

This Week at Unity Church

November 16-22, 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.

The 2015 Children's Musical is coming!

Parent information meeting today! 10:15 a.m. • Robbins Parlor
For the past 25 years, talented members of the Unity Church community have come together each year to write, compose, direct, choreograph, and perform a unique show for Unity Church. Participating in the Unity Children's Musical has been a rite of passage and transformative experience for many of our young people. If you have a 6th, 7th, or 8th grader, consider whether this experience might be right for them by attending the parent information meeting today. Auditions and parent meeting for this year's musical are Sunday, January 4, from 1:30-3:30. Performance dates will be February 26, 27, and 28, 2015. Questions? Contact Kim Klose at klose001@msn.com or Dave Smith at david.smith52@yahoo.com.

Welcome Team Training

Tuesday, November 18 • 6:30-8:30 p.m. • Sanctuary
Facilitated by Rev. Lisa Friedman

The Welcome Team plays an essential and highly valued role in helping to create a warm welcome to worship on Sundays. This training is helpful for new welcome team members but will also include updates to procedures that have changed since the new lobby was completed. All are welcome. Feel free to attend even if you are not currently a on a Welcome Team. For those interested, there will also be a special seminar on ringing the church bell. You can try it out, practice, and sign up for bell ringer duties if you would like! Please contact madeline@unityunitarian.org to sign up.

The Generosity of Mindful Presence

A Workshop on Meditation and Mindfulness with Ken Ford
Saturday, November 22 • 9:00 a.m.-Noon • Ames Chapel

This workshop will provide basic training in silent meditation, exploration of the place of meditation as an anchor for our spiritual life, and consideration of the practical possibilities for meditation in our daily lives. A \$20 donation is suggested. Please register by email to lisa@unityunitarian.org.

Black Friday at Church

Friday, November 28 • 10:00 a.m. • Sanctuary

This annual intergenerational worship service offers you an opportunity to launch the holiday season with spiritual renewal, fellowship, and good cheer, an alternative to the habitual consumerism on display in the broader culture. This year's guest speaker is Leslie Pitt Schneider. Activities for children and families, as well as childcare, will be provided.

Winter Warm Up Drive

Unity's Racial and Restorative Justice Team is asking you to help provide the following items for its community partner, Amicus, who assists those leaving prison in a time of need:

- New and unopened hygiene items such as shampoo, soap, toothpaste/brushes, lotion, deodorant, and shaving cream
- New gloves, hats, scarves, and socks suitable for the job site
- Hand and foot warmers
- Bus passes or the cash to buy bus passes

Please bring donations to the Racial and Restorative Justice table in the Parish Hall on Sundays. Donations delivered during the week should be brought to Lisa Friedman's office.

2014 Christmas Pageant

We invite our youth from kindergarten through 12th grade to join the Christmas Pageant cast! This is a honored tradition at Unity Church that you don't want to miss! Registration is online at <http://bit.ly/UCUCP2014> and the deadline is December 7. To bring this story to life, we need youth in grades 3-6 to make up our children's choir; our K-2nd grade children to bring us a multitude of the heavenly hosts, pages and little shepherds; and our 7-12 graders to bring us a flock of shepherds, acolytes, kings, and angels to bring this story to life. The Christmas Pageant services are held on Christmas Eve at 4:00 and 5:30 p.m. and all are welcome! Please contact Kelley Loughrey, pageant director, at kelleyloughrey@comcast.net with questions.

Meet the November Parish Hall Artists

Sandra Brick and Fred Amram will be in the Parish Hall after the morning services. View their creations and comment or ask questions about Fred's history and Sandra's use of art to translate literary art to visual art. Their shared goal is to sharpen awareness of racism, to create a world without genocide.

This Week in Religious Education (R.E.)

Thanks to the many families who participated in the Bedtime Ritual workshop wonderfully led by Unity's UU Families group. Families and children in the 11:00 Rotation classes will be invited for their turn in January/February.

Spirit Play (ages 3-6): Children in Spirit Play today consider *Bread Communion: A Lesson on Sharing and Giving Thanks* and what it means to enter this season of gratitude and generosity in a world often defined by scarcity and lack. Is there always enough bread for everyone? Who are people in our world who need food? How can we as families share with people who are hungry or need help? Please take time to wonder with your children.

Rotation Classes (grades 1-6): Children begin in worship in the Ames Chapel (9:00/4:30) or in the Sanctuary (11:00). Then in classrooms downstairs, they continue their journey as a community of faith exploring our current unit "On Being Human" and the particular ways prejudice and racism wound our shared humanity.

Junior High (grades 6-8): Youth continue their classes today in our three Jr. High courses: Earth-Centered Traditions, Power of Myth, and UU History and Identity. Please take a moment to say hello and get acquainted with your child's teachers.

Tweens (grades 5-8): Wednesday, November 19, 7:15-8:30 p.m., tweens meet for ongoing semester focus on fairy tales and faith and the chance to play together in beloved community.

Coming of Age is our signature spiritual growth program for 9th graders. Youth meet today and continue their exploration of "The Nature of God."

Our Whole Lives is a signature sexuality and spirituality program for grades 7-9. Class this week will focus on relationships.

Tower Club is a gathering place for 10th-12th graders. Youth meet tonight from 6:00-8:00 p.m. to practice greater leadership and direction for Tower Club itself, and to continue planning for the 2015 YouthCon, a January leadership and faith development event for UU youth from the greater Twin Cities area.

This Week at Unity Church

Sunday, November 16

Afterthoughts	10:15 a.m., Gannett Room
Children's Choir Rehearsal	10:15 a.m., Foote Room
Women's Ensemble	10:15 a.m., Choir Room
Children's Musical Information Meeting	10:15 a.m., Robbins Parlor
Soup Supper	5:45 p.m., Parish Hall
Welcome to Unity	5:45 p.m., Center Room
Tower Club	6:00 p.m., Robbins Parlor

Monday, November 17

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

Tuesday, November 18

Sangha Meditation	5:30 p.m., Ames Chapel
Archive Team	6:30 p.m., Facilities Storage
Black Friday Planning Team	6:30 p.m., Center Room
Welcome Team Training	6:30 p.m., Sanctuary
Living with Grief Group	7:00 p.m., Gannett Room

Wednesday, November 19

Mano a Mano Team	6:00 p.m., DeCramer Room
Wellspring Wednesday	See box below

Thursday, November 20

Pastoral Care Team	9:00 a.m., Anderson Library
Caregivers Support Group	Noon, Anderson Library
Racial and Restorative Justice Team	6:00 p.m., Robbins Parlor
Unity Choir	7:30 p.m., Parish Hall

Saturday, November 22

Meditation and Mindfulness Retreat	9:00 a.m., Ames Chapel
Evergreen Quilters	10:00 a.m., Foote Room
Peter Mayer CD Release Concert	7:30 p.m., Sanctuary

Peter Mayer CD Release Concert

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

Tickets: \$24.00 • www.brownbagtickets.com

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

Wellspring Wednesday November 19

6:00 p.m. Dinner: *Roasted beef with vegetables, rice pilaf, 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

A Mighty Voice! Melanie DeMore

Join vocal activist Melanie DeMore and One Voice Mixed Chorus for an evening of inspiration, music-making, and sing-along spirituals. Melanie is a Grammy-nominated singer and activist from Oakland, CA. One Voice is Minnesota's LGBTQA chorus and Unity's resident community chorus! Together they are performing a powerful and inspiring program including music from One Voice's upcoming concert "Eat, Drink & Be Married" as well as stick-pounding from the Gullah South Sea Islands. All ages are welcome!

Embodied Spiritual Practice: Gentle Meditative Yoga

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

Saint Paul Performance Project

There will be no Wellspring Wednesday on November 26 because of the Thanksgiving Holiday.

Upcoming Worship Service: November 23

9:00 a.m. • 11:00 a.m. • 4:30 p.m.

Thanksgiving Family Sunday

Once again the whole church family gathers at the table to sing songs of gratitude and give thanks for the bounty of our lives. Rob and Janne will be joined by worship associate Conner McGill and the Rev. K.P. Hong, Unity's Director of Religious Education. Musicians: Mila (all services) and Unity Children's Choir (9:00/11:00).

On Family Sundays, children experience the entire worship service together with their families in the Sanctuary. A children's message and activity books related to the stories and sermon help children to engage in the experience of worship. Regular religious education programming does not take place on Family Sundays; however, the nursery is open for children under five years of age.

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 a chosen community non-profit recipient. **Please make checks payable to Unity Church.** On November 12 Unity Church collected \$2,206.28 in the offering. The Summit-University Planning Council will receive a donation of \$1,544.40. Information about today's offering recipient, Volunteer Transport, can be found in the order of service. The offering recipient on November 23 is Unity's Partner Church Ministry Team.

Mark your calendar and start your shopping list!

Unity's Evergreen Quilters Annual Holiday Boutique will be held Sunday, December 7, and December 14, in the Parish Hall at Unity Church! The Quilters have been busy sewing up unique creations to fit all budgets for your shopping pleasure. And, unlike those for-profit stores, all proceeds go to Unity Church Evergreen community partner organizations. Purchases last year provided over \$1,600 to Sharing Korner Food Shelf, The Family Place, and Jeremiah Program. These wonderful hand-made items make great gifts and support St. Paul families!

Volunteer at Unity's Front Desk!

Greet visitors, answer phones, and have a wonderful opportunity to get to know the church staff. Shifts are four hours, (9-1 and 1-5) Monday through Friday. Current openings are for substitutes and training is provided. Want to learn more? Contact Sharon Merritt, Front Desk Volunteer Team leader, at merrittsharon@aol.com or call the church office at 651-228-1456.

Sustainable Agriculture Compost Brigade

Join Unity's Sustainable Agriculture Group's "Compost Bucket Brigade" and help empty the church's compost buckets! You can sign up here: <http://bit.ly/compostbucketbrigade>.

Take Marital First Responders Training

Saturday, December 13

9:00 a.m. – 4:00 p.m. • Foote Room

Marital First Responder Training will help you be more intentional, skilled, and confident when a friend, coworker, or family member confides about relationship struggles. It's not about being a counselor but being a good friend to a person and a marriage. For information and to register, <http://maritalfirstresponders.com/classes>. The fee is \$10 to cover lunch and refreshments.

Unity libraries are open on Sundays!

Stop by the Anderson Adult Library on the upper level and the Whitman Children's Library on the lower level.