

This Week at Unity Church

March 1-7, 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.

Summer Pilgrimage to Transylvania

Information Session today at 10:15 p.m. in the Center Room

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, please attend the information session held today, at 10:15 a.m., in the Center Room. If you are not able to attend the information session but would like more information, contact Hal Freshley at halfresh@q.com or 651-778-8765. Space is limited to 20 persons and a deposit of \$250 per person will be required by March 31. Approximate travel dates: July 22 – August 3, 2015.

Martenitsa! Today at Bedlam Theater!

Celebrate spring "Balkan style" with Mila Vocal Ensemble and Orkestar Bez Ime! Family friendly music, dancing, and food. Today, 2:00-5:00 p.m., at Bedlam Theater, 215 East 4th Street, St. Paul. Only \$5 at the door!

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 plants home on Palm Sunday, March 29.

Crossing Bridges: Selma to Minnesota

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

This Minnesota march, planned in solidarity with those gathered in Selma, will celebrate the 50th anniversary of the march from Selma to Montgomery. Beginning at the State Capitol and ending Central Presbyterian Church, participants will honor the work of Martin Luther King, Jr., and countless others who fought for desegregation, voter rights and civil liberties. It will also be an opportunity to recommit 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.

Find Unity Church members and friends on the steps of the Minnesota State Capitol near the "Standing on the Side of Love" banner. Participants are encouraged to carpool from church or take the Green Line to the Capitol/Rice Street Station. After the march, riders can access the Green Line from the 10th Street Station. For more information please visit: <http://crossingbridgesmn.com/>.

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 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 relationships are welcome. Details at: <http://hearttoheartmn.org>.

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. 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." 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?



March 1-30, 2015

Watch for an email about how you can offer your financial support to the residency of Rev. Danny Givens and Unity's anti-racism work.

This Week in Religious Education (R.E.)

Spirit Play (ages 3-6): Children in Spirit Play continue with a three week focus on families, how each family is different but same in the way they share love. This second unit brings special attention to adoption and families. 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.

Rotation Classes (grades 1-6): Children continue 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 will resume on March 11.

Coming of Age: Class today concludes exploration of the current theme: "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 March 4 with thematic focus on "unintended pregnancy options." OWL is a signature sexuality and spirituality program for grades 7-9.

Tower Club (grades 10-12): Youth meet tonight from 6:00-8:00 p.m. to reflect on the movie *Selma*. Three of Unity's youth will be traveling to Selma for the 50th commemoration of the march and those staying here will prepare for the local event on March 8. Youth will also plan the book sale fundraiser held in April.

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, March 1

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

Monday, March 2

Unitots Playgroup	9:30 a.m., Nursery
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Tuesday, March 3

Sangha Meditation	5:30 p.m., Ames Chapel
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Wednesday, March 4

Wellspring Wednesday	See box below
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Thursday, March 5

Grief Coalition	5:30 p.m., Center Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall

Friday, March 6

Unity Bridge Group	7:00 p.m., Robbins Parlor
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Saturday, March 7

Finding Yourself at Unity	9:00 a.m., Center Room
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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.

Wellspring Wednesday, March 4

6:00 p.m. Dinner: TBA (Vegan/GF)

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 Art of Compassionate Condolence: We all desire to ease the pain of those close to us that have suffered a great loss. Yet words often fail us at times like this, leaving us stammering to find the right thing to say. Through personal experience, research, and many conversations with the bereaved, Susan Huehn will offer some ground rules for what to do in the face of grief.

CRAFT Approach to Communicating with an Individual with Addiction: Join us for one of the initial sessions for the Unity Addiction and Recovery Ministry (U-A&RM). Community Reinforcement and Family Training (CRAFT) is a scientifically based intervention to help concerned others talk to individuals with substance use disorders, especially if the individual is refusing treatment. This model does not use confrontation; rather it teaches the use of positive reinforcers (rewards) and allows the substance user to experience natural consequences. If you would like to add your name to a list of those interested in U-AR&M, send an email to unityaddiction@gmail.com.

Go: The Chinese Board Game

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese board game, Go. Anyone above the age of 10 is welcome to come play. Bring your own board and set if you have one. www.usgo.org/what-go

Gentle Meditative Yoga: Come as you are and experience non-judgmental, non-competitive yoga. Youth ages 10 and up are welcome to come with an adult family member. Bring a yoga mat, towel, and water bottle. Yogi Elen Bahr: www.EveryYogi.com

New Family Religious Education Orientation

Upcoming Worship Service: March 8

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

Crossing Bridges — Rev. Lisa Friedman

Fifty years after the historical events in Selma, thousands are returning this weekend to the Edmund Pettus Bridge to renew our resolve to the work of racial justice and voter rights. Here in St. Paul, we will also march for Selma and for its legacy to our community today. What courage, strength, and surrender did it take to finally cross that bridge? What bridges might we cross today that will matter 50 years from now? Lisa and worship associate Helen Pohlig will explore these questions. Musicians at 9:00/11:00: Unity Singers; 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 a chosen community non-profit recipient. **Please make checks payable to Unity Church.** On February 22 Unity Church collected \$2,210.19 in the Sunday offering. The Balazs Scholar Program will receive a donation of \$1,547.13. Information about today's offering recipient, Prepare and Prosper, can be found in your order of service. The offering recipient on March 8 is Steppingstone Theatre.

Evergreen Quilters

The quilt, "Magic Rails," that's hanging in front of the Sanctuary today is an original design made by Laurel Haycock, a member of Evergreen Quilters. It is displayed here to honor the babies being welcomed in today's Celebration of New Lives. After it hangs in the church, the quilt is donated to The Family Place, a day shelter in St. Paul, where it is given to a family receiving their services. Families participating in today's ceremony receive a card with a picture of the quilt.

Evergreen Quilters welcomes all members and friends of the church who are interested in quilting. The group collaborates on quilting projects and shares knowledge, creativity, and skills with each other and the wider community. Instruction is gladly offered at meetings which are held on the second Tuesday evening (7:00-9:00 p.m.) and the fourth Saturday (10:00 a.m.-1:00 p.m.) of each month. Contact Peggy Wright at 651-698-2760 for more information.

Evergreen Quilters will hold a sale in the Parish Hall on May 3, one week before Mother's Day. All money raised from items sold will be shared with local organizations helping homeless and hungry people in our community.

Sunday Soup Supper Cooks Needed

March 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.