

Spiritual Practice: Discovery and Transformation

By Shelley Butler, Beloved Community Communications Team, and Laura Park, Beloved Community Staff Team



Someone said to me once that for them, ironing was practically a spiritual practice; they were kidding (I think). I get it — there is a misconception that anything can be a UU spiritual practice because our faith does not dictate these to us. We aren't encouraged to pray five times each day facing the Kaaba at Mecca, nor do we perform baptisms or partake in the Eucharist — all meaningful practices in other religions. Yet, spiritual practice *is* one of the cornerstones of living our faith at Unity Church. Our second end statement says that we “ground ourselves in personal practice and communal worship that grows our capacity for wonder and spiritual deepening.” Consider this, attributed to Buddha, “There are only two mistakes one can make along the road to truth: Not going all the way, and not starting.” So, what are spiritual practices? What form do they take? Are there more types of spiritual practice than prayer, meditation, and worship? How do I create my own spiritual practice? What makes a spiritual practice different from simply providing comfort, or from

Marx's idea of religion as “the opium of the people”? How do we incorporate spiritual practice into our lives?

In September, you'll have the opportunity to explore the answers to these questions and take the mystery out of spiritual practice in a three-part series, “Spiritual Practice: Discovery and Transformation.” Unity Minister of Faith Formation Rev. KP Hong, Director of Membership and Hospitality Laura Park, and Beloved Community Staff Team member Angela Wilcox will lead the series, with help from other presenters such as Rev. Kathleen Rolenz.

Save the dates: Wellspring Wednesdays, September 13, 20, and 27, at 7:10 p.m.

Session one on September 13 is about the what, the why, and the how of spiritual practice. Session two will be experiential as participants “try on” various practices and reflect on the meaning of them. The third session on September 27 will connect spiritual practice and antiracist multiculturalism, exploring how they intertwine and inform our daily lives and social justice

work. Then, come back for a follow-up session in February to check in on our spiritual practices. So, whether an aspiration or something already embedded in your life, don't miss this opportunity to take a deeper dive into spiritual practice.

In the meantime, we leave you with these prompts for reflection: Which spiritual practices are meaningful to you? Are you open to greater discovery and transformation through spiritual practice?

For more information about the series, check the September 2023 *commUNITY* newsletter and the church website. To find out more about Unitarian Universalism and spiritual practice, see:

- Minister's Message, Rev. KP Hong, Week of June 1, 2021 (focus on spiritual practice): bit.ly/kpjune1
- *Everyday Spiritual Practice* by Scott W. Alexander, Anderson Library 248.4 A: bit.ly/espsa
- *Simply Pray: Modern Spiritual Practice to Deepen Your Life* by Erik Walker Wikstrom, Anderson Library 204.3 W: bit.ly/spew

AUGUST SERVICES

Sunday Worship Services

Join us in-person and via livestream at 10:00 a.m. for summer Sunday services.

August 6: What Is the Universal Body? Finding Ourselves in Images of Others

Nancy Dilts | Ari Giles

Livestream: youtube.com/watch?v=dN4Ylw97weE

How do we find ourselves, while knowing our experiences are shaped by the lens of others? And how do we embrace our whole selves unapologetically — physically and spiritually — while undergoing constant change? Join this exploration of photos, words, and personal reflection on bodies and inherent self-worth.

August 13: Keeping the Sabbath

Jim Mulvey

Livestream: youtube.com/watch?v=KDPiKspOq5A

“Remember the Sabbath day, and keep it holy.” Exodus 20:8 To the ancient Hebrews to sanctify and to make holy meant to set something apart. After laboring six days to create the world, the Hebrew god created the Sabbath as a day free from work, a day free from doing. It was created as a time for being. What are some of the ways we can keep Sabbath by separating ourselves for a day from the world and all of its busyness and constant doings? By keeping Sabbath we choose to ignore daily demands of production and consumption and make the time to just be. Sabbath time can become a time of countercultural resistance. Sabbath can become a time to rest and restore the soul.

August 20: Choosing to Be Chosen

Andrea La Sonde Anastos

Livestream: youtube.com/watch?v=cR4diEmzNfg

A substantial number of us prefer ‘choosing’ to ‘being chosen.’ It’s all about the power. But as most of the great spiritual leaders have taught, power is not at the center of love, justice, sustainability, equity, or joy. Do we want the power? Or a whole and holy life?

August 27: TBA

Livestream: youtube.com/watch?v=8_4umlv3Rfc

Summer in the Garden

Summer in the Garden is held each Sunday during our 10:00 a.m. service. Great for children ages 4-12. Please meet in the outdoor garden, next to the parking lot. No registration is necessary but drop-in capacity will be limited by the number of adult volunteers present. If you would like to help, email nelson@unityunitarian.org.

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 bit.ly/sundayoffering.

August 6: One Voice Mixed Chorus

One Voice Mixed Chorus is Minnesota’s own LGBTQ+ and straight allies community chorus which has been building community and creating social change by raising voices in song since 1988. This award-winning chorus is housed here at Unity Church and works in harmony with Unity’s values and mission. Its Out in Our Schools program takes the choir into Minnesota schools to explore diversity through learning and performing choral music. This collection will help cover the cost of music scores and programming. onevoicemn.org

August 13: RISE

Reviving Islamic Sisterhood for Empowerment (RISE) exists to amplify the voice and power of Muslim women from all races and countries by building relationships within and beyond the Muslim community. RISE is committed to weaving the voices of Muslim women into the larger fabric of American life. This collection will be dedicated to community engagement training. Unity Church member Angela Wilcox is an advocate for RISE. revivingsisterhood.org

August 20: Hallman Intern Endowment

The Hallman Ministerial 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. While there are no interns during this time of ministerial transition, this is an annual collection for the endowment fund.

August 20: Hallie Q. Brown Food Shelf

The Hallie Q. Brown Center, a lighthouse of hope in the Selby/Dale/Rondo community since 1929, operates a food shelf and clothing closet serving families in the neighborhood. The food shelf offers a client-choice model where community members can pick food items they will use instead of being handed a stock bag which may contain items that do not meet their dietary or cultural needs. This collection will support food needs and emergency services, bringing moments of light and hope into countless families. Unity’s Evergreen Ministry partners with Hallie Q. Brown by collecting items at Unity Church for the food shelf. hallieqbrown.org/site/index.php/basic-needs

To nominate an organization to receive the Sunday offering, visit unityunitarian.org/sunday-offering.html and complete the online nomination form.

BOARD OF TRUSTEES



Searching Together with Courage and Love

Debbie Cushman, Trustee

The search is beginning anew for a settled minister at Unity Church, and the board extends our deepest appreciation for the 2023-24 Ministerial Search Team (MST). We're so excited to see you set out on this journey! And thank you to everyone in the congregation who provided recommendations, sent in applications, and voted in the search team election. Every one of those steps was a beautiful act of engagement in our covenantal community.

As the MST ventures forth, the board and the executive team walk alongside them. The search process calls for our teams to often work separately throughout the course of the next year. And yet, our work is crucially intertwined — with one another and with the congregation as a whole.

How is it that we'll be able to endeavor in the spirit of mutually supportive trusted advisors? And what does our covenantal faith ask of us during a process like this? There are many answers to these questions, but at the top of most lists is communication.

There are several specific ways in which the board is lifting up communication: a special new board committee tasked with communication and education; a monthly board email with highlights of the work we're currently doing, such as taking a deep dive into the search process as outlined by the Unitarian Universalist Association; and the annual congregational survey, conducted again this year in tandem with the MST (as in 2021) to collect input for the search process and feedback about the church's ends statements in a single survey. A little more about these initiatives...

First, in response to congregational input following the 2021-22 search process and congregational meeting, the board clearly recognized that there were many things we didn't know about being in a national search for a settled minister. After all, it had been over 20 years! To this end, the board wants to deliberately identify those aspects of the process that we all need to know about and make sure to share that information regularly with the congregation.

Second, to ensure that the board has a regular cadence of sharing information, we're launching a monthly email dedicated to keeping us all up-to-date about the many aspects of board work in general. This will include anything that the board and its committees feel needs special attention, such as the search, policy and bylaws changes, recruitment, transitions, salary alignment, stewardship, and other topics that are important to emphasize.

Third, a congregational survey will be sent out in the fall to collect input on both the aspects you find most critical in seeking a new settled minister as well as the state of Unity's achievements toward our ends statements. Through this survey process (and focus groups to follow), you'll be asked for your thoughts and dreams about tomorrow's Unity Church.

Please engage in these opportunities to receive and send communication. When it's working well, communication is always a dynamic two-way street. Open emails. Share the newsletters with your family members. Talk about things you've read when you're at church. Ask a trustee questions at coffee hour. Take the survey. Be a crucial communication link in our covenantal faith.

In closing, I'd like to leave us with the words of Patricia Shuttee (excerpt from "The Winds of Summer," *Singing the Living Tradition*, reading #729): "Today, we are together in gladness, once more the special community that we call our church; a community of all ages that sings its songs, tells its thoughts, asks its questions, and searches together with courage and with love."

Fellowship Groups

Visit unityunitarian.org/fellowship-groups.html or contact Laura Park at laura@unityunitarian.org.

Afterthoughts offers time 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.

Kung Fu meets Saturday mornings, 9:00-10:00 a.m., online via Zoom. Email barney.kujawski@gmail.com to receive the link.

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

Men's Coffee Group meets every Wednesday at 10:00 a.m. for light-hearted conversation.

Men's Conversation Group meets on Zoom Monday, August 7 and 21, from 7:00-9:00 p.m.

Men's Retirement Circle: Monday, August 14 and 28, 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 in the green space tent at Unity Church during summer Wellspring Wednesdays 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 8: *Exit West* by Mohsin Hamid. September 12: *Rough Sleepers* by Tracy Kidder

Women in Retirement meets on the second and fourth Thursday of each month, from 1:00-3:00 p.m., in the Center Room. Social hour at noon!

Young Adult Group (ages 18-35) — all are welcome. Email kp@unityunitarian.org

CONGREGATIONAL LIFE



Welcome Words

Laura Park
Director of Membership and Hospitality

Are you one of the many people checking out Unity Church now as a possible spiritual home in the fall? We're so glad you're exploring! In addition to the Finding Yourself at Unity, you might consider:

- Attending Wellspring Wednesday on August 9. Dinner is a great way to get to know other congregants. →
- Joining a Chalice Circle in the fall. See page 5 for more information. Previous participants highly recommend Chalice Circles to anyone, especially newcomers, wanting a deeper engagement with spiritual growth.

As you explore, let me know what questions I can answer about congregational life and the pathways you might explore to deepen your life of faith and antiracist multicultural practice. Contact me at laura@unityunitarian.org or 651-228-1456 x110. I look forward to getting to know you!

Pathway to Membership Classes

An invitation to explore a deeper connection to Unity Church and the commitments and opportunities of membership.

Finding Yourself at Unity: For Visitors and Inquirers

Held Sundays at 11:15 a.m., in the Gannett Room and online via Zoom at bit.ly/fyuonline. Drop-ins welcome; childcare in the nursery.

This month's offerings:

- August 6: Unitarian Universalist History
- August 13: Worship and the Liturgical Year
- August 20: Q&A with the Minister
- August 27: Religious Education for Children, Youth, & Adults

Committing to Unity: Joining Unity Church

Tuesday, October 3 • 6:30-8:30 p.m.

Explore the deeper meanings and expectations of membership and shared ministry. The class concludes with a ceremony as participants sign the membership book and officially join the church.

Dine with Nine

Register by September 20!

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. Visit the Dine with Nine table in the Parish Hall on Sundays, August 13 through September 10, to learn more and sign up. Online sign-up is available at unityunitarian.org/dine-with-nine.html. Questions? Contact Laura Park at laura@unityunitarian.org.

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Integrity, service, and joy.

August Wellspring Wednesday

Wellspring Wednesday, meeting once per month in the summer, gathers a multigenerational church community to nourish right and holy relationship among us and deepen our life of faith, grounded in spiritual practice and antiracist multicultural work. Dinner begins at 5:45 p.m. in the Parish Hall, a short chapel service begins at 6:40 p.m. in Ames Chapel, and programs begin at 7:10 p.m.

Dinner is prepared and served by our food ministry team, and the menus are posted with the programming for each month. The cost for dinner is \$8/adults, \$4/child (ages 5-12), \$2/child (ages 2-4), and \$20/family. If you need financial assistance to cover the cost of dinner, would like to help prepare a meal, or need a special dietary preparation, email Laura Park at laura@unityunitarian.org.

August 9

Dinner: Indian-spiced turkey burgers or tofu, lime-herb coleslaw, tater tots, smores bars

A Lost Boy's Journey to the United Nations via Minnesota

In-person in Parish Hall and via Zoom: bit.ly/lostboysudan
Dr. Ting Mayai, one of the original Lost Boys of Sudan, shares his harrowing journey as a boy through refugee camps and finally to Rochester, where he now divides his time between Minnesota and South Sudan. He is a consultant to the United Nations and Acting Managing Director for the Sudd Institute, South Sudan's premier policy think tank. Lives such as this can raise the questions: How do we move the story of our lives beyond the limitations others would set for us? How do we co-create with others a new story for the future? Dr. Mayai will also give context for the current war in the region and share his hopes and plans for the future. Join us as we consider what love and justice look like in the public sphere.

Lectio Divina • 7:00 p.m.

Online via Zoom: bit.ly/Lectio22-23

Following a centuries-old Benedictine spiritual practice of contemplative reading, a chosen poem is read aloud, as attendees are encouraged to lift up what they heard and how the poem spoke to them. A different poem at each session. A rich way to receive poetry's gifts in a small group setting. Led by Lisa Wersal or Shelley Butler.

Beginner Violin

Choir Room

Join Mayra Mendoza for beginning violin lessons appropriate for all ages. Learn basic violin posture, note reading, and more! Questions? Email Mayra at mayraquitzia@gmail.com.

Textile Arts

Green Space Tent

All ages and levels of experience are welcome. Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch for an evening of fellowship and service. Questions? Contact Laura Park at laura@unityunitarian.org.

Wonder, open-hearted engagement, courageous action

CONGREGATIONAL LIFE

Unity Church Widows Gathering

Tuesday, August 8 • 5:30-7:30 p.m. • Parish Hall

A gathering for widows and women of Unity Church with partner loss, whether recent or in the past. The evening will begin at 5:30 with a poetry reading by Nancy Walden and book reading by Susan Huehn. Potluck dinner and kinship will begin at 6:00. If you plan to attend this gathering, please email Linda Kjerland, Congregational Care Team member, at KjerlandLinda1@gmail.com.



UU Wellspring Sources Program

Retreat: Saturday, August 26 • 9:00 a.m.-1:00 p.m.

Meets: Second and fourth Tuesday of each month, September 2023 through June 2024

Registration closes August 23: bit.ly/uuwellspring23

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. . .

UU Wellspring is a year-long program of spiritual deepening connected to the Six Sources (uuu.org) 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. New this year: a capstone exercise to articulate your statement of faith. Questions? Contact Laura Park at laura@unityunitarian.org or 651-228-1456 x110.



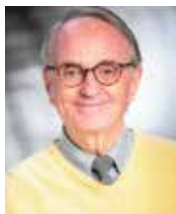
Acting Classes with Ed Noreen

Mondays, September 18-October 30

6:30-8:30 p.m., • Drama Room

Registration: bit.ly/actingwithed

Join professional actor and Unity Church member Ed Noreen for acting classes. Have fun! Learn how to perform! Grow! Become more expressive! Classes are free; donations gratefully accepted.



Pastoral Ponderings

Rev. Karen Gustafson



One of the many gifts of this year I have spent at Unity Church has been the emphasis on spiritual practice. Deeply embedded in Unity's Culture are reminders of the many ways in which we can know our connection with the sacred

and life-giving power within, among, and beyond us. From the chalice lighting and poetic openings and closing prayers that frame meetings, to the careful liturgy that holds joy and sorrow, silence and reflection, in music and in words, and so often in between, we are exposed to the possibility of transcendence. Our generous spirits are invited into a deeper relationship with each other, with the purpose of our gathering and with the larger spirit or value that holds us.

And, at best, we are "en-couraged" to nurture that spirit and those practices in our relationships with ourselves and those that comprise our lives outside of our shared Unity community.

Certainly this awareness of the value of such practice was not born for me in this year, but the consistency and the integrity of the intention stands out as a hallmark of this church. I believe that it is one of the strengths of Unity that has helped, each and all, to weather the many changes that have woven themselves into your recent history. Grit and commitment and tenacity and loyalty and forbearance can be true virtues that will help folks hang in through adversity and transition. Unity has all of that. But all of that without a regular infusion of the holy spirit will not attract and sustain the delightful influx of newcomers that are finding you each week. This infusion comes from the palpable practices that you have cultivated individually and together. This is how you are creating your own future.

It has been an honor and gift to serve you this year as you Interim Minister of Pastoral Care. My own spiritual practice has been greatly enhanced. I have come full circle and found us whole. Thank you for your welcome. Please remember that the care we offer each other remains long after any parting.

I will be here through August to support the transition of Rev. Lara Cowtan, your wonderful new Minister of Congregational Care. I will return for a formal "farewell" on September 17. There are rumors of cake!



Chalice Circle details are on the back cover!

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

Unity Church–Unitarian

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Act for the Earth Team

Summer News and Events

Garden Stewards

Wednesday, August 9 and 23

5:00 p.m. • Children's Garden

Help tend the children's garden and experience of the interconnected web of life.

Silverwood Park Outing

Wednesday, August 16

5:30 p.m. • Silverwood Park

This beautiful park offers a 1.6 mile walk among old oaks, a sculpture garden, and Japanese Forest Bathing! Bring picnic food to share and join Unity's Act for the Earth Team in the amphitheater for a performance of Arabic drumming at 6:30. Park, performance, and parking are free. Contact Anna Newton for with questions or updates at 651-295-1524 (text preferred).

Affordable Housing Team

Hunger Doesn't Take Summer Vacation

Project Home is looking for volunteers to serve meals as part of their weekend meal teams. Chef Omar takes care of meal preparation! Serving shifts are available in Saint Paul at Provincial House for lunch or dinner on Saturdays and Sundays. Sign up to volunteer or create a team of 3-6 people. Supervised older children are welcome to sign up. Get all the details and register to help today: bit.ly/23phmeals.

Evergreen Quilters

Hallie Q. Brown Food Shelf

Back to school is just around the corner! Let's help out our community by donating back to school items. They are specifically looking for pencils, backpacks, rulers, markers, crayons, notebooks, glue sticks, glue, tissues, general school supplies and of course non-perishable food items.



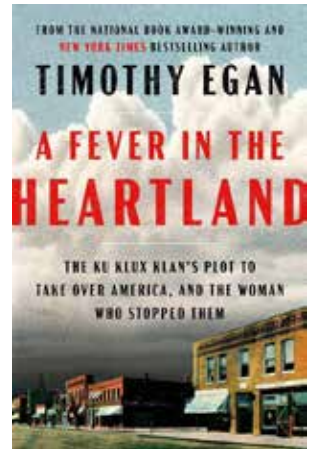
To donate money for perishable food items visit hallieqbrown.org. Thank you!

Book Review

Fever in the Heartland: The Ku Klux Klan's Plot to Take Over America and the Woman Who Stopped Them

Louise Merriam, Library-Bookstall Team

Pulitzer Prize-winning reporter and prolific author, Timothy Egan, tells the story of the rise and fall of the Indiana Ku Klux Klan in this thoroughly researched and well-written book, *Fever in the Heartland* (Viking, 2023). The tale begins with a brief history of the Klan, which started in the late 1860s in the American South as a way for loosely organized former Confederate soldiers to uphold what General Lee's surrender and Reconstruction had weakened, namely white supremacy. The Klan was revived and expanded nationwide during the 1910s, pushing an anti-immigrant, anti-Black, anti-Catholic, and anti-Semitic message as the only way to stop change in 20th century America.



In the 1920s, Grand Dragon D. C. Stephenson led some 400,000 Klansmen in Indiana, the largest state organization in the country. Stephenson was a grifter, a con man, and ultimately a kingmaker in Indiana politics. He was also a sexual predator, a master manipulator, an admirer of Benito Mussolini, and a firm believer in the big lie. As a result of his elevation to Grand Dragon, he became very wealthy, partly because he siphoned off a percentage of each membership fee for himself.

Stephenson's control of the KKK in Indiana ended in 1925 when he was indicted and convicted of the kidnapping, rape and second-degree murder of Madge Oberholtzer, a 28-year-old white woman who lived with her church-going parents in Indianapolis. Stephenson, whom Madge knew, kidnapped her and forced her to accompany him on a train to Chicago, where he repeatedly raped and bit her. Madge was so overcome with shame that she purchased poison to end her life, but she ultimately died from the deep bites on her body which became infected and septic. A doctor testified at Stephenson's trial that the infection was the cause of death; had she received prompt medical treatment, she might have lived.

After Stephenson was convicted and sent to prison, in large part because of Madge's sworn deathbed declaration, Klan members resigned in droves, disgusted by the behavior of a man who had promised to protect white, Protestant womanhood. Within two years, the Indiana organization lost almost 200,000 members, mirroring similar declines throughout the country.

However, we should not congratulate ourselves that the central ideas of the Klan, nor the Klan itself, have disappeared. People today can join modern organizations that espouse the same racist, anti-Semitic, xenophobic and misogynistic principles as the 1920s Klan. The new white supremacists do not wear sheets, yet their rhetoric remains remarkably the same. Almost a century after her death, the example of a brave person like Madge Oberholtzer is testament to what a lone individual can do against evil.

Cairns: *The Unity Church Journal of the Arts* Submission Deadline: September 27!

In The Justice Database: Among the many important resources of the Anti-Defamation League find the H.E.A.T. Map™ (Hate, Extremism, Antisemitism, Terrorism), a first-of-its-kind interactive and customizable map detailing specific incidents of by state and nationwide. The Hate Crimes Law map outlines which states have hate crimes laws, and who those laws do or don't protect. Indiana, for example, has no state hate crimes laws. bit.ly/JusticeData

MUSIC MINISTRY / PARISH HALL EXHIBIT

Sing with a Unity Church Choir

Rehearsals begin in September. Email 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.

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. No prior musical experience necessary.

August Parish Hall Artist

Envisioning the Landscape

Mary Opatz Herges



I would describe myself as an abstract landscape painter. Previously I slavishly tried to capture a landscape by using the colors, details, and perspective I observed in nature. The finished result may have been technically accurate but not emotionally charged.

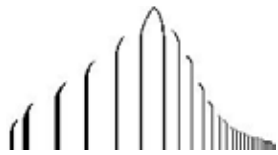
When deciding to leave out unnecessary parts, interpreting the scene rather than copying it, and putting colors where I feel they belong the paintings became fresher. I now blend abstraction and representation which allows much more personal expression. Allowing myself the freedom to interpret a scene using my own language has opened a new world of artistic growth.

My inspiration continues to be from painting outside and seeing the landscape with its changing shadows and colors rather than from photographs. Though the final painting may not look like the scene I actually saw, being in a real space gives me many more painting ideas and impressions.



Summer Pick-Up Choir • August 6 and 20

Meet for rehearsal at 9:00 a.m., in the Foote Room, and sing during the 10:00 a.m. service. Bring family and friends and come sing with members of Unity's choirs. No singing experience required!



UNITY CHURCH-UNITARIAN

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**TIME SENSITIVE
MATERIAL**

Merging of Waters Service of Reunion

Remember to collect water this summer for our annual Merging of Waters service held on Sunday, September 10.

Cairns
The Unity Church Journal of the Arts
Vol. 15
2023

Art
Poetry
Stories
Photography

Submit Now Thru
Sept. 27, 2023
find out more:
www.unityunitarian.org/cairns

Sign up for a Chalice Circle

Chalice Circles offer a meaningful way to connect with a small group of Unity Church congregants through the spiritual practice of guided conversation. Wherever you are in your spiritual journey, Chalice Circles nurture spiritual growth through deep sharing, disciplined listening, and heartfelt appreciation.



It was a wonderful experience. Often challenging, often enlightening. — Craig Cox

Attend the participant retreat on Saturday, September 23, from 9:00 a.m. to 12:30 p.m., where we will explore the:

- Chalice Circle process and the skills of deep listening we'll engage with one another, and the
- Materials in each month's practice packet and how to best use the theme resources within them.

After the retreat, you'll meet monthly with your ongoing circle at a time that works with your schedule. Your ongoing circle will begin in October. You do not have to commit to your circle until after the retreat.

To register or get more information including a look at last year's practice packets, visit unityunitarian.org/chalice-circles.html. Questions? Contact Laura Park at laura@unityunitarian.org or KP Hong at kp@unityunitarian.org.