



## News from the Ministerial Search Team

**Marg Walker, on behalf of the Ministerial Search Team: Avi Viswanathan, Betsy Hearn, Mary Baremore, Pauline Eichten, Morgan France-Ramirez, Dan Huelster, Lia Rivamonte, and Jake Rueter**

With the turning of the calendar toward the new church year in September, the MST is preparing for active congregational engagement in the search for our settled minister. A priority this fall is the creation of a congregational profile that describes who we are in clear-eyed, comprehensive, and – we hope – intriguing terms. To do this well and with integrity, we need to hear from you.

We'll begin by conducting a survey of congregants to learn more about ourselves and what we are looking for in our next settled minister. This survey will replace the board's annual survey, so you will only be asked to complete one. Keep an eye out for more information on the survey's launch later this month. Your input is vital to our work, and to potential candidates' understanding of Unity Church.

Then, in mid-September we'll begin a series of gatherings, both in person and virtual, where you'll have the chance to engage in conversation with one another. This will continue and deepen our understanding of where we are as a congregation, and what kind of ministry we need for the future we imagine. More information on these sessions will be available in the weeks ahead.

Finally, know that our work is undertaken in covenant with each other on the team, with you as a congregation, and with the UUA, its ministerial transitions staff, and searching ministers. The MST created the following covenant to express our commitment to all involved. By now you know you are at the heart of that promise.

Covenant:

1. We welcome each other with all our differences and needs, acknowledging that we all have good intentions, and always seeking to deepen our bonds.
2. We will speak openly and take initiative, yet practice humility and grace.
3. We will acknowledge the past, present, and future within, among, and beyond us.
4. We will center Unity's mission, values, and ends in this process.
5. We will honor and abide by the wisdom of the UUA Settlement Handbook.
6. We will safeguard the sacred trust of our congregation by informing as transparently as possible, listening with an open heart, and engaging broadly.
7. We commit to seeking equity, justice, and inclusion throughout the search process, mindful of our own personal, cultural, and social biases and assumptions so that, to the best of our ability, they are not a barrier to a fair and fruitful outcome.

If you would like to reach us, you can now email the team at [mst@unityunitarian.org](mailto:mst@unityunitarian.org). And as always, you can follow our work by visiting [www.unityunitarian.org/ministerial-transition.html](http://www.unityunitarian.org/ministerial-transition.html).

## Our Return to In-Person Services and Gatherings

**Executive Team and members of the Staff Reopening Team**

As we remember the joy of being together in community, we have already begun to gradually return to in-person opportunities. As we monitor state and local health guidelines, the Executive Team's decisions about how we open the church building remains grounded in values of equity, inclusion, consent, and the well-being of an interdependent community. Knowing that we will never be able to eliminate all the risk from Covid-19, we will make decisions in the best interest of all and with care and attention to those most impacted by the disease.

On June 1, we began moving forward with in-person gatherings at the church. Small groups are now able to meet in the church building. Those who are not vaccinated will be asked to wear a mask.

**Our plan is to return to in-person worship on September 12, 2021, for the Merging of Waters services at 9:00 and 11:00 a.m.** We will

make reasonable accommodations for those unable to participate in person and continue to offer Sunday services online. For families, we know that when we reopen for in-person classes, our youngest children will not yet be vaccinated and no setting will be entirely risk-free. Yet with more and more of us now fully vaccinated, and following recommendations from state and local authorities, the overall weight of available evidence informs our plans for in-person Religious Education. We expect our guidelines for in-person gatherings to evolve as we respond to the changing reality. Please watch for ongoing updates.

## Heads up! Let us know your thoughts!

Watch your inbox for a survey coming your way later this month — your first chance to tell us what you are looking for in our next settled minister.

## Just Words



The Rev. Dr. Kathy Hurt,  
Interim Minister

Greetings, all of you in the Unity Church community! I am so looking forward to joining you soon, and am honored to be your interim minister for the coming year as we together navigate this significant, liminal time.

Since your board and I made the decision to work together, I have had a powerful sense of returning home, for Unity Church has, in many ways, been a place I took root and never entirely left, always coming back, always carrying the church with me. Unity became my personal spiritual home as the church where many significant life events unfolded for me: I was married at Unity, had my son dedicated at Unity, formed lasting friendships with some Unity congregants,

taught in Unity's Coming of Age program, attended memorial services for loved ones at Unity. All such experiences deepened my connection to this church, even when they occurred after long absences.

And ever since I first came to Unity as a ministerial intern so many years ago, this has been a kind of professional home, for Unity has given me an abiding image of how a church can be truly a community of intentional and ongoing spiritual growth. Since that internship year I have served churches in California, Ohio, Michigan, and Kentucky as a settled minister or an interim minister. With each of those congregations, I found myself using Unity as a touchstone, recalling how you worked and how you worshipped, seeking to draw on your ways of doing church to transform the lives of the people I served.

So I prepare to come home to the church that has been my home for much of my life. Yet I know I will find you a very different home from the last time I was with you: time has passed bringing its inevitable changes; Rob and Janne have led you through vibrant chapters of new ministry; your surrounding community has suffered and evolved. Along with those differences, however, I expect to see what is permanent, not transient, what will always be present: the soul that has ever been Unity Church.

In faith, hope, and love,  
Kathy Hurt

## The Wheel of Life

### In Memoriam

**Nancy Paulson**

March 22, 1942 - April 24, 2021

**Patricia Erazo Penn**

December 4, 1946 - June 12, 2021

**Debra Olson**

July 5, 2021

### In Celebration

**Beckham Kelly Flattum**

born one more redeemer

June 9, 2021, to parents Molly and Jordan Flattum, and big sister India

## Sunday Coffee Hour

After the Sunday service you are invited to participate in a virtual Zoom coffee hour, where we share a bit of our lives with each other and get to know one another more deeply. Join on Sundays after the 10:00 a.m. service:

[bit.ly/unitycoffeehour](https://bit.ly/unitycoffeehour).

## Flowers for Services

If you would like to dedicate flowers for a Sunday service, please email Martha Tilton at [martha@unityunitarian.org](mailto:martha@unityunitarian.org).

## Merging of Waters

Collect water from your summer travels, neighborhood lake, or backyard hose and then bring it to church for our merging of waters ritual on Sunday, September 12!



## Cairns

The Unity Church Journal of the Arts



Lucky 13

You contribute. we publish. The congregation is enriched.

Deadline: September 27, 2021

# AUGUST SUNDAY SERVICES AND OFFERING RECIPIENTS

---

## Sunday Services

Please join us online for multigenerational Sunday services live-streamed from the Sanctuary at 10:00 a.m. **In-person services will resume on Sunday, September 12, at 9:00 a.m. and 11:00 a.m.**

### August 1: I Count My Hopes • 9:30 a.m.

Livestream: [https://youtu.be/\\_miPboOFkdg](https://youtu.be/_miPboOFkdg)

This service will begin at 9:30 a.m., with Dean Billmeyer and Laura Potratz playing an extended Sunday service gathering music selection to commemorate the passing of Fritz Noack.

In 1853, Unitarian minister Theodore Parker wrote, “[T]he arc [of the moral universe] is a long one, my eye reaches but little ways; ... And from what I see I am sure it bends towards justice.” Parker challenges us to sustain our work along that arc, even when the path extends beyond the horizon. Worship leader Bob Peskin and worship associate Nancy Dilts will use song and story to explore how we confront injustice, climate change, and other critical issues when the journey extends beyond the “little reach” of our time on Earth.

### August 8: Abundant Scarcity

Livestream: [https://youtu.be/Vu\\_xpSCjTuc](https://youtu.be/Vu_xpSCjTuc)

The pandemic has been a time of paradox. We have all experienced the tension between scarcity and abundance since we have worshipped together. Scarcity of toilet paper. Abundance of Netflix. Technology has provided us many ways to stay connected. But has it been enough for all of us? And what will it be like when we return to the pews? Join worship leader Susan Huehn and worship associate Jess Goff in exploring these questions.

### August 15: A Wider Horizon

Livestream: <https://youtu.be/3yS7TR4fwU8>

When change shakes the ground beneath our feet, remembering our place in a longer arc of time and a wider web of relationship can help to restore our balance. Widening what we trust is an important first step to noticing the many options present here and now, especially in the midst of change. The Rev. Karen Hering and worship associate Katrina Nichols explore the overspill of promise found in the present moment when we lift our eyes to a wider horizon.

### August 22: A Prayer for Abundance

Livestream: <https://youtu.be/HJPdneWj>

Instead of asking for more, what would our prayers include if we only asked for what was essential? What is it you and your heart need? Worship leader Brian Newhouse and worship associate Nate Solas consider abundance as a result of paring away, arriving at what is dearest to us all.

### August 29: Aloha and Ohana

Livestream: [https://youtu.be/U2SoXBHz\\_w](https://youtu.be/U2SoXBHz_w)

Perhaps one of the most enduring American myths is the paean to individualism. Over the last two hundred years, the communalism of our spiritual ancestors, the Puritans and reform Protestants, has been supplanted by the worship of individual achievement, often unapologetically at the expense of our sense of community and sharing of abundance. Our seven Unitarian Universalist Principles, implicitly and explicitly emphasize the interconnectivity and interdependence of all people. Join worship leader Richard Lau and worship associate Jess Goff as they explore what it means to share our abundance with our family and our community, even as we struggle to define “family” and “community.”

## Offering Recipients

Each Sunday, thirty percent of the offering supports Unity's Community Outreach Ministry and seventy percent is given to a chosen community non-profit. Donate: [bit.ly/sundayoffering](https://bit.ly/sundayoffering)

**August 1: The Circle of Peace** works with Unity's Racial and Restorative Justice Team to promote racial healing through relationship building. The Monday night dinner and circle held at Unity Church has met over 500 times. This collection will support these weekly gatherings.

**August 8: The Como/Falcon Heights Block Nurse Program** organizes volunteers, professionals, and family members to provide care for seniors in ways that support choice, dignity, and independence. This collection will support the Homemaker/Companion Program providing light housekeeping, errand running, meal preparation, and companionship.

**August 15: The Hallman Intern Endowment** supports Unity's role as a teaching congregation by underwriting an annual stipend that is awarded each year, bringing a ministerial intern to the congregation. There will be no intern in 2021-22 due to the transition in senior ministerial staff. This offering is an annual collection that increases endowment reserves.

**August 22: Everyday Miracles** serves communities at risk for poor maternal health care outcomes. It strives to provide compassionate, culturally aware support in a non-judgemental way and offers doula services, prenatal yoga, and childbirth and breastfeeding education for families from underserved BIPOC communities.

**August 29: Unity Church provides meals for the families participating in evening classes with Jeremiah Program**, a residential living and educational center for single moms working toward a post secondary education. This collection will help purchase, prepare, and serve the food offered at these twice monthly meals.



## Staying Moored: A Commitment to Our Ends, Uncertainty, and One Another

Jackie Smith, Trustee

Each month, Unity Church enters worship and some practice around a theological theme. These serve as moorings for our worship, and give us full access to all the ideals and practices that make us who we are as the people of Unity. Trustees often rely on the theological theme to guide the writing of the monthly column. Alas, in August, there is no theme! So, dear friends, I write to you on this humid summer afternoon a bit unmoored. Stay with me while I drift a bit.

Your board has spent the last year on the transition in our ministry. With the help of the congregation, staff, and Team Dynamics, we assembled a Ministerial Search Team, completed an interim minister search profile, found an interim minister, and said goodbye to our beloved Rob and Janne. We had teams, tasks, lists, communications, lots of emails, and more lists. We had guidance from the UUA, forms to complete, and things to order. It was deep, joyful, heartbreaking, and challenging. I wouldn't change a thing.

Now, with those big things done, the Ministerial Search Team will carry the deep work of finding our next settled minister. For the board, the next big things are on the horizon. They are less defined, and even the questions can be hard to pin down. *Who are our moral owners and how do we define them? What does it mean to be in equal partnership? How do we evaluate that which we can not see, but know is there?* We are working to redefine and align what we do as trustees, and what board service means as a spiritual practice. Terms such as moral ownership, linkage, repair, whiteness, power, influence, and obligation enter into our conversations. Pausing to examine long-held board practices and expectations, and challenging the status quo are becoming more common in meetings. Reference to our IDI findings — both as a group and individually — come up as we reflect on these practices.

A deep commitment to our Ends is front and center as we ponder how to move into the future. Being bold, innovative, responsible, and true to our values is our deepest aspiration. Sometimes the steps forward feel shaky, and we know that our desire to "get it perfect" is a manifestation that might keep us from even trying to start. So we push through those feelings and move ahead. In the words of Dr. Antero Garcia, "Change requires wobbling before we can flow."

Are we unmoored? No. Our Ends are a path, some of which is roughed out, and the finer points remain unknown. That uncertainty is the discomfort we have said we should expect and accept. Now we are here. Breathing in the damp summer air, in this month with no theme, I feel centered in the future as I wobble into this uncertain path, with this community, together.

## 2021-22 Religious Education Enrollment

Sunday, August 15 • 1:00–3:00 p.m.  
Foote Room, second floor

As we continue to monitor public health guidelines and vaccination rates needed to safely return to in-person ministry, we are readying for in-person church this fall. We invite you to attend this in-person session to orient parents to volunteer roles, provide important updates, and share instructions for enrolling children in this year's Religious Education classes. Session includes enrollment for OWL and COA.

Sessions are for parents. Need childcare? Email Ray Hommeyer at [ray@unityunitarian.org](mailto:ray@unityunitarian.org) by August 14, and include the age of the child needing care.

## Summer Sundays in the Garden



Summer in the Garden welcomes children and families into the church garden for our summer religious education program. Typically for children ages 4-13, the garden program offers virtual and actual opportunities to work and care for our garden from seed to harvest. Step into the garden each week with videos on our YouTube channel: <https://bit.ly/UCUREyoutube>.

For more information, contact Anna Newton at [asnewton3@gmail.com](mailto:asnewton3@gmail.com) or Michelle Mecey at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).

## Serve on Unity's Board of Trustees

**The deadline for applications to the Unity Church Board of Trustees has been extended until this fall. The board will begin reviewing applications at the end of July, so you are encouraged to submit an application as soon as possible.**

Trustees are essential in envisioning Unity's future and holding us accountable to our stated Ends. If you have questions or would like more information, contact Alex Askew at [alexaskew@gmail.com](mailto:alexaskew@gmail.com). Complete an application or make a nomination at <http://bit.ly/unitytrustee>.

# BELOVED COMMUNITY STAFF TEAM

## Irony in Great Abundance, with Morals...

Bob Ruud, member of Unity Church and Unity Choir since 1997



It is fun to ponder the evolution of the human mind toward its greatest pinnacles, one of which is the conceptualization of irony. I'm going to try to relate here a few examples of irony to our Beloved

Community at Unity Church, however directly or indirectly. You'll have to read to the end to connect to my intended connection....

The Duchess in *Alice in Wonderland* is fond of delivering advice prefaced in each instance with "And the moral of that is...." She intends to clarify, but much to Alice's annoyance and our amusement, all she achieves is obfuscation. "Be what you would seem to be," she counsels Alice. And then she goes on, "Never imagine yourself not to be otherwise than what it might appear to others that what you were or might have been was not otherwise than what you had been would have appeared to them to be otherwise."

I've looked in a book and seen a word in the target language that should be pretty common. I commit it to memory. "Why," I think, "haven't I ever heard this word before?" I go out into the target language community, and I hear the word, and I hear it again. I conclude that the target language community just now started saying this word.

A friend just had cataract surgery. Her vision was restored beautifully. She said: "Funny: Since my surgery my house has gotten so dusty."

A long time ago I wrote a song called "Purity Is not Balance." I had just read Rachel Carson's *Silent Spring*, and when I next saw our expansive wheat field and how beautiful it was, I blanched at the realization that the production of it was doing great harm

to the environment. A lot of people think the tradeoff is either fabricated or not worth reworking current approaches. Their view is that Earth has balanced these kinds of things in the past and will continue to do so in the future. The song ends like this, the irony being that focus on the present brings short-term benefits, but at the expense of long-term prosperity:

Who cares really  
about anything but now and here?  
A hundred years from purity?  
That is nowhere pertinent or near  
Even if in the long term  
Difference makes a difference  
Looking out that awfully long  
To nowers (rhymes with 'towers')  
seems just wrong

And the moral of that is...It hasn't worked out so well...



In one of his songs, Mose Allison was hopeful in a weird and wacky — ironic — way (listen here: [bit.ly/vidma1](http://bit.ly/vidma1)):

Things that used to seem so  
splendid  
Don't really matter today  
It's just as well the world ended  
It wasn't working anyway  
Every rule has been amended,  
There's no one keeping score  
It's just as well the world ended  
We couldn't have taken much more

And the moral of that is...When the situation looks really bad, that's good, because it can't get worse forever.

It is ironic that I and some other Unity-goers come to church every Sunday, donate money, sing in the choir, read in unison from a text like just another one

of the "herd of independent minds," as critic Harold Rosenberg once described intellectuals, and go along with the addressing of a divine character as if it/she/he is listening and doing something in response to our words.

Some of us in the Unitarian Universalist community take the irony so far as to not consider ourselves "religious," or even "Unitarian" at all. There are quite a few atheists in the church on Sunday, and a lower number but still a countable portion of people who, like me, consider themselves anti-theist; that is, unlike atheists, who sometimes say that they wish they could believe in god, we say that we are glad that a god as portrayed in the "good" books does not exist: there is no evidence for "him"—thank god!!!!—and the evidence against "his" existence and, if indeed "he" did exist, for his tyranny is overwhelming.

In our Beloved Community, diversity of many kinds is not just welcomed but celebrated and cherished: diversity in music and art, religious and spiritual views, minority inclusion, and the formation of focus groups to provide people with more intimate opportunities for communication and leadership. (The desire seems universally strong to increase diversity of skin color and ethnic background; it's obviously work in progress.)

That view is so liberating. We are not eager for the world to end. We are eager to do what we can to make this life as livable as possible for our companions while we are all here together.

Ironies everywhere. Lucky us, to have so many weird and wonderful ironies to ponder, surrounded by, in Peter Mayer's words, our "ship's companions, all we kindred pilgrim souls."

# WELCOME NEWCOMERS



## Welcome Words

**Laura Park, Acting Director of Membership and Hospitality**

If you're a newcomer to Unity Church, you're probably eagerly awaiting the moment we re-open for in-person worship, which we plan to do Sunday September

12. You'll get to experience the joy that is our community joining together in reflection, gratitude, and song. You'll also have some practical decisions to make, like whether to attend the first or the second service, whether to request a nametag, how to visit religious education classes with your children, where to sit in the sanctuary, whether to join coffee hour in the Parish Hall after services, and whether to participate in Wellspring Wednesday dinners and programming.

I'm here to help you answer these and any other questions about congregational life and the pathways you might explore to know the church better and deepen your spiritual life. Contact me at [laura@unityunitarian.org](mailto:laura@unityunitarian.org) or 651-228-1456 x110. I look forward to getting to know you!

## Mentoring at Unity

### *A Path to Deeper Connection*

Would you welcome having a guide to congregational life at Unity Church? Request a mentor! Your mentor will meet with you at least once a month face-to-face and be available for ongoing questions and advice. You can decide together what connection would be most helpful. You might attend Sunday services together or meet to discuss Unitarian Universalism and your spiritual journeys, or attend a church event together, or find another way to connect. Each pair makes a commitment to work together for at least six months.

If you have questions, or would like to request a mentor, please email Laura Park, Acting Director of Membership and Hospitality, [laura@unityunitarian.org](mailto:laura@unityunitarian.org).

## DINE WITH NINE RETURNS

*See page 7 for details!*

## Pathway to Membership Classes

The offerings below invite you to explore a deeper connection to Unity Church and the commitments and opportunities of membership. If you have questions or would like one-on-one conversation about getting connected or about membership, please contact Laura Park, Acting Director of Membership and Hospitality, [laura@unityunitarian.org](mailto:laura@unityunitarian.org) or 651-228-1456 x110.

### *Finding Yourself at Unity*

**Sundays • 1:00-2:00 p.m.**

Finding Yourself at Unity includes eight classes that you can attend in any order to better understand how Unity Church supports our faith journeys, our work to build Beloved Community, and our efforts to bless the world. Topics include: UU History; Religious Education for Children, Youth, and Adults; Pastoral Care; Q & A with a Minister; Worship & the Liturgical Year; Social Justice & Community Outreach; Membership 101 & Congregational Life, and even an online Building Tour! This month's offerings:

- August 1: Worship and the Liturgical Year
- August 8: Religious Education for Children, Youth, and Adults
- August 15: Membership 101
- August 22: Pastoral Care
- August 29: Unitarian Universalist History

Sunday morning church emails include the class topic and a Zoom link to get connected (<https://bit.ly/UnityFYU>), or email [laura@unityunitarian.org](mailto:laura@unityunitarian.org) to receive weekly reminders.

Assuming we re-open as planned for in-person worship September 12, Finding Yourself at Unity will start in-person sessions that day as well, from 10:15 to 11:15 a.m., in the Ames Chapel.

### *Committing to Unity*

**Dates to be determined, fall 2021**

- *Develop personal practice to help you find and keep your balance.*
- *Develop the skills of intimacy that let you go deep quickly with strangers.*
- *Take the compassion that rises from doing the first two and use it to bless the world.*

This is how Unity Church talks about its expectations of membership. Does the invitation into this ongoing work resonate with you? Are you ready to make the membership commitment? 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 need meets the gifts and joy you have to offer. The class concludes with a ceremony as participants sign the membership book (virtually if necessary) and officially join the church!

# FELLOWSHIP GROUPS

---

## Dine with Nine Returns

*Register by September 21!*

Are you ready to celebrate the end of isolation with fellow Unity Church members and friends? Have you really missed meaningful conversation in small groups and safe gathering spaces? Do you enjoy meeting new faces and/or renewing prior acquaintance with like-hearted people? Do you enjoy good food and lively conversation? Would you like to extend the hospitality of Unity's community in more personal ways? If so, read on ...

Beginning in October, small groups (approximately nine per group) of Unity Church members and friends will gather once a month for food and fellowship. Each group is self-directed and will choose the dates, times, and locations for their gatherings. Often, these are pot-luck meals in group members' homes, but groups may also choose to mix in visits to restaurants, a picnic, or a catered/delivered meal. You will have a chance to express your preference for a brunch or dinner group, and to let us know if you have other requests or requirements.

Visit the Dine with Nine table in the Parish Hall on September 12 and 19 to learn more and sign up. Online sign-up is available at [www.unityunitarian.org/dine-with-nine.html](http://www.unityunitarian.org/dine-with-nine.html). Please register no later than September 21 and complete the form in its entirety. Questions? Please contact Laura Park at [laura@unityunitarian.org](mailto:laura@unityunitarian.org) or 651-228-1456 x110. A return to in-person gathering celebrates so much and we look ahead to another great year of Dine with Nine!

## Dig. Plant. Mulch. Weed. Trim.

Unity Gardeners gather each Thursday, from 9:00 a.m. until noon during the growing season, to maintain the plants around the church building, each to our own ability. If you would enjoy such labors, we would love your help, your company, your ideas!

Interested in this ministry? Please email Sharon Merritt at [merrittsharon@aol.com](mailto:merrittsharon@aol.com). or drop by church on any Thursday morning.

## Front Desk Volunteer Opportunity

We're looking for a few good UUs to serve as front-desk volunteers or substitutes. We have begun once more to staff the front desk, at this point for one shift per day from noon-4:00 p.m., and we do have sufficient volunteers for these shifts. As the church begins to reopen more fully, at this point probably in September, we will look to going to two shifts per day and we will need more volunteers to fill the additional shifts. We're looking for a one shift per week commitment, morning or afternoon. Contact Barbara at [barbara@unityunitarian.org](mailto:barbara@unityunitarian.org) or Peter Heege at [peter.heege@theuptake.org](mailto:peter.heege@theuptake.org) if you would be interested in this opportunity.

## Fellowship Group Meetings

Please contact the person listed for information about meeting locations. For more conversation about getting connected at Unity Church, contact Laura Park at [laura@unityunitarian.org](mailto:laura@unityunitarian.org).

**Afterthoughts** offers time to discuss the service. Contact Paul Gade, 651-253-1493

**Caregivers Group** meets on the third Thursday of the month. Contact: Karen Hering, [karen@unityunitarian.org](mailto:karen@unityunitarian.org)

**Evergreen Quilters:** This quilting group meets the second Tuesday of the month, 7:00-9:00 p.m. and fourth Saturday of the month. Contact Peggy Wright, 651-698-2760

**Families Living with Mental Health Challenges** meets the first Saturday of each month, 9:30-11:30 a.m. Contact: Karen Hering, [karen@unityunitarian.org](mailto:karen@unityunitarian.org)

**Five Animal Kung Fu** meets Saturdays, 9:30-10:30 a.m. Contact Barney Kujawski, [barney.kujawski@gmail.com](mailto:barney.kujawski@gmail.com)

**Living With Grief Group** meets on the third Tuesday of the month. Contact: Karen Hering, [karen@unityunitarian.org](mailto:karen@unityunitarian.org)

**Men's Breakfast Group** meets monthly on the first Saturday for breakfast in the Parish Hall from 8:30-10:00 a.m. Contact Tom Zell, [tomzell@me.com](mailto:tomzell@me.com) NO BREAKFAST IN AUGUST

**Men's Coffee Group** meets every other Wednesday (August 11 and 25) at 10:00 a.m. for light-hearted conversation. Contact Tom Zell, [tomzell@me.com](mailto:tomzell@me.com)

**Men's Conversation Group** meets Mondays, August 9 and 23, from 7:00-9:00 p.m., to discuss a wide range of topics. Contact Terry McDanel, [tmcdanel@gmail.com](mailto:tmcdanel@gmail.com)

**Men's Retirement Circle:** Monday, August 2, 16, and 30, 1:00-3:00 p.m. Contact Tom Zell, [tomzell@me.com](mailto:tomzell@me.com)

**New Look at the Bible** meets the second Thursday of the month at 7:00 p.m. Contact: Paul Gade, 651-253-1493

**Recovery from White Conditioning** meets Wednesdays, 6:00-7:00 p.m. Contact Dayna Kennedy, [daynamelissa@icloud.com](mailto:daynamelissa@icloud.com)

**Single Parenthood Support Group** meets every other Wednesday, August 4 and 18, from 7:00-8:00 p.m. Contact Laura Park, [laura@unityunitarian.org](mailto:laura@unityunitarian.org)

**Textile Arts Group** meets every other Wednesday, August 4 and 18, from 7:15-8:30 p.m. Bring your knitting, embroidery, etc. Contact Johanna Stammeier-Toole, [johanna2le@gmail.com](mailto:johanna2le@gmail.com)

**Unity Book Club** meets the second Tuesday of the month, 7:00-8:30 p.m. Contact Jack Hawthorne, [jack.hawthorne@centurylink.net](mailto:jack.hawthorne@centurylink.net). Upcoming discussions include: August 10: *The Time is Now* by Joan Chittister  
September 14: *Tender is the Night* by F. Scott Fitzgerald

**Women In Retirement** meets the second and fourth Thursday of the month, 1:00-3:00 p.m. Contact Laura Park, [laura@unityunitarian.org](mailto:laura@unityunitarian.org)

**Young Adult Group (ages 18-35):** To join the YA email list, please email [kp@unityunitarian.org](mailto:kp@unityunitarian.org).

# AUGUST WELLSPRING WEDNESDAY

## Discover or Deepen a Spiritual Practice

Throughout August, you are invited to attend a small group sharing one of four spiritual practices important to the Transcendentalists and their emphasis on “growing the soul.” Each week, on Wednesday evening at 7:00 p.m., one of the four practices — writing, reading, conversation and contemplation — will be shared in a facilitated group, some online and some in person at the church.

The Transcendentalist’s four practices have been adapted to draw upon shared practices familiar in our congregation life. (See the descriptions at right.) A day or two before the groups meet, the weekly minister’s video message shared in the church email will highlight that week’s featured practice. A brief video describing all four practices, recorded at the June overview program, can be found on our YouTube channel at [https://youtu.be/dyeKYw\\_QjM](https://youtu.be/dyeKYw_QjM).

No preparation for the groups will be required but pre-registration or an RSVP will be appreciated to help us prepare. Whether you’ve been wanting to try a new spiritual practice or to meet others interested in a practice you already claim, we hope you’ll try one or more (or all!) of these summer groups.

## WANTED! Bakers and Cooks

We are looking for choppers, bakers, dishwashers, and cooks to join our cooking teams in September. We have opportunities throughout the week! We have room for one-time volunteers and people who would like a more significant commitment. For more information or to volunteer your time, email [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).

August 4 • 7:00-8:30 p.m.

**Writing as a Spiritual Practice: on the Theme of Justice**  
In person, meeting at Unity Church

RSVP: <http://bit.ly/JulAugWrit>

Engaging a practice of guided writing known as “contemplative correspondence” and prompts from Karen Hering’s book, *Writing to Wake the Soul*, this in-person group will focus on the theme of justice. Bring what you need to write on and with. Group leader Mary Baremore will provide the rest.



August 11 • 7:00-8:30 p.m.

**Conversation as a Spiritual Practice: Theme of Belonging**  
In person, meeting at Unity Church, led by Mike Funck

In person RSVP: <http://bit.ly/JulAugConvo>

**Online, led by Jim Mulvey**

Online registration: <http://bit.ly/augspconvo>

This spiritual practice adapts the Chalice Circle process to engage conversation with special emphasis on the practice of listening. Facilitators will introduce a theme (this month, hospitality) and, as each person, in turn, shares from the heart, the group listens to receive the truths spoken and unspoken without discussion. Unlike the year-long Chalice Circles, this group is designed for drop-in participation without pre-work and without a commitment to multiple gatherings. Groups will be facilitated by Mike Funck (in person) and Jim Mulvey (online).



August 18 • 7:00-8:30 p.m.

**Reading as a Spiritual Practice: Lectio Divina**

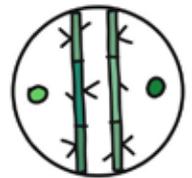
In person, meeting at Unity Church, led by Debbie Cushman

In person RSVP: <http://bit.ly/JulAugLectio>

**Online, led by Shelley Butler**

Online registration: <http://bit.ly/auglectio>

Following a centuries-old Benedictine spiritual practice of contemplative reading, these two groups (one online and one in person) will share in Lectio Divina. As an invitation to receive the wisdom and gifts of poetry, each session will engage the group in hearing a particular poem read aloud multiple times as participants listen for “what is found there.” Rather than discussing the poem, group members lift up what they heard and how the poem spoke to them. For those who love poetry and those who wish to experience a new way to receive its gifts, this practice will be rich. Led by Shelley Butler (online) and Debbie Cushman (in person).



August 25 • 7:00-8:30 p.m.

**Contemplation as a Spiritual Practice: Meditation**

In person, meeting at Unity Church, led by KP Hong

RSVP: <http://bit.ly/JulAugMeditate>

Rev. KP Hong will guide members “to the cushion” for a shared practice of Zen meditation. Whether you’ve been meditating for some time or wish to begin, this group invites you to experience the grounding and renewal of shared meditation, supported by a gifted teacher.



# ART TEAM / LIBRARY-BOOKSTALL TEAM

---

## Attention All Artists, Creators, and Makers!

*An Invitation from the Unity Art Team*

Maura Williams, Unity Art Team

We have longed for the time when we will return together to the physical space we fondly acknowledge as our communal spiritual home. Finally, that day is in sight. So Unity's Art Team has come up with a fitting "welcome back" opportunity to know each other more deeply and in new ways. Let's learn more about new faces we met remotely and get reacquainted with those we have missed over the past year.

The Unity Art Team invites you to submit something you have made to be exhibited in a congregational exhibit we're calling *Celebrating Our Creative CommUnity*. We invite you to submit:

- An item hand-made by you
- That can be hung on the wall or shown in a display case
- That you have created with careful and engaged attention
- That you proudly (and bravely?) exhibit as an expression of yourself and your interests

We recognize that some may have found new forms of expression while quarantined, perhaps even about experiencing the pandemic, while others have honed their craft for much of their lives. Either avenue to your self-expression is welcome.

The details:

- The items will be exhibited in the Parish Hall and beyond for the month of October, 2021.
- This is not a juried exhibit. All submissions will be accepted pending screening for appropriateness of content and safety of presentation.
- One submission per person.
- Entries may be submitted by members and friends of Unity Church, age 15 and older.
- All two-dimensional submissions must be wired and ready for hanging on the wall. Each must be no larger than 48" on any side.
- Three-dimensional objects smaller than 18" on a side will be shown in covered display cases. Larger 3-D objects need to be mounted and ready for display. The art team will follow up with entrants about displaying 3-D objects if there are challenges.
- Because there are other opportunities to share written materials within Unity, entries featuring calligraphy will be the only acceptable written word submissions.
- Unity cannot accept submissions of video productions, or any item requiring AV equipment.
- Items may be sold. Unity collects a 20% commission on sales.
- The submission deadline is midnight of September 1, 2021.

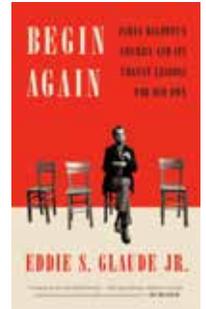
Questions? Email [artteam@unityunitarian.org](mailto:artteam@unityunitarian.org). Submit your amazing creation at <https://bit.ly/creativecommunity21>.

## We Can Begin Again, But Will We?

Louise Merriam, Unity Library-Bookstall Team

***Begin Again: James Baldwin's America and Its Urgent Lesson for Our Own* by Eddie S. Glaude, Jr. (Crown: 2020).**

*Begin Again* is a brilliant effort to see the history of Black people in the United States through the eyes of writer James Baldwin. The book is a combination of memoir, literary criticism, historical analysis, and more. The reader can find at least one "wow" moment on every page. Glaude's prose is masterful and provides an elegant frame for the frequent quotes from Baldwin's writings. It's a tour de force.



As Glaude tells it, we have twice before in our history tried to begin again — to put to rest the lies that sit at the heart of America's past. Neither effort resulted in much change to the collection of racist attitudes and assumptions, the lies, that lay at the heart of the United States. Glaude uses Baldwin's writings both to describe what happened during the 60s-80s and to chart a way forward, to extricate ourselves from the lies. Baldwin said, "Liberation from the languages and categories that box us in requires that we tap the source of it all, free ourselves of the lie, and start this whole damn thing over." Both Glaude and Baldwin believe we can begin again.

***Minor Feelings: An Asian-American Reckoning* by Cathy Park Hong (One World, 2020)**

Poet Cathy Park Hong's book about being Asian in the United States is part memoir, part polemic, and part speculative musing. She writes about her parents, Korean immigrants who arrived after the US partially lifted its ban on Asian immigration in 1965, and about the English language and the daily indignities she and her parents faced. She tackles head-on pervasive myths and racist notions in subtle analysis and powerful anger.

The title comes from the influence of Richard Pryor. "In Pryor, I saw someone channel what I call minor feelings; the racialized range of emotions that are negative, dysphoric and therefore untelegenic, built from the sediments of every-day racial experience and the irritant of having one's perception of reality constantly questioned or dismissed."

Hong goes out of her way to note that she may be an unreliable narrator. She has thought and written about race and racist incidents so much that they may have lost their significance. Readers of this remarkable book must decide whether she is correct.

Note: reviews are excerpted; read reviews in their entirety in the Justice Database.

**In the Justice Database**

*Sahan Journal*: an independent online news source reporting on immigrants and communities of color in Minnesota. Learn more in the database: <https://bit.ly/JusticeData>.

# COMMUNITY OUTREACH MINISTRY



## A Note from Rev. Shay MacKay Coordinator of Community Outreach Ministries

It's hard to imagine how we can live fully into the principles of our faith without engaging with the world around us. Unitarian Universalism calls us to

do the work of both inward-focused spiritual growth and outward-focused world building, constantly transforming ourselves and our world toward our greatest potential. I'm thrilled to be working this year with all of Unity's members and friends that do important and powerful work with our community partners. We'll be re-evaluating purpose and focus, re-connecting to common threads of anti-racism and multi-culturalism that run through all we do, and re-discovering the spiritual aspects of our social justice actions. If you have any questions or would like to get involved with any of our Community Outreach teams, give me a call!

## Habitat for Humanity Build

August 9-13, see back cover for details.

## Food Shelf Volunteers Needed

See back cover for details.

## Line 3 Highlights

### Line 3 Action Hour

Monday August 9 • 7:00- 9:00 p.m.

Register: <https://bit.ly/augline3>

If you've wanted to better understand and/or do more to contribute to the **Stop the Line 3 Pipeline** effort, join us for this one-hour Zoom meeting:

- Educate yourself about Indigenous treaty rights, and how Line 3 exacerbates the climate crisis and endangers critical wetlands
- Deepen your own connection to this issue in order to build a more compassionate, just, and loving world for all
- Get President Biden to stop this pipeline, and all other destructive fossil fuel projects!

### Stop Line 3 Mutual Aid Collection Supporting Water Protectors

We invite you to participate in Unity's mutual aid collection to help support those on the frontlines of the Indigenous-led Line 3 resistance to the construction of Enbridge's Line 3 Tar Sands Pipeline. Unity's drive will focus on small, most-needed items. Review the list and church drop-off hours at <https://bit.ly/line3donations>.

## Act for the Earth News

*Fall into spectacular vegetables from your favorite Community Supported Agriculture (CSA) farm!*

Many of us would like to support local family farms. Shopping at farmer's markets is an excellent way to do that. Or a trip to a pick-your-own berry farm! If you are in a position to make a larger commitment, consider joining a CSA. These local farmers sell produce on subscription; each share they sell guarantees income for them. Whole and half shares are available. The food is delivered in boxes at many drop-off points, usually every other week. These farms are smaller, many use organic practices that protect soil and water, supporting birds and pollinators.

What do you receive? Early boxes might include lettuce, kale, herbs, and onions; later it might be corn, beans and tomatoes, squash. Some CSAs offer eggs, cheese and meat. Some allow subscribers to identify preferences. CSAs often provide recipes for less familiar veggies.

This is a good time to research CSA options! You can sign up for a winter shares now; for spring/summer shares in January:

- CSA Farm Directory: <https://landstewardshipproject.org/stewardshipfood/csa>
- Unity hosts a dropoff for Foxtail Farm, <https://www.foxtailcsa.com>
- Farmer's markets and pick-your-own options: <https://minnesotagrown.com/search-directory>

*I've found CSAs to be economical sources of ingredients for wonderful soups, salads and entrees. As a single person, I've split a share with a friend. It's been a delicious adventure!*

— Cathy Petersen

## What Act for the Earth Action Teams Are Doing

Email [unityactfortheearth@gmail.com](mailto:unityactfortheearth@gmail.com) to get involved in any of these projects!

### Stop Climate Change Action Team

- To sequester CO2: Nurture and plant trees in the Rondo neighborhood, enhancing the livability for human and non-human residents.
- To reduce CO2 production: Promote affordable, convenient solar power and electric vehicles

### Stop Extinction Action Team

- To protect habitat on Agricultural lands: Support farmers, legislation and practices that promote soil and ecosystem health (and sequester carbon!).
- To restore habitat: Promote pollinator gardens, work with government and BIPOC organizations.

### Ensure Justice Action Team

- Support Line 3 protests: building relationships with Indigenous people leading the protests
- Train the Act for the Earth team in environmental justice

# MUSIC MINISTRY

---



## Sing in a Choir at Unity Church!

**Ahmed Anzaldúa, Director of Music Ministries**

The music ministry of Unity Church has a long history of outstanding choral singing as an integral part of Sunday worship and for creating connections within, among, and beyond our community. All newcomers are welcome and encouraged to join a choir at Unity Church! Membership is free and open to everyone — including people outside of Unity's congregation. However, all members of Unity's adult choirs must commit to singing at Sunday worship services when required and to honor Unity's values, mission, and end statements. Currently, there are three adult choirs and a children's choir at Unity Church. To apply

for membership in any of the adult choirs, please email Ahmed Anzaldúa, Unity's Director of Music Ministries, at [ahmed@unityunitarian.org](mailto:ahmed@unityunitarian.org). Kathleen Radspinner, Children's Choir director, can be reached at [kathleenr395@gmail.com](mailto:kathleenr395@gmail.com).

### Unity Choir

Unity Choir is a large choral ensemble (typically between 60 and 80 voices) and is the strong component on which Unity's choral program is built; a vital and energetic presence in our community. Its members share various levels of musical experience and a wide variety of activities and interests, all of which are brought together by their love of singing, music, and community.

Unity Choir rehearses every Thursday, from 7:30 to 9:15 p.m., with the first rehearsal on Thursday, September 9, and on average is called to sing for worship two Sundays per month. Although no audition is required to join Unity Choir, new members interested in applying will have a brief interview with the director and will be asked to sing a few vocalises ("warm-up" sequences) and short tonal memory exercises, so that the director can get a more thorough understanding of their background, vocal range, and vocal tone.

### Women's Ensemble

Women's Ensemble is a continually growing and evolving group (typically between 40 and 60 voices) that emerged organically at a Women's retreat at Unity Church. These singers meet for only a half-hour each Sunday morning and to this short rehearsal time they bring tremendous creative energy, commitment, and joy! While this group emerged and continues to function as a space that supports and empowers women, all soprano and alto singers are encouraged to apply for Unity's Women's Ensemble, including transfeminine, transmasculine, and non-binary as well as cis male sopranos and altos.

Women's Ensemble rehearses every Sunday, from 10:15 to 10:50 a.m., with first rehearsal on Sunday, September 12, and on average is called to sing for worship one Sunday per month. Although no audition is required to join Women's Ensemble, new members interested in applying will have a brief interview with the director and will be asked to sing a few vocalises ("warm-up" sequences) and short tonal memory exercises, so that the director can get a more thorough understanding of their background, vocal range, and vocal tone.

### Unity Singers

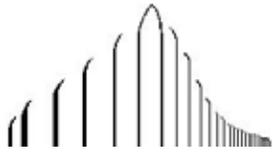
Unity Singers is Unity's auditioned, chamber choral ensemble (typically between 20 and 28 voices). Each singer's involvement is built on a passion for singing and for ministry through music. This ensemble has an outstanding trajectory of representing Unitarian Universalist music locally and abroad through many commissions and premieres of music by world-renowned composers, professionally-produced recording projects, collaborations with other ensembles and community organizations, and multiple appearances at conventions of the American Choral Directors Association.

Unity Singers rehearses every Tuesday, from 7:30 to 9:15 p.m., with first rehearsal on Tuesday, September 14, and on average is called to sing for worship one Sunday per month, as well as for special church events and important dates in the liturgical calendar.

Due to the requirement for independent learning and the pace of rehearsal and performance, membership in Unity Singers requires a yearly audition, scheduled individually with the director. Applicants are asked to prepare a short song to demonstrate the overall quality of their singing (please limit selections to one minute in length). Each singer will be asked to sing a few vocalises ("warm-up" sequences) and short tonal memory exercises. There will be a callback audition on Tuesday, September 7, at 7:30 p.m. where an excerpt from a choral score and recording will be emailed 48 hours in advance of the callback to determine personal preparation skills and independence.

### Children's Choir

Unity Children's choir is a vibrant group of singers comprised of children from grades one through five. The choir rehearses every Sunday, from 10:15-11:00 a.m., with the first rehearsal on Sunday, September 12, and sing in approximately one service per month. Children's Choir rehearsal activities are focused on hands-on music making. In addition to singing the children experience music through movement, games, playing instruments, reading music, and learning about the elements of music. No experience is required to join. The Children's Choir also offers a spring community outreach nursing home concert and sings with all the Unity Choirs at the annual holiday concert in December.



# UNITY CHURCH-UNITARIAN

Sanctuary Entrance: 733 Portland Avenue • Saint Paul, Minnesota 55104  
Business Entrance: 732 Holly Avenue • Saint Paul, Minnesota 55104  
651-228-1456 • fax: 651-228-0927 • [www.unityunitarian.org](http://www.unityunitarian.org) • [unity@unityunitarian.org](mailto:unity@unityunitarian.org)

REV. DR. KATHY HURT, INTERIM MINISTER  
CLOVER EARL, CHAIR, BOARD OF TRUSTEES  
REV. KP HONG, DIRECTOR OF RELIGIOUS EDUCATION  
BARBARA HUBBARD, EXECUTIVE DIRECTOR

**CHANGE SERVICE REQUESTED**

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

**TIME SENSITIVE  
MATERIAL**

## Habitat for Humanity Summer Build

The Unity Church Affordable Housing Ministry Team is co-sponsoring the annual Habitat for Humanity construction week again as a partner in Faith Builders.



This will be new construction in the north side of St. Paul at 397 Maryland Avenue West. The work week is August 9-13, and work hours are 8:30 a.m.- 3:30 p.m. Special procedures are in place to accommodate the continuing challenges of Covid-19. Sign up, read about the build, and check out the volunteer guidelines online at [www.unityunitarian.org/affordable-housing.html](http://www.unityunitarian.org/affordable-housing.html).

A Twin Cities Habitat for Humanity “green” build integrates building practices that reduce detrimental impacts on the natural environment, promote healthy indoor air quality for occupants and reduce energy costs while increasing the long-term affordability of homes and improving the neighborhood housing stock.

Questions? Please contact Chuck Griggs at [griggscb@msn.com](mailto:griggscb@msn.com) or 612-408-0486.

## Volunteer!

### Support Hallie Q. Brown Food Shelf!

It is time to start collecting food for our friends at Hallie Q. Brown food shelf. Evergreen Quilters, the group at Unity Church responsible for organizing food collection, is looking for volunteers who would like to help deliver the donated food to the food shelf. The food shelf accepts deliveries Monday through Friday, from 9:00 a.m. to 5:00 p.m., and the quilters hope to get enough volunteers so each one would only make the trip once a month. If you are interested in helping deliver the food donations, please contact Barb Rogne at [bzrogne27@gmail.com](mailto:bzrogne27@gmail.com).

With the return of in-person services in September, the quilters also remind you to bring your non-perishable food donations with you when you come to church! There are collection baskets located at the Holly and Portland Avenue entrances, just waiting to accept your generous donations!



## Act for the Earth Line 3 Pipeline Action and Collection

Turn to page 10 for details.