

This Week at Unity Church

October 23–29, 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!

Thank you to everyone who has pledged for 2017 and 2018! We are only \$115,000 from our 2017 operating budget goal. If you haven't pledged yet, please do so today! Information and pledge forms are available online at www.unityunitarian.org.

Finding Yourself at Unity: An Inquirers Series • Today!

Today's topic: Pastoral Care

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.

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.

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

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 volunteers are needed to help with preparation on these dates: Thursday, November 3; Thursday, December 15; Tuesday, January 24; Thursday, February 16; Tuesday, March 21; Thursday, April 20. Contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

Prior Crossing Grand Opening

You are invited to attend the Grand Opening of Prior Crossing, a 44 apartment facility for youth who have experienced homelessness, on Sunday, November 6, from 12:30–2:30 p.m. Unity Church has been supporting this initiative of Beacon Interfaith Housing Collaborative through financial support and donations. There will be a short program at 1:00 p.m. The address is 1949 University Avenue, Saint Paul. RSVP online at www.beaconinterfaith.org/events/grand-opening-prior-crossing.

Finding and Keeping Our Balance

Recovering from a Harsh Election Season

Wednesday, November 9 • 10:00 a.m.-Noon

After a challenging election of so many hurtful words and deeds, you are invited to a post-election gathering of meditation and movement to restore your balance and good energy. Led by Tai Ji teacher and artist Lisa Schlingerman, the two-hour session the day after the elections will include meditation, Tai Ji, and Qigong. It is open to people with and without experience in Tai Ji. The physical movements are gentle and safe for people of all ages. If you'd like to restore a healthy energy flow after the elections, please join us! A free will offering will be collected. To attend, please send an email to karen@unityunitarian.org.

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.

Save the date! Annual Meeting of the Congregation

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

Come early for a pancake breakfast at 8:30 a.m.

At this meeting, the Board will report to the congregation, present the operating budget for 2017, and ask the congregation to elect three new trustees. Watch for your annual meeting packet to arrive via email or USPS. All are welcome! Childcare will be provided.

If you would like to learn more about the proposed 2017 budget, please attend the budget information session on Sunday, November 13, at 10:15 a.m., in the DeCramer Room.

This Week in Religious Education

There are no R.E. classes today (MEA fall break). Children are invited to worship together with their family in the Sanctuary, or join in activities downstairs. Classes resume October 30.

Tweens (grades 5-7) Tween group will meet on October 26 from 7:15-8:30 p.m.

Our Whole Lives is a signature sexuality and spirituality program typically for grades 8-9. Topic for October 26: Body Image.

This Week at Unity Church

Sunday, October 23

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| Afterthoughts | 10:15 a.m., Gannett 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 24

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| Men's Retirement Group | 1:00 p.m., Gannett Room |
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Tuesday, October 25

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| Sangha Meditation Group | 5:30 p.m., Ames Chapel |
| Young Adult Potluck | 6:30 p.m., Center Room |
| Unity Singers Rehearsal | 7:30 p.m., Foote Room |

Wednesday, October 26

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| Wellspring Wednesday | See box below |
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Thursday, October 27

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| Unity Choir Rehearsal | 7:30 p.m., Parish Hall |
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Saturday, October 29

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| Kung Fu | 10:00 a.m., Body Room |
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Wellspring Wednesday: October 26

6:00 p.m. Dinner: *Clam chowder and corn chowder with biscuits. 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

We're in America Now: A Survivor's Stories

A reading with Fred Amram

Fred Amram, an award winning storyteller, reads and tells bitter-sweet stories of life in Nazi Germany and then coming to a new country with a new language and culture. His new memoir begins with the author's birth during the rise of Hitler in 1930s Germany and tells the universal story of a sometimes naughty boy growing up with the shadow of the Holocaust always at his side. Copies of his new book will be available for purchase and signing. *Fred Amram is a retired University of Minnesota professor of communication and creativity. He spent his early years in Hannover, Germany, where he experienced the Holocaust from its inception.*

Calling all Unity Ukesters!

Come join us once a month for a laid back time of jammin' on your ukulele. Beginners to pros, ages 8-120 welcome! Show up with your uke, copies of music you wish to share, an open mind, and a sense of humor.

Yoga Movement and Mindfulness: Saucha

We'll start our study of the Niyamas (observances) with Saucha, which means cleanliness. Saucha means cleanliness of body, mind, spirit and surroundings, all helping to direct us towards a pure and positive life. Our meditation this week will include the practice of Trataka (candle gazing) to focus our attention and bring our minds to a place of pure calm.

Bible Study

UU Pilgrimage (closed)

Learn and Play Go: A Chinese Game

Tween Group (grades 5-7)

Sunday Worship, October 30: *What Happens Next?*

9:00 a.m. • 11:00 a.m. • 4:30 p.m.

To move in the world in a state of forgiveness requires patience, perseverance, and equanimity. Join Hallman Ministerial Intern Jessica Clay and worship associate Kevin Ward as we explore ways that forgiveness practices can be empowering and life giving for the important work of being our full authentic selves. 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. Musicians at 9:00/11:00: Women's Ensemble; Nick Raths, guitar. Musicians at 4:30: Unity Singers.

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 October 9, \$3667.07 was collected in the Sunday offering. A donation of \$2566.95 will be given to Mission Haiti, Inc. Information about today's offering recipient, MORE, is available in your order of worship. On Sunday, October 30, the offering recipient is Will's Education Opportunity Fund.

On October 16 we celebrated the ten year tradition of giving away the Sunday offering by holding a "reverse offering." Everyone who came to church that Sunday received an envelope from the offering basket with \$20 in it. The requirement? Go out and bless the world by sharing the \$20, and then tell us the story of what you did with the money. The stories are coming in and gifts are being made to organizations including Kiva, the Carter Center, Hallie Q. Brown, suicide prevention organizations, and more! If you haven't yet shared your story, please send it to us via email at unity@unityunitarian.org or share it on social media with #reverseoffering. We will compile all the stories and share them with the congregation after November 13.

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.

Thanksgiving Gatherings

Thanksgiving is a time for us to gather with friends and family for a meal and companionship. Over the past years, many Unity Church families have been hosts and guests. Some lasting friendships have been forged. If you have space at your table for a guest or two or four, or you wish to be a guest of a Unity family, please contact Anna Newton by November 15 with your name(s), phone and email, and how many people you will host/bring. Anna's contact info: 651-295-1524, asnewton3@gmail.com.

Rest for the Journey: Black Friday at Church

Feeding the Spirit on the Feast Day of Consumption

Friday, November 25 • 10:00 a.m. • Sanctuary

The holiday season is an emotionally-filled roller coaster of busyness and consumption. Come join Jessica Clay and Nic Cable for Unity Church's ninth annual *Black Friday at Church* service, a time of rest and serenity, as we appreciate the blessing of simply being together in community.