

The Many Flavors of Joy

The life of a congregation is a rich community tapestry of people, programs, ministries, and worship. We lift up the patterns of this tapestry at Unity Church with the threads of monthly themes woven through our worship and programming. These themes deepen our understanding of our faith and strengthen our bonds with one another in religious community.

This month's theme is joy, and to the casual observer it may seem like a simple theme. But, when we dig a little deeper, questions arise. Is joy and happiness the same thing? When we explore the etymology of the word itself: "joy" is derived from the Latin *gaudere* or *Gaudium* meaning "to rejoice." It is related to delight, pleasure, jubilation, triumph, and exultation. Happiness is understood as an emotion — a state of being which arises from pleasurable experience. J.D. Salinger, the author of *Catcher in the Rye* once wrote: "...the most singular difference between happiness and joy is that happiness is a solid and joy a liquid." We can't fully know what Salinger meant by this, but there's a case to be made that it's the other way around — that happiness is liquid, flowing in and around us due to circumstances, but joy is solid. It is something we are innately born with. Joy is our birthright.

If joy is our birthright, then we have to ask: what prevents us from feeling joyful? Not feeling joyful is different than being depressed. Clinical depression makes it impossible to feel joy. It requires good medication, therapy and support to help restore the ability to feel joy. But that's not the only reason of course. For some, expressing joy has not been part of their family tradition or cultural practice. Some cultures frown upon excessive expressions of joy. Some remember their childhood as being joyless, because of dysfunction or unaddressed grief, thereby making it difficult for them to experience joy as an adult. And some feel that to be truly joyful is a denial of the very real sufferings of others. In the Buddhist magazine *Tricycle*, Dharma teacher James Baraz

reflected on the relationship between serious and disciplined practice and joylessness. Because Buddhism's first Noble Truth is about the reality of suffering, Baraz believed that his suffering would help him become more compassionate. He writes:

The smiling Buddha who had so lovingly inspired during my first years of practice had turned into a stern taskmaster. Practice became a serious endeavor... this focus on suffering actually had a numbing effect. Shutting down my vitality left me feeling rather disconnected from myself and others, and less able to respond compassionately to the suffering of those closest to me.

Joy then, becomes not just one of many human emotions; it is intimately connected to our ability to respond to the struggles and injustice of the world within, among and beyond us. Baraz continues:

Joy creates a spaciousness in the mind that allows us to hold the suffering we experience inside us and around us without becoming overwhelmed, without collapsing into helplessness or despair. It brings inspiration and vitality, dispelling confusion and fear while connecting us with life... [and] Joy has many different flavors. It might overflow from us in song or dance, or it might gently arise as a smile or a sense of inner fullness. Joy is not something we have to manufacture. It is already in us when we come into the world, as we can see in the natural delight and exuberance of a healthy baby. We need only release the layers of contraction and fear that keep us from it.

Although joy is our birthright, it can be

cultivated and strengthened through regular practice. One practice is to continue to understand the nature of impermanence. When we are not attached to who we think we are, life can move through us, playing us like an instrument from which joyful music can arise. When we live in this easy connection with life, we live in joy. Another practice is inclining the mind towards the wholesome. "...This doesn't mean disregarding suffering, it means not overlooking happiness and joy... In waking up, it's important to remember that in addition to the ten thousand sorrows there are also the ten thousand joys..."

There are indeed, ten thousand reasons to live in joy — and our task is to simply find them. Every day. Even when days are hard. Even if it isn't *your* joy that you experience, but another's. We close with these words from the Buddha:

*Live in joy, in love,
even among those who hate.*

*Live in joy, in health,
even among the afflicted.*

*Live in joy, in peace,
even among the troubled.*

*Look within. Be still.
Free from fear and attachment,
know the sweet joy of the way.*

—The Buddha, from the
Dhammapada,
Thomas Byrom, translator

Joyfully yours,
Rev. Kathleen Rolenz writing for the
Monthly Theme Team

Theme Resources

For further reflection on this theme please see this month's Spiritual Practice Packet, available online at unityunitarian.org/chalice-circles.html.



Reflections from the Interim Senior Minister

Rev. Kathleen Rolenz, Accredited Interim Senior Minister

Many of you have commented that I bring a lot of energy and joy to this work — and that is absolutely a truthful observation! Although I knew Unity Church from my conversations with your former ministers, I didn't really know many of *you* or Minnesota culture. However, I've learned a lot in the nine months we've been together, so here's a list of things that I've really *en-joy-ed* in no particular order:

- Working with a dedicated, competent, caring staff who sees their work as a ministry;
- Working with a Board of Trustees who — in every single board meeting — endeavors to embody our antiracism commitments, to keep their eye on the ends and on what is board business, and who cares deeply about their relationship to the congregation;
- Working with the Executive Team; whose disciplined focus on the operations of the church *and* on the larger theological and spiritual concerns is a *joy*; and working with the Minister of Congregational Care to shape the pastoral vision of Unity Church;
- The ways in which you care and show up for one another;
- The emails of generous support I receive from you; as well as the critiques when I do or say something that doesn't sit right — the critiques are fair and thoughtful and respectful;
- The ways in which you have taken the tasks of interim ministry seriously, you've shown up for important conversations about the past, present and future of Unity Church;
- The ways in which you are deeply committed to justice work as evidenced in the number of people involved in the Community Outreach Ministry Teams;
- The ways in which you love our shared worship, the music program, maintaining the organ, your commitment to both ritual and your openness to innovation, the way you laugh in the sanctuary, the way you love our children without patronizing them;
- The way in which you take developing a spiritual life seriously, and the desire to practice that in all you do;
- Oh and yes, I honestly love Minnesota — I have enjoyed all of the seasons!

I have always deeply and passionately loved and enjoyed ministry. But as I've also said, a minister is only as good as the congregation they serve. When boards and staff and congregations are all doing their part in this large and complex dance we do, it can't help but generate *joy*.

I'll be here through June, and Rev. Karen Gustafson will be off. Then, she'll return as your minister on site in July and I'll be gone for most of July. So, keep dancing and yippie'ing and singing and clapping and finding joy — wherever you are this summer or beyond.

Joyfully yours,
Kathleen

Staffing Changes at Unity

Unity Church Executive Team

Unity Church has been blessed with a wonderful staff that has navigated many transitions in the last couple of years. At the same time, it's not unusual for there to be staffing changes during times of transition. We are writing to let you know of some changes.

As many of you know, **Ray Hommeyer** left their position as Coordinator of Children and Family Ministries earlier this year, and Katrina Nichols stepped in temporarily. We are accepting applications and interviewing for the permanent position.

Organist and Youth Choir Director, **Laura Potratz**, has let us know that she will be leaving Minnesota and thus, her position at Unity in July. Laura's dedication and creativity will be greatly missed!

Hospitality Coordinator and Faith Formation Assistant, **Madeline Summers**, has accepted a community engagement position at the Mississippi Market. While we are thrilled about her new role, we will miss her! Her last day with us is May 25. The Executive Team is in discernment about how this position may be reconfigured.

Minister of Congregational Care, **Rev. Karen Gustafson**, and the Executive Team have discerned that in the interests of continuity, we will be hiring a person whose tenure as Minister of Pastoral Care can extend beyond the interim time and into at least the first year of the new senior minister. Rev Karen's contract with Unity will conclude in late summer or early fall. We are grateful for her presence during this interim time.

The Executive Team has been carefully evaluating our staffing structure, including position descriptions, compensation, and benefits, to serve the needs of the church into the future.

JUNE SERVICES

Sunday Worship Services

Join us in-person and via livestream at 10:00 a.m. for summer Sunday services and our Summer in the Garden program for children and youth.

June 4: Finding Joy Amidst the Noise

**Rev. Kathleen Rolenz | Lorelee Wederstrom, worship associate
Ruth Palmer, Director of Music Ministries Emerita**

Livestream: youtube.com/watch?v=7XVLWMaYYaw

Every day brings the news of the latest catastrophe. Another mass shooting. Another insult to the fragile fabric of democracy. Each day we must decide what we choose to listen to and how it will challenge us and change us. This sermon kicks off our final monthly theme of the church year as we reflect on the life-giving role of joy in our lives and how we can learn to practice it on a daily basis.

June 11: Trans | Forming | Lives

Rev. Kathleen Rolenz | Carol Mahnke, worship associate

Livestream: youtube.com/watch?v=Jonz7nKoSIA

There is a concerted effort among many states to deny life-giving treatment to trans and gender non-confirming persons, particularly targeting children and their families. What we don't hear enough about is the ways in which naming and claiming one's identity — even as that identity may shift and change over the course of a lifetime — is a powerful assertion of living a life of integrity, service and joy.

June 18: More Joy, Less Shame

Rev. Kathleen Rolenz | Peggy Lin, worship associate

Livestream: youtube.com/watch?v=dzKcKAHDnQ0

When you think about your own engagement with antiracism and anti-oppression work, what's the first feeling that arises? For some of us, there is a constant drumbeat of shame that accompanies the feeling of never doing enough. How might we increase our shame resilience so that we don't get stuck in the shame that immobilizes us from finding joy in the work?

June 25: General Assembly Sunday

Rev. Manish Mishra-Marzetti

Senior Minister of the First UU Congregation of Ann Arbor, MI

Livestreamed from UUA General Assembly, Pittsburgh, PA.

This Sunday, we're going to try something completely different! Beginning at 9:00, you are invited to a continental breakfast, prepared by Tom Zell and other volunteers. Then, in Parish Hall, we will livestream the 10:00 a.m. General Assembly Sunday morning worship service. The preacher is Rev. Manish Mishra-Marzetti and the worship service often features some of UU's best and brightest liturgists and musicians. For those who can stay afterwards, we'll have a discussion about the election of a new president, the vote around Article II, and anything else that's on your mind!

Offering Recipients

Each week, seventy percent of our Sunday offering is given to a community non-profit and thirty percent supports the Community Outreach Ministry at Unity Church. Donations are gratefully accepted online at bit.ly/sundayoffering.

June 4: Gun Sense Team

Unity's Gun Sense Community Outreach Ministry Team aims to empower Unity Church and its membership to be active citizens in the dialogue around and creation of local, state, and federal policies dealing with gun safety. This collection will support the purchase of supplies to initiate and maintain a sustained conversation about the national pandemic of gun violence both within Unity Church and in the wider community.

June 11: Transforming Families

Transforming Families works to create a supporting community for transgender youth and their families. Families meet other families to share stories and exchange resources at their monthly meetings in the Twin Cities. Unity Church hosts their St. Paul monthly meeting. This collection will help pay for youth facilitators. Unity member Mike Huber is part of Transforming Families leadership.

June 18: The Circle of Peace Movement

The Circle of Peace Movement touches countless lives by working to fulfill its mission to promote racial healing, and keep community members out of the school to prison pipeline through group mentoring of youth and former offenders. Circle of Peace has hosted over 500 Monday meetings at Unity Church where they gather for weekly meals and guided mutual support. This collection will support the circle's weekly meals.

June 25: Giving Voice Initiative

Giving Voice Initiative operates four choruses within the Twin Cities for those living with Alzheimer's and other dementias. Giving Voice aims to increase participant well-being, reduce stigma, and create community through singing. Emerging brain research suggests that singing in community offers participants significant mental and physical benefits while delivering a sense of purpose and joy. This collection will help defray costs for music rights and concert materials. Brian Newhouse and Sally Scoggin are among the many Unity Church members affiliated with Giving Voice Initiative.

To nominate an organization to receive the Sunday offering, visit unityunitarian.org/sunday-offering.html and complete the online nomination form.

BOARD OF TRUSTEES



Working Together

With Open Hearts and Minds
Mary Hernandez, Trustee

Spring has finally sprung! The longer days, blooming perennials, and budding trees bring hope and joy. Folks are out churning the compost and preparing their soil for planting this year's bounty. This

season of renewal and growth parallels this time at Unity Church. All of us have been working hard together to tend our soil, planting seeds of hope for our future and preparing ourselves to re-engage in the search for our next senior minister. By the time you read this column, we will have formally installed the 2023-24 Ministerial Search Team.

We have spent much time listening to one another, repairing ruptures, returning to right relationship, and we are excited to see what grows in our garden. There is still much work to be done, and I know I share with many the feelings of excitement, curiosity, and a little apprehension as we begin this work again. I sincerely hope that our collective and individual work has prepared us to re-engage in this process together with open hearts and minds.

In our conversations with the congregation over the past year, the board has heard that many of you believe we ought to bring more congregational engagement into the trustee recruitment process. We listened carefully to what you have said, and we hear the wisdom in it. As such, our goal is to make the trustee recruitment process more inclusive, with a commitment toward antiracism and anti-oppression.

We have also learned that other UU congregations are already engaged in this practice, including Fox Valley, Dallas, All Souls, and our neighbors over at First Universalist. There is a spectrum of how these churches handle congregational engagement in the recruitment process. Some churches have a separate nominating committee that selects candidates for the board to consider and present to the congregation for approval. Some have a process where aspiring church leaders participate in a leadership development program prior to being considered for various leadership positions, including engagement in recruitment.

We have chosen to try a hybrid committee of trustees and non-trustees working together to recruit candidates. The Board Recruitment Committee — Clover Earl, Mary Hernandez, and LauraSue Schlatter — has invited two members of our congregation to join us. We are grateful that Ari Giles and Kevin Ward (see their bios on this page) have agreed to partner with us in this endeavor.

Information about board service and trustee applications will be available in June. Watch your email and the Unity Church website for details. If you are curious about board service, please reach out to Clover Earl at 2clover@gmail.com and join us in the joyous acts of spring planting!

Board Recruitment

The Unity Church Board of Trustees has invited two church members to participate in its trustee recruitment process. The board is excited to introduce Ari Giles and Kevin Ward.

Ari Giles lives in the Mill District of Downtown Minneapolis. After taking time to explore other areas of the country, she's thrilled to be back in the Twin Cities. Though her membership is recent, her participation in Unity's community has deep roots after being raised in the church. Currently a worship associate, she's excited to help with the recruitment committee and looks forward to connecting with anyone interested in joining the board.

Kevin Ward is married to Jess Goff and has two children — Murray (15) and Olive (12). They have been members of Unity Church since 2011. Kevin teaches at Avalon School and has been a rotations and Coming of Age teacher and mentor. He was also a worship associate and participated in the recovery from white conditioning group. Kevin is currently left-handed and back in the day enjoyed making mix tapes.

Ministerial Transition

Ministerial Search Team

On Sunday, May 14, the 2023-24 Ministerial Search Team was introduced to the congregation. The members are Rebecca Flood, Richard Lau, Tara Romanov Messana, Kat Sherman-Hoehn, Jennie Smith, Ray Wiedmeyer, and Angela Wilcox.

You can see their photos and learn more about them by visiting the ministerial transition page on our website: unityunitarian.org/ministerial-transition.html.

We've Been Charged — Now What?

Tuesday, May 30 • 7:00-8:30 p.m. • Unity Church
Thursday, June 1 • 7:00-8:30 p.m. • Unity Church
Tuesday, June 6 • 5:30-7:00 p.m. • Unity Church
Wednesday, June 14 • 7:10-8:30 p.m. • Unity Church/Zoom

Registration: bit.ly/chargesessions

On Sunday, May 14, the board delivered a charge to both the Ministerial Search Team and the congregation (unityunitarian.org/ministerial-transition.html). What does that mean? And how do we live into that charge? The board and Rev. Kathleen Rolenz invite you into a conversation not only about the charge but about what qualities we — as a congregation — wish to bring to the search process and the year ahead. Child care available by request: unityunitarian.org/childcare-request-form.html.

Right Relations Workshop

Saturday, June 3 • Unity Church

9:00 a.m. – 2:00 p.m.

Register: bit.ly/rightrelationsworkshop

You are invited to attend a collaboratory learning experience about Right Relations and Right Relationship teams led by Rev. David Pyle and Rev. Sharon Dittmar.

This workshop will be held at Unity Church and include members of White Bear Unitarian Universalist Church, First Universalist Church, and other Twin Cities UU congregations.

What is Right Relationship?

Right Relationship is an intentional congregational practice of how we engage with one another in a religious community, to support one another and care for each other. Many congregations have Right Relations teams, and create a covenant of congregational practice, which describes how we will be in relationship with one another.

What is a Right Relations team?

Right Relations teams are lay leaders entrusted to help the congregation practice faithful communication and creative conflict based on values of mutuality and consent.

What is the purpose of this workshop?

The training is open to anyone interested in how we build an intentionally supportive religious community. We will explore the meaning of Right Relationship and how Right Relationship covenants and teams support UU congregations, especially during times of conflict and challenge.

Why is it called a collaboratory?

Because the three congregations are collaborating together. It is our hope that we can use each other as resources in dealing creatively with and learning from conflict together.

General Assembly Comes to Unity Church

June 21 – 25, 2023

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to have voting delegates. This year's General Assembly is available both in-person and online.



You must register for General Assembly, either as an in-person or virtual delegate. To be a delegate means that you are eligible to vote on issues before the body. In order to be eligible for delegate status, you must be a member of Unity Church. This year's General Assembly will feature two important votes: the first affirmation of Article II, which, if passed, would go onto GA 2024 for a second vote; and a new President of the Association. To apply to be a delegate, write to kathleen@unityunitarian.org.

Or, consider attending our General Assembly watch parties here at Unity Church, hosted by Interim Senior Minister, Rev. Kathleen Rolenz. All watch parties will take place in Parish Hall with overflow seating in Robbins Parlor. If time and energy allows, we'll have a brief discussion afterwards! Children are of course welcome at all events, with childcare provided as indicated or by one week advance notice to kathleen@unityunitarian.org.

WEDNESDAY, JUNE 21 • uua.org/ga/program/highlights/banner-parade Banner Parade • 5:00–5:20 p.m. • Parish Hall

General Assembly will begin with a procession of banners from hundreds of Unitarian Universalist (UU) congregations and organizations.

Opening Celebration • 5:30–6:30 p.m. • Parish Hall

GA officially begins with a joyful, worshipful opening celebration with inspirational music and speakers. The opening celebration sets the tone for the days ahead.

THURSDAY, JUNE 22 • uua.org/ga/program/highlights/slt

Service of the Living Tradition • 6:30–8:00 p.m. • Parish Hall

Led by The Ministries and Faith Development Staff Group, this service honors fellowshiped and credentialed religious leaders; remembering those who have died, recognizing those who have completed active service, and welcoming those who have received fellowship or credentialed status in the past year. The service includes a collection to benefit the Living Tradition Fund. Child care provided.

SATURDAY, JUNE 24 • uua.org/ga/program/highlights/ware-lecture

Ware Lecture • 6:30–7:30 p.m. • Parish Hall

The UUA President, in consultation with the General Assembly Planning Committee, invites a distinguished guest each year to address the General Assembly as the Ware Lecturer. Child care provided.

SUNDAY, JUNE 25 • uua.org/ga/program/highlights/sunday-morning-worship

Sunday Morning Continental Breakfast • 9:00–9:45 a.m. • Garden Tent

Join together for delicious made-from-scratch muffins, coffee, tea and juice before attending GA virtual worship service in the Parish Hall.

Worship • 10:00–11:30 a.m. • Parish Hall

This Sunday, Unity Church is going to do something different. Instead of gathering for worship in the Sanctuary, we will join thousands of other Unitarian Universalists for the Sunday morning livestream service in Parish Hall. Stay afterwards for some time to reflect on what you've heard and how you feel about the future of our faith. Child care provided.

PASTORAL CARE



Pastoral Ponderings

Rev Karen Gustafson, Interim Minister of Pastoral Care

Elsewhere in this newsletter you may have read of the current and impending staffing changes at Unity Church. Among others, the position of Minister of Congregational Care will have a new face sometime this fall. This was a role I agreed to fill in the interim after the departure of Karen Hering. I agreed to a one year contract renewable up to one more year. The Executive Team and I have discerned that a

new Minister of Congregational Care, who would serve out the rest of the Interim time and bridge into the next settled ministry, would add stability to the transition for both the congregation and the next settled minister.

The late spring and fall of 2022 was a time of big feelings and many endings: the disappointing end of the first search process, the departure of Rev. Kathy Hurt and Rev. Karen Hering, the death of Rev. Rob Eller-Isaacs, and the announcement of Rev. Janne Eller-Isaacs's illness.

It was also a time of new beginnings: more folks returning tentatively to in-person church after the pandemic, the arrival of Rev. Kathleen and me. And there was a measure of stability: remaining staff of long tenure; rituals and traditions resumed; long standing programs like Wellspring Wednesdays, Merging of Waters, Story Sundays; and full return of the wonderful music ministry.

Endings. Beginnings. Stable structure and traditions; discernment leading to change. Repeat.

When there is good governance, experienced leadership, dependable structures and a shared mission, churches and other institutions weather and transform themselves through their own version of this cycle. Change can be hard and it is also inevitable, normal even.

At best we grieve the endings, celebrate the beginnings, treasure the stability and engage in an ongoing process of discerning what changes will enrich the future. The love that has been shared in this process by those of us who populate the various positions in the larger structure is real and holds places in all of our hearts. And it is the collective "you" that holds the center of this beloved community as you claim the gifts of love and service that we who are privileged to share leave when we go.

Last fall, you may remember, I led a Wellspring Wednesday series on grief. We used the book *The Wild Edge of Sorrow* by Frances Weller. One of his central messages is about the link between grief and gratitude. I invite you to join me in the remaining months of this ministry to hold them both knowing that there are dependable structures that will hold us all in care.

I will be enjoying the time from May 25 to June 23 elsewhere with my family. Rev. Kathleen will be here to provide pastoral care. I will be fully present for the rest of the summer and as far into the fall as it takes to support the transition of your new congregational care minister.

I look forward to the rest of our time together.

The Wheel of Life: In Memoriam

Bob Steller

April 30, 2023

Jean Velleu

April 15, 1930 – May 8, 2023

Embracing Meditation Guidelines

The Embracing Meditation included as part of worship is an important way to share the joys and sorrows of the congregation and to offer prayers for the cares of the larger community.

During the Embracing Meditation time we include news of life transitions such as births, deaths, marriage announcements, serious illnesses or health transitions, major awards and honors.

We respect your privacy. Please know that all requests submitted about a person other than yourself must first be approved by the individual or close family member to be named.

Requests to be included in the Embracing Meditation should be submitted by noon on Saturday. Requests made after that may be deferred to the following week. Special exemptions may be made.

To submit an item for inclusion in the Embracing Meditation visit unityunitarian.org/congregational-care.html (this page can be found under "Connect" and "Congregational Care" on Unity's website).

Fill out and submit a "Request for Congregational Care."

To submit a request for the Embracing Meditation by phone, please call 651-228-1456 x114 and leave a complete message for the Minister of Pastoral Care. If she is away, you will be directed to another minister.

We regret that sometimes messages are missed. If you have submitted a request and have not heard from a minister, please email either the Minister of Congregational Care or the Interim Senior Minister to confirm that your request was received. Thank you!

BELOVED COMMUNITY STAFF TEAM

Taking Responsibility for the Past That's Not Past

Rebecca Gonzalez-Campoy, Beloved Community Communications and Indigenous Justice Ministry Teams

Unity Church-Unitarian sits on land stolen from the Dakota people. We read this in our weekly Order of Service and proclaim it prior to the start of most church meetings, our own pledge of allegiance of sorts. However, what does this really mean and how did it happen?

Unity's Act for the Earth and Indigenous Justice Community Outreach Ministry Teams series, "Truth Telling and Healing: Indigenous and Environmental Justice," included a close look at how Unity came to be located on Dakota land (Land and Reparations: craft.do/s/pgf6i1tG6D0nmQ). During this presentation in March 2023, Jessica Intermill of Minnesota Interfaith Power and Light and Intermill Land History Consulting, invited us to look at history differently.

History is typically laid out chronologically in books: American Revolution, Slavery, Western Expansion, and the Civil War. However, slavery occurred before and during the Revolution and played a part in westward expansion. "Today's physical landscape has everything that came before us right now," explained Intermill. The question is, **"What does it mean to take responsibility for a past that's not past?"**

Intermill mapped the location of Unity Church and then peeled back the layers of events on our land since the occupation of stolen Dakota land. She started with the arrival of United States General Zebulon Pike at the convergence of the Minnesota and Mississippi Rivers who declared it an ideal spot to build a fort (Fort Snelling). In 1805, the United States Congress purchased from the Dakota people 155,000 acres of land at this spot for practically nothing. Through deception and manufactured devaluation, land that should have brought \$300,000 to the Dakota people possibly brought them the remains of \$2,000 worth of goods.

Keep in mind that Bdote, the convergence of these two rivers, is where human life began according to the Dakota. So, this is sacred land which started out as a place of genesis and eventually became the site of genocide.

Things didn't fare any better when the U.S. government purchased more land surrounding Fort Snelling through the 1837 Sioux Treaty. Here again, treacherous cruelty prevailed — this time the Dakota only received \$16,000 through this treaty while those who had intermarried with them received \$110,000, and \$90,000 covered fabricated Dakota debt created by white people (many of whom were of the federal government). This thievery stemmed from the demise of the fur trade and a need for those traders to come up with a new source of income. From there, the U.S. government paid soldier Sam Taylor for his work with a New York regiment with a voucher for a section of land between St. Clair and Marshall Avenues. Taylor didn't want the land and sold it to land speculators, and it eventually wound up in the possession of a man named Woodward.

So, back to Intermill's original question: "What does it mean to take responsibility for the past that's not past?"

Participants in the final session in the Truth Telling and Healing series held last month shared their stories of how the programs had impacted them. These are some of the themes that emerged:

- Relationship to the land — ownership (white) vs. stewardship (Indigenous);
- Expanded awareness and knowledge about our Indigenous neighbors — the more we learn we realize how little we really know;
- Capitalism and climate crisis — we must listen to and follow Indigenous practices for caring for the earth as a relative.

The group then considered next steps for themselves as individuals and for Unity as a congregation:

- Healing circles — opportunity for people to speak about their own journey and where they as an individual want to go next;
- Viewing of *Doctrine of Discovery* video (there are several options on YouTube);
- Creating and using more than we need — consider the counter practice of disowning;
- Joining an Antiracism Literacy Partners group — there are several Indigenous resources to explore, including the Truth Telling and Healing: Indigenous and Environmental Justice series.

Among the suggested resources to continue the Indigenous and environmental justice journey is the Native Governance Center's Beyond Land Acknowledgment Guide (bit.ly/nativegov). This is one avenue Unity's Indigenous Justice Community Outreach Team (unityunitarian.org/indigenous-justice.html) will explore as it plans future learning and spiritual growth opportunities. Be sure to also check out Act for the Earth activities, (unityunitarian.org/act-for-the-earth.html).

Meanwhile, continue your own spiritual and educational journey by exploring:

- Indian Land Tenure Foundation's Beyond Land Acknowledgment Fund: iltf.org
- Mni Sota Makoce Honor Tax: mnhonortax.org
- Minnesota Interfaith Power and Light: mnipl.org
- Unity's Justice Database: bit.ly/JusticeData



WELCOME



Welcome Words

Laura Park, Director of Membership and Hospitality

We have a slightly different rhythm at Unity Church in the summer:

Memorial Day weekend, Sunday, May 28, we move to just one service at 10:00 a.m., continuing through Labor Day weekend Sunday, September 3.

Finding Yourself at Unity, the series of sessions that introduce Unitarian Universalism and Unity Church, will move to 11:15 a.m., after the 10:00 a.m. service.

Summer in the Garden program for children (typically ages 4-12) begins Sunday, May 28, and continues through Sunday, September 3. We invite children and families to work and care for our garden from seed to harvest.

We'll offer **Wellspring Wednesday** dinner, chapel, and programming once a month during the summer: June 14, July 12, and August 9.

We hope you'll enjoy the summer rhythm at Unity Church. Don't forget to collect water over the summer, whether from travel or your own backyard, for our Merging of the Waters Family Sunday services September 10 at 9:00 and 11:00 a.m. Religious Education for Children and Youth begins again Sunday September 17.

Want to know more about how to participate in our way of the spirit? Let me know what questions I can answer about congregational life and the pathways you might explore to know the church better and deepen your life of faith and antiracist multicultural practice. Contact me at laura@unityunitarian.org or 651-228-1456 x110. I look forward to getting to know you!

Pathway to Membership Classes

These offerings invite you to explore a deeper connection to Unity Church and the commitments and opportunities of membership. If you have questions or would like one-on-one conversation about getting connected or about membership, please contact Laura Park at laura@unityunitarian.org or 651-228-1456 x110.

Finding Yourself at Unity

For visitors and inquirers; held Sundays at 11:15 a.m., in the Gannett Room and online via Zoom at bit.ly/fyonline. Drop-ins welcome; childcare in the nursery. Join the repeating eight-session cycle at any time. Attend the sessions in any order, which include Unitarian Universalist History; Faith Formation for Children, Youth, and Adults; Congregational and Pastoral Care; Q & A with a Minister; Worship & the Liturgical Year; Social Justice & Community Outreach; Membership 101 & Congregational Life, and a Building Tour. This month's offerings:

- June 4: Worship and the Liturgical Year
- June 11: UU History
- June 18: Community Outreach and Social Justice
- June 25: Membership 101

Committing to Unity: Joining Unity Church

Tuesday, October 3 • 6:30-8:30 p.m.

This session, for people ready to become members, explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's need meets the gifts and joy you have to offer. The class concludes with a ceremony as participants sign the membership book and officially join the church.

Worship Themes

2023-24

September: Connecting
October: Confessing
November: Capacity
December: Compassion
January: Courage
February: Choosing
March: Creativity
April: Calling
May: Community
June: Cultivation

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Unity Church–Unitarian
733 Portland Avenue, Saint Paul,
Minnesota 55104
651-228-1456
www.unityunitarian.org



Unity Garden Stewards

June 14 & 28 • July 12 & 26 • August 9 & 23 • 5:00-5:45 p.m.
We all marvel at the beautiful flowers and vegetables in the children's garden in the summer. Do you wonder who plants it and nurtures it? Well, it could be you! While our children care for the garden on Sundays, it is a touchstone, grounding all of us to the earth and the interconnected web of life. Unity Garden Stewards will meet this summer to better tend the children's garden as a whole church community. Families and individuals of all ages are welcome. Bring sturdy shoes, garden gloves, a water bottle, and if you have one, a favorite garden tool (please make sure it's labeled). Join us for intergenerational fellowship as we plant, water, weed, and harvest! Questions or plan to join us? Send an email to Heather Benedict at heathermwells@gmail.com.

Red Cross Blood Drive

Volunteers and Donors Needed

We are looking for six volunteers to check in donors and monitor the canteen during our blood drive on Monday, June 19, in Parish Hall. Available shifts are 8:30-11:00 a.m., 11:00 a.m.-1:00 p.m., and 1:00-3:00 p.m. Sign up by email to heidi@unityunitarian.org.

Donation appointments are available from 9:00 a.m.-3:00 p.m. For an appointment, call 1-800-733-2767 or visit RedCrossBlood.org and enter UCUpaul.

Antiracism Literacy Partners

Wednesday, June 21 • Online via Zoom: bit.ly/alpjune

This program, offered each quarter, will highlight useful books, podcasts, and videos in our ongoing practice of learning about systemic racism and the work of dismantling it. Participants report that their understanding of a resource increases exponentially when explored with a partner or a group. Come to choose a resource, sign up for a buddy or small group and make plans for your discussions. Resource/discussion guides provided.

Take Me Out to the Ball Game!

Thursday, August 17 • 7:00 p.m. • CHS Field

Join Unity Church congregants and friends to enjoy a St. Paul Saints baseball game at CHS Field. We have pre-purchased a block of seats together at \$20 per ticket. You can purchase your ticket(s) at bit.ly/stpsaints23 or by contacting Laura Park at laura@unityunitarian.org or 651-228-1456 x110. Purchase tickets by July 15. All are welcome!



Mark your calendars!

Unity Church Garage Sale

July 27, 28, and 29

9:00 a.m.-5:00 p.m., each day

As you're doing your spring cleaning, set aside the good stuff for our sale. This will benefit Unity Church and you! Won't it feel good to lighten your load, to pass things along that you no longer need or want to someone who will be delighted with their new treasure? We're hoping to raise \$10,000 to meet this year's operating budget goal.

We'll be accepting donations in the days preceding the sale. We ask that whatever you donate is in good condition. No sets of dishes, clothes, or books, but we will be accepting kitchen and cooking items, furniture, sports and exercise equipment, artwork, toys and kid's stuff... use your imaginations!

Let us know if you'd like to help. We need volunteers to sort and price items in the days before the sale, particularly on Wednesday, July 26, and volunteer to tend the sale on Thursday, Friday and Saturday. If you're still in the mood, we need a few hardy folks to help clean up and clear out the left overs on Monday, July 31. Contact Barbara Hubbard at barbara@unityunitarian.org or Heidi Birkholz at heidi@unityunitarian.org to volunteers or with questions.

WELLSPRING WEDNESDAY / LIBRARY-BOOKSTALL

Summer Wellspring Wednesdays

Wellspring Wednesday, meeting once per month in the summer, gathers a multigenerational church community to nourish right and holy relationship among us and deepen our life of faith, grounded in spiritual practice and antiracist multicultural work. Dinner begins at 5:45 p.m. in the Parish Hall, a short chapel service begins at 6:40 p.m. in Ames Chapel, and programs begin at 7:10 p.m.

June 14

Dinner: TBA

The Courtroom with OnStage • 5:00-6:00 p.m. (before dinner!)

In-person at Unity Church

OnStage brings us an interactive experience of *The Courtroom: A Reenactment of One Woman's Deportation Proceedings*, a play showing at Hamline University June 1- June 11, and at the Jungle Theater June 13-July 2.

Questions they'll explore with us: What does it mean to be an American? What does it feel like to be "an American" outside the U.S.? Does the judicial system work for you? Participants will receive a ticket discount to see the play. Interested in seeing *The Courtroom* with other congregants? Complete the interest form: bit.ly/thecourtroomplay.

We've Been Charged — Now What?

In-person and via Zoom • Registration: bit.ly/chargesessions

On Sunday, May 14, the board delivered a charge to both the Ministerial Search Team and the congregation (unityunitarian.org/ministerial-transition.html). What does that mean? And how do we live into that charge? The board and Interim Senior Minister Rev. Kathleen Rolenz invite you into a conversation not only about the charge but about what qualities we — as a congregation — wish to bring to the search process and the year ahead. See page 4 for additional sessions that will be offered.

Lectio Divina

Online via Zoom: bit.ly/Lectio22-23

Following a centuries-old Benedictine spiritual practice of contemplative reading, a chosen poem is read aloud, as attendees are encouraged to lift up what they heard and how the poem spoke to them. A different poem at each session. A rich way to receive poetry's gifts in a small group setting. Led by Lisa Wersal or Shelley Butler.

Wellspring Wednesday Dinner

Dinner is prepared and served by our food ministry team, and the menus are posted with the programming for each week. The cost for dinner is \$8/adults, \$4/child (ages 5-12), \$2/child (ages 2-4), and \$20/family. If you need financial assistance to cover the cost of dinner, would like to help prepare a meal, or need a special dietary preparation, email Laura Park at laura@unityunitarian.org.



Hello, June! Long Time No See

Shelley Butler, Library-Bookstall Team

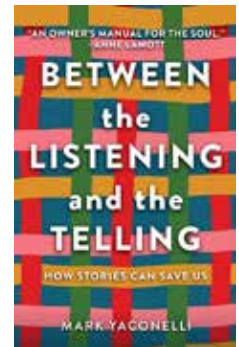
I wonder what it would be like to live in a world where it was always June. — Anne, L. M. Montgomery

The snow is finally gone from even the most northern and darkest places in Minnesota; flowers and fields are exploding; and it is indeed the “season of / joy for the bee” (Marge Piercy). My favorite Zora Neale Hurston quote also seems right for June, “Mama exhorted her children at every opportunity to 'jump at the sun.' We might not land on the sun, but at least we would get off the ground.” In the spirit of “jumping at the sun,” **visit the Unity Bookstall Sundays all summer** to find important new works (and Zora Neale Hurston), like these and many more:

Between the Listening and the Telling: How Stories Can Save Us

by Mark Yaconelli; foreword by Anne Lamont, 2022.

We know the power of stories, personal stories, religious stories, family stories, but activist Yaconelli demonstrates how some stories being told about our civilization are harming us, such as equating fear with wisdom, or vanity with morality. His work with The Hearth nonprofit uncovers a path to address climate change and the injustice of undocumented immigration, heal from school shootings, and maybe even just help us with the ongoing search for meaning to find hope and justice.



Breaking the Age Code: How Your Beliefs about Aging Determine How Long and Well You Live by Becca Levy. William Morrow, 2023.

Despite Levy's research that shows how mind and body can be greatly improved adding to life expectancy, it's not so much about living longer but about living better, healthier, and with less negative stereotypes about aging. She shows that things like memory and hearing loss, and even heart problems are not entirely due to aging but are influenced by detrimental beliefs about aging. Levy says that it is time for all of us to rethink aging, and she means to show us how to do just that.

Also find great reading of many kinds in the Unity Library — view the catalog online: librarycat.org/lib/UnityChurch.

PARISH HALL ARTISTS / FELLOWSHIP GROUPS

June Parish Hall Artists

Emmy White

emmywhite.com

I have been studying art for about 25 years by taking workshops and painting consistently, mostly with other artists. It seems that my art has expressed my wonderment of an internal world of joy. This of course surprises me, but it is what has happened. It seems like I've been painting all my life. My mother started me in classes at the local library in Warren, PA. I was in third grade, and she took the class with me. My parents gave me oil paints and brushes for Christmas, but I was not encouraged to dream of an art career. So, I took science courses that would help prepare me for a nursing career. My Dad said, "You may have to support yourself in the future." All the time, I was in nursing school, I painted small watercolors with my Prang watercolor set. When I worked in Glacier National Park, I painted. When I biked in Europe, I painted. When I was a nurse on a young adult unit, I painted the client's portraits, and when I worked at the Crisis Center at Hennepin County Medical Center, I painted. But when I retired, it was with great excitement to take watercolor workshops. After many exciting workshops in Mexico, Martha's Vineyard, and Baltimore, I found a teacher that encouraged me to be myself. I had been trying to copy my teacher's rules and methods. Therefore, I became an intuitive painter. I was accepted into some juried shows and even made it into the Minnesota State Fair seven times. That seems to be a long time ago. I still paint with a friend weekly in her studio. I still paint with watercolor. My son, Brian, handcrafts my frames, which are beautiful. My paintings are all varnished with Golden acrylic mat finish. They are thus protected from UV light. I share a studio at Northrup King Building with seven other wonderful artists. I am very lucky that my mom started me in an art class at the age of eight. I'm now 84 years old. Art is the way I express my joy, my wonderment, and surprise that I have a gift that feeds me with gratitude.



John Huisman

john-huisman.com

My work seems to have taken the form of contemplative collections of events and images of a life as it has happened and is still happening. Working with pen and ink, pencil, oils, gouache and occasionally some wood carving, I am trying to capture those moments that are so important but pass so quickly and are so easily forgotten. Maybe it is just my attempt to somehow acknowledge the passing of time. Ideas, observations, reflections, renderings on this remarkable journey... Maybe I am still as idealistic and naïve as ever.

As I have progressed down this path, I realize more and more that this is not about learning to draw and paint but learning to see. It amazes me the truths and realities that are right in front of me that I consistently seem to have trouble noticing. But I will keep looking... drawing, painting, carving, and creating.



Fellowship Groups

Visit unityunitarian.org/fellowship-groups.html or contact Laura Park at laura@unityunitarian.org.

Afterthoughts offers time following the 9:00 service to discuss the service.

Caregivers Group meets on the third Thursday of the month.

Evergreen Quilters: This quilting group meets the second Tuesday of the month, 7:00-9:00 p.m. and fourth Saturday of the month.

Families Living with Mental Health Challenges meets the first Saturday of each month, 9:30-11:30 a.m.

Kung Fu meets Saturday mornings, 9:00-10:00 a.m., online via Zoom. Email barney.kujawski@gmail.com to receive the link.

Living With Grief Group meets on the third Tuesday of the month.

Men's Coffee Group meets every Wednesday at 10:00 a.m. for light-hearted conversation.

Men's Conversation Group meets on Zoom Monday, June 12 and 26, from 7:00-9:00 p.m.

Men's Retirement Circle: Monday, June 5 and 19, 1:00-3:00 p.m.

New Look at the Bible meets the second Thursday of the month at 7:00 p.m.

Recovery from White Conditioning meets Wednesdays, 6:00-7:00 p.m.

Textile Arts Group meets online the first and third Wednesday of each month from 7:00-8:30 p.m. Bring your knitting, embroidery, etc.

Unity Book Club meets the second Tuesday of the month, 7:00-8:30 p.m. June 13: *Lessons in Chemistry* by Bonnie Garmus.

Women in Retirement meets on the second and fourth Thursday of each month, from 1:00-3:00 p.m., in the Center Room. Social hour at noon!

Young Adult Group (ages 18-35) — all are welcome. Email kp@unityunitarian.org for details.

COMMUNITY OUTREACH MINISTRY

Act for the Earth Team

Summer News and Events

Our summer schedules are more relaxed. We will hold regular meetings on third Sundays, light lunch provided. Our attention will be on projects like Canopy Connectors and pollinator partnerships.

Get Outdoors Together!

Unity's Act for the Earth Team seeks to deepen our spiritual connection to nature and to each other — which is why we are organizing hikes and other outdoor activities this summer! Family-friendly, all ages encouraged! In the event of heavy rain, we will still meet for dinner. Contact Anna Newton for updates at 651-295-1524 (text preferred).

Garden Stewards

Wednesday, June 14 and 28 • 5:00 p.m. • Children's Garden

Do you wonder who plants and nurtures the gardens at church? Well, it could be you! While our children care for the garden on Sundays, it is a touchstone for all of us, grounding us to the earth and the interconnected web of life.

Tour de Frogtown with Patricia Ohmans • frogtowngreen.com

Wednesday, July 19 • 5:30 p.m. • Our Village Community Garden

This roughly two mile walk highlights the Frogtown Green vision of a park and farm with native tree plantings, a half mile long pollinator "Bee Line," community gardens, a big rain garden and a community gathering space. Then join us for dinner (TBD). Park next to the garden, Our Village (at Pierce Butler and Milton).

Silverwood Park • threeriversparks.org/location/silverwood-park

Wednesday, August 16 • 5:30 p.m. • Silverwood Park Visitor Center

This beautiful park offers a 1.6 mile walk among old oaks, a sculpture garden, and Japanese Forest Bathing! Bring picnic food to share and join us in the amphitheater for a performance of Arabic drumming at 6:30. Park, performance, and parking are free.

Pollinator Team

Unity's AFE Pollinator Team is busy — consider getting involved!

Contact Kathy Sidle at kseid@aol.com for more information.

Creating Pollinator Habitat: Gardens at Unity Church: Volunteers gather from 10:00 a.m.-noon every other Saturday to maintain the church pollinator garden: June 10 and 24, July 8 and 22, August 5 and 19, and September 2, 16, and 30.

Rethinking Your Own Lawn: The Pollinator Team encourages you to consider No Mow May (beelab.umn.edu/no-mow-may) and Lawns to Legumes (bwsr.state.mn.us/121). And while you're at it, maybe convert your lawn, or a corner of it, to a pollinator garden (bit.ly/beelawn23).

Partnerships in Public Spaces: We work with organizations to help restore pollinator habitat in places like Como Park, Bruce Vento Sanctuary, Lake Phalen, Swede Hollow, Rivoli Bluffs, and Trout Brook. The work includes trash pick-up, removal of invasive species, and collection of native plant seeds. Watch for details.

Advocacy: We are watching legislation (particularly farm legislation) that impacts pollinators at the state and federal level.

Work that Reconnects Book Group

Using Joanna Macy's book, *Active Hope*, this will be an opportunity to gather and share our love and gratitude for the earth, the fear and pain as we witness its destruction, and forge action to fight climate change together. Jean Hammink will lead these sessions. Watch for details.

Food Shelf Donations 489 POUNDS!!

Collected during April for
Hallie Q. Brown



Our total collection for April was the best so far this year! For the month of June, the food shelf would really appreciate the following items: sunscreen, toilet paper, paper towels, aluminum foil, window cleaner, oven cleaner, and disinfectant spray. And, as always, food donations are always needed and greatly appreciated.

If you would like to donate money for perishable food items you can visit hallieqbrown.org.

Canopy Connectors



Learn about Unity's work to increase the tree canopy in the Summit-University neighborhood of St. Paul — and maybe even claim one for yourself!

unityunitarian.org/canopy-connectors.html

COMMUNITY OUTREACH MINISTRY

Affordable Housing Team

Help Build with Habitat for Humanity

Habitat for Humanity Project Dates

Unity's Affordable Housing Team is co-sponsoring a Habitat for Humanity home construction work week once again, June 12-16, in Roseville. You're invited to help build a quality affordable home with us (check out the images on this page from past summer builds)! You can volunteer for one day or multiple days. You don't have to be an experienced carpenter to volunteer. If you've helped before, we hope you will again. If you haven't, this is a wonderful opportunity to learn about home construction, and how Habitat contributes to stable housing in the community.

- Work week: Monday, June 12 - Friday, June 16, 8:30 a.m. -3:30 p.m.
- Location: 2574 Dunlap Street, Roseville, MN
- Build type: Home, renovation, work week #8
- Get all the details and sign up: unityunitarian.org/affordable-housing.html

Housing Vouchers Win at the Legislature!

Thanks to your support and advocacy, the Minnesota Senate and House approved ongoing funding for the first-ever general rental assistance vouchers program in our state called Bring It Home, Minnesota. Initiated by Beacon Interfaith Housing Collaborative, it will operate like HUD's Section 8 program. But because all of HUD's vouchers are in use and there is a waiting list of up to ten years in Minnesota, this new pool of vouchers will help 5,500 Minnesota families get off the waiting list and into homes.

The impact is enormous for recipients: fewer sleepless nights, stable homes with more time for homework, healthier family budgets, better food on the table, and more. But this is just the start of a program that must be expanded in future legislative sessions. Our Affordable Housing Team will continue to work with our partner, Beacon, to keep you apprised of when your support is needed. For more information, please contact Dayna Kennedy at daynamelissa@icloud.com.

Gladstone Housing Project Moves Forward

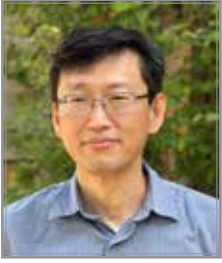


On May 11, Beacon and the Gladstone Crossing architects met with community members to answer questions about the project.

Beacon Interfaith Housing Collaborative also builds deeply affordable housing with wrap around services at their buildings. These services can include employment opportunities, learning parenting skills, recovery and addiction help, mental health resources and more. Beacon is currently developing a project in Maplewood called Gladstone Crossing. It will include 40 apartment homes specifically tailored for youth-led families (ages 18-24). Local congregational leaders are preparing for a "land use vote" for the proposed site (1375 Frost Avenue). Maplewood City Council takes up this issue on Monday, July 10, at 7:00 p.m. All east metro supporters of deeply affordable housing are encouraged to attend this vote to show their support. This is the first big hurdle for these desperately needed homes. For more information, please contact Judy at jmkmam@comcast.net.



MINISTRY WITH CHILDREN & YOUTH



Pitter-pattering Questions

[...like raindrops on the window, and little feet running through the house]

Rev. KP Hong, Minister of Faith Formation

While Finland continues to be ranked as the happiest country in the world (*World Happiness Report 2023*), the reputation that matters decisively for millions of families concerns another place, where for few days or commonly up to a week, you can suspend the blues and blahs of the real world for the magic of Disneyland, “the happiest place on earth.” In the folklore of Americana, Disney and Universal Studios serve as cathedrals to that highest good and unalienable right enshrined as “the pursuit of happiness.” What good parent would not take their child to the happiest place on earth, even if on a budget? Isn’t being a good parent the very longing for our children to be happy? Isn’t happiness our highest aim?

Our ancestors, from Jefferson and Locke to Aquinas and Aristotle and the Stoics, understood happiness more complexly than our modern everyday use as a hypergood merely requiring immediate gratification. The “hap” of happiness suggests “luck” and “chance” of happenstance, and so happiness that smiles when circumstances are fortunate. But our ancestors never held happiness in this thinned manner and wisely chose not to place it as the *summum bonum* at the center of our moral imagination. Such fortuitous happiness was episodic, situational, not something to be pursued as a steady state or crowning achievement of our lives. Doing so would be to ask happiness to deliver something it intrinsically cannot. For happiness does not have a wide enough moral horizon to provide our lives with character and meaning. It imposes few outside demands or strictures necessary to prepare our children for the inevitable firewall of sadness and pain. The narrative of happiness mistakes goods for the Good, and even more, its lack of deep narrative reveals its inability to bear the Good. Without a stronger grounding narrative, happiness too easily succumbs to being co-opted, twisted, and reshaped into more formidable narratives of grievance and resentment. (Isn’t what gives resentment its teeth the feeling of having meaning taken from us?) Surely happiness is not to be scorned or refused; we should welcome it. But when it becomes our moral horizon, it becomes a gremlin. Rather than the pursuit of happiness, our ancestors understood that the pursuit of a life lived well was about virtue whose radiance is joy.

More than mood or emotion, joy is born of a wider moral horizon beyond self-referential satisfaction, and grounded in a narrative of meaning and purpose wrought from attending to the Good. At its distinctive core, joy is a responsive state of exaltation and gratitude for what is beyond the self. Joy traffics in transcendence, that gift of receiving and giving beyond the confines of the self, its birthsite a communion and compassion often paradoxically wrought in the midst of struggle, conflict, and suffering. As our ancestors of faith understood, happiness may chance upon the lucky, but what is revealed in the work of the (w)holy has always been joy.

Sharing questions that pitter-patter across our sacred journeys...

Summer in the Garden

Summer in the Garden is held each Sunday during our 10:00 a.m. service. Great for children ages 4-12. Please meet in the outdoor garden, next to the parking lot. No registration is necessary but drop-in capacity will be limited by the number of adult volunteers present. If you would like to help, contact katrina@unityunitarian.org.



Photos by Kim Wolson, 2022

Religious Education enrollment for 2023-24 will be offered again for families who missed spring sessions (Sundays in the Foote Room): June 11, 11:30 a.m.-12:45 p.m.; July 16, 1:00-2:30 p.m.; August 20, 1:00-2:30 p.m. Child care provided. To schedule alternative times, contact katrina@unityunitarian.org.

CHALICE CAMP / MUSIC MINISTRY

2023 Chalice Camp at Unity Church

Are you ready for another summer of community, connection, and fun?

We are!

Week 1: July 10-14

Week 2: July 17-21

Chalice Camp is offered Monday-Friday, 8:30 a.m.-5:30 p.m., for children and youth ages 5-18 (youth in grades 7-12 serve as junior counselors and counselors).

Week 1, July 10-14: The first week of camp, campers will explore the heritage and history of Unitarian Universalism through varied and engaging activities, everything from puppet shows to field games. Campers will get to participate in traditional camp activities, arts and crafts and lots of outdoor play time, all with an emphasis on learning the basics of Unitarian Universalism—understanding the inherent worth and dignity of themselves, their peers, and the world around them.

Week 2, July 17-21: The second week of camp we will begin to tackle some of the current social issues in our community. Chalice camp offers children a safe, child-friendly environment to be exposed to topics such as racial inequality, gender, social class, and our identities while incorporating the fun and excitement of typical summer camp activities.

Register online at:
unityunitarian.org/chalice-camp.html



Music Notes

Ahmed Anzaldúa, Director of Music Ministries

Unity's choirs pause their regular rehearsals during the summer months and we go from two worship services to a single one on Sunday morning. However, the summer months are when most of the work is done to run the music ministry through the year. During these months, I work with the ministers to plan out the music for the church year, order music scores, and learn most of the music. The music

ministry volunteers work to file away music scores, update choir lists, and prepare the music for the upcoming year. You will typically find me practicing late in the building, taking advantage of the cool summer nights to work at the keyboard or at my desk on the music featured throughout the year. Performing music requires hours of practice, getting a choir to sing a program requires rehearsal, and those rehearsals require hours of rehearsal planning... for me, most of this happens in the months of June, July, and August.

There's one more thing that is important for the music ministry during the summer: recruitment. It's tricky to jump into a choir in the middle of the church year, when they've already been rehearsing the music for a while. Many of the participants in Unity's music ministry sang at the church for the first time during a summer service, and enjoyed it so much that they continued to do it. It is an ideal time to dip your toes into the music ministry, and see if it's for you.

A couple of times per month, we will be organizing a pick-up choir, where anyone can just show up and the music is rehearsed and learned the same morning of the worship service. Of course, choir members are encouraged to bring their friends and family to one of these. If you have ever been interested in sharing your musical talents with the congregation at a worship service, the summer services are also a great time to do so. Do you play an instrument? Do you have a band or ensemble? Perhaps one of your children? Summer services are a great way to let the church community support and enjoy your musical talent!

Summer Pick-Up Choir

June 11 and 18 | July 9 and 16 | August 6 and 20

Come and sing with Unity's summer Pick-Up Choir! Meet for rehearsal at 9:00 a.m., in the Foote Room, and sing during the 10:00 a.m. service. Bring family and friends and come sing with members of Unity's choirs. This is easy and accessible music that can be learned quickly. No singing experience required.

One Voice Mixed Chorus presents

ONEarth

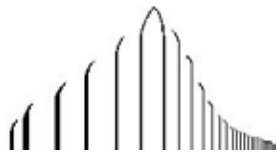
Saturday, June 10 • 7:00 p.m. |

Sunday, June 11 • 3:00 p.m.

Tickets: onevoicemn.org



ONEarth will celebrate our connections to each other and the earth, and what better place to do it than on Raspberry Island in the heart of the Mississippi River. Exciting visual elements, such as life-sized puppets, will help bring the eclectic set of music to life. Grab your lawn chair or blanket (and a few friends) and meet us at ONEarth! Tickets are pick your price and seating is general admission and first-come, first-served.



UNITY CHURCH—UNITARIAN

Sanctuary Entrance: 733 Portland Avenue • Saint Paul, Minnesota 55104
Business Entrance: 732 Holly Avenue • Saint Paul, Minnesota 55104
651-228-1456 • fax: 651-228-0927 • www.unityunitarian.org • unity@unityunitarian.org

REV. KP HONG, MINISTER OF FAITH FORMATION
BARBARA HUBBARD, EXECUTIVE DIRECTOR
REV. KATHLEEN ROLENZ, INTERIM SENIOR MINISTER
LOUISE LIVESAY-AL, CHAIR, BOARD OF TRUSTEES

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**TIME SENSITIVE
MATERIAL**

CHANGE SERVICE REQUESTED

Merging of Waters Service of Reunion

Remember to collect water this summer for our annual Merging of Waters ritual service held on Sunday, September 10.

July 27, 28, and 29

See page 9 for more information.



We've Been Charged — Now What?

Tuesday, May 30 • 7:00-8:30 p.m. • Unity Church
Thursday, June 1 • 7:00-8:30 p.m. • Unity Church
Tuesday, June 6 • 5:30-7:00 p.m. • Unity Church
Wednesday, June 14 • 7:10-8:30 p.m. • Unity Church/Zoom
Registration: bit.ly/chargesessions

On Sunday, May 14, the board delivered a charge to both the Ministerial Search Team and the congregation (unityunitarian.org/ministerial-transition.html). What does that mean? And how do we live into that charge? The board and Rev. Kathleen Rolenz invite you into a conversation not only about the charge but about what qualities we — as a congregation — wish to bring to the search process and the year ahead. Child care available by request: unityunitarian.org/childcare-request-form.html.



In The Justice Database: *The Hearth*

bit.ly/JusticeData

A nonprofit whose mission is transformational storytelling: “when stories are told in community there is often an invitation to act — confront a social problem, bridge divisions, embody a new awareness or understanding. We work to assist communities in discerning the actions their stories invite.”