



**DECEMBER SCHEDULE:** See Sunday  
Service themes on page 3

Caroling, Potlucks, and Music Sunday!  
Join your friends. Read below!

December 2022  
Volume 58 Number 4

## December: Wonder

It may be an unpopular opinion, but I love winter. What I love about it is the feelings that it brings, which for me are comfort and wonder.

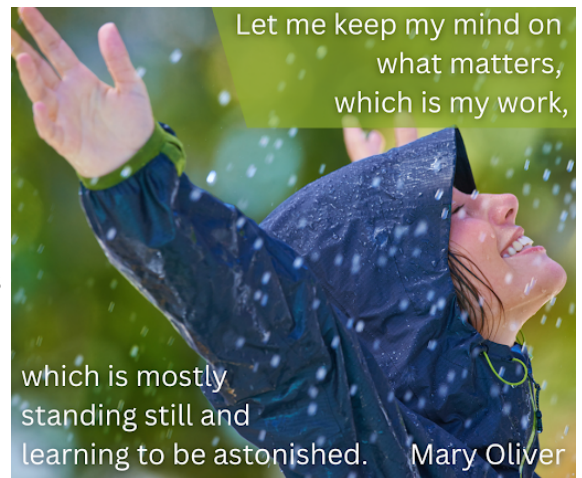
Winter is the best time for wearing slippers, wrapping yourself in a blanket and sitting by the fireplace... or as the case may be, streaming a fireplace on YouTube. Emily and I don't have a real fireplace, but we have an electric one that can be run with or without heat. But even without heat, we never use it until it gets cold outside; till the darkness comes and the snow begins to fall. Winter coziness comes to us, because winter's magic and wonder invite it. And we find ourselves immersed in this wonder in moments of solitude and in gathering together.

In her book, *Tell the Wolves I'm Home*, Carol Rifka Brunt writes, "There's just something beautiful about walking on snow that nobody else has walked on. It makes you believe you're special." Oh, how I love the insulated silence of a walk on a winter's night that is only disrupted by the crunch and squeak of my footsteps on the snow while all around me the world glistens and glows. In those moments, it is so easy to surrender to wonder; to give up all of my knowledge, if only for one brief moment, to relish in the cold air on my cheeks and the crisp and metallic taste of the ice and snow that lingers in the heavy air while trees and ground that surround me sparkle as if crushed diamonds had fallen to the earth from the heavens. All year, I long for these moments which hold me so deeply in both wonder and comfort like no other time of the year can.

The season also brings opportunities for us to experience the wonder of community through traditional stories, the sharing of gratitude and generosity, and joyous time spent with loved ones. Again, the magic of winter invites us to find comfort and wonder in our communities.

I hope this season invites you into spaces where you may find wonder and comfort waiting for you. And in those moments may you find that we are blessed and we are the blessing.

See you Sunday,  
Rev. Laura



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

# COVID Update

Hennepin County's current Covid-19 risk is low. Masks are optional for Sunday services. But, it is cold and flu season and though life-threatening Covid risk is low, spread of the virus is still very present. Please assess your risk and your risk to spread illness to others, especially if you have been exposed to cold/flu/Covid and mask when appropriate.

If you have questions, please contact Jeannie at [office@mnvalleyuu.org](mailto:office@mnvalleyuu.org).



**All Sunday Sharing for the month of December will benefit VEAP, the Twin Cities' largest food pantry, providing access to healthy foods, social services, and financial assistance.**

**Donate during the service  
or at [mnvalleyuu.org](http://mnvalleyuu.org)**



# Sunday Services

## **Dec 4th 10:30: The Wonder of Curiosity & Joy**



Dec. 4th at 10:30am: The most powerful outcome of curiosity is how it opens your heart. It allows you to receive love, connection, joy, and growth. Curiosity is a magical balm that opens you up to the pure beauty of life and those around you. Let us celebrate together the wonder of curiosity and joy.

## **Dec 11th 10:30: Music Sunday**



Our traditional holiday music extravaganza returns featuring MVUUF members and friends of all ages to delight us all

## **Dec. 18th at 10:30am: The Wonder of Winter Solstice**



The holiday season is filled with images of light: Christmas stars, Hanukkah menorahs, Kwanzaa candles and even the quietly growing UU holiday of Chalice. And while the sparkle and warmth of these images can fill us with a sense of wonder there is also much magic to be found in the darkness. Let's explore the wonder of the solstice together.

## **Dec. 24th at 5:30pm: The Wonder of Christmas**



Howard Thurman writes, "There must always be in every life some place for the singing of angels, some place for that which in itself is breathlessly beautiful... something that gathers up in itself all the freshets of experience from drab and commonplace areas of living and glows in one bright light of penetrating beauty and meaning—then passes. Join us for a traditional Christmas Eve Service of stories and carols.

## **Dec 25th at 10:30: The Wonder of Community: Christmas Potluck Brunch**



Much of the magic of the holiday season comes from time together with family and friends. In lieu of our regular Sunday programming, this Christmas morning, we gather simply to be together to share food, laughter and fellowship. Join us for a Community Holiday Potluck Brunch! Please sign-up to help us with set-up:

# Uni-Sun

## Letter from the Board Chair

Hello everyone –

I don't know about all of you but the holidays for me are always a mix of significant joy with some doses of stress and anxiety thrown in. So much fun to celebrate with those you love but also sometimes filled with difficulties related to money, family and time. It can be a time of year when mental health is put to the test for so many of us and after the past few years, additional stressors can be even more challenging. I found the following helpful in making the most of the joy and minimizing the toll that holidays can sometimes take. I hope they offer something for you as well.

1. Plan ahead – menus, budget, timing. The more you can organize, the less chaos and stress
2. Be okay with saying no. You don't have to feel guilty about not accepting every invitation, agreeing to cook things you aren't comfortable with or not meeting everyone else's needs. Be realistic about what is possible taking into account your own energy levels and capacity.
3. Create time and space for relaxation – listen to music, read a book, take a walk. Find time to slow down and BREATHE and take a BREAK.
4. Continue those healthy habits – exercise, eating well, meditation, etc. Whatever they are, still making them a priority will help you maintain your peace and serenity
5. Don't be afraid to share your feelings and/or ask for help. Acknowledging being overwhelmed, seeking out a friend to vent to, asking someone to assist can all go a long way in lessening the burden and also making you feel deeper connections
6. Focus on what truly matters – your relationships and spending time with those you care about. So, the ham is a little dry or the gift isn't perfect, did you laugh? Make memories? Share moments of joy?

For me, one of the things that truly matters is this fellowship and its future. As you all know, the Vision 2025 group (Doug Bruce, Jeannie Piekos, Andrea Anderson, Eva Mack, Candace McClenahan and Richard Duffin) has been working hard to develop thoughts and recommendations on how we can face current challenges and thrive going forward. Thank you to everyone who participated in their efforts by completing the survey that was distributed or engaging in one of the information gathering meetings. They recently shared the results of all their efforts at our November board meeting and we are working on a plan for how best to share those findings with the congregation. We look forward to engaging all of you in the work of creating a beautiful future for our wonderful community. I have felt the renewed energy and joy in our recent services and I know that if we all work together, we can ensure that Minnesota Valley continues to provide us and generations to come with much needed spiritual sustenance.

In the meantime, I truly hope each of you enjoys a beautiful holiday season, whatever ways you celebrate and whatever traditions you have. May you be surrounded by family and/or friends that enrich your lives and bring you true moments of joy and happiness. May you find yourself truly grateful for the experiences and connections that you engage in.

Much love and deepest gratitude,  
Myra  
MVUUF Board Chair



# Uni-Sun

## Communications & Administration

Hello Friends. Happy December!

I always experience a mixture of joy and sadness as winter approaches. Moving towards the Solstice I feel the wonder of the shadowy stillness. But, as it gets colder, I feel awe. I mean that in the sense of its true meaning as inspired by terror or dread. Not to be histrionic but there is something so very powerful in our Minnesota winter—glorious but potentially deadly as well. On many walks over the years I have come across frozen creatures. Winter is not a trifling thing.

I could stay inside with a journal or a book all winter. But Pearl helps me to keep moving. I let her take me on walks along Minnehaha Creek or the Mississippi River. It may be eighteen degrees or thirty—she's still in joy and



so she inspires joy in me. Just getting outside and embracing whatever awaits is her mantra. I let her be my guide. The moon may be above us. Or the sky may be filled with clouds. We might make our own path through the freshly fallen snow or walk gingerly on sheets of ice stretching across the plains of the dog park. On two legs or on four, we open our spirits and explore the *wonder* of winter.

I hope however you choose to enjoy winter you find the opportunity for wonder, too.

### SOUL MATTERS MONTHLY THEME: Wonder

This month we explore the theme of Wonder. 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.

Here are some of the Soul Matters questions on wonder. How would you answer?

- What childhood book served as a doorway into wonder for you?
- If you listed your top 10 priorities, where would "experiencing wonder" be on the list?
- What would make your holidays more wonder-filled?

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

# Uni-Sun

## Children, Youth and Family Ministry

**Welcome to Children, Youth and Family Ministry programming for December, the last month of 2022!**

Our CYF Soul Matter's question for 2022-23 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 "wonder." This theme invites us to notice the wonder around us; the wonder of inherent worth: new life; the wonder of light: winter lights and inner light; and Solstice Celebrations!

In the holiday-full month of December, it is easy to become overwhelmed by trying to honor the various religious holidays - Hanukkah, Solstice, Christmas, and Kwanzaa. However we celebrate, let us focus on the through line of "Wonder." What paths of wonder can we lean into as we travel this complex month? How will we find meaning and deep moments together by exploring the theme of wonder?

Our Soul Matter's author, Katie Covie, invented, just for us, the "Magic Wand of Notice." Just wave it around, point it at something/someone and say the magic words: "*Abacadabra Notice-o-rama!*" Make up your own Magic Words! May the Magic Wand of Notice help you notice the Wondrous Miracles all around you. "*Abacadabra Notice-o-rama!*" "Poof!" We touch your nose and, "Wow!" We see how amazing it is that you can notice the smells around you. That is a Wondrous Miracle!

Wonder is not just about noticing amazing things, at its core it is about remembering what an awesome and wonderful life we've been given. May Wonder lead you back to noticing that great gift - the wonder of it all!

This month, as part of my Family Ministry role at MVUUF, I am continuing to work toward becoming a Credentialed Religious Educator. Part of that process includes taking time to reflect on my work: what is going well? What have I learned? What needs to change going forward? Thank you for your support of my continuing education! I am almost finished with my first draft of my portfolio.

We had our second extended Our Whole Lives workshop. We spent our time together learning a lot, eating pizza, playing team building games and hearing about the life experiences of a panel of guest speakers focused on LGBTQIA+.

Date	Programing
12/11	OWL Sunday (Monarchs)
12/18	OWL Sunday (GP)
1/8	OWL Sunday

[Registration](#) for our CYF Ministry program is open on a rolling basis throughout the church year. Please fill it out and come to Sunday programming! [CYF Year-Long Calendar](#)

### December Calendar

12/4	CYF Sunday, Spaghetti Luncheon for UU Service Committee after Worship
12/11	Multigenerational Worship - Music Sunday, 10:30-11:30 a.m.
12/18	CYF Sunday, 10:30 a.m. begin upstairs and join teachers to walk downstairs for lessons from 10:40-11:40 a.m.
12/25	Multigenerational Worship Service, 10:30-11:30 a.m.
1/1	Multigenerational Worship Service, 10:30-11:30 a.m.

# Children, Youth and Family Ministry

Membership and CYF Committees invite you to lunch after worship on Sunday, December 4! Note that the Vikings football team has a game at Noon against the New York Jets. We will have the game on the t.v. in the Fellowship Hall, if you are interested in checking how the Vikings are doing! Your donations will support the Unitarian Universalist Service Committee Guest at Your Table partners.

Thank you for your participation!

See you Sunday,  
Maria Bavier  
Family Ministry Director  
[maria@mnvalleyuuu.org](mailto:maria@mnvalleyuuu.org)  
Pronouns: She/Her/Hers



UUSC

[UUSC.ORG/GUEST](https://uus.org/guest)

## Meet This Year's Guests!

During the Unitarian Universalist Service Committee's Guest at Your Table program this year, we look forward to introducing you to the following leaders from UUSC partner organizations!



**Ineza Umuhoza Grace** is amplifying the voices of youth as they petition governments around the world to take meaningful action for climate justice.



**Zsolt Szekeres** is providing needed legal assistance and social resources to people fleeing Ukraine who are seeking safety in neighboring Hungary following the Russian invasion.



**Ian Zdanowicz** is coordinating support, solidarity, and community care for LGBTQIA+ people in U.S. immigration detention and those who have been recently released.



**Naw Wah Ku Shee** is working with her own Karen community and other ethnic minorities in Burma to share the experiences of those being targeted by the violent military junta.





# Uni-Sun

## MUSIC AT MVUUF!

**Winter Weather Meditation by Rev. Jonalu Johnstone** *Permission Secured by Soul Matters*

Winter weather can be seen as gift or curse –

The curse is easy to see – ruined plans, icy falls, fender-benders, cabin fever. The gift may be harder to find.

There are new kinds of beauty before us – the still, clear starkness of a winter blanket, the glisten of icy crystals. There is wonder before us. Our everyday landscape transformed.

And what about the wonder of snowstorms, that cancel everything from meetings to school to work, allowing time to extend, and reminding us of the gift of time with no particular expectations or assignments, with no place to go and no one to see. A time for dreaming, perhaps, or music, or reading, or silence. A time for re-connecting with precious people we live with – and sometimes drift away from in the clatter of normal routine. Time may be the most special gift we have in these days, if we are ready to make something of it.



[Dark of Winter, Music by Lark Lewis, Nicole Collins. Imaging, Laura Thompson](#)

## What's Coming Up

Please join us for holiday caroling, games, and a potluck while we fundraise for local organization, VEAP. This community event will occur on “National Caroling,” day, **December 20th, 4:30-7:30 at MVUUF**. For those who do not wish to participate in caroling or singing, we have games and hot chocolate in our Fellowship Hall.

We will be collecting donations the first two weeks in December. Cash donations are encouraged as VEAP has more buying power with it. [Caroling for VEAP](#).

**MUSIC SUNDAY IS DECEMBER 11TH!** Make sure to attend this beloved service where members of all ages and abilities showcase their talents and help usher in the holiday season. I’ve said it before, MVUUF audience members are the most generous and enthusiastic ones to sing and play for; a place to let yourself shine! Please let Nicole know your musical selections by December 5th! If you need accompaniment, we can arrange for it!

The music program at MVUUF always loves special music and making time for smaller ensembles. If you have an idea or a song you would like to perform with others, Nicole will help.

# Uni-Sun

## MUSIC AT MVUUF!

### Bloomington Chorale Christmas Concert

HOLIDAY CONCERT DATES: DEC. 16, 7:30. DEC. 17, 4:00

Several members of MVUUF sing in this choir: Barb Berger, Kat Janes, Becky McPeck and Fran Bohlke. Join us for a concert of joyous music to celebrate the season.

The Bloomington Chorale will perform their annual holiday concert, Friday Dec. 16, Saturday Dec. 17 in the Schneider Theater. This year's theme will be *"This Shining Night."* The performance will feature a variety of familiar songs like Home for the Holidays, and new music for the season too. Works from around the world will include a Ukrainian folk tune called Sleigh Bells. The program will also include works by Morten Lauridsen, Kim Andre Arnesen, John Rutter, and Daniel Kantor. Raffle tickets are available for large gift baskets as well. More information is available at the website: [bloomingtonchorale.org](http://bloomingtonchorale.org)

### Angelica Cantanti Holiday Concerts features many of our own youth!



**2022/23 Winter Performances – all events will be LIVE STREAMED**

Encore Adult Ensemble – Friday, November 18 at 7:30pm  
Con Brio Choir – Grades 2-4 – Monday, December 12 at 6:45pm  
Concert Choir – Grades 6-8 – Tuesday, December 13 at 6:45pm  
Cantabile Choir – Grades 4-6 – Thursday, December 15 at 6:45pm  
Treble Singers – Grades 9-12 – Sunday, December 18 at 4:00pm  
Cantanti Singers – Grades 9-12 – Sunday, December 18 at 7:30pm

**All of the performances will be held at:**  
Community of the Cross Lutheran Church  
10701 Bloomington Ferry Rd, Bloomington, MN 55438

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**Livestream LINK for all concerts:**  
[www.angelicacantanti.org](http://www.angelicacantanti.org)

**Donations** – Pay what you can/Free will offering donations are graciously accepted to help pay for these performances. THANK YOU for supporting our singers!

**VENMO:** @AngelicaCantanti

**PayPal donation link:**  
<https://www.angelicacantanti.org/donate>

**Angelica Cantanti Youth Choirs**  
1800 West Old Shakopee Road  
Bloomington, MN 55431  
[www.angelicacantanti.org](http://www.angelicacantanti.org)  
952-563-8572

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  This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislative appropriation from the arts and cultural heritage fund.





# Uni-Sun

## Vision 2025

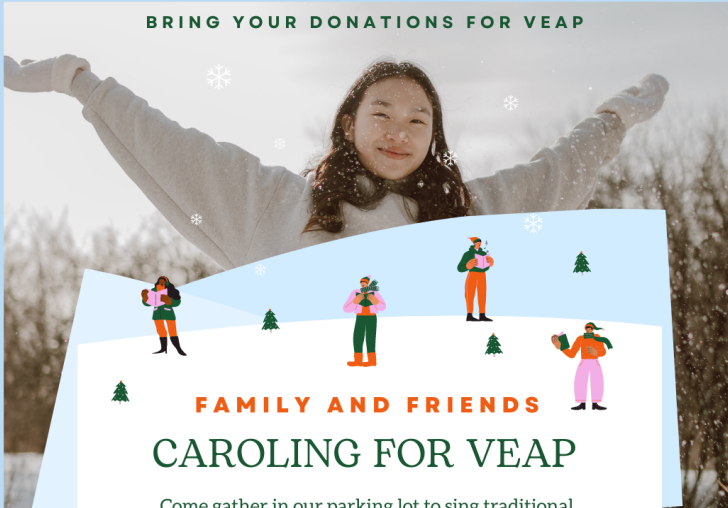
The Vision 2025 task force presented their findings to the Board in November. The Board expressed their deep appreciation for all the work the task force put into research, surveys and brainstorming.

The Board will be reviewing the research and presentation package and will share their thoughts with the congregation in coming months. Stay tuned

If you have questions about Vision 2025 please contact Jeannie [office@mnvalleyuu.org](mailto:office@mnvalleyuu.org)



BRING YOUR DONATIONS FOR VEAP



**FAMILY AND FRIENDS  
CAROLING FOR VEAP**

Come gather in our parking lot to sing traditional Christmas Carols, while enjoying hot chocolate, a warm fire, and neighborhood caroling! Dinner to follow.

**DECEMBER 20 | 5 PM**

RSVP TO NICOLE BY  
DECEMBER 14TH

CONTACT NICOLE FOR  
MORE INFORMATION

• MVUUF •

## HOLIDAY MUSIC SUNDAY

**December 11th**

Contact Nicole with your live and recorded musical selections



One way to open your eyes [to wonder] is to ask yourself, 'What if I had never seen this before? What if I knew I would never see it again?'

Rachel Carson

# 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

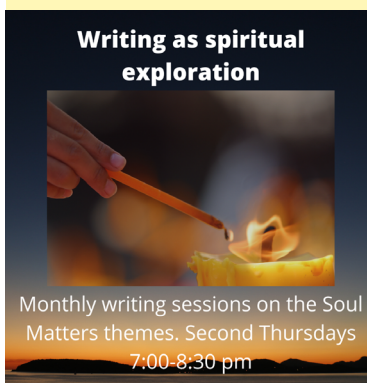
Join in a group with 8-10 committed participants that come together once a month, from September – June, to nurture spiritual growth and engage more deeply with our monthly themes through deep listening and open-hearted sharing.

#### 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](mailto:office@mnvalleyuu.org)

### Writing as spiritual exploration. Monthly writing sessions on the Soul Matters themes. Thursday December 8th 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.

December's writing session on *wonder* will be on **Thursday, December 8th** at MVUUF. What is wonder? Is it a noun or verb? How do we create a life that is open to awe and wonder? What is the opposite of wonder? How do we move through challenges without becoming cynical?

For more information please contact Jeannie at [office@mnvalleyuu.org](mailto:office@mnvalleyuu.org)

# Uni-Sun

## Adult Programming

### Join Meditation Group this fall!

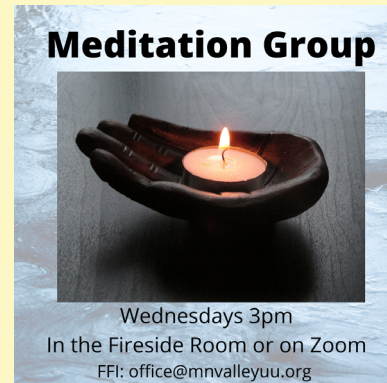
Meditation Group Wednesdays at 3pm  
Convener: Richard Duffin

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](mailto:office@mnvalleyuu.org)

In addition an evening meditation group will begin this winter.



## Fitness with Fran

### Yoga practice releases endorphins and boosts the immune system

There will be seven yoga classes offered in December: Mondays and Wednesdays, Dec. 5, 7, 12, 14, 19, 21 and 26.  
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](mailto:bryawnte@msn.com)



People go abroad to wonder  
at the heights of mountains,...  
at the vast compass of the ocean,  
at the circular motions of the stars,  
and they pass by themselves  
without wondering.

St. Augustine



# Uni-Sun

## Groups and Committees

### Stewardship

“When money realizes that it is in good hands, it wants to stay and multiply in those hands.”

— Idowu Koyenikan, *Wealth for All: Living a Life of Success at the Edge of Your Ability*

Kelley Hughes, chair

952.451.6376

[uukelley@hotmail.com](mailto:uukelley@hotmail.com)



### Religion, Ethics & Ideas Dec 22nd 7PM



Religion, Ethics, Ideas

Religion ethics and ideas will meet by ZOOM December 22 at 7PM.

Our question will be “should race be a factor in college admission decisions at institutions that receive federal funding?” The question is inspired by two cases currently before the US Supreme Court one concerning Harvard and the other the University of North Carolina.

<https://us02web.zoom.us/j/84169423512?pwd=aU5RTHBBd3hmQnZraGVUQ2pJOG1Mdz09>

Meeting ID: 841 6942 3512

Passcode: 571141



# Uni-Sun

## Groups and Committees

### Women's Group Saturday Dec 3rd 10:30am

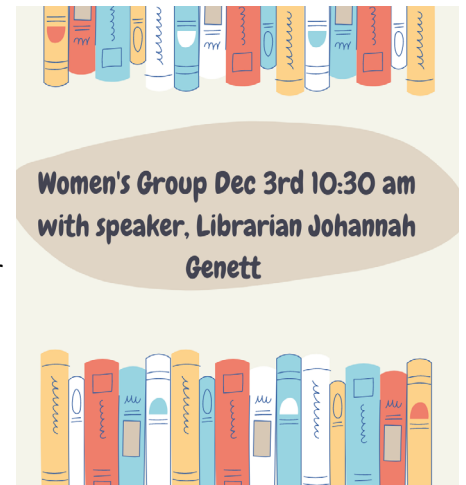


Woman's Group is excited to present Johannah Genett Dec 3, 10:30am. Johannah is the deputy director of support services for Hennepin County Library, overseeing the library's collection department where library materials are selected and processed.

All women friends and members of the fellowship are welcome to attend. 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@darrellea-ger.com](mailto:kathy@darrellea-ger.com) no later than 4pm on Tuesday, November 29 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.

You are welcome to bring your own lunch as well. We look forward to seeing you there!



### Men's Group December 8th 7pm

#### Recruiting and Retaining Police Officers

Men's Group will meet in person at the Fellowship on Thursday December 8 at 7 PM. Those who cannot make the in-person meeting can attend on ZOOM (see link)

Our speaker, will be Pat Chelmo, known to many in this congregation. Pat will speak on the challenges of recruiting and retaining qualified peace officers post George Floyd. Pat is well qualified to speak on this topic, he has been a peace officer for 24 years and is currently with the Sheriff's office as the night shift supervisor at the Hennepin County Jail. His job prior to that was leader of the wellness unit, which provides programming to help officers deal with stresses of the job. He has also led the background investigation and hiring unit, in addition he has worked as an investigator and a Patrol deputy. He is on the board of the fraternal Order of Police as the Legislative Director for the state.

For those who would like to share a meal, bring your own brown bag dinner at 6:15 PM.

<https://us02web.zoom.us/j/87405699679?pwd=VGVtVlBiVzIlaWJzeXVEZGtzUjIwUT09>

Meeting ID: 874 0569 9679

Passcode: 289996



# Uni-Sun

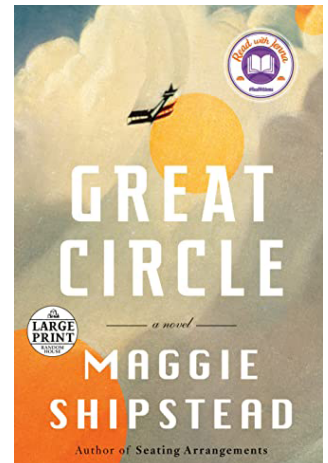
## Groups and Committees

### Evening Book Club

Winter has come and we are spending more time indoors. Grab a book and settle down for the season. In the New Year we will be adding to our list of books. If you have a book that you would like to discuss, let us know. We are eager to read and discuss your selection, if you are willing to attend and let us know why you found it to be remarkable. Alternating nonfiction with fiction as is our tradition, our next choices are:

- 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, but we can be accommodating. If you wish to attend a discussion, let us know a little ahead of time so we can let you know the location, or send you a Zoom invitation. We welcome newcomers!



Questions? Call Joyce McMartin at 952-942-7143 or text 952-210-1372 or email at [joyceamcmartin@gmail.com](mailto:joyceamcmartin@gmail.com).

### Social Action and Racial Justice

Working for equity and justice has long been a hallmark of UU's and of this Fellowship. On Sunday, Nov. 20, Rev. Phil Lund challenged us with another way to think about that work. He proposed that we pledge to: "Show up and be with vulnerable people?"

The MVUUF Social Action/Racial Justice Committee is meeting to discuss how, as individuals and as a community, we can do that work and take action to live our principles in the world. If you are interested in exploring that with us, come join us at our next meeting -- all you need to do is show up with your ideas and your passion.

What: Social Action/Racial Justice Committee Meeting

When: 9am, Sunday, December 4

Where: At MVUUF

# Uni-Sun

## MVUUF Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 10:30am - Sunday  	28	29 11:30am - Nicole	30 1pm - Nicole Voice 6pm - MA - 6:30pm - choir	1 Staff Retreat	2 11am - Uke Jam -	3 10:15am - Women's group
4 10:30am - Sunday 10:30am - CYF 11:30am - Spaghetti luncheon 3pm - Beacon Power	5 4:15 Yoga	6 11:30am - Nicole	7 1pm - Nicole Voice 3pm - Meditation 4:15 Yoga 6pm - MA - 6:30pm - choir	8 7pm - Writing as spiritual exploration 7pm - men's group	9	10
11 10:30am Sunday Music Sunday  12:30pm - OWL 10:30am - CYF	12 4:15 Yoga	13 11:30am - Nicole	14 1pm - Nicole Voice 3pm - Meditation 4:15 Yoga 6pm - MA - 6:30pm - choir 7pm - BoT Meeting	15 7pm - Evening Book club	16 11am - Uke Jam -	17
18 10am - Morning OWL 10:30am - Sunday 10:30am - Multigen	19 10am - Soul Matters 4:15 Yoga	20 11:30am - Nicole 5:00pm Caroling for VEAP	21 1pm - Nicole Voice 3pm - Meditation 4:15 Yoga 6pm - MA - 6:30pm - choir 7pm - CoSM Meeting	22 12pm - Guys Lunch 7pm - REI	23	24
25 10:30am - Sunday 10:30am - Multigen	26 4:15 Yoga	27 11:30am - Nicole	28 1pm - Nicole Voice 6pm - MA - 6:30pm - choir	29	30 11am - Uke Jam	31

# 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](mailto: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

10715 Zenith Ave South  
Bloomington , MN 55431

### Lead Minister

**Rev. Laura Thompson**

minister@mnvalleyuu.org

612-216-4203

### Administrator & Communications Director

Jeannie Piekos, office@mnvalleyuu.org

612-216-4113

### Director of Children, Youth & Family Ministries

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