



# UNI•SUN

MINNESOTA VALLEY UNITARIAN  
UNIVERSALIST FELLOWSHIP NEWSLETTER

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

December 2025  
Volume 61 Number 4

## Choosing Hope

It's not always easy to hear well this time of year, especially when it comes to hope. The dominant messages are about hope offering us calm: "A new day is on its way." "Justice and joy are growing in the womb and will soon be born." Hope, from this point of view, is a voice that reassures. It's a welcomed whisper that says, "Yes, the road you're on at this moment may be hard. But trust me, just over that horizon, there's a new world waiting for us all."

This soothing message comes to us as a gift. During difficult days, we all get tired. The fruits of our efforts are hard to see. The cold seems to have set in deep. We feel small, and alone. So, the promise that things will change offers us relief. We are released from the burden of believing that "it is all up to me" or that it all must be solved now.

It's a beautiful and needed message. But it's also only half of what hope is trying to say. Hope doesn't just whisper "It will be different," it also shouts, "It should be different" and "It can be different." Yes, it speaks soothing words about trusting and waiting, but it also takes the form of a holy impatience that declares, "Enough is enough. The time is now!"

In other words, hope doesn't just promise us that change will come in the future; it also changes who we are in the present. When we believe that a new day is possible, we don't just sit down and wait to see what happens. We get up and go out to meet the dawn. When hope convinces us that there are unseen forces working for the good, we begin to look around more closely, and in doing so, we notice that pain is not all that is there. When hope's holy impatience gets into our bones, we start acting as if we are worthy of that new day now. Which in turn changes others by convincing them that we all have waited long enough.

Bottom line: listening to hope makes you dangerous, not just soothed! It doesn't relieve us of duty as much as it reminds us that reality is more complex, unruly and open to change than the pompously powerful want us to believe. Yes, hope reassures, but it also emboldens. It doesn't just offer us a promise; it gives us a push.

But all of this only happens if we listen fully. So maybe the most important question this month is: "Are we listening to everything that hope has to say?"

Rev. Diana and Soul Matters Themed Ministry

Pronouns: she, her, hers

[minister@mnvalleyuuu.org](mailto: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



## Sunday, December 7th: Embodying Hope with Liv Martin and Sarah Collins

As we begin to explore our December theme of Choosing Hope, we'll consider some ways we can actively embody hope in a time that is challenging for so many.

Music by Lark Lewis.



## Sunday, December 14: Hope in Hard Times with Rev. Diana McLean and Maureen Murphy

It can sometimes be hard to find hope, whether due to personal circumstances or the struggles happening in the world around us. We'll consider where we can find—or create—hope in these challenging times.

Music by Tom Ehlinger and Karen Olson.

Note: This is the day of our annual Holiday Bazaar—please plan to stay after the service to shop from the vendors and support MVUUF!



## Tuesday, December 16: Blue Holidays Vespers 5:30 pm, Fireplace Room with Rev. Diana McLean

The holidays can be a hard time for some people. If you are struggling this season and need a space that honors that, come for this ritual of acknowledgment and care. Sharing aloud is optional—come and be held in community. (In-person only.)

# Sunday Services

## Sunday, December 21: Winter Solstice Celebration with Spirit Grove and Rev. Diana McLean



This Sunday is the Winter Solstice, and we will celebrate it in a service led by members of Spirit Grove, the MVUUF pagan affinity group, in partnership with Rev. Diana. Come celebrate both the dark and the light at this turning point in the year!

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

## Wednesday, December 24: Christmas Eve 5:00 pm with Rev. Diana McLean and Sarah Collins



Join us for a lessons-and-carols style Christmas Eve service, celebrating the birth of Jesus of Nazareth and considering what message this ancient story has for us today. We will also enjoy our annual tradition of Linda Hayen reading her story The Blue Angel.

## December 28: South of the Border with Richfield Backyard Brass



Come enjoy our annual tradition of the Richfield Backyard Brass leading a musical post-Christmas service!

### **SOUL MATTERS MONTHLY THEME: Choosing Hope**

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?

- Was your childhood home full of optimism or pessimism?
- Who carries hope for you when the weariness of the world wears you down?
- If you could magically infect someone with hope, who would it be and why?

# Uni-Sun

## Letter from the Board Chair

Warm Greetings to everyone this holiday season,

It feels like we have settled into a smooth routine at MVUUF. Rev. Diana, Nicole, Lark and our wonderful Worship Associates have been working together to create meaningful and inspiring Sunday Services. Thank you to everyone who has given their time and talents.

One of the tasks of Board this year is to determine if Reverend Diana is a good fit for our congregation in the future. To that end, we are holding a second informal chat session after the service on December 7th. If you have any questions or thoughts about this or really anything you'd like to share, we would love to hear them at this meeting or feel free to talk to any Board member.

Elsewhere in this newsletter you will read about the MVUUF events for the holiday season. December 14th will be our third annual Holiday Bazaar! It's a great time to hang out and see some of our own members displaying their creative pursuits. If you'd like to help the planning committee with setup, organizing or bringing baked goods, contact Jody Grey at [jodygray87@comcast.net](mailto:jodygray87@comcast.net). I am really looking forward to the Winter Solstice Service – a collaboration between Rev. Diana and the Spirit Grove group. The annual Christmas Eve service is another time to join us and feel the warmth of our community and the spirit of the season.

Thank you for being a part of MVUUF,

Linda Hayen

Board Chair

As always, please contact the board using our email: [board@mnvalleyuu.org](mailto:board@mnvalleyuu.org)

Linda Hayen



# Uni-Sun Communications & Administration

Happy December to you! What a busy time of year it is. Things are really in full swing at MVUUF. There are many opportunities to be in community in December. I look forward to lots of engagement during these festive times. It's exciting to have holiday events and get-togethers but it is also important to know when to slow down and take care of yourself. The good news is that right here at MVUUF we have both. All the buzzy holiday events as well as gentle yoga or quiet meditation to bring us back to our calm selves.

You will see in this newsletter all the different ways we can come together as a community this month. There are myriad points of connection from our very special December services to the Solstice Art Opening, book and education groups, chair yoga, the Holiday Bazaar, games, singing and so much more.

We were fortunate in November to have several art class offerings. I created a survey to gauge the satisfaction. So much satisfaction! The survey showed how meaningful it was for the participants to create art together even if they didn't feel they were artists. Visitors indicated they were more likely to visit again and members felt a closer connection to MVUUF because of the class. These results are reflective of the valuable work we do to make connections that feel authentic and of value at MVUUF.

I hope you find some meaningful ways to connect this December and I really hope to see you at some of the events contained in this newsletter.

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



**Minnesota Valley Unitarian  
Universalist Fellowship Presents:**

## **LIGHT IN THE DARKNESS: A PAGAN SOLSTICE EXHIBITION**

**Solstice Service and Art Reception:**

December 21, 10:30 am–2:00 pm with art  
by Paul B. Rucker and Helga Hedgewalker



### **OTHER DECEMBER EVENTS:**

**Holiday Bazaar:** Dec. 14, 12–3:30 pm

**Christmas Eve Service:** Dec. 24, 5:00 pm

**Richfield Backyard Brass Concert:**  
Dec. 28, 10:30 am

10715 Zenith Ave S., Bloomington, MN  
952-884-8956 • [mnvalleyuu.org](http://mnvalleyuu.org)





# Children, Youth & Family Ministry

December's Soul Matter's Theme is Choosing Hope. In Unitarian Universalism, we believe hope is a choice we can make, a choice that helps us act with courage, kindness, and curiosity, and helps us stay connected to each other and the world around us. Our Nursery|Preschool and Elementary Gatherings this month will celebrate this power we have to choose hope, with each session exploring a different way that choice transforms our life and the lives of others.

I know I will appreciate delving into the UU practice of finding wisdom in the world's religions this month. I already bought a children's book inspired by the Hanukkah story. And our worship planning team is especially excited to celebrate the Winter Solstice with you all. Hope is here. Embrace the darkness, as the nights lengthen, and revel in choosing hope, connecting with community and centering love.

It also gave us a chance to highlight our UU value of Transformation, which calls us to "adapt to the changing world." The theme made space to celebrate and remember an inspiring UU ancestor, Charles Dickens, who wrote A Christmas Carol, a story of finding hope in the unexpected place of a cold-hearted man named Scrooge.

Two of our High School youth attended the Upper Midwest Youth Con at First Universalist Church in Minneapolis this past month. The vibes I got were very positive - they had fun and would definitely participate in the next Youth Con!

Maria Bavier

Pronouns: she, her, hers

Children, Youth and Family Ministry Director

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

[Link to register for CYF](#)

## 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 12/2/7 and 12/14
- Middle and High School Youth Group meets 12/17 at 10:30 a.m.
- OWL 12/7 and 12/14 starting at 10 a.m.
- All-Ages Worship Services
  - Solstice Celebration Service: 12/21
  - Christmas Eve: 12/24 (nursery is closed)
  - Brass Band: 12/28



# Uni-Sun

## Children, Youth & Family Ministry



Our annual Halloween Party was so much fun! We had spooky treats, candy sharing, pin-the-spider-on-the-web, creative costumes and nice conversations. Also, this month children in our Elementary Gathering made a mobile where they hung flowers and stars that they'd decorated with their gritudes.



# Uni-Sun

## Music at MVUUF

### December's Musical Offerings: Choosing Hope in Song

This December, our music will weave together beloved carols, contemplative pieces that honor the quiet of winter's darkness, and works by Unitarian Universalist composer Jason Shelton. Adding to the joy, our youth singers will join the choir for the December 21st service — a rare and beautiful intergenerational collaboration that hasn't happened in years.

Together, we'll share music that soothes the soul, uplifts the spirit, and celebrates community.


As Rev. Catie Scudera reminds us, "Choosing hope in an era of despair is itself a radical act of faith." [uuneeedham.org](http://uuneeedham.org)

Come be part of this celebration of light, resilience, and song.

**SPECIAL SINGING OPPORTUNITY FOR YOUTH 5+** Read more [HERE](#)

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

Nicole Collins  
Pronouns: she, her, hers  
Music Director  
[music@mnvalleyuu.org](mailto:music@mnvalleyuu.org)



Music gives a soul to the universe,  
wings to the mind, flight to the  
imagination and life to everything.

Plato





# Uni-Sun

## MUSIC AT MVUUF!

For those seeking more holiday music experiences and a chance to support our singing members...

Bloomington Chorale Presents: **A Light in the Darkness**  
Schneider Theater, Bloomington Center for the Arts  
1800 W. Old Shakopee Rd, Bloomington, MN

Friday, Dec. 19 at 7:30 PM  
Saturday, Dec. 20 at 4:00 PM

Celebrate the season with a rich blend of choral classics, festive carols, and global songs of light and hope.

Tickets available online or at the door:

[www.bloomingtonchorale.org](http://www.bloomingtonchorale.org)



# ART AT MVUUF!

## LIGHT IN THE DARKNESS: A PAGAN SOLSTICE EXHIBITION



Featuring Yule-themed art by Paul B. Rucker and Helga Hedgewalker

### *Light in the Darkness: A Pagan Solstice Exhibition*

### *Winter Solstice-themed art by Paul B. Rucker and Helga Hedgewalker.*

This December and January we have a very special art show in our gallery. Both Paul and Helga are prominent artists and well-known in art and Pagan communities. They will join us in person on the Solstice for their art show opening following the Sunday Service. They will also be here for the Holiday Bazaar.

*Two local artists explore the Pagan roots of Winter Solstice and the darkest time of the year, through images originating in traditions all over Europe. From the Yule Goat to the Solstice Stag, to Mother Night and the Yule Father, these interpretations bring beauty from the past into the present to help bring everyone through winter's cold, with a promise of light.*

Helga Hedgewalker is a Mythopoetic Artist, Priestess and Witch with decades of professional experience in illustration, painting, and graphic design. She's currently busy with the forthcoming "The Craft of the Wise" tarot deck and book, from Llewellyn Publishing, early 2027.

Her work can be seen at [HelgaHedgewalker.com](http://HelgaHedgewalker.com) and [helga-art-store.com](http://helga-art-store.com)

Paul B. Rucker makes Pagan-inspired mythopoetic art in acrylic, pen and ink, pencil, and mixed-media assemblages (including face/body painting combined with digital imaging to create what he calls "camera paintings"). His award-winning work has been exhibited all over the country, with collectors in the USA, Canada, Australia, and Europe. See more of his work at [paulruckerart.com](http://paulruckerart.com) and [paulruckerart.com/shop](http://paulruckerart.com/shop)

Paul and Helga have been art partners for over 13 years, having founded the "Third Offering" art show at Paganicon ([tcpaganpride.org/pconartgallery](http://tcpaganpride.org/pconartgallery)). Together they are co-founders of MCPA (The Minneapolis Collective of Pagan Artists) which later became Mythic Art Circle ([mythicartcircle.com](http://mythicartcircle.com)).



## Groups and Events

### Stewardship Corner

#### Stewardship corner from Steve Vincent, Holly Bruce & Sue Martin

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 9/30/25. 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 July1, 2025

**\*\*as of October. We began our budget year with \$205,000 expected from pledging. To date, this number has been reduced to \$195,000 due to congregant's changes in circumstances and membership.**



## SARJ - Social Action/Racial Justice

### December Sunday Sharing Partner

**oasis**  
FOR YOUTH



**Oasis for Youth is the trusted resource committed to elevating youth in their own community. We imagine our communities of Bloomington, Richfield, and Edina as places where every young person has an opportunity to thrive.**

### **MUUSJA is Celebrating 25 Years!**

**Tuesday, December 2, 6:00-7:30 pm - Online & in St. Paul**

MUUSJA's story is the story of all of us! Come celebrate 25 years of UUs in Minnesota, western Wisconsin, and the Dakotas organizing for social change.

With these deep roots, MUUSJA builds community and capacity so UUs can be strong, nimble, grounded, and courageous in confronting the intersecting crises and harm so many are facing right now. Together, we can unleash the collective power needed to shape a just and loving world. Join us online or in person on December 2. Hear inspiring stories of how area UUs have taken action. Be part of a recommissioning ceremony. Help sustain MUUSJA's work so we can keep spreading our wings! [Click here to register.](#)





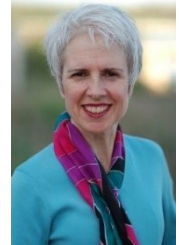
# Uni-Sun

## Groups and Events

### LIFT December 6th 10:30

**LIFT (Learning in Fellowship Together)** meets on December 6th at 10:30am.

The speaker will be Dr. Maureen Reed, Former Executive Director of the Nobel Peace Prize Forum, physician, retired chair of the Board of Regents of the U of M, Former Medical Director and Vice President Health Partners.



Journalists, lawyers, nuns and schoolgirls have won the Nobel Peace Prize. In achieving this, they hone their leadership skills while often facing personal danger, inner conflicts, social challenges and pointed criticism. Succeeding despite their flaws, they inspire courageous action that cuts across decades, borders, and nationality.

PRESENTED BY: LEARNING IN FELLOWSHIP TOGETHER (LIFT)

Date: Saturday, December 6th

Time/Place: 10:30am downstairs in the Fellowship Room

Cost: \$5 for this session or \$25 to join LIFT for the year

Order lunch by contacting Kathy Eager at [kathy@darrelleager.com](mailto:kathy@darrelleager.com) or bring your own and stay for fellowship after the talk.

### MVUUF will be 60 next February!

Coming up in February you will see a longer timeline and a service dedicated to our history.

Later in the year, the last ten years to accompany our 50th history book will be available electronically.

We will be compiling a booklet of essays of your memories of MVUUF.

Please submit them to Kathy.



# Uni-Sun

## Groups and Events

### Holiday Bazaar December 14th

We are gearing up for our third annual Holiday Bazaar on Sunday, December 14th after the service, and we would love it to be even better than before.

Our goal is to match or beat our record from last year of \$2600 in proceeds and table rentals. We would love your help to make this fundraiser successful as we head into the holiday season! And most importantly, it will be a lot of fun, with beautiful arts and crafts which make great gifts, as well as delicious treats you can share with family, friends, and coworkers.



As a reminder, or to those who are new to the Holiday Bazaar, there are two main parts to the event as described below.

- Upstairs, homemade baked goods or crafts donated by members and friends will be displayed and sold. 100% of these proceeds go into our general fund for the year.
- Downstairs, artist and craft vendors rent tables in the social hall and sell their items. They are invited to donate a portion of their proceeds to MVUUF, and their presence helps bring newcomers into our building and create a stronger sense of community.

So you're now wondering, "how can I help??" Glad you asked! There are various ways you can be involved - either by providing homemade goodies or crafts, or by helping us prepare and run the event. Below are more details of what we need:

- You can bake cookies, bars, or other holiday desserts, that can be packaged for sale at our upstairs bake sale. You could also bring any of your own homemade crafts or art that you would like to donate for sale.
- You can volunteer to help accept donations, prepare the donations, distribute flyers, and/or run the Holiday Bazaar. To indicate your plans to help with either of the 2 options above, please fill out the form linked below no later than Saturday, Dec. 6th.

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

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. Please bring a block if you have one.

Dates are: Friday, Dec. 19th  
Monday, Dec. 22nd  
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 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](mailto:bryawnte@msn.com)



Spirit  
Grove  
of the  
Twin Cities

**IN-PERSON**  
SUN. DEC. 21<sup>ST</sup>  
2:30 PM

**ONLINE**  
SAT. DEC. 27<sup>TH</sup>  
6:00 PM

Spirit Grove is a new Pagan affinity group at MN Valley UU Fellowship in Bloomington. The group is open to all.

Contact Anthony Dallozzi for more information at [SpiritGroveTC@gmail.com](mailto:SpiritGroveTC@gmail.com)





# Uni-Sun

## Groups & Events

### Evening Book Club

Take a moment in November and give thanks for all the wonderful books the world has to offer. There is always a new theory or a new adventure to read about. Like to travel or pursue a hobby? Reading about it first makes any experience more enriching. Get started by reading one of the books on our list and join us for a lively discussion. Our book selections, alternating fiction and nonfiction, are:

**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](mailto:joyceamcmartin@gmail.com) or text at 952-210-1372.

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

Let's Discuss on December 14th, after service





# Uni-Sun

## Groups & Events

### Religion, Ethics & Ideas December 4th 7pm

Religion Ethics and Ideas will meet on Zoom on Thursday December 4 at 7:00 PM.

Our question will be: How Separate should Church and State be? Likely areas of discussion as it relates to Church and State separation are:

- Public Schools
- Public Support for Religious Schools
- Religious/Civic Holidays
- Employment Accommodations
- Conscientious objector status
- Public Supported Chaplaincy
- Endorsement of Political candidates and more.

Questions contact John Peloquin

<https://us02web.zoom.us/j/82249136807?pwd=9pSRmQ11ktn3dcm0MsmRKQjBvv8RxJ.1>

### **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.



# Uni-Sun

## Groups and Events

### Second Thursday Group December 11th

Second Thursday will meet on Thursday, December 11th, 2025, at 7PM on Zoom (see link below).

Our topic will be the question: *What does the County Attorney do?*

We have two people well qualified to speak on the topic: Brad Johnson the Anoka County Attorney and Rebecca Trapp the Big Stone County Attorney. I expect they will be able address topics like prosecutorial discretion, plea bargaining, sentencing recommendations, child protection, juvenile justice as well as less high profile topics like reviewing county contracts, defending the actions of the county in court, legal advice on acquiring and selling county land.

Both Brad and Rebecca graciously responded to an email I sent to the staff of the County Attorney Association requesting a speaker. Brad will speak from the perspective of an urban county attorney (population 372,000 +) and Rebecca will speak from the perspective of a rural county attorney with a relatively small population (less than 6000).

All are invited and welcome to attend.

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



# Uni-Sun

## Groups & Events



### Beyond Sunday Group

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



# Uni-Sun

## Tenants' News-WiCoM

Yule, the celebration of the Winter Solstice, marks the longest night of the year and the moment when the sun begins its gradual return. Across many traditions, it is a time that honors the resilience of life during the cold and darkness, the slow rebirth of the light, and the deep renewal that emerges from stillness. Yule reminds us that even in the darkest season there is a spark of hope growing quietly beneath the surface, promising new beginnings, warmth, and the eventual flourishing of brighter days.

WiCoM's ritual will draw upon the strength and symbolism of Norse mythology to deepen our celebration of Yule. We acknowledge the powerful presence of Odin and the Wild Hunt—forces that sweep through the darkest nights, clearing away fear, stagnation, and the remnants of the old year. Together we honor the returning sun as a symbol of renewed hope and rising courage. Each participant will charge a crystal or personal token with the light of the Sol candle and the protective, wisdom-bearing energy of Odin. This talisman will serve as a reminder throughout the coming year that even in challenging times, the light returns, courage endures, and we carry within us the strength to move toward brighter days.

When:


Saturday, December 20, 2025

Gather in starting at 6:00 p.m., ritual at 7:00 p.m.

Potluck to follow the ritual

What to bring:

- Potluck food to share, if you can do so without difficulty. Please label your offering (meat, vegetarian, vegan, ingredients).

A photograph of a single lit candle. The candle is yellow and has a bright, orange flame. The background is dark and out of focus, with some blurred lights. The text is overlaid on the left side of the image.

A little bit of light  
dispels a lot of  
darkness.

—Rabbi Schneur Zalman of Liadi

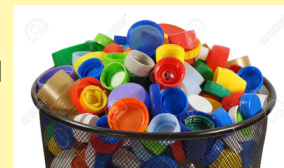




## Helpful information

### 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. December pickups are the 3rd and 17th. Please have your recycling sorted properly by November 2nd and 16th.



**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](mailto: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](mailto:office@mnvalleyuu.org).



# Uni-Sun

## MVUUF Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 - LIFT 3pm -Buddhist Sangha
7 10am - OWL Conf. 10:30am - Sun. Svc 11:30am - Cong meeting 11:45am - SARJ - 12pm - Cakes for the Queen	8	9 10am - Needlework 6:30pm - BoT 7pm - Needlework	10 9:30am - Brass band 6pm - MA Marijuana 6:30pm - Choir	11 7pm - Second Thurs Group	12 10am - Mah Jongg 10am - Needlework	13 3pm -Buddhist Sangha
14 10am - OWL Conf. 10:30am - Sun. Svc 11:30am - Holiday Bazaar	15 10:30am - Soul Matters	16 10am -Needlework 5:30pm - Blue Christmas	17 9:30am - Brass band 6pm - MA Marijuana 6:30pm - Choir	18 5:30pm - Cong mtg 7pm - Evening Book 7pm - Needlework	19 10am - Mah Jongg 11am - Uke Jam - 3:30pm - Chair yoga 5pm - Chess Group -	20 10am - NWG - Come 3pm -Buddhist Sangha 5pm - WiCom
21 10:30am - Sun. Svc 11:30am - Solstice 12pm - Cakes for the Queen 2:30pm - Spirit Grove	22 3:30pm - Chair yoga	23 10am - Needlework	24 9:30am - Brass band 5pm - xmas eve svc 6pm - MA Marijuana 6:30pm - Choir	25 12pm - Guys Lunch 7pm - REI on Zoom	26 10am - Mah Jongg 3:30pm - chair yoga	27 3pm -Buddhist Sangha
28 10:30am - Sun. Svc	29 3:30pm - Chair yoga	30 10am - Needlework	31 9:30am - Brass band 3:30pm - Chair yoga 6pm - MA Marijuana 6:30pm - Choir	1	2 10am - Mah Jongg 11am - Uke Jam - 3:30pm - Chair yoga 7pm - Poker	3 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](http://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](mailto: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](mailto: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](mailto: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
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### 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**

**10715 Zenith Ave South**

**Bloomington , MN 55431**

**mnvalleyuu.org**

### Minister

**Rev. Diana McLean**

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

612-216-4203

### Director of Administration & Communications

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

612-216-4113

### Director of Children, Youth & Family

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

### 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)

