



UNI•SUN

MINNESOTA VALLEY UNITARIAN
UNIVERSALIST FELLOWSHIP NEWSLETTER

NOVEMBER SCHEDULE: See Sunday Service schedule, themes and leaders on page 2 & 3

November 2025
Volume 61 Number 3

Nurturing Gratitude

You may have noticed that my emails and newsletter columns are usually signed “In gratitude, Rev. Diana.” This is an intentional part of my effort to practice gratitude daily, rather than only in this month containing the Thanksgiving holiday.



Gratitude is essential. It's not simply a nice “extra” to get around to when we can. We aren't built for constant striving and the pursuit of more. We need moments of pause in which we are replenished by the large and small wonders of this world.

If we want to be truly alive, we need to pay attention when moments of gratitude arise. But is that really it? Is that all we need to do? Wait for moments of gratitude to bloom and then stop and let their beauty sink in?

There is a big difference between appreciating the blessing of family and committing to sitting down together for dinner and intentionally sharing the blessings of one's day. It's one thing to notice the beauty of nature; it's quite another to pull yourself out of the rat race so you have time to enjoy it. Making a list of things we're grateful for is impactful, but not nearly as powerful as the practice of “paying it forward.”

Gratitude needs our help! It can't always flower all on its own, because there are serious threats out there: busyness, the lure of climbing the ladder, worries about the state of our world. They all work like weeds, suffocating and crowding out gratitude before it has a chance to sprout even the tiniest leaf.

Maybe the most important part of this month's theme is the “nurturing” part. Sitting back and waiting for gratitude to arise is simply not enough. If we listen carefully to the call of gratitude, we will hear a challenge to change our lives, not just appreciate them.

As we weave our way through this month's journey, may we carry with us the question of “What do I need to do a better job of noticing?” But may we also not forget the possibly even more important question of “What practices of weeding does gratitude need from me?” As we hold both of those questions tight, may the blooming begin!

Rev. Diana and Soul Matters Themed Ministry

Pronouns: she, her, hers

minister@mnvalleyuuu.org



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

November 2nd: The Practice of Gratitude with Rev. Diana and Sarah Collins



If we approach gratitude not just as an emotion we sometimes experience passively, but as a practice we can engage in actively, how does that change us? As we begin to explore our November theme of Nurturing Gratitude, we will explore some practices of gratitude that we might engage in. Music by Paul Coate.

Note: set your clocks back one hour on the night before or you'll be an hour early for this service!

November 9th: When Service and Conscience Collide with Brian Ries and Maureen Murphy



When I arrived at the Naval Academy in 1989, America was building Reagan's 600-ship Navy in a goal of Cold War dominance. By the time I graduated, the Berlin Wall had fallen, the Cold War was over, and a new kind of conflict had begun in the Middle East. The meaning of service had changed—so had what it asked of those who served.

This Veterans Day, we reflect on what it means to serve when conviction is tested:

When your leadership does not believe in you,

When the public does not believe in your mission,

When you no longer believe in the mission yourself,

When you do not agree with the policies of the government you serve,

When you are compelled to serve, without choice, by draft or circumstance.

We also honor the families who stand behind those in uniform—parents, partners, and children—who carry their own quiet burdens of conscience and care. Their love and steadfastness are acts of service too, offered even when their hearts are conflicted or afraid.

Together, we remember that true service is not blind obedience but the courage to remain faithful—to one another, to our highest ideals, and to the hope that our nation can grow closer to the values we serve in its name.

Music by Lark Lewis.



Sunday Services

November 16th: The Trans Agenda: Respect and Welcome for All. With Liv Martin and Greg Kirkwood



As we observe Transgender Day of Remembrance, our service will talk about current politics impact trans people; the history of Stonewall trans activists; ways society could more fully show up for trans people; and how we at MVUUF are showing up for trans people already, and ways we can continue to do so. Music by Lark Lewis and the MVUUF Choir directed by Nicole Collins.

November 23rd: Counting Our Blessings With Rev. Diana McLean and Carla Ries



In this time so filled with challenges and fears, can we still recognize the good in our lives? On this Sunday before Thanksgiving, we'll focus on what we can be grateful for, even as we continue to acknowledge the very real stresses in our lives.

Music by Lark Lewis and the MVUUF Choir directed by Nicole Collins.

November 30th: Sharing our Blessings With Rev. Diana and Greg Kirkwood



We will close out our monthly theme of "Nurturing Gratitude" with an interactive service in which we express our gratitude, exploring not only what we are grateful for but how we are changed by it.

Music by Justin Ganske.

SOUL MATTERS MONTHLY THEME: Nurturing Gratitude

There is a plethora of resources in this month's Soul Matters Packet, which includes guided questions and activities, recommended readings, films, music playlists and more. Ask Jeannie for a copy if you are interested.

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

- When was the last time you were grateful for yourself?
- What would happen if you turned all of your "I have to's" into "I get to's"?
- How good are you at receiving thanks?



Uni-Sun

Letter from the Board Chair

Hello Everyone,

The fall colors are just about at their peak as I write this and every year at this time I am in awe of nature and so grateful to live where it is easy to be able to experience its beauty. November is the month for gratitude. I am also grateful for our wonderful community and our new minister, Rev. Diana. We are so happy to have you here.

Thank you to everyone who attended and voted at our Special meeting on Oct. 19th. The updates to our Bylaws are now complete!

Our last Board meeting was spent mostly discussing our Safety and Security. This is not a pleasant topic but it is necessary. We completed a security assessment survey that made it very apparent that we need to create some safety procedures. We voted to create a new Standing Committee to develop a plan with specific guidelines and protocols in this regard. In the meantime, we will be keeping our front door locked during Sunday services and large events, and a Board member or other person will be present in the entryway. This is a standard procedure at other churches and a minimum of what needs to be done. Eventually we hope to get new doors and a new lock system with key cards instead of actual keys. Please contact a Board member if you have any questions or if you'd like to be a part of this new committee.

On a happier note, MVUUF will be a co-sponsor and host of the ordination of Chad Snyder, our former intern! Merging Waters UU congregation will be the co-sponsor. The big event will be held here on January 17th, so mark your calendars now! We will be needing lots of volunteers to make this run smoothly. Karen Olson and I will be co-chairs of this fun group and will be keeping you in the loop as plans are finalized.

As always, please contact the board using our email: board@mnvalleyuu.org

Linda Hayen
Board Chair



Uni-Sun Communications & Administration

Happy November, my friends. I wish you the rustling of leaves, warm soups and all the joys of autumn.

My favorite Soul Matters themes create a resonance, a gentle thrum. They often feel more evocative or dare I say - poetic. I like exploring themes of mystery, compassion or brokenness. Gratitude is a favorite because it has such energy inside it. It is a muscle yearning to be worked. And when worked it creates a momentum that makes us stronger. That doesn't mean it's easy.

As someone who experienced life-threatening disease and much loss, I have had to really work at that muscle sometimes. One of my exercises is a daily gratitude journal. It's a fruitful practice. My other gratitude workout is writing praise poems. Sometimes it takes me a while to figure it out. I don't always know where the gratitude is residing (or hiding.) I may begin in petulance but through the work I generally emerge into gratitude. Here's one I wrote a year or so after my cancer protocol and after the loss of a family member.

Jeannie Piekos
Administrator and Director of Communications
Pronouns: she, her, hers

Praise for what belongs

*"Praise, my dear one/Let us disappear into praising/
Nothing belongs to us"—Rainer Maria Rilke*

Does not even this body
belong to me? Or I to it?
My imperfect machine,
no warranty and all this work
it's done for me—the humiliation
we suffered in that dismal
darkness when first it stumbled,
then faltered, and fell from
homeostasis.

And what of spirit? The
wildness that hurled me
into and out of love until
I thought I could take no more.
No more nakedness, no more
grief. Yet, stripped bare,
in gratitude and forgiveness,
I took more.

Of course, tomorrow
never belonged to me.
Although, I pestered it
with questions. How far will
this path take me? Where is
the limit of my longing? Will
I ever relinquish desire?

What is most mine
is faith in their absence;
The losses I carry with me,
tucked into my pocket,
not hidden in pity, but resting
beside me, a gentle shimmer,
the hopefulness in this great
Unknowing, and in the hollow
left by what has disappeared.
This is what belongs to me.
All this I praise.



Uni-Sun

Children, Youth & Family Ministry

Our November Soul Matters theme is nurturing gratitude.

As the seasons change, I am taking special notice of the brilliant colors of the leaves and a new-found need to wear hats and coats - burr! In Unitarian Universalism, we believe gratitude—saying thank you for and noticing the good around us—helps us grow kinder hearts and stronger connections with each other. I am grateful for the cool weather, the warm clothing and the support and positive energy at MVUUF this year. This month, in the nursery|pre-school and elementary classes we will take notice of the connection between gratitude and growth. We'll consider how gratitude nurtures our relationship with our ancestors, builds our connection to the ordinary blessings around us, helps hope and happiness flourish for us and others, and expands the many ways we can say thank you.

I'm especially excited about the thoughtful way this month's theme explores how gratitude nurtures us, beginning with remembering the gifts of our ancestors. Rather than focusing on the Thanksgiving holiday, we lift up Indigenous Peoples' Month, exploring Indigenous wisdom and how gratitude nurtures us by inviting us to care for the Earth and understand the ways Indigenous communities think about thankfulness. We will lift up our UU values of Generosity, which calls us to *"cultivate a spirit of gratitude and hope,"* and Interdependence which calls us to *"honor the interdependent web of all existence. With reverence for the great web of life and with humility, we acknowledge our place in it."* So, as I notice our interdependence, and focus on nurturing gratitude: Thank you for being on this journey with me and the MN Valley UU Fellowship as we help our kids!

Maria Bavier

Pronouns: she, her, hers

Children, Youth and Family Ministry Director

Maria@mnvalleyuu.org



Our Elementary Class made a mobile: They each wrote something that makes them special on one star or heart. On the next one they wrote something that makes a friend or someone in class special. We are all connected and all shine together when we celebrate each other's specialness.



Uni-Sun

Children, Youth & Family Ministry



Kid's Night AKA Parent's Night Out is Saturday, November 22 from 4-8 p.m.

Register [Here](#). Donate [Here](#).

Crafts with artist Jessica Berrens whose work is currently in the MVUUF gallery space.



Registration is Open Through November 1st: Sign up [here](#). Youth Con begins on Saturday at 11 a.m. and goes through Sunday at 8 a.m. Youth will have opportunity to meet UUs from across the region, participate in programming and eat delicious food.

Youth Con review from a current MVUUF adult member: "Youth CONs are a magical place for young UUs. Growing up UU can feel like you are on an island with your small church group. You always feel like you are the religious minority. At Youth CONs, you get to connect with other UUs from other churches. You get to feel like you are part of a bigger community. You get to feel like you're included while having the best time of your life. You will meet some of your lifelong friends at UU CONs, and you will never regret going." Youth, please sign up!



Uni-Sun

Children, Youth & Family Ministry

The MVUUF Middle and High School Youth Group has a guest coming this month! Nia from the Tubman Center is coming to lead a bingo game (with prizes) and a lesson on Healthy Relationships. We are happy to have this opportunity to cover this important topic. Click [here](#) to learn more.

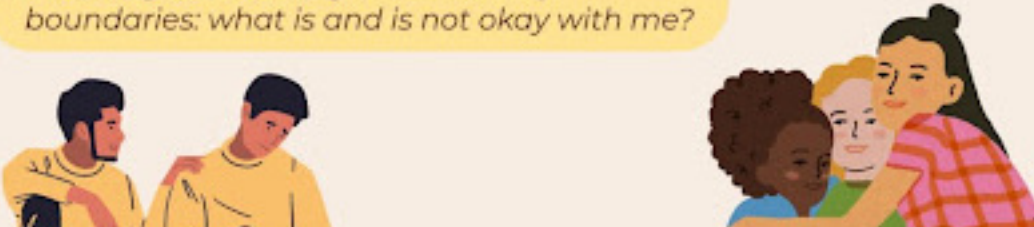


Discussing Healthy Relationships

With  *Youth Educators*

Youth educators from Tubman, a local anti-violence nonprofit, will be joining our youth on Sunday, 11/09 to lead games and discussion about healthy vs. unhealthy relationships. See schedule below, or scan QR code to learn more!

- **Relationship Bingo:** *What qualities are most important to me in a relationship?*
- **Defining Abuse:** *What does abuse look like?*
- **Red Flag /Green Flag:** *What are my boundaries: what is and is not okay with me?*



Our Children, Youth and Family Ministry Programming Calendar

All Sunday programming is from 10:30-11:30 a.m. unless noted otherwise

- Nursery|Preschool meets every Sunday
- Elementary Soul Matters Exploration meets 11/2, 11/9, 11/16 and 11/23
- Middle and High School Youth Group meets 11/9 at 10:30 a.m.
 - At Youth Con Sat. 11/15-16



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MUSIC AT MVUUF!

A Note of Gratitude

In the swirl of everything happening around us, I can easily lose my footing. It takes ongoing practice to return to gratitude—a place where we can better serve ourselves and, in turn, the world.

I truly have so much to be thankful for. First and foremost, this beautiful community where I get to share my gifts of music and build meaningful relationships. On a personal note, the health benefits from my other job have provided essential care for my family. I've also been blessed with more time and cherished memories with my wonderful mother-in-law, who is living with stage 4 breast cancer. These moments and connections enrich my life, and I am deeply grateful.

Upcoming Musical Offerings

Youth Choir Opportunity

Families with children ages 5 and up—stay tuned! An opportunity to sing with the choir is coming this December. You'll receive a letter with more details in the coming weeks.

Guest Performers: Paul Coate and Justin Ganke

We're thrilled to welcome back a beloved performer for the first Sunday worship service: Paul Coate. Paul is a professional actor and singer who has toured across North America and performed locally at the Guthrie Theater, Theatre Latte Da, CTC, Minnesota Orchestra, Artistry, and more. He also serves on the Creative Place-making Commission for the City of Bloomington and is a member of Actors' Equity Association.

For the final service of the month, we're delighted to welcome first-time performer Justin Ganske. A longtime UU member, Justin grew up in Mankato, MN and recently relocated to Prior Lake with his wife, Chloe.

Justin has been playing piano for 18 years and continues to enjoy it in his spare time. He has a deep love for all kinds of music and enjoys exploring a wide range of genres. His hobbies include composing music, spending time with his cat, traveling with Chloe, and enjoying the outdoors.

You can find the Choir calendar [HERE](#)

Nicole Collins

Pronouns: she, her, hers

Music Director

music@mnvalleyuu.org



ART CLASSES AT MVUUF!

Stretch Your Artistic Muscles

art classes with intention

“Fill That Frame, go green art addition” - Saturday, November 8th 12-3

(sign up deadline: Nov. 5th)

Let's go green for this art class, and pull out that frame collecting dust, or you found at a thrift shop (you just love!), and let's fill it with your own original plant art! An option to purchase a frame for an additional \$10 fee is available. The Intention for this class is to try and shop your house or a thrift shop (if you can!). By the end of the class, you will have an original painting that is ready for display!

For more info see [Jessica's website](#)

Fill That Frame:

- Class date: Saturday, November 8th 12:30-3pm
(sign up deadline: November 5th)
- Supplies Provided: canvas, acrylic paint, brushes, painting pallet, light refreshments. (Frames available with additional \$10 fee.)
- What to bring: A Frame you would love to fill collecting dust in a closet or found at a thrift shop! For canvas matching, frames will need to be standard sizes: 8"x10", 9"x12", 11"x14", and max size of 12"x16" (I encourage an 8"x10" frame or larger, more space to paint!)
- An option to purchase a frame for an additional \$10 fee is available. **Must reserve a frame when signing up for class if you would like one provided for you. **



[Sign up here](#) Please include the following information:

- the number of people you are signing up (and names)
- the size of your frame (I encourage an 8"x10" or larger).
- If you would like to buy a frame, please specify in the email (frames will be an addition \$10)

Class price: \$35 *Participants encouraged to bring a repurposed, thrifted, or frame collecting dust.

- Cash or Venmo, paid at time of class
- An option to pay \$45 if you would like a frame to be provided for you, is available! Please specify when signing up for the class.
- [Sign up here](#)

If you have any questions, please email: JessBeArts@gmail.com



Groups and Events

Stewardship Corner

Stewardship corner from Steve Vincent and Holly Bruce

The community needs your time and talent to inspire a long-term stewardship plan.

The stewardship committee is looking for a couple of members.

- This group will create a multi-year plan to keep the congregation informed, work with membership and finance to create the pledge packets for the spring pledge drive, follow-up and answer questions on what stewardship means.

This group is seeking to keep MVUUF financially sound so we can provide and expand the programs, support, music, fellowship we are all searching for.

If you would like to support your community this way, please let us know.

Below is information on pledging so far, this fiscal year 7/1/25 to 9/30/35.

Pledges are the main source of financing for MVUUF, there are other sources of revenue not noted here.

Pledge Contributions: SEPT 2025 ACTUALS \$13,501.50
SEPT 2025 BUDGET \$15,818.18

Pledges collected as of Sept 30, 2025

Total pledge Actuals collected	\$ 57,803.23
Total 2025 pledge Budget	\$205,000.00
Total Remaining for 2025/25	\$147,196.77

* Fiscal year 2025/26 started July 1, 2025



Uni-Sun

SARJ - Social Action/Racial Justice

November Sunday Sharing



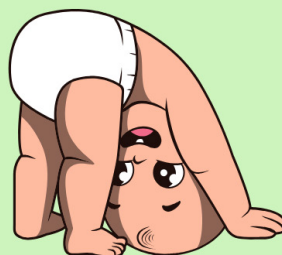
Beacon

INTERFAITH HOUSING COLLABORATIVE

Beacon is a collaborative of congregations and housing advocates who believe that secure, affordable housing provides the key to safer communities, stronger families, and a healthier economy.

VEAP Packaging Event November 15th 9:30 am

We've collected a lot of products! Thank you for your donations! On 11/15 meet at MVUUF at 9:30 to take donations to VEAP and repackage them for VEAP clients.



Questions? See Lorna or email the office.
office@mnvalleyuu.org



Uni-Sun

Groups and Events

LIFT November 1st 10:30

Lift: Learning in Fellowship Together

If You're Alive, Your Mission on Earth Isn't Finished!

By David McNally

Are you retired?

Are you planning for your retirement?

Are you nearing retirement?

Do you have a retired parent or friend?



Come join us on Saturday, November 1 at 10:30am in the lower Fellowship Hall to hear author David McNally speak about life after your working career. Find out how to make this era of your life a spiritual journey that will enable you to stay engaged in life in a meaningful and fulfilling way.

This is a 45 minute presentation followed by a 15 minute Q&A.

Cost - \$5



MVUUF will once again be hosting a Holiday Bazaar on Sunday, December 14th, immediately following the service. The Bazaar has been a great success thanks to everyone who donated baked goods & crafts and those who rented tables to sell their own goods.

There are lots of ways to support and help: You can vend: [MVUUF Holiday Bazaar Table Registration](#) or you can help setup here: [Volunteer to Help](#) Or bring [baked goods or donate crafts](#)



Uni-Sun

Groups and Events

Yoga Offering from Fran

CHAIR YOGA at MVUUF

Do you need to just take a breath and de-stress with friends? If that sounds good to you, perhaps a chair yoga class is for you!

A class that includes mindful breathing and gentle movement will be offered at MVUUF for 2 weeks during the holidays. The 45 minute classes will begin at 3:30 p.m. Cost is \$30 for all 6 classes or \$7 per class, payable to MVUUF.

Dates are:

Friday, Dec. 19th

Monday, Dec. 22th

Friday Dec. 26th

Monday, Dec. 29th

Wednesday, Dec. 31st

Friday, Jan. 2nd.



A limited amount of standing will be suggested during class, using the chair as support. Emphasis is on seated, mindful breathing and stretching with modified strengthening exercises. What do you need to bring? Nothing! Just wear loose-fitting, comfortable clothing for freedom of movement. Do you have family in town for the holidays? Great! You are encouraged to bring a friend—non-members are very welcome. No previous yoga experience is required. Please note that scented oils may be used in this class.

Your guide for this class is Fran Bohlke. Questions? Please email bryawnte@msn.com

A promotional graphic for Spirit Grove of the Twin Cities. The background is a lush green forest with sunlight filtering through the trees. On the left is a stylized Celtic knot logo. To the right of the logo, the text "Spirit Grove of the Twin Cities" is written in a serif font. Further right, on a yellow background, are the event details: "IN-PERSON 2ND SUNDAY AT 2:00PM" and "ONLINE 4TH SATURDAY AT 6PM". Below this, a small paragraph says: "Spirit Grove is a new Pagan affinity group at MN Valley UU Fellowship in Bloomington. The group is open to all." At the bottom, a white box contains contact information: "Contact Anthony Dallozzi for more information at SpiritGroveTC@gmail.com". To the right of this box is the Minnesota Valley Unitarian Universalist Fellowship logo, which features a stylized '2' and a flame.



Uni-Sun

Groups & Events

Winding River Sangha
Saturdays at 3pm



Winding River Sangha meets weekly in the Sanctuary on Saturdays at 3pm. All are welcome to attend regardless of prior experience with Buddhism or meditation.

Save the Date
Solstice Service & Pagan Art Show



December 21st

Spirit Grove will be collaborating with Rev. Diana on a special Solstice Service. There will also be an art show and reception after the service. The art show will feature Pagan artists Paul Rucker and Helga Hedgewalker. Be sure to save the date! More information will be in the December Uni-Sun.



Uni-Sun

Groups & Events

Evening Book Club

Autumn is here along with fireplaces and cozy places to read. Read one of the books on our list and join us for a lively discussion. Our book selections, alternating fiction and nonfiction, are:

November 20, 2025, *Circle of Hope: A Reckoning with Love, Power and Justice in an American Church* by Eliza Griswold

December 18, 2025, *Absolution* by Alice McDermott

January 15, 2026, *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness* by Jonathan Haidt

February 19, 2026, *Wild Dark Shore* by Charlotte McConaghy

March 19, 2026, *The Age of Diagnosis: How Our Obsession with Medical Labels is Making Us Sicker* by Dr. Suzanne O'Sullivan

April 16, 2026, *This Strange Eventful History* by Claire Messud

May 21, 2026, *Pathogenesis: A History of the World in Eight Plagues* by Jonathan Kennedy

June 18, 2026, *The Quiet Librarian* by Allen Eskens

July 16, 2026, *Why Nothing Works: Who Killed Progress and How to Bring it Back* by Marc J. Dunkelman

August 20, 2026, *Breathless* by Amy McCulloch

The Evening Book Group meets on the third Thursday of the month throughout the year at 7 PM usually via Zoom. The only requirement to participate 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 the Zoom link. We welcome newcomers! Questions? Email Joyce at joyceamcmartin@gmail.com or text at 952-210-1372.

2025/26 UU Common Read

Join MUUSJA for a **3-part, multi-congregation** discussion & reflection series on **propelling social change!**

Thursdays, Nov. 6, 13 & 20
Online • 6:00–8:00 PM

Social Change Now: A Guide for Reflection and Connection
Deepa Iyer

MUUSJA

[Register for MUUSJA's Common Read Here](#)



Uni-Sun

Groups and Events

Second Thursday Group November 13th

Second Thursday will meet on Thursday November 13, 2025, at 7PM on Zoom (see link below).

The speaker will be Kevin Gregerson, and the title of his talk is: "Treating Injured Workers and their Employers Fairly". Kevin, a relatively recent member of the congregation, is well qualified to speak on this topic. Kevin has spent 40 years of his career in the area of Workers Compensation (WC). He has worked for a nonprofit assisting injured workers in their medical recovery and return to work; he then worked for the MN Department of Labor & Industry/Workers' Compensation Division as a Mediator/Arbitrator for WC benefit disputes; then as legislative analyst; then promulgating Administrative Regulations to implement legislation to allow construction labor unions; contractors to create an alternative WC system through collective bargaining; finally in 1997 Kevin started MN's first negotiated alternative WC system serving the needs of all construction union tradeworkers and their contractors statewide.

Kevin will give us a little history of workers compensation, some of the basic mechanics of system and tell us about the decades long efforts to reform the system. All are invited and welcome to attend.

Questions contact John Peloquin. Zoom link [here](#).

Christianity: To Christians it's Vertical, to UU it's Horizontal

Let's Discuss on November 23rd, after service



Uni-Sun

Groups & Events

Religion, Ethics & Ideas October 2nd 7pm

There will be no REI until December. Please look for more information in the Friday emails and December's Uni-Sun.



Uni-Sun

Groups & Events



**Beyond
Sunday
Group**

Friendship & Conversation
1st & 3rd Tuesdays @ 1:00pm
Perkins Restaurant at 8324 Lyndale

Love is the quality
of attention
we pay to things

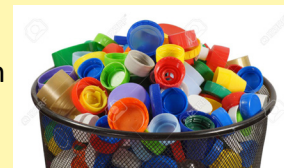
J.D. McClatchy



Helpful information

More to Recycle at MVUUF!

We are making a difference with Ridwell. It's wonderful that so many people are taking advantage of this premium recycling service. November pickups are the 5th and 19th. Please have your recycling sorted properly by November 4th and 18th.



Please see below for sorting your plastic packaging. We recycle two different kinds: multi-layer and plastic film. It saves staff time if the plastic is sorted correctly. Please watch the video or download to the app to determine what type of plastic you are trying to recycle.

MVUUF members and friends can recycle the following: multi-layer plastics, batteries, light bulbs, **plastic 6-pack rings, plastic bottle caps, prescription bottles, cords and cables.** Please be sure your items are clean and that your batteries are not corroded. Place items in the appropriate bag inside the box on the lost and found shelf by the front door. Additional information about what can be included is on the front label of the box. Thank you for helping MVUUF make a difference!



Remember plastic film goes in the bins on the outside by the front doors. Linda Hayen takes them to a different recycling service where they can be transformed into park benches.

For questions about recycling at MVUUF or Ridwell, please contact Jeannie at office@mnvalleyuu.org.

What Kind of Plastic Is This?

There are two ways to tell. You can check the Ridwell app ([Download for iOS](#) [Download for Android](#)) or watch the video below which explains the difference between multi-layer plastic and plastic film. If you have other questions about our recycling email office@mnvalleyuu.org.



Uni-Sun

MVUUF Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 10:30am - Sun. Svc 11:45am - Music 11:45am - Starting 12pm - Cakes for the	27	28 10am - Needlework 10am - Needlework 6pm - Evolve Family 7pm - NWG evening	29 9:30am - Brass band 6pm - MA Marijuana 6:30pm - Choir	30	31 10am - Mah Jongg	1 10:15am - LIFT 3pm - Buddhist Sangha 5pm - Halloween Party
2 10am - OWL Conf. 10:30am - Sun. Svc 11:45am - SARJ -	3	4 Election Day 6pm - Evolve Family	5 9:30am - Brass band 6pm - MA Marijuana 6:30pm - Choir	6	7 10am - Mah Jongg 11am - Uke Jam - 7pm - Poker	8 10am - exit sign install 12pm - Art Class - 3pm - Buddhist Grp
9 10:30am - Sun. Svc 10:30am - Healthy 12pm - Cakes for the 2pm - Spirit Grove -	10 7am - fire alarm inspection	11 10am - Needlework 6pm - Evolve Family 6:30pm - BoT meeting 7pm - Needlework	12 9:30am - Brass band 6pm - MA Marijuana 6:30pm - Choir	13 7pm - Second Thurs	14 10am - Mah Jongg 10am - Needlework	15 9:30am - VEAP grp 10am - NWG - Come 3pm - Buddhist Grp
16 10am - OWL Conf. 10:30am - Sun. Svc 11:45am - OWL	17 10:30am - Soul Matters	18 10am - Needlework 6pm - Evolve Family	19 9:30am - Brass band 6pm - MA Marijuana 6:30pm - Choir	20 12pm guys lunch 5:30pm - Cong care 7pm - Evening Book 7pm - Needlework	21 10am - Mah Jongg 11am - Uke Jam - 5pm - Chess Group -	22 3pm - Buddhist grp 4:30pm - Kid's Night,
23 10:30am - Sun. Svc 12pm - Cakes for the	24	25 10am - Needlework 10am - Needlework 7pm - NWG evening	26 9:30am - Brass band 6pm - MA Marijuana 6:30pm - Choir	27	28 10am - Mah Jongg	29 3pm - Buddhist Grp
30 10:30am - Sun. Svc	1	2	3 9:30am - Brass band 6pm - MA Marijuana 6:30pm - Choir	4	5 10am - Mah Jongg 11am - Uke Jam - 7pm - Poker	6 10:15am - 1st Sat. 3pm - Buddhist



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. Please see our website for more information. mnvalleyuu.org

<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, please contact Steve Vincent or email the office at office@mnvalleyuu.org

Print copies of Uni-Sun

Would you prefer a print copy of the Uni-Sun? We can mail you one or look on the wall by the nametags for the current month. If you want one by mail, please email Jeannie at office@mnvalleyuu.org

Church Directory



Are you a member of MVUUF?

Would you like a directory of Fellowship members or would you like to access our online membership software program, Breeze?

Email Jeannie at office@mnvalleyuu.org for an electronic or hard copy directory or get signed up with Breeze.

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

Staff, Committee & BOT

BOARD OFFICERS OF THE FELLOWSHIP AS OF 7/1/2025

Chair & Board Member	Linda Hayen
Chair-elect & Board Member	Becky McPeck
Secretary & Board Member	Kathleen Coate
Treasurer	Richard Duffin

BOARD WORKGROUPS

Vision 2028	Doug Bruce, Anthony Dallozzi, Steve Danko, Richard Duffin, Candace McClenahan, Candace Wayes

MVUUF STANDING COMMITTEES AS OF 7/1/2025

Committee	Chair(s)
Aesthetics	Karen Olson
Archives	Kathy Eager
Congregational Care	Barb Gilliland
Committee on Shared Ministry	Nikki Holm
Endowment	Jean Danko
Finance	Steve Danko
Membership	Steve Vincent
Music	Barb Becker
Nominating	Kelley Hughes
Operations	Steve Danko
Social Action Racial Justice	Liv Martin
Religious Education	Maria Bavier
Stewardship	Holly Bruce
Technology	Richard Duffin

BOARD TRUSTEES AS OF 7/1/2025

Trustee & Board Member	Doug Bruce
Trustee & Board Member	Tom Ehlinger
Trustee & Board Member	Stewart Smith
Trustee & Board Member	Mary Tuttle
Trustee & Board Email	board@mnvalleyuu.org

MVUUF

952-884-8956

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Bloomington , MN 55431

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Minister

Rev. Diana McLean

minister@mnvalleyuu.org

612-216-4203

Director of Administration & Communications

Jeannie Piekos, office@mnvalleyuu.org

612-216-4113

Director of Children, Youth & Family

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

Uni-Sun Item Submission Information

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

Submit articles to office@mnvalleyuu.org

