

## August Worship Services

Join us in-person and via livestream at 10:00 a.m. for summer Sunday services and religious education with children and youth.

### August 7: We All Could Use a Little Mercy Now

Livestream: <https://youtu.be/YoUL7D13sQ>

The Tao te Ching lists three treasures to human well being and gaining balance within the nature of things: simplicity, patience, and mercy. In this time of complexity, urgency and deep divisions in our society, in our families, in our church, is there a place for patience and mercy? Is there a way to prioritize relationship over persuasion or positions? Join Rev. Ruth MacKenzie and worship associate Jen Welsh as they explore imaginative mercy and impractical but potent acts of patience and faith.

### August 14: Parable of the Sower

Livestream: <https://youtu.be/Q02YokikuCg>

Commemorating the seventh anniversary of the mass shooting at the historic Mother Emanuel AME Church in Charleston, S.C., faith leaders across denominations have called for a national yearlong campaign to examine the soul of our nation and wrestle with the moral spiritual dilemma at this critical time. The sacred text that nine church members were studying that fateful night was Mark 4:1-20, the Parable of the Sower. What kind of soil are we? What kind are we to become as race, history, and politics shape the ground of our life together? Rev. KP Hong and worship associate Merrill Aldrich ask us to hear the parable for ourselves, tilling the messy complexity everywhere surrounding us, in search of good soil where seeds of grace and promise may take root and grow.

### August 21: Rev. Shay MacKay, worship leader

Livestream: <https://youtu.be/bHo6dClrcxl>

### August 28: The Invitation of Shared Ministry

Livestream: <https://youtu.be/WVGdjdLL4FQ>

How might engaging our gender + faith journeys complement, support, and reinvigorate our practice of shared ministry? In this service, seminarian Ray Ann Hommeyer and worship associate Jim Mulvey will explore the active, embodied work of (re)interpretation and what shared ministry invites.

*Seminarian Ray Ann Hommeyer began attending Unity Church in sixth grade and is now on staff at as the Coordinator of Children and Family Ministries. At United Theological Seminary, they are pursuing an MDiv in UU Studies with an emphasis in religion and theology.*

## August Offering Recipients

Each week, seventy percent of our Sunday offering is given to a community non-profit and thirty percent supports the Community Outreach Ministry at Unity Church. Donations are gratefully accepted online at <https://bit.ly/sundayoffering>.

### August 7: Como/Falcon Heights Nurse Program

The Como/Falcon Heights Block Nurse Program, founded in 1981, organizes volunteers, professionals, and family members to provide care for over 400 at-home seniors in ways that support choice, dignity, and independence. This collection will support donation-based services that assist and advise clients as they update their legal and medical end-of-life documents. Several Unity Church members volunteer with this block nurse program.

### August 14: Women's Advocates

Women's Advocates accompanies victims/survivors in their determination to break the cycle of domestic violence. It provides a continuum of safety including extensive prevention and education outreach, emergency shelter and advocacy services for victims fleeing violence, as well as wrap-around assistance for survivors after they leave temporary shelter. This collection will help close the budget gaps not underwritten by government and foundation support. Unity Church member Estelle Brouwer is the executive director of Women's Advocates in St. Paul.

### August 21 Beacon Interfaith Housing Collaborative

Beacon Interfaith Housing Collaborative is more than 100 faith communities working to advance equitable housing. The Twin Cities metro isn't keeping up with the accelerating demand for affordable housing and individuals and families with the lowest incomes bear the brunt of this housing crunch. This collection will help underwrite family support services for Beacon's Gladstone Crossing, a 40-unit apartment complex for young families with an annual income of \$30,000 or less. Many Unity Church members have been involved in Beacon's legislative efforts and have supported previous housing projects.

### August 28: 29:11 International Exchange

29:11 International Exchange, guest musicians during Sunday worship on June 19, embodies interracial community and the work of racial justice. The group is based in South Africa and the United States, living and rehearsing in Cape Town for several months while preparing for this summer's U.S. tour. This collection will support visa application fees, onsite recording opportunities, and transportation costs involved in their performance schedule. Unity's music ministry is a partner with 29:11.

# MINISTERIAL TRANSITIONS / WHEEL OF LIFE



Greetings, Unity Church!

I hope this newsletter finds you enjoying a beautiful Minnesota summer — whether at a cabin, a cottage, the beach or backyard. In mid-July, I made a quick trip to St. Paul to look for an apartment and tour the church. After looking at about six different apartment complexes, my husband (who is happily retired) and I will be living at The Hill in Cathedral Hill. I was charmed by the neighborhood, the views and the proximity to the church. While in St. Paul, I enjoyed a spectacular sunset and an epic thunderstorm;

lush and gorgeous gardens and a lovely riverview bike ride.

Prior to our arrival, we'll be spending some much-needed vacation time in Gimli, Manitoba, where my husband's family gathers every summer. I'll be officiating at my mother-in-law's long delayed memorial service and attending a nephew's wedding. Our Canadian relatives are pleased we'll be that much closer to them! After that, it's back to Charlottesville, VA, to pack up what we can and begin the long drive to Minnesota to start on August 15.

I've been warmly welcomed by Barbara Hubbard and KP Hong, my colleagues on the executive team. I'm excited about partnering with your talented and hard-working staff. And — of course — I can't wait to meet you — the members of Unity Church as we embark upon this journey of transitional ministry — together. I am so looking forward to being with you for this important time in your congregation's life.

Between now and then I hope you all find time for rest and relaxation; to look up at that blue sky or let your eyes absorb the lush and abundant beauty of this season. See you in August!

Rev. Kathleen Rolenz

Dear Members and Friends of Unity Church,

What a beautiful, tender, loving farewell you gave me on my last Sunday with you! Flowers from the board of trustees, a bounty of Minnesota-themed gifts to make sure I do not forget you (as if I ever could), cards and notes that will accompany me wherever I go all my days.

Yet such a farewell was in keeping with how I have experienced you throughout these many months, as a congregation that despite the struggles of re-opening, of hearing Rob's difficult news, of working your way through a search that reached a disconcerting conclusion, you came to church again and again ready to walk further into a transitional year. Now that you know your transition will continue, I felt in your goodbyes a wonderful sense of openness to what your journey will bring, as you bid me farewell and turn to welcome your next interim minister.

And the goodbye you gave me is testimony to your capacity to care for your ministers, to embrace them, to follow their leadership, to wrestle with them but always with a willingness to hear what is being said. That is a great strength you have: hold fast to it, for it will ensure that future ministers find in you a wonderful ministerial partner.

I am grateful for this year with you, for all we walked through together even when that walk became difficult and unsteady. Know that your gifts, your faces, your words are embedded in my heart, where I will carry you always.

With abiding love,  
Rev. Dr. Kathy Hurt



## The Wheel of Life

*In Memoriam*

**Diane Volkenant**

June 3, 1929 - July 12, 2022

## Meet Rev. Karen Gustafson

*It is with great excitement and gratitude that the executive team introduces the Rev. Karen Gustafson who will serve Unity Church as our Interim Minister of Pastoral Care. Karen will begin her time with us in mid-August, and looks forward to connecting with the congregational care team and getting to know the congregation.*

Rev. Karen Gustafson served her internship at Unity Church from July 1 to December 31 of 1984.

She returns after nurturing the seeds of that experience for 21 years at the Unitarian Universalist Congregation of Duluth; six years as associate minister at the First Unitarian Society of Madison, Wisconsin; and interim ministries at Michael Servetus Unitarian Fellowship of Fridley and The Unitarian Church of Evanston, Illinois. She has been recognized for her collaborative and empowering approach to engaging congregations in transition, her use of story as a path to personal and institutional transformation, her calm and steady presence, her sense of humor, and her "big picture" perspective. She is also known to play well with others and is excited about engaging with the Unity staff and especially Rev. Kathleen in what promises to be a challenging and rewarding endeavor.



## Unity's Community Outreach Teams Collaborate to Promote Indigenous and Climate Justice

Becky Gonzalez-Campoy, Beloved Community News Team and Indigenous Justice Team member

*We stand on the homelands of the Dakota and Ojibwe Nations. We honor with gratitude the people who have stewarded the land throughout the generations and their ongoing contributions to this region. We acknowledge the ongoing injustices that we have committed against the Dakota and Ojibwe Nations, and we wish to interrupt this legacy, beginning with acts of healing and honest storytelling about this place.*



Through this land acknowledgment, the people of Unity Church regularly declare our commitment to stand with our Indigenous neighbors and recognize our responsibility to engage in acts of healing and honest storytelling.

Unity Church members and friends will have an opportunity to keep this promise by attending the "Concert to Support Indigenous Rights" on Thursday, August 11, at 7:00 p.m., in the Sanctuary at Unity Church. Please RSVP at <https://bit.ly/concert811> if you plan to attend the concert in person (the event will also be livestreamed with no RSVP required: <https://youtu.be/9WVYaoNAKG0>). The concert will feature Annie Humphrey (pictured here) and a reception in the Parish Hall will follow.

This special event is sponsored by the Unity Act for the Earth and Indigenous Justice teams and kicks off a year-long collaboration to engage our congregation in truth-telling, education, repair, and healing around Indigenous history and current events. Turn to the back cover for information about a Sacred Sites Tour planned for Saturday, August 27.

## Change, Conflict, and Complexity

*Antidotes and Spiritual Practices*



**Saturday, September 24**

**9:00 a.m.-12:30 p.m.**

**Training Event with Team Dynamics**

For more and more of us taking next steps into antiracist practices and expanding intercultural capacities, the increasing complexity of this work is everywhere present about us – within, among, and beyond. There is no overlooking, evading, or simplifying this complexity as it is nothing other than the disquieting complexity of ourselves. And for those committed to this deep work, who expect to complexify this work, you will want to save the date for this fall training event with Team Dynamics. We will find ways to be present to change, creatively engage conflict, and create brave space where complexity serves as fertile ground for learning and shaping change together.

As one who wrote, spoke, and wrestled incessantly with the complexity of racism in the soul of America, James Baldwin insisted, "Complexity is our only safety and love is the only key to our maturity." A love that refuses simplistic definitions and illusions of safety promoted by our dominant culture. A love more perceptive to our battling instincts, assumptions, and beliefs that vie for position and power, even weaponizing antiracist tools like "characteristics of white supremacy culture" (Tema Okun) to accuse, shame, blame and perpetuate disconnection. But what are the antidotes and spiritual practices that can revive complexity in a time of false simplicities? How can we complicate the narrative and keep it from collapsing into that us/them binary? How do we wade into the messiness to achieve conflicts and truer conversations worthy of our humanity? If trust precedes facts, how can we claim a deeper covenant with one another that opens an alternate way to truths, tensions, conflicts, mutual care, and possibilities into the future?

**Save the date** as we further our collaboration with Team Dynamics in deepening intercultural capacity across our ministry areas. We will build on practices and touch the complexities at the heart of our antiracist multicultural work. Please watch for further information.





# WELCOME NEWCOMERS



## Welcome Words

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

I love the mature summer Minnesota gives us in August. No longer in the first wild blush of bloom and song, we've settled into the productive harvest of earth and vine.

There's a stability to the warmth, the days are still long, and we have many delights outside still to come. Just beginning to attend Unity Church? Here are a couple ways to enjoy these mature summer days with us:

- Come to a Wellspring Wednesday for all ages on August 17: Charango! A Tale of Love and Music. Sponsored by our Mano a Mano Community Outreach Team. See page 6.
- Join us for a Saints baseball game on August 18. We still have a few tickets left! See the back cover.

Wondering how you could engage with your spiritual growth as we turn toward fall? You might:

- Register for UU Wellspring, a year-long class of spiritual deepening looking at the Six Sources of our UU faith tradition. Retreat August 27; meets twice a month after that. Register by August 20. See page 7.
- Join a Chalice Circle in September. Chalice Circles meet once a month to consider the worship theme. Watch for more information in the September newsletter.
- Sign up to teach religious education to our children. Our Faith Formation team provides materials, lessons, and teacher gatherings to support you in teaching as a spiritual practice. Contact Ray Hommeyer ([ray@unityunitarian.org](mailto:ray@unityunitarian.org)) for more information.

Looking for more possibilities? I'm here to help answer your 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 meeting you!

## Mentoring at Unity

### A Deeper Path to 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, Director of Membership and Hospitality, [laura@unityunitarian.org](mailto:laura@unityunitarian.org).

## Welcome New Member Milo Bergen

Hello! I am Milo Bergen, a new member of Unity Church. My family have been attending Unity ever since I was in Elementary school. As of right now, some of my hobbies include playing guitar, reading, and spending time outdoors. What draws me to Unity is the relationships I have built while attending Tower club, along with a longing to further my understanding of my relationship with God.



## Pathway to Membership Classes

Explore a deeper connection to Unity Church and the commitments and opportunities of membership. Contact Laura Park at [laura@unityunitarian.org](mailto:laura@unityunitarian.org) or 651-228-1456 x110 with questions or to participate.

### Finding Yourself at Unity • Sundays • 11:15 a.m. - 12:15 p.m. Gannett Room in-person and online at [bit.ly/fyonline](https://bit.ly/fyonline)

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; Faith Formation for Children, Youth, and Adults; Congregational and Pastoral Care; Q & A with a Minister; Worship & the Liturgical Year; Social Justice & Community Outreach; Membership 101 & Congregational Life, and a Building Tour. This month's offerings:

August 7: Membership 101 and Congregational Life  
August 14: Congregational and Pastoral Care  
August 21: Social Justice and Community Outreach  
August 28: Worship and the Liturgical year

### Committing to Unity • Date TBD

- *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 session, for people ready to become members, 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 and officially join the church.

# OPPORTUNITIES TO CONNECT

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## Join the Emergency Preparedness Team

In 2018, a small group of staff and lay people gathered to talk about emergency preparedness at Unity Church. How would we respond if we had to evacuate the church in response to a fire, a gas leak, or a bomb threat? What is the protocol if there's a medical emergency, or if a person is posing a threat? Where do we go if there is a tornado? These are some of the questions that the Emergency Preparedness Team (EPT) at Unity Church has been discussing for the past four years. Many of the situations discussed are low probability, but if they were to happen, would create a high impact. Our best protection is to be prepared!

The EPT developed an Emergency Action Plan, articulating guidelines and procedures in the event of an emergency, a plan that is continually updated and improved. We purchased defibrillators, evacuation chairs and additional equipment, identified weather shelters and evacuation paths, and created a response structure which is designed to help us respond effectively. We have trained staff and volunteers, and done occasional drills to enhance our situational awareness and readiness.

We are re-invigorating our efforts and looking for new members to serve on the EPT. If you are interested in reading the church's Emergency Action Plan and/or joining the team, please contact Barbara Hubbard at [barbara@unityunitarian.org](mailto:barbara@unityunitarian.org).

## Volunteer at the Front Desk

Do you have a morning or an afternoon open during the week when you could settle in at Unity's reception desk? Our front desk volunteers staff the desk at the Holly Avenue entrance, answering occasional phone calls, greeting visitors, chatting with staff, doing odd projects and yes — playing Sudoku or reading a good book! We're in need of a few more regulars, as well as a few substitutes. Shifts are weekdays, 10:00 a.m.-1:00 p.m. and 1:00-4:00 p.m. 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're interested in this opportunity.

## Join the Generosity Ministry Team

Unity's Generosity Ministry Team invites Unity Church pledging members to consider joining the team. Prospective members must have a sense of humor and an abiding curiosity in and about non-profits with whom Unity shares common cause. The team meets on the first Thursday of each month to research, review, and move forward congregant-submitted offering recipient nominations. If interested, please contact Dick Buggs at [unuseddreams@msn.com](mailto:unuseddreams@msn.com).

## Serve on the Art Team

Unity's Art Team is recruiting new members. Send us an email at [artteam@unityunitarian.org](mailto:artteam@unityunitarian.org) and we'll share more about this exciting and meaningful opportunity.

## Bring Flowers for a Sunday Service

If you would like to provide flowers for a Sunday service this summer, contact Martha Tilton at [martha@unityunitarian.org](mailto:martha@unityunitarian.org).

## Serve as a Youth Caregiver in the Nursery

Build job skills, acquire early childhood education experience, join a team with friends, and help provide loving care and connection for the youngest in our congregation. This is a paid position. Interested? Contact Ray at [ray@unityunitarian.org](mailto:ray@unityunitarian.org) by August 15.

## Enroll Your Child in Religious Education

An enrollment session for 2022-23 will be offered on Sunday, August 21, 1:00-2:30 p.m., in the Foote Room. Email [ray@unityunitarian.org](mailto:ray@unityunitarian.org) with questions.

## Sing with a Choir!

Rehearsals Unity Choir, Women's Ensemble, Unity Singers, Children's Choir, and Youth Choir all begin in September. Turn to page 11 for details and email [ahmed@unityunitarian.org](mailto:ahmed@unityunitarian.org) to get connected.

## Collect Water for 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 11!

## Join a Welcome Team

Once a month, you and your team members help to nurture mutual belonging at Sunday services through tasks like greeting congregants, ushering, talking to people in Parish Hall, and connecting newcomers to more information about the church. Training and support provided! Interested? Email Madeline at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).

## Teach Religious Education

Our Faith Formation team provides materials, lessons, and teacher gatherings to support you in teaching our children and youth as a spiritual practice. Contact Ray Hommeyer ([ray@unityunitarian.org](mailto:ray@unityunitarian.org)) for more information.

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# Charango!

## A Bolivian Tale of Love and Music



**Wellspring  
Wednesday  
August 17**

Learn how the humble  
armadillo added his song  
to the forest choir.

*5:45—Vegetarian dinner\*  
with Bolivian favorites!*

*6:40—Chapel service*

*7:10—Story, music and  
activities for all ages in the  
church garden*

Sponsored by the Mano a Mano Community Outreach Ministry Team

\*Dinner: \$8/adult; \$4 child age 5-12; \$2 child 2-4; \$20/family .



# FAITH FORMATION / FELLOWSHIP GROUPS

## UU Wellspring Sources Program

Register by August 20: <https://bit.ly/uuwellspring22>

Retreat: Saturday, August 27 • 9:00 a.m.-1:00 p.m.

Meets most second and fourth Tuesdays, September 2022 through June 2023.

UU Wellspring is a year-long program of spiritual deepening connected to the Six Sources of our living Unitarian Universalist faith tradition. Through reading and reflection, daily spiritual practice, spiritual companionship, and small group process that holds space to hear our deepest thoughts, the UU Wellspring Sources program is a deeply meaningful way to explore what Unitarian Universalism means to you and how you want your faith to guide your life and your work for justice.



Comments from previous participants:

*From the very beginning, the Wellspring readings and resources, reflection questions and group discussion filled a need I didn't realize I had . . .*

*.Creating a daily spiritual practice gave me permission to make time to reflect, to pause, to appreciate. I refined my own ritual as I learned how each of my fellow spiritual travelers designed their individual practices. .*

*.Change starts with listening and learning—in my case, through the amazing wellspring Program. And then follow the road wherever it leads.*

*The UU Wellspring program has helped me cultivate [Peace in oneself, peace in the world] further and I would consider it a pivotal experience for adults in our community. . . As the world calls on us to address its most pressing needs, it is imperative for us to tend to our own individual spiritual development so that we can have the capacity to answer and show up. UU Wellspring is one path along this journey.*

To find out more, contact Laura Park at [laura@unityunitarian.org](mailto:laura@unityunitarian.org) or 651-228-1456 x110. Registration closes August 20.

## Dine with Nine Returns

Register by September 20!

Want to enjoy conversation, food, and fellowship with fellow Unity Church members and friends? Enjoy meeting new faces and/or renewing prior acquaintances? Like extending the hospitality of Unity's community in a personal way? Dine with Nine is for you!

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 potluck meals in group members' homes, but groups may also choose to mix in visits to restaurants, a picnic, or a catered/delivered meal. When you register, you can request a brunch, dinner, or family group, and let us know if you have other requests or requirements.

Visit the Dine with Nine table in the Parish Hall on September 11 and 18 to learn more and sign up. Online sign-up is available at <https://www.unityunitarian.org/dine-with-nine.html>. Please register no later than September 20 and complete the form in its entirety. Questions? Contact Laura Park at [laura@unityunitarian.org](mailto:laura@unityunitarian.org) or 651-228-1456 x110. We look ahead to another great year of Dine with Nine!



## Fellowship Groups

For more conversation about getting connected, contact Laura Park at [laura@unityunitarian.org](mailto:laura@unityunitarian.org).

**Afterthoughts** offers time immediately following the 9:00 service to discuss the service.

**Caregivers Group** meets on the third Thursday of the month.

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

**Families Living with Mental Health Challenges** meets the first Saturday of each month, 9:30-11:30 a.m.

**Living With Grief Group** meets on the third Tuesday of the month.

**Men's Breakfast Group** meets monthly on the first Saturday for breakfast from 8:30-10:00 a.m.

**Men's Coffee Group** meets every other Wednesday at 9:00 a.m. for light-hearted conversation.

**Men's Conversation Group** meets Monday, August 8 and 22, from 7:00-9:00 p.m.

**Men's Retirement Circle:** Monday, August 1, 15, and 29, 1:00-3:00 p.m.

**New Look at the Bible** meets the second Thursday of the month at 7:00 p.m.

**Recovery from White Conditioning** meets Wednesdays, 6:00-7:00 p.m.

**Textile Arts Group** meets online the first and third Wednesday of each month from 7:00-8:30 p.m. Bring your knitting, embroidery, etc.

**Unity Book Club** meets the second Tuesday of the month, 7:00-8:30 p.m. August 9 discussion: *Men We Reaped: A Memoir* by Jesmyn Ward.

**Women In Retirement** meets the second and fourth Thursday of the month, 1:00-3:00 p.m.

# COMMUNITY OUTREACH MINISTRY

## Racial and Restorative Justice Team

### Boys Totem Town Community Event

Unity's Racial and Restorative Justice Team is collaborating with several partners to host a community event about the future of Boys Totem Town, a 72-acre St. Paul site that closed in 2019, after 113 years of use as a juvenile detention facility (image is an aerial view of the property).



A community dialogue and deliberation event is planned for Saturday, August 27, from 1:00-4:00 p.m., at Conway Recreation Center: 2090 Conway Street (north of Sun Ray Shopping Center).

The county and city have not yet determined what to do with the site. While the county has said that the decision will not be made for several years, a few folks have been hoping to create a wish list from communities who have been impacted and will continue to be impacted by the use of this site. This event is for community members to gather, and for voices and perspectives to be shared. The conversations and activities will be boiled down into a report on community perspectives, which will be sent to city, county, and state officials.

All are invited, and we wish to be especially inclusive of voices that have been unheard in the past, including:

- Indigenous communities, due to the site's proximity to Dakota burial mounds and settlements
- Black/Hmong/Indigenous communities that were impacted by juvenile detention, and any other community members who were impacted
- New American/immigrant communities who live in close proximity to the area

We plan on listening, learning, and eating together and interacting with fun activities for the entire family. We request registration for this event, in order for us to track outreach, secure interpreters, and ensure we are meeting people's food expectations. If you do not register, you will still be allowed to attend the event, but attendance will be limited to 100. For registration and more information, visit [btcc.org](http://btcc.org).

Event funding is provided by the Association of Science and Technology Centers, accessed through David Valentine, Community Engagement Manager at the Science Museum of Minnesota.

The Racial and Restorative Justice Team has a vision that Boys Totem Town continue to serve juvenile justice, reimagined to effectively make a difference in the lives of urban youth, and therefore contribute to safer communities.

Questions? Please email them to Maura Williams at [maurawill@gmail.com](mailto:maurawill@gmail.com).

## Gun Sense Team

### Vote in the Primaries!

Primary elections in Minnesota are August 9! You may vote now. Discover where candidates stand on matters pertaining to guns, and be sure to vote.

Unity's Gun Sense Team will not meet in August. If you would like to join our work toward sensible gun laws in partnership with Moms Demand Action and Protect Minnesota, join us at our next meeting on Thursday, September 8, at 4:30 p.m. (in-person in the Gannett Room and online via Zoom).

Need a free gun lock? Contact [rmbirger@yahoo.com](mailto:rmbirger@yahoo.com) for information.

## Summer Donations to the Food Shelf

Hallie Q. Brown needs our help more than ever given the rising cost of food and household supplies.



For August they are collecting: granola bars, fruit bars, boxed cereal, bottled water, soup, ramen noodles, gravy and mashed potatoes.

Donating money online is another good option. Just go to [hallieqbrown.org](http://hallieqbrown.org) and click on donate.

Here are our monthly donation totals to date:

January: 152 lbs  
February: 120 lbs  
March: 230 lbs  
April: 228 lbs  
May: 315 lbs  
June: 315 lbs

Thank you for your support and please continue to donate in any way you can.



# ART TEAM

## Unity Church Mural Project: Artistic Help Needed!

Paul Rogne on behalf of Unity's Art Team

### *Exciting art opportunity!*

Unity's Art Team is ready to begin the creation of a mural in the Foote Room. This is a multigenerational project for adults and youth (grades 6–12) from the congregation. Please join us for this creative experience!

### *Project Summary*

We have artist Mica Lee Anders leading this project. Her vision is to design — with input from the participants — a work of art to visually represent the many cultures of people living in our region. She intends to use patterns and design elements common to those cultures, often found in textiles, clothing, and artwork. The mural will be painted on large flexible art/plastic (Polytab) and then attached to the north wall of the Foote Room.

### *About the Artist*

Mica Anders has extensive experience working on artistic projects throughout the Twin Cities, especially in schools. This photo is a wall-sized mosaic mural she created with Unity's Coming of Age youth. Her infectious excitement will energize the participants. You can learn more about Mica and her work, including an Artist Spotlight Interview, at [www.compas.org/artists/mica-lee-anders](http://www.compas.org/artists/mica-lee-anders).



### *Time Commitment*

We hope to begin in early September with a goal to finish by late October or early November. It is likely to involve about 20-25 hours, mostly evening and weekend sessions (and possibly a few daytime ones), spread out over the several weeks. The volunteer group will help decide on best dates and times. Of course, an individual may miss sometimes, but would be needed at most of the sessions.

### *Creation*

Our goal is to have about 15–25 participants (youth in grades 6–12 and adults). After initial meetings to decide on what the many visual representations of cultures could be, Mica will design the mural. Then the participants will paint the design on the panels. No previous painting experience necessary. Finally, the group can participate with the installation.

### *Why you?*

This is a unique, multigenerational opportunity to be part of something big and permanent. This will have lasting impact at Unity Church for the many people who participate in activities in the Foote Room. You can be proud to be part of this artistic collaboration.

### *Interested?*

If this sounds exciting and you want to be involved or you have questions about the project, give me a call at 763-355-8176 or send an email to [artteam@unityunitarian.org](mailto:artteam@unityunitarian.org).

I look forward to hearing from you soon!

## August Parish Hall Artist

Mary Longley



This body of work is inspired by a theory in modern physics called string theory. The theory suggests that at its most fundamental level all matter is made up of tiny vibrating loops of energy called strings. If proven true, this would mean that all matter (you, me, rocks, trees, everything) is at its most elemental level structured the same. It is this underlying principle of oneness throughout the Universe that interests me. The work refers to this web of life and the underlying unity of all things, hence the appearance of nets, loops, and webs throughout. My most recent watercolors take their inspiration directly from nature.

[www.marylingley.com](http://www.marylingley.com)

Please join the artist for a reception on Sunday, August 7, following the 10:00 a.m. service.





## Creating Community and Connectedness Through Story and Art: Cairns Vol. 14, 2022

Shelley Butler, Library-Bookstall Team member and Cairns Co-Editor

Storytelling, any expression in words or images that impart a story, is an old human activity. In fact, the oldest story passed on in the oral tradition is said to be the 37,000-year-old Budj Bin creation myth of Australia. An even older story told in painted cave pictures dates back 44,000 years. By comparison, the first written literature — Epic of Gilgamesh — is only around 4,000 years old. While printing of a kind dates back a few thousand years, modern printing of books with movable type is less than 600 years old.

I imagine that person painting a hunting scene on a cave in Indonesia back 44,000 years ago was like you or me. They didn't tell an earth-shattering or gobsmacking story but one of everyday life. They simply had a story to tell. As Lisa Cron wrote in *Wired for Story*, "Story as it turns out, was crucial to our evolution — more so than opposable thumbs. Opposable thumbs let us hang on; story told us what to hang on to."

**This is where you all come in. What's your story? What has changed for you in 2022? What hasn't? What is your take on things? How do you see the world? What unique point of view do you have? What are you passionate about? What vision of the ordinary or everyday life tells a story about you?**

We all are interested in *you*, in knowing you more fully, in what you think, see, and in what we can learn from you. Ours is a shared ministry, a partnership with the contributors and the congregation, in which your story is just as important as that of the person sitting next to you in the sanctuary. What that means is that we are in this business of transforming ourselves and the world together. There are multiple opportunities at Unity to connect and create community but the only opportunity to share creative work in print is by submitting to *Cairns: The Unity Church Journal of the Arts*.



Phyl and Doug Ostergren in the Peace Corps, Nepal, *Cairns* Vol. 4, 2012

*Cairns* is also a record of our time, of events, and issues of the day. In this way, we are documenting our history. For example, we've published writing and art to do with community outreach, the partner church, George Floyd, as well as poetry, prose, and art from longtime members now passed.

As we prepare to publish our 14th volume this fall, using a digital printing method that is less than 30 years old, we on the *Cairns* staff are as eager as ever to see, read, and ponder your creative work; it is our honor. **Won't you help connect to and create Unity community by submitting to *Cairns*?**

For more information on how and what to submit to *Cairns*, as well as the process of selection and editing, please visit the *Cairns* page on the Unity Church website. Find us under "Grow" on the home page, or through this link: [www.unityunitarian.org/cairns.html](http://www.unityunitarian.org/cairns.html).

## In The Justice Database



### Facilitating Racial Equity Collaborative (FREC)

FREC is a collaborative of individuals and organizations working towards just, equitable, antiracist communities throughout Minnesota. The FREC 14th Annual Overcoming Racism Conference will be November 11-12, 2022. <https://bit.ly/JusticeData>.

# MUSIC MINISTRY

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## Music Notes

Ahmed Anzaldúa

Director of Music Ministries



When feeling hopeless, it helps me to remember that the world we want isn't unattainable. The world we want already exists: it exists in our

relationships and in our homes and communities; it may not yet be real everywhere, but it does exist in the small spaces. Because of this, it matters how I parent, it matters how I act as a colleague, it matters how I am as a friend. It matters because these are the spaces where I make my own world.

There is no doubt that a lot of things are terrible right now, and we can feel helpless and overwhelmed by the immense pressure of fixing everything that is wrong in the world. But we don't have to come up with new solutions to the terrible things in the world, because that world we want already exists and the solutions are already there. And we don't have to feel helpless because we are constantly making a choice in life, conscious or unconscious: we choose how we engage with this world and its terribleness, whether we will work to build it into what we want in and around our own small spaces or whether we will instead engage in with it in ways that hurt rather than heal.

Ultimately, I have to believe that there are others out there that are doing the same as me and that we will eventually all find one another. I often want to rage against the machine, and there is room for rage, but today and everyday I also tend to those spaces I can affect the most, secure in the knowledge that others are doing the same and that we are working towards a common goal.

## Sing with a Choir

Rehearsals begin in September. Email [ahmed@unityunitarian.org](mailto:ahmed@unityunitarian.org) to get connected.

### Unity Choir • Rehearsal: Thursdays, 7:30-9:15 p.m., Parish Hall

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. 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 • Rehearsals: Sundays, 10:15-10:50 a.m., Foote Room

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. 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 • Rehearsals: Tuesdays, 7:30-9:15 p.m., Foote Room

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. 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.

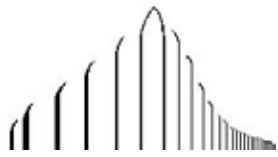
### Children's Choir • Rehearsals: Sundays, 10:15 - 10:55 a.m., Choir Room

Unity Children's choir is a vibrant group of singers comprised of children from grades one through five. 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 prior experience is required to join the choir. For more information contact Kathleen Radspinner, Children's Choir Director, at [kathleenr395@gmail.com](mailto:kathleenr395@gmail.com).

### Youth Choir • Rehearsals: Sundays, 10:15-10:55 a.m., Ames Chapel

Unity's Youth Choir for grades 6-9 builds on the Children's Choir and responds to the interest and musical skills of Unity's youth and families. Youth Choir is a primarily-vocal group also welcoming instrumentalists to join in the ensemble. If you're too old for Children's Choir and miss it, if you've noticed how connected music is to your spirituality, and/or if it just feels good to sing, Youth Choir is for you! No prior musical experience necessary. For more information contact Laura Potratz, Youth Choir Coordinator, at [lauramusic@unityunitarian.org](mailto:lauramusic@unityunitarian.org).





# UNITY CHURCH-UNITARIAN

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**TIME SENSITIVE  
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## Concert to Support Indigenous Justice Rights

Thursday, August 11 • 7:00 p.m. • Sanctuary • Details on page 3

## Sacred Sites Tour

Saturday, August 27 • 10:00 a.m.-2:00 p.m.

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



Unity's Act For the Earth and Indigenous Justice Community Outreach Ministry Teams are offering this deeply moving tour again. It will be led by Rev. Jim Bear Jacobs (Mohican) and Kelly Sherman Conroy (Oglala Lakota). Join us for this opportunity to learn about Minnesota history from a Native perspective through storytelling and experiencing the sites in silence, meditation, and reflection. Other Unity members have found this to be one of the best things they've ever done! The cost for the tour is \$50 per participant and scholarships are available.

## Take Me Out to the Ballgame

Thursday, August 18 • 7:00 p.m.  
CHS Field • Tickets \$18

We still have a few tickets left! Join Unity Church congregants and friends to enjoy an outdoor baseball game at CHS field. We have pre-purchased a block of seats together at \$18 a ticket. You can purchase your ticket(s) at <https://bit.ly/saints22> or by contacting Laura Park [laura@unityunitarian.org](mailto:laura@unityunitarian.org) or 651-228-1456 x110. All are welcome!

