

This Week at Unity Church

October 19–25, 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.

Annual Pledge Drive

Making a Difference: In Our Lives and in the World

October is Pledge Drive Month! Here's what you need to know when considering your annual pledges to Unity Church:

- Pledges are needed from everyone. Contributions of all amounts are needed to sustain this community.
- This year, we are asking you to consider both an operating pledge and a pledge to our capital fund.
- Pledge forms are available in the pews, at the Pledge Table in the Parish Hall, and online at www.unityunitarian.org.
- Please make your pledge by October 31 so that we can approve our 2015 budget at the Annual Congregational Meeting on November 15.

Help put the Children's Garden to bed for winter!

Sunday, October 19 • 10:00-11:00 a.m. and noon-1:00 p.m.

Join us between services to harvest root crops and greens. Then at noon we will tidy up the beds and spread compost and wood chips. All ages and ability levels are encouraged to come. Light refreshment will be provided.

Mary Barrett Retrospective • October Parish Hall Artist

Mary Barrett is a lifelong artist and teacher, as well as a longtime active member of Unity Church. A retrospective exhibit of her prints and mixed media works are now on view in the Parish Hall, as well as at the north end of the upstairs hall. All of the works are for sale and are affordably priced.

Unity Sangha Meditation

Unity Sangha meditation is open to anyone interested in establishing or learning about a meditation practice in the Zen tradition. We meet primarily for seated and walking meditation, but our time together also includes talks by Ken Ford and study of a text related to our meditation practice. Join us on Tuesday evenings from 5:30-6:30 p.m. in the Ames Chapel. Contact Ken (kenfaure@gmail.com or 612-701-0841) with questions or to ask about meditation instruction. All are welcome!

Unity Book Club

Second Tuesday of the month at 7:00 p.m. All are welcome — even if you haven't read the book!

November 11: *River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard

December 9: *The Language of Flowers* by Vanessa Diffenbaugh

January 13: *Behind the Beautiful Forevers: Life, Death and Hope in a Mumbai Undercity* by Katherine Boo

Denominational Relations Ministry Team Meeting

Tuesday, October 21 • 7:00 p.m. • DeCramer Room

The Denominational Relations Ministry Team is involved in developing our congregation's connection with the Unitarian Universalist Association. Last June, several members attended the UUA General Assembly in Providence, Road Island. It was an inspiring event and as a result the team has generated many ideas for programs that might interest our congregation. If you would like to help develop these ideas, plan to attend this meeting or contact Ruth Kirkland at ruth_kirkland@hotmail.com for more information.

Disavowing the Doctrine of Discovery

Acknowledgment, Dialogue and Response

Wednesdays, October 22 and 29 • 7:15-8:30 p.m.

Unity Church is hosting a dialogue on the Doctrine of Discovery in an effort to take a hard look at difficult truths about the tragic treatment of Indigenous people by our state, nation and religious institutions. This series is free and open to the public.

October 22: Film Screening: In partnership with SPIN (Saint Paul Interfaith Network) and other faith communities, Unity Church will host a public screening of the documentary film *Doctrine of Discovery*. This showing will be presented by filmmaker Sheldon Wolfchild of the Lower Sioux Indian Community.

October 29: Panel Discussion: Join us for a panel discussion and exploration of the modern-day impacts of the Doctrine of Discovery with guests Elona Street-Stewart, Jim Bear Jacobs, and Howard Vogel.

As part of the Doctrine of Discovery series we are hosting a public art project called *Healing Minnesota Stories*. Visit the hallway in the Eliot Wing to engage with the stories and symbols of Minnesota artists and junior high students.

Open Heart Yoga

Wednesdays, October 22-November 19 • 9:00-10:00 a.m.

Cost: \$75 • Foote Room

The class will be a mix of flowing asanas, quiet mind, yogic breathing and restorative poses. Register by email to jane@goyogajane.com.

This Week in Religious Education (R.E.)

There are NO Religious Education classes today due to MEA. Please use this as an opportunity to experience worship with your children in the Sanctuary or have children join in community activities downstairs. Nursery care is available.

"We become teachers for reasons of the heart... How can we take heart, alone and together, so we can give heart to our students and our world—which is what good teachers do." (Parker Palmer) With "MEA Weekend" upon us, we pause from regular R.E. classes to celebrate teachers and the possibilities, challenges, and opportunities that expand the work of our hearts. From our youngest children in Spirit Play to our youth who this day are on their Boston pilgrimage, we gather around this "great thing" called teaching-learning that breaks open our hearts, again and again, until they learn to stay open. Please take time to greet teachers and journey guides on Sundays to express gratitude for the gift of time, teaching, and love they offer our children each week. We metabolize gratitude as much as we breathe air.

Nursery volunteers needed! Email michelle@unityunitarian.org.

Chalice Lighter Training for children in grades 3-6 is being offered in November. See the reverse side for details!

Tweens (grades 5-8): Meet each Wednesday from 7:15-8:30 p.m.

Our Whole Lives is a signature sexuality and spirituality program for grades 7-9. October 22 will focus on understanding gender roles

Tower Club is a gathering place for 10th-12th graders on Sunday evenings from 6:00-8:00 p.m. No meeting tonight but will resume on October 26 with a Halloween Party.

This Week at Unity Church

Sunday, October 19

Afterthoughts 10:15 a.m., Gannett Room
Soup Supper 5:45 p.m., Parish Hall

Monday, October 20

Unitots Playgroup 9:30 a.m., Nursery
Men's Retirement Group 1:00 p.m., Gannett Room
Affordable Housing Team 6:00 p.m., Robbins Parlor

Tuesday, October 21

Sangha Meditation 5:30 p.m., Ames Chapel
Living with Grief Group 7:00 p.m., Gannett Room
Denominational Relations Team 7:00 p.m., DeCramer Room

Wednesday, October 22

Open Heart Yoga 9:00 a.m., Foote Room
Wellspring Wednesday See box below
Mano a Mano Team 7:15 p.m., DeCramer Room

Thursday, October 23

Women's Retirement Group 1:00 p.m., Center Room
Finding Yourself at Unity 6:30 p.m., Center Room
Unity Choir 7:30 p.m., Parish Hall

Saturday, October 25

Board Meeting 9:00 a.m., Anderson Library
Evergreen Quilters 10:00 a.m., Foote Room

Wellspring Wednesday October 22

6:00 p.m. Dinner: *Roasted pork loin, fall veggies, salad, dessert*

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

Doctrine of Discovery: A documentary film presented by filmmaker Sheldon Wolfchild

In partnership with SPIN (Saint Paul Interfaith Network) and other faith communities, Unity Church will host a public screening of the documentary film *Doctrine of Discovery*. This showing will be presented by filmmaker Sheldon Wolfchild of the Lower Sioux Indian Community.

A Spiritual Practice of Data: Congregational Survey Results

Bill Etter, Laura Park, and Board members Deborah Carter McCoy and Terry Linskey will present results from the congregational survey completed last May. Come hear how you assessed the health and spiritual vitality of our church and reflect with us on the interesting possibilities this information sparks for our future. If you can't make this session, this information will be offered again on Wednesday, October 29.

Everyday Enjoyable Parenting: Preregistration required.

Overstuffed: Preregistration required.

Embodied Spiritual Practice: Gentle Meditative Yoga
Saint Paul Performance Project for High School Youth

Tween Group: "Spirits, Stories, Faith, and Me"

A Thoughtful Meal: October 29

How much thought do we give to the food we eat three times a day? Do we consider, for example: Who worked to grow it? How much water was used to produce it? Whether it was grown close to home, or far away? Why other families around the world eat very different foods? All of these questions—and more—are ones that Unity's Sustainable Agriculture group will wrestle with, as we prepare the meal on October 29. Contact patricia.ohmans@gmail.com if you are able to lend a helping hand.

Upcoming Worship Service: October 26

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

Longing to be Real — Rev. Janne Eller-Isaacs

We were all raised on stories of characters like Pinocchio and the Velveteen Rabbit who learned over the course of the story how to be real, and the cost of being so. Janne and worship associate Neil Bray will explore how we can better create a community where people are encouraged to be real and their best selves. Musicians at all services: Mark Dietrich, native American flutes. Musicians at 9:00/11:00: Children's Choir, Women's Ensemble. Musicians at 4:30: Unity Choir.

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 October 12 Unity Church collected \$2,038.71 in the offering. MORE will receive a donation of \$1,427.10. Information about today's offering recipient, the Frank Theatre, can be found in the order of service. The offering recipient on October 26 is *Black People Be Free*.

Young Adult Group (Ages 18-35)

Join us on the fourth Tuesday of the month, October 28, for a 6:30 p.m. potluck in the Center Room. All are welcome!

Chalice Lighter Training

Do you have a child in grades 3-6 who may like to light the chalice during church services? We're offering a two-part training for interested children:

Thursday, November 6 • 6:30-8:30 p.m. • DeCramer Room

Thursday, November 13 • 6:30-8:30 p.m. • Gannett Room

During the two training sessions, children will learn about the meaning and history of the symbol of our faith, the seven Unitarian Universalist principles, and how the worship service is structured to include the chalice. Advance registration is required and at least one parent must attend both enjoyable learning experiences with their child. Register by email to Erika Sanders at esanders878@gmail.com.

Q-Quest Volunteers Needed

Q-Quest is a daylong event for lesbian, gay, bisexual, transgender, queer and allied youth to enjoy workshops, food, dancing, conversation, and art with a couple hundred other LGBTQA youth from across the metro area. Unity's Rainbow Chalice Alliance assists the Minnesota School Outreach Coalition (MnSOC) to make Q-Quest happen! The event is on November 14, from 8:00 a.m.-4:00 p.m., at Franklin Middle School in Minneapolis. Volunteer shifts are 2-4 hours and volunteers must attend a training and complete a background check. This is an excellent opportunity to connect with youth and educators in the community. Questions? Email egiffin19@yahoo.com or to register visit <http://bit.ly/QQuest2014>

Women's Retreat Planning

Each January, on the last Saturday of the month, over 100 women of all ages gather for a day-long retreat at Unity Church. If you would like to be a part of choosing this year's theme, speakers, and workshops, contact Lisa Friedman at lisa@unityunitarian.org.

Peter Mayer CD Release Concert

Saturday, November 22 • 7:30 p.m. • Unity Church

Tickets: \$24.00 • www.brownbagtickets.com

This concert is general admission seating and doors open at 6:45 p.m.