This Week at Unity Church

Sunday, October 4, 2026 | Worship Theme: Home

Scan the QR code to access all of the links in this document.

Welcome Visitors

After the service please stop by the Welcome Table in Parish Hall to introduce yourself. We would love to get to know you, answer your questions, and help you learn about Unity Church. If you are attending the service online, contact Philippa Anastos at philippa@unityunitarian.org for the link to join online coffee hour.

Finding Yourself at Unity

Topic: Q & A with the Minister

Finding Yourself at Unity meets Sundays, 10:15-11:15 a.m., in the Center Room. For visitors, new members, and inquirers, this five-week series is offered continuously during the year. Childcare is available in the nursery.

Whitman Children's Library Grand Reopening

Sunday, October 4 | After Services

Join the Library-Bookstall Team on the lower level to celebrate library updates with treats, bookmark art, brand new books to borrow, and new Young Adult and Parenting sections!

October Is Pledge Drive Month: Wayfarers. For Good.

Pledge materials, including information about how you can help fully fund the church's mission and ends are now available online. Please pledge by October 31 so we can build a balanced budget for 2027. Questions? Email Laura Park at laura@unityunitarian.org.

UU the Vote | Vote Early In Person

Visit UU the Vote webpage or the table in Parish Hall to get connected to Unity's UU the Vote efforts.

Community Outreach Ministry Teams Book Read

***The Beginning Comes After the End* by Rebecca Solnit**

Tuesdays: October 6 and 13

6:30- 8:30 p.m. | Robbins Parlor | Registration

This in-person event will build on the collaborative work of our community outreach ministry teams, finding more interconnection in our actions and missions. It is not required to attend all sessions — the book is a series of essays and folks can easily pick up the conversation anywhere in the book.

Project Home Household Goods Collection

Saturday, October 10 | 9:00-11:00 a.m. | Holly Avenue Parking Lot

Provide household items for families moving out of shelter at Project Home and into more permanent housing. Please bring the following clean and gently used or new household items to the Holly Avenue parking lot where volunteers will load donations from your car to theirs: Bath and kitchen towels of all sizes; silverware, knives and kitchen utensils; pots and pans, storage containers, serving pieces; cleaning supplies; dishes; small appliances; new pillows and new or gently used bedding.

Enthusiastic Volunteers Needed at Obama School

Ms. Khou Moua and Suzanne Rekow, teachers at Obama Montessori Elementary School, are looking for volunteers to assist with a program of arts and movement for first and second graders, and a yarn crafts program for fourth and fifth graders. The volunteer shifts are Tuesdays and Thursdays, beginning October 20, from 8:00-9:00 a.m. This is part of a before-school program — you can help get the school day off to a great start! A background check is required. Interested? Email Marikay Litzau at marikayclitzau@gmail.com.

Truth Council Story Collecting

The Minnesota Truth Council is an independent, non-partisan body created by the Governor to document the experiences of Minnesotans during Operation Metro Surge and Operation PARRIS in 2025 and 2026. The Council is creating a historical record of what happened including the harms experienced by individuals and communities and the ways Minnesotans responded and supported one another and will issue a formal report with findings and recommendations.

The Racial Justice Team at Unity invites you to share your experience with a trained Unity Story Collector. The Truth Council wants to hear from anyone who was directly affected, witnessed what happened, or participated in the community response, within and beyond our congregation. If you know a community member whose experience should be heard, please share the opportunity to meet with a trained Unity Story Collector. Contact Jen Welsh for more information or to schedule story collection at billjenjackjosie@live.com.

Evergreen Quilters

Evergreen Quilters invites all who quilt, or want to learn how, to join them on Saturday, November 21, 10:00 a.m.-2:00 p.m., at Unity Church, to learn the basics of quilt making during the creation of a quilt to be shared with a family served by one of their community partners: Hallie Q. Brown Food Shelf, Project Home, Jeremiah Program, and STAR House Crisis Nursery. Want to join the quilters? Email kathiesimonfrank@gmail.com.

Help Sew Christmas Pageant Costumes

The Pageant Team is looking for help sewing 18 costumes for our multitude of Heavenly Hosts. Interested? Email Kelley Loughrey at pageant@unityunitarian.org.

This Week in Religious Education

Spirit Play (ages 3-6) children hear the story *Listening for God*, learning how people find God in many different ways.

Rotations (grades 1-5) children begin in Ames Chapel for worship, then head downstairs to classrooms to continue their unit on the nature of higher power.

Reminder: Spirit Play and Rotations classes run 75 minutes. Parents can pick up children from chaperoned activities at House of Hope park on Grotto Street.

Middle School (grades 6-8) youth meet in the Multimedia Room to continue exploring UU Identity and History.

Our Whole Lives meets on Wednesday, October 7, where they'll discuss anatomy. OWL is a sexuality and spirituality program typically for grades 8-9.

Coming of Age gathered on Friday and Saturday for their retreat where they met with mentors, made masks, and competed in an Amazing Race! There is no COA class today. COA is a signature spiritual growth and enrichment program typically for 9th graders.

Tower Club does not meet today. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith, typically meets Sundays from 12:45-2:30 p.m.

This Week at Unity Church

View the church calendar online.

Sunday, October 4

Anderson Library Open	8:00 a.m., Second level
Sunday Services	9:00 and 11:15 a.m., Sanctuary
Religious Education Classes	9:00 and 11:15 a.m., Lower level
Children's Library Reopening	10:00 a.m., Children's Library
Finding Yourself at Unity	10:15 a.m., Center Room
Afterthoughts	10:15 a.m., Gannett Room
Children's Choir Rehearsal	10:15 a.m., Choir Room
Women's Ensemble Rehearsal	10:30 a.m., Foote Room
Celebration of New Lives Reception	12:30 p.m., Center Room
UU the Vote Postcard Writing	12:45 p.m., DeCramer Room

Monday, October 5

Between Heaven & Earth Embodied Practice	Noon, Foote Room
Men's Retirement Circle	1:00 p.m., Robbins Parlor
Racial Justice Team Meeting	3:00 p.m., Ames Chapel
Circle of Peace	5:00 p.m., Parish Hall

Tuesday, October 6

Wellspring Wednesday Baking	9:00 a.m., Kitchen
Wellspring Wednesday Dinner Prep	4:00 p.m., Kitchen
UUJME Meeting	4:00 p.m., DeCramer Room
Unity Sangha Practice	4:30 p.m., Ames Chapel
Outreach Teams Book Discussion	6:30 p.m., Robbins Parlor
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, October 7

Men's Coffee Group	10:00 a.m., Center Room
Wellspring Wednesday Dinner Prep	3:00 p.m., Kitchen
Summit Hill Alanon	5:00 p.m., Science Room
Wellspring Wednesday Dinner	5:45 p.m., Parish Hall
Multigenerational Chapel Service	6:40 p.m., Ames Chapel
Partner Church Pilgrimage Reflection	7:10 p.m., Parish Hall
Alexander Technique: Mind + Body	7:10 p.m., Foote Room
R.E. New Family Orientation	7:10 p.m., Gannett Room
Young Adults Group	7:10 p.m., Center Room

Thursday, October 8

Women in Retirement	1:00 p.m., Center Room
Fresh Air AA	6:30 p.m., Gannett Room
A New Look at the Bible	7:00 p.m., Zoom
Unity Choir Rehearsal	7:30 p.m., Parish Hall

Saturday, October 10

Board of Trustees	9:00 a.m., Anderson Library
Household Goods Collection	9:00 a.m., Holly Street Parking Lot
Threshold Choir Rehearsal	10:00 a.m., Ames Chapel

Child Care Exchange

Unity Church affirms that "there are no other people's children," but it sure can be difficult to build a "village" for raising children. If you have young or school-aged children and could use some assistance adding to your network of support for your family, consider signing up for a child care exchange!

Plant-Based Potluck

Friday, October 23 | 6:00 p.m. | Parish Hall

Prepare to be inspired at how tasty and colorful a plant-based meal can be! All are welcome, whether you are a veteran vegan meal planner or just thinking about reducing animal products in your diet. Please bring a plant-based appetizer, entree, side, desert or beverage to share, and a recipe! We support, and learn from, each other on this food journey.

Wellspring Wednesday

A weekly multigenerational church community nourishing right and holy relationship among us and deepening our life of faith grounded in spiritual practice and antiracist multicultural work. Zoom links at unityunitarian.org/wellspring-wednesday.
Dinner: 5:45 p.m.: $12/adults, $5/child (ages 5-12), $3/child (ages 2-4), $30/family
Multigenerational chapel service: 6:45 p.m.
Programs: 7:10 p.m., childcare provided

OCTOBER 7

Dinner: Cabbage and sausage, Brussels sprout-kale slaw, rice, apple cake *Beyond sausage for vegetarians*

Partner Church Pilgrimage Reflection | Parish Hall and Zoom
Whether you have visited our partner church already, are curious about future pilgrimages, or simply want to hear about the trip, join us for stories, pictures, and reflections.

Young Adults Group | Center Room
Unity's Young Adult Group is a fun, reflective group of people working to build multifaith and multicultural community.

Religious Education New Family Orientation | Gannett Room
Email Nelson Moroukian at nelson@unityunitarian.org one week in advance to participate.

Explore Your Mind-Body Connection | Foote Room
Explore how the Alexander Technique harnesses your mind-body connection to help you live more comfortably in your body — and take home practical ideas to use on your own. Any level of experience is welcome. Lauren Hill is an AmSAT-certified teacher of the Alexander Technique.

OCTOBER 14

Dinner: Grilled cheese and tomato soup, snap pea-radish slaw, brown sugar cookies

Navigating Difficult Conversations: Israel and Palestine Parish Hall and Zoom
Ruben Slomianski will lead an examination of the history and nature of conversations about Israel and Palestine. Come explore practices for engaging in these conversations, and for turning your values and aspirations into positive actions.

Lectio Divina: A Spiritual Practice to Feed Your Soul Zoom and Gannett Room
Is it poetry? Is it meditation? It's a bit of both — Lectio Divina! Come experience the alchemy that occurs through focused reflection on an inspirational text. Led by Shelley Butler and Lisa Wersal; facilitated by your own heart.

Moving from Guilt to Activation: Owning Our Racism Session 1 | Ames Chapel
Last year's Beloved Community Staff Team exploration of *The Interconnected Roots of Oppression* taught us how racial capitalism informs political, economic and social systems. *Moving from Guilt to Activation: Owning Our Racism* will help us recognize and reckon with somatic dimensions of our white racist heritage. Circle conversations will be used to listen, share insights, and remain open to transformation.

Somatic Yoga | Foote Room
Experience a gentle, nervous system-informed yoga practice. The class is accessible to anyone comfortable sitting on the floor, and you're encouraged to bring a yoga mat, blanket, or blocks for added comfort. Led by Dr. Tamara Kraft, a somatic psychotherapist and holistic health coach.