

This Week at Unity Church

August 30–September 5, 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.

Helener Currier is 94!

Unity Church members and friends are invited to a reception in the Center Room after the service today to celebrate the birthday of Helener Currier. Come enjoy a bit of cake, fruit and coffee, and wish our friend Helener a very happy year!

A Bell Ringer's Guild Training

Today! • 11:45 a.m.

Participants will learn the history of the bell, tour the bell tower, and have an opportunity to try ringing the bell firsthand. Contact Madeline Summers at madeline@unityunitarian.org to participate.

Religious Education Teacher Training

ALL teachers who have committed to a teaching/mentoring role for 2015-16 are strongly encouraged to attend Teacher Orientation and Training. Trainings will be held on Wednesday, September 9, and Saturday, September 12. Sign up online: <http://www.unityunitarian.org/teacher-trainings.html>.

Dine with Nine Potluck & 2015-16 Sign Up

Saturday, September 12 • 6:00–8:00 p.m. • Parish Hall

Are you interested in getting to know more people at Unity Church? Do you enjoy great food and lively conversation? Would you like to extend the hospitality of our community to both new and long term members alike? Beginning in October, small groups of Unity Church members and friends will gather in each other's homes once a month for food and fellowship. Join us for an all-ages potluck dinner in the Parish Hall to kick-off our new Dine with Nine season and to learn more about the program.

You can sign up to participate in this year's Dine with Nine suppers in several ways: at the September 12 potluck, 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 particular location or transportation needs. We look forward to another great year!

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. This year we welcome back legendary singer and songwriter Peter Mayer who will join us at all three services. We hope to see you there, too!

10th Annual Unity Church Pilgrimage to New Orleans

Information Session: Sunday, September 13

10:15 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, from October 24-31, and help continue to make a difference. The week-long trip includes hands-on service projects, meetings with community leaders, connecting with friends, and opportunities to explore the rich and unique culture of the Crescent City. Each pilgrimage also offers time for reflecting on major themes of racial and economic justice in New Orleans related to our communities back in St. Paul. Find out more at the September 13 information session or contact Lisa Friedman at lisa@unityunitarian.org.

Unity Church Photo Directory

We need your face in our new Unity Church photo directory!! Did you know that 45% of our members have joined in the last nine years? A current photo directory is an exciting, community-building opportunity for our congregation. Stop by for a photograph by one of our Unity Church photographers during one of the following times, and we will have a new directory out by the end of the year!

Sundays: September 13, 20, and 27

- Between 10:00 a.m. and 1:00 p.m.
- After the 4:30 p.m. service

Wednesdays: September 16, 23, and 30

- Between 5:30 and 7:30 p.m.

For more information or to volunteer your help, contact Barbara Hubbard at barbarah@unityunitarian.org or at 651-228-1456 x116.

Group Spiritual Direction: *Where are you on your life journey?*

Join Spiritual Director Sarah Cledwyn for Journey Conversations, a time to reflect on and deepen our engagement with our own journey and gain appreciation for the journeys of others. Groups will begin meeting in September. A day group will meet from 10:00 a.m.–noon on Mondays and another group will meet on Thursday evenings from 6:30-8:30 p.m. Details and registration are online at www.unityunitarian.org/spiritual-direction.html.

Working Towards Prayer

Saturday, September 19 • 9:00 a.m. – 1:00 p.m.

Rev. Rob Eller Isaacs offers this workshop to help participants summon a quality of attention, a way of being, he calls prayer. This class is ideal for people who are seeking to deepen their existing prayer life and for those who are aspiring to discover a practice of prayer that works for them. Register by contacting Marcy Mann-Anderson at marcy@unityunitarian.org or 651-228-1456 x110. Cost: Free/pledging members // \$75/non-pledging friends

Articulating Your Unitarian Universalist Faith

**Tuesdays: September 29, October 13, 20, 27, and November 3
7:00 – 9:00 p.m.**

Have you ever struggled with what to say after "I'm a Unitarian Universalist?" You are not alone. This five session class is designed to explore and practice what to say when we are called upon to declare ourselves religiously or illuminate some angle on this liberal religious movement that has touched and changed so many lives for the better. This series provides hopeful inspiration and resources, plus the opportunity for meaningful connection to fellow UUs. Look for a sign up list in the Parish Hall or RSVP to Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107.

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.

This Week at Unity Church

Sunday, August 30

Afterthoughts 11:15 a.m., Gannett Room
Helener Currier's Birthday Celebration 11:15 a.m., Center Room
Welcome to Unity (see below) 11:30 a.m., Robbins Parlor

Tuesday, September 1

Sangha Meditation Group 5:30 p.m., Ames Chapel
Meditation instruction for newcomers begins at 5:00 p.m.
OWL Parent Orientation 7:00 p.m., Foote Room

Wednesday, September 2

Religious Education Registration 2015-16 7:00 p.m., Sanctuary

Thursday, September 3

Yoga for All Bodies 7:30 p.m., Foote Room

Friday, September 4

Unity Bridge Group 7:00 p.m., Robbins Parlor

Welcome to Unity: Our Class for Newcomers

Today! • 11:30 a.m.-12:45 p.m. • Robbins Parlor

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.

Welcome Back Wellspring Wednesday! September 9

6:00 p.m. Taco Local Night: A taco feast featuring all locally sourced ingredients. Come enjoy the bounty of a Minnesota summer! Gluten-free, vegan, and vegetarian choices are available.

Cost: \$7/adult, \$4/child (age 5-12), \$2/child (age 2-4), \$20/family

6:45 p.m. Worship service in the Ames Chapel

7:10 p.m. Programs and Childcare

Scavenger Hunt/Team Challenge -- Sara Ford & Lisa Friedman

Celebrate the start of a new Wellspring Wednesday year with a community-wide night of fun and fellowship! Participants of all ages are welcome to join in the fun. Teams will have to solve problems and work together to complete the challenges.

Go: A Chinese Game

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese board game, Go. Anyone above the age of 10 is welcome to play. Bring your own board and set if you have one. www.usgo.org/what-go.

Embodied Spiritual Practice: Yoga for Every Body

Embody your spiritual practice with this 75-minute Vinyasa flow class. Come as you are and experience non-judgmental, non-competitive, lovely yoga. Youth ages 10 and up are welcome to come with an adult family member. Wear loose, comfortable clothing. Bring a yoga mat, towel and water bottle. A few mats will be available for loan. Elen Bahr is a 200-hour RYT certified yoga instructor. You can find out more about Elen at EveryYogi.com.

Religious Education Teacher Training with Rev. KP Hong

Join a Wellspring Wednesday Cooking Team

- Wednesdays, September 16, 23, and 20
- 2:00-5:00 p.m. or 5:00-7:30 p.m.

No specific cooking skills needed — we teach you everything you need to know! Contact madeline@unityunitarian.org to help!

September 6 Worship Service • 10:00 a.m.

How Radical Should We Be for Racial Equity? — Dane Smith

New research about the history of civil rights and racism in Minnesota reveals how truly radical some of our Unitarian Universalist pioneers were, not only for abolition, but for absolute economic and social equality for people of all races. These radicals have been largely vindicated by history and their vision, though still unrealized, has become consensus. As the confederate flags finally come down, as we are informed by Charleston and Ferguson and our own disturbing disparities right here in this neighborhood, let's think about today's cutting edge. What are the radical equalizing actions we can embrace that will vindicate us a century from now, and move our community to that Promised Land where race makes no difference in health, wealth or happiness? Musician: Rochelle Lockridge, guitar and vocals

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 August 23, \$976.00 was collected in the offering. Cycles for Change will receive a donation of \$683.20. Information about today's offering recipient, Unity Church Chalice Camp, is available in your order of service. The offering recipient on September 6 is Full Cycle.

Serve on Unity's Board of Trustees

Would you like to engage more fully in the life and mission of Unity Church? Consider serving on the Board of Trustees. Nominations are now open for three trustees, each serving a three year term which will begin following Unity's annual meeting in November 2015. To qualify for Board service, you must be a voting member of the congregation. Please contact Ginny Allen by September 15 to express your interest or to nominate someone else as a candidate. You can also review a full job description posted online at <http://bit.ly/BOT2014>.

White Bear Unitarian Universalist Church cordially invites you to the

Ordination of Laura Smidzik

to the Unitarian Universalist Ministry

Saturday, September 19 • 2:00 p.m.

White Bear Unitarian Universalist Church

328 Maple Street, Mahtomedi, Minnesota

For many of the past 15 years, Laura served as a lay leader at Unity Church—Unitarian and in 2014 she graduated from United Theological Seminary and now serves as Minister of Membership at White Bear UU Church. Carpool if possible because parking is limited. For childcare or other special needs, kindly contact dre@wbuuc.org by September 12. A reception with refreshments follows the service. All are welcome.

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