



FALL SCHEDULE: See Sunday Service themes and service leaders on page 3

Welcome Back Sunday and Water Communion is September 11th at 10:30

September 2022
Volume 58 Number 1



September: Belonging

*You hardly knew/how hungry you were
to be gathered in,/to receive the welcome
that invited you to enter/entirely...
You began to breathe again...
You learned to sing.
But the deal with this blessing
is that it will not leave you alone,
will not let you linger.../this blessing
will ask you to leave,
not because it has tired of you
but because it desires for you
to become the sanctuary/that you have found... - Jan Richardson*

Richardson begins with hunger. And so do we. Just saying the word “belonging” conjures it up: The primal hunger to be included; the longing to be let in. No one likes standing outside the circle. No one likes leaning against the locked door listening while everyone is laughing inside. From the time we are little, belonging is the thing we seek. It’s the hoped for Holy Grail. The promised resting place.

But Richardson will have none of that. Our own belonging is only the beginning. That’s what she wants us to know. One minute she’s wrapping us in comforting words about settling in and allowing ourselves to finally breathe. The next she’s shaking us awake and telling us to get up and go.

That shaking should tell us something. In other words, this is no gentle invitation, friends. No sweet reminder to think of others. It’s a warning. A desperate hope that we will wake to the fact that there are two kinds of belonging: one that wants to bless us and another that wants to enlist us.

Deep down we know this. The hard part is to remember it. To use Richardson’s language, if we find ourselves being invited to linger rather than leave, alarm bells should go off. We need to be weary of those who welcome us with a club jacket and a soft couch. They may have let us in, but soon they will enlist us into the work of keeping others out. There will likely even be a part of us that wants to keep others out. After all, closed circles don’t just set us apart, they sit us above.

But they also keep us small. Maybe this is why Richardson’s blessing is so intent on not leaving us alone. It knows that we only grow when the circle does. Circles that keep others out also keep the air out. No one inside a closed circle truly sings; they only suffocate, slowly.

It’s all one big reminder that the true blessing of belonging is not that you get to come inside the circle; it’s that you get to participate in expanding it. Again, as the circle grows so do we.



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

The MVUUF COVID Task Force and the board are working on updating and finalizing this fall's COVID policy. Please check back here, the Friday Email or online in October for an updated policy. In the meantime these changes are effective for September.

Same: Masks Required inside except when speaking from the pulpit (masks optional). Create a 10-foot minimum distance from pulpit to front row. The first row of seating could be removed to create a greater distance, if Hennepin County experiences a COVID-19 spike in cases and is at a medium level of risk according to the CDC.

New: People will be invited to sing masked. After testing negative for COVID-19 within 24 hours of performance, soloists or small groups of singers (3 or fewer) may sing without a mask from the 10+ foot distance.

New: Wind instruments may be played unmasked. No negative test needed because they produce aerosols similar to talking (source).

New: Like for summer parking lot gatherings, we plan to block off the handicapped parking spaces closest to the building door. This space will be used to set up snacks and refreshments after worship service. There are still several accessible parking spots and people may be dropped off and picked up right at the door as needed.

Note: Children and youth of all ages will be allowed in the sanctuary and have freedom of movement around the building.

In-person attendees are highly recommended to be vaccinated and boosted, as eligible. No one should attend in-person services 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.

If you have questions, please contact Jeannie at office@mnvalleyuu.org.

Who wants to be in a parade?



September 17th 10:30am
Bloomington Heritage Days
Join your friends and represent
MVUUF in the parade!

Show up to represent MVUUF in the Bloomington Heritage Days Parade! Be with friends. Wear a tutu (or not) and most of all have fun.

We will have candy to hand out. We can meet in the MVUUF parking lot and carpool if that's convenient. The parade begins at 10:30 so let's be lining up by 10am.

For more information about the Heritage Days Parade click this [link](#).

If you want to join or have questions contact maria@mnvalleyuu.org.

Sunday Services

Sept. 4th: "Labor & Liberty" with UUCM



The origin of Labor Day has roots in a failed experiment by Universalist George Pullman during the rapid changes of the Industrial Revolution. As we face the aftermath of the Great Resignation and the stark divides in America's working conditions revealed by the pandemic, what values do we hold for labor and liberty? This service is the last in our Summer Collaborative series and is online only. Join on Zoom: <https://zoom.us/j/99050611007?pwd=bDhpenpFUmoYz1Rh dHBoTWRUVmtqUT09> code: 024349

Sept. 11th: Welcome Back Sunday & Water Communion



We have been wading through deep waters but home is where we are headed!

Please join MVUUF staff and the Sabbatical Committee for Welcome back Sunday and Water Communion. And stay after the service for refreshments in the parking lot provided by the membership committee.

Music by Nicole and Lark welcoming us in with congregational singing.

Sept. 18th: Facts vs. Faith



Linda Hayen and Fran Bohlke, service leaders, will present a video performance of *A Passion Play* By Pippin Parker, about two Americans touring Europe. While in an ornate church, these two travelers react very differently to this experience. What is sacred space to you? How do you experience sacred space? Does focusing on only facts prevent you from feeling awe? Please join us as we reflect on these questions. Music provided by Nicole Collins, Lark Lewis, and MVUUF song leaders.

Sept. 25th: Service



Fran Bohlke and Linda Hayen will be leading a service focused on volunteerism. Are you eager to put your talents to use, but just not sure about where and how much time it takes? Join us to learn why we volunteer and about 3 special programs local and national that might interest you: Immigration Court Observation, Church of the Larger Fellowship Prison Ministry, and VEAP. Do you volunteer with an agency you'd like to tell us about? Contact Fran by email by Sept. 19th. Music for the service provided by Nicole Collins, Lark Lewis and the MVUUF choir.

Letter from the Board Chair

Greetings from your 22-23 MVUUF Board. I'm Myra Basar and I am thrilled to be serving as your Board Chair for this Fellowship year. A little about me... I was raised in Upstate NY (like 45 minutes from Canada upstate) on a farm until I was 13 when my parents separated. I did my undergraduate and master's work at SUNY Oswego right on the shores of Lake Ontario and worked a few years in central NY before moving to the Washington, DC/Maryland area where I worked in Higher Education in Student Services/Human Resources. I am the oldest of two daughters and my move to MN in 2012 followed that of my sister and my mother years earlier. I have thoroughly enjoyed that being in MN has allowed me to be a consistent presence in the lives of my wonderful nephew Connor (16) and niece Hazel (10).

I first came to MVUUF because I was seeking a connection with others outside my work and an environment that would support my personal/soul needs for engagement in making the world a better place. The wonderful things that I have had the opportunity to participate in here like Soul Matters, Beloved Conversations, Social & Racial Justice, Book Reads, Service Auctions and so much more support me spiritually and strengthen my belief in and commitment to all that MVUUF has to offer. I am so very proud to support all that MVUUF has to offer alongside our wonderful board members, Kathleen Coate (chair-elect), Carla Reis (previous chair and current secretary), Kelly Hughes (co-treasurer), Eve Bergmann, Holly Bruch and our newest member Jody Gray who is on the verge of celebrating 30 years as an elementary school teacher! I would be remiss if I didn't say a huge THANK YOU to our departed board member, David Olson, who served as our fabulous secretary for many years, leaving in June at the end of his allowed term.

Let's face it, the last few years (and frankly, even before that) have been TOUGH! The mental, physical and emotional toll that the political and social climate along with a pandemic has taken has been enormous for many of us individually and also for our fellowship. As you all know, our membership has decreased and we face a second year of budget shortfall so as board, staff, committee and congregation members, we all have work to do to face these challenges together and bring MVUUF out the other side stronger than ever. You might ask how? Below are great ways to start.

- Give whatever is possible to the Mind the Gap campaign helping to lessen the budget shortfall.
- Join (or at least provide feedback) to the Vision 2025 Group that is tasked with developing and documenting suggestions/ideas and action plans that financially support our mission statement in the coming years. All aspects of our Fellowship (programs, finance, organization, leadership development, partnerships, stewardship, membership, congregational care and facilities) are open to scrutiny, change, and development. This needs to be a time of creative thinking about our future.
- Help represent MVUUF at events like Bloomington Pride and the Heritage Days Parade in order to engage in the community and meet potential new members.
- Bring guest to services and share any potential upcoming events via all of your connections and social media channels in order to give more visibility to our Fellowship
- Join a committee like Membership, Stewardship, Social Action, Racial Justice, Adult Education, Technology or many more to contribute to all of the efforts to expand our offerings and reach.

In addition to supporting the efforts above, the board is engaged in reading "Serving with Grace: Lay Leadership as a Spiritual Practice" by Erik Walker Wikstrom. The short book is focused on practical approaches for helping each of us see our fellowship work as "an integrated aspect of a fully rounded spiritual life" and we certainly hope it will help us deepen the meaning and connection we experience while serving in all our roles. We will certainly be sharing more about that journey in the coming months and invite anyone who wishes to join us.

I have seen firsthand the care and compassion that our members share with one another and those in our communities. I know just how dedicated our congregation is to the future of our fellowship not only because it serves something

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Uni-Sun

Letter from board chair continued...

each of us but it serves something for the larger world as well. I truly believe that we can do anything we set our minds to if we work with one another to accomplish it.

I absolutely look forward to seeing all that we can do to guarantee the bright future of Minnesota Valley together.

In deep gratitude to you all,

Myra E. Basar (she/her)

Chair of the Board, MVUUF

Communications & Administration

The quote on the opening page of the Uni-Sun says, *Where you belong is where you choose to constantly show up*. On the surface that sounds comforting, even cozy. Some places I show up are: the dog park (yes, I belong there!), home—mine, my family's; the walking path along Minnehaha Creek, and, of course, MVUUF (I show up here a lot!) I think I belong in, and to, all these places. But, of course, where we constantly show up doesn't necessarily refer to just a geographical location. We also have to think about where we are showing up in our intentions, in our desire to do good, in our thoughts about ourselves and the world. There are a lot of layers here as we consider where we show up metaphorically and literally as well as where we belong.

I like to explore the Soul Matters themes from many angles. Because I am writer, I've found exploring the themes through writing is not only insightful but can open up undiscovered paths both creatively and spiritually. I am offering a *Writing as Spiritual Exploration* (see page 11) class this fall. I hope you will join me so that together we can dive deeper into Soul Matters and writing. What will we discover together?

Although I am sorry to see the end of summer, I am so looking forward to Welcome Back Sunday and seeing old and new friends at the Water Communion service on September 11th!

SOUL MATTERS MONTHLY THEME: Belonging

This month, we explore the theme of belonging. To delve into this theme more deeply, check out the 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.

A couple of the Soul Matters questions on belonging were resonating with me. How would you answer?

- When was the first time you thought to yourself, "Now I belong."
- Whose inability to belong breaks your heart?
- What one change in your UU church community would increase your sense of belonging?

Find this month's packet here: [Belonging](#)

To join a Soul Matters Group contact Jeannie at office@mnvalleyuu.org

Uni-Sun

Children, Youth and Family Ministry

Belonging is our theme this month and the question of the year is: What paths must we lean into and relearn as we travel together into our complex, challenging and hoped for future? This is the overarching question our 2022-23 themes invite us to explore!

September: Belonging

October: Courage

November: Change

December: Wonder

January: Finding Our Center

February: Love

March: Vulnerability

April: Resistance

May: Creativity

June: Delight



Belonging as a Definition: From the blog of Jacky A. Yenga jackyyenga.com/the-spirit-of-ubuntu/ Visit the blog for the entire story, meanwhile here is an excerpt: “Ubuntu (oo-boon-too, n.) means, “I am because we are.” Ubuntu is a Zulu or Xhosa word, and a traditional African concept.

Belonging in story form: “...And that when he said “Go!” they should rush over to the basket, and the first to arrive there would win all the candies. When he said “Go!” they all unexpectedly held each other’s hands and ran off towards the tree as a group. Once there, they simply shared the candy with each other and happily ate it. The anthropologist was very surprised. He asked them why they had all gone together, especially if the first one to arrive at the tree could have won everything in the basket – all the sweets. A young girl simply replied: “How can one of us be happy if all the others are sad?”

Belonging as a quote from, Archbishop Desmond Tutu has this to say about ubuntu.

“Africans have a thing called ubuntu. It is about the essence of being human, it is part of the gift that Africa will give the world. It embraces hospitality, caring about others, being willing to go the extra mile for the sake of another. We believe that a person is a person through other persons, that my humanity is caught up, bound up, inextricably, with yours. When I dehumanize you, I inexorably dehumanize myself. The solitary human being is a contradiction in terms. Therefore you seek to work for the common good because your humanity comes into its own in community, in belonging.” — Archbishop Desmond Tutu

Belonging as Poetry:

“He drew a circle that shut me out-
Heretic, rebel, a thing to flout.

But love and I had the wit to win:
We drew a circle and took him in!”
~Universalist Edwin Markham

Uni-Sun

Children, youth and family ministry

Belonging as a Meditation: You are walking down a path and come to a pond of water. You look down and the water is a mirror reflecting you. You toss a pebble into the water and watch the ripples as they bump into one another, or merge together to become an even greater ripple. You walk further down the path, and it arrives next to a river. The flow of the river is sometimes blocked by rocks and grasses. But the river flows around them. Feel how connected the water is with everything.

May you feel a sense of belonging, ubuntu, and connection at MVUUF this fall. Welcome!

[See full CYF Calendar here.](#)

[See CYF Welcome Letter here.](#)

Register your child(ren), become a volunteer teacher, join the Religious Education Committee, and/or encourage discussion about worship and lessons at home. If you have questions or comments or to register, contact Maria, MVUUF Children Youth and Family Ministry Director. Maria@mnvalleuu.org (952) 884-8956

Calendar

September 11:	Multigenerational Worship Service - Water Communion
September 17:	10am Heritage Day Parade, walk in or attend the parade
September 18:	Multigenerational Worship Service -Passion Play
September 25:	CYF Sunday In the Fellowship Hall downstairs at MVUUF
October 2:	CYF Sunday
October 9:	CYF Sunday
October 16	CYF Sunday
October 23	MEA Weekend - Multigenerational Worship Service, Fran and Linda
October 29	5-7:30pm Halloween Party potluck, costume contest, decorations, pumpkin carving
October 30	Multigenerational Worship Service - Day of Remembrance

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MUSIC AT MVUUF!

I had a wonderful experience participating in [Melanie DeMore's](#) Community Singing in August, singing African American Spirituals and learning all music by the oral tradition. There were people of all ages and abilities singing from deep places of their hearts. Melanie spoke of our "human desires to be seen, to be heard, to be respected, and to be a part of all things." *Belonging*. I'm reminded time and time again, the grief we have all carried with us now for so long, recognizing our innate need to belong. I look forward to coming "home" again, to our Fellowship, what so many have created together; To be, to sing, to belong. There will be more opportunities to sing with her this year. Stay tuned. ~Nicole

Choir is back! We will have rehearsals on Wednesdays, 6:30-7:30. Our first rehearsal will be on August 31st. Anyone wanting to visit and socialize on our first rehearsal is welcome to come at 6:00. All singing and gathering will be masked. We recommend an N95 or KN95, but it is not required. We will be singing a wide variety of music; Classical, a capella, multicultural, new and past beloved choral anthems. Please contact Nicole, Music@mnvalleyuu.org, to get involved. Past choir members, please reach out and let her know if you're participating. For those interested in singing with less commitment or as a beginner or youth, please contact Nicole.

Covid has affected our music programming. We are rebuilding. What we once were is different now for so many reasons. We have both limitations to what we're able to do AND new opportunities. Nicole will be hosting a discussion around the music program on **September 25th after service**. All are welcome and encouraged to attend, whether you are a musician, a music lover, or simply interested in music and what we have done and what we are doing to create it. This is especially encouraged if you have questions or thoughts regarding the music programming during covid and now. We will have a conversation around:

- How we can and are rebuilding our music program
- New possibilities
- New limitations
- Ways to get involved.

This meeting will be a multi-platform meeting online and in-person. Please come and be a part of this conversation. If this time doesn't suit you, please contact Nicole for other options.

September's music in worship will have themes of belonging and music composed by [Crooked Still](#), Melanie Demore, and lots of hymns for us to sing including one Nicole arranged and collaborated with UU's across the country!

Please contact Nicole if your musical organizations are playing this month. We would love to come and support you. Congratulations to Linda Hayen for her play at the Fringe Festival this Summer!

Uni-Sun

MUSIC AT MVUUF!



MVUUF MIXED CHOIR

WEDNESDAYS, 6:30-7:30

COME SING WITH US!

Contact Music@Mnvalleyuu.Org

Vision 2025

On July 14th The Board of Trustees made a formal charge to the Vision 2025 Committee. In part it, “asks the Vision 2025 task force to develop and document suggestions/ideas and action plans that financially support our mission statement in the coming years. In view of the changes in the world (politics, worldwide pandemic, inflation, recession, reduction in membership and giving) all aspects of our Fellowship...are open to scrutiny, change, and development.”

The Vision 2025 (V25) group consists of Andrea Anderson, Doug Bruce, Richard Duffin, Eva Mach, Candace McClenahan and Jeannie Piekos. The group has met several times and will meet until the beginning of November when they will report back to the BoT. In October V25 will engage the Fellowship for input in order to explore what the ideal congregation looks like to you. They want to hear your dreams and visions for MVUUF. Please watch the Friday email and next month’s Uni-Sun for dates to share your thoughts.

Members of the task force identified 4 buckets of possibility for growth and revenue: 1) Membership 2) Programs and Services 3) Facility use and 4) rental property. Each member has focused their participation to one of the buckets. Meetings are lively with ideas and brainstorming. The task force is currently reading three books that they will have on hand to loan. They are: *The Growing Church —Keys to Congregational Vitality*; *Turning Points—Essays on a new Unitarian Universalism* and *Full Circle— Fifteen Ways to grow lifelong UUs*

Uni-Sun

Vision 2025

In the membership bucket some questions to ponder includes: What would the Fellowship look like with our full resources behind it. Is there something you personally would like to change or see? Use this as inspiration to look into our hearts and consider: 1. Our own personal generosity 2. Church wide generosity-Perhaps giving away a book that has UU values to newcomers? 3. Generosity towards the world-We already do a wonderful job of supporting charities with the collection plate Sunday morning. Perhaps we can build on that somehow.

From the programming bucket the group considered a thoughtful article by Carey Nieuwhof called *Five Post-Pandemic Church Growth Accelerators*.

An Actual Experience

For years, churches have grown through delivering great content. And trust me, excellent preaching still matters. The problem is that great content is no longer scarce. What used to drive church attendance—join us in the building at 10 a.m. for a brand new series—will no longer do so, because everyone now knows whatever message you’re preaching will be live-streamed or available later on demand. And if your message isn’t, no worries. They can choose from a million others that are. For free. Our culture is drowning in a sea of information. When people come to church, they’re not just looking for information—they’re looking for transformation. Today, information is everywhere. Transformation is scarce.

Community and Connection

Content used to be a competitive advantage. For the most part, it isn’t any more. What is deeply scarce right now are community and connection. Authentic, loving and genuine community are more scarce than they have ever been in our lifetime. Every church should be running to fill that hole. Community means connecting people to each other in groups, serving, friendship and relationships. Nobody should be able to out-community the local church. Connection means that even for those joining online or attending in person for the first time, the primary job becomes connecting with them and then helping them find connection with each other. Moving forward, the competitive advantage of the local church isn’t content, it’s community and connection.”

For Facility Usage the group recognizes that it’s important to consider all aspects of building rental as well as the impact on staff, MVUUF programming and membership. Some ideas that have been proffered are: Other worship groups, affinity groups, preschools or daycares, office space for other organizations or individuals, and studio space for artists and musicians.

As the group contemplates its charge and brainstorms ideas, they find it important to keep in mind that the congregation is not being asked to “change” so much as being asked to adapt to the change that has already occurred.

If you have questions about Vision 2025 please contact Jeannie office@mnvalleyuu.org

Uni-Sun

Adult Programming

Looking to expand your mind, open your heart, build community with others or deepen your spirituality?

We've got you covered with a variety of options to suit everyone's needs! In addition to programs listed below, please read further for what MVUUF groups are offering as well.

Soul Matters Small Groups

Join in a group with 8-10 committed participants that come together once a month, from September – June, to nurture spiritual growth and engage more deeply with our monthly themes through deep listening and open-hearted sharing.

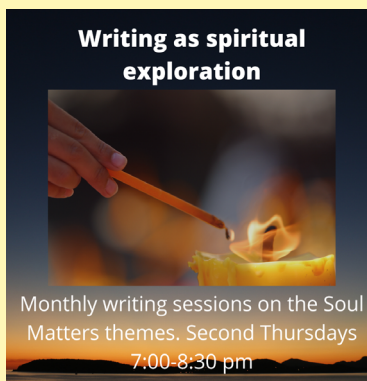
Soul Matters small groups:

- Build circles of trust by speaking our own truth, listening receptively to the truth of others and asking each other honest, open questions instead of giving counsel.
- We offer each other the healing and empowering gifts of silence and laughter.
- Invite us, through spiritual practices and questions focused on daily living, to engage the world not as an obstacle course to get through, but as a host of holy voices calling us to greater loving and living.

There is a current group meeting the third Monday of the month in the morning and another is in the works. What times appeal to you? If you are interested in learning more about Soul Matters Small Groups, being a part of a group or facilitating a group, please contact Jeannie at office@mnvalleyuu.org



Writing as spiritual exploration. Monthly writing sessions on the Soul Matters themes. Second Thursday of the month 7:00-8:30 pm.



Please join writer and poet, Jeannie Piekos to explore your connection to the monthly Soul Matters themes through writing. In these sessions we will use readings of poetry and prose, writing prompts, and objects as tools to dive deeper into the monthly themes. You don't have to be a writer, just curious and willing. Sharing will be optional.

For more information please contact Jeannie at office@mnvalleyuu.org

September's **Belonging** writing session will be on Thursday, September 15th (note: this initial session is on third Thursday but subsequent ones will be on the second Thursday) at MVUUF. What does it mean to belong? Is belonging essential to our happiness and well-being? Let's explore what belonging means to us and how we find it.

Uni-Sun

Adult Programming

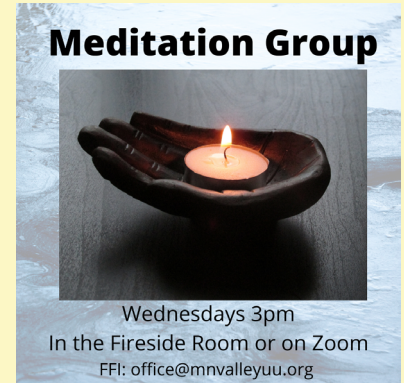
Join a Meditation Group this fall!

Meditation Group Starting Wednesday August 14th at 3pm
Convener: Richard Duffin

Join in person or on Zoom (really, I've tried Zoom meditation, it works!)
Spend an hour that will include a check-in, reading and meditation.
Quiet your mind in the peaceful setting of the fireside room.

Questions? Contact Jeannie office@mnvalleyuu.org

In addition an evening meditation group will begin in November.



OTHER POTENTIAL ACTIVITIES AT MVUUF

As with most churches and schools, our building is under-utilized.

Would anyone be interested in more group activities during the week - mornings, afternoon, evenings? There are a number that have been on-going - just read through the newsletter or Friday emails for more info on them. But how about resurrecting some from the past or starting some new ones? For Instance:



MAH JONGG - We had a group playing regularly before covid. If anyone wants to start playing again or wants to learn, contact Nancy Buckman, 952-736-9586, nancybmnuu@gmail.com.

OTHER GAMES - 500, Hand & Foot, Dominoes, Scrabble, Chess, to name a few.

CRAFTS? OTHER IDEAS?

If anyone wants to also pursue this idea, please contact Nancy Buckman or Jeannie in the office.



Uni-Sun

Groups and Committees

Stewardship

After a brief hiatus of barely a month while we traveled and otherwise attended to our lives outside of MVUUF, our Stewardship Team is back in swing.

We met Monday, August 15, and we have another meeting scheduled on September 6.

Do you want to learn more about MVUUF? Watch for “Did You Know” pieces in the Uni-Sun and the Friday email.

Also watch for “Why I Give” videos from our members and leaders – they are moving and informative.



The following is an excerpt of a piece jointly written by Stewardship members back in March, and it is relevant today:

“Stewardship is a communal effort where each of us shares our own energies, talents and resources in ways that make us happy. All of our contributions are important in the total effort that is so much greater than the sum of our parts.”

Did you know that some MVUUF members have been members for 20, 30, 40+ years? For me, it’s been 27 years that I have called MVUUF my communal and spiritual home – a good place to come to on this ever-changing journey called “life”, whether in-person, Zoom, Beyond Sunday Services, and so many other groups and activities available to us. Look elsewhere in this publication for these opportunities.

If you are interested in joining Stewardship efforts in any capacity – whether serving at the heart of things and attending meetings, or taking on specific projects on your own time, please contact me by phone or **email**.

We welcome new ideas and energies. I continue to learn something new every single day, so even if you are interested in attending meetings and mostly learning, I’d love to hear from you.

Kelley Hughes, chair
952.451.6376
uukelley@hotmail.com

Uni-Sun

Groups and Committees

Membership

We are very excited to welcome everyone back for on-site services! We hope that you had a fun and renewing summer. We are charging into the new church calendar year with a fun **“Welcome Back” event Sun September 11th**. We will have donuts and gluten-free treats as well as a small water vase for you to take home as part of our Water Communion ritual.

We also highly encourage you to please **sign up for Greeters, Ushers and treat bringers** for upcoming services. These services really make MVUUF a more inviting and operationally-effective Church!



Fitness with Fran



“Motion is Lotion”

There will be four yoga classes offered in September: Mondays and Wednesdays, Sept. 12, 14, 19, and 21. These hour-long classes begin at 4:15. There is no fee, but you are asked to make a donation to MVUUF.

The classes consist of stretching, strength-building, flexibility, right/left brain work and balance practice for seniors. You are encouraged to go at your own pace and to do only the poses/movements that suit you and your needs. Bring a yoga mat and strap, wear loose, comfortable clothing, and come prepared to move and have some fun. Fran Bohlke is your instructor. Questions? Please email Fran — bryawnte@msn.com

MVUUF Golf

MVUUF golf is winding down. A great time was had by all on the course. Regulars par pals attended. John Pelquin, Becky McPeak, Kelly Hughes, Jennifer Feigle, Darrell and Kathy Eager.

Our annual banquet was August 15 on Eager’s patio. On the menu was mimosas, fresh fruit, spinach frittata, and beignets. Everyone was happy and fed. Pretty dog Frida entertained us. Please join us next year. No skill level required.

Uni-Sun

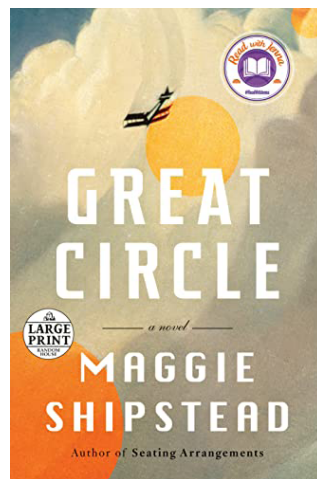
Groups and Committees

Evening Book Club

The Evening Book Group is ready for the new church year. We all had a great summer. Author Michelle Huneven attended our July meeting and discussed her book, "The Search". Everyone that attended appreciated her insight into the Unitarian condition. We continue on our mission to stretch minds and encourage participation in lively discussions. Alternating nonfiction with fiction as is our tradition, our next choices are:

- September 29, 2022, Cartographers by Peng Shepherd. PLEASE NOTE THAT THIS MEETING IS NOT ON THE THIRD THURSDAY
- NO MEETING IN OCTOBER
- November 17, 2022, Red Famine: Stalin's War in Ukraine by Anne Applebaum
- December 15, 2022, Hour of the Witch by Chris Bohjalian
- January 19, 2023, Code Breaker: Jennifer Doudna, Gene Editing and the Future of the Human Race by Walter Isaacson
- February 16, 2023, The Great Circle by Maggie Shipstead

The Evening Book Group usually meets on the third Thursday of the month throughout the year at 7 PM. The only requirement to attend is that you read, or attempt to read, the monthly selection. Feel free to come to any or all of the meetings. We will meet in person as the situation allows. The location of 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 joyceamc-martin@gmail.com.

Itchy Fingers Salon

The Itchy Fingers Salon is re-starting this fall. We meet on **Saturday afternoon, 1-2:30** at the Fellowship during September, October, November, January, and February. Participants do a variety of handwork. In the past, folks have painted, sketched, knitted, crocheted and brought crewel, needlework and quilting projects

You are invited to come hang out with us. Bring your own projects. Teaching and guidance is provided as needed. It is a chance to relax, do handwork, and visit.

I was given a large stash of beautiful yarn that I am happy to share with anyone interested in making hats. I have a pattern that works up quickly especially if you use double strands or bulky weight yarn.

The Itchy Fingers Salon Collective has produced 71 warm and wooly hats and 18 pair of mittens for adults and elementary school age children, all donated to Hats for the Homeless organization. See link [here](#).

"Itchy Fingers Salon" hostess, Becky McPeck, racreates@yahoo.com or text to 612-201-3442.

Uni-Sun

Groups and Committees

Women's Group

All women of the fellowship be sure to mark your calendars to reserve the first Saturday morning of October 2022 through May of 2023 for Women's Group. Our meetings are held from 10:30 a.m.-12:30 p.m. and include an hour of program, a very short business meeting and a catered lunch.



More details about the October 1 meeting will appear in the October Uni-sun, but this first program of the year will be devoted to the “strengthening our friendships” and “having fun” portion of our mission. Whether you’re very new to MVUUF or have been coming for years, we urge you to attend to make new acquaintances or to reconnect with old friends following our summer break. Our program planning team has been hard at work, and by the October 1 meeting, we hope to be able to share with you the schedule of programs for the entire fellowship year. See you then!

REI and Men's Group

Religion, Ethics, Ideas



Religion Ethics and Ideas first meeting **Thursday October 27 by ZOOM.**

The topic will be announced in the October Newsletter. If you have ideas for a topic you would like to discuss contact John Peloquin.

The first men's group meeting will be **Thursday Oct. 13 at 7PM.** The likely topic will be the MN economy.

Look for more information in the October newsletter.



Bob Johnston's Celebration of Life is scheduled from 1:30 to 4:30 at the Ames Center Atrium in Burnsville, MN on Sunday, September 11. Invitations have been sent to those who had contact with and/or knew Bob well.

If you wish to attend, please email

BOBJOHNSTONCELEBRATION@gmail.com

Uni-Sun

Groups and Committees

Racial Justice

Racial Justice will begin meeting again in October. Please watch the Friday email and October Uni-Sun for more information.

The Sanctuary & Resistance team at First Univ along with MUUSJA are hosting the monthly ICOM (Inter-faith Coalition on Migration) vigil at the Whipple Federal Building on **Tuesday, September 13th 7:30am to 8:30am.**

The theme for the event, “Building the Web Toward Immigration Justice” This is a vigil, not a lecture. There will be speakers, reflection, music. We do this as part of our faith in support of justice.

MVUUF SERVICE SCHEDULE

WELCOME BACK TO CHURCH!

The Sabbatical Committee (Linda Hayen, Nancy Buckman and Leslie Swenson) would like to heartily welcome you back to the fall season at MVUUF. As you know, Laura Thompson, our esteemed minister will be gone until November 1st and until then, we have the privilege of running the Sunday services. The services were planned over the last many months in collaboration with the staff and the Membership committee. We hope you find them meaningful.

We could really use help with Greeting and Ushering. Here is a [link to sign up](#).

We will be meeting in person and also on Zoom. The latest Covid guidelines are at the beginning of the newsletter.

Feel free to contact any of us if you have questions or concerns about the Sunday services!

SUNDAY Service is at 10:30am: services will be in person. Zoom is available for those unable to meet in person. <https://zoom.us/j/3953901346> or call 312-626-6799; Meeting ID: 395 390 1346

Please check the [website](#), Friday emails and the above content of the Uni-Sun for all the MVUUF events



Uni-Sun

Board, Committees and Staff

BOARD OFFICERS OF THE FELLOWSHIP AS OF 7/1/2022

Chair & Board Member	Myra Basar	301-379-9210 gratitude30@hotmail.com
Chair-elect & Board Member	Kathleen Coate	612-205-2507 katbagby@mac.com
Secretary & Board Member	Carla V. Ries	909-374-0743 Carlavries.uu@gmail.com
Treasurer	Kelley Hughes Richard Duffin	treasurer@mnvalleyuu.org

BOARD WORKGROUPS

Hanifl Property	Doug Bruce, Mark Clary, Steve Danko, Eva Mach
Covid-19	Rev Laura Thompson, Myra Basar, Jeanne Simpson, Richard Duffin, Kelley Hughes

MVUUF STANDING COMMITTEES AS OF 7/1/2021

Committee	Chair(s)	Phone & Email
Adult Education and Enrichment	Rev. Laura Thompson	612-216-4203 minister@mnvalleyuu.org
Aesthetics	Karen Olson	952-888-6527 luzcatz@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
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Racial Justice	Myra Basar	301-379-9210 gratitude30@hotmail.com
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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 7/1/2022

Trustee & Board Member	Eve Bergmann	612-597-7915 bergmann11@aol.com
Trustee & Board Member	Holly Bruce	952-897-0970 holly-bruce@comcast.net
Trustee & Board Member	Jody Gray	952-835-8922 jodygray87@comcast.net
Trustee & Board Member	Kelley Hughes	952-451-6376 uukelley@hotmail.com
Trustee & Board Member		

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Accompanist

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Uni-Sun Item Submission Information

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