

This Week at Unity Church

August 5–11, 2018

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: Building tour today!

Finding Yourself at Unity meets on Sunday mornings, from 11:15 a.m.-12:15 p.m., in the Ames Chapel. Designed for visitors, new members, and inquirers, this eight-week series is offered continuously during the year. Childcare is available in the nursery.

Zen Meditation

Find renewal and grounding in the practice of Zen meditation. The group meets on Tuesdays, from 5:30-6:30 p.m., in the Ames Chapel. Instruction takes place on the first Tuesday of the month (August 7) at 5:00 p.m. Contact KP Hong at kp@unityunitarian.org if you plan to attend instruction.

Women In Retirement: The Choice Years

This group meets the second and fourth Thursday of the month (August 9 and 23), from 1:00-3:00 p.m., in the Center Room. Questions? Contact Lisa Friedman at lisa@unityunitarian.org

Racial Justice Movie Night: *Enlightenment Guaranteed*

Friday, August 10 • 7:00 p.m. • Robbins Parlor

Join Unity Church members and friends for an ongoing film series to further our growth in the understanding and challenging of white supremacy and structural racism. Popcorn will be served and there will be time for conversation.

A comedy about cultural perceptions, spiritual tourism, getting lost, rude awakenings, and moments of enlightenment about ourselves along the way. "Two brothers want to get their lives together by going to Japan for a retreat in a Zen monastery. En route, their midlife crisis turns into a midnight crisis when they get lost in Tokyo's neon jungle and can't find the way back to their hotel. With no money or directions, even the simplest thing becomes a major, if often comical, challenge." (IMDB)

Unity Book Club

The Unity Book Club meets on the second Tuesday of the month, from 7:00-8:30 p.m., in the Robbins Parlor. On August 14 the group will discuss *Zorba the Greek* by Nikos Kazantzakis.

Summer Sundays Pancake Brunch

Sunday, August 19 • Following the service

Pancakes, real maple syrup, sausages, juice, coffee, and more!

Our Whole Lives Parent Summer Book Club

Tuesday, August 21 • 7:00-8:30 p.m. • Robbins Parlor

Book: *Come As You Are* by Emily Nagoski

This group is open to all adults, but geared towards parents, and will touch on communicating with your children about sex and sexuality. Discussion, led by Jamie Bosc, will center on the topic covered in the book. Contact Jamie with questions at bosc.jamie@gmail.com.

Chalice Circles begin in September!

Chalice Circles are small groups of 8-10 participants who come together with a trained leader, once a month from September–June, to nurture spiritual growth in community. At the beginning of each month, participants receive materials based upon the monthly worship theme. From these materials, each participant chooses one spiritual exercise and a deep question to sit with for the course of the month. At the end of the month, participants gather with their group to share their experiences. Sign up online at www.unityunitarian.org/chalice-circles.html.



**The Unity Bookstall's First-Ever
Used Children's Picture
Book Sale**
**Sundays:
August 5 - 26, 2018**

Rev. Susan Frederick-Gray at Unity Church

Called to Beloved Community

Sunday Worship, August 26 • 10:00 a.m. • Sanctuary

Unitarian Universalists are being called in this moment to live more powerfully and boldly into a vision of Beloved Community. What does this look like and how do we answer "Yes" to this calling in our lives and in our congregations?

Musicians: Ava Fischer-Ross, guitar; Joshua Taylor, piano

Rev. Susan Frederick-Gray was elected President of the Unitarian Universalist Association on June 24, 2017. Prior to her election, she served as Lead Minister of the Unitarian Universalist Congregation of Phoenix, Arizona. Susan played a critical role in the long-term campaign to end the constitutional violations of Maricopa County Sheriff Joe Arpaio. Susan received a Masters of Divinity from Harvard Divinity School and a Bachelor of Science in Molecular Biology from the University of Wisconsin, Madison. She is a lifelong UU who grew up in the St. Louis area. She lives now in Cambridge, MA, with her husband, Brian, and their son.

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 9.

This Week in Religious Education

Summer in the Garden is held today during the 10:00 a.m. service, and continues throughout summer. Great for children ages 4-12. 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. If you would like to help, please contact KP Hong at kp@unityunitarian.org. Regular nursery care for younger children continues throughout summer.

Religious Education classes begin on Sunday, September 16.

The final enrollment session before classes begin will be held on Wednesday September 5, from 6:30-7:30 p.m., in the Foote Room. Childcare provided. Questions? Please contact michelle@unityunitarian.org.

Looking for COA Mentors and Teachers: Interested in listening and sharing with others about the faith journey? Can you be yourself, open, and honest around teenagers? Consider being a teacher or mentor for COA for the 2018-19 year. Interested? Contact Drew Danielson at drew@unityunitarian.org.

This Week at Unity Church

Sunday, August 5

Finding Yourself at Unity 11:15 a.m., Ames Chapel
Afterthoughts 11:15 a.m., Gannett Room
Above Every Name Worship Service 1:00 p.m., Sanctuary

Monday, August 6

Circle of Peace 5:15 p.m., Center Room
Alateen 6:00 p.m., Science Room

Tuesday, August 7

Sangha Meditation Group 5:30 p.m., Ames Chapel

Wednesday, August 8

Al Anon 5:00 p.m., Science Room

Thursday, August 9

Women in Retirement: The Choice Years 1:00 p.m., Center Room
A New Look at the Bible 7:00 p.m., Center Room
Sustainable Living Team 7:00 p.m., DeCramer Room
Fresh Air AA 7:30 p.m., Anderson Library

Friday, August 10

Racial Justice Film Series 7:00 p.m., Robbins Parlor

Look Who's Sharing Art

Jane Thomson says, "Some people have fantasy football; I have fantasy protest. Behind this crowd are thousands, millions more. And then they vote." Jane asks, "Should this be a fantasy?"

August Parish Hall Artist: Artists Reception

Sunday, August 12 • 11:00 a.m.–12:30 p.m. • Center Room

The August Parish Hall group exhibition, "Having Resiliency" from the Avivo ArtWorks Collective, explores the feel and visual form of what each artist perceives of resilience. The intention of this work is to cultivate conversation, hope, and an understanding of its importance in life. The Collective is a body of 16 local artists living with mental illness who are supported by Avivo through studio space and professional development. As a body of artists, they embrace diversity, work to build community, and present their art publicly. Artists will be at the reception and a special artist talk will begin at 11:30 a.m.

Mentoring at Unity: A Path to Deeper Connection

Unity Church has a mentor program available to all visitors and new members. A mentor serves as a guide and a resource in the congregation. They pledge to meet at least once a month face to face, and be available for ongoing questions and advice for at least six months. If you have questions, or would like to request a mentor, please stop by the Welcome Table in the Parish Hall or email Rev. Lisa Friedman at lisa@unityunitarian.org.

Food Shelf Collection

Bring non-perishable food and hygiene items to Unity Church and help feed hungry people in our community through Evergreen Quilters' partnership with Hallie Q. Brown Food Shelf. Wicker collection trunks are located at the Portland and Holly entrances.

Unity libraries are open all summer!

Visit the Anderson Adult Library and the Whitman Children's Library to pick up some great summer reads!

Flowers for Worship

If you would like to provide flowers for a service, please contact Martha Tilton at martha@unityunitarian.org.

Sunday, August 12 • 10:00 a.m.

We Are All Makers

Janet Houck, Ellen Wold, Linda Schaeffer, and Lisa Burke came together after attending an "Artist's Way" workshop at The Gathering, Unity's annual women's retreat, three years ago. Since then they have been meeting twice a month to travel through books about living creatively, to share ideas, lament frustrations, and celebrate progress and life, as they make and enjoy art. The group will offer a service exploring how we are all creatives, makers who can delight our inner children, silence our critics, and find G.O.D. — Good Orderly Direction. Good things happen when we are open to inspiration and allow the universe to nudge us forward! Musician: Ron Parker, guitar and vocals

Our Ministry of Generosity

Each Sunday, thirty percent of the offering goes to support the operating budget at Unity Church and seventy percent is given to a chosen community non-profit recipient. Please make checks payable to Unity Church. On July 29, \$1,057.86 was collected in the Sunday offering. Transitional Conferencing will receive a donation of \$740.50. Information about today's offering recipient, Habitat for Humanity, is available in your order of service. On August 12 the offering recipient is PuTaw Memorial Junior College.

Opportunities to Serve Obama School Students and Staff

As you think ahead to fall, please consider how you might assist with Unity's Community Outreach Ministry Team supporting Obama Elementary School. One-time service opportunities include helping to provide snacks for meetings, working at an evening book fair, and helping to feed a family in need with a financial gift of \$20 or more that will be used to purchase and distribute Cub Foods gift cards. Ongoing opportunities include classroom tutoring, assisting in the library, working on special projects, and volunteering for the administrative committee supporting this ministry team. For more information contact Lisa Friedman at lisa@unityunitarian.org or 651-28-1456 x107.

Sing in a Unity Choir!

For adults, it is helpful to have some musical experience — music lessons, choir experience, etc. Of course, if that is not in your background, but you have a passionate interest and the courage to jump in to the flow of things in order to learn a new skill, we invite you to come and sing with us. Questions? Contact Ruth Palmer, Director of Music Ministries, at ruth@unityunitarian.org or 651-228-1456 x118. First rehearsals for this church year:

- **Children's Choir** (grades 1-5)
Sunday, September 9, 10:15–11:00 a.m., Robbins Parlor
Kathleen Radspinner, director (kathleenr395@gmail.com)
- **Unity Choir** (high school, adult)
Thursday, September 6, 7:30– 9:15 p.m., Parish Hall
Ruth Palmer, director
- **Unity Singers** (auditioned membership)
Tuesday, September 4, 7:30-9:30 p.m., Parish Hall
Ruth Palmer, director
- **Women's Ensemble**
Sunday, September 9, 10:15-10:45 a.m., Foote Room
Ruth Palmer, director

SAVE THE DATE!

Saturday, November 3, 2018

Unity Church Silent and Live Auction
