



UNI•SUN

MINNESOTA VALLEY UNITARIAN
UNIVERSALIST FELLOWSHIP NEWSLETTER

SEPTEMBER SCHEDULE: See Sunday Service
schedule, themes and leaders on page 2

September 2026
Volume 62 Number 1

September: Beginnings

Yesterday as I was leaving MVUUF after work, there was a monarch butterfly trying to fly between the pillars outside our front door, repeatedly flying into the glass. I watched it for a few minutes to see if it would find its way to freedom, but it just kept trying the same route. It would bump into the glass several times, and then fall down to the bottom of that section and rest before beginning the process again.

I was concerned that it would injure itself, so I found a twig and tried to get it onto the twig so I could carry it to open space where it could fly away. Each time I tried, it stayed on for the briefest of moments before returning to its attempted exit path. Finally, after about a dozen tries, it stayed on the twig just long enough for me to move beyond the partition, and then it flew up and away into the sky above our building.



As I drove home, I thought about the butterfly, and realized there have been times in my own life when I kept trying the same thing over and over, without success. Sometimes I eventually made a course correction on my own, and other times, like the butterfly, I needed someone outside the situation who could see the obstacle I couldn't and guide me around it.

As we explore our September Soul Matters theme of Beginnings, I'm wondering how many new beginnings came about because we needed to get un-stuck from an old pattern, whether of doing things or of beliefs that no longer served us?

To take the metaphor a little further, I hope that this is a place where each of us is willing to be a gentle guide to monarchs and people alike when we are stuck and perhaps even at risk of causing ourselves pain.

In gratitude,

Rev. Diana
minister@mnvalleyuu.org
Pronouns: she, her, hers

Rev. Diana's New Schedule

As of July 1, Rev. Diana's position was reduced to $\frac{3}{4}$ time, which she is working as a 3 weeks on/1 week off pattern, in which she is working full time for three weeks and then is completely off for the fourth week. Here is a [link to a document](#) listing her "off weeks" for this congregational year. Insert link here if you have questions, please reach out to her at diana@mnvalleyuu.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

September 6: The Origins and Implications of Labor Day With Rev. Diana McLean and Maureen Murphy



On this Labor Day weekend, we will explore the origins of the holiday, the early labor movement, and what our Shared UU Values of Justice, Equity, Transformation, Pluralism, Interdependence, and Generosity (all grounded in Love) call us to do now with regard to justice for workers.

Music by Lark Lewis.

September 13: Question Box Service with Rev. Diana McLean and Sarah Collins



Let's start our year with some questions! Drop yours off in the Question Box in the main office or email them to diana@mnvalleyuu.org. If there is enough time, we'll also take questions from the floor during the service. Music by Lark Lewis.

September 20: Like Rivers to the Sea: Ingathering and Water Ceremony with Rev. Diana McLean and Maria Bavier, Director of CYF



Each fall, we are among many Unitarian Universalist congregations that hold a water ritual to symbolize the beginning of a new congregational year. This year we'll learn about the origins of this ritual, and consider what it means to us today. Please bring a small container of water to add to our communal bowl, if you are able! Music by Lark Lewis and the MVUUF Choir directed by Nicole Collins.

September 27: TBD with Tom Ehlinger and Kestrel Martin



This Sunday service is still in formation and will be announced in Friday emails.



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Letter from the Board Chair

September Board Chair Musings

I've been thinking a lot about stewardship. The word stewardship. Not the act of stewardship. We want to broaden our use of the word stewardship because of the baggage that is carried with how stewardship is viewed. As stated by Doug Bruce at our July board meeting, instead of simply using the word stewardship, we want to imply the concept of stewardship as a broad umbrella for volunteerism, time, and talent. To not only include financial pledges but to embrace building of relationships that underscore our purpose of being MVUUF.

If someone has a better word, please let me know. You can email me at board@mnvalleymn.org. Ironically, letting me know your better word is an act of stewardship. It means you cared. You showed up. And showing up matters.

From Becky of the Garden

Did you know that:

Last year about 2/3 of our financial resources came from you, from your annual pledges. That's \$192,000 out of the \$318,000 needed that kept our Fellowship operating for you.

The other 1/3 came from:

- Rentals, \$37K
- Fundraising (Holiday Gifts, Service Auction, Owl), \$28.5K
- Sunday Sharing, \$16K
- A Non-pledge contribution, \$10K
- A Capital Gift, \$30K
- Savings, \$4.5K

Your financial commitment is the major fuel that powers our mission and vision.
We are deeply grateful for your continued financial support.



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Ministerial Intern

Hello,

My name is Holly Kelchner (she/her/or any pronouns spoken with respect), which translates to “stubbornly hopeful chalice maker.” That fits me well, as I am a passionate community builder. I recently began my second year as a seminarian at Meadville Lombard Theological School, based in Chicago. My program is deeply contextual, which allows me to live in Northfield and apply what I am learning directly to my local community.

This year, I am beginning a two-year part-time internship at MVUUF alongside my studies to deepen my ministerial training and live more fully into my calling. I am so excited to bring my energy and love to learn alongside you on our path of meaning-making during our time together. Specifically, I have been answering my calling through the community singing movement and living into my practice as a song carrier. I had the privilege of not only attending the Association for UU Music Ministries conference this summer and singing with the esteemed Melanie DeMore, but also attending a local singing retreat featuring community-singing elder and grief-tender Laurence Cole. These combined experiences have been foundationally formational, and I look forward to sharing some of these songs with you.



In addition to my identity as a seminarian, I am a scientist trained as an Oceanographer and have worked all over the world, including Alaska, the Great Lakes, Mozambique, and even Antarctica. I enjoy interweaving my science background into my Earth-centered ministry and hold a deep reverence for the interconnectedness of our living world.



Currently, I serve as the Dacie Moses House Program Coordinator at Carleton College, where I was recently featured in the New York Times. I also co-lead the Singing Resistance – Northfield chapter, which allows me to intertwine my passion for social justice with my love of music. When I’m not working or singing, you’ll find me exploring the woods on foot, paddle boarding, or cross-country skiing. I’m also a certified Dive Master, always eager for the next adventure.

As I embark on this new journey with MVUUF, I am grateful for the opportunity to grow, learn, and contribute alongside you. I look forward to discovering the unique gifts each of you brings to our community and to the meaningful connections we will create together. Thank you for welcoming me so warmly—I can’t wait to see what we accomplish in the years ahead.

With hope and gratitude,

Holly



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Communications & Administration

Hello Friends. Happy September. Where to even begin in our new beginnings! Summer was peaceful, beautiful, hectic, hot, and way too brief. One highlight was the Service Auction cocktail party on my deck that Nicole and I hosted. Judging by the comments of the party-goers I think it was a big success.

I had some good family times, a visit or two to the cabin, and I wrote a children's book that has been rattling around in my head for almost a decade. Yay for beginning that. I also signed up for my Yoga Teacher Training. It will be an interesting journey as I am on the cusp of 70! Please check out the video below to hear more about it.

I look forward to seeing you all around the Fellowship in September.

Jeannie Piekos

Director of Communications and Administration

Pronouns: she, her, hers

jeannie@mnvalleyu.org



Soul Matters Theme: Beginnings

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 offers some good questions to ponder. How would you answer?

- What "really good thing" in your life began with a small, uncertain step?
- What is your best "ending that turned out to be a beautiful beginning" story?
- Many say there is the seed of a new beginning in every ending. How has that widespread idea helped or complicated your endings?



Children, Youth & Family Ministry



Children, Youth and Families are invited to register for 2026-2027 ([click here](#)).

We are creating a place for children and youth ages 6 months - 18 years to learn about Unitarian Universalist values, practice living them out and build community.



This summer children hosted a puppet show! They engineered structures out of marshmallows and toothpicks and we even balanced a frisbee as part of our obstacle course as we celebrated having a "Can-Do" Summer spirit.



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Children, Youth & Family Ministry

As we gather for a new fellowship year, we hope you are returning with a renewed sense of energy, curiosity, and connection. This year, we are excited about exploring our connection to our UU Values as they help us live into a vibrant Unitarian Universalist identity. We begin that journey with the theme of Beginnings, an invitation to reflect on the many ways our faith calls us to embrace new possibilities, fresh starts, and unfolding journeys. Our themes in our Nursery|Preschool Gathering, our Elementary Gatherings and our Youth Group Gatherings will mirror Sunday Worship themes.

Beginnings are a sacred part of life. Every new school year, fellowship year, friendship, project, and commitment begins with a first step. While beginnings can sometimes feel exciting, they can also feel uncertain. Our faith reminds us that we do not enter the uncertainty of these new seasons alone. We begin together, supported by a community that encourages us to grow, explore, and become more fully ourselves.

Whether you notice familiar faces back at MVUUF this month or are greeting new ones for the very first time, may we discover that every beginning is an opportunity to grow in love, deepen our connections, and strengthen our Unitarian Universalist identity. May our time together be filled with curiosity, courage, laughter, and wonder as we begin this year's meaningful journey.

Maria Bavier
Pronouns: she, her, hers
Director of Children, Youth and Family Ministry
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. Please check the Friday Email for additional events, activities and details.

- September 6 is Feeding Our Spirit and Exploring our UU Values, Nursery|Preschool and Elementary together
- September 13 is "Beginnings" Soul Matters Exploration, Nursery|Preschool and Elementary together
- September 20 is our All-Ages Water Ceremony, Nursery|Preschool Childcare Provided
- September 27 is "Beginnings" Soul Matters Exploration, Nursery|Preschool Gathering, Elementary Gathering



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Music at MVUUF

Here we are at another beginning—one that holds many meanings for many people. For me, it's a time to slow down, return to a rhythm of predictability, and turn inward toward practices that differ from summer's pace yet remain equally fulfilling. For now I'm savoring these last quiet days and soaking up the beauty of the outdoors.

Lark and I had a fabulous time at the AUUMM Conference (Association of UU Music Ministries), where we were blessed to be guided by Melanie DeMore as our clinician. The experience was transformative—deepening our songleading activism and bringing collective healing as we continue to recover from Operation Metro Surge. I'm profoundly grateful for the opportunities MVUUF provides to grow in music ministry and eager to share these teachings with our beloved community. You can be sure Melanie's music will find its way into our sanctuary, where we keep showing up for ourselves, each other, and for the world.



Nicole Collins
Director of Music Ministry
pronouns she/her/hers
Music@mnvalleyuu.org



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MVUUF Committees

Social Action

Each month Soul Matters themes invite us to delve deeper into our Unitarian Universalist faith. We explore them in our Sunday services, and they're especially powerful when tied to our UU values. Although reflections are a meaningful way to continue the search for truth, generosity invites us to give both our time and talents in addition to treasure. So, to assist in keeping systemic change in the forefront year round, Social Action (formerly known as SARJ) is dedicating time each month to have a stronger newsletter presence. Both in education tying social action to the Soul Matters themes, and tangible ways to support the wider community. For September the Soul Matters theme is Beginnings:

With so many pressing issues, social action can feel overwhelming. It can be easy to fall into a fatalistic narrative that action items need to be large-scale rallies that create widespread visibility. Yet the consequence of planning them at a high frequency risks leading to burnout. However, rest is resistance. As long as rest isn't lifelong. And there is more than one right way to fight for social change. Many opportunities don't need to be on a grand scale to be impactful. Here are some ways beginning or returning to social action work can feel less overwhelming:

- Join Social Action meetings at MVUUF. They're the first Sunday of each month and are often in the Fireside Room or conference room about 15 minutes after service. There we discuss ways to support marginalized communities within and outside of our walls.
- Join a corner protest. Many are once per week and on a smaller scale than rallies. So, they're a less overwhelming way to start.
- Join a Justice Sing where communities are brought together to learn songs that help us remember that hope is resistance too.
- Volunteer with a local nonprofit. Many have flexible opportunities that work with a variety of schedules and time commitments.
- Join a DEI book club and discussion. It often assists in learning tools to support marginalized groups without the burden of education being placed on those groups. Use those tools in day-to-day life outside of the book club, too.
- Support local businesses. Especially ones owned by marginalized groups. We are stronger together.

-Kestrel Martin, Social Action Chair



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MVUUF Committees

SAVE THE DATE!

Have you ever wondered about the sexuality of wild animals? Do they exhibit nonbinary or transgender characteristics? What does science say about this?

Join us at MVUUF for a documentary that explores these ideas through the current science behind animal sexuality and gender identity.

SAVE THE DATE! On National Coming Out Day, October 11, 2026, MVUUF will be screening the documentary *Second Nature: Gender and Sexuality in the Animal World*, narrated by Elliot Page and produced and directed by Drew Denny. You can view the trailer [here](#).

- Where: MVUUF Sanctuary
- When: The film will start sometime between noon and 1 pm. Exact timing TBD.
- Film length: 82 minutes.
- Rating: This film has not been rated. It does show animal mating activities and animal genitalia. It may be challenging for the very young to understand.

This is a free event, and donations are suggested at \$5.00 per adult. We will allow as many viewers to enter as we can safely and comfortably seat in and behind the sanctuary (where there is viewing on a TV monitor). The entire film will have closed captioning. This event is open to the public and will be advertised widely. Bring friends, family, and neighbors! There may be refreshments and/or open discussion afterwards in the Fellowship hall on the lower level.

Childcare may be provided. Please email office@mnvalleyuu.org if this is important to you.



Check out this [link](#) from the UUA to The Woodlands, a monthly Trans and non- binary pastoral care space.



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MVUUF Events

MN Valley UU Fellowship
presents

SECOND NATURE

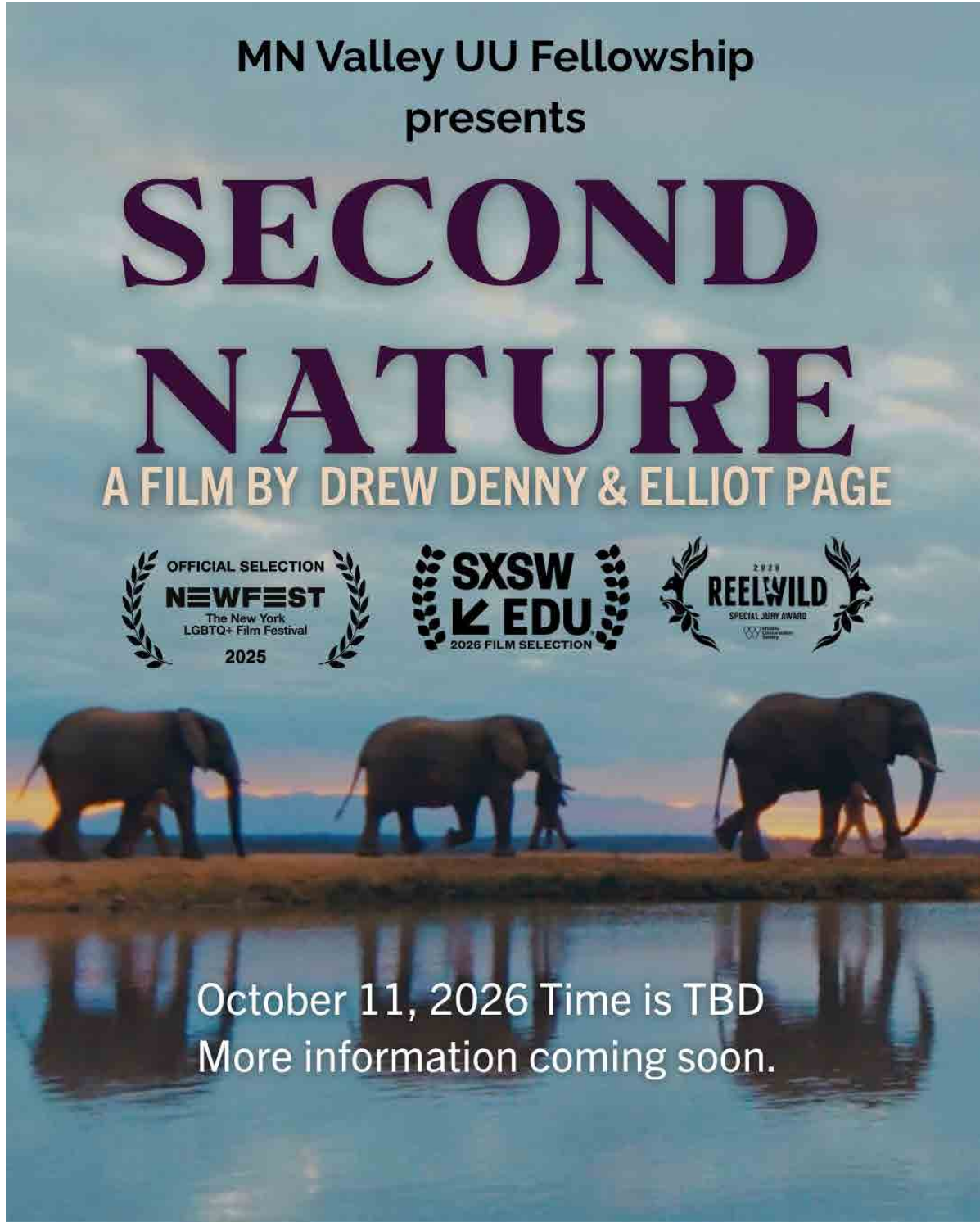
A FILM BY DREW DENNY & ELLIOT PAGE

OFFICIAL SELECTION
NEWFEST
The New York
LGBTQ+ Film Festival
2025

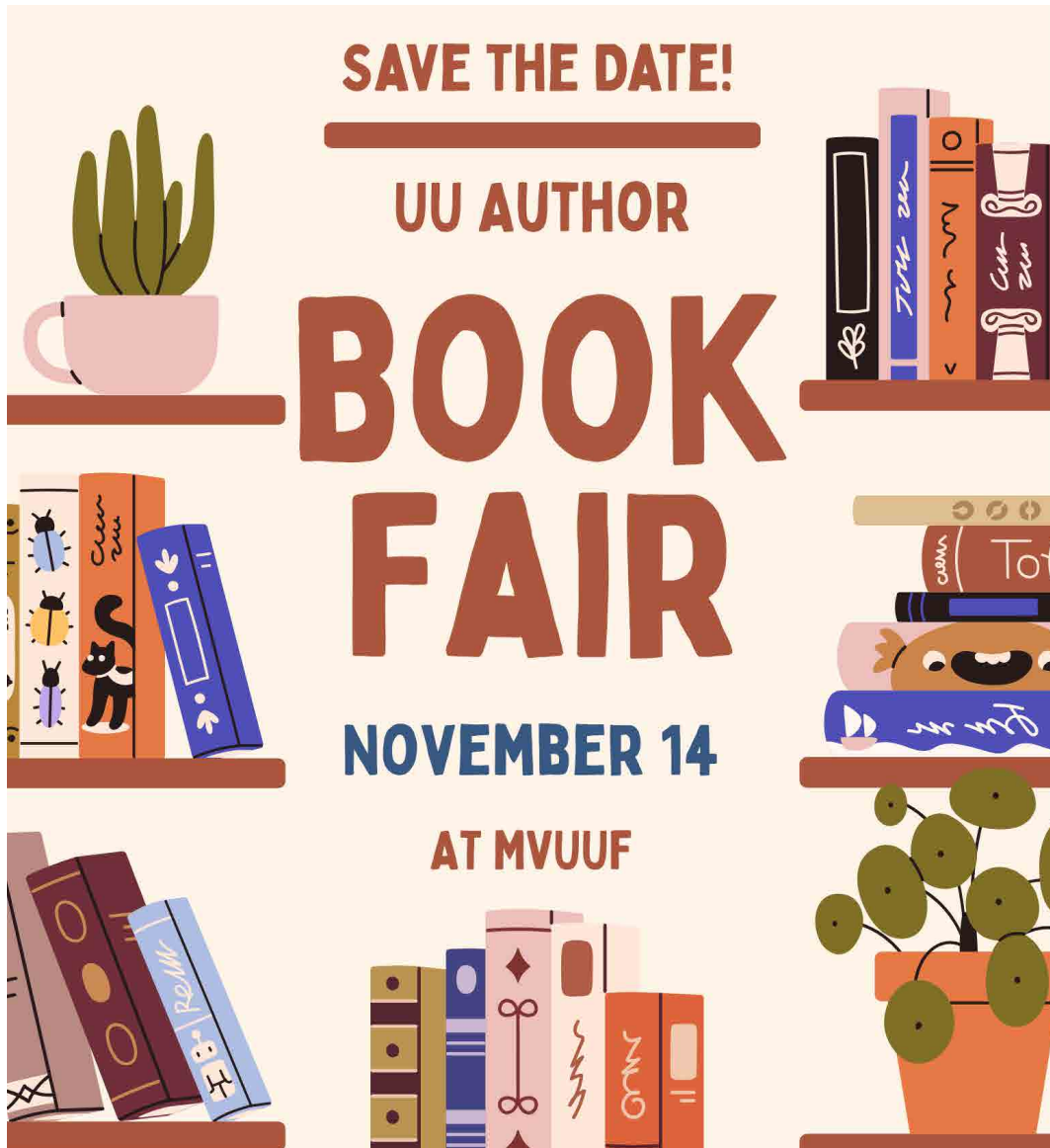
SXSW
EDU
2026 FILM SELECTION

2023
REELWILD
SPECIAL JURY AWARD

October 11, 2026 Time is TBD
More information coming soon.



MVUUF Events



Planning is underway for MVUUF to host a UU author book fair. We are just in our initial planning stages but if you are interested in participating by volunteering, having a table, or promoting the event please reach out to Jeannie, Rev. Diana or Holly, our ministerial intern.

We define a UU author as anyone closely associated with a UU organization whether by being a staff member, a congregant, or a friend. Watch future Friday emails and Uni-Suns for more information.



Uni-Sun

MVUUF Events



We are expanding our Soul Matters Sharing Circles program

The program: Groups of 8–12 individuals meet monthly to share reflections on Soul Matters themes, support each other's life journeys. Participants reflect on theme materials, then share their views in a listening-centered setting.

Benefits: Deeper personal connections with others in the group. A chance for spiritual and/or personal development by placing themes in context of UU values, life journeys.

The UUA promotes sharing circles as a form of "small-group ministry," that is, a way to nurture caring, supportive small groups within congregations.

Joining: In mid-September we will be expanding our current daytime group (4th Mondays at 2 pm) and adding a new group that will meet on a weekday night each month.

Both groups will combine in-person and Zoom participation. More information forthcoming.

Steve Vincent,
organizer.

Our 2026-27 Themes!

September: Beginnings

October: Courage

November: Healing

December: Awe

January: Thresholds

February: Commitment

March: Balance

April: Emergence

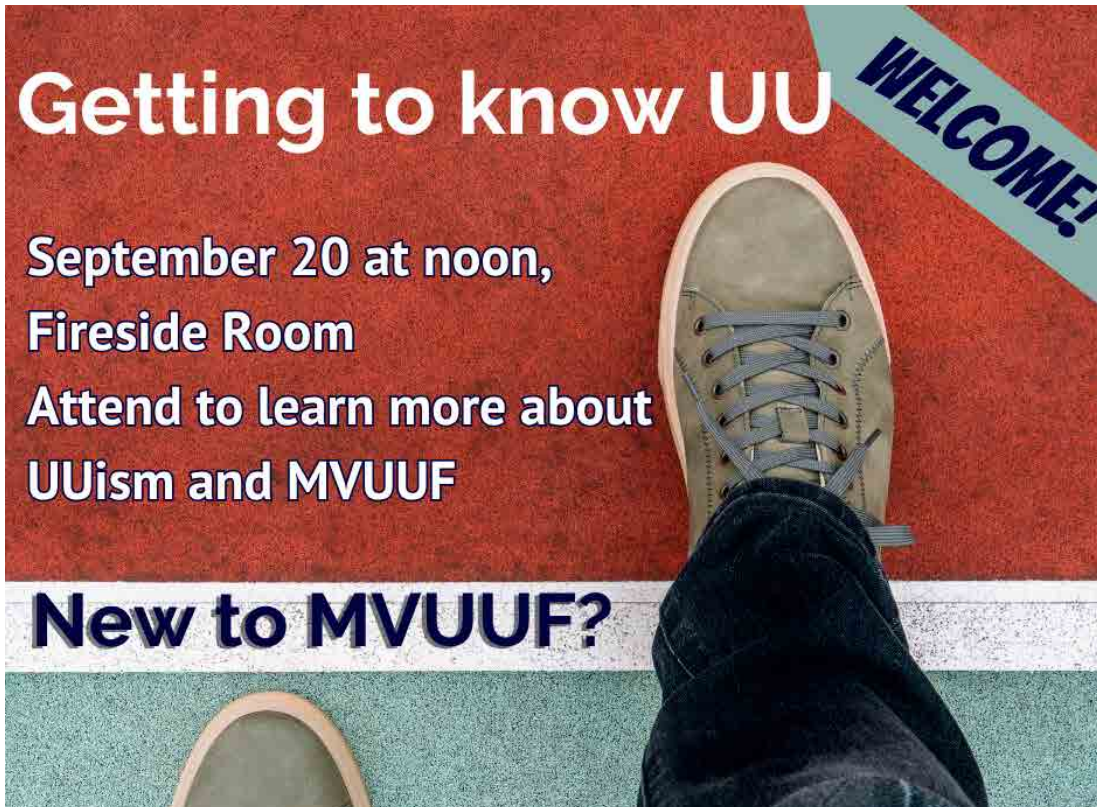
May: Play

June: Horizons



Uni-Sun

MVUUF Events



Getting to know UU

September 20 at noon,
Fireside Room
Attend to learn more about
UUism and MVUUF

New to MVUUF?



Soul Matters
**INFORMATION
SESSION**

Are you intertested in Soul Matters
Sharing Circle but want to learn more?
Join us for an informational meeting, no
commitment required.
Sunday, September 7 after the service



Uni-Sun

MVUUF Events

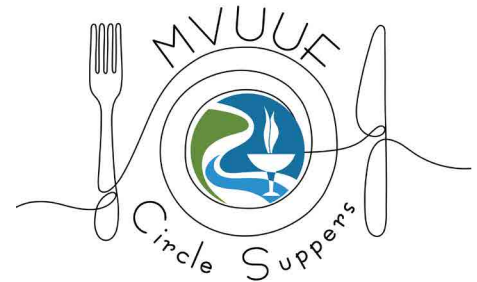
By popular demand—Circle Suppers are back!

Mark your calendars for September 26, November 21, January 30, March 20 and May 22 and read on for details.

If you're wondering: what are Circle Suppers and why are they so popular, here's how Google explains them: "Circle Suppers are small, rotating potluck gatherings designed to help people connect and build community within local congregations."

Circle Suppers Basics:

- **Small Groups:** Groups of 6–10 people are formed to share a meal and conversation.
- **Potluck Format:** The host provides the venue and sometimes a main course, while guests bring an appetizer, side dish, salad, or dessert to share.
- **Rotating Groups:** Participants rotate groupings periodically (such as every month or quarterly), ensuring you get to meet new faces and deepen friendships over time.
- **Inclusive:** They are open to members, non-members, singles, and couples



The UUA has an excellent article about Circle Suppers on their [website](#):

Circle Suppers at MVUUF are a beloved tradition that has lapsed for several years and is missed by anyone who remembers the great conversation and connections that happen when a meal is shared. To get involved in the September 2026–2027 MVUUF Circle Supper, sign up [here](#):

When you sign up, please indicate if you can be a host or a guest. Hosts need to include how many you can seat and if your home has steps or tricky parking that guests need to know in advance. Guests need to indicate any food preferences or restrictions and/or mobility needs.

Questions? Need help signing up?

Contact:

Linda Hayen, linda590.lh@gmail.com or 651-214-1279

Karen Olson, luvzcatz@comcast.net or 612-978-2001



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Affinity Groups at MVUUF

A poster for Spirit Grove of the Twin Cities. The background is a photograph of a path lined with pink cherry blossom trees. In the center, there is a green Celtic knot logo. To the right of the logo, the text "Spirit Grove of the Twin Cities" is written in a brown, serif font. Further to the right, in a white box, are the meeting details: "IN-PERSON 2ND SUNDAY AFTER SERVICES" and "ONLINE 4TH SATURDAY AT 6PM". Below this, a paragraph states: "Spirit Grove is a Pagan affinity group at MN Valley UU Fellowship in Bloomington. The group is open to all." At the bottom left, contact information is provided: "Contact Anthony Dallozzi for more information at SpiritGroveTC@gmail.com". At the bottom right is the logo for the Minnesota Valley Unitarian Universalist Fellowship.

Spirit Grove
of the
Twin Cities

IN-PERSON
2ND SUNDAY
AFTER
SERVICES

ONLINE
4TH SATURDAY
AT 6PM

Spirit Grove is a 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

 **MINNESOTA VALLEY**
UNITARIAN UNIVERSALIST
FELLOWSHIP

Winding River Sangha Saturdays at 3pm

A poster for the Winding River Sangha. The background is a light blue and white marbled texture. In the center, there is a large, hand-drawn black circle. Inside the circle, the text "go as a river go as a sangha" is written in a cursive, handwritten style. In the bottom right corner of the circle, there is a small, stylized signature or logo.

go
as a river
go as a
sangha



Affinity Groups at MVUUF

Winding River

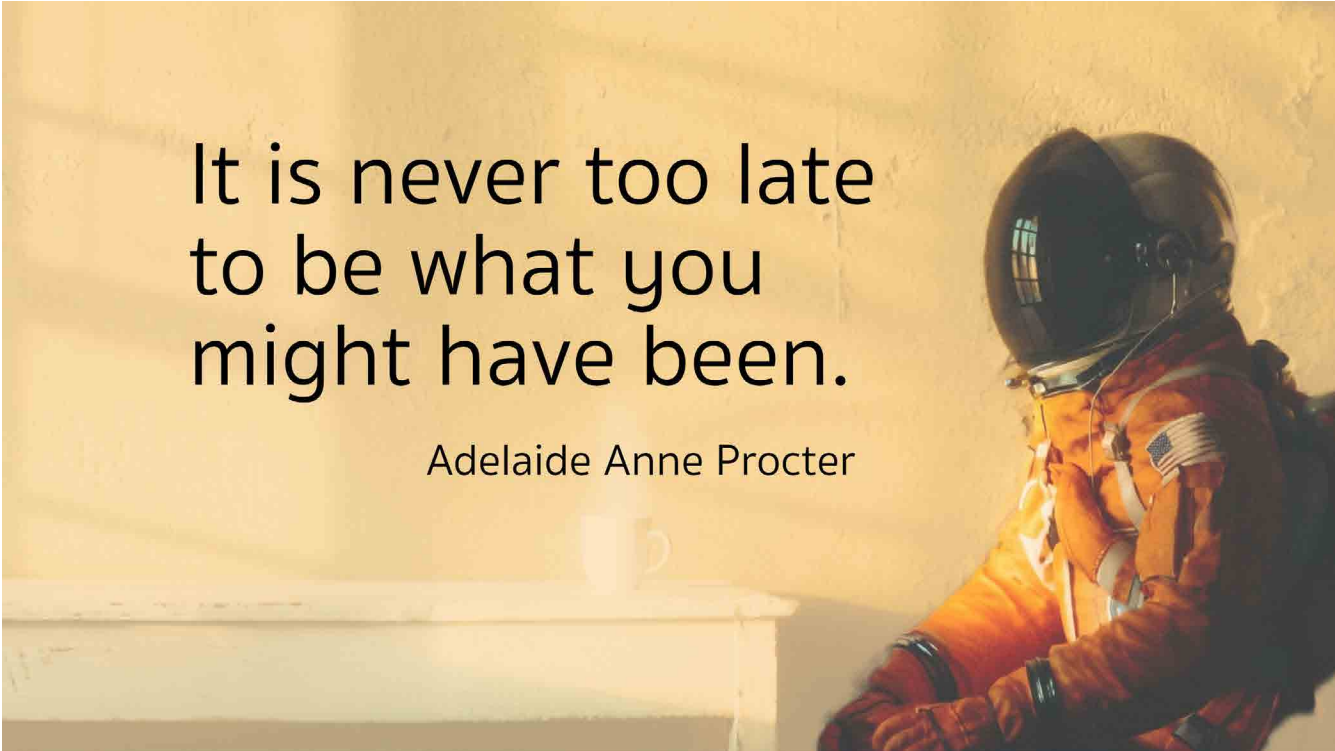
Winding River Sangha News

In Buddhist philosophy, meditation is a means to cultivate greater presence in everyday moments. And, with that, a better ability to less unnecessary suffering in ourselves and the world around us through a healthier, more skillful approach to life through our thoughts, speech, and actions. It's a spiritual practice, in a nutshell, to live more thoughtful lives.

Winding River sangha offers community to those who share these shared goals and aspirations. We meet weekly on Saturdays at 3 pm to meditate, read short passages by Thich Nhat Hanh (TNH), and share reflections. Feel encouraged to join us if you're interested!

This fall we'll be reading TNH's *Love Letter to the Earth*, a passionate appeal for greater environmental mindfulness, one that emphasizes the unity and interconnections between ourselves and the larger natural world.

Mid-September will mark the beginning of our second year as a community. We appreciate your support in making this possible.



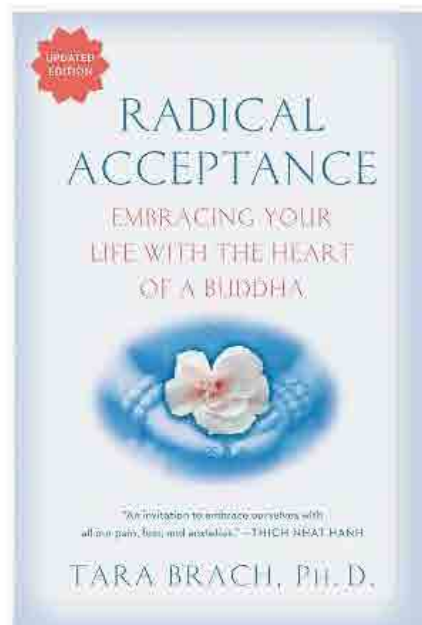
It is never too late
to be what you
might have been.

Adelaide Anne Procter



Affinity Groups at MVUUF Winding River

Join us for a three-part discussion of Tara Brach's ***Radical Acceptance: Embracing Your Life with the Heart of a Buddha.***



Radical Acceptance has graced best-seller lists for books on popular psychology and western Buddhism for more than 20 years.

Meetings will be held on Mondays at 7 pm in the Conference Room and via Zoom.

Sept. 14th: Chapters 1–4.

Sept. 21st: Chapters 5–8.

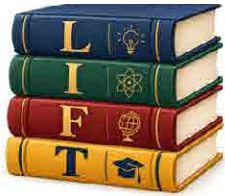
Sept. 28th: Chapters 9–12.

Open to everyone!!! Sponsored by Winding River Sangha.



MVUUF Member Groups

LIFT



LIFT

has an exciting year planned for you.

October 3 – Tami Vogel, Executive Director, Wildlife Rehabilitation Center of Minnesota, t
The busiest wildlife hospital in North America.

November 7 – Kim Ratz, Speaker, Power Your Attitude With Gratitude

December 5th – Reverend Diana McLean, MVUUF Minister, *Defiantly Joyful, Unitarian
Universalist LBGTQIA+ Histories*

January 9 – Steve Danko, Dr. Seuss

February 6 – Marilyn Listvan, Great Decisions – video and discussion on an American foreign
policy

March 6 – TBD

April 3 – Group Read and discussion, *The Sentence*, Louise Erdrich – A novel shortlisted for
the Women's Prize for Fiction and longlisted for the Andrew Carnegie Medal for
Excellence in Fiction.

May 1 – Steve Sikora, speaker on Frank Lloyd Wright

Like Games?

Mah Jongg
Fridays at 10am



Poker
1st Friday at 7pm





MVUUF Member Groups

Second Thursday Discontinued

Changes to Second Thursday and Religion Ethics and Ideas from John Peloquin

Second Thursday

I will no longer do Second Thursday (formerly known as Men's Group). It has been increasingly difficult to find speakers every month. I want to thank all of those who have attended over the many years and especially those who have attended frequently in recent years.

Religion Ethics and Ideas

I will continue to do Religion, Ethics and Ideas by Zoom on the second Thursday of the month at 7 PM (the old time slot for Second Thursday FKA Men's Group). On occasion I may find an outside speaker for the topic to be discussed. Anyone who has an idea for a topic they would like discussed should contact me.

John Peloquin
952 200 1846

Religion, Ethics & Ideas Sept 10 7 PM

Preamble to the Declaration of Independence

Religion Ethics and Ideas will meet by Zoom on Thursday Sept 10 at 7PM (see link below). In recognition of the 250th anniversary of the Declaration of Independence, our topic will be the memorable phrase "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness...."

Likely topics for discussion:

What did the Founders mean by these words? Was belief in a Creator a cornerstone of the Declaration? Is there a connection between "all men are created equal" and the biblical phrase "made in the image and likeness of God"? Is there a connection between "all men are created equal" and the old UU first principle "the inherent worth and dignity of every person". Contradiction between "Liberty" and the existence of slavery. Where does the idea that our rights are self-evident come from? What influence have these words had over time and space.

All are invited to attend. For questions contact John Peloquin.

[Zoom link](#)



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MVUUF Member Groups

Evening Book Club

Welcome back to a new year of reading! The Evening Book Group continues its pursuit of knowledge with a new list of books. Alternating nonfiction and fiction, the upcoming selections are:

- September 17, 2026 *Engineers of Victory: The Problem Solvers Who Turned the Tide in the Second World War* by Paul Kennedy
- October 15, 2026 *Frankenstein* by Mary Shelley
- November 19, 2026 *1929: Inside the Greatest Crash in Wall Street History* by Andrew Ross Sorkin
- December 17, 2026 *The Borrowed Life of Frederick Fife* by Anna Johnston
- January 21, 2027 *The Demon of Unrest* by Erik Larson
- February 18, 2027 *Wolf Hour* by Jo Nesbø
- March 18, 2027 *The Brilliant Abyss: Exploring the Majestic Hidden Life of the Deep Ocean and the Looming Threat that Imperils It* by Helen Scales
- April 15, 2027 *Beautiful Animals* by Lawrence Osborne
- May 20, 2027 *Relinquished: The Politics of Adoption and the Privilege of American Motherhood* by Gretchen Sisson
- June 17, 2027 *The Sweetness of Water* by Nathan Harris
- July 15, 2027 *Talking to Strangers: What We Should Know About the People We Don't Know* by Malcolm Gladwell
- August 19, 2027 *Whistler* by Ann Patchett

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



Uni-Sun

Events of Interest



Save the Date

Ginny Christiansen Memorial

The memorial for long-time MVUUF member Virginia "Ginny" Christiansen will be Saturday, October 10th at 2 PM.



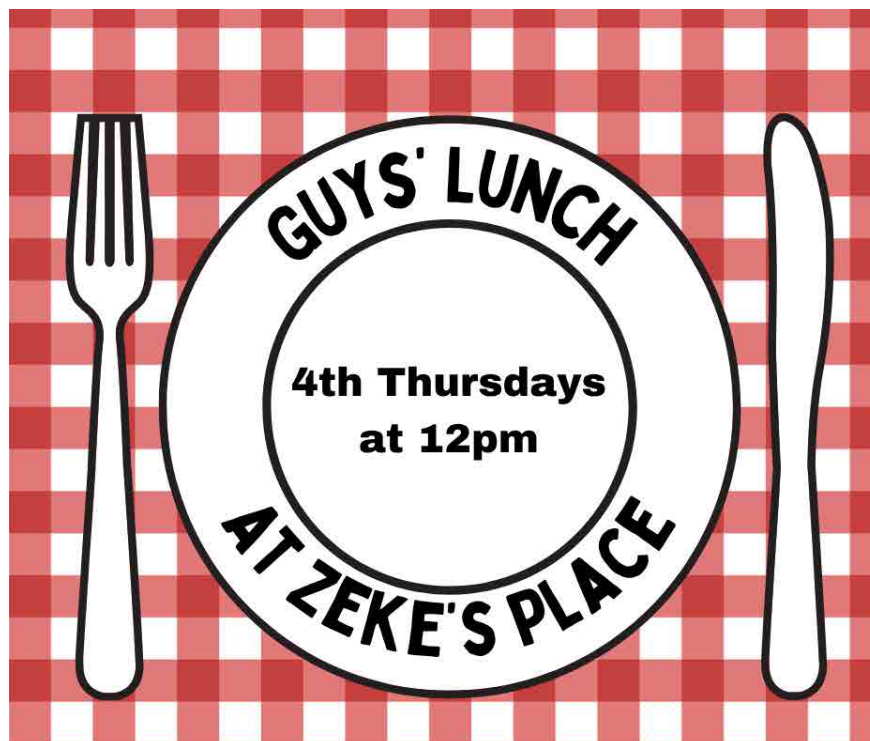
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MVUUF Member Groups



Beyond Sunday Group

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



Helpful information

Recycling at MVUUF

Please remember we are no longer participating in the plastic bag project. Please take your plastic grocery bags to a grocery store for recycling. All Cub and Kowalski's stores plus many others accept plastic grocery bags for recycling.



We will accept small amounts of plastic film (no bags) through Ridwell but will have to throw out plastic grocery bags if they are left at MVUUF.

Ridwell September pickups are the 9th and 23rd. Please have your recycling sorted properly by September 8 and 22.

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!

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
30 10:30am - Sun. Svc 11:30am - Soul 3pm - Buddhist	31	1	2 10am - Refrigerators 6pm - MA Marijuana	3	4 10am - Mah Jongg 11am - Uke Jam -	5 3pm - Buddhist
6 10:30am - Sun. Svc 11:30am - Soul 11:45am - SARJ	7 Labor Day	8 10am - Needlework 7pm - Needlework	9 6pm - MA Marijuana	10 6:30pm - BoT 7pm - REI	11 10am - Mah Jongg 10am - Needlework	12 3pm - Buddhist
13 10:30am - Sun. Svc 11:45am - Spirit 12pm - OWL -	14 7pm - Winding River	15 10am - Needlework	16 6pm - MA Marijuana	17 5:30pm - 7pm - Evening Book	18 10am - Mah Jongg 11am - Uke Jam -	19 10am - NWG - Come 3pm - Buddhist 5:30pm - WiCoM
20 10:30am - Sun. Svc	21 10:30am - Soul 7pm - Winding River	22 10am - Needlework 7pm - NWG evening	23 6pm - MA Marijuana	24 12pm - Guys Lunch	25 10am - Mah Jongg	26 3pm - Buddhist
27 10:30am - Sun. Svc 12pm - Choir Retreat- 12pm - OWL -	28 2pm - Soul Matters 7pm - Winding River	29 10am - Needlework	30 6pm - MA Marijuana	1	2 10am - Mah Jongg 11am - Uke Jam - 7pm - Poker	3 10:15am - LiFT 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. mnvalleyuuu.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@mnvalleyuuu.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@mnvalleyuuu.org

Church Directory



Are you a member of MVVUF?

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

Email Jeannie at office@mnvalleyuuu.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

 UUA.ORG/IMAGES



Uni-Sun

Staff, Committee & BOT

BOARD OFFICERS OF THE FELLOWSHIP AS OF 7/1/2026

Chair & Board Member	Becky McPeck
Chair-elect & Board Member	Kelley Hughes
Secretary & Board Member	
Treasurer	Richard Duffin

BOARD WORKGROUPS

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

MVUUF STANDING COMMITTEES AS OF 7/1/2026

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	Anthony Dallozzi
Operations	Steve Danko
Personnel	Myra Basar
Safety & Security	Anthony Dallozzi
Social Action Racial Justice	Kestrel Martin
Stewardship	
Technology	Richard Duffin

BOARD TRUSTEES AS OF 7/1/2026

Trustee & Board Member	Doug Bruce
Trustee & Board Member	Tom Ehlinger
Trustee & Board Member	Stuart Smith
Trustee & Board Member	Carolyn Smith
Trustee & Board Email	board@mnvalleyuu.org

MVUUF

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612-216-4113

Director of Children, Youth & Family

Maria Bavier, CYF@mnvalleyuu.org
612-216-4224

Director of Music Ministries

Nicole Collins, music@mnvalleyuu.org

Treasurer

Richard Duffin, treasurer@mnvalleyuu.org

Accompanist

Lark Lewis, piano@mnvalleyuu.org

OWL Coordinator

Carla V. Ries owl@mnvalleyuu.org

Uni-Sun Item Submission Information

The deadline for UNI-SUN is the 20th of the month. Submit articles to office@mnvalleyuu.org

