

Resistance

The life of a congregation is a rich community tapestry of people, programs, ministries and worship. We lift up the patterns of this tapestry at Unity Church with the threads of monthly themes woven through our worship and programming. These themes deepen our understanding of our own faith and strengthen our bonds with one another in religious community.

Musicians must use resistance to create notes, the firm yet relaxed pressure of a hand holding a bow makes the difference, that and a lot of music lessons. The task of the musician is to remain engaged and open throughout the experience. The notes written on the page give the structure and the musician interprets the music; each person playing the same piece could sound very different. With each interpretation creativity occurs and the piece comes alive in new and different ways.

Many musicians feel a calling much like the prophets of old, to create and interpret beauty and the divine in the world. These prophets in biblical times often were speaking up against the status quo and opening their hearts and ears to God. They were acting upon the moral urge to speak up when everyone was telling them to keep silent. The prophets of today in their acts of resistance are continuing to speak up on social media, in the newspapers, and in art.

Acts of resistance can encourage us to look at the ways that we are all interconnected and our responsibilities to each other. What are the ways you have been silent when you could have spoken up? This speaking up is a muscle that needs to be stretched within ourselves and within our communities and when we unite to do acts of resistance we strengthen each other. When we respond to requests for our voices and presence to be a resistance to injustice we are putting our faith into action.

An important part of countering oppressions is knowing when to step back and let others voices be heard. Gaining insight of the privilege that we may carry is in itself an act of resistance; when we can see the ways we move with ease in places where others might

not we can use this awareness in our social justice work. With this insight comes the task of not letting oneself slip into complacency or hopelessness in the face of great adversity which requires vulnerability and a commitment to heart opening each day.

Another way of looking at resistance is through the lens of conflict. When we are in relationships with people conflict naturally occurs. We can resist these conflicts or use them as a tool for the relationship to grow deeper. Vulnerability is required to listen to another when we feel we have been wronged or misunderstood, yet this is not something that comes naturally to many.

In the martial art of aikido the practice is about balance and harmony with the resistance of the attacker. When a fall happens it is a rolling motion that seems like it is all a part of a choreographed dance that is being formed in each moment. What if we treated conflict like this? A practice that we dedicate ourselves to with a focus on balance and harmony.

The concept in Taoism of “wu wei” is centered on the human tendency towards reactivity. When we experience something we don’t like, we tend to push it away. *Wu wei* encourages us to seek balance in our relations with each other and the world, to strengthen the practice of breathing with the conflict as it occurs. This concept encourages us to move in synchronicity and love which is a challenge most of us face on a daily basis. Whether it is the person who cuts us off on the freeway, or the comment on social media, there are spiritual practices for patience and resistance to reactivity all around us.

For many within our churches and our denomination love is in itself an act of

resistance, to continue to choose love when everything tells us not to. Many come to church looking for the greater truth, the love within us that resonates when we know we are on the right path and in the right place. We can hear this love in the voices of our choir, see it in the smiles from people on our Welcome Team, and feel it in the warmth of a handshake from another during worship.

What resistance looks like is different for each person, for some it may be music, art, writing, or radical self-love. As Unitarian Universalists committed to social justice and creating the world we dream about we show up to this place and for each other in our communities because resistance is important. We enter into conflict and attempt to move through it gracefully. Even when conflict is rocky and far from graceful, this is sacred relationship.

*Hallman Ministerial Intern Jessica Clay with this month's theme team:
Janne Eller-Isaacs, Rob Eller-Isaacs,
Karen Hering, Drew Danielson
KP Hong, and Ruth Palmer*

Repair Theme Resources

BOOKS

The Spirit's Terrain: Creativity, Activism, and Transformation by Christopher Childs

How can I help? by Ram Dass

CHILDREN'S BOOK

A Taste of Freedom: Gandhi and the Great Salt March by Elizabeth Cody Kimmel

MUSIC

Spiegel im Spiegel by Arvo Pärt

MOVIES

Invictus (2009)

Gandhi (1982)

JUST WORDS

Just Words



I will never forget last year when many of the activists, including the youth of the congregation, spent hours supporting the encampment outside the 4th precinct in Minneapolis after the tragic death of Jamar Clark. One member of the Tower Club declared that he wanted to drop out of school and devote his time to being present at the precinct and working to be an ally with the Black Lives Matter activists there. "I plan to stay until it is all over," he emphatically stated. We could understand his sense of urgency and the vision for justice that compelled him toward this desire. We told him he was welcome to be there a lot, but that he had to take his own safety into account and that he couldn't drop out of school.

In the midst of the encampment, we asked Pastor Danny Givens to spend some time with Tower Club talking about the encampment. Danny had just returned from some well-deserved R and R up on the North Shore. He shared with them his passion of racial and economic justice. But in addition to sharing his passion, he also told them that to maintain the work of resistance one must find ways to get replenished. "You've got to take care of yourselves too, or you will burn out," he cautioned them. From that point on, they continued to contribute to the presence of people at the precinct, but they began to do their homework again, and to spend time away from the precinct with family and friends.

The days ahead are going to be challenging for progressives. So much of what we hold as core values seems to be under assault. We are all striving to find paths of resistance to this new order. But in order to be as effective as possible, we must also find ways to take care of ourselves as part of the mix.

In Jewish scripture, God commands, "Remember the Sabbath day, keep it holy." God, as scripture tells us, took a day of rest after creating the world. The concept of maintaining a day of rest and restoration is radical in our very busy culture. We are encouraged to do more and more. Keeping Sabbath is counter cultural now. Perhaps taking an entire day seems impossible, but taking time to just breathe and be, is a hard won discipline that can become essential for all those who seek to impact the larger world. It is our hope that the worship and the community here can be nourishing in ways that support a concept of Sabbath. Whether you take time to worship here, take a walk in the snow, or sit by the fire sipping tea and reading a good book, self-care and taking time are what are our ancestors were commanded to do. I encourage you to take a self-care inventory as part of greeting the new year and see what revelations emerge.

— Janne Eller-Isaacs

Elders Circle

Join us for our Elders Circle on Tuesday, January 17, from 1:00-2:30 p.m., in the Center Room. We will be hearing from our co-ministers, Rob and Janne Eller-Isaacs, about their ministry here at Unity Church and their vision for the future. All are welcome, refreshments are provided. Questions? Contact jessica@unityunitarian.org.

Young Adult Group

**Tuesday, January 24 • 6:30 p.m.
Center Room**

The Young Adult group (ages 18-35) is growing! We will have a ritual to honor the New Year and brainstorm some of the activities we'd like to see in 2017. All are welcome! Contact Rev. Lisa Friedman (lisa@unityunitarian.org) to be added to the email list to receive Young Adult news and announcements.

The Wheel of Life

In Memoriam

Deborah Ruth

August 23, 1952 –
November 24, 2016

Sara D. Langworthy

June 9, 1960 –
December 4, 2016

Correction to Cairns Vol. 8

We humbly apologize for the mistake on page six; the last line of the compelling and heartfelt "Coon" by Joe Schur should read:

Yet, what I discovered, through my experiences at the San, was that true learning requires actual lived experience, struggle, and discomfort.

James Joyce said that mistakes are "the portals of discovery;" we learned something and will strive not to repeat the mistake. Thank you for your understanding.

January

Parish Hall Artist

Barbara Bend

My intent is to create work that reflects our human ability to connect through whimsy, archetypes, legends, love, nature, and raw expression while utilizing my love for fabric. I construct forms that enhance the voice of the fabrics and use a random assortment of materials that connect and repeat to give my work rhythm and movement. Quality fabrics are selected on their historic, cultural, and structural voice which add to the richness of the piece. My work responds to both the integrity of the materials and the influences of my rural surroundings.

JANUARY WORSHIP CALENDAR / OFFERING RECIPIENTS

Sunday Worship

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Sermon podcasts and archives are available online at www.unityunitarian.org.

January 1: *Begin Again*

10:00 a.m. only

Whether you make resolutions or not, New Year's Day gives us a chance to look at how we are with one another and what we can do to live a more just and loving life. What are the gifts we can give to ourselves and each other this year? Hallman Ministerial Intern Jessica Clay and worship associate Nicole Lynskey will explore these topics as we begin 2017 together.

January 8: *Tolling of Bells*

We begin each new year with a memorial service for those who have died in the previous year. Everyone will have an opportunity to acknowledge those they've loved and lost.

January 15: *When Silence Is Betrayal*

Martin Luther King, Jr., did not live and die so that we might admire and honor him. Instead he stands in the line of the Prophets who lived and died that we might live out their values in our lives. As a congregation we also stand in that line. And as a congregation we also take up the obligations prophetic imagination implies. Revs. Rob and Janne Eller-Isaacs will be joined by worship associate Avi Vishwanathan for a service on how Dr. King's intersectional commitments undergird our choice to become a Sanctuary church.

January 22: *The Only Dance There Is*

Sometimes we resist by pushing away. Sometime we resist by gathering together in solidarity. All this pushing and pulling has a certain rhythm, a heartbeat that signals and measures a dance. Rev. Rob Eller-Isaacs and worship associate Rene Meyer-Grimberg will give us a glimpse into the world of contact improv as we embody what it might mean to move from conflict into creativity.

January 29: *Resistance to God*

We often think of resistance only in terms of resisting evil or corrupt forces. But in our spiritual life, we can find ourselves resisting connection to others and to that which is larger than all of us. Rev. Janne Eller-Isaacs and worship associate Rochelle Lockridge will explore this controversial topic for many religious liberals.

Soup Supper January Menu

Join us for a *soup supper* after our 4:30 service.

January 8: Roast pork and udon noodle // Chickpea-porcini

January 15: Chili

January 22: Potato-leek // Sausage and fennel stew

January 29: Chicken noodle

Offering Recipients

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

January 1: Greater Minneapolis Crisis Nursery

Minneapolis Crisis Nursery works to end child abuse and neglect and create strong, healthy families. The Crisis Nursery supports families in crisis 24 hours a day, 365 days a year, through their free, voluntary services.

January 8: Domestic Abuse Legal Advocacy Center

Unity Church member Matt Brown has nominated the Domestic Abuse Legal Advocacy Center (DALAC) which provides pro bono legal services to victims and survivors of domestic violence. Services are brought directly into shelters enabling individuals to receive assistance in safe and convenient settings during the critical time immediately after leaving an abusive relationship. Individual donations are the largest source of DALAC funding.

January 15: MAD DADS

MAD DADS is an acronym for Men Against Destruction, Defending Against Drugs and Social Disorder. MAD DADS Minneapolis works in the neighborhoods of Phillips, Downtown, and North Minneapolis helping residents work around the effects of poverty and racism. MAD DADS cover city streets, diffusing violent situations and training people in conflict resolution. MAD DADS enlists men who desire to transform their own lives by promoting and demonstrating positive role models of fathers engaging and protecting community, youth, and families.

January 22: River's Edge Academy

River's Edge Academy (REA) is an expeditionary learning charter high school in St. Paul. REA's culture emphasizes relationships, community building, and leadership and character growth focusing on honor, empathy, honesty, perseverance, and a sense of exploration. Each student is a member of a crew and students stay in the same crew with the same crew leader for four years. The capstone of each school year is an Outward Bound backpacking trip on the Superior Hiking Trail. Unity's Generosity Ministry will help fund the 2017 capstone adventure.

January 29: TRUTH Academy

TRUTH translates to tenacity, responsibility, uplift, teamwork, and hope. TRUTH Academy aims to serve as the leading educational advocate for St. Paul's underserved and underrepresented communities. In addition to free breakfasts and lunches for all students, TRUTH Academy offers Wednesday after school enrichment programs and Saturday morning breakfast and tutoring programs. Unity members Rick Heydinger and Barbara Washburn are cheerleaders for TRUTH Academy.

BOARD OF TRUSTEES / CONGREGATION BOOK READ



Reflection from the Board

From Justin Cummins, Chair

Although a seemingly simple word, “resistance” evokes multiple and even contradictory images. The complexity of resistance as a concept gives resistance as a word great power.

Depending on the context, resistance can have a positive or negative connotation. On the one hand, resistance to systemic racism, sexism, and other forms of oppression is a positive notion of the word. On the other hand, resistance to ending such racism, sexism and other forms of oppression is a negative notion of the word.

Resistance as a concept also has spiritual implications beyond its relationship to the building or the dismantling of the Beloved Community mentioned above. For example, resistance to opening one’s mind, heart, and soul to the big questions about life, love, and death can thwart a person’s spiritual development.

What does all of this have to do with Unity’s Board of Trustees, you may be asking. A lot, as it turns out.

In performing its duties, the Board deals with resistance in many senses of the word. Perhaps most significantly, the Board grapples with the often instinctive resistance to change — even to progressive change. Much of this resistance comes from the fact that change can cause anxiety and even discomfort.

As we recognize the almost visceral resistance to change, it warrants emphasizing that change is an unavoidable reality for all of us — both individually and collectively — as we live, learn, and grow in the world. A key question before us, then, is what change do we want rather than will we have change. The recent election makes this fundamental question as pressing as it is poignant.

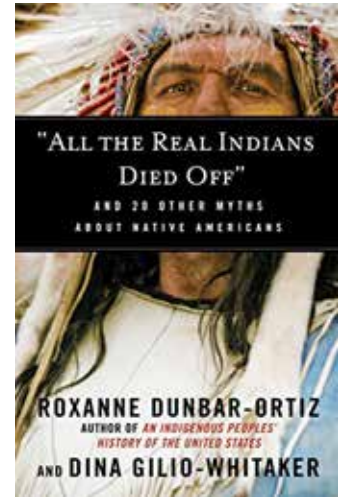
Unity’s governance policies, which are grounded in the vision formally embraced by the congregation, provide vital guidance to the Board as it works in the midst of change. Empowered by these policies, the Board is collaborating faithfully and tirelessly to help Unity Church more fully promote lives of integrity, service, and joy — within, among, and beyond the community.

The 2017 Unity Church Congregation Read

“All the Real Indians Died Off” And 20 Other Myths About Native Americans

By Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker

Native American history, culture, and current issues, including the pipeline controversy at Standing Rock, tribal sovereignty, and tribal treaty rights are not always understood. For this reason, the book chosen for the 2017 Unity Congregation Read is “All the Real Indians Died Off”: And 20 Other Myths About Native Americans by Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker. Copies of the book are available in the Unity Bookstall and the Anderson Library, as well as a



book read guide that includes additional reading and titles for youth and children. Read the book in January; reflect and listen in February on Sunday, February 12, at 12:30 p.m., and on Wellspring Wednesday, February 22, at 7:10 p.m.

In this enlightening book, scholars and activists Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker tackle a wide range of myths about Native American culture and history that have misinformed generations. Tracing how these ideas evolved, and drawing from history, the authors disrupt long-held and enduring myths. Each chapter deftly shows how these myths are rooted in the fears and prejudice of European settlers and in the larger political agendas of a settler state aimed at acquiring Indigenous land. Accessibly written and revelatory, “All the Real Indians Died Off” challenges readers to rethink what they have been taught about Native Americans and history.

Sponsored by Restorative/Racial Justice (RJ), Library and Bookstall (LBT), and Anti-Racist Leadership (ARLT) Teams

MidAmerica Regional Assembly 2017



Finding Our Partners: Faith In Action

April 28-30, 2017 • Oak Brook, Illinois

The Keynote Speaker will be Rev. Dr. Lee Barker, President and Professor of Ministry at Meadville-Lombard Theological School. If you are interested in attending the conference, please contact Lisa Friedman at lisa@unityunitarian.org. Conference details are online at www.midamericauua.org/events/regional-assembly.

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MINISTERIAL INTERNS

Hallman Ministerial Intern: Jessica Clay



Happy New Year! This holiday is important to me because it is a chance to begin again with a fresh start. In the past I have viewed it as a doorway to leave all of the grief and loss of the past year behind. I know I do not really leave it behind because it is a part of me, part of the fabric that makes me who I am. As I begin this year I can still feel the

weight of last year with me and the pain of losing people who were close to me and my family. Despite great loss it was a really good year for me, graduating from Starr King School for the Ministry, coming to Unity, and passing the Ministerial Fellowship Committee. There have been many reasons to celebrate in the midst of my personal grieving.

I used to place a lot of importance on New Year's Eve, to plan it out, buy a special outfit, and make sure I had tickets to an overpriced event. I often was buying outfits I couldn't afford and spending a lot of money on a night out that wasn't in my budget because I was reaching for this expectation of the ideal I saw in movies and social media.

When I let go of my expectations I was able to open up to all of the possibilities of what I could do with that evening. Since then I have had pajama game nights with friends, and on various years made it a spiritual retreat. Once I opened up to my resistance of doing things that weren't the norm, I was able to see the gifts within them. I love to light candles, order in comfort food, paint a painting to symbolize the year, and watch the livestream of the crowds in Times Square. Sometimes I feel like such a rebel when I turn it off at ten and awake at midnight to the sound of fireworks and people yelling with exuberance. Granted this was in California where people tend to be outside on January 1st.

As I move through this liminal time I am aware that January 15 marks the halfway point of this internship. You have cared, supported, and challenged me and I know we will continue to grow and learn together as we journey through these next five months. You are all blessings to me and continue to show me how the divine shows up in everyday life. May your New Year whether you are watching from home, out on the town, or fast asleep, be everything you need it to be with minimal expectations and maximal enjoyment.

Recovery Ministry

Thursday, January 12 • 5:00-6:30 p.m. • DeCramer Room.

Join us for a monthly gathering of sharing poetry, readings, and our own stories. This group is for anyone who self identifies as being in recovery. If you feel you qualify, then you do and are welcome. This is a supportive group within this community to meet people where they are and build connections. If you have questions or to request child care, please contact Jessica Clay at jessica@unityunitarian.org.

Ministerial Intern: Nic Cable



For many, the back of the gray hymnal is a source of deep truth and guidance. It is filled with readings for various occasions, from diverse points of view — sage wisdom to help guide our lives through all the seasons. Paging through the hymnal is one of my earliest memories as a child growing up in a UU church in Milwaukee.

Perhaps you have a meaningful experience with it, as well.

At Unity Church, we turn to the back of the hymnal every week to lift up and affirm, in unison or as call and response, our deepest convictions as religious people. Recently, I've found a particular reading (#435) to be a guiding light in my own ministry and perhaps also in our shared lives as members of this community. It's written by the Rev. Kathleen McTigue, who directs the UU College of Social Justice. She frames our work together in this way:

*We come together this morning to remind one another
To rest for a moment on the forming edge of our lives,
To resist the headlong tumble into the next moment,
Until we claim for ourselves awareness and gratitude,
Taking the time to look into one another's faces
And see there communion: the reflection of our own eyes.
This house of laughter and silence, memory and hope, is
hallowed by our presence together.*

I am drawn to this relationship between rest and resistance and action. Today, it feels like there is no time to rest, that now is the time to act out and resist the division, discrimination, and violence in society. In this cold winter, where we sometimes turn inward rather than reaching out in love, I think to myself, "How dare I even consider resting! There is work to be done!" But McTigue invites us to resist the headlong tumble into the next moment. She calls us to consider not how we might avoid acting with faith and courage and vulnerability in the world, but instead how we can avoid untethered flailing that is devoid of spiritual discipline and focused resistance. She says let's rest here, let's rest, for just a moment together. And in this time, we can join in communion, where we look into the eyes of another and see something sacred and hopeful in that silence.

As we enter the New Year, this feels like the sage wisdom we are accustomed to receiving from the back of the hymnal, an encouragement to live fully into our religious values as Unitarian Universalists. As we gear up for a month and year of continued resistance, may we find moments to rest, center, ground, and find communion with one another. As we do, may we be strengthened and filled with gratitude for the work ahead.

Free child care is available, with one-week advance notice, for all church-sponsored activities. Contact Michelle Hill at michelle@unityunitarian.org.

WELCOME WORDS / FELLOWSHIP GROUPS

Welcome Words

Rev. Lisa Friedman, Minister of Congregational and Community Engagement



Happy New Year! Whether your hopes for 2016 lead you into new adventures or deeper commitments, may you honor the new energy that infuses your daily practice of living. Whether you are tending to your body, mind, and spirit in new ways, seeking to align your life to your values differently, or

looking for relevant ways to be a part of religious life and community, these are all part of the journey of spirit. And it is a privilege to share that journey with you! Let us know how Unity can help you be a part of the change you long to see.

P.S. Thank you so much for all of the support and good wishes during my medical leave. On behalf of myself, Wayne, and the boys, please know how grateful we are!

Pathway to Membership Classes

Sign up for Pathway to Membership classes at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement, at lisa@unityunitarian.org or 651-228-1456 x107. She is also happy to meet with you personally to answer questions and to welcome you into the congregation. Childcare is available by request at least one week in advance.

Welcome to Unity: Our Class for Newcomers

**Wednesday, January 4 • 7:15-8:30 p.m. ~ also offered ~
Sunday, January 22 • 5:45-7:00 p.m.**

If you have been visiting Unity Church and would like to find out more about Unitarian Universalism and our congregation, we invite you to join us for a Welcome to Unity class.

Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is now offered on a regular basis on Sundays from 10:15–11:15 a.m. in the Ames Chapel. These sessions can be attended in the order that works for you. In these classes, we will have an opportunity to share part of our religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation. Childcare is available in the nursery.

Please note that there will not be classes on January 1. Classes will resume on January 8.

January 8: UU History, Principles & Sources

January 15: Q & A with a Minister

January 22: Membership 101 & Congregational Life

January 29: Social Justice & Community Outreach

Committing to Unity: Joining Unity Church

Wednesday, January 25 • 7:15-9:00 p.m.

This class explores the deeper meanings and expectations of membership and shared ministry and concludes with a celebration ceremony as participants sign the membership book and join the church!

Fellowship Groups

These groups are open to all members and friends of Unity Church. If you are looking to connect with a group, please contact the person listed, visit the church website, or call the church office at 651-228-1456.

A New Look at the Bible: Second Thursday of the month (January 12) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

Afterthoughts: This group meets after the 9:00 a.m. service. Contact: Paul Gade at 651-771-7528.

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (January 19) from noon–2:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Evergreen Quilters: Second Tuesday of the month (January 10) from 7:00-9:00 p.m. and fourth Saturday of the month (January 28) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760.

Living With Grief Group: For people living with grief and loss. Third Tuesday of the month (January 17) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Men's Retirement Group: Monday, January 9 and 23, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

Textile Arts Group: Bring your knitting, crocheting, tatting, embroidery, and cross stitch. All ages and levels of experience are welcome! First and third Wednesdays (January 4 and 18), 7:00-8:30 p.m. Contact: Linda Mandeville at lindamandeville@aol.com.

Unitots!: A drop-in playgroup for families with kids through preschool age. Monday and Thursday, 9:30 a.m.-noon. Contact Michelle Hill at michelle@unityunitarian.org

Unity Book Club: Second Tuesday of the month from 7:00-8:30 p.m. All are welcome—even if you haven't read the book. Contact Jack Hawthorne at jack.hawthorne@comcast.net. Upcoming discussions:
January 10: *My Life on the Road* by Gloria Steinem
February 14: *Bohemian Flats* by Mary Relindes Ellis
March 14: *Just Mercy – A Story of Justice and Redemption* by Bryan Stevenson

Unity Bridge Club: The Bridge Club will meet on Friday, January 6, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women In Retirement, The Choice Years: This group meets the second and fourth Thursday (January 12 and 26) of each month from 1:00-3:00 p.m. Contact Lisa Friedman at lisa@unityunitarian.org

Sangha Zen Meditation: Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction is offered on the first Tuesday (January 3) beginning at 5:00 p.m. Contact Ken Ford at kenfaure@gmail.com

COMMUNITY OUTREACH MINISTRY

You are making our Winter Warm Up Drive a success!

Make Winter Warmer

Unity's Racial and Restorative Justice Team asks you to help provide the following items for its community partner Amicus, an organization assisting those leaving prison in a time of need:

- Washcloths, shampoo, soap, toothpaste, toothbrushes, hand lotion, deodorant, floss, razors and shaving cream (all items should be unopened)
- New winter coats, gloves, hats, scarves, boots (men's) and socks (size XL and above needed)
- Hand and foot warmers
- Bus passes or the cash to buy bus passes

The team will collect these items through January. Please bring donations to the Racial and Restorative Justice table in the Parish Hall on Sundays.

Holiday Regifting Sale

Did Santa bring something that's not your size, your style, or your idea of fun? **Donate your brand-new but unwanted gift to Unity Church!** We'll sell it to someone else, turning your discards into cash. Proceeds will benefit Unity's Mano a Mano Outreach Ministry Team.

What: Holiday Regifting Sale

When: Sunday, January 8, 2017

Where: Unity Church Parish Hall

Time: Right after each service



How it works: Bring your new, unused but unwanted items to the "regifting tables" in the Parish Hall on Sunday, January 8, before any service. Estimate each item's value and place it on the appropriate table. We'll sell items at a discount at the Regifting Sale. Unsold items will be given to charity. Questions? Contact Barbara Benner at benne002@umn.edu or Unity Church at 651-228-1456.

All proceeds benefit the work of the Community Outreach Team that supports Mano a Mano International Partners. Mano a Mano builds clinics, schools and roads, and trains teachers, doctors and farmers in rural Bolivia.

Rainbow Chalice Alliance: Ready to Bake

Purchase a pie from the Rainbow Chalice Alliance Pi(e) Day (3.14.17) Sale and help support Unity's participation at Q-Quest, a yearly festival for lesbian, gay, bisexual, transgender, queer and allied youth! Pies can be ordered beginning in late January at the Rainbow Chalice Alliance table in the Parish Hall. Past offerings have included blueberry, apple, and French silk! (Worry not, many can and do order two pies.) RCA is only able to make a limited number of pies, and it's first come, first served. The pies are prepared and frozen so you can bake them whenever you want. Thanks to all of you, RCA is able to help at Q-Quest, and additionally help fund Queer Prom and Youth Pride in the spring.

Unity's Sustainable Living Team

2016... A year like most in many accounts — filled with joys and sorrows alike.

A pattern that we are accustomed to recognizing, managing and moving through. The surprise ending to our calendar year, however, has left many of us unsure of how to navigate moving forward... How do we continue to work toward our environmental goals despite the looming threats to our fundamental environmental values? Do we just lay down and "see what happens" or do we strengthen our resolve and put our muscle into local and grassroots efforts that, like a ripple in a pond, will have great impact at it's center and create continued and profound movement further out? What do our spirits call us to do?



On Tuesday, January 17, at 7:00 p.m., the Sustainable Living Team will hold it's first meeting of 2017. We will be discussing a new and in depth recycling center for the church, our next community outreach project, and classes that will help interested members of the church live more sustainably at home.

The more bodies, the more ideas, the greater the impact. We hope to see you there. Email Jessica Zimmerley at jjimm0813@gmail.com with questions.



Annual MLK Holiday Breakfast

Monday, January 16 • 7:00–9:30 a.m.

Lutheran Church of the Redeemer

285 Dale Street N, St. Paul, MN 55103

Each year, the General Mills Foundation and UNCF present an annual MLK Holiday Breakfast at the Minneapolis Convention Center to celebrate the life and legacy of Dr. Martin Luther King Jr. This year's keynote will be presented by author and civil rights activist Myrlie Evers-Williams.

With the help of countless volunteers, Interfaith Action of Greater Saint Paul hosts breakfasts at nine neighborhood locations, featuring a live broadcast of the General Mills event as well as a hot breakfast and local programming. Unity's neighborhood location is Lutheran Church of the Redeemer. For more information and to register for the event, please visit <http://interfaithaction.org/mlk>.

WELLSPRING WEDNESDAY

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun. Dinner begins at 6:00 p.m., followed by worship in the Ames Chapel at 6:45 p.m., and an evening of rich programming beginning at 7:10 p.m. Childcare is available and you do not have to sign up in advance. The cost for dinner is \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. Children under the age two are free. Email Lisa Friedman at lisa@unityunitarian.org for financial assistance to help cover the cost of dinner.

January 4

Dinner: Hearty Tuscan white bean soup with crusty bread, roasted vegetables, and citrus salad

Bible Study: Old Strong Stories

Let's take a deep look at how scripture can benefit our lives. Pastor Danny Givens, Jr., of Above Every Name Ministries and Rob Eller-Isaacs will lead this Bible study.

Whose Land Is It? Who Decides How It's Managed?

Richard Birger

In the U.S.A., about 28% of the land is held by the Federal government – primarily but not exclusively in the west. Here in Minnesota about 7% belongs to the federal government. The ownership and management of this vast federal estate is important to all citizens no matter where they live. Some of the historic and current issues revolve around livestock grazing, public access, wild horses, energy extraction, wilderness, endangered species, logging, and fire management. The recent surprising election results and the “not guilty” verdict in the case of the Bundy brother's armed occupation of the Malheur National Wildlife Refuge in Oregon has intensified the issues of how this critical public property is managed.

Richard Birger superintended over 1.6 million acres of the Desert National Wildlife Refuge in the Intermountain West. Join Richard in a discussion of the history and current situation facing public lands managers today and what impact it will have for us as citizens.

Welcome to Unity: Our Class for Newcomers

If you have been visiting Unity Church and would like to find out more about Unitarian Universalism and our congregation, we invite you to join us for one of these Welcome to Unity classes.

Textile Arts Group

Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch for an evening of fellowship and service. All ages and levels of experience are welcome! Contact Linda Mandeville with questions at lindamandeville@aol.com.

Learn and Play Go: A Chinese Board Game

Anyone above the age of 10 is welcome.

Help cook and serve a Wellspring Wednesday meal!

Help is needed on Tuesday and Wednesday evening. Contact madeline@unityunitarian.org to volunteer!

January 11

Dinner: Indian buffet!

Brother Outsider: The Life of Bayard Rustin

Since its premiere at the Sundance Film Festival and its national broadcasts on PBS's "P.O.V." series, Logo/MTV, and public television's "America ReFramed" series, *Brother Outsider* has introduced millions of viewers around the world to the life and work of Bayard Rustin — a visionary strategist and activist who has been called “the unknown hero” of the civil rights movement. A disciple of Gandhi, a mentor to Martin Luther King, Jr., and the architect of the 1963 March on Washington, Rustin dared to live as an openly gay man during the fiercely homophobic 1940s, 1950s, and 1960s. Come watch and discuss this award-winning documentary. Unity's partner One Voice Mixed Chorus will be premiering a commission about Rustin's life at their concert in January (see page 11 for details).

Family Action for Hope

A Parent Workshop Sponsored by the UU Families Initiative

How can we respond as families to the national climate brought on by the recent election? How do we include our children in enacting our values as Unitarian Universalists? How do we avoid two unhealthy reactions: going numb or being continually agitated? One answer is to find ways to put our values into family actions, which can range from simple and symbolic to complex and long term. In this workshop, you will hear from other UU parents about what they're doing, and want to do, to enact their family's values at this moment in our nation's history. And you'll hear thoughts from Unity member and citizen therapist Bill Doherty, who will use a home-grown acronym to help you think of the kinds of steps you can consider as a family: RAVE: Resistance, Advocacy, and Values Engagement. Make no mistake: how we respond to the Trump era will stamp the childhood experience of our kids.

Mother/Daughter Movie: Iron-Jawed Angels

Please join Unity Church moms and daughters (grades 6 & up) on the second Wednesday of the month for a female focused film. The following month, we'll discuss (nothing too formal) the previous month's film during dinner.

Unity Ukesters

Beginners to pros, ages 8-120 welcome! Show up with your ukulele, copies of music you wish to share, an open mind, and a sense of humor.

Bible Study: Old Strong Stories

Embodied Spiritual Practice: Yoga with Elen Bahr

Learn and Play Go: A Chinese Board Game

R.E. Second Semester Teacher Orientation (see page 10)

WELLSPRING WEDNESDAY

January 18

Dinner: Grilled cheese sandwiches and tomato soup, shredded brussels salad

Standing Rock Reflection

Join ministerial intern Nic Cable for a conversation around the ongoing struggle in North Dakota regarding the Dakota Access Pipeline. Conversation will include some reflections on experiences and about ways to strengthen one's own commitment to being in solidarity with this indigenous and environmental justice movement.

UU History Book Club

Want to learn more about UU history? Curious about all those great authors quoted in Sunday sermons? Join the UU History Book Club. We'll meet once a month (January-May) on Wellspring Wednesdays. To get us started with some common context, our first book selection will be *The Unitarian Universalist Pocket Guide* which you can buy at Unity's Bookstall. We will choose the next months' books together at our first session.

Bible Study: Old Strong Stories

Textile Arts Group

Embodied Spiritual Practice: Yoga with Elen Bahr

Learn and Play Go: A Chinese Board Game

January 25

Dinner: Pot roast with gravy; roasted carrots, potatoes and mushrooms; salad

Christian Fellowship

Twenty five people came together in December to begin exploring what a communal space for Christian identity and practice might look like at Unity Church. Pastor Danny Givens of Above Every Name Ministries, Unity member Tom Duke, and Ministerial Intern Nic Cable, will host another gathering as we enter into deeper conversation about imagining how study, ritual, fellowship, and worship can fit into the life of this diverse and meaningful religious community.

Gender and Parenting

Sponsored by Unity's Rainbow Chalice Alliance (RCA)

Minnesota has seen exciting changes in recent years for the LGBTQA community! We fought off an amendment to ban marriage equality. We passed an amendment to add gay marriage as a constitutional right in the State of Minnesota. We passed a safe schools bill to keep all our kids safe and free from bullying. And yet in a society that is often obsessive about gender, those whose gender identity that is not binary continue to struggle. And, as kids grow up, there are many obstacles to creating safe spaces for children to come to understand their gender and identity. RCA is hosting this conversation to discuss gender, parenting, and how we might promote understanding and sensitivity of gender identity and expression. Parents, family members, friends, and allies — all are welcome!

Committing to Unity

This class explores the deeper meanings and expectations of membership and shared ministry and concludes with a celebration ceremony as participants sign the membership book and join the church!

Bible Study: Old Strong Stories

Unity Ukesters

Embodied Spiritual Practice: Yoga with Elen Bahr

Learn and Play Go: A Chinese Board Game

Volunteer Corner

If you are interested in any of these volunteer opportunities, please contact madeline@unityunitarian.org for details.

Obama Elementary

Obama Elementary is looking for volunteer support in their enrichment classes on Wednesday mornings and afternoons. If you are creative, flexible, fun, and excited about the opportunity to impact our school system in a positive way, this is perfect for you. Enrichment classes include: crochet, building bridges, newscasting, improv, and much, much more! Volunteers will be asked to work 1-4 hours on Wednesdays. If you aren't able to volunteer, but you'd like to help, the classes have extensive wish lists.

We need extra help in the kitchen — volunteer with Food Ministry!

We are looking for volunteers to do easy kitchen tasks. Feel free to sign up just one time or multiple times. No need for any special skills or training. We'll teach you everything you need to know. We also have opportunities for families to volunteer together. Please join us in the kitchen for fun and fellowship.

Sundays: January 8, 22, and 29, 2:00-4:00 p.m.

Tuesdays: January 3, 17, 24, 31, 4:00-6:00 p.m.

Wednesdays: October 4, 18, 25, 3:30-7:30 p.m.

Sunday Welcome Teams

We are currently looking for additional Welcome Team members at all services. Volunteers are needed to greet members and visitors as they arrive to church, welcome them to Religious Education and to worship, pass out orders of service, ring the church bell, collect and count the offertory, and assist with serving coffee after the service. Welcome Team members are asked to serve at one service once per month.

MINISTRY WITH CHILDREN & YOUTH

It Is Not Futile

From Drew Danielson, Coordinator of Youth and Campus Ministries



Parents! If you, like me, have wearied of trying to pull a 14 year-old away from their devices, then capitulated by attempting to communicate with them via those devices, even though they are just upstairs or in their room, you've probably learned they are not giving in that easily.

"Hey, what's going on with homework? Can you come down and help me for a minute?"

"5"

Five minutes pass, then more, as I knew it would. "It's been 10 minutes. Come down."

"K"

And so on. The first couple of times I texted, it must have seemed kind of cool and my son would type in a full phrase response. Soon it devolved to single words. Now, when possible, it's a single letter. Frustrating yes, but completely age appropriate developmental skill building. Resistance — a muscle needing consistent flex and training. Resist direction, resist authority, resist a straight answer. Work it!

By 9th grade, in Coming of Age, the resistance effort is dug in. They stand together waiting for the assault, ready to raise defensive armor. "No, you can't tell me what to believe! I don't agree with that statement. Your example has no relevance!" But we never told them what to believe. We pointedly ask for their own opinions, but most are not there yet. The truth is, at this age, they yearn to bump up against something, to push it away. Not ready to step forward with their own assertions and hunches, they work to find their truths by resisting and refusing, eager to learn what the result will be.

As a parent I get it, but I hate it. They'll grow out of it.

In Tower Club, thoughtful discussions about what truly matters reveal that deeper analysis and reasoning has been happening. The high schoolers are getting very comfortable stating what they believe, what is important, what is worth their attention. The resistance muscle seems well toned without bulging. And yet every time we meet, many if not most rue their level of busy-ness, wring their hands over obligations and choices, express sorrow over losing touch, not having enough time. The world entralls them, but also upsets them. They feel for humanity and the Earth, but they also know they — they specifically — absolutely must be exceptional. Many find they are powerless to resist that expectation and it stresses them out.

And so this year we are asking them "What are you truly passionate about?" First we think of hobbies, sports, entertainments. With further thought they begin sensing more and deeper feelings — urges of the soul maybe, or Calling. What can you not, and should you not resist caring about, being about? And what must you resist deeply? What can you only gain by resisting?

To know would be exceptional.

Teacher Orientation

All teachers volunteering for the second semester, who have not already attended the fall orientation, are asked to attend Teacher Orientation and Training. Please join us for sessions to orient you to your role in the journey of faith development.

Trainings will be held on Wednesday, January 11, from 6:30-8:30 p.m., and Saturday, January 14, from 10:00 a.m.-noon. Please choose one of the two dates, and then sign up online at www.unityunitarian.org/teacher-trainings.html. Contact KP Hong by email at kp@unityunitarian.org in the Religious Education office for further information.

2017 Children's Musical

Mark your calendar!

If you have a 6th, 7th, or 8th grader who might be interested in participating in Unity's 28th Annual Children's Musical, please note the following dates:

- Thursday, January 5, 6:30–8:30 p.m.: Auditions and Parent Meeting (mandatory). NOTE, this is a Thursday, NOT a Sunday
- Sunday, January 8, 1:30-3:30 p.m.: Read through script
- Tuesday, January 10: Rehearsals begin, every Tuesday and Thursday, 7:00-8:30 p.m., and every Sunday, 1:30-3:30 p.m.
- Sunday, February 26: Parents erect stage 12:30-3:45 p.m.
- February 26-March 1: Tech Week, rehearsals 6:00-8:30 p.m. (time may be modified)
- March 2, 3 and 4: Performances — Thursday and Friday, 7:00 p.m., Saturday 5:00 p.m.) (call times will be earlier)
- Saturday, March 4: Strike the set and stage — cast party afterwards!

All children participating in auditions will be cast in the musical. It is essential that your actor is available every Sunday, Tuesday, and Thursday for rehearsal. One pre-excused absence is permitted. Questions? Please contact Louise Livesay-Al by email to louiselivesay@yahoo.com.

Helpful Reminders

New teachers for second semester begin in January. Please watch for emails or contact R.E. staff with questions. Please note which Sunday:

- Sunday, January 8, new Rotation teachers begin for the "Sacred Within" unit
- Sunday, January 22, passing of the torch to Journey Guides
- Sunday, January 22, new Junior High teachers begin second semester courses

Music Notes

From Ruth Palmer, Director of Music Ministries



Art, the great inner bridge that lets the song of inwardness sing us. In all its forms, art has always given us a way to recover from the numbness of experience.

—Mark Nepo

from *Seven Thousand Ways of Listening*

Music has always been with our human journey as it struggled, marched, fought, mourned and celebrated. It urged us onwards, calmed us down, helped to release our pain and held us up when needed. And, with all art, continues to do so.

At the deepest level, it seems that art... music... holds us to our best selves, our most sacred center. The beautiful and artistic "truthful" calls up impulses not always recognized or immediate to us. It reaches places deeper than articulation, stirring elements in our very being we are not able to tap in any other way. Interestingly, in the act of supporting individual needs, it also connects those participating in any way.

What better way of resistance to our challenges than to reach and build our very centers with these inner, untapped resources. What a glorious resource with which to be inspired, awakened, and centered. Best wishes for listening to the music which bolsters your centered resolve in each moment of challenge.

"The choral conductor Robert Shaw writes that 'the basic premise of music-making is unity—and unanimity—and, in its nonliturgical sense, communion.'" (Stacy Horn, from *Imperfect Harmony: Finding Happiness Singing with Others*)

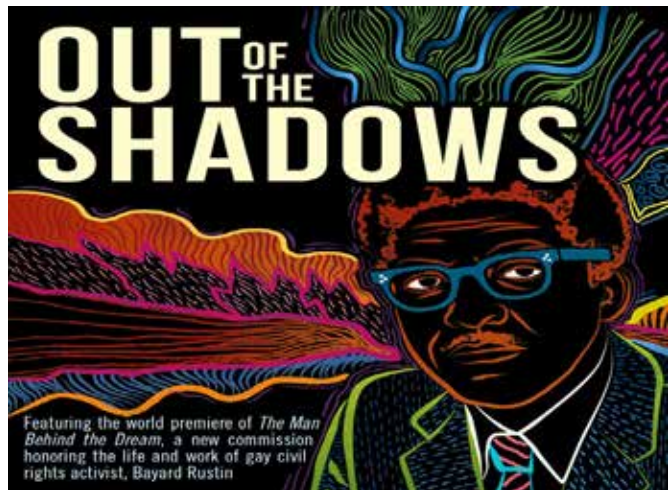
One Voice Mixed Chorus Presents

Out of the Shadows

Tickets are now on sale: www.ovmc.org

Saturday, January 14 • 2:00 p.m. • Ordway Concert Hall

Sunday, January 15 • 3:00 p.m. • Ordway Concert Hall



Group Spiritual Direction

We see clearly in this season so much in our world that needs transformation. As we await a new president and an unknown future, it is a ripe time to make connections of solidarity and love with those around us. The beloved community we seek requires our action, but equally requires the difficult work of transforming our own hearts, disarming our own shadows, and becoming that change that we want projected and reflected in the world.

Join Spiritual Director Sarah Cledwyn for small group spiritual direction, a place where we gather to be explorers of our inner lives in community; to raise our awareness, deepen connection, and direct our choices toward more love and life. Our skillful action in the world needs both outer and inner support to move us, and by extension all of us, into greater lives of integrity, service, and joy. Groups begin the third week in February and meet every other week through May. Cost and registration can be found online at <http://bit.ly/ucugroups>. Contact Sarah with any questions at sarahcledwyn@gmail.com or 651-699-9948.

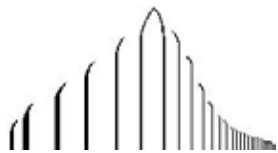
Spiritual Practices Retreat

Come explore various spiritual practices in a contemplative atmosphere with Spiritual Director Sarah Cledwyn. On Saturday, February 11, from 9:00 a.m.-1:00 p.m. we will gather together to learn about the practices offered, after which participants will engage in the practices as they feel led. We will reconvene at the end of our time to witness and share our experiences. Practices will include an indoor labyrinth, journaling questions, creative arts (including collage), and more. This time is meant to be an opportunity to dip your toes into stillness with support and see what you find there. All are welcome.

This cost of the retreat is \$25 and scholarships are available. Please RSVP to Sarah at sarahcledwyn@gmail.com or at 651-699-9948 to ensure there is enough space and material for everyone. To request free child care, please contact Michelle Hill at michelle@unityunitarian.org one week in advance.

Kung Fu at Unity Church

Unity's UU Kung Fu practice group, *The House of the Upright Ox*, approaches martial arts as spiritual practice focused on resolving conflict on multiple levels. *Hung Gar* Kung Fu is a Chinese martial art which emulates the moment and disposition of the Tiger, Snake, Crane, Dragon, and Leopard. Practice is led by Unity Church member Bryan Kujawski who has been practicing and teaching martial arts for many years. This free class meets on Saturday mornings in the Body Room from 10:00 a.m.-noon, and is for any level of experience, ages 16–106. You can simply show up! Questions? Contact Bryan at bryan.kujawski@capella.edu.



UNITY CHURCH—UNITARIAN

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FROM BROKEN TO BOLD Finding our Voice of Resilience and Resistance

The Gathering

9th Annual Unity Church Women's Retreat
Saturday, January 28

The Gathering is a one-day spiritual retreat for woman-identified members and friends of all ages.

This year's theme is "From Broken to Bold — Finding our Voice of Resilience and Resistance." The keynote speaker will be Rev. Ruth MacKenzie, Minister of Worship Arts at First Universalist Church. Ruth's creativity and song have power to inspire and strengthen us for the journey.

Join us in an opportunity to share stories of how we find the strength and courage to be resilient and resistant, even when life has broken us. We will explore the theme through worship, song, movement, writing, drumming, conversation and contemplation.

Breakfast and lunch will be provided, as will opportunities for massage and spiritual direction.

Registration will be available on our website and in the Parish Hall beginning in January.

Sex, Gender, and Spirit

A MEN'S RETREAT AT UNITY

Saturday, February 4

Topics related to sexuality, gender identity/expression, and nurturing healthy relationships are particularly relevant issues for today. Join with members and friends of Unity Church in an all day Men's Retreat on Saturday, February 4, from 8:30 a.m.-5:00 p.m., as we explore the intersection of these important issues and discover ways to live with greater integrity and meaning.

This retreat is open to all individuals who self-identify as male. Keep an eye out for registration opening soon, which will help cover the cost of a light breakfast and lunch. Childcare will also be available.

Contact Nic Cable (nic@unityunitarian.org) or Steve Harper (steveharper.home@gmail.com) if you have any ideas for the retreat or you are interested in helping organize it.

Flowers for Worship

If you would like to provide flowers for Sunday worship, contact Martha Tilton at 651-228-1456 x105 or martha@unityunitarian.org.