

JUSTICE

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.

Only two words repeat in the seven principles of Unitarian Universalism. (Let's ignore little words like *the*.) *Congregations* is one of the two, an inclusion that makes sense given our historical emphasis on congregational polity over denominational authority. But the other word surprises. In the long list of values that our principles espouse — peace, truth, compassion, liberty, dignity, acceptance, respect, conscience — only *justice* earns a double mention. We envision ourselves as people who do justice, who live justly.

Yet though we uphold it as fundamental to our religious identity, justice is a slippery value, confounding in its complexity. In one of her lesser-known novels, nineteenth-century writer George Eliot captured the impossibility of defining justice with precision. Eliot asked “who shall put his finger on the work of justice, and say, ‘It is there?’ Justice is like the Kingdom of God — it is not without us as a fact, it is within us as a great yearning.” For Eliot, justice was an inner truth longing to be made real, but impossible to name as a universal reality.

The whole notion of justice is shot through with power and privilege. Justice is synonymous with the law, yet the legal system often fails to render justice and sometimes impedes it. When over 70 percent of American prisoners are non-white, we know the criminal justice system thwarts justice rather than creating it. In *Civil Disobedience*, Henry David Thoreau claimed that the “law never made men a whit more just; and, by means of their respect for it, even the well-disposed are daily made the agents of injustice” by following unjust laws. Justice that flows from above — whether teachings based on a masculine deity dispensing divine justice or the Supreme Court pronouncing on reproductive rights — makes justice for those below harder

to achieve. “Justice for whom?” is a constant, necessary question.

Perhaps this is why we frequently modify the term, expanding and amplifying it to detail what *kind* of justice we seek to make real. The UUA website, for example, offers us six different ways to engage in justice work: environmental justice, economic justice, immigrant justice, LGBT justice, racial justice, and reproductive justice. Unity Church goes one further than the UUA and has a Racial and Restorative Justice team. Our adjectives parse our desires and help us focus our energies.

Our principles do the same. In our second principle, we promise to create justice in “human relations.” We resolve to create moments of personal, intimate justice in our families, our relationships, and with our friends. In our sixth principle, we aim wider still, pledging to build a “world community” with “justice for all.” The sweeping call asks us to work on larger, systemic issues that get in the way of justice for everyone.

The sixth principle especially resonates with many UUs. We support “deeds not creeds” in expressing our religious beliefs. Understanding justice as a fight for a better world animates us, nourishes our souls as we work to transform society’s gaping inequalities, its unfair distribution of resources, its unjust detentions and arrests. Indeed, Unity’s own sixth Ends statement echoes the sixth principle, as we promise to “advance justice, wholeness, and equity for people and our Earth.” The justice work embedded in the sixth principle and our sixth End helps to ground our identity as Unitarian Universalists. Wearing our yellow “Standing on the Side of Love” t-shirts, we nod in agreement when Harvard University professor Cornel West says that “justice is what love looks like in public.” We do justice because we *feel* love.

Yet sometimes we neglect the more intimate “human” justice of our second principle. This is not new. Unitarian founder William Ellery Channing spoke out forcefully against slavery and other injustices, but as the years wore on, he expected “less and less from revolutions, political changes, or violent struggles.” Corrupt institutions, Channing insisted, “will be succeeded by others equally, if not more, corrupt, whilst the root principle lives in the heart of individuals.” Instead, achieving justice required a “moral change” centered in religious communities. As Channing understood, seeking justice demands authentic relationships and deep listening as much it does marching and petitions. Our second principle rejects exclusion and demands embrace, and asks that we seek justice on the most personal of levels, accepting that our behavior has wounded others and opening ourselves to being transformed by that knowledge. Justice starts at home.

Justice will never be a fact, no matter how much we yearn for that to be true. But bound together in congregational life, building intimate relationships within, among, and beyond ourselves, we can move together along a road bending toward justice. There will never a moment when we can say that we have reached justice. But we must keep marching down that road.

*Hallman Ministerial Intern Kathryn Jay
with this month's theme team:
Janne Eller-Isaacs, Rob Eller-Isaacs,
Ken Ford, and KP Hong*

Justice Theme Resources

MOVIES

13th (2016)

Milk (2008)

RGB (2018)

Spotlight (2015)

The Hate U Give (2018)

Just Words



I have always felt called to pastoral ministry. I was initially trained in clinical psychology but then found ministry was a better fit so moved in that direction. But pastoral ministry has always been at the heart of my ministry no matter what setting. It is my care for others that changed my life. I began to see the kind of generational trauma that many live with and through. I witnessed the way that systemic oppression wears down the spirit of a person. From the intimate stories of people I have had the honor to serve, I learned about the need for equity and justice and made a commitment that I would do what I could to work for a more equitable and just world for all. There are no other people's children, after all.

I know that I live on stolen land, taken from the native population. I know that I am the product of generations of immigrants who left their homelands looking for a better life for themselves and their children. I know that I am connected to the immigrants who risk so much to come here, hoping for a better life. When I can, I make an effort to let new immigrants know how happy I am that they are here. "I am so happy you are here and I hope you feel welcomed in this country." This simple statement has led to conversations with cab drivers, health care professionals, and custodial staff. I feel I am honoring my heritage and welcoming theirs at the same time. It is a routine I intend to keep practicing so that more and more folks feel welcomed into our community.

Justice is sometimes defined as the ordering of society in which all life can thrive. I know that many around us are struggling to find housing, put food on the table for their families, and to ensure the kind of stability that people need to thrive. I know that I feel called to do what I can. I know that what is occurring at our border, in our name, is shameful. I know that at some point this year, I will travel to the border to witness and support those who are here to start anew. I hope and pray they are given that chance.

— Rev. Janne Eller-Isaacs

DOING FOR OTHERS

A Call to Social Action

29th Annual Dr. Martin Luther King, Jr., Holiday Breakfast

Monday, January 21

7:00–9:30 a.m. • Mount Zion Temple

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 Don Lemon, anchor, CNN Tonight. 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.

Details and registration are online at <http://interfaithaction.org/mlk>.



The Wheel of Life

In Memoriam

Henriette Klingel Johnsen

October 10, 1919 –
November 20, 2018

In Celebration

Eleanor Jane Miller

born one more redeemer
November 28, 2018

to parents

Andrew Miller and Stacy Foster
big sister Delilah

grandparents

Brandon and Cathy Miller
and great grandparents

Dennis and Carol Miller

Congratulations to

Kerri Meyer

who was ordained on

December 1, 2018, into the
Episcopal Priesthood at Grace
Cathedral in San Francisco

Alfred August Ambrose

born one more redeemer
December 11, 2018

to parents John and Leah Ambrose
and grandparents

Elaine and Bob Ambrose

Thank you!

Unity's Racial and Restorative Justice Team thanks you for donating so generously this winter! Collection of the following items continues through January. All donations will be shared with Amicus, an organization assisting those leaving prison in a time of need:

- Washcloths, shampoo, soap, toothpaste, toothbrushes, hand lotion, deodorant, dental floss, razors and shaving cream
- New winter coats, gloves, hats, scarves, boots (men's) and socks
- 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 on Sundays.

JANUARY SUNDAY SERVICES / OFFERING RECIPIENTS

January Worship

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Religious Education for children and youth is offered at all three service. Sermon podcasts and archives are available online at www.unityunitarian.org.

January 6: 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 13: All Life Can Thrive

How do we create a religious home where all people are truly welcomed as themselves and not objectified into categories? Rev. Janne Eller-Isaacs and worship associate Angela Wilcox will explore steps we need to take to increase the odds that the multicultural community we seek to build really can be made real.

January 20, Story Sunday: Make it Right

We honor the memory and ministry of the Rev. Dr. Martin Luther King, Jr., by wrestling with the obligation to find creative, effective ways to transfer wealth and generate new investment in communities that have been decimated by colonialism. What will it take to make it right? Rev. Rob Eller-Isaacs will be joined by worship associate Kevin Harris for a justice high holiday service.

Story Sundays happen frequently throughout the church year, with children in grades 1-8 beginning in worship with the congregation in the Sanctuary. After the opening hymn, prayers, and children's message, Workshop Rotation children (grades 1-5) proceed with their Journey Guides to classes while junior high youth (grades 6-8) remain in the Sanctuary for the entire worship service.

January 27: Intimate Justice

It is said that all justice making is ultimately intimate. Rev. Janne Eller-Isaacs and worship associate Erika Sanders will explore how we might create right relationships with those around us, knowing that it is one more dimension of justice making in our world.

Save the date!

Organ Dedication Concert

Sunday, February 10 • 2:00 p.m. • Sanctuary

Aaron Miller, Guest Organist

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

January 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 6: World Without Genocide

World Without Genocide (WWG), located at Mitchell Hamline Law School, envisions a future in which genocide and other mass atrocities, perpetrated against innocent people based solely on who they are, will disappear from the earth. WWG's annual Summer Institute for high school and college students draws young people from throughout the country and has received the Minnesota Ethical Leadership Award. Today's collection will be used to support scholarships for students for the 2019 Summer Institute. Unity Church member Tom Zell nominated WWG.

January 13: Como Park/Falcon Heights Living at Home Block Nurse Program

The block nurse program is rooted in dignity and respect for older adults. It helps older adults stay in their homes longer and more safely by providing transportation to medical appointments, shopping, food shelves, etc. Mobility and balance evaluations are followed by tailored in-home exercise sessions provided by trained volunteers. Health professionals also offer foot care to hundreds of local residents. Today's collection will underwrite training for the home exercise program. Several Unity Church members works as volunteer homemakers and service providers.

January 20: MUUSJA

MUUSJA's (Minnesota UU Social Justice Alliance) mission is to unleash courageous leadership and collective power to build a just and loving world. Its primary goal is to grow the capacity of Minnesota UU individuals and congregations. To that end, MUUSJA provides a variety of presentations and trainings along with online justice webinars and covenant groups, all of which give MUUSJA a statewide reach. In the past year MUUSJA facilitated public witness at Standing Rock, PRIDE, and Black Lives Matter. Unity Church members Sherri Knuth and Lia Rivamonte serve on the MUUSJA board.

January 27: Dragon Crane, Inc.

Dragon Crane Moving Arts After School, aims to improve individual and community wellness to St. Paul students through martial arts and qigong training for anyone who wants to learn, regardless of ability to pay. The training provided is not only about technique, but also about individuals working to become mentally, physically, and spiritually stronger, and then pooling that strength for a better community. Instruction is followed by a healthy snack, an hour of homework help, and structured social time. This collection will be used to pay stipends to college interns providing homework assistance. Unity's Robyn Mathews-Lingen is the executive director of Dragon Crane.

The Value of Wonder

From John Steiner-Manning, Trustee



Wonder was our worship theme in December and it will stay with us in 2019 in at least one way — it is one of Unity's new values, as restated after writing our new Ends Statements. The board listened to you intently last year and heard the appreciation of the value wonder — along with open-hearted engagement and courageous action.

We've been hearing from the pulpit about wonder. It is also an idea that we'll be living into, as all of us think through what our new value statements mean and how they reflect who we are as a congregation.

There's a wide range of just what wonder can be — from experiencing awe to questioning tradition, as Unity Church staff wrote in their December *commUNITY* column. Embodying wonder calls us to push back against the forces of routine," they wrote, "to look for the extraordinary, to claim, as songwriter Peter Mayer says, that 'everything is holy now.'"

I was struck last month by the power of seeing the extraordinary in a dream. My father passed away more than five years ago and in this dream I spent a golden day with him, treasuring our time together.

And there was a song, one I awoke to and that I kept replaying in my head. I knew it was a hymn from Unity, even though I couldn't even hum the tune out loud at first. Paging through the hymnal I finally found it on page 55: "Dark winter, soft and still, your quiet calm surrounds me. Let my thoughts go where they will, ease my mind profoundly." We had sung this song in a recent service. I love the quiet peace of "Dark of Winter;" it reflects on sorrow while offering solace.

Having a hymn stand at the ready in my subconscious, ready to cap off a dream of a long-lost loved one, is a beautiful thing. It's one more gift that has come to me from my family's time at Unity Church, adding to my sense that Unity's language and rhythms have impacted our lives. In this case, hearing a hymn brought needed words to mind — being able to call on them in need. As the hymn continues, "when my heart with sorrow cries, comfort and caress me. And then my soul may hear a voice, a still small voice of love eternal."

Being open to and finding glimpses of the wonder around us — that's part of what we're doing here at Unity. Together we can keep considering how we push back to look for the extraordinary. And Unity Church can support us in this journey. Sometimes it may be as simple as putting a hymn in our heads.

If you would like to contact Trustees; read our new Values, Mission, and Ends; check out the 2018 annual report, or take a look at the revised Bylaws, please visit <https://www.unityunitarian.org/board-of-trustees.html>.

2019 Congregation Book Read

The Line Becomes a River:

Dispatches from the Border by Francisco Cantú



When Francisco Cantú graduated from university, he longed for real-world experience. So, he did an unusual thing and joined the U.S. Border Patrol at age 23. He writes that after spending four years learning about international relations and the border:

I'm tired of studying. I'm tired of reading about the border in books. I want to be on the ground...I know it might be ugly, I know it might be dangerous, but I don't see any better way to truly understand the place... I know there's something here I can't look away from.

Raised near the Arizona border by a single, Mexican-American mother, she warned him that he would become implicated by working within the system. In the end, he agrees with detractors and protesters who accuse him of perpetuating violence within a system that dehumanizes migrants at best, and kills them at the worst, though his idealistic intent was to use the experience to make positive change. Does the book fulfill that goal?

The new memoir of Cantú's nearly four years in the Border Patrol and its effect on his life is told in three parts, with memories; conversations with his mother, agents, and immigrants; and even nightmares woven in. A former Fulbright fellow, recipient of a Pushcart Prize and a 2017 Whiting Award, Cantú is a gifted storyteller and *The Line Becomes a River* is a compelling read. Among the many accolades, the book:

- Was shortlisted for the Andrew Carnegie Award for Excellence
- Appears on several best of 2018 book lists such as NPR and the Washington Post
- Received starred reviews in Kirkus and Publisher's Weekly
- Is "a must-read for anyone who thinks 'build a wall' is the answer to anything" (Esquire)

Read in January

- Available in the Unity Bookstall and the Anderson Library, 363.28 C.

Discuss in February:

- Wellspring Wednesday, February 6, at 7:10 p.m.
- Sunday, February 10, at 12:30 p.m.

MINISTERIAL INTERN / PATHWAY TO MEMBERSHIP

Hallman Ministerial Intern: Kathryn Jay



Almost eight years ago, a California organization called the Interfaith Movement for Human Integrity started holding a monthly prayer vigil at the West County Detention Facility, not too far from our house. The county held undocumented immigrants at the detention center, and the Interfaith Movement wanted to signal their support for the families of those detained while protesting the injustice of the system.

My local church helped to organize one of the earliest prayer vigils, so Elisabeth, Arlo, Annabel, and I went. Our seven-year-olds were fascinated by Aztec dancers in beautiful feathered headdresses. The dancers performed an ancestral ritual, burning sacred herbs, dancing and praying to the four directions to bless the detainees and other prisoners. It was a moving ceremony, but I struggled to see how it was an effective protest against injustice.

The monthly vigils continued. Year after year a few people — between 10 and 25 — showed up to pray, sing, and listen to testimony just outside the detention center doors. My family went occasionally, though it continued to feel to me more like an act of spiritual solidarity than any sort of justice work. Why keep showing up? No one seemed to be paying attention.

And then the United States got a new president. Anti-immigrant rhetoric ratcheted up. ICE arrests soared. And suddenly the monthly vigils grew.

By April 2017, over seventy-five people regularly gathered at the detention center. Older Jewish women. Catholic teenagers. Self-identified evangelicals. Unitarian Universalists in our yellow “Standing on the Side of Love” t-shirts. I remained dubious about how the vigil could bring justice for the immigrants detained inside, but it felt good to be part of the crowd.

A year later, the circle had grown so large that officials at West County posted police officers to watch over us. TV cameras filmed a young woman’s *quinceañera* dance. Her father was being held inside the building, unable to dance the traditional first dance with her. Over one hundred people sobbed as she swayed in her pink ball gown, holding tightly to her mother. I *still* didn’t see how it would help the cause of justice.

The following month, officials grew so nervous about the crowds that they fenced off the detention center, forcing the now hundreds of vigil attendees into the parking lot. And then the county’s Sheriff’s Office announced they would stop sending undocumented immigrants to the West County Detention Facility altogether. All the immigrants held inside would be released or moved to a new facility.

Now maybe the vigils had nothing to do with the decision to close the facility to immigrants who had been arrested by ICE. But it sure felt like the slow, steady growth of public witness had turned the wheel of justice a little closer to fair. I was stunned.

One thing I had missed? The monthly symbolic vigil was just the visible face of extensive behind-the-scenes organizational work. After seven years, the Interfaith Movement had nurtured deep relationships with immigrant families, with local faith communities, with other nonprofits.

It was a great lesson for me in the power of going slow to go fast. All those years of showing up helped create a community, helped build trust. All that praying together strengthened bonds. All that singing in solidarity meant that when the situation was ripe for change, people had the power to make it happen. That is justice.

Please feel free to contact me at kathryn@unityunitarian.org or 651-228-1456 x109.

Pathway to Membership

Sign up for Pathway to Membership classes at the Welcome Table on Sundays or contact Kathryn Jay, Hallman Ministerial Intern, at kathryn@unityunitarian.org or 651-228-1456 x109. 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 10:20-11:15 a.m., in the Ames Chapel. 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 and get to know the programs and ministries of the congregation. Childcare is available in the nursery.

- January 6: Community Outreach and Social Justice
- January 13: Q & A with a Minister (Rev. Rob Eller-Isaacs)
- January 20: Pastoral Care
- January 27: Membership 101 and Congregational Life

Committing to Unity:

Joining Unity Church

Wednesday, January 16

7:15–9:00 p.m. ~also offered ~

Wednesday, March 20

7:15-9:00 p.m.

Have you been considering membership at Unity? 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 ceremony as participants sign the membership book and officially join the church!

WELLSPRING WEDNESDAY

January 9

Dinner: TBA

A View of Palestine

Imagine having to get a permit to travel from St. Paul to Minneapolis, and having to get the permit renewed each six months. Imagine not being permitted to drive on I-94 or 35E. Imagine going thru an armed military checkpoint to enter or leave St. Paul. This is life in Bethlehem for Palestinians. Amid these conditions, the congregation of Christmas Lutheran Church in Bethlehem, decided to reach out to serve the community of Bethlehem. Today this work includes Dar al-Kalima University of Arts and Culture. Under the banner "Destruction may be, Creativity shall be," the arts are essential. Come and hear some of this story.

Setting Intentions: Rituals and Renewals to Start the New Year

Join Hallman Ministerial Intern Kathryn Jay and special guests to explore spiritual practices that might help us set clearer, more useful intentions as we move into a new year. What rituals and daily practices renew your soul and help you maintain equilibrium in the face of uncertainty?

Yoga: Loving Kindness Meditation

Metta bhavana, or loving-kindness meditation, is a method of developing compassion. It comes from the Buddhist tradition, but it can be adapted and practiced by anyone. This is a meditation of care, concern, tenderness, loving kindness, friendship — a feeling of warmth for oneself and others.

New Family R.E. Orientation

This session is for families new to Unity Church who would like to learn more about religious education.

Tween Group

Meet in Ames Chapel at 6:45 p.m. for worship, then heads to Jr. High classroom 21. Pick up is at 8:30 p.m.

January 16

Dinner: TBA

Open Page Writing Session: Justice

RSVP to karen@unityunitarian.org
Pascal once observed that justice is too subtle a point to be touched by our blunt tools. Perhaps this is why its meaning has so often been carried by symbols and stories passed down through the ages. This session explores the swinging scales of justice and other symbols and stories.

Sign Making for the Women's March

The third annual Women's March happens January 19, 2019, with a goal to "harness the power of women and their communities to create transformative social change. Join Unity Church members in making signs for the march and discussing the role of marching in creating social change.

Committing to Unity *Ends at 9:00 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 ceremony as participants sign the membership book and officially join the church!

Yoga: Vinyasa Flow

This class is for individuals seeking faster and more rigorous movement. Flowing from pose to pose is coordinated with regulated inhales and exhales to strengthen muscles and build balance.

Textile Arts

This group is open to textile creatives of all ages. Bring your knitting, embroidery, needlepoint, etc.

Tween Group

January 23

Dinner: TBA

Gun Violence Creates Broken Hearts

Join Unity's Gun Sense Team as they make valentines that show broken hearts. The team's community partner, Protect Minnesota, will provide stories of Minnesota gun violence victims which will then be attached to the cards. These valentines will be given to legislators on February 14, Lobby Day at our Capitol. Unity Church has committed to make 200 valentines. Come and help!

LGBTQ2+ Community Conversation

Join Hallman Ministerial Intern Kathryn Jay in a discussion about the gay, lesbian, queer, and trans community at Unity Church. Share stories, take stock of blessings, listen to concerns, and explore how Unity Church might grow into its mission to be a truly multicultural, welcoming space for everyone. LGBTQ2+ folks are encouraged to come; allies are very welcome!

Send Books to UUs in Prison

The Church of the Larger Fellowship (CLF) has almost 900 members who are currently incarcerated. Join Unity Church member and CLF staff member, Hannah Franco-Isaacs, to send out correspondence courses to UUs in prison.

The Future of Men's Programming

Join Rev. Rob Eller-Isaacs for a conversation about the impact of the church on men's lives. This will be a time for sharing stories, feelings, and ideas about how Unity Church can become an ever-more supportive place for men to find support, accountability, and joy.

Yoga: Balancing the Chakras

Use movement, mudra (hand gestures), and chanting to activate the chakras and provide energy for every part of the body, mind, and spirit.

Tween Group

Wellspring Wednesday Dinner

\$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. (Children under age two are free.) All meals will offer vegetarian and gluten free options. People with specific food allergies may contact madeline@unityunitarian.org to arrange for a special preparation. Please email Kathryn Jay at kathryn@unityunitarian.org for financial assistance to help cover the cost of dinner.

WELLSPRING WEDNESDAY / CONGREGATIONAL LIFE

January 30

Dinner: TBA

They/Them Project

Local photographer Brent Dundore and a guest speaker (TBA) are bringing the They/Them project — gorgeous black and white portraits with artist interviews of local trans folks — to Unity Church! Come to learn about gender non-conforming people, what the deal is with pronouns anyway, and ask questions in a educational environment.

Planning your Memorial Service

Have you ever wondered what goes into constructing a memorial service here at Unity Church? Did you know that you can actually put your preferences for readings, music, and speakers in a secure file for future planning? Join Rev. Janne Eller-Isaacs for an explanation of the practical and the spiritual aspects of constructing a memorial service. Printed resources will be shared.

Yin Yoga

Yin Yoga is a slow-paced style of yoga in which we hold poses longer than in other styles. Holding a pose allows us to settle into a state of steadiness and ease as the body lubricates our joints, creating more flexibility and strength. The poses in this session are practiced seated and laying on the floor.

Tween Group

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun.

6:00 p.m.: Dinner in the Parish Hall!
See the box at left for information about cost and menus.

6:50 p.m.: Intergenerational worship in the Ames Chapel

7:15 p.m.: Learning and Fellowship
Childcare is available and you do not have to sign up in advance.

January Parish Hall Artists

A View of Palestine

Titles include: "Out of Place," "Is There Other Bad News?," "Touch of Peace," "Olive Tree Warning Ribbon," "Space for Hope." These framed works offer us a window into Palestine by artists living and working there. The works are for sale and the money goes to the artists.

The art was brought to the United States by Bright Stars of Bethlehem, a 501c3 organization whose aim is educating the next generation of creative leaders in Palestine. This work supports three main initiatives: Dar al-Kalima University of Arts and Culture, Diyar Academy for Youth, and Ajyal Senior Care Program.

Rev. Dr. Mitri Raheb, President of Bright Stars of Bethlehem says, "In the midst of conflict, art creates room to breathe." Unity Church member Jo Lucas offered this opportunity for the art to be on exhibit in the Parish Hall.

Art Share

Art Share is the Parish Hall exhibit where Unity Church members display a piece of art that's meaningful to them. The purpose of Art Share is for church members to get to know each other and to enhance the focus on art within the congregation.

It's easy to sign up and past participants say it's been a meaningful experience. To participate, put your name and e-mail address on the form on the bulletin board on the west side of the coffee window in the Parish Hall. Your art, a statement about why it's meaningful to you and your photo will be a one-person show for two Sundays! Consider signing up for the open dates of February 17 and 24, March 31, and April 7.

UU Queer Youth Gathering

Friday, January 18 • 6:30-8:30 p.m. • Unity Church

Unity Church is hosting a UU queer youth gathering for LGBTQ2+ youth and allies (junior high and high school age)! Meet in the Center Room for community building, snacks, and fun! Parents are encouraged to spend time getting to know other parents. Please RSVP by January 11 to Ray Hommeyer at ray@unityunitarian.org.

Living in the Between

finding, creating, and sharing brave and beautiful space in the midst of change

Day Retreat: Saturday, March 2 • 9:00 a.m.-3:00 p.m.

Life is made of change, and we are all in the midst of transformations, large and small, in our personal lives, our communities and nation, and the greater world. As we at Unity Church begin a several-year period of staff transitions, you are invited to a day retreat on Saturday, March 2, to consider the gifts and losses change brings, and some of the many ways – practical, creative and soulful – we can bravely ride the currents of change instead of resisting them.

This will be a day of personal enrichment and connection with others, led by consulting literary minister Karen Hering and Hallman ministerial intern Kathryn Jay and others. Save the date. Registration is \$25, including lunch; scholarships available. Additional details will be available later in January. For information, email karen@unityunitarian.org.

Save the Date: Second Annual Queer Retreat

Saturday, March 23, 2019

Unity Church is hosting a retreat for all those who identify under the queer and/or trans umbrella, and especially for people who don't fit into the gender binary.

COMMUNITY OUTREACH

Gun Violence: Leading the Conversation

From Joan Duke, Gun Sense Ministry Team

Are you heartsick and discouraged every time you read about another gun violence incident? *We are.* Do you sometimes feel powerless to stop these tragedies from continuing to happen? *We do, too.* However, with the new group of legislators taking their seats at the Minnesota State Capitol on January 8, this next year could be the one in which we achieve some sensible gun safety legislation for Minnesota. We invite you to join us in working to accomplish this. Mark your calendars — and even take the day off work — to come to the Capitol for **Protect Minnesota's Lobby Day on February 14.**

Are you prepared to talk to your legislators and others about gun violence? You can learn to lead the conversation about gun violence and the need for gun reform by attending **Leading the Conversation: A Gun Violence Communications Workshop** at Unity Church on Saturday, January 19, from 10:00 a.m.-noon. One outcome will be your personal one-minute message or "elevator speech." This workshop has been presented to almost 1,000 people across Minnesota in the last two years by Protect Minnesota's Executive Director, Nancy Nord Bence. It is well worth your time. Further information about this event is in the box below and online at www.protectmn.org. **Attendance is free.** Bring your friends. Register by sending an email to info@protectmn.org, or contact Joan Duke at 651-644-3371 or Sue Conner at 651-646-6667.

Gun violence creates broken hearts. We want our legislators to be mindful of that. At Lobby Day on February 14, legislators will be given valentines that show broken hearts with stories of Minnesota gun violence victims attached. Unity Church, as a member of Protect Minnesota's Interfaith Alliance for Gun Safety, has committed to making 200 of these valentines. Come and help us make valentines at our Wellspring Wednesday event on January 23 at 7:10 p.m. No registration is needed — just come. Together, we can make a difference!

Gun Violence Communications Workshop

Saturday, January 19 • 10:00 a.m.-noon • Unity Church

Learn to lead the conversation about gun violence and the need for gun reform by attending this workshop, facilitated by Protect Minnesota's Executive Director Nancy Nord Bence. At this interactive event you'll:

- Learn how to speak about gun violence as a public health issue — in a way that won't alienate hunters and responsible gun owners.
- Learn about legislation that has been *proven* to decrease gun deaths in other states and could do the same in Minnesota.
- Develop your personal one-minute message to lead the conversation about the need for these important gun bills.

Free! RSVP requested at info@protectmn.org.

Thanks, and Invitations to Serve

From Nancy Heege, Obama School Ministry Team

Thank you to all who have helped serve the scholars and families of scholars at Obama School! Your gifts of time (tutoring, assistance in the Makers' Space, and library), money (Cub cards for food), snacks for teachers' meetings, and more, are all very much appreciated. There is still a need for adults who can come for an hour on a weekday morning or afternoon to talk with a child who wants to read and discuss what they've read. Contact Marty Rossmann at rossm001@umn.edu for more information.

The school also collects Box Tops and would appreciate yours, if you don't already have a school to give them to. Box Tops are the little coupons on boxes of General Mills cereals (if you're making Chex mix this winter, save the Box Tops before recycling the boxes!), Hefty trash bags, and other products (even Lysol bathroom cleaners!). Contact Nancy Heege at nancyheege@cs.com for more information.

Some of the children at Obama School don't have winter boots. If your children have outgrown their gently used boots, you can "recycle" them by giving them to another child. Bring them directly to the Family Room or Front Office at the school. Hours are weekdays from 7:45 a.m. to 3:30 p.m. Only boots are requested at this time; no other clothing, please.

Supporting the scholars at Obama School helps shape the future of Saint Paul and Unity's neighborhood. We're in it to help build the Beloved Community. Join us.

Rainbow Chalice Alliance

Pi(e) Day! Ready to Bake

Purchase a pie from the Rainbow Chalice Alliance Pi(e) Day (3.14.19) 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. Pie baking volunteers are always needed. Please email Kevin Ely to volunteer: kevin.m.ely@gmail.com.



COMMUNITY OUTREACH / FELLOWSHIP GROUPS

The Holy in the Holey

Sock Darning and the Value of Consumer Goods

From Anna Newton and Meggie Exner, Sustainable Living Team

There were five of us gathered around the table in the Center Room on a cold night recently, embroidery floss forming a colorful nest in the center. We were friends gathered to learn to darn socks. Time slowed to a comfortable pace, and conversation flowed as we focused on our stitches, with only a few pricked fingers. But was it worth it?

From the usual western standpoint of the time and cost of darning a sock vs. buying a new pair, probably not. But is that the only way to value things? What if we viewed darning as spiritual practice? What if we practiced feeling gratitude for what we had instead of yearning for something else? We could be fostering care for what was broken, develop a habit of healing.

We rarely pay the full costs of our consumer products, not when one considers social and environmental costs of production. Imagine what it would feel like to value things differently. If you are curious about these issues, and want to learn more, join us for the first of four movie screenings as part of the Sustainable Living Team's Fourth Friday Sustainable Film Series!

Unity's Sustainable Living Team meets the first Friday (January 4, 6:00-8:00 p.m.) and third Sunday (January 20, 10:00-11:00 a.m.) of every month. Questions? Contact unitysustainablelivingteam@gmail.org for more information.

Fourth Friday Sustainable Film Series

Friday, January 25 • 7:00 p.m.: *The True Cost*

The True Cost is a story about clothing. It's about the clothes we wear, the people who make them, and the impact the industry is having on our world. The price of clothing has been decreasing for decades, while the human and environmental costs have grown dramatically. *The True Cost* is a groundbreaking documentary film that pulls back the curtain on the untold story and asks us to consider, who really pays the price for our clothing?



Post-movie discussion facilitated by Unity Church member Nancy Dilts. Nancy's business, Nancy Dilts Wardrobe Consulting, brings together her passions — personal style, positive body image, and the environment — to help her clients feel great about how they look, using an economically and environmentally sustainable approach. Nancy holds an MA in Environmental and Resource Policy and spent close to 20 years working in the field of environmental education and outreach, raising awareness about environmental issues and teaching about how our behaviors impact the environment.

Fellowship Groups

AA Groups: Unity Church hosts **12-step programs** in partnership with local AA and Al Anon groups. Al Anon meets Wednesdays, 5:00-6:00 p.m., Science Room; Fresh Air AA meets Thursdays, 7:30-9:30 p.m., Anderson Library.

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

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (January 17), noon–2:00 p.m. Contact: Janne Eller-Isaacs, janne@unityunitarian.org

Elders Circle: Meets the third Tuesday of the month (January 15), 1:00-3:00 p.m., Center Room.

Evergreen Quilters: Second Tuesday of the month (January 8), 7:00-9:00 p.m. (at Unity Church), and fourth Saturday of the month (January 26), 10:00 a.m.-1:00 p.m. (offsite). Contact: Peggy Wright, 651-698-2760

Families Living with Mental Health Challenges: A support group for families living with mental health challenges. Meets the first Saturday of each month (January 5), 9:30-11:30 a.m. Contact: Janne Eller-Isaacs, janne@unityunitarian.org

Living With Grief Group: For people living with grief and loss. Third Tuesday of the month (January 15), 7:00-9:00 p.m. Contact: Janne Eller-Isaacs, janne@unityunitarian.org

Men's Retirement Group: Monday, January 14 and 28, 1:00-3:00 p.m. Contact: Tom Zell, tomzell@me.com

National Alliance on Mental Illness support group for young adults with a mental illness meets on the first, third, and fifth Sunday of each month, 6:30-8:00 p.m., COA/OWL room.

New Look at the Bible: Second Thursday of the month (January 19) at 7:00 p.m. Contact: Paul Gade, 651-771-7528

Recovery from White Conditioning: Wednesdays, 6:00-7:00 p.m., Gannett Room. Contact: Dayna Kennedy, daynamelissa@icloud.com

Textile Arts Group: Meets the first and third Wednesday of each month (January 2 and 16), 7:00-8:30 p.m. Bring your knitting, embroidery, needlepoint, etc. Contact: Linda Mandeville, lindamandeville41@gmail.com

Unity Book Club: Second Tuesday of the month, 7:00-8:30 p.m. Contact Jack Hawthorne, jack.hawthorne@comcast.net. January 8: *Origin* by Dan Brown

Women In Retirement: Meets the second and fourth Thursday of the month (January 19 and 24), 1:00-3:00 p.m. Contact Lisa Friedman, lisa@unityunitarian.org

Young Adult Group (ages 18-35) meets every other Thursday (January 10 and 24), 7:00-9:00 p.m. Meet at 6:30 for dessert and tea. Contact KP Hong, kp@unityunitarian.org

Zen Meditation: Find renewal and grounding. Tuesdays, 5:00-6:00 p.m., Ames Chapel. No meeting January 1. Instruction offered January 8 at 4:30 p.m. Contact KP Hong, kp@unityunitarian.org.

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

Consider the *Heinz Dilemma* in the moral development of children: Heinz's wife is dying and he cannot afford the drugs that would save her. Would it be moral for Heinz to steal the drugs? An eleven-year-old boy, Jake, reasons yes because "human life is worth more than money." But eleven-year-old Amy says no. Heinz would save his wife, but he would go to jail and would not be able to care for her. She might die anyway. Could he borrow the money? Or talk it over with the pharmacist? Perhaps they could "reach something besides stealing"? (*In a Different Voice*, 1982)

When ethicist and psychologist Carol Gilligan first proposed that women approach ethics differently from men, she argued that *care* represents a different moral voice to the traditional emphasis on *justice*. Care was the moral voice of women, and justice the moral voice of men. The debate has shifted since, with assumptions about human nature and gender binaries overhauled, and ethicists have generally come to agreement that men can think of ethics in terms of care, and women in terms of justice. Gilligan herself later acknowledged that the "different voice is characterized not by gender but theme... [by the] separation of the self from relationships and the elevation of mind over body, reason over emotion [as the] splits themselves have become naturalized and mistaken for development." But even granting our rapidly changing conversation — with progressive talk of "emotional intelligence," the "feeling brain," persons "gender-nonconforming," and "radical interdependence" — we may gloss or rewrite a history more stubborn than our optimism: that Gilligan's insights about an ethic of care versus an ethic of justice came from listening to women who struggled to join reason with emotion, self with relationship, mind with body within an unforgiving frame of patriarchy. And as long as the different moral voice sounds different, the struggle continues.

We recognize that different moral voice heard between *retributive* and *restorative* justice, between treating people *equally* and treating them *equitably*, between *Justitia* who stands blindfolded with balance scale and sword, and her contrasting pair *Prudentia* who holds a mirror and sapiential snake. A different moral voice that cautions that an ethic of justice without a compelling ethic of care remains prone to the violent potential of yet another "just war" and "just cause." But if an ethic of care can be released from its subsidiary position within a justice framework, it may reframe our work of justice by clarifying what is truly at stake and by grounding our motivational force not in ideology but in shared humanity.

Our children and youth are passionate about justice and want medicine to be affordable by all. As we share the work of justice with our children and youth, what might Jake and Amy learn from one another, and with one another?

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

UU Families Workshops

Sundays, January 13 and 27

The UU Families Initiative is a group of Unity Church parents working to create common practices within our community for raising our children in the Unitarian Universalist tradition. To help families build their family-to-church connection, the UU Families Initiative will be offering four workshops on January 13 and 27 in place of regular R.E. classes. Please note the workshops are longer than R.E. classes or the service. The morning sessions will run from 10:00 a.m.-noon and the afternoon sessions will run from 3:45-5:45 p.m. In the afternoon sessions we will be joined by families from Minnetonka UU Church, which is creating their own UU Families Initiative. Sign-up information will be emailed to families. Nursery care is provided.

Meal Time Ritual Workshop (all ages)

Morning session: January 13 and 27

Afternoon session: January 13

Families will learn a simple ritual for beginning meals. While parents learn about the ritual and hear from other families who have made it a part of their lives, children will make their own chalices to take home. Families will practice the ritual together at the end of the workshop.

Bedtime Ritual Workshop (all ages)

Morning session: January 13 and 27

Afternoon session: January 27

Families will learn a simple ritual to do at bedtime. While parents learn about the ritual and hear from other families who have made it a part of their lives, children four and older will make their own set of ritual beads corresponding to the seven UU principles. Families will practice the ritual together at the end of the workshop.

Family Covenant Workshop

For school-age kids and older, limit 5 families per session

Morning and afternoon sessions: January 13 and 27

*Note: This is a two-week workshop, so families must commit to attending on both January 13 and 27.

Families will create a living family covenant statement that reflects what they believe in and what they will do in the next year to live in a way that reflects their values. Most of the time will be spent with each family working in their own room, and then sharing with the other families.

UU Parent Circle and Tower Club Activities (all ages)

Morning and afternoon sessions: January 13 and 27

UU Parent Circles are facilitated discussion groups on parenting topics related to values and spirituality. The topics are generated by the parents who come. Examples of past topics include: bullying, chores, kids' activities, friends with different religious beliefs. Children whose parents attend the UU Parent Circles will participate in activities organized by youth from Tower Club and Tween Group.

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 (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 need it also connects those participating in any way.

Now, at this point, those of you who read this column may be feeling some sense of recognition with the above words! You are right on! They come from my January 2018 article. It somehow felt important to tie this year together, to continue these thoughts as we enter this next year of such needed working toward justice and opportunity for the neglected... in this year of transition which still holds ever continuing and consistent need within our communities.

Beauty awakens the soul to act. — Dante Alighieri

What better way to inspire our courage than to reach and build our very center. Beauty has the ability to break us open in a way that disarms us completely, breaking down all defenses and reaching right to the core. What a glorious resource with which to be inspired, awakened and centered. Music is often "that voice of beginning and new life", that voice of wonder that inspires us to full engagement and action.

*... we are drawn to the centre of the dance,
and we know we are helplessly singing,
seeking whatever in us we cannot stop,
the song ceaseless, leaping, our utter yes.*

— Euan Tait (from *Singer's Dance*)

Come paint wonder, engagement, and inspired action with your singing. It is never too late. January is a good time to join one of our choirs and tap that resource of "inner singing" and to share it in the connection of community.

Our choirs would love to welcome you! If interested, contact Ruth Palmer at ruthp@unityunitarian.org or 651-228-1456, x118

- Children's Choir (grades 1 - 5): Sundays, from 10:15–11:00 a.m., Robbins Parlor; Kathleen Radspinner, director (kathleenr395@gmail.com)
- Unity Choir (adult, high school and beyond): Thursdays, from 7:30– 9:15 p.m., Parish Hall; Ruth Palmer, director
- Women's Ensemble: Sundays, from 10:15-10:45 a.m., Foote Room; Ruth Palmer, director

Save the date! Organ Dedication Concert

Sunday, February 10 • 2:00 p.m. • Sanctuary

Aaron Miller, Guest Organist



Children's Musical Auditions and Parent Meeting

Calling all 6th, 7th, and 8th graders! Auditions for the 2019 Children's Musical will be held Tuesday, January 8, 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.

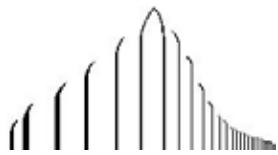
The first parent meeting will be held in the Robbins Parlor during auditions. This meeting will cover logistics, questions, and committee sign up. If you have a kid in the musical, you need to be at this meeting.

Performance dates are March 7, 8, and 9, 2019. Questions? Contact Dave Smith at david.smith52@yahoo.com or Jane Baer at baerbenson@gmail.com.

Save the Date

Celebrate Ruth Palmer

Mark your calendars for the evening of May 11, 2019, when we will have the opportunity to celebrate our dear Ruth Palmer and the enormous impact she has had on our musical and spiritual lives. Jake Runestad and Dale Warland have each been commissioned to write a piece in honor of Ruth as she starts her retirement. These pieces will be premiered that evening, with a reception following the concert. More information will be coming as the day approaches, but for now, save the date!



UNITY CHURCH—UNITARIAN

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Business Entrance: 732 Holly Avenue • Saint Paul, Minnesota 55104
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**TIME SENSITIVE
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THE GATHERING: Unity Church Women's Retreat

Transformed by Fire — Claiming Our Strengths

**Saturday, January 26, 2019 • Unity Church
Keynote speaker: Rev Kate Tucker**

Rev. Kate Tucker is Minister Emerita of First Universalist Church, Minneapolis, where her focus was spirituality, pastoral care, and small group ministry. In retirement Kate serves as a spiritual director and takes part in a range of ministry projects. Kate has an abiding interest in the ways (as Rumi puts it) turning toward what we love saves us.

Join us for a day-long retreat — including programs, food, massage, music, and spiritual practice — as we reflect on how life transforms us and our sources of strength that keep us going.

*The world asks of us
only the strength we have, and we give it.
Then it asks more, and we give it.*
— Jane Hirshfield

Recognizing that gender is not binary, this retreat is open to all individuals who self-identify as female. Registration begins Sunday, January 6! Watch for details and registration!



Racial Justice Movie Night

NESHOBA: The Price of Freedom

Friday, January 11 • 7:00 p.m. • Robbins Parlor

This 2010 film tells the story of the murders of Chaney, Goodman, and Schwerner in Mississippi, and the long struggle to bring their killers to justice.

Join Unity Church members and friends for an ongoing film series to further our growth in the understanding and challenging of white supremacy and structural racism. Popcorn will be served and there will be time for conversation.

2019 Pilgrimage to Transylvania

Meet in Budapest June 18, depart Budapest July 1

Come explore the Unitarian homelands, deepen your faith, and strengthen the bonds between Unity Church and the congregation of our partner village in Homorodszentpeter. Leaders will include Rob and Janne Eller-Isaacs, Karen Hering, and Hal Freshley. This will be the Eller-Isaacs' last Unity Transylvanian pilgrimage before their retirement. Please consider joining those who will carry this vital aspect of our ministry into the future. The cost will be approximately \$1900.00, not including air transportation. Scholarship support is available.

If you would like to learn more about this travel opportunity, please attend one of the information sessions that will be held after each service on Sunday, January, 13.