

## Freedom

*The life of a congregation is a rich community tapestry of people, programs, ministries and worship. We lift up the patterns of this tapestry at Unity Church with the threads of monthly themes woven through our worship and programming. These themes deepen our understanding of our own faith and strengthen our bonds with one another in religious community. We explore each theme in worship and in our newsletter; in covenant groups, and religious education; and in our community outreach ministries, our literary journal and programs, and many other opportunities.*

The Sunday worship services at Unity Church this April will be framed by Easter at one end of the month and Coming of Age at the other. Both evoke a newfound freedom—whether through a radically altered orientation towards life and death or through entrance into maturity—but it is a freedom that is paired with responsibility. Followers of Jesus were expected to love and care for their fellow human beings in an egalitarian way that disrupted the institutional power structures of the day. Youth transitioning into adulthood are held to a higher standard around living into their beliefs with integrity.

Freedom has become a buzzword glorified by our society, but rarely does anyone question to what end we employ it. Democracy and economic systems can be used for good or ill, and trivial freedoms may give us the illusion of choice without offering substantial value. This dynamic becomes apparent in our role as consumers. If I buy this cereal rather than those others, yet all of them are made using processes that deplete the soil and pollute the air, what has my freedom really won me? What has it cost? And what of those without the means to buy any cereal at all? Too often, the broader U.S. culture speaks of individual liberty without a correlative sense of communal responsibility.

In *The Ethics of Authenticity*, Charles Taylor writes, “I can define my identity only against a background of things that matter. But to bracket out history, nature, society, the demands of solidarity, everything but what I find in myself, would be to eliminate all candidates for what *matters*. Only if I exist in the world in which history, or the demands of nature, or the needs of my fellow human beings, or the duties of citizenship, or the call of God, or something else

of this order matters crucially, can I define an identity for myself that is not trivial. Authenticity is not the enemy of demands that emanate from beyond the self; it supposes such demands.”

When we do have the freedom to choose, upon what do we base our decisions? Even when we actively engage our ethics as we wrestle with different choices, we may have competing priorities. For example, someone may feel an urgent need to take action on climate change during this critical period in human history. At the same time, the person also may have obligations around caring for young children—including working multiple jobs to make ends meet—that leave little time for community organizing. Both priorities are rooted in a deep love of family and concern for their well-being, yet pull in different directions. How do we decide where to focus our time and energy? How do we find ways to fulfill the multiple commitments we’ve chosen?

The word *free* traces its origins back to words that carried the sense of “beloved, friend, dear, to love.” It referred to members of a household connected by kinship (versus those who were slaves). Thus to build the Beloved Community is to build a community rooted in freedom—freedom of spirit, mind, body, and emotions; freedom from oppression; freedom to live with authenticity. Ironically, Beloved Community liberates us from bondage by affirming our sacred ties to each other.

At the recent *Marching in the Arc of Justice* conference commemorating the 50th anniversary of the Selma to Montgomery march, the Rev. Dr. Mark Morrison-Reed traced how relationships were at the heart of why so many Unitarian Universalists went to Selma in 1965. He posed the question to those

gathered 50 years later, “With whom are you in relationship? A relationship that would compel you to take risks?” His charge to the audience was simple: “Place yourselves in situations where friendships can evolve. That’s all I’m really asking for. Not to save the world. Just to place yourself in these situations you don’t place yourself because they scare you a little. Do that, and when then you act on behalf of justice, you’ll not be acting *for* others, but *with* them—and for yourself.”

To choose love in the face of all of the world’s challenges isn’t always easy, but it comes back to a belief that our connections matter—with other people, with the earth and its inhabitants, and with Life itself. And whatever our outward circumstances, every moment of our lives contains an inalienable freedom to begin again in love.

– Hallman Ministerial Intern  
Lindasusan Ulrich

with this month’s theme team:

Lisa Friedman, K.P. Hong, and Ruth Palmer

### Worship Theme Resources

#### BOOKS

*The Ethics of Authenticity* by Charles Taylor (Harvard, 1992)

*Wade in the Water: The Wisdom of the Spirituals* by Arthur Jones (Leave a Little Room, 2005)

*For Faith and Freedom* by Charles Howe (Skinner House, 1997)

*Independent Dames: What You Never Knew About the Women and Girls of the American Revolution* by Laurie Halse Anderson (Simon & Schuster, 2008)

#### FILMS

*Eyes on The Prize* (1987)

*Fried Green Tomatoes* (1991)

*The Times of Harvey Milk* (1984)

## Just Words

On the night before he was killed, Martin Luther King, Jr., spoke to a large crowd gathered in Memphis, Tennessee, to support a sanitation workers strike. It might have been a premonition. It might have been a prophetic moment but what he said that night still rings like the bell of freedom:

*Well, I don't know what will happen now. We've got some difficult days ahead. But it doesn't matter with me now. Because I've been to the mountaintop. And I don't mind. Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now. I just want to do God's will. And He's allowed me to go up to the mountain. And I've looked over. And I've seen the promised land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the promised land. And I'm happy, tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord.*

Those of us who crossed the Edmund Pettus Bridge to consecrate our lives anew to living into the Beloved Community know deep within us what Martin meant. For we too caught a glimpse of that same promised land. It was what theologians call “a post-apocalyptic moment.” The veil was stripped away. Love took hold of us. The Spirit was palpable. People who had never met joined hands and hearts and voices to commit ourselves again to the dream.

I tend to be inordinately proud of our church. But I tell you I have never been so proud to be a Unitarian Universalist and particularly a member of Unity Church-Unitarian. It wasn't because of our numbers, though we showed up from all across the country. It wasn't the ecstatically diverse group of sixty-eight pilgrims from Saint Paul that traveled to Selma together. It wasn't the \$100,000 we raised to make it possible for everyone to go. It wasn't the considerable media attention our delegation drew.

My pride is two-fold. More than half of the St. Paul pilgrims were not from Unity Church but trusted us to convene the group and honor its diversity. And, that we have learned enough over the years to lead from behind with little to take credit for what was a profoundly collaborative effort.

We marched in honor of those who died as individuals and rose again as a community. Happy Easter.

In gratitude and faith,  
Rob Eller-Isaacs



Rob and Janne cross the Edmund Pettus Bridge. Photo credit: Lara Fuchs-Holm

## Pastoral Care

### Rides Ministry

Unity's Rides Ministry helps people get to Sunday worship. If you don't drive or don't have a car and could use a lift, please call the church at 651-228-1456, and the volunteer or staff member who answers the phone can check to see whether any of our more than 60 volunteer drivers might be able to help out. And we can always use more volunteer drivers—for more information or to sign up as a driver, call 651-228-1456.



### Caregivers Group

**Third Thursday of the month:  
April 16 and May 21**

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. Please contact Janne Eller-Isaacs by e-mail at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) or by phone at 651-228-1456 x106 if you would like to participate.

### Living With Grief Group

**Third Tuesday of the month:  
April 21 and May 19**

On the third Tuesday of every month, Janne Eller-Isaacs will offer a group for people living with grief and loss. All are welcome to come to discuss issues related to the grieving process. Please contact Janne Eller-Isaacs by e-mail at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) or by phone at 651-228-1456 x106 if you would like to participate.

### Share a Joy or Concern

If you have a joy or sorrow, life-cycle event, or concern you would like to share with the Pastoral Care Team or congregation, please fill out the online form at <http://bit.ly/joyconcern> and a team member will contact you.

# APRIL SUNDAY WORSHIP / OFFERING RECIPIENTS

## Worship Calendar

Sunday worship 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). Religious Education classes for children and youth are offered during all services.

### Family Easter Sunday, April 5: *Free At Last*

On the night before the crucifixion Jesus gathered with his disciples around the Passover table. He told them all that which would soon occur. They didn't want to hear it, especially the part about their responsibility to embrace his work and carry it on. What Christians call "the Passion," the story of the capture, death, and resurrection of Jesus bears some powerful parallels with the death of Martin Luther King, Jr., and the way in which millions have taken up his ministry. The whole church family will gather with the ministers to practice resurrection.

On Family Sundays, children experience the entire worship service together with their families in the Sanctuary. A children's message and activity books related to the stories and sermon help children to engage in the experience of worship. Regular religious education programming does not take place on Family Sundays; however, the nursery is open for children under five years of age.

### April 12: *Free and Responsible Search for Truth and Meaning* — Janne Eller-Isaacs

Among the principles to which we commit ourselves as Unitarian Universalists is that we will live into "a free and responsible search for truth and meaning. Worship associate Conor McGill will join Janne Eller-Isaacs in a close examination of what intellectual freedom requires of us.

### April 19: *The Cost of Freedom* — Rob and Janne Eller-Isaacs

Religious liberals are known for our commitment to intellectual freedom, but freedom comes in stages. Without freedom from the linked oppressions of race and class, intellectual freedom seems an almost trivial aspiration. Join Rob and Janne Eller-Isaacs and worship associate Drew Ross as they wrestle with the cost of freedom.

### April 26: *I Call This Church Free* — Rob Eller-Isaacs

What does it mean to be a free church? What do we mean when we claim to have a free pulpit? As our ninth graders Come of Age, Rob Eller-Isaacs and worship associate Jen Niemela invite youth in spiritual formation to summon the courage it takes to seek and speak the truth.

### **You Are Invited: Coming of Age 2015!**

The entire congregation is warmly invited to witness the Coming of Age of this year's ninth grade class on Saturday, April 25, at 2:30 p.m., in the Sanctuary.

Come and listen in amazement as our young people share their personal credos, bravely laying out the beliefs of their hearts and minds for all to hear.

## 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 a chosen community non-profit recipient. **Please make checks payable to Unity Church.**

### April 5: *Mano a Mano International Partners*

Co-founded in 1994 by longtime Unity Church members Joan and Segundo Velasquez, Mano a Mano International Partners is dedicated to improving health and economic wellbeing in rural Bolivia. In collaboration with the Unity Church Mano a Mano Outreach Ministry team, Unity member and Mano a Mano volunteer Jackie Smith will lead a group of Minnesota teachers to Arani, Bolivia, in June to train and learn from teachers in its five schools. This year they will initiate "train the trainer" workshops to help prepare their Bolivian colleagues to train other teachers. The offering will support this program.

### April 12: *Hallman Ministerial Endowment*

This permanent endowment, which provides funding ministerial interns at Unity Church, presently stands at \$201,755. 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 \$25,000 a year. Hallman Interns since 2002 include: Jen Crow, Melissa Carvill-Ziemer, Bill Neely, Katie Lawson, Teresa Schwartz, Justin Schroeder, Matt Alspaugh, Leon Dunkley, Lissa Gundlach, Jason Seymour, Rachel Lonberg, Mae Gibson Wall, Jennifer Nordstrom, and Lindasusan Ulrich. Other Unity Church interns include Dottie Matthews, Jacqueline Duhart, and Jim Foti.

### April 19: *Water Legacy*

Protection of Minnesota's water resources from sulfide mining is the focus of Water Legacy, an advocacy organization that combines scientific expertise and legal advocacy with volunteer energy. Current efforts are focused on monitoring and providing expert commentary on the PolyMet NorthMet proposed sulfide mine.

### April 26: *Unitarian Universalist Association (UUA)*

Association Sunday supports the Unitarian Universalist Association which represents the approximately 210,000 Unitarian Universalists in 1000+ congregations nationwide. The UUA helps support congregations in innumerable ways, including training ministers, providing religious education curricula, and advocating for social justice. Association Sunday funds are dedicated to supporting the future growth and health of Unitarian Universalism. Rev. Rob Eller-Isaacs currently serves on the 14 member UUA Board of Trustees.

### *Offering Recipient Nominations*

If you would like to nominate a non-profit organization to receive a Sunday offering, please complete the nomination form online at [www.unityunitarian.org/nominate-the-offering.html](http://www.unityunitarian.org/nominate-the-offering.html).

# BOARD OF TRUSTEES

## Board of Trustees

From Deborah Carter McCoy, Trustee



Framing the future is an ongoing dance in the life of a church. Lessons learned from the past, the current state of affairs, and known opportunities and challenges inform the dance. During the past few years, the work of the Board has primarily centered on year-long projects such as evaluating whether the Ends Statements ([www.unityunitarian.org/mission-and-ends](http://www.unityunitarian.org/mission-and-ends)) were in need of updating. This year our efforts are focused on more fragmented, yet vital areas of work. One such item is discerning how institutional knowledge is shared.

As Peggy Lin mentioned in the March *commUNITY* column, the leadership of the Executive Team will change in the coming years with the retirement of our beloved executive director and co-ministers. As we plan for this transition we become increasingly aware that these three and others on the staff at Unity Church (Martha, Bill, Song, Harold, Ruth...) carry with them vast amounts of knowledge. From deep understanding of the reasons behind policy changes to mechanical system tweaks, both the Board of Trustees and Unity staff are tasked with effectively communicating this treasure trove of institutional knowledge with others.

Thanks to a wonderful pie chart shared with us on Pi Day, we know that there are 37 new members. There are also 283 people who have been at Unity Church for more than 20 years. The congregation is blessed with five generations. There are currently more children in the religious education program than at any other time in the history of the church.

What does this data tell us? It tells us that we are challenged to thoughtfully consider how and what we share. The documents produced by the Board of Trustees can be dense and seem inaccessible to those not immersed in the jargon of our work and policy governance. We must communicate with clarity while offering access to the deep dive. We must use tools and language that resonate across generations. The Board of Trustees has mulled over future ways to share institutional knowledge including strengthening connections with previous board members and preparing an annual report.

The congregation and Executive Team places its trust in us. We are obliged to inform moral owners (which includes you) of our actions and decisions in order to deepen and share institutional knowledge. The "Communication with the Congregation" subteam is beginning its work. We don't have a snappy acronym—yet. In the meantime, follow Unity Church on Twitter @UnityUnitarian, like the Facebook page, read the newsletter and look for the Board of Trustees with a red flag on their nametags for virtual or in-person conversations with us.

The more we communicate with each other, the stronger we become, and the more deeply each of us own the meaningful work of this magnificent place we know as Unity Church—Unitarian.

## Ordination of Jim Foti You're invited!



**Saturday, April 11 • 2:00 p.m.**  
**First Unitarian Society**

Members of the Unity Church community are invited to the Ordination of Jim Foti into the Unitarian Universalist ministry. Jim was our half-time intern from 2011-2013 and is now serving as assistant minister at the First Unitarian Society of Minneapolis. The ordination will be on Saturday, April 11, at 2:00 p.m., at the Society, 900 Mount Curve Avenue, Minneapolis. Reception to follow. Parking is available on the street or in the public ramp attached to the Walker Art Center. Visit [www.firstunitarian.org/ordination](http://www.firstunitarian.org/ordination) for parking and child care information.

  
**Thank you!**

Visit [Faithify.org](http://Faithify.org) to learn more about this fundraising campaign and to become a funder of the residency of Rev. Danny Givens, Jr., and the anti-racism work of Unity Church.

**Update!** The \$10,000 goal has been surpassed! Many thanks to all of the funders! There is still money to be raised in order to fully fund this residency—be a part of this remarkable ministry opportunity and become a funder today!



**MidAmerica Regional Assembly**  
April 17-19, 2015 • Naperville, Illinois  
**Two Keynote Speakers: The Rev. Rosemary Bray McNatt and The Rev. Dr. Marlin Lavanhar**  
If you are interested in attending the conference or learning more about Unity's Denominational Relations Team, contact Valerie Tremelat at [valoir@bitstream.net](mailto:valoir@bitstream.net).  
Conference details at [www.midamericauua.org](http://www.midamericauua.org).

## Legacy Planning

### Where Personal Passions Meet Future Vision

Grant Wacker (CIMC@, CTFA), estate and financial advisor and a member of the Unity Church Legacy Giving Team, shares his thoughts on the emotional and practical aspects of a legacy.

As an estate planning advisor, leaving a legacy is often an immediate topic of conversation with my clients. But what people mean by leaving a legacy can differ from person to person. For some a legacy is a very tangible collection of property to be inherited by someone—most often family. For others a legacy is more visionary, such as individuals who donate amounts to causes they hold dear, be it protecting the environment or human rights. When I consider the meaning of legacy, I think of what we leave behind and how it represents who we are as a person—our attitudes, values, family, a life's work, our impact.

In one of my favorite songs, *Everything Possible*, by Unitarian minister Fred Small, the chorus says "...the only measure of your words and deeds will be the love you leave behind when you're gone." Part of the beauty of that lyric resides in the fact that people can express their devotion in many forms (to family life, to particular values like hunger relief, to religious values, to their art, to education, to caring for others in need, etc.).

If a friend asked you, "What do you want your legacy to be?", you would likely ponder this as a question about your most closely held values and perhaps as a question defining your very identity. Your answer would reflect what you want to be remembered for. Maya Angelou said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." That's a part of your legacy too.

Link up "legacy" in the sense of a tangible gift, with "legacy" in the sense of what you want to be remembered for. *That* is true legacy planning.

## 2014-15 Hallman Ministerial Intern

### Lindasusan Ulrich



Many years ago, freedom became visceral for me through two contrasting experiences in Berlin. During my first visit in 1986—three years before the wall fell—I was aware of how my movements through the city were circumscribed. Our group (made up primarily of U.S. exchange students) wasn't even allowed to get off the tour bus at the iconic Brandenburg Gate, which stood isolated behind a blank fence. Nearby memorials were flanked by soldiers with rifles, whose images I captured furtively through the tinted windows as we drove slowly past.

Fast forward to 1992—three years after the wall fell—and a trip to see a friend who lived in what had once been East Berlin. While he went off for classes during the day, I wandered among the streets. This time, my sense of freedom was palpable: did I want to turn left or right? Continue forward or stop to explore? Suddenly, and unexpectedly, I found myself back at the Brandenburg Gate. No soldiers, no fence, no signs warning me that I was about to cross a forbidden threshold. In fact, I walked right through the pillars with zero fanfare. The only indication of the former divide was a vendor hawking East German army memorabilia.

During the recent pilgrimage to Selma, our St. Paul contingent heard from many Civil Rights activists about the ways Black people's lives had been circumscribed by Jim Crow laws, voter restrictions, intimidation, and outright violence. For example, Joanne Bland told the story of not fully understanding what her parents were talking about when they said "freedom" until one afternoon when she was eight and looked longingly through a window at a whites-only lunch counter. Her mother explained that they were fighting for the freedom to direct their own lives, not to have someone else dictate where they could and couldn't go. Joanne told us that was the moment when everything clicked for her. She felt the gap between what she wanted and how injustice held her back. By the time she was 11, she had been arrested 13 times during the demonstrations in Selma.

For me, freedom is not abstract; it's corporeal. But I also know—as so clearly embodied by those who engaged in nonviolent civil disobedience—that physical limitations don't have the last word. When our minds and spirits are free, then we can dream another world into being.

Please feel free to contact me at [lindasusan@unityunitarian.org](mailto:lindasusan@unityunitarian.org) or 651-228-1456 x129.

## Unity Church Heritage Society

Consider making a legacy gift to Unity Church and become a member of Unity's Heritage Society.

Contact Barbara Hubbard at [barbarah@unityunitarian.org](mailto:barbarah@unityunitarian.org) or 651-228-1456 x116 to get more information.



# MAKING SELMA MATTER

## Making Selma Matter: "It all boils down to love."

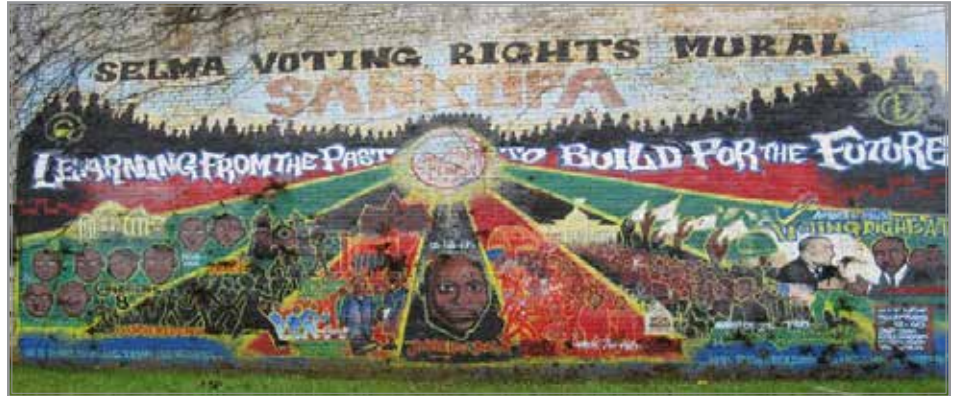
From Mary-Margaret Zindren, Unity's Anti-Racism Leadership Team

We made the pilgrimage to Selma with great expectations.

The trip, and the related Unitarian Universalist Association (UUA) Living Legacy conference, was timed to culminate in a march across the Edmund Pettus bridge in recognition of the 50th anniversary of the 1965 "Bloody Sunday" demonstration for voting rights and civil rights. Because of the historical significance of this event, we all expected that we would learn a great deal about our nation's history. Those expectations were met, and then some. Members of our 70+ person delegation from the Twin Cities area — more than 60 of whom participated in Beloved Conversations organized by Unity Church — went to sessions led by veterans of the Civil Rights movement and visited monuments, museums, and historical sites in Selma and the nearby cities of Birmingham, Montgomery, Tuskegee, and Memphis. I have no doubt that every member of our group came away with new knowledge and a stronger appreciation of the long and continuing struggle for civil rights.

As to the other expectations we each carried with us at the beginning of the journey, many were left along the side of the road. For those who expected things to start or end on time, they had to let that go. For those who wanted to experience it all, they soon realized they would have to make hard choices in how to allocate their time. And for those who wanted an experience free of conflict, hurt, or difficulty, they had to come to terms with the reality of steps forward and back in the march toward the Beloved Community.

In fact, despite what we might have imagined for ourselves individually or as a group, it was these steps backward — where we fell short of being in right relationship with each other — that may have been our saving grace. These steps backward brought forth our resilience and made the next steps forward more



solid and meaningful. By the final day of the trip, the relationships among our multi-racial band of travelers had moved from surface-level connections to something much deeper; much more open, much more spiritual.

We had begun to move from liking each other to loving each other. And it's a good thing, too, for in the words of the great civil rights leader C.T. Vivian (who spoke at the UUA conference), the fight for civil rights and racial justice "...all boils down to love."

Unitarian Universalist minister Mark Morrison-Reed conveyed a similar sentiment in his conference speech, urging that we must be "compelled and consumed by love" if we are to end racism and create the Beloved Community, and noting that, "it was relationships that compelled people to go to Selma." After Bloody Sunday, calls and telegrams went out across the country from civil rights organizers to their friends and colleagues. Black ministers asked their friends — including White ministers — to come to Selma to try to march again. Their relationships compelled them to say "yes" and to put their lives at risk. It wasn't just moral courage that brought people to Selma 50 years ago. People came because someone they loved asked them to be there.

It will be the continuation of the friendships built during this trip to Selma — and the intentional expansion

of this circle to include more and more members of Unity Church and the broader St. Paul community — that will make this trip to Selma really matter. These friendships have already led to more people getting involved in the local Black Lives Matter movement, more volunteers and support for Ujaama Place, more people stepping up to fight for voting rights for people with felony records, more commitment to the fight for racial justice.

More, more, more. The groundwork laid in Selma can lead to so much more. As C.T. Vivian admonished UU's leading up to the Selma march, "Your t-shirt slogan 'standing on the side of love' isn't enough." He insisted that we must feel and show our love for all of our brothers and sisters — including those who stand in the way of progress. Rev. William Barber of the Forward Together Moral Movement put it this way: "You have to believe in the possibility of redeeming your enemy... or you will become what you hate."

This is a radical kind of love. The radical kind of love that changed hearts and minds 50 years ago. The radical kind of love that can change hearts and minds today. The radical kind of love that can make Selma 2015 another turning point in the fight for racial justice and the realization of the Beloved Community.

We have great expectations for what the future holds.

# PATHWAY TO MEMBERSHIP / ONGOING GROUPS

## Welcome Words



Religious freedom is at the core of our faith. Many assume this value is about freedom from creeds or restrictive doctrines, since we are a deliberately creedless faith. But our Unitarian and Universalist forebears actually understood religious freedom as being about the freedom to something: the

freedom to engage in a direct relationship with the Holy, with the mystery of life, without mediator. They also understood it to mean freedom of association: that each person has the right to join a religious community of their own choosing and to help live out the mission of the gathered congregation. These freedoms remain precious in a world where not every citizen enjoys them. May we be grateful for this heritage that has been passed down to us, and may we gift them to the future.

Rev. Lisa Friedman

Minister of Congregational and Community Engagement

## Pathway to Membership Classes

Unity offers three different classes for visitors who are exploring Unity Church as a spiritual home. Sign up at the Welcome Table on Sundays or contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107. She is happy to meet with you personally to answer questions and welcome you into the congregation. Childcare is available by contacting Michelle Hill at 651-228-1456 x127 or [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org) at least one week in advance.

### Welcome to Unity: Our Class for Newcomers

**Sunday, April 19: 10:15-11:30 a.m.** ~also offered ~

**Wednesday, April 29: 7:15-8:30 p.m.**

If you have been visiting and would like to find out more about Unitarian Universalism and our congregation, we invite you to join us for a *Welcome to Unity* class.

### Finding Yourself at Unity: A Deeper Exploration

**Three Tuesdays, April 7, 14, and 21: 6:30-8:30 p.m. (light dinner provided each night)** ~also offered ~

**Saturday, May 16: 9:00 a.m. – 4:00 p.m. (potluck lunch)**

In this class, we will have an opportunity to share part of our religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation.

### Committing to Unity: Joining Unity Church

**Wednesday, April 8: 7:15-8:30 p.m.** ~also offered ~

**Wednesday, May 27: 7:15-8:30 p.m.**

This class explores the deeper meanings and expectations of membership and shared ministry. The class concludes with a ceremony as participants sign the membership book.

## Ongoing Groups at Unity Church

*These groups are open to all members and friends of Unity Church. If you are looking to connect with a group, please contact the person listed below, visit the church website at [www.unityunitarian.org](http://www.unityunitarian.org) for meeting information, or call the church office at 651-228-1456.*

**A New Look at the Bible:** Second Thursday of the month (April 9) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

**Afterthoughts:** This group meets after the 9:00 a.m. service. Contact: Paul Gade at 651-771-7528

**Caregivers Group:** An informal support group for caregivers. Third Thursday of the month (April 16) from Noon-2:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Evergreen Quilters:** Second Tuesday of the month (April 14) from 7:00-9:00 p.m. and fourth Saturday of the month (April 25) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760. **Mother's Day Boutique will be held in the Parish Hall on Sunday, May 3!** Beautiful handmade gifts for Mom and one hundred percent of the sales support organizations working with homeless and hungry people in our community.

**Living With Grief Group:** A group for people living with grief and loss. Third Tuesday of the month (April 21) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, April 6 and 20, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

**Unitots!:** A drop-in playgroup for families (parents, grandparents, aunts and uncles) with kids through preschool age. Every Monday and Thursday, from 9:30 a.m.-noon, in the nursery. Contact Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org)

**Unity Book Club:** Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net). **April 14** discussion: *The Round House* by Louise Erdrich

**Unity Bridge Club:** Friday, April 3, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

**Women's Retirement Group:** The Women's Retirement group meets on the second and fourth Thursday (April 9 and 23) of each month from 1:00-3:00 p.m. Topic for April 9: What brings you joy?

**Young Adult Group: Potluck supper** on Tuesday, April 28, at 6:30 p.m., in the Center Room. Contact: Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Sangha Zen Meditation:** Find renewal and grounding. Tuesdays from 5:30 - 6:30 p.m., in the Ames Chapel. Contact Ken Ford at [kford5@comcast.net](mailto:kford5@comcast.net)

# COMMUNITY OUTREACH MINISTRY

## Coming Soon PROJECT HOME!

Perhaps it is an unexpected medical bill, or choosing between paying rent and buying food. Whatever the reason, there are many families facing housing and food uncertainty. Where can they turn when they lose their home? Often to churches like ours.

Every May our church hosts Project Home and our classrooms become temporary housing for families in need of emergency shelter. Volunteer hosts create a safe and comfortable environment as they prepare food, care for children, and support the parents. Volunteering for Project Home is a rewarding experience many of us share with our friends and family (including our children). There are two hosting shifts each night:

### EVENING HOSTS

Volunteer from 5:30-8:30 p.m.

### OVERNIGHT HOSTS

Volunteer from 8:00 p.m.–7:00 a.m.  
(9:00 a.m. on weekends)

Project Home volunteer training will be offered April 28 and May 10.

We will be recruiting hosts throughout the month of April. **Won't you please sign up to help?** You can stop by the Project Home table in the Parish Hall after services or sign up online at [bit.ly/projecthome2015](http://bit.ly/projecthome2015).

**Can't volunteer to host?** Help is also needed on the mornings of May 1 and June 1 to move equipment and supplies in and out of the church. (Ability to lift heavy objects is a plus!)

For more information please contact Anna Newton at 651-295-1524 or [newtona@comcast.net](mailto:newtona@comcast.net).

## Circle of Peace Movement Grows

From Unity's Racial and Restorative Justice Outreach Ministry Team

This fall we had wonderful news: the Circle of Peace Movement had received a grant from the St. Paul Foundation to expand! This means we need volunteers to help us cook the community meals that are so important in setting a warm welcoming atmosphere! If you are interested, sign up online to bring part of the meal, [bit.ly/circleofpeacedinner](http://bit.ly/circleofpeacedinner), or contact Ellen Green at [ebgedit@qwest.net](mailto:ebgedit@qwest.net) or Terri McNeil at [tmcneil003@yahoo.com](mailto:tmcneil003@yahoo.com) for more information.

### *What is the Circle of Peace Movement? A little bit of the circle story.*

In February 2010, Russel and Sarah Balenger founded the Rondo Circle of Peace. The Balengers worried about the frequent shootings in their Summit-University neighborhood, especially after someone shot at their grandsons. Russel realized he must bring into circle the warring Rondo families, some of whose members were acting out in gangs. The Balengers found a safe, neutral place at Unity Church in which to meet on Monday evenings. They knew that those who share a meal have a better chance of listening to each other than those who are hungry, so Sarah provided a buffet supper for the four Mondays that Russel asked the reluctant grandparents and parents to attend. Sarah's meal dissipated the anger of those first attending, enough for Russel to say they would talk in circle but not before making their own rules about how to do it.

The ten rules they made govern the conversations to this day. And most important: everyone in circle is equal. Participants in those first circles learned enough of and from each other to be able to say, "You're more like me than not like me, and I might learn something from you." And after four circles, they didn't want to stop. The Balengers widened the circle, bringing in Russel's childhood friends, all successful businessmen (one a retired police officer).

Eventually the Balengers brought in members of the St. Paul Police (a test of trust for all), parents of biracial or different-race children, ex-offenders, students, church members, visitors from afar, and often residents of Boys' Totem Town—a locked facility for underage offenders. The young men from Totem Town are encouraged to return before and after they are released, and they have become its focus: Tell us your story. How can we help you make better choices? You can count on us. How can we help you succeed? Every new job, diploma, degree, apprenticeship, and college entrance is celebrated. Many young men say the circle has provided the first opportunity for them to be heard, the first time anyone wanted to hear from them, the first safe place to sit beside someone of a different race. Being listened to—and listening—they come to see themselves in a new way, one that gives them a chance.

Unity's Racial and Restorative Justice Team is the church partner to the Circle of Peace. This team also partners with Amicus/Volunteers of America, Second Chance Coalition, Obama Elementary, and the Freedom School. To learn more about the Racial and Restorative Justice Outreach Ministry Team contact Lisa Friedman, Minister of Congregational and Community Engagement, at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107.

## Obama Elementary Volunteers Needed

**Tuesday, April 21 • 4:00-6:30 p.m.**

Help with Family Fun Night! Volunteers are needed to help pass out boxes of food, run education stations, and provide assistance with check in. Training done on site. Contact Madeline Summers, Unity's Volunteer Coordinator, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or 651-228-1456 x126.



# WE ARE ALL CRIMINALS

## There but for the grace...

From Ray Wiedmeyer, Unity's Racial and Restorative Justice Outreach Team

The year is 1972 and I was one of a group of students on a University of Wisconsin Study Abroad program in London, England. My future wife and I were invited out to dinner at the home of a friend of a friend whom we had never met before. I remember the night clearly because it was the first time I ever ate an avocado. Well, that is the part of the story I like to recall. The *We Are All Criminals* project has made me look at that night through a different frame of reference.

It all started out so innocently, dinner with new friends. But before the night was over we became part of a party with other friends of our host. We shared wine and I smoked my first hashish, bits of which were imbedded in a hand rolled cigarette. I had also never smoked tobacco before; it was all so exciting. The hour to leave came late and we took up the offer to ride home with a guest as we were quite a ways from our school accommodations and I was in no condition to negotiate the Underground. Before we left, our hosts gave me a "small" gift, a sizable chunk of gold hashish wrapped in foil.

I must admit I was a bit giddy with the excitement of it all. I had never been able to think of myself as part of the counter-culture before. That excitement turned to terror as we rounded a corner on the way home to find a police blockade and flashing police lights everywhere. We were stopped, questioned separately, and eventually left to go on our way. But it was only by some grace... that our separately told stories seemed to match... and we—and the car—were not searched.

Over 40 years later I sought out the British drug law passed in 1971 and found I could have done a minimum of three to six months in a British prison for possession of a Class B drug. Given that I was a foreign visitor, and I would go on to "share" that drug with others on the semester abroad program, I could have done years. Even giving away the drug was considered dealing drugs in England in 1971.

Had I ever thought of myself as a criminal before? Nope, it hadn't crossed my mind. Unlike the 25% of the U.S. population who have criminal records... **I just hadn't been caught breaking the law.** I would never have to face the loss of a job, difficulty finding housing, and a criminal record that would follow me for the rest of my life.

## April Parish Hall Artist

Emily Baxter

### *We Are All Criminals*

**All are welcome to attend a public reception on Friday, April 3, from 5:00-7:00 p.m.**

One in four people in the U.S. has a criminal record—and Minnesota is no exception. Used by many to determine the character of an individual, criminal records can profoundly impact someone's ability to move on and up in life. But this isn't about those records. *We Are All Criminals* looks at those with criminal histories but no record; in other words — those with the luxury to forget past acts.

In this exhibit, doctors and lawyers, social workers and students, retailers and retirees talk about crimes they got away with and consider how different their lives would have been had they been caught. The stories are of youth, boredom, intoxication, and port-a-potties. They are about luck, class, and privilege. They are humorous, humiliating, and humbling in turn. They are privately held memories without public stigma.

Through photographs and participant testimonies, juxtaposed with stories of people who were caught, this project seeks to challenge society's perception of what it means to be a criminal and how much weight a record should be given, when truly — we are all criminals.

Emily Baxter is a Fellow at the University of Minnesota Law School's Robina Institute of Criminal Law and Criminal Justice. Prior to this, Emily served as the director of advocacy and public policy at the Council on Crime and Justice, and as an assistant public defender for the Leech Lake and White Earth Bands of Ojibwe. Emily is a former Bush Fellow. Her project, *We Are All Criminals*, can be found online at [www.weareallcriminals.org](http://www.weareallcriminals.org).

## Samuel Morgan Community Forum WE ARE ALL CRIMINALS

An exhibit.

A discussion.

A chance to reflect.

**Saturday, April 18 • 9:00-11:00 a.m.**

**Free • Parish Hall at Unity Church**

Presentation by *We Are All Criminals* director, Emily Baxter



## WE ARE ALL CRIMINALS

*You are invited to share...*

As part of the *We Are All Criminals* exhibition you have the opportunity to share your story, **anonymously**.

During April visit the DeCramer Room, just off the Parish Hall, to listen to other stories of those who were never caught and take the opportunity to write a brief description of your own error in judgment. Or, grab one of the postage paid cards from the Parish Hall, fill it out at home, and mail it into the church. These cards will be posted with others on the wall leading to the DeCramer room.

***What have you had the luxury to forget?***

# WELLSPRING WEDNESDAY

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Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun. Dinner begins at 6:00 p.m., followed by worship at 6:45 p.m., and an evening of rich programming beginning at 7:10 p.m. All are welcome. Childcare is available and you do not have to sign up in advance.

**Dinner:** The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. (Children under the age two are free.) Reservations for dinner are not required. Email Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) for financial assistance to help cover the cost of dinner. No one is turned away.

## Wellspring Wednesday, April 1

*Dinner: TBA*

### **Mind the Gap: Advancing Health Equity in Minnesota**

While Minnesota has some of the best health care and health outcomes across the nation, this good health is unequally distributed. Racial and ethnic minorities, for example, have some of the worst health outcomes in our state and are disproportionately at higher risk for illness, chronic disease, and death. The purpose of this presentation is to begin to build congregational awareness of this nationwide and local issue by providing a brief overview of health disparities, causes of health disparities, and examples of work being done to eliminate health disparities in Minnesota. Presenters (Unity Church members) Mollie O'Brien, M.A, is a health equity program manager at a local healthcare delivery system and Terri McNeil, M.Ed, is a health educator and Restorative and Racial Justice Outreach Ministry Team member.

### **The Art of Compassionate Condolence**

We all desire to ease the pain of those close to us that have suffered a great loss. Yet words often fail us at times like this, leaving us stammering to find the right thing to say. Often we are so frightened of saying the wrong thing that we say nothing at all. Through personal experience, research, and many conversations with the bereaved, Susan Huehn will offer some ground rules for what to do in the face of grief.

### **Embodied Spiritual Practice: Gentle Meditative Yoga**

Come as you are and experience non-judgmental, non-competitive yoga. Youth ages 10 and up are welcome to come with an adult family member. Wear comfortable clothing. Bring a yoga mat, towel, and water bottle. A few mats will be available for loan. Elen Bahr is a 200-hour RYT certified yoga instructor. [EveryYogi.com](http://EveryYogi.com)

### **Tween Youth Group: (grades 5-8)**

Tween Group is back after a short break during the Children's Musical. Weeks will alternate between informal evenings of hanging out together and evenings that will include an introduction to meditation and contemplation practices.

### **New Family Religious Education Orientation**

## Wellspring Wednesday, April 8

*Dinner: Roasted steelhead trout with herbs, scalloped potatoes, asparagus, salad, and strawberry cheesecake bars*

### **Reflections from Selma**

In March, 70 people travelled from St. Paul to the anniversary events in Selma, Alabama. Come and here about what they experienced and learned, and what it means for the work of justice in our community today.

### **Embodied Spiritual Practice: Grounded Meditation**

Come learn a grounding meditation and a short grounding exercise, and explore the benefits of each. Grounding is the process of connecting one's own energy with the earth's energy, and using that as a "foundation" for calmness and strength, and as a "battery" to recharge — physically, emotionally, intellectually, and spiritually. Kristen Wernecke has been a massage therapist and energy healer for over 25 years.

### **Go: the Chinese Board Game**

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese board game, Go. Anyone above the age of 10 is welcome to come play. Bring your own board and set if you have one. [www.usgo.org/what-go](http://www.usgo.org/what-go)

### **Committing to Unity: Becoming a Member of Unity Church**

**Tween Youth Group: Meditation (grades 5-8)**

## Wellspring Wednesday, April 15

*Dinner: TBA*

### **That Spiritual Practice Called Improv**

When the Buddhist monk shared his wisdom, "Meet what arrives," he probably didn't realize that it's also the first rule of improvisational comedy. Come be part of a lively, fun-filled, participatory session at the place where reflection and ridiculousness collide, led by Hallman Ministerial Goofball Lindasusan Ulrich. Ages 11 and up welcome.

### **Open Page Writing Session: Freedom Shared**

**RSVP required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org)**

"Freedom is not something that anybody can be given," said James Baldwin. How do we find and claim the freedom we want and need? What responsibilities accompany our freedom? How does a freedom shared ironically bind us to others?

### **Embodied Spiritual Practice: Stav, the Scandinavian Martial Art**

Stav is a martial art with health and wellness, meditative and physical discipline dimensions. Experience the basic stances of Stav and other beginner exercises, and learn more about this unique art. Unity member Therissa Libby is an intermediate-level practitioner of Stav.

**Go: The Chinese Board Game** (See April 8 description)

**Tween Youth Group:** (grades 5-8)

**Religious Education 2015-16 Enrollment** (See page 14)

# WELLSPRING WEDNESDAY

## Wellspring Wednesday, April 22

Dinner: TBA

### Poetry with Susan Deborah King

Ms. King teaches writing at various institutions in the Minneapolis area including the University of Minnesota, SASE, the Write Place, the Loft, and United Theological Seminary where she has been artist in residence since 2012. She also teaches privately and serves as mentor to many emerging poets. In 2002 she was given a George Family Foundation grant to complete a book of poems about her experience with breast cancer entitled *One Breasted Woman*. Her book *Coven*, a book of poems relating to women and the sacred feminine, was a finalist for the 2006 Minnesota Book Awards in poetry. *Out of the Depths: Poetry and Poverty – Courage and Resilience* is her most recent book. She divides her time between Minneapolis and Cranberry Isles, Maine, with her husband, the Rev. James C. Gertmenian, and is mother to grown twin daughters.

### What to do about Earth Day?

*Be the change you wish to see in the world* — Gandhi

Do you want to find a way to decrease your environmental footprint, but don't know how? Feel a need to take action to mitigate human impact on this earth but are overwhelmed by the magnitude of the problem? Then join Unity's Sustainable Living Group for a Wellspring Wednesday Earth Day presentation on actions you can take to make a difference. Earth Day show-and-tell exhibits will be followed by hand's-on children's activities and a conversation with group members highlighting positive actions we can take. Explore energy options, learn how to reduce your waste stream, create a backyard oasis for wildlife, and advocate for the earth!

### Embodied Spiritual Practice: Ting Sing Qigong

Qigong (pronounced "chee gung") is the art of moving breath, mind, and body to stimulate the 14 meridians promoting internal vitality and wellness. In this introductory Standing Qigong class, you will learn the basic standing form of Ting Sing Qigong from Jook Lum Temple, Southern Praying Mantis Kung Fu. Sifu Robyn Mathews-Lingen is the first Green Sash Sifu of this unique Qigong in Minnesota. She is also a Third Degree Black Belt in Shaolin Kenpo.

**That Spiritual Practice Called Improv** (See April 15 description)

**Tween Youth Group: Meditation** (grades 5-8)



Wellspring Wednesday Cooking Teams are fun!

## Wellspring Wednesday, April 29

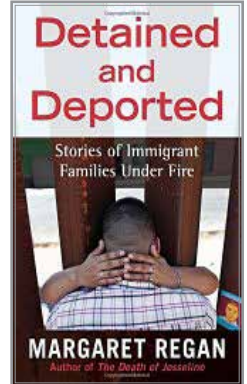
Dinner: TBA

### Immigration Justice Author Margaret Regan

#### ***Detained and Deported:***

#### ***Stories of Immigrant Families Under Fire***

*The Death of Josseline*, Ms. Regan's highly acclaimed first Beacon Press book, was chosen as the UUA Common Read. Josseline is about the dangerous journey to get into the U.S. undocumented. *Detained and Deported* is about the heartbreaking and authentic stories of what happens to people once they get here, raise families, and become part of communities but who are not documented. Come hear Arizona journalist Margaret Regan talk about her important work for immigration justice.



#### ***The Anonymous People: A Documentary Addictions and Recovery Ministry Team***

This feature documentary film is about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs. Deeply entrenched social stigma and discrimination have kept recovery voices silent and faces hidden for decades. The vacuum created by this silence has been filled by sensational mass media depictions of people in active addiction that continue to perpetuate a lurid public fascination with the dysfunctional side of what is a preventable and treatable health condition. Just like women with breast cancer, or people with HIV/AIDS, courageous addiction recovery advocates are starting to come out of the shadows to tell their true stories. The moving story of *The Anonymous People* is told through the faces and voices of the leaders, volunteers, corporate executives, and celebrities who are laying it all on the line to save the lives of others just like them. This passionate new public recovery movement is fueling a changing conversation that aims to transform public opinion and finally shift problematic policy toward lasting recovery solutions. Film running time: 88 Minutes

#### **Embodied Spiritual Practice: Gentle Meditative Yoga**

Come as you are and experience non-judgmental, non-competitive yoga. Youth ages 10 and up are welcome to come with an adult family member. Wear comfortable clothing. Bring a yoga mat, towel, and water bottle. A few mats will be available for loan. Elen Bahr is a 200-hour RYT certified yoga instructor. [EveryYogi.com](http://EveryYogi.com)

#### **Welcome to Unity: Our Class for Newcomers**

**Tween Youth Group:** (grades 5-8)

If you would like to serve on a Wellspring Wednesday cooking team, please contact Madeline Summers at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or 651-228-1456 x126.

# LIBRARIES AND BOOKSTALL / OPEN PAGE WRITING SESSIONS



## What's New in the Library and Bookstall!

From Louise Merriam, Library and Bookstall Team

April is National Poetry Month, and the Bookstall is celebrating with a special display of poetry titles. Even regular Bookstall customers and poetry readers might be surprised to learn that one of our most popular poetry books is our hymnal, *Singing the Living Tradition*. In addition to new and old hymns, *Singing the Living Tradition* includes poems and readings making it, according to one reviewer, as close to Scripture as one can get in the UU tradition.

The Bookstall team invites you to take a look at all the poetry books on display, including *Singing the Living Tradition*.

### New Books in the Whitman Children's Library

*Chaos, Wonder and the Spiritual Adventure of Parenting: An Anthology* by Sarah Conover (2011)

*Teach Your Children Well: Why Values and Coping Skills Matter More Than Grades, Trophies, or "Fat Envelopes"*, by Madeline Levine (2013)

Parenting books such as these were recently moved from the Anderson Adult Library to the Whitman Children's Library on the lower level.

### Upcoming Library and Bookstall Team Events

**Wednesday, April 22 • 7:15 p.m.:** Reading by Susan Deborah King, editor of *Out of the Depths: Poetry of Poverty—Courage and Resilience* (April 2015)

**Friday, April 24 • 7:00 p.m.:** Café Unity: Poetry and Music Salon. An evening of original writing, great music, food, drink, and fellowship. Free. Contact Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org) by April 19 to reserve child care.

**Wednesday, April 29 • 7:15 p.m.:** Come hear Arizona journalist Margaret Regan talk about her important work for immigration justice



## Open Page Writing Sessions



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.

All of the following offerings are held at Unity Church. Writing sessions are free, and an RSVP is required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org).

**Wednesday, April 15 • 7:00-9:00 p.m.**

### ***Freedom Shared***

"Freedom is not something that anybody can be given," said James Baldwin. "Freedom is something that people take and people are as free as they want to be." How do we find and claim the freedom we want and need? What responsibilities accompany our freedom? How does a freedom shared ironically bind us to others?

**Wednesday, May 13 • 7:00-9:00 p.m.**

### ***Peace Within and Among Us***

"Peace is people talking together with one heart between them," said a wise eight-year-old, reminding us that peace is more than an absence of conflict; it is engaging our hearts in relationship with one another. This session explores the inner and outer dimensions of peace and how one affects the other.

**Wednesday, June 3 • 7:00-9:00 p.m.**

### ***Wisdom's Crossroads***

"At the crossroads, Wisdom takes her stand." At the crossroads of our own times, this writing session explores the proverbial wisdom, old and new, that is needed today and where we might find it, in the world and within ourselves.

For more information about additional writing programs offered in other locations, visit [www.karenhering.com](http://www.karenhering.com), or to receive periodic e-mail notifications of Karen's upcoming literary programs, contact [karen@unityunitarian.org](mailto:karen@unityunitarian.org).

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Unity Church–Unitarian  
733 Portland Avenue, Saint Paul, Minnesota 55104  
651-228-1456 • [www.unityunitarian.org](http://www.unityunitarian.org)

# MUSIC MINISTRY

## Music Notes

From Ruth Palmer, Director of Music Ministry



*When we are in touch with the refreshing, peaceful, and healing elements within ourselves and around us, we learn how to cherish and protect these things and make them grow.*

— Thich Nhat Hahn (as quoted in *The Musician's Way* by Gerald Klickstein)

In a musician's journey from mere talent towards a more genuine artistry, one that emerges unimpeded from the very source of life, one comes constantly in touch with that tension between extreme discipline and much sought freedom to release all but the focus on the music. How does one find and cross that invisible line between extreme intentional preparation and that sudden awareness of freedom taking one beyond all "normal" self into a graced state of unrestricted, unselfconscious absorption?

I want to share a story transcribed from Japanese folk sources. Many answers are imbedded in its narrative. Some naively obvious and many so subtle I am still looking to articulate their exact meaning. I offer no conclusion as the one lesson it keeps teaching me is that the hoped for internal freedom comes only after the search.

*A new flute was invented in China. A Japanese master musician discovered the subtle beauties of its tone and brought it back home, where he gave concerts all around the country. One evening he played with a community of musicians and music lovers who lived in a certain town. At the end of the concert, his name was called. He took out the new flute and played one piece. When he was finished, there was silence in the room for a long moment. Then the voice of the oldest man was heard from the back of the room: "Like a god!"*

*The next day, as this master was packing to leave, the musicians approached him and asked how long it would take a skilled player to learn the new flute. "Years," he said. They asked if he would take a pupil, and he agreed. After he left, they decided*

*among themselves to send a young man, a brilliantly talented flautist, sensitive to beauty, diligent and trustworthy. They gave him money for his living expenses and for the master's tuition, and sent him on his way to the capital, where the master lived.*

*The student arrived and was accepted by his teacher, who assigned him a single, simple tune. At first he received systematic instruction, but he easily mastered all the technical problems. Now he arrived for his daily lesson, sat down, and played his tune—and all the master could say was, "Something lacking." The student exerted himself in every possible way; he practiced for endless hours; yet day after day, week after week, all the master said was, "Something lacking." He begged the master to change the tune, but the master said no. The daily playing, the daily "something lacking" continued for months on end. The student's hope of success and fear of failure became ever magnified, and he swung from agitation to despondency.*

*Finally the frustration became too much for him. One night he packed his bag and slinked out. He continued to live in the capital city for some time longer, until his money ran dry. He began drinking. Finally, impoverished, he drifted back to his own part of the country. Ashamed to show his face to his former colleagues, he found a hut far out in the countryside. He still possessed his flutes, still played, but found no new inspiration in music. Passing farmers heard him play and sent their children to him for beginner's lessons. He lived this way for years.*

*One morning there was a knock at his door. It was the oldest past-master from his town, along with the youngest student. They told him that tonight they were going to have a concert, and they had all decided it would not take place without him. With some effort they overcame his feelings of fear and shame, and almost in a trance he picked up a flute and went with them. The concert began. As he waited behind the stage, no one intruded on his inner silence. Finally, at the end of the concert, his name was called. He stepped out onto the stage in his rags. He looked down at his hands, and realized that he had chosen the new flute.*

*Now he realized that he had nothing to gain and nothing to lose. He sat down and played the same tune he had played so many times for his teacher in the past. When he finished, there was silence for a long moment. Then the voice of the oldest man was heard, speaking softly from the back of the room: "Like a god!"*

(Excerpt from *Free Play* by Stephen Nachmanovitch. PENGUIN group, 2014-10-07. iBooks.)

Mark your calendar!

# May 3, 2015

## Arthur Foote Music Sunday

# Finding Peace

Featuring all of our Unity Church choirs and guest musicians

# R.E. ENROLLMENT 2015-16 / SUMMER CAMP

## Religious Education Enrollment and Teacher Orientation

KP and Michelle would like to invite anyone interested in teaching as a spiritual practice to share in the joy and responsibility of teaching the children of our church family. This is to live into those familiar words we speak at the dedication of each child: "May we be worthy guardians of these young lives. May we build community in which they will grow old surrounded by beauty, embraced by love, and cradled in the arms of peace." So whether you would like to share stories and wonder in Spirit Play, help our tweens wrestle with their questions about the world and how we take our UU values into it, work with our grade school kids to find lessons in the big themes in life, or play with toddlers in the nursery, we have room for you in our village.

**\*\*Please note\*\* the enrollment dates have changed from those in the Religious Education Calendar for 2014-15 that was passed out last fall.** Also, we are holding a spring Teacher Orientation in the hopes that people will ponder their teaching roles for next year, do some research on topics relating to their role, maybe even meet in person or have email chats with members of their teams over the summer. We'll have a follow up training in early September to discuss questions and epiphanies that you've experienced over the summer.

- **Saturday, April 11: Enrollment**, 10:00 a.m.–12:00 p.m., in the Sanctuary
- **Wednesday, April 15: Enrollment**, 7:15-8:45 p.m., location to be determined
- **Tuesday, April 21: Enrollment** (LAST for this year), 7:00-8:30 p.m., location to be determined
- **Saturday, April 25: Teacher Orientation**, 10:00 a.m.-12:00 p.m., Sanctuary

New and returning families wishing to enroll in religious education will have a chance to receive orientation, volunteer to teach, and enroll children for age-appropriate classes for 2015-16. This in-person session with staff and Religious Education Ministry Team members will help you review the process and answer any questions you may have. Yes, there is a spot for every child interested in growing up in our community! Some classes fill up more quickly at a particular service, while other classes have ample space for additional children. No one has been—or ever will—be turned away. We ask families to please come with a flexible spirit and a willingness to consider service times other than their first choice.

This is NOT the enrollment for Coming of Age (program typically for our 9th grade youth) nor for Our Whole Lives (sexuality and spirituality program). Information and dates for these programs will be forthcoming.

Childcare will be provided at each of the enrollment times.



## SUMMER CAMP AT UNITY CHURCH

Friends Fun Crafts  
ARTS Singing GAMES

Unity Church is offering four weeks of summer day camp!  
Share in summer fun and Unitarian Universalist values  
with Unity Church friends entering grades 1-6.

**ARTS CAMP WEEK 1: JULY 6-10**

**ARTS CAMP WEEK 2: JULY 13-17**

**CHALICE CAMP WEEK 1: JULY 20-24**

**CHALICE CAMP WEEK 2: JULY 27-31**

More information and registration is online at  
[www.unityunitarian.org/summer-camps.html](http://www.unityunitarian.org/summer-camps.html)

Lots of ways to connect — for people of all ages!

Be a camper!

Be a counselor! Be a counselor in training!

Share an art project! Share a social justice project!

Teach a spiritual practice! Teach a game!

Camps run Monday-Friday, 8:30 a.m. to 5:30 p.m.

Early-bird tuition: \$200/week/child, register by April 15

After April 15, \$250

Arts Camp Director, Rene Meyer-Grimberg  
651-503-5846 and [unityartscamp@gmail.com](mailto:unityartscamp@gmail.com)

Chalice Camp Director, Hannah Eller-Isaacs  
651-442-2180 and [chalicecamp@unityunitarian.org](mailto:chalicecamp@unityunitarian.org)

# MINISTRY WITH CHILDREN AND YOUTH / SOUP SUPPER

## So What?

From Drew Danielson, Coordinator of Youth and Campus Ministries



I can get good and worked up by youth these days. I'm often on the edge of grabbing one or two by the shoulders and squaring them to look into my eyes for full attention. And then I'd speak very loudly and forcefully. I'd make sure they get my message with no uncertainty.

I would do that. But I don't do that. If you know me you've probably fallen for my mild-mannered, infinitely patient act. No matter that I'm actually quite worked up, I know kids don't usually respond how I'd like if I roll my eyes at them, yell, badger, or belittle. All things I'd like to do, but won't.

I went through these feelings last week when a minister, teachers, and the Coming of Age class were discussing the meaning and relevance of Beloved Community. For the Agers writing their Credo, or Statements of Belief, this has always been a deceptively hard question to address. As I sat listening to the adults trying to lead the conversation, the youth only haltingly answering questions and weighing in, I started feeling that urge... to yell? Maybe to preach!

It is really natural that kids, and all of us, will take those words and analyze at a literal level. Beloved Community: a community where all are beloved. Where I am beloved. Unity Church. My swim team. Unistar. Ug, that's not enough! I jumped up and challenged them, "Look, here at Unity Church, you are loved, you are supported. You see we seek to embrace all for who they are, we want you to live your truth — we've got you, we love you. But isn't there something you are compelled to do with that?"

Most looked downward, some met my gaze either questioningly or with a sheepish grin. But no one ventured an answer. One asked, "What was the question?"

I go ahead and roll my eyes. "Does being in Beloved Community compel you to... anything?"

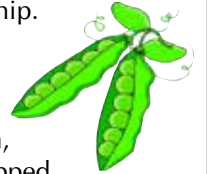
A brave soul raised his hand a few inches and said "I think I am supposed to attend rallies and volunteer places... but that's not really my thing."

Credit for honesty. I'm all fueled up to talk about this more, and if you want to see me get a little fire going, maybe give me your opinion. And if you see a young person wandering our halls, definitely give THEM your opinion.

## SOUP SUPPER

### Recipe of the Month

Join us for Soup Supper as a volunteer or as a guest on Sundays after the 4:30 p.m. service. A neat bowl of soup and bread are offered for a suggested donation of \$2-5 per person. If you are lucky you will also come on a night that someone has baked cookies! Come for the food stay for the fellowship.



### Spring Pea Puree

Olive oil

1 leek, white onion, and zucchini, chopped

1 T Arborio rice

2 Cups frozen peas, slightly thawed

3 Cups vegetable broth

1 T each, onion and garlic powder

Dash of cayenne powder

Salt and pepper

2 T apple cider vinegar

Sauté the leek, white onion and zucchini in olive oil in a stock pot. While vegetables are sautéing, puree the slightly thawed frozen peas and one cup veggie broth using a blender. When the white onion has turned translucent add the Arborio rice and 2 cups of veggie stock to the pot. Cook for 10 minutes and then remove from heat. Let cool slightly and then, working in batches, puree the veggie mix using blender. Return to heat and add pureed peas to pot. Bring to a simmer. Add onion, garlic and cayenne powder. Season with salt and pepper as needed. Simmer for 15-20 minutes; 5 minutes before the end of cooking add the apple cider vinegar. Enjoy!

### Soup Supper Cooks Needed

**Sunday, April 5, and 26**

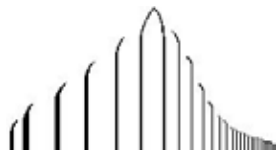
If you would like to volunteer, please contact Madeline Summers, Volunteer Coordinator, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or 651-228-1456 x126.

## Dedication of Older Children: May 17

Families who would like their children ages 4-12 to participate in our annual dedication should contact Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).

This ritual provides the church an opportunity to commit itself to raising up children who have come into our community as "big kids." The children process to the chancel, receive a chalice and a certificate, and read a responsive litany of dedication with the congregation. This dedication is appropriate for families who have joined Unity Church as members or who are on the pathway to membership.





# UNITY CHURCH-UNITARIAN

Sanctuary Entrance: 733 Portland Avenue • Saint Paul, Minnesota 55104  
Business Entrance: 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)

GINNY ALLEN, CHAIR, BOARD OF TRUSTEES  
REV. JANNE ELLER-ISAACS, CO-MINISTER  
REV. ROB ELLER-ISAACS, CO-MINISTER  
BARBARA HUBBARD, EXECUTIVE DIRECTOR  
REV. LISA FRIEDMAN, MINISTER OF CONGREGATIONAL AND COMMUNITY ENGAGEMENT

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## Maundy Thursday Service

Thursday, April 2 • 7:00 p.m. • Ames Chapel

Please join us for a service of ritual and community, sharing in traditional holy week practices of Eucharist and Foot Washing. In the Memorialist tradition, we join to remember the life and teachings of Jesus of Nazareth, which include welcoming all people to a meal of love, giving thanks for the gifts of life, and serving each other in humility.



## Used Book Sale! April 11 and 12

Benefit from our congregation's shared love of reading while supporting youth ministries! Donations for the sale can be dropped off in the Foote Room through April 10.

**Saturday, April 11 • 8:00 a.m.–4:00 p.m.**

**Sunday, April 12 • 8:00 a.m.–4:30 p.m.**

\$5 Fill-A-Bag from 2:30–4:30 p.m.



## Young Adult Potluck

Tuesday, April 28

6:30 p.m. • Center Room

Are you looking to meet other young adults (ages 18-35) at Unity Church? Bring your favorite dish to a relaxed evening of good company and conversation. If you have questions, please contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

