



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

New Covid Policy updates
Page 2

October 2022
Volume 58 Number 2

October: Courage

"Courage doesn't always roar."

- Mary Anne Radmacher

Courageous people change the world. So many examples of that this month. October's celebration of LGBTQ+ history month reminds us of the many who bravely moved (and continue to move) our world toward greater acceptance and affirmation. The revolutionary prophet of peace, Mohandas Gandhi, was born on October 2. Our Christian friends celebrate Reformation Day and Martin Luther's courage that changed how we all think about religious authority. We rightly honor such giants. The problem is most of us aren't that tall.

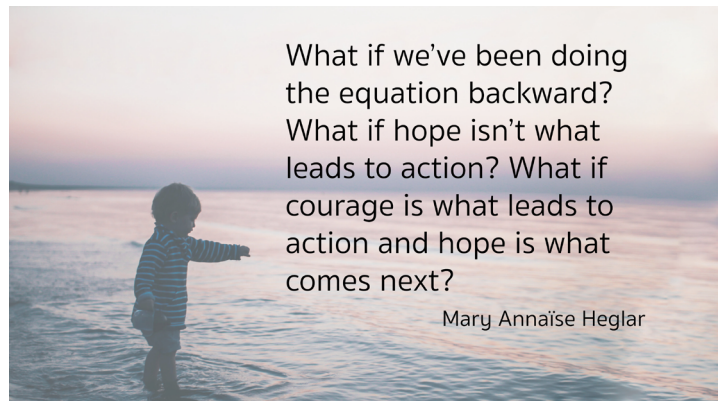
Or are we?

Here's what we have to help each other remember: In addition to the heroic acts that alter history, there are also the daily choices that prevent history from altering us! Bending the arc of the universe toward justice deserves praise, but so does the ordinary work of integrity and not allowing yourself to be bent.

We need to make room on the path for these common acts of courage. The bravery of embracing your beauty even when it doesn't fit the air-brushed images surrounding us. The courage of calling out microaggressions that occur daily for many of us. And what about resisting the persistent seduction of status and stuff? Simply put, the list is long: Turning down that drink one day at a time. Making yourself get out of bed when the depression tells you to stay there. Holding your partner's hand in public. Make no mistake, there are dozens of ordinary acts of bravery we embody every day!

Or maybe we should say there are dozens of ordinary acts of bravery we help each other embody every day. This we need to remember as well. Courage is not only noble; it's contagious. The bravery that makes it into the history books may save the world, but our ordinary courage keeps each other going. Watching someone else make it through another day helps us endure. Witnessing someone else confront bigotry allows us to bravely be more open about who we are. They say that courage is found by digging deep, but most often it is passed on.

So don't worry so much if you haven't changed the world yet. And certainly let's stop comparing ourselves with those giants. Our work rests less in looking up to them and more in looking over at each other. And in remembering that others are looking over at and needing strength from us.



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 Fellowship remains open and will continue to offer both in-person and online Sunday services. There are no restrictions on activities outside of the building, but for inside activities, precautions are based on the current CDC Community Risk Level for Hennepin County (Current Risk Level: Low).

CDC risk level by county: <https://www.health.state.mn.us/diseases/coronavirus/stats/index.html>

As we continue creating our new normal, we remember that:

- Masks protect others as well as ourselves.
- Some of us are not or cannot be vaccinated
- Some of us are immunocompromised, or live with or care for someone who is.
- People have different levels of comfort with physical distancing, masking.
- People with symptoms, positive test or and exposure to someone with covid should wear a mask, regardless of community risk level and should limit close contact with others.
- Please stay home if you are feeling ill or have a known exposure.
- 41% of other UU congregations are continuing to require masking this fall.

Precautions for Indoor Activities

Low: Masking is optional with the following exceptions:

- Masking is required for Sunday service and optional for other settings. This is due to the increased risk of group singing and our desire for services to be as accessible as possible. We will revisit this requirement in October provided risk level remains LOW.
- Masking is voluntary for song leaders.
- Masking is voluntary for worship leaders and people speaking from the front.
- Masking is voluntary in most group meetings at the fellowship provided they are 25 individuals or less and meeting in one of the larger spaces. Different protocols may be applied to groups such as OWL with numbers close to the limit but meeting in more confined areas of the fellowship and involving mixed groups that may have higher risk of transmission.
- Anyone wishing to continue wearing a mask in any setting is encourage and supported in doing so.

Medium: Universal masking for ages 2+ with the following exceptions:

- Masking is voluntary for speakers while at the microphone
- Masking is voluntary for song leaders, while distanced from the congregation (10 feet).
- Temporary unmasking while actively drinking or eating.
- Food/beverage are allowed only in the Fellowship Hall, Social Hall and the kitchen.

High: Universal masking for ages 2+ with the following exception:

- Masking is voluntary for speakers while at the microphone.
- Singing only by the choir and performers
- No food or drink inside.

We are a Community:

If you have COVID-19, reach out to MVUUF Staff or Pastoral Care Team or Congregation Care Resource Committee: conversations, dog walking, meal delivery, deliveries, etc.

Sunday Services

Oct. 2nd: Edible Insects



Western taboo to healthy, eco-friendly diet of the future. For centuries, insects have been a part of the human diet. Western societies don't perceive insects as a source of food. But things may change. We need to start depending on new sources of protein both for our health and the health of the planet. Sujaya Rao will present her perspectives and leave you with 'food for thought'!

Oct 9th: Missing and Murdered Black Women



Rep. Ruth Richardson is a member of the MN House of Representatives. In addition to her many other tasks, she is co-chair of the United Black Legislative Caucus whose mission is to help black Minnesotans achieve equity. She will talk about missing and murdered black women. Sonja Johnston will send us home to the sounds of Autumn Leaves.

Oct 16th: Wonder and Environmental Stewardship



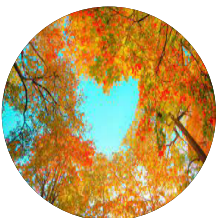
We are responsible for making good choices to protect the natural world but you may feel that your individual actions don't make an impact. Prof. Diane Michelfelder, Dept of Philosophy, Macalester College will talk on how taking more time for wonder helps our own well-being as well as our environmental stewardship. The Sounds of Silver will enchant us with their special music.

Oct 23rd: Courage, Philosophy & Thoughts about Heaven



Oct 23rd: Linda Hayen and Fran Bohlke will present scenes from a video performance of enacted conversations between Gertrude Stein and Alice B. Toklas (depicted by Hayen and Bohlke) After the video there will be some reflection on the lives and philosophy of these iconic figures. An open dialogue will be part of the service.

Oct 30th: What Kind of Ancestor Will I Be?



This month in the Northern Hemisphere we witness life moving from the exuberance of Spring/Summer to the quietude of Fall/Winter. It is a fitting time to remember those beings (people, animals, plants, or land) who were present here but are now gone or changed so that their absence feels like loss. We'll remember our ancestors, those who made our lives possible. And we'll ask, "What kind of ancestor will I be?" With Tom Ehlinger, Carla V. Ries, and Maria Bavier.

Uni-Sun

Letter from the Board Chair

For a variety of reasons lately my mind has been focusing a lot on the idea of CHANGE. Maybe it's because I turned 50 this year. Maybe it's because my nephew started driving and is changing from a boy to a young man. Maybe it's because my company just acquired another company and my job is morphing to accommodate that. Maybe it's because the last few years seemed to be filled with nothing but changing and adapting constantly. Whatever the reason, I do know that the reality is that change is often hard for many of us. I know it is for me.

It is hard because we have to figure out new ways of doing things or let go of long held thought patterns. It is hard because it disrupts our regular rhythms. It is hard because oftentimes, not knowing how it will turn out can be quite scary. The other thing I know about change is that as scary as it might be and as much as we might not like it, it is constantly happening. Our children as well as us grow older, the seasons change, jobs change, people come in and out of our lives.

Sometimes you can plan for change like retirement, moving, or changing jobs but other times, change knocks us sideways when it comes out of nowhere with things like a layoff, an illness, a new love, a pandemic. Those changes tend to be the most challenging as we are trying to adapt right in the middle of it all happening. We don't always have the time to process, to wrap our heads around how things will be different, to make thoughtful decisions, to grieve the loss of things the way they were. Oftentimes we are just reacting in the best way possible in the moment.

The other thing about change is that may bring both seemingly positive and negative impacts and oftentimes we can't even see the reality of which is which for some time. For instance, as children grow up it is so amazing and wonderful to see the humans they are becoming but it is also bittersweet to miss the times when you could snuggle them and protect them from harm. The pandemic has brought us so much challenge and change but it also brought us a regular way to bring services to those unable to travel for in person services and new ways of experiencing music. Change usually comes with both struggle and beauty if we can open ourselves to embracing what can be built upon what was.

My move to Minnesota was not a change I had ever planned for or quite frankly wanted but sometimes life presents challenges that require you to make different choices than you had ever planned for. I did my best to adapt. I moved in with my sister, I looked for work, I made a few friends but honestly, for a long time it was hard. I just kept trying to push through it. It wasn't until about two years into my time here when confronting a ruined mattress in a storage unit (long story) that I truly broke down and balled my eyes out. Not for the mattress but for all the things that were no longer about my life. For all the plans and visions that I had to let go of or adapt. Now, here I am, many years later seeing the other side of the story, all that I gained. My relationship with my niece and nephew would never have been this close or this strong had I lived somewhere else and I honestly would not change the time spent living with them and helping them grow for anything in the world – even to have that old life back. And in retrospect, not everything changed. I still am growing the career I started long ago, although in a new direction, I still have friendships from my east coast days and I still carry all of the lessons that life taught me up through that time.

So, why do I share all of this? Because, we have been going through a lot of change. The pandemic was the cause of much of it but our congregation has also seen change, our minister being on sabbatical is a change, being in budget difficulties is a change. Facing all of these changes is often challenging and disruptive but it also gives us enormous opportunity. Opportunity for things we may never have even envisioned before have the potential to produce a beautiful future full of possibility. I hope that a year or two from now, we are all looking back so grateful for where we are due to changes that were forced or chosen and how we managed through them. I want all of us to seize the chance to make beauty from our change struggle. We have the great ability to take all that we have been, all that we are and all that we can be to make the brightest possible future for ourselves, each other and our fellowship. And each and everyone of you has a role in turning opportunity into reality.

Cont'd next page

Uni-Sun

Letter from the Board Chair

Letter from board chair continued...

Now, for a few change announcements. Kelley Hughes, who graciously volunteered to serve as our Treasurer along with Assistant Treasurer Richard, has decided to step down from that position and Richard Duffin will continue on in the Treasurer role alongside Jeannie who has taken on much of the Fellowship bookkeeping responsibilities. A sincere thank you to each of them for all they have done and continue to do to support MVUUF.

In addition, we are adapting our COVID protocols to align more appropriately with the current changes in many areas and the low risk level rating we are currently at. Please see additional information laid out in that section of the Uni-Sun.

In deep gratitude to you all,
Myra E. Basar (she/her)
Chair of the Board, MVUUF

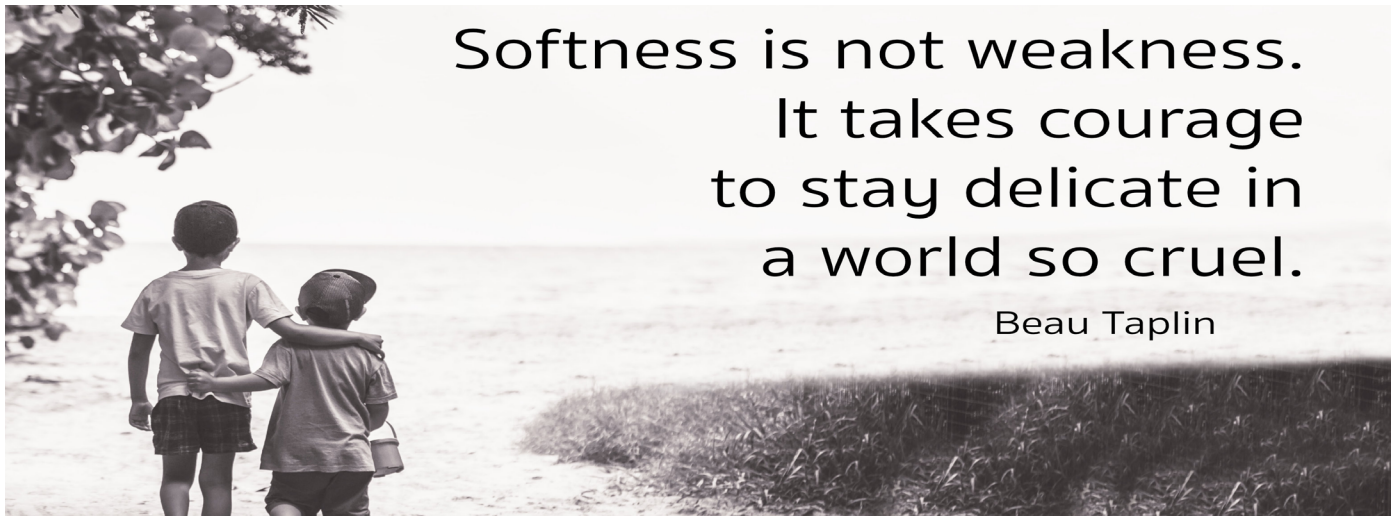
From Kelley Hughes -- outgoing treasurer

I am pleased to announce that Richard Duffin has agreed to be MVUUF's Treasurer. Much of our data entry is now automated, and Jeannie Piekos has mastered our bookkeeping duties, so the Treasurer position is now comfortably doable for one person.

Richard's background includes being a former COO with considerable accounting experience. He also continues to share his technical talents that have greatly streamlined the Treasurer's technical functions. These traits and others make him an ideal Treasurer for MVUUF. Also, because my plate has been quite full as Stewardship chair, Finance Committee member, and wearing the dual caps of Treasurer and Trustee for our Board, I am grateful to say that the Board has accepted my resignation as Treasurer. I will continue to serve the board as a Trustee.

I am grateful to be working with such talented and caring people!

Kelley Hughes, outgoing treasurer



Uni-Sun

Communications & Administration

Happy October, Friends. Autumn feels very present today as I sit in my office working on the Uni-Sun. The weather is suddenly brisk. And the light outside my window is fading earlier than the day before. Summer is surely over. I feel caught between the seasons. I am wearing sweaters but I refuse to give up my sandals. I am warm in the sun but shivering in the shade. It's hard to say goodbye to summer.

October is also the last month of Rev Laura's Sabbatical and so the five months of her time away to rest, restore and reflect begin to close. It's funny how elastic time can be. Five months seemed such a long time at the onset but now it seems like it went by (like summer) so quickly. She will be back for the first service of November (November 6th). I know we all look forward to welcoming her back.

I also feel caught between the Soul Matters/Service themes. Last month our theme was belonging and it felt like such a rich topic. I really enjoyed researching, reading and writing about belonging for my Writing as Spiritual Exploration workshop. One poem that I loved was David Whyte's, *The House of Belonging*, in which he writes: *"...This is the bright home/in which I live,/this is where/I ask/my friends/to come,/this is where I want/to love all the things/it has taken me so long/to learn to love./This is the temple/of my adult aloneness/and I belong/to that aloneness/as I belong to my life..."*

Courage is October's theme and I had an immediate resistance to it. Why? I think my resistance is a concern that it could easily become trite or sentimental but, also, I wished for something bigger to grapple with. I tend to gravitate toward themes that feel complex and murky. I am a poet afterall.

But there's something about *vulnerability* that feels mysteriously connected to courage. I'm not yet sure how or why but I know it's key. I think for me vulnerability was one of "...the things/it has taken me so long/to learn to love..." Maybe learning to love vulnerability is a courageous act. It's definitely something I will be exploring more as I put together October's Writing as Spiritual Exploration Workshop. I hope you will join me on October 20th so we can write together from our own unique perspectives.

SOUL MATTERS MONTHLY THEME: Courage

This month, we explore the theme of Courage. 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. You can also join Writing as Spiritual Exploration where we write on current monthly Soul Matters themes. Please find more information on page 12.

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

- What has life taught you about "true courage"
- Can you tell me a story about bravely facing one of your demons?
- What seems more dangerous these days? Pessimism or optimism?

Find this month's packet here: [Courage](#). To join a Soul Matters Group or inquire about Writing as Spiritual Exploration please contact Jeannie at office@mnvalleyuu.org

Uni-Sun

Children, Youth and Family Ministry

Welcome to Children, Youth and Family Ministry programming for October 2022!

Our theme this month is “Courage.” We might think of courage as something only superheroes have. But courage doesn’t always happen on a grand scale; it also happens on a smaller, day to day level. Examples of grand acts of courage: when Superman stops a speeding train, or Harriet Tubman led slaves to freedom on the underground railroad; Rosa Parks refusing to give up her seat on the bus, or Sir Edmund Hillary’s climbing up Mount Everest.



Examples on the path of courage on the smaller day to day level are trying a food that you’ve never tried before, standing up for a person who is being picked on, standing up for yourself, or giving a recital for the first time.

Can you think of times when you saw courage, or felt it in yourself on a smaller level? Like when you had to get a shot, when you were lost but then found your way, when you were a new kid, etc.

Courage means some kind of strength to withstand some kind of danger, fear or difficulty. One person’s courage is not the same as another’s. It might be grand; it might be smaller.”

Brené Brown, a prolific researcher and storyteller, writes about being courageous toward ourselves every-day, *“Wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the COURAGE, compassion, and connection to wake up in the morning and think, “No matter what gets done and how much is left undone, I am enough.” It’s going to bed at night thinking, “Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also BRAVE and worthy of love and belonging.”*

It’s often a remarkably brave act to love and accept ourselves! Come to Children, Youth and Family (CYF) Sundays this October to explore more about courage and get to know other MVUUF folks:

	Children, Youth and Family October Calendar
10/2	CYF Sunday downstairs, or Naturalist Speaker Topic: Bugs upstairs
10/9	CYF Sunday activities downstairs
10/16	CYF Sunday activities downstairs
10/23	MEA Weekend - Multigenerational Worship Service
10/28	Friday 5-7:30pm Halloween Party potluck, costume contest, decorations and pumpkin carving in MVUUF Fellowship Hall
10/30	Multigenerational Worship Service - Day of Remembrance

[See full CYF Calendar here.](#)

[Registration Form](#) Registration is an important part of planning our programing and keeping our children safe.

Uni-Sun

Children, Youth and Family Ministry

Calendar Connections October 2022

Interfaith:

- [National Observance of Children's Sabbath](#)

3rd weekend of October

- [Diwali: Festival of Lights \(Hindu\)](#) - Starts Oct 24, 2022
- [Martin Luther posts 95 theses](#) - Oct. 31 1517

Unitarian Universalist:

- UU Merger Vote: Unitarians and Universalists, meeting separately in Syracuse, NY, voted to proceed with consolidation - Oct. 31, 1959.

National & Cultural Holidays:

- [LGBTQ History Month](#)
- [Hispanic Heritage Month](#) (Sept. 15 - Oct. 15)
- [ADHD Awareness Month](#)
- [Indigenous Peoples Day](#) / Columbus Day (U.S.)

Oct. 10, 2022 (second Monday of October) - more here

- Halloween, All Soul's Eve - Oct. 31
- [Dia de los Muertos](#) - Oct.31 - Nov.2

For Fun and On the Fringe:

- [Clergy Appreciation Day](#) - Oct. 9, 2022 (second Sunday of October) I think this calendar connection is particularly important this year as I am recognizing all the work Rev. Laura does since she is rejuvenating on Sabbatical.



Our Whole Lives Begins!

This month our 7-9th grade youth will continue the Our Whole Lives (OWL) program after having the kickoff last month. OWL sexuality education is based on Unitarian Universalist values, and is based on the five "Circles of Sexuality".

- The first circle is sensuality, which is the acceptance and love of bodies, both one's own body and others.
- The second circle, intimacy, is about the emotional aspects of connecting with others, such as liking, caring, and trust.
- Sexual Identity is the third circle, which includes gender identity, gender expression, and sexual orientation.
- The fourth circle is sexual health and reproduction, which is what is typically considered sexual education; pregnancy, anatomy, and contraception.
- The final circle of sexuality is sexualization, which is how sexuality can be used to influence others, such as flirting or seduction.

Stop downstairs to see the posters used in the program!

Uni-Sun

MUSIC AT MVUUF!

Courage Together

"Coming home in September to MVUUF has always been our tradition. We enter those doors, take a look around, see new and familiar faces, and take a deep breath to settle in. In the past, we've honored and celebrated our reunions by singing with long-standing members of house band Zenith Ave's, and John Denver's 'Hey, it's good to be back home,' during service. But for some of us, it's been hard to get back home, fighting a current of heavy flowing waters and energy to get here, and some resting in the still waters waiting for our merge to be with our beloved community who greets us with smiling faces and hugs. Even through the struggle, the grief, the loss, we're here together to honor each other's journeys and to invite some joy in; Wading through deep waters trying to get home. Wading through deep waters, trying to get home. I am wading through deep waters, but I am home."

These are the words Nicole spoke during the offertory during our Coming Home service. We also want to say the lyrics in "Wading Deep Waters," are deeply tied to the song, "Wade in the Water" a Negro spiritual whose lyrics were first published in the 1901 edition of New Jubilee Songs as Sung by the Fisk Jubilee Singers. The lyrics were supposedly used by Harriet Tubman to instruct fugitive slave to trudge through the water so that the dogs chasing them will lose their scent.

Tom Ehlinger adds his thoughts on MVUUF's tradition of singing, *"Hey, It's Good To Be Back Home Again."*

"I understand there was some disappointment that the song "Good to Be Back Home Again" wasn't part of the September 11 service. I'd like to explain why I made that choice.

The pandemic has given us the chance to look at ourselves afresh. We have the opportunity to pause and ask: "What do we really want to do and how do we want to do it? What will we keep? What will we change or let go?"

"Good to Be Back Home Again" was sung at MVUUF's opening service for many years. It became a tradition for Zenith Avenue to start each year with that song. And it always seemed right. It's a song about someone who's been away and is driving along a highway back to the home that has been waiting there for them all the while.

This year the song didn't seem to fit. Yes, we're returning to a place that was our "home". But as we come back from the pandemic times, the road isn't as straight and smooth and we aren't even sure what that home is like now. So, when Nicole asked me if I'd lead the song at the service, I said that I felt it was time to let go of that particular tradition and search for a new one.

Part of my reason was also personal. The founding members of Zenith Avenue – Jerry Gilliland, Marv Gish, and Jerry Burt – are all gone. "Good to Be Back Home Again" is so deeply connected in my heart with them that it would be too painful for me to lead it without them. I miss those guys; it's hard to sing with ghosts."

I'm sorry I didn't put this explanation in the September 11 order of service, but I hope it helps now.

Uni-Sun

MUSIC AT MVUUF!

[Wading Deep Waters, Crooked Still, arr. Nicole Collins. MP3](#)



Music October Calendar

October 9th

This service will have special music by our own beloved Sonja Johnston who will help us usher in Autumn! Sonja, our former Minister of Music, plays those piano keys like no other. She has often brought people to tears with her playing and we are thrilled to welcome her back to us for this service!

October 16th

We are also welcoming back Silver Strings, with former member Betty Olson on October 16th. For those of you who have been longing for classical music, make sure not to miss this. Silver Strings, the Bloomington band, was founded in 1964 and gave its first concert in 1969. Along with playing in the band, many people have formed smaller groups from their Medalist sections. Sounds of Silver is one of these. Many of the flute players have been playing together since the inception of the band, and continue to enjoy.

October 23rd

Fran Bohlke and Linda Hayen have a special treat for us. Their longtime collaboration around storytelling and theater will bring us a play of Gertrude Stein. Gertrude Stein and Alice B. Toklas, both Americans, met on September 8, 1907 as new expats in Paris. The two bonded immediately. They remained lifelong partners until Stein's death, with Alice serving as the doting wife, and later, keeper of her legacy. We will enhance these stories with music with themes of acceptance and celebration of differences

October 30th And finally, we start changing through seasons. We recognize that some think October is a time where the veils to our ancestors are thin and are more accessible to us. For our Day of Remembrance service, we highlight a hymn from the teal book, "*Daoona Nayeesh*." This song is the inspiration of a Muslim residing in the United States, Samir Badri. Samir recruited the composer, a Jew, to set his words to acceptance and celebration of differences, after they both were featured at a peace rally in Arizona before the U.S. bombing of Afghanistan and Iraq. This song has been embraced by those who have heard it around the country. It is structured musically to allow for people who have never sung in Arabic to do so, in echo fashion. It was first sung with a rippling banjo accompaniment, then a cappella, then with percussion, and then with a band made up of musicians from Morocco and Saudi Arabia who formed to play for the Tucson Jewish Muslim Peace Walk of 2004.

Uni-Sun

Vision 2025

The Vision 2025 group continues to meet in order to meet the board charge. The charge tasked the committee "... 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."

Now it's your time to contribute to envisioning the future of MVUUF. The Vision 2025 work group is hosting two conversations on **Sunday October 2nd** in order to imagine the future of MVUUF.

We invite members, friends and staff to join us in envisioning the future of our community. The first conversations will be held **in-person immediately after the service. The second will be on Zoom at 2pm**. Please join the conversation. Zoom link <https://zoom.us/j/3953901346>

We look forward to hearing your dreams and visions!

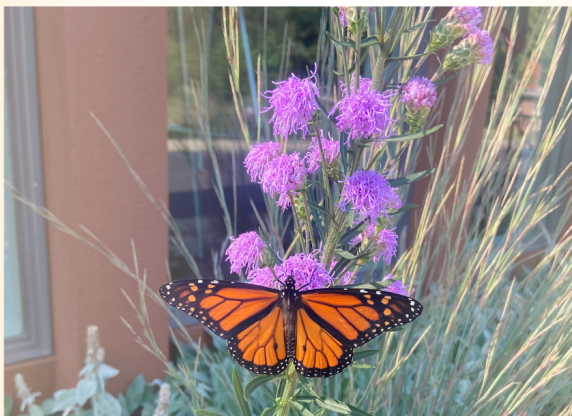
If you have questions about Vision 2025 please contact Jeannie office@mnvalleyuu.org

Vision 2025

Let's meet to imagine the future of MVUUF

Sunday October 2nd

in person 11:45 or on Zoom 2:00



Anyone can slay a
dragon but try waking
up every morning
and loving the world
all over again.
That's what
takes a real hero.



Brian Andreas

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

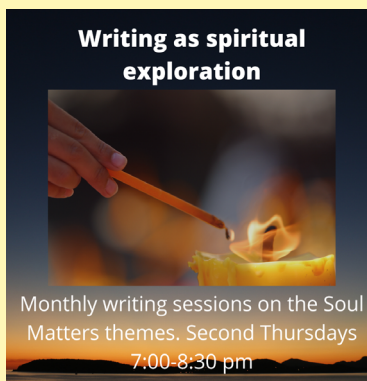
Join in a group with 8-10 committed participants that come together once a month, from September – June, to nurture spiritual growth and engage more deeply with our monthly themes through deep listening and open-hearted sharing.

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. Thursday October 20th 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

October's Courage writing session will be on **Thursday, October 20th** (note: this session is on third Thursday but subsequent ones will be on the second Thursday) at MVUUF. What does it mean to have courage? When have you felt a lack of courage? Is vulnerability a sign of courage or concern?

Uni-Sun

Adult Programming

Join a Meditation Group this fall!

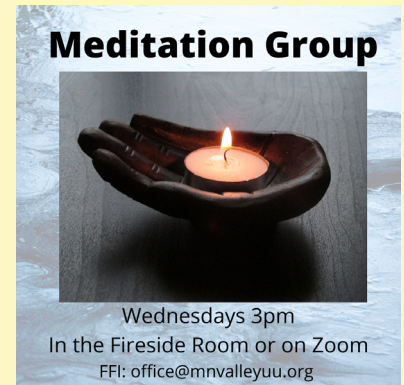
Meditation Group Wednesdays at 3pm
Convener: Richard Duffin

Join in person or on Zoom (<https://zoom.us/j/3953901346>)

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.



Itchy Fingers Salon

The Itchy Fingers Salon is re-starting this fall. We meet on **Saturday afternoon, 1-2:30** at the Fellowship during 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.

MAH JONGG

Mah Jongg will be starting up soon. The group will meet once a week during the day.

If you play or want to learn, contact Nancy Buckman, 952-736-9586, nancybmnuu@gmail.com.



Uni-Sun

Groups and Committees

Stewardship

Our Stewardship Team met informally on September 6 at Patrick's in Edina to acknowledge our accomplishments in 2021-2022, and to reflect in preparation for the 2022-2023 Stewardship year.

We acknowledged that the COVID pandemic has...well...changed everything. We, as a community, are learning and inventing new ways to be together.

Look for the first "Did You Know" in October's Uni-Sun.

If you are interested in joining Stewardship – whether at the heart of things or just specific projects on your own time – please contact me by phone or email. I'd love to hear from you.

Kelley Hughes, chair
952.451.6376
uukelley@hotmail.com



Membership

Would you like to help plan a fun and fabulous Halloween bash? In the past the Halloween parties were a big draw. If you want to help please contact Eric Grady grady318@gmail.com

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!



Uni-Sun

Groups and Committees

Women's Group

Saturday, Oct. 1, 10:30-12:30 The Women's Group Planning Team is excited to start off this year's programs with a session devoted to helping foster community and connection. This goal seems especially important since COVID has made our ability to meet in person the last two years spotty, at best. We ask each attendee to bring an object to the meeting that illustrates something you enjoy doing. Some examples: if you enjoy playing Pickleball, bring your racket and tell us a little about what you enjoy about the sport. Perhaps you have a collection. You could bring a piece or two of the collection to show and explain how you got interested in collecting. Perhaps, you are an avid volunteer. If so, bring a T-shirt with the logo of the organization you volunteer for and tell us what you enjoy about the experience. Beyond this Show and Tell time, Ruth Keely has also devised a game or two to help us determine more things we have in common with other Women's Group attendees. It should be a fun time.



All women friends and members of the fellowship are welcome to attend. We especially invite newcomers to this first meeting. This is a great way to get better acquainted with other MVUUF women.

Following our hour-long program, we will have a 5-10 minute business meeting, followed by lunch. Please contact Kathy Eager (kathy@darrelleager.com) no later than noon on Wednesday, September 28, to let her know you will be attending, if you will buy the catered lunch, and, if so, whether you would prefer a chicken salad sandwich or an egg salad sandwich in your boxed lunch.

We look forward to seeing you there!

Fitness with Fran



"You've Got To Keep On Movin"

There will be five yoga classes offered in October: Mondays and Wednesdays, Oct.10,17,19,24,26. (Oct. 31 is yet to be decided.) 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

Uni-Sun

Groups and Committees

Men's Group

Men's Group will meet on **Thursday October 13 at 7:00 PM** on Zoom (see link below).

The speaker will be Amanda Imes an economist with Minnesota Management and Budget (MMB). Amanda will provide an overview of both Minnesota's Economic Outlook and the US Economic Outlook. She will address issues including Minnesota's exceptionally tight labor market, Minnesota's housing market, and inflation. Come with questions or feel free to email them in advance to Amanda.imes@state.mn.us (Amanda is a colleague of John Peloquin, organizer of Men's Group presentations.)

Steve Danko has graciously agreed to be the moderator that evening.

<https://us06web.zoom.us/j/88316976455?pwd=SIldDFsb21BSURySHhtTUdKb1JBQT09>

Meeting ID: 883 1697 6455 Passcode: 366350

Religion, Ethics & Ideas

Religion Ethics and Ideas will meet on **October 27 at 7 PM** on ZOOM.

Our broad topic will be: "Going to College."

Likely Questions:

- Who should attend college?
- Is the purpose of college primarily to prepare one for employment or to "broaden one's horizons."
- Do most jobs that ask for a degree really require the skills learned in college?
- In many cases is a college degree simply a signaling device to employers?
- Why is college so expensive? Should the federal government forgive college loans?
- Should college be free?
- Should young people who do not attend college or other post secondary institutions receive a grant from the government equal to what they would have qualified for if they attended a post secondary institution?
- Should student loan payment be based on one's income as opposed to the amount borrowed? Have government loans and grants contributed to the inflated cost of college?
- Why is the failure to graduate rate so high for colleges?
- Should colleges whose students default on loans be required to absorb some of the loss?
- Should standardized tests be used in the admissions process?



<https://us02web.zoom.us/j/86536010203?pwd=RUhDMldHMU9OemdJczBNcVdySVAYQT09> Passcode: 878466

Uni-Sun

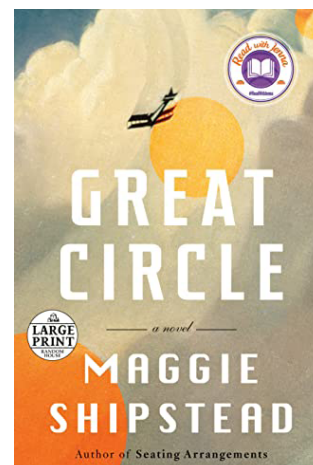
Groups and Committees

Evening Book Club

The Evening Book Group will NOT be meeting in October. We will resume our discussions in November. Alternating nonfiction with fiction as is our tradition, our next choices are:

- 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.

Social Action and Racial Justice

Climate justice, reproductive rights, honoring treaties, resisting racism and other oppressions, all involve public policy, which requires voter engagement. Early voting begins Friday 9/23! MUUSJA invites every UU to help reach Minnesota voters, in collaboration with key community partners. You are valuable and needed regardless of mobility, time constraints, or tech skills.

Save the date to help Wisconsin's #UUtheVote weekend of action October 14-16.

Get updates at www.muusja.org

Contact Karen Wills at 612-270-6559 with questions or to schedule an online meeting for GOTV with climate justice, racial and social action teams.

Uni-Sun

MVUUF Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 10:30am - Sunday 10:30am - CYF	26	27 1pm - Nicole Voice	28 1pm - Nicole Voice 6pm - MA Meeting 6:30pm - choir	29	30 11am - Uke Jam	1 10:15am - Women's Group
2 10am - OWL Class @ 10:30am - Sunday 10:30am - CYF	3	4 1pm - Nicole Voice	5 1pm - Nicole Voice 6pm - MA Meeting 6:30pm - choir	6 6pm - Bloomington Town Hall Meeting	7 11am - Uke Jam -	8
9 10am - OWL Class @ 10:30am - Sunday 10:30am - CYF	10	11 1pm - Nicole Voice 6:30pm Membership Meeting	12 1pm - Nicole Voice 6pm - MA Meeting 6:30pm - choir 7pm - BoT Meeting	13 7pm - men's group	14	15
16 10:30am - Sunday 10:30am - CYF	17 10am - Soul Matters	18 1pm - Nicole Voice	19 1pm - Nicole Voice 6pm - MA Meeting 6:30pm - choir 7pm - CoSM Meeting	20 5:30pm- Congregat'l Care Committee 7pm - Writing as Spiritual Exploration	21 11am - Uke Jam -	22
23 10:30am - Sunday 10:30am -	24	25 1pm - Nicole Voice	26 1pm - Nicole Voice 6pm - MA meeting 6:30pm - choir	27 7pm - REI	28 5pm - Halloween Party	29
30 10am - OWL Class 10:30am - Sunday 10:30am -	31	1 1pm - Nicole Voice	2 1pm - Nicole Voice 6pm - MA Meeting 6:30pm - choir	3 11am - Uke Jam -	4 10:15am - Women's Group	5

Uni-Sun

MVUUF Service Schedule

SUNDAY Service is at 10:30am. Services are multi-platform. You may join us in person, on Zoom or live-stream on YouTube.

<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

If you would like to volunteer to help as a Greeter, Usher or treat-bringer, here is a [link to sign up](#).

The latest Covid guidelines are available online and on page 2 of this newsletter.

Church Directory



Are you a member of MVVUF?

Would you like a directory of Fellowship members?

Email Jeannie at office@mnvalleyuu.org for an electronic or hard copy directory.

WE ARE:

ALL CONNECTED

STRONGER TOGETHER

LOVE'S HANDS IN THE WORLD

CALLED TO CREATE JUSTICE

RESPONSIBLE FOR ONE
ANOTHER AND THE EARTH

Uni-Sun

Board, Committees and Staff

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

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	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 luzzcatz@comcast.net
Archives	Kathy Eager	952-888.8427 Kathy@darrelleager.com
Congregational Care	Emily Kampa	emily.m.kampa@gmail.com
Committee on Shared Ministry	Jeanne Simpson	612-239-1240 jems.ellen@gmail.com
Endowment	Bob Boucher	952-432-6632 woopatis@msn.com
Finance	Steve Danko	952-884-9099 sdankojr@gmail.com
Membership	Eric Grady	952-237-1057 grady318@hotmail.com
Music	Barb Becker	651-253-0127 gbhcb@msn.com
Nominating	Linda Hayen	651-214-1279 linda590.lh@gmail.com
Operations	Mark Clary	952-830-1971 Magwcfm@gmail.com
Racial Justice	Myra Basar	301-379-9210 gratitude30@hotmail.com
Religious Education	Maria Bavier	612-216-4224 maria@mnvalleyuu.org
Social Action	Rev. Laura Thompson	612-216-4203 minister@mnvalleyuu.org
Stewardship	Kelley Hughes	952-451-6376 UUKelley@hotmail.com
Technology	Richard Duffin	707-696-6406 rwduffin@comcast.net

BOARD TRUSTEES AS OF 7/1/2022

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		

MVUUF

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Administrator & Communications Director

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612-216-4113

Director of Children, Youth & Family Ministries

Maria Bavier, CYP@mnvalleyuu.org

612-216-4224

Music Director

Nicole Collins, music@mnvalleyuu.org

Accompanist

Lark Lewis, piano@mnvalleyuu.org

Custodian & Operations

Mark Clary, cust@mnvalleyuu.org

Internet

Home Page: www.mnvalleyuu.org

Facebook: www.facebook.com/mnvalleyuu

Uni-Sun Item Submission Information

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