

## COURAGE

*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.*

For me, as a child, it was the basement. Down the cold, creaky stairs, past the circle of dim light cast by the fixture in the ceiling lay that terrifying space of darkness. You had to walk several feet through the darkness till you could reach for the next light switch on the wall, and every time I had to go down there, I was sure something was going to spring out of the darkness and get me. What was it for you? That place of your childhood where you were sure the monsters lurked? Under your bed? In the closet? A dark shed in the yard? This month, as we venture into the theme of courage, we're invited into risk, into fear, and into the vulnerability of moving from safety into the unknown.

It's a commonly held notion that map makers of the past indicated the edges of the known world with the words "here they be dragons...." Though not *entirely* true, this image illuminates a crucial component of courage: that every act of courage is first an act of the imagination. We don't know what lies beyond the edges of our known world, and into that space of unknowing, our imagination fills in the gaps, creating dragons or their equivalent for the unknown that we're facing. As we imagine all the terrible things that *might* happen our fears are kindled, our perception of risk increased, and we crank up our anxiety. With so much seemingly at stake, it's no wonder that we hold courage in such high regard, and why so many of us remark that we, ourselves, aren't particularly courageous. What this also suggests is that how we understand courage depends a lot on our place in the world.

What if we took a different approach to courage? What if instead of focusing on the things that we fear and our ability to overcome that fear, we leaned into the

"heart" that's central to courage. The Latin root of courage points us toward the centrality of heart, but it's the Greek that is perhaps more instructive, as it invites us to view courage as being where we put our hearts. Courage then becomes the act of putting our hearts somewhere, and having done so, finding the faith to follow. And this is perhaps why people we view as courageous often don't see themselves that way. Whatever we hitch our hearts to will call us into things that others see as courageous, but which we see as an act of love — we are after all only following our hearts.

Yet if we only view courage as action, we miss an important dimension. As Winston Churchill famously said, "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." Sometimes, courage isn't following our heart into action, it's following our heart into presence. Sometimes, the most courageous thing we can do is to be fully present with difficult circumstances, be it news that's hard to hear, working with the daily challenges of living with addiction, or mental illness, or facing our final days. This dimension of courage isn't the bold, solitary, public display we so often associate with courage. Rather, it is quiet, rooted deeply in community and in relationship.

Like all spiritual disciplines, courage has many dimensions, and there's always more to learn about it and how we relate to it. Yet however we hear the call of courage, what remains true is that courage keeps calling us out. Out of our comfort zone, out of our sense of safety, out of the narrow confines we can so often find ourselves in. And friends, if this last year is any measure of the year to come, 2018 will most certainly call

for our courage in its many expressions. May we together hear and answer the many ways our courage is called forth as we work together to transform the world as it is toward the world as it could be.

*Hallman Ministerial Intern  
Arif Mamdani with this month's theme  
team: Janne Eller-Isaacs Karen Hering,  
KP Hong, Andrea Johnson,  
and Ruth Palmer*

### COURAGE THEME RESOURCES

#### BOOKS

*The Diary of a Country Priest: A Novel* by Georges Bernanos

*The Missing Piece Meets the Big O* by Shel Silverstein

#### MOVIES

*The Zookeeper's Wife* (2017)  
This movie tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the German invasion. (IMDB)

*Weapons of the Spirit* (1987)  
Pierre Sauvage was born in a small village in France in 1944, among what would become as many as 5000 Jews who were helped by the collective efforts of the town, hidden from occupying Nazis by the kindly residents. This is a documentary by Sauvage that explores the supernatural good will by the people in the village. Archival footage and interviews with surviving villagers illustrate their attitude toward their God, their obedience and the actions that saved the lives of thousands of people. (IMDB)

## Just Words



In an iconic image from the 60s cartoon figure Mr. Natural holds up an obviously hand-lettered sign saying, "Get the Right Tool for the Job." The image came to mind this morning as I walked along behind my purring Toro snow-blower. Locally made by a locally owned company, it is truly the right tool for the job. It is simple. It is elegant. And it does exactly what it is meant to do. Twenty minutes of easy labor and my sidewalks were impeccable.

Thirty years ago Howard Guthmann, of sainted memory, was serving on the board of what was then Ramsey County Hospital. The place was in trouble. Significant changes were called for. But how could the trustees take hold and, most importantly, how could they imagine and then give shape to what has now become Regions Hospital, what is now among the finest medical centers in the area? The answer to the question turned out to be something with the wonky name of policy-based governance.

Howard shared his excitement with his friend Louise, they talked with staff and trustees here at Unity Church, and so began our engagement with what has turned out to be exactly the right tool for the job.

*The mission of Unity Church is to engage people in a free and inclusive religious community that encourages lives of integrity, service and joy. Governance is the framework for making that mission real in our lives and in the life of the community. Part of that framework involves another wonky sounding effort: the articulation of Ends. All that really means is that every five years Unity's Board develops a "powerful question," asks as many people as possible to respond, and listens carefully to those responses. After listening carefully, the Board the answers the question, "How do we want ourselves and our church to be different five years from now?"*

Over next couple of months, the Board will be inviting you to gather in small groups and talk together about relationships that transform your lives. This is not an idle gesture on their part. This is the heart of their work on our behalf. So please carve out the time. You'll be glad you did. These conversations (see page 4 to sign up) make the covenant among us real. This series of conversations is the right tool for the job. Let's fire it up.

Keep on Truckin'  
Janne Eller-Isaacs



**TURN TO PAGE 4 AND LEARN HOW YOU CAN HELP MAP UNITY'S FUTURE!**

## The Wheel of Life

### In Memoriam

**Rev. Sarah Barber-Braun**

October 23, 1925 –  
December 17, 2017

**Howard M. Guthmann**

November 30, 1922 –  
December 6, 2017

**Eleanor Clark**

July 17, 1921 – October 28, 2017

### In Celebration

**The Rev. Shay McKay**

Ordained into the Unitarian  
Universalist Ministry  
December 2, 2017

## Mentoring at Unity

### A Path to Deeper Connection

Unity has a mentor program, which is available to all visitors and new members. A mentor is available as a guide and a resource in the congregation. They pledge to meet at least once a month face to face, and be available for ongoing questions and advice for at least six months. Each mentor/mentee team can decide what is most helpful — to have a buddy with whom to attend services and events, or a partner with whom to discuss each other's spiritual journeys, and more. If you have questions, or would like to request a mentor, stop by the Welcome Table on Sundays or email Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Share a Joy or Concern

If you have a joy or sorrow, life-cycle event, or concern you would like to share with the Pastoral Care Team or congregation, please fill out the form at <http://bit.ly/joyconcern> and a team member will contact you. If you prefer to speak directly with a minister, please contact Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) or 651-228-1456 x106.

# JANUARY SUNDAY WORSHIP / 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](http://www.unityunitarian.org). Religious Education for children and youth is offered during all services.

### January 7: 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 14: What Courage Means Today

Thrust by circumstance, history, and proximity onto the world stage, Martin Luther King, Jr., rose to the occasion. His courage is legendary. Come honor his memory by re-consecrating ourselves to the work for which he gave his life. Rev. Rob Eller-Isaacs and worship associate Bob Peskin will be joined by Rev. K. P. Hong who will offer a *Story for All Ages*.

On Story Sundays, children in grades 1-8 begin in worship with the congregation in the Sanctuary. After the *Story for All Ages*, Workshop Rotation children (grades 1-5) proceed with their Journey Guides to their classrooms for religious education programming while junior high youth (grades 6-8) remain in the sanctuary for the entire worship service.

### January 21: Always Leaving Home

This year we celebrate the 450th anniversary of the beginning of European Unitarianism. Come hear the story of a prince who married well, a princess whose courage cut through centuries of religious conflict, and the earliest days of a movement we now hold in trust. We welcome the Rev. Lidia-Emese Bodor, a Transylvanian Unitarian minister, religious educator, and philosopher who is the 2017-18 Balazs Scholar at Starr King School for the Ministry.

### January 28: Me Too

In the context of the worship theme of courage, Rev. Janne Eller-Isaacs and worship associate Terry Lynskey will address the complex and difficult issue of sexual misconduct and the responses that continue to unfold.

## Join a Welcome Team!

### Come to Welcome Team Training!

We are looking for 25 generous souls to join our Welcome Teams for Sunday services. It is a great way to meet new people and make a positive impact at Unity Church. The Welcome Team commitment is 1.5 hours per month.

Interested? Attend the Welcome Team Training on Tuesday, February 20, from 6:30-8:30 p.m. To RSVP please email [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).

## 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. Please make checks payable to Unity Church.

### January 7: Como/Falcon Heights Block Nurse Program

The block nurse program organizes community volunteers, professionals, and families to provide assistance to local seniors in ways that support choice, dignity, and independence. Among services offered is an in-home exercise program using evidence-based practices to improve heart health, mobility, and physical balance. There is a waiting list for this service. This collection will be used to train volunteers, among whom are Unity Church members, to bring this exercise program into the homes of local seniors.

### January 14: Protect Minnesota

Protect Minnesota is the only state-wide, non-profit working solely to prevent gun violence through effective laws and community education. Its strategies include mobilizing citizens to lobby for common sense legislation reform through collaboration with communities of faith, educators, health care workers, civic leaders, and responsible gun owners. This collection will go toward defraying the cost of preparing and printing individual packets for all legislators listing the conceal/carry permits that have been denied in their districts along with reasons for permit refusals. This effort is essential as support for legislation to eliminate permit requirements is increasing. Unity's Sue Conner and Joan Duke, organizers of Unity's Gun Sense Ministry Team, have nominated this recipient.

### January 21: Balazs Scholar Program

This offering supports the Balazs Scholar Program that brings a Unitarian Transylvanian minister to study in the U.S. at the Starr King School for the Ministry by providing fundraising, administrative assistance, and tuition to each new scholar.

### January 28: Transforming Families Minnesota

Transforming Families Minnesota is a volunteer-based network for families of transgender and gender non-conforming youth throughout the state, offering vibrant online support and monthly peer group gatherings in the Twin Cities and Rochester. Transforming Families conducts state-wide advocacy with school boards and the Minnesota Department of Education, underscoring the need to develop policies that protect transgender and non-conforming students. Transforming Families is led by Unity's Nicole Vanderheiden and serves many Unity Church congregants. Its outreach is expanding rapidly. This collection will help support the employment of one part-time administrator.

To nominate an offering recipient visit [www.unityunitarian.org/generosity-ministry.html](http://www.unityunitarian.org/generosity-ministry.html).

## Writing the Next Story in Unity's Future

From John Steiner-Manning, Trustee



There are many stories to mark the turning of the year, as KP Hong reminded us last month when he introduced the tale of the moon goddess' empty present. And it seems that the same can be said at Unity; our calendar swells and changes as the seasons pass, and there are stories for us there too. Many are boldly shared, for all to see: I think about an epic spring afternoon of hearing our youth share their honest and stirring statements of faith; the return in the fall to the rhythm of a Wellspring

Wednesday evening, jumping from a shared meal to chapel service to a presentation; or the December evening respite of being serenaded by the choirs and singing carols.

Here's a less well-known story about the turning of our church year. The December meeting of the Board of Trustees included those who are new to the board along with those who have recently departed. This December it was wonderful to have everyone there: the now-former members reflected on what they would encourage us to recall in the year ahead and the new members spoke up about their own paths through Unity and hopes for our church. It felt important to pause and better connect before we slide into a new year that will grow increasingly busy.

This winter we add to the usual pattern at Unity, layering in the every five-year effort to craft new Ends statements — our ambitious goals for the church. That initiative is getting started right away; you are asked to step up to speak up about this place we all treasure. Yes, this takes some nerve and some time, but we hope you'll join in and share what you value. Collectively, congregation members will be "Mapping Our Future," as the Ends renewal effort has been dubbed.

Mapping a way forward requires courage. The easiest thing to do is to not think about where you might need to move. But we're pushing ourselves to consider some big questions and imagine where we really want to go. This will definitely be unlike any trip planning I've ever undertaken. Compared to how any of us usually sketch out an actual journey, Unity's mapping effort will be more collaborative, more questioning, and more open-ended.

Perhaps you seek something to strengthen your courage to jump in and participate. Consider the call to action shared at the 2015 congregational meeting by Mark Foster, one of the now-former board members who shared their guidance with the new board at the December meeting. Written by Michael Schuler of First Unitarian Society of Madison, these words apply just as well to us in St. Paul:

*If you are proud of this church, become its advocate.*

*If you are concerned for its future, share its message.*

*If its values resonate deep within you, give it a measure of your devotion.*

*This church cannot survive without your faith, your confidence, your enthusiasm.*

*Its destiny, the larger hope, rests in your hands.*

Step forward to share what matters to you, by taking part in mapping our future. You can read more in the article at right, talk about it with board members during coffee hour, and register for one of 17 upcoming sessions online at [www.unityunitarian.org/mission-and-ends.html](http://www.unityunitarian.org/mission-and-ends.html). You'll be helping to write the next chapter of Unity's story.

*Special note: Two new trustees started in December, completing the terms of two trustees who had resigned. The new trustees are Terry Linskey (serving one year) and Jennifer Tong (serving two years). Following our bylaws, the Board filled these vacancies in time for them to join in the orientation process with the three new trustees who were elected at the annual meeting — Jill van Koolwijk, Nila Gouldin and Ruth Kirkland. Jill, Nila, and Ruth were introduced to the congregation in the annual meeting packet; you can read about Terry and Jennifer at [www.unityunitarian.org/board-of-trustees.html](http://www.unityunitarian.org/board-of-trustees.html).*

## Mapping Our Future Renewing Our Ends

Every five years, we come together to consider who we are as a congregation and what our path should be moving forward in the world. This gathering, reflection, and discussion process begins in early January 2018. In small groups you will share your stories about Unity Church and your wishes for its future, and imagine the difference Unity Church could make in people's lives if the group's most desired wishes came true. The information coming from these sessions will clarify the core values, mission, and goals of Unity Church through 2023 and beyond. This sacred work will provide essential guidance to the ministers, the Board of Trustees, and all those who call Unity Church their spiritual home.

*No matter how long you have been part of this community, no matter how you have been involved, we need your voice in this process.*

To participate in this deeply rewarding experience, **please sign up to help Map Our Future**. Details and a sign-up form are available online at [www.unityunitarian.org/mission-and-ends.html](http://www.unityunitarian.org/mission-and-ends.html). Gatherings have been scheduled during the day, in the evening, and on weekends to help enable everyone to participate. In addition, food, beverages, and child care will be provided.



[WWW.UNITYUNITARIAN.ORG](http://WWW.UNITYUNITARIAN.ORG)

# 2017-18 MINISTERIAL INTERNS

## Hallman Ministerial Intern: Arif Mamdani



Exercise. Sleep. Vitamin D. Time outdoors. Time connecting with friends and family. These have become my go-to supports during winter when the diminishing daylight meddles with my sense of equilibrium. For the longest time, I resisted seeing these seasonal changes of mood for what they are, but recently, I've stopped resisting. I, like many of you, work with seasonal depression.

I first noticed these seasonal changes in mood when I was a teenager, growing up in a suburb of Chicago. If you've ever experienced a Chicago winter, you know they're nothing to laugh about. It gets cold. It gets dark. And it stays that way for a long time. The month of February in particular was my least favorite, as it often felt like we only saw the sun for at most a week. But I was a teenager then, and my emotional state was *always* a mess, so I didn't really think much of it.

I started to get a bit of an inkling that something seasonal might be at work when I lived in New York. The city is truly magical in the winter, especially right after a snowfall when everything sparkles and the snow gently mutes the sounds of the city. And yet in the heart of winter, I couldn't really enjoy these fleeting magical moments. Friends and loved ones noticed. They'd ask about it, and some took to nudging me toward articles on light therapy and Vitamin D.

But if you know me, you'll know that one thing I have in abundance is stubbornness. I wasn't yet willing to admit that I had seasonal depression, or that I might *do* something about it. Other people worked with depression, not me. I think what it really came down to is that I was afraid of what it might mean to say that seasonal depression was an issue for me, what it might mean to say that I needed help.

The thing is, I know I'm not alone in this — not in the seasonal depression, or in the reluctance to admit that things *aren't always okay*. As it turns out, saying that I work with seasonal depression didn't result in friends and loved ones shunning me, nor did I dissolve in a puddle of shame. But it didn't exactly solve everything either. Seasonal depression continues to be something I work with. During the winter months, I continue to need to put more time and attention into keeping my heart and mind in a good place than I'd like. But, I hope that if you're reading this, and if you too work with depression, seasonal or otherwise, you'll reach out to me, to others in our community and let us know how we can support you. We don't have to carry what we carry alone.

Please feel free to contact me at [arif@unityunitarian.org](mailto:arif@unityunitarian.org) or 651-228-1456 x109.

## Ministerial Intern: Andrea Johnson



This month's theme of courage has me reflecting on the Latin root of the word *cor* which means heart. The word courage means to stand by one's core: a reminder that living from our center and our essence is what will ground us and lead to whole-hearted living. What gets in your way of living a whole-hearted life? For me, it is "the trickster" in my head telling me the list of things I *should* do and be, *have* to do and be, *ought* to do and be. The trickster has me justifying my significance and value and working to control what will happen in the future. The "truth," according to my spiritual coach, is that when I operate from my essence, not my ego, I trust that I am already valuable, worthy, and whole.

What is the impact on our lives and those around us when we listen to the trickster? For me it takes me out of enjoying the present moments of right here and right now. I believe that there is not "enough" to go around and that to get what I want I have to do all the right things and be perfect. I caught myself doing this last month during a Wellspring Wednesday dinner conversation. A congregant asked me how my internship this year has been going. I enthusiastically replied by explaining just how much I love being part of this congregation and doing the work of implementing chalice circles, teaching a UU theology course, providing pastoral care and being an integral part of the Executive Team. During this part of the conversation I was standing in my essence — smiling as I shared from my heart about what gives me energy and joy. And then I immediately said, "and I'm going to miss it terribly when it's over." My internship had barely begun and I was already lamenting its end. The truth is that I do worry about next year, but if I waste energy agonizing about the future I will miss experiencing the work I'm doing here at Unity right now, today!

So what might make it possible for each of us to silence the trickster, operate from our core and trust our own talents? Noticing when the trickster is running is the first step. When I hear it, I stop myself, take a deep breath and say to myself: "I'm back, I'm here now." When anxiety about the future creeps in, I take time to journal about the activities I am enjoying most here at Unity Church. My spiritual practice of praying with UU prayer beads and early morning outdoor jogs help me find and keep my balance.

What spiritual practices help you find and keep your balance? If your answer is that you are not sure or would like to expand your repertoire, consider attending the 12 week series of Spiritual Practice Sessions that will be offered during Wellspring Wednesdays from January 10 through mid-March. Perhaps together we can encourage one another to live as fully as possible right here, right now.

Please feel free to contact me at [andrea@unityunitarian.org](mailto:andrea@unityunitarian.org) or 651-228-1456 x129.

# WELCOME WORDS / FELLOWSHIP GROUPS

## Welcome Words

Rev. Lisa Friedman, Minister of Congregational and Community Engagement



January is a time of new resolutions and fresh exploration. At Unity Church, we offer many opportunities to grow your heart and soul in these times that call for grounded, compassionate, and committed people. We encourage each member to cultivate a spiritual practice, to deepen meaningful relationships in

small groups, and to find ways to bless the world. Whatever hopes you may have for this new year ahead, I invite you to think of Unity as a partner in achieving them. Faith is a life-long journey of reflection and discovery and we are here to walk with you. Wondering how to proceed, or what opportunities might be best for you? Please reach out! I would love to meet with you.

## 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](mailto: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.

### Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis on Sundays, from 10:15-11:15 a.m., in the Ames Chapel, and monthly after the 4:30 p.m. service, from 6:00-7:00 p.m. These sessions can be attended in the order that works for you and will offer participants the opportunity to share part of their 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.

January 7: Membership 101 & Congregational Life  
(This session is also offered after the 4:30 p.m. service, from 6:00-7:00 p.m.)

January 14: Pastoral Care

January 21: UU History, Principles & Sources

January 28: Religious Education for Children, Youth, and Adults

### Committing to Unity: Joining Unity Church

**Saturday, January 20, 1:00-3:00 p.m.**

This class explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's needs meets the gifts and joy you have to offer. The class concludes with a celebration ceremony as participants sign the membership book and officially join the church!

## Fellowship Groups

*Groups are open to all members and friends of Unity Church.*

**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 18) from noon-2:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Evergreen Quilters:** Second Tuesday of the month (January 9) from 7:00-9:00 p.m. and fourth Saturday of the month (January 27) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

**Kung Fu:** Saturday mornings in the Body Room from 10:00 a.m.-noon. Recommended for ages 15 and older. Childcare is available. Contact Bryan Kujawski at [barney.kujawski@gmail.com](mailto:barney.kujawski@gmail.com)

**LGBTQ+ Group:** First Sunday of the month (January 7) from 12:30-2:00 p.m. and the third Sunday of the month (January 21) from 6:30-8:00 p.m. All are welcome!

**Living With Grief Group:** For people living with grief and loss. Third Tuesday of the month (January 16) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, January 8 and 22, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

**New Look at the Bible:** Second Thursday of the month (January 11) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

**Textile Arts Group:** All ages and levels of experience are welcome! Meets the first and third Thursdays of each month (January 2 and 16), from 7:00-8:30 p.m. Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch. Contact: Linda Mandeville at [linedamandeville41@gmail.com](mailto:linedamandeville41@gmail.com)

**Unity Book Club:** Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net). Upcoming discussions: January 9: *The Heart of the Sea* by Nathaniel Philbrick  
February 13: *Half of a Yellow Sun* by Chimamanda Ngozi Adichie

**UU History Book Club:** Third Wednesday of the month (January 17) at 7:00 p.m. January discussion is on *Defying the Nazis: The Sharps' War* by Artemis Joukowsky and Ken Burns. Contact: Krista Hanson at [klfhanson@yahoo.com](mailto:klfhanson@yahoo.com)

**Women In Retirement, The Choice Years:** This group meets the second and fourth Thursday of the month (January 11 and 25), from 1:00-3:00 p.m. Contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Zen Meditation:** Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. This group will not meet on January 2. Contact Ken Ford at [kenfaure@gmail.com](mailto:kenfaure@gmail.com)

# WELCOME NEW MEMBERS



Row one: Johanna, Sheila, Jamie, Marie, Abby, Jan, Barbara, Cheryl  
Row two: Gabe, Mark, Nancy, Dan, Suzanne, Miranda, Matt, Tabatha, Don

**Gabrielle (Gabe) Horner** and **Mark Abner** live in St. Paul, Gabe's hometown, in the Summit Hill neighborhood. Mark is originally from coastal Georgia and is a philanthropic development manager at Minnesota Public Radio. Gabe is a biologist with the U.S. Fish and Wildlife Service. The joyful spirit of the Unity community is a source of welcomed peace for them.

**Jan and Don Allen** moved recently to St. Paul to live near relatives and friends in an Independent Living Coop. Jan held a career in nursing academics, focused on violence prevention and the health needs of survivors in family shelters. Don is a retired public librarian who can usually be found with either a novel or ukulele in his hands.

**Matthew and Tabatha Barrett** live in St. Paul with their daughters Galadrial, Azriella, and Lorelei. Matthew works for Wells Fargo as a Data Integrity Manager. Tabatha is the Social Services Director at DARTS. They were drawn to Unity's religious education program, and discovered a significant connection to the values and community.

**Jamie and Sheila Bosc** live in St. Paul with their dog and cat. Jamie is a process engineer and knitting teacher, and Sheila is finishing up her Masters degree in Occupational Therapy. They are happy to have found a home at Unity and to deepen their commitment to the community by becoming members.

**Miranda Bryan** lives in Woodbury with her four-year-old daughter Laura and husband Joel, and works for the Greater Twin Cities Youth Symphonies. She was drawn to Unity because of the phenomenal music and religious education.

**Peg and Mike Carls** live in Hutchinson, MN, but purchased a "cabin in the city" after they retired. Mike taught high school social studies and currently serves on the Hutchinson School Board. Peg taught elementary music and now works with adult GED and English language learners. They first attended Unity with their daughter Ariel and her family and realized there is much they value at Unity.



**Nancy Dilts and Dan Philippon** were drawn to Unity by the religious education program for their daughter Grace, and by the vibrant community life. Nancy is a wardrobe consultant specializing in sustainable consumerism and Dan is an associate professor of English at the University of Minnesota, specializing in the environmental humanities. They live in St. Paul's St. Anthony Park neighborhood.

**Carol Humpage** is an artist and retired teacher. She and her husband moved from Portland, Oregon, to St. Paul nearly three years ago to be closer to our children and their families. As a lifelong Unitarian, she is very happy to call Unity her spiritual home.



**Barbara McKernan** moved to St. Paul from the Minneapolis suburbs and is a former member of First Unitarian Society. She is a retired teacher and a choral musician since childhood, currently singing with the North Suburban Chorus. She volunteers at Open Hands Midway and is a member of the St. Paul League of Women Voters.

**Abby Olson** has been a Unitarian all her life. After moving from St. Louis to Red Wing, Minnesota, she and her family were only seldom able to come to church. As they are now retired and living in Arden Hills, she has found her new/old church home at Unity Church.

**Marie Rivers Rule** is happy to have found a liberal faith tradition that welcomes her as she is, and also provides her young boys, Bennett and Reid, a culturally inclusive community to help them discover their own spirituality. For the past 11 years she has been teaching middle school band, singing with Mila Vocal Ensemble, and giving private clarinet lessons.

**Johanna Sulzer** grew up in Maienfeld, a small town in Switzerland. She came to the U.S. in 1958 with her husband and daughter, Annaluzia (Anna Newton). Johanna enjoys the beauty and wisdom of the natural world. Being with family is important to her. She looks forward to meeting new friends.

**Suzanne Temple** is a high school composition and literature teacher who loves reading, writing, and thinking. She attended Unity as an adolescent and is returning now as an adult with her fiancé, Shawn, so that they have a spiritual home for themselves and their potential future family.

**Cheryl Young** moved to St. Paul and to her delight discovered the Unity was just two blocks away. As an international social studies educator and entrepreneur, life has taken her to schools in Frankfurt, Germany, and Yaoundé, Cameroon. She has a passion to preserve the history of the 1,074 Women Pilots of WWII. Her children's book "My Grandma is a Pilot" shares this story and was illustrated by the pilot's 10 year old grandson.

# WELLSPRING WEDNESDAY

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun. Dinner is at 6:00 p.m., worship in the Ames Chapel at 6:45 p.m., and programming begins 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.

## JANUARY 10

*Dinner: Tandoori-style roasted chicken, mustard seed potatoes, green salad, dessert*

### The World Is My Country

*The World is My Country* is the true story of song and dance man Garry Davis who went on a courageous mission to save the earth by proclaiming himself "World Citizen #1." This film is one third of the complete documentary which has yet to be fully released. Join Unity Church member and Veteran for Peace Mike McDonald for a discussion to follow.

### Spiritual Practices: Defining Spiritual Practice

Spiritual Practices is a 12-session course that offers participants the opportunity to develop regular practices of the spirit, helping them connect with the sacred. This course affirms religious and spiritual diversity while seeking unity in our communal quest for meaning and wholeness. Each session focuses on a particular practice and provides a forum for learning and sharing. This first session provides an introductory landscape for defining and shaping one's spiritual practice.

### Religious Education New Family Orientation

Led by Director of Religious Education KP Hong, this session is for families new to Unity Church who would like to learn more about religious education.

### Embodied Spiritual Practice: Yoga

Begin the New Year with yoga instructor Gabe Brindle with an hour long yoga class structured around the classic Hindu text *Devi-Mahatmyam*. Gabe will guide participants in discussion of yogic philosophy, mantra, yogic breathing techniques, and movement as it pertains to the spiritual text of the Divine Mother. All levels of yoga experience and all body types are honored. Bring a yoga mat.

### Above Every Name Soul Session

Join Pastor Danny Givens, Jr., and members of Above Every Name for a soulful journey through scripture in the Bible.

### Learn and Play Go

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese Board game, Go. Anyone above the age of 10 is welcome to play.

### Tween Group: Grades 5-7

## JANUARY 17

*Dinner: Grilled cheese sandwiches, tomato soup, Brussels sprouts salad, dessert*

### Open Page Writing Session with Karen Hering

This guided writing session explores the nature and sources of courage and its movement large and small within our lives.

### Mapping Our Future • *This session runs from 6:30-9:00 p.m.*

In small groups, participants will share stories about Unity Church and imagine what's possible for its future. The information gathered during these sessions will clarify the core values, mission, and goals of Unity Church through 2023 and beyond. This sacred work will provide guidance to the ministers, the Board of Trustees, and all those who call Unity Church their spiritual home.

### Religious Education Teacher Orientation for Second Semester

### Spiritual Practices: Finding Your Spiritual Practice

### Embodied Spiritual Practice: Yoga

### Above Every Name Soul Session

### Learn and Play Go

### Tween Group: Grades 5-7

## JANUARY 24

*Dinner: Pot roast with gravy, mashed potatoes, glazed carrots, dessert*

### What Will It Take to End Homelessness?

Join Unity's Affordable Housing Team in a conversation about the nature of home, and the need of homes in our communities, that will help shape the advocacy agenda of our partner, Beacon Interfaith Housing Collaborative.

### UU History Bookclub

Join the monthly UU History Book Club for an exploration of theology and heritage. January's discussion is on *Defying the Nazis: The Sharps' War* by Artemis Joukowsky and Ken Burns. Questions? Contact: Krista Hanson at [klfhanson@yahoo.com](mailto:klfhanson@yahoo.com).

### Mapping Our Future\*

*\*This session runs from 6:30-9:00 p.m.*

### Spiritual Practices: Keeping Sabbath

### Embodied Spiritual Practice: Yoga

### Above Every Name Soul Session

### Learn and Play Go

### Tween Group: Grades 5-7

## JANUARY 31

*Dinner: Roasted chicken*

### Little Brothers/Friends of the Elderly

Little Brothers/Friends of the Elderly reaches out to older people experiencing loneliness and isolation through visits and meaningful conversations to make a big difference in their lives. Join Unity member and longtime LBFE volunteer Kathy Stack and LBFE staff to learn about the need and the response of this organization and what we can do.

### Mapping Our Future\*

*\*This session runs from 6:30-9:00 p.m.*

### Spiritual Practices: Prayer

### Embodied Spiritual Practice: Yoga

### Above Every Name Soul Session

### Learn and Play Go

### Tween Group: Grades 5-7

.....  
: Help prepare a Wellspring Wednesday meal! :  
: Contact Madeline Summers at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) to learn more. :  
.....



# RETREATS

## Building Heart Connections

### A Men's Retreat

From Steve Harper and Arif Mamdani

Courage — "The quality of mind or spirit that enables a person to face difficulty without fear." Please join us at the Unity Men's Retreat, "Building Heart Connections," as we explore some of the emotional and spiritual opportunities our lives give us to exercise courage in building and maintaining relationships with ourselves and with others in our lives.

Our retreat will include sessions on different aspects of this journey. We will be starting the conversation with Jose Santos, Assistant Professor of Anthropology at Metropolitan State University. He will speak on his research and exploration of what it means to be male in today's society. He was recently interviewed by Kerri Miller on Minnesota Public Radio and we plan to bring his insights and questions to us as an overarching frame for the day's conversations.

We will expand on those ideas through four workshops exploring specific aspects of this journey. **Please note that we will be limiting the number of participants in each workshop, so sign up early to ensure that you can attend the sessions you are interested in.**

**Courageous Communication:** What does it mean to really show up in conversations with loved ones and with strangers.

**Shame and Blame:** Brené Brown has brought the issue of shame to the forefront of cultural consciousness. Come work with us as we dig into what it means to acknowledge our own shame and the ways in which we seek to deny it through blaming others.

**Intimacy:** As men, we often struggle with questions of intimacy — with our partners, our friends, our coworkers and our community. Join us in this workshop as we explore what intimacy means to us as men.

**Spiritual Practice:** Nothing worthwhile in our lives comes without practice. Come find ways to connect with what is holy in our daily lives and how we might incorporate those practices in our own search for wholeness.

Our retreat will wrap up with an intergenerational panel of men providing their perspectives on what it means to be male in today's world. This was one of the most highly rated sessions from last year's retreat and we are looking forward to exploring the differences that age and experience bring to our perspectives.

#### Here are the details:

**Date:** Saturday, February 17, 2018

**Time:** 8:30 a.m. - 5:00 p.m. (breakfast and lunch provided)

**Where:** Unity Church

**Why:** To get to know other men and ourselves

**Cost:** The fee for this retreat will be on a sliding scale, details on pricing coming soon. Bottom line, we want you to be there and don't want price to be an obstacle. Childcare will be provided upon request.

Please visit [www.unityunitarian.org](http://www.unityunitarian.org) for further details and to sign up. Feel free to contact Steve Harper at [steveharper.home@gmail.com](mailto:steveharper.home@gmail.com) or Arif Mamdani at [arif@unityunitarian.org](mailto:arif@unityunitarian.org) with questions.

## Living Courageously

Mind, Heart, Body, and Soul

### The Gathering

### Unity's Women's Retreat

Saturday, January 27, 2018

Unity Church

*Take courage friends.*

*The way is often hard, the path is never clear,  
and the stakes are very high.*

*Take courage.*

*For deep down, there is another truth:*

*you are not alone.*

— Wayne B. Arnason

It takes courage to live in this world, courage to break silence, to fight and resist, to forgive, to persist, to heal.

Join us for a day-long retreat — including programs, food, massage, music, and spiritual practice — as we reflect on the courage and power of our lives.

Recognizing that gender is not binary, this retreat is open to all individuals who self-identify as female.

Registration begins Sunday, January 7. Get details and register online at [www.unityunitarian.org/women.html](http://www.unityunitarian.org/women.html) or stop by the Women's Retreat table in the Parish Hall to learn more!

Questions? Contact Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).



← COURAGE →

# COMMUNITY OUTREACH

## Become a Friend of Obama School

From Marty Rossman, Friends of Obama School

At Obama School (across the street from Unity Church) there are at least 75 families where children may miss a meal when school is out for the weekend or on break.



Unity's Obama Support Team is working in partnership with the school and has established a goal of finding 75 families who will contribute \$100 now, and pledge to contribute \$100 for each of the next two years, to help Obama families bridge this gap.

The money will purchase \$10 Cub Foods cards that will be distributed twice a month by school personnel to the parents who have applied for the funds. For more information, contact Rev Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or Marty Rossman at [rossm001@umn.edu](mailto:rossm001@umn.edu).

To participate, you can write a check to Unity Church for \$100 with FOOS (Friend of Obama School) in the memo line. You may also charge your contribution online at our secure payment page: <https://secure.acceptiva.com/?cst=1aadb6> (this page can also be accessed from [unityunitarian.org](http://unityunitarian.org)). Enter your payment in the "Other Payment" field and write FOOS in the "Comment" box. Your contribution is tax deductible.

You'll receive reminders in August, 2018 and 2019, asking for payment of your additional pledges.

We invite you to join the Friends of Obama School! There are already 35 Unity Church volunteers going to the school every week, serving the scholars through tutoring and work in the library. The group experiences integrity, service, and joy through support of the Obama families. Sign up by January 7.

## THANK YOU!

### Many donations are helping to make Unity's Winter Warm Up Drive a success!

Unity's Racial and Restorative Justice Team thanks you for donating so generously this winter! We are still collecting in January to help provide the following items for its community partner Amicus, an organization assisting those leaving prison in a time of need:

- Hygiene items such as washcloths, shampoo, soap, toothpaste, toothbrushes, hand lotion, deodorant, dental floss, razors and shaving cream (all items should be unopened)
- New winter coats, gloves, hats, scarves, boots (men's) and socks suitable for the job site (sizes XL and above always needed)
- Hand and foot warmers
- Bus passes or the cash to buy bus passes

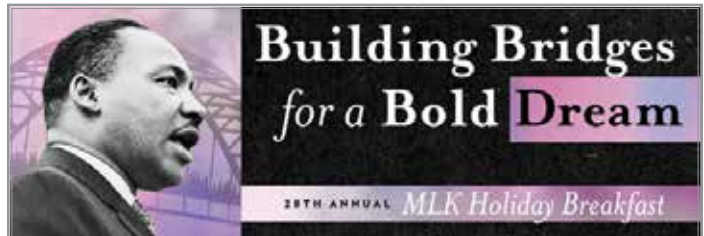
Bring donations to the Racial and Restorative Justice table in the Parish Hall. Donations delivered during the week should be brought to Rev. Lisa Friedman's office.

## Seeing All As God's Children

Sunday, January 7 • 1:00-2:00 p.m.

Basilica of St. Mary, Minneapolis

Join ISIAH for an interfaith service embracing immigrants and refugees. Through testimony, prayer, and music the service will recognize our common bond and dignity as beloved children of God. Celebrate a year of sanctuary, hear immigrants share their personal experiences, and learn about supportive action you can take during the 2018 Minnesota Legislative Session. Music will be provided by Mundus, the Basilica's resident world music ensemble, with community singing led by Ahmed Anzaldúa from Border CrosSing. Plan on attending? Please sign up online at <http://www.tinyurl.com/seeingall>.



## Annual MLK Holiday Breakfast

Monday, January 15 • 7:00-9:30 a.m.

Mount Olivet Baptist Church

451 Central Ave W, 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 Rev. Dr. Martin Luther King, Jr. This year's keynote will be presented by David Oyelowo, lead actor from the film *Selma*.

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 Mount Olivet Baptist Church. For more information and to register for the event, please visit <http://interfaithaction.org/mlk>.

## Provide a Meal for Jeremiah Families

Help cook a meal at The Jeremiah Program (932 Concordia Avenue, St. Paul), a residence and education program for single moms and their children. Unity Church volunteers are needed to help prepare meals before evening classes on the following dates: Tuesday, March 20, and Tuesday, April 10. Helpers (including kids over eight years old) work from 4:00-7:00 p.m. To volunteer contact Karen Buggs at 651-297-0111 or [buggs745@hotmail.com](mailto:buggs745@hotmail.com).

# COMMUNITY OUTREACH

## Gun Sense Ministry Team Update

From Sue Conner, Gun Sense Ministry Team

My mother died this year at age 94 having lived an active and rewarding life until her last days. However, when in her sixties she began experiencing severe bouts of depression. Three times over the course of several years, realizing that she was having serious suicidal thoughts and plans, her family needed to hospitalize her. Finally her depression became well managed and she was able to live out her last decades without fear. There were no guns in my parents' home. We were lucky. I cannot even bear to think of the horror that would have been if she had access to a gun during those dark times.



In Minnesota, about 82% of annual gun deaths are suicides. These occur disproportionately in suburban and rural counties. They are overwhelmingly white ([www.protectmn.org/resources](http://www.protectmn.org/resources)). A Harvard study finds that the presence of a gun in a home increases suicide risk by three times.

One way to help reduce this gun violence is to remove the guns from a home when a person is experiencing suicidal or depression symptoms. Family and/or friends could take steps to do this. This would parallel the social attitude that has been developed in our society of "Friends don't let friends drive drunk."

For situations in which this action cannot be taken by friends and family, one possible proposal is the establishment of a civil proceeding through which someone can have the guns removed and held for the afflicted person until the symptoms abate. We can pay attention to bills that are introduced in our legislature and support sensible gun policy.

## Food Shelf Collection

### 25 lbs Makes a Difference

Hallie Q. Brown, the food shelf supported by Evergreen Quilters and Unity Church members, distributes 25 pounds of food per month, per qualified family member. Last year they distributed 568,183 pounds, 25 pounds at a time. This year they have served over 19,000 people in the Rondo neighborhood.

Since April 1, Evergreen Quilters has been collecting food shelf donations in the wicker trunks located at the Holly and Portland Avenue entrances. Bring a food shelf donation each time you come to the church! Non-perishable food, cooking supplies, toiletries, and pet food are all gratefully accepted donations.



## Racial Justice Movie Night

Friday, January 12 • 7:00 p.m. • Robbins Parlor

As part of our effort to lean into the challenges and opportunities the Beloved Community invites, we offer a film especially chosen with transforming relationship in mind.

### To Sleep With Anger



In Charles Burnett's 1990 succès d'estime, Paul Butler is quietly heroic as Gideon, a man of the South transplanted to Los Angeles, who, with his wife, Suzie (Mary Alice), has raised two sons (Carl Lumbly and Richard Brooks) according to the standards of hard work and old-time religion. Danny Glover gives his best performance — both ticklish and upsetting — as Harry Mention, an old acquaintance from back home who finagles his way into Gideon's family and exposes its fault lines. With his beguiling chivalry, Harry arouses Gideon and Suzie's nostalgia for the sure-footed courtliness that has all but disappeared from their fragmented, contemporary lives, then proceeds to unleash forces of discord that bring family antagonisms to a flash point. This eccentric comedy-drama is a truly folkloric film. Burnett and his cast tap depths of mystery, soulfulness, and glee. — Michael Sragow, *The New Yorker*

## 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.



# SPIRITUAL REFLECTION AND PRACTICE

## Open Page Writing Sessions



Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are opportunities to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary.

All sessions are free and are held at Unity Church. Please email [karen@unityunitarian.org](mailto:karen@unityunitarian.org) if you plan to attend.

### Claiming Our Courage

Wednesday, January 17 • 7:00-8:30 p.m.

"It is in the small things we see it," writes Anne Sexton of courage. "The child's first step, as awesome as an earthquake. The first time you rode a bike. . . ." But its reputation also rises from larger evidence of daring and defiance. This guided writing session explores the nature and sources of courage and its movement large and small within our lives.

### Love's Gifts and Demands

Wednesday, February 21 • 7:00-8:30 p.m.

"Love is our true destiny," said Thomas Merton. "We do not find the meaning of life by ourselves alone – we find it with one another." We'll move well beyond a greeting card understanding to consider love's many faces, its many gifts and its many demands.

### How the Light Gets In: Writing about Brokenness

Wednesday, March 14 • 7:00-8:30 p.m.

"There is a crack in everything," observed Leonard Cohen. "That's how the light gets in." We'll explore the places where we experience the world or ourselves as broken, and consider how we can find our way to wholeness. How is brokenness healed? And how does it sometimes open our lives and our world to the truth and the light we are seeking?

### Welcoming Transformation

Wednesday, April 18 • 7:00-8:30 p.m.

Wendell Berry poetically pays homage to the continual transformation occurring in the natural world: "bud opening to flower / opening to fruit opening / to the sweet marrow / of the seed." How might we too witness and pay homage to the transformation occurring within our lives? We'll pause to notice the transformative forces moving within our hearts and within our world.

### Choosing Hope

Wednesday, May 26 • 7:00-8:30 p.m.

"Hope is not merely an emotion that comes and goes. It is a virtue, resulting from a conscious, deliberate choice and long practice," says writer Mary McDermott Shideler. Where do we find hope in the world today, and how might we choose it and practice it?

## Reintroducing Chalice Circles

Grow Your Soul in the New Year!



Chalice Circles are a way of engaging our monthly worship themes through deep listening and open-hearted sharing. Chalice Circles are groups of 8-10 committed participants who come together once a month with a trained leader to nurture spiritual growth in community. At the beginning of each month, participants will receive a packet of materials based upon the month's worship theme. From these materials, each participant chooses *one* spiritual exercise and a deep question to sit with for the course of the month. At the end of the month, participants will gather with their small group to share their experiences.

Some of our existing groups have openings and depending on registrations we will form new groups beginning in January. Email Andrea Johnson at [andrea@unityunitarian.org](mailto:andrea@unityunitarian.org) if you'd like to join a Chalice Circle. Please indicate when you are generally available (e.g., weekday afternoon, weekday mornings, Saturday morning, Sunday afternoon, or a weeknight) and Andrea will coordinate group placement. For more information visit the Chalice Circle website at <http://www.unityunitarian.org/chalice-circles.html>.

## 2018 Thresholds Group

### Are You Living Through Big Changes?

If you are currently living on the threshold — in the midst of big changes in relationship, abilities, work, roles, identity or home — consider joining the 2018 Thresholds Group. This small group program, facilitated by Karen Hering, meets four Saturdays between January 20 and March 17 and offers supportive conversation and reflective activities to encourage participants on the cusp of change, chosen or unbidden. A few openings are still available, but group size is limited and pre-registration is required. Participants much commit to all four sessions. Email [karen@unityunitarian.org](mailto:karen@unityunitarian.org) for more information.

## Kung Fu at Unity Church

Saturday mornings • 10:00 a.m.-noon • Body Room

The House of the Upright Ox, a weekly Kung Fu class at Unity Church, approaches martial arts as spiritual practice focused on resolving conflict on multiple levels. We welcome curious first-timers and experienced martial artists to join us for a practice which calms and invigorates the spirit and body. Recommended for ages 15 and older. Childcare is available. Questions? Contact Bryan Kujawski at [barney.kujawski@gmail.com](mailto:barney.kujawski@gmail.com).

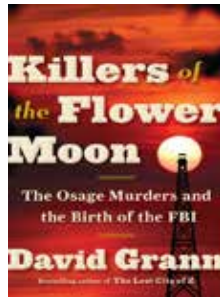
# LIBRARY AND BOOKSTALL TEAM / ART TEAM



From Shelley Butler, Library and Bookstall Team

## Best Books of Disturbing Yet Necessary History

In the nonfiction category alongside best biographies and best current affairs books, 85-year old Kirkus Reviews published a best books list of "Disturbing Yet Necessary History." *Killer of the Flower Moon: The Osage Murders and the Birth of the FBI* is not only on that list, but appears on several other best books lists, was shortlisted for the National Book Award, has remained on the *New York Times* bestseller list for over six months, and is the Amazon editors #1 pick for the best book of 2017.



The Osage Indian Reservation in the 1920s was a wealthy place. The tribe managed to hang on to the mineral rights of the land the government "reserved" for them in Oklahoma, land which turned out to hold millions of dollars in oil. As the riches of the tribe became known and whites could find no way around it to take it for themselves, serial murder of the Osage came next. The country barely took notice but director of the Bureau of Investigation J. Edgar Hoover did. *New Yorker* staff writer David Grann's years of original research brings us this disturbing but necessary history. Anderson Library 976.6 G

Another National Book Award nominee, and one of the *New York Times* "10 Best Books of 2017" that falls into the same category is *Locking Up Our Own: Crime and Punishment in Black America* By James Forman Jr.

From the *New York Times* review: A former public defender in Washington, Forman has written a masterly account of how a generation of black officials, beginning in the 1970s, wrestled with recurring crises of violence and drug use in the nation's capital. What started out as an effort to assert the value of black lives turned into an embrace of tough-on-crime policies — with devastating consequences for the very communities those officials had promised to represent. Forman argues that dismantling the American system of mass incarceration will require a new understanding of justice, one that emphasizes accountability instead of vengeance.

Both books are available in the Anderson Library and Bookstall.

I know that many of us flirt with despair but there is hope in uncovering truth, even when it is disturbing. May 2018 bring us all hope and peace.

## January Parish Hall Artist

Joe Schur

In this series of work I start with digital photography and then draw, paint, and collage on printed photographs in order to reflect on, or reveal images that are deep-rooted in my mind and memory. The content of the work reflects my personal history, both as a human and as an artist.

I work in layers using color and mark making as primary tools. A foundation or background layer is created using camera movement to capture images of objects in motion. Layered on top of this foundation are other images, often related to my personal history. The work is symbolic and metaphorical. For example, the image of a "house," or more simply a triangle on top of a square, is a frequently used element in my work. This house symbol refers to a place of shelter, protection, and ritual.

My work probably relates most clearly to the Unitarian Universalist principle: "A free and responsible search for truth and meaning."

## What is Art Share?

The Unity Art Team invites you to spotlight YOUR art.

How it works:

- Choose your favorite piece of art — anything from your personal creation, your child's creation, or fine art on a wall in your home.
- Your piece, along with a statement of why it's a favorite, and a photo of you, will be displayed for two Sundays in the Art Share space in the Parish Hall.
- Sign up on the calendar on the bulletin board by the Parish Hall kitchen window. An Art Team member will contact you to confirm your dates and details.
- Art Share's goal is to encourage members of the congregation to know each other better and to enrich the focus on art at Unity Church.

Thanks for considering participating in Art Share. The Art Team looks forward to spotlighting your art and getting to know you. Questions? Email Marty Rossmann at [rossm001@umn.edu](mailto:rossm001@umn.edu).

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# MINISTRY WITH CHILDREN AND YOUTH

## Pitter-pattering Questions

[...like raindrops on the window, and little feet running through the house]

From KP Hong, Director of Religious Education

Malala's story of moral courage and global campaign for girls is one that our children know with hope and admiration. "I am very proud to be the first Pashtun, the first Pakistani, and the youngest person to receive this award," she spoke at being awarded the 2014 Nobel Peace Prize. "Along with that, I am pretty certain that I am also the first recipient of the Nobel Peace Prize who still fights with her younger brothers. I want there to be peace everywhere, but my brothers and I are still working on that." Malala Yousafzai's courage stirred admiration but also an unsettling ambivalence about children as moral agents and witnesses in a world where the rate of child casualties only continues to accelerate. I can hear the quiet, desperate prayer of parents that all her fights be ones at home with her younger brothers and not with the Taliban. Isn't this the inner conflict of African-American parents who agonize about having "the talk" with their sons on how to conduct themselves in the presence of police? Or the talk parents are rehearsing as allegations of sexual violence against powerful men go public every day across industries and continents?

As our children and youth so often lead in the way of courage, perhaps it warrants repeating what I have expressed previously on the moral life of children: It remains far easier for modern liberal parents to advocate for the *moral status* of children than it is to cultivate their own *moral agency* in a complex world. We struggle between burdening our children with moral responsibility and courage to more preferable notions of fulfillment and gratification. We prefer positive affirmation over corrective criticism, with time-outs for self-reflection than any exposure to real suffering or painful consequences. Briefed by latest advances in child psychology and teaching that is developmentally attuned, our growing appreciation for childhood has surely yielded more child-friendly approaches. But how adequately do they prepare our children to approach injustice and violence that happen regularly in the world, from poverty to white supremacy to denial of education? How do we prepare our children to account for injustice in everyday occurrences that ask them for the moral courage to choose right from wrong? What are our curricular requirements for moral resilience, resistance, reimagination, and renewal in a world that has always endangered children's lives?

Maybe here again, our children reveal greater courage to take on troubling matters than we are. That children, by the blessed fact of their utter dependence, inhabit a world where it is everyday experience to hear commentary on good/bad behavior and under obligations to be/do better. (So it is hardly surprising that children have a strong sense about right and wrong, and that they are extraordinarily more clear than adults in acknowledging that they have much to learn.) That moral relations of right, wrong, transgression, forgiveness, reconciliation, and innumerable moral obligations are lived with dramatic intensity and compelling sense of purpose (quite different from the world of adults who finesse the art of politesse and sidestepping such moral obligations, uncertain about "speaking the truth in love" until it cannot be helped).

While we are mindful of children's development and the very real limits to their moral agency, our children are actively involved as moral witnesses, developing moral meaning through which they make sense of the world. How do we practice a more robust language of justice to help our children explore their world at a time when we are crossing numerous ethical thresholds? How do we both honor their moral status and cultivate their capacity to assume moral responsibility? What would happen if we get children talking about injustice and courage? What would happen if children got to know neighbors in circumstances of poverty and racism? What would happen if our children helped determine more of our community's agendas for justice? This is "the courageous talk" our children are asking to have with us.

*Sharing questions that pitter-patter across our sacred journeys...*

## Updates and Reminders

**New teachers for second semester begin in January:**

- Sunday, January 7, new Rotation teachers begin for the "Sacred Within" unit
- Sunday, January 21, passing of the torch between first and second semester Journey Guides
- Sunday, January 21, new Junior High teachers begin second semester courses

**Teacher Orientation** for those teaching second semester is January 13 and 17. Volunteer teachers, who did not attend the fall orientation, are asked to sign up for one of the scheduled sessions: [www.unityunitarian.org/teacher-orientation.html](http://www.unityunitarian.org/teacher-orientation.html)

**Thank your Journey Guides!** Our current Journey Guides finish their ministry on January 21 and new Journey Guides take over for the remainder of the program year. Please consider preparing a note or a token of gratitude with your child and bring it to share with his or her group's dedicated volunteer before or after class. If you're not sure who your child's Journey Guide is, R.E. staff will be glad to provide information.

## UU Families

**Potluck and Game Night**  
**Saturday, January 13**

**5:30-8:30 p.m. • Parish Hall**

This is an all ages event. Bring a favorite game and a dish to share. Sign up for a potluck dish online at <http://bit.ly/potluckgames> so we can balance food choices! Email Alana Howey at [alana.howey@gmail.com](mailto:alana.howey@gmail.com) if you have a karaoke machine the team might borrow for the event.

*UU Families Initiative strives to provide opportunities to have fun together while building community through our shared desire to raise children with a connection to Unity Church and Unitarian Universalism.*

# MUSIC MINISTRY

## 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, *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 need it also connects those participating in any way.

What better way to express our courage 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.

*A painter paints pictures on canvas. But musicians paint their pictures on silence.*

—Stokowski

Come "paint the silence" with us! YES! January is a good time to join one of our choirs and tap that inner singing resource!

If interested, contact Ruth at [ruthp@unityunitarian.org](mailto:ruthp@unityunitarian.org) or 651-228-1456 x118.

Our choirs would love to welcome you!

- Children's Choir (grades 1-5): Rehearsals are Sundays, 10:15–11:00 a.m., Robbins Parlor. Kathleen Radspinner, director ([kathleen395@gmail.com](mailto:kathleen395@gmail.com))
- Unity Choir: Rehearsals are Thursdays, 7:30–9:15 p.m., Parish Hall. Ruth Palmer, director
- Women's Ensemble: Rehearsals are Sundays, 10:15-10:45 a.m., Foote Room. Ruth Palmer, director

## Children's Musical Auditions and Parent Meeting

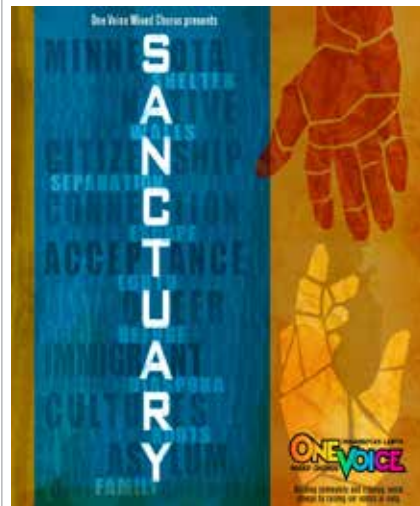
Calling all 6th, 7th, and 8th graders! Auditions for the 2018 Children's Musical will be held Thursday, January 4, from 6:30-8:30 p.m., in the Foote Room. Kids don't need to prepare anything. They will sing and dance in group activities so they should wear comfortable clothes and bring a water bottle. Everyone who auditions will receive a part.

The first parent meeting will be held in the Robbins Parlor during auditions. This meeting will cover logistics, answer questions, and sign up for committees. If you have a kid in the musical, you need to be at this meeting.

Performance dates are March 1, 2, and 3, 2018.

Questions? Contact Peggy Lin at [peggy.peggylin@gmail.com](mailto:peggy.peggylin@gmail.com).

## One Voice Mixed Chorus SANCTUARY



**Friday, January 19**

**7:30 p.m. • Ordway Concert Hall**

**Sunday, January 21**

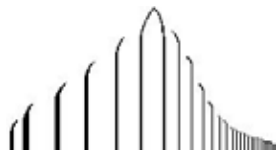
**3:30 p.m. • Ordway Concert Hall**

**Tickets: <http://bit.ly/sanctuary2018>**

Save \$5 online or by phone for both performances with the code: SANCTUARY

*Sanctuary* explores the music of immigrant cultures to Minnesota—from early Scandinavian immigrants, to African Americans arriving through the Underground Railroad, and more recent music of Hmong, Mexican and Somali communities. Several contemporary songs describe the experience of LGBT people struggling for a place of belonging and finding home through both biological and chosen family. On the lighter side, audiences will enjoy The Lumberjack Chorus from Benjamin Britten's operetta "Paul Bunyan" and You Will Be Found from "Dear Evan Hansen."

This concert is in collaboration with [Green Card Voices](#) which has collected stories of youth immigrants. These youth story-tellers are featured throughout the concert and Green Card Voices photos and stories will be displayed in both venue lobbies.



# UNITY CHURCH-UNITARIAN

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

JUSTIN CUMMINS, CHAIR, BOARD OF TRUSTEES  
REV. JANNE ELLER-ISAACS, CO-MINISTER  
REV. ROB ELLER-ISAACS, CO-MINISTER  
BARBARA HUBBARD, EXECUTIVE DIRECTOR  
REV. LISA FRIEDMAN, MINISTER OF CONGREGATIONAL AND COMMUNITY ENGAGEMENT

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**TIME SENSITIVE  
MATERIAL**

## Food Shelf Collection

*Bring non-perishables to church on Sundays and help feed families in our community.*

## UU Families Potluck and Game Night

Saturday, January 13 • 5:30-8:30 p.m. • Parish Hall  
Details on page 14.

## Are You Living Through Big Changes?

*Join Unity's 2018 Thresholds Group*  
Details on page 12.



*open-hearted*  
*love vocation*  
*brokenness sacrifice*  
*incarnation listening*

*belonging*  
*sharing courage*  
*transformation*  
*pilgrimage hope*

**CHALICE CIRCLES**

*Grow Your Soul in the New Year! Details on page 12.*



*Mapping Our Future, Unity's Ends renewal process, begins in January 2018. In small groups, participants will share stories about Unity Church and wishes for its future. The information gathered during these sessions will clarify the core values, mission, and goals of Unity Church through 2023 and beyond. This sacred work will provide guidance to the ministers, the Board of Trustees, and all those who call Unity Church their spiritual home. To participate in this deeply rewarding experience, please sign up to help Map Our Future. Details and a sign-up form are available on-line at [www.unityunitarian.org/mission-and-ends.html](http://www.unityunitarian.org/mission-and-ends.html).*