



MARCH SCHEDULE: See Sunday Service themes and leaders on page 3

Information about the Service Auction and Stewardship 2023-24 on page 10

March 2023
Volume 58 Number 7

March 2023: The Path of Vulnerability



It may be that when we
no longer know what to do
we have come to our real work,
and that when we no longer
know which way to go
we have come
to our real journey.
The mind that is not baffled
is not employed.
The impeded stream
is the one that sings.

~ Wendell Berry

This month is a tricky one for us UUs. Let's be honest. Berry's celebration of vulnerability and limits is just not our thing. We are, after all, the religion of human potential, goodness and power! We don't sing at impeded streams; we break through them. We don't put up with confused minds; we keep at it until we become un-baffled. When we no longer know what to do, we just turn to each other and figure it out together.

There is something deeply inspiring about viewing ourselves so capable and strong. But there's a shadow side too. In pursuit of being our best and most powerful selves, we often fear leaning into vulnerability. It becomes a problem...the thing we need to protect ourselves from; but it is a protection that betrays.

The theologian, C.S. Lewis, gets at this in his reflection on the vulnerability of love:

"To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to keep it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable."

In other words, there's a big difference between breaking and being broken open. Yes, leaning into vulnerability is frightening. But often, it also unlocks a door, allowing grace to drift in.

For instance, a loved one dies and, to our surprise, our hearts aren't just crushed, they are cracked open, illuminating beauty just a little more clearly. The absence we thought would haunt us, actually unveils how deeply we loved, and how lucky we are to have loved.

Or what about when we're finally honest about the fears and burdens we hide? In that leap of courage, we discover that telling our truths doesn't just make us feel weak or exposed; it opens our eyes. We become able to see that others hide their pain and fear too. And with that, the faceless crowd becomes a sea of fellow travelers; all of us connected; all of us aware how much kindness is needed, even when the other's pain is not easy to see. It's all about understanding that vulnerability isn't weakness but a softer form of strength.

Remembering that isn't easy. But it is necessary. It's maybe our most real work, as our friend Wendell Berry would say.

— from the Soul Matters 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 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

March 5th: Setting a Course for Prosperity-Stewardship Sunday



One river gives/Its journey to the next.

Minnesota Valley UU Fellowship's journey also flows like a river. We gain our strength from the tributaries that are our members and friends. And we become a tributary ourselves as a community when we converge with the mighty call of justice, love and peace. Together we can change landscapes and nourish the land for generations to come. Join us on the journey. With Rev. Laura Thompson & Carla V. Ries .

March 12th: Managing Fear of Vulnerability-The Problem with the Problem



Guest Speaker Herdie Baisden Ph.D., and owner of Maiden Rock Winery & Cider offers insight on developing a more positive outlook on our thoughts and beliefs about vulnerability by: achieving more Unconditional Self-Acceptance (USA) and Unconditional Other Acceptance (UOA); differentiating between self-defeating and self-enhancing goals; and changing dysfunctional emotions into healthy ones. Service will be followed by a wine and cider tasting and food pairing by Maiden Rock Winery & Cider.

March 19th: Spring Music Sunday & Annual Service Auction



Two beloved events come together. We'll start the morning with a service of songs and music from members and friends of all ages. Then stay for the annual auction to bid on goods and services from your MVUUF friends and the larger community. Bring your favorite appetizer or snack to share during the silent auction.

March 26th: Putting Love at the Center of Our Faith: What's Going on with our UU Principles?



The Article II Commission of the UUA is charged with reviewing the principles and purposes that are foundational to the mission and values of Unitarian Universalism. The current commission was convened in 2020 by the UUA General Assembly of congregations. Following two years of research and deep work the commission submitted its report to the UUA in January, 2023. This report completely reframes our principles, values and sources putting love at the center of our values. How did this big change come about and what does it mean for us as UUs going forward? Learn more about the commission here:

<https://www.uua.org/uuagovernance/committees/article-ii-study-commission>

Uni-Sun

Letter from the Board Chair

Hello lovely humans –

I want to start by expressing my joy once again for all of the wonderful new members that “officially” joined us on New Member Sunday. John Chelbeck, Heather Warweg, Judy Wagner, Patrick Westcott, Mari Waters, Margaret “Magert” Lorayne and Betty and Richard Miller. It is wonderful to see so many new members but even more exciting are the ways that you all are already becoming deeply ingrained in our community through actively joining committees, attending events and volunteering time. All the ways that members actively engage – choir, committee membership, board positions, planning events, leading or attending the various groups, stewardship, donations for various giving campaigns and countless others, contribute to making our fellowship such a phenomenal community to be a part of. They strengthen the foundation for who we are and all that we can be. Thank you to all the new members not only for choosing to become a part of Minnesota Valley UU Fellowship but also for actively finding your own ways to connect to and support our mission.

This past weekend I attended a workshop hosted by MUUSJA with Paula Cole Jones called “Cultivating our Community of Communities” and information she shared really resonated with me given the number of committees and groups we have as part of our larger COMMUNITY. In her time with us Paula shared about how the communities within our larger COMMUNITY are the engines of the Congregation, the bridges with the wider community and the places where people find connection. Brene’ Brown talks about connection as “the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when people derive sustenance and strength from the relationship”.

In order for us to build strong, healthy connections and communities within our COMMUNITY that are inclusive and contribute positively to the well-being of the whole, we must be willing to make some shifts. Paula shares that one of these shifts is from conflict avoidance to a growth mindset. Although it can be uncomfortable, healthy connections don’t avoid confrontation, they use it as a tool to grow, strengthen and deepen relationships. It seems the last several years have been nothing but change and it is rare that change comes without some discomfort or challenge to relationships and ways of thinking. With that, if we want to keep our COMMUNITY and communities strong, healthy and thriving, we have to be willing to recognize 1) when we are not in right relationship, 2) have the humility and courage to care and 3) take steps to heal relationships that require it.

I know that this all may sound a little scary or challenging but if we reframe our thinking, it could also be truly meaningful and profound. We could experience deeper more connected relationships that ultimately will strengthen our communities and our COMMUNITY. It may take a little vulnerability (which is next month’s Soul Matters theme) and some courage but the effort could be key to our own individual spiritual growth as well as the successful future of our Fellowship. The world is a challenging place these days but together we can continue to make our COMMUNITY of communities a safe and inclusive place for everyone to find strength, knowledge, connection, and peace in turbulent times. May we always support one another in spiritual growth and development.

If you want to hear more from Paula Cole Jones on Community of Communities, you can view her talk from General Assembly here <https://www.uua.org/leaderlab/communities>.

Take gentle care of yourselves,

Myra, Board Chair

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Sunday Sharing Partner

MVUUF Camp UniStar Scholarship Fund



MVUUF is proud to offer scholarships for youth and families attending Camp UniStar, a place of natural beauty and serenity nestled on Star Island, surrounded by the clear waters of Cass Lake. There amidst the Pine forests of northern Minnesota, Unitarian Universalists and like-minded friends gather to relax and regenerate. The dark, clear nights are perfect for star-gazing, while sunrises and sunsets invite meditation. Water activities abound and there are miles of trails through the quiet forest. Campers enjoy sailing, swimming, kayaking, canoeing, hiking, volleyball, horseshoes, crafts, card games, board games, conversing, or quietly reading on screen porches...all on an island with no roads or commercial enterprise.

Established in 1961, Camp UniStar is a non-profit, volunteer-managed camp for people of all ages. Families and individuals come seeking personal growth, community, and friendship as well as a deeper connection to nature. They leave with changed lives, new friends, and lifelong memories of a magical place.

During the season, camp offers 12 weeks with various programs – some for youth only, some for adults only, most for a combination of individuals to family groups. The season opens with a work week fixing up the camp, and two youth weeks for people entering 7th through 12th grades. In addition to staff, camp capacity each week is up to 70 campers, who are housed in sleeping rooms in the cabins and the upstairs of the main lodge, or in a tenting area beside the lake.

Learn more or register here: <http://www.campunistar.org/>

Uni-Sun

Communications & Administration

Hello friends,

I had the privilege of seeing Kristin Tippett's interview with Ada Limon in January. It was a fabulous birthday present. As anyone who has been in my writing workshops knows, I am a big fan of Limon's intimate, poignant poetry. So to see her was a real treat. The conversation fit well with my creative process and vision for Writing as Spiritual Exploration because Limon's love of poetry and writing seems rooted in exploration.

In talking about when she first discovered poetry, she referenced reading for the first time [One Art](#) by Elizabeth Bishop and how it opened a new world for her. She said, *"And I think there was a part of me that felt like so much of what I had read up until then was meant to instruct or was meant to offer wisdom. And here was something that was so well crafted ... and yet it doesn't actually offer any answers. It just offers more questions. And there's sort of an invitation at the end. And I think it was that. I think I trusted its unknowing and its mystery in a way that I distrusted maybe other forms of writing up until then."*

I think trusting the unknowing and the mystery is a perfect way to think about Writing as Spiritual Exploration. When I create the curriculum, I don't think in terms of supplying answers for participants or even laying out a path for the discovery of answers. I know each of us comes to the path, the poetry and writing from our own interior place. I do try to find poems and develop exercises that inspire, that work intuitively and that elicit that sigh from our hearts. And, hopefully, together we cultivate the questions, open avenues for mystery and share our journeys.

This month's session is Thursday, March 9th at 7pm on Zoom. The theme is vulnerability, a good topic for exploration! I hope you will join me.

Warmly,

Jeannie
jeannie@mnvalleyuu.org

SOUL MATTERS MONTHLY THEME: Vulnerability

This month we explore the theme of vulnerability. 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 but from a different curriculum. Please find more information on page 12.

The Soul Matters packet ask some interesting questions about vulnerability. How would you answer?

- Has vulnerability gotten easier or harder as you've grown older?
- How would your life be different if you had trusted in vulnerability earlier in life?
- What has life taught you about leaps of faith and leaping into the unknown?
- Are you tired of pretending that you are strong?

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

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Children, Youth and Family Ministry



What a fun Community Night! Membership Committee hosted a free meal, music, bounce house and Far-kle game. The children made a bus for their stuffed animals out of chairs. A shoe was lost, a hat was found. One volunteer had taken a baking class and made sugar cookies with a heart shaped sugar center to share. We welcome you to the next Community Night on Friday, March 10 hosted by the Social Action and Racial Justice Committee. It will include an OWL Parent Workshop and an opportunity for Mystery Friend Pen Pals to meet in-person.



Our March Soul Matter's Theme is Vulnerability. Our aim is to explore moments when life asks us to be vulnerable, like when we seek friendship, when we can't do it on our own, when we hope and when we show our true selves. Vulnerability is like taking a leap of faith. Like a frog leaps from lily pad to lily pad, we can do hard things. We can be open to vulnerability, and we hope to laugh along the way.

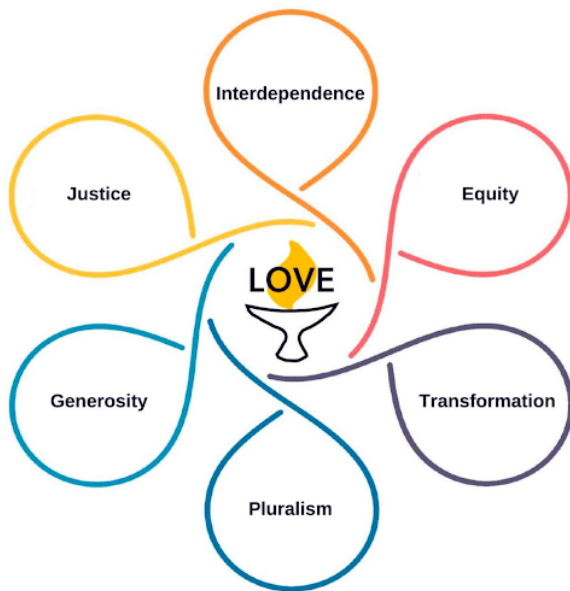
This month we celebrate Transgender Day of Visibility, in part, by sharing this book recommendation: "[When Aiden Became a Brother](#)" by Kyle Lukoff and these "[Parents for Transgender Equality](#)" videos from the Human Rights Commission. Also this month, Ramadan begins with fasting, reflection and prayer. Here is [a video about what Ramadan](#) means to some people. May we all find the courageous vulnerability to say, "This is me."

As Unitarian Universalists, we are encouraged to ask questions and be curious. When I was in high school, I went to a Catholic Taizé prayer. It was a meditative experience with repeating music, "All will be well. All will be well. All manner of things will be well," from the writings of an ancient Christian woman, Julian of

Children, Youth and Family Ministry

Norwich. Being vulnerable, being open to saying, “I like you,” “I need help” or “I trust this will happen” is difficult. And we wonder Will “all will be well?” Will “all manner of things be well?” Unitarian Universalist, Meg Barnhouse asks these questions in her version of “[All Will Be Well](#),” so as we explore vulnerability, I recommend taking a moment to listen to it with curiosity.

As Unitarian Universalists we look to our principles and sources. Now there is a new proposal for Article II. Consider this: We as Unitarian Universalists are called to pluralism. “We celebrate that we are all sacred beings diverse in culture, experience and theology...We embrace our differences and commonalities with Love, curiosity, and respect.” This quote is from the [Article II Study Commission](#) that has been working for quite some time now on behalf of the Unitarian Universalist Association. They are a diverse group of people who have proposed a new way to look at the principles and sources (see image below). This wording and imagery is something that will be considered this June 21-25 at General Assembly. Contact Rev. Laura to represent MVUUF online or in-person as a delegate. No experience needed.



[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! _

[CYF Year-Long Calendar](#) [OWL Year-Long Calendar](#)

March Calendar

| | |
|---------------------|--|
| 3/10 Friday 5:30 | Community Night, Free Meal for All--OWL Parent Workshop (optional) Mystery Friend Pen Pal Meeting |
| 3/12 | CYF Sunday & OWL Classes |
| 3/26 | CYF Sunday & OWL Classes |

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

Uni-Sun

MUSIC AT MVUUF!



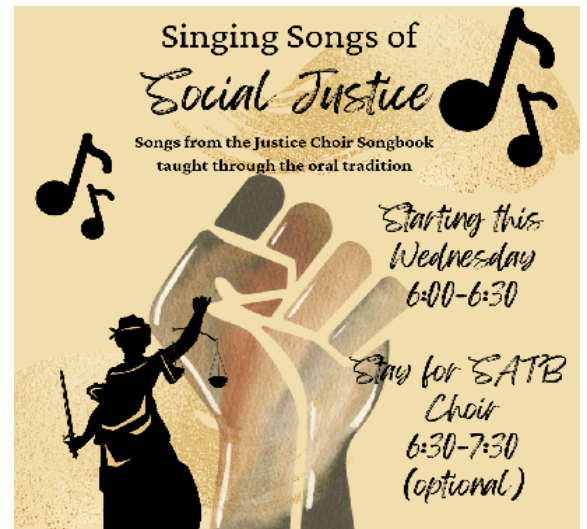
Spring is almost here and it's time to celebrate with music and community! Our **Spring Music Sunday will be March 19th** and all skills, talents, and abilities are encouraged to share their talents with our community! Please contact Nicole to be added to the program and arrange any accompaniment needs.

Come join us every Wednesday, 6:00-6:30 for casual singing of songs rooted in justice!

"Justice Choir is a template to encourage more community singing for social and environmental justice. Designed around our Justice Choir

Songbook, our goal is a grassroots movement to engage in the empathetic, collaborative, and collective power of singing together to create change.

The Justice Choir Songbook is a powerful new collection of songs for the issues of our time, and includes 43 new and re-purposed songs selected from a national Call for Scores. Made possible by Westminster Presbyterian Church of Minneapolis and many generous songwriters, the Songbook was co-edited by Abbie Betinis, Ahmed Anzaldúa, and Tesfa



Wondemagegnehu. We hope you use the Justice Choir Songbook to help you and your community raise your voices together for change, equity, love, and peace."



Save the Date!
Coming up on May 12th
Our Creative Community!

MVUUF is indeed a creative community so come and join the fun.

Read more about it on page 13.

Uni-Sun

Service Auction & Stewardship

Service Auction

Again this year, **Music Sunday and the MVUUF Service Auction will be one wonderful event on March 19, 2023.**

Musicians are invited to hit melodic notes both high and low. MVUUF members are invited to pitch in donations and EVERYONE is invited to celebrate this special Sunday! Remember that the Service Auction is an important part of funding our yearly budget so we encourage your participation in both donating your gifts and purchasing your favorite offerings.



There will be some games and a raffle drawing during the service. After the service we'll have a potluck appetizer meal. Bring your favorite munchie to snack on while bidding on dinners, food, tickets to plays and events, services offered and other goodies. After bidding closes you can leave. Your auction team will tally the winnings over the next few days and you pay for and pick up your items the following Sunday. What remains unsold will be offered during the next week at fixed prices. If you can't make the silent auction in person, absentee bidding will be available.

Tickets go on sale on Sundays before and after the service starting March 5th. See you at the auction!

Stewardship 2023-24

One river gives/its journey to the next.

Minnesota Valley, our namesake refers to the geographical region we live in; it is the land that surrounds the Minnesota River. The River rises from Big Stone Lake on the Minnesota-South Dakota border and heads southeast to Mankato before heading north through our area before it finally gives its all to the Mighty Mississippi. Before it becomes a tributary itself it is fed by 14,751 square miles of watershed from Minnesota, South Dakota and Iowa.

Minnesota Valley UU Fellowship's journey also flows like a river. We gain our strength from the tributaries that are our members and friends. And we become a tributary ourselves as a community when we converge with the mighty call of justice, love and peace. Together we can change landscapes and nourish the land for generations to come. Join us on the journey.

One river gives its
journey to the next

MVUUF Stewardship Campaign
2023-24

Give for the future

Uni-Sun

Stewardship: Why I Give

My name is Jeanne Simpson. I have been a member here for about 10 years. An event called Stewardship Sunday will take place in a few weeks.

Currently, I serve this congregation as a member of the Stewardship Committee and the Committee on Shared Ministry, but my first serious activity was on the long-range planning committee about ten years ago.

I learned a lot about MVUUF while on that committee. First thing I learned: The annual operating budget drives the church year. It includes all areas of church life and the dollar cost of each one. Sunday mornings aren't free when you include utilities, supplies and staff.

In fact, worship and music are 37 percent of the annual budget. Children's religious education, is 26%. I am proud to support the cost of Sunday mornings with a spirit of generosity and abundance because this is when newcomers are introduced to MVUUF and I want to offer them the best.

The second thing I learned is that each of us has a different reason for financially supporting the church and that most of us can give more money than we do. Let's face it. We are a room of filled with the fumes of privileged white folks.

I know that in years past I gave far too little. In fact, the 23-24 fiscal year is the first time I have looked at the Fair Share Giving chart and know that I am giving a fair share, which is 10% of my gross.

The third thing I learned is that in order to balance the budget, Laura often denies herself a raise or professional opportunities. Balance means that the amount of income pledged is equal to the amount of expenses budgeted. Shouldn't all the staff be compensated fairly?

A fourth thing I learned is that the primary source of income supporting the operating budget is from the members and friends of the congregation. US, YOU, ME.

One of the things the Stewardship Committee does is chart our level of giving in a statistical form. If we look at this chart, you can see how many of us give at what level. I used to give at the \$1,500 to \$2,500 level. Next fiscal year I am jumping two levels to the \$3,500 to \$5,000 level. I am so happy I can do that.

I have been a member of a UU church for 38 years.

It was during the first 15 years that I had the opportunity for transformational growth for the first time in my life. I tried new things and took risks. I finally had a sense of self-worth and pride in accomplishment.

I want others to have the same opportunity that I had and that is a reason I give.

I financially support MVUUF with joy and a generous spirit. It makes me feel good. I feel it is important that MVUUF continue to be strong with a minister and staff to serve it, and a staff that gets fairly paid for what they do. Please join me in supporting MVUUF at your very best. May it make you feel as good as I do.

Uni-Sun

Good to Know

Plastic Bag Recycling Project

From Linda Hayen -- Thanks to everyone for continuing to bring your plastic bags for recycling. We have collaborated with at least three different organizations and created three park benches!

The way this works is that we bring the plastic bags to a woman in Eden Prairie who collects from her neighborhood as well as one other organization at a time. The bags are then brought to Trex, a company that makes composite decking material. Trex sponsors a program called NexTrex, wherein if a community or school can collect 500 lbs. of plastic bags within 6 months, they will make a park bench to donate to a city park or other public space. Here is a link to the program :

<https://nextrex.com/view/programs#programs1>

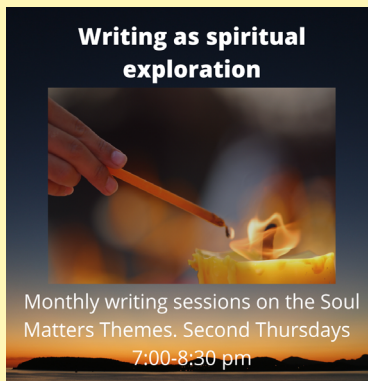
A gentle reminder that the plastic we collect needs to be CLEAN and STRETCHABLE. In other words, no food remnants, and stiff plastic bags that you can't stretch between your fingers, are not recyclable. Also please don't throw other items into the plastic collection bins. Zip lock bags are OK but please cut the zip part off. Bubble wrap is fine but please cut any labels off.

If you have other questions, please email Linda Hayen at linda590.lh@gmail.com.

And keep those bags coming. Or better yet, use less plastic!
Thanks!

Writing as spiritual exploration. Monthly writing sessions on the Soul Matters themes. Thursday March 9th 7:00-8:30 pm.

Writing is a powerful and creative conduit to exploring our spirituality. In these monthly sessions, writer and poet Jeannie Piekos designs a unique curriculum that builds on the monthly Soul Matters themes. The one and half hour workshops offer participants many tools to encourage a deeper dive into the monthly themes. We explore together through readings of poetry and prose, writing prompts, and objects.



You don't have to be a writer, just curious and willing to experiment. Sharing is always optional.

March's writing session on *vulnerability* will be on **Thursday, March 9th at 7pm** on Zoom. [Here's the link.](#)

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

Our Creative Community

An exciting new event will take place here at MVUUF on **Friday, May 12th**. Nicole Collins and Linda Hayen, with a lot of help from others in our community, are teaming up to lead a Showcase of Creativity from our members and friends.

The evening will begin with a light supper and drinks, including a “Signature Cocktail” designed by our own Nicole Collins. Members and friends are invited to share your Creativity with us! So far, we have on board:

- Music Ensembles made up of choir members!
- A short play performed by Fran Bohlke and Linda Hayen!
- A synchronized swimming demonstration !
- Writers from Jeannie’s writing group sharing their thoughts!
- Ukulele Music by Karen Olson!
- A performance by some of our youth!
- “The Ages” An Acapella Quartet including the famous Nicole Collins
- Juggling by Eric Grady!
- And MORE! We invite YOU to participate. If performing is not your thing – no problem! We want adults and youth to present your creativity to us.

Thanks to Kai Hummer for the following: “Our Creative Community” includes All of us, even the introverts who do not want to be in the spotlight. We all have creativity inside us and we can experience it in different ways. Some sing and act, some paint, draw, take photographs, write poetry, write stories, write personal histories, arrange flowers, decorate spaces, create flavors in foods and drinks, design games and crafts, knit, sew, collage, scrap book, woodwork, ironwork, sculpt, landscape, garden... the list goes on and on and on. Where and how do you express creativity?

You are invited to bring in a piece of your creativity for others to see and be inspired by, through their witnessing of it. You need not identify yourself in your piece in order to bring it in. (Although some may see you transport your gift) You can share your creativity with this MVUUF community of humans who would love to learn about how we all experience our creativity together and as individuals.

There will be tables and space in the area outside the sanctuary to bring your creative piece for display. Consider sharing your gift with us while we prepare to share performative creativity on that date as well.

Here are some more possibilities:

Jewelry making, Hair and cosmetic design, Body art of all types including piercings and tattoos, Calligraphy, Quilting, Cross stitching, Clothing design, Graphic design, Spoken word poetry and performance, Concrete art, Ironworks, Stucco art

Please contact Linda Hayen at linda590.lh@gmail.com by April 30th if you would like to participate. Send me your ideas and a brief description of your contribution. Performances should be short – 5-10 minutes at the most. Otherwise the door is wide open to all. And watch for more info next month!!

Uni-Sun

Groups and Committees

Social Action/Racial Justice

SPONSORING REFUGEES

The Social Action and Racial Justice Committee is researching possible individuals and/or families who have come to the state as refugees and need help resettling in Minnesota. We are looking at refugees from Afghanistan and Ukraine.

First Unitarian Society is beginning their sponsorship of families from Ukraine and are interested in MVUUF partnering with them in this sponsorship. This effort includes many areas including setting up their apartment, helping them register for various classes, including school for children, English classes and more, stocking their apartment initially with food and staples, helping with job applications, getting them connected with medical and dental help where needed, learning how to use public transportation and more.

The Afghan women have been working with The White Bear UU congregation for a few months already. The Afghan families live in St. Louis Park and the White Bear congregation is looking for a partner church closer to where the Afghan families live.

Please be on the watch for posters and notices where our services will be appreciated. If you have an interest in helping organize this effort please contact Nan Corliss, Becky McPeck or Judy Wagner.

The initial areas where help is needed for the Afghan women include:

1. Help with English skills
2. Help writing resumes for job applications
3. Help writing applications for college courses.
4. Transportation to various destinations- doctors/dental appointments, special meetings, etc.

As needs arise they will be added to the list.

Sponsoring refugee families has been a very rewarding project for our fellowship. Before Covid we sponsored a Somali family and many members and friends helped. It establishes new friendships both within our fellowship and outside of our doors. It teaches our children lessons of compassion, understanding other cultures and the trials these families have in starting over in a new country, sometimes needing to learn a new language. Stay tuned and thanks for caring.

Uni-Sun

Groups and Committees

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



Our program for March is one that should appeal to most including avid wild flower enthusiasts or birders, current or former hikers, as well as those more interested in Minneosta history.

The Chair of the Board of Minneapolis's Eloise Butler Wild Flower Garden and Bird Sanctuary. Dr. Jennifer Olson, will present the *Remarkable Eloise*

Butler and the Garden She Founded.

Dr. Olson has been birding at the Sanctuary for 15 years, been on the board of the Friends of the Sanctuary for 10 years, and has served as Board Chair for the last two years. Her presentation will include lots of photos, so one of the delights will be to be reminded of warm weather Minnesota beauty while we still have lots of snow on the ground.

All women of MVUUF are invited to attend, members as well as friends. We invite you to stay for lunch and socializing after the hour-long program. You may choose to buy a catered lunch or bring your own. If you choose to buy the \$8.00 catered lunch, please let Kathy Eager know whether you prefer a chicken salad or egg salad sandwich by Tuesday afternoon, February 28 (kathy@darrelleager.com).

See you there!

Men's Group March 9th 7pm

Forecasting the Economic and Demographic Future of the Twin Cities

Men's Group will meet on March 9, at 7 PM at the fellowship in person and on ZOOM (see caveat and link below). Our speaker will be Todd Graham the Principal Forecaster for the Metropolitan Council.

Todd will discuss how Metropolitan Council forecasts the trajectories of future population and demographics, and the expectations that emerge from this work. The main trends are growth in all parts of the region, increasing racial/ethnic diversity, changing age composition, and implied changes in future housing demand. All members of the fellowship are invited to attend regardless of Gender.

(On Zoom assuming I can follow Richard's thorough and photographic instructions to get the hybrid meeting working... thank you Richard!).

<https://us02web.zoom.us/j/87465147445?pwd=QStnOWM4Z2o2a2RzdjU4cUIWWnZNdz09>

Meeting ID: 874 6514 7445

Passcode: 124528

Uni-Sun

Groups and Committees

REI March 23rd at 7pm

What should US policy towards Ukraine be?

Religion Ethics and Ideas will meet by ZOOM on Thursday, March 23 at 7PM.
Here's [the link](#). Meeting ID: 837 9893 4132

Our question shall be: What should US policy be towards Ukraine?
Likely topics in no particular order include:

- Does the US have a moral obligation to supply Ukraine with weapons?
- Does the fact that Ukraine gave up nuclear weapons at the end of the cold war send an unfortunate message to other countries.
- What limit if any should there be on US and allied aid.
- Should Ukraine prevail, who bears the responsibility for helping Ukraine rebuild.
- Should Russia be forced to pay reparations assuming Ukraine prevails.
- Should the US and allies pressure Ukraine to the negotiating table.
- The danger of miscalculation leading to nuclear war.
- Will Ukrainian resistance, act as a cautionary tale to China with regard to Taiwan?
- Some argue that the Expansion of NATO at the end of the cold war unnecessarily poked the Russian bear and the Russian Invasion of Ukraine is the consequence.
- Trying to see things from the Russian side ... what justification if any can be offered for the invasion of Ukraine.

Plus many more!



Fitness with Fran

“Practicing yoga improves your concentration, and helps you to find your balance in life.”

Yoga classes will be offered every Monday and Wednesday 4:15-5:15 throughout March. 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 all. You are encouraged to go at your own pace and to do only the poses/movements that suit you and your needs. Bring a yoga mat and strap, wear loose, comfortable clothing, and come prepared to move and have some fun.

Fran Bohlke is your instructor. Questions? Please email Fran — bryawnte@msn.com



Uni-Sun

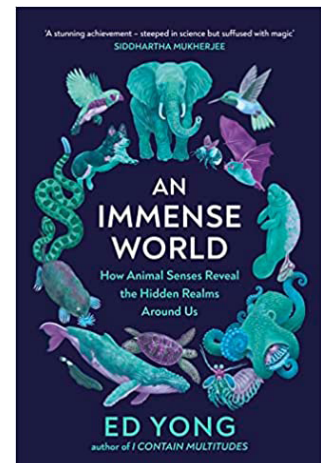
Groups and Committees

Evening Book Club

The snow seems to be disappearing, but our enthusiasm for reading and learning has only expanded. . Read and then join the Group for interesting conversation. Alternating nonfiction with fiction as is our tradition, our upcoming choices for discussion are:

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

- 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.



**Maiden Rock Winery & Cider Tasting
March 12th after the service
with food pairings!**

Uni-Sun

MVUUF Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|--|------------------------------|
| 26 10am - OWL Class @ 10:30am - Sunday 10:30am - CYF 11:30am - Potluck | 27 2:45pm - Nicole 4:15pm - Yoga | 28 10am - CoSM 4pm - Nicole Voice 7pm - V25 Open | 1 3pm - Nicole Voice 4:15pm - Yoga 6pm - MA - 6:30pm - choir | 2 | 3 11am - Uke Jam - | 4 10:15am - Women's group |
| 5 10:30am - Sunday 10:30am - CYF | 6 2:45pm - Nicole 4:15pm - Yoga | 7 11am - Nicole Voice 4pm - Nicole Voice | 8 3pm - Nicole Voice 4:15pm - Yoga 6pm - MA - 6:30pm - choir 7pm - BoT Meeting | 9 7pm - Writing as Spiritual Explor 7pm - men's group | 10 5:30pm - MVUUF comm. dinner 5:30pm - Owl Parent | 11 |
| 12 10am - OWL Class @ 10:30am - Sunday 10:30am - CYF 2:45pm - Make-Up 5pm - Family Night | 13 2:45pm - Nicole 4:15pm - Yoga | 14 4pm - Nicole Voice | 15 3pm - Nicole Voice 4:15pm - Yoga 6pm - MA - 6:30pm - choir | 16 5:30pm - 7pm - Evening Book 7pm - Membership | 17 11am - Uke Jam - | 18 |
| 19 10am - Service 10:30am - Sunday 10:30am - | 20 10am - Soul Matters 2:45pm - Nicole 4:15pm - Yoga | 21 11am - Nicole Voice 4pm - Nicole Voice | 22 3pm - Nicole Voice 4:15pm - Yoga 6pm - MA - 6:30pm - choir | 23 12pm - Guys Lunch 7pm - REI on Zoom | 24 | 25 |
| 26 10am - OWL Class @ 10:30am - Sunday 10:30am - CYF 11:30am - Potluck | 27 2:45pm - Nicole 4:15pm - Yoga | 28 10am - CoSM 4pm - Nicole Voice | 29 3pm - Nicole Voice 4:15pm - Yoga 6pm - MA - 6:30pm - choir | 30 | 31 11am - Uke Jam | 1 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 you can livestream 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@mnvalleyuuu.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 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 | |

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

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mnvalleyuu.org

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Rev. Laura Thompson

minister@mnvalleyuu.org

612-216-4203

Administration & 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**

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**