

# This Week at Unity Church

January 18–24, 2015

*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.

## Keep the Fire: 2015 Unity Church Women's Retreat

**Save the date: Saturday, January 31, 2015**

The Gathering is a one-day women's spiritual retreat held at Unity Church. This year's theme is "Keep the Fire" inspiring women of all ages to kindle the flame of creativity in our lives. Registration is online at [www.unityunitarian.org](http://www.unityunitarian.org) and in the Parish Hall after the service.

## A bell's not a bell till you ring it: A Bell Ringer's Guild Training Today! • 1:00 p.m. • Bell Tower

Participants will have an opportunity to try ringing the bell firsthand. This class will also offer background on the Unity Church bell including a tour of the bell tower. Contact Madeline Summers at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or 651-228-1456 x126.

## Open Page Writing Session • TODAY!

Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, teachings and objects to reflect on the month's theme in their own words.

## The Swinging Scales of Justice • 2:00-4:00 p.m. • Anderson Library Free; RSVP required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org)

Pascal once observed that justice is too subtle a point to be touched by our blunt tools. Perhaps this is why its meaning has so often been carried by symbols and stories passed down through the ages. This session explores the swinging scales of justice and other symbols and stories.

## Coffee Service Training

**Sunday, January 25 • 10:00 a.m. and Noon • Kitchen**

Come learn what it takes to make Coffee Hour magnificent! All are welcome to this short, 35 minute training.

## Volunteers Needed: Wellspring Wednesday Cooking Team

We are in search of people to do light kitchen work for a few hours between 2:00 and 6:30 p.m. on Wednesday, January 21. This will include some chopping and mixing. If cooking isn't your forte, please don't count yourself out! Our team also needs help setting tables, cleaning after dinner, and taking money at the door. Contact Madeline Summers at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or 651-228-1456 x126.

## Announcing the Unity Church Sound Team

In anticipation of our new sanctuary sound system we are forming a team of "Unity sound pros." If you have a background in this or a keen interest in learning, can attend a training session, and can be available for various 4:30 services and other events...WE WANT YOU! Contact Ruth Palmer if interested at [ruth@unityunitarian.org](mailto:ruth@unityunitarian.org) or 651-228-1456 x118.

## Journey Conversations: Group Spiritual Direction

Join Spiritual Director Sarah Cledwyn, MA, for Journey Conversations, a time of contemplative listening and sharing in a small group setting. Groups will meet the first and third Mondays of the month from February through April. 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. Sign up online at [www.unityunitarian.org/spiritual-direction.html](http://www.unityunitarian.org/spiritual-direction.html) or by contacting Sarah at 651-699-9948 or [sarahcledwyn@gmail.com](mailto:sarahcledwyn@gmail.com). Free childcare is available at church if requested at least one week in advance by email to [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).

## Flowers for Sunday Worship Services

If you would like to provide flowers for Sunday services, there are many dates available including: February 15; March 1 and 8; April 19 and 26; and May 31. Please contact Marcy Mann-Anderson ([marcy@unityunitarian.org](mailto:marcy@unityunitarian.org)/651-228-1456 x110) to reserve the date of your choice and to make arrangements.

## This Week in Religious Education (R.E.)

**Today is a Story Sunday:** Children in Rotation classes (grades 1-6) begin in the sanctuary for worship and story for all ages; children will then be blessed out to go to R.E. classes. Junior High youth will stay for the full worship service as part of their R.E. focus on worship.

**We welcome Unitarian Universalist high school youth from the greater metro area who gathered for YouthCon this weekend at Unity Church.** The gathering focused on "taking the pulse" of youth culture and what promotes well-being, resilience, and resistance in a complex and demanding society. Youth are also partnering with the Unitarian Universalist Youth Engaging Legislation Program (UU-YELP), working to bring advocacy around single-payer health care legislation.

**Upcoming Bedtime Rituals Workshop for children and families at 11:00 a.m. service:** *In place of regular classes,* children, siblings and parents will be introduced to the bedtime ritual which brings to life the seven UU principles for children as they prepare for sleep, using UU principles beads that children themselves will make. Please note the specific dates for Rotation groups/grades:

- Sunday, January 25, 10:30 a.m.-12:30 p.m.: For families of children in RED and ORANGE rotations (grades 1-2)
- Sunday, February 1, 10:30 a.m.-12:30 p.m.: For families of children in YELLOW and GREEN rotations (grades 3-4)

RSVP online: [www.unityunitarian.org/uu-families-initiative.html](http://www.unityunitarian.org/uu-families-initiative.html)

**Spirit Play (ages 3-6):** Children in Spirit Play today hear the story of Theodore Parker and wonder about listening to the voice of conscience. Have we ever heard a Voice inside us telling us if something was right or wrong? Is that Voice clear or hard to hear? What do parents say about right and wrong?

**Workshop Rotation (grades 1-6):** Children meet in regular classes today, following the story for all ages in the sanctuary.

**Junior High (grades 6-8):** Youth are in worship for the full service today as part of their learning and spiritual formation in worship.

**Tween (grades 5-8) Group:** Programming is on pause, with many of our tweens participating in the musical. Programming will resume in March.

**Our Whole Lives (OWL):** Class continues January 21 with focus on abstinence. OWL is a signature sexuality and spirituality program for grades 7-9.

**Coming of Age (COA):** Class today continues to explore the unit "Living in the face of death and loss." COA is our signature spiritual growth program for 9th graders.

**Tower Club (grades 10-12):** No meeting tonight after concluding the weekend YouthCon. Meetings will resume January 25.

## This Week at Unity Church

### Sunday, January 18

Children's Choir Rehearsal	10:15 a.m., Foote Room
Women's Ensemble Rehearsal	10:15 a.m., Choir Room
Afterthoughts	10:15 a.m., Gannett Room
Open Page Writing Session	2:00 p.m., Anderson Library
Soup Supper	5:45 p.m., Parish Hall

### Monday, January 19

**MLK Holiday: Church Office Closed**

### Tuesday, January 20

Sangha Meditation	5:30 p.m., Ames Chapel
Finding Yourself at Unity Class	6:30 p.m., Center Room
Living with Grief Group	7:00 p.m., Gannett Room

### Wednesday, January 21

Wellspring Wednesday See box below

### Thursday, January 22

Women's Retirement Group	1:00 p.m., Center Room
Mano a Mano Team	5:30 p.m., Gannett Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall

### Saturday, January 24

Evergreen Quilters	10:00 a.m., Foote Room
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## Wellspring Wednesday, January 21

**6:00 p.m. Dinner:** *Roasted pork, vegetables, salad, strawberry icebox cake*

*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**

### Of a Certain Age: A Song Recital

Join Carolyn Campfield, soprano, and Kathy Kraulik, piano, for a song recital featuring women's poetry and experience. The American composers Tom Cipullo and Lee Hoiby will be featured with texts by the poets Liesl Mueller and Elizabeth Bishop. Carolyn Campfield received her Master of Music in Vocal Performance from the Cincinnati College Conservatory of Music and her Doctor of Musical Arts Degree from the University of Minnesota. Kathy Kraulik is the pianist for Unity Choir.

### Is a Rational Discussion about Guns an Oxymoron?

According to the Geneva-based Small Arms Survey—a leading source of international public information about firearms—the U.S. has the best-armed civilian population in the world, with an estimated 270 million total guns or an average of 89 firearms for every 100 residents. What can we do as individuals? Can anti-and pro-gun citizens come to any sorts of agreements on what society can do to stem violence? What responsibilities do we have as parents in teaching our children about guns? Join Richard Birger in an open discussion on guns in our society: where we are, how we got here and where are we going.

### Embodied Spiritual Practice: Stav, the Scandinavian Martial Art

Stav is a martial art with health and wellness, meditative and physical discipline dimensions. Having been taught within the Hafskjold family in Norway for generations, it is now available to students in other parts of the world. Experience the basic stances of Stav and other beginner exercises, and learn more about this unique art. Unity member Therissa Libby is an intermediate-level practitioner of Stav and a member of the Ice & Fire USA Stav school.

### Committing to Unity: Joining Unity Church

## Upcoming Worship Service: January 25

Service times: 9:00 and 11:00 a.m., 4:30 p.m.

### Intimate Justice — Rob Eller-Isaacs

In order to move beyond conflict and into creativity, we need to understand that justice is both systemic and deeply intimate. Rob and worship associate Diane Ross will try to help us to balance this reality and to live within the ambiguity implied. Musicians at 9:00/11:00: Unity Singers. 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 a chosen community non-profit recipient. **Please make checks payable to Unity Church.** January 4 totals for Trans Youth Support Network and January 11 totals for the Iraq Water Project will be reported in the January 25 edition of *This Week at Unity*. Information about today's offering recipient, Microgrants, can be found in the order of service. The offering recipient on January 25 is Unity's Justice Learning Scholarship Fund.

## What does home mean to you?

Last year members of Unity Church, in collaboration with Beacon Interfaith Housing Collaborative, shared statements saying what home means to them with their state legislators. As a result Unity Church was part of a successful campaign that raised \$100 million to build and rehab affordable housing, stably house an estimated 5,000 households, and help hundreds of people out of homelessness. This includes homes for 44 youth at Prior Crossing, a Beacon development underway in St. Paul. This would not have been possible without your support.

But our work to ensure that every Minnesotan has a safe place to call home continues. Please join the Affordable Housing Ministry Team in the Parish Hall after each of the services today and on January 25 to share what home means to you. Your statements will be turned into postcards which will be sent to your state legislators as part of Beacon's campaign to secure funding for the services and rental assistance that help people exit homelessness and remain stably housed. Please add your voice by adding your name and words to this effort and becoming a "Beacon Citizen."

## Winter Warm Up Drive • In the Parish Hall through January!

Unity's Racial and Restorative Justice Team is asking you to help provide the following items for its community partner Amicus which assists those leaving prison in a time of need: unopened hygiene products (soap, toothpaste, etc.), new hats, scarves, and gloves, and bus passes (or the cash to buy them).

To Commemorate the 50<sup>th</sup> Anniversary of  
the Selma to Montgomery March

50  
SELMA

A Congregation Book Read

MARK D. MORRISON-REED  
The Selma  
Awakening

**The Selma Awakening**  
How the Civil Rights Movement Tested  
and Changed Unitarian Universalism  
By Mark Morrison-Reed



**Book Discussion**  
Wellspring Wednesday  
Feb. 25, 2015 • 7:15 pm

Buy Selma in the Unity Bookstall  
OR  
Check it out from Unity Library