems to me a step beyond happiness—happiness is a sort of atmosphere you can live in sometimes when you're lucky. Joy is a light that fills you with hope and faith and love. - Adela Rogers St. Johns, Some Are Born Great*

Happiness is expressed outwardly and is related to earthly, physical and material experiences. Whereas joy is felt more inwardly, and is related to spiritual experiences, caring for others, and gratitude. Cultivating joy isn't about what we receive or experience, so much as it is about what we create in shaping our environment to make space for happy experiences beyond our own.

In this season of joy, we invite you to go deeper in understanding where there is joy in your life and going even further to explore how we can cultivate more joy in our communities and culture for everyone. Join us as we explore joy through music, celebration and service.

See you Sunday,  
Rev. Laura

**JOY**  
\joi \ noun

1. darkness dispelled.
2. the light of everlasting life lit up in the soul.



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.

# COVID Update

**It is strongly recommended that attendees who are eligible for the Covid-19 vaccine are vaccinated fully and boosted, if they are also eligible for that.**

**If you have experienced any sign of illness in the days before an MVUUF in-person gathering, please do not attend in-person.**

**If you have a positive test in the few days following an in-person gathering at MVUUF, please let us know as soon as possible, that we might alert others who may have been exposed.**

## **Expectations and standards for in-person gatherings:**

- Air filtration systems have been updated throughout the building.
- Masks are required to be worn at all times, unless speaking from the pulpit.
- Anyone speaking unmasked from the pulpit must be vaccinated.
- The sanctuary is currently set-up with more spacious seating (only 65 seats instead of 130). There are also chairs in the upper lobby for viewing. It is recommended to leave a chair empty between you (or you and your spouse/family) and other attendees.
- All staff are fully vaccinated.
- Singing may be limited for the time being, until restrictions around it loosen.
- All choir members, ushers/greeters/tech and other folks with a role in the Sunday Service are expected to be vaccinated
- There will be no food and beverage available to eat on after the service.

## **Children and Youth Programming**

Programming for children under 12 will be an all-together weekly gathering in the Social Hall, until we deem we have enough children involved to separate into classrooms again.

All volunteers in Children, Youth and Family programs are required to be vaccinated.

## **WHAT YOU CAN DO TO HELP**

- Sign-up to be an in-person greeter or usher (vaccination required) Please sign up [here](#).
- Sign-up to be a weekly Zoom host for the service. This would be an in-person job. Training sessions will be held in November. Contact [minister@mnvalleyuu.org](mailto:minister@mnvalleyuu.org)
- Join the Tech Team. Richard Duffin has been holding down the tech fort for far too long on his own. We need a bigger team to help with all of the technical aspects required. Training provided. Contact [rwduffin@comcast.net](mailto:rwduffin@comcast.net)
- Sign-up to bring baked goods. Since we can't have food for social hour, we'll be bagging up take-home treats for the time being. We'd love to incorporate some of your homemade goodies along with a positive message to send home with folks. Sign up [here](#).

# Sunday Services

## Dec. 5th: Seeking Joy



Where is joy? Is it in extraordinary moments? Ordinary moments? Is something we find or create? Is it the same as happiness? Join Rev. Laura and some of the MVUUF youth as we seek joy together.

## Dec. 12th: The Joy of Less



What better time of year to explore minimalism as a spiritual practice than the season of excess? We'll learn some of the basic tenets of a minimalist life and how it might be useful to all of us in making more room for joy. Rev. Laura Thompson & Tom Ehlinger

## Dec. 19th: Music Sunday



One of our favorite services of the year featuring music from MVUUF members and friends of all ages. Contact [music@mnvalleyuuu.org](mailto:music@mnvalleyuuu.org) to offer your musical gift to the program.

## Dec 24th: Candlelit Christmas Eve



Stories and Carols: Join us for a candlelit outdoor service at 5pm in the MVUUF parking lot. Dress warmly. With Rev. Laura, Maria Bavier and Linda Hayen.

## Dec 26th: Question Box Sunday



Question Box Sunday with Rev. David Breeden at First Unitarian Society: MVUUF's staff has the rest of the year off. We have been invited to attend the service at First Unitarian Society at 10:30am. [Join here.](#)

# Uni-Sun

## Letter from the Board Chair

Greetings!

Our theme for this month is Joy. What brings me joy? Well, there's the obvious ones: my husband, my children, my pets. Then the ones most folks also know about: tropical beaches, Broadway and movie musicals, writing, crocheting, Doctor Who. There are some more obscure things: Bollywood musicals, the western North Carolina mountains, dancing, Lemon Zinger tea, fat fluffy snowflakes on a lazy Saturday afternoon. And then there are the things that even I don't think about very often: the golden light of a Minnesota autumn sunset, making soup, learning, the smell of books.

Some days it may feel tricky to find joy. But I have found that most days - if I give it a little effort - I can find joy somewhere. Watching the birds at the bird feeders. Watching a squirrel do acrobatics to get to those same feeders. Hanging out with my folks. Listening to my kids singing to themselves. Their laughter. My husband's sense of humor. Sounds of nature. Colorful beads. Textures.

It doesn't have to be fancy. It doesn't have to be intricate. It just has to brighten a single moment of my day.

Tell me. What brings you joy?

Yours TrUUly,  
Carla V. Ries (she/her)  
Chair, Board of Trustees



**Hospitality Help Wanted:  
Ushers, Greeters &  
Treat Makers**

Sign-up today:  
<https://www.signupgenius.com/go/20F044EABA823A0FE3-hospitality1>



# Communications & Administration

Hello friends-

When I think about the Soul Matters theme for this month, *Opening to Joy*, I want to answer, *Yes, Please. Count me in!* Because I do want to live my life in joy and gratitude. But it's not always as simple as just saying yes, is it?

One thing that really resonated for me in this month's reading was the quote by Kahlil Gibran, *When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.* It resonated because it is a reminder that in the loss and grief that many people feel this time of year, there is also a shimmer of love and light. *What is sorrowful was once my delight.* So, maybe, I can invoke the memory that lies underneath the feeling of sadness. Maybe I can remember that which I miss or mourn, not denying the loss or the grief but sitting in both places equally.

On a more business note, please look for your contributor statements by email and let me know if you don't see it in your inbox, or if the statement is incorrect. We are using a new software system so, of course, there are a few bugs to work out.

Lastly, you may notice I changed the format of the newsletter from facing pages to a single page format. I hope this helps with the readability. Please let me know your thoughts. Also, if you read the Uni-Sun on your phone you might find it helpful to go to your app store and download a PDF reader to make it easier.

Gratefully, Jeannie

## SOUL MATTERS MONTHLY THEME: Opening to Joy

This month, we explore together the theme of Joy. To delve into this theme more deeply, check out this plethora of resources from this month's Soul Matters Small Group Packet, which includes guided questions and activities alongside recommended readings, films, music playlists and more. These resources can be used on your own or you can join one of our Soul Matters Small Groups to engage with others.

Find this month's packet here: [Opening to Joy](#)

To join a Soul Matters Group contact: [minister@mnvalleyuu.org](mailto:minister@mnvalleyuu.org)

One of the Soul Matters questions this month is:

What were you first taught about "deserving joy"?

# Uni-Sun

## Children, Youth and Family Ministry

### OPENING TO JOY

It is such a joy to be back together in-person, a reason for celebration! The children and youth were so happy to see each other. Gabe shared an activity challenging two teams to make a tall tower out of 5 pieces of paper. Another success was the creation of the furthest flying paper airplane! [Register here for Children, Youth and Family Ministry 2021-2022](#) or turn in your paper form.



### CHALICE LIGHTING AT HOME

A symbol is something that stands for something else. It can be a word or a picture or an action. A heart can stand for love or a hand can stand for giving, a dove can represent peace. The symbol of our liberal religion is the flaming chalice. A chalice is a shallow cup with a base to stand upon. It had been used by the early Greeks as a symbol of wisdom. Fire to people in many lands stood for life, truth, love and freedom.

*"It is a joy to be.*

*It is a joy to be here.*

*It is a joy to be here now.*

*It is a joy to be here now, together."*



### TALKING AT THE TABLE

What gives you joy? A joyful moment with family? Congregation? Friends? Write on a post-it note and stick it to the fridge as a reminder to embrace joy this holiday season!

### FROM KATIE

Katie Covey, the Director of Religious Education at Soul Matter writes a beautiful introduction to our theme this month: Opening to Joy, "There are four ways we will tease apart the idea of opening to joy with our children: creating joy – on the work of whimsy, sharing joy – on the work of generosity, finding joy (in tough times) – the work of redirecting our gaze and the joy of us – on the work of creating home/being together.

-SOURCE UNKNOWN,  
ADAPTED BY MARIA BAVIER



I am particularly excited about the idea of Finding Joy (in Tough Times.) During the brainstorm lab in September on Opening to Joy, we found ourselves first in grief and frustration at the return of high COVID numbers and the cancellation of many plans for opening in person.

# Uni-Sun

## Children, Youth and Family Ministry

There was a sense of gloom. Next, we reminded ourselves that we could still be open to joy, even in the tough times, providing the lens for this session. We started pivoting in our awareness of who and where we were, members of a resilient faith community. Then, our gloom turned to giggles as we described the simple, and even silly, joyful things that were a part of our lives now - a striped shirt, a weekly card game. In the end, we were wiping away tears of hilarity as joy overtook us and we laughed our way across the Zoom screen making puns and suggesting outlandish ideas for the Winter Holidays. It was an escape and a boost, giving all of us a smile that opened a space of joy as we moved forward into our day.

I wish similar moments of whimsy, smiles and joy connection for you. We may not have traditions back, or any type of normal or new normal. But may we find giggles and smiles along the way as we navigate the resilient paths of joy during these tough times.” ~Katie

### **VOLUNTEER TEACHERS AND FAMILY MINISTRY COMMITTEE**

Join the Family Ministry Committee, previously the RE Committee: Meet other congregants and staff! What toys do we keep? What policies do we need to keep our children and youth safe? What projects and programs are most worth our time, energy and financial support? – let your voice be heard! [Sign-Up HERE to teach!](#) Email Maria to be on the Family Ministry Committee (online). Please return a paper Background Check Form or email me a copy of this .docx Background Check Form. Please feel free to reach out to me.

~Maria Bavier, MVUUF Family Ministry Director [maria@mnvalleyuu.org](mailto:maria@mnvalleyuu.org)  
(612) 216-4224



### **LOOKING AHEAD**

I found [this video](#) in our December Lesson materials. I call it a “sidewalk surprise!” It’s filmed in Spain in 2012. The song is “Ode to Joy” which was written by Ludwig van Beethoven in 1824. The title of the poem and song is about joy. See if you notice anyone in the crowd experiencing joy as they watch these musicians gather for a quick performance. Does joy always include an element of surprise? Does this video bring you joy?

**MVUUF is launching a Raise the Roof Fundraiser!** We will be learning about housing and homelessness. At home be open to joy together, build a gingerbread house and donate to Raise the Roof.

### **CALENDAR 2021 CHILDREN, YOUTH AND FAMILY MINISTRY\***

December 5 – Choice Sunday: activities downstairs including video created by children and youth about Joy!

December 12 – Classroom gatherings downstairs for children and youth

Dec. 12 @ 3pm - Family Ministry (RE) Committee Meeting online. See Friday email for link.

December 19 – Music Sunday, live-streaming downstairs with activities for all-ages

December 21 – Yule, a Pagan/Wiccan holiday celebrates the return of longer days.

December 24 – Outdoor Candle Light service 5pm, in-person only

\*All our in-person activities are at 10:30am on Sundays

# Uni-Sun

## MUSIC AT MVUUF!

December is quite the month for musicians. There's always planning, rehearsing, and events that take place. It's both a beloved and frenzied time. We have many wonderful opportunities for music at MVUUF also!! Here's what's coming up:

The Music Committee is looking for more members to join. If you are involved in the music program, have opinions on the music program, or just love music, we'd love to have you!!

Choir rehearsals have started back up. We are also steaming the rehearsals on zoom, if you prefer.

Here's the link:

[MVUUF Choir Rehearsal](#)

Passcode: 788577

The choir is currently working on Christmas carols, a beautiful and uplifting piece by composer Elaine Hagenberg, "Through Love To Light," and a piece by Eric Whitacre, "Sing Gently," which was written at the beginning of the pandemic. His lyrics were written "with the hope that it might give some small measure of comfort for those who need it, and that it might suggest a way of living with one another that is compassionate, gentle, and kind." It is a stunning piece that was performed virtually on July 19th, 2020, with 17,572 singers from around the world!

### HOLIDAY MUSIC SUNDAY IS DECEMBER 19TH!!

Please contact Nicole to let her know your submission and Lark for any accompaniment needs. This is an incredibly heartwarming experience for musicians and audience members. New musicians and youth are especially encouraged to share your talents!

Any interested members in singing Christmas Carols are welcome to sing with members of the choir at "Caroling for VEAP," on Tuesday, December 14th, 3:30-4:30. We will be collecting donations the weeks before caroling to bring to the organization. Members of the fellowship are welcome to join us at on zoom for carol rehearsals on Wednesdays, 6:40-7:00. Rehearsals are not required to attend.

Here are the items were collecting at the Fellowship:

Diapers (size 3-6) and baby wipes; Baking essentials (flour, sugar, cooking oil, spices, baking soda/powder, etc.) Birthday items (cake mixes, frosting, candles, etc. but no gifts please); Laundry detergent and dish soap Personal care and household items (shampoo, toothpaste, soap, shaving cream, toiletries, etc.); Paper products (toilet paper, paper towels and napkins); Hearty soups (high protein, low sodium); Gluten-free products (whole grains like brown rice, wild rice, quinoa, cornmeal; nut flours and butters; rice crackers, GF snacks, etc.; Whole grain cereal (like Shredded Wheat, Kashi, bran cereals, Chex, etc.) Paper bags (We'll always take your extra paper grocery bags. No plastic bag donations).

VEAP cannot accept: clothing, winter gear, furniture, medical equipment, toys and utensils.

### Caroling Event at VEAP

Tuesday, December 14th, 3:30-4:30



**Everyone is welcome!** Also, please bring your VEAP donations to MVUUF up to 12/14. See list of requested items in Friday emails or at [MNValleyuu.org](http://MNValleyuu.org)



# Uni-Sun

## From Bach to Beatles to Bjork

By Karen Olson

The Delphia Cello Quartet gave a concert at MVUUF on Sunday, November 7th and it was so wonderful in so many ways! The musicians chose a wide variety of pieces - covering many genres, styles and eras, so there was something for everyone. The cellos have a lovely, rich sound - in the familiar pieces, it was so pleasing to hear their layers in a well-known melody. In the unfamiliar pieces, it was lovely to let the sounds simply fill the ears and bask in the music. The narration was just enough to be interesting and informative. The musical part of the afternoon was perfect!



Additionally, being together in the building for the first time in a long time was equally wonderful. There was a lot of careful planning that went into the event so that everyone could feel safe and cared for. The music committee, under the direction of Nicole Collins, worked together to take into consideration distancing, masking, proof of vaccination and food handling. The event demonstrated to all in attendance that it is possible to be in the same space, enjoy each other's company, excellent music and still follow guidelines to protect our health. Well done, all!

**Holiday Grief Circle**  
**Dec. 19th at 9:30am at MVUUF**  
**Dec. 23rd at 6:30pm on Zoom**

Click for live link on Dec. 23rd



# Uni-Sun

## Groups and Committees

### Social Action

#### Raise the Roof; A Fundraiser for Housing

Last year, we all came together in “Rise Against Hunger”, raising \$17,000 to give to organizations fighting hunger in Minnesota. This year we turn our focus toward housing.



From Dec. 1st - Jan. 15th, we'll explore the housing crisis in Minnesota and pool our resources together to benefit our housing partners this year:

[Beacon Interfaith Housing Collaborative](#)

[BLUU Housing Initiative](#)

[OASIS for Homeless Youth](#)

We'll also be using our time during this time to learn about the organizations we are supporting and learn more about the housing crisis and homelessness:

**Tuesday, Dec. 7th: 7-8:30pm: Sold Out: Affordable Housing at Risk Film Discussion:**

A 2017 documentary shares tenant stories, lifts up solutions to loss of affordable housing. Watch film prior to the discussion: <https://www.tpt.org/sold-out-affordable-housing-at-risk/>. Our discussion will be on Zoom: <https://us02web.zoom.us/j/86403246830>

**Thursday, Dec. 9th: 6:30-8:30pm: Joyful Urgency: A Beacon Interfaith Convening**

It is time to come together to celebrate this great work and move forward in joyful urgency! You are invited to our first Beacon Congregational Convening since the start of the pandemic. If you have not attended a convening before, join us to ground ourselves in our vision and collective story and learn the transformational power of the work we are planning this next year. All congregations are invited in whatever way they have participated in Beacon. This event will be a great introduction to Beacon for those new to our work and nourishment for the journey for everyone working for the vision that all people have a home. This is a hybrid event. Learn more here and register here: <https://www.beaconinterfaith.org/event/beacon-convening/>

**Thursday, Dec. 16th: 6:30-8:30 Homeless: The Motel Kids of Orange County** explores the world of children who reside in discounted motels within walking distance of Disneyland, living in limbo as their families struggle to survive in one of the wealthiest regions of America. The parents of motel kids are often hard workers who don't earn enough to own or rent homes. As a result, they continue to live week-to-week in motels, hoping against hope for an opportunity that might allow them to move up in the O.C. Film and discussion in-person at MVUUF

# Uni-Sun

## Groups and Committees

### Service Auction

#### Service Auction Update

We have adjusted the date of the **Service Auction to be March 20th to align with Music Sunday**. In January we will start asking for your donations. What to give? Dinners and Food are by far the most popular. You can bake brownies, or promise a dessert. Many of us have hosted dinners, sometimes with a theme, sometimes without. There have been Mexican, Wine Tasting, Meatloaf, Gourmet, etc. Anything is possible, what bidders want most is fellowship. We also have categories for Services and Entertainment if that's more up your alley.

Don't feel comfortable hosting people in your home? Buy a gift card, the options are endless. Museums, family activities, nail and beauty salons, restaurants, theaters. And think about buying now - during the holidays many places offer a bonus with their gift card, an extra \$5 to \$25 depending on the amount purchased. Buy the gift card for your own use and donate the bonus (just make sure it can be redeemed after March 31). We're accepting donations starting now, just give to a committee member or email us the information at [mvuufaction@gmail.com](mailto:mvuufaction@gmail.com).

**Did you know that  
your financial gifts, given in generosity,  
are received with gratitude?**



# Uni-Sun

## Groups and Committees

### Stewardship

#### Why I Give Videos

In this month's Why I Give video Tom Ehlinger recounts joining MVUUF, the people who inspired him and what it means to be a contributing member. Please click the link to hear Tom's inspiring message. [Why I Give](#)

### Religion Ethics and Ideas

Two is better than one! This month because of Thanksgiving there will be two REI sessions.

**December 2nd at 7:00pm.** The topic will be: What if anything does the US owe Afghanistan? Likely questions: Did the US have the right to invade Afghanistan in pursuit of Osama Bin Laden and Al-Qaeda? Having overthrown the Taliban with the help of the Northern Alliance, should the US have left shortly thereafter? Having spent nearly 20 years in Afghanistan, should the US and NATO allies have left a "small force" to give confidence to the Afghanistan government and military in their fight against the Taliban? What should US policy be when it comes to providing future aid to Afghanistan? All are welcome to attend. The meeting will be on Zoom, a link will be posted in the Friday announcements and sent to all on the list. Questions contact John Peloquin. [John17780@charter.net](mailto:John17780@charter.net)



Religion, Ethics, Ideas

**December 30th at 7:00pm.** Religion Ethics and Ideas will meet Thursday December 30 at 7:00 PM by way of Zoom. Our topic will be Objectivity. Likely questions: What does it mean to be objective? Is it possible to be objective? Should we strive toward being objective? Is there a difference between being objective and being "balanced especially in Journalism? Is there a relationship between fairness and objectivity? Is there a relationship between being scientific and objective? What is the relationship between objectivity and free and responsible the search for truth? Objectivity has been identified as an attribute of "White supremacy culture" ... is there reason to think white people value objectivity more than people of color? All are welcome to attend. Questions contact John Peloquin.

<https://us02web.zoom.us/j/84823633662?pwd=OXlvQi9vbG9EREx1RFZUdkZjcjIQQT09>

Meeting ID: 848 2363 3662

Passcode: 847547



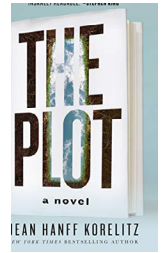
# Uni-Sun

## Groups and Committees

### Evening Book Club

We continue our goal to expand the minds and reading lists of church members. Our search for truth leads through fiction and nonfiction. Read all the books or just the current one and join us for a lively discussion. Alternating fiction and nonfiction, our upcoming choices are:

- December 15, 2021, Woke Racism: How A New Religion Has Betrayed Black Americans by John McWhorter
- January 20, 2022, The Four Winds by Kristin Hannah
- February 17, 2022, Deaths of Despair and the Future of Capitalism, by Angus Deaton and Anne Case
- March 17, 2022, The Plot by Jean Hanff Korelitz
- April 21, 2022, The Constitution of Knowledge: A Defense of Truth, by Jonathan Rauch
- May 19, 2022, Gold Diggers by Sanjena Sathian



The Evening Book Group meets on the third Thursday of the month throughout the year at 7 PM. For the next couple of months we will be meeting via Zoom because of the pandemic. 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. Just let us know a head of time, so we can send you a Zoom invitation. We welcome newcomers! Questions? Call Joyce McMartin at 952-942-7143 or text 952-210-1372 or email at [joyceamcmartin@gmail.com](mailto:joyceamcmartin@gmail.com).

Even a wounded world is feeding us.  
Even a wounded world holds us,  
giving us moments of wonder and joy.  
  
I choose joy over despair.  
Not because I have my head in the sand,  
but because joy is what the earth  
gives me daily and I must return the gift.

Robin Wall Kimmerer

# Uni-Sun

## Groups and Committees

### Women's Group Saturday, Dec. 4th 10:30

#### Hybrid Women's Group Meeting

Our program for December will be provided by Alison Young, a former professional flutist and MPR host, voice artist, and podcaster. Alison now calls herself the Blissful Hiker. She has backpacked on six continents and recently perfected a new style of walking in Scotland called "bog trotting." You can follow her adventures at [BlissfulHiker.com](http://BlissfulHiker.com). On the 4th, she will share stories and images

of her 3000 kilometer solo hike along New Zealand's Te Araroa, the Long Pathway. Whether you are an avid hiker or more of an armchair traveler, Alison's presentation is guaranteed to delight you. She asks, "What motivates a middle-aged woman to brave extreme weather, precarious river crossings, swarms of sandflies and epic mud? Breathtaking scenery and a renewed sense of wonder."



Women's Group is excited to have many of us back meeting in-person for the Dec. 4 meeting. All adults are invited to attend. We will hold the meeting in the sanctuary where the ventilation is better and there's more space to spread out. In-person attendees must be masked during the meeting, fully vaccinated and "boostered" against COVID, if eligible. Those who are uncomfortable with in person meetings or who don't meet these criteria can participate via Zoom at [zoom.us/j/885 2359 9562](https://zoom.us/j/88523599562). After the hour-long program and a very short business meeting, box lunches will be served at small, well-spaced tables in the lobby. Please email Barb Gilliland at [barbgilliland@gmail.com](mailto:barbgilliland@gmail.com) by Wednesday, Dec. 1 if you plan to attend in person and wish to purchase the \$8 boxed lunch. You are welcome to bring your own lunch if you prefer or have special dietary needs.

Visitors are particularly welcome. If you are new to the fellowship or have never attended Women's Group, we would love to have you check out our great group either in person or via Zoom.

### Men's Group Thursday, Dec 9th 7pm

#### What does the Federal Reserve do?

Men's group will meet on Thursday December 9, 7:00 PM by way of Zoom. Our speaker will be Shane Hughes who is an Assistant Vice President at the Minneapolis Federal Reserve Bank. Shane is responsible for overseeing the day-to-day payment systems operations at the Minneapolis and Helena branches. Shane will give an overview of the Federal Reserve and its functions with a more detailed look the payment system; a system that makes modern economic life possible. One of the benefits of this presentation is that you will learn how to detect a counterfeit \$100.00 bill. So if possible have a \$100 bill handy for the presentation. All are invited regardless of gender. Questions contact John Peloquin at [John17780@charter.net](mailto:John17780@charter.net)

<https://us02web.zoom.us/j/87588656563?pwd=Q09qUFFaZHIKcUhBbGxZaW9ZYlZlZz09>

Meeting ID: 875 8865 6563

Passcode: 698744



# Uni-Sun

## Groups and Committees

### Fitness with Fran

#### Fitness class at MVUUF expands!

Functional Fitness classes will be held in person at **MVUUF on both Mondays and Wednesdays from 4:30-5:30 p.m.** downstairs for the month of December. All are welcome. This class will incorporate methods from yoga, pilates, and muscle toning.



It is designed to help us strengthen, stretch, and balance our bodies.

You will need a yoga mat, comfortable clothes, and a strap if you have one. Yoga blocks are available at the fellowship.

The cost is \$4 per class. Everyone is expected to have been vaccinated and you will wear a mask in class. Questions?

Please email Fran [bryawnte@msn.com](mailto:bryawnte@msn.com)

Please note: No Class December 13th.

### Men's Lunch

For some time now, a group of mostly retired MVUUF guys have been meeting informally for lunch on the **4th Thursday of the month**. Lately this has been at Zeke's in Bloomington at noon. It's very informal. Just show up if you would like ( although it does help Zeke's if they have an approximate count).

If you would like to be added to a list of guys that get monthly reminders, email Don: [donfpark@comcast.net](mailto:donfpark@comcast.net). He can easily add you to the list.

### Panera Group

The Panera Group is meeting again. Everyone is welcome to join for socialization, conversation and lunch. They meet on the first and third Tuesday of each month at 1:00 in the Richfield Panera at 78th and Lyndale. If you have questions about the group, please contact Lorna [lornajprell@gmail.com](mailto:lornajprell@gmail.com)

# Uni-Sun

## MVUUF SCHEDULE

**SUNDAY SERVICE 10:30am:** Weekly Sunday services are hybrid. You may participate in-person, on zoom or livestream on YouTube. Please check website for YouTube link. <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

1/24/21, 2:07 PM

MN Valley UU Fellowship - Calendar - December 2021

SUN 28	MON 29	TUE 30	WED Dec 1	THU 2	FRI 3	SAT 4
● 10:30am Sunday S			● 4:30pm Fran's wor ● 6pm Marijuana An	● 7pm REI		● 10:15am Women's
5	6	7	8	9	10	11
● 10:30am Sunday S		● 6:30pm Sold Out F	● 4:30pm Fran's wor ● 6pm Marijuana An ● 7pm Board of Trus	● 7pm men's group		
12	13	14	15	16	17	18
● 10:30am Sunday S		● 7pm Finance Com	● 4:30pm Fran's wor ● 6pm Marijuana An			
19	20	21	22	23	24	25
● 9:30am Grief Circ ● 10:30am Sunday S			● 4:30pm Fran's wor ● 6pm Marijuana An ● 6:30pm Soul Matt ● 7pm CoSM Meetin	● 12pm Guys Lunch ● 6:30pm Grief Circ		
26	27	28	29	30	31	Jan 1
● 10:30am Sunday S			● 4:30pm Fran's wor ● 6pm Marijuana An	● 7pm REI		● 10:15am Women's

### WE ARE:

ALL CONNECTED  
STRONGER TOGETHER  
LOVE'S HANDS IN THE WORLD  
CALLED TO CREATE JUSTICE  
RESPONSIBLE FOR ONE  
ANOTHER AND THE EARTH

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# Uni-Sun

## Board, Committees and Staff

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

Chair & Board Member	Carla Ries	952-500-8526 carlavries.uu@gmail.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	Kelley Hughes Richard Duffin	treasurer@mnvalleyuu.org

### BOARD WORKGROUPS

Haniff 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	612-216-4203 minister@mnvalleyuu.org
Aesthetics	Karen Olson	952-888-6527 luvzcatz@comcast.net
Archives	Kathy Eager	952-888.8427 Kathy@darrelleager.com
Congregational Care	Emily Kampa	emily.m.kampa@gmail.com
Committee on Shared Ministry	Jeanne Simpson	612-239-1240 jems.ellen@gmail.com
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Finance	Steve Danko	952-884-9099 sdankojr@gmail.com
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Religious Education	Maria Bavier	612-216-4224 maria@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

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### Accompanist

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### Custodian & Operations

Mark Clary, cust@mnvalleyuu.org

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The deadline for UNI-SUN is the 20th of each month. Submit articles to office@mnvalleyuu.org