



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

November 2023  
Volume 59 Number 3

## November 2023: Generosity

When we think of generosity, we often think of the gifts we give of our time, talent and treasure to others. But, the spiritual understanding of generosity goes much deeper than that.

First of all, it's transformative. Generosity doesn't just brighten our days; it changes how we relate to life. Let's be honest, life can harden us. And before it does that, it often hurts us. So, we can't be blamed for viewing it as a threat like some kind of dangerous obstacle course or a giant game of King of the Hill, where the winners take all and the rest of us are thrown to the bottom, bruised and empty-handed. No matter which metaphor fits, it's almost impossible to think our way out of it on our own.

But then, these seemingly small or sentimental gestures come our way. A person notices we forgot to bring our bus pass and pays for us before we have to ask. The neighbor shovels our part of the driveway while she does hers. The nurse takes a half hour to sit with us while we wait for the results. It wasn't her job, and she doesn't have the time, but she did it anyway. In those simple moments, the world suddenly feels less cold. A crack sets in. Our obstacle course, winner-take-all view of life gives way to something softer. We may still hurt, but it also feels as though life itself is trying to help. That's what generosity does. It transforms.

It also connects. Deep down we know the difference between giving and giving generously. The former is taken from our "extra." The latter is taken from what is essential. It's the difference between giving our loose change and giving more deeply of ourselves. And when you hand over a part of you to someone else, you're tethered; connected to them. Your vulnerability meets their vulnerability. You haven't just helped; you've shown you care. Both of you feel seen and less alone.

But make no mistake, generosity doesn't stop there, at care and connection. It also challenges us. True generosity doesn't just ask us to care for people, it also asks us to call them out. When you look at life through the lens of generosity, charity loses its sheen and many of those who have much are exposed as hoarding what others need. It's sneaky that way. Generosity undermines our comfortable views and invites justice in. It doesn't just ask us to be kind to others, it also asks us to question why some have so much more than others.

Transform. Connect. Challenge. Not the usual words we pair with generosity. And maybe that's the point. Maybe the invitation this month is not just to be more generous, but to notice how generosity is bigger than we think.

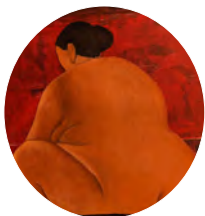
From the Soul Matters Ministry Team



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.

# Sunday Services

## Nov 5th: Love Your Body; What Nudes Have Taught Me



Barbara Gadon is a retired UU minister and passionate artist. The story of Adam & Eve, art history and the recent body positivity movement have all influenced her recent series of drawings and paintings. Join us for a sermon of words and images about the body and its wisdom. With Tom Ehlinger



## Nov 12th: : Generosity in Times of Trouble

As the saying goes, “When the going gets tough, the tough get going”. In times of trouble, we are often our most generous. How can we make the shift to being more generous all of the time...and how might that help us avoid trouble in the first place? With Rev. Laura, Carla V. Ries and our Musical Minister Emeritus, Sonja Johnston



## Nov 19th: Gratitude & Generosity

A sense of gratitude can lead to generosity and likewise an attitude of generosity can lead us to feelings of gratitude. What is the relationship between generosity and gratitude and how do we invite them into our lives? Rev. Laura, Betty Miller & MVUUF Choir



## Nov 26th: Is AI a Generous Gift or a Trojan Horse?

We have certainly all become aware of the blessings and curses of social media and the internet. Now, a new technology is available AI or Artificial Intelligence. Is this new tool a benefit or should we prepare for the rise of evil robots? Rev. Laura and Kai Hummer

# Uni-Sun

## Letter from the Board Chair

I am writing this note from Nebraska while visiting family. I had to dig out my summer clothes again to bring with me - some parts of the state will reach 90 degrees today. I come from a long line of grain farmers and cattle ranchers, and had a LOT of time to ruminate on this heritage during the peaceful drive through southwest Minnesota and northwest Iowa. During my drive, I heard on the radio that if you eat a fully vegan meal, you can reduce your personal carbon footprint by 75% per meal. Huh. Could I transition to a fully vegan lifestyle? Many indigenous nations teach us that we should be planning seven generations ahead in every decision we make. So for now, I'll continue to learn more, educate my kids, and do my part for my 7th-generation descendants!



Photo credit: Ainslie Wilson, Arthur County, Nebraska

Speaking of future generations, the board would like to share the work of the Marketing group, who have put together an outline of goals and action items for marketing efforts.

Thanks to Becky McPeck, Steve Danko, Doug Bruce, Jeannie Piekos, Laura Thompson, and Richard Duffin.

### **Goals:**

1. Increase membership to 160 adult members by end of fiscal year 2024-2025.
2. Increase income by \$20,000 by end of fiscal year 2024-2025.

### **Objectives:** (for Communication Plan segment of Vision 2025)

1. Develop a branding portfolio of logo, tag line, font, and color scheme.
2. Develop consistent look for print, website and newsletter.
3. Develop marketing materials to use for handouts.

### **Objectives:** (for other Vision 2025 plans and committees)

Examine our facility and rental property to see what is working, what is not as effective, how we might use them in new ways

- Review programs and services to understand their role in our mission and identify their importance to our mission.
- Partner with like-minded church groups or community organizations.
- Explore ways to defray the cost of some programs, services, or events used by participants or those in attendance.

If you'd like to review their full plan, email [board@mnvalleyuu.org](mailto:board@mnvalleyuu.org)

Here's to the future!

--Kathleen Coate, BOT Chair

# Uni-Sun

## 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 November. if there is sufficient interest. The group will meet November 27th at 7pm on Zoom.

If you are interested in either the daytime or evening group, please email Tom Ehlinger at [tomehlinger@gmail.com](mailto: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.

A poster for a Grief Support Circle. The top half has a black background. On the left, there is a black and white photograph of two hands gently cupping a small, light-colored flower. To the right of the photo, the word "GRIEF" is written in large, white, bold, sans-serif capital letters. Below it, the phonetic spelling "/grēf/" and the word "noun" are written in a smaller white font. Further down, a definition of grief is provided in white text: "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." The bottom half of the poster has a light gray background. It contains the text "Grief Support Circle" in a black, cursive-style font, followed by "1st Wednesdays at 10:30am" and "Fireside Room" in a black, serif font.

**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*



# Uni-Sun

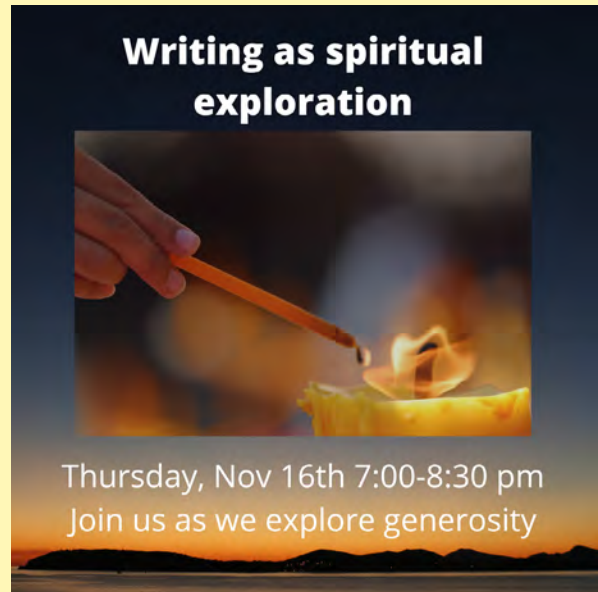
## Communications & Administration

Hello Friends. **Writing as Spiritual Exploration** is back beginning Thursday, November 16<sup>th</sup> at 7pm.

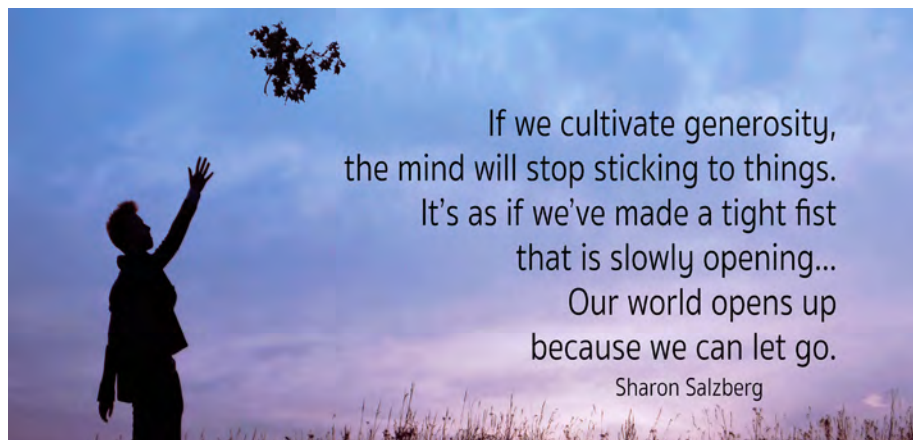
In this first class of the fellowship year we will be exploring the Soul Matters theme of Generosity. We will read other works of writing on both generosity and its lack.

As usual I will break the 1.5 workshop into 2-3 sections coming at our theme from different angles. We will have 2-3 writing examples from reflective, inspiring poets for each section. This will give you a rich foundation for your own writing. I will have prompts and suggested exercises for each section too. Where you choose to wander with these suggestions/prompts is up to you. As always, sharing is optional but WASE participants in the past have found it meaningful in digging deeper into the theme.

Hopefully, I have built a rich curriculum for you to enjoy. I'm excited about it and look forward to sharing it with you. This class is hybrid but I encourage you to come in person if possible. If you are unable to be in person, please let me know so I can send you materials for this workshop.



Feel free to invite friends who like to write. Please email Jeannie at [office@mnvalleyuu.org](mailto:office@mnvalleyuu.org) to register.



### SOUL MATTERS MONTHLY THEME: Generosity

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 Generosity. How would you answer?

- How easy is it for you to receive the generosity or help of others?
- Who taught you the most about being a generous person?
- How good are you at being generous with yourself?

# Uni-Sun

## Children, Youth & Family Ministry

MINNESOTA VALLEY UNITARIAN UNIVERSALIST FELLOWSHIP



HALLOWEEN PARTY 2023



Spooky Hors d'uvres  
made by Marisa



Spooky Dessert  
made by Becky

HALLOWEEN PARTY 2023



### Kid's Night!!

AKA PARENT'S NIGHT OUT

**SAT. 12.9.23 4:30-8PM**



INVITE  
YOUR  
FAMILY &  
FRIENDS!

DINNER,  
CRAFTS &  
ACTIVITIES

SUGGESTED DONATION  
\$10/CHILD  
\$20/FAMILY

REGISTRATION ENCOURAGED

The MVUUF Annual Halloween Party was a spooky, creative, musical, community-building success!  
Thank you to everyone who came, helped with food preparation, decorations and cleanup.



# Uni-Sun

## Children, Youth & Family Ministry

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. This month they will be visiting a Jewish Synagogue in Minneapolis!

Our elementary children have been exploring the Soul Matters themes. Our Nursery through Preschool aged children will be using our Soul Matter's Curriculum and play-based learning.

November's theme is generosity. As you think about all the people (yourself included) that you care for, I hope this month helps you personally connect with life's generosity more deeply. May your generosity cause ripples of goodness to go out into the world in ways none of us will ever know. Know you make a difference. And in honor of that, we hope you find some time this month to be extra generous with yourself!

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

### Children, Youth and Family Ministry Calendar for 2023-24 Program Year

Date	Schedule
10/29	Multigenerational Worship Service - Day of Remembrance
11/5	CYF Sunday Nursery/Preschool in Classroom #4, play-based learning Elementary in Classroom #1, Soul Matters Themes Middle & High School Youth in Classroom #3, Crossing Paths curriculum
11/11	November Community Night, 4-7pm
11/12	CYF Sunday
11/19	CYF Sunday
11/26	Thanksgiving - Multigenerational Worship Service Potluck after Sunday Service, bring a dish to share
12/3	CYF Sunday, Spaghetti Luncheon for UU Service Committee at Noon
12/9	Kids' Night at MVUUF, 4:30-8pm

Programming continues through May 2024. Please check future newsletters for calendar updates. Thank you! Questions/Comments: [cyf@mnvalleyuu.org](mailto:cyf@mnvalleyuu.org)

[\(CYF Calendar Link\)](#) [Registration](#) is Open! [Volunteer Sign-Up](#)

Maria Bavier, Family Ministry Director,  
Credentialed Religious Educator

[maria@mnvalleyuu.org](mailto:maria@mnvalleyuu.org)

Pronouns: She/Her/Hers



# Uni-Sun

## MUSIC AT MVUUF!

For those of you looking for opportunities to sing but can't commit to choir, we have shorter commitments of 4-6 rehearsals periodically throughout the year. Please contact Nicole at [Music@mnvalleyuu.org](mailto:Music@mnvalleyuu.org) to find out more. Our next opportunity is coming up at the beginning of November and there's still time to join! This particular song is for any sopranos or altos. We will be singing a Jewish Folk song for Hanukkah on December 10th in worship.

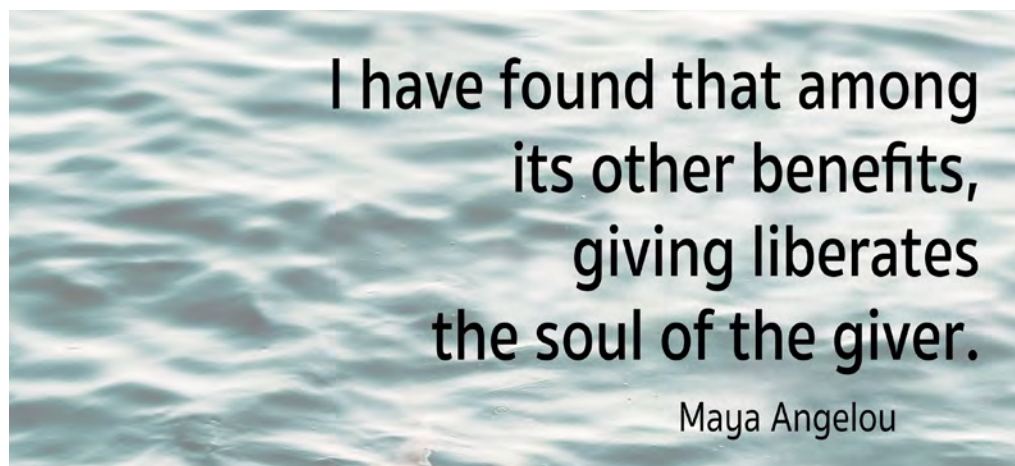


Can't commit to choir  
but want to sing?

**YOU CAN!**

Contact Nicole  
for projects that meet  
for a month or so.  
We have short term singing  
opportunities

[Music@mnvalleyuu.org](mailto:Music@mnvalleyuu.org)





# Uni-Sun

## Stewardship 2023-24

### GAME NIGHT!

The Stewardship and Finance Teams are hosting GAME NIGHT on Saturday, November 11 from 4PM to 7PM at MVUUF.

Come for family-child-and-adult friendly games, some unique like the game of rocks, Oh Wah Ree, and a Bouncy House supervised by Kelley Hughes.

We will serve healthy warming chilies on this chilly November afternoon - veggie, meat and chicken – along with all the fixin's, and a crunchy tossed salad with dressings.

### OTHER ACTIVITIES COMING UP:

#### Holiday Bazaar

Stewardship members Candace Mahowald and Suzanne Scribner collaborate with Board members Jody Gray and Kathleen Coate (Board Chair) in the upcoming Holiday Bazaar on Sunday, December 17 from 1PM – 5PM. Come for crafts, baked goods, and fine arts. Tables are for rent! Contact Candace or Suzanne, or any Board member, for more information.

#### Winter Retreat

Our Stewardship Team is planning a winter retreat to include massages, a possible sound bath, and possible gourmet food. Stay tuned!

Would you like to help with these and other Stewardship activities? Contact any of us: Kelley Hughes, Steve Danko, Emily Kampa, Candace Mahowald, Suzanne Scribner, Jeanne Simpson, Glenn Corliss, Rev. Laura

Kelley Hughes, Stewardship Chair

We are cups, constantly and quietly being filled. The trick is knowing how to tip ourselves over and let the beautiful stuff out.

Ray Bradbury



# Uni-Sun

## Groups, Committees & Events

### Social Action Racial Justice

#### Update Ukrainian Immigrant Family Sponsorship

Team 3 is happy to see Sasha, Svitlana and Polina adjusting to their new lives in Minnesota. Since their arrival in July they have experienced many new challenges and successes. They are resilient and open to new ways of doing things. Polina is in 3rd grade and has been learning English quickly. Sasha and Svitlana have also advanced greatly in their English abilities. Sasha has a job and Svitlana is studying to work in the banking field in the coming months. They have found an apartment and will be moving the first week in November. The good news is that their new home is close to the house where they have been staying and Polina will not have to change schools.

The Ukrainian Band that presented a concert at MVUUF was a treat to experience. Sasha and Svitlana prepared the dinner for the band members and volunteers and the meal was delicious. We had a taste of food from Ukraine and appreciated their help in cooking the entire meal. Thank you Sasha and Svitlana.

As the family prepares to move there are a few asks from our congregation. We are looking for a truck without a topper that could be used to move 2 queen size beds and a couch. We have a few volunteers who can help with the lifting of these larger items. If you have a vehicle that is a possibility, please call Nan Corliss at 612-518-9118. We would be moving the items from Nov. 1-4 and times could be arranged to meet everyone's availability.

We will continue to help the family and will keep in touch with the on a regular basis as their lives move on.

#### Ridwell is coming to MVUUF!

MVUUF will be practicing another level of recycling when we initiate signing on with Ridwell. Ridwell is a fee-based, private company that sustainably recycles and/or reuses items that cities do not recycle, or items that would normally wind up in garbage. People may not be aware of the amount of plastics that cities aren't actually able to recycle. Keeping these items out of the recycle bins is important.



This 6-month pilot program is sponsored by Social Action Racial Justice committee. At the end of the 6-month period staff, SARJ and the board will evaluate both financially, logistically and value-wise if staying in the program is the right fit for MVUUF.

If you have any questions about it please contact Jeannie at [office@mnvalleyuuu.org](mailto:office@mnvalleyuuu.org). To learn more about Ridwell please visit their website. [ridwell.com](http://ridwell.com)

# Uni-Sun

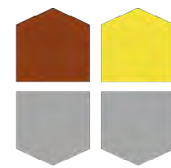
## Groups, Committees & Events

### Sunday Sharing Partner

#### Minnesota Honor Tax

What is an honor tax?

For thousands of years, the Dakota Oyate lived in and cared for much of the land we now know as Minnesota. Even as external pressures pushed Dakota bands out of northern Minnesota, the Dakota continued to maintain traditional villages, hunting and gathering grounds, and travel routes throughout the area that stretches south across Minnesota from Moorhead to Cambridge.



Through treaties, wars, and broken promises, the United States took that Dakota land as its own. The Lower Sioux Indian Community is a modern-day successor of the treaties the United States broke, and of some of Minnesota's difficult history.

**mnhonortax.org**

Today, people who live, work, and visit this land can recognize and support the enduring sovereignty of the Lower Sioux Indian Community by contributing to this Honor Tax. The Lower Sioux Indian Community did not request or initiate this Honor Tax, but its Tribal Council has passed a resolution accepting the tax as a gift of governmental revenue. Whether you think of this tax as "rent," "repair," or something else, our contributions go beyond our "land acknowledgement" by putting our words into action.

### Men's Group November 9th at 7PM

#### Controversies in Teaching Reading

Men's group will meet on ZOOM on Thursday November 9 at 7PM. The speaker will be Joel Traver and his topic will be *Teaching Reading*. This may seem like a mundane topic, but it has become controversial in recent years (decades.) The controversy was the impetus for the READ ACT passed in the most recent session of the legislature. The act requires the teachers of reading to have "training on evidence-based reading instruction that is approved by the Department of Education."

Joel is well qualified to shed light on this controversy. He has a doctorate degree in Education and is an Associate professor of Teacher Education at Winona State University. All are invited and welcome to attend regardless of gender. Questions contact John Peloquin.

<https://us02web.zoom.us/j/81383080215?pwd=OVd6LzhqcUw0V05XbEJxSCsvcEk1dz09>

Meeting ID: 813 8308 0215 Passcode: 429365



# Groups, Committees & Events

## Women's Group Saturday Nov 4th

**This Saturday, November 4th, 10:30-12:30**

I encourage all women and nonbinary persons of MVUUF, members or friends, to plan to attend November 4's Women's Group. We won't turn guys away, either.

November's session will focus on the parts of our mission which focus on strengthening our friendships and having fun. This month, we'll be splitting into two teams for a little light-hearted competition. If you plan to attend, please think of three truths and one lie about yourself that you can share in our opening activity, "Three Truths and a Lie."

We'll continue that competition with lots of laughs as we play "Win, Lose, or Draw," an easy game, much like Pictionary, only we're drawing the words of phrases instead of just single words. Believe me, you don't have to be artistic to play this game.

If you plan to attend, please email our co-chair Kathy Eager ([kathy@darrelleager.com](mailto:kathy@darrelleager.com)) by the end of the day on Halloween, October 31. In your email, let her know if you're bringing your own lunch or if you want to purchase the \$8 catered box lunch. If you prefer the catered option, let her know if you want an egg salad sandwich or a chicken salad one.

We especially encourage those new to the fellowship to attend. It's a great way to start building connections at MVUUF. I hope to see you there.—Barb Gilliland



## Holiday Bazaar December 17th

We are so excited about this! Mark your calendars and don't miss out on the goodies and goods. This event is made fantastic by you! Here is how to help:

[Donate](#) baked goods, homemade candies or handcrafted items to be sold by MVUUF

[Rent a table](#) to sell your handcrafted items

[Volunteer](#) to help at the event

[Share this event on Facebook](#)



# Groups, Committees & Events

## Evening Book Club

The Evening Book Group resumed meeting in October and made its selections for the upcoming several months. We try to pick books that will generate thought and spark discussion.

After our meeting on November 16th, we will start our new list in December. The new choices including November's meeting, alternating fiction and nonfiction, follow:

November 16, 2023 **Trust** by Hernan Diaz

December 21, 2023, **A Guide to the Good Life: The Ancient Art of Stoic Joy** by William B. Irvine

January 18, 2024, **Darkness at Noon** by Arthur Koestler

**NO MEETING IN FEBRUARY**

March 21, 2024, **How the Elites Ate the Social Justice Movement** by Fredrik DeBoer

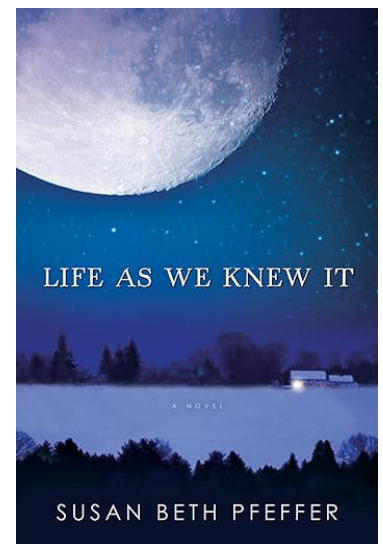
April 18, 2024, **Life as We Knew it** by Susan Beth Pfeffer

May 16, 2024, **The Second Brain: The Groundbreaking New Understanding of Nervous Disorders of the Stomach and Intestine** by Michael D. Gershon, MD

June 20, 2024, **This Tender Land** by William Kent Krueger

July 18, 2024, **The Wager: A Tale of Shipwreck, Mutiny and Murder** by David Grann

August 16, 2024, **The Natural History** by Andrea Barrett



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 February. 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](mailto:joyceamcmartin@gmail.com) or text at 952-

### 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](mailto:office@mnvalleyuu.org) or Steve Danko, 612-978-2587 to arrange for a trip or to volunteer.

# Uni-Sun

## Groups, Committees & Events

### REI November 30th at 7pm

#### Is the US still “The Indispensable Nation”?

Religion, Ethics and Ideas will meet on Thursday, November 30 at 7:00 on ZOOM to discuss the question: Is the US still “The Indispensable Nation”?

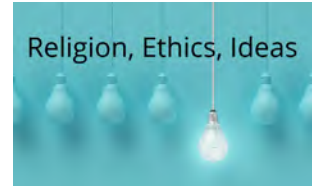
In a recent speech to the nation, President Biden in quoting Madelaine Albright referred to the United States as the “Indispensable Nation”.

Included in our question will be what should US policy be towards Ukraine, Israel/Palestine and Taiwan? All are welcome and invited to attend.

<https://us02web.zoom.us/j/84912331866?pwd=dytrd0huczYNDdDM3Ftb1dOZz09>

Meeting ID: 849 1233 1866 Passcode: 645378

Religion, Ethics, Ideas



### YOGA Now on Zoom

#### Yoga is more about STABILITY rather than FLEXIBILITY

We meet Mondays and Wednesdays from 4:15-5:15 on zoom.

This is the link. <https://zoom.us/j/3953901346>  
meeting ID: 395 390 1346

Following are the dates for November: 1,6,8,13,15,20,27 and 29.

**Note: no class on Weds. Nov. 22**

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](mailto:bryawnte@msn.com)





# Uni-Sun

## Groups, Committees and Events

### UU Christian Fellowship at MVUUF

The MVUUF chapter of the **UU Christian Fellowship** will begin meeting on the 4th Sunday of the month at 3:30pm on Zoom. At November's meeting we'll explore the season of Advent through a UU lens.

Join the meeting here: <https://us02web.zoom.us/j/3953901346>

Contact Rev. Laura ([minister@mnvalleyuu.org](mailto:minister@mnvalleyuu.org)) for more info.

MVUUF meets diverse spiritual needs; let us know how we can help meet yours.



**unitarianuniversalist**  
CHRISTIAN FELLOWSHIP

*freely following jesus*



	<p><b>November Community Night</b> <b>11.11.23 4-7pm</b></p> <p><b>Yoga for all ages</b> 4-4:30</p> <p><b>GAMES!!</b></p> <p><b>Vegan, Beef and Chicken Chili with all the fixins'</b></p> <p>Sponsored by Finance &amp; Stewardship</p>
--	--

# Uni-Sun

## Fun Times

### Fun with Kommune Lux

In October MVUUF had the rare pleasure of hosting a concert by the Ukrainian Klezmer band, Kommune Lux. In case you weren't able to enjoy please find a short video [here](#).



### The Plastic Bag Recycle Project



**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**



MINNESOTA VALLEY  
UNITARIAN UNIVERSALIST  
FELLOWSHIP

# Uni-Sun

## MVUUF Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 10:30am - Sunday 11:45am -	30 2:45pm - Nicole 4:15pm - Yoga on Zoom	31 11am - Nicole Voice 3:15pm - Nicole	1 10:30am - Grief Group 3:30pm - Nicole 4:15pm - Yoga 6pm - MA -	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 Zoom	7 Polling 3:15pm - Nicole	8 3:30pm - Nicole 4:15pm - Yoga Zoom 6pm - MA -	9 7pm - BoT Meeting 7pm - men's group	10 10am - Needlework	11 4pm - Community 4pm - Community Night
12 10:30am - Sunday 10:30am - CYF 11:45am - Program 12pm - Eve/Kai OWL	13 2:45pm - Nicole 4:15pm - Yoga Zoom	14 10am - Needlework 11am - Nicole Voice 3:15pm - Nicole 7pm - Needlework	15 3:30pm - Nicole 4:15pm - Yoga Zoom 6pm - MA -	16 5:30pm - 7pm - Evening Book Grp 7pm - Membership 7pm - Needlework 7pm - WASE	17 11am - Uke Jam -	18
19 10:30am - Sunday 10:30am - CYF	20 10:30am - Soul 2:45pm - Nicole 4:15pm - Yoga Zoom	21 10am - Needlework 3:15pm - Nicole	22 3:30pm - Nicole 6pm - MA -	23 12pm - Guys Lunch	24 11am - Uke Jam	25
26 10:30am - Sunday 11:30am - Potluck 11:30am - Potluck	27 2:45pm - Nicole 3:30pm - CoSM 4:15pm - Yoga on 7pm - Soul Matters	28 10am - Needlework 11am - Nicole Voice 3:15pm - Nicole 7pm - NWG evening	29 3:30pm - Nicole 4:15pm - Yoga 6pm - MA -	30 7pm - REI	1 11am - Uke Jam -	2 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.

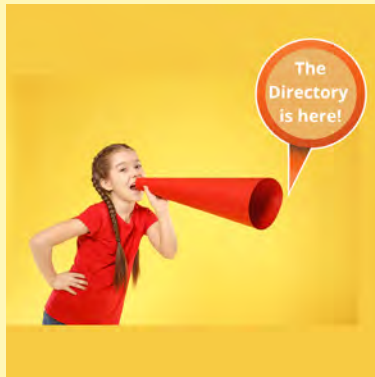
<https://zoom.us/j/3953901346> or call 312-626-6799; Meeting ID: 395 390 1346

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@mnvalleyuu.org](mailto:office@mnvalleyuu.org) for an electronic or hard copy directory.

## WE ARE:

ALL CONNECTED

STRONGER TOGETHER

LOVE'S HANDS IN THE WORLD

CALLED TO CREATE JUSTICE

RESPONSIBLE FOR ONE  
ANOTHER AND THE EARTH

# Uni-Sun

## Board, Committees and Staff

### BOARD OFFICERS OF THE FELLOWSHIP AS OF 7/1/2023

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**

**10715 Zenith Ave South**

**Bloomington , MN 55431**

**[mnvalleyuu.org](http://mnvalleyuu.org)**

### Lead Minister

**Rev. Laura Thompson**

**[minister@mnvalleyuu.org](mailto:minister@mnvalleyuu.org)**

**612-216-4203**

### Administration & Communications Manager

Jeannie Piekos ,[office@mnvalleyuu.org](mailto:office@mnvalleyuu.org)

**612-216-4113**

### Director of Children, Youth & Family Ministries

Maria Bavier, [RE@mnvalleyuu.org](mailto:RE@mnvalleyuu.org)

**612-216-4224**

### Music Director

Nicole Collins, [music@mnvalleyuu.org](mailto:music@mnvalleyuu.org)

### Treasurer

Richard Duffin, [treasurer@mnvalleyuu.org](mailto:treasurer@mnvalleyuu.org)

### Accompanist

Lark Lewis, [piano@mnvalleyuu.org](mailto:piano@mnvalleyuu.org)

### Custodian & Operations

Mark Clary, [cust@mnvalleyuu.org](mailto: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](mailto:office@mnvalleyuu.org)