

# This Week at Unity Church

July 26–August 1, 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.

## Parish Hall Artist: Walk-Through Lecture

Today • After the service

Parish Hall artist Richard Nelson will give an informal walk-through lecture on the Maya Textile and Photography Exhibit. Maya history and culture, ethnographic photography, and weaving techniques are some of the topics that will be discussed. An additional collection of other photography projects from Mexico, Guatemala, and Spain will be available for viewing and sale.

## Outdoor Family Yoga at Unity Church

Today • 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 some of you know from last year's Wellspring Wednesday meditative movement classes.

## Welcome to Unity: Our Class for Newcomers

Sunday, July 26: 11:30 a.m.-12:45 p.m. ~ also offered ~  
Sunday, August 30: 11:30 a.m.-12:45 p.m.

If you have been visiting and would like to find out more about Unitarian Universalism and Unity Church, please sign up for Welcome to Unity at the Welcome Table in the Parish Hall today.

## Young Adult Group Potluck

Tuesday, July 28 and August 25 • 6:30 p.m. • Center Room

Unity's young adult group seeks to build community and make connections between people ages 18-35 in our congregation. Join us for our monthly potlucks and add your name to our email list to hear about other meet-up opportunities. If you have questions, please contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org). Childcare is available with advance notice to [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).

## Open Eye Driveway Tour comes to Unity Church!

Sunday, August 2 • 11:30 a.m. • Greenspace

**A Puppet Show: *The Adventures of Juan Bobo***

The world is upside down in *The Adventures of Juan Bobo*—and he is going to do something to turn it right side up! Inspired by Puerto Rican folk stories, the show combines puppetry, music, Spanish and English in a delightful tale of riddles, silly devils, a missing pig, and a village in need of a hero. **This performance is free and open to all to attend. A hat will be passed to support the theater's outreach.**

## UU Families Summer Potluck Gathering

Sunday, August 9 • After the service

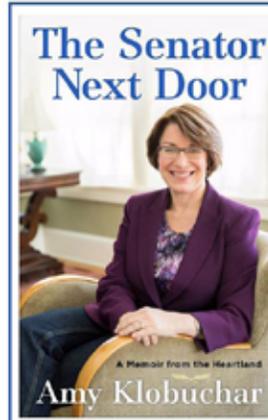
**Meet at the park on the NW corner of Portland and Grotto**

A casual potluck with family-friendly games and an opportunity to connect around a shared desire to raise our children in this faith community. Please bring an item for the potluck and plates, utensils, and a blanket for your own family.

## Unity Church Book Club: All are welcome!

Tuesday, August 11 • 7:00 p.m. • Robbins Parlor

Book for discussion: *The Invention of Wings* by Sue Monk Kidd



Unity Church-Unitarian and Common Good Books  
are Honored to Present

**Senator Amy Klobuchar**

Discussing Her New Book  
***The Senator Next Door***  
***A Memoir from the Heartland***

Friday, August 28, 2015  
7:00 p.m.

Unity Church Sanctuary

## UUs Showing Up for Ferguson

Our Unitarian Universalist neighbors in St. Louis along with their local partners have issued a call for UUs to "Show Up for Ferguson" on the one year anniversary of the extrajudicial killing of Michael Brown. They are asking UUs from around the country to show up in solidarity with people of faith and all communities calling for an end to systemic racism, demanding acknowledgement by our government and our society that Black Lives Matter.

The Minnesota Unitarian Universalist Social Justice Alliance is organizing a delegation to travel to the St. Louis area to witness and participate in the events of August 7-10. The weekend is being planned by the local coalition in St. Louis/Ferguson, and will include opportunities for public witness, protest, worship, and education. Registrations will be accepted on a first-come/first-serve basis; bus and hotel accommodations are available for \$325/person. Register online today: <http://bit.ly/ShowUpForFerguson>

## 10th Annual Unity Church Pilgrimage to New Orleans

**Information Session: Sunday, August 9 • 11:30 a.m. • Center Room**

This year marks the 10th anniversary of Hurricane Katrina and the 10th pilgrimage of Unity Church members and friends who have gone to respond. Join the 2015 pilgrimage this fall, from October 24-31, and help Unity Church continue to make a difference. The week-long trip includes hands-on service projects for participants, meetings with community leaders who are working to rebuild the city, connections with new and old friends, and opportunities to explore the rich and unique culture of the Crescent City. For more information, come to the August 9 information session or contact Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## This Week in Religious Education

Summer Sundays in the garden continue today! Please meet in our outdoor garden, next to the parking lot. Drop-in capacity will be limited by the number of adult volunteers present. Nursery care for younger children continues throughout summer.

**Last chance to register for Religious Education before classes begin on September 20. If you are planning to register your child for religious education, please plan attend the registration session on Wednesday, September 2, at 7:00 p.m. in the Sanctuary. Childcare is provided.**

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## This Week at Unity Church

### Sunday, July 26

Afterthoughts 11:15 a.m., Gannett Room  
Welcome to Unity 11:15 a.m., Center Room  
Parish Hall Artist Walk-Through 11:15 a.m., Parish Hall  
Family Yoga 11:30 a.m., Foote Room

### Monday, July 27

Chalice Camp 8:30 a.m., Parish Hall  
Men's Retirement Group 1:00 p.m., Gannett Room

### Tuesday, July 28

Chalice Camp 8:30 a.m., Parish Hall  
Sangha Meditation Group 5:30 p.m., Ames Chapel  
Young Adult Potluck 6:30 p.m., Center Room

### Wednesday, July 29

Chalice Camp 8:30 a.m., Parish Hall

### Thursday, July 30

Chalice Camp 8:30 a.m., Parish Hall

### Friday, July 24

Chalice Camp 8:30 a.m., Parish Hall

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## Help Bring Inspiration to Children's Spaces at Unity Church

Volunteers are needed during August to help update the children's Religious Education spaces on the lower level. All skill levels are welcome in the following areas. You don't need to be a professional:

- Carpentry skills
- Painting
- Cabinetry skills
- Fabrication skills
- Installation and general labor skills

Email KP at [kp@unityunitarian.org](mailto:kp@unityunitarian.org) if you are able to help!

## Sunday Welcome Team Trainings

Contact Madeline Summers at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) if you would like to participate in one of these trainings.

### Coffee Service Training: Sunday, August 9 • 11:15 a.m.

Come learn what it takes to make Coffee Hour magnificent! All are welcome to this short, 35 minute training.

### A Bell's Not a Bell Till You Ring It: A Bell Ringer's Guild Training Sunday, August 30 • 11:45 a.m.

Participants will have an opportunity to try ringing the bell firsthand. This class will also offer background on the Unity Church bell, including a tour of the bell tower.

## PD&Q Railroad Celebrates 30th Anniversary

### Visitors welcome August 23!

The PD&Q is a garden railroad built to half-inch scale, representing railroading of the 1940s and 50s. Battery-powered freight and passenger trains run around the yard among farms, ranches, mines, industries, bridges, and tunnels, all mostly built from scratch. Unity Church member Dutton Foster began this backyard project when he and his wife Caroline moved back to St. Paul in 1985, so the PD&Q is celebrating its 30th anniversary this summer. This is a one-of-a-kind model railroad experience and is great fun for people of all ages!

Caroline and Dutton will welcome Unity visitors to the railroad from 12:00-2:00 p.m. on Sunday, August 23, weather permitting. The Fosters will have beverages on hand and people are invited to bring a picnic lunch, or to simply stop over for a visit. PD&Q railroad is located at 1882 Goodrich Avenue, St. Paul. Questions? Please contact the church office at 651-228-1456.

## August 2 Worship Service • 10:00 a.m.

### Growing Pain — Jennifer Niemela

Through the lens of recovery from addiction, Jennifer will explore the paradoxes inherent in a spiritual awakening: how suffering can be a doorway to peace, how it takes more strength to surrender than to fight, how our most painful experiences can be our greatest gifts. Musician: Kevin Moonen, harp

### 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 July 19, \$895.06 was collected in the Sunday offering. Pillsbury United Communities Full Cycle will receive a donation of \$626.54. Information about today's offering recipient, St. Paul Almanac, is available in your order of service. The offering recipient on August 2 is Freedom School. Nominate your favorite non-profit! Nominations for 2015-16 church-year offering recipients are being accepted online at <http://www.unityunitarian.org/nominate-the-offering.html>.

## Contemplative Nature Walk

### Saturday, August 15 • 9:00 a.m. • Hidden Falls Regional 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! There will be a short introduction followed by a quiet contemplative 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](mailto:sarahcledwyn@gmail.com) for directions and more information.

## Wellspring Wednesday Returns September 9!

Staff and volunteers are gearing up for another exciting year of Wednesday night programming that will offer opportunities to share delicious meals, attend multi-generational worship services, and participate in classes and discussions on a wide variety of topics. If you would like to serve on a Wellspring Wednesday cooking team (new role this year: grocery shopper!), please contact Madeline Summers at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org). If you have an idea for a program you would like to offer, please fill out the online form at [www.unityunitarian.org/wellspring-wednesday.html](http://www.unityunitarian.org/wellspring-wednesday.html) or contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Merging of Waters Worship Service

Be sure to collect water from your journeys (or backyard!) this summer for our annual Merging of Waters ritual service which will be held on Sunday, September 13.

	<p><b>Writers &amp; Artists!</b> Submit your work to: <b>Cairns</b> The Unity Church Journal of the Arts Vol. 7 Early consideration deadline: June 15 <b>Final Deadline:</b> October 1, 2015</p>
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