

# This Week at Unity Church



April 28, 2024

## Welcome Visitors

After the service please stop by the Welcome Table in Parish Hall to introduce yourself. We would love to get to know you, answer your questions, and help you learn about Unity Church. If you are attending the service online, contact Philippa Anastos at [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org) for the link to join online coffee hour.

## Finding Yourself at Unity

### Topic: Q & A with the Minister

Finding Yourself at Unity meets Sundays, 10:15-11:15 a.m., in the Gannett Room and online at [bit.ly/fyuonline](http://bit.ly/fyuonline). For visitors, new members, and inquirers, this eight-week series is offered continuously during the year. Childcare is available in the nursery.

## Evergreen Quilters: April Sale and Quilt Raffle

Today is the last Sunday to support the Evergreen Quilters biennial sale and quilt raffle in Parish Hall, and the day the raffle winner is announced! One hundred percent of all sales support non-profit organizations serving families in our community. Thank you for your support!

## Garden Helpers Needed

### Help get Unity's children's garden ready for classes!

Wednesday, May 1 (May 8 rain date) | 7:00 p.m.

Sunday, May 19 | 1:00 p.m.

The produce we raise feeds our neighbors! No experience necessary, adults, youth and families are encouraged to join us. We will tackle dandelions, spread mulch, clear and top off the beds and plant. Be sure to don garden gloves and sturdy shoes, and join us for garden fellowship! Contact Anna Newton at [asnewton3@gmail.com](mailto:asnewton3@gmail.com) to let her know you are coming.

### Help plant gardens at Hallie Q Brown Community Center!

Wednesday, May 22, and Thursday, May 23 | 4:00-6:00 p.m.

## Arthur Foote Music Sunday, May 5 | 9:00 and 11:15 a.m.

Arthur Foote Music Sunday will include Baroque selections by Corelli, Bach, and Handel; music of the Krahô indigenous people of Northern Brazil; and contemporary choral works by Ernani Aguiar, Elizabeth Alexander, Jacob Narverud, and Frank Ticheli. The musical selections have been woven together with reflections and poetry by worship associates Lorelee Wederstrom and Marg Walker. The performers include Unity's adult, children, and youth choirs, and a professional Baroque orchestra.

## April Food Shelf: Bring items when you come to church!

Help Unity Church donate 4,000 pounds of food to the food shelf this year by bringing an item every time you come to church. Collection baskets are located at the Portland and Holly Avenue entrances.

## Native Plant Sale

Details and order form: [unity-plant-sales.square.site/](http://unity-plant-sales.square.site/)

Unity's Act for the Earth Pollinator Team is coordinating a group purchase of native plants at wholesale prices from Glacial Ridge Growers (Glenwood, MN). Prices range from \$2 for small to \$7 for jumbo and \$8 for shrubs. Minimum order of three plants. Ordering deadline is May 24. Plant delivery in mid-June. Printed plant lists and order forms will be available at the Act for the Earth table in Parish Hall on Sundays. Questions? Contact Tracy Yue at [tksyutu@gmail.com](mailto:tksyutu@gmail.com).

The 16<sup>th</sup> Annual

## Café Unity

A Showcase of the Literary and Musical Talent of Unity Church

Friday, May 3, 2024

Unity Church-Unitarian Parish Hall

Gather at 6:45 pm

Program to start promptly at 7:00 pm



Music & Singing, Poetry & Prose.  
Food & Fellowship.  
A Tremendously Good Time!



## This Week in Religious Education

We celebrate **Coming of Age Sunday** today with youth, teachers, mentors, and families in attendance at the 11:15 a.m. service. Middle school youth join the service as well. Rotations and Spirit Play children keep regular schedules.

**Religious education enrollment for 2024-25** will be held Saturday, May 4, and 18, 9:00 a.m.-noon. If you are unable to attend either session, please email [nelson@unityunitarian.org](mailto:nelson@unityunitarian.org).

**Spirit Play (ages 3-6)** children learn about Flower Communion in preparation for Family Sunday service on May 19. What does it feel like to give flowers away? What does it feel like to receive and take a flower home? How do friends in our church practice peace? Please wonder together with your children about their sacred play.

**Rotations (grades 1-6)** children begin with worship in Ames Chapel, then in classrooms explore the year's final theme of "Endings" and the inevitability of death. How can we face this knowledge with courage, curiosity, and grace, even to discover what death may have to teach us?

**Middle School (grades 6-8)** youth are asked to attend the COA worship service in place of regular class, especially the 11:15 a.m. service as feasible.

**Our Whole Lives** meets coming Wednesday, May 1, for Self-Care, Celebration and Closing with parents and dessert. OWL is a sexuality and spirituality program typically for grades 8-9.

**Tower Club** senior youth join in worship for COA Sunday to support the Agers, and then gather after for their usual meeting. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith, typically Sundays from 12:45-2:45 p.m.

## 2024 Chalice Camp

Week 1: July 8-12 | Week 2: July 15-19

Chalice Camp at Unity Church 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). Registration and counselor applications are online at [unityunitarian.org/chalice-camp.html](http://unityunitarian.org/chalice-camp.html).

## This Week at Unity Church

Find the church calendar, along with links to participate in online offerings, at [unityunitarian.org/calendar.html](http://unityunitarian.org/calendar.html).

### Sunday, April 28

Sunday Services	9:00 (livestream) and 11:15 a.m., Sanctuary
Religious Education Classes	9:00 and 11:15 a.m., lower level
Afterthoughts	10:15 a.m., Lower level - Room 024/online
Finding Yourself at Unity	10:15 a.m., Gannett Room/online
Youth Choir Rehearsal	10:15 a.m., Ames Chapel
Children's Choir Rehearsal	10:20 a.m., Choir Room
Women's Ensemble Rehearsal	10:30 a.m., Foote Room
Act for the Earth Monthly Meeting	12:30 p.m., Robbins Parlor
Indigenous Justice Monthly Meeting	1:00 p.m., online <a href="https://smarththings.zoom.us/my/erikjordan">smarththings.zoom.us/my/erikjordan</a>

### Monday, April 29

Cynthia Bend Memorial Service	10:00 a.m., Ames Chapel
Circle of Peace	5:15 p.m., Center Room
Men's Conversation Group	7:00 p.m., online

### Tuesday, April 30

Wellspring Wednesday Food Prep	4:00 p.m., Kitchen
Unity Sangha	4:30 p.m., Ames Chapel
Unity Singers Rehearsal	7:30 p.m., Parish Hall

### Wednesday, May 1

Men's Coffee Group	10:00 a.m., Victoria Crossing Mall
Textile Arts	1:00 p.m., DeCramer Room
Act for the Earth Advocacy Group	4:00 p.m., Anderson Library
Summit Hill Alanon	5:00 p.m., Science Room
Wellspring Wednesday Dinner	5:45 p.m., Parish Hall
Recovery from White Conditioning	6:00 p.m., online
Wellspring Wednesday Chapel Service	6:40 p.m., Ames Chapel
Threshold Choir Rehearsal	6:45 p.m., Music Room
Bee Bingo and Pollinators	7:10 p.m., Robbins Parlor
UU the Vote	7:10 p.m., Parish Hall and online
Young Adults Group	7:10 p.m., Center Room
The Natural Guitar	7:10 p.m., Foote Room
Beginner Violin	7:10 p.m., Choir Room

### Thursday, May 2

Active Hope Empowerment Course	6:00 p.m., Robbins Parlor
Generosity Ministry Team	6:30 p.m., DeCramer Room
Fresh Air AA	7:00 p.m., Gannett Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall

### Friday, May 3

Café Unity	7:00 p.m., Parish Hall
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### Saturday, May 4

Kung Fu	9:00 a.m., Body Room
Religious Education Enrollment	9:00 a.m., Foote Room
Debtors Anonymous	9:00 a.m., Science Room

## Help Our Neighbors: Use the Parking Lot

Our neighbors really appreciate it when you park in our lot at the corner of Portland and St. Albans instead of on the street. Be a good neighbor: please use our lot! Thank you!

KICK-OFF MEETING MAY 1!

**UU the VOTE** 

Details in the Wellspring Wednesday box! → 

## Wellspring Wednesday

Wellspring Wednesday 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. Details at [unityunitarian.org/wellspring-wednesday.html](http://unityunitarian.org/wellspring-wednesday.html)

### MAY 1

Dinner: Miso glazed root vegetables, quinoa pilaf, chocolate chip oatmeal cookies

#### The Natural Guitar | Foote Room

Retired guitar professor, classical guitarist and studio guitarist Nick Rath will share his thoughts on the most natural and efficient way of playing the guitar. If you've found it difficult to get from one chord to the next, one note to the next, that pesky bar chord, that you're picking is uneven and your strumming doesn't feel quite right, that your left hand gets tired, this class could be the answer. Playing the guitar can be a joy and not a struggle. Bring your guitar and find out.

#### UU the Vote | Parish Hall and via Zoom: [bit.ly/uuvote424](https://bit.ly/uuvote424)

Join the MN UU Social Justice Alliance and Rev. Kathleen Rolenz for a session on engaging and mobilizing community for elections big and small. How does this organizing relate to our principles and values as Unitarian Universalists? What are the limitations we must consider as a religious organization? How do we best share and invest in what we all need to thrive?

#### Bee Bingo and Pollinators 101 | Robbins Parlor

Everybody is abuzz about pollinating birds and insects! Whether you're new to gardening or just a bit rusty, come learn about the endangered native Rusty Patch Bee and other species of pollinators, and how to select native plants to support their lifecycles. We'll also play Bee Bingo (with prizes) and discuss Unity's upcoming native plant sale.

#### Beginner Violin with Mayra Mendoza | Choir Room

Email at [mayraquitzia@gmail.com](mailto:mayraquitzia@gmail.com) if you plan to attend.

### MAY 8: Last Wellspring Wednesday until September 11!

Dinner: Bratwurst, hot dogs, not dogs, potato salad, roasted broccoli, rhubarb cake

#### Dying for Beginners — the End | Parish Hall and via Zoom

Join Rev. Lara Cowtan, Marty Rossmann and Patricia Ohmans for a review and wrap-up of the popular sessions from previous months, and a discussion of what is on the horizon for the question of End of Life Options legislation, as well as future programming and conversations about end of life planning.

#### Lectio Divina | Online via Zoom

Participate in a centuries-old monastic practice of listening, contemplating, and responding to sacred texts, modified with poetry for UU small group spiritual practice. On Wednesdays, join the Zoom from the Gannett Room at church!

#### DRUUMM Livestream Worship | Robbins Parlor

Join us for a livestream of the annual Diverse Revolutionary UU Multicultural Ministries (DRUUMM) open worship service! The theme is "Choosing Joy! Living with Intentionality and Purpose." The service will explore sustaining joy amidst adversity. Discover how a joyful heart can be your sanctuary, even when spirits are tested. A celebration of resilience, purpose, and the healing power of joy.

#### Beginner Violin with Mayra Mendoza | Choir Room