commUNITY

Unity Church-Unitarian fosters transformation through a free and inclusive religious community that encourages lives of integrity, service, and joy.

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Home

Audrey McCann, Hallman Ministerial Intern

You gotta put one foot in front of the other
And lead with love
Put one foot in front of the other
And lead with love

When someone thinks about "home," there is almost always a strong emotional response. For some, a warm and beloved family memory immediately comes to mind. For others, though, there can be a sense of loneliness, fear, or alienation. I fall into that latter crowd.

As many of you may already know, I was born and raised in rural Texas. This is an autobiographical fact that will come up frequently — not as a point of pride, but as a point of clarity. For better or for worse, my values, theology, and cultural expectations were molded by being a queer, mixed-race child in a hyper-conservative home and political environment. Those norms have not served me well in the two years I've lived in what my partner and I lovingly call "The Frigid North."

To put it bluntly, true to my Texan heart: Y'all Minnesotans fascinate me in the best ways.

Don't give up hope
You're not alone
Don't you give up
Keep movin on

Last autumn, before Operation Metro Surge even began, I was in awe of how many of my South Minneapolis neighbors took the threat seriously and began frequent ICE watch trainings and practices of community care. I organized with my neighborhood once the surge started in December, but I had many doubts about what we would be able to actually *do* about the crisis at hand. After all, my personal experiences back home had shown that desperate people hide in order to survive. Protecting one another is futile.

You see, in Texas, coming across Customs and Border Patrol (CBP) agents is as commonplace as seeing a city police car. This is true even hundreds of miles away from the Mexican border, including in Austin, the city I spent my adult years in before coming to Minnesota. CBP agents and Texas State Troopers regularly ride their horses through downtown Austin — especially around the Capitol building — with their mirrored aviators, Stetson hats, and rifles in the low-ready position. Austin is supposedly a sanctuary city, but I never understood how immigrants nor native-born Texans could feel at home in the face of that.

Lift up your eyes
Don't you despair
Look up ahead
The path is there

Needless to say, the violence ICE utilized in Minnesota is very familiar to me. The gaiters, the intimidation, the flaunting of weapons all felt like "home" in the darkest way. It was the Minnesotan response — showing up with snow gear and sambuusa and smartphone cameras — that felt foreign to my jaded soul.

Yet it was clearly so natural for y'all. There was not even a moment of hesitation about what the next right thing was. The answer is always to "put one foot in front of the other and lead with love."

I know you're scared
And I'm scared too
But here I am
Right next to you

There is no longer a doubt in my mind that it is possible to create Home in the midst of terror. I no longer wonder what it means to be a sanctuary city/metro in a sanctuary state. I've now seen first-hand how much determination, love, mercy, love, sacrifice, and *love* are required to stand firm in that commitment.

Building, maintaining, and protecting Home for one another takes work. Tangible, exhausting, and often dangerous work. The comfort and certainty of love and safety are often born of pain and ambiguity.

Unity Church personified its commitment to that "joyous vision of beloved community, within, among, and beyond"* last winter and in countless crises before that. During these next months of my internship, I look forward to experiencing how Home becomes an ongoing spiritual practice for this community in both the calm and the storm.

My own call to ministry is rooted in community, meaning asking what centering Love demands of us is an ever-present question guiding my own formation and leadership. Solidarity, abolition, and harm reduction — concepts I hope to explore deeply with you this year — are foundational for my theology and understanding of what it means to be in right relationship. As I learn and grow at Unity Church, my hope is that we all wrestle with what it means to do faithful, liberative work in this particular political, economic, and ecological moment.

Lyrics by Melanie DeMore
*Unity Church Ends Statements

Reflect on the theme of Home with our Spiritual Practice Packet.

Just Words

Rev. Dr. Oscar Sinclair, Senior Minister

These first few months of the church year, we have been reflecting on "home:" the homes we come from, the homes we build, the homes we move away from. This month I am spending a week in Boston Massachusetts visiting the home of Unitarian Universalism. For the last year I have served on the national Board of Trustees of the Unitarian Universalist Association, and our annual retreat takes place from October 14-17. While gathered, the board will consider some of the big questions we hold both as a movement and as individual churches: How do we express our core values in this moment? How do we balance the needs of long-time members and emerging opportunities? How do we use our finances to support our values and opportunities, even as we are tied up in the system of racial capitalism?

While I am meeting with the board, a group of teenagers from Unity Church will also be visiting Boston and the surrounding area. American Unitarianism was founded there, and each fall our staff and congregation offer the opportunity for Unity's youth to be pilgrims and get a felt sense of where we are from, as a movement. Walden Pond is not just a literary invention; it is a place our teenagers explore as they talk about Thoreau and reflect on what civil disobedience means in 2026. This year when the youth tour Unitarian Universalist Association headquarters, I'll be able to meet up with them and talk about how we make decisions as a movement.

The other piece of this year's trip, for me, will be scouting locations for a potential adult pilgrimage to Boston in 2027. Many church members have made the pilgrimage over the years and I'm excited to think about how to integrate it into our programming in the future. Boston is our home, as a faith, where Unitarianism was born and "grew up," before moving west. Returning home for a visit we can see more clearly both where we come from, and how we have grown and changed in the intervening years. It is a spiritual practice, and one ripe for pilgrimage.

Stay Connected

commUNITY is the monthly newsletter of Unity Church. Deadlines are the 15th of the month prior to the month of publication. Subscriptions to this monthly newsletter and our weekly e-news are available by contacting Martha at martha@unityunitarian.org. Access all the hyperlinks in the newsletter with this QR code.

Wayfarers. For Good.

Unity Church 2027 Pledge Drive

Unity Church member and poet Rev. Karen Hering writes:

When we come to the edge
of our knowing, and the journey is
not yet over

and the road
we've been on disappears,
remember

it is only the map—
not the world—
that has ended.

The last twelve months at Unity Church have taken us off the map of our well-trodden paths as a community. We have been asked, by each other and by circumstances, to live into our faith in new ways — from ends statements that call us to "evangelize love," to responding, alongside our partners, to the human-made disaster that was Operation Metro Surge. We on the Executive Team are in awe of how you have shown up, and we know the past year has stretched our comfort zone at church and in the world.

Over the coming year, we'll be reflecting in worship and programming about what comes next: what landmarks, stars, and dreams we'll navigate by in this uncharted time. We will be wayfarers, together, figuring out who and what Unity Church is called to be in 2027 and beyond.

Church is what we do together, and your support enables us to do it purposefully and well. Everything we do — from worship on Sunday morning to partnerships in the broader community — depends on your generosity. This is a moment when we are called to be Unitarian Universalists in the world, and the staff and leadership of this church are grateful and humbled by the support you offer, every year.

Know that every pledge matters! Your pledge card includes an invitation to keep up with inflation or make an impactful increase to bring our congregation closer to a pledge base that fully funds our operating budget and mission. If you haven't received a pledge card in the mail, please pick one up at the church or reach out to Laura Park at laura@unityunitarian.org.

WAYFARERS. FOR GOOD.

Unity Church 2027 Pledge Drive

Sunday Services

Sunday services are held at 9:00 and 11:15 a.m. The 9:00 a.m. service is also offered via livestream. Find the livestream links, sermon podcasts, and worship theme on our Sunday Worship webpage.

October 4: *Wayfarers. For Good.*

Rev. Dr. Oscar Sinclair | Anne Haley
Join us on Celebration Sunday as we reflect on where we have been as a congregation, and what is coming next as we find our way towards the Beloved Community.

October 11:
When Home Doesn't Feel Like Home Anymore

Rev. Shay MacKay | Veronica Nordeng DeVillez
What happens when a place (physical, intellectual, or emotional) that used to feel safe and comfortable no longer feels that way? What do we do when "home" feels off somehow? Come explore how to know when it's time to leave home.

October 18: *Defiantly Rooted*

Audrey McCannn | Sarah Cledwyn
Whether due to natural disaster, violence, or harmful family dynamics, home for many of us can feel more like a place we run away from instead of a refuge we return to. When "home" becomes complicated, do we uproot to become tumbleweeds or do we stretch out to find healthier soil? This service will explore roots, trauma, and love — and invite us to remember home is something we create together.

October 25: *Wings*

Rev. Dr. Oscar Sinclair | Meg Arnosti
"It's my home/ one night I dreamt that I grew wings/ and found a place/ where they can hear me when I sing" writes singer songwriter Josh Ritter. Homes are a launching place into what comes next, and as we move into our next theme of disorientation, we reflect on the homes we have come from and the lessons we carry because of them.

Congregational Care

Do you have a concern or celebration you wish to have shared in the Embracing Meditation during Sunday worship? Would you like to request a call from the Minister or a helping hand or listening ear of a Care Team member? Please send an email to pastoralcare@unityunitarian.org. If you are experiencing an urgent need for pastoral support, call 651-300-9123.

Offering Recipients

Each week, sixty percent of our Sunday offering is given to a community non-profit and forty percent supports the Community Outreach Ministry at Unity Church.

October 4

Unity's Mano a Mano Community Outreach Ministry Team works, plays, advocates, educates, fundraises and travels with its partner organization, Mano a Mano International Partners. Mano a Mano International Partners builds infrastructure for health care, education, water, sustainable agriculture and transportation in rural Bolivia, one of the poorest places in the world. Travel to Bolivia in May of 2027 to witness and participate in Mano a Mano's work.

October 11

Minnesota Multifaith Network (MnMN), established in 2019 with Unity as a founding member, advocates that society can be transformed for the common good through relationship building and the power of collective action. MnMN operates via a process called "network weaving" which brings together disparate people and organizations around their interests, needs and opportunities for collaboration. MnMN has a rich and trusted history of convening and communicating across culture and faith traditions in Minnesota, providing the trust and structure necessary to facilitate relationship and community building.

October 18

Minnesota Interfaith Coalition on Immigration (ICOM) engages in spiritual and multicultural solidarity with immigrants and refugees to achieve justice and fight systems of oppression. ICOM's immediate goal is to ensure that its clients — people detained or seeking asylum — and families have the resources and support they need to achieve safe, stable, meaningful lives. ICOM advocates for changes in laws and policies at the state and local levels and challenges narratives about immigrants in our country.

October 25

Unity's Justice in the Middle East Community Outreach Ministry Team works to increase awareness of the challenges to justice and a peace in Palestine and Israel. It provides opportunities for advocacy and action with the goal of supporting the establishment of a lasting peace in the region.

Nominate an organization to receive the Sunday offering! Details and a nomination form are online at unityunitarian.org/sunday-offering.html.

Beyond Our Home

Sara Ford, Trustee

Despite living in other cities, St. Paul has always been my home. Every time I descend into MSP airport, I look out the window for the familiar signposts standing in welcome. I find the river, then the Schmidt Brewery sign, then downtown and the water towers and highways by which I can map every corner of my beloved St. Paul home.

On clear days, I can even find the blocks I know with the intimacy of a child who has mapped out every uneven sidewalk crack big enough to derail an otherwise delightful bike or skateboard ride. I know what used to be where new buildings pop up, where to find the best spring rolls, which parks have the best playgrounds and which the best sledding hills. This is my home.

At the same time, I know that one of the ways white supremacy perpetuates itself is by encouraging me to only see that which it wants me to see.

Behind the veneer of the world we think we see daily are entire rooms that we never see. In those rooms lie the ruins left behind by capitalism and its reliance on white supremacy. In those spaces sit children who are not safe enough to cruise down their sidewalks looking for the danger of a crack in the sidewalk. Parents who are afraid to leave their homes at all, and people of all ages unable to believe that law enforcement might protect them. Hunger, mass incarceration, the terror of ICE, impossible debt loads, maladies untreated by a health care system built on the altar of profit.

Somehow, we can move through and engage with our community for decades and be kept blissfully unaware of the pain of our neighbors.

Capitalism cares only that we see our community in such a way that our natural response is to buy something. We cannot avoid the fact that each of us has to reckon with 4,000 to 10,000 advertisements per day, all of them presenting an entire world wherein the only problem is the one that can be solved with the purchase of this or that. The suffering of others? Look away, say the ads, because you're worth it.

I drive I-94 as regularly as any of us do, and I drive right through what was once a thriving Black community full of deep traditions, art and Black-owned businesses, ancestral homes, family stories, music, connection, love and home. The highway was the instrument of violence to that community. But the structure itself hides this story. Look away, bids the highway.

News media, places we often turn to for our understanding of our world, have transitioned dramatically in the past 40 years. Our local and national newsrooms are no longer driven to find and deliver the news necessary for an informed citizenry but instead create programming that sells or supports a political ideology.

It is nobody's job to show us an unadulterated view of our communities, but it is the job of many to make sure we never get such a perspective.

This year, the work of Unity's Board of Trustees is focused on growing our relationships beyond our walls, building linkages that will expand our beloved community. And to do that, we need to find ways to cut through all of the barriers that have been built so that dominant culture can carry on unchallenged.

Entire sections of our home have been walled off to ensure that we do not see, and therefore do not challenge the conditions beyond them. May we, all of us, find new ways to find the cracks in the walls and worry at those cracks until they become fissures big enough to let in the light.

Unity Church Ends Statements

We the people of Unity Church-Unitarian, grounded in a joyous vision of beloved community, within, among, and beyond ourselves,

- understand the interconnected roots of oppression and yoke ourselves to the demands, sacrifices, and hard work of antiracism, multiculturalism, and climate and economic justice;
- cultivate a multigenerational community of joy, care, and belonging, and evangelize love to meet the deep and abiding hunger in all of us;
- practice lifelong faith formation, grounded in Unitarian Universalist theology, that breaks us open and allows us to be transformed.

October Is Pledge Drive Month at Unity Church

Turn to page 2 and make your pledge online today!

WAYFARERS. FOR GOOD.

Unity Church 2027 Pledge Drive

The Wrong Question about Capitalism

Rev. KP Hong, Beloved Community Staff Team

BELOVED COMMUNITY NEWS

A story is told about a monk, St. Ignatius of Sardinia, who walked the streets with a simple sack, begging alms to support his monastery and the poor. But he avoided soliciting a certain wealthy merchant, knowing the man had built his fortune by exploiting and defrauding the poor. The merchant, concerned that this reflected poorly on him in the eyes of neighbors, complained to the head of the monastery. Bound by a vow of obedience, St. Ignatius was ordered by his superior to solicit the merchant. Ignatius complied, and as expected, the merchant received him with fanfare, gave generously, and insisted that he come again. Yet as he left the merchant's house, a dark stain spread across his sack and heavy drops of blood began to fall onto the street, leaving a trail back to the friary. "*What is this?*" gasped the monastery's superior, demanding an explanation. Ignatius replied, "*This is the blood of the poor.*"

Versions of this story unfold every day in our globalized economy, with long supply chains that both reveal and conceal our complicity in late capitalism — a system of globalized extraction, racialized inequality, ecological devastation, commodified life, and finance dominated markets where hedge funds, derivatives, securities, private equity, and global banks concentrate wealth at staggering scales. From our morning coffee to fruits and vegetables in the grocery aisle, to shirts and garments that cover our bodies and silicon circuitry that powers our lives, the question remains the same: What is this stain, this path of grinding poverty and absurd inequality, left in the wake of capitalism? Are our hands clean?

Given our congregational focus on dismantling racial capitalism, rejection of capitalism may simply be assumed. Yet attitudes toward capitalism — outright affirmation or rejection — are often assumed long before they are examined. Protest movements from Seattle's WTO demonstrations to Occupy Wall Street have cast capitalism as an obvious villain, but such moments do not constitute a moral or theological evaluation of capitalism's deeper work: its anthropology, its formation of desire, its shaping of community, its spiritual consequences.

All too often, debate about the morality of capitalism invariably revolves around a single question: *Does capitalism work?* Does it reduce poverty and elevate standards of living, or does it deepen and perpetuate suffering? The argument quickly pivots to empirical evidence — statistics, growth rates, welfare data, mortality charts, with a few anecdotes added for good measure. Such evidence matters, but it rarely persuades, because the deeper problem is the question itself. "Does capitalism work?" is the wrong question. On many fronts, capitalism clearly *does* work — its productive capacity remains unmatched.

Instead of asking "*Does capitalism work?*", the real question is "*What work does capitalism do?*" For capitalism's moral problems do not lie merely in its failure to function, but in the kind of work it performs when it succeeds. This is what the theologian and moral philosopher Alasdair MacIntyre observed: "*Although indictments of capitalism have justly focused attention upon the wrongs done to the poor and the exploited, [we must] view any social and economic order that treats being or becoming rich as highly desirable as doing wrong to those who must not only accept its goals, but succeed in achieving them... Capitalism is bad for those who succeed by its standards as well as for those who fail by them.*"[1] The problem is not merely whether capitalism works (which it demonstrably does not for the proverbial 99%), but what kind of people it forms and what kind of world it creates. In an economy where everything is commodified and subject to cost benefit logic, persons inevitably come to be valued by the same criteria as commodities — marketability, profitability, and consumability. The stingy god of scarcity warps desire into grasping after what is rationed just enough to feed the market's relentless demand for expansion. Even when capitalism delivers the goods, it renders human sociality competitive and antagonistic, forcing autonomous, self-made individuals into rivalry for resources, wages, time, worth, safety, recognition, and belonging. "*Am I my brother's keeper?*" — that first question hurled at God — may be capitalism's first breath, the refusal of responsibility, the attempt to wash one's hands of another's blood in the rationalized pursuit of "self-interest," the idolatrous faith that some *invisible hand* will accomplish what love of neighbor no longer commands.

Capitalism's deepest work is not economic but anthropological and spiritual, structures of desire that shape how we perceive ourselves, the other, and the world. These are formations of the soul that reach deeper than markets or money, crafting a particular kind of human being trained in scarcity, competition, individualism, possession, exchange value, instrumental reason, and a racialized imagination trained to misrecognize the other's distress as danger, the other's need as threat, and the other's vulnerability as volatility to be policed, incarcerated, deported, and disposed.

The monastery's superior looked at the spreading stain and asked, "*What is this?*" The question lingers, asking us to see and wrestle with its truth. What exactly is this stain that marks our streets, our communities, our world, our very lives?

[1] Alasdair MacIntyre, *Marxism and Christianity*. 2d ed. (London: Duckworth, 1995).

Welcome Words

Philippa Anastos, Membership Coordinator and Program Assistant

I learned the term *solastalgia* recently — the longing for a place that occurs when you are geographically present, but the place, itself, has changed. Glenn Albrecht came up with the word in 2003, and the word melds the Latin root for "solace" with the Greek suffix meaning "pain." While the term was coined to describe environmental degradation due to climate change, mining, or even a natural disaster, I find it applicable to our social and political landscape, as well. I hope that, as we navigate this season, we can work as a community to preserve what is precious to us and rebuild with beauty.

Finding Yourself at Unity

Finding Yourself at Unity: For Visitors and Inquirers
Sundays | 10:15 a.m. | Center Room
Drop-ins welcome | Childcare available in the nursery

These topical offerings invite you to explore a deeper connection to Unity Church and the commitments and opportunities of membership.

Join the repeating five-session cycle at any time. Attend the sessions in any order, which include Faith Formation for Children, Youth, and Adults; Congregational and Pastoral Care; Q & A with a Minister; Social Justice & Community Outreach; and Membership 101 & Congregational Life. Weekly church emails include the session topic or find the session schedule at the Welcome Table in the main lobby or Parish Hall.

If you have questions or would like one-on-one conversation about getting connected or about membership, please contact Philippa Anastos at philippa@unityunitarian.org or 651-228-1456 x110.

New Member Ingathering

Sunday, October 4 | 11:15 a.m. Service

We invite all who have recently signed the Membership Book to participate in our Ingathering of New Members! The litany of Ingathering in the service establishes the membership promises between you and the congregation to walk together in covenant. A reception immediately following the Ingathering service provides an opportunity for all congregants to meet and greet new members and to celebrate their decision to formally join the church. If you are a new member and plan to attend this ingathering, please contact Philippa Anastos by email at philippa@unityunitarian.org no later than October 2.

Fellowship Groups

Email Philippa at philippa@unityunitarian.org to learn more and get connected.

Afterthoughts: Sundays, 10:15 a.m., Middle School Room 021, to discuss the service

Caregivers Support Group: third Thursday of the month at noon, Zoom

Evergreen Quilters: second Tuesday of the month, 7:00-9:00 p.m., Anderson Library, and fourth Saturday of the month, 10:00 a.m.-noon, off-site.

Families Living with Mental Health Challenges: third Saturday of each month, 9:30-11:30 a.m., Zoom

Food Ministry: Help prepare a meal, clean the kitchen, bake pies, or do some canning and preserving. Contact Heidi Birkholz at heidi@unityunitarian.org.

Living With Grief Group: third Tuesday of the month, 7:00-8:30 p.m., Zoom

Men's Coffee Group: Wednesdays, 10:00 a.m., Center Room, for light-hearted conversation

Men's Conversation Group: Monday, October 12 and 26, 7:00-9:00 p.m., Zoom. Discuss a range of topics.

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

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

Sangha Practice: Tuesdays, 4:30-6:00 p.m., Ames Chapel. This group is open to anyone interested, no experience is necessary, instructions provided. Email kp@unityunitarian.org to join the practice.

The Singing Resistance: First and third Thursday of the month, 6:30-7:15 p.m., Parish Hall (October 1 and 15). Learn songs of hope and resilience to sing with the larger Singing Resistance of the Twin Cities.

Textile Arts Group: first and third Friday of the month, 9:30-11:00 a.m., Robbins Parlor, bring your knitting, stitching, etc.

Unity Book Club: second Tuesday of the month, 7:00-8:30 p.m., Zoom.
October 13: *Anxious People* by Fredrik Backman
November 10: *Mrs. Sherlock Holmes* by Brad Ricca

Women's Coffee Circle: first and third Saturday of each month, 10:00-11:30 a.m., Center Room

Women in Retirement: second and fourth Thursday of each month, 1:00-3:00 p.m., Center Room

Young Adult Group (ages 18-35): every other Wednesday at 7:10 p.m., Center Room. Email Rev. KP at kp@unityunitarian.org to be added to the email list.

Between Heaven and Earth

Embodied Practice Circle

Mondays | Noon-1:00 p.m. | Foote Room

This circle is a small group practice of learning and sharing Tai Ji and Qigong, movement and stillness, poetry, song and silence.

Together, we'll enjoy guided Tai Ji movement rooted in Taoism — gentle practices that awaken our awareness of energies within and around us, before and behind us, above and below us — energies that move through us, connecting heaven and earth. These are simple practices to help us stay grounded while experiencing embodied aliveness and joy. They can offer an alternative to getting stuck in emotions such as fear and anxiety, anger, despair and grief that often arise in our challenging times.

No registration or previous experience required. Wear comfortable clothing and come one time or weekly, or anything in between. The practices can be modified for sitting or standing.

Sangha Practice

Tuesdays | 4:30-6:00 p.m. | Ames Chapel

At the heart of Buddhist practice is the commitment to awaken –- to step into our doubts and predicaments and hear the roaring of life at the still point of a turning universe. Through weekly practice of meditation, we discover a clarity of mind attentive and accountable to each moment of life's flow, and touch the mystery of our original face. This group is open to anyone interested, no experience is necessary, and instructions will be provided. Email kp@unityunitarian.org if you would like to join the weekly practice.

Lectio Divina

Second Wednesday and Fourth Tuesday of Each Month
7:10 p.m. | Zoom Registration

Is it poetry? Is it meditation? It's a bit of both — Lectio Divina! Come experience the alchemy that occurs through focused reflection on an inspirational text. Many people find Lectio Divina sessions to be a time of rejuvenation and insight. Led by Shelley Butler and Lisa Wersal; facilitated by your own heart. Register once and attend as often as you are able.

Costume Sewers Needed

Calling all sewers, tailors, and holiday helpers! Our 2026 Christmas Pageant Team needs your hands and hearts.

The Pageant Team is launching a special creative mission for anyone who loves to sew. We need your help to assemble 18 brand-new Heavenly Host costumes to dress our multitude this year. To ensure our little angels look their best, we are introducing three distinct sizes (six costumes of each) for a better fit. There are no major design overhauls, just a much-needed refresh to make our Heavenly Hosts shine brighter than ever!

How it works:

- Zero stress: We provide all the fabrics, materials, and patterns in a ready-to-go sewing kit.
- Flexible commitment: Take on a single costume or power through a bundle!
- Timeline: We aim to wrap these up by mid-November to align with our annual casting invitations.

If you have a passion for sewing or are interested in joining our friendly Pageant Team, we would love to connect with you! Please reach out to us via text or email: Kelley Loughrey, Pageant Director, 763-607-7520 or pageant@unityunitarian.org.

OCTOBER 7

Dinner: Cabbage and sausage, Brussels sprout-kale slaw, rice, apple cake *Beyond sausage for vegetarians*

Partner Church Pilgrimage Reflection
Parish Hall and Zoom
Hear about the most recent pilgrimage to Homorodszentpeter! Whether you have visited our partner church already, are curious about future pilgrimages, or simply want to hear about the trip, join us in Parish Hall for stories, pictures, and reflections.

Young Adults Group
Center Room
Unity's Young Adult Group is a fun, reflective group of people working to build multifaith and multicultural community. They come together to ask questions, to practice sharing what is sacred, and to try to live consequential lives as we navigate the complexity of being an adult. Questions? Email kp@unityunitarian.org.

Religious Education New Family Orientation
Gannett Room
Learn about Unity's religious education programs for children and youth. Email Nelson Moroukian at nelson@unityunitarian.org one week in advance if you plan to participate.

The Alexander Technique:
Explore Your Mind-Body Connection
Foote Room
Explore how the Alexander Technique harnesses your mind-body connection to help you live more comfortably in your body — and take home practical ideas to use on your own. Any level of experience is welcome. Lauren Hill is an AmSAT-certified teacher of the Alexander Technique. Her book, *What Your Body Wants You to Know: Exploring Body Awareness, Posture, and Movement with the Alexander Technique*, is a 2026 Living Now Book Awards Finalist.

Food Ministers Welcome Here

If you've been thinking about joining the team of hard working creatives in the kitchen this year, we look forward to welcoming you! No previous experience is required as we give on-the-job training. We only ask you have a collaborative spirit and are willing to put love into the food we prepare and serve. Interested? Sign up today or email Heidi at heidi@unityunitarian.org.

We give thanks.
We give thanks for being.
We give thanks for being here.
We give thanks for being here together.

OCTOBER 14

Dinner: Grilled cheese, tomato soup, snap pea-radish slaw, brown sugar cookies

Navigating Difficult Conversations: Israel and Palestine
Parish Hall and Zoom
How can we navigate competing narratives and attitudes to have the complex conversations we need to have? How can we move with confidence and courage to act in ways that can spark concrete, positive change? This event, led by Ruben Slomianski, will examine the history and nature of conversations about Israel and Palestine. Together we will explore practices for engaging in these conversations, and for turning your values and aspirations into positive actions.

Lectio Divina: A Spiritual Practice to Feed Your Soul
Zoom & Gannett Room
Is it poetry? Is it meditation? It's a bit of both — Lectio Divina! Come experience the alchemy that occurs through focused reflection on an inspirational text. Many people find Lectio Divina sessions to be a time of rejuvenation and insight. Led by Shelley Butler and Lisa Wersal; facilitated by your own heart.

Moving from Guilt to Activation: Owning Our Racism
Session 1 | Ames Chapel

Unity's Racial Justice Team will follow last year's Beloved Community Staff Team exploration of *The Interconnected Roots of Oppression* and expand on Unity's Double Helix model with a series of Wellspring Wednesday experiences. *Interconnected Roots* taught us how racial capitalism informs political, economic and social systems. *Moving from Guilt to Activation: Owning Our Racism* will help us recognize and reckon with somatic dimensions of our white racist heritage. Circle conversations will be used to share insights that potentially "break us open and allow us to be transformed." Follow-up programming on activation will be offered in early 2027. Please attend two fall sessions in preparation for spring sessions.

Somatic Yoga
Foote Room
Experience a gentle, nervous system-informed yoga practice designed to help you pause, tune into yourself, and release tension stored in the body. Through mindful movement, breath, and awareness, this class supports nervous system regulation, balance, and deep relaxation. The class is accessible to anyone comfortable sitting on the floor, and you're encouraged to bring a yoga mat, blanket, or blocks for added comfort. Led by Dr. Tamara Kraft, a somatic psychotherapist and holistic health coach.

OCTOBER 21

Vegan dinner: Miso-glazed root vegetables, three-bean salad, rice, chocolate mousse

Book Read Discussion: *Defiantly Joyful*
Parish Hall & Zoom
Don't miss the opportunity to hear about this landmark collection of personal histories from LGBTQIA+ Unitarian Universalists, created in honor of the 50th anniversary of the Stonewall Riots. *Defiantly Joyful* grew out of the Rainbow Project, an effort to celebrate and preserve Unitarian Universalist LGBTQIA+ history. Editor Rev. Diana McLean will be joined by contributing writer Rev. Laura Smidzik. Books available for sale and signing.

Young Adults Group
Center Room
Unity's Young Adult Group is a fun, reflective group of people working to build multifaith and multicultural community. They come together to ask questions, to practice sharing what is sacred, and to try to live consequential lives as we navigate the complexity of being an adult. Questions? Email kp@unityunitarian.org.

Moving from Guilt to Activation: Owning Our Racism
Session 2 | Ames Chapel
This series will help us recognize and reckon with somatic dimensions of our white racist heritage. Circle conversations will be used to share insights that potentially "break us open and allow us to be transformed." Follow-up programming on activation will be offered in early 2027. Please attend two fall sessions in preparation for spring sessions.

What to Expect Each Wednesday

Wellspring Wednesday gathers a multigenerational church community to nourish right and holy relationship among us and deepen our life of faith, grounded in spiritual practice and antiracist multicultural work.

Dinner begins at 5:45 p.m. in Parish Hall, a short chapel service begins at 6:45 p.m. in Ames Chapel, and programs begin at 7:10 p.m. Childcare is available and advance registration is not required.

The cost for dinner is $12/adults, $5/child (ages 5-12), $3/child (ages 2-4), and $30/family. If you need financial assistance to help cover the cost of dinner, please email Philippa Anastos at philippa@unityunitarian.org. If you plan to join us and need a special dietary preparation (vegetarian, dairy-free options are available), please email Heidi Birkholz at heidi@unityunitarian.org.

The majority of vegetables in the Wellspring Wednesday meals this month will be purchased from the farmers market and local farmers.

OCTOBER 28

Dinner: Tater tot hotdish (chicken), Waldorf salad, roasted broccoli, brownies. *Beyond beef for vegetarians*

In the Realm of Family Survivors of Child Suicide Loss
Parish Hall
We may find ourselves at a loss for words when someone we know is mourning a death by suicide. Participants from Unity's child/grandchild suicide loss support group will reflect on and share the care they've received amidst the kindnesses of others. These acts of love have helped to comfort their wounded hearts, and may aid those you know in grief.

Five Theological Questions
Anderson Library
What does it mean to be human and alive?
Facilitated by Nathan Schultz, Nathan Jacobson, Monica Digre, Ruth Lencowski
Explore one of the five questions at the heart of systematic theology. These same questions guide the church's religious education program, with our youth sharing their answers — however provisional — each year at Coming of Age. This first session explores the question: What does it mean to be human and alive? Come prepared to engage in personal reflection and share your responses.

If you are mentoring a young person through Unity's Coming of Age program, we examine each question before you will meet with your ager to focus on that topic.

Moving from Guilt to Activation: Owning Our Racism
Session 3 | Ames Chapel
This series will help us recognize and reckon with somatic dimensions of our white racist heritage. Circle conversations will be used to share insights that potentially "break us open and allow us to be transformed." Follow-up programming on activation will be offered in early 2027. Please attend two fall sessions in preparation for spring sessions.

Somatic Yoga
Foote Room
Experience a gentle, nervous system-informed yoga practice designed to help you pause, tune into yourself, and release tension stored in the body. Through mindful movement, breath, and awareness, this class supports nervous system regulation, balance, and deep relaxation. The class is accessible to anyone comfortable sitting on the floor, and you're encouraged to bring a yoga mat, blanket, or blocks for added comfort. Led by Dr. Tamara Kraft, a somatic psychotherapist and holistic health coach.

From Kids to Adults, Something for Everyone in the Libraries and Bookstall this October!

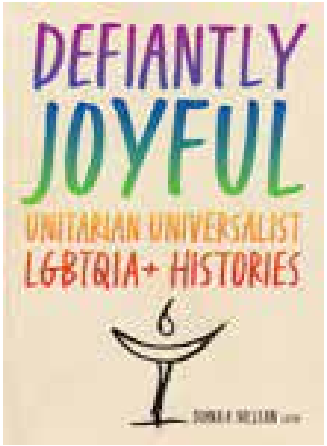
Shelley Butler, Library-Bookstall Team

Whitman Children's Library Grand Re-Opening!
Sunday, October 4 | 10:00 a.m.-12:30 p.m. | Children's Library, lower level
Bring the kids downstairs for an activity, treat, new books, and to meet the **new Children's Library Team Leader, Mel Schneider**. I met Mel at Project Home volunteering to help start a library for families there, shortly after she joined Unity Church in August 2025. She is an environmental educator who spends her days digging in the dirt with toddlers and preschoolers, and teaching their grownups how to play, too. She also runs her own business as a certified forest therapy guide connecting people throughout the Twin Cities with the sacred natural world.

We are all excited to welcome Mel into this new role; she's already doing a fabulous job re-organizing the library and will continue to enthusiastically serve the Unity kids and parents in the Whitman Children's Library (lower level, Story Room shared space). Parents and book people are urgently needed; contact Mel to sign up to work in the library (approximately 45 minutes, once a month): library@unityunitarian.org.

***Lost Souls*, Documentary Film Screening**
Sunday, October 18 | 2:00 p.m. | Parish Hall
View this stirring new film based on Susan Foote's award-winning book, *The Crusade for Forgotten Souls*. Susan will be here to talk about the film, the Unity Church connection, and sign books. Book sales and signing.

***Defiantly Joyful* Book Reading**
Wednesday, October 24 | 7:10 p.m. | Parish Hall and Zoom
Enjoy a book reading with Rev. Diana McLean, editor of *Defiantly Joyful: Unitarian Universalist LGBTQIA+ Histories*, and contributor Rev. Laura Smidzik. Book sales and signing.



There is no danger of a single story here in *Defiantly Joyful*; decades of personal and social history as varied as the contributors themselves is boldly insightful. *Defiantly Joyful* is about bearing witness to joys, fears, hurts, defining moments in UU history, and the things that would keep up apart. Also, it is a call to continue the commitment toward the long haul of transformational change, and the opening of hearts and arms to every person. Maybe you have lived some of this, maybe not, but either way, read these stories for inspiration and reminders to live up to our UU values. In the Bookstall and Anderson Library.

In The Justice Database

The UU Rainbow History Project is collecting memories, photographs, sermons and other memorabilia for this website and social media. Contribute to the project and/or view personal stories and histories. *Defiantly Joyful* grew out of this project.

Planting Seeds of Justice

Krista Finstad Hanson
UUSC Partner Team

The Unity Church UUSC Partner Team is working to bring a connection back to Unity Church with the Unitarian Universalist Service Committee.

According the UUSC website, the Unitarian Universalist Service Committee (UUSC) is a human rights and solidarity organization founded as a rescue mission in 1940 during the Holocaust. Based in Cambridge, MA, and with a membership of more than 35,000 supporters across the United States, UUSC's programs focus on the issues of climate and disaster justice, migration justice, and international justice and accountability.

The UUSC's Democracy and Civil Justice work, according to their website, includes "Defending rights, advancing civic participation, and resisting injustice through collective action. UUSC partners with communities around the world to confront oppression and defend democracy through coalition-building, advocacy, and solidarity."

The UUSC responds with the UUSC Resistance Network, rapid response and community protection grants, raising voices at the United Nations, and convening leaders across faith and gender justice.

The worldwide partners supported by the UUSC Resistance Network include 100 organizations in more than 25 nations including Haiti, Ukraine, the Netherlands, the Bahamas, Honduras, Nicaragua, Fiji, Poland and Papua New Guinea. Funding contributions to the UUSC provide grants to these partner organizations.

The UU@UN office strives to, "connect with civil society and movement organizing aligned with our justice priorities, advance a clear advocacy agenda with specific goals on behalf of UU values, and hone the ethical framing for the work of Unitarian Universalism at the United Nations."

The important work of the UUSC is supported by financial donations by UUSC members and other funders. Get more information about how you can become a member and support the work of the UUSC.

UNITY CHURCH–UNITARIAN
integrity · service · joy

An Abundance of Photographs

Archives Team: Pauline Eichten, Aubrey Lodahl, Carol Miller, Betsy Moore, Deb Woodburn

Over the past several months, we have been going through boxes with thousands of photographs taken over the years. The process we're using is to:

1. **Remove bad photos**, i.e., blurry, nothing identifiable or a duplicate. One example would be a photo of coffee hour showing only the backs of people.
2. **Sort photos** into an established category, i.e., ministers/staff, events, children and youth, music, building, etc.
3. **Organize sorted photos** by name or date if that information is available.
4. **Add names/dates** when possible.
5. ***File sorted photos*** into designated photo boxes. (This one includes ministers, trustees, and staff.)

The biggest challenge is adding names and dates when that information is missing. To help us, we would love to get any church picture directories that still exist. We currently have picture directories for the years 2004, 2008 and 2017.

We would also love to find people who are interested in helping us put names and dates on photos. We've had a few sessions with long-time members and hope to do more.

There are also some gaps in when pictures were taken. We have a trove of snapshots from the summer day camp held at the Klingel family home from 1959-1971[PE1.1]. We have many photos taken by John Blackstone when he was the unofficial church photographer. These date from 1983 to the early 2000s: pictures of new members, children and their parents after a dedication, or Sunday School classrooms.

Our ask:

- Donate your church picture directory to the archives.
- Send us your pictures of Unity Church and the community. We accept printed and digital images: archives@unityunitarian.org.
- Volunteer to be an unofficial church photographer: email martha@unityunitarian.org.
- Let us know if you're interested in helping to identify people, event, and/or dates of photographs: archives@unityunitarian.org.

Vote Early in Person

Ken Green, UU the Vote Team

Democracy itself is on the ballot this fall. How it turns out may determine whether the new year is America's 251st anniversary or the first year of autocracy.

Unity Church is deeply engaged in defending Democracy, and we are pursuing numerous strategies — including early voting in person.

Our members at three senior residences (Lexington Landing, Episcopal Homes, and Marvella) are organizing to vote early in person, and Unity is partnering with Hallie Q. Brown Center, the NAACP, and Neighbors Helping Neighbors to register new voters and drive Rondo residents who need a ride to the polls for early in person voting. At the request of Minnesota Secretary of State Steve Simon, Neighbors Helping Neighbors has shifted from mutual aid during last winter's ICE Surge to a statewide network involving tens of thousands of volunteer drivers in all 87 Minnesota counties.

We strongly encourage you to volunteer with Neighbors Helping Neighbors to drive people for early voting in person.

You can make a difference other ways. Vote early in person yourself — if we all do that together, we can defend and celebrate Democracy as a congregation. Ask friends from church to go with you — you drive, they bring cookies. Put your red "I Voted" sticker on your name tag to remind others to vote.

A massive early voting turnout could persuade election officials to extend voting hours into the evening and add weekend days. In addition to early voting in person, voters may also vote by mail (there remains a risk of political interference in voting by mail) or in person on Election Day, November 3.

Don't stop there: offer to drive your neighbors and encourage them to join the celebration. Or connect anyone who needs a ride to the Neighbors Helping Neighbors volunteer driver network — it's similar to making a dinner reservation. The Neighbors Helping Neighbors network will provide rides throughout early voting and on Election Day, November 3. Find the nearest early voting location in your county using the Minnesota Secretary of State website.

Whenever you encourage someone to vote or help get a ride, stop by the UU the Vote table in the Parish Hall and select another voting sticker — celebrate Democracy like you mean it and collect the complete set!

Vote early and in person this fall — let's make the sacred act of voting a celebration of Democracy itself.

Voting Information at Your Fingertips

The General Election is Tuesday, November 3.

Minnesota Secretary of State for all voting information

Register before the election or register on election day (documentation required).

Vote early in person beginning September 18: find locations and hours.

What's on my ballot?

Reference the Minnesota Voter's Bill of Rights and call the Election Protection Hotline if you experience any issues voting: 866-OUR-VOTE.

Obama School Team

The year at Obama Elementary Montessori and Middle School got off to a good start with the addition of a seventh grade level in the middle school, doubling their population from last year when they started with just a sixth grade. The Obama Elementary Montessori School is full of enthusiastic learners. Thirty-six Unity Church members and friends are signed up to volunteer in the schools, going across the street at least weekly to assist in classrooms, shelve books in the library, and deliver food packs to students on Fridays. Our help is much appreciated!

Many thanks to all who have supported the work we're doing with the schools. We're grateful, too, for those who contributed to the Sunday offering on September 27, the financial support helps meet the needs of the growing population of the school. And, finally, thanks to all our volunteers, whose kindness and commitment to the students means so much!

MUUSJA
MINNESOTA UNITARIAN UNIVERSALIST SOCIAL JUSTICE ALLIANCE

VOTE EARLY IN PERSON

Sign up to give a ride!

Get the details of the Neighbors Helping Neighbors rides to voting program.

Housing Justice Team

Here We Grow Again: Project Home

Do you like to get things done? Do you prefer projects vs policy? Sheltering families involves everything from painting a room to helping in a small library at a temporary shelter. Project Home offers many opportunities to volunteer and get things done! They are a partner of Unity's Housing Justice Team and their new location is at 1010 Bandana Boulevard West in Saint Paul. You don't need to be a member of our team to volunteer, but we can help get you connected to meaningful opportunities.

Unity Church has been a long-time supporter of St. Paul Interfaith Action's Project Home program. For years, the congregation provided shelter at Unity Church for families. We continued our efforts when the program moved to Provincial House during the Covid years. Our team continues to support Project Home as it grows at its new, larger location at Bandana Square. Currently, 148 parents and children have private living space and support programs are available to these families who have lost their homes.

Rachel Morey, Program Director at Interfaith Action, said that this new space opens up new volunteer opportunities. Every month, for example, there is volunteer work needed that would nicely fit a group from a church. This can be everything from helping during holiday seasons with special programming to preparing rooms for a new family!

Unity Church member Janice Gestner is the liaison to Project Home for our Housing Justice Team. She would like to create a small group of volunteers from the congregation who are interested in supporting Project Home. If you're interested, please email Janice at janicemgg@comcast.net. Include your name, phone number, and a general sense of what hours/days work best for you.

Donate! Food Shelf & Clothing Closet

Thank you for your continued support for Hallie Q. Brown. Last month we donated 214 pounds of food. Current needs include cornbread and cake mix; canned corn, beans, cranberry sauce, and pie filling; and cake frosting. Personal hygiene products are always needed. Donation baskets are located at the Holly and Portland entrances. Please no expired food or damaged packages.

In addition to the food shelf, Hallie Q. Brown, has a clothing closet and seeks donations of new or gently used clothing and shoes (for people of all genders and ages) as well as new undergarments (now urgently needed) for children of all ages. All items must be clean and in good condition. Drop-off at Hallie Q. Brown (270 N. Kent Street, St. Paul), Monday-Friday, 9:00 a.m. to 4:30 p.m.

Household Goods Collection: Back by Popular Demand

Saturday, October 10 | 9:00-11:00 a.m.
Holly Avenue Parking Lot

Once again, Evergreen Quilters and the Housing Justice Team, will collect small household items for Project Home. Project Home is an emergency shelter for families where they stay until they can move into their own housing. Last April we had a very successful collection and they can still use more items! They now have 42 families — 147 people in total, 58 adults and 89 kids. The first floor is filled with residents and the second floor has two rooms where clients select household items for their move to permanent housing. We want to fill those rooms with your donated items. Please consider donating *clean* and *gently used* or *new* small household items:

- Bath towels, washcloths, kitchen towels, and dishcloths
- Gently used silverware sets, knife sets
- Gently used pots and pans, baking pans, storage containers, service pieces, Corningware
- Cleaning supplies: brooms, Swiffers, micro dust cloths, toilet bowl brushes and toilet cleaner, all-purpose cleaners, glass cleaner, dish soap
- Dish sets (large and small) including fine china — new or gently used — no chips, cracks, stains
- Kitchen utensils
- Gently used small appliances: toasters, mixers, etc.
- New pillows, new or gently used sheets

Items should be brought to the Holly Avenue parking lot (just east of the church, enter from Holly Avenue). Barb Rogne from Evergreen Quilters and Janice Gestner from the Housing Justice Team will be there to meet you and transfer the items from your vehicles to theirs. Questions? Contact Barb at bzrogne27@gmail.com.

Multigenerational Home

Nelson Moroukian
Religious Educator for Children and Family Ministries

For most of human history, and in much of the world still today, home has meant more than one generation under one roof. Grandparents, parents, children, sometimes aunts and uncles and cousins woven into the same daily life, the same kitchen, the same ordinary weekday. It is a kind of living that much of the modern West has largely moved away from, and I think we have lost something in the leaving.

Not that multigenerational homes are easy; they are not. Opinions rub against each other, habits and hobbies take up more space than they are given, friction arises from people at very different places in life working to share the same rhythms. But it is through that friction, which challenges us by its very nature, that we find the gifts of multigenerational living. It asks us to hold more than our own perspective, sitting with someone whose world was shaped by forces we have not lived. Whether grandparent or grandchild, each of us hold a unique place in shaping each other.

This community strives to be a place where we still practice that mutual shaping. When we come here on Sunday morning, we are a house of people at vastly different places on our journey, from infants to elders, from newcomers to long-time members. A child learning for the first time that here is a place they can risk a wild question. A teenager figuring out who they are becoming through conversations with their peers and mentors, or being humbled by a newborn in the nursery, where life has not yet gotten so complicated. An older member sharing their decades of story, tended and shaped into wisdom.

We do not move at the same pace, and that is the point. So, as we shape this spiritual home together, may we see it as a blessing that it does not allow us to stay the same. May it be a blessing that we are surrounded by those unlike us. May it be a place where we are held well through our many changes. And for each of us, may this place be a solid ground beneath our feet that makes it possible to step out, to let the world find its way into our hearts, and to let ourselves be shaped by what we meet there.

Though it can be a challenge to remember that we were once nine and will someday be 90, we are all somewhere on that journey. And we are both graced and challenged to see one another clearly enough, across all that distance of age and experience, to recognize that the person further along has something to offer us, and so does the person just beginning.

That is what a home for all of us looks like: a place that needs each of our unique experiences, whether fresh or well-worn. A place where we tend this home together.

2026-27 Religious Education Enrollment

Enrollment in Religious Education is ongoing. Join us for our New Family Religious Education Orientation on Wednesday, October 7, at 7:10 p.m., in the Gannett Room to learn more about our programs. Please email Nelson Moroukian at nelson@unityunitarian.org with questions, if you plant to attend the orientation session, or to enroll a child.

Child Care Exchange

Unity Church affirms that "there are no other people's children," but it sure can be difficult to build a "village" for raising children. If you have young or school-aged children and would like to add to your network of support, consider signing up for a child care exchange.

Interested families will be matched with one other interested family from the church. Once matched, the pair of families coordinate a meet-up to get acquainted, then coordinate care exchanges on the suggested rhythm of once per month. Each month, your family hosts your partner family's children for one morning, afternoon, or evening and your partner family will host your children for a similar commitment. Kids get time with church peers to deepen relationships and parents get time away and time to practice "there are no other people's children." Email nelson@unityunitarian.org for sign-up information or with questions.

Childcare for Church Events

Unity Church offers childcare for church-wide events, free of charge. Nursery care is consistently provided for every Sunday service and Wellspring Wednesday program — no reservation is needed. Outside of these times, reservations for childcare are required. Please request childcare one week ahead of time by completing the online form. Katrina Nichols, Unity's Nursery Coordinator, will contact you to confirm the reservation.

Music Notes

Ahmed Anzaldúa, Director of Music Ministries

This is an unpopular opinion here in Minnesota, but I don't enjoy the forest all that much. All those trees make me claustrophobic. I find it incredibly disorienting to not be able to see the horizon. Most of the time, it feels like the greenery is closing in around me, hiding all sorts of icky, humid things—bugs, mold, decay. I feel it in my breath and in the way I move. Minnesota's constantly gray skies contribute to the claustrophobia, as if the sky is pushing down on my head constantly.

I carry the desert in my body, and what I miss most about home is the clear blue sky of the Sonora desert, the wide-open landscapes of barren yellow and brown. I was able to visit this summer, for the first time in 14 years, and immediately felt my chest open, my back straighten, and my breathing slow down. I love living in Minnesota, but the geography does not feel like home. Oddly enough, the winter feels much more tolerable than summer because all that green muck goes away for a little while.

There is a quote by my aunt Gloria Anzaldúa that I have always loved:

> *"The U.S.-Mexican border es una herida abierta where the Third World grates against the first and bleeds. And before a scab forms it hemorrhages again, the lifeblood of two worlds merging to form a third country — a border culture. Borders are set up to define the places that are safe and unsafe, to distinguish us from them. A border is a dividing line, a narrow strip along a steep edge. A borderland is a vague and undetermined place created by the emotional residue of an unnatural boundary. It is in a constant state of transition. The prohibited and forbidden are its inhabitants."*

Growing up under the beautiful sky of the U.S.-Mexico border only highlights that fact. The border is an aberration, an open wound; you only need to look up to grasp the aliveness of la frontera. It was with all this in mind that I gravitated to the poem "We Are of a Tribe" by Alberto Rios and commissioned composer Nico Gutierrez to set it to music. Border CrosSing and Unity's Music Ministry premiered this music in 2022, but we were still in the midst of pandemic shutdowns, and the piece never got the premiere I believe it deserved. The words and the music match beautifully with the themes being explored at Unity this year, and it will be a focus of the Music Ministry's work throughout the year.

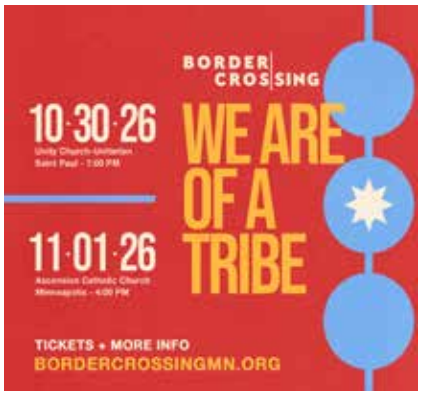
We Are of a Tribe by Alberto Ríos

We plant seeds in the ground
And dreams in the sky,
Hoping that, someday, the roots of one
Will meet the upstretched limbs of the other.
It has not happened yet.
We share the sky, all of us, the whole world:
Together, we are a tribe of eyes that look upward,
Even as we stand on uncertain ground.
The earth beneath us moves, quiet and wild,
Its boundaries shifting, its muscles wavering.
The dream of sky is indifferent to all this,
Impervious to borders, fences, reservations.
The sky is our common home, the place we all live.
There we are in the world together.
The dream of sky requires no passport.
Blue will not be fenced. Blue will not be a crime.
Look up. Stay awhile. Let your breathing slow.
Know that you always have a home here.

Border CrosSing Courtroom Concert

Thursday, October 1 | Noon
Landmark Center Courtroom 317

Border CrosSing's Education Outreach Ensemble, directed by Natalia Romero Arbeláez, present an exciting program of Latin American choral works in Spanish, Portuguese, and Latin in a *free* Schubert Club Courtroom Concert.



Border CrosSing Puentes Concerts

Friday, October 30 | 7:00 p.m.
Unity Church-Unitarian

Sunday, November 1 | 4:00 p.m.
Church of the Ascension, Minneapolis

Details and Tickets

Celebrating the richness and diversity of the Latin American diaspora, We Are of a Tribe brings together contemporary choral works that speak to identity, belonging, and shared humanity. At its center is We Are of a Tribe, a setting of a wonderful poem by Alberto Rios that we commissioned from Colombian composer Nico Gutierrez. This is presented alongside music by composers of Latin American heritage from across the Americas and beyond. Through varied voices and musical traditions, the program offers a powerful meditation on connection, memory, and the communities we create across borders and generations.

Unity Church–Unitarian

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

Rev. Dr. Oscar Sinclair, Senior Minister
Rev. KP Hong, Minister of Faith Formation
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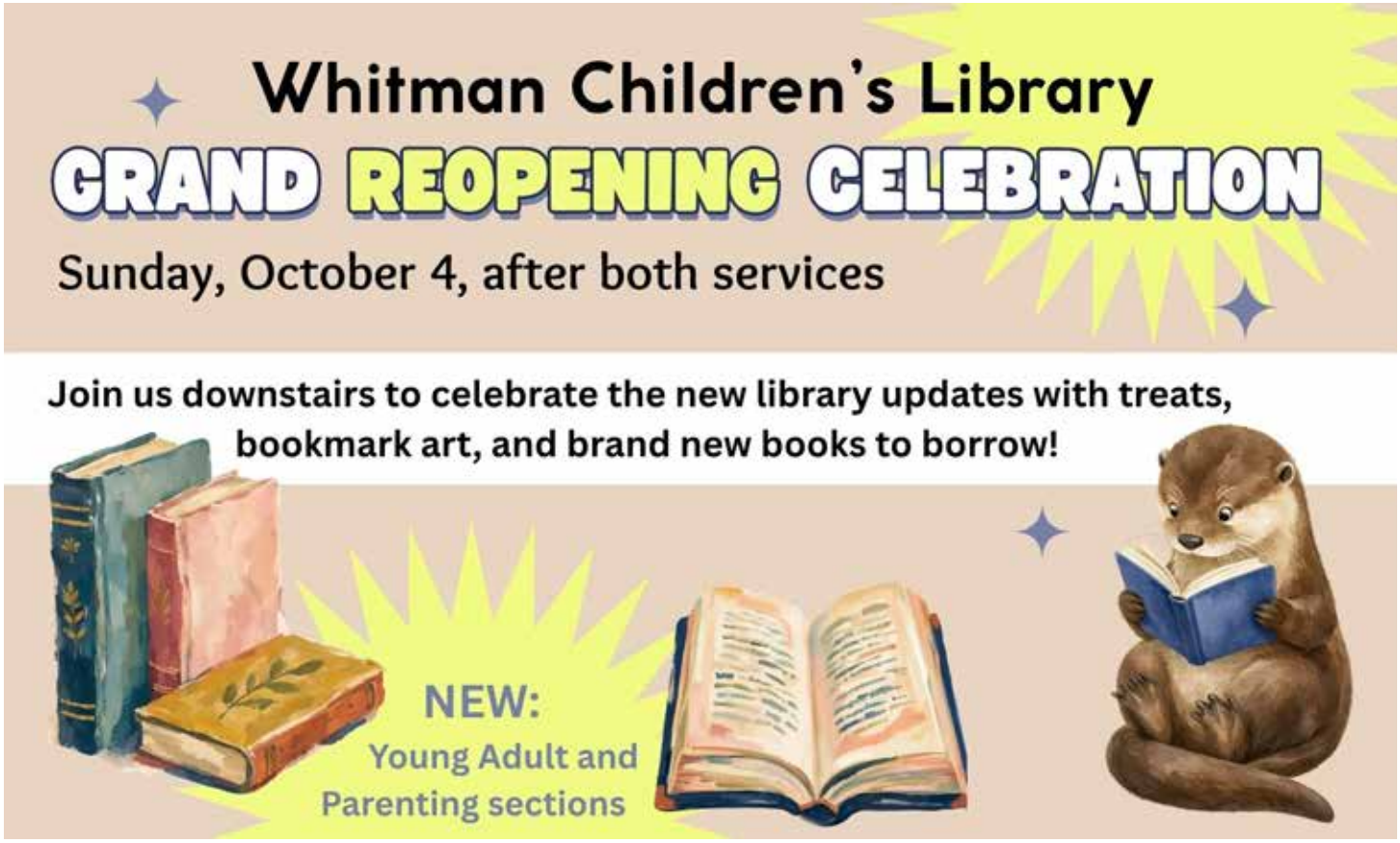
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