

MIDWEST UNITARIAN UNIVERSALIST SUMMER ASSEMBLY
(MUUSA)

presents

ZOOMSA!

JULY 4 - 10, 2021

A week of online connection and inspiration
Register at muusa.org

WELCOME

Dear Friends!

How I wish I could be preparing to gather in person! While the decision to meet virtually this year was a difficult one, it was also the only safe choice. But I miss seeing you all in person!

Nevertheless, your Planning Council has put together an amazing variety of programming for you all for virtual MUUSA - or ZOOMSA - this week! We have programming during the day and the evening and something for every age group. I know you will find things to do and ways to connect with other campers! Choose from social time, games, vespers, worship, exercise, beverage tasting, cooking, critical thinking, and so much more! I hope to see you "next week" at Zoomsa!

Susan Stafford
MUUSA PRESIDENT

“

I predict we'll have
an excellent
reunion in July. I'm
virtually certain.

~Ken S.

GOING VIRTUAL

What can you expect from online camp?

Zoomsa programs will be presented via **Zoom or YouTube**. If you have experience using both of those, you will easily be able to access all of the offerings. If you don't feel comfortable with those platforms, please send a note to apc@muusa.org and we'll connect with someone who can personally assist you.

Programming has been scheduled throughout the day in order to accommodate a variety of availability. If you are not able to attend a presentation at the time it's offered, you may be able to view it later. The **sessions which are being recorded** will be indicated with this icon:  Links to those recordings will be available at muusa.org after the session.

When sessions have a large number of participants and are more social or interactive in nature, we will break into **Zoom Rooms**. If that happens, your Zoom host will randomly assign you to a smaller breakout group in order to facilitate conversations.

Some of our programs have a limit on the number of participants and this will be noted in the description. You will want to **register early** in order to reserve your spot in those sessions.

For the "no limit" programs and social events, you can simply show up at the posted time. However, some of these offerings can only be done if you acquire some items ahead of time. If you **indicate your interest** on the registration form, presenters will know to send you the materials list ahead of time. These supply lists will also be available at muusa.org.

Early Registration ends June 1

Campers who **register by June 1** will be invited to submit videos for the Opening Celebration and Virtual Choir. General Registration continues through the end of camp on July 10. Zoomsa is FREE but we still need everyone to register.



Are you ready?

- 1** Go to muusa.org to register everyone in your household for **FREE!**
- 2** While you are registering, could you consider making a **donation** to cover our costs (like zoom licenses, programming fees, insurance, administrative fees. etc.)? We also hope to make a donation to Trout Lodge.
- 3** Once you are registered, you will be able to access the [Zoomsa page](#) at muusa.org where you will find a calendar and links to materials and sessions
- 4** Send in your **video** for the Opening Celebration and/or virtual Awesome Choir video by June 1. Sign up for Coffee House by June 30.
- 5** Watch for **emails** in July with Zoom links and daily reminders about upcoming activities.

CALENDAR

- Children & Youth Programming
- Intergenerational Programming
- Worship & Celebration
- Young Adult (YA) Programming
- Adult Sequential Programming
- Adult Standalone Programming

Times are subject to change! **Bookmark the Zoomsa Calendar** for instant access to the most current schedule and - after June 15 - for links to all of the events:

[Zoomsa Calendar](#)

Times on calendar are shown Central Daylight Time (CDT) zone. For Eastern Daylight Time (EDT) zone, see far left column.

| SUN | MON | TUE |
|----------------|--|--|
| EDT CDT | 4 | 5 |
| 9 AM – 8 AM | bUUtcamp 7:30 – 8:30am | Show Tunes Zumba 7:30 – 8:30am |
| 10 AM – 9 AM | Primordial Sound, Session 1 of 3 9 – 10am | Bridge 9 – 11am |
| 11 AM – 10 AM | Cratty Virtual Parade 10 – 11am | Storytime for Every 10 – 11am |
| 12 PM – 11 AM | Living My B 10:30 – 11: | Poetry 10:30 – 11: |
| 1 PM – 12 PM | Loom Hat, Session 1 11:30am – | Come to the Tent! 11:30am – |
| 2 PM – 1 PM | YA Lunch and Catch 12 – 1pm | YA Lunch and N 12 – 1pm |
| 3 PM – 2 PM | Design Bas 12:30 – 1:30pm | Science and 12:30 – 1:30pm |
| 4 PM – 3 PM | Crafts for Younger C 1:30 – 2:30 | Living My Best Lif 2 – 3pm |
| 5 PM – 4 PM | Opening Celebration 4 – 5pm | Gifts from the Par 3:30 – 4:30pm |
| 6 PM – 5 PM | Taste the Rainbow 5 – 6pm | Tarot Card Readin 3:30 – 4:30pm |
| 7 PM – 6 PM | Meyer (Gr. 6-8) Op 5 – 6pm | You CAN Cook 5 – 6pm |
| 8 PM – 7 PM | Pie-triotic Party 6 – 7pm | Beer Choir 6 – 7pm |
| 9 PM – 8 PM | YA Welcome Session 7 – 8pm | Pagan Vespers 7 – 8pm |
| 10 PM – 9 PM | Burt (Gr. 9-12) Orientation 8 – 9pm | YA Game Night (J 7 – 8pm) |
| 11 PM – 10 PM | | Intergenerational "Among Us" Game N 8 – 9pm |
| 12 AM – 11 PM | | YA Worship 9 – 10pm |
| | | Proch Party 9 – 10pm |
| | | YA Worship 10 – 11pm |

SUBSCRIBE TO CALENDARS



Use these links to import Zoomsa events directly into your own calendar program. (Junior and Senior High events will be sent directly to campers.)

Children & Youth Calendar

Intergenerational Calendar

Worship and Celebration Calendar

Young Adult (YA) Calendar

Adult Calendar

| | | WED | THU | FRI | SAT |
|-------|-------|---|---|--|--|
| | | 7 | 8 | 9 | 10 |
| 9 AM | 8 AM | bUUtcamp 7:30 – 8:30am | Show Tunes Zumba 7:30 – 8:30am | bUUtcamp 7:30 – 8:30am | |
| 10 AM | 9 AM | Primordial Sound, Session 2 of 3 9 – 10am | Getting Older Ain't For Sissies 9 – 10am | Primordial Sound, Session 3 of 3 9 – 10am | Leaving a Legacy 9 – 10am |
| 11 AM | 10 AM | Crafts for Older Crafters 10 – 11am | | Cratty Story/Play Read 10 – 11am | YA Brunch 10 – 11am |
| 12 PM | 11 AM | Grumpy Old Men 10:30 – 11:30am | Living My Best Life, Session 4 10:30 – 11:30am | Living My Best Life 10:30 – 11:30am | Getting Older Ain't 10:30 – 11:30am |
| 1 PM | 12 PM | YA Lunch and Games 12 – 1pm | Come to the Tent! 11:30am | YA Cookie Decorating 12 – 1pm | Show Tunes Zumba 11:30am – 12:30pm |
| 2 PM | 1 PM | Design Basics 12:30 – 1:30pm | Science and 12:30 – 1:30pm | Design Basics 12:30 – 1:30pm | Science and 12:30 – 1:30pm |
| 3 PM | 2 PM | Living My Best Life PM, Session 3 of 3 2 – 3pm | Living My Best Life 2 – 3pm | Pictionary for Kids 2 – 3pm | Book Discussion 2 – 3pm |
| 4 PM | 3 PM | | | | Living My Best Life 2 – 3pm |
| 5 PM | 4 PM | Tarot Card Reading 3:30 – 4:30pm | Memorial Service 3:30 – 4:30pm | | Bridge 2 – 4pm |
| 6 PM | 5 PM | Mixology 5 – 6pm | Annual Meeting 5 – 6pm | Tarot Card Reading 3:30 – 4:30pm | Sing with Pam! 3 – 4pm |
| 7 PM | 6 PM | You CAN Cook 6 – 7pm | Mixology 6 – 7pm | Speakeasy Social 5 – 6pm | Closing Celebration 4 – 5pm |
| 8 PM | 7 PM | Movie Night 7 – 8:30pm | Taste the Rainbow 7 – 8pm | Gifts from the Pandemic 6:30 – 7:30pm | Speakeasy 5 – 6pm |
| 9 PM | 8 PM | Mid-Week Catechesis 7 – 8pm | YA Tie-Dye 7 – 8pm | YA Coffee Hour 7 – 8pm | You CAN Cook 6 – 7pm |
| 10 PM | 9 PM | YA Worship 9 – 10pm | Intergenerational Jackbox Game Nigh 8 – 9pm | Coffeehouse 7 – 9pm | YA "Walk This Way 7 – 8pm |
| 11 PM | 10 PM | Late Night Vespers 9 – 10pm | | Proch Party 9 – 10pm | |
| 12 AM | 11 PM | YA Worship 10 – 11pm | | YA Worship 10 – 11pm | |

WORSHIP & CELEBRATION

OPENING CELEBRATION

July 4 @ 4:00pm CDT



Led by Dr. Glen Thomas Rideout & Rev. Misha Sanders

Celebrate being together again with an opening session featuring our guest speakers and performances by campers. All are invited to submit a video greeting by June 1 so that it can be added to an all-camp video.

PAGAN VESPERS

July 5 @ 7:00pm CDT



Led by Eric Hinkle and Pam Blevins Hinkle

Gather the ancestors to sing, give thanks and pray for the community.

MIDWEEK CELEBRATION

July 7 @ 7:00pm CDT



Led by Rev. Keith Kron

We'll pause in the middle of our week to sing, reflect and celebrate together.

MEMORIAL SERVICE

July 8 @ 3:30pm CDT



Led by Ruellen Fessenbecker

Memorial Service. We will gather to remember campers who have passed away during the year. There will be time for quiet reflection as well as time to share memories of the lives of these campers.

LATE NIGHT VESPERS

July 8 @ 9:00pm CDT



Led by Bill Lyon & John Sandman

Intergenerational Vespers celebrating the unique aspect of worship in the dark.

CLOSING CELEBRATION

July 10 @ 4:00pm CDT



Led by Dr. Glen Thomas Rideout & Rev. Misha Sanders

Our guest co-speakers will close out our time together and lead us in saying "See you next week!"



= session will be recorded and available to watch on YouTube

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GUEST SPEAKERS

Opening & Closing Celebrations

Rev. Misha Sanders is feeling very blessed to be the Senior Minister at Northwest Unitarian Universalist Congregation in beautiful Sandy Springs, Georgia. She is a fiery preacher of the good news of Unitarian Universalism, and believes that the whole world is built and rebuilt by the stories we tell ourselves and each other.



REV. MISHA SANDERS



DR. GLEN THOMAS RIDEOUT

Artist, theologian, teacher Dr. Glen Thomas Rideout is among Unitarian Universalism's most prolific worship leaders, an influential voice in worship and music craft in a season of fundamental culture shift faith-wide. As Director of Worship and Music for First Unitarian Universalist Congregation of Ann Arbor, Rideout leads the uncommonly-collaborative team worship planning process. During his tenure, Ann Arbor's worship and music ministries have risen to be denominational leaders in congregational singing innovation, ensemble spiritual practice, and liturgical imagination.



REV. KEITH KRON

Midweek Celebration

Rev. Keith Kron is the Director of the Transitions Office for the Unitarian Universalist Association, helping congregations and ministers as they navigate the ministerial search process. He is the former Director of the Office of Bisexual, Gay, Lesbian, and Transgender Concerns for the UUA. He has taught an online course for school on children's literature. He has created a special Harry Potter Jeopardy game and is considered by many to be an expert on Harry Potter.

INTERGENERATIONAL PROGRAMMING

July 5 @ 8:00pm CDT

"AMONG US" GAME NIGHT

Hosted by The Cable/Lensink Family

Bring your phone and play "Among Us," an online multiplayer social deduction game. Or just bring yourself and observe the fun.

Creation Sessions:

July 5 & 6 @ 3:30pm CDT

Final Sharing Session:

July 8 @ 6:30pm

GIFTS FROM THE PANDEMIC

Led by Karen Seymour-Ells

The last year has been challenging for so many of us, but for some, it has offered unexpected gifts or opportunities. Within the challenges we have discovered different ways of maintaining relationships, new strengths within ourselves. This workshop/event would feature 8 storytellers each developing a 5 minute story about something that has happened within the last year. They need to attend a Zoom workshop (or two) ahead of the event, provide each other with feedback and hone their tale. **Limit 8 storytellers. No limit on audience at final story sharing session.**

July 6 @ 10:00am CDT

STORYTIME FOR EVERYONE

Led by Jocie Luglio

Jocie will curate and read diverse picture books aloud while sharing on-screen illustrations.

July 6 & 8 @ 11:30am CDT

COME TO THE TENT

Hosted by Deirdre Sheets

All ages are invited to drop in to the tent from 11:30am - 1:00pm to participate in a collaborative art project that will be shared during closing ceremony.

July 5 & 9 @ 11:30am CDT

LOOM KNIT A HAT



Led by Jennifer Nahm

Knitting on a round loom is a fun craft that is easy for all ages. No previous knitting experience is necessary. Participants will need a knitting loom and yarn (a supply list will be provided before the workshop). The first session will teach participants how to start a hat. The second session will teach participants how to finish the hat and discuss different stitches that can be used on the loom as well as hat variations. **No limit**

July 6 & 9 @ 7:00pm CDT

COFFEE HOUSE



Hosted by Laurel Hermann,
Steve Krahne & John Sandman

This summer we will offer two Coffee House events where campers can share their live or pre-recorded talents. Interested in participating? The link to the sign-up form will be sent to all registered campers. Deadline for Coffee House sign-up is June 30.

July 8 @ 8:00pm CDT

JACKBOX GAME NIGHT

Hosted by The Enersen Family

Join campers of all ages for a rousing hour of easy-to-learn online games. You will view the game in Zoom and submit answers using separate mobile device or second browser window.

July 10 @ 3:00pm CDT

SING WITH PAM!

Led by Pam Blevins Hinkle

Quickly learn simple, joyful songs that are the medicine we need for these times!



= session will be recorded and available to watch on YouTube

www.muusa.org



CHILDREN'S PROGRAMMING

ALSO KNOWN AS "CRATTY"

JULY 5

10:00am CDT

VIRTUAL PARADE VIEWING

Prior to camp, all Cratty kids are invited to submit pictures or short video for a virtual parade. Cratty coordinators will assemble the pictures/videos into one video to be shown.

1:30pm CDT

CRAFTS FOR YOUNGER CRATTY KIDS

We will do a fun craft using simple household items.

JULY 7

10:00am CDT

CRAFTS FOR OLDER CRATTY KIDS

We will do a fun craft using simple household items.

7:00pm CDT

MOVIE NIGHT FOR KIDS

Let's watch a family-friendly video over Zoom!

JULY 6

2:00pm CDT

HANGOUT ON ZOOM

Will have separate Zoom breakout rooms for each age group where the kids can just hangout. Perhaps they could interview each other about what they did over the past year and what they plan to do before next year MUUSA.

JULY 8

2:00pm CDT

PICTIONARY FOR KIDS

Over Zoom, one person draws pictures for others to guess the word.

JULY 9

10:00am CDT

STORY/PLAY READING

The older Cratty kids will read a story or a play script to the younger kids.

JUNIOR HIGH PROGRAMMING

ALSO KNOWN AS "MEYER"



In the Junior High Program or “Meyer,” grades 7-9 create a safe place for sharing, learning their own boundaries and building one heck of a community. This year, we will be holding some online programming throughout the week, including workshops, games, talent shows, and other events. All interested Meyerites should attend the Meyer Opening on Sunday night at 5pm CDT. For more information, contact Ben Krueger (benjkrueger@gmail.com) and Trevor Smith (TrevorSmith7224@gmail.com).

for those entering 7th - 9th Grades

HIGH SCHOOL ALSO KNOWN AS "BURT" PROGRAMMING



In our Senior High program, which we call “Burt,” we create a community where we love and support everyone no matter what, where we become courageous and responsible, discover ourselves, make life-long friends, and have a ton of fun. This year, like last year, we will be holding programming online throughout the day and into the evening. Programming for “Burtoids” will include workshops, worship, music sharing, games, talent shows, and other yearly traditions. All interested Burtoids must attend our Burt Opening on Zoom on Sunday night at 8:00pm Central for orientation and covenant building. For more information, contact Abe Marsh (abemarsh@gmail.com) and/or our new Burt co-coordinator, Margaret Mitchell (coronamadonna@gmail.com)

for those entering 10th - 12th Grades

Registration is open now at www.muusa.org

YOUNG ADULT PROGRAMMING



JULY 4 7:00pm CDT YA WELCOME SESSION A general get-to-know-you introductory event

JULY 5
12:00pm CDT
LUNCH & CATCH UP

Come to eat lunch and say hi to new & old faces.

7:00pm CDT
JACKBOX/AMONG US

YAs play games over Zoom or Discord

9:00pm CDT
YA WORSHIP

JULY 6
12:00pm CDT
LUNCH & MUSIC

Come to eat lunch and share good music.

7:00pm CDT
SUPER SMASH BROS.

YAs come together to compete online.

10:00pm CDT
YA WORSHIP

JULY 7
12:00pm CDT
LUNCH & GAMES

Come eat lunch and play an online game, or just hang out.

7:00pm CDT
TIE-DYE PAINTING

Request a kit (quantities are limited) or use your own supplies.

9:00pm CDT
YA WORSHIP

JULY 8
12:00pm CDT
COOKIE DECORATING

Bring ingredients to make cookies together.

7:00pm CDT
YA COFFEE HOUSE

Bring your best talents, or come to cheer on YA pals just like at Trout Lodge.

10:00pm CDT
YA WORSHIP

JULY 9
12:00pm CDT
PETS AND CHILL

Come say hi with some pets - feel free to bring lunch.

7:00pm CDT
DANCE TUTORIAL

Learn how to do the "Walk This Way" dance that the MUUSA YAs are known for.

10:00pm CDT
YA WORSHIP

JULY 10
10:00am CDT
YA BRUNCH

Bring whatever brunch recipes you want, or just bring pancake mix!

12:00pm CDT
BYES & END-OF-WEEK MEETING

Young Adult (YA) Programming is organized by and geared toward campers 18 - 35.

SEQUENTIAL ADULT PROGRAMS

Participants should plan to attend all sessions consecutively

AM SESSION:

JULY 5 - 9 @ 10:30AM CDT

PM SESSION:

JULY 5 - 9 @ 2:00PM CDT

#LIVINGMYBESTLIFE

Led by Jamie Shepherd

Through exploration of purpose and meaning, #LivingMyBestLife empowers participants to maximize their potential and live their best lives. Going beyond passion to consider purpose, participants explore how they can utilize their gifts and talents in service to something bigger than themselves. This workshop will be especially beneficial to Young Adults who are considering what major or career to pursue, but it is also a great opportunity for adults of all ages to re-focus through career and life transitions.

Participants are encouraged to use a notebook throughout this class, but loose leaf paper is also fine! Printable resources will also be provided, but you don't need to print them to participate fully!

This 5-session workshop will be offered twice, once in AM and once in PM. **Limit 25 per workshop.**

July 5, 7 and 9 @ 9:30am CDT

INTRODUCTION TO: PRIMORDIAL SOUND MEDITATION

Led by Valarie Palacios

An opportunity to deepen and enliven any meditation practice. We will learn basic concepts of Primordial Sound Meditation and how it can benefit a person's life and enrich the soul. We will focus on each spiritual law and how to incorporate them into daily intentions. This class is designed for the first-time meditator, the advanced spiritualist, and everyone in between! **No limit.**

July 5 - 9 @ 2:00pm CDT

DESIGN BASICS: REALISM TO ABSTRACTION

Led by Stephanie Robertson

Do you like to paint, quilt and collage but want to make your designs more interesting? In this workshop we will start with our own photographs and work towards creating an abstract work of art by the end of the week. Students will attend three virtual sessions, with the final session serving as a showcase of the work created during the week. They will also be invited to attend virtual one-on-ones with me during the week to discuss their design ideas. **Limit 12.**

July 5, 7 and 9 @ 12:30pm CDT

SCIENCE AND PSEUDO-SCIENCE

Led by Carolyn Hildebrandt & Ken Sharp

Daily, we are bombarded with "scientific" claims that may or may not be true. In this age of "alternative facts" and evidence-free assertions, critical thinking is of paramount importance. In this workshop, we will explore the history of science and pseudoscience and ways in which we can identify facts and misinformation about topics such as creationism, climate change, conspiracy theories, medical quackery, vaccines, and COVID-19, and help people think about them in more scientific ways. Carolyn Hildebrandt is a professor of psychology who has taught college-level courses on this topic in London and the U.S. Ken Sharp is a retired professor of chemistry with interests in the history of science. **No limit.**



= session will be recorded and available to watch on YouTube

www.muusa.org

STANDALONE ADULT PROGRAMS

Each session is unique and campers can attend as many as they like

July 5, 7 & 9 @ 7:30AM CDT

BUUTCAMP FOR ALL LEVELS OF FITNESS

Led by Pamela Hermann

Join us for a morning workout combining strength and high impact interval training. Workshop will include a warmup, 30-40 minutes workout and a cooldown and stretch. This is informal and fun and modifications will be provided to meet you wherever you are in your fitness journey! Note that the workshop leader is an enthusiastic fitness advocate but not a certified trainer. Participants should bring a yoga mat and pair of free weights or resistance bands. Come sweat with us! **Limit 20 per session.**

July 5 @ 5:00pm CDT, July 7 & 9 @ 6:00pm CDT

DISCOVERING YOU CAN COOK

Led by Jodi Perko

If your diet consists mainly of frozen meals heated up in the microwave, bowls of cereal, and/or you have take-out boxes filling your fridge, then this can help you on your way to eating tastier and healthier foods! We'll prepare simple meals together, requiring no special tools aside from a good-sized skillet and a pot, a mixing bowl, and a sharp knife. Recipe ingredients will be basic, and participants will be emailed a list prior to the scheduled meeting. **Limit 25 per session.**

July 6 @ 9:00am CDT, July 10 @ 2:00pm CDT

BRIDGE

Led by Steve Enersen

Table(s) of bridge using Trickstercards.com. Participants should be experienced bridge players of intermediate ability and above. Participants would be accepted in units of four. Example: If 11 people sign up, the first 8 would be accepted and the session would consist of two tables. If 15 sign up, we would accommodate the first 12. Two hours. **Limit 16.**

July 10 @ 9:00am CDT

LEAVING A LEGACY

Led by Bill Lyon

We will explore motivations and techniques for supporting favorite charities. **Limit 24.**

July 6 & 10 @ 10:30am CDT, July 8 @ 9:00am CDT

GROWING OLDER AIN'T FOR SISSIES

Led by Terri Gaitskill

A series of informational talks covering important issues that arise as we get older: physical, emotional challenges, dietary needs, advance care planning, etc. given by a master's prepared registered nurse with more than 50 years' experience. **No limit.**

July 5 @ 10:30am CDT, July 9 @ 10:30am CDT

POETRY

Led by Katie Whaley

We write poetry together, go over and help edit previous poems, and bring poems we like to discuss them. **No limit.**

July 7 @ 5:00pm CDT, July 8 @ 6:00pm CDT

MIXOLOGY

Led by Steve Krahne

Steve will provide recipes for 4 cocktails (with "mocktail" alternatives for people who don't drink alcohol) in advance, with brief histories of each drink, as well as suggestions for appetizers. Then we meet and discuss. **No limit.**

July 5 & 6 @ 5pm CDT, July 8 @ 7pm CDT

TASTE THE RAINBOW

Led by Nate Warner

Taste the Rainbow, but remotely There's much more to the world of fermented liquids than wine and yellow fizzy stuff; let's appreciate some of it! Bring a favorite beer or two to the Zoom gathering in order to learn about a variety of flavors. **No limit.**

July 6 & 8 @ 12:30pm CDT

YOGA

Led by Ruth Day

All levels yoga workshop, including restorative yoga, yin yoga a bit of vinyasa flow and always, sound healing, poetry, sarcasm and me being generally wacky as needed. Also some meditation. **No limit**



Continued



= session will be recorded and available to watch on YouTube

www.muusa.org



Standalone adult programs
continued from previous page

July 5, 7 & 9 @ 3:30pm CDT

VIRTUAL TAROT CARD READING

Led by Chris Whittaker

Live tarot reading. Have your cards read or just watch the fun! (Since this is not a private reading, please avoid questions that may cause embarrassment or pain.) I have been reading tarot since 1995 or so. **Limit 12 readings per session, no limit on observers.**

July 5 & 9 @ 2:00pm CDT

BOOK DISCUSSION

Led by Amy Miller

Read one or both of our literary selections and meet to discuss. Visit muusa.org for titles and further information. **Limit 12.**

July 6 & 8 @ 7:30am CDT, July 10 @ 10:30am CDT

SHOWTUNES ZUMBA

Led by Julie Enersen

Dance to great showtunes and oldies while improving health. Zumba is dance fitness perfect for anyone who wants to add some movement to their lives but would like to adapt the easy-to follow choreography to their own fitness levels. (Yes, you can dance in a chair!) If you have comfy clothing and some space in which to move, you're ready for this! **No limit.**

Rehearsal: April 10 @ 10:00am CDT

Recordings: Due June 1

VIRTUAL AWESOME CHOIR



Led by Pam Blevins Hinkle & Julie Enersen

Pam will teach music to any interested singers via Zoom on April 10 at 10am CDT. By June 1, participants will submit videos of themselves singing the songs individually. Julie will combine the recordings into videos which will be shared during our Celebrations. **No limit.**

ADULT SOCIAL EVENTS

July 4 @ 6:00pm CDT

PIE-TRIOTIC PARTY

Hosted by Program Council & Executive Committee

Pie is an important part of our MUUSA culture. Let's kick off Zoomsa with a party celebrating desserts of all kinds. Bring your favorite and be ready to tell us about it. If you're in an early time zone, remember what they say, "Eat dessert first!"

July 5 @ 6:00pm CDT

BEER CHOIR



Hosted by Steve Krahne

We drink beer and sing. Not exactly sure how it will work on Zoom, but we are all leaders in our fields, we all love to sing, and we all like beer (except Soni).

July 6 @ 3:30pm CDT

CRAFTING BEE



Hosted by Connie Loftman

Whether it's knitting, crocheting, quilting, felting, or (you name it), if you enjoy doing it in the chatty company of others, this workshop is for you. Just bring your new, unfinished, or finished project to the Zoom screen and we will "show and tell" and mostly talk.

July 6 & 9 @ 9:00pm CDT

PROCH PARTY

Hosted by Eve Cusack (July 6) and Pamela Hermann (July 9)

A long time ago, a hard-working newsletter editor spelled "porch" wrong. "Proch" is a reference to that micro-blunder and refers to a gathering of MUUSAns. End your day with casual conversations on our virtual "Proch."

July 6 & 9 @ 6:00pm CDT, July 10 @ 5:00pm CDT

SPEAKEASY

Hosted by Julie & Steve Enersen, Amy Miller, Susan & Todd Proebsting

Remember when we would meet on the deck of Trout Lodge to share a story or snack before dinner? Let's do that again! Depending on numbers, we'll either stay in one group or break off into Zoom rooms to discuss the question of the day or have a free-form chat.

July 7 @ 10:30am CDT

GRUMPY OLD MEN



Hosted by Guy Loftman

Grumpy Old Men talk things over. Our allies are, of course, welcome.



= session will be recorded and available to watch on YouTube

www.muusa.org

A photograph of a person sitting on a wooden dock, fishing from a small boat. The person is wearing a blue long-sleeved shirt, shorts, and a wide-brimmed hat. The water is calm, and the sky is filled with warm, golden light from the setting sun.

ONGOING ACTIVITIES

ART FAIR

BOOK STORE

FIND THE FIGURINE

MOVE TOGETHER

VIRTUAL BINGO

CALLING ALL ARTISTS!

We are exploring the idea of offering camper artwork for sale in an online gallery. If you are an artist who would like to participate, please let us know on your registration form! If we have enough interest, we will look further into creating this online venue.

FOUND AT MUUSA.ORG

We have partnered with InSpirit Bookstore to create a list of titles and items especially for our campers. Go to muusa.org starting May 1 to visit our bookstore and to purchase Book Discussion selections while supporting this UU vendor.

I SPY...

How many treasures do you find around camp during MUUSA? Do you have a collection of ducks, dogs, or army men doing yoga? What will be hidden this year and how many will you spot during virtual sessions? Keep track of your "collection" throughout the week.

HOW FAR CAN WE GO?

Let's get moving during Zoomsa and track how many miles we all cover. Can we accumulate enough to make it to Potosi and back? Campers will submit miles (method TBD) and we'll add them up to track our collective progress throughout the week.

FIND FIVE IN A ROW

A bingo card will be shared with all registered campers and will include things to look for during virtual sessions. All ages are encouraged to participate.



REGISTER

Zoomsa is FREE and registration is open now! Space is limited in some sessions, so you'll want to sign up early. Register by June 1 to be part of the opening celebration video, participate in the virtual choir or - for Jr./Sr. High - to receive a care package.

1

Register yourself and others in your household for FREE by clicking the "Register Now" button at muusa.org

2

Visit the [Zoomsa page](#) to check for updates and to find the most current information about our virtual camp.

3

Watch your email for information about how to access the various live and pre-recorded sessions.

Photo Credits: Eve Cusack, Julie Enersen, Anita Jencks, Sarah Lensink, Bill Pokorny, Kathy Salzano, Nate Warner

DAILY SCHEDULE

- Children & Youth Programming
- Intergenerational Programming
- Worship & Celebration

- Young Adult (YA) Programming
- Adult Sequential Programming
- Adult Standalone Programming

Central Time

Sunday
July 4

| | |
|-----------|-------------------------------------|
| ● 4 – 5pm | Opening Celebration |
| ● 5 – 6pm | Taste the Rainbow of Beer |
| ● 5 – 6pm | Meyer (Gr. 6-8) Opening |
| ● 6 – 7pm | Pie-triotic Party |
| ● 7 – 8pm | Young Adult (18-35) Welcome Session |
| ● 8 – 9pm | Burt (Gr. 9-12) Orientation |

Monday
July 5

| | |
|---------------------|---|
| ● 7:30 – 8:30am | bUUtcamp |
| ● 9 – 10am | Primordial Sound, Session 1 of 3 |
| ● 10 – 11am | Cratty Virtual Parade Viewing |
| ● 10:30 – 11:30am | Living My Best Life AM, Session 1 of 5 |
| ● 10:30 – 11:30am | Poetry |
| ● 11:30am – 12:30pm | Loom Hat, Session 1 of 2 |
| ● 12 – 1pm | Young Adult Lunch and Catch Up |
| ● 12:30 – 1:30pm | Design Basics, Session 1 of 5 |
| ● 12:30 – 1:30pm | Science and Psuedoscience, Session 1 of 3 |
| ● 1:30 – 2:30pm | Crafts for Younger Cratty Kids |
| ● 2 – 3pm | Book Discussion |
| ● 2 – 3pm | Living My Best Life PM, Session 1 of 5 |
| ● 3:30 – 4:30pm | Gifts from the Pandemic - Session 1 of 3 |
| ● 3:30 – 4:30pm | Tarot Card Reading |
| ● 5 – 6pm | You CAN Cook |
| ● 6 – 7pm | Beer Choir |
| ● 7 – 8pm | Pagan Vespers |
| ● 7 – 8pm | Young Adult Game Night (Jackbox/Among Us) |
| ● 8 – 9pm | Intergenerational "Among Us" Game Night |
| ● 9 – 10pm | Young Adult Worship |

● Children & Youth Programming

● Intergenerational Programming

● Young Adult (YA) Programming

● Worship & Celebration

● Adult Sequential Programming

● Adult Standalone Programming

Central Time

Tuesday

July 6

| | |
|-------------------|--|
| ● 7:30 – 8:30am | Show Tunes Zumba |
| ● 9 – 11am | Bridge |
| ● 10 – 11am | Storytime for Everyone |
| ● 10:30 – 11:30am | Getting Older Ain't For Sissies |
| ● 10:30 – 11:30am | Living My Best Life, Session 2 |
| ● 11:30am – 1pm | Come to the Tent! |
| ● 12 – 1pm | Young Adult Lunch and Music |
| ● 12:30 – 1:30pm | Design Basics, Session 2 of 5 |
| ● 12:30 – 1:30pm | Yoga |
| ● 2 – 3pm | Living My Best Life PM, Session 2 of 5 |
| ● 2 – 3pm | Cratty Hangout on Zoom |
| ● 3:30 – 4:30pm | Crafting Bee |
| ● 3:30 – 4:30pm | Gifts from the Pandemic - Session 2 of 3 |
| ● 5 – 6pm | Taste the Rainbow of Beer |
| ● 6 – 7pm | Speakeasy Social |
| ● 7 – 9pm | Coffeehouse |
| ● 7 – 8pm | Young Adult Smash Tournament |
| ● 9 – 10pm | Proch Party |
| ● 10 – 11pm | Young Adult Worship |

Wednesday

July 7

| | |
|-------------------|----------------------------------|
| ● 7:30 – 8:30am | bUUtcamp |
| ● 9 – 10am | Primordial Sound, Session 2 of 3 |
| ● 10 – 11am | Crafts for Older Cratty Kids |
| ● 10:30 – 11:30am | Grumpy Old Men Discussion |
| ● 10:30 – 11:30am | Living My Best Life, Session 3 |
| ● 12 – 1pm | Young Adult Lunch and Games |
| ● 12:30 – 1:30pm | Design Basics, Session 3 of 5 |

● Children & Youth Programming

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● Worship & Celebration

● Adult Sequential Programming

● Adult Standalone Programming

Central Time

Wednesday

July 7

(cont.)

- 12:30 – 1:30pm Science and Psuedoscience, Session 2 of 3
- 2 – 3pm Living My Best Life PM, Session 3 of 5
- 3:30 – 4:30pm Tarot Card Reading
- 5 – 6pm Mixology
- 6 – 7pm You CAN Cook
- 7 – 8:30pm Movie Night for Kids
- 7 – 8pm Mid-Week Celebration
- 7 – 8pm Young Adult Tie-Dye Painting
- 9 – 10pm Young Adult Worship

Thursday

July 8

- 7:30 – 8:30am Show Tunes Zumba
- 9 – 10am Getting Older Ain't For Sissies
- 10:30 – 11:30am Living My Best Life, Session 4
- 11:30am – 1pm Come to the Tent!
- 12 – 1pm Young Adult Cookie Decorating
- 12:30 – 1:30pm Design Basics, Session 4 of 5
- 12:30 – 1:30pm Yoga
- 2 – 3pm Living My Best Life PM, Session 4 of 5
- 2 – 3pm Pictionary for Kids
- 3:30 – 4:30pm Memorial Service
- 5 – 6pm Annual Meeting
- 6 – 7pm Mixology
- 6:30 – 7:30pm Gifts from the Pandemic - Sharing Session
- 7 – 8pm Taste the Rainbow of Beer
- 7 – 8pm Young Adult Coffee House
- 8 – 9pm Intergenerational Jackbox Game Night
- 9 – 10pm Late Night Vespers
- 10 – 11pm Young Adult Worship

● Children & Youth Programming

● Intergenerational Programming

● Young Adult (YA) Programming

● Worship & Celebration

● Adult Sequential Programming

● Adult Standalone Programming

Central Time

Friday

July 9

| | |
|---------------------|--|
| ● 7:30 – 8:30am | bUUtcamp |
| ● 9 – 10am | Primordial Sound, Session 3 of 3 |
| ● 10 – 11am | Cratty Story/Play Reading |
| ● 10:30 – 11:30am | Living My Best Life, Session 5 |
| ● 10:30 – 11:30am | Poetry |
| ● 11:30am – 12:30pm | Loom Hat, Session 2 of 2 |
| ● 12 – 1pm | Young Adult Pets and Chill |
| ● 12:30 – 1:30pm | Design Basics, Session 5 of 5 |
| ● 12:30 – 1:30pm | Science and Psuedoscience, Session 3 of 3 |
| ● 2 – 3pm | Book Discussion |
| ● 2 – 3pm | Living My Best Life PM, Session 5 of 5 |
| ● 3:30 – 4:30pm | Tarot Card Reading |
| ● 5 – 6pm | Speakeasy Social |
| ● 6 – 7pm | You CAN Cook |
| ● 7 – 9pm | Coffeehouse |
| ● 7 – 8pm | Young Adult "Walk This Way" Dance Tutorial |
| ● 9 – 10pm | Proch Party |
| ● 10 – 11pm | Young Adult Worship |
| ● 9 – 10am | Leaving a Legacy |
| ● 10 – 11am | Young Adult Brunch |
| ● 10:30 – 11:30am | Getting Older Ain't For Sissies |
| ● 11:30am – 12:30pm | Show Tunes Zumba |
| ● 12 – 1pm | Young Adult Byes and End-of-Camp-Meeting |
| ● 2 – 4pm | Bridge |
| ● 3 – 4pm | Sing with Pam! |
| ● 4 – 5pm | Closing Celebration |
| ● 5 – 6pm | Speakeasy |

Saturday

July 10