

## Transformation/Resurrection

Each month worship, religious education, community outreach ministry, covenant groups and Wellspring Wednesday programs will offer opportunities to contemplate, consider, contend with and discuss an intergenerational curriculum based on monthly themes. Our hope is that this approach will bind us more closely together and inform our lives in effective and positive ways. April's theme is... Transformation/Resurrection

Forty to one. That's the ratio of sap to maple syrup in the long, slow process of creating the amber sweetness my family used to boil and bottle every spring. It's a ratio that tells you something about the time and determination required to make syrup but gives no hint of the longer arc of transformation that makes it possible. It offers no nod to the long summer days when maple leaves drink in the dulcitude of sunlight, absorbing it in every fiber. It makes no mention of the way that sweetness seeps into the sap and then settles into a deep winter's sleep in the dark interior of trunk and root. It pays no homage to the early spring days when strengthened sunbeams again charm the sap back up into the branches and crown.

The tree makes its sweetness all year long. We humans show up for a month in the spring to tap it and make a lot of noise about the effort of hauling sap to the fire and the time invested in round-the-clock boiling to reduce it, 40 to 1.

Transformation is like that. We make it out as requiring such great effort – or such unspeakable miracle – that it can seem rare or unattainable even while it's happening all around us and within us. But as every child and parent knows, transformation is as common as a growth chart taped to the wall and marked with a new line every month. Even as adults, we replace our skin cells every 35 days and our blood every 120. In ways both literal and figurative, I am *not* the same person I was just a year ago.

Transformation, generally speaking, is also neutral. Despite the hint of heresy this carries in a culture enamored by progress and its onward and upward

mythology, not all transformation is desirable. Nor does it deem what's been left behind as necessarily less worthy. Even the youngest botanist knows better than that. For the blossom passes no judgment on the seed; and the fruit claims no airs over the blossom.

Still, transformation of the particularly positive kind – the change in heart, mind and character known as *metanoia* – does not usually occur by happenstance. Sometimes requiring more patience and persistence than even maple syrup, *metanoia* is the work of religion. It arises from our ancient human hunger for the transformative powers of love and community, of beauty and truth. In progressive religion, this is not only about seeking personal *metanoia* but also the long, slow turning of the world itself toward justice and toward peace.

Can this really come to pass? Will justice ever roll down like waters? Will we find our way to right relationship in our personal lives, in our neighborhoods, and in our world? Many days, it seems the odds are against us, stacked much higher than 40 to 1. But if it sounds like too much effort or like something requiring miracles too hard to believe in, our congregations teach us otherwise. For whenever we gather in a community of faith such as this one, we are powerfully blessed by what our religious ancestors in New England called an assembly of "visible saints." It is a sainthood in which each of us presents to one another visible, tangible evidence of the transformative power of faith moving in our lives today. And when we together act upon our faith, within our church or beyond it, we are also making visible the world's own transformative turning.

This is the work of congregational life – to create and provide a real time and place in this world that opens our awareness of the world as it might be. It awakens us to the transformation already taking place within us and around us and strengthens our patience and determination to bring that transformation to fruition in the larger world. For as the maple tree invisibly produces sweetness within the fibers of its being, the world carries its own inner inclination toward justice and peace. May we then be willing to show up and do the work of tapping.

Karen Hering  
Consulting Literary Minister

### Coming of Age!

Saturday-Sunday, April 24-25

Turn to page 5 for details.



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# JUST WORDS

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## Just Words

I have always said that if you wanted proof for the efficacy of our liberal faith all you had to do was to spend time with our “luminous” elders. They are amazing people who have struggled to meet the challenges of their lives. They demonstrate what living lives of integrity, service and joy can look like. They have much to teach us.

For the past month I have spent most of my time caring for my parents in California. It has been a rich and deeply rewarding time, not without its challenges. My father was ready to die and when the doctor told him there wasn't much more he could do for him, he entered hospice. He was ready to die because he has been living with excruciating pain for almost thirty years and his weakened heart meant that he was not able to be active any longer. The week he retired from serving the Environmental Protection Agency he was diagnosed with arthritis of the spine, a condition that meant steady decline that would eventually become debilitating. Because of the pain he suffered, he had to greet each day with will, purpose and fortitude. That willful spirit became habitual for him. He summoned something essential to meet each day with increasing graciousness and generosity. This stance was not as easy to turn off as he had thought it would be. He didn't know how else to be in the world but by engaging fully with it from his seat on the couch—reading the paper from cover to cover, listening and watching the news, interacting with friends and family. He had to learn a whole new way of being in order to let go of life. He did learn it and finally let go of life with grace and serenity.

I tell you about my father because the theme that was woven throughout his memorial service was his capacity for personal growth and his devotion to the natural world and this liberal faith of ours. My father was a brilliant man who did not access his feelings easily. He was not an easy person to have as a parent as we were growing up. But as his physical heart failed, his emotional heart blossomed. He let love transform his life. He became more open and accessible. He shared deeply of himself with friends and family. He told my brother that his only regret in life was not learning to love earlier and that learning to love more visibly and generously made his final years the sweetest by far.

People came through the line at his memorial service saying that they were leaving feeling full of hope, certain that transformative growth is available to everyone. I saw this in the life of my father. I see it in the lives of our elders. Life holds many lessons of the heart and mind. If we are open to the lessons, our lives can be transformed. It is a small miracle to which I testify today.

Our liberal faith provides the structure for personal exploration, for deep reflection and contemplation. It doesn't provide easy answers, but does provide a gracious foundation in which to grow in spirit and generosity.

I was able to take the time away because of the superb staff that serves this congregation. People covered for me at real sacrifice to their own schedules. I will be eternally grateful for the gift of being able to be present to my father as he turned from this life toward the next. It is good to be home.

— *Janne Eller-Isaacs*

## The Wheel of Life

### In Celebration

**Rose Gee-Wai Lau**

born January 19, 2010

daughter of

Richard and Heather Lau

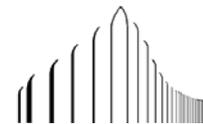
### In Memoriam

**Clyde Eller**

February 4, 1921– February 26, 2010

**William "Billy" Bergstedt**

May 12, 1947 – March 13, 2010



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Unity Church–Unitarian

732 Holly Avenue

Saint Paul, Minnesota 55104

651-228-1456 • fax: 651-228-0927

[www.unityunitarian.org](http://www.unityunitarian.org)

[unity@unityunitarian.org](mailto:unity@unityunitarian.org)

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# APRIL WORSHIP INFORMATION / OFFERING RECIPIENT

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Sunday services are held at 9:00 and 11:00 a.m. and 4:30 p.m. except where noted.  
Sermon podcasts and archives are available online at [www.unityunitarian.org](http://www.unityunitarian.org).

## Worship Calendar

### April 4: *Practice Resurrection*

Our April series of "Transformation" begins, appropriately, on Easter Sunday as the ministers are joined by Director of Religious Education Kerri Meyer as we offer an Easter service for the whole church family. We will tell the old strong story of the one who died as a man and rose again as a community and recognize again how all of nature wakes with the Spring.

### April 11: *Transforming the Church* — Lissa Gundlach

From the days of the Pilgrims and Puritans, our free-church tradition has been shaped and transformed by history, maintaining its core message while responding to the social and spiritual signs of the times. Taking a look back into our past, Lissa Gundlach and Worship Associate Amy Kujawski will explore directions of our shared faith in a quickly changing world.

### April 18: *Willing to be Changed by What We've Started*

#### — Rob Eller-Isaacs

We are transformed by forces outside ourselves but we can welcome or resist those forces. Rob Eller-Isaacs and Worship Associate Steve Harper offer a theology of transformation. The service will include a collage of voices from Unity members who have thought deeply about these matters.

### April 25: *What I Wish For You*

#### — Janne Eller-Isaacs

Some of life's important rites of passage come to us as a matter of chronological growth, development and an increasing ability to assume responsibility. Other transformations come to us much more subtly without fanfare. This Sunday we will celebrate those youth who have come of age at Unity this year and those transformations in life that are available to all of us.

## Offering Recipients

Each Sunday, thirty percent of the offering goes to support the Community Outreach Ministry at Unity Church and seventy percent is given to the chosen community non-profit recipients. **Please make checks payable to Unity Church.**

### April 4: *Mano a Mano International Partners*

Co-founded in 1994 by longtime Unity Church members Segundo and Joan Velasquez, Mano a Mano International Partners is dedicated to improving health and economic well-being in rural Bolivia where subsistence farmers live on less than one dollar a day. Mano a Mano built its 100th community health clinic last summer thus making health care available to over 750,000 of Bolivia's rural poor. Mano a Mano International also constructs schools, roads and water reservoirs in partnership with residents of these areas. Its programs have led to dramatic reductions in maternal and infant mortality and to doubling the income of many subsistence farmers. Mano a Mano International Partners is the community partner of the Unity Church Mano a Mano Outreach Ministry Team.

### April 11: *Hallman Ministerial Endowment*

Honor Unity's intern ministers by making a contribution to the Hallman Endowment. The permanent endowment, which provides funding ministerial interns at Unity Church, presently stands at \$185,000. Once the Fund reaches \$500,000 it will generate enough to support the internship. At present the internship, including stipend, health and dental benefits and professional development costs the church approximately \$22,000 a year. Hallman Interns since 2002 include: Jen Crow, Melissa Zeimer, Katie Lawson, Teresa Schwartz, Justin Schroeder, Matt Alspaugh, Leon Dunkley, and Lissa Gundlach.

### April 18: *Amicus*

Amicus is the community outreach partner of the Unity Church Restorative Justice Ministry Team. For over 42 years through innovative programming, Amicus has helped inmates and ex-offenders reshape their lives, reach their goals and make a successful transition from prison into the community. Amicus is also working successfully with girls involved in the juvenile justice system. All of the programs are relationship-based, community-driven, culturally specific and outcome oriented. Longtime Unity Church member Louise Wolfgramm has served as president of Amicus since its beginning and church member Steve Nelson is the Director of Communication. Amicus is needed more than ever these days as ex-offenders look for housing and work in the face of recession. As one recent client said about Amicus, "When I was feeling bad they always reached out for me... they told me to 'hold on'. There's something out there for you."

### April 25: *Discapitados Abriendose Caminos (D.A.C. Family Center)*

D.A.C. is an award winning family center by and for primarily low income Latino parents in the Twin Cities. Since 1995, it is the only non-profit organization dedicated solely to the challenges of disability as faced by Latino families. Throughout the year families gather for educational and support group sessions, participate in individualized problem solving and are accompanied by D.A.C. staff to medical and school appointments to help bridge cultural gaps. Unity members Linda Kjerland (who serves as board chair) and John Blackstone are longtime supporters and volunteers at D.A.C.

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# BOARD OF TRUSTEES / GENERAL ASSEMBLY

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## Board of Trustees

From Barbara Ford, Trustee

Strolling by the Anderson Library on Saturday, March 13, between 9:00 a.m. and 1:00 p.m., you would have noticed a group of people deeply engaged in conversation. Voices questioning, reflecting, and clarifying mixed with laughter as your Board of Trustees met to plan for the future of our beloved church. A group of seven guests from the Silver Spring, Maryland, Unitarian-Universalist Church joined the board to observe Policy Governance in action. Board members grappled with highlights, challenges, and emerging opportunities of financial reports and program ends and outcomes. Governing policy changes were discussed and task forces reported on their work.

And who are these nine trustees who serve faithfully on behalf of our entire community? The board represents a total of approximately 142 years of membership in Unity Church–Unitarian; our ages differ by more than 40 years. Individual members bring a history of involvement in areas of church finance, religious education, the Worship Associate Team, the Anti-Racism Leadership Team, the Welcoming Congregation Ministry Team, covenant groups, the Ministerial Search Team, the Partner Church Team, former building projects, the Generosity Ministry Team, Coming of Age leadership and mentoring, caring ministries, pledge drives, men's programming, Wellspring Wednesdays, summer sermons, and the children's musical. Two of our present board members have served as trustees in the past. In the wider community, trustees have wide experience in business, non-profit administration, law, research, education, environmental sustainability, corporate management, technology, and psychology. These rich backgrounds engender diverse perspectives and guide us as we work to balance honoring the past with focusing on the future. Our discussions and decision-making are complex and stimulating.

As we envision the future of Unity Church–Unitarian with eager anticipation, we look forward to meeting each of you at one of the sessions in April offered by the *Unity Tomorrow* group. All of our voices are needed in the conversation about our future. We'll see you there!

## 2010 General Assembly

The General Assembly of the Unitarian Universalist Association of Congregations will be held at the Minneapolis Convention Center from June 23 – 27, 2010. The location provides many opportunities for Twin Cities UUs to participate, and for the larger UU community to experience our lovely home.

- We have 18 delegate seats at this year's General Assembly. Being a delegate offers you the opportunity to vote at plenary sessions. You must be a voting member of Unity Church which means that you have signed our membership book and made a financial pledge in the current year. If you are interested in being a delegate, please contact Barbara Hubbard at the church office.
- Ruth Palmer, our Director of Music Ministries, will be the General Assembly Choir Director.
- UUs Out for Marriage has convened a panel on marriage equality, "Beyond 'Duh!': UU Youth Speak On Marriage Equality" to present a workshop at GA. One of our Love Bus families (the Redfern-Halls) will be on the panel. This Minnesota UU Social Justice Alliance (MUUSJA) workshop will be on Thursday, June 24, at 1:00 pm.
- Kerri Meyer, Unity's Director of Religious Education, in collaboration with Mary Jo Nikolai, Mike Huber, Elizabeth Giffin and Ruth MacKenzie, is leading the Multigenerational Worship service at General Assembly on Friday, June 26, at 7:45 a.m.
- The Service of the Living Tradition is open to the general public on Friday evening, June 26.
- General Assembly coincides with Pride, the annual BGLT celebration in Minneapolis. On Saturday the 27th at the noon Rally/Public Witness, the theme will be Standing on the Side of Love. UUA President Peter Morales will be one of many speakers. On Sunday the 28th at 11:00 a.m., Twin Cities Pride Parade will step off. There is a goal of having 500 UU's march with the float (organized by First Unitarian Society). Watch for further information from our Interweave Team.

Further information can be found on the UUA's website at [www.uua.org/events/general-assembly](http://www.uua.org/events/general-assembly).

## Unity Tomorrow Congregational Workshops

You are invited to attend a workshop to explore three possible scenarios for facilities appropriate to the needs of Unity Church and the community. Those attending can anticipate an engaging conversation aimed at illuminating a future vision for the church facilities. Everyone is encouraged to attend. No need to sign up, just show up. All workshops will be held at Unity Church.

**Wednesday, April 14 • 7:00–8:30 p.m.**

**Saturday, April 24 • 10:00–11:30 a.m.**

**Sunday, April 18 • 2:30–4:00 p.m.**

**Saturday, April 24 • 1:00–2:30 p.m.**

# HALLMAN INTERN / COMING OF AGE



## From Lissa Gundlach Hallman Ministerial Intern

On the church pilgrimage to New Orleans, I was lucky enough to meet up with an old friend of mine who had moved to the city in August, just when I moved here to St. Paul. We realized it had been many years since we'd seen each other, too many, though our reunion was easy and warm as it is with my chosen family. After initial catching up, there was a pause in our gleeful exchange.

"You seem changed," I said to him. And he did. His quick laughter and relaxed body in his new city seemed to make him more content and less restless. He was more "himself," comfortable in his own skin. My comment seemed to make him even more at ease. "I'm glad we can talk about the changes," he said, "It's sometimes hard to talk about, and you wonder if people notice. You too."

"How have I changed?" I asked. "You have a sense of calm, of purpose. Less insecure, less angry. You are doing the right work." I smiled and he smiled back. "I missed your laugh," he said. "It's one of my favorites."

It was a moment of mutual witnessing to each other's transformation. For both my friend and me, our journeys have both been long in moving toward doing what we love— he in academia, and me in ministry. It's amazing for me to see what comes alive inside of a person as they grow into their passions in life. For both of us, moving to new cities had allowed us to experiment and take risks with our lives. It meant changing the course of our lives and pushing ourselves far beyond our expectations of our own capabilities.

Staying in touch with friends on this journey helps me to see how I have indeed changed and transformed, spiritually and emotionally, especially in this year. The generous feedback and loving embrace of the Unity Church community has encouraged me in my own spiritual and professional transformation as I step into the role of minister. This year has been incredibly humbling—perhaps the most meaningful and joyful year of work I've ever experienced.

In one story from our free-church tradition's history, our Puritan Congregationalist ancestors left their own homeland of England in hopes of creating a new purified Anglican church on American soil. After a few years living in community bound together in a covenant of love and fellowship they began to define what made their spiritual collective of reformers and believers a church.

What emerged as a central purpose of the church was to encourage each other's spiritual deepening, and witness to each other's spiritual transformation as "visible saints." They believed that one could not transform alone, and needed the moral encouragement, support, and discernment of the church community. While we are not a community of visible saints, nor do we scrutinize and judge one another's spiritual fitness, the spirit of this practice of church resonates with me still today.

A favorite seminary professor of mine, Ann Ulanov, would say that the fruit of a successful spiritual life is becoming a more loving, peaceful, and kind person in the world. "It's how we know our spiritual lives are working," she would say. We need one another to witness to this transformation in our lives. Are we becoming more loving, less angry and kinder to all beings? Are we transforming our lives and our world?

We need one another to help us along our journeys, to witness to each other as we change and to name it, even when we stumble and especially when we shine. We come to church to mutually witness to each other's transformation. Just as we name spring with each bud on a tree, each bright breast of the robin and each bright green garden shoot, so can we name each moment of transformation in one another as the seasons of our lives unfold together. *All the blessings of the springtime to you!*

## Coming of Age!

Saturday-Sunday, April 24-25

All are invited to celebrate a rite of passage for Unity Church youth at the Coming of Age Ceremony, Saturday, April 24, at 6:00 p.m. in the Sanctuary.

Come and join us for a service of ritual, reading and song as Coming of Age youth share their "credos" and we mark this life transition as a community.

Sunday, April 25, is Coming of Age Sunday, and that will be the focus of the 4:30 service.

Please join us for any or all of these wonderful celebrations!



UNITARIAN UNIVERSALIST  
ASSOCIATION  
OF  
CONGREGATIONS



**GENERAL  
ASSEMBLY**

MINNEAPOLIS, MN  
JUNE 23-27

**2010**

# COMMUNITY / FELLOWSHIP / LEARNING

## Guided Meditation in Ames Chapel

Ongoing Tuesday Evenings • 5:30–6:30 p.m.

Buddhist meditation is a centuries old spiritual practice that can bring greater awareness, clarity and peace to our lives. Join Lissa Gundlach for a weekly guided meditation in the Ames Chapel. Each week we will briefly listen to teachings, practice sitting and walking meditation and support one another in our developing practice. Come every week or drop in. All ages and levels of experience welcome.

## Ames Chapel Open for Spiritual Practices

Ames Chapel will be open specifically for self-directed spiritual practices: silent sitting or walking meditation, contemplation, prayer or writing. Come find sanctuary during the week in the peace and beauty of Ames Chapel.

- Wednesday mornings • 7:30–9:00 a.m.
- Wednesday Evenings • 5:00–6:00 p.m.
- Friday mornings • 7:30–9:00 a.m.
- Friday afternoons • 1:00–2:30 p.m.

## Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA)

### Spring General Meeting

Featured Speaker: Dane Smith, President, Growth & Justice

Sunday, April 11 • 1:00 – 2:30 p.m. • Minnesota Valley UU Fellowship

Dane will share with MUUSJA and friends his message "We All Do Better When We ALL Do Better: Bill Gates, Paul Wellstone and the Communitarian Imperative." The work of Growth & Justice focuses on the social justice that naturally flows from increased access for all to economic opportunity. After his presentation there will be time for audience Q & A. For more information visit [www.muusja.org](http://www.muusja.org) or call Ralph at 612-998-6624.

## Elders Circle Group

Thursday, April 15 • 1:00-2:30 p.m.

The Elders Circle Group meets each month for fellowship, conversation and friendly community connections. The group is always welcome to newcomers as well as regular participants. Join Hallman Intern Lissa Gundlach for poetry, fellowship and conversation about our lives and this month's worship theme, *Transformation*. Please call Lissa if you need transportation.

## Caregivers Group

Thursday, April 15 • Third Thursday of every month • Noon–2:00 p.m.

Are you a part-time or full-time caretaker of loved ones in your life? Do you need support in order to sustain the care you are giving? Join Rev. Janne Eller-Isaacs and Pastoral Care Team member Cynthia Orange for an informal support group for caregivers. Contact Janne Eller-Isaacs if you would like to participate in this group.

## Beyond Our Walls • Save The Date(s)!

Saturday, June 12, or Saturday June 19 • 8:30 a.m. to noon

Get to know our neighbors to the north! The "Beyond Our Walls" tour will make key stops for rich opportunities to explore and engage with Frogtown and Summit/University neighborhoods. It tentatively includes breakfast at another church, talks with community leaders, artists, urban gardeners, housing advocates, health workers, and more. Details to come; tickets will be available in May.

## Pancake Breakfast

Saturday, April 10 • 8:30–10:00 a.m.

You'll enjoy local sausage, OJ, and all you can eat pancakes!

**Bring a friend!** Cost: \$3 per person or \$10 per family.



## April Group Meetings

All are invited to attend the following groups. For more information, contact the Church Office or the persons listed with each group.

### Men's Retirement Group

Monday, April 5 and 19

1:00-3:00 p.m.

Contact: Phil Morton, 952-934-3578

### Unity Singles Group

Watch *This Week at Unity* for events.

Contact: Bonnie Reiland at [bonniereiland@aol.com](mailto:bonniereiland@aol.com)

### A New Look at the Bible

First Thursday of the month • 7:00 p.m.

Contact: Paul Gade, 651-771-7528

### Afterthoughts

Every Sunday after the 9:00 a.m. service

Contact: Paul Gade, 651-771-7528

### Unitots!

A playgroup for families with kids through preschool age

Every Friday • 9:30 a.m.

Contact: Michelle Hill, 651-264-0884

### Grandparent Unitots!

A playgroup for grandparents and their grandkids

Every Monday • 9:30 a.m.

Contact: Sue Conner, 651-646-6667

### Unity Bridge Club

First Friday of the month • 7:00 p.m.

Contact: Mary Barrett, 651-225-9708

### Evergreen Quilt Group

Contact: Peggy Wright at 651-698-2760

### Unity Book Club

Tuesday, April 13 • 7:00 p.m.

Open to everyone!

### Job Transition Networking Group

Every Monday • 9:30 a.m.

Contact: Wendy Frieze at [wendyfrieze@mac.com](mailto:wendyfrieze@mac.com)

# LITERARY MINISTRY / UNITY LIBRARIES

## OPEN PAGE

### reflecting with pens in hand

These guided writing sessions, led by Consulting Literary Minister Karen Hering, are invitations to the creative spirit, opportunities to correspond with “the still, small voice within.” No writing experience necessary; only an empty page and an open heart and mind. Individual programs, unless otherwise noted, are free and do not require pre-registration. Additional writing programs at other Twin Cities locations are listed on-line.

### But I’m really not a writer . . . .

Some of you have asked me whether these writing sessions are just for writers, so I want to encourage any of you who are interested to attend an OPEN PAGE session in the future. Each session stands alone, accessible to first-time visitors as well as those who have come before. Each session is designed for writers and nonwriters alike. Here’s how participants have described them: “So thoughtful and thought-provoking. Really valuable. I loved the surprising outcomes.” “Terrific – accessible, great for all levels of writing skill.” “It enriched my experience of living and writing.” “Very calming, focusing, joyful.” “It put me in touch with a voice of encouragement.”

If you’ve been interested in attending an OPEN PAGE session, I hope you’ll join us. — Karen Hering

### OPEN PAGE Writing Session

Sunday, April 11 • 2:00–4:00 p.m.

#### Reflection Topic: *Hope*

“Hope is not merely an emotion that comes and goes,” says writer Mary McDermott Shideler. “It is a virtue, resulting from a conscious, deliberate choice and long practice.” Where do we find hope in the world today, and how might we choose it and practice it? This writing session explores the nature of hope and how we can cultivate it. Free. No registration required.

### On-line literary resources

For more information about the *Faithful Words* literary ministry and additional writing programs offered in other locations, visit [www.unityunitarian.org/WritingMinistry](http://www.unityunitarian.org/WritingMinistry). Meditations offered on each month’s worship theme are also available on-line at [www.unityunitarian.org/MonthlyThemeResources](http://www.unityunitarian.org/MonthlyThemeResources). To receive periodic e-mail notifications of upcoming literary programs and invitations for member writings, contact Consulting Literary Minister Karen Hering at [karen@unityunitarian.org](mailto:karen@unityunitarian.org). These programs are supported by a grant from the Fund for Unitarian Universalism and contributions from individual donors.



## What’s New at Unity Libraries?

Anderson Adult Library ♦ Bookstall  
♦ Whitman Children’s Library  
Bookmobile ♦ Cairns Literary Journal

### Special Gift for Children’s Library

Have you ever opened a book from Unity Library and noticed a bookplate inside that reads something like, “In Honor of...” or “In Memory of...” and wondered about the person named there? The Whitman Children’s Library recently received a gift collection of two dozen brand new picture and fiction books for a variety of ages that revolve around the themes of family including adoption, grief and loss. The bookplate inside each book reads, “A Gift to Unity Church, In memory and celebration of the life of Benjamin Cassidy. From his family with love, Mary Zanmiller, Jacob Cassidy, and Isaac Zanmiller.” So, if you come across a book with Benjamin’s name in it, consider stopping a minute, and smiling in continuing the memory of one deeply loved and appreciated young man.



### The 2nd Annual Café Unity

Friday, April 16 • 7:00 p.m.

See back cover.

### Cairns Art Workshop

Wednesday, April 28

7:00–8:30 p.m.

Meet the art editors of Unity’s literary and arts journal, *Cairns*, and find out about submitting art for publication. If you have wanted to know how to prepare art for submission, what kind of art works best in a journal, how to create a digital file of your visual art, or what the art editors can do to help you get your work considered, then this informative workshop is for you. All art and artists welcome!

Suggestions, comments, submissions, questions? Contact us: [literaryjournal@unityunitarian.org](mailto:literaryjournal@unityunitarian.org)

## Unity Church Book Club

The Unity Church Book Club will meet from 7:00-8:30 p.m. on Tuesday, April 13. The book they will be discussing is *My Flag Grew Stars: World War II Refugees' Journey to America* by Kitty Gogins. **Everyone is welcome — even if you haven’t read the book!**

Book for discussion on Tuesday, May 11: *The Lacuna* by Barbara Kingsolver

Book for discussion on Tuesday, June 8: *Misdemeanor Man* by Dylan Schaffer

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# COMMUNITY OUTREACH MINISTRY

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## Evergreen Quilters Annual Art Show and Fundraiser

### *Sounds of Spring:*

### A Silent Auction and Quilt Raffle

April 4 – 25 • Parish Hall

People tell me every day: “I’m ready for spring!!” Throughout April, to help us keep our spirits up until spring reappears, Evergreen Quilters will entice you with its bi-annual exhibit and silent auction of small quilts, wall hangings, mats, bags, and a beautiful raffle quilt. Look in the Parish Hall for riotous colors and images of Spring: birds, insects, flowers, foliage, and grasses.

Evergreen Quilters’ 2010 show and sale represents the effort of twenty-five Unity Church members and friends who created a wealth of individual pieces especially for this show. They also made an exquisite colorful queen-size raffle quilt: “Sounds of Spring.”

**Everyone wins at this show and sale!** In addition to purchasing raffle tickets (\$2 each) for the large “Sounds of Spring” quilt, please be generous with your bids for the smaller quilted items in the silent auction. When you are the high bidder, you’ll win by becoming the proud owner of an original handmade art piece.

**The community wins, too.** All the money you donate for silent auction items and raffle tickets goes to help people in need. One hundred percent of all proceeds go to three local groups: Sharing Korner Food Shelf, The Family Place, and Jeremiah House; all are non-profit programs that help dislocated, homeless, and hungry people in our community find food, shelter, education, and stability in their lives. In addition, this year Evergreen Quilters will contribute a share of the proceeds to the Unitarian Universalist Service Committee to help homeless and hungry people in Haiti. The more generous you are, the more others will benefit. Evergreen Quilters thanks you in advance for your support of this year’s fund-raiser.

Tickets for the raffle quilt will be available in the Parish Hall after morning church services throughout April. Raffle ticket sales will end on Sunday, April 25, at 12:45 p.m. and the drawing will take place at 1:00 p.m. after the second service. You may submit your final silent auction bids until 12:30 p.m. on Sunday, April 25. You do not need to be present to win.

Evergreen Quilters is a group of twenty-five members and friends of Unity Church–Unitarian who quilt or want to learn how to quilt, and who love to share their creativity and skills with each other and the wider community. All people of the church are welcome to join the group at any time. For information please contact Peggy Wright at 651-698-2760 or e-mail her at [mwright1438@comcast.net](mailto:mwright1438@comcast.net).

Remember the “Sounds of Spring” exhibit, silent auction, and raffle sale will give you hope that Spring is really on its way! Enjoy this show and sale in the Parish Hall from April 4 through April 25!

## Project Home at Unity Church

Each May Unity Church-Unitarian becomes an active part of the social safety net for homeless families in Ramsey County through Project Home. Our role is to transform the religious education classrooms downstairs into a welcoming environment and safe overnight accommodations for families in need in our community. We do not, however, act alone. We work in concert with three local organizations, the St Paul Area Council of Churches (SPACC), the Family Place and the Family Service Center (FSC).

Project Home is an ongoing, year-round program of the St. Paul Area Council of Churches. Their role in this equation is to provide all the necessities, such as beds, bedding, books, toys, TV, toiletries, and a refrigerator and cupboards full of food, to allow the participating churches to transform into a homeless shelter each month. The SPACC also provides valuable staff support to each participating church. We have been fortunate to work with truly outstanding site coordinators in the past and look forward to renewing our relationship with them again this year. The SPACC staff get to know our guests over weeks and often months. Having them here each evening to ease the transition makes life much easier for our volunteers.

The Family Place is a marvelous organization located in the First Baptist Church in downtown St. Paul. It is the only day shelter for homeless families in the county. Imagine what it would be like to be a single mom with a newborn and a toddler and have nowhere to go—no safe place, to just to plop down and let the toddler stretch and play and the baby to nap while mom works on creating stability in their lives. The Family Place makes sure that families are not forced to fend for themselves on the street. The Family Place provides a myriad of services to their clients, including meals, housing assistance, financial counseling, laundry and showering facilities, and enrichment programs for pre-school age children. The Family Place also works with St. Paul Public schools to ensure school attendance is not interrupted by their family's homelessness.

The final piece of the puzzle is the Family Service Center, which is located in Maplewood and operated by Catholic Charities. This shelter can house up to 55 individuals at any one time. Families may stay here up to three months, but the wait list to get into the FSC can be lengthy. Our guests may be recently homeless and completely new to the system, or they may have been moving from church to church for some time, while waiting to get into FSC for the first of subsequent times.

Thanks to the concerted efforts of the dedicated people at the St Paul Area Council of Churches, The Family Place and the Family Service Center, Unity Church can play its role and provide for the needs of up to six families each night who have no place else to turn. We'll need a total of five volunteers each day, three evening and two overnight, to make it happen. The sign-up process begins April 4. Look for us in the Parish Hall. We'll be happy to help you sign up for what will truly be a rewarding volunteer experience. Training will be provided!

# COMMUNITY OUTREACH MINISTRY

## Unitarian Universalist Service Committee Update

From local UUSC Representatives, David Byfield and Marty Rossmann

It has been two months since the devastating earthquake struck Haiti on January 12. Haiti was already struggling with widespread inequality. In the wake of the disaster, it is even more difficult for Haitians to obtain fair and adequate access to water, food, shelter and medical care.

As of March 5, the UUSC and the Unitarian Universalists Association Joint Haiti Earthquake Relief Fund had raised over \$1.6 million. Unity's generous contribution to that amount was \$10,111.04! Here's what UUSC/UUA have done thus far:

- UUSC sent an assessment team to Haiti on February 6-13 to visit UUSC partners on the ground to determine strategies for mid- and long-term response. Along with the grassroots Platform of Community Organizations of the Port-au-Prince Metropolitan Zone (COZPAM,) the team visited camps that COZPAM coordinates in the large slum area of Mariani. They also visited the Papaye Peasant Movement in the Central Plateau and the Lambi Fund, rural organizations providing emergency aid to some of the hundreds of thousands of survivors who have fled Port-au-Prince.
- From March 11-19 two people from UUSC were in Haiti to work with our partners there. The focus was on developing a trauma response plan that uses a unique method to help people stabilize emotionally and build resilience in the face of ongoing strain.
- Also during March, the Massachusetts Institute of Technology D-Lab, working through UUSC, educated local groups on techniques for making biomass charcoal and harvesting water.
- UUSC is organizing trainings on how to assist Haitians applying for Temporary Protective Status (TPS), an immigration status that will allow them to work and study in the United States until July 2011. UUSC is working with community allies that include the Haitian Coalition, the Harvard Law School Office of Pro Bono and Clinical Programs, and the Community Action Agency of Somerville, Massachusetts, to provide free trainings and clinics to help Haitians with TPS paper work. Through this program, Haitians currently living in the U. S. receive friendly, free assistance at a difficult time.

In addition to the Haiti response, UUSC has many other efforts. One is an experiential learning program that links participants to human-rights work and activists through hands-on experiences. UUSC staff and participants recently traveled to Ecuador to learn about the human right to water. In the city of Guayaquil, UUSC partner organization *Mi Cometa* is working to ensure access to safe, sufficient, affordable water for all residents. In 2008, Ecuador passed a Constitution that includes the human right to water. Participants in the recent program met residents and activists who proposed amendments to the new Constitution, nine of which were adopted.

UUSC has two upcoming experiential learning trips. One is to build houses in Minnesota prior to General Assembly (check [www.uusc.org/opportunities/522](http://www.uusc.org/opportunities/522) for updates!) and the other is focused on the summer Civil Rights Journey. [www.uusc.org/content/freedomsummercivilrightsjourney2010](http://www.uusc.org/content/freedomsummercivilrightsjourney2010).

The recently retired Executive Director/CEO of UUSC, Charlie Clements will lead a program at Camp UniStar this summer on "The New Human Rights," the week of June 26-July 3. For more information, please go to [www.campunistar.org](http://www.campunistar.org)

UUSC is a membership-based organization, separate from and independent of the UUA. UUSC receives no funding from the UUA. In future issues of *commUNITY*, information about membership as well as other UUSC activities will be provided. UUSC's motto is "Advancing human rights is the work of many joining hands."

UUSC's Board of Trustees has appointed former board chair and prominent human-rights activist Rev. Dr. William F. Schulz to serve as interim president and CEO while the organization conducts a search process to replace outgoing President Charlie Clements.

## Amicus Volunteer Information Session

Monday, April 12

6:00–8:00 p.m. at Unity Church

Amicus volunteers continue a long tradition of offering friendship to those building new lives. Amicus volunteers visit individuals in correctional facilities where they provide friendship and much needed connection to someone in the outside world. You too can help. Training and careful matching ensure a safe and meaningful experience. Find out more at this session.

RSVP by contacting Chris at 612-348-8570 or [chris@amicususa.org](mailto:chris@amicususa.org).

## Whole Farm Coop

Buy meat, cheese, produce and more from local, sustainable farms and pick it up at Unity Church! For an April pickup, order from [wholefarmcoop.com](http://wholefarmcoop.com) or call 320-732-3023 by Wednesday, April 14.



Orders will be delivered to Unity Church on Wednesday, April 21. Pay by sending a check with the invoice enclosed with your order to Whole Farm.

## Evergreen Foodshelf

The third Sunday of every month is Evergreen Food Drive Sunday. All non-perishable food and household items are welcome and needed!

Donations can be brought anytime and should be placed in the barrels located at both the Holly and Portland Avenue entrances.



Suggested items for Sunday, April 18, are canned soups of all kinds.



## Religious Education Enrollment for 2010-11

Parents of returning children, please plan to attend ONE of the four sessions of R.E. Enrollment at which you will learn about next year's program, sign up for your adult volunteer role in the ministry and enroll your child in the appropriate class at one of the three worship services. Last year's orientation information will not be repeated in detail; only salient details and changes will be presented in a brief orientation to the year. Expect the whole session to last under an hour. Childcare is provided at all sessions.

### Dates and times:

- Saturday, April 10 • 10:00 a.m. (following pancake breakfast)
- Wednesday, April 14 • 7:00 p.m. (following Wellspring Wednesday dinner)
- Tuesday, April 20 • 7:00 p.m.
- Sunday, April 25 • 1:00 p.m.

Priority in enrollment will be given first to voting, pledging members of the congregation, then to returning teacher families from 2009 and then to any returning family. Materials fees will be collected at these sessions—please bring your checkbook (\$30/child for pledging families and \$200/child for non-pledging families—many waivers are available for pledging members who teach).

\*Parents of youth in Grades 6, 7 and 8: Junior High classes are ONLY offered at 11:00 a.m. and 4:30 p.m. Youth must select one course each semester from the following options:

### First Semester (September–January) CHOOSE ONE:

- **What Do You Stand For?** – A course in character, virtue and personal morality in the context of life as a modern teenager
- **Stories of the Old Testament** – An exploration of the Hebrew testament in the context of Jewish faith and tradition
- **Youth Music Ensemble** (11:00 only) – A vocal/instrumental performance ensemble that composes and then shares music in worship

### Second Semester (January–May) CHOOSE ONE:

- **Heresy Apparent: UU Heritage and Identity** – PREREQUISITE FOR COMING OF AGE, this course traces our faith's development from early Christianity to today
- **Islam: Allah and His Prophet** – An introduction to the beliefs and practices of our Muslim neighbors
- **Youth Music Ensemble** (11:00 only) – A vocal/instrumental performance ensemble that composes and then shares music in worship

Note that Our Whole Lives (sexuality education) and Coming of Age have separate enrollment and orientation processes.

## High School Book Sale! April 10-11

Pick up your summer reads or some great additions to your personal library at the High School Book Sale!

### Hours:

Saturday Midnight Madness  
12:00-1:00 a.m.

Sneak preview for Unity congregants only (password required!)

Saturday, April 10  
8:00 a.m. to 4:00 p.m.

Sunday, April 11  
8:00 a.m. to 4:00 p.m.

**Fill a Bag for \$5 starts at 3:00 p.m.!**

Proceeds help youth make the pilgrimage to Boston and participate in General Assembly this summer. Book donations are accepted until Friday at 5:00 p.m.!

## Multigenerational Worship Needs Puppet Performers!

Your friends from Unity Church are leading worship at General Assembly and pulling out all the stops! Our processional will include Heart of the Beast-style animal puppets, each operated by one to twelve people. Help is needed to design, construct and perform in these creations: contact Kerri in the Church Office to be put on the mailing list for this group. Worship will be held the morning of Friday, June 25.

## More Dates for Your R.E. Calendar

### Sunday, April 4

No R.E. Easter Family Sunday

### Wednesday, April 7

New Family Orientation; Jr. High Youth Group Social Justice

### Wednesday, April 14

Jr. High Baking

### Wednesday, April 21

Jr. High Social Justice

### Saturday, April 24

Coming of Age Ceremony (see page 5)

### Sunday, April 25

Coming of Age Sunday (see page 5)

### Wednesday, April 28

Jr. High Youth Group Social Justice

## Practice Memorial Service, April 11 (Note change in date from R.E. calendar)

On Sunday, April 11, the R.E. experience for children in grades 1-6 will be our Practice Memorial Services at 9:00, 11:00 and 4:30. This is an opportunity to children to experience and ask questions about funerals and memorials apart from the big feelings of an actual loss. The ministers will participate. An empty casket and urn will be in the Chapel for children to examine. The service will be followed by a practice wake, at which the ministers and a funeral home director will be present to answer questions. Families have found this to be an invaluable experience for their children. One parent must attend the memorial with each child. Older youth are welcome to attend with a parent, as well; otherwise, Spirit Play and Junior High classes will be offered as usual. In order to avoid overcrowding, please attend at your usual morning service or choose to attend at 4:30 – please do not switch to one of the morning services, as the Chapel's capacity is limited to 100. Contact Kerri with questions or needs. **Unity is deeply grateful to our neighbors at Willwerscheid Funeral Home for their help in making this event possible.**

# MUSIC MINISTRY / PARISH HALL ARTISTS

## Music Notes

*"If you want music to sharpen your senses, boost your ability to focus and perhaps even improve your memory, you need to be a participant, not just a listener."*

— Chorus America Magazine

### From the February 2010 Chorus America article

Five months after we are conceived, music begins to capture our attention and wire our brains for a lifetime of aural experience. At the other end of life, musical memories can be imprinted on the brain so indelibly that they can be retrieved, perfectly intact, from the depths of a mind ravaged by Alzheimer's disease.

In between, music can puncture stress, dissipate anger and comfort us in sadness.

But for all its beauty, power and capacity to move, researchers have concluded that music is little more than ear candy for the brain if it is consumed only passively. If you want music to sharpen your senses, boost your ability to focus and perhaps even improve your memory, the latest word from science is you'll need more than hype and a loaded iPod.

You gotta get in there and play. Or sing, bang or pluck.

### From Ruth Palmer, Director of Music Ministry

And so, it appears that the best results and benefits come from actually being involved, taking action and absorbing the gifts that come from what we put into anything that seizes our interest and passion. I have always found that the most 'successful' and certainly most communicative performances come when the person involved truly associates their activity with experiences in their own life. The particular richness of their unique gifts comes through with a potent presence that enlarges the experience of everyone.

For all of us, I wish the joy of sharing our innermost selves with passion and a level of involvement that reveals the deep gifts that come from 'getting in there and playing'!

Cheers to each of you as you discover where you want to "sing, bang or pluck."

Unity Church is grateful for the help of our neighbors  
**Willwerscheid Funeral Home**

for their provision of the educational materials that make our Religious Education Practice Memorial possible.

Willwerscheid has provided caring services for bereaved families since 1886. Their gracious staff can be reached at 651-228-1006.

## Sounds of Spring

Created by the Evergreen Quilters of Unity Church—Unitarian in Saint Paul, MN



This quilt is created from 100% cotton batik fabrics using a drunkard's path block. It is an generous queen bed size (94" by 88"). The back is a blue batik. The batting is 80% cotton and 20% polyester with a low loft for an antique look. It is machine quilted using a colorful variegated cotton thread.

**Raffle tickets are available for \$2.00 each.**  
The winner will be drawn at 3:00 p.m. on Sunday, April 23, 2010.  
You do not need to be present to win.

## Arthur Foote Music Sunday Weekend

Saturday–Sunday, May 1–2

### Saturday, May 1 • 4:00 p.m.

A concert in the Sanctuary at Unity Church given by Chicago Children's Choir\*, Minneapolis Youth Chorus, and Unity Children's Choir

\*If you are interested in hosting one or two children from this choir, please contact Ruth at 651-228-1456 x118

### Sunday, May 2 • 9:00 and 11:00 a.m.

#### Voices

presented by Unity Choir and Unity Singers; Karen Herring, poetry and readings

### Sunday, May 2 • 4:30 p.m.

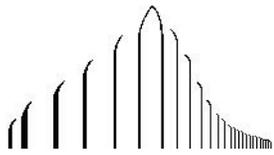
#### Voices

presented by Taichi Chen, violin, and Ruth Palmer, piano; Karen Herring, poetry and readings

**Plan to come for at least one of these amazing Arthur Foote Music Sunday services, if not two or all of them!**

## Call for Artists

If you or someone you know would like to be considered for the 2010-2011 Parish Hall art exhibit calendar please download an application from our website at [www.unityunitarian.org](http://www.unityunitarian.org). Applications are also available by contacting the Church Office.



# UNITY CHURCH—UNITARIAN

732 HOLLY AVENUE • SAINT PAUL, MINNESOTA 55104  
651-228-1456 • FAX: 651-228-0927 • WWW.UNITYUNITARIAN.ORG

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*Vision:  
A world in which  
reverence,  
gratitude,  
and care for Earth  
are central  
to our lives.*

— Unitarian Universalist  
Ministry for Earth

**Wednesday, April 21**

**6:00 p.m.** 🌍 dinner • music • informal discussion

**7:00-8:30 p.m.** 🌍 programs

Although we may strive to honor the earth year-round, Earth Day is a global affirmation of our will for a sustainable future. Come celebrate the 40th anniversary of Earth Day at a special Wellspring Wednesday gathering.

- Enjoy a delicious meal featuring local and seasonal foods
- Get highlights from the UN Climate Change Conference (COP15) held last December in Copenhagen; speaker Reed Aronow represented Minnesota with the Will Steger Foundation's youth delegation
- Discover alternative transportation options and see how a hybrid bicycle can offer the utility of an SUV
- Watch a documentary film about urban agriculture in North America and discuss a blossoming initiative in Frogtown
- Learn about the "greening" of Unity's facility, including a new 100-gallon worm bin for composting our food waste
- Activities for children and childcare will be offered

the unity library team presents

# Cafe Unity Poetry and Music Salon



**Friday April 16, 2010 at 7 p.m.**

Featuring the literary, artistic, and  
musical talent of Unity Church.