

# This Week at Unity Church

June 19–25, 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.

## **Finding Yourself at Unity: An Inquirers Series • TODAY!**

Finding Yourself at Unity meets on Sunday mornings during the summer, from 11:15-12:15, 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: UU History, Principles, and Sources**

## **A Celebration for Shay MacKay • TODAY!**

Join us in celebrating Shay MacKay during her final worship service as Hallman Ministerial Intern. Gratitude, well-wishes, pancakes, and parfaits will be shared in the Parish Hall following the service.

## **Summer Sundays Pancake Brunch • TODAY!**

**Also: July 17 and August 21 • After the 10:00 a.m. service**

We'll have fresh pancakes after Sunday worship with made-from-scratch syrups and jams. This Sunday only: parfaits (yogurt, fruit, granola!) in celebration of Shay's ministry.

## **Community Solar Garden Informational Meeting • TODAY!**

**11:30 a.m., Center Room**

If you have reserved kilowatts in Unity's Community Solar Garden, or if you are considering doing so, join us for today's informational meeting to learn about the extensive changes in subscription agreements that MNCS and other solar developers can offer.

## **Eight Ways From Sunday: Early consideration deadline today!**

Thoroughly, completely, in every possible way, from every conceivable angle, *Cairns: The Unity Church Journal of the Arts* (Vol. 8!) is in the works, to be released in December of 2016. For early consideration, submit your writing, music, or art to [cairns@unityunitarian.org](mailto:cairns@unityunitarian.org) by Sunday, June 19.

## **Living With Grief Group**

**Third Tuesday of the month: June 21 and July 19, 7:00-9:00 p.m.**

On the third Tuesday of every month, Linda Kjerland offers a group for people living with grief and loss. All are welcome to come to discuss issues related to the grieving process. Contact Linda by e-mail at [kjerland@comcast.net](mailto:kjerland@comcast.net) or by phone at 612-801-5381 if you would like to participate.

## **Twin Cities Pride Parade and Festival**

The Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA) has secured a spot for all Unitarian Universalists who wish to march in this year's Pride Parade. The theme for marching UUs is "Unitarian Universalism: At the Intersections of Love, Spirit, and Justice." Folks are encouraged to march, sing, and drum. The parade is Sunday, June 26. Unity will organize a light rail tail gate at the Lake Street Transit station at 8:30 a.m. for group travel to downtown. The parade starts at 11:00! Be sure to RSVP by email Kevin at [kevin.m.ely@gmail.com](mailto:kevin.m.ely@gmail.com).

Get outside and spread the word! The Twin Cities Pride Festival is a great opportunity to engage a diverse, receptive audience about Unitarian Universalism. If you have a couple of hours to talk theology, social justice, and more, please join members of UU congregations from across the metro area at our booth in Loring Park in Minneapolis on June 25-26. Contact [jim@firstunitarian.org](mailto:jim@firstunitarian.org) to sign up.

## **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 contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## **In Equality: Reforming Minnesota's Criminal Justice System**

In Equality is a newly formed community organization dedicated to informing and mobilizing people who know the criminal justice system firsthand, to call for and lead police, court, and corrections reform. Ramsey and Hennepin counties recently entered into an agreement to build a joint youth super prison ("youth residential treatment center") that will house 165 youth. Unity's Racial and Restorative Justice Outreach Team believes this project will only continue the school to prison pipeline for children of color, and has joined In Equality in its effort to get the word out about the need to rethink current policy. Visit the Racial and Restorative Justice table in the Parish Hall after worship to learn more about what you can do to get informed, and support this vital work.

## **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](mailto:lisa@unityunitarian.org) or 651-228-1456 x107. RSVP by June 26. All are welcome!

## **Attend a Ramadan Iftar**

Mosques and Islamic Community Centers will be welcoming their non-Muslim neighbors for a traditional Ramadan Iftar meal, the meal that breaks the fast. Known as *Taking Heart*, this long-running program is coordinated by the Minnesota Council of Churches and the Muslim American Society of Minnesota; it brings members of other faith communities together with Muslims for food and conversation. All events are free and open to the public. Registration is online at <http://bit.ly/mniftar2016>.

## **This Week in Religious Education**

Summer Sundays in the Garden is held during the 10:00 a.m. service and continues each week throughout summer. Great for children ages 4-12. Children meet in the outdoor garden, next to the Sanctuary. No registration is necessary but drop-in capacity will be limited by the number of adult volunteers present. Regular nursery care for younger children continues throughout summer.

**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](mailto:michelle@unityunitarian.org).

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## This Week at Unity Church

### Sunday, June 19

Welcome to Unity	9:00 a.m., Center Room
Afterthoughts	11:15 a.m., Gannett Room
Finding Yourself at Unity	11:15 a.m., Ames Chapel
Celebration for Shay MacKay	11:15 a.m., Parish Hall
Pancake Brunch	11:15 a.m., Parish Hall
Solar Garden Meeting	11:30 a.m., Center Room

### Monday, June 20

Men's Retirement Group	1:00 p.m., Gannett Room
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### Tuesday, June 21

Sangha Meditation Group	5:30 p.m., Ames Chapel
Living with Grief Group	7:00 p.m., Gannett Room

### Thursday, June 23

Women in Retirement: The Choice Years	1:00 p.m., Center Room
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### Saturday, June 25

Evergreen Quilters	10:00 a.m., Foote Room
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## Outdoor Family Yoga at Unity Church

### Second Sundays: 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.

## Unity Book Club

**The Unity Church Book Club meets on the** second Tuesday of each month from 7:00-8:30 p.m. All are welcome—even if you haven't read the book. For more information, please contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net). On July 12 the Book Club will be discussing *The Boys in the Boat* by Daniel Brown.

## June/July Parish Hall Art Exhibit

Rebecca McPeck, the June/July Parish Hall artist says her exhibit reflects how she saw colors and placed them on the canvas as an expression of her ideas at one moment in time.

## Flowers for Summer Worship

If you would like to bring flowers from your garden for a summer service, please contact Martha Tilton at 651-228-1456 x105 or [martha@unityunitarian.org](mailto:martha@unityunitarian.org) for available dates and details. Flowers should be in a vase and in the Sanctuary by 9:30 a.m. on the Sunday you have selected.

## Thursday Morning Gardening Group

If you would like to help with the care and the maintenance of Unity's decorative gardens (not the Children's Garden), please join us this summer! The group will gather at church at 9:30 a.m. on Thursday mornings to plant, weed, and water Unity's garden beds. Bring light gardening tools if you have them, gloves, and a water bottle. Questions? Please contact Ethel Griggs at 651-429-0064 or [c.griggs@comcast.net](mailto:c.griggs@comcast.net).

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## What To Do @Your Unity Libraries

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



## Worship: Sunday, June 26 • 10:00 a.m.

### Summer lay-led worship services begin next week!

#### *The Kindest Thing*

Being kind to yourself is not a luxury. Being kind to yourself is not selfish. In fact, being kind opens the way for real growth and healing on all levels. Come explore the radical act of self-compassion, with worship leader Katy Taylor and worship associate Rene Meyer-Grimberg, and learn how it can change your life! Musicians: Sunita Stanislow, harp; Kathleen Bartholomay, 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.** The June 12 and 19 offering totals will be reported in the July 3 edition of *This Week at Unity*. Today's offering will be collected in support of a local LGBTQ youth organization in memory of the victims of the Orlando tragedy. The offering recipient on June 26 is the Obama Elementary Sunshine Fund.

#### Arthur Foote Music Sunday: Now online!

The music and readings from Arthur Foote Music Sunday 2016 are now available online at [www.unityunitarian.org/arthur-foote-music-sunday-2016.html](http://www.unityunitarian.org/arthur-foote-music-sunday-2016.html).

#### Help raise \$5,000 for YoUUth SOALS by July 7!

YoUUth SOALS brings together UU high schoolers to act at the intersections of faith, activism, and justice. The program is organized by the Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA). In 2015-16, several Unity Church youth participated. For the 2016-2017 year, YoUUth SOALS will have a specific focus on racial justice, and will be accessible to all Minnesota UU Youth through online technology. MUUSJA is in the midst of a Faithify campaign to raise \$5,000 to make the program free and accessible to all Minnesota UU youth. Faithify uses an "all or nothing" approach, so we MUST meet our \$5,000 pledge goal in order to fund this program. Every donation helps us reach our goal. To read more about YoUUth SOALS and make a contribution, visit [www.faithify.org/projects/youuthsoals/](http://www.faithify.org/projects/youuthsoals/).

#### Returning this Fall: Beloved Conversations at Unity Church!

Beloved Conversations is a teaching and learning curriculum that assumes that every conversation with another human being is a cross-cultural conversation, even if your conversation partner is from the same cultural group. Nested inside communities of faith, Beloved Conversations creates the first step — a learning laboratory — for how to live healthily in a multiracial, multicultural, and often theologically diverse community. Save these dates and email [martha@unityunitarian.org](mailto:martha@unityunitarian.org) if you are interested in participating: Opening retreat: Friday and Saturday, September 23-24. Tuesday evenings at 7:00 p.m.: September 27, October 4, 11, 25, November 1, November 15. There is also a Saturday session from 9:00 a.m.-1:00 p.m.: November 12. We will follow up in August with all who express interest.

#### Little Mekong Night Market: July 23-24

July 23: 5:00-10:00 p.m., July 24: 5:00 p.m.- midnight

Western and University Avenues • [www.littlemekong.com](http://www.littlemekong.com)

The Little Mekong Night Market is inspired by the famous night markets held throughout Asia—with a Minnesota local twist. There will be food vendors, farmers, handicrafts, music, exhibits, cultural performances, and kids activities. Their mission is to support local businesses and provide a venue for family fun and excitement.