

This Week at Unity Church

August 12–18, 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

Religious Education for Children, Youth, and Adults

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.

August Parish Hall Artists Reception

Sunday, August 12 • 11:30 a.m.–12:30 p.m. • Parish Hall

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. The artists will give a brief talk about their art at 11:30 a.m.

Look Who's Sharing Art

Jane Thomson painted a small protest picture early in 2017. She realized it needed a larger canvas and more work. She worked on the final piece, hanging in the Art Share space in the Parish Hall, from January through March, 2018.

Unity Book Club

The Unity Book Club meets on the second Tuesday of the month. On August 14 the group will meeting off-site, at 6:00 p.m., to discuss *Zorba the Greek* by Nikos Kazantzakis.

Summer Sunday 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.

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.



**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 at 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 12

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

Monday, August 13

Men's Retirement Group	1:00 p.m., Gannett Room
Circle of Peace	5:15 p.m., Center Room
Alateen	6:00 p.m., Science Room

Tuesday, August 14

State Primary Election Day	
Sangha Meditation Group	5:30 p.m., Ames Chapel
Evergreen Quilters	7:00 p.m., Anderson Library
Unity Book Club	6:00 p.m., Off-site meeting

Wednesday, August 15

Al Anon	5:00 p.m., Science Room
Board of Trustees	7:00 p.m., Anderson Library

Thursday, August 16

Pastoral Care Team	9:00 a.m., Anderson Library
Caregiver's Support Group	Noon, Anderson Library
Young Adults Group	7:00 p.m., Center Room
Textile Arts Group	7:00 p.m., DeCramer Room

Dine with Nine... Brunch or Dinner

Are you interested in getting to know more people at Unity Church? Do you enjoy good food and lively conversation? Would you like to extend the hospitality of our community in more personal ways? Beginning in October, small groups of Unity Church members and friends will gather once a month for food and fellowship. The self-directed groups will choose dates, times, and places for their gatherings. New this year is the opportunity to do brunch after church!

Visit the Dine with Nine table in the Parish Hall on Sundays, August 12 through September 23, to learn more. Sign up to participate online at www.unityunitarian.org/dine-with-nine.html or by email to Teresa Wernecke at teresa475@gmail.com. Please include your contact information and let us know if you would like to sign up for a family or adult only group, or whether you have a particular location or transportation needs. We look forward to a great year!

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 (September 4) at 5:00 p.m. Contact KP Hong at kp@unityunitarian.org if you plan to attend instruction.

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 19 • 10:00 a.m.

Spirituality and Spiritual Practice

Spiritual practice can manifest itself in many different ways both across cultures and within communities. This service will explore how spirituality can help to maintain a balanced perspective on the goings on of our everyday lives, as well as how spirituality can be an instrument of connection between people of different faiths and cultures.

Worship leaders: Nelson Moroukian and Angela Wilcox
Musician: Dawn Baker, piano

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 August 5, \$1,205.59 was collected in the Sunday offering. Habitat for Humanity will receive a donation of \$843.91. Information about today's offering recipient, PuTaw Memorial Junior College, is available in your order of service. On August 19 the offering recipient is Minnesota Prison Writing Workshop.

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
