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May 2022
Volume 57 Number 9

May : Nurturing Beauty

I can think of many places where I find beauty in the world; art, nature, children, poetry...those are the classic places; the “easy to find beauty” places. Of course, there are unexpected places to find beauty as well. I’ve seen it on the city bus and I’ve experienced it when being present with someone who is dying. Often when we do think of beauty it is as something for us to behold or experience, but we can nurture and create beauty as well...and we should!

The philosopher Blaise Pascal wrote, “In difficult times, carry something beautiful in your heart.” A sweet sentiment; but in times like these, we might take this idea more literally and actually carry something beautiful with us everywhere we go. What might that be for you: a smooth stone or painted rock, a dried flower folded in paper, a photo?



Of course, we could also challenge ourselves to simply slow down more to see the beauty around us. Set an alarm on your phone to remind you 3-4 times a day to stop for a moment what you are doing to simply look for the beauty that is in your midst. How might that change your day? One way to nurture beauty around us is simply to stop and notice it.

We can also work on nurturing the beauty within us. All too often, we beat ourselves up about the way we look or things we don’t like about ourselves. I was participating in a body positivity group a couple of years ago and one of our challenges was to choose a part of our body usually covered by clothes that we struggled with liking and write, “I Love My ____” on it... with a sharpie! So, I wrote “I LOVE MY BELLY” across my midsection in broad blue letters. For the next week, every night when I would get ready for bed, I would look at my proclamation and name the beautiful things about my belly that I loved. You could try this yourself or even start a body beauty journal telling about all of the beauty of your body from head to toe.

There are two things in life that I find to be true: life is terrible and life is beautiful. There will always be grief, pain and suffering. And there is always beauty not only to behold, but to nurture and to create. Let us take some cues from nature this month and practice the ways that we bring beauty into this world.

See you Sunday,
Rev. Laura



MVUUF is a liberal religious congregation guided by democratic principles whose mission is to engage members in a shared quest for spiritual and intellectual growth leading to lives of service, compassion, and justice.

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



May 1st: My Big FAT Sermon

My Big FAT Sermon; Fat phobia and sizeism remain as one of the more widely spread and accepted forms of discrimination in our culture. Likewise, there are other forms of discrimination related to bodies; transphobia, ableism, etc. How does dictating a standard view of beauty prevent us from affirming the worth and dignity of every person and how can we move toward being a more body positive community for everyone. Rev. Laura Thompson & Tom Ehlinger



May 8th: Six Names for Beauty

What is the nature of beauty? Well it depends on who you ask. Author Crispin Sartwell's book, "Six Names for Beauty" looks at six different cultural understandings of beauty. Taking a look at his outline, we'll look at how a different point of view can expand our own ideas about beauty? Rev. Laura Thompson & Carla V. Ries



May 15th: Spring Renewal

All hands on deck! After a brief gathering in the sanctuary, we'll break into beauty making groups which will include arts, crafts, music and writing. Zoom attendees will be limited to participating only in the writing group. Rev. Laura Thompson, Nicole Collins and Maria Bavier. All hands on deck! After a brief gathering in the sanctuary, we'll break into beauty making groups which will include arts, crafts, music and writing. Zoom attendees will be limited to participating only in the writing group. Rev. Laura Thompson, Nicole Collins and Maria Bavier.



May 22nd: Annual Meeting at 10am & Peter Mayer Concert at 11:15am

First we celebrate our vision and commitment for the coming 2022-23 church year with our Annual Meeting for MVUUF members. Then, we celebrate with the wonderful music of Peter Mayer (Blue Boat Home, Everything is Holy Now). A Sunday not to be missed.



May 29th: You Need Your Beauty Rest

Feeling tired or run down? Looking for something to rejuvenate yourself? Rev. Laura's last service before her sabbatical will explore those practices that nurture both beauty and rest in our lives.

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Letter from the Board Chair

Greetings!

Awww... May.

May is a busy month. There are weddings, recitals, proms, and graduations. Some sports seasons are ending and other sports seasons are beginning. We are clearing brush from our yard that we didn't get around to before the snows came, and we are starting our gardens. We are hastily making summer plans. And, for those of us in the northern climes, we are using every moment of warm sunshine to get outside.

It's a busy time for the Fellowship as well. We have our **annual meeting - Sunday May, 22 @ 10AM** -, where we get a recap of what we have accomplished over the past year, approve next year's budget, and elect new leaders (including for the Board of Trustees, and Endowment and Nominating Committees). We are recruiting folks for our committees and figuring out our summer services schedule. And this year, we are also planning for Rev. Laura's sabbatical, as well as training and planning OWL (Our Whole Lives) programming for next fall.

It is easy to become overwhelmed. It is easy to lose sight of why we do all that we do. Well, we do it because we love. We love our friends and family. We love our community. We love our Fellowship and its mission.

We also need to love ourselves. In the midst of all the crazy, we need to remember to take care of ourselves. Take the dog for a walk. Take a friend on that walk. Take the yoga class. Take time to paint or write or sing or dance. Sit on a park bench and just breathe deeply. Call the new friend or an old one just to check in. When you are taking care of yourself, you are helping yourself be there for others as well.

We see you. We hear you. We love you.

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



Where beauty is apparent,
we are to enjoy it.

Where there is beauty hidden,
we are to unveil it.

Where there is beauty defaced,
we are to restore it.

Where there is no beauty at all,
we are to create it.

Robert McAfee Brown

Communications & Administration

Hello friends. Recently I happened upon this poem I wrote to my daughter many years ago. Clearly I hoped to express to her that as we evolve we grow even more beautiful. I thought it was apt for our Soul Matters theme.

Durable Beauty

"Don't go to the garden of flowers/In your body is the garden of flowers./Take your seat on the thousand petals of the lotus,/and there gaze on the infinite beauty." Kabir

How like the lotus are we?
At first so hidden—
our real beauty unseen.
We struggle, rising up
out of the murk of self-doubt,
like the lotus rises
from the river bottom,
faithful that somewhere
above there is a life
of air and sky and sun.

We build our lives elementally.
Create ourselves again and again,
from the mud of our experiences.
Eventually we recognize
it's the soul's journey
and the heart's destination.
Rising up, at last,
to celebrate ourselves,
we unfold our petals,
one by one, and bravely
share our beauty
with the world.

SOUL MATTERS MONTHLY THEME: Nurturing Beauty

This month, we explore together the theme of nurturing beauty. 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: [Nurturing Beauty](#)

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

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Children, Youth and Family Ministry



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

Welcome to Nurturing Beauty! Let's celebrate the ways that we are all different, maybe including the way our bodies and brains work. This month we will focus on building understanding and empathy around what it may be like to go through life being differently-abled and neurodiverse. We don't need to conform or act as others do to be beautiful. There is no such thing as normal, and no settled definition of what beauty is! Our faith reminds us, when it comes to nurturing beauty, we need to "Appreciate It" in all its many forms, and celebrate the beauty of others that comes with understanding, awareness, and empathy.

How have you experienced beauty before? Our world is full of beautiful sounding, smelling, and feeling things and that doesn't even include all the beautiful things to see. Let us take time to notice and experience them!

Last but not least, we have a new author of our Soul Matters lessons, April Rosario. She brings one of her lifelong passions, baking, into our lesson on creating beauty! Using your hands to create something for someone else is always a beautiful thing, and that these [heart-shaped jam cookies](#) are both beautiful in taste and appearance doesn't hurt either!



Here is one of my (Maria) [favorite recipes](#) that can easily be gluten free and vegan. Not interested in baking? No worries, after worship on Sundays, beautiful treats are provided. Have a beautiful treat to share? Sign up for hospitality [here](#). - Maria Baviera and the Soul Matters Team

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Children, Youth and Family Ministry

May Children, Youth and Families Calendar

Sunday, May 1 Choice Sunday, May Day Activity with Gabe and Maria
5-7pm OWL Intro Meeting with Pizza and a Parent
Meeting In-Person, Board Games for youth ages 7-9th
grade and sibling(s)

Sunday, May 8 Choice Sunday

Sunday, May 15 All-Ages Service including arts and crafts

Sunday, May 22 Annual Meeting at 10am (Children and Youth programming downstairs during the meeting); Peter Mayer concert at 11am (All-Ages upstairs, or watching the concert live streamed downstairs)



Sunday, May 29 Choice Sunday, activities downstairs for children and youth with Maria and a volunteer

Sunday, June 5, SAVE THE DATE
Flower Communion followed by an MVUUF picnic at Hyland Lake Park Reserve. Bring a dish to share and play at the Chutes and Ladders Playground, go for a walk or sit inside and visit.

Registration is Open!

- Sign Up [Here](#) for Children, Youth and Family Ministry 2022-2023 (Not OWL).
- Sign Up [Here](#) to be a volunteer teacher with Children, Youth and Family Ministry, 10:15-11:45am 1-2 Sundays per month.
- Sign Up [Here](#) for OWL, Our Whole Lives Sexuality Education for 7th-9th Graders.

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MUSIC AT MVUUF!

PLEASE COMPLETE THIS CONGREGATION WIDE MUSIC SURVEY.

[MUSIC SURVEY](#)

Due date, May 8th.

Your feedback and input are valuable to the music program!

Here we are at the end of another season. I wish to say it was easier than the first year of the pandemic, but from my perspective as a music leader, it wasn't. In fact, the constant pivoting on how to manage a music program was difficult, to say the least. What you may have seen was a lack of congregational singing, no choirs, a smaller rotation of musicians from our own congregation, less music overall. Maybe it's had you thinking, what is the music program right now? Well, even though there has been less music in worship and in the sanctuary, there has been plenty going on "behind the scenes."

- There have been big discussions around music and race, including historical contexts of music.
- We've organized our music library including new lateral cabinets. We've purchased a lot of new music and made practice tracks for when the choir is back together.
- I have been taking classes on my own time and money for learning recording software, including the personal purchase of professional recording equipment, ProTools and Sibelius.

AND

I am currently in year two of a three year program. Here is a brief look at all the classes and work for credentialing that I've completed just this year alone! The previous year, I completed Spiritual care training, Completion of a community service project, and ongoing meetings with sponsors and advisors along with revision of my philosophy of music. Conference attendance is an expectation of credentialing. These classes are rich with wisdom and resources. They also require a lot of time!

As a reminder, this work is being done to benefit our community at MVUUF. Each of these classes was held for multiple weeks with additional book reading, homework, presentations, and workshops.

This is a brief synopsis of each class. For a full report of the classes and conference, [here's a link to read more.](#)

Shifting Congregational Culture

Helping congregational culture build antiracist, anti-oppressive, multicultural contributions to form a collective liberation for all through conversations, participating and creating a workshop to facilitate this work.

Interpersonal Relations with CB Beal

Participation in three workshops around preemptive radical inclusion, bearing witness with openness and curiosity, perspective taking, engagements with readings and reflections, and a final paper involving communication, anti-racism and anti-oppression, and professional ethics.

Developing and Managing a Music Program

Envisioning dream music programs, sharing resources and strategies that support our congregations' missions while utilizing technology and engaging in anti-racism and building upon inclusive communities in a multi platform.

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Music at MVUUF

Music and Worship

Learn to create transformational worship as part of a collaborative team. Have an understanding of the role and function of music in worship and how to access resources while developing tools and strategies for collaboration.

Leadership of Congregational Singing

Developing a strong, effective, and inspiring leadership of hymns/songs for congregational singing through the use of both practical and written assignments, while using a wide range of musical styles and techniques to help broaden and deepen worship experience.

Leading a Rehearsal

This class is designed to study group singing leadership to acquire a foundational understanding of the pre-rehearsal process, learn a system for score marking, and develop skills to coach a choir's vocal health and musical growth.

Professional Development Day: System Theory

Understanding systems thinking and its origin from general system theory to help develop a framework for applying these principles through the lens of UU values and theology.

- Gain a better understanding of systems thinking and its origins from General System Theory.
- Develop a better framework for applying these principles in a religious context.
- Discuss how these principles can be applied through a lens of Unitarian Universalist values and theology.

Annual AUUMM Conference in Detroit, July 18-24, 2022

The purpose of the AUUMM Annual Conference is to help carry out the mission of our organization by:

- providing high-quality plenaries and workshops designed to enhance the musical life of adults, youth, and children in our churches
- modeling excellence in leadership through the use of clinicians and workshop leaders with good people skills as well as good musicianship
- modeling ways to enhance and deepen worship through well-integrated and innovative worship services
- providing a wide variety of music from which to build repertoire for congregations and choirs of all ages
- providing opportunities for attendees to network and share ideas and resources (e.g., district meetings over lunch, organized sessions for small/medium/large churches, etc.)
- modeling ways to build community (e.g., an intentional in-gathering, a special gathering for newcomers, opportunities to contribute, etc.)
- providing opportunities for AUUMM composers, soloists and troubadours to be heard and encouraged (e.g., recitals, composers' forum, bookstore, etc.)
- scheduling courses as prescribed by the Music Leadership Certification Committee to facilitate candidate certification

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MVUUF News

Mind The Gap

The last two years have been challenging for all of us. We have experienced a drop in membership of about 20%. COVID has made it easier to stay home on Sunday mornings, also we have lost a number of long time beloved members. Everyone should have received an emailed letter outlining our dilemma for next year as well as our successes and developing plans to diversify our income base called Vision 2025.

We will end this year (6/3/22) with a significant deficit which we can cover with savings BUT ONLY THIS ONE TIME!

Your Finance Committee and your Board have worked hard to keep next year's budget as lean as possible. Even with these reductions we are still facing a deficit of \$30,000 for Fiscal Year 2022-2023. Our amazing staff have agreed to changes in compensation, and yet, in order to maintain our mission and our programs – music, adult education, family and youth programs - we have come to ask if you could increase your pledge a little.

The good news is that any additional gifts – one time donations or increasing your monthly direct payments or plate contributions will be most welcome. You can go to the [donation page](#) on the website and chose MIND THE GAP or talk to anyone on the stewardship committee.

We have made strides over the last few years; paying off the mortgage on our building, purchasing the property south of the Fellowship, securing an amazing staff, upgrading our technology and financial software. All this has put us in a much better position, and these advances have been made possible with YOUR support.

If you have questions or want to talk, you can email the board at board@mnvalleyuu.org or join us for a Q&A session on May 15 after the service.

In the words of Dr. Who: *"We are all capable of incredible change. We can evolve while still staying true to who we are. We can honor who we've been and choose who we want to be."* The MVUUF Board and Finance Committee



PARKING LOT SUMMER SERVICES

From 2009-2011 we met in the parking lot on Sunday mornings during the summer. We are going to do it again this summer during June, July and August. There will still be services available in your home through zoom during the same time. But if you want to reconnect in person, come instead to the fellowship and we can have good conversation on a variety of topics.

Bring a lawn chair, your favorite beverage and an open mind.

More information will be available as we go along. Questions? Please contact Nancy Buckman, nancybmnuu@gmail.com

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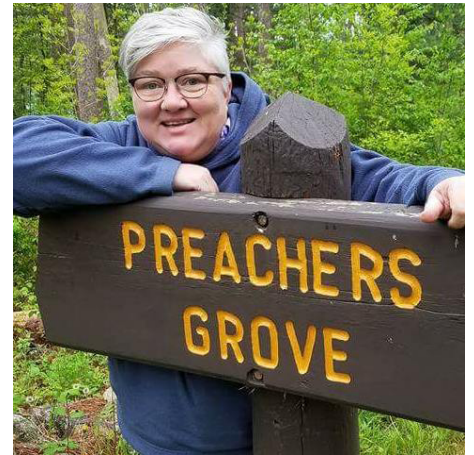
MVUUF News

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](#)



Talking About Race

Talking about Race May 1st, 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.

"Let's Talk About Race"

A new monthly opportunity for members and friends as part of our commitment to the 8th Principle.



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

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Groups and Committees

Golf Group



It's the time of the year to start hunting the elusive par.

Par pals and bogey buddies, come join our merry band of turf warriors at Birnamwood Golf Course in Burnsville beginning Sunday, June 5 at 8 am for a rollicking round of MVUUFs various skilled golfers.

One round is \$15.50. 10 round pass \$125. 20 round pass \$235. Senior cart rental \$13.

Contact Darrell or Kathy Eager for info. kathy@darrelleager.com

PHOR!



May 14th 10:00-2:30

Space is still available. We will celebrate the power of our resiliency after a long winter and a long time apart. Be rejuvenated by being in community as we nourish mind, body and spirit with workshops in gentle movements, writing and singing. Hosted by Nicole, Jeannie and Fran. Lunch provided by Rev. Laura. No experience necessary, just bring your spirit of fun and a sense of community. \$45 per person. Contact Jeannie at office@mnvalleyuu.org

Who Minds the Gap?



We do!

The Panera Lunch Bunch is meeting again on the first and third Tuesdays. 1:00 in the Richfield Panera at 78th and Lyndale. Open to all.

Please contact Lorna Prell with any questions. lornajprell@gmail.com

PANERA GROUP

Fellowship Conversation Lunch



1ST & 3RD TUESDAY **RICHFIELD PANERA**
AT 1PM **78TH & LYNDALE**
Contact: Lorna Prell

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Groups and Committees

Racial Justice

Hennepin History Museum Hosts Chad Montrie book launch for “Whiteness in Plain View”

On the evening of April 9th, Eve Bergman and I attended “Whiteness in Plain View: A History of Racial Exclusion in Minnesota”. This was an event shared in the Friday emails and was a book launch hosted by the Hennepin History Museum for the book of the same name by Chad Montrie.

The event was opened by Dr. Ernest Lloyd who wrote a 2013 Dissertation on “How Routing an Interstate Highway through South Minneapolis disrupted an African-American Neighborhood.” Dr. Lloyd talked about the environmental and housing inequity impacts of the 35W and 94 projects on people of color in the Twin Cities, citing that black home ownership has fallen from 56% to 25% and that an estimated \$157 million dollars of home equity was destroyed. You can read more about these topics by visiting some of these sites:

- [The Cost and Consequences of Progress](#)
- [University of Minnesota Project Looks at How Interstate Highway Construction Affected Blacks](#)
- [Before it was cut in half by I-94, St. Paul’s Rondo was a thriving African-American cultural center](#)

After hearing from Dr. Lloyd, Chad Montrie, Ph.D. took the podium to discuss his new book referenced above. Montrie is a professor of History at UMass Lowell and the author of five books focusing on the history of environmentalism and most recently racial exclusion in America.

A little about “Whiteness in Plain View” taken from the event invite:

Minnesota is a paradox. Widely seen as a progressive stronghold of the Midwest, the state also has some of the greatest racial disparities in the nation. Those disparities have their roots in Minnesota’s earliest days as a territory and in the decades that followed. From enslaved people brought to the territory by military officers to migrants traveling to the North Star State after the Civil War, African Americans have long been present in Minnesota’s history. Yet while many came here looking to establish new lives, they were often met with White resistance and attempts to exclude them.

Whiteness in Plain View examines the ways White residents across Minnesota acted to intimidate, control, remove, and keep out African Americans over the course of the nineteenth and twentieth centuries. Their methods ranged from anonymous threats, vandalism, and mob violence to restrictive housing covenants, realtor deceit, and mortgage discrimination, and they were aided by local, state, and federal government agencies as well as openly complicit public officials. What they did was not an anomaly or aberration, in some particular place or passing moment, but rather common and continuous. Chapter by chapter, the book shows that Minnesota’s overwhelming Whiteness is neither accidental nor incidental, and that racial exclusion’s legacy is very much woven into the state’s contemporary politics, economy, and culture.

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Racial Justice cont'd

Throughout the talk, Dr. Montrie shared some specifics regarding what his research uncovered regarding the history of several towns in the Twin Cities area, including Edina and Bloomington. He also shared information on several other resources such as the following books and articles:

[Sundown Towns: A Hidden Dimension of American Racism by James Loewen](#)

[The Color of Law: A Forgotten History of How Our Government Segregated America by Richard Rothstein](#)

[A Peculiar Imbalance: The Fall and Rise of Racial Equality in Minnesota 1837-1869 by William Green](#)

In his book, Montrie also references the Country Club Districts of Edina that used racial housing covenants to prevent African Americans from living in the community. [Hennepin History Museum](#) will be organizing a walking tour of these districts in the near future.

Following the book presentation, the opportunity was presented for questions and dialogue. This was a significantly powerful part of the overall experience as the audience was a diverse group, many of whom shared quite openly regarding their experiences and also their expectations. Most impactful was the commentary from people of color regarding the support they need. One woman shared her thoughts about silence being destroying and another called out that how we all need to stay on top of these issues by going to city council meetings, school board meetings and writing and calling our representatives. There was a call to engage in dialogue, ask questions, express opinions and be okay with disagreement. This event gave me not only a deeper understanding of some historical actions and their impact but also confirmed how important it is for us to keep engaging in the work we do around racial justice. The individuals of color in that room shared quite frankly how exhausting doing it alone is and how important allyship is from other sources of support. It reminded me yet again of just why we continue to do the work we do and just how meaningful it is.

If you would like to engage deeper with some of these topics, Hennepin History Museum has several exhibits that you might want to explore. You can find more information below.

<https://hennepinhistory.org/on-exhibit/>

<https://buildingremembranceforreconciliation.com/>

may the flowers remind us
why the rain was so necessary

— XAN OKU

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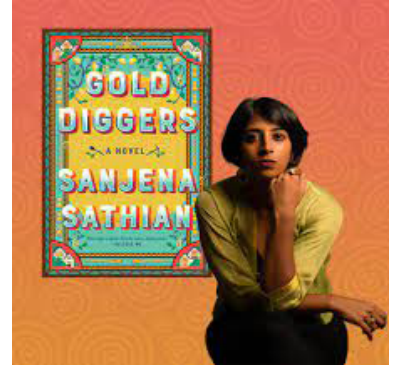
Groups and Committees

Evening Book Club

We have only one book left in our current reading choices. Check next month's Unisun for new selections. The Book Group continues to meet throughout the summer, so lots of thought provoking discussions will ensue without interruption. The remaining book in our list is:

- 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. The only requirement is that you read, or attempt to read, the monthly selection. Feel free to come to any or all of the meetings. We are meeting in person in April, but the location of future meetings may vary. If you wish to attend a discussion, let us know a head of time so we can let you know the location, or 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 May 26, 7pm

Religion Ethics and Ideas will meet on Thursday May 26 at 7:00 PM by ZOOM. Our topic will be local land use and zoning laws. Likely questions: Is there any reason to have laws that restrict the use of one's property other than for reasons of health and safety? Do things like minimum lot size restrictions and square footage restrictions keep the price of land and housing artificially high thus making housing less affordable. Should there be occupancy restrictions that are not reasonably related to health? Should there be on street parking restrictions that serve to limit occupancy? Do zoning laws contribute to segregation by race and class – be it intentional or unintentional? By limiting residential/ business mix do zoning laws make cities less walkable, more car dependent and in general less healthy? Is preserving the historical character of a city or neighborhood a legitimate reason for zoning and other property use restrictions? Do zoning laws retard the startup and growth of small business thus disadvantaging the less wealthy? What should if any role should aesthetics play in zoning and land use ordinances? Questions contact John Peloquin at John17780@charter.net



Join Zoom Meeting

<https://us02web.zoom.us/j/84378320286?pwd=QVpZV05OenUwM3d6cFVrU0l3RC80QT09>

Meeting ID: 843 7832 0286

Passcode: 240266

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Groups and Committees

Men's Group Thursday, May 12th 7pm

Are Plants Sentient Beings?

Men's group will meet on Thursday May 12 at 7PM by Zoom. Our speaker will be Paul Moss and he will talk about recent scientific research that indicates plant have attributes that make them closer to animals than one would imagine. Paul describes his talk as follows:

"Recent scientific findings have demonstrated that plants are aware and intelligent beings. Yet, plants typically continue to be treated as mere objects in agriculture and horticulture, industry, and research. While there is a growing and influential movement working to improve and transform ways of relating to animals, there is not yet such a movement for plants. Do we need to advance the status and treatment of plants? Would that be based upon what we increasingly know about the complexity of plant lives? How does the way we treat plants connect with broader themes of social justice and contesting oppression? What can we learn from the momentum building on behalf of animal rights and the Rights of Nature? This presentation and interactive discussion will explore these questions."

Paul Moss has degrees in biology, agronomy, and marketing and is currently a PhD student at the Department of Geography, Environment & Society at the University of Minnesota. He worked for 28 years at the Minnesota Pollution Control Agency on community sustainability and is currently the executive director of The Plant Initiative (www.plantinitiative.org), a recently formed organization that is working to increase respect for plants. In 2021 he was one of the organizers of an international online conference Toward a New Way of Being with Plants (recordings from that can still be accessed through www.beingwithplants.org)

<https://us02web.zoom.us/j/82238708424?pwd=ZDBtdnpISVVqd0UzQ3J4NTMrEdyZz09>

Meeting ID: 822 3870 8424

Passcode: 107913

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.

Uni-Sun

Groups and Committees

Women's Group Saturday May 7th 10:30

Join us for the May Women's Group to celebrate the spring season with our Annual Talent Share, one of our favorite programs. Women of the fellowship will be sharing some of their musical and/or writing talents along with a surprise or two. A couple of talent sharing slots are still open, so, if you have a talent to share, please contact Kathy Eager at 952-454-3478. Best of all, this year we'll once again be doing our sharing in person. Attendees will gather in the sanctuary for the program and short business meeting and then proceed to the fellowship hall for lunch.



If you wish to attend, please email Barb Gilliland (barbgilliland@gmail.com) no later than noon on Wednesday, May 4. In your email, please indicate whether you wish to have the catered box lunch or to bring your own lunch. This month, the cost of the catered lunch is generously being covered by John Bollag in memory of his mother Barb Bollag, a long-time, cherished member of our group. Also, if having the catered lunch, indicate whether you prefer a chicken salad sandwich or an egg salad one. Even if you're bringing your own lunch, your email will let us know how many lunch tables to set up.

All women of the fellowship, members as well as friends are invited to attend. You needn't be a Women's Group member to come to this program, and we welcome visitors! Just a reminder: Our fellowship COVID safety measures are still in place. That means that, unless you're at the microphone, in the sanctuary, you will wear a mask, and you will keep the mask on in the social hall until you're seated at a table. Also, because we have two or three members with underlying health conditions that make them more vulnerable to COVID, we will also be sharing the program and business meeting via Zoom. Here is the Zoom link: <https://us02web.zoom.us/j/88523599562>. When asked for a passcode, enter 377621.

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.



There is no class on May 19 and 26.

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30am - Sunday 10:30am - CYF Choice 12pm - Starting Point 1pm - "Let's Talk Race" 5pm - Parent Intro for	2 1pm - Fran rehearsal in	3 4:15pm - Gentle yoga-in	4 6pm - MA - Marijuana	5 4:15pm - Gentle yoga -	6 3pm - Fran rehearsal in	7 10:15am - Women's 12:30pm - Memorial --
8 10:30am - Sunday 10:30am - All-Ages	9	10 4:15pm - Gentle yoga-in	11 6pm - MA - Marijuana 7pm - Board of Trustees	12 4:15pm - Gentle yoga - 7pm - men's group	13 10am - Sabbatical	14
15 10:30am - Sunday 10:30am - All-Ages Arts	16	17 4:15pm - Gentle yoga-in 6:30pm - Membership	18 6pm - MA - Marijuana 7pm - CoSM Meeting @	19 4:15pm - Gentle yoga - 5:30pm - 7pm - Evening Book	20	21
22 10am - MVUUF Annual 11am - Peter Mayer @	23	24 4:15pm - Gentle yoga-in	25 6pm - MA - Marijuana 6:30pm - Soul Matters	26 12pm - Guys Lunch 4:15pm - Gentle yoga - 7pm - REI	27	28
29 10:30am - Sunday 10:30am - CYF Choice	30	31 4:15pm - Gentle yoga-in	1 6pm - MA - Marijuana	2 4:15pm - Gentle yoga -	3	4 10:15am - Women's

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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Committee on Shared Ministry	Jeanne Simpson	612-239-1240 jems.ellen@gmail.com
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Trustee & Board Member	Eve Bergmann	612-597-7915 bergmann11@aol.com
Trustee & Board Member	Kelley Hughes	952-451-6376 uukelley@hotmail.com
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The deadline for UNI-SUN is the 20th of each month. Submit articles to office@mnvalleyuu.org