

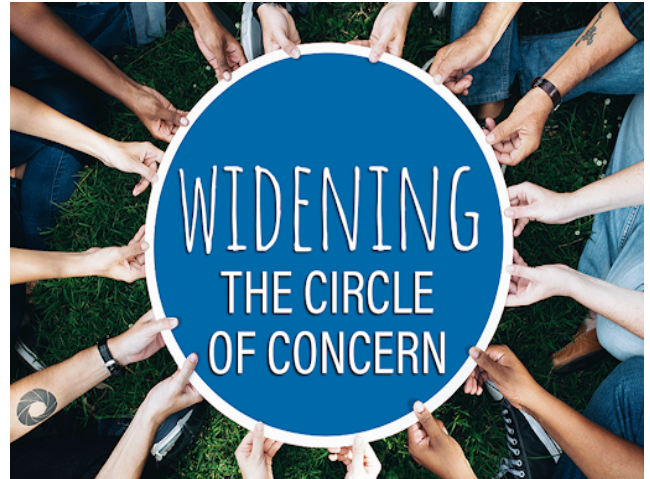


**SCHEDULE:** See Sunday Service themes Sign up for a MVUUF Pen Pal on Page 6 for February on page 3

**February 2022**  
**Volume 57 Number 6**

## February: Widening the Circle of Concern

*"Then I was standing on the highest mountain of them all, and round about beneath me was the whole hoop of the world. And while I stood there I saw more than I can tell and I understood more than I saw; for I was seeing in a sacred manner the shapes of all things in the spirit, and the shape of all shapes as they must live together like one being. And I saw that the sacred hoop of my people was one of many hoops that made one circle, wide as daylight and as starlight, and in the center grew one mighty flowering tree to shelter all the children of one mother and one father. And I saw that it was holy." - Black Elk*



There are many circles that we belong to; family, friends, MVUUF, workplace and the small and ever-widening circles that we live in: neighborhood, city, state, nation, world, universe. And then there are those circles born out of our identity: age, class, race, gender, ability, etc. Within these circles we find belonging and support. We find community.

We use the language of "circles" to hold the ideas of these places that in turn hold us. Black Elk's wisdom again reminds us of this;

*Everything the Power of the World does is done in a circle. The sky is round, and I have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power whirls. Birds make their nest in circles, for theirs is the same religion as ours. The sun comes forth and goes down again in a circle. The moon does the same and both are round. Even the seasons form a great circle in their changing, and always come back again to where they were.*

The work we do as individuals, as a congregation and as a larger denomination can be seen as circles too. As much as our circles hold what is within, they also create a border to keep other things out. Sometimes our boundaries are good and needed. But, in the case of our congregation and denomination, the circles we operate out of can limit our mission and vision. Our circles can limit the scope of love and care we are able to put out into the world.

This month, we'll examine the circles that hold us and imagine ways that we both widen their scope and widen our own view to include the larger circles that we all belong to in the work we do together.

See you Sunday,  
Rev. Laura

MVUUF's work includes a study/action group that has been meeting to engage the work of the UUA's 2020 Commission on Institutional Change report "Widening the Circle of Concern"



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

**MVUUF Building is currently closed** due to the current Covid surge. All MVUUF groups, gatherings, and services should be held online-only until further notice. This includes member's use of the building for outside groups. Lay leaders and staff that need to use the building for work, must be masked in common areas and should not come to the building at all if they have had a recent exposure or are feeling ill.

## Calling all Yarn Workers!



We need comfort shawls  
to bring to folks who are sick,  
recovering or grieving.

It's a great way to let folks  
know they are cared for.



# Sunday Services

## Feb. 6th: Widening the Circle of Concern



In 2020, the UUA Commission on Institutional Change issued the report, Widening the Circle of Concern. The committee that worked on the report for several years was charged with conducting an audit of the power structures and analyzing systemic racism and white supremacy culture within the Unitarian Universalist Association. We'll look at some of the key aspects of the report and the work that we are doing and can do at MVUUF to put good practices into place. Rev. Laura Thompson and Carla V. Ries with music from Nicole Collins and Lark Lewis.

## Feb 13th: Widening the Circle of Accessibility



How does being a welcoming congregation with a mission to build a better world through love and service intersect with addressing issues of ableism and accessibility within our congregation and the larger communities we belong to? Rev. Laura Thompson and Linda Hayden with music from Fran Bohlke and Lark Lewis

## Feb 20th: Camp UniStar Sunday



What can a camp on a gorgeous Northern MN island in the middle of a lake offer you? Beauty, rest, renewal, companionship, learning, fun, new experiences, new friends and more! Come to learn about and celebrate the experiences that Camp UniStar has to offer UUs of all ages. Maria Bavier and Gabe Vigliaturo, both UniStar campers, lead this service.



## Feb 27th: New Beginnings: A Point of Departure

There is no doubt that we are immersed in a great time of change. As we begin our Stewardship Campaign for the next church year, we pause to take a look at where we are at right now and imagine where we might go from here. Rev. Laura Thompson and members of MVUUF

# Uni-Sun

## Letter from the Board Chair

Greetings!

Among the many wonderful Religious Education programs we offer our children at MVUUF, the Our Whole Lives (OWL) curriculum is one of the most popular with both students and their parents/guardians/loved ones. OWL is a comprehensive, fact-based program created by the Unitarian Universalist Association (UUA) - in conjunction with United Church of Christ (UCC) - which, "provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity and expression, sexual orientation, sexual health, and cultural influences on sexuality." (<https://www.uua.org/re/owl>) It is a life affirming, life changing, life saving curriculum. For both students and facilitators.

We offer the 7th-9th grade course every three years, and the next set of workshops is slated to begin Fall of 2022. While we do have a handful of passionate, trained facilitators, most of us will have children in that age-group for this coming year, and it is recommended we do not teach them ourselves.

So, we are looking for volunteers! Folks who are interested in frank, open conversations about relationships and sexuality. Fellowship members who are looking for a new way to become involved and eager for a transformative experience. Former facilitators are always welcome!

Having been trained in elementary, middle, and high school curricula, and having taught the 7th-9th grade course, I can tell you that this is one of the most profound experiences of my life.

If you want to learn more about OWL or if you are interested in becoming a facilitator, please, contact me at [carlavries.uu@gmail.com](mailto:carlavries.uu@gmail.com). I am planning an informational meeting for early March. I am also available for one-on-one conversations.

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

### Talking about Race February 6th, 2021. 1:00-2:00 PM

Does the topic of race ever make you feel nervous, anxious, confused, uncomfortable, or defensive? When you encounter a racialized situation, are you ever uncertain about what to say and how to say it? If so, you're not alone. To create a society based on racial equity, we need to know how to talk about race openly and honestly. Each first Sunday of the month MVUUF will be hosting a one-hour meeting, "Talking About Race", It's open to all Members and friends. No homework, reading, preparation, or time commitment required. Just show up when you can with your thoughts, questions, concerns -- and a willing mind and open heart.



Meeting link -- <https://us02web.zoom.us/j/6128408905>. Questions: contact Tom [tomehlinger@gmail.com](mailto:tomehlinger@gmail.com)

# Communications & Administration

Dear Friends. Oh, February is an enigma of hope and guile! Yes, we get more precious minutes of daylight and who doesn't want that about now? But this month always gets my hopes up that winter is almost over. Hah! Then February slams us with bitter cold or sidewalks covered in a coat of black ice. It feels strangely similar to when Omicron hit. We thought we edging out of COVID but then along came Omicron.

Can we remain hopeful? Of course, we can. We are Minnesotans.

This [Clarissa Pinkola Estes essay](#) came across my path again recently. It's an oldie but a goodie. For me it speaks to the challenges we find swarming around us constantly: COVID, political divisions, poverty, social justice issues and, of course, our own personal concerns of burnout, sickness, financial stress and family worries. It's fatiguing. But Estes' words inspire me.

*She says, "Especially do not lose hope. Most particularly because, the fact is – we were made for these times. Yes. For years, we have been learning, practicing, been in training for and just waiting to meet on this exact plain of engagement...Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach."*

I like thinking about my challenges as a practice or a source of training. The idea that there is more to struggle than the struggle itself validates the time spent in it. Maybe there is something else to be learned, some strength gained. I am often reminded how my time spent with cancer, terrible as it was, gave me tools— tools that I use again and again when I face adversities and strife.

Estes' thought of meeting *on this exact plain of engagement* made me think of the community here at MVUUF. If we meet on that exact plain of engagement, what might we do? I think we will continue to build community and use our resources for good. We will mend the part of the world within our reach. And we can remind each other that whether it feels like it or not, spring is out there. Tiny seedlings are lying in wait beneath the ice, ready to emerge.

Warmly, Jeannie

## SOUL MATTERS MONTHLY THEME: Widening the Circle

This month, we explore together the theme of widening the circle. 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: [Widening the Circle](#)

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

One of the Soul Matters questions this month is:

**What movie has widened your life or your view of the world?** Onbeing has a podcast in which famous people share movies that widened their sense of self. Check it out [here](#).



# Uni-Sun

## Children, Youth and Family Ministry

### Pen Pals Sign-Up NOW Open!

It's a fun way for adults and children/youth to get to know each other! This is an MVUUF tradition that dates back to 2000. All are welcome to sign up by email [Maria@mnvalleyuu.org](mailto:Maria@mnvalleyuu.org) include: "(Name) would like to sign up for Multi-Generational Pen Pals!"

**Adults:** Choose a pen-pal name and you will be paired with one MVUUF child/youth. Write letters asking questions and sharing wisdom. **Children and Youth:** Reply to the letters you receive with drawings and/or words. Have Fun! Parents need to help with US Mail. You can choose a pen-pal name, too. **Everyone:** will meet each other after about a month of letter writing. More info coming soon!



### Games Galore! February 13, 1pm

While we may be at home instead of in-person at MVUUF, we can still meet over Zoom to build community and have fun! Join Gabe and Maria as they host a fun-filled hour for all-ages! We have a multitude of games planned including the popular 20 questions, scriblio, charades and more. Check your Friday email for the link.

### Unistar Service, Feb 20th 10:30am

Come join Maria and Gabe for the Unistar service! Gabe will be playing marimba for the music, as well as presenting about Camp Unistar based on his many summers as a youth and staff member! He will be returning as a Unistar staff member this summer, and is excited to be a friendly face to everyone and share the relaxing island getaway located on Cass Lake!



# Uni-Sun

## Children, Youth and Family Ministry

Camp Unistar is founded on the ideas of cherishing the island, belonging at camp, and inspiring action in the world. Unistar is located on the ONLY freshwater island with a lake on the island, lake-ception! One of the most popular activities is hiking various island trails, which have many biomes: from swamp to prairie to pine forest, the island has so much to offer! Water activities are various, including a designated swimming area (free of weeds!), sailboats, kayaks, canoes, paddle boards, and windsurfing boards for your enjoyment.

Even better, three delicious meals are served a day, cooked fresh with locally produced vegetables and fruits based on the season! We accommodate allergies, gluten free, dairy free, vegan, and vegetarian so you don't have to worry about cooking and can just enjoy the island! Gabe will be aiding in making the menu this summer, so if you are to come up and have a special dessert or meal, let him know!

Finally, there is both a children (4-11) and youth (12-18) program! There is also an adult program during the children's program, so adults can enjoy a free morning and attend the program! Some common program topics are sailing, breadmaking, yoga, and even making art. Maria's favorite program topics are social justice oriented. Children's activities include a nature hike, tie-dye (for adults too!), playing volleyball, and making pretzels!

When you are planning your summer vacation, consider Camp Unistar!

Note: MVUUF has a Camp Unistar Scholarship Fund! Please let Gabe or Maria know if you would like to apply.

### Games Galore! Feb 27, 1pm

See Friday email for link. All-Ages Welcome!

### Community Meals March 6th, 3:30-6:00 pm

We have an exciting announcement that our youth can attend Community Meals on March 6th! We will announce the location mid-February as restrictions change, but it is typically held at Plymouth Congregational Church in Minneapolis.



This is a great opportunity for our youth to serve by packing paper bags full of canned goods, veggies, and fruits and two hot meals! Those who need it come to the church, and we will have the opportunity to serve the people we are impacting first hand, as we are comfortable! Better yet, most of the food is from grocery stores like Cub, Trader Joe's, and even Lunds and Byerly's (goods they were not able to sell), so bags often include baked goods and some great breads!

# Uni-Sun

## MUSIC AT MVUUF!

February's Soul Matters' theme, Widening the Circles, has given us plenty of opportunities to contemplate these ideas of how we're widening our circles, through music. This month you'll hear a beautiful choral piece sung with the following poem written by Wendell Berry and music arranged by David L. Brunner.

Within the circles of our lives  
we dance the circles of the years,  
the circles of the seasons  
within the circles of the years,  
the cycles of the moon  
within the circles of the seasons,  
the circles of our reasons  
within the cycles of the moon.

Again, again we come and go,  
changed, changing. Hands  
join, unjoin in love and fear,  
grief and joy. The circles turn,  
each giving into each, into all.

Only music keeps us here,  
each by all the others held.  
In the hold of hands and eyes  
we turn in pairs, that joining  
joining each to all again.

And then we turn aside, alone,  
out of the sunlight gone  
into the darker circles of return

One of the ways our music program contemplates on how we are widening our circles is asking ourselves how we are supporting racial equity through music? We are fortunate to be able to sing many genres of music stretching through various cultures, including spirituals. It's important that we know the history and context of where the music came from.

Our music program is committed to learning the stories of the songs we sing. The music committee and staff are currently discussing the stories of spirituals-songs written by enslaved people who relied on them for solace and hope. Through time, these songs have evolved and been interpreted through different lenses and some made into cheery, watered down versions while the original creators of this art form have been lost.

How can we rectify this and preserve this music and its history? We can start by sharing the context of the songs we sing. From there, where should we go? That's what we're discussing and hope to share with you and

--cont'd next page





# Uni-Sun

## MUSIC AT MVUUF!

if you have thoughts and opinions about how to move forward, please don't hesitate to share with the music committee. Here's an article that has gotten our attention: [This church is paying 'royalties' when it sings spirituals composed by enslaved Africans](#)

As we have transitioned back into remote services and distance, we're also back to creating music for online platforms. As the music director, it's been disappointing to let go of visions and new music held for the year. Music that was planned and choral music to be sung together have been put on pause, once again. While this has been difficult it has also given me the opportunity to learn and record these songs on my own and in a way, learn the songs as if I were a member of the choir. I've gained insight to this music in a deeper way, singing all the parts of soprano, alto, tenor, and bass and how they all work together. I have a new appreciation for our choir and their reliability and commitment singing for the Fellowship and I've gained sight reading skills, recording and mixing technology, and lots of patience. I hope you like them as much as I have enjoyed making them! Don't worry choir, I saved the tracks for practice! Singing them live for our Fellowship will mark a wonderful return to making music and sharing our joy of singing with others.

A final thought: As I sit and reflect during these mid Winter days, memories arise in my mind of earlier days of singing and when it planted its seed of love into my soul. When I was a teenager, I was privileged to sing in a great community choir that still exists today-Angelica Cantati Youth Choirs. Through this organization, I was able to travel to other countries, stay with host families, sing in cathedrals, and collaborate with choirs from around the world. One particular collaboration was with an African choir. They taught us the song, "Siyahamba." I'll never forget how it felt to dance and sing with them-connected, invigorated, and happy. I've carried these memories with me all my life and have been waiting for the time to teach this song to our youth, the way they taught us, through call and response which is "derived from the historical African roots that served as the foundation for African American cultural traditions."-Wikipedia



# Uni-Sun

## Groups and Committees

### Social Action

For the past few years, participation and energy on the Social Action Committee has dwindled. For this reason, the committee has decided to break from its current formation and remain idle until that time it is fueled with new energy and leadership.

This does not mean, however, that our commitment to social justice and action are ceasing to exist as an important tenet of this community. This work shows up in other committees like the music committee which recently led a VEAP drive and caroling event and which explore the intersections of multiculturalism, racism and privilege as they are related to music. Social Action shows up in our Board meetings and in the Racial Justice Committee. It shows up in congregational projects like "Raise the Roof" and Families Moving Forward.

Social Justice is present in Men's group speakers and Evening Book Club reads. And check out Women's Group hosting a speaker on Afghan refugees and ways to support them at this month's meeting. Social action and a commitment to social justice are present in Sunday services and in our Children, Youth & Family ministries.



There are few areas of our congregation that do not intersect at some point with the work of social justice through learning, reflection and action. So, while this committee takes a hiatus, we invite you to take some time to think about the work that you do and can do in the congregation that address our commitment of building a better world through love and service by lifting up the causes of social justice. May we continue to engage this work together and broadly.

### Service Auction

The MVUUF Service Auction is Coming! And we need your help. The auction is scheduled for Sunday, March 20th. We hope to hold it at MVUUF before and after the Sunday service, the exact format to be determined by COVID. We have asked over 100 theaters, restaurants and entertainment venues for donations.

Now we need your donations. How would you like to help? The donations at the auction are divided into several categories: Dining, Food, Entertainment, Services, Goods and Art and Crafts.

- Dining: Dining can be a dinner at your home or at a restaurant or a gift card to your favorite place
- Food: cookies, pies, jams, etc.
- Entertainment: teach a class in breadmaking, have a card or game party.
- Services: offer to do odd jobs, do light cleaning, pull weeds, mend clothes.
- Goods/Arts and Crafts: Items and art that would appeal to auction-goers

Below you will see a link to the MVUUF auction form. THE FIRST 3 PEOPLE WHO DONATE WILL GET A PRIZE! Please fill out the form by February 15th so we have time to compile the catalog. [Click here for link.](#)

If you have questions please email us at [mvuufauction@gmail.com](mailto:mvuufauction@gmail.com) or call Jean at 952-426-8059.

Thank you for your donation!

Jean Danko, Barb Becker, Karen Olson, Leslie Swenson

# Uni-Sun

## Groups and Committees

### Racial Justice

**“To Be a Water Protector”** by Winona La Duke

Submitted by Nan Corliss

Racial justice takes many forms. BIPOC people make up many races, ethnicities and colors as well as religions.

Winona LaDuke’s book centering on the indigenous peoples fight for justice of their land and water brings to light the long history of their struggle to live on the land they were confined to and protecting it from the harm of the corporations. Enbridge Line 3 oil pipeline is now completed and the dirtiest tar sands oil is flowing through this line, threatening the land the Anishinaabe use for wild rice harvest, water and fishing. It is not a question of “if” the line will rupture, but “when”. The racial justice protests to stop line 3 and other corporate projects that would compromise the land and water of the indigenous tribes is a story most of us do not know about. It is clearly a racial justice issue and one that is happening in our own state, now.



This book is not only factual and well researched, but well written and leaves one with the feeling that there is much work to be done. Clearly the issues presented are strongly connected to racial justice. What happened to so many who were resisting Line 3 from being completed is an ongoing story. Many protestors have been charged with crimes and many paid the dear price of injury. Police came from many cities in Minnesota, paid for by Enbridge and used strong arm tactics against peaceful demonstrators, causing many serious injuries. The peaceful protestors were charged with crimes, yet the people who caused injury were not held responsible for the harm they caused. The indigenous people are facing expensive trials and possible prison time for peacefully protecting their land and water. Our Unitarian churches were a part of the effort to stop Line 3 from completion. MUUSJA (Minnesota Unitarian Universalist Social Justice Alliance) played a part in the peaceful protests.

Below you will find links to 3 articles in the past week that report on Line 3. Copy and paste in your browser to open.

[www.startribune.com/enbridge-funded-state-account-has-paid-over-4-5m-for-line-3-policing-costs/600135174/](http://www.startribune.com/enbridge-funded-state-account-has-paid-over-4-5m-for-line-3-policing-costs/600135174/)

<https://www.commondreams.org/news/2022/01/06/prosecutor-sought-funding-oil-giant-enbridge-jail-line-3-water-protectors-report>

[Theintercept.com/2022/01/08/pipeline-protesters-prosecutions-felony](http://Theintercept.com/2022/01/08/pipeline-protesters-prosecutions-felony)

# Uni-Sun

## Groups and Committees

### Stewardship

#### NEW BEGINNINGS

During the past two years MVUUF has been turned topsy-turvy, flipped upside down, and been swirled and twirled by tornado-like Covid virus leaving the resulting mess.

And that's just church!

We also changed the way we work, shop, recreate, socialize, communicate, travel, share space and breath air.

Remember shaking hands every Sunday morning?

We can't go back to the way MVUUF was two years ago.

So, let's embrace a NEW BEGINNING. Look at our logo, which represents hope, optimism, looking forward, energy, colorful, energetic. All the qualities needed to build a religious home for the future.



We are beginning again!

Picture yourself as a Founding Member, charting our future. Choosing to operate from an attitude of generosity\* instead of scarcity. Your gut says to you, "this makes me feel good."

We plan on holding our first New Beginning event, called the **Stewardship Kickoff, on Sunday, February, 27**. Mark your calendar!

\*Generosity comes from a place of abundance and inspiration, not fear. What about MVUUF inspires you?

Do you wonder what inspires someone to give to MVUUF? Please click on the links below to hear Myra and Tom explain why financially supporting MVUUF is important to them.

[Tom](#): *"I am picking this place as my village"*

[Myra](#): *"I give to support the community I have found here."*

#### Did you know?



It is predicted that the coronavirus is here to stay? With our financial support, MVUUF is here to stay, too.



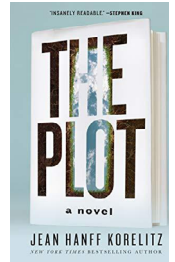
# Uni-Sun

## Groups and Committees

### Evening Book Club

Feeling trapped at home by Covid, once again? Maybe the cold weather is getting you down? It's a great time to escape with a book. Reading lets everyone not only travel around the world without leaving home, but also time travel. The Evening Book Group has some suggestions for you. Read all the books or just the current one and join us for a lively discussion. Alternating fiction and nonfiction, our upcoming choices are:

- 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. We continue to meet 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).

### Religion Ethics and Ideas Feb 24 7pm

Religion, Ethics and Ideas will meet Thursday February 24 at 7PM on ZOOM. Our question will be *Should there be a "racial equity impact statement" for all public policies*. The question is prompted by a proposal of Ibram X. Kendi, author of the bestseller *How to be An Antiracist*; that there be a constitutional amendment to establish a "Department of Anti Racism". The amendment "would establish and permanently fund the Department of Anti-racism (DOA) comprised of formally trained experts on racism and no political appointees. The DOA would be responsible for preclearing all local, state and federal public policies to ensure they won't yield racial inequity, monitor those policies, investigate private racist policies when racial inequity surfaces, and monitor public officials for expressions of racist ideas. The DOA would be empowered with disciplinary tools to wield over and against policymakers and public officials who do not voluntarily change their racist policy and ideas."



<https://www.politico.com/interactives/2019/how-to-fix-politics-in-america/inequality/pass-an-anti-racist-constitutional-amendment/>

Join Zoom <https://us02web.zoom.us/j/81717648084?pwd=eWF1RGpPRUpGMkhJUTlwTW5rRzJ2Zz09>  
Meeting ID: 817 1764 8084

# Uni-Sun

## Groups and Committees

### Women's Group Saturday, Feb 5th 10:30

February's program on the 5th is one that is guaranteed to interest our members and guests of all genders. We will hear from **Annie Nolte-Henning, a representative of Alight**, the non-profit formerly known as American Refugee Committee. Alight is one of the major non-profits helping to direct the resettlement of 250 Afghan refugee families, about 750 people, in Minnesota. Many of us have been concerned about how to help this effort for the families of those who aided American troops in Afghanistan for 20 years. We know that their recent evacuation from their home country was hasty and often poorly handled and that many of these families have arrived with very few possessions. Annie will tell us how Alight is helping, what other services they provide, and how we can help, both as individuals and as a group. FYI: Alight has been given top rating by both Charity Navigator and Charity Watch.



As always, we encourage visitors to attend our meeting. Women's Group programs provide a good way to begin to know folks at MVUUF better. We invite everyone to sign on to Zoom around 10:15 so that we can chat with each other for a few minutes before the one-hour program begins. Here is the link to the Feb. 5 meeting: <https://zoom.us/meeting/88523599562>. If you're asked for a passcode, it's 377621. See you then.

If you want to get involved right now with donations please visit [Alight's website](#). They are hosting a donation drive with the St. Paul Saints and St. Paul Farmer's Market on February 5 as well.

### Men's Group Thursday, Feb 10th 7pm

Men's Group will meet on February 10 at 7:00 PM by ZOOM. Our topic will be **Health Care Economics in Minnesota**. Our presenters will be Michelle Wilson and Alisha Simon who work in the Health Economics Program of the Minnesota Department of Health. They will talk about topics such as Health Care Spending and Health insurance Coverage in Minnesota. All are invited to attend regardless of gender.

Questions contact John: [John17780@charter.net](mailto:John17780@charter.net)

Join Zoom <https://us02web.zoom.us/j/88976629026?pwd=YzMvOWJSZnY3MFVWUVpjV0x2SzFjZz09>

Meeting ID: 889 7662 9026

Passcode: 070854

# Uni-Sun

## Groups and Committees

### Fitness with Fran

#### Fitness class at MVUUF

Functional Fitness classes will be held on Zoom **on both Mondays and Wednesdays from 4:00-5:00 p.m.** Use the regular Zoom link that is on the website. 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.

Suggested cost is \$4 per class with donations going to MVUUF. Questions? Email Fran [bryawnte@msn.com](mailto:bryawnte@msn.com)

**NO FITNESS CLASS on Feb. 16, 21, or 23**

### Men's Lunch

For some time now, a group of mostly retired MVUUF guys has been meeting informally for lunch at noon on the 4th Thursday of the month. Since we are still dealing with Covid, we have switched back to a zoom "lunch". If you would like to be added to the list of guys that get monthly reminders and the needed zoom information email DonPark at [donfpark@comcast.net](mailto:donfpark@comcast.net). He can easily add you to the list.

we belong to the grand communion...  
we are the dust, the dust that hopes...  
the dust that dances in the light  
with all other dust...  
that makes the world.

Rosemerry Wahtola Trommer



# 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 Uni-Sun for all the MVUUF events

Minnesota Valley Unitarian Universalist Fellowship							Feb 2022 (Central Time - Chicago)	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
30 10:30am - Sunday Service @ 2:30pm - Sledding Date	31 4:30pm - Fran's workout class-	1 11am - Social Action Committee	2 4pm - Fran's workout class-on 6pm - MA - Marijuana	3	4	5 10:15am - Women's Group @		
6 10:30am - Sunday Service @ 1pm - "Let's Talk Race" Zoom 4:30pm - Covid-19 Work Group	7 4:30pm - Fran's workout class-	8 7pm - Finance Committee 7pm - finance @ <a href="https://us02web">https://us02web</a> .	9 4pm - Fran's workout class-on 6pm - MA - Marijuana 7pm - Board of Trustees Meeting	10 7pm - men's group	11 10am - Sabbatical Meeting @	12		
13 10:30am - Sunday Service @	14 4:30pm - Fran's workout class-	15 6pm - Membership Meeting @	16 6pm - MA - Marijuana 7pm - CoSM Meeting @ <a href="https://">https://</a>	17 5:30pm - Congregational Care 7pm - Evening Book Club	18 3pm - Commitment Ceremony -	19		
20 10:30am - Sunday Service @	21	22 7pm - Widening Circle of	23 6pm - MA - Marijuana 6:30pm - Soul Matters Small	24 12pm - Guys Lunch 7pm - REI	25	26		
27 10:30am - Sunday Service @	28 4:30pm - Fran's workout class-	1	2 4pm - Fran's workout class-on 6pm - MA - Marijuana	3	4	5 10:15am - Women's Group @		

## WE ARE:

ALL CONNECTED

STRONGER TOGETHER

LOVE'S HANDS IN THE WORLD

CALLED TO CREATE JUSTICE

RESPONSIBLE FOR ONE  
ANOTHER AND THE EARTH





# 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
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 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

### MVUUF

952-884-8956

10715 Zenith Ave South  
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### Lead Minister

**Rev. Laura Thompson**

minister@mnvalleyuu.org

612-216-4203

### Administration & Communications Manager

Jeannie Piekos, office@mnvalleyuu.org

612-216-4113

### Director of Children, Youth & Family Ministries

Maria Bavier, CYF@mnvalleyuu.org

612-216-4224

### Music Director

Nicole Collins, music@mnvalleyuu.org

### Accompanist

Lark Lewis, piano@mnvalleyuu.org

### Custodian & Operations

Mark Clary, cust@mnvalleyuu.org

### Board Contact

board@mnvalleyuu.org

### Internet

Home Page: www.mnvalleyuu.org

Facebook: www.facebook.com/mnvalleyuu

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