

# This Week at Unity Church

January 31–February 6, 2016

*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.

## Go Solar With Us!

**Information sessions today! 10:15 a.m. & 12:15 p.m. • Center Room**  
Our carbon emissions export suffering to the most vulnerable on the planet. Learn how Unity's new Community Solar Garden can make clean, renewable solar electricity available for your residence with no upfront costs. No solar panels are installed at your residence, so this arrangement works for both renters and homeowners. Attend one of today's information sessions to learn more, stop by the table in the Parish Hall to pick up a brochure, or visit the Community Solar Garden webpage at [www.unityunitarian.org/solar.html](http://www.unityunitarian.org/solar.html) to fill out a subscriber interest form.

## UU Families Initiative Bed Time Ritual

**Today! 10:30-12:30: Bed Time Ritual**

End the day with your children in quiet reflection on the values we hold dear. Kids will make rainbow beads for the seven UU principles. Sign up: [www.unityunitarian.org/uu-families-initiative.html](http://www.unityunitarian.org/uu-families-initiative.html)

## The 2016 Unity Church Photo Directories are here!

Stop by the Parish Hall to pick up your copy. The cost for the directory is \$5. This small fee covers the cost of materials and printing. Thank you to everyone who had their picture taken and to all the volunteers who helped create this directory!

## Half-day of Silence

**Saturday, February 6 • 1:00-5:00 p.m. • Unity Church**

This retreat will begin with a conversation about the day. Individuals will then engage in practices, reflecting in the silence as each desires. The day will conclude with time to share experiences. Activities will include an indoor labyrinth, journaling questions, creative arts, and more. A \$10 donation is requested. Please RSVP to Sarah at [sarahcledwyn@gmail.com](mailto:sarahcledwyn@gmail.com) or at 651-699-9948. To request free child care, please e-mail Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org) at least one week in advance.

## Small Group Spiritual Direction

Group spiritual direction provides an opportunity to bring awareness to the change that is always part of life, bring focus and attention to the path of your life, as well as offer community connections for support and deep reflection. Groups will meet every other week on Thursday, from February through May. A day group will meet from 10:00 a.m.–noon, and an evening group will meet from 6:30-8:30 p.m. Childcare is available with one-week advance notice to [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org). Details and sign up are online at <http://bit.ly/ucugroups>. Cost is \$30 per session with a sliding fee scale. Questions? Contact Sarah at 651-699-9948 or [sarahcledwyn@gmail.com](mailto:sarahcledwyn@gmail.com).

## Sustainable Living Group

We are a group of people with a deep concern and passion for the environment within our homes, church community, and beyond. We joyfully welcome new participants that are searching for ways to live into their environmental values. Learn about Unity's Community Solar Garden at one of the information sessions today! Our next group meeting will be held on Tuesday, February 9, at 7:00 p.m., in the Gannett Room. On Tuesday, February 23, we will be offering a class helping people to kick-out their toxic cleaning products by making safe and natural cleaning products! Questions? Contact Jessica at [jzimm0813@gmail.com](mailto:jzimm0813@gmail.com).

## Worship Associates Sought

We are now seeking applicants to become Worship Associates for the next term. Worship Associates must be members of the church and make a commitment to serve for two years, beginning in April. Worship Associates are expected to attend three group meetings throughout the year to discuss and develop themes and topics for the Sunday services. The next meetings are scheduled for April 9, September 17, 2016, and January 14, 2017. Each associate works with a minister or other service leader to develop and conduct three to four services during the church year. If you are interested in serving Unity Church in this capacity, or if you would like more information, please contact Neil Bray at [neilclaxtonbray@yahoo.com](mailto:neilclaxtonbray@yahoo.com) or Helen Pohlig at [hmpohlig@msn.com](mailto:hmpohlig@msn.com) to discuss this opportunity. There will be an application process to fill four available positions.

## Author Karen Branan Reads from Her New Book

*The Family Tree: A Lynching in Georgia, a Legacy of Secrets, and My Search for the Truth*

**Sunday, February 14 • 12:30 p.m. • Unity Church**

Investigative reporter Karen Branan applied her truthseeking skills to the legacy of her own people and uncovered a tragic lynching that pitted family relations against each other in the Jim Crow south. What Karen shares gives each of us reason to look into the choices and values that lie behind the stories passed down in our families and hold them to the light for healing.

## This Week in Religious Education

**Spirit Play (ages 3-6):** Children in Spirit Play today hear the story of John Murray, a Universalist who preached God's love for all. Does God choose to love some or everyone? Do we choose to love some or everyone? Is there anything that would make God stop loving us? Please wonder with your children as they play with sacred stories and the questions they ask of us. Parents are also encouraged to linger after class and connect with teachers.

**Workshop Rotation (grades 1-6):** Children first begin in worship, upstairs in the Ames Chapel (9:00 and 4:30) or in the Sanctuary (11:00) with their friends and Journey Guides. Then in classrooms downstairs, they continue their journey exploring the current unit on spiritual practices that help connect us with "The Sacred Within." Please take a moment to connect with your child's Journey Guide for this 2nd semester.

**Junior High (grades 6-8):** Second semester classes continue today. See class rosters posted downstairs for courses offered this year: Sacred Threads/Asian Religions, Intro to Islam, UU History & Identity, and Jesus & the Beloved Community.

**Coming of Age** class meets today for an introduction to new unit's focus on "The Sacred." COA is a signature spiritual growth and enrichment program typically for 9th graders. Reminder of upcoming overnight retreat February 19.

**Our Whole Lives** meets this Wednesday, February 3, with focus on "redefining abstinence." OWL is a sexuality and spirituality program for grades 7-9.

**Tower Club:** High school youth meet tonight at 6:00 p.m. to prepare for Youth Con retreat at First Universalist on February 13-14. Tower Club is a gathering place for 10th-12th graders to enjoy community, faith, food, and fellowship.

## This Week at Unity Church

### Sunday, January 31

Women's Ensemble	10:00 a.m., Foote Room
Community Solar Garden Session	10:15 & 12:15, Center Room
Children's Choir Rehearsal	10:15 a.m., Choir Room
Afterthoughts	10:15 a.m., Gannett Room
UU Families Bed Time Ritual	10:30 a.m., Robbins Parlor
Soup Supper	5:30 p.m., Parish Hall
Tower Club	6:00 p.m., Center Room

### Tuesday, February 2

Sangha Meditation Group	5:30 p.m., Ames Chapel <i>Meditation instruction begins at 5:00 p.m.</i>
Unity Singers Rehearsal	7:00 p.m., Parish Hall

### Wednesday, February 3

Wellspring Wednesday	See box below
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### Thursday, February 4

Tai Ji Practice	11:00 a.m., Foote Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall

### Friday, February 5

Unity Bridge Group	7:00 p.m., Robbins Parlor
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### Saturday, February 6

Kung Fu	10:00 a.m., Body Room
Half Day of Silence	1:00 p.m., Robbins Parlor

### Wellspring Wednesday, February 3

6:00 p.m. *Dinner menu: Tuscan white bean soup, ciabatta, salad, dessert. Gluten-free and vegetarian options available.*

*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**

**The Sulfide-Ore Copper Mining Threat to the Boundary Waters with Chris Donato:** For generations, people from all across the world travel to the Boundary Waters Canoe Area (BWCA) to camp, hike, canoe, kayak and fish in our nation's most interconnected system of lakes and streams. Some 250,000 visitors per year help to solidify the Boundary Waters as an engine of the NE Minnesota economy, which generates \$850 million dollars in revenue and supports 18,000 Minnesota jobs. Now, that is all being threatened by a proposed sulfide-ore copper mine on the unprotected southern edge, which risks contaminating the BWCA and ruining the pristine waters. Join Unity's Sustainability Team for a presentation on the threat and how you can help protect both a Minnesota and national treasure!

**Addiction and Recovery Ministry:** What does love have to do with it? Love, compassion, and affection are challenging in the face of the painful, frustrating, and scary symptoms of addiction. We'll explore how love can help heal. This group offers topics for discussion, time for sharing, and peer-to-peer support ministry. The use of the terms addiction and recovery are meant to be inclusive and self-defined with a focus on strengths, community, and spiritual development. Everyone is welcome.

**Textile Arts Group:** Bring your knitting, crocheting, embroidery, and cross stitch for an evening of fellowship and service.

**Take It Easy Vinyasa Yoga:** Classical yoga poses slowed down to help you unwind at the end of your day. Bring a yoga mat and blanket.

**Welcome to Unity: Our Class for Newcomers**

**New Family Religious Education Orientation**

**Play Go: The Chinese Board Game**

## Worship Service: Sunday, February 7 • 9:00, 11:00, 4:30

### A Salute to the Sun

Unitarian Universalist children of my generation were taught that it was the Pharaoh Akhenaten who first "unified the Godhead," by insisting that everyone worship Amun Ra, the sun god. By doing so he became, in effect, the founder of Unitarianism. Farfetched, perhaps, but it makes for a fascinating starting place for a series of services on God. Rev. Rob Eller-Isaacs and worship associate Rochelle Lockridge will be joined by storytellers from Tower Club for a service on climate change, solar energy, environmental racism, and the nature of God. 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.** On January 24, Unity Church collected \$2,196.52 in the Sunday offering. discapacitados abriendo caminos will receive a donation of \$1,537.56. Information about today's offering recipient, The Link, is available in your order of service. The offering recipient on February 7 is Flint Child Health and Development Fund.

### Rainbow Chalice Alliance: Pies for Queer Prom

Unity's Rainbow Chalice Alliance (RCA) annual Pi(e) Day (3/14/16) Bake Sale is fast approaching! Order a delicious blueberry, apple, or French silk pie (or one of each!) in the Parish Hall on Sunday, February 7, 14, and 21. Pies will be ready for pick up on March 13. RCA is only able to make 50 pies, so order early! Your pie purchases make it possible for RCA to support Q-Quest (a yearly festival for LGBTQA youth), Queer Prom, and Youth Pride.

### January Art Exhibit

#### Jean Wright and Cheryl Anderson: Encaustic Painting

Cheryl Anderson, artist: My work is inspired by the natural world around us. I am delightfully distracted by light and color and fascinated with details and patterns that draw me in for a closer look. The melted beeswax that is the base of encaustic paint creates an organic fluidity that feels alive as I work with it and seems a fitting medium to share the story of what I see.

### The Mysticism of Music: A retreat into the spirituality of sound

**Saturday, February 20 • 9:00 a.m.–1:00 p.m. • Parish Hall**

**Facilitated by Hallman Ministerial Intern, Shay MacKay**

Everyone is invited and welcome to attend this workshop. You do not need to be a musician or a singer. The spirituality of sound is as much about listening as creating, so all you really need is an open mind, an open heart, and a willingness to listen deeply. We will be doing some easy, gentle body movements that will be accessible and adaptable for all physical ability levels. There will be presentations and discussion, but mostly this will be an experiential retreat, exploring music, silence and spirit in a variety of ways. Sign-up for this retreat at the welcome table in the Parish Hall on Sundays or by emailing Shay at [shay@unityunitarian.org](mailto:shay@unityunitarian.org).

### Spring Fundraiser • Save the date: Saturday, April 16!

We are beginning to plan our spring fundraiser with the goal of raising \$20,000 for the 2016 operating budget. This year's "Great Gatherings" silent auction event will feature opportunities to bid on shared experiences offered by church members and friends. We will spice up the fundraiser with a sale of gently-loved jewelry and art. Do you have great ideas and time to help with this endeavor? Contact Barbara Hubbard at [barbarah@unityunitarian.org](mailto:barbarah@unityunitarian.org).