

commUNITY

Vol. 31, No. 9

UNITY CHURCH-UNITARIAN

May 2008

GOVERNANCE AND ICE CREAM

from Zack Steven, Chair,
Unity Church Board of Trustees

Spring is in full swing at Unity Church, and our 137th Annual Congregational Meeting is right around the corner. In an effort to increase attendance and comfort levels, this year's meeting will be on Saturday, May 17, from 10:00 a.m. until noon, (childcare is available!) following a pancake breakfast which begins at 8:30 a.m. The meeting is an important chance to connect with other members of our community, and to keep informed about, and participate in, church governance. It's a time for celebrating the past, and visioning the future together.

The agenda for the meeting includes remembrance of members, a review of Board activities, the election of new Trustees (nominees at right) and officers, adoption of new Ends Statements, approval of the operating budget, and preliminary results from the congregational survey. In keeping with tradition, the Board will serve ice cream following the meeting. Please plan to attend and participate!

Also, if you haven't done so already, please take a few minutes to complete the annual congregational survey. It is available on the Unity website, and on paper at the Church Office. The Board and Executive Team want to hear from as many of you as possible about your experiences at Unity.

It has been an honor to serve on the Board of Trustees these past three years, and I have especially enjoyed the opportunity to deepen my relationships with the Executive Team, staff, and fellow members of the congregation. I look forward to seeing you at the meeting!

2008 BOARD OF TRUSTEES NOMINEES



NEELY CRANE-SMITH: Neely Crane-Smith has been attending Unity Church since moving to St. Paul to go to Macalester College in 2002. At Unity, Neely has served as a Worship Associate, a member of the Generosity Ministry Team and a mentor for the Coming of Age Program. Neely works as the Minnesota Energy Challenge Coordinator for local non-profit Center for Energy and Environment in Minneapolis. She lives in Uptown and enjoys biking around the lakes, trying out new recipes and frequenting the local library branch for new books.



ANN NELSON: My husband Steve Nelson and I have been attending Unity since 2002. We live in St. Paul's Highland Park neighborhood with our three high maintenance (and much loved!) cats. I own an event planning business, Ann Plans, and absolutely love the work that I do on behalf of my nonprofit and business clients. My hobbies and interests include cooking and entertaining, watching baseball, camping, hiking, studying Spanish, travel, meeting and hanging out with people, and seeking out new experiences.

The sense of community I feel at Unity is stronger and deeper than I've experienced anywhere else. I LOVE this church! Unity has provided me with opportunities for spiritual growth, leadership development, being a participant in the larger community, and making great friends.

Leadership roles I have held at Unity include chairing the Project Home team, participating on the planning team involved in launching Wellspring Wednesday, leading a Wellspring Wednesday cooking team, and facilitating Finding Yourself at Unity sessions. I have also taught religious education, served on a welcome team, volunteered with the bookstall, and served on the library team. A definite Unity highlight for me was being part of the March 2008 pilgrimage to New Orleans.

Serving in leadership roles has been an important part of my involvement at Unity. I am honored to be on this year's slate for the Board of Trustees, and I welcome the possibility of serving in this capacity. More than anything, I look forward to living out the beloved community with each of you – helping to ensure that Unity is a welcoming place for everyone who steps through our doors, and working to bring about positive change and peace in our larger community and throughout the world.



LAURA SMIDZIK: Unity has been a spiritual home for Laura and her family since 2000. She was a member of First Universalist for approximately five years prior. Laura has served as a Worship Associate, a member of the Anti-Racism Team, taught RE, was a mentor for Coming of Age, and has been on several informal advisory committees. In March she served as a delegate at the UUA's Large Church Conference in Louisville.

Laura brings non profit leadership and board experience coupled with her deep commitment to her faith and the sacred community at Unity Unitarian Church. She is the past Executive Director of Rainbow Families, an organization which works to build a safe, just and affirming world for lesbian, gay, bisexual, and transgender (LGBT) parents and their children. She has been an educator, advocate and media spokesperson for LGBT parents in Minnesota for the past decade. She received her Masters in Educational Policy and Administration from the University of Minnesota and spent over ten years working in the area of career development and internships at Macalester College and Hamline University.

ANNUAL CONGREGATIONAL MEETING

Saturday, May 17, 2008 • 10:00 a.m. • Childcare is available, please contact the Church Office.

JUST WORDS / WHEEL OF LIFE

Just Words

As part of the sermon on April 6, I asked people to stand when the theological label that best defined them was spoken. I began with atheists. A few courageous people at each service stood. I then said, "agnostics" and more people stood. By the end of the exercise almost every person in attendance was standing. I have been asked to do it again so that someone with a camera in the balcony can picture the unfolding of the real diversity of this congregation. It was a remarkable experience. People have asked that I list the categories that I ultimately named. They are: Atheists, Spiritual Atheists, Agnostics, Secular Humanists, Religious Humanists, Naturalist Theists, Pantheists, (also known as peter pantheists), Panentheists, Earth Based Pagans, Mystics, Christians, Buddhists, Jewish, Muslim, Hindu, Taoist. I did not say Unitarian Universalist because it is the gracious container that holds all this remarkable diversity.

A visitor to our congregation was surprised by the religious diversity that was so evident that day. He said our reputation in the metro area is one of greater unanimity than was obvious in the exercise. We do have a more formal worship style than the other Unitarian Universalist congregations, but that does not mean we do not contain the theological diversity which defines so many of our congregations. That diversity does dwell here! And it was obvious that Sunday as family members and friends stood as different theological labels were spoken and looked around at each other in surprise.

I think that what unifies us is a commitment to the spiritual life. We might define it differently, but we are all searching for a life more grounded in the spiritual. In Alice Walker's seminal book *The Color Purple*, the character Shug states, "Any God I ever felt in church I brought in with me. And I think all the other folks did too. They come to church to share God, not find God..." I think she has it completely right. We come seeking greater connection and greater clarity but we come to share in that connectedness and in the deeply refreshing waters of the spirit.

The theological diversity that is a part of our liberal way of the spirit is a gift, though it is not a gift that we necessarily know what to do with. The diversity we find in our congregations can be challenging, but we can use this challenge as an invitation to engage in conversations about belief and values. I encourage us to increasingly invite one another into dialogue about what it is we believe. It may be awkward in the beginning, but our faith will be sharpened and deepened by its articulation. And our communal faith will grow in response. May it be so!

— Janne Eller-Isaacs

The Wheel of Life

In Celebration

Bella Ruth Carls-Rehovsky
born February 13, 2008
daughter of
Ariel Carls and Paul Rehovsky

Kathleen Jean Peterson
born April 7, 2008
daughter of
Bridget and Jason Peterson
granddaughter of Katy and Bill Gray

In Memoriam

Rev. Roy D. Phillips
June 1941 – April 2008

Memorial Day Weekend

The Church Office will be closed Monday, May 26, in observance of Memorial Day.

Beginning Sunday, May 25, and throughout the summer, Sunday services will be held each week at 10:00 a.m.



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 per year.

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See Page 6!



MAY SUNDAY WORSHIP INFORMATION

Sunday services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Sermon podcasts and archives are available on line at www.unityunitarian.org. **Please note! May 25, marks the beginning of the summer service schedule with one service at 10:00 a.m. For information about youth programs during the summer, turn to page 9.**

May Worship Series

This month's theme is "food." What are we growing? For whom? What do we mean when we talk about "food for the spirit"? Poet/farmer Wendell Berry writes:

There is a kinship of the fields
that gives to the living the breath
of the dead. The earth
opened in the spring, opens
in all springs. Nameless,
ancient, many-lived, we reach
through ages with the seed.

May Worship Calendar

May 4: *Food for the Spirit, Food for the Planet*

— Janne Eller-Isaacs

Increasingly, we are not only conscious of the nutritional value of the food we eat, but also its source and sustainability. We are also increasingly aware of the ethical and political dimensions to the food we eat. Janne and Worship Associate Estelle Brouwer will explore the dynamics of the food chain and what is healthy eating when the well-being of the whole planet is considered.

May 11: *A Community of Mothers* — Ruth MacKenzie

Barry Lopez asks, "How is one to live a moral and compassionate existence when one is fully aware of the blood, the horror inherent in life, when one finds darkness not only in one's culture but with oneself?" How do we embody the generous spirit of mothering in this troubled time? The answers may lie in the workings of an anthill or the language of our very DNA. Ruth MacKenzie is a student of theology at United Theological Seminary in New Brighton, as well as a professional creative and performance artist. She and Worship Associate Mary Baremore will lead services and accompany the Youth Music Ensemble in African Drumming on this day celebrating mothers.

May 18: *Our Sure Blossoming* — Rob and Janne Eller-Isaacs

Come celebrate the affirming, uniquely Unitarian Universalist ritual of Flower Communion. Developed by Czech Unitarian minister, Norbert Capek who died a martyr at Dachau, the ritual celebrates the intrinsic beauty of each and every soul. Bring a flower for the arch. This Family Sunday service is for the whole church family and will include a dedication ceremony for older children.

May 25: *What Every Soldier Needs* 10:00 a.m. ONLY

— Rob Eller-Isaacs and Jacqueline Duhart

Did you know that the "K" in K-rations refers to U of M professor, Ansel Keyes? During World War II, Keyes was asked to devise a compact, nutritious packet for use by the troops. What did he include and why? What do soldiers need and why? Rob and Community Intern minister, Jacqueline Duhart, a retired Air Force officer will offer a service for Memorial Day. The service will include an opportunity to light a candle for those lost in America's wars.

May Sunday Offering Recipients

May 4—Witness for Peace: Witness for Peace is a non-partisan nationwide grassroots organization of people committed to nonviolence. It presently supports peace, justice and sustainable economies in Mexico, Nicaragua, Venezuela, Guatemala, Bolivia and Colombia. This offering will go to their work in Colombia. Over 3 million Colombian refugees, mostly women, children and elderly, have fled from internal country atrocities into large city slums with another million fleeing abroad. This offering will be given to the Witness for Peace Upper Midwest group to help cover educational expenses and summer delegations to Colombia. Sigrid Bachmann, member of Unity Church, has been an active member of Witness for Peace for many years.

May 11—Friends of the Mississippi: Friends of the Mississippi (FMR) advocates a new vision for the Mississippi River, especially in the Twin Cities metropolitan area. Through active leadership and education, FMR seeks to preserve and restore the river's fish and wildlife, its vital floodplains and scenic bluffs, its natural and cultural treasures, its beauty and its romance. Founded in 1993, FMR works in a non-partisan way to enhance water quality protection in the 72 miles of the Mississippi River in the metropolitan area. Rebecca Flood, member of Unity Church, has participated in numerous FMR activities, including removal of invasive species, tree planting and bird watching events.

May 18—Living Justice Press: Living Justice Press, an all volunteer organization, publishes books on restorative justice that powerfully support healing, transformative work in families, schools, churches, businesses and communities. Founded in 2002, they have published four books (several are available in the Unity Church bookstall) and focus on two areas: on the peacemaking circle process and on applying restorative justice principles and values to addressing harms between peoples. Unity Church members, Louise Wolfgramm, Eric and Laurel Lein, and Unity Church Restorative Justice Outreach Ministry team members have all supported the work of Living Justice Press.

May 25—Johnson High School Habitat for Humanity Team "Get ready to make a difference and be changed in the process" characterizes the goals of this St. Paul Johnson High School Habitat for Humanity trip to Guatemala, June 7-16, 2008. This team, made up of 20 students, three staff members, and four adult volunteers will be working with Guatemalan volunteers, as well as future homeowners themselves, to help families achieve their dream of having a simple, decent place to live. Beyond the important value of the work itself, there is equally tremendous potential for this trip to make a life-changing difference in the lives of the Johnson Students who participate. Johnson High is an urban school located on the East Side of St. Paul. Each trip participant has been responsible for making monthly payments toward the trip total but given many of the students' financial/family situations, there is a gap between what they still owe for the entire trip. This offering will go to bridge that gap.

WELCOME NEW MEMBERS



David and Lisa Hirst Carnes — David and Lisa live in Uptown Minneapolis with their two sons, Jackson (7) and Leo (5). They are entrepreneurs and own ArcStone Technologies which provides web application, design and hosting services (arcstone.com). David and Lisa play and record original music. Check out their band MayaFlyer at www.MySpace.com/mayaflyer. David is passionate about being a dad, business, technology, the web, songwriting, guitar, yoga, meditation, good food and travel. Lisa is passionate about being a mom, playing music, singing, recording experimental music, yoga, cooking and walking her dog, Roberto Di Medici Guantanamo Gonzalez. David and Lisa have enjoyed being part of Unity's RE program and are looking forward to becoming more involved.



Mary Hanrahan and Tim Thoreen — We have been Saint Paul residents for the last eight years and currently live in the Merriam Park neighborhood. If you don't see us working and gardening around our house, or taking advantage of our City's many culinary delights (including the farmer's market), you'll probably find us taking our lovable dog Maggie, a 3-year-old black Labradoodle, out for a walk. Mary and I are happy to be joining this welcoming community and look forward to the opportunities, challenges, and growth that come with membership!



Steve Penz and Kristin Bellus-Penz — We have been attending Unity as a family for several years and are excited to formally join such a wonderful community! Since our marriage a year ago, we have enjoyed living in the beautiful Mac/Groveland area of St. Paul with our step/daughter Alix (and will add one more member to our family in June). Our daily lives are spent trying to please our diverse "customers" —Kristin as a 4th grade teacher in St. Paul Park, and Steve as a customer relations manager for a company that offers cash access systems to the gaming community. In our free time we enjoy being active—running, biking, and exploring all that Minnesota has to offer.



Sue Cook — I am originally from upstate New York—near Rochester. I came to the Twin Cities over ten years ago and have been in my current position, managing Human Resources for Hubbard Broadcasting ever since. I love how busy this work keeps me and I create even more activity for myself by often being on the move, going to the theater, movies, and traveling. My quieter avocations are writing, reading, enjoying music, and dabs of genealogy here and there. I had never felt that I had a way to turn—spiritually—until I crossed paths with Unity a little over three years ago. It is a privilege to join with so many people in exploring new paths and in making contributions that reflect my personal values.



Paul Rehovsky, Ariel Carls and Bella Carls-Rehovsky — Paul, Ariel and Bella live in Saint Paul with their loyal canine Arlo. They are thrilled to be joining the inclusive, vibrant Unity community. Paul enjoys biking, grilling and smoking all kinds of meat (and, of course, eating said meat), and hanging out with his daughter Bella and wife Ariel. In his spare time, he holds down a job in information technology for a large medical group. Ariel loves reading, knitting, kickboxing and playing with Paul, Bella and Arlo. She also finds many rewards and challenges in her career as a family physician. Bella was born in February 2008 and is

working on adjusting to the big, wide world. She loves nursing, warm baths, and being close to her mommy or daddy in her sling. The Carls-Rehovsky crew looks forward to growing in spirit with you at Unity.



Tim Como and Renee Obrecht-Como — Tim Como and Renee Obrecht-Como have been attending Unity for almost two years. Tim paved the way by regaling Renee with tales of fantastic music and thought-provoking sermons. Renee happily joined him after a year-and-a-half of weekends spent doting on her twin niece and nephew, now two years old, and providing sisterly support while her sister's husband was deployed in Iraq. Tim and Renee are thrilled to find in Unity a progressive spiritual community so fully committed to social action and tolerance. After many stressful years in aviation, Tim will be walking a new career path in printing and bindery, upon graduating from Hennepin Tech in May. Renee has spent many years in program coordination, policy, and fundraising with nonprofits and U of M Extension. Tim and Renee enjoy the Twin Cities' vibrant arts scene, including the SPCO, the Minnesota Guitar Society, and the Open Book. They live in St. Paul, with their two beloved cats, Smoke and Cinder.



Lynndelle Wiebenga — I have lived in the Twin Cities since 1990 and have gone through many challenging and enlightening changes during this time. I am a proud mother to Sylvan Morse-Zylstra (15) and Senna Morse (10). Music is my daily water and I sing, write songs, play piano and guitar. I am currently working at Prairie St. John's as a Nurse Psychiatric Technician to balance all these elements of life: time for parenting, time for music, and time to give to others. This value system has remained consistent throughout my lifetime and I am happy to have found a church that offers so much to continue to maintain balance in all aspects of life. I see Unity as a place for my own personal and spiritual discoveries including experiencing the grieving of losses and spirit of hope for having a nurturing family present.



Kim Mason — My name is Kimberly Joy Mason. I was dedicated here at Unity Church way back in 1969. I have worked for an international accelerated learning company called Quantum Learning doing "SuperCamps" all over the U.S., Hong Kong, Singapore, Malaysia, and Switzerland for 20 years. I have been teaching elementary school for the past 14 years. Currently, I am a fourth grade teacher in Bloomington. I live in Southwest Minneapolis with my awesome husband, Steve Anderson, and two wonderful kids, Luke (3 years old) and Kate (1 year old). We love the outdoors, traveling, and just being with family. I'm excited to be part of such a spiritually rich and grounded community. It's nice to be back home.



Bryant/Satoskar Family — Amy, Rand and Frannie are honored to become members of Unity Church. Amy is currently employed as a writer and once worked at a job that required her to blow up balloons with her nose. She is interested in leadership, systems theory, and facilitation and is currently working on her Masters degree in Human Development at Saint Mary's University of Minnesota. Rand works for Target Corporation in business strategy and also knows a thing or two about business intelligence technology. Frannie is employed full-time as an in-house Zen master. (Parenting really is a spiritual practice!) In their precious spare time, they enjoy dancing (Amy) golf (Rand) and playing in their toy kitchen (Frannie).

FROM OUR INTERNS



The Promises of Summertime from Jacqueline Duhart, Community Ministerial Intern

Hallelujah, for the sermon series on covenants! This series nudged me to examine promises that I have made, the promises that our government claims to make, and promises that are implied in sacred documents like our Constitution and the Declaration of Independence. I wonder, are there promises inherent in the act of voting? Promises made by humans do not come with guarantees, unlike the promises that come with the turning of the earth and the dawning of new seasons. Is it too early to speak of the promises of summertime? I have faith that for a few months, the sun will reign supreme and heat me through and through. During the summer my heart absentmindedly visits alternate universes. There I have a voice like Lena Horne and I unabashedly croon, "Summertime, and the living is easy. Fish are jumping and the cotton is high. Your daddy's rich and your mamma's good lookin'. So hush little baby, don't you cry."

Summertime was a favorite in my childhood home. When my parents heard this tune, they gravitated to each other and embraced for a slow dance. I seized these moments of serenity, and positioned myself in front of our cherished record player. Here I could sit contentedly; drinking in the momentary delight my parents took in one another as I listened to my scratched 45 of *Summertime*. My most treasured memories of summer occurred in my Nana's backyard. She and my grandfather would lay a fire and—poof—our entire neighborhood materialized in my Nana's backyard. Magically, the smoke pointed the way to a fried fish supper with fry bread. This seasonal ritual of laying a fire, gathering and feasting together held blessed promises. In the backyard, under the weeping willow tree, summer commenced. Here, you were guaranteed to hear tales of births, deaths, marriages, divorces, TB and gout and everything in between.

The promises of summertime are now realized in my backyard in California, under giant Redwood trees. Somewhere I still have my scratched 45 of *Summertime*, but now I listen to a master recording of George Gershwin's *Porgy and Bess*. Now, I lay a fire and enjoy Beltane rituals with intimate friends.

The promises of summer and or Beltane, includes a gift of time to celebrate the *eros* of the year, the vitality that radiates from the heat of our sun and the joys of youth. Let us take advantage of this *eros*, summer vitality and youthful energy. Let it fuel our journey back to childhood memories, where we may find energy and inspiration that moves us into a new season of promising. Remember, we are a promise making, promise breaking, and promise renewing people. This summer, I invite you to inventory some of the promises you have made. Are you called to repair broken promises? Is this the summer to make new promises? Are there outdated promises that cry to be buried? If you choose to accept this summer mission, pair it with a tall glass of ice cold lemonade and listening to *Summertime*. Feel the rhythms of this timeless piece of music, allow the harmonies to transport you to an alternate universe where the living is easy, fish are jumping and your soul may find rest. I promise, the journey is rewarding.



On Meditation

from Matt Alspaugh, Hallman Ministerial Intern

The Buddha said, "Hard it is to train the mind, which goes where it wants and does what it likes. But a well trained mind brings health and happiness." I see great truth in these words. If your mind is well trained, free of unnecessary worry or regrets, in touch but not overwhelmed with emotions such as fear or anger, you will live a healthier and happier life. Meditation is a tool for training the mind. As you practice, you will likely discover a greater calmness and equanimity, and you find yourself able to focus more clearly on the present moment.

Certainly meditation can be a doorway into a greater mystical understanding of the universe and our place in it. Numerous mystics have found hints at answers to the deep spiritual questions through meditation. I find it reassuring that, while these answers are embedded into the local context and religious traditions of each of these mystics, they all hint at an underlying unity, a suggestion that there is some fundamental truth that we are part of and can access in some way.

My intention for my daily meditation practice has been more mundane: I want to live a better life, one that is calmer, more focused, where I am more attentive and caring of others. I've kept up with my practice because this is what people – especially those who knew me before I began to meditate – have noticed emerging in me. I do not meditate in search of deep states of bliss or mystical experiences, but when these come, I see them as rare, undeserved gifts.

There are many ways to meditate, and there is no one best way to meditate. I tried several different forms unsuccessfully before I was able to find a practice that stuck with me. My own practice is called 'passage meditation'; it involves reciting text passages chosen from the world's mystical traditions slowly in my mind. Practices used by others may focus on the breath, a candle or flower or other object, or on a story or visualization. Some may focus on a feeling of compassion or forgiveness. Most of these forms involve sitting, either on a cushion or in a chair, but some practice walking meditation, where one steps slowly along a destinationless journey, or meditative activities such as sand mandalas or flower arranging.

In meditation, one focuses the mind on the object of meditation, and when the mind drifts, one notes this and brings the mind, gently, back to the object of meditation. An analogy is the summer sky. The meditator focuses on the blue of the sky, trying to ignore the fluffy clouds, realizing that the clouds inevitably are a distraction, drawing the attention away from the blue. When distraction happens, one simply returns, without annoyance or reactivity, to the sky.

Would you like to start or renew a meditation practice? Please consider joining us for Sunday Morning Meditation. We meet 45 minutes before the first service, for thirty minutes of sitting meditation. We meet upstairs in the Ames chapel, and after a few introductory words on meditation, we just sit. Come, sit with us.

COMMUNITY / FELLOWSHIP / LEARNING

2008 General Assembly

June 25 to 29, 2008 • Ft. Lauderdale

If you've wondered about all the other Unitarian Universalists who gather in churches to worship and learn and work for justice all across the country, here's a chance to meet many of them. Several thousand UUs will gather in Ft. Lauderdale for our Association's annual General Assembly (GA). This is a chance to participate in the governance of our denomination, to learn from great teachers, to participate in moving worship, and to make friendships with others who share our faith tradition. Some may come early for UU University, a two day gathering of congregational leaders.

What's GA like? Eighteen Unity Church members attended GA in Portland last year, here are a few reflections:

Jean Olsen enjoyed "knowing that whoever sat down in the empty chair next to me was the right person to be there and that we would find something in common and something interesting to talk about."

For Lyn Burton, highlights included "attending workshops led by individuals whose books and articles I have read and admired: Paul Rasor, Amina Wadud, Bill Murry, Sharon Welch, and Tracy Hurd."

Gary DeCramer loved hearing "Rob's Thursday morning sermon outlining a challenge to theology and daily practice for UUs" and participating in "the debate over 'don't ask, don't tell'" plus "all the young people - the energy," among many other things.

If you are interested in knowing more please join us for an informational meeting on May 18, between the 9:00 and 11:00 a.m. services. Or get in touch with Matt Alspaugh at the Church Office.

Sunday Morning Meditation

Sundays • 8:15 - 8:45 a.m. • Ames Chapel

Join us for a half-hour of silent meditation starting 45 minutes before the first service. You are welcome even if you have not meditated before. After a few introductory words, we'll take most of our time for meditation. Contact Matt Alspaugh at the Church Office for more information.

Monthly Pancake Breakfast!

Haven't been able to make it to a pancake breakfast yet? Don't worry - our next pancake breakfast is **Saturday, May 17, from 8:30-10:00 a.m.** You'll enjoy local sausage, OJ, all you can eat pancakes, and lots of lingering and good conversation. It's fun for the whole family! Come for the pancake breakfast, stay for the Annual Congregational Meeting, from 10:00 a.m. until noon. **Cost:** \$3 per person or \$10 per family maximum. *May's pancake breakfast is hosted in part by Interweave.*

Men's Group

Wednesday, May 14 • 7:10-8:30 p.m. • Center Room

I Don't Want to Talk About It, confronting depression and dysthymia in men. We'll look at what depression looks like in men, what might cause it, and how we each confront this illness. A resource is the book *I Don't Want to Talk About It: Overcoming the Secret legacy of Male Depression* by Terrence Real.

Elders Group

Thursday, May 15 • 11:30 a.m. • Lunch at Fabulous Ferns

Join us for a relaxing meal and conversation. Please let Matt Alspaugh at the Church Office know if you planning to attend. Fabulous Ferns is located in the Blair Arcade at 400 Selby Avenue, near Western Avenue.

Camp Unistar

Camp Unistar has openings the week of May 31-June 7: Work Week and June 7-14: Rug Making and Chi-Gung. This is as rare opportunity to spend a week at Camp. The rates have been reduced for the June 7-14 program. For more information contact Gary Joselyn at 763-533-9659 or Registrar@CampUnistar.org.

Pathway to Membership

Whether you've been here a month or a year, we welcome and invite you to deepen your relationship with Unity Church by signing up for one of the classes listed below. Please contact Justin Schroeder at the Church Office for more information.

Welcome to Unity: A Class for Newcomers is offered Wednesday, May 7, from 7:10 - 8:30 p.m.

Committing to Unity is offered Saturday, May 17, from 12:30 - 3:00 p.m.

Heart to Heart

A Couples Enrichment Weekend • November 7-9, 2008

Heart to Heart is a program designed to enrich communication and intimacy in your relationship. This will be our 14th annual retreat. All couples committed to their partners and to their relationships are welcome — same-sex and opposite-sex, married and unmarried. Space is limited, so register early. For more information, visit the Heart to Heart website at <http://heart.mn.cx> or call Laurel and Eric Lein at 651-227-0486.

COMMUNITY / FELLOWSHIP / LEARNING

What's New at Unity Libraries? May is Music Month!



Geneste M. Anderson Adult Library • Bookstall
Elizabeth M. Whitman Children's Library • Bookmobile

Whoever said that life is the greatest gift of all may not have ever heard Unity Choir, for when the singers lift every voice, the earth and heavens really do ring. Every time we hear the choir, we feel the spirit moving in our hearts. Unity Choir awakens our senses, brightens our pathway with radiance and... well, need we say more?

Being choir aficionados, we are proud to announce: The 2008 Unity Music CD *Journey from this house ... to the world*, will be released and sold in the Parish Hall on May 5; thereafter, it will be in The Bookstall for just \$20.

Also, don't miss The Bookstall music sale: the 2002 and 2005 Unity Music as well as, the 2007 Arthur Foote Sunday CDs are only \$10 from now through June 15.

All this great music leads us to: The 1st Annual Unity Library May Music Month Unity Music Drive. If you have new or barely-used CD's of Unity Choir, the Mila Vocal Ensemble, the music of Ruth MacKenzie, the One Voice Mixed Chorus, or any of the vocalists, groups, or musicians who regularly enhance our lives with music, please consider donating one or more to your church library.

Drop your donations in the baskets marked "The May Music 1st Annual May Unity Library Music..." in the Adult Library and at the Bookmobile. You can be part of inaugurating The Anderson Library Unity Music Collection, where the gift of music will be available and appreciated by all.

Book Club Update

Unity Church Book Clubs are open to all - even if you haven't read the book!

THE SECOND TUESDAY BOOK CLUB will meet from 7:00-8:30 p.m. on Tuesday, May 13, in the Gannett Room. They will be reading *People of Darkness* by Tony Hillerman. In June, they'll be reading *American Sphinx: The Character of Thomas Jefferson*, by Joseph J. Ellis. Each book has a "sponsor," who begins the meeting by presenting a bit about the author and the selected book.

THE FOURTH TUESDAY BOOK CLUB will meet from 7:00-8:30 p.m. on Tuesday, May 27, in the Anderson Library. They will be reading Jimmy Carter's *Our Endangered Values: America's Moral Crisis*. At the beginning of each meeting, there is a quick "go-around" to get everyone's thoughts and responses to the evening's book. Participants are asked to bring a question (for discussion) about the book.

Unity Writers Update

After an initial gathering and brainstorming session, three distinct writing groups have emerged at Unity Church. Writing group options at Unity include:

1. **POETRY GROUP:** This group will focus on the writing and sharing of poetry. The next meeting is Sunday, May 18, from 12:30-2:30 p.m. in the Robbins Parlor.
2. **MANUSCRIPT GROUP:** This group will focus on manuscripts and will spend their meeting time reading and reviewing chapters, etc. This group meets on the first (May 6, in the Anderson Library) and third (May 20, in the Gannett Room) Tuesdays of the month at 7:15 p.m.
3. **WRITING EXERCISES AND METHODS GROUP:** This group is open to all genres but will focus on writing exercises, methods, and accountability to help spark creativity. Please contact Justin Schroeder if you are interested.

These groups support and encourage their members in the writing process, as they explore the power of words, storytelling, and sharing one's deepest truths.

Wellspring Wednesdays

May 7

Magnificent Salad Sampler, Assorted Breads and Cheeses, Dessert

- **Grief and Loss** — Tom Ellis
- **Drop in Covenant Groups** — Rob Eller-Isaacs and Jacqueline Duhart
- **Welcome to Unity Church: A Class for Newcomers** — Justin Schroeder

May 14

Salmon in Parchment, Rice Pilaf, Mixed Greens Salad, Cake

- **Iraq: Five Years of War and Occupation** — Sami A. Rasouli
- **Facts on the Ground** — Beatrice Eichten
- **Drop in Covenant Groups** — Rob Eller-Isaacs and Jacqueline Duhart
- **Unity Men's Group**

May 21

Hot Pizza, Fresh Salad, Sweet Dessert

- Unity Church Talent Show

If you would like to submit a proposal for Wellspring Wednesday programming for this fall, please contact Justin Schroeder at the Church Office or download a proposal form at www.unityunitarian.org.

Iraq: Five Years of War and Occupation

Sami Rasouli is an Iraqi American who spent the last three years living in the city of Najaf, Iraq, and traveling throughout Iraq in his work with the Muslim Peacemaker Teams (MPT). Sami, who lived in the Twin Cities before going back to Iraq, will talk about "the surge" and the on-going U.S. military occupation, his work for peace and national reconciliation, and the projects of the MPT. He will also share stories of the people he has met and give a first-hand account of conditions in Iraq today. In addition to speaking, he will display art from professional Iraqi artists that is for sale to benefit the work of the MPT.



COMMUNITY OUTREACH MINISTRY

Volunteer Opportunity at CVT

As the snow melts and everything turns green, the CVT Healing Gardens will be springing to life once again. The beautiful CVT Healing Gardens need tender loving care all summer long.

This opportunity for garden care is open to all current CVT volunteers and to others who are interested in gardening and might like to begin volunteering at CVT.

Volunteers schedule a week or two to come and provide garden care at the Minneapolis location. The garden care can be done after 5:00 p.m. on weekdays, or anytime on Saturday or Sunday. Depending on the weather during your week(s), you may need to be there once or twice during the week for about an hour. Guidelines and tips for garden care duties are provided.

Please consider becoming a garden care volunteer. For more information please contact Kathy Manley at 763-780-9323 or kmanley@usfamily.net.

WHAT IS THE CENTER FOR VICTIMS OF TORTURE?

Founded in 1985, the Center for Victims of Torture (CVT) exists to heal the wounds of government-sponsored torture on individuals, their families and their communities, and to stop its practice. As many as 30,000 torture survivors are living in the state of Minnesota. These individuals were brutalized by repressive regimes abroad because of what they believed, what they said or did, or what they represented.

CVT has pioneered a comprehensive assessment and care program that is unique in this country and is implemented both here and abroad. In recent years, CVT has expanded its services to include research, training and public policy initiatives in order to develop strategies for preventing and abolishing torture worldwide.

WHAT IS THE CVT MINISTRY TEAM?

The CVT Ministry Team at Unity Church-Unitarian works to respond to the needs of CVT in many ways. Some are befrienders – developing a supportive relationship with a CVT client and helping them navigate our bus systems, grocery stores, and culture. Some are on the speaker's bureau - going out to other organizations to describe the work that CVT does. All members help to build a network at Unity for CVT to rely on any time they need volunteers. Through this network the team has painted the Dayton Avenue healing center, collected and donated nearly 100 winter coats, made heating pads used in massage therapy, supported art classes for torture victims, and held education and advocacy forums.

Unity Church pilgrims help rebuild the home of Matt McGee in New Orleans. More photos and readings are available on-line at www.unityunitarian.org.



FROM THE SUSTAINABLE
AGRICULTURE MINISTRY TEAM

Whole Farm

Buy meat, cheese, produce and much more from local, sustainable farms and pick it up right at Unity Church from Whole Farm Cooperative. For this month's pickup, place an order at wholefarmcoop.com or 320-732-3023 by Friday, May 9.

Orders will be delivered to Unity Church on Wednesday, May 14. Pay by sending a check, with the invoice enclosed with your order, directly to Whole Farm.

Evergreen Foodshelf

May Evergreen Foodshelf items are diapers and baby food. Remember that these items are only suggestions and any nonperishable item can be donated any month. Donations may be left at the barrels at the Holly and Portland Avenue entrances at any time.



Homeless Connect

Unitarians are invited Tuesday, June 10, 2008, to host people needing resources such as housing, dental care, haircuts, food, and legal aid. We will join dozens of others to welcome and direct guests to different professional services in the St. Paul River Center. You can help for four or eight hours and there are training sessions to acquaint you with connecting people to the many professionals available that day.

For more information about this event, please contact Lynnanne Warren at lynnanne@ties2.net.

MINISTRY WITH CHILDREN AND YOUTH

High School Book Sale! May 3 & 4

Members-only Midnight Madness: Friday, May 2-3 • Midnight

Regular Book Sale Hours: Saturday and Sunday, 8:00 a.m. to 4:00 p.m.

Unity's High School youth invite you to the ultimate used book sale experience! Unity members and friends have donated their gently used tomes from their astonishingly varied bookshelves so that **you** can fill your own shelves with great reads! Proceeds from the book sale support our youth pilgrimage to Boston and other youth trips. Stop in on Saturday for the best selection or check the sale out before or after Sunday worship. Fill a grocery bag during the last hour of the sale (3:00-4:00 p.m. on May 4) for only \$5!

Teacher Appreciation: Sunday, May 11

Unity's Religious Education teachers are warmly invited to join us at any of the three worship services on May 11, when the congregation will celebrate and honor their gift of time and presence to our children and youth. A reception will follow each of the three worship services. On behalf of the staff and the parents of our young people, we thank our volunteers for their ministry throughout the past year. Parents are encouraged to write a note of gratitude to the adults who have helped to raise their children this year through Unity's Religious Education ministry: contact Kerri if you need names or addresses to facilitate this expression of thanks. This worship will begin as with Story Sundays with children in the Sanctuary. It will conclude with the year's final Children's Chapel service in the Ames Chapel; children can be collected there.

Flower Communion Family Sunday and Dedication of Older Children: Sunday, May 18

May 18 is the last Family Sunday of the 2007-08 church year. All children and youth will worship with their families and friends. Nursery care will be provided for children ages 6 months to 3 years. Be sure to bring flowers from your garden or neighborhood to contribute to our Flower Communion ceremony!

Families with children who were not dedicated as infants or toddlers are warmly invited to participate in our Dedication of Older Children ceremony at any of the three worship services on Sunday, May 18. Children between the ages of 4 and 12 from families who are members or on the path to membership find this event especially meaningful. During the litany, children will be asked to process to the chancel on their own and read short sentences from a responsive reading. The deadline to sign up for this celebration is Wednesday, May 14. Contact Kerri in the Church Office to find out if this experience could be right for your family.

Senior Bridging: Sunday, June 1

High school seniors who are graduating this spring are invited to participate in Unity's Senior Bridging Ceremony at the 10:00 a.m. service on Sunday, June 8. The deadline to sign up for this special celebration is Sunday, May 25. A registration form can be obtained from Kerri at the Church Office. Families will supply one senior picture for display; this photo will be returned. A reception for our honored high school seniors and the congregation will be held in the courtyard, weather permitting.

Summer Sundays Begin May 25!

R.E. ends on May 11 and beginning Memorial Day weekend (May 25), Unity switches to our 10:00 a.m. summer service schedule. Nursery care is available for infants and toddlers. Supervised child care is also available for up to 20 children up to 12 years of age. Adult volunteers are needed to share their time and creativity with our summer friends and visitors; please consider becoming a Summer Sunday activity leader.



Grade 9 OWL/COA Registration 2008-09 Now Open!

Registration materials for the next year's Our Whole Lives and Coming of Age have been mailed to current 8th grade families! Space is limited to youth and families who have been involved in religious education at Unity Church during 7th and/or 8th grade. Check your mailboxes! Families are responsible for helping their youth connect with a mentor prior to completing the registration form. The deadline for Grade 9 registration is Friday, May 30!

Our Whole Lives is a comprehensive, abstinence-based sexuality education program co-developed by the UUA and the United Church of Christ. Our trained team of adult advisors uses the developmentally-appropriate curriculum to teach subjects like human anatomy, healthy sexual relationships, STDs, and contraception. This program takes place September through December.

Beginning in January, the Coming of Age program uses five central theological questions to help youth clarify their current beliefs to help them create an original, personal credo statement. Class activities, journaling, and special events assist with the statement-writing process, in addition to the popular mentoring portion of the class. Each youth works with an adult member of the church, and the pairs attend worship, discuss the theological questions and attend special events. The year culminates in our annual spring ceremony, when the youth read and perform their Statements of Spiritual Identity.

If you have questions about our programs for 9th graders, contact Joseph LaFerla in the Church Office.

UNITY GARDENERS / MUSIC MINISTRIES



Say Goodbye to Winter: Clean-up Crews Wanted!

From 1:00-4:00 p.m. on Saturday April 26, and Sunday April 27, the Unity Gardeners need volunteers to help clean up winter's debris on our church grounds. Bring gloves, rakes and pruning equipment and we will prepare for spring planting.

Say Hello to Spring: Gardeners Wanted!

On May 18, from 1:00-4:00 p.m., gardeners are wanted to help plant the flower beds around Unity Church. Wear gloves, bring trowels, shovels and weeders.

Like to play in the dirt? Share your love of the out-of-doors and play in the garden with our children! We are starting a children's garden that will be the focus of our summer RE program this year, and we sure could use some extra hands! We will be planting and tending on weekends starting May 17 and continuing through Labor Day.

Linders Gift Certificates

Support Unity Gardens by purchasing Linders Garden Center Gift Certificates! Certificates will be sold in the Parish Hall following services in May. Available in several denominations, these can be used for any plants or supplies that Linders carries at their main store on Larpenteur or any of the Flower Marts around the twin cities. They also make great gifts!

Please contact Anna Newton at 651-483-2986 for more information about any of these garden projects.

from Ruth Palmer, Director of Music Ministries

"In the rush to accelerate our lives, music provides refuge." — Robert Commanday

".....only an art dependent on duration can give voice to this continuous flowing – and what we are....." — Siv Cedering

Continuing to share many wonderful thoughts found in our national choral journals, I have presented some major portions below from an article titled, *In Search of Lost Time*. I stumbled upon this in my files in a frantic and hurried attempt to look for sources for another research project. How fitting to find something to remind me to slow down and listen... to my own art form... to life. I had saved this from the Spring 2006 edition of *The Voice of Chorus America* and hadn't read it until now. It particularly seems right to share this with you at this beautiful time of year.

from *In Search of Lost Time* by Robert Commanday:

"I was multitasking last week, when my attention was drawn to a radio interview with James Gleick, the author of *Faster: The Acceleration of Just About Everything*. As he describes the condition of a society in a rush, you recognize this compulsion in the acceleration devices at every hand. We have the modern concept of "real time," which means right now or sooner. And now, in Internet time, thought and consideration gives way to immediacy of communication, the imperative instantaneity.

Music is different, and to rush or compress or abridge it is to negate its whole function. In pronouncing the truism that 'music is the art form most clearly about time,' Gleick points to the central issue but also, I believe, to the saving grace.

Music is our best hope to help us hold on to our lives, to control the pace and rhythm of it. It can yet hold us to an understanding and appreciation of time. Immersion in the time-play that is part of every great work's expressive scheme can help restore temporal perspective. The day's rushing, the seconds or minutes 'saved' suddenly lose significance when we are submerged in a great piece of music.

It may well be that music in its example and inspiration may restore meditation, contemplation, the time we have lost and continue to lose in the mad race to save time. Music, perhaps uniquely, has that power."

2008 Unity Music CD

The 2008 Unity Music CD, *Journey*, will be released on Sunday, May 4. The cost for this TWO CD set is \$20. The set includes this year's Arthur Foote Sunday music as well as many other favorites and requests. All Unity Music CDs are available for purchase in the Bookstall.

Features of the 2008
TWO CD set include:

Unity Choir singing
My Lord, What a Morning
Lullaby sung by Unity Singers

The Eclectics singing
Bring Me Little Water, Sylvie

Journey, piano solo
Our title track composed by
Unity member **Ginger Reynolds**

Laura Sewell, cello; **Sarah Carmack**,
oboe; **Gregg Temple**, voice and guitar
and **Ruth Palmer**, piano.



PARISH HALL ART / FELLOWSHIP GROUPS

May Parish Hall Artists

Kit Eastman

Natural forms draw me in on daily walks in the park near my St. Paul home. I am captivated by patterns and cycles I observe in plants, water, birds and seasons. I work with these motifs, exploring the play of repeated imagery and multiple layers in a single piece and/or among several pieces.

My work process is gradual and includes periods of waiting due to the requirements of the materials. Working with dyes and pigments on cloth, I paint, stencil, screen-print, and monoprint to develop my images through repeated cycles of dyeing, blocking out, adding and removing color. This rhythm draws me deeper into the work. I find myself contemplating the idea of time, as measured in natural cycles, including my own experience. The result reveals a layered history that I find evocative.

Jennifer Elrod

Last January 2007, my mother and I embarked on an adventure to Tanzania dreaming of safaris. We dedicated this adventure to Karl, my grandfather. Decades ago, in his deep booming, bass voice he told me stories of the majestic lion in Africa, mimicking the mighty lion's roar. This journey took us to the lions, to other wild animals and to see what life is like for many people half way across the world.

Our journey began on safari visiting Lake Manyara, the Ngorongoro Crater, the Serengeti Plains, and Tarangire National Park. Following the Safari tour, our group stayed nearby a local Barabaig Tribe and visited the local schools. Our lives here, in contrast, are quite different to the traditional tribes and the local African families in the poorer towns.

This adventure left me with beautiful mementos from my trip and a desire to help the children in Tanzania. We are so fortunate to have access to clean water, healthy food, shelter, heat, and education. Many children there do not have running water, more than one meal a day, or the opportunity for secondary education, without aid. My friends and family, upon viewing my pictures of Africa, encouraged me to help by selling those striking images and donating the proceeds to St. Margaret's Academy via Friends of Africa Education. Upon visiting St. Margaret's Academy, I found a real organization that is making a difference in the lives of children. I will be selling greeting cards and large framed photographs. All profits raised will go to St. Margaret's Academy.



May 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, May 5 and 19 • 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

Watch *This Week at Unity* for scheduled events.
Contact: Justin Schroeder at the Church Office

A New Look at the Bible

Thursday, May 8 • 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.
Fourth Saturday of each month • 10:30 a.m.
Contact: Michelle Hill at 651-264-0884

Unity Book Clubs

Second Tuesday of the month • 7:00 p.m. -or-
Fourth Tuesday of the month • 7:00 p.m.
Contact: Justin Schroeder at the Church Office

UNITY CHURCH TO HOST FAITHFUL FOOLS STREET MINISTRY



Song of the Magpie Theater Production

Wednesday, May 7 • 7:15 p.m.

Song of the Magpie, a one-woman theater production, will be performed at Unity Church on Wednesday, May 7 at 7:15 p.m.

This is a deeply moving play about a 69-year-old woman who goes out to experience the world as a homeless person. Martha Boesing, a renowned playwright and director (founder of *At the Foot of the Mountain Theater* in Minneapolis) wrote the play and performs as the lead character.

This play is based on the work of the Faithful Fools, a San Francisco-based organization that enables non-homeless people to go out into the world for a day, or in this case a week, in an attempt to experience at first hand the highs and lows of existence on the streets.

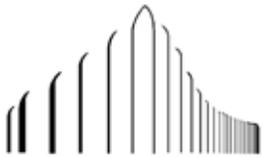


*Faithful Fools
Street Ministry*

Faithful Fools Street Retreat

All are invited to participate in a Faithful Fools street retreat on Saturday, May 10. Meet at Unity Church at 9:00 a.m. for an introduction to the retreat and then walk through the streets of downtown St. Paul to bear witness to the poverty and deprivation that exists on the streets. At the end of the day, participants will gather together for personal reflection and possible action.

The Faithful Fools Street Ministry was founded in 1998 by Unitarian Universalist minister, Rev. Kay Jorgensen and a Franciscan sister, Carmen Barsody, of Little Falls, Minnesota. Based in San Francisco, it was created to establish a community of people who address the policies, attitudes and lack of knowledge that perpetuates homelessness and poverty.



UNITY CHURCH—UNITARIAN

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