

This Week at Unity Church

April 19-25, 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.

Project Home!

Every May Unity Church hosts Project Home and our classrooms become temporary housing for families in need of emergency shelter. Volunteer hosts create a safe and comfortable environment as they prepare food, care for children, and support the parents. Volunteering for Project Home is a rewarding experience many of us share with our friends and family (including our children).

EVENING HOSTS: Volunteer from 5:30-8:30 p.m.

OVERNIGHT HOSTS: Volunteer from 8:00 p.m.–7:00 a.m. (9:00 a.m. on weekends)

TRAINING: Volunteer training will be offered April 28 and May 10

SIGN UP: Stop by the Project Home table in the Parish Hall after services or online at bit.ly/projecthome2015.

Women's Retirement Group

Unity's Women's Retirement group meets on the second and fourth Thursday of each month from 1:00-3:00 p.m. Topic for April 23: "Sharing dreams." All retired women are welcome to attend.

Coming of Age 2015: You are invited!

The entire congregation is warmly invited to witness the Coming of Age of this year's ninth grade class on Saturday, April 25, at 2:30 p.m., in the Sanctuary. Come and listen in amazement as our young people share their personal credos, bravely laying out the beliefs of their hearts and minds for all to hear.

Young Adult Potluck

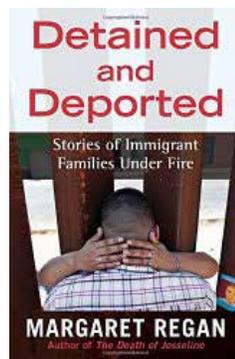
Tuesday, April 28 • 6:30 p.m. • Center Room

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.

Immigration Justice Author Margaret Regan

Wednesday, April 29 • 7:15 p.m. • Sanctuary

The Death of Josseline, Ms. Regan's highly acclaimed first Beacon Press book, was chosen as the UUA Common Read. *Josseline* is about the dangerous journey to get into the U.S. undocumented. *Detained and Deported* is about the heartbreaking and authentic stories of what happens to people once they get here, raise families, and become part of communities but who are not documented. Come hear Arizona journalist Margaret Regan talk about her important work for immigration justice.



GENERAL ASSEMBLY

The ANNUAL MEETING of the
UNITARIAN UNIVERSALIST ASSOCIATION

Portland
Oregon

JUNE 24-28, 2015



If you are interested in attending General Assembly as a delegate from Unity Church, please contact Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107.

café unity

relax • enjoy • unwind • connect
original writing • great music • food and fellowship

Friday, April 24 • 7:00 PM
Free • Parish Hall

Need child care? Contact michelle@unityunitarian.org by April 19

This Week in Religious Education (R.E.)

The Used Book Sale was a wonderful gift! Thank you to many who came for books and show of support for our youths' Boston Pilgrimage.

Last session of R.E. registration for 2015-16 is this Tuesday, April 21, from 7:00-8:30 p.m., in the Sanctuary. Child care provided.

Early Teacher Orientation this Saturday, April 25, from 10:00 a.m.- noon. Open to anyone curious and interested in teaching as spiritual practice! Please RSVP to kp@unityunitarian.org to receive further information and materials. Another orientation will be offered in September before the start of R.E.

Coming of Age (COA) Registration: Forms are online at
www.unityunitarian.org/grade-9-coming-of-age.html

Our Whole Lives (OWL) Pre-registration: Forms are online at:
www.unityunitarian.org/our-whole-lives.html

Spirit Play (Prek-K): Children today consider the life cycle of human beings, of how children and all of us grow. How do you know if you are growing? How do our bodies know how to grow? Does growing up make us happy or worried? 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 today continue on the theme of "Endings" and the inevitability of death. Rotations end fifteen minutes after the adult worship; so please enjoy a cup of coffee and conversation following worship before going downstairs to gather your child(ren). Take a moment to connect with your child's Journey Guide for this semester.

Tweens (grades 5-8): Meet Wednesday, April 15, 7:15-8:30 p.m., after Wellspring Wednesday's supper and worship, for community fun and activities in the Junior High rooms.

Junior High (grades 6-8): Regular classes today 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.

Coming of Age: Final class today followed by ceremony rehearsal at 6:00 p.m. in the Sanctuary. COA is our signature spiritual growth program typically for 9th graders, as they begin to claim a more mature faith for their ongoing journeys.

Tower Club: Youth meet this evening (6:00-8:00 p.m.) to reflect on direct action, activism, and ways to further justice in the Twin Cities. Tower Club is a place for 10th-12th graders to find community at the intersection between the world and faith.

This Week at Unity Church

Sunday, April 19

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, April 20

Unitots Playgroup	9:30 a.m., Nursery
Men's Retirement Group	1:00 p.m., Gannett Room
Partner Church Team	7:00 p.m., Foote Room

Tuesday, April 21

Sangha Meditation	5:30 p.m., Ames Chapel
Religious Education 2015-16 Enrollment	6:00 p.m., Sanctuary
Living with Grief Group	7:00 p.m., Gannett Room

Wednesday, April 22

Mano a Mano Ministry Team	5:30 p.m., Gannett Room
Wellspring Wednesday	See box below

Thursday, April 23

Women's Retirement Group	1:00 p.m., Center Room
Grief Coalition	5:30 p.m., Center Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall

Friday, April 24

Cafe Unity	7:00 p.m., Parish Hall
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Saturday, April 25

Religious Education Teacher Orientation	9:00 a.m., Robbins Parlor
Evergreen Quilters	10:00 a.m., Foote Room
Coming of Age Ceremony	2:30 p.m., Sanctuary

Wellspring Wednesday, April 22

6:00 p.m. Dinner: Salad bar! Meat-eaters, vegetarians, vegans, and gluten-free-ers will all have plenty of delicious choices!

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

Poetry with Susan Deborah King: Ms. King teaches writing at various institutions in the Minneapolis area including the University of Minnesota, SASE, the Write Place, the Loft, and United Theological Seminary where she has been artist in residence since 2012. In 2002 she was given a George Family Foundation grant to complete a book of poems about her experience with breast cancer entitled *One Breasted Woman*. Her book *Coven*, a book of poems relating to women and the sacred feminine, was a finalist for the 2006 Minnesota Book Awards in poetry. *Out of the Depths: Poetry and Poverty – Courage and Resilience* is her most recent book.

What to do about Earth Day?: Join Unity's Sustainable Living Group for a Wellspring Wednesday Earth Day presentation on actions you can take to make a difference for the health of our planet. Earth Day show-and-tell exhibits will include a conversation with group members highlighting positive actions we can take. Explore energy options, learn how to reduce your waste stream, create a backyard oasis for wildlife, and advocate for the earth!

Ting Sing Qigong: Qigong is the art of moving breath, mind, and body to stimulate the 14 meridians promoting internal vitality and wellness. In this introductory Standing Qigong class, you will learn the basic standing form of Ting Sing Qigong

That Spiritual Practice Called Improv

A lively, fun-filled, participatory session at the place where reflection and ridiculousness collide. Ages 11 and up welcome.

Tween Youth Group: Meditation (grades 5-8)

Upcoming Worship Service: April 26

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

I Call This Church Free — Rob Eller-Isaacs

What does it mean to be a free church? What do we mean when we claim to have a free pulpit? As our ninth graders Come of Age, Rob Eller-Isaacs and worship associate Jen Niemela invite youth in spiritual formation to summon the courage it takes to seek and speak the truth. Musician: Ellis

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 April 12, \$2,747.25 was collected in the Sunday offering. Unity's Hallman Ministerial Internship Endowment will receive the entire amount. The offering recipient on April 26 is the Unitarian Universalist Association.



The Music Ministry of Unity Church Presents

Arthur Foote Music Sunday Sounds of Peace Sunday, May 3

9:00 AM • 11:00 AM • 4:30 PM

Unity Choir • Unity Singers
Women's Ensemble • Children's Choir
As well as percussion, violin, and piano!



Dedication of Older Children: May 17

Families who would like their children ages 4-12 to participate in our annual dedication should contact Michelle Hill at michelle@unityunitarian.org. This ritual provides the church an opportunity to commit itself to raising up children who have come into our community as "big kids." The children process to the chancel, receive a chalice and a certificate, and read a responsive litany of dedication with the congregation.

Flower Communion Family Sunday: May 17

Come celebrate the affirming, uniquely Unitarian Universalist ritual of Flower Communion. Developed by Czech Unitarian minister Norbert Čapek who died a martyr at Dachau, the ritual celebrates the intrinsic beauty of each and every soul. **Please bring a flower for the ritual arch!**

Summer worship at 10:00 a.m. begins May 24!

From Memorial Day through the Sunday before Labor Day, there is just one service each week at 10:00 a.m. Lay-led worship services begin June 28. Religious Education ends on May 10, but starting May 24, Summer Sundays in the garden (an outdoor program for children and youth) will be offered during worship.