



February Schedule: See Sunday
Service themes and leaders on page 3

Come to the February community dinner!
See page 7 for more information.

February 2023
Volume 58 Number 6

February 2023: Love

Love is perhaps the most written about subject in songs and stories and yet it is one of the most complicated things to grapple with. Love offers everything and asks as much in return. So, what does love look like at MVUUF?

The mission statement at MVUUF reads:

We are an inclusive community, seeking the light of truth and carrying the fire of commitment to build a better world through LOVE and service.

To be an inclusive community, we practice love by honoring the inherent worth and dignity of every person and by ever-expanding our vision of what being an inclusive community means. It means being welcoming to the LGBTQ community by continually doing work that knocks down any intentional and unintentional barriers we have that get in the way of that welcome. It means we continue to be committed to the work of our 8th principle as well "by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions." This is what love asks of us.



To seek the light of truth in love, we leave our hearts open and we listen and witness the journeys of others in a way that embodies respect and compassion. It means we honor that each person's spiritual journey is their own and though we may differ in our spiritual expressions, we come together to create a safe space for us all to explore the meaning and purpose of our lives. This is what love asks of us.

To carry the fire of commitment with love, we draw on the words and deeds of those who came before us and those who inspire us today. The torch is passed to us and love is the fuel that keeps it sustained. This flame guides and calls upon us to do both the internal and external work we aspire to do to build a better world. Ours is not an idle faith, but a faith dedicated to action. We are called upon as a liberal progressive faith to take risks, to push the very systems in place that have come to restrain, that continue to oppress, that continue to inflict harm on people all around the world and on the planet itself. This is what love asks of us.

In doing all of this together, we build community with one another. We build relationships. We create sanctuary for one another in this place we call home. And that's what love gives to us alongside the beauty and peace of a better world we might all know.

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

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

Feb. 5th: What is Necessary for Love to Prevail



The Sufi mystic Rumi reminds us, “Your task is not to seek for Love, but merely to seek and find all the barriers within yourself that you have built against it.” What is it in our human nature that leads us to stifle the power of giving and receiving love? And where do we begin to do the work of releasing those bonds that prevent us from reaching the highest aspirations we hold for love in this world? Rev. Laura Thompson & Tom Ehlinger.

Feb. 12th: New Member Sunday: Love Has Everything to Do With It



MVUUF newcomer Greg Kirkwood, a former Lutheran minister, answers the question, “What’s Love Got to Do With It?” in a service that will also celebrate new members joining MVUUF. This will be the biggest incoming group of new members we have had since 2020! A reception with cake will follow the service.

Feb. 19th: A Love that Will Not Let Us Go



What is it that holds onto you in the storm? Is it family or friends, is it your faith or your community? The roots for all of these is love. Rev. Dr. Rebecca Parker offers the meditation, “There is a love holding me/us. There is a love holding all that I/we love. There is a love holding all. I/We rest in this love.” We come together to name and celebrate the love that will not let us go. Rev. Laura Thompson

Feb. 26th: Learning to Love Life, Over and Over Again



Singer-songwriter Nick Cave writes, “There is barely any distance between a feeling of neutrality toward the world and a crucial love for it, barely any distance at all. All that is required to move from indifference to love is to have our hearts broken. The heart breaks and the world explodes in front of us as a revelation.” If we are paying attention, it is easy to get caught up in the feeling of our heart-breaking over and over again with each breaking news story and horrific event chasing us throughout the day. How can the heart wide open not only witness the pain of the world, but act as a catalyst to send healing love? Rev. Laura Thompson & Linda Hayen

Uni-Sun

Letter from the Board Chair

I don't know about all of you, but I am already at my limit for Winter – the amount of snow, the gray days, the cold, the lack of daylight hours. The knowledge that there are several more weeks of this ahead gets me down.

So, what does one do when the dead of winter gives you the blues? One of the things that help me is to focus on things I love, and it just so happens that February's Soul Matters coincides with Valentine's. Love is one of the things that help me find the light in the darkness. Personally, I'm not talking about romantic love although that may be what it is for some of you. For me, it is all of the different versions of love. Deep love for my family and their love for me. Love of the amazing friends in my life. Love of travel. Love of spending time in nature. Love of attending a service that makes me think more deeply or moves me emotionally. Sometimes it is hard to keep these things at the forefront when you are shoveling yet again or getting home in the dark; cold and tired, but there are things you can do to bring in the light.

Recently a friend tagged me in a social media challenge – 10 days, 10 pictures that bring me JOY. As I scrolled through my photos each day over the past week to select them, I found myself struggling to narrow it down to 10. I saw beautiful sunsets, traveling with my niece and nephew, kayaking, hanging out with friends, Christmas lights, fireworks, summer flowers, birthday celebrations, hiking vistas, travel to new places, live music shows, me standing with other newly joined MVUUF members, fire communion, parking lot fairs and so much more. Each one was a distinct reminder of just how much joy, love, and light I have in my life and this community is part of that. Take a moment to try it for yourself. Scroll through the photos on your phone or pull out your photo albums. Take some time to review all that you have experienced and all that you have to cherish and love in your life. It can truly shine a light when you need it most.

Something else that brings me joy is the amazing work of our Vision 2025 Task Force and the hope that their work gives me for our collective future. Information regarding their efforts will be available in many ways - [an executive summary for review](#), a service focused on their vision and some open forums for discussion. Please take some time to review the wonderful ideas generated by the group and participate in the ongoing discussions related to next steps. There is truly joy and love found in what we can accomplish together even when it is challenging.

One final thing that I love is engaging in things that I am passionate about. For me one of those things is racial justice. February is Black History month and there are a number of things you can do locally this month to learn more and get engaged. Below are just a few possibilities but search for something that inspires and motivates you. Human rights and anti-slavery activist Frederick Douglas shared, "A smile or a tear has no nationality; joy and sorrow speak alike to all nations, and they, above all the confusion of tongues, proclaim the 'brotherhood' of man".

<https://www.normandale.edu/events/2023/02/black-history-month-panel.html>

<https://www.bloomingtonmn.org/things-to-do/events/honoring-black-history-month>

<https://www.minneapolis.org/calendar/holidays/black-history-month/>

<https://www.linkedin.com/events/pleasewelcome7019755910180872192/about/>

In Love and Joy,
Myra
MVUUF Board Chair

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MVUUF Sledding

**We are watching the weather.
We will put the date/time in the
Friday Email**

86th St. & Logan Ave. S

An illustration of three children in winter gear sledding down a snowy hill. Two children are on a red sled, and one is on a green sled. There are small evergreen trees in the background.

Hot chocolate will be served!

**THE SERVICE AUCTION
COMMITTEE IS
COLLECTING
DONATIONS FOR OUR
2023 FUNDRAISER**

An illustration of three hands holding up red hearts of different sizes. There are also small yellow starburst shapes scattered around.

[click to donate](#)

Uni-Sun

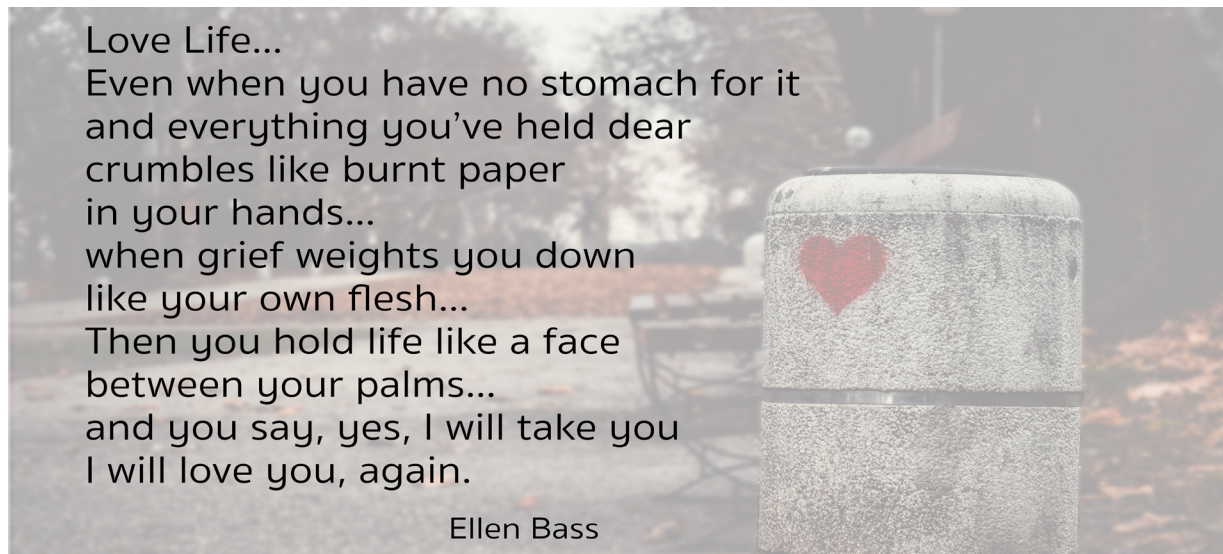
Communications & Administration

It's February and the Soul Matters theme is love. Hmm. I admit I felt a little sardonic about that. But not because I am not a fan of love. It just seemed so, what? Contrived, maybe?

But then I saw the Soul Matters graphic below. It contains a fragment of one of my favorite poems by Ellen Bass. If you have taken a writing workshop with me you have probably heard it. This is an attitude on love I can embrace. The kind that adheres to the **choice** of loving life-- that even when you get beaten down you consciously decide to open that wounded place back up. That's a love poem, too.

We know life can break us but if we are given the chance to get back up, choosing to love life again affords us a precious and beautiful window to see our world. Read the whole poem [here](#).

By the way, my son and his fiancée are planning their wedding and it is so sweet. I am rooting for them 100%. I am not sardonic about that! Happy February, friends.



SOUL MATTERS MONTHLY THEME: Love

This month we explore the theme of Love. 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, 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 11.

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

- Whose love has companioned you the longest?
- How has love changed as you've gotten older? Is it softer? Quieter? Larger? Tougher? Smaller? Sneakier? More central? More painful?
- What might it mean to regularly ask, "What would love do here?"

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

Uni-Sun

Children, Youth and Family Ministry



Do you like to party or just socializing at least? Well, that's great because **Friday Feb. 10th the Membership Committee presents the February Community Night Party from 5:30-8 pm.** We will have heart-shaped pizzas, veggie/fruit platter, festive cookies, cool Valentine's inspired crafts for kids and adults, a bounce house (this one's just for the kids), music, Farkle tournament and MORE!! Wear Red and invite your family, friends, and neighbors.

Sara Sweeney is staying for the rest of the OWL year! Gabe Vigliaturo will be returning as an OWL facilitator. Note that OWL has a date change on the April Calendar. Our final extended session is now Sunday, April 16 from 10am-3pm.

For Children, Youth and Families our theme this month is Love. Let's think about love from our perspective as Unitarian Universalists. When we look at ourselves in the mirror, do we see someone we love? Often, people judge themselves by what they don't like. UU's believe in the "worth and dignity of every person and being." That is our First principle. "We cherish our bodies as well as our souls. We can use our gifts to offer love, to work for justice, to heal injury, to create pleasure for ourselves and others." - [First Principle website](#) This month let us lean into the path of love as we relearn to travel together into our complex, challenging and hoped for future.

[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!

February Calendar

[CYF Year-Long Calendar](#)

[OWL Year-Long Calendar](#)

2/5	CYF Sunday
2/10	Community Night 5:30-8 p.m. meal provided by Membership Committee
2/12	CYF Sunday, OWL Sunday
2/19	Multigenerational Worship Service - Presidents' Day Weekend
2/26	CYF Sunday, OWL Sunday

Uni-Sun

Children, Youth and Family Ministry

SIGN UP FOR MYSTERY PEN PALS



● WHAT IS MYSTERY PEN PALS?

It is a fun way for adults and children to get to know each other!
This is an annual MVUUF tradition that dates back 23 years!



● HOW DOES IT WORK?

Adults and children exchange letters for a month. Use the "Mystery Pen Pal" table in the MVUUF lobby to "send" before and "receive" after Sunday worship service.

● STARTING FEBRUARY 10

Adults write letters to the children, asking questions about their likes, dislikes, etc. Children write back, not knowing exactly who their mystery pen pal is, but asking questions to hopefully figure it out.

● WHO IS MY MYSTERY FRIEND?

Find out at the MVUUF Community Night, March 10 @ 5:30pm

● REMEMBER

Children need permission before signing up. When you receive a letter please respond.

Participate by signing up here: [Sign-Up Genius Link](#) or sign-up by emailing Maria@mnvalleyuu.org

Maria Bavier
Family Ministry Director
maria@mnvalleyuu.org
Pronouns: She/Her/Hers

Uni-Sun

MUSIC AT MVUUF!

Love shows up in our lives in many ways, but it's the time when you really need it that I'm thinking about in this season of the year. I'm reflecting on one of Laura's sermons when she referenced an attitude that human beings have about not wanting or being a burden to others in our time of need. I've certainly had those thoughts and I know my beloved friends and family too; not wanting to burden others with our problems. We are simply conditioned to believe we are not worthy of this. I yearn for us to let that go. I believe this is one of the strongest ways we can love deeply, when we can show up during those difficult seasons of life. To love our neighbors, to care for our neighbors, to help our neighbors is also an act of self-love.

In the spirit of love, I leave you this hymn and hope we all find ways of loving each other a little more.

Lean On Me

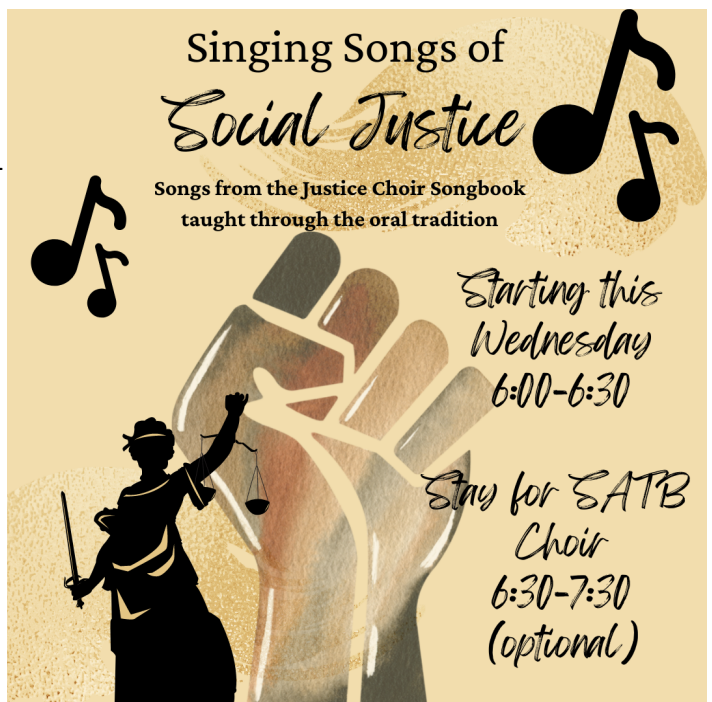
The music program is offering another way to sing through the Justice Choir. For those looking for an opportunity to sing in a more casual setting with themes of justice, this is for you! We meet Wednesdays, 6:00-6:30. Come anytime. All are welcome.

Justice Choir Vision

"The Justice Choir isn't actually one choir. It's a template for bringing local communities together to inspire strength, unity, and policy change in situations that demand social, economic, and environmental justice, and for amplifying that message peacefully, on the local and national level, through singing."--

The Justice Choir Songbook

www.JusticeChoir.org



Team

- Abbie Betinis-Composer and Publisher (St. Paul, MN)
Executive Director and Songbook Co-Editor
- Ahmed Anzaldua-Conductor and Pianist (Chihuahua, Mexico)
Songbook Co-Editor
- Tesfa Wondemagegnehu-Conductor and Composer (Minneapolis, MN)
Justice Choir-Twin Cities Chapter Head and Songbook Co-Editor

Nicole Collins

Music Director

Nicole@mnvalleyuu.org

pronouns she/her/hers

Uni-Sun

Board Report on Vision 2025

The MVUUF Board of Trustees has completed their review of the Vision 2025 task force presentation and recommendations.

There will be more information coming which will contain suggestions by the task force. Please watch for that in upcoming Uni-Sun and Friday emails.

Please see link here to read [Vision 2025 task force Executive Summary](#).

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



New MVUUF Rental Policy

The MVUUF Board of Trustees has approved a new Fellowship rental policy effective April 1st, 2023.

As per Vision 2025 Space Utilization and Rental policy review in which was stated:

Consider having rental rates that reflect three tiers: profit, non-profit, and member. Consider charging member fees (currently free) for facility use when engaged in long-term, regular, large group rental.

Members still have free use of the facility for occasional use, such as for family gatherings or non-ongoing meetings or groups. Ongoing, long-term group rental by a member will have a reduced fee. Please click on the link below to see the policy. Consideration will be given for an exchange of services in lieu of the rental fee. For example, a concert for some or all of the rental fee. All events and meetings must be scheduled with MVUUF's administrator: office@mnvalleyuu.org.

Please find [regular long-term rental rates here](#).

CALLING ON ALL MEMBERS TO COMPLETE THIS SURVEY



Part of the work of rebuilding our community includes knowing the ways that we all want to be connected to MVUUF and how we can help one another. Please take a few minutes to fill out this survey. This survey is especially important in updating our Congregational Care database as to how members can offer help to one another in times of need.

Please click her to be directed to the online survey:

<https://forms.gle/JNiZVVCqS3AUxAh4A>

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

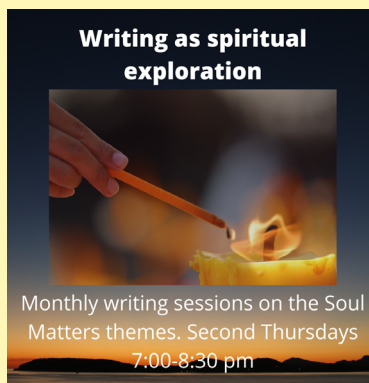
Join in a group with 8-10 committed participants that come together once a month, from September – June, to nurture spiritual growth and engage more deeply with our monthly themes through deep listening and open-hearted sharing.

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, February 9th 7:00-8:30 pm on Zoom



Please join writer and poet, Jeannie Piekos, to explore your connection to the monthly Soul Matters themes through writing. In these sessions, we 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 is optional.

November's writing session on **love** will be on **Thursday, February 9th** on Zoom. No in person meeting this month. I hope to see you online! Here is [the link to join](#).

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

Uni-Sun

Groups and Committees

Itchy Fingers Salon

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

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

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

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

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



Social Action and Racial Justice

February's Sunday Sharing Partner is OutFront MN

Leading Minnesota Toward LGBTQ Equality OutFront Minnesota's mission is to create a state where lesbian, gay, bisexual, transgender, and queer people are free to be who they are, love who they love, and live without fear of violence, harassment or discrimination.



We envision a state where LGBTQ individuals have equal opportunities, protection and rights. We are working toward the day when all Minnesotans have the freedom, power and confidence to make the best choices for their own lives. Learn more at outfront.org

Uni-Sun

Groups and Committees

Stewardship

MVUUF is dependent upon regular financial contributions by members and friends to pay the bills. Therefore, once a year, usually in March, we hold a Stewardship campaign. During this time, each person or family decides at what level they will fund MVUUF for the following fiscal year. Your decisions are based on your values and the support you feel from MVUUF.

For instance, if your values align with trust and accountability, your contributions might focus on service, and on making a positive difference in the world. Our Unitarian Universalist principles include values of seeking meaning in our existence, and of evolving as a person and as a community.



The first UUA principle affirms and promotes the inherent worth and dignity of every person. Inherent in this principle are the values of encouraging each other, and ourselves, to let go of fears, to have courage to develop and grow, and to have a sense of self worth. In our congregations, some people find acceptance and love within a community setting for the first time.

What do you value most at MVUUF? In what ways are you able to give back? We would love to hear your thoughts. Please feel free to email or call Kelley Hughes, Stewardship chair

Service Auction

Time for your donations

Our Service Auction is fast approaching. Mark your calendar for March 19. This will also be our spring Music Sunday. Lunch and the auction will follow the service. Look for more details as we develop them. The auction is a major fundraiser we use to help meet our yearly budget so please support us.



What we need now are your donations. Usual categories are Dining, Food & Drink, Services, Entertainment, Trips & Getaways and Goods. Would you like to host a meal or donate a gift card for your favorite restaurant? Maybe you'd rather bake a couple dozen cookies. You can offer to babysit, donate tickets to a play or performance, do some light cleaning or handyman work. Have a cabin or timeshare you can offer for a weekend?

Click [here for the link](#) to enter your donations. Questions? Ask any of us or email mvuufauction@gmail.com

Jean Danko, Barb Becker, Karen Olson, Leslie Swenson, Mary Tuttle

Uni-Sun

Groups and Committees

Women's Group Saturday Feb 4th 10:30am



Our society has become hyper-tribal. Humans have always wanted to belong to a tribe, a group of people who think like and behave like them. But today, we have taken belonging to extremes where 'punishment' is given to anyone who dares challenge the group norm. Think of Liz Cheney and her punishment for daring to disagree with the GOP. Examples abound. Why do we act like this? Where did this need to belong come from? Is it innate?

Our Women's Group speaker this month, Michael Wilson, U of MN Professor, will talk about this type of behavior in our closest relatives – primates, followed by a lively Q&A. We invite you to stay for social time and lunch catered by ABC Catering of either chicken or egg salad sandwich \$8. Or bring your own lunch.

If you want lunch, please let Kathy Eager know (indicate your choice of sandwich) by Tuesday afternoon, January 31 kathy@darrelleager.com or call Leslie Swenson at 612-281-2768.

REI February 23rd at 7pm

Harmful Words

Religion Ethics and Ideas will meet on Thursday February 23 by Zoom at 7PM. Our topic will be "Harmful Words" and Phrases.

To facilitate discussion, we will review words and phrases listed in Stanford Universities' document "Elimination of Harmful Language Initiative". One can find the words and phrases in the link below. The goal is to "eliminate many forms of harmful language, including racist, violent, and biased (e.g. disability bias, ethnic bias, ethnic slurs, gender bias, implicit bias, sexual bias) language in Stanford websites and code."



It should be noted the document has recently been pulled, however I do not think the ideas are dead". Among the harmful words were "American", "you guys", "brave", "immigrant", "prisoner", brown bag. Questions contact John Peloquin

<https://stanforddaily.com/wp-content/uploads/2023/01/Stanford-EHLI-Harmful-Language-List.pdf>

<https://us02web.zoom.us/j/82405261682?pwd=U1VIZFJlaGZRBhUNSWDRhcUFXTzh0Zz09>

Meeting ID: 824 0526 1682 Passcode: 554790

Uni-Sun

Groups and Committees

Men's Group February 9th 7pm

Topic(s) in Criminal Justice

Men's group will meet on Thursday February 9 at 7PM by Zoom. Our speaker will be Grant Duwe, he will speak on some aspect of the criminal justice system. Grant is currently the Director of Research at the Minnesota Department of Corrections. Grant has a Ph.D. in criminology, he has written more than 40 articles in peer reviewed journals in addition to a book on the history of mass murder in the US. In recent years he has written on prison reform, reducing recidivism, media coverage and contagion in mass shootings. Grant has spoken to men's group twice in the last 10 years on criminal justice topics and was well received. All members of the fellowship are welcome regardless of gender. Questions contact John Peloquin.

Join Zoom Meeting

<https://us02web.zoom.us/j/87447008788?pwd=SXplVmd3bVRyYThncnp0ejJueU5mZz09>

Meeting ID: 874 4700 8788

Passcode: 160465

Fitness with Fran

Yoga classes are offered in person at MVUUF during the month of February

There will be 7 yoga classes offered in February: Mondays and Wednesdays, Feb. 6, 8, 13, 15, 20, 22, and 27.

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.



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

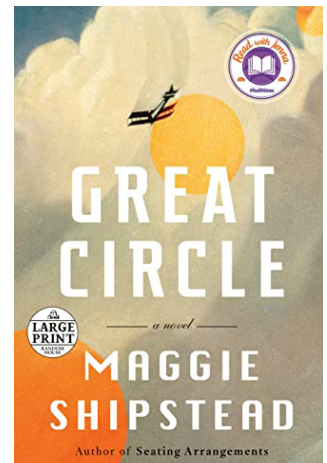
Evening Book Club

The Evening Book Group has welcomed the New Year with an updated list of book selections.

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

- On February 16, 2023, *The Great Circle* by Maggie Shipstead
- On March 16, 2023, *Slouching Towards Utopia: An Economic History of the Twentieth Century* by J. Bradford DeLong
- On April 20, 2023, *Demon Copperhead* by Barbara Kingsolver
- On May 18, 2023, *Desperate Remedies: Psychiatry's Turbulent Quest to Cure Mental Illness* by Andrew Scull
- On June 15, 2023, *The Silent Patient* by Alex Michaelides
- On July 20, 2023, *An Immense World: How Animal Senses Reveal the Hidden Realms Around Us* by Ed Yong
- On August 17, 2023, *In the Beauty of the Lilies* by John Updike
- NO MEETING IN SEPTEMBER
- On October 19, 2023, *Of Boys and Men: Why the Modern Male is Struggling, Why It Matters, and What to Do About It* by Richard V. Reeves
- On November 16, *Trust* by Hernan Diaz

The Evening Book Group usually meets on the third Thursday of the month throughout the year at 7 PM. PLEASE NOTE THAT THERE IS NO MEETING IN SEPTEMBER. 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 joyceamc-martin@gmail.com.

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.

MVUUF February Calendar

10:30am - Sunday 10:30am - CYF 12pm - Starting Pt	4:15pm - Yoga on Zoom		6pm - MA - 6:30pm - choir			group
5	6	7	8	9	10	
10:30am - Sunday 10:30am - CYF 12pm - Program	2:45pm - Nicole 4:15pm - Yoga in person	11am - Nicole Voice 4pm - Nicole Voice	3pm - Nicole Voice 3pm - meditation 4:15pm - Yoga 6pm - MA - 6:30pm - choir 7pm - BoT Meeting	7pm - Writing as Spiritual Exploration 7pm - men's group	5:30pm - MVUUF community dinner	
12	13	14	15	16	17	
10am - OWL Class 10:30am - Sunday 10:30am - CYF	2:45pm - Nicole 4:15pm - Yoga	4pm - Nicole Voice 6:30pm - Membership Mtg	3pm - Nicole Voice 4:15pm - Yoga 6pm - MA - 6:30pm - choir	5:30pm - Congreg Care Co Mtg 7pm - Evening Book club	11am - Uke Jam -	
19	20	21	22	23	24	
10:30am - Sunday multi-gen	10am - Soul Matters 2:45pm - Nicole 4:15pm - Yoga	11am - Nicole Voice 4pm - Nicole Voice	3pm - Nicole Voice 4:15pm - Yoga 6pm - MA - 6:30pm - choir	12pm - Guys Lunch 7pm - REI on Zoom		
26	27	28	1	2	3	
10am - OWL Class 10:30am - Sunday 10:30am - CYF 10:30am - Potluck	2:45pm - Nicole 4:15pm - Yoga	10am - CoSM 4pm - Nicole Voice	3pm - Nicole Voice 3pm - meditation 4:15pm - Yoga 6pm - MA - 6:30pm - choir		11am - Uke Jam -	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?

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	

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		

BOARD WORKGROUPS

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	
Aesthetics	Karen Olson	
Archives	Kathy Eager	
Congregational Care	Emily Kampa	
Committee on Shared Ministry	Laura Thompson	
Endowment	Bob Boucher	
Finance	Steve Danko	
Membership	Eric Grady	
Music	Barb Becker	
Nominating	Linda Hayen	
Operations	Mark Clary	
Racial Justice		
Religious Education	Maria Bavier	
Social Action		
Stewardship	Kelley Hughes	
Technology	Richard Duffin	

MVUUF

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minister@mnvalleyuu.org

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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**

Treasurer

Richard Duffin, **treasurer@mnvalleyuu.org**

Accompanist

Lark Lewis, **piano@mnvalleyuu.org**

Custodian & Operations

Mark Clary, **cust@mnvalleyuu.org**

Uni-Sun Item Submission Information

The deadline for UNI-SUN is the 20th of each month.

Submit articles to **office@mnvalleyuu.org**