

This Week at Unity Church

September 21-27, 2014

Welcome visitors! After the service today, please stop by the Welcome Table in the Parish Hall to introduce yourself and learn more about Unity Church.

Celebrating Christy Randall • Today!

Please join the religious education community at noon today in the Center Room as we celebrate Christy Randall's gift of eight years as the Religious Education Assistant. Christy has chosen to give much-deserved focus to family and her vocation at the Science Museum, and will still remain a member here at Unity Church! We'll also welcome Michelle Hill as the new Coordinator of Children's Ministry!

Travel to Cochabamba, Bolivia! Information Meeting Today

Unity's Mano a Mano Community Outreach Ministry Team will again co-sponsor a trip focused on sustainable agriculture and climate change, from March 14-22, 2015. Learn more at one of today's information sessions which will be held after both morning services in the DeCramer Room. For more information contact Patricia at 651-757-5970 or patricia.ohmans@gmail.com.

Everyday Enjoyable Parenting • Register today!

Parents of toddlers to teens are invited to participate in a Wellspring Wednesday program focused on enhancing parent-child relationships. Six Wednesdays, 7:15-8:30 p.m., October 8 to November 12. Register for this free class by email to rossm001@umn.edu to receive a free copy of the book, *The 10 Best Principles of Good Parenting* by Laurence Steinberg, internationally acclaimed parenting scholar. Childcare available. Retired Professors Marty (Family Education, U of MN) and Jack Rossmann (Psychology, Macalester) are co-instructors.

Prepare a Meal for the Jeremiah Program

Help cook a meal for the Jeremiah Program where the lives of kids and their moms are transformed, two generations at a time. Cooking dates are September 25, October 14, and November 6. Contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

New Orleans Pilgrimage Information Meeting

Sunday, September 28 • 12:15 p.m. • Center Room

Come learn about the November 15-22, 2014, Unity Church pilgrimage to New Orleans. This session is an opportunity to learn more about the trip, including the opportunities for hands-on service projects. The pilgrimage also offers time for exploring major themes of racial and economic justice in New Orleans related to our communities back in St. Paul. Contact Lisa Friedman at lisa@unityunitarian.org or 641-228-1456 x107 for more information.

Journey Conversations: Group Spiritual Direction Returns

Join Spiritual Director Sarah Cledwyn, MA, for Journey Conversations, a time of contemplative listening and sharing in a small group setting. Groups will meet on the first and third Mondays of the month from October through December. A day group will meet from 10:00 a.m.–noon and an evening group will meet from 6:30-8:30 p.m. The cost is \$180 for the series of six sessions (\$30 per session) with a sliding fee available. Register online at www.unityunitarian.org. Child care available by reservation.

Join the Anti-Racism Leadership Team

The Anti-Racism Leadership Team is seeking candidates for a three-year term on the team beginning in December 2014. Team members must be voting members of the church and bring a commitment to dismantling racism. For more information, visit www.unityunitarian.org/anti-racism-leadership-team.html.

Cairns Vol. 6, 2014 • Deadline: October 6

Each submission is a gift to be passed on to the congregation. Send us your art or photos of art, and writing of all kinds — Unity needs to hear from you. More information on the Cairns page of the Unity website or in the Unity kiosks or contact us; cairns@unityunitarian.org. Your gifts are most welcome here!



- Purchase tickets with cash or check in the Parish Hall following the service or by contacting the church office
- ALL prizes will be raffled on Sunday, September 28
- PROCEEDS FROM THIS RAFFLE SUPPORT UNITY'S 2014 OPERATING BUDGET

ADDITIONAL PRIZES

SECOND PRIZE: CUSTOM BUILT BICYCLE

THIRD PRIZE: ST. PAUL STAY-CATION

“AWAKEN TO BUDDHIST MEDITATION” WITH K.P. HONG **value: priceless:** One hour instruction to Buddhist meditation with KP Hong.

“RELAX AND REFLECT” **\$300 value:** overnight in the Hermitage at ARC Retreat Center, a complete set (Vol. 1-5) of *Cairns: The Unity Church Journal of the Arts* and a custom Cairns journal both donated by Unity's Library and Bookstall Team, and a personal chalice.

“TREAT YOURSELF” **\$300 value:** A bag full Intelligent Nutrients beauty products provided by Urban Village SalonSpa and a 60 minute massage donated by hush Therapeutic Massage.

“SUSTAINABLE BACKYARD” **\$200 value:** EggPlant Urban Farm Supply have donated this package which includes a countertop steel compost pail, a Bosmere backyard country wood composter and aerator, and compost activator.

“MISSISSIPPI MARKET CO-OP” **\$200 value:** One lifetime membership to Mississippi Market Natural Foods Co-op, grocery tote and reusable beverage container, \$50 store gift card.

“FUN WITH FAMILY AND FRIENDS” **\$500 value:** TRX party for 12 or a Pilates party for 8 — your choice — from the SweatShop Health Club, a four seasons Minnesota State Parks permit, and four Science Museum of Minnesota admission and Omni Theater passes (including a \$30 gift card to the Explore Store)!!

“READ AND RELAX” **\$500 value:** A Kindle Fire HDX Tablet (16GB), a \$100 gift card to Amazon.com, teas from TeaSource, and a mug from Grand Hand Gallery.

“GET FIT” **\$850 value:** A Fitbit Flex and a one-year individual membership to the YWCA or YMCA of your choice.

“SHARE THE PRIZE” **\$250 value:** A \$250 donation to the non-profit organization of your choice!

“GET AROUND TOWN” **\$500 value:** A one-year subscription to Nice Ride, a Go-To Metro pass, a one-year Go Plan from HOURCAR, a messenger bag, klean kanteen water bottle and lunch canister.

This Week at Unity Church

Sunday, September 21

Bolivia Trip Meetings 10:15 am./12:15 p.m., DeCramer Room
Children's Choir Rehearsal 10:15 a.m., Foote Room
Afterthoughts 10:15 a.m., Gannett Room
Women's Ensemble 10:15 a.m., Choir Room
Christy Randall Celebration 12:15 p.m., Center Room
Welcome to Unity 12:15 p.m., Anderson Library
Soup Supper 5:45 p.m., Parish Hall

Monday, September 22

Unitots Playgroup 9:30 a.m., Nursery
Men's Retirement Group 1:00 p.m., Gannett Room

Tuesday, September 23

Sangha Meditation 5:30 p.m., Ames Chapel
Young Adult Potluck 6:30 p.m., Center Room

Wednesday, September 24

Mano a Mano Team 5:00 p.m., DeCramer Room
Wellspring Wednesday See box below

Thursday, September 25

Women's Retirement Group 1:00 p.m., Center Room
Unity Choir 7:30 p.m., Parish Hall

Saturday, September 26

Evergreen Quilters 10:00 a.m., Foote Room
Bill Curtis Memorial Service 10:00 a.m., Sanctuary

Wellspring Wednesday September 24

6:00 p.m. Dinner: *African stew, pita bread, fruit, ginger cookies*

Cost: \$7/adult, \$4/child (age 5-12), \$2/child (age 2-4), \$20/family

6:45 p.m. Worship service in the Ames Chapel

7:10 p.m. Programs and Childcare

Book Reading with Joan Velasquez, author of *Gaining Ground: A Blueprint for Community-Based International Development* and Co-founder of Mano a Mano

Twenty years ago, Mano a Mano started with two people collecting medical supplies that would otherwise have ended up in a landfill, and shipping them to Bolivia. From that beginning, Joan, a former Peace Corp worker in Bolivia, and Segundo, originally from Bolivia, developed an organization based on a successful model of partnership with local communities that has now built over 300 infrastructure projects in Bolivia. Sponsored by the Unity Library and Bookstall Team.

Open Page Writing Session: Faith as a Verb

RSVP required to karen@unityunitarian.org

This writing session offers an exploration of faith as something we do. Led by Consulting Literary Minister Karen Hering, Open Page writing sessions use stories, poetry, images and objects as well as wisdom from religious teachings, science and history, as participants reflect on the month's theme in their own words and on their own pages. No writing experience necessary.

Overstuffed: Seven Weeks to a More Joyful Life

During this seven-week workshop led by life coach Nicole Lynskey you will examine what is most important and learn how to make those things a priority. You will create a vision of what you really want and make a plan for how to achieve it. Register online at <http://bit.ly/WWoverstuffed>. Cost is \$89.00 for Unity Church members and \$129 for non-members.

Embodied Spiritual Practice: Yoga for Every Body

Tween Group (Grades 5-8): Fairy Tales and Faith Tales

High School Performance Art Group

Upcoming Worship Service: September 28

9:00 a.m., 11:00 a.m., 4:30 p.m.

***Third Step Theology: Time to Decide* — Rob Eller-Isaacs**

Thursday, September 25, at sundown marks the start of Rosh Hashanah, the beginning of the Days of Awe. The service this week will invite a confession of sorts and an opportunity to map out how best to make amends in the week that follows and leads up to Yom Kippur, the Day of Atonement. As we stand at the threshold of a new church year we take a lesson from our Jewish friends and earn the right to begin again in love. Musicians: 9:00/11:00: Unity Choir; Blake Morgan, tenor; Ruth Palmer, piano. 4:30: Unity Singers; Blake Morgan, tenor; Ruth Palmer, piano.

Our Ministry of Generosity

Each Sunday, thirty percent of the offering goes to support the Community Outreach Ministry at Unity Church and seventy percent is given to the chosen community non-profit recipient. **Please make checks payable to Unity Church.** On Sunday, September 14, Unity Church collected \$2,376.01 in the offering. Crossroads Missions will receive a donation of \$1,663.21. Information about today's offering recipient, Avalon School Gender Free Bathroom Campaign, can be found in the order of service. The offering recipient on September 28 is the Center for Victims of Torture.

This Week in Religious Education

Help care for Unity's toddlers in the nursery during our Wellspring Wednesday evening programs. Please contact michelle@unityunitarian.org

Teachers needed for 4:30 Rotations: For families attending the 4:30 service, we are still looking for teachers for Rotation classrooms (grades 1-6). It's a wonderful way to dive into laughter and curiosity with our resident masters of wonder! Please contact kp@unityunitarian.org

Spirit Play (ages 3-6): Children in Spirit Play today are invited to wonder about Unity's Celebration of New Lives, our ritual of dedicating babies into the life of this beloved community.

Workshop Rotation (grades 1-6): Children are exploring our first unit on "God is knowable."

Bedtime Ritual for Red and Orange Rotations, Sunday October 5:

For families of children in RED and ORANGE rotations, in place of regular classes, children, siblings and parents will have an opportunity to experience Bedtime Rituals developed by the Unitarian Universalist Families Group. Families will be introduced to the ritual which brings the seven UU principles to life for children as they prepare for sleep, using principles beads that the children will make. Watch for details!

Junior High (grades 6-8): Youth continue their classes today getting oriented to community and topics.

Tweens (grades 5-8): Meet each Wednesday from 7:15-8:30 p.m. Weeks alternate between community play and this semester's program on "fairy tales and faith."

Coming of Age is our spiritual enrichment program for 9th graders. Class today will focus on community, spiritual autobiographies, and covenant making.

Our Whole Lives is a signature sexuality and spirituality program for grades 7-9. Youth meet this week with focus on "sexual language." Contact: drew@unityunitarian.org

Tower Club is a gathering place for 10th-12th graders on Sunday evenings from 6:00-8:00 p.m. NO Tower Club tonight! See you September 28!