

This Week at Unity Church

September 10-16, 2017

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

Topic: Membership 101 and Congregational Life

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 through the year. Drop in any time and pick up classes you miss in future rounds of the series. Childcare is available in the nursery.

Beyond Inquirers

Who are Unitarian Universalists? How do we do church?

Sundays, September 17-October 15 • 12:30-1:30 p.m.

This five session class addresses commonly asked questions about Unitarian Universalism and how UU congregations approach religious life: What do UUs believe? Is this a new religion? How do we do church? How do we live our values? Does it matter if I join? This class is a great opportunity for anyone who has completed the Finding Yourself at Unity series and anyone who would like to better understand our faith, the rights and responsibilities of membership, and how we do church. Childcare is available by request. Sign up online at www.unityunitarian.org/adult-learning-spiritual-practice.html. Questions? Email Lisa Friedman at lisa@unityunitarian.org.

Chalice Circles: New Small Group Ministry Opportunity

Chalice Circles are a way of engaging our monthly worship themes through deep listening and open-hearted sharing. Chalice Circles are groups of 8-10 committed participants who come together with a trained leader, once a month from October-May, to nurture spiritual growth in community. At the beginning of each month, participants will receive a packet of materials based upon the month's 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 will gather with their small group to share their experiences. Groups will form in October. Register online at www.unityunitarian.org/chalice-circles.html or in person at the Chalice Circles table in the Parish Hall. Questions? Contact ministerial intern Andrea Johnson at andrea@unityunitarian.org or 651-228-1456 x129.

Group Spiritual Direction

Join Spiritual Director Sarah Cledwyn and a group of inquisitive folks to notice, name, and nurture lives through group spiritual direction. This group will practice listening carefully and reverently to individual experiences, while exploring and finding insight. This group will meet on Mondays, from 10:30 a.m.-12:30 p.m., September through May, at Unity Church. Details and sign up are online at www.unityunitarian.org/spiritual-direction.html. Questions? Contact Sarah at sarahcledwyn@gmail.com.

Spiritual Practice for Young Adults

Saturday, September 23 • 9:00 a.m.-1:00 p.m. • Parish Hall

Unity Church is a great place to help you to establish consistent spiritual practice in your life. Rob Eller-Isaacs and K.P. Hong are offering a four-hour workshop designed especially for young adults (ages 18-35). There will be small group conversations, meditation training, embodied practice, and an invitation to find a practice partner or build a small group to support your effort. Registration is required by email to martha@unityunitarian.org. This offering is free for those who have made a 2017 pledge to the church, others are invited to make a free will contribution. Child care is available with advance request via registration.

Immigration 101: How did we get to where we are now?

Tuesday, September 26 • Sanctuary at Unity Church

Music and gathering at 6:40 p.m., program begins at 7:00 p.m.

Presented by Michelle McKenzie, JD, and deputy director/director of advocacy at The Advocates for Human Rights, an organization committed to standards of international human rights through research, education, and advocacy. Music by Ahmed Anzaldúa, pianist, conductor, teacher and co-founder of the Justice Choir and founder of Border CrossSing. This event is free and all are welcome.

BOOK READING

TIMOTHY TYSON

AUTHOR OF

THE BLOOD OF EMMETT TILL



Wed. Sept. 27, 2017 at 7:10 pm

This Week in Religious Education

Welcome back! Today is Merging of Waters Family Sunday and all children and youth are in the Sanctuary for the full worship service. Activity packets for children are available for use during worship, and the nursery is open on the lower level.

Spirit Play, Rotations, and Junior High programs begin next Sunday, September 17, at all three service times:

- We are continuing to make final updates, please be sure to watch for email with rosters of enrolled children
- For a quick refresher of Sunday routines, and all information about the start of R.E., visit www.unityunitarian.org/current-issue.html
- Locations for junior high classes will be posted downstairs in the junior high area (near nursery)
- There is one final teacher orientation session this Wednesday, September 13, 7:15-8:45 p.m. RSVP at www.unityunitarian.org/teacher-trainings.html

Coming of Age (COA), our signature program for 9th graders, meets today at 3:30 p.m. for the first class, with both agers and mentors attending together.

Tower Club for juniors and seniors begins this evening, from 6:00-8:15 p.m. Sophomores will receive a special invite to begin their Tower Club experience later. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith. Lots of fun and food, too! Questions? Contact Drew Danielson at drew@unityunitarian.org.

Our Whole Lives (OWL) program begins Wednesday, September 13, at 7:15 p.m. Families are encouraged to come to Wellspring Wednesday dinner, then youth heads to class. OWL is a sexuality and spirituality program for 7-9 graders. Questions? Contact Drew Danielson at drew@unityunitarian.org.

This Week at Unity Church

Sunday, September 10

Finding Yourself at Unity	10:15 a.m., Ames Chapel
Afterthoughts	10:15 a.m., Gannett Room
Children's Choir Rehearsal	10:15 a.m., Robbins Parlor
Women's Ensemble Rehearsal	10:15 a.m., Foote Room
Above Every Name Worship Service	1:00 p.m., Sanctuary
Soup Supper	5:45 p.m., Parish Hall
Tower Club	6:00 p.m., Center Room

Monday, September 11

Men's Retirement Group	1:00 p.m., Gannett Room
Circle of Peace	4:30 p.m., Center Room

Tuesday, September 12

Sangha Meditation Group	5:30 p.m., Ames Chapel
Unity Book Club	7:00 p.m., Robbins Parlor
Evergreen Quilters	7:00 p.m., Anderson Library
Unity Singers Rehearsal	7:30 p.m., Foote Room

Wednesday, September 13

Wellspring Wednesday	See box below
Mano a Mano Team	7:00 p.m., Science Room
Religious Education Teacher Orientation	7:15 p.m., Lower Level

Thursday, September 14

Women in Retirement: The Choice Years	1:00 p.m., Center room
A New Look at the Bible	7:00 p.m., Gannett Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall

Friday, September 15

Tower Club Overnight	7:00 p.m., Center Room
----------------------	------------------------

Wellspring Wednesday Returns: September 13!

6:00 p.m. *Dinner: Taco night! \$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

Stepping Stone Theatre Acting Workshop

Collaborate on an original performance using your own ideas for story, character, dialogue, and setting. Supported by a SST Teaching Artist, each group learns skills in theatre elements like acting through voice and movement, improvisation, and exploring different expressive styles. This workshop is for K-8th graders and will divide into age-appropriate creative groups.

Open Page Writing Session: Who We Are Called to Be

We've often heard Frederick Buechner's definition of vocation as that place "where your deep gladness meets the world's deep need." This writing session explores that meeting point and looks for the thread of vocation woven through the fabric of each of our lives. No writing experience is necessary.

Understanding Your Gifts with the Enneagram

Join Holistic Life Coach and Unity member Katy Taylor to explore how the wisdom of the Enneagram can help you be of greater service by understanding your personality's gifts and weaknesses. www.katy.taylor.com.

Yoga and the 7 UU Principles and Purposes

Wellspring Wednesday yoga will explore the seven UU Principles and Purposes from a yoga philosophy standpoint. Classes will include breathing techniques, movement, and meditation. No previous yoga experience needed. Bring a yoga mat if you have one.

September 13: The inherent worth and dignity of every person

Go: A Chinese Game: Learn and play the Chinese board game

Religious Education Teacher Orientation

Sunday, September 17 • 9:00 a.m., 11:00 a.m., 4:30 p.m.

Called and Compelled

In the old strong story, Abraham is called and compelled by the Holy to leave Ur and to walk away from everything and everyone he's known. For most of us the sense of call to what is often named "vocation" is somewhat less demanding. But true vocation implies an obligation to live in the place between the everyday and the surrounding mystery and help to heal the world. Rev. Rob Eller-Isaacs and worship associate Angela Wilcox will bring us a service on living into our gifts. Musicians: Unity Choir (9:00/11:00), Unity Singers (4:30).

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. On September 3, \$1151.49 was collected in the Sunday offering. Small Sums will receive a donation of \$806.04. Information about today's offering recipient, Obama Elementary Sunshine Fund, is available in your order of worship. On September 17 the offering recipient is the UUSC/UUA Hurricane Harvey Recovery Fund.

Addiction and Recovery Ministry

Voices for Recovery: Strengthen Families and Communities is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. Unity's Addiction and Recovery group invites you to walk with them during the Walk for Recovery on Saturday, September 16, from 9:00 a.m.-1:00 p.m. Details are online at www.walkminnesotarecovery.org. Questions? Contact Roxanne Kibben at roxannekibben@gmail.com.

All those interested in recovery are encouraged to attend Unity's Addiction and Recovery group's opening session on Wednesday, September 27, from 7:15-8:30 p.m., at Unity Church.

Dine with Nine Begins this Fall

Are you interested in getting to know more people at Unity Church? Do you enjoy great food and lively conversation? Beginning in October, small groups of Unity Church members and friends will gather in each other homes once a month for food and fellowship. Visit the Dine with Nine table in the Parish Hall 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 particular location or transportation needs.

Art Share Begins! Check it out in the Parish Hall!

The Unity Art Team invites you to spotlight your art!

- Choose your favorite piece of art — anything you like!
- Your piece, a statement of why it's a favorite, and a photo of you, will be displayed for two Sundays in the Parish Hall.
- Art Share's goal is to encourage members of the congregation to know each other better and to enrich the focus on art at Unity Church.

Find the sign-up form at www.unityunitarian.org/art-share.html.

Questions? Contact Marty Rossmann at rossm001@umn.edu.

SHARE THE BOUNTY!

November 4: Silent & Live Auction

www.unityunitarian.org/share-the-bounty.html