



SCHEDULE: See Sunday Service
themes for April on page 3

April 2022
Volume 57 Number 8

April: Awakening

You live like this, sheltered, in a delicate world, and you believe you are living. Then you read a book (Lady Chatterley, for instance), or you take a trip, or you talk with [someone], and you discover that you are not living, that you are hibernating... Monotony, boredom, death... And then some shock treatment takes place, a person, a book, a song, and it awakens them and saves them from death.

Anais Nin

We all know what it was like. The world was alive once. When we were little. The trees whispered words. Animals spoke to us with their eyes. Playgrounds could become castles. The stars somehow told us we were special. Life could speak. That magic wasn't imprisoned in childhood. We've all had adult moments when we've "come alive." Wonderfully lost in our work, our creativity, or a kiss. Time both stopped and was set on fire.

It happened as well in moments of alignment. When our inner life and outer life fell into step. We were finally "us." Everything was clear, and enough. There it was in the flower too. Actually in so many simple things: freshly baked bread, blackberries, a deer standing still staring at us without blinking, our children laughing. For those fleeting moments, we lacked nothing. We felt gifted beyond comprehension. We knew what "rich" really means.

And it's not that these moments of awakening don't still happen. There's just something about how we've got things organized that places a fog between them and us. As Anais Nin says, we believe we are living, but really aren't. It's surprising actually - how easily we let dullness sink in, how often we allow life to be muted.

But there are always those memories. That whispering tree. That magic kiss. That moment of being true to ourselves. That priceless taste of blackberry juice on our tongue. They can be brought back. Yes, we forget what it feels like to be fully awake and for life to be fully alive. But forgetting means we can remember. It means we can help each other remember. And remembering opens a door for us to find our way back.

So maybe the message this month isn't simply, "Awaken!" but also, "Remind!" We need to tell our stories so others remember theirs. We need to take each other back in time, so we can fully inhabit our present. It's no small thing. On our own, we are so easily convinced being wide awake was a delusion, so easily fooled into thinking that life never really felt that good or seemed so clear. But with help, we wake up. We remember what it is like for life to shimmer. And for us to shimmer too. - Soul Matters Small Group Ministry Team



Welcome to the month of
Awakening



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

As the CDC is listing our current risk level as low the Covid-19 workgroup and the Board of Trustees issue the following updates to our Covid-19 safety protocols:

1. Food can be served at the fellowship, provided adequate spacing between tables is insured. Masks should still be worn during services and programs. Proposed Food Revisions:
 - Social hour on Sunday: Food and coffee will be available in the social hall after the service. No food or beverage is allowed upstairs. Masks should be worn when you are not sitting at a table eating. Tables will be set for 4 people
 - Gatherings: Food may be served at in-person gatherings. No more than 4 people at a table, adequate spacing between tables. Masks worn when not eating.
2. **Small Gathering of less than 15 people may opt to meet unmasked provided:**
 - Everyone present is vaccinated and booster AND
 - Everyone present consents to being in an unmasked group
3. **Group singing remains restricted as is still considered a high risk activity** for spreading the virus. We will continue to rely on soloists, small ensembles, recorded, and instrumental music for the bulk of our music program on Sundays to reduce the risk for large group gatherings. The choir has begun an option gathering for a capella practice on Wednesdays; they are able to spread themselves further apart in the sanctuary with no members gathered.
4. **Mask, safety and distance guidelines remain in place for large group gatherings;**
 - Everyone must be masked unless they are speaking from the pulpit/stage area
 - All people involved in the production of Sunday programming must be vaccinated/boosted, this includes; service leaders, in-house or guest speakers, all staff, all children's programming volunteers, ushers and greeters
 - Singers must be masked
 - In-person attendees are highly recommended to be vaccinated and boosted, as eligible
 - No one should attend in-person serves or gatherings if they have any cold or flu-like symptoms
 - Anyone testing positive for Covid-19 should notify the Fellowship if they have been in the building recently

SERVICES WILL ALSO STILL BE ONLINE

We will continue to live-stream and archive the service every week on our YouTube channel. We may also continue to host a Zoom service every week, but we'll need in-person volunteers to make that happen.

WHAT YOU CAN DO TO HELP

Sign-up to be an in-person greeter or usher (vaccination required). You can also 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. You can sign-up for both of those options [here](#).

We continue to be grateful for the support that this community has given during this unprecedentedly challenging time. We are grateful to staff, lay leaders, volunteers, the Tech and Operations committee and so many more who have done their best to keep the warmth of community and fire of commitment burning until we could be together again. We hope to see you soon, if in-person gatherings are a good fit for you.

MVUUF Covid-19 Team, MVUUF Board of Trustees

board@mnvalleyuu.org minister@mnvalleyuu.org

Sunday Services

April 3rd: Wake Now My Senses



Author Alan Watts writes, “Enlightenment or awakening is not the creation of a new state of affairs but the recognition of what already is.” What practices can help us to recognize what already is? How do these practices help us in our daily lives and in our greatest times of challenge? This service will include a time for sharing what practices you find meaningful.

April 10th: Queer Faith



“Queer” is a gloriously complex word: both noun and verb, self-label and slur, community and political identity. In this service, Alex Kapitan (ze/zer), a queer lifelong UU, will share a personal understanding of what queer Unitarian Universalism can look like, and also what it might mean to queer the practice of our faith. Alex Kapitan (ze/zer) is a lay community minister, educator, editor, consultant, and activist who does interfaith LGBTQ work and supports congregations in becoming places of radical welcome for all. Ze is the co-founder of the Transforming Hearts Collective, the co-leader of the program Trans Inclusion in Congregations, and the founder of Radical Copyeditor, an anti-oppressive language project.

April 17th: Spring Renewal



Ramadan, Buddha’s Birthday, Passover & Easter; it’s a busy month for religious holidays. Though we have yearly traditions: Water/Fire Gathering, Day of Remembrance, etc, Unitarian Universalism has no official religious holidays that are observed as such. The sources of wisdom that we recognize, however, guide us in making meaning of our lives throughout the calendar year. So we look to other religious holidays to gain inspiration in making meaning of our own lives. Join us for a celebration of spring holidays followed by brunch. Sign-up [here](#) to be on the kitchen or clean-up crew.

April 24th: Awakening to Climate Justice



We know that climate change is real and that it is a massive challenge on a global level. We’ll spend time in this service talking about the problem at hand and discerning what we mean when talking about Climate Justice. Together we’ll explore some of the ways we can make changes individually and systemically to lessen our carbon footprint and promote climate justice.

Uni-Sun

Letter from the Board Chair

Greetings!

Over the last few weeks you have heard from our wonderful Stewardship Committee and various members about “Why I give.” It’s always wonderful to hear how MVUUF touches people’s lives.

I’m going to do something a little different right now. I’m going to share with you “Why I serve.”

I have had the honor to serve on the Committee on Shared Ministry (COSM), as a Worship Assistant, and on the Board of Trustees. I have been a presenter at Men’s Group, assisted with Youth RE and taught OWL. I have donated to VEAP drives, volunteered at Feed My Starving Children, and benefited from various study groups including Beloved Conversations and Widening the Circle of Concern. I do all of this for a number of reasons. As a UU, I want to help make the world a better place. (Just because it sounds trite, doesn’t mean it’s not true!) I want to set a good example for my children; we are all in this together. And because these activities fill my soul. Not only do I get to work/study alongside amazing, dedicated folks; I can give back while enjoying incredible conversations, and all while recharging my spiritual batteries. (Maybe even gaining some good Karma points along the way!)

In addition to the amazing work done by our staff, our Fellowship needs YOUR Time, Talents, and Treasure to fulfill its vision and accomplish its mission. Yes, pledges and donations keep us going, but it is our members and friends who are the keepers of the “warmth of community and the fire of commitment”. Without your dedication and your gifts we wouldn’t have Music Sunday or VEAP Drives or Service Auctions or OWL classes.

Through this pandemic, not only have volunteers been integral to keeping Sunday Service going, they have also kept committees and meetings and social events going (virtually). We are still advocating for important causes and helping our communities. We are still tending to our own.

If you have been thinking of becoming more involved at MVUUF or trying something new, look around the Fellowship. Look at the last page of this newsletter for the list of current committees. Think of what causes you are passionate about. Join a committee. Nominate yourself for the Board of Trustees or for COSM. Or if none of these seem like a good fit and you have an idea for something you’d like to try, reach out to the current Board of Trustees (Board@mnvalleyuu.org) or a staff member.

Your Time, Talents, and Treasure make this Fellowship. And we are all the better for it.

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

Uni-Sun

Communications & Administration

*This is the time/For you to compute the impossibility/That there is anything
But Grace./Now is the season to know /That everything you do/Is Sacred. --Hafiz*

When I first began thinking about awakening and what I might share in this month's Uni-Sun I immediately thought of vulnerability. I wasn't sure why the two seemed so linked to me, but I pictured awakening and vulnerability hand in hand or two sides of the same coin. When I read through the Soul Matters packet I was most drawn to the YouTube videos about death: [Reasons to remember death](#), [Life and Death](#), [Momento Mori](#). The essential gist of them is that knowledge of our death allows us to be awake to the gift of life.

Also, I kept thinking about Brene Brown's talks on vulnerability. She says that "*...Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity.*" That sounds like aspects of a life lived fully awake.

Sometimes we don't immediately know why we think the way we think, feel the way we feel, react the way we react. We need to dive deeper, reflect harder, and often we don't have the time or space to do that. That's one reason why I love being in the MVUUF community because the environment here is a fertile enough place to not just allow me this exploration but to encourage it.

The relationship between vulnerability and awakening came into focus for me when I reflected back on my own story. I remember sitting on my couch during the filming of *Buoyancy*—my cancer documentary. I was sick, bald, and crying. I had no idea if I was cut out for the long, uncertain road of my cancer protocol. But in the interview, I said being vulnerable with my family, my community and my own mortality was the key to coming through the pain. It was the only way I knew how to do it.

Looking back, I see that in my own way I was awakening to something different. I was choosing a path of softness, vulnerability, and surrender. I could see in clear focus the gift of my life, and I figured if I got to keep it—if I got to continue to move further along my life's path, I was going to do it with my eyes wide open.

Warmly, Jeannie

SOUL MATTERS MONTHLY THEME: Awakening

This month, we explore together the theme of awakening. 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: [Awakening](#)

To join a Soul Matters Group contact: minister@mnvalleyuu.org

Uni-Sun

Children, Youth and Family Ministry

What really matters? This month we will wake up to the importance of weighing things thoughtfully. It's often easy – especially in our status and Tik-Tok centered culture – to just pay attention to the surface things and not look any deeper. This month's lessons invite kids to practice and explore ways of deep living, a calling found in our fourth principle about searching for meaning.

It can be so easy to rush about our lives and not stop and take the time to “smell the roses.” I like to take a moment at the end of a day and ask my child what they are grateful for. It gives me a moment to think of my own small moments throughout the day that brought me joy. Paying attention to beauty honors our long-held UU belief that this world is not “fallen” but beautiful and a great gift.

Asking questions and learning about one another can grow compassion and connection, the foundation of combating racism.

Another way to explore Awakening, is to wake up to the pain and suffering of others. But a question we may ask ourselves is once we have woken up to that pain and suffering, “WHAT DO WE DO!?” We, in fact, all have the power and ability to help heal the hurt of others, and our faith calls us to wake up to that power.



Lastly, we will explore how our 7th UU principle calls us to “Respect for the interdependent web of all existence of which we are a part.” By working to save Mother Earth, we are also working to save ourselves. Our faith calls us to wake up to the idea that we are people of the earth rather than people over the Earth; we are interconnected and interdependent.



Speaking of being interconnected and interdependent, we have an opportunity this month to gather all ages together in a service project at Feed My Starving Children.

As much as this is an opportunity to serve people who are hungry, it is a time to notice our power to make a difference together! It is a time to tell stories that help us build our MVUUF community! [Sign up here](#). Financial donations are welcome [here](#).

- Maria Bavier and the Soul Matters Team -

Uni-Sun

Children, Youth and Family Ministry

April Children, Youth and Families Calendar

Arab American Heritage Month

[Jazz Appreciation Month](#) ([more here](#))

April 3 - 10:30am Choice Sunday - Activities for Children and Youth downstairs

April 8 - [Day of Silence \(LGBTQ\)](#) - (more [here](#) and [here](#))

April 10 - 10:30am Choice Sunday - Activities for Children and Youth downstairs

1:00pm Online Pen-Pal Reveal - See Friday Email for Zoom Link!

April 17 - 10:30 am All-Ages Worship Service and Brunch at 11:30am

April 24 - 10:30am Choice Sunday - Activities for Children and Youth downstairs

April 22 [Earth Day](#)

April 27 [National Tell a Story Day](#)

April 29 - Friday 11:30am Feed My Starving Children in Eagan Sign up [here](#)



Membership Meeting Zoom Link: <https://us02web.zoom.us/j/81649962305>

Uni-Sun

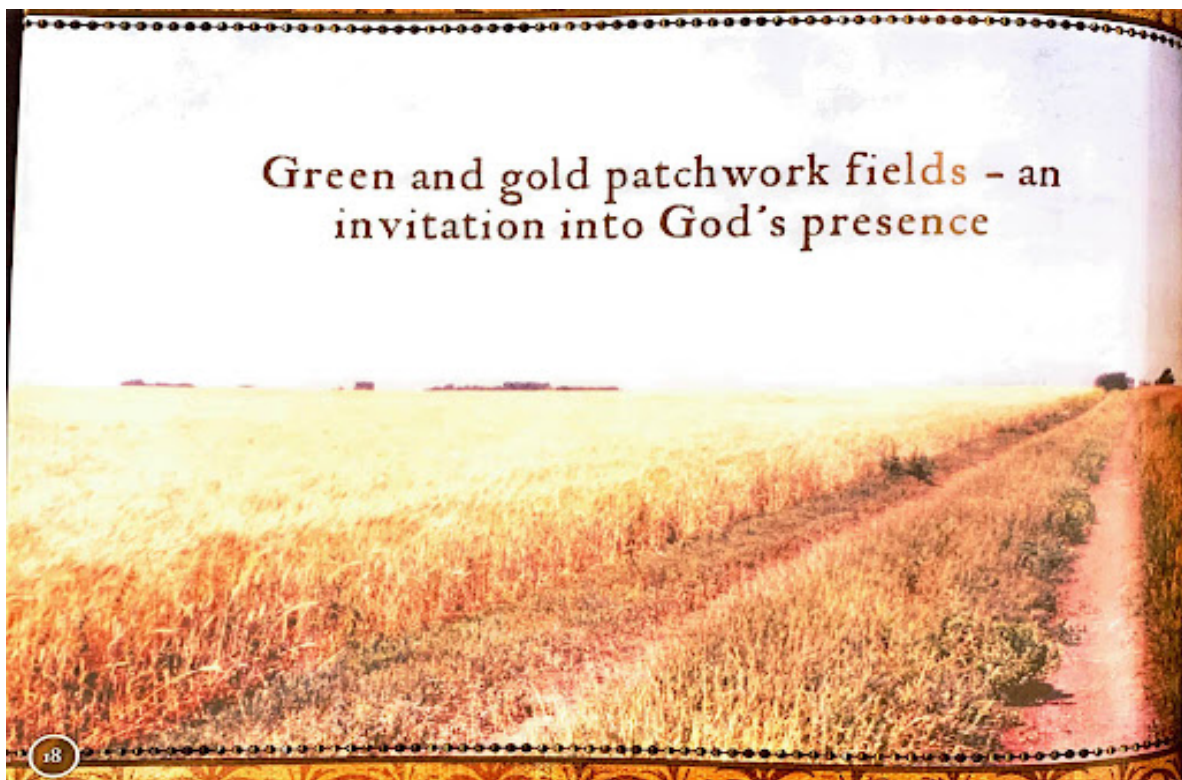
MUSIC AT MVUUF!

This April, I will, again, embark on a journey to my family's farm in Tyndall, South Dakota. This 700 acre piece of land has been in our family for seven generations; it is farmed and requires much upkeep. I am careful to remember that it was once home to the Ochethi Sakowin Tribe of the Native Peoples. As a child, I loved hearing the many stories about this land when we visited for family reunions and summer trips. It occurred to me last fall that I would like to have a deeper relationship with the land and my family who still lives there. So I called them up, asked if I could come - a week later I arrived and felt "home."

For reasons I'm still unsure of, I knew it was important for me to make that trip on my own. A part of me feels that this land holds a piece of me and it wants to be reunited to this place of hard work, terrible storms, community, and good food. This place, with its open prairie lands with skies that go forever, has a deep sense of quiet and peace that pulls me to it.

On that trip, I told my family that I would like to come back in the spring to help with chores and spring clean-up. They eagerly accepted! I've been alerted that I will be picking rocks for the dam, weeding and cleaning branches from the shelterbelt, and repairing plaster. It will be hard work. I will not be prepared. But I hope to give back to the land and to my family that has enriched my life so deeply.

When I went back there last fall, I felt awakened. Below is imagery from the farm and a poem written by my grandpa reflecting on his relationship with the Divine and this land. It is so fitting for this month's theme of "Awakening." This April will mark the ten year anniversary of my Grandfather's death. I miss him every day.
~Nicole



Uni-Sun

Music at MVUUF

I know that God is continually inviting me into His presence, in many ways, through many doors, on many roads.

It was a day I was walking and a gentle breeze touched my face and ruffled my hair and I stopped and knew this moment was sacred – I knew that it was God.

On a still Autumn evening when darkness had fallen, a dog barked in the distance – I knew that it was God.

The day I was in need and a friend came and I shared myself and our hearts touched – I knew that it was God.

Driving down the street one day and the cars stopped and I saw mother duck and her ducklings walking across the road, the cars waited and I had this warm feeling in my heart – I knew that it was God.

I was awakened by the early morning light and I smelled the fragrance of lilacs and heard the sound of wordless songs by the birds – I knew that it was God.

Watching the procession of people moving slowly and silently, accompanied by the strains of Hymns, receiving Eucharist – I knew that it was God.

Riding my bike on an early morning with the sunlight shattering the haze, the smell of alfalfa, green and golden patchwork fields, my heart pounding – I knew that it was God.

Sitting silent in my prayer, in the darkness and hearing that gentle whisper in my heart – I knew that it was God.

I had some bitterness in my heart and try as I might, it wouldn't go away until I turned to you and asked for forgiveness and my heart was washed with your love and my tears and I was healed – I knew that it was God.

I know how easy it is for my soul to be covered by the soot of the world so I ask that I be open to you in my prayer and that I am mindful of you in my thoughts and actions as I live each moment of this gift of life I've been given.

I lift up my soul to you and ask that my heart be always open to your love and that I share this love with those I encounter and that I treat this earth that I have been given to live upon with respect.

I know that God is continually inviting me into his presence in many ways, through many doors, on many roads.

Amen

Vern Paul ©
December 5, 1991

Music in April

This April's music will highlight a beloved song of the MVUUF Choir, "Earth Song" by Frank Tichell. Read the lyrics and you'll understand why I chose it - they embody the tumultuous time we are living in.

Sing, be, live, see/This dark stormy hour/The wind, it stirs/The scorched Earth cries out in vain

Oh war and power, you blind and blur/The torn heart cries out in pain

But music and singing have been my refuge/And music and singing shall be my light

A light of song, shining strong/Hallelujah, hallelujah

Through darkness and pain and strife/I'll sing, I'll be, live, see/Peace

A Round of Applause!

Thank you to everyone who participated in Music Sunday, bought items from the Auction, all the volunteers who made these efforts happen, and to our beloved community who came together to sing, play, and be of service to each other!

Uni-Sun

Music cont'd

Racial Justice in Our Local Music Communities

I want to lift up this vibrant local community of youth singers, Vesota! “VocalEssence Singers Of This Age” (VESOTA) is a dynamic group of 40 young people from Twin Cities high schools who sing, dance, write their own music, rap, and—most importantly—reflect the diversity of our community in its membership. Under the visionary leadership of G. Phillip Shoultz, III, the students sing a wide range of music—from classical to hip-hop and everything in between, perform in world-class venues, awaken their creativity by studying voice, dance, theater, and spoken word, rehearse at Augsburg University to provide exposure to life in college, and belong to an accepting community of peers from all walks of life.

VESOTA is open to all high school students upon successful completion of an interview process. There is no cost to participate. Upon making a year long commitment, singers receive free transportation to and from rehearsals and performances, performance uniforms, dinner and snacks, and complimentary concert tickets. The program focuses its attention on high school students in the Minneapolis, St. Louis Park, and Saint Paul Public School systems.” ~Vocalescence.Org

Music and Covid

Due to many uncertainties regarding Covid, especially around group singing, MVUUF is continuing to go slow and conservative. Young Musicians: Nicole would love to work with any youth that would like to participate in our music program. Please contact her at music@mnvalleyuu.org, 612-296-1622.

Talking About Race

Talking about Race April 3rd, 2022. 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

Uni-Sun

MVUUF News

Spring Brunch

Join us for a Spring Brunch following the service on April 17th.

A hearty menu will include egg bake, sausages, pastries and fruit.

Seating will be in designated areas in the Fellowship Hall and downstairs classrooms.

Sign-up [here](#) to be on the kitchen or clean-up crew:



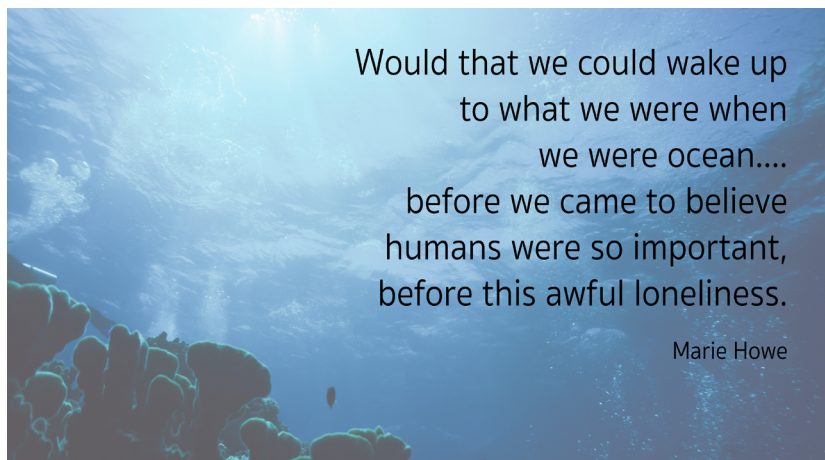
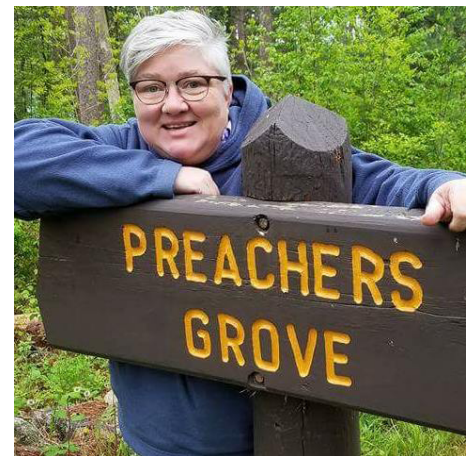
Sabbatical for Rev Laura

Last summer the MVUUF Board of Trustees voted unanimously to grant Rev. Laura Thompson a sabbatical leave of 5 months beginning June 1, 2022 and ending on Oct. 31, 2022. Since then, a Sabbatical Committee has formed to discuss and plan the details of coverage for her duties during her absence.

Laura's sabbatical will be time fully away from all of her duties as MVUUF's minister. The purpose of ministerial sabbaticals is to give the minister time for rest, renewal and study. In the long run, this period of renewal benefits both the minister and the congregation.

You can find details about Laura's sabbatical here:

[Guide to Rev. Laura's Sabbatical](#)



Uni-Sun

Groups and Committees

Service Auction

Thanks to everyone who participated in the MVUUF Service Auction! We appreciate your support. There are some items as yet unsold. Please click this [link](#) to see what is still available.

If you want any of the items please mvuufauction@gmail.com

Starting Point

New to MVUUF? Need a refresher course to boost your journey at MVUUF?

You are invited to join us for three sessions of learning, reflection and sharing as we ponder where we have been and where we'd like to go on our individual faith journey's and our journey together.

Sessions include:

- Our Stories and Spiritual Roadmaps
- The Unitarian Universalist Journey
- Our Journey Together: The Three Paths of Unitarian Universalism & Finding Your Journey Companions

All sessions are in-person from 11:45am-1:30pm on **Sunday, April 10th, 24th & May 1st.**
Lunch provided

On **Sunday, May 15th**, we will celebrate and welcome new members joining the Fellowship during the Sunday Service. Registration is required, so that participant packets can be sent to you.

Contact minister@mnvalleyuu.org.



**Starting Point:
A Pathway for Community
Engagement at MVUUF**

This 3 session course is recommended for all those wanting to join MVUUF and any of those looking to deepen or re-new their existing relationship to MVUUF

**Sundays April 10th, 24th & May 1st,
11:45-1:30pm in-person, lunch provided**

Registration required
contact minister@mnvalleyuu.org

Uni-Sun

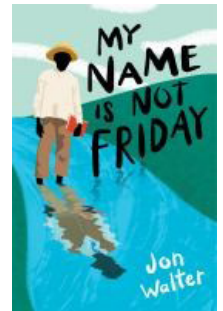
Groups and Committees

Racial Justice

I taught Reading to 7th graders for several years. I was delighted at the number of good books available for youth and surprised how well they liked books that dealt with cruelty and death. Most of the books were great reads for adults as well. Here are a few books recommended by Hennepin County Library. —Fran Bohlke

My Name Is Not Friday by Jon Walter School Library Journal Gr 7-10

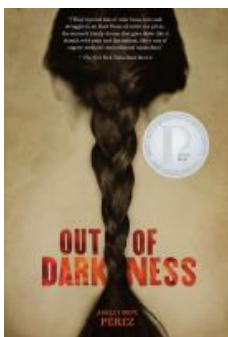
The opening line: “I know that I’m with God,” sets the tone for this Civil War novel. Readers first meet 13-year-old Samuel, slung across a mule with a bag tied over his head. Sold into slavery by the priest who housed and educated orphaned “colored boys,” Samuel was punished for something he didn’t do, foreshadowing the further injustices to come. The first-person narrative fleshes out the character of Friday (his slave name), while the compelling style keeps readers turning pages. Sustained by his faith, Samuel helps the other slaves on his plantation by teaching them to read and is eventually reunited with his younger brother in freedom. Descriptive language adds excitement and uncertainty to Samuel’s journey. He recounts his escape from slavery by floating down a river: “I don’t know where we’re going but neither does the river. When the branch of a tree passes, I take hold, and it carries me along like we’re old friends. I expect it’s dead too. We drift downstream together, each of us in the other’s arms, two bits of deadwood cut from a tree the Lord don’t want, being drawn toward the war like water to a plughole.”



The Mourning Road to Thanksgiving by Larry Mann

“Larry Spotted Crow Mann’s groundbreaking novel, *The Mourning Road to Thanksgiving*, challenges the notion of a holiday deeply ingrained in American tradition and folklore both from a historical standpoint as well as cultural. The story is told through the experiences of a Native American Nipmuc man who fights to change the future while coming to terms with his own troubled past and the acceptance of his family. For Neempau, the ultimate remedy is to challenge an end to one of America’s favorite holidays: Thanksgiving”.

Out of Darkness by Ashley Hope Perez School Library Journal Gr 9 Up



The tale’s layered plot begins with a prologue set hours after an actual deadly U.S. school disaster in New London, TX in March 1937. Readers are plunged into the grief and horror of the moment long enough to meet important protagonists and wonder at the event before being transported back to September 1936. From this point, the book focuses primarily on Naomi, a 15-year-old of Mexican heritage, and her younger biracial twin half-siblings. Recent arrivals from San Antonio, the children are all living with the twins’ white father, and Naomi is forced to navigate the racially divided oil-mining town, learn to run a household, and to face her increasing interest in an African American youth. This third person story, recounted in multiple perspectives, slowly discloses the origins of the teen’s apprehension for the recent transition. The insertion of black-and-white photos and stark black pages interrupt the narrative much like the metaphoric explosions in the lives of the diverse protagonists. Additionally, an increased use of white space leading to the book’s climax seems to slow, and almost stop time. This book presents a range of human nature, from kindness and love to acts of racial and sexual violence. The work resonates with fear, hope, love, and the importance of memory. The author’s note and acknowledgements pages give more background on the disaster.Pérez’s young adult novel gives voice to many long-omitted facets of U.S. history.

Uni-Sun

Groups and Committees

Stewardship

Friends,

Roughly a quarter of us have given our pledge forms to show our commitment to MVUUF. Given that Commitment Sunday was a month ago, this progress is not bad at all. However, we need more information to prepare the 2022-23 budget for Board approval on April 13.

This is just a week and a half away. Your Stewardship Team is making more reminder calls than expected.

For those of you who have pledged already: A heart-felt thank you.

Once the Board of Trustees approves our budget, we will present it at the May annual meeting for membership approval.

Since time is flying by, please let us know your financial commitment (pledge) to keep MVUUF functioning, evolving, and thriving.

Questions and feedback are most welcome. Just call or email one of us on the Stewardship Team:

Kelley Hughes, Glenn Corliss, Steve Danko, Jeanne Simpson



Did you know



that making your pledge is
an act of generosity?



"I support MVUUF because it is my "extended family." Like my own family, we support each other, celebrate with each other, and encourage each other to live lives of integrity and "to help build a better world through love and service." ~Barb Gilliland

Uni-Sun

Groups and Committees

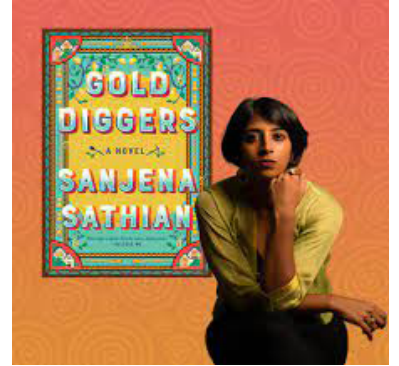
Evening Book Club

It's almost spring! Make the most of rainy days by reading a book. We have some suggestions for you. Read and then join us for a thought provoking discussion. We will be adding to the list in the next month or so. Alternating fiction and nonfiction, our upcoming choices are:.

Alternating fiction and nonfiction, our upcoming choices are:

- 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.



Religion Ethics and Ideas April 28, 7pm

Religion Ethic and Ideas will meet on Thursday April 28 at 7 PM by ZOOM. Our topic will be Crime and Punishment. Potential topics & questions: What is the justification(s) for incarceration? Should retribution be a justification for incarceration? Do any crimes merit the death penalty? Under what if any circumstances should a juvenile be tried as an adult. How much if any discretion should judges have in sentencing? What constitutes a cruel and unusual punishment? Is solitary confinement cruel and unusual? We are guaranteed a jury of our peers...who are our peers? Is "ban the box" legislation a good idea? In Minnesota sex offenders, after serving their time may be detained indefinitely under the diagnosis of having a "Psychopathic Personality" ... should the state effectively impose a life sentence for some sex offenses? All are invited to attend. Questions? Contact John Pelouquin. John17780@charter.net



Join Zoom Meeting by clicking on link below

<https://us02web.zoom.us/j/85215759353?pwd=WXZxMDFIZlIdDT1NJeS9uQ3lhSkhzUT09>

Meeting ID: 852 1575 9353

Passcode: 684134

Uni-Sun

Groups and Committees

Women's Group Saturday, April 2nd 10:30

Open to All April 2 from 10:30-12:30 a.m.

The speaker for April's meeting is Bridgette Bethke Pinder, owner, cannabis specialist, and master grower of Grounded Gardens, LLC, a Hutchinson, MN, hemp farm, producer and seller of CBD (cannabidiol) products. If you have wondered what CBD is or how you might use CBD, come learn from a grower, processor, and product maker. Find out how some are experiencing relief from various conditions and bring your questions.



Since CBD is a general interest topic, all are invited to this in-person meeting, regardless of gender. Because of COVID precautions, we will be meeting in the well-ventilated sanctuary, and attendees, except those at the microphone, are required to mask during the program.

Following the program, there will be a very short business meeting. Then, we will move to the lobby for lunch and social time at 4-person well-spaced tables. Those wishing to stay for lunch should email Kathy Eager (kathy@darrelleager.com) no later than noon on **Wednesday, March 30**, to indicate whether you will bring your own lunch or purchase the \$8.00 catered lunch. If you're buying the lunch, please indicate whether you prefer a chicken salad sandwich or an egg salad one.

As always, visitors are welcome. This is a great way to begin to get to know other MVUUF folks. We hope to see you there!

Men's Group Thursday, April 14th 7pm

What does the State Archeologist do?

Men's Group will meet on Thursday April 14, 2022, by ZOOM at 7PM. Our Question will be "What does the State Archeologist do? Our speaker Amanda Gronhvd is well qualified to answer that question because she is the State Archeologist. Amanda says the following of her presentation: "I'll give a presentation about the archaeology laws in Minnesota, how we work within those laws, with American Indian tribes, and give some examples of sites and cemeteries that I've worked on." In addition, she will answer your questions on archeology in MN. All are invited to attend regardless of gender. Questions contact John Peloquin at John17780@charter.net

Join Zoom <https://us02web.zoom.us/j/83459086837?pwd=QXZhSUxtVmErQ3pyYmtrNEFYeEcyZz09>

Meeting ID: 834 5908 6837

Passcode: 820557

Uni-Sun

Groups and Committees

Fitness with Fran

Fitness class at MVUUF

We're back inside the fellowship building for gentle yoga class!
Classes will be 4:15-5:15 on Tuesdays and Thursdays.

There is no fee. Attendees are encouraged to make a donation to MVUUF when you can. This class has evolved into a hybrid of yoga, strengthening, and stretching and all are welcome, all genders, ages, and abilities.



Invite your friends who are not members of MVUUF.

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". We may get back to in person soon.

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. He can easily add you to the list.

The path of awakening is not
about becoming who you are.
Rather it is about unbecoming
who you are not.

Albert Schweitzer



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

3 10:30am - Sunday 10:30am - CYF Choice 1pm - "Let's Talk Race" 4:30pm - Covid-19	4	5 4:15pm - Gentle yoga-in	6 6pm - MA - Marijuana	7 4:15pm - Gentle yoga -	8 10am - Sabbatical	9
10 10:30am - Sunday 10:30am - CYF Choice 12pm - Starting Point 1pm - Meet Your Pen	11	12 4:15pm - Gentle yoga-in 7pm - Finance	13 6pm - MA - Marijuana 7pm - Board of Trustees	14 4:15pm - Gentle yoga - 7pm - men's group	15	16
17 10:30am - Sunday	18	19 4:15pm - Gentle yoga-in 6:30pm - Membership	20 6pm - MA - Marijuana 7pm - CoSM Meeting @	21 4:15pm - Gentle yoga - 5:30pm - 7pm - Evening Book	22	23
24 10:30am - Sunday 10:30am - CYF Choice 12pm - Starting Point	25	26 4:15pm - Gentle yoga-in 7pm - Widening Circle	27 6pm - MA - Marijuana 6:30pm - Soul Matters	28 12pm - Guys Lunch 4:15pm - Gentle yoga - 7pm - REI	29 11:30am - Feed My	30

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

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Trustee & Board Member	Eve Bergmann	612-597-7915 bergmann11@aol.com
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The deadline for UNI-SUN is the 20th of each month. Submit articles to office@mnvalleyuu.org