

Unity Church Welcomes Rev. Rosemary Bray McNatt for Celebration Sunday

By Bob Steller, Unity Church Pledge Drive Team

On October 14, we welcome to our pulpit Rev. Rosemary Bray McNatt for Celebration Sunday.

Rev. McNatt, a dynamic presence in the Unitarian-Universalist community, is senior minister of The Fourth Universalist Society in the City of New York, a 165-year-old Unitarian Universalist congregation on the Upper West Side of Manhattan. The Rev. Ms. McNatt lives in New York City with her husband, Robert, and their two sons, Allen and Daniel.

An editor and widely anthologized writer for more than 20 years before answering the call to ordained ministry, The Rev. Ms. McNatt is a former editor at the *New York Times Book Review*. In addition to the *Book Review*, her work has appeared in *Essence*, *Glamour*, *Ms*, *Redbook*, *The New York Times Magazine*, *The Village Voice* and other national publications. She is author of three books, including her memoir, *Unafraid of the Dark*; a contributing editor to *UU World*, the magazine of the Unitarian Universalist Association of Congregations; and an adjunct instructor at Union Theological Seminary in New York City.

She is also a contributing columnist ("Reverend Mother") for *Beliefnet.com*.

The short articles on this website provide a personal and insightful introduction to McNatt; her longer articles in the *UU World* explore important issues in liberal religion. For example, "Against Innocence: A Dispatch from the Political Wilderness," argues that we must get into the thick of the social/political "wilderness" no matter how messy it is. (See www.uuworld.org/2003/06/feature2)

Rev. McNatt is "an unapologetic theist" who, however, advocates a rich theological conversation among UU lay people. She notes that many UUs in the past came into our congregations reacting against Christian and Jewish theological orthodoxies (she herself grew up Catholic). Today, however, many newcomers arrive with little theological background but with "a hunger for discussion of genuine questions."

Her years of service to the Unitarian Universalist faith have included work as a member of the Association's Committee on Urban Concerns and Ministry, the Task Force for Strategic Options for Beacon Press, and chair of the Board of Trustees of Starr King School for the Ministry. She has just completed her term on the Association's Panel on Theological Education, and is a founder of the Unitarian Universalist Trauma Response Ministry, created to provide culturally sensitive liberal religious responses to mass disaster and other significant trauma.

Rev. McNatt's interest in a UU Trauma Response Ministry stems from her experiences following the 9/11 terror attacks. She had taken up her new post at Fourth Universalist just two days before the attacks. Subsequently she has become



Rev. Rosemary Bray McNatt

one of a network of on-call NYC chaplains who respond immediately to traumatic events. She was, for example, the chaplain on call when a small plane crashed into a 50 story Upper East Side apartment building last year.

Rev. McNatt discovered that almost all denominations—even small groups like the Mennonites—have disaster response ministries. For example, American Baptist Men do heavy, often dirty clean up; Church of the Brethren provides childcare. Almost all churches except Unitarian-Universalists have a formal structure that can respond quickly to traumatic events. Ms. McNatt is thus among those leading the UU effort to build a UU Trauma Response Ministry.

Rev. McNatt's memoir recounts the story of growing up as an African-American child in Chicago. Her strong mother, a supportive welfare system, and teachers helped her cope with poverty and an abusive father. She graduated from Yale as one of the first women undergraduates and completed her pastoral training at Drew Theological Seminary.

Celebration Sunday

October 14, 2007

All three services.



Please bring your pledge card to Celebration Sunday and join the congregation as we renew our financial commitments to our church community.

JUST WORDS / WHEEL OF LIFE

Just Words

The new church year has turned my thoughts to the beginning of our ministry with you. At the end of a somewhat tumultuous candidating week, just before the congregation was to vote on whether or not to call Janne and me as your new settled ministers I ended my sermon with these words.

"Justice," Paul Tillich wrote, "is the work of love in community." All week long we've heard the call to help renew, restore and strengthen this great congregation in service to the world outside its walls. It's clear what happens here nurtures and sustains the ministry you bring into your homes, the places where you work and the communities in which you live. It's also clear the world outside these sheltering walls cries out to hear and then take up the gospel of freedom and conscience it has always been ours to proclaim. This, I promise, we will help you do. Inspired by compassion, tempered by humility, sustained by prayerful discipline and daily practice, we can walk together children on the open road, which calls us forth to this shared ministry.

*Camerado, I give you my hand!
I give you my love more precious than money,
I give you myself before preaching or law;
Will you give me yourself? Will you come travel with me?
Shall we stick by each other as long as we live? **

These past seven years have seen us grow in many ways. Our congregation is younger, stronger, deeper, better funded, and yes, more involved beyond it's walls in serving those in need. Partly through the largesse of The St. Paul Foundation but largely through your increasing generosity we've been able to build an exemplary community outreach program. A recent grant extension affords us another 18 months of full funding for our community outreach and young adults programs before the congregation needs to pick up the entire cost. We know you'll consider that challenge when you make your pledge on Celebration Sunday.

Over and again we return to the covenantal question: "What shall we promise each other and in what interest?" Whitman asks, "Shall we stick by each other as long as we live?" Sweet as that notion may sound, the church is not a huge group marriage. We do not promise to cleave to each other, "till death do us part." Community is a wonderful by-product of the covenant we make to live out certain values in the world. But it is not an end in itself. The church is a means and not an end. It is a place we learn to find and keep our balance. It is a place we learn small group intimacy. It is a place we are inspired to be instruments of love in the healing of a broken world. It is a place we can surrender into the experience of the Holy. What's it worth to you? Priceless.

Yours in Faith,

Rob Eller-Isaacs

* Whitman's, "Song of the Open Road"

The Wheel of Life

In Memoriam

Marion Wallace

December 17, 1917 —
September 3, 2007

Frاندell Netteberg

August 31, 1922 —
September 17, 2007

Jeanne Lewis

August 6, 1960 —
September 17, 2007

In Celebration

**Zoe Heintz Huelster
Howard Heintz Huelster**

born September 2, 2007
twin daughter and son of
Josh and Heidi Huelster

**Jill Carlson and
Kevin Dahlberg**

married August 25, 2007

**Bonnie Keeler and
Daniel Hernandez**
married September 8, 2007

**Jennifer Ringold and
Gene Kalligher**
married September 15, 2007

In Remembrance

Bill Kazeil

brother of
Mary Anderson

Dr. John W. Trost

father of
Alison Trost and
Molly Dornack Lacy

Claire Walter

mother of
Jack Rossman

SUNDAY WORSHIP SERVICE INFORMATION

Sunday services are held at 9:00 a.m., 11:00 a.m., and 4:30 p.m. except where noted. Worship leaders are assisted on Sundays by Worship Associates and Sunday Welcome Teams. Sermon podcasts and archives are available on line at www.unityunitarian.org

October Worship Calendar

We continue a series of services entitled "Dimensions of Faith." We began by wrestling with the terrifying faith of Abraham as he lives with God's agonizing demand that he sacrifice his son. Then we'll think theologically about the concept of faith and work to develop a common understanding of what we mean when we use that powerful word. We'll build on that understanding asking: How can we lead faithful lives? What are the sources of our faith? And how shall faith endure?

October 7: "Where's the Source?" — Janne Eller-Isaacs

As part of our series on faith, Janne and Worship Associate Karen Palmen will examine where we look for validation of our faith. Do we look inward for our own sense of truth or do we look to outside sources? Or is it ever that clearly delineated? Emerson's essay on self reliance will be a primary source for this service.

October 14: "How Does Faith Endure?" — Rev. Rosemary Bray McNatt

Evil prospers and wrongdoing asserts itself; loved ones disappoint us and fall short. Even our own dreams die and our courage often fails us. In the face of this often cruel reality, how dare we lay claim to hope? Rev. McNatt invites us, and our faith, to endure. This Celebration Sunday join us as we renew our financial commitments to our church community.

Beginning October 21, "Identity and Violence" is a three service series inspired by a book by the same name. Written by Nobel prize-winning economist, Amartya Sen, the book asks some basic questions about the utility of identity-based politics. Sen asks us to stop engaging in what he calls "the miniaturization of people" by making assumptions about people based upon their race, religion, ethnicity or sexual orientation. Is it possible that we sacrifice genuine engagement to achieve a false sense of solidarity?

October 21: "Responsibility and Rage" — Rob Eller-Isaacs

Kabir says, Go over and over your beads, paint designs on your forehead, wear your hair matted, long and ostentatious. When deep inside you there is a loaded gun, how can you have God?" We live at the intersection of spiritual development and right action in the world. Urgency is understandable but so often its also an indication that we're hiding behind the troubles of the world as a way to avoid confronting our own troubles. We run from church to church or from crisis to crisis hoping against hope to find an all-consuming cause. Such behavior can perpetuate the very injustice its intended to combat. Rob and Worship Associate, Craig Allen will begin our series on "Identity and Violence."

October 28: "Sins of Privilege" — Jacqueline Duhart

College education, money, sound body and mind, heterosexual, male, physically attractive, white skin, English speaking, socially skilled...do these characteristics separate us from beloved community and contribute to our collective suffering or bring us together in a spirit of love that is healing and liberating? Jacqueline Duhart, Unity's Community Intern and Sarah Pradt, Worship Associate, invite you to worship and reflect on how sins of privilege can be transformed and blaze a path toward freedom and justice for all. This is a Story Sunday — children worship with their families, hear a story, and then proceed to regular Religious Education classes.

Offering Recipients

October 15, 2007 marks the first anniversary of giving away the Sunday offering plate. To date Unity Church through its Generosity Ministry has placed over \$55,000 into the hands of 37 non-profit organizations resulting in an average contribution of nearly \$1500 per recipient. By our giving we extend the presence of Unity Church into the transforming network of these community agencies. The October plate recipients are:

October 7:

Center for Grief, Loss and Transition

The Center for Grief, Loss, and Transition is a non-profit organization that provides specialized therapy and education in the areas of complicated grief, trauma and life transitions for individuals, couples, and families who have experienced a significant loss. Unity Church member Mary Anderson has been associated with the organization since January 1996.

October 14: Microgrants

Microgrants is a Twin Cities nonprofit that gives small grants to selected low-income persons for training, classes, equipment, tools, or other means of assistance to follow their goals and achieve a better standard of living. Unity Church member Phil Morton currently volunteers with the organization, assisting with the procedures for tracking grants and evaluating results.

October 21: Sarah's House

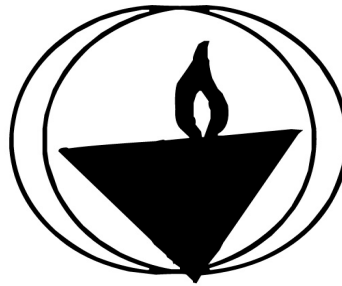
As part of the ministry of the Sisters of St. Joseph of Carondelet, Sarah's House has served over 500 women from nearly 50 nations, especially women who are in need of housing, safety and community on a temporary basis.

October 28: Open Door Outreach

Open Door Outreach is an educational and support service for people with anxiety and panic disorders. Open Door offers a three-part program of anxiety management strategies, lifestyle awareness and helpful self-talk. The program offers the anxiety sufferer hope and deeply needed support. Unity Church members Vivian Stone and Ron and Nancy Reed and their son Jason are all involved at Open Door.

WELCOMING CONGREGATION

Unity Church—Unitarian Officially Recognized as a Welcoming Congregation



Unity Church began the journey to become a Welcoming Congregation in 2005. The Welcoming Congregation Program was developed by the Unitarian Universalist Association for congregations who wish to become more inclusive toward people who are bisexual, gay, lesbian, and transgender (b/g/l/t). At Unity Church, the Welcoming Congregation program was sponsored by the Welcoming Congregation Ministry Team.

On Sunday, May 20, 2007 as part of Unity Church's annual congregational meeting, voting members passed, unanimously, the following resolution:

"We, the members of Unity Church-Unitarian, approve the recommendation of the board that we become a Welcoming Congregation. As a Welcoming Congregation, we share and embrace the concerns of bisexual, gay, lesbian, and transgender persons and allies at every level of congregational life."

On August 8, 2007, the Unitarian Universalist Association officially recognized Unity Church as a Welcoming Congregation. The Rev. Keith Kron, Director of the Office of Bisexual, Gay, Lesbian, and Transgender Concerns at the UUA writes in the letter:

"It is with great pleasure that I inform you that your congregation may be recognized officially as a Welcoming Congregation.

Our history shows that the liberal religious tradition is affirmed every time another congregation commits itself to being a human place that affirms, welcomes, and celebrates the presence of bisexual, gay, lesbian, and transgender persons. Though there remains a great deal of work to do in the Association before homophobia and transphobia become things of the past, it is congregations like yours that serve as an inspiration for those who have yet to begin the work of greater inclusion and understanding."

Let us celebrate the good work we have done and continue to welcome all who come through our doors.

Flowers and Peace Coffee

There are open dates this fall for friends and members of Unity Church to donate flowers for Sunday services and Peace Coffee for fellowship in the Parish Hall afterward. To find out more information about how to make a donation, contact Julie Handberg at the Church Office.

Twin Cities Marathon Alert!

Sunday, October 7
8:00 a.m. — 2:00 p.m.

As the Twin Cities Marathon winds its way along Summit Avenue many roads will be closed. Please plan alternate routes and allow for extra time.

The logo for commUNITY features a stylized graphic of a church steeple on the left, followed by the word "commUNITY" in a bold, lowercase, sans-serif font.

commUNITY

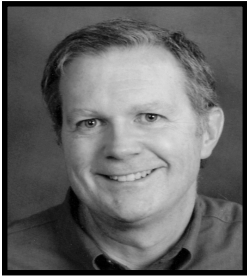
commUNITY is the church newsletter of Unity Church—Unitarian. It is published monthly, except the month of July. Deadlines are the 14th of each month. Subscriptions are free to those who make pledges to Unity Church and are available to others for \$30/year.

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FROM OUR INTERNS

Seeing With New Eyes

by Matt Alspaugh, Hallman Ministerial Intern



When I lived in Denver, my daily commute to Boulder featured an impressive view of the Rocky Mountains, and an amazing geologic feature called the Boulder Flatirons. I enjoyed this scenery in the early days of my commute, but after a few months it began to fade into unconsciousness as I became more focused on the day ahead or on the line

of brake lights between me and the office. Only when I occasionally had an out-of-town visitor ride with me was I reminded of the beauty of my situation, and briefly, I recovered my ability to see and appreciate it.

In our busy lives, it's all too easy to forget the gifts we have, to become unaware of our accomplishments. Sometimes it takes a visitor, someone new to the scene, to remind us. It's true at church also. But the great thing about a vibrant urban church like Unity Church is that each year, we have hundreds of people who come to us with new eyes, visiting for the first time or after a long absence. They notice things. With my own newcomers eyes, I've noticed the way the light plays into the sanctuary at the 4:30 service, observed the rapt attention of the children to Kerri's storytelling, enjoyed the art on display in the Parish hall. I also notice my confusion at times, as I try to find certain rooms without a map, for example, or knowing when to sit or stand during the Sunday service.

I know also that many things about a church are not obvious even to new eyes. Only through conversations do I learn of many of the great community outreach programs going on at Unity, or the wonderful improvements to the building made over the summer (I assumed it was always this nice!). I want to keep fresh my new eyes for this place, even as I become more established at Unity, so I plan to continue these conversations.

As I talk with members and visitors – my default opening line these days is, "I don't believe I've met you before," which is almost always true – I try to discern how they are seeing. Newcomers often bring wonder, and excitement, and fresh ideas from other places. Those who have been around a while offer me, and other newcomers, beautiful stories about Unity Church and its history, stories about lives lived well in the this community, and visions for the future. I am beginning to weave all these together into a broader personal understanding of what Unity Church is about. As we each do this, we create a new story, a vital and visionary story that combines tradition and history with possibility and opportunity. Maybe with such visionary stories consciously in our minds, we can all see Unity Church with new eyes.

The Miracle of Abundance

by Jacqueline Duhart, Community Ministerial Intern



Mary Oliver is one of my favorite poets. Her poetry is subtle, inspiring and beautiful. Her words gracefully lead me along paths that open my mind and heart to vistas of awe and wonder. An excellent example of this is her poem "Logos." She writes,

"Why wonder about the loaves and the fishes?

If you say the right words, the wine expands.

If you say them with love
and the felt ferocity of that love
and the felt necessity of that love,
the fish explode into many.

Imagine him, speaking,
and don't worry about what is reality,
or what is plain, or what is mysterious.
If you were there, it was all those things.
If you can imagine it, it is all those things.

Eat, drink, be happy.

Accept the miracle.

Accept, too, each spoken word spoken with love."

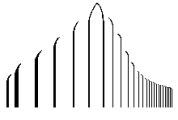
Can you sense the magnanimous abundance that is in Love through these words? I can. I believe that one of the profound truths of love is that love is the seed of miracles. Without writing a dissertation, miracles are the stuff that is outside our human capacity to comprehend or understand. In my opinion we humans hold the ability to co-create the great mysteries and miracles of life, yet we attribute "miracle phenomenon" to a power greater than ourselves.

In this poetic work, Mary Oliver masterfully references two Biblical stories where the teacher Jesus is performing miracles. The first story, the Miracle of the Loaves and Fishes, finds Jesus feeding the multitude with five barley loaves and two fishes. In love, Jesus blesses the loaves and fishes and proceeds to satisfy the hunger of more than 5000 people with enough left over to fill 12 baskets. The Wedding at Cana is the second story. In this story Jesus was invited to a wedding where the wedding host runs out of wine. In this ancient context, to run out of wine would have been evidence of poor hospitality and therefore a social embarrassment and a potential disaster for the bride and her family. Out of love and care Jesus expands 20 to 30 gallons of water into a fine wine and saves the wedding celebration. Oh, the power of LOVE.

I believe that Mary Oliver is telling us to not concern ourselves with thinking too much about the reality of "the truth" or if

continued on page 6

FINDING YOURSELF AT UNITY / NEW MEMBERS



New to Unity?

Sign up for “Finding Yourself at Unity” Class

This class introduces participants to Unity Church-Unitarian and its history and religious beliefs. Finding Yourself at Unity also addresses the basic nuts and bolts questions you might have about our faith community and outlines various opportunities for your involvement in the church. You'll have a chance to meet the staff and ministers of Unity Church, current members who have chosen Unity as their faith community, as well as people like yourself who have decided to explore a deeper connection here. There will be an invitation to become a member of Unity Church at the conclusion of this class. Preregistration is required and childcare is available by request.

Upcoming sessions include:

Three Thursdays:

- October 11, 6:30 to 9:30 p.m.
- October 18, 6:30 to 8:30 p.m.
- October 25, 6:30 to 8:30 p.m.

Light supper will be served at all three evenings.

Saturday, November 17, 9:00 a.m. to 4:30 p.m. ...with a potluck lunch

Finding Yourself at Unity is led by the Finding Yourself at Unity Ministry Team. For more information about Finding Yourself at Unity, contact Justin Schroeder, Membership Coordinator, at the Church office, 651-228-1456 x 107 or at justin@unityunitarian.org.

Ingathering of New Members

Ingatherings of New Members are held as part of a regular Sunday service during the formal church year (September through June). People participating in an Ingathering sign the membership book immediately before the service and then are recognized by the congregation during the service. A reception immediately following the Ingathering service provides an opportunity for all congregants to meet and greet the new members and to celebrate their decision to formally join the church.

The next Ingathering of New Members will be held at the 11:00 a.m. service on Sunday, October 7. To be part of this Ingathering, contact Justin Schroeder at the Church Office.

The Miracle of Abundance - continued from page5

there is such a thing as a “miracle.” She states that if you were present at this time and a character in these stories; you know what you saw, and if the answers to these questions rest in your imagination then it is true in your imagination. She goes on to say that in love 5 barley loaves and two fishes will be a feast for any crowd and because love is limitless there is always more than what we need. In the spirit of love, water is transformed and becomes an intoxicating beverage that quenches the thirst at any celebration. In her poignant elegance Mary Oliver, like Jesus, is entreating us to “Eat, drink, be happy. Accept the miracle.”

As an incoming ministerial intern who left all of her worldly possessions in Berkeley, California, I have been the recipient of Unity Church–Unitarian’s gracious hospitality. Loving/caring members of this congregation responded to my needs, the needs of a stranger, by gifting me with a place to stay for an extended period of time, desks, tables and chairs, beds, china, glassware, exotic rugs, transportation and painting. This is a miracle for me, and my first experience of being on the receiving end of such generosity from white skinned people that I do not know. I am deeply moved and grateful. Your hospitality melted away my worries and paved the way for my fairly uneventful transition into my internship.

During this canvas season when our minds can override our hearts and lead us to believe that we are just scraping by, I call you to remember these ancient stories. Share the miracle of abundance that you have shared with me, with yourself and others. Give generously and know that like Jesus, you too can perform miracles. In love, what ever you have will be miraculously expanded. Mary Oliver and I are calling you forward, “Eat, drink be happy.” Accept the miracle that in love there is magnanimous abundance; we all have more than we need. Let us joyfully share it with each other.

Ashay.

COMMUNITY OUTREACH MINISTRY PROGRAM

Grand Opening!

Jeremiah Program St. Paul Campus

Sunday, October 7 • Noon until 6:00 p.m.

Unity Church is a proud supporter of the Jeremiah Program. Plan to visit this wonderful building. Find out more about the program and volunteer opportunities. Entertainment and activities will begin at 1:00 p.m. Grand opening program is at 4:00 p.m. The Jeremiah Program St. Paul Campus is located at 932 Concordia Avenue.

Preventing and Ending Homelessness

Sunday, October 7 • 10:00 a.m.

On Sunday, October 7, Margaret Lovejoy, Director of Family Place (a day center for families living without permanent housing) will give a presentation to the Unity Affordable Housing Outreach Ministry Team at 10:00 a.m. in the Gannett Room. Prior to starting Family Place, Margaret founded Project Home (the overflow church shelter program that Unity is a part of in the month of May) with the St. Paul Council of Churches and is now speaking out about how we can move closer to preventing and ending homelessness. All are invited to this presentation and discussion. Light refreshments will be served.

Community Outreach Ministry Fair

Sunday, October 28 • Following all three services

On October 28, all the Community Outreach Ministry Teams at Unity Church will have a presence in the Parish Hall following each service. This will be an opportunity for people to meet and talk with team members about the social justice projects the church is currently involved with.

Restore Relationships and Build Safer Communities

October 30 • 5:30 until 9:30 p.m.

The Restorative Justice Team will sponsor an evening of story telling, wine, rituals and song in the Parish Hall. The evening will begin with a potluck supper. Don't miss this fun event!



October 2007 Evergreen Foodshelf Items

October Evergreen Foodshelf items are hygiene products such as shampoo, handsoap, toothpaste, toothbrushes, and deodorant. Remember that these items are only suggestions and any non-perishable item can be donated any month. Donations may be left at the barrels at the Holly and Portland Avenue entrances at any time.

FROM THE CENTER FOR VICTIMS OF TORTURE (CVT) TEAM:

October Events

Please join Unity's CVT Ministry Team at these events supporting Minnesota Human Rights Week.

The Center for Victims of Torture is proud to cosponsor Minnesota Human Rights Week beginning September 30. CVT and the Robert F. Kennedy Memorial, Speak Truth to Power, American Refugee Committee, Children's Theater Company and Minnesota Advocates for Human Rights are coordinating a series of events this week to celebrate human rights. Two highlights of the week include:

Speak Truth to Power: Voices from Beyond the Dark

Monday, October 1 • 7:30 p.m.

The Children's Theater Company

Alec Baldwin, Martin Sheen, Gloria Reuben, Bradley Whitford, and others will perform in this powerful play by Ariel Dorfman. Based on the book by Kerry Kennedy, *Speak Truth to Power* affirms the strength of the human spirit as it chronicles the struggles of human rights defenders including the Dalai Lama and Desmond Tutu.

The Secret Life of Words: Healing After Unspeakable Trauma

Wednesday, October 3 • 7:00 p.m.

3M Auditorium, Carlson School, University of Minnesota

CVT and the University of Minnesota Human Rights Center are cosponsoring a free, special screening and post-film discussion of *The Secret Life of Words*, a film inspired by the work of torture rehabilitation.

For more information visit: www.mnhumanrightsweek.org or contact Jen Vanek, Unity CVT Ministry Team leader at 612-722-4190.



FROM THE SUSTAINABLE
AGRICULTURE MINISTRY TEAM

October Whole Farm Orders

Buy meat, cheese, produce and much more from local, sustainable farms and pick it up right at Unity from Whole Farm Cooperative. For this month's pickup, place an order with Whole Farm at wholefarmcoop.com or 320-732-3023 by Friday, October 12. Please provide an extra day for fresh fruit and vegetable orders.

Orders will be delivered to Unity Church on Wednesday, October 17. Invoices are enclosed with your order. Pay by sending a check for the invoice amount directly to Whole Farm.

WELLSPRING WEDNESDAYS

Each week, the entire church community is welcome to congregate on Wednesday evenings for a 'church night' gathering. This is a time for you to engage yourself and your family in this religious community and a time to cultivate the values we believe in. The schedule for Wednesday evenings and the calendar for October events are below. For more information on any of the offerings or to sign up for classes or dinner stop by the table in the Parish Hall, visit www.unityunitarian.org/WellspringWednesdays or contact the Church Office.

Schedule Every Wednesday:

- 6:00 p.m. • Dinner
- 6:45 p.m. • Worship
- 7:10 p.m. • Classes/Lectures/Workshops

October Wellspring Wednesday Calendar:

October 3

Joseph Priestly: The Life and Thought of an Honest Heretic
— A. Truman Schwartz
Listen In - Exploring Radio Documentaries*
— Todd Melby & Diane Richard
An Introduction to Spiritual Practice* — Rob Eller-Isaacs
Introduction to the Enneagram* — Katy Taylor
Children's Musical Play Writing Workshop*
Kundalini Yoga* — Joyce Paxton
Parents of Teens Fellowship Group

October 10

The Nature of American Life — James J. Farrell
An Introduction to Spiritual Practice* — Rob Eller-Isaacs
Introduction to the Enneagram* — Katy Taylor
Women's Journaling Circle* — Rebecca Pournoor
Peace, Courage, and Confidence: Using Picture Books to
Introduce Big Concepts to young Minds* — Shelley Butler
Children's Musical Play Writing Workshop*
Kundalini Yoga* — Joyce Paxton

October 17

An Evening with Portages — Michael Sorrell & Jean Madsen
Women's Journaling Circle* — Rebecca Pournoor
Peace, Courage, and Confidence: Using Picture Books to
Introduce Big Concepts to Young Minds* — Shelley Butler
Children's Musical Play Writing Workshop*
Kundalini Yoga* — Joyce Paxton
Unity Men
Parents of Teens Fellowship Group

October 24

So Help Me God — Rev. Dr. Forrest Church
Women's Journaling Circle* — Rebecca Pournoor
Children's Musical Play Writing Workshop*
U-knitarians: Knitting and Crocheting
Mother/Daughter Book Club (Grades 6-8)
Kundalini Yoga* — Joyce Paxton

*Indicates multi-week course offering

Please note! There is no Wellspring Wednesday scheduled for October 31.

Wellspring Wednesday Cooking Team Wishlist



Perhaps you have one or two of these items you'd like to donate to the church so that our fabulous Wellspring Wednesday cooking teams have all the tools and resources they need to continue making delicious meals for our Church community:

- Food processors (2 needed)
- High quality blender
- Several good paring knives
- A knife sharpener
- Salad spinners (2 needed)
- New or slightly used muffin tins
- A nice pepper grinder
- An immersion blender
- Microplane grater
- Meat thermometer
- Oven thermometer
- Electric juicer
- Reamer
- Pizza Cutters (4 needed)

Finally, if you're interested in helping to support these cooking teams through shopping or cooking and serving, please contact Justin Schroeder at the Church Office

Wellspring Wednesday cooks (right) and U-knitarians (below)



MINISTRY WITH CHILDREN AND YOUTH / PARISH HALL ART

Unity Night Out

To help foster friendships among Unity adults, the Ministry with Children and Youth department is sponsoring a series of monthly “nights out” by providing two hours of free childcare to parents: our only stipulation is that adults take advantage of this opportunity to go to dinner, coffee or an event with other adults from Unity Church.



Our next Unity Night Out will take place on Friday, October 12. Unity Church’s staff and youth nursery workers will care for children ages 6 months to 12 years here at church from 6:00 until 8:30 p.m. Children should eat dinner before arriving; a light snack will be provided. Pre-registration is required by Sunday, October 7; maximum capacity is 25 children. Contact Christy at the Church Office to make a reservation.

Celebration of New Lives

Families from Unity Church celebrating the arrival of a new baby into their lives are invited to participate in the October 7 Celebration of New Lives at the 9:00 a.m. service.

Interested families should contact Christy at the Church Office to register for this special event marking Unity’s commitment to raise each new child as a beloved part of our spiritual community. The deadline to sign up is Wednesday, October 3.

Religious Education

Mark Your Calendar!

- Sunday, October 21 — No Religious Education (MEA)
- Sunday, October 28 — Story Sunday – Workshop Rotation children attend worship for the first 15 minutes
- Sunday, November 4 — New Workshop Rotation Cycle: On Being Human

Junior High Teachers Still Needed!

Teachers are needed for this fall’s courses, “Stories of the Old Testament” and “What Do You Stand For?: Building Character” at the 11:00 and 4:30 services. Please contact Kerri to join the teaching teams for these classes or for next semester’s classes, “Islam: Allah and His Prophet” and “Heresy Apparent: UU History and Identity.” Junior High youth are at a crucial spot in their faith development and need connections with caring adults and core beliefs to form a lasting relationship with their faith community.

Religious Education Nametags

Parents of children in Religious Education are asked to use the blue pocket charts near each entrance to keep track of each child’s nametag. Wherever your child leaves his or her nametag will be where it can be found on the following Sunday.

October Art

Marlon Davidson and Don Knudson Collaborations

Marlon Davidson and Don Knudson are Minnesotans who have lived in St. Paul and on Hand Lake in the central part of the state. For the last twenty years, they have resided in Bemidji where they have been a part of that community’s art life and culture. They currently operate Donmar Studio and create both collaborations such as the work in the Parish Hall exhibit and individual art products. Individually, Don works as a wood sculptor and furniture maker and Marlon as a painter and printmaker. Both artists have exhibited widely and have works in private and public collections regionally, nationally and internationally.

The collaborations in this collection are nearly all current. The artists have been working collaboratively for decades after long careers producing their own work while they were living in the Twin Cities. During that period of time Marlon was a public school teacher and during the last ten years of his teaching career, was an instructor in the Visual Arts Department at Bemidji State University. Don’s working career has been devoted to wood sculpture and hand made furniture. He has also been a journeyman window display artist, a map maker and carpenter.

The content of these collaborations results from the artists’ love of nature and their work dedication to the progress of art in the twentieth century. Both artists feel that their work contains elements of the natural world and that of urban life and symbolism. Their challenge is to make those two contrasting elements come together in a harmonious and appealing combination, works that are suitable for contemporary homes and for public places.

Marlon Davidson was a member of Unity Church—Unitarian from 1960-1980. Currently, he is a founding member of Headwater Unitarian Fellowship in Bemidji.

MUSIC MINISTRIES

You're a Born Singer

by KrisAnne Weiss, Unity Choir alto section leader and soloist

If you can walk, you can dance; if you can talk, you can sing.

— Zimbabwe proverb



American musical culture is outcome-based: we value performance and virtuosity. We treat musicality as a gift that you either have or you don't. Children who show aptitude at an early age tend to be singled out and praised; others who need a little extra help or encouragement might be told to "mouth the words" in group singing, rather than risk singing out of tune. As adults, we classify ourselves as "singers" or "non-singers," according to our early conditioning and our cultural expectations.

The thing is, though, we're all born singers. Rhythm and vocalization are fundamental and instinctive to babies and small children. It's only as we grow older (and more self-conscious) that we become constricted by the fear that we're not good enough, and that someone might hear us.

It can be scary to think about singing in public, even in church, even in a group setting: when you sing, you present your whole being to the world. The sound of your voice is as basic to your identity as your facial features. But singing, and learning to become a better singer, can be transformative—not just for the sound of your voice, but for your understanding of yourself. As you learn to use the voice you were born with, you enlarge your sense of yourself, and of the musical contribution you can make.

Don't get me wrong: I like virtuosity, and I like high standards for performance. Without them, my own singing career would be a little haphazard and meaningless. But as a teacher, I also value the beauty of the imperfect and honest sounds we all make while we learn to find our true voices. I've learned to love the process as much as the outcome—and now the music sounds much sweeter.

KrisAnne is Unity Choir's alto section leader and soloist. She teaches private voice lessons and plans to offer group lessons at Unity. You can contact her at krisanne@krisanneweiss.com.

Children's Musical Writing Workshop

Wednesdays: October 3, 10, 17, 24

Students in grades six through twelve will help create the 2008 Unity Church Children's Musical! This Writing Workshop will help create the theme, plot, and characters for this year's story.

Mila CD Release Party October 27, St. Paul

Mila and the Niks warmly invite the members of Unity Church to an evening of songs and stories celebrating the feast of life and the release of Mila's newest CD, *Leb i Sol* (With Bread and Salt). Enjoy a glass of wine before the performance at 8 p.m., and enjoy harvest treats and dancing with the Niks following the show. Saturday, October 27, 7:30 p.m., SPCO Center, 408 Saint Peter Street (3rd floor) Hamm Building, Downtown Saint Paul. Tickets available at the door: \$25 general admission; seniors/students \$20, under 12 \$5.

Mila to Sing at Sunday Services on October 21

On Sunday, October 21, Unity Church welcomes Mila Vocal Ensemble as they present songs from their soon-to-be-released CD, *Leb i Sol* (With Bread and Salt). The concept for the CD is based on the Eastern European custom of presenting bread and salt to guests in your home. The presentation is a welcome and a blessing: may you never go hungry, may your life never be bland.

FELLOWSHIP

Soup Suppers on Sunday Evenings

Congregants at our 4:30 p.m. worship can look forward to a new tradition: a simple but hearty meal of soup (or chili or stew) and bread will be offered in the Parish Hall every Sunday following the service. Vegetarian options will always be available. Donations of \$2-5 are welcomed. We hope you enjoy this wholesome opportunity to build community while breaking bread. For more information contact Justin at the church office.

Second Saturday Pancake Breakfast!

Put on by the Unity Choir

Saturday, October 13 • 8:30-10:00 a.m.!

Pancakes, pancakes, pancakes!!! All you can eat! Bring your friends, neighbors, children, and hungry stomachs! We'll have fresh pancakes (hot off the griddle), local sausage, and fresh OJ! Don't miss it! Suggested donation \$3 per person or \$10 per family.

Elder Group Gathering

Thursday, October 18 • 1:00 p.m.

The Veil Becomes Thin

Toward the middle of autumn, as trees go bare and fields fade to muted browns, we celebrate a variety of holidays: Halloween, All Souls Day, Day of the Dead, Samhain. These all focus on our connection with the dead, and invite us to remember those who have gone before. Some would say that the veil that separates the living from the dead becomes thin, and they find the connection with their ancestors is strengthened. Join us for discussion as we explore and celebrate these connections with our past. Contact Matt Alspaugh at the Church Office for more information or to RSVP.

Unity Singles Group

Are you an adult single ages 35 and beyond and interested in dining, socializing, and experiencing cultural activities with each other? Join our group by contacting Bonnie Reiland at bonniereiland@aol.com or Rick Ahern at 651-636-5836 or richardahern@usfamily.net. The next event is:

Sunday, October 21: Afternoon hike at Afton State Park

Money Matters in Early Adulthood

Unity's younger adults ages 18-35ish are encouraged to attend an informal lecture and discussion led by Star Tribune columnist (and fellow young adult) Kara McGuire on Sunday, October 28, at 6:00 p.m. in the Robbins Parlor. After some brief remarks about personal finance in young adulthood, Kara will field questions and participate in discussion. The event is free.

Kara covers personal finance and money matters for the Star Tribune as well as in her online blog. Her column about 20 and 30-something spending, saving, and getting ahead, appears in the Star Tribune's business section on Fridays. For more information about the event contact Joseph LaFerla, Coordinator of Youth and Young Adult Ministries, at the church office.

October Fellowship Group Meetings

All are invited to attend the following groups. For more information, contact the Church Office or the persons listed with each group.

U-Knitarians

...for those who enjoy knitting and crocheting
Fourth Wednesday of each month at Wellspring Wednesdays
Contact: Justin Schroeder at the Church Office

Men's Retirement Group

Monday, October 8 and 22 • 1:00-3:00 p.m.
Contact: Phil Morton, 952-934-3578

Unity Divorce/Transitions Group

Meets every Saturday • 10:00-11:30 a.m.
Contact: Justin Schroeder at the Church Office

Unity Singles Group

Sunday, October 21 • Hike at Afton State Park
Contact: Justin Schroeder at the Church Office

A New Look at the Bible

First Thursday of each month • 7:00 p.m.
Contact: Joan Lovrien, 651-739-6958

Afterthoughts

Every Sunday following the 9:00 a.m. service
Contact: Paul Gade, 651-771-7528

Unity Young Adult Group

Second and fourth Sundays of each month following the 4:30 p.m. service. Contact: Joseph LaFerla at the Church Office.

Mother-Daughter Book Club (grades 6-8)

Meetings are held on the fourth Wednesday of every month as part of Wellspring Wednesday.
Contact: Ginny Allen, 651-645-7176

Unitots!

A group for families with kids through preschool age.
Every Friday • 9:30 a.m.
Contact: Bridget Borell, 651-644-5618.

Grandparent Unitots!

A group for grandparents and their grandkids.
Every Monday • 9:30 a.m. Contact: Sue Conner, 651-646-6667

Unity Bridge Club

First Friday of each month at members' homes • 7:00 p.m.
Contact: Mary Barrett, 651-225-9708.

Evergreen Quilt Group

Second Tuesday of each month • 7:00 p.m.
Contact: Kathie Simon Frank at 612-379-4253

Unity Church–Unitarian Welcomes...



Ruth Hayden

Money and Values: Living a Regret-Free Life

Monday, October 8 • 7:00 p.m.

Unity Church–Unitarian

Portland and Grotto Avenues • Saint Paul

The cost is \$5 per person. All are welcome.

Ruth Hayden's *Your Money Life: The "Make it Work" Workbook* will be available for purchase.

Ruth Hayden is a nationally recognized financial consultant, educator and award winning author based out of St. Paul. In 1982, she founded her own successful consulting business, Ruth L. Hayden and Associates, Inc. She is a member of the Association for Financial Counseling and Planning Education. For 19 years, Hayden has taught classes that challenge women to take charge of their lives as knowledgeable, strong and focused women. In 2002, Hayden received the Award for Support and Encouragement of Girls and Women by an Individual from the Ann Bancroft Foundation. Hayden also teaches a popular series of classes called "Couples and Money" which is the basis for her book, *For Richer, Not Poorer: The Money Book for Couples*. She is a frequent guest and commentator on Public Radio.

Sunday Worship Service Information — see page 3.



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