



JANUARY SCHEDULE: See Sunday Service themes on page 3 Join us for Community Dinners. See more information on page 5.

January 2023
Volume 58 Number 5

January 2023: Finding Our Center

When we think about centering ourselves, the first thing that usually comes to mind is slowing down and focusing on our breath. We think about seeking calmness and peace. And why wouldn't that be the case. Many of us are so busy, life around us is so busy. We may feel overwhelmed, tired or stressed. It's only natural that we seek to center ourselves by slowing down, resting and catching our breath; that is one way to look at it. But, it's not the only way.

As our faith reminds us, being a "centered person" often involves the opposite of keeping things calm. In order to move toward a balance of justice, we have to upset the current state of things.

Oppressive systems need to be challenged and changed. To accomplish that, we need to sacrifice calm and comfort, including our own. We need to remember that achieving a balance of equality requires us to be purposefully off-balance and out-of-step with our culture, or as Martin Luther King Jr. said, we need people who are maladjusted to the way things are.

Add all this up and suddenly "our center" appears to be a much richer place than is often recognized. It's not simply a place of peace and calm; it's also a place of being pushed and launched. What you hear in this deep space within is not just the whisper of "Rest" and "Breathe," but also "Take a deep breath and jump!" We encounter an invitation there, not just relaxation. It's a still point, yes. But, a still point upon which we pivot and turn to something new.

So as we try to make sense of "finding our center" this month, it's fine to pull up the image of the Buddha sitting peacefully under a tree, but we can't let that overshadow the image of a diver balancing way up there on her diving board, pausing to regain her composure and courage so she can leap and go "all in."

Maybe in the end, instead of only asking each other, "Are you centered these days?" we need to ask, "Where is your center sending you these days?" and "Where is your center calling you to go?"

from the Soul Matters Theme Ministry Team



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 medium.

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

Jan.1st 10:30 'I Come From'



A Reflective & Interactive Service: We begin our monthly theme of “Finding Our Center”, by looking at ourselves, the journeys we have taken, the stories of our lives. Alongside music and readings, this service will feature a reflective writing exercise and a time for sharing with one another. Rev. Laura leads this creative way of looking back in order to name our hopes going forward.

Jan. 8th: Out of the Ashes We Rise



Fire Communion: The phoenix is an immortal mythological bird that cyclically regenerates. Associated with the sun, a phoenix obtains new life by rising from the ashes of its predecessor. This year we will reflect on not only those things we want to release to the fire, but also those things we hope will rise out of the ashes in our annual Fire Communion service.

Jan. 15th: The Audacity to Imagine Sisyphus Happy



African American Naturalistic Humanism(AANH) begins with the acknowledgement of sadness and struggle: from the loss of the metaphysical comforts associated with a benevolent deity to the realization that human existence is marked by disease, defeat, and dehumanizing oppression. Despite life's inevitable struggles, African American Humanist, Anthony Pinn, takes inspiration from the existentialist philosopher, Albert Camus, who had the audacity to imagine Sisyphus, endlessly pushing that rock up the hill, as happy. Guest Speaker, Rev. Andrea Johnson

Jan. 22nd: Oriented x3: Finding Your Center



In hospitals, nurses and doctors often ask three questions to assess if the person is awake, alert and oriented; asking the patient to repeat their name, present location, and today's date. Being able to answer these questions is one sign of wellbeing. Taking this model, what questions might we ask ourselves to become oriented in our spiritual wellbeing? Rev. Laura Thompson. Bring a dish to share at the community potluck following this service!

Jan. 29th:Revisiting the Center of our Faith:UU History 101



Because ours is a living tradition which responds and moves to the needs of the community it holds and serves, we often lose sight of where we came from or have the tendency to think that we have “evolved” from outdated theology we once held as Unitarians and Universalists. But, the truth is that those centuries old beliefs still hold as the center of our faith, though they may look very different today. Rev. Laura Thompson

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Letter from the Board Chair

Hello Everyone –

I have to start by saying a huge THANK YOU to our Director of Music, Nicole Collins, the Fellowship Choir and all of the others who performed on Music Sunday. It was an absolutely beautiful and moving experience. I brought my mother who has been a bit down these days and you all lifted her spirits with the wonderful music you shared. We both left that day with lightness in our steps and joy in our hearts.

As we fast approach the New Year, many people begin to think about resolutions to start the year off with.

History.com shares that “the ancient Babylonians are said to have been the first people to make New Year’s resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year’s resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods’ favor—a place no one wanted to be.”

Maybe some of you have made resolutions in the past and been successful in following through with them. I will admit that how well I followed through with many past resolutions would have led to me “falling out of favor with the gods”. Given that, these days, I have moved more towards the mindfulness practice of affirmations. I find that it serves me better to make a declaration that something is true rather than a statement of intent for something that I resolve to be true in the future.

So, here are my thoughts on some affirmations related to our congregation:

1. We are a congregation of caring, knowledgeable, giving members who have the passion, commitment and desire needed to move our fellowship into a successful and flourishing future.
2. The efforts of each member whether big or small are the key to our future. Together we are powerful beyond measure.
3. We offer a space for spiritual nourishment and growth that is so needed in our communities and our world as a whole at this time. We have something very important to offer those who are seeking.
4. We will find our greatest strength through our willingness to listen and truly hear each other, our ability to be open and vulnerable in our dialogues and our agility in embracing change while we also honor and incorporate the traditions that have sustained us.
5. Acknowledging our differences while seeking to find common ground to connect us is what allows us to create an inclusive and welcoming space for all currently with us and all who explore joining us.

May each and every one of you enjoy a wonderful holiday season and may the New Year bring us all days filled with hope, compassion, kindness and joy. Thank you for bringing me these things in so many ways over the course of this past year.

Take gentle care of yourselves.

Myra
Board Chair

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Community Events

**MVUUF COMMUNITY
DINNER NIGHT**

BYO TACO BAR • GAME TABLE • BRING A FREIND



FRIDAY, JAN. 13TH
5:30PM - 8PM
FREE DINNER
ALL ARE WELCOME

10715 ZENITH AVE SOUTH
BLOOMINGTON, MN 55431

MN VALLEY UNITARIAN UNIVERSALIST FELLOWSHIP
MNVALLEYUU.ORG



Community Potluck Sunday

Sunday, Jan. 22nd
11:30am-1:30pm
Minnesota Valley UU Fellowship
mnvalleyuu.org

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Communications & Administration

Happy New Year MVUUF!



Imagine



your way forward



with ease



The snow shushes your footsteps,
the moonlight shushes your mind.

You are walking in the blueblack
night to a place uninhabited
by ghosts of regret or of what once
was or, even, of what might be.

All you need to know
is that at any moment
your life can be reinvented.

The old will fall away,
and in its place,
something new,

just like this snow,
will sparkle.

JLP Solstice 2022

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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 "finding our center" through simplicity, our ever-growing principles, putting racial justice at the center - Martin Luther King Day, Make choices to find your center, and keep your balance to find your center.

Finding our center is ultimately a joyful act! Come to discover classic games as part of each gathering. When we are rooted in integrity, we discover a deep joy like no other. We are also hoping that games provide some fun during the winter months.

In December, we had a Spaghetti Luncheon that provided a meal for our members and raised money for the Unitarian Universalist Service Committee Guest At Your Table Multigenerational Fundraiser. Children, youth and adults all worked together to create a delicious meal and have a lot of fun along the way. Photos below:

January Calendar

1/1	Multigenerational Worship - Music Sunday, 10:30-11:30 a.m.
1/8	CYF Sunday, OWL Sunday
1/13	Community Night 5:30-8 p.m. (Bring a dish to share, tacos provided by staff)
1/15	Multigenerational Worship Service and Activities - Dr. King Sunday
1/22	CYF, Sunday, OWL Sunday
1/29	CYF Sunday, OWL Sunday

Our Whole Lives programming continues for grades 7-9. Currently, 20+ youth are registered and participate at two different times, so we are able to keep gatherings small. This is an excellent opportunity for MVUUF to live out our principles and share these important workshops with members and non-members alike.

Registration for our Children Youth and Family Ministry program is open on a rolling basis throughout the church year. Please fill it out and come to Sunday programming!

[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](#)

[OWL Year-Long Calendar](#)

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Children, Youth and Family Ministry



Thank you!



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MUSIC AT MVUUF!

Finding Our Center Through Music

Becoming a good choir or musical ensemble means “finding our center.” Everytime we sing or play together, centering time happens in the form of vocalizations and practice. We focus on creating a harmonious and unified sound through repetitive sequences of notes, breaths, and rhythms; making music together. I’ve often said, sometimes, when it’s hard to get to a rehearsal, I know that if I just make the move to show up, I ALWAYS feel better when I leave, 100% of the time. I think that’s because when we pause, focus on the act of feeling our bodies make sound, release tension, and let it all flow, we feel at peace. Beyond that, it’s also known to release endorphins, lower stress, and reduce anxiety. You can read more about it here in this TIME magazine article found [HERE.](#)

Here’s a song for you to find your center. “Deep Peace,” sung by Sara Thomsen, a popular local singer/songwriter we often utilize in worship together.

“Deep Peace,” by Bill Douglas

Deep peace
Of a running wave to you
Deep peace
Of the flowing air to you
Deep peace
Of the quiet earth to you
Deep peace
Of the shining stars to you
Deep peace
Of the gentle night to you
Moon and stars
Pour their healing light on you
Deep peace to you

<https://youtu.be/kb-FAOe396U>

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MUSIC AT MVUUF!

Continued

Gratitude

Thank you to everyone who participated in Music Sunday. The event was highly entertaining and joyful and the tradition of music making by talented musicians continues. Bravo!

Another round of applause to those who donated their time, talent, and money towards our annual Caroling for VEAP event!

Choir

We will continue to have an option for SATB next year. More details to come so stay tuned.

Here's a beloved hymn to play whenever you need to find your center or ground in thoughts and feelings of our community at MVUUF!

[Spirit of Life, #123](#)

Instead of asking ourselves,
'How can I find security and
happiness?' we could ask ourselves,
'Can I touch the center of my pain?..
Can I stay present to the ache of
loss or disgrace, disappointment
in all its many forms,
and let it open me?'

Pema Chodron



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SOUL MATTERS MONTHLY THEME: Finding Our Center

This month we explore the theme of Finding our Center. 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.

What a great topic for January. Here are a couple of the Soul Matters questions you may want to consider. How would you answer?

- What three things most moved you toward your center this past year?
- What happens inside you in the silent moments? What do you hear? What do you feel?
- When was the last time someone asked you about that which lies at the deepest center of who you are?

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

Starting Point: A Pathway for Community Engagement at MVUUF



This 3 session course is recommended for all those wanting to join MVUUF and any of those looking to deepen or re-new their existing relationship to MVUUF

Sundays January 8, 22 & 29
12-2pm in-person, lunch provided
Registration required
contact minister@mnvalleyuu.org

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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, January 12th 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 *Finding Our Center* will be on **Thursday, January 12th** at MVUUF. I will try to set up a Zoom option for January. Please watch Friday emails for the link.

What does finding your center mean to you? Come explore with me. For more information please contact Jeannie at office@mnvalleyuu.org

Uni-Sun

Adult Programming

Itchy Fingers Salon

The Itchy Fingers Salon is starting back up in January. They meet on **Saturday afternoon, 1-2:30** at t in the Fellowship. 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 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.

Not until we are lost
do we begin to
understand ourselves.

Henry David Thoreau



Uni-Sun

Groups and Committees

Stewardship

We do not own this community, but our heartfelt actions shape this community toward ongoing learning and growth.

We do not own this building individually, or these grounds, but communally, we own the responsibility, and we tend to this building, and to these grounds, with loving care, because this is our tangible and intangible communal home.

We do not own this congregation, but our congregation is under our collective care.

And so we give our material and non-material resources, including our time, and the life-blood of our efforts, so that we may have a tangible and intangible home for our children, our children's children, and to all future generations who seek a place such as ours.

This is our legacy.

Kelley Hughes, chair
952.451.6376
uukelley@hotmail.com



Service Auction

Save the Date!

March 19th is the date for our **Pitching in to Hit the High Note Service Auction**. We will once again hold it on the same day as Music Sunday immediately after the service. We have already sent out over 100 letters to businesses asking for their donations.

In the next few weeks we'll start asking for your donations. What's that? Offer to host a dinner or game night in your home, make pies or cookies, or teach a class on something. The possibilities are endless, use your imagination. What we really can use this year are some higher ticket items such as cabin rentals. Put on your thinking caps. More details to come.

Questions - ask Jean Danko, Barb Becker, Karen Olson, Leslie Swenson and Mary Tuttle, mvuufauktion@gmail.com.

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Groups and Committees

Men's Group Jan 12th 7pm

Transforming Lives through Empowerment and Career Training

Men's Group will meet on Thursday January 12 at 7PM by ZOOM only (see link below). Our speaker will be Emma Corrie the CEO of the non-profit Twin Cities Rise! (TCR).

The Self-described mission of TCR is "To Transform the lives of those impacted by racial or socio – economic barriers through Personal Empowerment, career training and meaningful employment. " TCR's vision is "A community where all individuals ,especially people of color, have attained financial independence through employment success".

Prior to leading TCR Emma worked in MN State government and "helped to create the Public Sector Partnership and MNPathways Program, initiatives of Governor Dayton, that placed over two hundred diverse candidates in the states five largest job classes across 21 state agencies. For this work Governor Dayton honored her and Proclaimed "Emma Corrie Day" in Minnesota.

As you might expect Emma's topic will be the work of TCR. Jill Carlson has generously agreed to be the moderator. All members of the fellowship are welcome regardless of gender.

<https://us02web.zoom.us/j/84279332862>

John Peloquin



Uni-Sun

Groups and Committees

Women's Group Saturday Jan 7th 10:30am

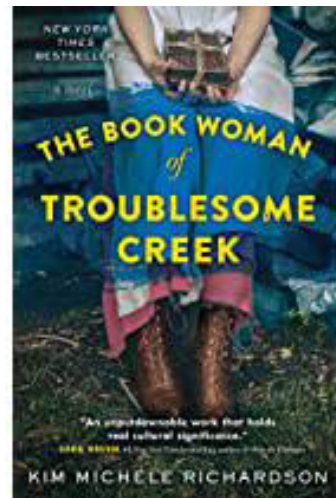


The Women's Group at our Fellowship will be meeting to discuss
The Book Women of Troublesome Creek by Kim Michele Richardson on January 7th in the Fellowship Hall.

Chat time is at 10:15 with our discussion starting at 10:30, followed by a short business meeting. We will be bringing our own lunches with more time to talk over lunch.

Did you know there was such a thing as blue people? This book is beautifully written about the power of books and of acceptance. The story was inspired by the true blue-skinned people of Kentucky and the Kentucky Pack Horse library of the 1930s.

Hoping to see many of you there.



Fitness with Fran



No need to venture into the cold—yoga class brought to you in your home!

Yoga classes are offered on Zoom during the month of January.

There will be 8 yoga classes offered in January: Mondays and Wednesdays, - Jan.4,9,11,16,18,23,25,and 30. These hour-long classes begin at 4:15 CST.

There is no fee, but you are asked to make a donation to MVUUF. I will let you know the address to send donations after your second class.

We'll be using the MVUUF service zoom link: <https://zoom.us/j/3953901346>
meeting ID: 395 390 1346

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. Have a yoga mat, chair and strap, wear loose, comfortable clothing, and be prepared to move and have some fun. Fran Bohlke is your instructor. Questions? Please email Fran — bryawnte@msn.com


Uni-Sun

Groups and Committees

REI January 26th at 7pm

MVUUF Sports Talk – Are sports good for us?

Religion Ethics and Ideas will meet at 7PM on January 26 by Zoom (see link below). Our topic will be a wide-open discussion on the impact of sports on society. I have a long, list of potential topics, questions, assertions in particular no order. You may have others you would like to discuss.



Religion, Ethics, Ideas

Potential/ topics/questions /assertions at random:

Spectator sports create links across class and race bringing the community together. Given what is known about head injuries would American Football be allowed if introduced into society today? Should non-contact sports be co-ed for example tennis, golf, softball etc. Does playing sports necessarily lead to better health outcomes. Does sports participation lead to better /worse academic outcomes? Do sports sometimes lead to the “over programming” of children and family life to accommodate game and practice schedules. Should youth sports leagues be separate from public schools? Should there be school fees for sports does that lead to inequities? Does sports ever put too much pressure on kids to perform is it good for mental health. Is public subsidy for professional sports stadiums ever justified? Do skyboxes and private suites add to class divisions? Issues around transgender participation in sports. Can sports competition get out of hand think of Soccer hooliganism, fights after athletic events. Should the playing of national anthems be eliminated in Olympic awards ceremonies? Can the multimillion-dollar professional sports salaries be justified? Does the lure of fame and the high salaries of professional athletes result in student/athletes devoting too much time to sports at the expense of academics and more probabilistically productive pursuits? Should there be a requirement that ratio of male/female athletes in a school equal the ratio of male/female students in the school? Should such a rule apply to all extracurricular activities Debate, speech, yearbook, cheerleading etc.

<https://us02web.zoom.us/j/84108876317?pwd=VjMwSFRLQjVLTDBYLzZLUEQ2ZVNzZz09>

Meeting ID: 841 0887 6317

Passcode: 427552

Guys Lunch

For some time now, a group of mostly retired MVUUF guys have been meeting informally for lunch on the 4th Thursday of the month. In November and December we shift to the 3rd Thursday. Lately this has been at Zeke's in Bloomington at noon. It's very informal. Just show up if you would like (although it does help Zeke's if they have an approximate count).

If you think you would like to be added to a list of guys that get monthly reminders, let Don Park know at donfpark@comcast.net. He can easily add you to the list.

Uni-Sun

Groups and Committees

Evening Book Club

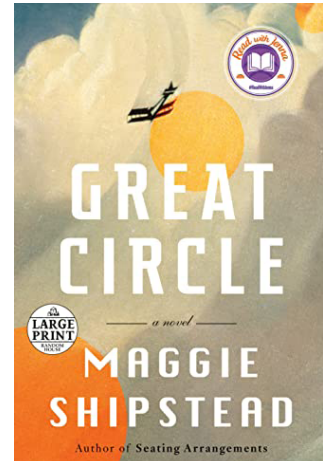
Following the winter holidays, a new year is rapidly approaching. The New York Times and the Washington Post have published what their editors consider to be 2022's ten best books. There are plenty of suggestions about what to read in the upcoming year. Look for the Evening Book Group's new choices in the next Uni-Sun.

Alternating nonfiction with fiction as is our tradition, our remaining selections are:

- On January 19, 2023, *Code Breaker: Jennifer Doudna, Gene Editing and the Future of the Human Race* by Walter Isaacson
- On 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.



Social Action and Racial Justice

Next Meeting January 8th at 9am

The next meeting of the Social Action/Racial Justice group will be at 9 am January 8 at the church.

All are invited, even if they haven't attended a prior meeting. This meeting will be for people to present and discuss options for action we do this year.

Questions can be addressed to tomehlinger@gmail.com

Uni-Sun

MVUUF Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 0:30am - Sunday 0:30am - Fire Comm	2 4:30pm - Nicole	3 11:30am - Nicole 11:30am - Nicole-	4 1pm - Nicole Voice 4:15pm - Yoga Zoom 6pm - MA - 6:30pm - choir ? 6:30pm - choir	5	6 11am - Uke Jam -	7 10:15am - Women's Group
8 am - Social Action i Racial Justice mtg 0am - OWL Class @ 10:30am - Sunday 0:30am - CYF 2pm - Starting Pt	9 4:15pm - Yoga Zoom 4:30pm - Nicole	10 11:30am - Nicole 11:30am - Nicole-	11 1pm - Nicole Voice 4:15pm Yoga Zoom 6pm - MA - 6:30pm - choir ? 7pm - BoT Meeting	12 7pm - Writing as Soiritual exploration 7pm - men's group	13 5:30pm - MVUUF Potluck	14
15 0:30am - Sunday 2pm - Starting Pt	16 10am - Soul Matters 4:15pm - Yoga zoom	17 11:30am - Nicole	18 1pm - Nicole Voice 3pm - meditation 4:15pm - Yoga zoom 6pm - MA - 6:30pm - choir 7pm - CoSM Meeting	19 5:30pm - Cong Care Co 7pm - Evening Book Club	20 11am - Uke Jam -	21
22 0am - OWL Class @ 0:30am - Sunday 0:30am - CYF 1:30am - Potluck	23 4:15pm - Yoga zoom	24 11:30am - Nicole	25 1pm - Nicole Voice 3pm - meditation 4:15pm - Yoga on 6pm - MA - 6:30pm - choir ?	26 12pm - Guys Lunch 7pm - REI	27	28
29 0am - OWL Class @ 0:30am - Sunday 0:30am - CYF 2pm - Starting Pt	30 4:15pm - Yoga zoom 4:30pm - Nicole	31 11:30am - Nicole	1 1pm - Nicole Voice 3pm - meditation 6pm - MA - 6:30pm - choir ?	2	3 11am - Uke Jam -	4 10:15am - Women's

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.

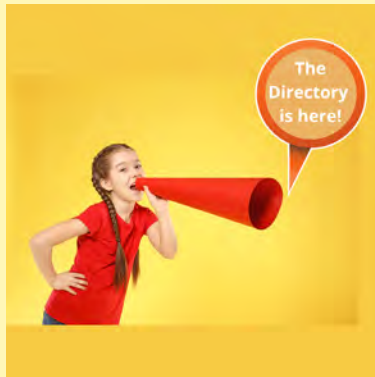
<https://zoom.us/j/3953901346> or call 312-626-6799; Meeting ID: 395 390 1346

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? Also, please note, board members and committee chair contact info is no longer in the Uni-Sun. You may contact the office for their information.

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	
Chair-elect & Board Member	Kathleen Coate	
Secretary & Board Member	Carla V. Ries	
Treasurer	Richard Duffin	treasurer@mnvalleyuu.org

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

MVUUF STANDING COMMITTEES AS OF 7/1/2021		
Committee	Chair(s)	
Adult Education and Enrichment	Rev. Laura Thompson	612-216-4203 minister@mnvalleyuu.org
Aesthetics	Karen Olson	
Archives	Kathy Eager	
Congregational Care	Emily Kampa	
Committee on Shared Ministry	Barb Gilliland	
Endowment	Bob Boucher	
Finance	Steve Danko	
Membership	Eric Grady	
Music	Barb Becker	
Nominating	Linda Hayen	
Operations	Mark Clary	
Racial Justice	Myra Basar	
Religious Education	Maria Bavler	
Social Action	Rev. Laura Thompson	
Stewardship	Kelley Hughes	
Technology	Richard Duffin	

BOARD TRUSTEES AS OF 7/1/2022		
Trustee & Board Member	Eve Bergmann	
Trustee & Board Member	Holly Bruce	
Trustee & Board Member	Jody Gray	
Trustee & Board Member	Kelley Hughes	
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
Jeanne Fields office@mnvalleyuu.org
612-216-4113

Director of Children, Youth & Family Ministries
Maria Bavler, 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 News Submission Information

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