



OCTOBER SCHEDULE: See Sunday Service schedule, themes and leaders on pages 2

Halloween Party is on October 21st from 4-7 pm. Find more info on page 6.

October 2023
Volume 59 Number 2

October 2023: Heritage

Whereas history pleads, "Protect what we put into place!" Heritage urges, "Know the plotline of which you are a part." History is what happened; Heritage is a story still unfolding. History tends to trap us in tales about what they did; Heritage inevitably gets us talking about what we are called to do. Rev. Scott Tayler

It is September 20th as I write this; the fall equinox. After work today, I am meeting a friend to attend an Equinox Celebration at Powderhorn Park. To mark the turning of the wheel there will be mandala making and singing. I don't often go to events like this, but I am glad my friend invited me. It gives me a chance to connect with my spiritual heritage.

A few years ago, Rev. Jim Bear Jacobs came to speak to us about his indigenous heritage. White folks have a tendency to romanticize and sometimes even envy the rich cultural heritage of Native Americans (even though, historically, we did all we could to take it from them). We look at indigenous culture and often yearn for a deeper and more sacred connection to the world we are a part of, to the ancestors that came before us. We long to connect to our spiritual heritage. Because we don't live in the same places that our ancestors did, we can feel disconnected from some of our deepest roots. Rev. Jacobs reminded us that we all come from the same earth, the same water and the same sky. He said that if we go back far enough in our histories, we would find ancestors who held their relationship to the land and all of its creatures sacred.

How might our lives be different if we dove deep into our spiritual heritage to reveal our sacred connection to all of creation? Would our perceptions of what we have inherited change? How would our actions and inactions change?

This evening's equinox celebration invites me to connect with my long-lost spiritual heritage, which is Celtic. The Celts, like Native American tribes, believed that every part of the natural world had a spirit. I hope that the rhythms and rituals of tonight's event will bring me in closer connection with my relationship with all of creation; this is my spiritual heritage.

What about you? Where do your ancestors come from? What is your spiritual heritage? Autumn is a wonderful time to explore the feeling of being rooted. Our roots hold us close and bring us comfort and strength. Our heritage offers both guidance and a deep sense of belonging; what a gift.

See you Sunday,

Rev. Laura

heritage noun

her-i-tage 'her-ə-tij.

1: property that descends to an heir

2a: something transmitted by or acquired from an ancestor; LEGACY, INHERITANCE

b: TRADITION; the party's heritage of secularism

3: BIRTHRIGHT: something possessed as a result of one's natural situation or birth



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.

Sunday Services

Oct. 1st: Conversations with Friends



Our guest speaker will be Steve Kraemer, the Director of Conversations with Friends (CWF). Steve will share the organization's mission, facts about immigrants incarcerated in Minnesota jails, as well as what they face when deported. We hope you will join us to learn the heartbreaking reality of many undocumented immigrants in Minnesota. Fran Bohlke is the worship associate. CWF is our sharing partner for the month of October.

Oct. 8th: My Religious Journey



There are many paths that lead to Unitarian Universalism. Join MVUUF members Kaizen Hummer, Betty Miller and Matthew Schneider as they share their religious journeys. With worship associate, Tom Ehlinger, and music from Karen Olson and the MVUUF Choir

Oct. 15th: UU History 101; Our Theological Heritage



While we might know some famous names in UU history; Emerson and Thoreau, we don't always realize just how deep and rich our theological heritage is. You might be surprised to know how far back we trace our roots. What have we learned along the way and where do we go from here? Rev. Laura Thompson, Betty Miller

Oct. 22nd: What Kind of Ancestor Will I Be?



We stand on the shoulders of our ancestors tasked with making true their dreams and continuing their legacy. But, we too will be ancestors someday. What platforms and dreams shall we leave behind. Rev. Laura Thompson and Carla V. Ries with music from Lark Lewis

Oct. 29th: 'Tis the Ancestors Breath



Our beloved annual Day of Remembrance service will be filled with music and reflection. Please bring photos and mementos of loved ones who have passed to place on our shared altar. There will also be a time of name and memory sharing. Music from Alyssa Marshall and the MVUUF Choir

Uni-Sun

Letter from the Board Chair

Thanks to all who participated in the water communion on Sept. 17th - I think many of us felt a strong sense of “coming home” to a new year in the fellowship. I loved hearing everyone’s comments, including your hopes for the upcoming year - sharing them out loud makes them more achievable!

The MVUUF board of trustees enjoyed a kind of homecoming/new-beginning with our annual board retreat at the lovely home of board secretary Carla Ries. I’d like to highlight some of the things we discussed, and invite you to continue sending your ideas our way.

We discussed 4 main goal areas that will help us focus our work for the upcoming year, with the help of all of our amazing committees and staff members. Those goal areas, not in any particular order, are:

1. Evaluate the communication channels between the various committees, workgroups, staff, and board in order to strengthen our team efforts
2. Increase the financial stability of our fellowship
3. Raise awareness of safety procedures in each area of the building
4. Organize our personnel policies and documentation

As always, you may reach out to the board with questions or comments about the fellowship, and if needed, we can pass them along to relevant committee chairs. Reach us at board@mnvalleyuuu.org

Welcome home!

Kathleen Coate



Pictured Above: the MVUUF 2023-24 Board of Trustees. From left to right: Carla Ries (Secretary), Holly Bruce (Member), Kathleen Coate (Chair), Richard Duffin (Treasurer, ex-officio member), Jody Gray (Member), Myra Basar (Member), Becky McPeck (Member), Linda Hayen (Chair elect)

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Soul Matters

Soul Matters Small Groups Starting in October

To belong is —

to see and be seen,

to hear and be heard,

to know and be known.




A Soul Matters Small Group is an opportunity to practice belonging by deep listening and conversation. Groups are composed of from 4 to 8 people who agree to meet once a month to share their experience and reflections on the themes and practices contained in a monthly packet provided by the UUA. Meetings are a time for deep listening to one another.

Day Time Group — A daytime Soul Matters group has been meeting for several years at 10:30 am on the third Monday of every month. That group is continuing.

Evening Group — An evening group will be starting this October if there is sufficient interest. The proposed meeting time is 7 to 8:30 pm on either the fourth Monday or fourth Wednesday of the month.

Meetings will be held at the church or via Zoom at the group's discretion.

If you are interested in either the daytime or evening group, please email Tom Ehlinger at tomehlinger@gmail.com. Please state which group you're interested in and, if you are interested in the evening group, which day you would prefer to meet.



GRIEF

/grēf/ noun

a strong, sometimes overwhelming emotion for people, regardless of whether their sadness stems from the loss of a loved one or from another form of loss.

*Grief Support Circle
1st Wednesdays at 10:30am
Fireside Room*

Coffee & Conversation



*2nd & 4th Wednesdays
at 10:30am
MVUF
Fireside Room*

Bring a friend!

Uni-Sun

Communications & Administration

Hello friends--Oh, the ambiquity of my autumnal feelings! I want to replay summer, to put it on repeat for another summer song or two. But the truth is I love fall (although less so what comes after...) and I am trying to embrace both my ambivalence as well as the beauty that is beginning to glow from the trees. Already along Minnehaha Parkway against the backdrop of green leaves and blue Lake Nokomis are sparks of bright orange and red that the maples give us freely. And so it is in that spirit that I give you this poem by Jane Hirshfield. By the way my *Writing as Spiritual Exploration* class will run in November, January, March and May this church year. Please stay tuned for times and locations. Until then I hope you are embracing all the dualities of our autumnal season.

Lake and Maple by Jane Hirshfield

I want to give myself
utterly
as this maple
that burned and burned
for three days without stinting
and then in two more
dropped off every leaf;
as this lake that,
no matter what comes
to its green-blue depths,
both takes and returns it.
In the still heart that refuses nothing,
the world is twice-born --
two earths wheeling,
two heavens,
two egrets reaching
down into subtraction;
even the fish
for an instant doubled,
before it is gone.
I want the fish.
I want the losing it all
when it rains and I want
the returning transparance.
I want the place
by the edge-flowers where

the shallow sand is deceptive,
where whatever
steps in must plunge,
and I want that plunging.
I want the ones
who come in secret to drink
only in early darknes,
and I want the ones
who are swallowed.
I want the way
the water sees without eyes,
hears without ears,
shivers without will or fear
at the gentlest touch.
I want the way it
accepts the cold moonlight
and lets it pass,
the way it lets
all of of it pass
without judgment or comment.
There is a lake.
Lalla Ded sang, no larger
than one seed of mustard,
that all things return to.
O heart, if you
will not, cannot, give me the lake,
then give me the song.

SOUL MATTERS MONTHLY THEME: Heritage

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. Please find more information about Soul Matters groups on page 4.

The Soul Matters packet ponders some good questions about Heritage. How would you answer?

- What story do you want to be remembered by?
- What story told by (or about) your ancestors has shaped you the most?
- What is your favorite family memento?

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Children, Youth & Family Ministry



Kids Night at MVUUF was fun for the children and excellent for their grown ups who got to have a night out. We served grilled cheese, fruit and veggies.

CYF Programming has begun! Our Middle and High School Youth Group are exploring their own UU Faith while learning about other faiths through the Crossing Paths curriculum. In addition to Crossing Paths, MVUUF youth will participate in a Social Action project (like helping the Animal Humane Society) and Field Trips (like meeting at an Escape Room).

Our elementary children are exploring Soul Matters Activities and a year-long social action project of their choosing. Our 4th and 5th graders may also become chalice lighters as part of their CYF year. Our Nursery through Preschool aged children will be using our Soul Matter's Curriculum and play-based learning.

All programming will take place on Sundays from 10:30-11:45 a.m. unless it is a field trip or Community Night.

[\(CYF Calendar Link\)](#).

[Registration](#) is Open!

[Volunteer Sign-Up](#)

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



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MUSIC AT MVUUF!

OCTOBER

MUSIC IN WORSHIP WILL INCLUDE:

- Songs by composer Mark Miller, sung by the MVUUF Choir and Sweet Honey in the Rock
- Music from the movie "Moana"



MVUUF Presents
Kommuna Lux
Odessa Gangsta Folk
10.7.23 7pm



**Ukraine Relief
Fundraiser**
\$20 Suggested donation

Uni-Sun

Stewardship 2023-24

Our church year is underway! MVUUF's Stewardship Team has been meeting and planning. Keep your eyes open for information about upcoming events:

Game Night! On Community Night, Saturday, November 11 from 4PM to 7PM.

- ☐ Hosted jointly by the Stewardship and Finance Teams.
- ☐ Serving homemade chili (veggie and carni), chili fixins, salad fixins, beverages
- ☐ Lots of games

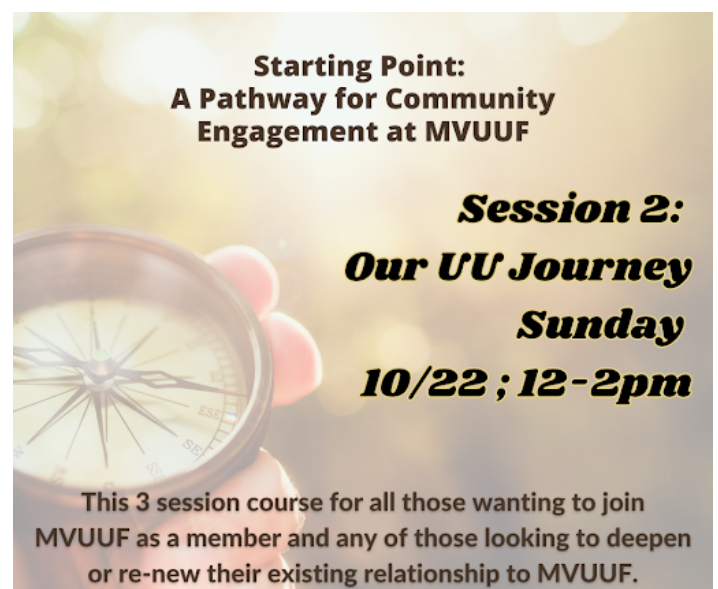
December Craft/Bake Sale

- ☐ MVUUF's Board of Trustees has approved a Craft/Bake sale for Sunday, December 17.
- ☐ Bring your crafts and baked goods and/or craft supplies you do not use.
- ☐ There might be music and tables to rent!
- ☐ Planning is underway.
- ☐ Stewardship team members are helping out.

Would you like to help with these and other Stewardship activities? Contact any of us, or Rev. Laura:

Kelley Hughes, Steve Danko, Emily Kampa, Candace Mahowald, Suzanne Scribner, Jeanne Simpson, Glenn Corlis

Kelley Hughes, Stewardship Chair



Uni-Sun

Groups, Committees & Events

Social Action Racial Justice

The next Social Action Racial Justice committee meeting will be on October 22nd after the Sunday Service.

Sunday Sharing Partner



Conversations

With

Friends

**October
Sunday
Sharing
Partner**

Visiting and supporting detained immigrants



Training Session

HOSPITALITY TEAM

COFFEE GREETER
USHER CLEAN-UP

Hospitality Team training will be offered on Oct. 29th, following the service. This 30 minute session will include training on all basic elements of MVUUF hospitality



Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.
Philippians 4:9

unitarianuniversalist
CHRISTIAN FELLOWSHIP

freely following jesus

**UU Christian Fellowship
chapter forming at MVUUF.
Information meeting on October 1st,
following the service.
Contact Rev. Laura for more info**

Uni-Sun

Groups, Committees & Events

Men's Group October 12th at 7PM

Confronting the Climate Challenge: US Policy Options

Our speaker will be Marc Hafstead, a native of Bloomington and a graduate of Jefferson High School. His topic will be on US policy options in dealing with Green House Gas emissions and climate change. Marc is well qualified to speak on this topic; he is a PhD economist with the highly respected non-profit think tank Resources for the Future in Washington, DC. His research has primarily focused on the evaluation and design of federal and state-level climate and energy policies using sophisticated multi-sector models of the US economy. Marc and his colleagues have examined the environmental and economic impact of carbon taxes, cap and trade programs, clean energy standards and gasoline taxes. In so doing they have also looked at the distributional and employment impact of climate policies. All members of the fellowship are welcome regardless of Gender. On Zoom only. Questions contact John Peloquin.

<https://us02web.zoom.us/j/81243130362?pwd=SjJydDM5Z3lGMtdwaEpCc1UrZW43UT09>

Meeting ID: 812 4313 0362 Passcode: 535590

Poker is back

"You've got to know when to hold 'em/Know when to fold 'em"

Good news. Poker is back!

Please join us. It will take place on the second Fridays of the month at 7pm. So for October that means October 13th.

MVUUF has had a poker game at the church since 1985. It is relatively low stakes: nickels, dimes, and quarters and involves a lot of good talk, fun and eating junk food.

See you there!



COLLECTIBLES

ELECTRONICS

APPLIANCES

???
ASK
EMILY

FURNITURE

HOUSEWARES

VINTAGE OR
QUALITY
CLOTHING

ART

Got unwanted stuff? Turn it into cash for MVUUF's programs and services! Contact Emily Kampa at emily.m.kampa@gmail.com

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Groups, Committees & Events

Women's Group

Saturday, October 7, 10:30-12:30

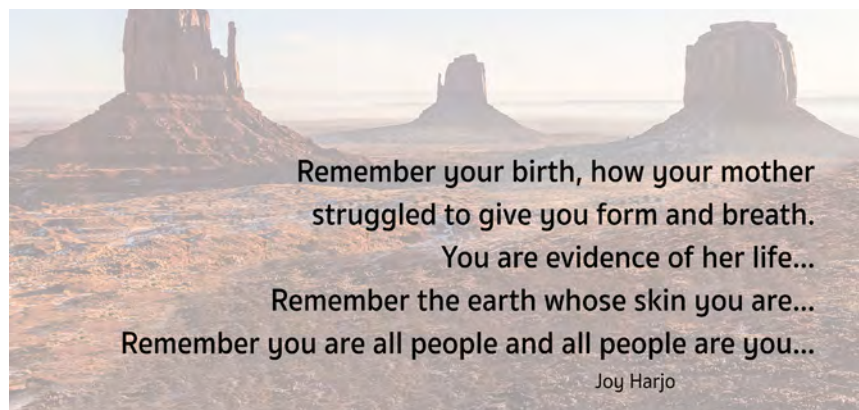
All women of the fellowship as well as those who may identify as non-binary are invited to attend this first Women's Group of the 2023-'24 fellowship year. We welcome a variety of ages, and you're encouraged to invite a friend. The October meeting is always a special one as we catch up on summer activities and meet those new to the fellowship since we last gathered.



Our October program will be of particular interest to those of you who have school age children, grandchildren, or great grandchildren. Our speaker for the day is Carla Ries. She and her husband Brian have been active members of MVUUF for the last decade. They are the parents of two children, Evan and Ian. Carla's topic will be ***"Book Banning and Other Threats to Public Education in America."*** Over the last decade, Carla has been active in various Parent Advisory and Parent Teacher Associations in Bloomington Public Schools (BPS) as well as at the district and state level. She now works as a Media Clerk at the elementary school level in BPS. In describing her talk, she says, "Book banning has long been a preferred tool of those wishing to control others by denying or distorting facts. There is currently a well-funded, concerted effort to not only ban books from schools, but to undermine public education in this country. What are their tactics? Why should we care?" Come prepared with your questions and concerns on this issue.

After the hour-long program, we'll have a very short business meeting followed by lunch and time for conversation. We also encourage you to come early for coffee, tea, and pre-program conversation. Please email our co-chair Kathy Eager (Kathy@darrelleager.com) no later than 4 p.m. on Tuesday, Oct. 3, to indicate that you'll be attending, whether you'll be bringing a guest, and if you plan to bring your own lunch or order the \$8 catered lunch. If you (or your guest) want the catered lunch, please indicate whether you'd prefer a turkey or an egg salad sandwich.

Kathy and I are looking forward to seeing you all on the 7th. This is such a great way to get to know each other better and educate ourselves at the same time. --Barb Gilliland



Groups, Committees & Events

Endowment

There is no better way to leave a legacy than by giving something to the future of MVUUF's many ministries. We want MVUUF to be here for future generations! A perfect way to do this is to contribute to our Endowment Fund. So, what is an endowment fund? It is our savings account for the future.

Endowments allow congregations to expand their ministries, while empowering the individual member or friend with an opportunity to demonstrate a personal stewardship statement. An endowment provides additional support beyond what is possible in the annual operating budget, and can even provide stimulus for engagement, imagination and revitalization.

An endowment is a fund that is invested to provide long-term support for MVUUF in perpetuity. A portion of the fund is made available annually while the remaining assets are retained in the fund to provide for growth over time. Endowments often provide funding for expanded mission-supported work. An endowment fund has a stated purpose and vision with policies and procedures to sustain the fund over time. There are two types of endowment funds: true endowments, in which the use of funds is restricted by the donor's wishes, and quasi endowments, where the Board specifies the use of funds. In either case, an endowment is managed prudently – with careful attention to investing and spending – to provide regular income without diminishing the fund. To be absolutely clear, an endowment is **not**:



- A piggy bank or rainy-day fund – it is for the long term
- A source of funds to cover unexpected operating shortfalls – that is the purpose of a reserve fund
- Just for wealthy or well-resourced churches – committed donors can create an endowment with a small amount and then nurture, invest and grow it over the years

For MVUUF, an endowment is an act of trust and an expression of belief in the vision for the Fellowship and community. An endowment is also a stewardship partnership between the Fellowship and donors that ensure we have adequate resources to sustain projects and ministries. Next month, learn about the specifics of MVUUF's Endowment Fund.

MVUUF TAXI SERVICE

Going to the airport or need help getting to an appointment? Call the MVUUF Taxi. This service has been around since 2002. It's not only helpful, it also creates extra income for the Fellowship.

The MVUUF Taxi operates by members giving other members rides to the airport or wherever they need to go. Then the receiving member donates to MVUUF what they would normally spend on a cab, Uber or Lyft. It is a painless way to support the Fellowship and has been very successful

Are you interested in participating? We are looking for riders as well as additional drivers. Please contact Jeannie, office@mnvalleyuu.org or Steve Danko, 612-978-2587 to arrange for a trip or to volunteer.

Uni-Sun

Groups and Committees

REI October 26th at 7pm

Should we change the Minnesota State Flag and Seal?

Religion Ethics and Ideas meets on ZOOM. Our question will be should the state flag and the state seal be changed. (The state seal is a separate item but is currently emblazoned on the Flag). In the most recent session of the legislature a bill was passed creating a commission to create a new state flag and state seal. They are to report back by January 1, 2024, with new designs for the flag and seal. Some obvious questions are why should the flag & seal be changed? What should the criteria be for an acceptable design for the flag and the seal.

Religion, Ethics, Ideas

(The legislature gave some direction about what can be included and what should not be included in the design(s)). Why should we even have a state flag and a state seal? Should there be a statewide referendum?

All are invited to attend. Questions email John Peloquin at John17780@charter.net

YOGA

Yoga is more about STAbility rather than FLEXibility

We meet Mondays and Wednesdays from 4:15pm to 5:15pm downstairs at the fellowship. Following are the dates for October: 2, 4, 9, 11, 16, 23, 25, 30.

NOTICE: This is a very active, moving and stretching class, with lots of up and down—on the mat, standing and back onto the mat. Though chairs are used, this is NOT a chair yoga class.

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.

We love visitors—you don't need to be a member of MVUUF, AND, there is no fee, we just ask that you make a donation to the fellowship.

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



Uni-Sun

Groups and Committees

Evening Book Club

The Evening Book Group usually meets on the third Thursday of the month throughout the year at 7 PM.

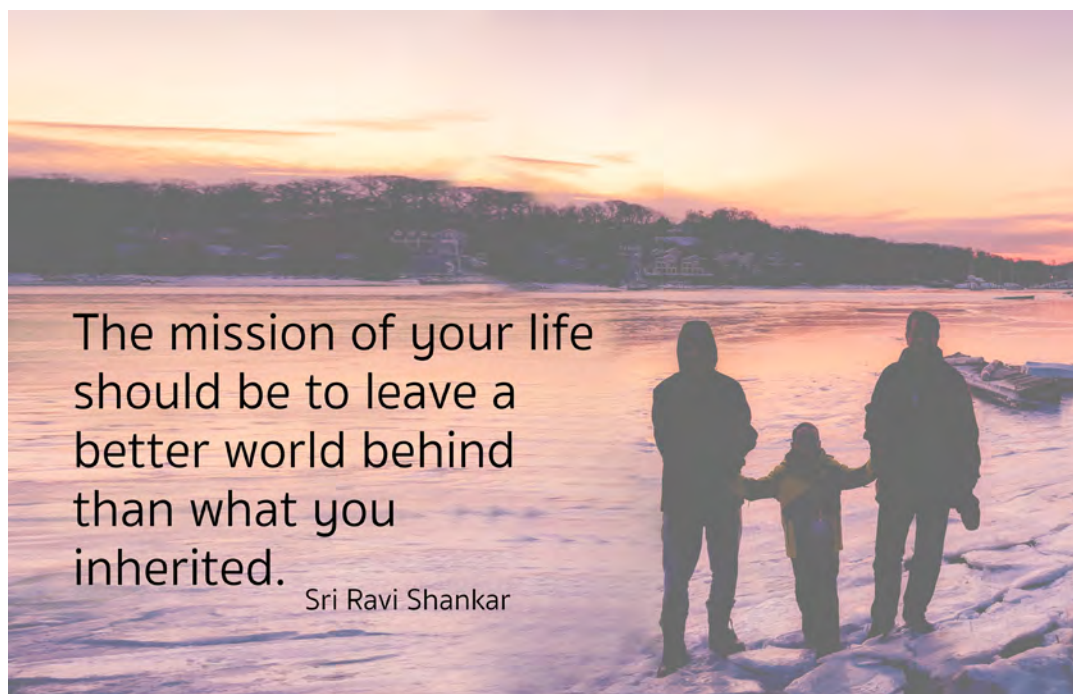
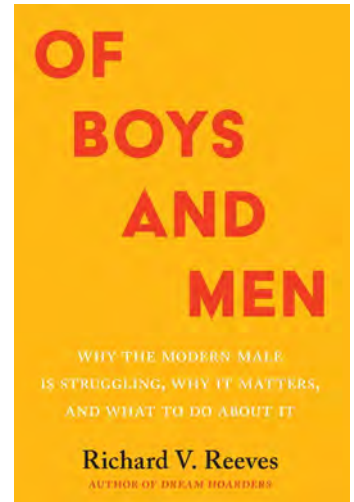
Alternating nonfiction with fiction as is our tradition, our upcoming choices for discussion are:

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, 2023, *Trust* by Hernan Diaz

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. Let us know a little ahead of time so we can send you a Zoom invitation. We welcome newcomers!

Questions? Email Joyce McMartin at joyceamcmartin@gmail.com or text at 952-210-1372 or leave a message at 952-942-7143.



Uni-Sun

Groups, Committees & Events

Let's play in the paint!

Are you inspired by all the wonderful art around MVUUF? Do you have an inner artist itching to get out? If so, this event is for you. You have the opportunity to play in the paint this month with your friends!

MVUUF will be offering an acrylic paint pouring technique on Saturday, October 28th at 10:00 a.m. in the downstairs social hall.

No brushes involved. You don't have to be an artist, but you will leave with your very own abstract masterpiece!

Sybil Swanson, whose paintings are displayed in the MVUUF art gallery, is the instructor. Cost is \$40 per person which includes all supplies.

Beverages and snacks are provided by MVUUF.

Children over the age of 8 are welcome!

You must register by Oct. 23rd. Please email Jeannie at office@mnvalleyuu.org to sign up.

Pay on the day of event with cash or check made out to Sybil Swanson.

Please join us!



Please place clean, dry and "stretchable" plastic here.

Also accepted: bubble wrap and bubble wrap envelopes with labels cut off

**No food tainted plastic bags
No plastic wrap**



From bags to benches

This is one of 3 benches our plastic bag collection efforts helped create! It is in Eden Prairie at Round Lake Park.

Uni-Sun

More to do at MVUUF and beyond!

The Needlework Guild of Minnesota Open House October 14th from 1:00-3:00

Are you curious what the Needlework Guild of Minnesota is all about? Are you curious about what we do during our meetings at MVUUF?

We love our new home at MVUUF and we would love to meet you at our first MVUUF Open House. It will be on Saturday, October 14, 2023 from 1:00 - 3:00 pm in the lower level.

We have several different types of meetings but they all have something to do with hand needlework. Members can go to one, some or all of the meetings each month. The chair persons of each group (Stitch in Groups and Special Interest Groups) will be at the open house to meet you. We will have samples of many past and present projects on display. Some of the types of needlework we enjoy are surface embroidery, counted thread or "cross stitch," needlepoint, hardanger, and beading. Members vary in their needlework skill level. (If you don't even know how to thread a needle to get started we will be happy to show you how to do that!)



A bookmark type brochure with all our meeting information will be available for you to take home.

We will be having door prize drawings to win an NGM tote bag or needle minder. (One of our members, who shall remain nameless because she is a MVUUF member, had been in needlework guild for 3 years before she learned what a needle minder was!)

Beverages and light snacks will be provided. We can't wait to meet you and tell you all about the Needlework Guild of Minnesota!

Interesting Book News

Tom Ehlinger's brother-in-law, Tom, just had his second novel published and will be in the Twin Cities promoting it. His novel is ***Mauna Kea: A Novel of Hawaii***. Two events might be of interest to you.

Sunday, Oct. 8 at 2 pm — At **Moon Palace Books**, Tom will be talking about his new book, reading from it, and answering questions. Moon Palace is located at 3032 Minnehaha Ave. in Mpls. Moon Palace has posted details about the reading on their [website](#) and [Facebook page](#).

Saturday Oct 14 at 1 pm Twin Cities Book Festival, Tom will be doing a book signing at the State Fairgrounds at **David Unowsky's table** in the Progress Center at the corner of Cosgrove St. and Randall Ave.

<https://tompeek.com/novels/mauna-kea/>

Uni-Sun

End of Life Options Act

Contact Your State Representative and Senator

Urge them to enact the End-of-Life Options Act in Minnesota this session.

You may remember that last May, UU community minister, Rev. Harlan Limpert spoke to our congregation regarding the issue of death with dignity. After the service, many of us stayed to hear more on the topic from a representative from Compassion and Choices.

This fall is the time we need to contact our state legislators to urge them to enact the End of Life Options Act (House File 1930 and Senate File 1813) during the coming legislative session. Now that they've had a summer break our legislators are most eager to communicate with their constituents before the busyness of the new session begins.

To learn who your state senator and representative are, go to <https://mn.gov>. Click on the link to the Minnesota Legislature. Fill in your address and you'll learn what legislative district you're in and who your representatives are along with a link to their email addresses. On the home page, you'll also find a link to Bill Search and Status. You can look for the house and senate bills with the file numbers shown above and read the entire proposed legislation. Being familiar with the exact language will help you draft a short email to your senator and representative urging their support of the proposed legislation.

If passed, Minnesota will join ten other states and the District of Columbia in allowing terminally ill persons who are mentally competent, likely within six months of death, and who can administer a pill to themselves to obtain a prescription from a physician that would end their life if they choose to take it.

Contact your legislator **this week** if such an option is important to you.



To acknowledge
our ancestors means
we are aware that
we did not make
ourselves.

Alice Walker

Uni-Sun

MVUUF Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>1</div> <div>10:30am Sunday Svc</div> <div>10:30am - CYF</div>	<div>2</div> <div>2:45pm - Nicole</div> <div>4:15pm - Yoga</div>	<div>3</div> <div>11am - Nicole Voice</div> <div>3:15pm - Nicole</div>	<div>4</div> <div>10:30am - Grief Circlef</div> <div>3:30pm - Nicole</div> <div>4:15pm - Yoga</div> <div>6pm - MA -</div>	<div>5</div>	<div>6</div> <div>11am - Uke Jam -</div>	<div>7</div> <div>10:15am - Women's Group</div>
<div>8</div> <div>10:30am - Sunday</div> <div>10:30am - CYF</div> <div>11:45am - Youth</div> <div>11:45am - Youth</div> <div>12pm - Eve/Kai OWL</div>	<div>9</div> <div>2:45pm - Nicole</div> <div>4:15pm - Yoga</div>	<div>10</div> <div>10am - Needlework</div> <div>3:15pm - Nicole</div> <div>7pm - Needlework</div>	<div>11</div> <div>10:30am - Coffee &</div> <div>3:30pm - Nicole</div> <div>4:15pm - Yoga</div> <div>6pm - MA -</div> <div>7pm - BoT Meeting</div>	<div>12</div> <div>7pm - men's group</div>	<div>13</div> <div>10am - Needlework</div>	<div>14</div> <div>9:30am - Music</div> <div>12:30pm -</div>
<div>15</div> <div>10:30am - Sunday</div> <div>10:30am - CYF</div> <div>11:45am - Worship</div>	<div>16</div> <div>10:30am - Soul Matters</div> <div>2:45pm - Nicole</div> <div>4:15pm - Yoga</div> <div>7:05pm -</div>	<div>17</div> <div>10am - Needlework</div> <div>11am - Nicole Voice</div> <div>3:15pm - Nicole</div>	<div>18</div> <div>3:30pm - Nicole</div> <div>4:15pm - Yoga</div> <div>6pm - MA -</div>	<div>19</div> <div>5:30pm -</div> <div>7pm - Evening Book</div> <div>7pm - Membership</div> <div>7pm - Needlework</div>	<div>20</div> <div>11am - Uke Jam -</div>	<div>21</div> <div>4pm - Halloween</div> <div>4pm - Halloween Party</div>
<div>22</div> <div>10:30am - Sunday</div> <div>10:30am - CYF</div> <div>11:30am - Potluck</div> <div>11:30am - Potluck</div> <div>12pm - Starting</div>	<div>23</div> <div>2:45pm - Nicole</div> <div>3:30pm - CoSM</div> <div>4:15pm - Yoga</div>	<div>24</div> <div>10am - Needlework</div> <div>3:15pm - Nicole</div> <div>7pm - NWG evening</div>	<div>25</div> <div>10:30am - Coffee &</div> <div>3:30pm - Nicole</div> <div>4:15pm - Yoga</div> <div>6pm - MA -</div>	<div>26</div> <div>12pm - Guys Lunch</div> <div>7pm - REI on Zoom</div>	<div>27</div> <div>11am - Uke Jam</div>	<div>28</div> <div>10am - Art Class</div>
<div>29</div> <div>10:30am - Sunday</div> <div>11:45am - Hospitality team training</div>	<div>30</div> <div>2:45pm - Nicole</div> <div>4:15pm - Yoga</div>	<div>31</div> <div>11am - Nicole Voice</div> <div>3:15pm - Nicole</div>	<div>1</div> <div>10:30am - Grief</div> <div>3:30pm - Nicole</div> <div>4:15pm - Yoga</div> <div>6pm - MA -</div>	<div>2</div>	<div>3</div> <div>11am - Uke Jam -</div>	<div>4</div> <div>10:15am - Women's</div>

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.

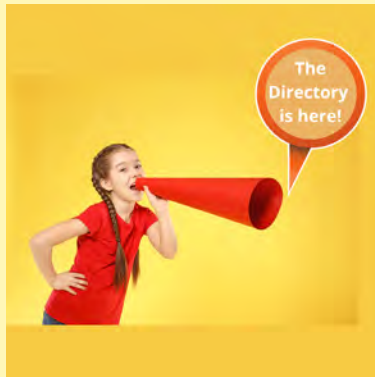
<https://zoom.us/j/3953901346> or call 312-626-6799; Meeting ID: 395 390 1346

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@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 7/1/2023

Chair & Board Member	Kathleen Coate
Chair-elect & Board Member	Linda Hayen
Secretary & Board Member	Carla V. Ries
Treasurer	Richard Duffin

BOARD WORKGROUPS

Craft/Bake Sale	Laura Thompson, Kathleen Coate, Jody Gray, Suzanne Scribner and Candace Mahowald
Marketing Team	Becky McPeck, Rev Laura Thompson, Steve Danko, Jeannie Piekos, Richard Duffin

MVUUF STANDING COMMITTEES AS OF 7/1/2023

Committee	Chair/Contacts
Adult Education and Enrichment	Rev. Laura Thompson
Aesthetics	Karen Olson
Archives	Kathy Eager
Congregational Care	Andrea Anderson
Committee on Shared Ministry	Barb Gilliland
Endowment	Holly Bruce
Finance	Steve Danko
Membership	Eric Grady
Music	Barb Becker
Nominating	Barb Gilliland
Operations	Mark Clary
Social Action Racial Justice	John Chlebeck
Religious Education	Maria Bavier
Stewardship	Kelley Hughes
Technology	Richard Duffin

BOARD TRUSTEES AS OF 7/1/2023

Trustee & Board Member	Myra Basar
Trustee & Board Member	Holly Bruce
Trustee & Board Member	Jody Gray
Trustee & Board Member	Becky McPeck
Trustee & Board Member	

MVUUF

952-884-8956

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Bloomington , MN 55431

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Lead Minister

Rev. Laura Thompson

minister@mnvalleyuu.org

612-216-4203

Administration & Communications Manager

Jeannie Piekos ,office@mnvalleyuu.org

612-216-4113

Director of Children, Youth & Family Ministries

Maria Bavier, RE@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