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Welcome Back Laura
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November 2022
Volume 58 Number 3

November: Change

It is often said the only things that are absolute are death and taxes. While there is truth to that statement, I find myself holding on to an even deeper concept; the only absolute is change and I believe that this is a crucial concept for UU theology.

Coming out of the Radical Reformation, it's fair to say that our Unitarian heritage was forged during one of the most change-making eras in history. Our Universalist theology is also centered in change; wherein a judgemental God who would condemn the predestined or unsaved to hell becomes a loving God who welcomes and accepts all. Unitarianism and Universalism were once both Christian denominations in the United States. That has certainly changed, too.

Over the last 500+ years, we've been shaped by deism, transcendentalism, naturalism, Darwinism, humanism, the fellowship movement and our ever-expanding understanding of life as we know it. Likewise, the calls of justice and liberty have influenced our values over our long history beginning with our focus on religious freedom and leading us through the ages to witness and fight against oppression and a more loving and just world not just for ourselves, but all.

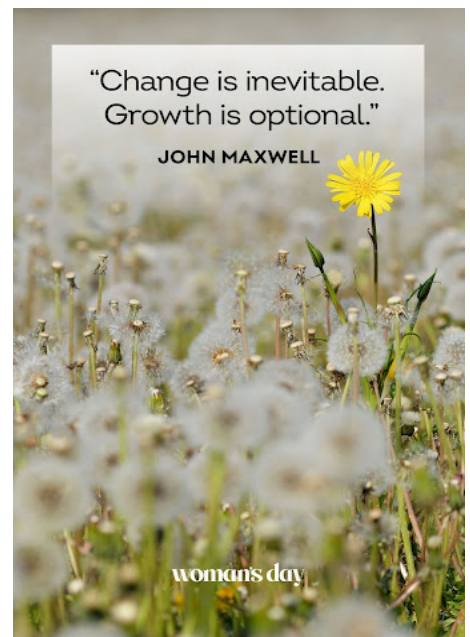
In the context of religious institutions, it is not normal to undergo as frequent and as intense change as Unitarian Universalism has. We are far ahead of the curve here. The big changes that led to UUism are not just the turning point for our existence. Rather, change itself became the root of our continual becoming throughout the ages. We have faith in change. We put our hope in change.

Of course, it isn't always easy. Change is hard, sometimes unbearable. And then, sometimes we mess it up knowingly or unknowingly. But, change is there, too, when we make mistakes giving us space to learn, make amends and try again and again and again. It can feel like change will never end; it won't.

So rather than fight it, we can use our own hopes, dreams, faith and agency to shape the change that is to come and maybe hang on to one other truth too; you don't have to do it alone.

See you Sunday,
Rev. Laura

Welcome back, Laura! [A report on how Rev. Laura spent her sabbatical can be found here](#)



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 is 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.

- Masking is encouraged but not required for Sunday service.
- 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. Please note different protocols may be applied to groups such as OWL with 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 encouraged 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.

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

Sunday Services



Nov 6th: A Change Will Do You Good

Rev. Laura returns from her sabbatical and reflects on her 5 months away. We know that rest restores our bodies and spirits, but what else can we discover there? What gifts wait for us in the time we create for sabbath? And how do we even begin to make space for such a thing to happen?



Nov 13th: But I Don't Like Change; Why Can't Everything Go Back to the Way it Was?

We have all been there; overwhelmed by change and uncertainty, we long for a return to "normalcy". We want things to go back to the way they were and yet deep down we know that things can never be exactly how they used to be. In this service we'll pause to name the things we miss and imagine if there isn't a way to hold on to the heart of them as we continue forward . Rev. Laura Thompson



Nov 20th: The Change We Hope to Bring

From the largest denomination to the smallest congregation, religion in America is in the midst of inevitable change. Religious affiliation, church membership, and worship attendance have steadily declined since the turn of the century, while the number of adults who identify as religiously unaffiliated continues to grow. Will we be dispirited by the uncertainties of change, or inspired by its possibilities? Will our vision for a better world be narrowed by fear, or widened by hope? How we respond to change will determine both the future of our religious communities and the future of our faith tradition. Guest Speaker, Rev. Phil Lund is a Congregational Life Consultant for the UUA MidAmerica Region



Nov 27th: Turn the World Around

There are some eras, which seem to be prone to more profound change than others; the age of enlightenment, the industrial revolution, etc. We are, no doubt, living in one of those periods which will go down in history as a pivotal point of change. Politics, the economy, climate, social and racial justice and the very ways we work and live are all on the cusp of tremendous transformation. What role does our faith play in shaping the changes to come? Rev. Laura Thompson

Uni-Sun

Letter from the Board Chair

Hello everyone –

Many of you have probably read things about the positive effects of practicing gratitude. The Article “Giving Thanks Can Make You Happier” from Harvard Health Publishing – Harvard Medical School shares the following:

“The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

I have engaged in the process of practicing gratitude formally and informally over the years. Each time I feel myself slipping into a place where I am focusing more on the frustrating or negative, I know it is time to make a more concerted effort to turn things around because I have seen how it can help improve



my mental wellbeing. Recently, I had a stark reminder of this during a trip up north. We held our strategic planning for work in Brainerd, a new location from previous years and I made plans to stay up at Breezy Point for the following week, hoping to take in some fall colors and clear my head a bit before the crazy open enrollment season began. I had a cute place overlooking the lake and one of the best weather days was Tuesday, hitting temps in the 70s. Unfortunately, Tuesday was also the day when we were finalizing our first payroll with our new HR system and I spent close to 4 hours on a call reviewing payroll numbers line by line with my HR Generalist. I was so disappointed that I hadn’t gotten out for a hike that day when my colleague reminded me there was still daylight left to be enjoyed. While there wasn’t time to get to one of the State Parks I had planned to visit, I found a nature reserve just 15 minutes away and set out to traipse through the woods. It was absolutely stunning! The colors were bright and vibrant, the trail covered in fallen leaves that quietly rustled as walked, there was even a beautiful lake reflecting the gorgeous fall colors all around. I stayed in the woods until the light was leaving the sky and camped out of the trail just as the sun’s last rays were disappearing. It was a magical evening and I was so very grateful for it at the end of a long day. To think, I could have sat in my frustration focusing on the time I had had to work when I didn’t plan

to and missed this lovely place that I likely would not have seen if I hadn’t been looking for something close by. I was distinctly reminded once again how important it is to look for possibility and be grateful for those unplanned experiences rather than being disappointed when things don’t go exactly as you had hoped.

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Uni-Sun

Letter from the Board Chair

Letter from board chair continued...

So, while I am not always able to keep it front and center, right now I am focusing on what I am grateful for. I am grateful I was able to see so much of the beautiful fall colors this year. I am grateful for a job that presents opportunities to travel to places I have never been. I am grateful for my family and friends that help me laugh even when times are tough. I am grateful for the board members I serve with and all that they bring to the experience. I am grateful for Richard and Jeannie who help me more than words can say in so many ways. I am grateful that Reverend Laura is returning to us this month. I am grateful for this fellowship and most importantly, all of you. Because of you, I see hope during dark days, knowing that there are others who believe that we can make each other's lives and this world a better place. My ask of each of you...take some time and think about what you are grateful for. If there are people that are a source of gratitude, take it a step further and find a way to share that with them.

With deepest gratitude

Myra

MVUUF Board Chair

Welcome Back Rev. Laura

The Board of Trustees, the Sabbatical Committee and Staff all extend a warm welcome to Rev. Laura who is now back from her sabbatical.

We all look forward to hearing about her adventures, insights, learnings, revelations and reflections.

Her first sermon will be **November 6th**. We will have a welcome back CAKE after the service. We hope you can join us and celebrate Rev. Laura's return.



Uni-Sun

Communications & Administration

Of course, we know change is inevitable. We give it different names. Call it God, the law or the constant. Whatever we call it, it's not going away. Whether we are aware of it or not, we walk with it all through our lives. Sometimes we embrace it and sometimes we resist it.

Change is complicated because it's so often wrapped up with grief. It can be difficult to know which we are dealing with emotionally. Do we feel a resistance to change or are we longing for something we loved that has passed? Perhaps what we are grieving gets in the way of letting us embrace the change that is upon us.

In the last eight years I have experienced radical change. At times my life became unrecognizable to me. There were the changes brought about by a life-threatening cancer diagnosis. There were deaths of loved ones. My son's heroin addiction and recovery. And divorce from a 32-year marriage.

At times, I thought I had completely made peace with change—that I became a Change Agent. Like it was my super power. But, of course, no. Accepting change is an ongoing practice. We make peace with change only to have a new reality and then another and another. We get a lot of practice.

What I *have found* is a faith in my adaptation to change—my acceptance. That might be the best I can do. Whether that is making peace with change, rolling with the punches or communing with a higher self that knows something I don't know, I can't say. But I have my inklings.

Mostly, I like to work it out in poetry. Here's one from a couple years back.

Eventide

Just because it feels like
the world you've known has
come undone doesn't mean
that you are finished.

True, there is no going back.
But memories aren't meant
to ensnare us and, anyway,
this is a prayer for going
forward.

Above us—
deep, dark silk
has wrapped
the sky, and snow
has only momentarily
forgotten how to fall.

Beneath us—
the solid, spiraling earth
thrums and hums itself
along a serpentine path
of certitude and chaos.

Within us—
we spin worlds of our own
that glow from tender,
sieve-like openings where
loss has left its mark.

At the close of our longest
night, we see that the terrible thing
we thought
might break us has somehow only
made us more whole.

Uni-Sun

Children, Youth and Family Ministry

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

Sara Sweeney is our OWL Coordinator for October 25-January 15. She was the MVUUF RE and Youth Coordinator in 2018-19 which included being an OWL Facilitator. She hesitantly left that position to pursue travel around South America, but returned to the states when the pandemic hit. Over the last few years she's been working as a part-time writing tutor and a full-time admin at Ramsey County Information and Public Records. Sara has also been helping her parents adjust to new health diagnosis/age limitations, and has been enjoying all that being a resident of Saint Paul has to offer. Please join me in giving Sara a warm welcome back.



The OWL Program at MVUUF currently has 24 youth registered. OWL has met 5 times and covered materials from 6 workshops. MVUUF is also using materials from the Sexuality in our Faith curriculum meaning that OWL workshops include chalice lighting and extinguishing, discussion about the 8 UU Principles, 6 UU Sources and more.

This year our CYF Soul Matter's question is: What **paths** must we lean into and relearn as we travel together into our complex, challenging and hoped for future? This month we will explore the challenges and paths of "Change." Changing Ourselves, Our World, Changing Thanksgiving, and Changing the Winter Holidays. Speaking of the winter holidays, here is a link to a [holiday health infographic](#) from the CDC. Now back to "Change." Change can be overwhelming and inviting. This month I invite you to lean into nuance and complexity, liberation, joy and the wholeness that change can bring. Value the quality of your relationships, even as they change throughout a lifetime. Separate people from their mistakes, create a culture of appreciation, move at the speed of trust; look at others' perspectives as well as your own. They are probably different (and they may even change!); stretch into the discomfort of change and remember we are all in this together to envision a world that is ever changing. (Based on my notes from Beloved Conversations Within.)

November includes Election Day. Bloomington residents have the opportunity to consider a [school technology and safety referendum](#). Part of living out our 5th UU Principle is to be informed and active in the democratic process in society at large. Vote! With a spirit of hope and resilience, our CYF Changing the World lesson will include Presidential Inaugural Poet Amanda Gorman's book *Change Sings*. May it inspire you and your child(ren)!

The Indigenous '[Three Sisters Tale](#)' may be a welcome addition/change to your Thanksgiving holiday this year. It is a story about corn, beans, and squash, used by many Native peoples. We are invited to read it and thereby honor the wisdom of Indigenous Peoples during Native American Heritage Month, and to change the holiday from a white supremacy inspired myth of Pilgrims and Indians into a family holiday celebrating gratitude and environmental justice.

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Children, Youth and Family Ministry

CYF continued

As part of my Family Ministry role at MVUUF, I am writing a portfolio and I'm halfway through writing about nine different competencies of religious education and family ministry! I have my interview scheduled with the Religious Education Credentialing Committee in April 2023. One of the recommended readings for Credentialing is the [UUA Safe Congregation Handbook](#). Please take a look if you are interested in learning more. Also, the Credentialing Program, supported by the UUA and the Liberal Religious Educators Association (LREDA), provides me with a mentor. I have had monthly hour long Zoom meetings with my mentor about safe congregations, human and faith development, administration and more. One way MVUUF policy keeps children safe is by providing a [CYF Registration Form](#). Please fill it out and come to Sunday programming! And, if you are interested in meeting more folks, and sharing a meal, come to our Spaghetti Luncheon on December 5. You make this programming possible with your presence. Thank you!

November Calander

11/6	CYF Sunday activities downstairs for children and youth
11/13	CYF Sunday activities downstairs for children and youth, OWL Sunday
11/20	Multigenerational Worship Service, OWL 10am-1pm
11/27	Thanksgiving Weekend - Multigenerational Worship Service
12/4	CYF Sunday and 11:30am Spaghetti Luncheon (proceeds go toward the UU Service Committee)

[CYF Year-Long Calendar](#)



Uni-Sun

MUSIC AT MVUUF!

Hoping, Trusting for So Many Things

Here we have come into this sacred space— quieter now with our readiness. Hushed voices, hoping, trusting for so many things: For connection, for communion For inspiration, for information For healing, for wholeness, For words, for music, For celebration and consolation, Here we have come into this space bringing all of who we are, Let us be willing... however we are changed. By Katie Kandarian-Morris

How Change is affecting me

I'm experiencing my own personal changes in life. My one and only child has turned 18. She's finishing her last year of public school which includes a six year run of swimming and synchronized swimming. I'm writing this the day after her Senior Night Swim meet where the team, family and friends celebrate with speeches written by teammates and coaches. They are presented with gifts, flowers, and lots of tears and hugs. One can't help feeling emotional watching and experiencing this as the team goes through this tradition. They (the team) don't seem to hold back their emotions and the energy is palpable.

I understand this experience as collective joy, grief, faith, hope, letting go and so much more. For myself, I'm filled with gratitude at the awe of it all and also recognize that it's just a moment. We continue on with hard work and life's responsibilities and move forward. But I'm changed and so is she.

This one experience signifies to me honorable closure to many years of hard work, dedication, commitment, but even more than that, a foundation of belief in oneself capabilities and worth built upon the support and relationships within this community. I'm filled with gratitude to be a part of it all.

November's Music

This month's music programming welcomes back our beloved Kate and Jason Alfred on clarinet and piano! If you've experienced listening to this dynamic duo you know this is not to be missed and if not, you're in for a treat!

Along with our classic choral repertoire we sing through the ages that brings us familiarity and comfort, the choir and song leaders will also be featuring music by vocal activist Melanie DeMore. I had the privilege of attending a workshop with her this past Summer and she has the unique ability to bring out everyone's voice, heal and transform, and is absolutely mesmerizing!

Read more about her here: <http://www.melaniedemore.com/bio/>

Uni-Sun

MUSIC AT MVUUF!

What's Coming Up



Uni-Sun

Vision 2025

The Vision 2025 task force has wrapped up its research for the board and will make a presentation to them on November 9th.

The Task Force is so grateful for the input of the congregation. The response to the surveys both online and in person were excellent. The group appreciates the time and energy of all who participated.

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



SOUL MATTERS MONTHLY THEME: Change

This month we explore the theme of Change. To delve into this theme, 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. 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?

- If you could reclaim a trait or strength from your childhood self, what would it be?
- What part of you no longer exists? How are you truly different than your younger self?
- If you could easily let go of one grudge, wound or regret, what would it be?

Find this month's packet [here](#). To inquire about Writing as Spiritual Exploration please contact Jeannie at office@mnvalleyuu.org



Last night as I was sleeping, I
dreamt—marvelous error! —
that I had a beehive here inside
my heart...
making white combs and sweet
honey
from my old failures...

Antonio Machado

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

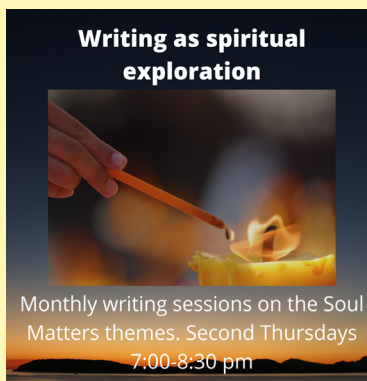
Join in a group with 8-10 committed participants that come together once a month, from September – June, to nurture spiritual growth and engage more deeply with our monthly themes through deep listening and open-hearted sharing.

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 November 10th 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.

November's writing session on *change* will be on **Thursday, November 10th** at MVUUF. What does change mean to you? Why do we resist change? When has change been a positive force in your life? What are a few good symbols for change?

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

Adult Programming

Join Meditation Group this fall!

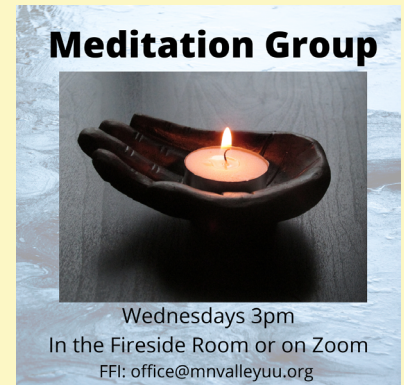
Meditation Group Wednesdays at 3pm
Convener: Richard Duffin

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 this winter.



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 woolly 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, rcreates@yahoo.com or text to 612-201-3442.



Uni-Sun

Groups and Committees

Stewardship

“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.”

MVUUF’s Stewardship Team collectively wrote this description earlier this year. MVUUF has been a great place come to on this ever-changing journey called “life”, whether we attend 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.

Kelley Hughes, chair
952.451.6376
uukelley@hotmail.com



Service Auction

Service Auction News

We are starting to plan this year’s Service Auction. This is our big fundraiser held in the spring. We have items ranging from theater tickets to dinners to food to cabin stays. More info to come.

The auction software we have used in the past is no longer available so we need to find something new. Does anyone have experience with auction software from charities you are involved with? There are many choices and your knowledge would help us choose the best software for our needs.

Also we are looking for committee members. It’s not a big commitment and we can really use your ideas. If you want more info contact any of us.

Thanks, Jean Danko, Barb Becker, Karen Olson, Leslie Swenson

Uni-Sun

Groups and Committees

Women's Group Saturday Nov 5th 10:30am



Less than a decade ago MVUUF's Administrator and Communications Director Jeannie Piekos was diagnosed with a rare and aggressive form of uterine cancer. When her friend, Filmmaker Will Hommeyer, learned of her diagnosis, he asked if she would allow him to film her cancer journey. Surprisingly, she agreed. What began as a primal attempt to hold on to a friend that might otherwise slip from his grasp, became a way for both of them to come face-to-face with mortality and to realize

what is truly essential in life.

At our November 5th meeting, we will view the film *Buoyancy* and dialogue with Jeannie afterward about the lessons she gained from this journey and how she made peace with her potentially fatal diagnosis. Here's a clip from the documentary [Buoyancy](#)



All women of the fellowship are invited to attend even if you are not currently a Women's Group member. If you have a friend who might benefit from viewing the documentary, please invite her to attend also.

Please notify our co-chair Kathy Eager (kathy@darrelleager.com) no later than 4 p.m. Tuesday, November 1, if you plan to attend so that we know how many to set up for. Also let Kathy know if you plan to bring your own lunch or to purchase the \$8.00 catered boxed lunch. If you're buying the lunch, please specify whether you would prefer a chicken salad sandwich or an egg salad one.

We look forward to seeing you there!

Fitness with Fran



"Use it or lose it"

There will be eight yoga classes offered in November: Mondays and Wednesdays, Nov. 2, 7, 9, 14, 16, 21, 28, 30. 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 November 10th

Men's Group will meet on ZOOM on Thursday November 10, 2022, at 7:00 PM. The speaker will be Andy Norman Philosopher and award winning author of the book *Mental Immunity*. Andy says the following of his talk:

Taming the Crazy: Mind-Parasites and the Science of Mental Immunity

"Why are ideologies poisoning public discourse? Why is extremism on the rise? How did we get here, and what can we do about it? It turns out some influential assumptions are suppressing cognitive "immune response" to mis and disinformation. These assumptions prevent us from normalizing critical thinking and leave us vulnerable to false narratives. Fortunately, the emerging science of mental immunity illuminates the path to a world less riven by problematic ideas."

All are invited to attend regardless of gender. Questions contact John Peloquin.

Andy Norman is the award-winning author of *Mental Immunity: Infectious Ideas, Mind-Parasites, and the Search for a Better Way to Think*. His work has appeared in Scientific American, Psychology Today, Psychiatric Times, Skeptic, Free Inquiry, and The Humanist. He has appeared on NPR, The Joe Rogan Experience, and the BBC's Naked Scientist. His research illuminates the workings of the mind's immune system. He champions the emerging science of mental immunity as the antidote to disinformation, propaganda, hate, and division. He is the founder of the Cognitive Immunology Research Collaborative (CIRCE), a global institute dedicated to combatting disinformation. Andy speaks with some regularity to humanist and Unitarian groups.

<https://us02web.zoom.us/j/87261052784?pwd=dW5QdUV4dkhtOU43RVBUUzdjUzN1UT09>

Meeting ID: 872 6105 2784

Passcode: 656391

Religion, Ethics & Ideas

Because the fourth Thursday of the month is Thanksgiving there will be no Religion, Ethics and Ideas meeting in November.

Please look for updated information in the December Uni-Sun and in the Friday emails.



Religion, Ethics, Ideas

Uni-Sun

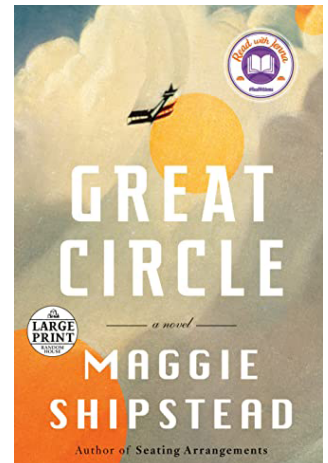
Groups and Committees

Evening Book Club

The Evening Book Group returns on November 17 after a brief hiatus in October. Join our discussion for a historical look at the background to the current war in Ukraine or for the discussion of any of the books on our list. Alternating nonfiction with fiction as is our tradition, our next selections are:

- 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

UU THE VOTE

From MUUSJA

We will be messaging Wisconsin and Minnesota voters from now until the election. Check the calendar at www.MUUSJA.org for added opportunities.

WUUSAN TUESDAY: on Tuesday, November 1st at 10 AM and again at 6 PM. We're reaching thousands of voters with friendly useful info from the Wisconsin UU State Action Network. Tune in to see how easy & efficient it is to send texts from your computer. On our first Tuesday, October 25th, 10 volunteers from 8 different congregations texted 22,135 potential voters! We had 53 active conversations about when & where to vote, and helped one person access a ride to the polls via LWV Wisconsin's rides list. [REGISTER WITH THIS LINK](#)

Uni-Sun

MVUUF Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 10:30am - Sunday	31	1 11:30am - Nicole	2 1pm - Nicole Voice 6pm - MA - 6:30pm - choir	3	4 11am - Uke Jam -	5 10:15am - Women's Group
6 10:30am - Sunday Welcome Back, Laura	7	8 General Voting 11:30am - Nicole	9 1pm - Nicole Voice 6pm - MA - 6:30pm - choir 7pm - BoT Meeting	10 7pm - Writing as Spiritual Exploration 7pm - Men's group	11	12 1pm - Itchy Fingers Salon
13 10:30am - Sunday	14	15 11:30am - Nicole	16 1pm - Nicole Voice 6pm - MA - 6:30pm - choir 7pm - CoSM Meeting	17 5:30pm - 7pm - Evening Book	18 11am - Uke Jam -	19 9:30am - Music 1pm - Itchy Fingers
20 10:30am - Sunday	21 10am - Soul Matters	22 11:30am - Nicole	23 1pm - Nicole Voice 6pm - MA - 6:30pm - choir	24 Thanksgiving	25	26 1pm - Itchy Fingers
27 10:30am - Sunday	28	29 11:30am - Nicole	30 1pm - Nicole Voice 6pm - MA - 6:30pm - choir	1	2 11am - Uke Jam -	3 10:15am - Women's 1pm - Itchy Fingers

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 luvzcatz@comcast.net
Archives	Kathy Eager	952-888.8427 Kathy@darrelleager.com
Congregational Care	Emily Kampa	emily.m.kampa@gmail.com
Committee on Shared Ministry	Barb Gilliland	barbgilliland@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

952-884-8956

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Lead Minister

Rev. Laura Thompson

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Administrator & Communications Director

Jeannie Piekos, office@mnvalleyuu.org

612-216-4113

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Maria Bavier, CYF@mnvalleyuu.org

612-216-4224

Music Director

Nicole Collins, music@mnvalleyuu.org

Accompanist

Lark Lewis, piano@mnvalleyuu.org

Custodian & Operations

Mark Clary, cust@mnvalleyuu.org

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