

## Compassion

*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.*

*We talked with each other about each other, though neither of us spoke. ~ Emily Dickinson*

I was asked once how it feels to receive compassion. After a moment of thought, I responded with, “It is an experience of being fully seen and heard.”

There are many ways I could write about compassion; many angles from which to approach this topic. I could tell you all the reasons it’s important to approach the world from a place of compassion. I could give you multiple spiritual practices to help you cultivate compassion in yourself.

But what I really want to do is ask you the same question I was asked.

How does it feel — how *do you feel* — when you are the recipient of true compassion?

Think about that. It’s ok. I’ll wait here while you take a moment.

Does it make you feel good? Do you feel warm, safe, loved? Do you feel understood, heard, held? Do you feel seen? Maybe, for just a moment, do you feel not alone?

In Latin — *compati*. Com = together. Pati = to suffer. To suffer together.

I want to expand my answer to the question. To receive compassion is to feel that someone else is fully present with me and willing to stay, no matter what is happening. No matter what.

And while that can be comforting, it can also be scary. Because it means that I am being fully seen and heard while at my most vulnerable. In my brokenness, in my woundedness, in my *suffering* someone else is right there — not just observing, not just supporting, but really *being* with me, truly knowing me in that frightening place.

I could tell you that compassion can feel impossible to give sometimes. Instead, I’m going to tell you that compassion can feel really hard to receive sometimes. I’m also going to tell you that it’s important for you to learn how to receive it. Because that’s how you nurture the ability to give it.

Christina Feldman, in her book *Compassion*, says, “learning to nurture a heart without boundaries is truly a journey that asks for profound understanding, receptivity, and courage.”

Compassion, whether giving or receiving, erases the illusion of *other*. We have to be willing to let go of any ideas of separateness, any misconceptions about which suffering is ours or which children are ours or which anger, betrayal, fear, despair are ours. No boundaries. We have to understand that we are all one. We have to be open to whatever is and whatever will be. And we have to be brave.

I feel like I ask you to be brave a lot. And you are. You are beautiful, loving, courageous, beloved people in covenant with yourselves, with each other, with your world. And you’re not doing anything wrong.

We UU’s can be full of compassion, especially for the suffering we perceive happening beyond our church walls. And we here at Unity Church hold great depths of compassion for those among us who are struggling or sad.

We’re not always so good about opening ourselves up, letting others know we are hurting, and receiving the blast of love that would surely come our way if we did. We’re not always so

good about being brave enough to let ourselves truly be seen and heard, be held, be known. And yes, sometimes when we do open up and reach out we don’t receive what we’re hoping for or needing or expecting, and so it takes even more courage to try again and trust that it’s worth it — and practice using that as an opportunity for self-compassion.

So I encourage you, my friends. I pray that you find the courage to practice nurturing hearts without boundaries, to practice allowing a compassionate companion along on your most frightening journeys (even if that companion is you), to practice letting go of the illusion that you are all alone — or that you have to suffer in silence and secrecy.

And if you are brave enough to do this — even just sometimes — and if you are open to receiving the love and comfort and connection that compassion offers, then understanding and wisdom will naturally follow. And from there your own capacity for compassion for another will grow and you will begin to learn about each other without ever having to speak.

Hallman Ministerial Intern Shay MacKay  
with this month’s theme team:  
KP Hong, Rob Eller-Isaacs, Lisa Friedman

Compassion Theme Resources  
See page 2

## Just Words



... Under the pavements trembling like a pulse,  
under the buildings trembling like a cry,  
under the waste of time, under the hoof of  
the beast above the broken bones of cities,  
there will be something growing like a flower—  
something bursting from the earth again,  
forever deathless, faithful, coming  
into life again like April.

— Thomas Wolfe

It has been a mild winter here in Minnesota. But even mild winters bring their share of travail. We had our usual spate of broken bones from friends slipping on the ice. Even a mild winter brings mornings so cold we don't want to get up. If February is the month when depression and despair loom large and March is mud and waiting, then April is, in northern climes, a time for long sweet walks among the early buds.

April is, in fact, the proof next that helps to justify our faith in life itself. "I was at church every night last week," admitted one of the parents who had helped to produce our amazing children's musical, *Off the Rails*. "I noticed that you and Rob were here as well. I had to wonder; where do you find all that energy?" The question brought us up short. Lately Janne and I have been wondering whether we put in too many hours. We are fully aware that we tend to work too hard. At times it feels neurotic. We make every effort to warn others of the dangers of workaholism. But we fall into patterns some consider overwork because for the most part the work brings us joy.

We have heard countless confessions from those whose work is less than satisfying. We've heard far too many anguished tales of work that is positively oppressive. It seems counter-intuitive for those of us who live with the privilege of true vocation to treat the gift as just another job. I want my calling to consume me. But slowly please, I want the joy to last.

"Where do you find all that energy?" We find it in the confidence in the efficacy of congregational life that has grown in us over the years. We see it in the enthusiasm of lay leaders here at Unity Church who know their lives have been enriched beyond measure by their involvement in church life. We see it in the tears of gratitude that flow when people realize the community has and will rally 'round when times get tough. And we see it in the deep faith that grows with years of practice and in the sure knowledge that the church serves a power larger than itself.

Poet Denise Levertov reminds us: *We have only begun to know the power that is in us if we would join our solitudes in the communion of struggle. So much is unfolding that must complete its gesture, so much is in bud.*

Here's to April my beloved friends!

— Rob Eller-Isaacs

## Flowers for Sunday Worship Services

If you would like to provide flowers for Sunday services, there are still dates available. Please contact Barbara Hubbard ([barbarah@unityunitarian.org](mailto:barbarah@unityunitarian.org) / 651-228-1456 x116) to reserve the date of your choice and to make arrangements.

## The Wheel of Life

### In Memoriam

**Susan Hodgson**

May 28, 1930–February 16, 2016

**Gordon Keeler**

March 2016

### In Celebration

**Howard Guthmann**

in celebration of his retirement on  
April 30 after more than 70 years  
with his firm Wilkerson Guthmann

## Compassion Theme Resources

### BOOKS

*Start Where You Are* by Pema Chodron

*Compassion* by Christina Feldman

*The Doomsday Book* by Connie Willis

### FILMS FOR THE WHOLE FAMILY

*The Mighty* (1998)

*Ponyo* (2008)

*The Illusionist* (2010 animated)

### YOUTH

*The Birdman* by Veronika Charles

*The Hundred Dresses* by Eleanor Estes

*Under the Lemon Moon* by Edith Fine

*This Place I Know* by Georgia Heard

**commUNITY** is the newsletter of Unity Church–Unitarian. It is published monthly, except the month of July. Deadlines are the 15th of each month. Subscriptions are free to those who make pledges to Unity Church and are available to others for \$30 per year.

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

# APRIL WORSHIP CALENDAR / OFFERING RECIPIENTS

## April Sunday Worship Calendar

Sunday worship services and religious education classes are held each week 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).

### April 3: *Unexpected Sources of Healing: Compassion through Relatedness*

Often we find connection and strength from the least likely of sources, which in turn can transform our understanding and capacity for compassion. Rev. Janne Eller-Isaacs and worship associate Brian Newhouse will explore some of the unlikely sources for deepening our understanding of compassion and the interdependent web of all existence.

### April 10: *Compassion and the Sense of Self*

Where do I end and you begin? How can we support each other while maintaining good boundaries? Rev. Rob Eller-Isaacs and worship associate Rochelle Lockridge will wrestle with the dynamics of "compassion fatigue" and the spiritual challenges of self-differentiation.

### April 17: *A Love Like No Other*

Hallman Ministerial Intern Shay MacKay and worship associate Nicole Lynskey will help us look at the differences between pity and compassion, what pity costs us, and how true compassion calls us to act.

### April 24: *Swimming to the Other Side: A Service for Coming of Age*

One of the most powerful images of compassion is that of the Bodhisattva, the spiritual practitioner who, having made it to the far side of a raging river, plunges back into the water to help others to make across. The service will include a collage of voices from those coming of age and a sermon by the Rev. KP Hong. Coordinator of Youth and Campus Ministries, Drew Danielson, will join the ministers in joyful celebration.

## Soup Suppers

Served each Sunday following the 4:30 service. Donations are gratefully accepted. To volunteer to help cook and serve a supper on April 3 or 24, please contact [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).

April 3: Smoked trout and bacon chowder or spring vegetable medley

April 10: Chili Team

April 17: to be determined

April 24: Asparagus and lemon soup



## 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 3: St. Paul Almanac

St. Paul Almanac is one of our city's great cultural assets. From publishing the memoirs of elders in the African American community, to an amazing annual compilation of deeply moving stories from St. Paul's diverse communities, the Almanac helps neighbors get to know each other at depth. This year Unity Church made a grant of \$20,000 to support the Almanac. We hope to restore those funds so as to be able to make like grants in the future.

### April 10: ISLA

Interfaith Service to Latin America (ISLA) partners with Nicaraguan teachers, health professionals, and farmers. Today's collection will support high school scholarships. The average monthly salary in Nicaragua is \$100. High school tuition is \$150 annually. Currently only 25% of Nicaraguan youth attend high school. Elementary teachers choose academically promising students for ISLA high school scholarships which cover student fees, uniforms, and supplies. Recipients must maintain superior grades and mentor an elementary student weekly. Unity Church member Annie Olson-Reiners is an ISLA partner.

### April 17: Hallman Ministerial Intern Fund

This permanent endowment, which provides funding for ministerial interns at Unity Church, presently stands at \$204,502. 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, Lindasusan Ulrich, and Shay MacKay. Other Unity Church interns include Dottie Matthews, Jacqueline Duhart, and Jim Foti.

### April 24: UTS Scholarship Fund

Theological diversity is essential to United Theological Seminary (UTS) where Unitarian Universalist students receive and contribute to a rich learning environment. UTS strives to prepare women and men for effective ordained and lay leadership in church and society, to pursue theological inquiry and shape theological understanding, to serve as sustaining resource for religious leaders, and to foster spiritual formation and ethical development. Several Unity Church members are current students or graduates of UTS and Janne and Rob Eller-Isaacs and Lisa Friedman have all shared their teaching skills as adjunct faculty at UTS.



# BOARD OF TRUSTEES / SURVEY / UU ASSEMBLIES

## Will your voice be heard? Most assuredly yes.

From Angela Newhouse, Trustee



How many surveys do you receive over the course of a week? It seems like every transaction I make — online purchases, doctor visits, car repairs, airline flights — comes with the obligatory survey, begging for feedback on how my experience was. Even my church wants my opinion on how it is doing.

I confess I almost always delete these surveys when they show up in my inbox. It seems like so much work to take the time and rate my level of service on a scale of 1-5. And I don't have much confidence that my participation will make a difference anyway.

There is one survey you'll soon see that I hope you won't delete. Unity's congregational survey will be live starting April 17. You will be asked to weigh in on how well Unity Church is doing on the Ends Statements that we as a congregation helped to create. This is a key measurement tool that drives church programming and is used by the Board to evaluate the performance of our Executive Team (Janne Eller-Isaacs, Rob Eller-Isaacs, Lisa Friedman, and Barbara Hubbard).

Will your voice be heard? Most assuredly yes. The Executive Team and the Board look at the analysis of the data thoroughly and we read every comment you write. Our ministers develop church programming directly in response to the survey results. A few examples of initiatives stemming from your feedback are workshops and classes such as Spiritual Practice for Leaders, The Sacred Art of Listening, Articulating Your UU Faith, yoga, Zen meditation, and kung fu. Our ongoing opportunities for spiritual practice, not the least of which is our rich worship services, are all deepened and made more meaningful to us because of the direction the congregation provides through the survey.

Each month the Board monitors the Executive Team's performance against the Ends through an internal monthly report. The report is aligned with our Ends Statements and describes how church initiatives correspond to the needs of the church community. A monthly report from the Executive Team is helpful in monitoring progress toward our Ends, but we need to hear directly from you, the congregation. We only survey the congregation annually, but the data is used to inform programming all year long.

When you receive the link to the congregational survey in your inbox, please resist hitting the delete button. Take a few minutes and let your voice be heard and make a difference in the life of our church.

### Congregational Survey

*Fill out the 2016 Congregational Survey!  
We really need to hear from you!*

Every spring, Unity's Board of Trustees requests all adult members of the congregation (and every teen who will have completed Coming of Age) to let us know their views of how we are doing in moving toward our collective goals. The 2016 Congregational Survey will be available online from April 17 through May 1. The survey is YOUR opportunity to tell the Board of Trustees how you feel about this religious community, the work we are doing, and its impact on your life and the lives of others. Your feedback is essential. The survey is our board's primary tool to measure our progress on our mission and toward our collective vision. **We need to hear from everyone!** You can finish the online survey in 10 minutes (it's shorter this year!). Paper copies will be available in the Parish Hall after services on April 17 and 24 and by contacting the church office. The deadline is May 2. Watch for email and in-person reminders!



## UUA MidAmerica Regional Assembly *The WHO in the New Era of Unitarian Universalism*

April 29-May 1, 2016  
Saint Paul, MN

Keynote Speakers

Rev. Elizabeth Nguyen,

Rev. Jeremy Nickel, Kenny Wiley

If you are interested in attending the conference, volunteering, or learning more about Unity's Denominational Relations Team, please contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org). Details at [www.midamericaregionuua.org/ra](http://www.midamericaregionuua.org/ra).



## UUA GENERAL ASSEMBLY

June 22-26, 2016

The theme for GA 2016 will be *Heart Land: Where Faiths Connect*. The faith world is increasingly multifaith. People are crossing borders of religion and spiritual practice to create wholeness in their lives individually and collectively. General Assembly 2016 will assemble leaders and communities of many faiths to worship together, learn from one another, and create a new vision of faith that no longer divides us, but connects us to an interdependent future that works for all. If you are interested in serving as a Unity Church delegate, please contact Barbara Hubbard at [barbarah@unityunitarian.org](mailto:barbarah@unityunitarian.org). Details and registration: [www.uua.org/ga](http://www.uua.org/ga)

# HERITAGE SOCIETY / ORDINATIONS

## Join the Heritage Society

Leave a Legacy for Future Generations at Unity Church

From Barbara Hubbard, Executive Director

Legacy giving is an intentional act that leaves a lasting legacy in your name and sustains the powerful work of this church for generations to come.

A legacy gift is a designation from your estate to a charitable organization. Your “estate” is the sum of your assets, including property you own, insurance policies, retirement accounts, cash on hand, etc. Wealthy people may have large estates, but people who aren’t wealthy often have the resources to make a legacy gift.

There are many gift possibilities. Each of these gifts allows flexibility, though some requirements apply, and you always retain the right to amend your estate plans.

- A charitable bequest in your last will and testament can be a specific amount or a percentage of what remains after providing for your heirs.
- A life insurance designation names Unity Church of St. Paul as owner or beneficiary of the policy.
- Retirement plan assets name the church as a beneficiary of an IRA, 401(k), 403(b), profit sharing or other retirement plan.
- Other types of legacy gifts include gift annuities, life-estate agreements and charitable remainder trusts.

By making a legacy gift to Unity Church, you will be joining over 200 others who have committed to supporting the church into the future. Our annual Heritage Society Dinner on May 6 is the church’s way of thanking those individuals who have made legacy gifts. Susan B. Foote, professor, historian, author, and Unity Church member will be our guest speaker (see below).

If you have already made a legacy gift to Unity Church (but haven’t told us!), if you are in the process of making a gift, or if you would like more information about legacy gift possibilities, please contact Barbara Hubbard at the church office, follow the link on our website, or pick up a legacy giving brochure. We would love to have you join our Heritage Society!

## Heritage Society Dinner

Friday, May 6, 2016

Guest Speaker: Susan B. Foote

Susan Bartlett Foote was born and raised in San Francisco. Her first visit to Unity Church was Christmas of 1964. In 1965, Susan married Arthur Foote’s younger son Caleb, and they, along with children Rebecca and Ben, spent most summers in Southwest Harbor Maine with Arthur and Rebecca. Susan attended law school at the University of California, and was a professor at the Haas School of Business at Berkeley. Divorced in 1987, she became a Robert Wood Johnson health policy fellow in Washington, DC, Senate staff member working on health reform in the 1990s, and consultant on health and medical technology issues. She moved to Saint Paul with her husband, former Senator Dave Durenberger, in 1999 and joined the faculty of the School of Public Health at U of M. Dave and Susan visited Arthur Foote many times in Maine before his death, and Arthur once discussed the work of Unity Church on mental health reform in the 1940s. Susan retired from teaching in 2010 and for last two years has been working on a book, *Crusade for Forgotten Souls*, about the mental health reform effort. Susan will discuss the book, now nearing completion, at the Heritage Society dinner on May 6. Susan joined Unity Church in 2013.



The members of  
Unity Church-Unitarian  
warmly invite you to

**The Ordination of Rose Schwab**  
to the Unitarian Universalist Ministry

Saturday, April 9, 2016  
3:00 p.m.  
Reception to follow

Unity Church-Unitarian  
733 Portland Avenue, St. Paul

Clergy, seminarians, and religious  
professionals are invited to robe  
and process.

Please arrive at 2:00 p.m.

Kindly RSVP online at  
[www.unityunitarian.org/ordination.html](http://www.unityunitarian.org/ordination.html)

## The Ordination of Lindasusan Ulrich



The Ordination of 2014-15 Unity  
Church Hallman Ministerial Intern  
Lindasusan Ulrich will be held at  
3:00 p.m. on May 7 at the First  
Unitarian Universalist Church of Ann  
Arbor. Members and friends of Unity  
Church are warmly invited to attend.

# WELCOME WORDS & MEMBERSHIP

## Welcome Words



The quote hangs in my office: "Be kind, for everyone you meet is fighting a great battle." For me, compassion is at the center of the religious journey. How do we keep our heart open to one another? How do we stay present to both the beauty and tragedy of our world? Compassion

keeps us connected, in the face of all that would divide us. Compassion calls us to come together, so that we can reach for a larger, wider vision of Beloved Community. Take the time this month to be kind, even more than usual. Reach out to someone you don't know and learn a new perspective. Cultivate gratitude for the gift of our humanity. Who knows what you will discover? See you in church!

Rev. Lisa Friedman

Minister of Congregational and Community Engagement

## Pathway to Membership Classes

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

### Welcome to Unity: Our Class for Newcomers

**Sunday, April 10, 12:15-1:30 p.m.** ~also offered ~

**Wednesday, April 20, 7:15-8:30 p.m.**

If you have been visiting Unity Church 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. Together, we will explore the mission and vision of this church, as well as historical and contemporary Unitarian Universalism.

### Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is now offered on a regular basis on Sundays from 10:15-11:15 a.m. in the Ames Chapel. These sessions can be attended in the order that works for you. In these classes, 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 13, 7:15-9:00 p.m.**

Have you been considering membership at Unity Church? This class explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's needs meets the gifts and joy you have to offer. The class will conclude with a ceremony as participants sign the membership book and join the church!

## Welcome New Members!



left to right: Alex Lodner, Tony Huth, Stephanie Hoepner, Jessie Wuollet, Hannah Masuga, Elaine Campbell

**Elaine Campbell and Hannah Masuga:** Elaine and Hannah are new homeowners in St. Paul and live in the Summit University neighborhood with their two cats. Elaine enjoys making things (from warm scarves to new pieces of furniture for the house), reading novels, and singing in the Unity Choir. She is excited to officially join this community! Originally from Michigan, Hannah has been slowly moving west on I-94 and relatively recently picked Minnesota as her home. She enjoys cooking, politics, and computer geekery.

**Stephanie Hoepner:** Stephanie attends Sunday morning services with her husband Joe and daughter Anna who is in Spirit Play. After nearly 20 years in corporate America she is currently embracing domesticity as a stay home parent and community volunteer. She was looking for a place for Anna to receive religious education and was surprised and thrilled to have found a spiritual home for herself in the process. She has felt emotionally uplifted, intellectually challenged and spiritually inspired by the services and all the good work being done at Unity Church. She looks forward to getting more involved with the community and doing the good work together.

**Alex Lodner and Tony Huth:** Alex was born and raised in Israel and came to Minnesota at 13. Tony was raised Lutheran. His work at a health software startup keeps him busy, along with spending time with his family. Since having their daughter, Alex and Tony have been looking for a community to call their own and they are excited to have a welcoming environment for Millie to explore spirituality. At Unity Church, they found a place that encourages questioning, which is something Israelis do very well. Unity already feels like home.

**Jessie Wuollet:** Originally from Hastings, MN, Jessie settled back in the twin cities and currently lives in the Seward neighborhood of Minneapolis with her significant other and cat. Jessie was a youth director in the Presbyterian and Covenant denominations, before pursuing chaplaincy. Upon deep reflection Jessie started to look for a spiritual home that would "fit", or at least be progressive and diverse in beliefs and practices. Jessie was drawn to Unity Church because of its involvement in social justice and the general feeling of community and belonging. Jessie loves backpacking, hiking, cycling, reading, and baking (which runs in the family).



# HALLMAN MINISTERIAL INTERN / CHALICE CAMP

## 2015-16 Hallman Ministerial Intern

Shay MacKay



As so many of us do, I struggle with the discipline of doing my spiritual practices. I would love to meditate at least once a day, and I try to begin each morning with gentle movement and breathing – like tai chi, qigong, or yoga. Sometimes I'm successful. Most times I'm not. But I'm also learning to be gentle with myself – more compassionate about both my

failures and my successes in developing these spiritual habits. I wrote this prayer/poem for myself in my journal one evening – to remind me of the beauty that awaits me when I actually do these practices. I offer it to you now in compassionate solidarity.

Listen, this is important.

Go deep. Deeper still.

Go deep inside to the well within your soul,  
the pool that holds the memory  
of the story of all that came before,  
and more.

The story of all creation.

The memory of the story of your creation.

Go deep.

To the words written on your heart that speak of the now,  
the who of You.

The words that sing of all you love, and those that weep.

Go deep.

Deep into the tissues and muscles and bones  
of your arms and legs and hips and neck, your hands and feet,  
the soft and strong parts of you that shift and move,  
re-arranging and re-interpreting where you are and where  
you're going.

Go deep.

Go deep and find that which is fully, wholly, beautifully You.

Shay MacKay can be reached by phone at 651-228-1456 x129 or by email at [shay@unityunitarian.org](mailto:shay@unityunitarian.org).

## CHALICE CAMP AT UNITY CHURCH

Friends Fun Crafts  
ART Singing GAMES

### CHALICE CAMP WEEK 1: JULY 11-15

Being able to combine the typical fun of summer camp with learning about our UU history is what makes Chalice Camp so great. Through skits, books, and stories your child will be learning about how Unitarian Universalism came to be and how it is still growing. We'll also learn about the seven UU principles and how to apply them to everyday life. This is a fun and educational way to help your kids learn about their Unitarian Universalist heritage.

### CHALICE CAMP WEEK 2: JULY 18-22

During week two of Chalice Camp we will begin to tackle some of the current social issues in our community. Sending your child to Chalice Camp will give them a safe, child-friendly environment to be exposed to topics such as racial inequality, gender, and social class, while incorporating the fun and excitement of typical summer camp activities.

### CHALICE CAMP WEEK 3: JULY 25-29

The newest addition to Chalice Camp: a third week! We'll focus mainly on art and using art to better our community. From projects as little as friendship bracelets and coloring pages to big projects like spreading art beyond the church walls. We will be bringing in community artists and musicians to show the kids how fun and easy it is to make art!

### COST

\$200/camper/week if registered and paid by May 1

\$250/camper/week after May 1

\$100/Senior Camper/week (entering 7th or 8th grade 2016)

### REGISTRATION & DETAILS


[www.unityunitarian.org/chalice-camp.html](http://www.unityunitarian.org/chalice-camp.html)

### QUESTIONS?

Contact Hannah Eller-Isaacs at 651-442-2180 or

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

# ARTS & TREASURES SALE: A SPRING FUNDRAISER



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## ARTS & TREASURES

### Art, jewelry and musical instrument sale

**Saturday May 7, 1-5 PM**  
**Unity Church-Unitarian**  
**732 Holly Ave, St Paul**  
**651-228-1456**

*Free mini-concert*  
*Kids' activity table*  
*Checks, credit or cash*

Do you adore *estate sales*?  
Are you looking for a unique *Mother's Day* gift?  
Have you been itching to learn to *play an instrument*?  
If so, mark your calendar!

*Brilliants and baubles*—Every style and price range.  
*Original art*—Oil paintings, drawings, prints and ceramics.  
*Musical instruments*—including clarinets, flutes and an antique Martin ukulele.

Proceeds support Unity Church.

## Donations & Volunteers

### Jewelry

Donations of new, vintage, and costume jewelry are being accepted.

### Instruments

Donations of working, new and vintage, musical instruments are being accepted.

Bring jewelry and instrument donations to the church office during the week, and the Peace Coffee table in the Parish Hall on Sundays.

### Art

You are a practiced, productive artist. Your beautiful artwork is piling up and storage is tight. Donate a piece to the Unity Arts & Treasure Sale!

It's a win-win when you can write the donation off on your taxes, contribute to the success of Unity's fundraiser, add beauty and interest to someone's home, and list the new owner as a collector of your work.

- We are happy to accept 2D and 3D work. 2D art should be 18"x 24" or smaller and framed, when appropriate.
- Donated art will not be tagged with the artist's name\*; all artwork will be sold for the same price (TBD).
- Drop your artwork off at the front desk with a note describing the media, title, your name, value (for your tax deductible contribution) and any other information you think helpful. It will be well cared for until the sale on Saturday, May 7

\*Should the artist like to know the buyer, and the buyer agrees; this information may be shared.

### Volunteer

Want to help with the sale? We love volunteers and will need help to set up for the sale, during the sale, and cleaning up afterward. Contact Barbara Hubbard by email at [barbarah@unityunitarian.org](mailto:barbarah@unityunitarian.org) or 651-228-1456 x116. Thanks!



# CONGREGATIONAL LIFE

## Sustaining Souls for Justice

Join the Minnesota Unitarian Universalist Social Justice Alliance for its annual social and fundraiser, an evening of connection, celebration, and commitment to our shared work for justice!

**Saturday, April 16 • Unity Church–Unitarian**

5:00 p.m.: Connections, Drinks and Appetizers

6:00 p.m.: Program

7:00 p.m.: Committing to MUUSJA & Social Hour

Sign up to attend online at <http://bit.ly/muusja2016>.

## Family Planting Day

**Sunday, April 17 • 12:30 p.m. • Garden (east of church)**

Please join Anna Newton and your church family in the garden as we plant early crops from seed (carrots, lettuce, radishes and more!) for summer harvest! Please wear sturdy shoes and clothes that can get dirty. Bring garden gloves if desired. Light lunch will be provided.

## Elders' Group

**Tuesday, April 19 • 1:00–2:30 p.m. • Center Room**

Join Rev. Lisa Friedman, Unity's Minister of Congregational and Community Engagement for a discussion of our UU social justice history and where we find ourselves now in engaging with the world beyond our church walls.

## Young Adult Group (ages 18-35)

The Young Adult group is growing! Join us on Tuesday, April 26, for a 6:30 p.m. potluck at the church. All are welcome! Contact Rev. Lisa Friedman ([lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)) to be added to the email list to receive Young Adult news and announcements, and to join our Facebook group.



## I request...

**From Shelley Butler, Libraries and Bookstall Team**

On a typical Sunday, I stop in the Unity Church copy room to check the Library mailbox for packages, book catalogs, and the occasional note. Recently, I pulled out a small turquoise square paper that said:

## I request Big Nate books for the library

Thrilled as I always am when getting a note from a Unity kid, I logged in to AmazonSmile and ordered a stack of Big Nate books for the Whitman Children's Library: *Big Nate Flips Out*, *Big Nate in the Zone*, and more. Thanks for the request!

Other recent book requests:

***El Deafo* by Cece Bell** (2015), a Newbery Honor Book recommended by a Children's Library volunteer, is a funny and poignant graphic novel memoir. Going to school and making new friends can be tough. But going to school and making new friends while wearing a bulky hearing aid strapped to your chest? That requires superpowers!

***This Is an Uprising: How Nonviolent Revolt is Shaping the Twenty-First Century* by Mark Engler** (2016), recommended by K.P., is about "transformative unrest;" how the principles and strategic actions of protest movements like Black Lives Matter are truly shaping debate and changing the world.

***Writing my Wrongs: Life, Death, and Redemption in an American Prison* by Shaka Senghor** was requested by a member of the Anti-Racism Leadership Team. It tells a story of a life in poverty and violence, and then, redemption; and is a compelling reason for rethinking our American system of criminal justice.

## Call for Writers, Singers, Musicians for Café Unity Friday, April 15 • 7:00-9:30 p.m.

I realize that the Library and Bookstall Team asks a lot of you — buy books, submit to *Cairns*, volunteer, come to author events — so, why should today be any different? Café Unity is a special event that each spring opens its doors to the Parish Hall "coffeehouse," providing the congregation a chance hear and share musical and literary works. Please contact us to sign up to be on the program; email: [library@unityunitarian.org](mailto:library@unityunitarian.org) or call me: 651-283-5139. Slots on the program are limited so sign up ASAP. Looking forward to another special evening!

See you in the Library and Bookstall!

# WELLSPRING WEDNESDAY

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.) All meals will offer vegan and gluten free options. People with specific food allergies may contact [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) to arrange to have a special preparation. Email Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) for financial assistance to help cover the cost of dinner.

## April 6

*Dinner: Baked springtime risotto with a mixed greens salad*

### **Angry Texts and Emails: Responding Productively with Compassion — Marie Jose Brizard**

Learn how to respond, in writing, to written messages that put you on the defensive. Explore what motivates the writers to attack and intimidate you. Respond with Empathy, Attention and Respect (E.A.R.) do not REACT. Marie Jose Brizard is a mediator and co-parenting educator.

### **Open Page Writing Session: Compassion — Rev. Karen Hering** **RSVP required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org)**

“Compassion is a kind of fire — it disturbs, it surprises, it ignites, it burns, it sears, and it warms,” wrote Matthew Fox. “[I]t especially warms and melts cold hearts, cold structures, frozen minds, and self-satisfied lifestyles.” As the April sun thaws the ground in the upper Midwest, we will gather to consider and write about the thawing influence of compassion in our hearts and lives.

### **Addiction and Recovery Ministry • Everyone is welcome!**

This group offers topics for discussion and time for sharing and peer-to-peer support ministry. The use of the terms addiction and recovery are meant to be inclusive and self-defined with a focus on strengths, community, and spiritual development.

### **Textile Arts Group**

Bring your knitting, crocheting, tatting, embroidery, and cross stitch for an evening of fellowship and service. This group will meet regularly on the first and third Wednesday evenings. All ages and levels of experience are welcome! If you have any questions, please contact Linda Mandeville at [lindamandeville@aol.com](mailto:lindamandeville@aol.com).

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

An orientation for families whose children are enrolling in Religious Education for the first time. Contact [kp@unityunitarian.org](mailto:kp@unityunitarian.org) if you plan to attend this orientation session.

### **Go: The Chinese Board Game**

Learn and play Go, the Chinese board game. Anyone above the age of 10 is welcome. Bring your own board and set if you have one. [www.usgo.org/what-go](http://www.usgo.org/what-go).

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

The Tween Group is back! Join us in the body classroom downstairs each week, where we'll gather to practice deepening in community and friendship.

### **Embodied Spiritual Practice: Yoga — Elen Bahr**

## April 13

*Dinner menu: Roasted steelhead trout with fresh herbs, scalloped potatoes, roasted asparagus, dessert*

### **Interfaith Pilgrimage to Israel-Palestine**

Some members and friends of Unity Church, as part of an interfaith group of 22 travelers, recently visited Israel and Palestine to visit peace-building groups as well as holy sites to gain an understanding of the conflict and prospects for peace. An interfaith panel including Jewish and Muslim travelers will share their learnings and responses to the experience including their observations of peace-building groups. Participants will be invited to join in a discussion of the implications for peace-building as a spiritual practice in that region and here at home.

### **Spiritual Direction — Sarah Cledwyn**

Join Spiritual Director Sarah Cledwyn for a contemplative conversation around our worship theme of Compassion. How do we hold compassion for ourselves and others? What practices stretch our hearts toward living compassionately? How does our compassion express itself in our own self talk, our community, and in the world? We will engage with the theme through a group process of listening, sharing, and witness.

### **Committing to Unity — Rev. Lisa Friedman**

This class explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's needs meets the gifts and joy you have to offer. The class will conclude with a ceremony as participants sign the membership book and join the church!

### **Go: The Chinese Board Game**

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

### **Embodied Spiritual Practice: Yoga — Elen Bahr**

## Wellspring Wednesday

### Help prepare a meal!

The following April Wellspring Wednesday meal preparation shifts welcome you to volunteer:

- April 19 and 26: 5:30-7:30 p.m.
- April 20 and 27: 5:30-8:30 p.m.

Interested? Please contact Volunteer Coordinator Madeline Summers at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).

# WELLSPRING WEDNESDAY / FELLOWSHIP GROUPS

April 20

*Dinner menu: Roasted BBQ chicken with sweet potato mash*

## Climate Change Conversation

How will climate change affect things you love? We are partnering with Minnesota Interfaith Power and Light (MNIPL) to hold our first Climate Change Conversation. Who should attend? Anyone concerned about global warming and its impact on our environment, economy and society. The conversation will be mediated by MNIPL, with opportunities for small group conversations, as we will seek to align our values and develop language to address this difficult topic. These are "conversations that connect, inspire, and engage [the community] in meaningful action on climate change".

## Welcome to Unity — Rev. Lisa Friedman

If you have been visiting Unity Church 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.

## Religious Education Enrollment for the 2016-17 Church Year Textile Arts Group

**Go: The Chinese Board Game**

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

**Embodied Spiritual Practice: Yoga — Elen Bahr**

April 27

*Dinner menu: Steak or tofu with fresh chimichurri with roasted peppers and grain salad*

## Vaccines: Doubts, Debates, Facts, and Decisions

**Patsy Stinchfield, Director of Infection Prevention, Children's Hospitals of Minnesota and Don Brunnequell, Clinical Faculty, University of Minnesota Center for Bioethics**

Patsy is a national expert on vaccine and infection prevention who will bring her knowledge of the questions families raise and the studies that relate to those questions. Don brings his years of hospital bioethics experience and working with families who are skeptical of vaccines. We'll engage a full discussion of your concerns. We'll also touch on vaccines for adults (infection prevention protects both ourselves and our children!)

## Meeting this World of Fear with Compassion — Ken Ford

For what reason would we spend a portion of our precious time exploring the inner landscape in silence? For what reason would we make the effort to develop the skill of meditation or the art of mindful presence? Mindfulness can chip away at the rigid boundaries that define this small world of self, the boundaries that allow us to forget that the "other" we meet is, in fact our own life. Mindfully present, we recognize in the other the anxiety and the fragile joy that we know so well as our own and we can offer the gift of compassion. Join us for an exploration of this inner work of meditation and mindfulness and for an introduction to the Unity Church Tuesday evening meditation group.

**Go: The Chinese Board Game**

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

**Embodied Spiritual Practice: Yoga — Elen Bahr**

## Fellowship Groups

*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 14) 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 21) 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 12) from 7:00-9:00 p.m. and fourth Saturday of the month (April 23) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760.

**Living With Grief Group:** For people living with grief and loss. Third Tuesday of the month (April 19) 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 4 and 18, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

**Unitots!:** A drop-in playgroup for families 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. All are welcome—even if you haven't read the book. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net). **April 12 selection:** *The Man in My Basement* by Walter Mosley.

**Unity Bridge Club:** The next meeting of the Bridge Club will be Friday, April 1 (no joke!), at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

**Women In Retirement, The Choice Years:** This group meets the second and fourth Thursday (April 14 and 28) of each month from 1:00-3:00 p.m. Contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) for more information.

**Young Adult Group:** Potluck supper on Tuesday, April 26, at 6:30 p.m., in the Center Room. See page 9 for additional Young Adult Group programming. Contact: Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Sangha Zen Meditation:** Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction is offered on the first Tuesday (April 5) beginning at 5:00 p.m. Contact Ken Ford at [kford5@comcast.net](mailto:kford5@comcast.net)



## Sew Many Colors

### Evergreen Quilters' Bi-Annual Silent Auction and "Tilt-a-Whirl" Quilt Raffle

We are the Evergreen Quilters, a social justice group within Unity Church. We meet at the church twice a month to share fellowship, quilts we've made, quilting tips, and techniques. We're available to teach people who express an interest in learning to quilt. Several times a year we sew together at the church to make quilts and other items that we then sell to raise money for organizations in St. Paul that support homeless and hungry families.

We are both members and friends of Unity Church. All are welcome to join our group at any time.

In addition to putting on a bi-annual show and silent auction, we make sewn and quilted items for sale in December, and occasionally at other times during the year. All proceeds from our sales, final bids on the silent auction items in this show, and the raffle ticket sales for the queen-size quilt ("Tilt-a-Whirl") are donated to the causes named below, and others as need arises.

Evergreen Quilters works by consensus. Together we chose the pattern for the raffle quilt, donated fabric from our individual stashes, made the blocks, and assembled the top and back. This year Rose Allen quilted the quilt, and a group of six finished the quilt by adding a binding. Altogether 14 individuals contributed in a variety of ways to the completion of the lively 2016 raffle quilt.

This same group made the colorful items that hang in the Parish Hall this month, thus our show title: *Sew Many Colors*. Visitors to the Parish Hall will see wall hangings and table runners, as well as lap- and bed quilts.

Evergreen Quilters appreciates the Unity Church congregation who bids so generously on the silent auction items. The following organizations benefit from that generosity: The Family Place, a day shelter for families; Sharing Korner Food Shelf; and the Jeremiah Program, providing housing and parenting education while young mothers finish their education and get job training so they can live independently in the future. Among other projects, we've provided showers and a washing machine and dryer at The Family Place, and a freezer for Sharing Korner Food Shelf.

We thank all who come to see our show in April.

### Sew Many Colors Reception

**Friday, April 8 • 5:30-7:30 p.m. • Parish Hall**

All are invited to come and meet the Evergreen Quilters and to see their work. Visitors will be able to place bids on the silent auction items and to purchase raffle tickets (\$2 each, cash or check only). Refreshments will be served.

### The Saint Paul Almanac Faithify Project

For the past 11 years, The Saint Paul Almanac has created opportunities for the voices of diverse people to be heard and through storytelling and mentorship created a more connected and just community. Unity Church—Unitarian and other UUs have supported this important work and now seek to deepen our commitment by actively sponsoring and engaging in the Community Editor Apprenticeship Project (CEAP). We claim the stories of our community and believe the creation of this literary journal is an act of faith, love, respect, and racial reconciliation that all Unitarian Universalists can support. The stories that are gathered by the CEAP are disseminated to a wide audience through the literary journal and on the Saint Paul Almanac website.

Unity Church has been given a unique opportunity to build a relationship with this visionary organization and to support their work within our shared Saint Paul community. By donating to this Faithify campaign, your money will directly support the work of the Community Editors, offering them stipends that will allow them to give of their time and talents with more people and in more diverse ways.

There is power in giving a person's story words. The journey of writing, communicating and sharing helps transform suffering and form community. Become a part of this incredible journey by donating online today: <http://bit.ly/FaithifySPA>



### Food Collection for Sharing Korner

Unity's Evergreen Quilters coordinate an on-going food drive for Sharing Korner Food Shelf. Collection baskets are stationed in the main lobby and by the Holly Avenue doors. Donations of non-perishable items are always welcome.

**Thank you!**



# COMMUNITY OUTREACH MINISTRY

## Project Home: An Opportunity

From Ann Russell, Project Home Team

The word "homeless" creates certain images for each of us... just who is the homeless family... do we really know? We know they do not have a door to lock to keep their family safe, but we don't know why. We do know that many have experienced the pain and dislocation of eviction. The first time he rode along during an eviction, Matthew Desmond, a Harvard sociologist and the author of *Evicted: Poverty and Profit in the American City* (published March 1, 2016), was shocked by the suddenness of "seeing your house turn into *not* your house in seconds... you see the mover reach past someone to turn on the lights without asking, then open the fridge, open the cupboards. All the things that mean home are 'obliterated instantly' and often just piled up on the curb. If you can't take them immediately, they go to storage, and if you can't pay the storage fee, they go the dump. And it doesn't just happen once. The movers are out from 8:00 a.m. until sundown. You see one eviction and you're overcome, but then there's another one, and another one, and another one."

The difficulty of finding and keeping a home is a growing reality. For people living in poverty, rent can consume as much as 80 percent of a family's income. Desmond's research and his grueling experience living in a neighborhood of struggling families concluded that being able to secure enough income to pay rent has become "not just a consequence of poverty, but a cause of poverty." Even with the help of a social service system (although ever-shrinking and maddeningly uncoordinated) families can repeatedly be without the safety of a home. However, the challenge they and others face continues unabated... the United States now has over ONE MILLION homeless children.

Project Home is committed to supporting families as they work to return to the safety of a home. Unity Church and other local churches are part of that community wide effort. Unity and its volunteers provide a safe place for families each night in May. Project Home is now well known to many in this community and is part of the rhythm of our congregational life. Unity Church has risen to the occasion every year, but we can't ignore that this is a major commitment. We must recruit 150 volunteers (five each night)! Three volunteers are present from 5:30 to 8:30 p.m. to welcome families when they arrive, provide whatever hospitality is needed whether it be a snack, entertaining children, conversation, or simply a caring presence until 8:30. Two volunteers (many couples choose this assignment) arrive at 8:00 p.m. to see families to their rooms (lights out a 9:00 p.m.), spend the night, provide a simple breakfast, and send off them by 7:00 a.m. on weekdays and 9:00 a.m. on weekends. We give our hosts the chance to engage with the guests, but we are also able to provide a private space. For that brief volunteer window, we are simply present in community with them. We are real to these families, and they are real to us.

As generous as Unity Church members have always been, gathering 150 volunteers is still a huge undertaking. We make it easy for you to say, "Yes!" You can sign up at the Project Home table after the morning services on Sundays during April or hop on Sign Up Genius and sign up online: <http://bit.ly/projecthome2016>. If you are new to Project Home you will receive a simple orientation and training. Many who have volunteered in past years have told us that it is a truly meaningful engagement with struggling families who genuinely need very immediate focused help to get back on their feet. Many are surprised at how much they have enjoyed getting to know these families. These few hours give us that rare chance not just to "do for" but truly to "be with" people who need us. If you have not been part of Project Home in the past we encourage you to participate!

**Fill a shift with Project Home in May!**

**<http://bit.ly/projecthome2016>**

## Sustainable Living News



If you are looking for inspiration to live a more sustainable life, please visit the Sustainable Living table in the Parish Hall after Sunday services. You will find information on Community Solar Gardens, an upcoming Climate Conversation, a plant exchange, and give us feedback on your interests by VOTING for your favorite topics for classes. Got a skill to share? We are also looking for teachers to lead classes throughout the year.

### Climate Change Event

**Wednesday, April 20, 7:15 p.m.**

How will climate change affect things you love? We are partnering with Minnesota Interfaith Power and Light (MNIPL) to hold our first Climate Change Conversation. Who should attend? Anyone concerned about global warming and its impact on our environment, economy, and society. Conversation will be mediated by MNIPL with opportunities for small group conversations, as we will seek to align our values and develop language to address this difficult topic. These are "conversations that connect, inspire, and engage [the community] in meaningful action on climate change."

### Plant Exchange

**Save the date: May 15**

Don't throw out that plant! Bring it to Unity's first ever plant exchange on May 15. More information coming soon!

## Pitter-pattering Questions

[...like raindrops on the window, and little feet running through the house]



From KP Hong, Director of Religious Education

Before laying the foundations for our modern free-market economy, Adam Smith as a moral philosopher solemnly warned about the limits of compassion. Our emotional attention was narrow and partisan, and compassion as a force for human good was far too unreliable and uneven a sentiment when compared to impartial motives and ethical imperatives for a more principled treatment of all human beings. Consider the findings from the iconic moral thought experiment of the “trolley problem” and its variant “footbridge scenario”: A runaway trolley is hurtling towards five unsuspecting workers. Do you pull a switch and divert the trolley onto a sidetrack, where only one man works alone? Save five at the expense of one? What do you do? In the variation, the trolley is heading towards five workers, but this time you are on a footbridge over the track, with a very large man standing precariously close to the edge. If you happened to push him onto the track below, his body would stop the incoming trolley before it reaches the five. Do you push him?

However bizarre or far-fetched, the two dilemmas pose a morally equivalent question: Would you sacrifice one life to save five? Yet people react very differently to the two situations. Most detect a workable ethical rationale in the trolley problem, with almost all respondents opting for the utilitarian solution of pulling the switch. Yet in the footbridge variation, most respondents are morally repulsed by the idea of pushing the man off the bridge. They refuse to do it. But why would pulling a switch be so different from pushing a person for the same purpose? Why this inconsistency that has baffled philosophers and psychologists for years?

*What we touch matters*, say neuroethicists who have looked at fMRI images of subjects presented with these dilemmas. They show a clear pattern of brain activity that proposes something elemental about human nature. Entertaining the more *impersonal* ethical dilemma of the trolley (pulling a switch) corresponded to increased activity in regions associated with higher cognitive processes, like deductive reasoning and complex mathematical calculations (five lives are greater than one). Contrastingly, the *personal* act of touching and pushing someone off a footbridge activated regions associated with strong visceral emotions like revulsion and abhorrence. Pulling a switch made the act mechanical, but touching another made it very personal. And what person, with any capacity for compassion, could free herself so categorically from the tug of empathy’s intimate touch, even when it may be reasonable and necessary to do so for the greater good? Hence the question of what to do with compassion as a sentiment, uneven and often limited to who it does or does not touch. Is it not preferable to turn to more detached ethical reasoning about the human good, premised on ideas of dignity and respect, applied evenly irrespective of class, caste, race, or status? Who would fault that?

Except, what is human dignity without having touched it intimately? What do we really know about the “human good” without its tactile imprint from a handshake, a kiss, or the long embrace of forgiveness? Can principled ethic show us what to do when a child runs toward us with scraped knees and a bruised heart? Only what touches us preoccupies us, takes hold of us, and remakes us. In a world of too many levers and switches and drone strikes from afar, each Sunday, between teachers and children, there is little talk of ethical theories. But in every nook and corner, you will see compassion at play — its education, extension, and transformation from limited sentiment into *compassion* as an *ethical imperative*! (And who knows, with more thought, perhaps Adam Smith might have imagined a more compassionate-market economy?)

Sharing questions that pitter-patter across our sacred journeys...

## Religious Education Enrollment for 2016-17

If you would like to enroll your child(ren) or youth in Religious Education for 2016-17, please attend either enrollment session:

- Saturday, April 16, 10:00 a.m.-noon, in the Parish Hall
- Wednesday, April 20, 7:15-8:30 p.m., in the Parish Hall/Sanctuary

**We are trying something new this year!** These in-person sessions will gather families as a R.E. community for updates as well as to celebrate and share in some fun! There will also be different tracks: one for families enrolling in Religious Education for the first time and the other for returning families. Parents will have opportunities to hear about volunteer roles and be provided instructions for enrolling their child(ren).

If your family is unable to participate at either of these sessions, please contact R.E. staff Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org)

### Notes about registration sessions:

- Space is available for every child interested in Religious Education, but classes will vary in size and availability as we try to accommodate what works best for ALL of us. Enrollment is a practice of Beloved Community, and we ask families to *please come with a flexible spirit and willingness to consider options other than their first choice*.
- New this year, enrollment for both *Coming of Age* (program for our 9th grade youth) and *Our Whole Lives* (sexuality education program for 7th-9th grade youth) will be included in these enrollment sessions.
- R.E. staff and members of the Religious Education Ministry Team (REMT) will help guide and answer questions.
- Childcare will be provided.



# MUSIC MINISTRY



## Music Notes

From Ruth Palmer, Director of Music Ministries

### My thanks...

All of your emails, cards, responses, cheers, offers to help, and offers of food have elevated my spirits and, I'm sure, helped to speed the healing of my broken bones! The Unity Church community is the best medicine! My apologies for not responding sooner but, as you might imagine, first it was the pain (very manageable now), then figuring all those basic things out (all successfully accomplished), now working through the "social calendar" of nurse, physical, and occupational therapists, plus coordinating the "don't miss a beat" moves for the music program. Who ever would have thought I would be busy?! My beloved spouse, Lorelee (thankfully recently retired), and I are doing very well and becoming a polished team. She is amazing and a terrific cook and caregiver. I know there will be times in the not too distant future, as soon as things settle down a bit, when visits will be most welcome. Meanwhile, all those great communications and jokes are much appreciated. Now, it is my delight to introduce you to a couple of my wonderful colleagues who will be here to assist in continuing the energy of our beloved music program...



### Joseph Osowski, guest conductor for Unity Choir

Joseph Osowski is Director of Choirs at St Michael-Albertville High School and previously served as choral director at Anoka-Hennepin and Worthington School Districts. Choirs under his direction have been featured at numerous festivals throughout the region. Mr. Osowski is also the Artistic Director of the East Central Minnesota Chorale, a community choir based in Cambridge, MN. Osowski is in demand as a guest conductor, clinician and adjudicator. He has served in these roles throughout the Midwest. Mr. Osowski is an active member of the Minnesota Music Educators Association and American Choral Directors Association, most recently serving as the Northeast District chair for ACDA-MN. Joseph Osowski holds a Master of Music Degree in Music Education from North Dakota State University and a Bachelor's Degree from the same institution.



### Judy Sagen, guest conductor for Women's Ensemble

Judy Sagen retired from School District 196 of Rosemount, Apple Valley, and Eagan Minnesota in the spring of 2011, after teaching choral music in the district for 37 years. While teaching in District 196, Judy's Concert Choirs and Women's Choirs were featured performers at both the American Choral Directors Association (ACDA) and Minnesota Music Education Association (MMEA). Judy has held many important leadership positions in prominent professional organizations and is actively involved as a clinician and adjudicator around the tri-state area. Since retirement, Judy continues to keep herself busy! She worked part time in Music Education at the University of Minnesota during the 2011-12 school year serving as an Instructional Artist in Residence, and continues to work with choral groups, assist with musical productions, and accompany vocalists and choirs throughout the Twin Cities. Judy is married to Michael Atherton and they have two grown children, Brent, (soon to be married to fiancé, Stacy White) and Amy Jo Cherner, who along with her husband David, have two beautiful sons. Judy and Mike adore being grandparents to Eli and Avi.



## Arthur Foote Music Sunday

May 1, 2016  
9:00, 11:00, and 4:30

How can  
we keep  
from singing?

*How music speaks to the relationships in our lives, the community, and beyond; transcending time and place.*

## SPECIAL ALERT!

8:45, 10:45, and 4:15

Join us before each service for a 15 minute Community Sing led by Tesfa Wondemagegnehu, MPR Manager of Choral Activities and Sing to Inspire. We are delighted to have Tesfa as our guest. You can count on his exciting presence and talent inspiring our music of the day!

Children's Choir

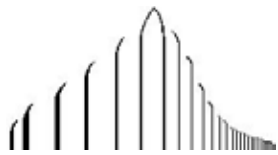
Unity Singers

Women's Ensemble

Unity Choir

and combined choirs singing!





# UNITY CHURCH-UNITARIAN

Sanctuary Entrance: 733 Portland Avenue • Saint Paul, Minnesota 55104  
Business Entrance: 732 Holly Avenue • Saint Paul, Minnesota 55104  
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## ARTS & TREASURES SALE: PAGE 8!



### *You Are Invited* **Coming of Age 2016!**

The entire congregation is warmly invited to witness the Coming of Age of this year's ninth grade class on Saturday, April 23, 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.



### **Used Book Sale!** **April 16 and 17**

Benefit from our congregation's shared love of reading while supporting youth ministries! Donations of good used books, CDs, DVDs, electronic and board games can be dropped off in the Foote Room through April 15. Please no reference or text books.

**Saturday, April 16 • 8:30 a.m.–4:00 p.m.**  
**Sunday, April 17 • 8:30 a.m.–4:30 p.m.**

\$5 Fill-A-Bag from 2:00–4:30 p.m.

### **Call for Parish Hall Artists**

*Deadline: April 30, 2016*

The Unity Church Art Team is now accepting applications for Parish Hall exhibits beginning in October 2016. Exhibit information and an application form are available online at <http://bit.ly/unityart2016>. Questions? Contact Joe Schur by email to [joeschur@inbox.com](mailto:joeschur@inbox.com). Good sales potential, low commission.