



JOURNEY

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.

Journey is a word we often use for challenging times when outcomes or even the path toward them is unknown. At its most basic, the dictionary defines it as “an act of traveling from one place to another.” It adds that a journey can also be, “a long and often difficult process of personal change and development.” So we sometimes use the word journey to describe everything from the experience of living with a difficult medical diagnosis, to our lifelong paths seeking spiritual growth, to the challenging passage toward justice in the world.

But the word’s origins point toward something more immediate. Our English word “journey” derives from the French word *ournée*, meaning “day.” In its earliest English usage, journey meant a day’s travel or a day’s work. Which is all we can really take on when the destination is unknown and the route to get there is uncertain. We learn to live and travel and work one day at a time.

Lao Tzu said several millennia ago, “The journey of a thousand miles begins beneath your feet.” Here. Now. Wherever you are, today. It is the only place for any journey to begin. From the ground beneath your feet. Or one might say, the ground of being, which in theology is another name for God or the sacred seed within us all.

In the uncertainties of this time of both pandemic and uprising, we are all asked to join a journey on unfamiliar paths toward unknown destinations. Not only is it a journey that can only be taken a day at a time. It also a journey that cannot be taken alone. Day by day, we are asked to begin from the sacred ground beneath our feet, recognizing that the wellbeing

of each one of us is, and always has been, intricately interwoven with the wellbeing of all of us.

It might be helpful to name, as part of the ground from which many of us begin, that the word journey also conjures up the mythic concept of the Hero’s Journey. Joseph Campbell described this as the circular quest of every human life and story, one in which the hero hears their call, sets out from home, slays the dragon, and returns transformed, bringing the elixir of all they have learned along the way. Campbell and others note that this narrative arc is found in stories from across time and culture. But for decades, feminists have been asking about the heroine’s journey and whether and how it might be different. Others have noted that the hero’s journey feeds the notion that, despite the guides and mentors encountered along the way, heroes fundamentally journey alone. As such, it sends us searching for individual heroes (or striving to become them) even on journeys where collective heroism might more likely be what is needed.

In the journeys of this time, we are experiencing and witnessing many stories of collective heroism. From mask makers and wearers, to collective actions dismantling systemic racial violence, we are living into a new journey guided by collective consciousness and action. We must find a way together. Although we are each, of necessity, starting from a different particular “here and now” (and it is important to notice and name that), the larger Here and Now that we share asks us to journey together. To notice both where we are individually and where we are collectively. And to

ask how we might travel together to where we want and need to be. We are learning again, as Martin Luther King, Jr. put it from the Birmingham jail, that “We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” In the double pandemics of COVID and systemic racism, none of us can check in as “safe” until all of us can.

So we begin, every day, by honoring the ground beneath our feet — yours, mine, all of ours — naming the different terrain on which we each stand and the wider landscape that is ours to cross together. Let us collectively hear our call; set out to face the barriers before us, helping one another where needed; let ourselves be changed as we go; and carry with us the elixir of learnings as we find our way to a new home, a new reality as yet to be created and revealed.

By Karen Hering on behalf of this month’s theme team:

*Ahmed Anzaldúa, Drew Danielson,
Janne Eller-Isaacs, Rob Eller-Isaacs,
Lisa Friedman, Ray Hommeyer
and KP Hong*

JOURNEY THEME RESOURCES

For further reflection on this theme, a variety of resources including books, poems, videos and audios, are listed in this month’s Chalice Circle packet available online at www.unityunitarian.org/chalice-circles.html.

Just Words



As I write these words, I am literally embarking on a journey. Because of the reality of the virus, it feels very different than I had anticipated some months ago. Every journey involves preparation and to be able to travel I tried my best to limit the places I went for the two weeks prior to traveling. I followed every protocol I knew about. I got tested for COVID and tested negative, thank God. But nonetheless, I got on an airplane today to travel to Oregon to be present to Hannah and Tim, our

daughter and son in law, as they bring their first child into the world. I was hyper-vigilant about wearing my mask and must have used a gallon of sanitizer to travel on two planes and through two airports. What I couldn't help noticing is the number of people who weren't wearing masks or maintaining physical distancing. On our first flight, masks were available at the check in counter and signs everywhere told us that we would not be able to board without a mask. Certain people were allowed to ignore this protocol. To say the least, I was furious and spoke to the gate agent. On the next flight there were no masks and no reminder that to board one had to wear a mask. Again, I spoke up and they did come onto the plane and make an announcement and went down the aisle asking people to put on masks. Again, some people ignored their requests. Delta airlines will be hearing from me later today.

As some of you know, I am very interested in World War II history, particularly narratives of people who lived through the war and the many sacrifices they were asked to make. Their sacrifices were put in a larger context by the leaders of their countries, calling them to step up for the values they held dear. Say what you will about the leadership of our country, I have not heard President Trump once ask us to make personal sacrifices for the sake of the health of everyone in our country. I do believe if the leaders of our country would unify around this request and wear masks themselves, we might see a different kind of response. Since COVID-19 is particularly hitting communities of color, the lack of this kind of direct appeal could be seen as another aspect of racism. But it is also about our interdependence and our interconnectedness and our responsibility to that interconnectedness. What the virus is teaching us is that our individual choices affect the lives of people we may never know. At some level we have always known this, but now we are seeing it in stark relief. I want to be responsible for the well-being of the common good and part of how I do this is to stay at home as much as possible and wear a mask whenever I am in public spaces. I do this for my own health but I also do it because you and I are connected and always will be.

Because of the virus, I will not be able to attend the birth of Hannah and Tim's first child. This is a difficult sacrifice for me to make, but I do so willingly (while grumbling), knowing that the safety of others is the highest priority. I will meet our new grandchild over the phone first, an experience common to many grandparents in love in the time of COVID. May we be willing to make sacrifices as we journey through this pandemic and do so in the name of a larger love.

Rev. Janne Eller-Isaacs

Pastoral Care

If you have a joy or sorrow, life-cycle event, or concern you would like to share with the ministers and Pastoral Care Team, or have shared in the embracing meditation during Sunday service, please complete the online form at www.unityunitarian.org/pastoral-care.html or send an email to janne@unityunitarian.org and a minister or team member will contact you.

Flowers for Worship

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

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

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JULY SUNDAY SERVICES

Sunday Worship and Virtual Coffee Hour

Our building is closed as part of the Stay Safe Minnesota order. Multigenerational Sunday Services are being live-streamed from the Sanctuary at 10:00 a.m. Religious Education's Summer in the Garden program is available for families (see page 10 for details). Details and links, including access to past services, are available online at www.unityunitarian.org.

Each Sunday, church members, friends, and newcomers are invited to join a virtual Zoom coffee hour after the service. To participate in the coffee hour, please refer to the link in our weekly Sunday service email, sent on Thursday afternoon. If you would like to receive our congregational emails, visit www.unityunitarian.org and click on "Join our email list."

July 5 Live Stream: *Voices from the Fire*

In 1764, Massachusetts formed the first Committee of Correspondence. Soon all thirteen colonies established such committees to help track and communicate their growing antipathy toward British rule. The creative give and take of their communiques gave shape and substance to the hesitant solidarity with which our Nation started. In the light of present antipathy to the cavalier, reactionary dictates of the present American administration, Rev. Rob Eller-Isaacs and worship associate Kevin Harris will celebrate the creativity that sometimes leads to lasting change.

July 12 Live Stream: *The Cities Inside Us*

In this service, worship leader Erika Sanders and worship associate Katrina Nichols will explore how we may apply Unitarian Universalism's fourth principle, a free and responsible search for truth and meaning, to a journey of cultural self-awareness. What must we know about ourselves and our cultural foundations in order to be effective agents of change and justice? How may Unitarian Universalists become more culturally self-aware in relationship with other people? Together we'll explore the implications of excavating the invisible, buried aspects of our cultures.

July 19 Live Stream: *The Journey Begins Beneath Our Feet*

The journey of a thousand miles begins with the first step, Lao Tzu said in the Tao. But a better translation of this familiar passage is to say the journey begins beneath our feet — not in the first step but in the place where we stand before we move, in the very ground of our being. How do we see and claim the ground beneath our feet before embarking on journeys of spiritual growth or the quest for racial justice? Wherever you are is the right place to begin. The service will be led by Rev. Karen Hering.

July 26 Live Stream: *Unexpected Journeys*

Rev. Janne Eller-Isaacs and worship associate Richard Lau will explore unexpected journeys and unplanned choices.

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. Donations are gratefully accepted online at <https://bit.ly/sundayoffering>. Offering checks, payable to Unity Church, should be sent "Attn. Song Thao."

July 5: Apparent Plan

Apparent Plan is a faith-based network of efforts to support older members of congregations. Its mission is to provide programs and services that dramatically improve the quality of life for older adults and to serve as a vital and trusted resource to communities of faith as they build relevant older adult ministries. Apparent Plan also specializes in both health promotion and elder advocacy. This collection will support an Emergency Fund established to meet crisis needs of individual elders. Unity's Hal Freshly works with Apparent Plan.

July 12: Habitat for Humanity

For the past ten years, Unity Church has joined other neighborhood churches, under the umbrella name of Faith Builders, to staff two weeks of volunteer labor for home construction in the St. Paul area. This offering will continue to fund this shared work, in the event that volunteers are called back in late summer. Otherwise, it will support Habitat's new At Home Fund, dedicated to assist Habitat homeowners who are struggling to make their mortgage payments due to COVID-19. The At Home Fund is dedicated to protect homeownership through financial assistance and to increase access to affordable Habitat homeownership opportunities.

July 19: Unitarian Universalist Service Committee (UUSC)

The UUSC is a nonprofit, nonsectarian organization of the Unitarian Universalist Association that works to provide disaster relief and promote human rights and social justice around the world. On this Sunday, we honor the UUSC's 80th anniversary by supporting their work for human rights wherever they are at risk, especially in the area of climate displacement and migrant justice.

July 26: Fair Vote MN

Fair Vote MN is a non-partisan, non-profit organization advocating for better government through ranked-choice voting. Ranked-choice voting gives citizens more power and encourages greater participation and diversity in government. It represents a way to pry gridlock loose and open pathways to real progress by discouraging partisan divisiveness and negative campaigning. Fair Vote MN aims to implement ranked-choice voting statewide. This collection will support public education, advocacy, legislative action, and grassroots support for Fair Vote MN. Unity Church member Chico Hathaway has worked with Fair Vote MN since its inception.

BOARD OF TRUSTEES



Comfort Is the Enemy of Progress

Justin Cummins, Trustee

Comfort is the enemy of progress. I heard that profound observation at a forum about racial and economic justice held at Unity several years ago. Those words ring more true now than they did even then. It is absolutely heartbreaking to see yet another person of color, George Floyd, killed by the police here in Minnesota. As people of color and indigenous communities across the nation know all too well, this nightmare has continued for centuries. Some white people, however, are only now becoming acutely aware of the brutal reality – thanks mainly to the advent of smartphones. In any event, we need to recognize that such horrific incidents become possible and even inevitable when white supremacy underlies our economic, political, legal, and social systems as well as taints our institutions and individual minds.

It is essential that we resist the temptation to turn away from the discomfort caused by the cruel circumstances now confronting us. Fortunately, the Core Values and Ends Statements (www.unityunitarian.org/values-mission-ends.html) that we as a congregation formally adopted less than two years ago provide important guidance. Many of you will recall that the Board of Trustees worked closely with the congregation and the ministerial leadership for several months to develop the Core Values and Ends Statements that now help to shape all aspects of congregational life and work.

Unity's Core Values are wonder, open-hearted engagement, and courageous action. Wonder has particular power because it contains two vital ideas: (1) a sense of curiosity and, thus, an openness to new approaches and (2) a sense of awe about life around us and the potential for transforming it and ourselves in the process. Open-hearted engagement recognizes the need for solidarity in the context of our interconnectedness. Courageous action calls us to take risks and otherwise go beyond our comfort zone to build a more inclusive and just world. Imagine what we can do, individually and collectively, when we authentically and fully live these Core Values every day.

Each of Unity's Ends Statements also offers inspiration and focus to us during this highly distressing, destabilizing, and even despairing time. Two Ends Statements resonate with particular relevancy now. The first such Ends Statement is "Discover and pursue our individual and collective work to advance justice, wholeness, and equity for people, our Earth, and all life on it." The second such Ends Statement is "Create brave space for racial healing and dismantling dominant culture." When we work together to make these goals real — step by step and day by day — the dream of the Beloved Community will become reality. "You may say I am a dreamer," the poet John Lennon wrote in the song "Imagine" shortly before his untimely death, "But I'm not the only one," he added. The poem-song goes on to implore, "I hope some day you'll join us. And the world will be as one." Indeed, as Unitarian Universalists often say, there is no such thing as other people's children — nor other people's grandchildren, parents, grandparents, siblings, cousins, aunts, uncles, and so forth.

We know doing the work that must be done will take each of us out of our comfort zones, but what we can accomplish together by doing so will be worth it. The world and each of us deserve nothing less. May we all keep doing the work, which is both an act of faith and a manifestation of hope.

THANK YOU from Rev. Lisa Friedman

Thank you, Unity Church, for the wonderful celebration of my eight years of ministry with you!



It has been such a joy and a privilege to serve you, to be a part of this amazing Executive Team and staff, and to share the work of love, learning, and justice. Please know that I am grateful for each moment shared, and that you will go with me in my heart. Remember always that your ministry matters to our faith and our world. I am touched to receive the blessing of a new robe and handmade stole, which I will wear with much joy and gratitude. Thank you for all the good wishes as I begin a new chapter of ministry at the Unitarian Universalist Church of Minnetonka and we all work to support a strong and vibrant Unitarian Universalism in Minnesota!

Much love,
Lisa (and Wayne, Ben, and Sam)

COMMUNITY OUTREACH

Affordable Housing Hygiene Drive

Supplies Needed to Respond to COVID-19 for Beacon Residents

As part of their commitment to the health and safety of residents in supportive housing facilities, the Beacon Interfaith Housing Collaborative has asked for our help with a hygiene drive to collect supplies to help formerly homeless people protect themselves during this pandemic time. Items will be used at three of Beacon's St. Paul facilities, American House, Kimball Court, and Prior Crossing, that serve adults with long term histories of homelessness, some former residents of the encampments, and young adults ages 17-25.

Items needed include:

- Hand sanitizer: small refillable pump style and/or large bottles for refills
- Disinfectant soap: small refillable pump style and/or large bottles for refills
- Body lotion, disinfectant wipes, paper towels, laundry detergent
- Masks of all types

How to support this drive:

1. If you purchase these items on your essential shopping trips, they can be delivered to the collection bin located outside the Unity Church entrance in the Holly Avenue parking lot.
2. Order supplies online. For a shipping address for online purchases, email LindaFei@aol.com.
3. Make a donation to Unity's Affordable Housing Team. Send a check to Unity Church with "Beacon" in the memo, or Donate online at <https://secure.acceptiva.com/?cst=1aadb6> (select "Other Payment" and put "Beacon" in the comments.

Update from the Sustainable Living Team

Meggie Exner and Jean Hammink, Sustainable Living Team

Though grief and outrage over the murder of George Floyd and the ongoing economic and emotional strain from the pandemic continue, a sense of possibility is also palpable. These recent weeks have seen protesters worldwide rallying together for racial justice and a new vision for community safety. A healthier, safer future seems even more conceivable after watching recent news clips of air pollution reduction as a result of economic disruption. As we continue to make space in our hearts for all of our anger and heartbreak, may we also find ways to use the upheaval of this moment to interrupt systems of oppression and destruction and to live into a future that nurtures all people and creatures.

Amidst these challenging times, the Sustainable Living Team is continuing to meet regularly to address sustainable living and climate justice. Here's what we're working on:

1. With climate justice being a priority for us and in light of the recent killing of George Floyd, we are increasing our awareness of the relationship between climate justice and racial justice in our communities. Watch for resources we'll be sharing with you in the August newsletter.
2. Our summer projects include creating a pollinator garden in the children's garden area and offering the Summer in the Garden program online. Both garden programs offer actual opportunities to work and care for the garden. Contact Anna Newton at asnewton3@gmail.com or Michelle Mecey at michelle@unityunitarian.org.
3. We are working with the thoughts and ideas that 50 of you provided at the Gather for the Earth event this last February to determine the environmental goals of the church for the next several years. In July, we will send out a list of short term actions inspired by your ideas that can be achieved in the next six months. Check the August newsletter or sign up for our bi-weekly e-blast at unitysustainabilityteam@gmail.com for opportunities to get a copy of the Gather for Earth report and to get involved.
4. In August and September we'll be reaching out to you to join us at an October rally to kick off the Unity Environmental and Climate Justice Movement and to take the next steps in using the Gather for the Earth report in developing Unity's long-term Green Sanctuary Plan.

We are excited for the justice work we are creating. We can change this world for the better. Let's all continue to do better, be more just, call out injustice, consume less, burn less, seek the local connections for sustenance on the drive towards the future of life on this planet, our only home. Peace.

Check in from Barack and Michelle Obama Elementary

Nancy Heege, Obama School Ministry Team

Unity's Barack and Michelle Elementary School Outreach Ministry Team recently met with Principal Niceta Thomas and she reported that the school district will share a plan for the coming school year by the end of July. Three possibilities for return include continuing with full distance learning, bringing the students back with social distancing and enhanced safety procedures, or a hybrid arrangement of some sort.

According to new research cited in a June 6 *New York Times* article, many school children in the U.S. will lag behind when school starts again in the fall because they've lost skills during these months away from the classroom. Some may be as much as a year behind. It is more important than ever for Unity Church to find ways to support the scholars at Obama School. If you would like to serve as a volunteer in the classroom or library, contact Karen Abraham at karen2bavol@gmail.com.

BELOVED COMMUNITY STAFF TEAM

Read. Watch. Listen. LEARN.

Merrill Aldrich, On Behalf of the Beloved Community Communications Team

Anti-racism books are at the top of the best-seller lists this year. It seems we are wondering more urgently how to help in a way that is constructive and impactful. It's a desire both to understand and to address questions about what we ought to be doing differently. This is also a conversation that has been ongoing at Unity Church, and our community is here to support one another as we decide what right action looks like.

Scholar Ibram X. Kendi describes parallel processes of introspection — critically examining our own assumptions, attitudes, and even vocabulary — and meaningful anti-racist action. He argues that the two activities could work together to move us past arguments of overtly held racist beliefs and into more effective actions against racist structures deeply embedded in our culture. So, what are some sustaining steps that we can take on these twin paths, working on ourselves (within) and in the world (beyond)?

First, the study of these issues is not in vain! Reading, watching, listening — learning — is absolutely helpful, especially as the result better informs our actions. A huge number of resources exist, and lately many folks have collected and listed and cataloged hundreds of them. Here is a sampling of the very tip of the iceberg:

- Remember, working on yourself is real. In fact, “doing our own work” is a request many people of color have made of white people about these issues — if you're a white person reading this, that is its own call to action.
- “Begin where you are.” Perhaps do a little work to understand where that is relative to others, so you can choose a starting point that makes sense.
 - Questionnaires can be a good tool for this, as they prompt you to think through some harder questions. Unity uses the IDI: <https://idiinventory.com/>

- This questionnaire is from Peggy McIntosh, associate director of the Wellesley College Center for Research on Women: <https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>
- Watch the Netflix look at racial inequality in our prison system, *13th*: <https://www.youtube.com/watch?v=krfcq5pF8u8>
- Listen to the 1619 podcast, which “examines the long shadow of slavery:” <https://www.nytimes.com/2020/01/23/podcasts/1619-podcast.html>
- If you're a white person, look into the research and writing of Robin DiAngelo to better understand your role in relation to other races. A good starting point may be her book *White Fragility*: <http://www.beacon.org/White-Fragility-P1631.aspx>
- Prioritize learning tools that work for you. If you love reading a thick book, do. If radio or podcasts work better, do that. Workshops and discussion? Seek them out. Unity Church is one great place to find multiple channels for learning including our library resources: www.librarycat.org/lib/UnityChurch
- Lists of more resources are deep and wide including Anti-racism Resources for White People, Sarah Sophie Flicker, Alyssa Klein May 2020: https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/

If you have taken this look around, to get a handle on where you are and where others stand, you may want to consider some of these:

- *The Case for Reparations* (article by Ta-Nehisi Coates) <https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>

- *How to be an Anti-Racist* (book by Ibram X. Kendi)
- A UU study guide pointing out “socially acceptable” attitudes and behaviors that are in reality covert forms of white supremacy: <https://uucsj.org/study-guide/legacies-of-systemic-injustice/white-supremacy/>
- Wade into the social media platforms of Twitter and Instagram and follow Black, indigenous and people of color firsthand.
- Understand from the source what Black Lives Matter is about: <https://blacklivesmatter.com/about/>

Consider the question of who is writing and speaking. For white people, myself included, white people talking to other white people on these topics can be a helpful way in, due to shared experience and perspective, but should not be the end point. Black, indigenous people, and people of color, while they should not be burdened with “explaining” racism, have done a tremendous amount of work putting this information out there. Seek that out and read it.

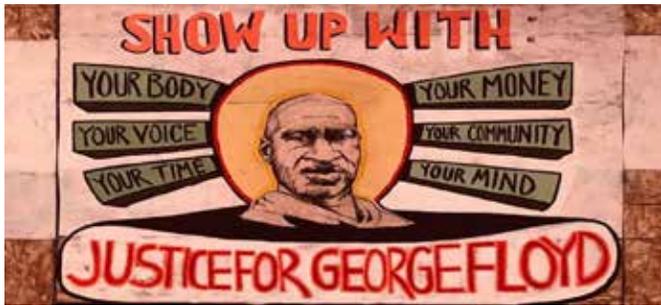
Finally, taking carefully considered and meaningful action is vital, and can take many forms:

- Understand and act on these issues in your local community, school systems, and local government.
- Understand and act on these issues in your workplace.
- If you have money to give, do.
- Find, connect with, and support organizations that are already doing work in this area, and let them lead.

The Beloved Community Staff Team was created to strengthen and coordinate Unity's anti-racism and multi-cultural work, and to share the stories of this journey with the wider community. Connect with the ongoing work of the team at: www.unityunitarian.org/beloved-community-news.

Beloved Community Program Update

#WeCantBreathe // Finding Our Next Right Action
Unity's Beloved Community Staff Team



In early June, a little over one week after the killing of George Floyd, Karen Hering and KP Hong of the Beloved Community Staff Team convened two programs, prompted by conversations of Black clergy and leaders. The first, #WeCantBreathe, was an opportunity for people to come together on Zoom to reflect on what our broken hearts can teach us in times like these, and what our UU faith calls us to do in the wake of the killing. We looked inward to our spiritual practices as the first step.

Finding Our Next Right Action, the second program, was held the following night. Seventy-five people showed up online to ask questions and discuss next steps. Breakout groups organized by topic such as “protesting,” “police reform/abolition,” “neighborhood organizing,” and more, raised many good questions, highlighting the need to learn from and perhaps be guided by our uncertainty.

What became clear is that the next steps forward have to lead from engagement with the community. This will help us cultivate or strengthen right relationship with Black leaders by building on connections already made or by building new ones. If ever there was a time to lean into our Ends of creating brave space for racial healing, dismantling dominant culture, and creating a multicultural spiritual home built on authentic relationships, this surely is it. But, how do we take our uncertainty and work in proximity with Black leaders to affect change?

The Beloved Community Staff Team is working to identify key pieces of potential work from the range of ideas generated at these discussions, as well as address any gaps that might need our attention. There is work enough for everyone. Some of it is personal work like taking the Intercultural Development Inventory (IDI) to examine our own path toward the anti-racist values to which we aspire. Other work is practical, like helping with rebuilding businesses damaged in the protests. Still other work is legislative, to make sure this moment doesn't pass without significant change. Please watch for more information about our next right actions in congregational email messages and on the Unity Church website.



What's the Big Deal about Podcasts?

Shelley Butler, Library and Bookstall Team

You can't think about something if you can't talk about it.
— Eula Biss

I've heard that podcasts are like Netflix for your ears and that there is no shame in being a PPA (Proud Podcast Advocate). Blogger Jonnie Stella even credits podcasts for “inspiring some of my major a-ha moments” and “crazy paradigm shifts.” So for those of you who think libraries are just about books, think again and tune in to some important podcasts about race and white supremacy available through the Unity Library catalog: www.librarycat.org/lib/UnityChurch. Remember: you can access the library catalog online from any computer, tablet, or smart phone with internet access.

“CodeSwitch,” a weekly podcast series from NPR on race and identity with the tagline, “Race. In Your Face.” Find the link to “A Decade of Watching Black People Die” in the Unity Library catalog.



“POD Save the People,” a weekly podcast series by civil rights activities DeRay Mckesson on Crooked.com. Special guests include local and national experts and leaders, and the show highlights stories and topics of people of color that are often overlooked otherwise.

“Seeing White,” a podcast series from Scene on Radio that dives into questions such as “What is whiteness for?” and “Where did the notion of ‘whiteness’ come from?” Recommended by a Beloved Community Staff Team member.

The library catalog also has links to videos online. Check out “The Danger of a Single Story,” a TED talk by Chimamanda Ngozi Adichie, recommended by Rev. Janne Eller-Isaacs.

Open Page Writing Session



Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, images and objects as well as wisdom from religious teachings, science, and history, to reflect on the month's theme in their own words. No writing experience is necessary. Pre-registration is required to receive an invitation to join the webcast: www.unityunitarian.org/literary-ministry.html.

The Journey of a Thousand Feet

Wednesday July 22 • 7:00 -8:30 p.m. • Online

In these times, demanding collective awareness and collective action, how are we to understand the Hero's Journey? How do we find our place in the journeys toward health, wholeness and justice? What does the journey toward collective heroism ask of us and give us as we find our way to a new home together?

CONGREGATIONAL LIFE



Welcome Words

Laura Park, Acting Director of Membership and Hospitality

As those who believe that a church is a community of helpers, wherein it is made easier to lead such a [religious] life;

These words come from Unity's historic [Bond of Fellowship](#). I have always deeply appreciated the commitment that these words represent. I came to Unity Church 25 years ago seeking such a community of helpers. I found that here, and so much more. I am honored to be starting as Acting Director of Membership and Hospitality, to help our community extend our circle of belonging to all people during our ministerial transition. In a time of both heartbreak and possibility, we need the strength of the Unity Church village to help us find and keep our balance and sustain us for the work ahead.

If you're new to Unity Church, welcome! We're so glad you're with us, whether from near or far in these times of online ministry. My virtual door is always open for conversation, information, and exploration of your pathway into our religious community. The best way to contact me right now is email, if possible, laura@unityunitarian.org. Or call the church office and leave a message: 651-228-1456 x110. I look forward to getting to know you!

Pathway to Membership Classes

The offerings below invite you to explore a deeper connection to Unity Church and the commitments and opportunities of membership. If you have questions or would like one-on-one conversation about getting connected or about membership, please contact Laura Park, Acting Director of Membership and Hospitality, laura@unityunitarian.org or 651-228-1456 x110.

Finding Yourself at Unity: Exploring Unity Church

Sundays Online • 1:00-2:00 p.m.

Finding Yourself at Unity includes eight classes that you can attend in any order to better understand how Unity Church supports our faith journeys, our work to build Beloved Community, and our efforts to bless the world. Topics include: UU History; Religious Education for Children, Youth, and Adults; Pastoral Care; Q & A with a Minister; Worship & the Liturgical Year; Social Justice & Community Outreach; Membership 101 & Congregational Life, and even an online Building Tour! Weekly church emails include the class topic and a Zoom link to get connected, or email laura@unityunitarian.org.

July 5: No class for the July 4 holiday

July 12: Membership 101 & Congregational Life

July 19: Pastoral Care

July 26: Religious Education for Children, Youth, and Adults

Committing to Unity: Joining Unity Church

Wednesday, September 30 • 7:00-9:00 p.m.

Have you been considering membership at Unity Church? 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 need meets the gifts and joy you have to offer. The class concludes with a ceremony as participants sign the membership book (virtually if necessary) and officially join the church! RSVP by email to Laura Park at laura@unityunitarian.org.

Wellspring Wednesday

Wellspring Wednesday will continue through the month of July. In the weekly Wellspring Wednesday email you can count on a link to Wellspring Wednesday chapel and opportunities to participate in programming.

You can find out more online at www.unityunitarian.org/wellspring-wednesday.html, and by checking the online ministry calendar at www.unityunitarian.org/calendar1.html.

Mentoring at Unity

Would you welcome having a guide to congregational life at Unity Church? Request a mentor! Your mentor will meet with you at least once a month face-to-face and be available for ongoing questions and advice. You can decide together what connection would be most helpful. You might attend Sunday services together, or meet to discuss Unitarian Universalism and your spiritual journeys, or attend a church event together, or find another way to connect. Each pair makes a commitment to work together for at least six months.

If you have questions, or would like to request a mentor, please email Laura Park, Acting Director of Membership and Hospitality, at laura@unityunitarian.org.

Congregational Database

Members are invited to log in to ShelbyNext, the online congregational database that includes the ability to update and review your own membership and giving account, access the membership directory, and view the calendar. Visit www.unityunitarian.org/membership-directory.html for all the details about how to connect.

Questions? Contact Martha Tilton at martha@unityunitarian.org or 651-228-1456 x105.

WELCOME NEW MEMBERS



Kyle Belmont (he/him) moved to the Twin Cities area in 2018 with his partner, Jay, and works at Macalester College in communications and marketing. Before moving here, Kyle worked at Star Island, a Unitarian Universalist camp and conference center off the coast of New Hampshire, and attended South Church in Portsmouth. Kyle remains involved with Star Island as an active volunteer. In his spare time, Kyle is an avid baker and has started gardening for the first time with limited success, but plenty of faith.

Jay Stapp (he/him) is a life-long Unitarian Universalist. He grew up in the Towson Unitarian Universalist Church in Maryland. Since then he has always found comfort in Unitarian Universalism wherever he goes. Recently, Jay has been exploring some new hobbies and taken a particular liking to embroidery and hiking.

Claire Cooke is a recent graduate of the University of Minnesota, has attended Unity Church her whole life, and is now joining as an official member. She loves nature, swing dancing, writing, learning new languages, and attending the young adult group! As she joins Unity officially, she is excited to explore how she might become more involved

in the church and where she might contribute. Even more than that, she is excited to continue to be challenged by the church to live out our values in her daily life. She recommits herself to that challenge and to support others as they strive to do the same!

Kevin Ely lives with his cat Emmett in South Minneapolis. He loves gardening, volunteering for the neighborhood association, urban and regional planning, and transportation planning. He is slowly getting into DIY projects a la This Old House. He came to Unity 12 years ago to help found Rainbow Chalice Alliance and create a safe and open space for LGBTQ outreach at Unity Church.

Samantha Bailey Fast comes from a Roman Catholic background on one side, but after the Quakers helped her father claim conscientious objector status during the Vietnam War, she was largely raised in the Society of Friends.

Karl Fast grew up in western Canada and was raised in a strong Lutheran family. When their son Niles was born they wanted him to experience a faith tradition that would connect him with a community of shared values and help him formulate his own relationship with the Divine. They were actively looking

for a church that would work for all of them. Unity was recommended by friends, about five years ago, and since then they have found it to be "just right."

Cynthia Harms is the parent of a son (and lovely daughter-in law) and of an almost 10 year old daughter, Rose. She inherited Rose when her mother, who had been homeless after her breakup from Rose's dad, moved into Cynthia's home when Rose was 11 months old. Her mother subsequently moved out, but Rose stayed. Cynthia is retired but is hunting for part-time work. Her passions are gardening, reading, and now, parenting and home schooling. She has worked with non-profits and been passionate about social justice and peace for all of her adult life. Unity Church feels like home.

Gail Mulcahey has been attending Unity Church for several years and is active in the Wellspring Wednesday community. She is excited to join now and to have her daughter more deeply engaged in religious education. She looks forward to getting to know more people and to making real and meaningful connections.

Jill Thompson came to Unity Church in September 2019 at the suggestion of a friend, seeking active involvement in community whose values align with her own. She is excited to continue exploring and deepening her spirituality, forming new friendships, and taking actions to better her community through justice and advocacy work.

Amy Welty is originally from a small town in Wisconsin along the North shore of Lake Superior. She came to the Twin Cities to find work many years ago, and met her husband Will. They have lived in Saint Paul ever since. Amy is a Registered Nurse. Her current passions include helping people and social justice. Her beliefs, values, and ideals align very well with Unity's, and she is grateful to have found it. She especially looks forward to being able to make an impact on the community through volunteering with Unity Church.

MINISTRY WITH CHILDREN AND YOUTH



Pitter-pattering Questions

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

Rev. KP Hong, Director of Religious Education

In the origin myths of Western civilization, political philosophers famously point to two cities, Athens and Jerusalem, and two figures, Odysseus and Abraham, making their Mediterranean and Mesopotamian journeys, respectively. Two journeys to transcend their historical bounds, both signifying the plight and desire of wanderers in search of welcome and home, one Greek and the other Hebraic, with parallel but distinct ideas of progress. Odysseus is the heroic sailor with the command and hubris of science, whose wanderings and siren songs never distract him from returning home to his throne and sovereign *self-bound identity* in Ithaca. No matter how monstrous or wonderful, disquieting or transformative, experiences of *otherness* are annexed and assimilated into his journey back home and the reassertion of the familiar world, unable to really appreciate what unfolds outside the precinct of his possessions.

Abraham journeys along a different narrative of exodus and exile, the proverbial “wandering Aramean” well-acquainted with the human as transient and vulnerable, sustained only by the hospitality of strangers and the summons to journey in faith “from your country and your kindred and your father’s house to the land that I will show you.” The indeterminacy of Abraham’s journey—the promise and postponement—surpasses what is known and familiar, refusing any atavistic attachment to a single place or narrative but rather drawn into that primary complicity with the wind-breath-spirit that hovers over the waters of every genesis.

Two journeys trace a different path between *self* and *other*, between *sameness* and *difference*. It may be that the identity of Western culture falls somewhere in between, but in this aching moment of ongoing protests and insurgent change, the journey that summons our courage and commitment is painfully clear. “It occurred to me that we do not need a praise song of comfort, but something cacophonous, something far more disruptive [than] what I call Odysseus-style diversity,” writes critical race scholar George Yancy. “Odysseus who tied himself to the mast of a ship and had his men stuff wax in their ears so that they would not hear the beautiful voices of the Sirens lest they be thrown to their death.” What we may need is precisely such fearless and courageous listening to the cacophonous summons that overthrows our self-bound identities. How can we practice such listening that will not leave us intact or unmoved? How can we practice such fearless and courageous listening that will unsettle, unnerve, and unhouse us from our ancient attachments with painful candor, danger, critical awareness, responsibility, and truth? For when our children look back upon this moment, will we have journeyed in such a way so they confess “a wandering Aramean was my ancestor” who brought us out of a narrow place?

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

Summer in the Garden

Unity's children's garden is beautiful right now! It looks a little different with two new beds: strawberries have moved into a new bed, and the previous strawberry bed is now mostly home to small (but eager) native plants that will feed or host pollinators and butterflies. While we cannot all be together in the garden at once, we invite children and families into the church garden for our summer Religious Education program. Typically for children ages 4-13 but the whole family is welcome to come out and help.

Anna Newton is our naturalist, gardener, and program lead for our Summer in the Garden program. With help from Michelle Mecey, Meggie Exner, and other friends, Anna will light a chalice, share songs, bring a garden story, and share activities for families to do at home and in Unity's garden.

- We hope that you will gather as a family for [Sunday's live stream](#) worship service, then scroll down to information on Summer Sundays in the Garden that contains a link to the week's garden video.
- If you would like your child to access Seesaw (an online classroom to share photos and journal posts with others in our garden group), please contact michelle@unityunitarian.org with an email address where each child can receive an invite to create their account.

Garden Scheduling and Safety Protocols

- To keep social distancing and coordinate families working the garden, all parents of kids ages 4-13 can receive an invitation to schedule time slots. A program volunteer will be there to lead your work.
- Additional time slots may be scheduled for helping with the pollinator garden, weeding, harvesting, and other activities as needed over the summer.
- Please bring your own gloves and tools as able. Some tools will be made available, but bringing your own will help to minimize need to sanitize between uses.
- We ask everyone to wear a mask and observe social distancing (at least six feet spacing from others).
- The church building is closed, so please plan accordingly. During most garden times the building will be available for bathroom and first aid (a note on the sign up sheet will indicate if the building is unavailable).
- A handwashing station is available near the water spigot; wipes and hand sanitizer are in the bin of garden materials.
- Please contact Michelle with questions/comments (email or text/call at her number in the church ShelbyNext database)

We hope that these garden opportunities will help our children and families stay connected to cherished summer rituals and sacred practices that shape our community life.

MUSIC MINISTRY / FELLOWSHIP GROUPS



Music Notes

Ahmed Anzaldúa
Director of Music Ministries

Musicians know very well what it is to perform for an audience. Personally, I'm a completely different person on the conductor's podium and on the stage. Over time I've worked to make sure that the stage version of myself is still authentic. However, it's an idealized version of myself — witty, outgoing, vulnerable — someone I wish I could be in my daily life but that I rarely get to be. This opportunity to live into an idealized version of myself is part of the appeal of being a performing artist.

Showing up to do the work of justice is hard enough without adding a pandemic to the mix, and for many that's meant being very active on social media. Let's not kid ourselves, though, social media is a stage, and we're all performing for each other. In response to the present moment, I see an enormous choir of friends and organizations saying all the right things, echoing each other in making heartfelt statements about justice and freedom. These statements are important and needed more than ever; it is a time to break the silence, to state our values clearly.

But then, when we're not onstage, we need to remember that idealized version of ourselves, and do the internal and external work to live into it. The work is not to perform onstage; performing onstage is inspiration for the work that we do every day. The work of justice. Every day. That's my hope for myself, my ensembles, and the organizations I lead and belong to, including Unity Church and Unity's music ministry.

Sing with a Unity Choir

Unity's choirs are still meeting online every week and will continue to do so through the summer. In addition to learning new music, we are also meeting to sing familiar songs and maintain our connection to each other and to the church. All newcomers are welcome and encouraged to take part! If you are interested, contact Ahmed at ahmed@unityunitarian.org.

Unity Choir is our non-auditioned ensemble of 60 to 75 voices. This singing community is the strong component on which our music program is built.

Unity Singers is Unity's auditioned, a cappella chamber choir.

Women's Ensemble is a continually growing and evolving group with members bringing tremendous creative energy, commitment, and joy!

Unity Church houses the Twin Cities chapter of **Threshold Choir**, an ensemble that sings for those at the thresholds of life. Small groups of singers bring music to the bedside of people as they die or endure illness or other suffering.

Connecting Virtually: Fellowship Groups

The following groups have committed to meeting online during the Stay Safe Minnesota order.

Afterthoughts offers time to discuss the service. Contact Paul Gade, 651-253-1493

Evergreen Quilters: The group meets the second Tuesday of the month, 7:00-9:00 p.m. and fourth Saturday of the month, 10:00 a.m.-1:00 p.m. Contact Peggy Wright, 651-698-2760

Kung Fu: Join the House of the Upright Ox for some online Kung Fu! This 60 minute practice strengthens the body, calms the mind, and lifts the spirit. Contact Barney Kujawski, barney.kujawski@gmail.com

Men's Breakfast Group meets on Saturday mornings at 8:30 a.m. Contact Tom Zell, tomzell@me.com

Men's Conversation Group meets July 6 and 20, from 7:00-9:00 p.m., to discuss a wide range of topics. Contact Terry McDanel, tmcdanel@gmail.com

Men's Retirement Group: Monday, July 13 and 27, 1:00-3:00 p.m. Contact Tom Zell, tomzell@me.com

Music Ministry: Unity Choir, Unity Singers, Women's Ensemble, and Thresholds Choir are all meeting and singing virtually. Contact Ahmed Anzaldúa, ahmed@unityunitarian.org, for meeting dates and times.

New Look at the Bible: Meets the second Thursday of the month at 7:00 p.m. Contact: Paul Gade, 651-253-1493

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

Single Parenthood Support Group: A single parents group building community together. All are welcome! Contact Rev. Lisa Friedman, lisa@unityunitarian.org

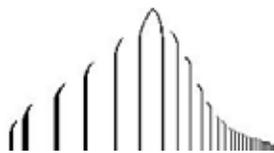
Textile Arts Group meets every other Wednesday, July 8 and 22, from 7:15-8:30 p.m. Contact Johanna Stammeier-Toole, johanna21e@gmail.com

Tween Group (grades 5-7) meets on the third Wednesday of each month, 7:00-8:00 p.m. Contact Ray Hommeyer, ray@unityunitarian.org.

Unity Book Club: Second Tuesday of the month, 7:00-8:30 p.m. July 14 discussion: *Rise to Rebellion* by Jeff Shaara. Contact Jack Hawthorne, jack.hawthorne@centurylink.net

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

Young Adult Group (ages 18-25): Meets every two weeks on Wednesday, from 7:30-9:00 p.m. Upcoming meeting dates include July 8 and 22. To be added to the Young Adults email list, please email kp@unityunitarian.org.



UNITY CHURCH—UNITARIAN

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Business Entrance: 732 Holly Avenue • Saint Paul, Minnesota 55104
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JACKIE SMITH, CHAIR, BOARD OF TRUSTEES
REV. JANNE ELLER-ISAACS, CO-MINISTER
REV. ROB ELLER-ISAACS, CO-MINISTER
REV. KP HONG, DIRECTOR OF RELIGIOUS EDUCATION
BARBARA HUBBARD, EXECUTIVE DIRECTOR
REV. LISA FRIEDMAN, MINISTER OF CONGREGATIONAL AND COMMUNITY ENGAGEMENT

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**TIME SENSITIVE
MATERIAL**

Beloved Community Staff Team

Turn to pages 6-7 for a selection of resources on race and white supremacy and for an update on our recent online programs, *#WeCantBreathe* and *Finding Our Next Right Action*. All of this information (and more!) is available on Unity's Beloved Community Staff Team blog page: www.unityunitarian.org/beloved-community-news.

A Call for Music

Have you been enjoying the daily music messages? Would you like to be featured as one of our daily music messages? Here is your chance!

Given the depth of musical talent in this congregation, Ahmed is extending an invitation to individuals and families to share their music making. Please send a video of your singing, playing a musical instrument, or doing anything else that's musical! The only request is that this is a video of you or your family making music — please do not send prerecorded music made by someone else. Audio/video recording quality doesn't matter much, as long as you can be heard and seen. So, turn on your phone camera, record yourself singing a song or playing something, and send it to Ahmed at ahmed@unityunitarian.org.

Thank you!

Sundays at Unity Church

Sunday worship is live-streamed at 10:00 a.m. from www.unityunitarian.org.

After the service, whether this is your first time with us or your 101st time, you're invited to participate in a **virtual Zoom coffee hour**, where we share a bit of our lives with each other and get to know one another more deeply. Stay for a few minutes just to say hi or stay up to 45 minutes to connect in smaller break-out rooms. Unity Church staff and volunteers lead the sessions, and will suggest questions both light-hearted and deep for discussion. To participate in the Zoom coffee hour, please refer to the link in our weekly Sunday service email (sent Thursday afternoon). If you do not currently receive church emails, please sign up here: <https://bit.ly/ucuemailsignup>.

If you would like to participate in **Finding Yourself at Unity**, a weekly way for newcomers to connect and learn about Unity Church and Unitarian Universalism, details are available here: www.unityunitarian.org/pathway-to-membership.html.

Summer in the Garden welcomes children and families into the church garden for our summer religious education program. Typically for children ages 4-12, the garden program offers virtual and actual opportunities to work and care for our garden from seed to harvest. See page 10 for details about how to connect with our garden program.