

This Week at Unity Church

February 22–28, 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.

Rainbow Chalice Alliance: Buy a pie today – only 9 left!

Unity's Rainbow Chalice Alliance (RCA) will be tabling in the Parish Hall today, taking orders for made-from-scratch blueberry, apple, and French silk pies. RCA is only able to make 50 pies, and only nine are still available for purchase. The pies are prepared and then frozen so you can bake them whenever you want. The funds raised from Pie Day help us to support Q-Quest (an event for LGBTQA youth held in the fall) and help fund Queer Prom and Youth Pride in the spring.

Young Adult Potluck

Tuesday, February 24 • 6:30 p.m. • Center Room

Are you looking to meet other young adults (ages 18-35) at Unity Church? Bring your favorite dish to a relaxed evening of good company and conversation. If you have questions, please contact Lisa Friedman at lisa@unityunitarian.org.

Women's Retirement Group

Thursday, February 26 • 1:00-3:00 p.m. • Center Room

The Women's Retirement group will meet this Thursday with discussion on the topic of "changing family relationships." Topic for March 12: Tired of birthday cards that insult older people? We will make our own. Bring card-making supplies if you have them. All retired women are invited to attend.

The Golden Queen

The 2015 Unity Church Children's Musical
February 26, 27, and 28

Tickets are \$6 for adults, \$4 for children or \$20 for families. Buy tickets in the Parish Hall after the service today or at the door on the evening of the performance.

Summer Pilgrimage to Transylvania

If you would like to learn more about Unity's upcoming pilgrimage to our partner church village in Transylvania and the historic roots of Unitarianism in eastern Europe, contact Hal Freshley at halfresh@q.com. Janne Eller-Isaacs and Hal will hold an information session about this trip on Sunday, March 1, at 10:15 a.m., in the Center room. Travel dates: July 22 – August 3, 2015.

Partner Church Team Spring Plant Sale

Easter Lilies! Tulips! Begonias! Azaleas! Hydrangeas!

Orders will be taken in the Parish Hall on Sunday, March 8, 15, and 22! Take home plants on Palm Sunday, March 29.

Crossing Bridges: Selma to Minnesota

Sunday, March 8 • 2:00-4:00 p.m. • Minnesota State Capitol

A Minnesota march planned in solidarity with those gathered in Selma, to celebrate the 50th anniversary of the march from Selma to Montgomery. This march, from the State Capitol to Central Presbyterian Church will honor the work of Martin Luther King, Jr., and countless others that fought for desegregation, voter rights and civil liberties. It will also be an opportunity to re-commit to new levels of action for justice, specifically related to failures and disparities in law enforcement, voting rights, education, employment, criminal justice and economic well-being. For more information please visit: <http://crossingbridgesmn.com/>.

Minnesota Unitarian Universalist Social Justice Alliance Presents A Weekend with Chris Crass

Chris Crass is a longtime organizer working to build powerful working class-based, feminist, multiracial movements for collective liberation. Both events are FREE and open to the public.

Towards Collective Liberation • Friday, February 27 • 7:00 p.m. First Unitarian Society, Minneapolis

Join us as Chris Crass shares stories of coming to consciousness about racism and sexism, and the journey into anti-racist and feminist activism. Co-sponsored by Unity Church.

MUUSJA's 2015 Minnesota UU Justice Forum

Spiritual Leadership for a Movement Moment

Saturday, February 28 • 1:00-5:00 p.m. • Register: www.muusja.org First Universalist Church, Minneapolis

This participatory workshop will focus on how we can help create a supportive and healthy culture that enables more of us to be effective anti-oppression leaders in our congregations and communities.

This Week in Religious Education (R.E.)

Spirit Play (ages 3-6): Children in Spirit Play begin a three week focus on families, how each family is different but same in the way they share love. The second and third class will give special attention to adoption and divorce, respectively, with discussion prompts sent to parents to encourage conversations at home. How are families you know different and same as your family? What is the best thing about your family? How do families show love? How is church like a family? Please take time to wonder with your children as they play with sacred stories and the questions they ask of us.

Rotation Classes (grades 1-6): Children resume classes today for this unit on "Community" and the special bond of love known as family. Greet and thank your child's Journey Guide!

Junior High (grades 6-8): Youth resume regular classes for each of our three Jr. High courses: Extreme Religions, What Do You Stand For, and Technology and Religion. Please take a few minutes to greet and check in with teachers.

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

Coming of Age: Class today explores "How is the Sacred present in each of us and in our lives?" COA is our signature spiritual growth program for ninth graders.

Our Whole Lives: Class continues February 25 with thematic focus on "pregnancy and parenting." OWL is a signature sexuality and spirituality program for grades 7-9.

Tower Club: Youth meet tonight from 6:00-8:00 p.m. to reflect on the film *Selma*, prepare care packages for their friends now in college, and set a course for the remaining months. Tower Club is a place for 10th-12th graders to find community and share life at the intersection between the world and faith.

Summer Camps at Unity Church

Arts Camp Week 1: July 6-10 • Week 2: July 13-17

Chalice Camp Week 1: July 20-24 • Week 2: July 27-31

Details at www.unityunitarian.org/summer-camps.html

This Week at Unity Church

Sunday, February 22

Women's Ensemble Rehearsal	10:15 a.m., Choir Room
Children's Choir Rehearsal	10:15 a.m., Foote Room
Afterthoughts	10:15 a.m., Gannett Room
Soup Supper	5:45 p.m., Parish Hall
Tower Club	6:00 p.m., Center Room

Monday, February 23

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

Tuesday, February 24

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

Wednesday, February 25

Wellspring Wednesday	See box below
----------------------	---------------

Thursday, February 26

Women's Retirement Group	1:00 p.m., Center Room
Mano a Mano Outreach Team	5:30 p.m., Gannett Room
The Golden Queen	7:00 p.m., Sanctuary

Friday, February 27

The Golden Queen	7:00 p.m., Sanctuary
------------------	----------------------

Saturday, February 28

Evergreen Quilters	10:00 a.m., Foote Room
The Golden Queen	5:00 p.m., Sanctuary

Open Page Writing Session

Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, images, and wisdom from religious teachings to reflect on the month's theme in their own words and on their own pages. No writing experience is necessary.

Sunday, March 22 • 2:00-4:00 p.m. • Anderson Library

Surrender: The Nerve Center of Our Consent

Free; RSVP required to karen@unityunitarian.org

Henri Nouwen called surrender an act of deep listening and receiving. Howard Thurman often referred to it as the "nerve center of consent." Others have defined surrender as an offering of ourselves. To what sacred truth and presence do you offer yourself? What is the meaning of surrender in our spiritual journeys? What does it ask — and not ask — of us today?

Wellspring Wednesday, February 25

6:00 p.m. Dinner: *Fried rice, egg rolls, salad, dessert*
(vegan/GF 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

Congregational Book Read Discussion:

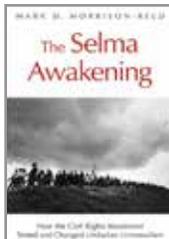
***The Selma Awakening* by Mark Morrison-Reed**

As the 50th Anniversary of Selma approaches, join us for a book discussion on Selma's impact on Unitarian Universalism and the legacy of the civil rights movement to our faith today.

Embodied Spiritual Practice: Ting Sing Qigong

Qigong (pronounced 'chee gung') is the art of moving breath, mind, and body to stimulate the 14 meridians, promoting internal vitality and wellness. Sifu Robyn Mathews-Lingen is the first Green Sash Sifu of this unique Qigong in Minnesota.

"Overstuffed" Group Coaching (Pre-registration required)



Upcoming Worship Service: March 1

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

Falling through Air — Lindasusan Ulrich

They say the first step is a doozy. Whether diving into water or diving into prayer, certain moments ask us to surrender—but it isn't always easy if we're used to being in control. Hallman Ministerial Intern Lindasusan Ulrich and worship associate Heidi Mastrud look at what might we gain when we decide to let go. Musicians at 9:00/11:00: Wayward Creek. Musicians at 4:30: Sally Scoggins, piano; Eric Nilsson, violin.

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 February 15 Unity Church collected \$1,719.20 in the Sunday offering. Civil Society will receive a donation of \$1,203.44. Information about today's offering recipient, the Balazs Scholar Program, can be found in your order of service. The offering recipient on March 1 is Prepare and Prosper.

Sunday Soup Supper Cooks Needed

March 1, 15, and 29 • 2:00-4:30 p.m. • 1-4 people/Sunday

Take one of your family recipes or one that we have tested and cook for 100 people. Kitchen support, additional volunteers and training provided as needed! Contact Madeline Summers at madeline@unityunitarian.org to volunteer.

Ordination of Jim Foti: You're invited!

Saturday, April 11 • 2:00 p.m. • First Unitarian Society

Members of the Unity Church community are invited to the Ordination of Jim Foti into the Unitarian Universalist ministry. Jim was our half-time intern from 2011-2013 and is now serving as assistant minister at the First Unitarian Society of Minneapolis. The ordination will be on Saturday, April 11, at 2:00 p.m., at the Society, 900 Mount Curve Avenue, Minneapolis. Reception to follow. Parking is available on the street or in the public ramp attached to the Walker Art Center.

Committed Couples Spring Series

Committed Couples is a class designed to support all couples who are committed to one another and to promote healthy and productive conversations about relationships. Led by Janne and Rob Eller-Isaacs, class will be held Tuesdays: April 7, 14, 28, May 5, 12, and 19, from 7:00 to 9:15 p.m. Registration is free for pledging members of Unity Church and \$110 for non-pledging friends. To register, contact Marcy Mann-Anderson at marcy@unityunitarian.org or 651-228-1456 x110. Contact Michelle Hill at michelle@unityunitarian.org to request childcare.

Heart to Heart: A Couples' Enrichment Weekend

Heart to Heart is a program designed to enrich communication and deepen intimacy in your relationship. This year's 21st annual retreat will be held April 10-12, 2015, at Holy Spirit Retreat Center. Cost is \$385 and scholarships are available. All couples committed to their partners and their relationships are welcome — same-sex and opposite-sex, married and unmarried. Space is limited. For more information visit: <http://hearttoheartmn.org>.

MidAmerica Regional Assembly

April 17-19, 2015 • Naperville, Illinois

If you are interested in attending the conference, coordinating transportation, or learning more about Unity's Denominational Relations Team, contact Valerie Tremelat at valoir@bitstream.net. Conference details at www.midamericauua.org.