

This Week at Unity Church

May 22-28, 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.

Summer Sundays at Unity Church begin next Sunday, May 29!

From May 29 through September 4 there is just one service each week at 10:00 a.m. Lay-led worship services begin June 26. Unity's Ministry with Children and Youth offers Summer Sundays in the Garden each week during the worship service.

Have Your Health Care Directive Notarized Today!

• After the 9:00 and 11:00 services

Visit the Holly Avenue reception desk after morning services and one of our volunteer notaries will notarize your health care directive.

Finding Yourself at Unity: An Inquirers Series

Finding Yourself at Unity meets on Sunday mornings, from 10:15-11:15 a.m., in the Ames Chapel (just up the staircase from the Parish Hall). Designed for visitors, new members, and inquirers, this eight-week series is offered continuously through the year. It is designed for you to drop in at any time and pick up classes you miss in future rounds of the series. Childcare is available in the nursery. **Today's topic: Membership 101 and Congregational Life.**

Upcoming Pathway to Membership Classes

Welcome to Unity: A Class for Newcomers

Today! • 12:15-1:15 p.m. • Robbins Parlor

If you have been visiting Unity Church and would like to find out more about Unitarian Universalism and our congregation, we invite you to join us for a Welcome to Unity class.

Committing to Unity: Joining Unity Church

Tuesday, May 31 • 7:00-9:00 p.m. • Center Room

This class explores the deeper meanings and expectations of membership and shared ministry. The class will conclude with a celebration ceremony as participants sign the membership book and officially join the church! Email Lisa Friedman at lisa@unityunitarian.org if you would like to participate.

Faith Builders Habitat for Humanity: Summer Build 2016

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a June Habitat for Humanity build as an interfaith partner with Faith Builders. Sign up in the Parish Hall after morning services during May or online at <http://bit.ly/summerbuild2016>. Volunteer opportunities include construction work, crew leader, and lunch helper. This will be new construction in the Frogtown area of St. Paul. Work weeks are June 13-17 and 20-25. Contact Chuck Griggs at griggscb@msn.com or 612-408-0486 with questions.

Young Adult Group (ages 18-35)

The Young Adult group is growing! Join us on Tuesday, May 24, for a 6:30 p.m. potluck at the church. All are welcome! Contact Rev. Lisa Friedman (lisa@unityunitarian.org) to be added to the email list to receive Young Adult news and announcements, and to join our Facebook group.

UUA General Assembly: June 22-26, 2016

General Assembly is the annual meeting of our Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; each congregation sends voting delegates. Details at www.uua.org/ga. Contact Lisa Friedman (lisa@unityunitarian.org) if you are interested in representing Unity Church as a delegate.

Coming of Age 2017 Mentors and Teachers Needed

Do you like to talk, listen, and are capable of "deep thoughts?" Can you be honest and yourself around teenagers? Please consider being a teacher or mentor for Coming of Age, Unity's signature spirituality class for 9th graders, this fall. Contact Drew Danielson at drew@unityunitarian.org.

Musicians for Summer Services

If you are interested in participating as a musician during a summer service, please contact Kathleen Bartholomay at kathleenbartholomay297@gmail.com or 651-343-4764.

This Week in Religious Education

Today is Flower Communion Family Sunday, with Dedication of Older Children (9:00) and Bridging Ceremony for graduating high school seniors (11:00). All children and youth are in the Sanctuary for the full worship service. Activity packets for younger children are available for use during worship, as well as nursery care in the lower level.

Tower Club youth are in attendance at today's Bridging Ceremony. No meeting tonight but will gather next at the June 5 picnic honoring graduates. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith. Lots of fun and food, too. Typically meets Sunday evenings from 6-8pm. Please forward questions and comments to Drew Danielson at drew@unityunitarian.org

Summer in the Garden begins next Sunday, May 29, at 10:00, and continues throughout summer. Great for children ages 4-12. Children meet in the outdoor garden, next to the parking lot. No registration is necessary but drop-in capacity will be limited by the number of adult volunteers present. If you would like to help, please contact Anna Newton (asnewton3@gmail.com) or KP Hong (kp@unityunitarian.org). You can also find more information at: www.unityunitarian.org/summer-sundays-in-the-garden.html.

Orientation for Coming of Age (COA) 2017 is scheduled for Tuesday, May 24, from 7:00-8:15 p.m. This session is for families with youth entering 9th grade in 2016, and for those who have indicated COA in online enrollment.

An Orientation and Registration Session for Our Whole Lives (OWL) 2017 will happen in late summer/early fall. This session will be for families with youth entering grades 7-9, and for those who have indicated OWL in online enrollment. Watch for details by email later this month. Reminder that 8th graders are given priority.

R.E. Enrollment for 2016-17: If you missed spring enrollment, please enroll at either of the next two sessions: Sunday, July 17, at 11:30 a.m. or Wednesday, September 7, at 6:30 p.m. To RSVP, please email michelle@unityunitarian.org.

This Week at Unity Church

Sunday, May 22

Afterthoughts	10:15 a.m., Gannett Room
Finding Yourself at Unity	10:15 a.m., Ames Chapel
Welcome to Unity	12:15 p.m., Robbins Parlor
Soup Supper	5:45 p.m., Parish Hall

Monday, May 23

Affordable Housing Team	6:00 p.m., Anderson Library
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Tuesday, May 24

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

Thursday, May 26

Women in Retirement: The Choice Years	1:00 p.m., Center Room
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Open Page Writing Session

Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are opportunities to correspond with the “still, small voice within.” Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, participants reflect on the month’s theme in their own words and on their own pages. No writing experience is necessary. RSVP is required to karen@unityunitarian.org.

Writing about Awakening

Thursday, June 9 • 7:00-9:00 p.m. • Unity Church

“We must learn to reawaken and keep ourselves awake,” wrote Thoreau. What does it mean to be awakened, and how can our writing help us to stay awake?

Outdoor Family Yoga at Unity Church

Second Sundays: June 12, July 10, August 14

11:30 a.m. • Greenspace, weather permitting

Join us for a half-hour yoga class for people of all ages. Poses will be shown in standing and seated options. No previous yoga experience is necessary — just a desire to feel energized and enjoy the beautiful power of community. Yoga mats are optional. Led by Elen Bahr, who leads Wellspring Wednesday meditative movement classes.

Contemplative Nature Walk

Saturday, June 18 • 10:00–11:00 a.m. • Hidden Falls Park

Are you one of those people who most deeply connects with Self and the Beyond out in nature? Come outside and join Spiritual Director Sarah Cledwyn for a Contemplative Walk on Saturday, June 18, at 10:00 a.m. There will be a short introduction followed by a quiet walk through the Hidden Falls Regional Park in St. Paul. We will practice being attentive to our setting and what stirs within us as we walk with one another, ending with a short group process. This event is free and open to all. Please RSVP to Sarah Cledwyn at sarahcledwyn@gmail.com for directions and more information.

Take Unity Church Out to the Ball Game

Saint Paul Saints vs. Sioux City Explorers

Tuesday, July 26 • 7:05 p.m. • CHS Field

Join other Unity Church members and friends at the beautiful St. Paul Saints CHS Field. We have pre-purchased a block of seats together at \$14 per ticket. You can reserve your tickets at the Summer Opportunities Table in Parish Hall or by contacting Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107. RSVP by June 26. All are welcome!

Send your kids to Chalice Camp this summer!

Details are online at www.unityunitarian.org/chalice-camp.html.

Worship: Sunday, May 29 • One service at 10:00 only! *If They Came Back At All*

Rob Eller-Isaacs and worship associate Helen Pohlig will honor those who served and those who still serve now. This service will focus on how we can best transcend the wounds of war and will include an opportunity to light a candle of memory for ancestors, family, and friends who have paid the cost. Musicians: Jeffrey Van, guitar; Ruth Palmer, piano.

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 May 15, Unity Church collected \$3032.75 in the Sunday offering. Volunteer Transport will receive a donation of \$2122.93. Information about today’s offering recipient, Unity Church Chalice Camp, is available in your order of service. The offering recipient on May 29 is Veterans for Peace Minnesota.

May Parish Hall Artist: Paul Rogne

It all started in a pitch dark room filled with mechanical implements, strange chemicals, and a lone figure searching in vain for that missing bottle opener. Thank goodness for digital photography and Photoshop! Paul Rogne’s photographic art is displayed in the Parish Hall through the end of May.

Grand Old Days: June 4 and 5

Grand Old Day is expanding to Saturday! On June 4 and 5, street parking will be limited due to the street festival. The parking lots will be managed by Unity youth and adults so that worshippers can park while fair-goers contribute money toward our youth delegates to General Assembly and Unity’s Habitat for Humanity build.

Volunteer this Summer: Freedom School 2016

The Children’s Defense Fund Freedom School is a learning and cultural enrichment program for children in and around the Promise Neighborhood in St. Paul. Opportunities for involvement include helping to sort books, serving as an aid to teachers, and helping connect the middle school scholars (grades 6-8) with college and career readiness opportunities. To learn more about these opportunities, check out the June/July commUNITY newsletter and contact Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107.

Summer Sundays Pancake Brunch

June 19, and July 17, and August 21

Following the 10:00 a.m. service!

We’ll have fresh pancakes after Sunday worship with made-from-scratch syrups and jams. Love to flip pancakes? Volunteers should contact Madeline Summers, Volunteer Coordinator, at madeline@unityunitarian.org.

A Celebration for Shay MacKay

Join us in celebrating Shay MacKay during her final worship service as Hallman Ministerial Intern on Sunday, June 19, at 10:00 a.m. Gratitude, well-wishes, and treats will be shared in the Parish Hall following the service.

What To Do @Your Unity Libraries

1. Check out library books.
2. Read books.
3. RETURN LIBRARY BOOKS, please.
4. Repeat.

