

This Week at Unity Church

October 16–22, 2016

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.

Thank you for your financial gifts to Unity Church!

Today, as we celebrate the generosity of this congregation, we are grateful to all who have made pledges for 2017 and 2018! We are only \$200,000 from our 2017 operating budget goal. There is still time to make or increase your pledge! Information and pledge forms are available online at www.unityunitarian.org.

Finding Yourself at Unity: An Inquirers Series • Today!

Today's topic: UU History, Principles, and Sources

Finding Yourself at Unity meets on Sunday mornings from 10:15-11:15 a.m., in the Ames Chapel (just up the staircase from the Parish Hall). Designed for visitors, new members, and inquirers, this eight-week series is offered continuously through the year. It is designed for you to drop in at any time and pick up classes you miss in future rounds of the series. Childcare is available in the nursery.

Elders Circle Group: *The Common Thread*

Tuesday, October 18 • 1:00-2:30 p.m. • Center Room

Join us as we discuss the common thread that runs through our lives. Please bring something that represents this for you, e.g. a poem, an object that you cherish, and/or a picture. All are welcome, refreshments will be provided. Questions? Please contact Jessica Clay 651-228-1456 x109 or jessica@unityunitarian.org.

Volunteer at Q-Quest!

Unity's Rainbow Chalice Alliance is glad to support the 12th Annual Q-Quest event! Q-Quest is a two day event for lesbian, gay, bisexual, transgender, queer and allied youth to enjoy workshops, food, dancing, conversation, and art with other LGBTQA youth. The first day of Q-Quest will be Monday, October 31, for middle school students, and the second day will be Tuesday, November 1, for high school students. Both events are at Coffman Memorial Union on the University of Minnesota Campus (300 Washington Avenue SE, Minneapolis). Volunteers and workshop presenters are needed! Sign-up at to volunteer at: <http://bit.ly/QQ2016Volunteer>. Volunteers will be required to authorize a background check to be completed by October 24. Workshop leaders are still needed and examples of previous workshop subjects include: "The Queer Roots of Punk Rock," "Spirituality and Gender," yoga, and self defense classes. Email Kevin Ely with any questions, presentation ideas/proposals, or to let us know you are volunteering: Kevin.m.ely@gmail.com

Dia del los Muertos Altar

Please bring pictures and other tokens of those you've loved and lost for the Dia de los Muertos altar that will be set up just outside of the sanctuary doors on Sunday, October 30.

Film Screening: *Poverty, Inc.*

Fighting Poverty is big business. But who profits the most?

Wednesday, November 2 • 7:10-9:00 p.m. • Unity Church

Does Western aid alleviate or exacerbate poverty? What is the effect of donated food and clothing on local economies? How does Mano a Mano's approach differ from that of organizations featured in the film? Join the Mano a Mano Community Outreach Ministry Team to watch and discuss this award-winning documentary.

Flowers for Worship

If you would like to provide flowers for Sunday worship, contact Martha Tilton at 651-228-1456 x105 or martha@unityunitarian.org.

Help Provide a Meal for Jeremiah Program Families

Help cook a meal at The Jeremiah Program (932 Concordia Avenue, St. Paul), a residence and education program for single moms and their children. Meals are provided before evening classes and Unity Church volunteers are needed to help with preparation on the following dates: Thursday, November 3; Thursday, December 15; Tuesday, January 24; Thursday, February 16; Tuesday, March 21; Thursday, April 20. To volunteer contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

Save the date! Annual Meeting of the Congregation

Saturday, November 19, 10:00 a.m., Sanctuary

This Week in Religious Education

Boston Pilgrimage for our 11th grade youth is October 19-24. Please keep our pilgrim youth in your prayers as they make this annual pilgrimage deeper into their UU heritage and identity.

NO R.E. classes next Sunday, October 23 (MEA fall break). So please use next Sunday as an opportunity to experience worship together with your children in the Sanctuary, or have children (typically grades 1-5) join in community activities downstairs. All classes resume October 30.

Spirit Play (ages 3-6): Children in Spirit Play today hear the story of the Buddha and the Mustard Seed. How do we live with suffering? Is there medicine for loss and grief? How do we help one another when we are hurting? Please wonder together with your children about their sacred play experience.

Rotations (grades 1-6): Children first begin in worship, either upstairs in the Ames Chapel (9:00/4:30) or in the Sanctuary (11:00), with their friends and Journey Guides. Then in classrooms downstairs, they continue their journey as a community of faith, exploring "God is one." Take a moment to say hello and get to know your child's Journey Guide for this semester.

Junior High (grades 6-8): Youth continue with their classes today, learning together in community through four courses offered this year: Religions of Star Trek (OWL room), Hebrew Bible (Jr. High classroom), UU History & Identity (Jr. High classroom), and High Feasts & Holy Days (Robbins Parlor).

Tweens (grades 5-7) No meeting on Wednesday, October 19 (MEA fall break). Tween group will resume October 26 from 7:15-8:30 p.m.

Our Whole Lives is a signature sexuality and spirituality program typically for grades 8-9. Youth do NOT meet this Wednesday, October 19 (MEA fall break) but resume classes October 26 on the topic "Body Image."

Coming of Age is our signature program, typically for 9th graders, as they prepare to assume greater religious responsibility and stewardship of their ongoing adult faith journey. Class meets today with mentors at 3:30 p.m., to conclude the topic of "Being Human and Alive" and attend worship together.

Tower Club: High school youth meet this morning at First Unitarian Society, as the first of several scheduled visits to deepen community with UU youth in the greater Twin Cities area. There is NO gathering tonight. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith.

This Week at Unity Church

Sunday, October 16

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

Monday, October 17

Men's Retirement Group	1:00 p.m., Gannett Room
Unity's Affordable Housing Team	6:00 p.m., Gannett Room

Tuesday, October 18

Elders Circle	1:00 p.m., Center Room
Sangha Meditation Group	5:30 p.m., Ames Chapel
Living with Grief Group	7:00 p.m., Gannett Room
Unity Singers Rehearsal	7:30 p.m., Foote Room

Wednesday, October 19

Wellspring Wednesday	See box below
Board of Trustees	7:15 p.m., Robbins Parlor

Thursday, October 20

Pastoral Care Team	9:00 a.m., Anderson Library
Caregiver's Support Group	Noon, Anderson Library
Racial and Restorative Justice Team	6:00 p.m., Robbins Parlor
Unity Choir Rehearsal	7:30 p.m., Parish Hall

Friday, October 21

Memorial Service for Mary Barrett	4:00 p.m., Ames Chapel
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Saturday, October 22

Evergreen Quilters	10:00 a.m., Foote Room
Kung Fu	10:00 a.m., Body Room

Wellspring Wednesday: October 19

6:00 p.m. Dinner: *Tater Tot Hot Dish (We'll make a hearty creamy version and a healthy light version.)* Vegan, vegetarian, GF options 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

Open Page Writing Session: Forgiveness as a Lifelong Path

Free; RSVP required to karen@unityunitarian.org

"Forgiveness is not an occasional act; it is a constant attitude," said Martin Luther King, Jr. An evening of reflection on the challenges and the power of forgiveness. Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are opportunities to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary.

Yoga Movement and Mindfulness: Review of the Namas

This week we'll recap our practices of the previous weeks: Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha, and explore the intersection of all. We'll practice breath work (Pranayama), movement (Asana), symbolic hand gestures (Mudra), sacred messages (Mantra) and resting the mind (Meditation).

Textile Arts

Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch for an evening of fellowship and service. All ages and levels of experience are welcome!

Learn and Play Go: A Chinese Board Game

Bible Study will not meet this week but resumes October 26.

UU Pilgrimage (closed)

No Tween Group: MEA Fall Break

Sunday Worship, October 23: *What We Owe the World*

9:00 a.m. • 11:00 a.m. • 4:30 p.m.

Rev. Rob Eller-Isaacs and worship associate Grant Wacker

Sooner rather than later our nation needs to recognize the need for reparations. Generations of racial disparity and centuries of systemic injustice call for more than a public apology. It's time for some real money to change hands. Musician: Kathy Kraulik, 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. The October 9 offering totals for Mission Haiti, Inc. will be reported in the October 23 edition of *This Week at Unity*. Information about today's offering recipient, Today, in celebration of Unity's Generosity Ministry's 10th anniversary, we will have a reverse offering. On Sunday, October 23, the offering recipient is MORE.

Community Cleanup with Unity's Sustainable Living Team

We are taking action in our neighborhoods! Join with us in cleaning up a valuable wildlife corridor on St. Paul's East Side! This is a wonderful opportunity for people to help take care of our urban spaces and perhaps make some new friends along the way. The cleanup will take place on Saturday, November 5, from 1:00-3:00 p.m. Come by the table in Parish Hall for more information. Due to the election, the Sustainable Living Team's next monthly meeting will be held on Monday, November 7, from 7:00-8:30 p.m., in the Gannett Room.

Seeking Guitarist for Wellspring Wednesday Yoga

Wednesday, October 26, will be Andrew Lee-Mangan's last week to play guitar during Wellspring Wednesday yoga. We will miss him and wish him well during his year as an au pair in Germany. We would love to have someone take his place, at least until Wellspring Wednesday breaks for the holidays. Yoga is 7:15 - 8:15 p.m. during Wellspring Wednesday. We'd love someone to play gentle, acoustic music during our meditation and movement. This is a wonderful volunteer opportunity. Interested? Please contact Elen Bahr at elen@everyyogi.com.

Kung Fu at Unity Church

Unity's UU Kung Fu practice group, *The House of the Upright Ox*, approaches martial arts as spiritual practice focused on resolving conflict on multiple levels. *Hung Gar* Kung Fu is a Chinese martial art which emulates the moment and disposition of the Tiger, Snake, Crane, Dragon, and Leopard. Practice is led by Unity Church member Bryan Kujawski who has been practicing and teaching martial arts for many years. This free class meets on Saturday mornings in the Body Room from 10:00 a.m.-noon, and is for any level of experience, ages 16-106. You can simply show up!

Speak Peace in a World of Conflict

Unity Church is pleased to be sponsoring and hosting a one-and-a-half-day workshop called, "Speaking and Listening from the Heart: Words that Can Change Your World" based on the practice of Compassionate-Nonviolent Communication. The event will be held on Friday evening, November 18, and all day Saturday, November 19. The leader is Jeff Brown, a certified trainer with the Center for Nonviolent Communication. You will learn how to exchange information with others to prevent violence, increase civility, and discover strategies that contribute to lasting peace among individuals, organizations, and nations. To learn more, visit www.speakpeacetwincities.org or contact the local organizer, Dave Casey at davecasey53@gmail.com.