

August Sunday Worship • 10:00 a.m.

Sermon podcasts and archives are available online at www.unityunitarian.org.

August 3

Worship Leader: Rev. Karen Hutt • Worship Associate: Conor McGill
Musician: Kathleen Bartholomay, piano

August 10

Scarcity in the Midst of Abundance — Jen Welsh

This time of year, there is evidence of abundance all around us. Our gardens are overflowing with produce, our lawns are lush and green, summer days are longer and full of sunshine. Most of us can point to a source of abundance in our lives — financial security, family and friends, a loving community. At the same time, scarcity is all around us. We see community members struggling with poverty, violence, and disenfranchisement. In our own lives, we struggle with loss and the fear that comes with it. Worship leader Jen Welsh and worship associate Bailey Webster will explore living a rich and full life in the face of the paradox of scarcity and abundance. Musicians: Mary Nienaber, Elizabeth Giffin, and Deborah Cushman, guitar and vocals.

August 17

The Importance of Place — Helen Pohlrig

The poems and essays of Bill Holm were heavily influenced by what he called his "prairie eye," originating in his birth and upbringing on the prairies of western Minnesota. Where we're from as well as where we live can have a significant impact on who we are and how we relate to others and to the Universe as a whole. Join Helen Pohlrig and worship associate Heidi Mastrud as they explore the theme of "place" and our various relationships with it. Musician: Joseph Caswell, piano.

August 24

Addendum to "The Summer Day": Exploring the Wisdom of Impermanence Richard Foushée

During the past year I have struggled with the question at the end of Mary Oliver's poem, "The Summer Day": "Tell me, what is it you plan to do with your one wild and precious life?" At age 76 and on the cusp of retirement, I sensed that the question has a more profound intent than goal setting or having a life plan. Join worship leader Richard Foushée and worship associate Joan Velasquez to explore an addendum to "The Summer Day" that is far more challenging. Musician: Kevin Moonen, harp.

August 31

When Love for Labor Is Lost: The Defamation of "Kumbaya" and Overcoming Compassion Fatigue — Dane Smith

Weariness may overtake us as we round the Labor Day corner and face yet another tough election season, and as we all fight for incremental gains in our various struggles for racial, economic and social justice. Losing our love for progressive labor, at some point in our lifetimes, is inevitable. Compassion fatigue is a documented and legitimate malady. But chronic cynicism and despair are sinful in almost every faith system. And the story of what has happened to the great African American song "Kumbaya," and how we can bring it back, can serve as a lesson and inspiration for renewed energy. Musician: Rochelle Lockridge, guitar and vocals.

Merging of Waters

Be sure to collect water from your journeys (or backyard!) this summer. The Merging of Waters reunion service will be held on Sunday, September 7.



Flowers for Summer Worship

If you would like to bring flowers from your garden for a 10:00 a.m. summer worship service, please contact Marcy at the Church Office at marcy@unityunitarian.org.

The flowers need to be arranged in a vase and placed in the chancel by 9:15 a.m. on the Sunday you select. Sundays in August are still available.

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.

Unity Church–Unitarian
733 Portland Avenue
Saint Paul, Minnesota 55104
651-228-1456
www.unityunitarian.org

CHALICE CAMP / ARTS CAMP

This summer during **Chalice Camp** and **Arts Camp**, campers explored Unity's community through stories, art, food, worship, adventures, and service projects — all while enjoying summertime fun! Many thanks to all the volunteers who shared their time and talents with the children of Unity Church!



NEW STAFF / GREETINGS FROM CSONGOR

Meet Unity's 2014-15 Hallman Ministerial Intern

Lindasusan Ulrich



Lindasusan Ulrich pictured with RJ on her shoulders and wife Emily at this year's San Francisco Pride Parade.

The day that I accepted the internship at Unity Church–Unitarian, the temperatures in Minnesota were colder than Mars.

I made the call from outside the San Francisco hospital where I serve as a chaplain resident, my view of the bright blue sky interrupted only by bare tree branches and the overhead power lines for the city buses. After I left a voicemail with my “yes”—knowing that no one was at the church to answer the phone because of the extreme weather warnings — part of me couldn’t comprehend the contrast. I’d spent half my life in the temperate, Mediterranean climate of the Bay Area. A polar vortex sounded more like a plot point in a sci-fi show than a factor to consider when moving my family halfway across the country.

Of course, I was saying yes to far more than the climate. I was saying yes to the chance to serve and learn from one of the most vibrant Unitarian Universalist congregations in the country.

As I write this, my wife Emily, son RJ, and I are in the process of packing up our life here in San Francisco. We’re paring down our belongings, keeping only those items that we need or love. We’re making plans with friends and pinning down travel details. I keep returning to one of the windows at the hospital with a view of the Golden Gate Bridge so I can soak it in as much as possible.

The value of a good “goodbye” is that it makes room for the “hello” that follows. In the coming months, I’ll have the chance to say hello to all of you and to the next step in my ministerial formation. It is a *hello* deeply rooted in yes.

With gratitude and anticipation,

Lindasusan Ulrich

Welcome Unity’s New Volunteer Coordinator



Unity Church is excited to welcome Madeline Summers as the congregation's first Volunteer Coordinator! Madeline has served most recently as the Volunteer Coordinator at Obama Elementary School, where she was impressed with the dedication and skills of Unity’s volunteer tutors and the mission of Unity’s Community Outreach. Madeline brings significant experience and education in volunteer management and leadership, as well as a deep passion for the work. She will be working closely with Rev. Lisa Friedman, Minister of Congregational and Community Engagement in the areas of membership, hospitality, food ministry and community outreach. Please extend a warm Unity Church welcome to Madeline as she begins her work with us this summer.

Greetings!

A Note from visiting Seminarian,
Benedek Csongor



My name is Benedek Csongor and I am a seminarian from Transylvania. In 2010, while serving as a translator, I got the chance to meet a group of pilgrims from Unity Church very committed to the Partner Church Program and even more to the people, I think, in Homorodszentpeter, Transylvania.

Thanks to the fact that my father, being a minister himself, I have seen many partnerships between congregations in the U.S. and Transylvania but never one as active in traveling and visiting our country as the Partner Church Team from Unity Church. I would like to congratulate everyone who works on this! It is a tremendous pleasure for me to be here and learn about all of the moral values and faith that Unitarian Universalists from Unity Church and Transylvanians share. I would like to thank everyone who made this happen for me.

I will be here in St. Paul and at Unity Church for five weeks and I look forward to meeting many of you.

Unitarianism in Transylvania

**Sunday, August 10 • 11:30 a.m.
Center Room**

Come and learn about Unitarianism’s Transylvanian heritage and its current community with Benedek Csongor. Csongor is a third year seminarian and is currently learning about American Unitarian Universalist church life here at Unity. This is a great opportunity to get to know Csongor, as well as our international faith.

Why Care About Unity's Board?

From Deborah Carter McCoy, Trustee



As current board members gathered for a recent monthly meeting, we were asked to reflect upon what initially drew us to serve the greater congregation in this capacity and what personal strengths we bring to the board. This reflection allowed us to explore why board service matters.

Why care about Unity's board? It is a good question. The Unity Church Board of Trustees is a policy board — our focus is not operational or administrative. We develop, review and monitor church policies. We plan for the future of Unity Church and inform our work through conversation with those who yearn for the Beloved Community and see this congregation as one instrument for its realization

A recurring theme as we rounded the circle was a deep love of place and sense of belonging at Unity Church. We arrived at this place and this work from different paths — from a lifetime of membership to a relative newcomer. From years of participation in the choir, community outreach ministry, and as religious education teachers, to a willingness to learn more about Unity Church through board service as an early volunteer commitment. What path are you on? Is it leading you toward service on Unity's Board of Trustees?

Unity Church Trustees are:

- voting members,
- committed to the mission and values of Unity Church,
- willing to learn the beautiful work of policy governance,
- generous with time and resources, and
- really cool people.

Three board positions will open this fall. The board's nominating committee is seeking nominations for and from interested candidates. We encourage any voting member of Unity Church with a passion for this place to consider the opportunity. Help lead us to the future.

Serve on the Unity Church Board of Trustees

The Unity Church Board of Trustees is seeking candidates for a three-year term beginning in December 2014. Board members must be voting members of the church and must be willing to work enthusiastically with the Board, the Executive Team, and the congregation. No experience is necessary, but a willingness to learn and participate actively is essential.

To learn more about the position, contact any member of the board and review the job description posted on the Unity Church website (<http://bit.ly/BOT2014>). To place your name in nomination, or place the name of someone else in nomination, please contact Marg Walker at marg.walker51@gmail.com.

Join Unity's Anti-Racism Leadership Team Application Process Now Open

From Steve Harper, Chair, Board of Trustees

In 2003 Unity's Anti-Racism Leadership Team (ARLT) was commissioned by the Board of Trustees to advise the church leadership on establishing institutional practices and policies that further our commitment to anti-racism and racial healing. As part of this mission, the ARLT also promotes an ongoing educational programming effort aimed at furthering our community's awareness of how we can actively engage in this important work. Finally, the ARLT actively monitors the church and the leadership team's progress in pursuit of these goals. ARLT meets monthly throughout the year.

The Board of Trustees appoints individuals to the ARLT for a three-year term based on recommendations from a nominating committee comprised of Board and current ARLT members.

Right now, the Board is seeking individuals who are willing to commit to serving Unity Church as a member of the ARLT.

Team members must be voting members of the church and must be willing to work collaboratively with the rest of the team, with the church leadership, and with the congregation. No experience is necessary, but enthusiasm for the work is essential.

For more information about the work of the ARLT, or to express your interest in being considered for membership, please contact me at SteveHarper.home@gmail.com.

From the Anti-Racism Leadership Team

The Anti-Racism Leadership Team (ARLT) works with the Board of Trustees and the Executive Team to further Unity's goal of becoming an actively anti-racist institution. The Board of Trustees will be appointing one team member this year to fill an upcoming vacancy. The work of the ARLT is focused internally, on all aspects of church life — from the education and training programs offered to the congregation, to making Unity Church a welcoming and inclusive church community, to policies and procedures that reflect our commitment to anti-racism. Exploring the spiritual and intellectual dimensions of racism through a program called Beloved Conversations, and monthly educational programming that addressed the problems with the prison industrial complex, are examples of last year's congregational activities fostered by Unity's social justice teams to accomplish this work.

To learn more about the team or the appointment process, contact Drew Danielson at drew@unityunitarian.org or 651-228-1456 x112, Steve Harper (Board chair), or any of the ARLT members: Brooke Darst Rice, Pauline Eichten, Gabrielle Mead, Jill Hendricksen, Peter Heege, Kelley Nelson, Amy Kujawski, Avi Viswanathan, and Mary-Margaret Zindren.

A description of the responsibilities and expectations of the position is available online at www.unityunitarian.org/antiracism-leadership-team.html or by contacting Drew Danielson.

ARLT / FELLOWSHIP GROUPS

Anti-Racism Leadership Team: A Year of Progress

From Peter Heege on behalf of the Anti-Racism Leadership Team

At the close of the 2013-2014 church year, it seems appropriate to recognize and celebrate the extensive work of the congregation, staff, and volunteers in moving toward the Beloved Community and toward becoming an actively anti-racist institution. Here's a review of a few of the programs that helped move us in that direction.

Beloved Conversations

Dr. Mark Hicks, Professor of Religious Education at Meadville Lombard Theological School and Director of the Fahs Collaborative, developed Beloved Conversations: Meditations on Race and Ethnicity a curriculum designed to assist congregations in moving toward the Beloved Community we speak of during every Sunday worship service. The program was presented in three iterations: a full-fledged eight sessions, beginning with an initial weekend-long retreat, and followed by six sessions on Wednesday evenings as part of Wellspring Wednesday programming; Beloved Wellspring Conversations, an introduction to the program for four Wednesdays; and later in the spring, a Beloved Conversations mini-retreat weekend.

During these three program offerings, more than one hundred people from Unity Church, Above Every Name, and Morningstar Baptist participated, made genuine connections, and reported transformation. Hallman Ministerial Intern Jennifer Nordstrom's planning and leadership were crucial and invaluable. Plans are beginning to repeat this curriculum next church year. We encourage everyone to consider taking the time and making the spiritual investment to participate.

Wellspring Wednesday Programming

Following up on the previous year's congregational read of Michelle Alexander's *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, Wellspring Wednesday and the Racial and Restorative Justice Outreach Team offered six monthly programs on Ending the Cradle to Prison Pipeline. These programs focused on education, employment and housing as those issues impact the lives of those recently incarcerated or involved with the criminal justice system. Presentations were made by local experts in the three focus areas and by those who had been affected by exclusion because of "being in the system."

Unity Church members also attended and lobbied at Second Chance Day at the Minnesota State Capitol. This event was a chance for Minnesotans to urge the adoption of legislation on such issues as restoring voting rights to those who have served their sentences, record expungement for juvenile offenders, and issues around treatment of pregnant inmates.

Prison Baby Book Launch

In coordination with Beacon Press, the Racial and Restorative Justice Outreach Team brought Deborah Jiang Stein, the author of *Prison Baby*, to Unity Church to launch her book which chronicles her search for connection with her birth mother and her adopted family. Deborah is the founder of The UnPrison Project, which counsels mothers who give birth in prison on reordering their lives upon their release.

The ARLT is grateful for these programs and other racial justice programming, which formed a rich quilt in the last church year. We have come a way along this road, and much work remains to be done. Thanks for your commitment.



Fellowship Groups

These groups are open to members and friends of Unity Church.

A New Look at the Bible: Second Thursday of the month (August 14) at 7:00 p.m. Contact: Paul Gade at 651-771-7528.

Afterthoughts: This group meets after the 10:00 a.m. summer service. Contact: Paul Gade at 651-771-7528

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (August 21) from Noon-2:00 p.m.

Evergreen Quilters: Second Tuesday of the month (August 12) from 7:00-9:00 p.m. and fourth Saturday of the month (August 23) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

Living With Grief Group: A group for people living with grief and loss. Third Tuesday of the month (August 19) from 7:00-9:00 p.m.

Men's Retirement Group: Monday, August 11 and 25, 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, from 9:30 a.m.-noon, in the nursery.

Unity Book Club: Second Tuesday of the month from 7:00-8:30 p.m. Contact: Jack Hawthorne at jack.hawthorne@comcast.net

August 12: *Flim-Flam Man: The True Story of My Father's Counterfeit Life* by Jennifer Vogel

Unity Bridge Club: First Friday of the month (August 1) at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women's Retirement Group: Second and Fourth Thursday of the month (August 14 and 28) from 1:00-3:00 p.m. Contact: Leah Doherty at doher001@umn.edu

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

Turning Over A New LEAF

Unity Church 2014 Raffle Fundraiser



STAY TUNED ALL SUMMER!

Additional earth-friendly prizes that promote healthy living will be revealed each Friday throughout the summer!!

FOR TICKETS, \$20 EACH, CASH AND CHECK ONLY:

- Stop by the Raffle Table in the Parish Hall on Sundays or the Unity Church Office at 732 Holly Avenue, St. Paul, Monday–Friday, between 9:00 a.m. and 5:00 p.m.
- Contact the Unity Church Office by phone at 651-228-1456 or by email at unity@unityunitarian.org
- Fill in a ticket request form online and mail in a check
- Simply mail a check – no form needed – but be sure to include your address and phone number!
- Talk to any Unity Church staff, fundraising team members, or board members
- Only 4,000 tickets will be sold! They're selling fast – buy yours today!
- ALL prizes will be raffled on Sunday, September 28, at 12:30 p.m., in the Parish Hall at Unity Church. You need not be present to win
- See page 7 to read the FAQs and to see all of the prizes revealed to date



TURNING OVER A NEW LEAF

UNITY CHURCH 2014 RAFFLE FAQs

- 1. Why a fundraiser?** At the annual congregational meeting in November 2013, the congregation approved a budget for 2014 that included \$20,000 from a fundraiser.
- 2. Why a raffle?** Why not a raffle?! They're fun, a great community builder, easy to manage, and it is something that everyone in the congregation has the opportunity to participate in (and possibly even win great prizes!).
- 3. What's with the car?** Unity Church member Dale Howey contacted the staff about a great deal on a new 100% electric Nissan Leaf. After some conversation, it was decided that the deal was too good to pass up so the car was purchased for the purpose of raffling it off.
- 4. What is the value of the car?** The value of the car is \$35,000. The purchase price was \$20,000.
- 5. How many tickets do we need to sell to meet our \$20,000 goal?** The raffle team believes it is completely feasible to sell 4,000 tickets at \$20 each. This covers the cost of prizes and related raffle expenses, secures \$20,000 for the budget, and even offers the opportunity to raise money for the church beyond the budgeted \$20,000.
- 6. What will the church do with money raised beyond the \$20,000 that is in the budget?** The answer to this question is still being considered and ultimately depends on the success of the raffle.
- 7. Do I have to pay taxes on the prizes I win?** Yes. Winners have to pay personal income taxes on prizes valued in excess of \$6,000. Prizes valued under \$6,000 need not be reported for income tax. As an added bonus the church will pay the sales and registration taxes and the title/transfer fees on the car. The winner will be responsible for any personal income tax associated with the car.
- 8. Is the cost of the raffle ticket tax deductible?** You cannot deduct as a charitable contribution amounts you pay to buy raffle tickets.
- 9. How do I buy tickets?** Purchase tickets at Unity Church or mail a check payable to Unity Church along with your name, address, and phone number to: Unity Church, Attn. Raffle Tickets, 732 Holly Avenue, St. Paul, MN 55104. We will mail your raffle ticket stubs to you.
- 10. Can I help sell tickets?** YES! Check out a book of 10 tickets from the church office and help us sell, sell, sell! All unsold tickets must be returned to the church office by Sunday, September 21. You do not need to be a member of Unity Church to purchase tickets!
- 11. When will the prizes be raffled?** All prizes, including those we're revealing each Friday throughout the summer, will be raffled off on Sunday, September 28. You need not be present to win.

Details and prizes are online at www.unityunitarian.org/2014-raffle.html

SUMMER FRIDAYS PRIZE REVEALS!

"READ AND RELAX" \$500 value: A Kindle Fire HDX Tablet (16GB), a \$100 gift card to Amazon.com, an assortment of delicious teas from TeaSource, and a handcrafted mug from Grand Hand Gallery.

"GET FIT" \$850 value: A Fitbit Flex and a one-year individual membership to the YWCA or YMCA of your choice.

"SHARE THE PRIZE" \$250 value: A \$250 donation to the non-profit organization of your choice!

"GET AROUND TOWN" \$500 value: A one-year subscription to Nice Ride, a Go-To Metro pass, a one-year Go Plan from HOURCAR, a messenger bag, and a klean kanteen water bottle and lunch canister.

Additional prizes will be revealed each Friday throughout August. Stay tuned!

ONLY 4,000 TICKETS WILL BE SOLD!

FELLOWSHIP GROUPS / PATHWAY TO MEMBERSHIP

Dine with Nine

Potluck Kick-off

Saturday, September 6 • 6:00–8:00 p.m.
Parish Hall



Are you interested in getting to know more people at Unity Church? Do you enjoy great food and lively conversation? Would you like to extend the hospitality of our community to both new and long term members alike? Beginning in October, small groups of Unity Church members and friends will gather in each other's homes once a month for food and fellowship. Join us for an all-ages potluck dinner in the Parish Hall to kick-off our new Dine with Nine season and to learn more about the program.

Dine with Nine Sign Up Begins

You can sign up to participate in this year's Dine with Nine suppers in several ways: at the September 6 potluck, on Unity's website (bit.ly/dinewith9), or by emailing Teresa Wernecke at teresa475@gmail.com. Please include your contact information and let us know if you would like to sign up for a family or adult only group or whether you have particular location or transportation needs. We look forward to another great year!

A Kitchen Invitation

Do you enjoy cooking or baking? Are you one of those people who likes to hang out in the kitchen at gatherings, because that's where the fun is? Then trying out a Soup Supper or Wellspring Wednesday cooking team might be for you. Our leaders plan and work out the recipes, then our teams come together to make the delicious food happen. If you would like to learn more, contact Lisa Friedman at lisa@unityunitarian.org.

Take Unity Church Out to the Ball Game!

Saint Paul Saints vs. the New Jersey Jackels
Saturday, August 16 • 7:05 p.m. • Midway Stadium

Join other Unity Church members and friends at Midway Stadium for an evening of fun and fellowship with the St. Paul Saints in their last



year at Midway Stadium. We have set up a group purchase opportunity, so that everyone will be able to sit together in the Infield Reserve. Tickets are \$14. You can order tickets online at www.saintsgroups.com (password:unitychurch) or by phone at 651-644-6659 and be sure to mention you are with Unity Church. You can also pick up a ticket order form at the Welcome Table in Parish Hall. Wear your *Standing on the Side of Love* T-shirt, if you have one, and see you at the game! Contact Lisa Friedman with any questions at lisa@unityunitarian.org or 651-228-1456 x107.

Welcome Words

I love church in the summer. The sunshine streams in the sanctuary windows, adding to the joy of worship. The children's garden is growing tall and green. There is a lively bustle of community at Unity's summer camps for children and youth, at planning meetings for the coming year, at casual conversations outside on the front steps over a glass of lemonade. Our spirits grow and thrive in all seasons of the year. Summer is a time of openness, of trying out new experiences, of stepping out of standard routines, of greeting whatever surprise the new day brings. May we open the windows of our minds and hearts to new insight, new connection, and new challenge amid the gifts of this season. See you in church!

Rev. Lisa Friedman, Minister of Congregational and Community Engagement

Pathway to Membership

Sign up for Pathway to Membership classes at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement, at 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, August 24 • 11:30 a.m.–12:45 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 one of these *Welcome to Unity* classes.

Finding Yourself at Unity: A Deeper Exploration

A series of three classes: Thursday, August 21, 28, and September 4 • 6:30-8:30 p.m.

In this series of 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. A light supper will be provided each night.

From the Archives...

The archives team invites people to stop by the archives table in the Parish Hall during coffee hour on selected Sundays. We will have photos of people and church events and hope you will be able to help us identify them.

For more information or to offer support for this ongoing project, please contact Louise Merriam at 612-242-8772 or machias1@gmail.com.

WELCOME NEW MEMBERS!



Front Row (l-r): Carla Feldhamer, Karen Hering, Helen Gallagher, Jan Stanton, Lila and Debbie Cushman. Back Row: George Feldhamer, Signe Nestigen, Kirt Schaper, Nancy Walden, Shawn Gallagher, Rick Stanton, Julie Elhard, Dawn Baker, Julie Johnson

Dawn Baker is grateful for the opportunity to share her spiritual journey in this challenging and inspiring community and hopes to share her passion for music also. Her husband Aaron and daughter Aviva, who is one of the reasons she looked for this beloved community, support her as she becomes a member of Unity Church.

Debbie Cushman moved to the Twin Cities from Madison, WI, in the early 90s for work and has also spent a few years overseas (the UK and Mexico) and in Portland, OR. She has been working in nonprofits that serve refugees and immigrants for the past 12 years. She lives in St. Paul with her partner Scott and their daughter Lila. Community, music, service and spiritual growth inspire her to be an active member at Unity Church.

Julie Elhard has a husband (Paul Boehnke) and a son (Bryan Boehnke). She loves to play and teach music of many styles but mostly Renaissance, Baroque, and folk. Unity Church is the type of community in which she feels she can “belong” and grow with over time — a place to be at home and serve the larger community and the world.

Carla Feldhamer was born in St. Paul and was a member of the Carbondale Unitarian Fellowship for 30 years. She was a hospice nurse for 25 years and involved in an AIDS partnership in Zambia for 12 years. Her current passions include hospice, a new granddaughter,

knitting, reading, and enjoying northern Minnesota. She is coming to Unity for fellowship and spiritual renewal.

George Feldhamer retired two years ago after many years as a Professor of Zoology at Southern Illinois University in Carbondale. After being very active in the UU Fellowship there, he is now ready to join a new UU home.

Helen and Shawn Gallagher have been married for 13 years and have two children, Riley (8 1/2) and Audrey (6). Helen is a part time teacher and stay at home mom. She loves to read and hang out with friends and family. She is excited to be a member of Unity Church because of the quality of social justice programs and diverse, welcoming atmosphere! Shawn is a forensic scientist by day and enjoys Soo Bahk Do (Korean Martial Art), reading and spending time with his family when not working. He is joining Unity Church because of its acceptance of a wide variety of beliefs!

Unity Church has been home to **Rev. Karen Hering's** literary ministry for over five years, and she is happy to now transfer her membership and claim it as her personal church home as well. She lives in Hudson, Wisconsin with her husband David and their buoyant labradoodle puppy Sophie.

Signe Nestigen and **Kirt Schaper** have a daughter Ellie, who will participate in Coming of Age this year. Kirt also has a



Sandi Cassavant with Xander and Lexa

daughter, Emma, who is a young adult. Signe has a life long commitment to spirit and the many ways spirit brings people together. She enjoys finding spirit in play, cooking, gardening, music, laughter, reading, friends and family. Signe is delighted to be a member of a community where spirit lives so strongly in so many. Kirt works for Be The Match as a Senior Data Analyst and is interested in solving problems and fixing things.

Jan Stanton is grateful to become a member of Unity Church and looks forward to becoming more involved in the life of this congregation. She currently works as a chaplain at a Minneapolis nursing home and enjoys reading, writing, and learning new things. **Rick Stanton** is a Suzuki piano teacher. He enjoys practicing, teaching students (who practice), bicycling and running. He has theologically been a Unitarian Universalist for a long time and didn't know it. He also looks forward to becoming more active in this wonderful congregation. Jan and Rick live in South Minneapolis and are the parents of a grown son, Brendon.

Nancy Walden has two grown sons and four delightful grandchildren — all of whom live in the Twin Cities. Her husband is no longer living. She takes delight in being with children, writing poetry, and being in nature. She comes to Unity Church with open eyes, knowing that this community will nurture her.

Music Notes: Sing in a Unity Church Choir

From Ruth Palmer Director of Music Ministry



Here at Unity Church we have a vital choral program and invite you to consider joining us this year. For the adults, it is helpful to have some musical experience such as music lessons or previous experience singing with a choir. Of course, if that is not in your background but you have a passionate interest and the courage to jump into the flow of things in order to learn a new skill, we invite you to come and sing with us. We have a great time together!

Please feel free to contact Ruth Palmer, Director of Music Ministries, with any questions at ruthp@unityunitarian.org or 651-228-1456 x118.

I look forward to welcoming back our seasoned members and greeting new voices into the choir!!

First rehearsals for this church year are as follows:

- **Children's Choir** (grades 1-5): **Sunday, September 14, from 10:00–11:00 a.m.**, Foote Room, Kathleen Radspinner, director (kathleenr395@gmail.com)
- **Unity Choir** (adult, high school and beyond): **Thursday, September 11, from 7:30– 9:15 p.m.**, Parish Hall, Ruth Palmer, director
- **Unity Singers** (auditioned membership): **Tuesday, September 9, from 7:30- 9:30 p.m.**, Foote Room, Ruth Palmer, director
- **Women's Ensemble: Sunday, September 21***, from **10:15-10:45 a.m.**, Choir Room, Ruth Palmer, director
*Information and greeting for new and inquiring members on Sunday, September 14, in the Choir Room

What's New in the Library and Bookstall

From Louise Merriam, Libraries and Bookstall Team

The Library Team has been calling members about overdue books and weeding out old titles so that there is room for new volumes. Other recent activities in the libraries include working on the historical collection, ordering and cataloging new titles and reviewing shelves to be sure that the books are in the correct order. Projects like these help make our libraries much more than a random collection of books.

In the Bookstall, there are three summer displays. Check out books on spirituality, titles authored by Unity Church writers, and summer reading titles. In addition, the Bookstall has discounted titles for those looking for a bargain.

August Parish Hall Artists

Nerissa Nordquist • www.nerissanordquist.com

When the mood strikes, my fingers fly and I create. I create the words spoken from this tangled, irksome, wonderfully crazy soul of mine. I find, cut, rip, and glue ideas to ideas.

I splatter paint on the collage with fingers, brushes, nails, sponges and anything that seems to be the appropriate tool in the moment. They perform the motion of my energy, my aura; they help define my spirit, removing the layers and tethers that exist deep inside.

I have been creating collages for over 15 years. I do so because I recognize an innate sense of loss that is mollified when I paste a piece to another piece, like an emerging puzzle that asks to be solved. The more I paste, the deeper my satisfaction. I de-collage, paint and tear it to pieces, and find something far more beautiful than its original whole self could be. In the process I find liberation from the yoke of the losses I will never regain.

For many years I pasted and painted — separately — to unfulfilling ends. I desired to truly express myself with paint in some medium but realized that placing a paintbrush straight to canvas brought little satisfaction for me. In recent years I have combined the efforts, and now find a quiet resolution within myself every time a piece declares itself complete.

A collage is a puzzle in progress. As am I. I work toward the whole picture.

Marilyn Lamoreux • www.marilynlamoreux.com

For nearly three months in the winter of 2012-2013, I was in a small community of artists, dreamers, and idealists in a small plantation village on the Big Island of Hawaii. The rusted roofs and weathered boards of the aging homes in the small village where I stayed and the ageless beauty of people and places that I visited gave a sensation of being suspended somewhere outside of time. I sensed echoes of ancestors who had been of the land, their spiritual practices and languages and the rhythms of life lived in close harmony with the land. I came home with over 15,000 photographs of people, places, natural scenes, and events.

I chose these photos to represent my timeless experiences on the Big Island of Hawaii. I hope you will take a moment to breathe deeply, shed the burdens of everyday life, and share the timeless with me for a little while.

Cairns

The Unity Church Journal of the Arts

Deadline for submissions: October 6, 2014

For more information, please visit the *Cairns* page on the Unity Church website, find a brochure in the kiosks at church, or email cairns@unityunitarian.org.

You contribute. We are honored to publish.

The congregation is enriched.



AUGUST OFFERING RECIPIENTS / COMMUNITY OUTREACH

August Offering Recipients

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

August 3: Pfund Foundation

PFund is a community foundation that works for long-lasting social change and is a vital resource and community builder for LGBTQA communities across the Midwest. This is done by awarding grants and scholarships, developing leaders, and advocating for more responsive philanthropy in the area. This offering will go toward the Queer Youth Initiative which awards grants to partners working exclusively with LGBTQ identified youth and their allies. Unity Church members Kate Heider, Laura Schlatter, and Laura Smidzik support the work of PFund.

August 10: Crossroads Mission-New Orleans

Crossroads Mission is a non-denominational religious organization that coordinates volunteers who come to New Orleans to help rebuild housing. They are authentically involved with many churches and neighborhoods in New Orleans to locate individuals and organizations that need help in rebuilding their housing. Crossroads Mission coordinators live from donated "salaries" from their home churches and friends. Unity Church member Don Arnosti became a supporter of their work during his participation in the 2013 Unity Church New Orleans Pilgrimage, when Crossroads Mission was the "project facilitator" and tool provider for the housing rebuilding project.

August 17: Teenwise Minnesota

For over 22 years Teenwise Minnesota has worked with partner organizations across the state to change the way adults work with teens in the area of sexual health. While Teenwise tracks and documents rates of pregnancy, sexually transmitted diseases and other "poor sexual health outcomes," they consider and address these issues within the broader context of sexuality. In this context, sexual health is seen as a positive state of being in relation to one's own body, in relationship to others and where there is no coercion, discrimination, or violence. Unity Church member Heather Farber-Lau serves on the Board of Directors for Teenwise Minnesota.

August 24: Minnesota Prison Writing Project

The Minnesota Prison Writing Project (MPWW) teaches creative writing in prisons throughout the state of Minnesota. MPWW's main program places teaching artists in Minnesota prisons to offer quality creative writing instruction to incarcerated individuals. Additionally, MPWW facilitates a mail-based mentoring program for writers who have taken at least one MPWW course. Most students also participate in final readings and class presentations. Unity member, Kelly Hansen Maher is a teaching artist with MPWW and says this about her work, "I believe art and words matter; they are testimony for the inherent work and dignity of every person."

August 31: MUUSJA

The Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA) works with UUs from all over the state who want to organize for social justice change. MUUSJA seeks to bring a UU religious voice to the public square. Currently, its working groups focus on racial equality, environmental sustainability, LGBT issues, voting rights, reproductive choice, homelessness, and health care. This offering would pay for most of MUUSJA's travel expenses for one year, allowing attendance at General Assembly, and pay for staff mileage. Unity Church member Sherri Knuth serves on MUUSJA's board of directors.

If you would like to nominate a favorite non-profit organization to be a Sunday offering recipient, please visit www.unityunitarian.org/nominate-the-offering.html

Compost Brigade!

Our church food system includes compost that we use in our children's garden. We sustain this system through volunteers and need people to sign up to maintain the system. We empty the buckets into our garden's compost bins once a week. If you sign up, you can either choose to be paired with a regular, who will walk you through the process, or sign up on your own and follow the directions in the kitchen. We need volunteers throughout the summer, so sign up as many times as you like, and help keep Unity Church green and sustainable over the summer months! You can sign up here: <http://bit.ly/compostbucketbrigade>

VOLUNTEERS NEEDED

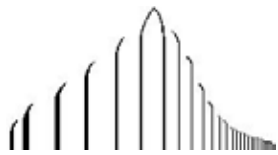
Minnesota Reading Corps at Obama Elementary

Volunteers are needed to tutor first through third grade students at Obama Elementary (located across Holly Avenue from Unity Church) who are struggling with reading and/or math skills. Volunteers will be assigned one student and are asked to spend at least one hour per week for three months in this significant service to children in our community. For more information or to register, please contact Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107.

Evergreen Foodshelf

The third Sunday of every month is Evergreen Food Drive Sunday. Donations can be brought anytime and should be placed in the barrels located at both the Holly and Portland Avenue entrances.





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 • unity@unityunitarian.org

STEVE HARPER, 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

CHANGE SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 1141

**TIME SENSITIVE
MATERIAL**

••••• Did you miss Religious Education Registration? •••••

• Save the Date: September 3, 2014 •

- If your family missed spring sessions of registration for Religious Education (R.E.) •
- 2014-15, please plan on joining us for the September session on Wednesday, •
- September 3, at 7:00 p.m. Child care is provided. Spaces remain in most classes. •
- R.E. begins on Sunday, September 14, 2014. •

Save the date: September Teacher Orientation

All volunteer teachers/mentors for this coming 2014-15 year, both new and experienced, should plan on attending teacher orientation. Orientation will be held Saturday morning, September 6, as well as the evening of Wednesday, September 10. Watch for specific schedule forthcoming (with times for program specific orientations) and invitation to register online. Contact KP Hong with any questions you may have at kp@unityunitarian.org or 651-228-1456 x104.

Our Whole Lives Registration

Registration for Our Whole Lives 2014-15 will happen this fall following family orientations on August 27 and September 2. OWL is a year-long, signature sexuality and spirituality program open and appropriate for grades 7-9, though most often taken in the 8th grade. Please contact Drew Danielson for further information at drew@unityunitarian.org or 651-228-1456 x112

Coming of Age (COA): 9th Grade

If you missed registration for 2014-15, please contact Drew Danielson as soon as possible to see if space is available: drew@unityunitarian.org // 651-228-1456 x112

9th Annual Unity Church Pilgrimage to New Orleans

Join in the 9th Annual Unity Church Pilgrimage to New Orleans from November 15-22, 2014. This is an opportunity to participate in a service and educational pilgrimage to the city of New Orleans where many of its citizens are still rebuilding their homes and communities after the devastating floods following Hurricane Katrina in 2005. The week-long trip includes hands-on service projects for participants, meetings with community leaders who are working to rebuild the city, connections with new and old friends, and opportunities to explore the rich and unique culture of the Crescent City. Each pilgrimage also offers time for reflecting on major themes of racial and economic justice in New Orleans related to our communities back in St. Paul.

For more information or to sign up for the pilgrimage, contact Lisa Friedman at lisa@unityunitarian.org or 641-228-1456 x107.

Take Unity Church Out to the Ball Game! See page 8.