

It's Not Our Differences That Divide Us: Celebrating Our Outrageously Gorgeous Selves

Shelley Butler, Library-Bookstall Team

The wise and wonderful Audre Lorde said, "It's not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences." Believing that some of us deserve more recognizing, accepting, and celebrating than others, we on the Library-Bookstall Team would like to join UUA President Rev. Dr. Susan Frederick-Gray and Rev. Kathleen in lifting up the newly published *Authentic Selves: Celebrating Trans and Nonbinary People and Their Families*.

This beautiful book is the companion to the traveling exhibit curated by Family Diversity Projects (<https://bit.ly/fdpexhibits>). Both feature photographs, interviews, and first-person stories of people who are trans, nonbinary, and gender fluid, of all ages, faiths, ethnic and racial identities, professions, as well as their families. *Authentic Selves* is published by UUA-Skinner House Books, in collaboration with Family Diversity Projects, PFLAG National, and the Transgender Legal Defense and Education Fund.

Rev. Dr. Frederick Gray said:

As Unitarian Universalists, we affirm that our LGBTQIA+ siblings are sacred, whole, and divine and we understand the full expression of the diversity of gender and sexuality is a gift. This book recognizes that there are many ways to create a family, and celebrates both the chosen families and the families of origin of the contributors.

One of those featured in the book, Delaware State Senator Sarah McBride said:

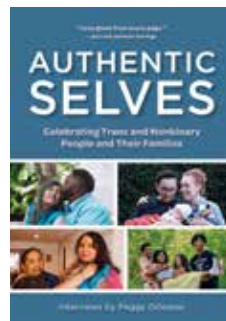
*I am so grateful that I am trans. And I am grateful to have the opportunity to talk about my authentic self and my journey in this book. What I want to tell young trans and nonbinary kids is that there is no one way to be trans. You are the best expert on who you are and what you need to be happy, healthy, and safe. And through the stories it tells, *Authentic Selves* demonstrates that truth.*

Just before Rev. Kathleen recommended *Authentic Selves* on Pride Sunday, June 11, 2023, she preached this:

Let your gender euphoria shine and keep shining because the world needs all of us and when we shine, when we change our lives, we change the world; and we can transform this world into a more loving and generous and generative and creative and fabulous and outrageously gorgeous self... where all children, all youth will live into their juice and their joy. That is my hope and my prayer on this Sunday.

This is all of us, our common hope and prayer. May it be so.

Find *Authentic Selves* at Unity Church in the Anderson Library (306.76 G) and in the Bookstall. Also find *Pride: The Story of the LGBTQ Equality Movement* and more in the LGBTQIA+ collection in the Anderson Library; view the catalog online here: www.librarycat.org/lib/UnityChurch



In The Justice Database

Family Diversity Projects is a non-profit organization devoted to helping eliminate prejudice, stereotyping, bullying, and harassment of people who are discriminated against due to sexual orientation, gender, gender identity, race, national origin, religion, and disabilities of all kinds. They tell the stories of real people presented in their award-winning traveling photo-text exhibits and in *Authentic Selves*. bit.ly/JusticeData



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

Unity Church-Unitarian
733 Portland Avenue, Saint Paul,
Minnesota 55104
651-228-1456

www.unityunitarian.org



JULY SERVICES

Sunday Worship Services

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

July 2: Civility and the Democratic Process

Rev. Karen Gustafson | Nancy Dilts, worship associate

Livestream: youtube.com/watch?v=CFtgMnvwv30

On this Independence Day weekend let us take a minute to consider the human capacity for civil discourse. Is it even reasonable to expect that the humans that we elect as leaders can engage the issues of today in a two party system with anything approaching real bipartisan cooperation? Are we who affirm and promote the democratic process as part of our grounding Principles willing or even capable of engaging our differences with civility and respect in service of a greater good?

July 9: Legacy: Finding the Larger Story

Rev. Karen Gustafson | Betsy Hearn, worship associate

Livestream: youtube.com/watch?v=-5RyQ53GDBQ

At the church auction in March, Tom Zell purchased the opportunity to assign a sermon topic to Rev. Karen and here is what they came up with!

As we look back at our lives we see, for better and for worse, the impact of our presence upon others, as well as the impact of others upon us. It can be tempting to define our legacy based upon a narrow cut of the stories that shine a light on our greatest achievements or the regrets that plague us. How might we find our way to a larger story that holds the fullness of our human journey?

July 16: World Snake Day

Rev. Shay MacKay | Carol Mahnke, worship associate

Livestream: youtube.com/watch?v=jz_pKW3E9UA

What if we were to celebrate our deepest fears? What transformation is possible when we allow (perhaps even welcome!) what scares us into our lives? There are reasons why we are afraid of things. And sometimes those are the very things that can guide us towards release, relief, and recovery. **Pancake breakfast after the service!**

July 23: What Happened to Us?

Rev. Justin Schroeder | Jim Mulvey, worship associate

Livestream: youtube.com/watch?v=4rMkmYC8mNM

The pandemic is over (or is it?). We're ready to move on with our lives. But as any trauma specialist knows, it's impossible to move on without some kind of processing of what happened. And so much happened, didn't it? There was the initial wave of fear, the lockdowns, the stay at home orders, and the blending of home/work/school life for so many of us. There was so much confusion and so many questions. The pandemic trapped us, and twisted time around us into a dull blur as the days blended together. Instead of uniting us, the pandemic pulled at the very fabric of our democracy and civil lives. What happened to us? How do we talk about the Covid-19 pandemic; name the grief, losses, and uncertainty we are still swirling in; and find meaning on our way to a new beginning?

July 30: Little 't' Truth

Merrill Aldrich | Lorelee Wederstrom, worship associate

Livestream: youtube.com/watch?v=GWjikt-iNUQ

Merrill Aldrich and Lorelee Wederstrom will explore how specific, even ordinary, encounters can be a powerful window to spirit or to universal truths. Historically, both Unitarianism and Universalism come from theological arguments that had a certain level of abstraction, but more recently we seem to have a more grounded definition for these terms. They are no less powerful, though, for naming "Little 't'" truths.

Summer in the Garden

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

Offering Recipients

Each week, seventy percent of our Sunday offering is given to a community non-profit and thirty percent supports the Community Outreach Ministry at Unity Church. Turn to page 7 for details about this month's offering recipients.

Summer Pick-Up Choir

July 9 and 16 | August 6 and 20
Meet for rehearsal at 9:00 a.m., in the Foote Room, and sing during the 10:00 a.m. service. Bring family and friends and come sing with members of Unity's choirs. No singing experience required!

Flowers for Worship

If you would like to provide flowers for a summer Sunday worship service, or if you would like to volunteer as the Sunday flower coordinator, please contact Martha Tilton at 651-228-1456 x105 or martha@unityunitarian.org.

Merging of Waters Service of Reunion

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

BOARD OF TRUSTEES / WELCOME WORDS



Board Service as Spiritual Practice

Kevin Ely, Secretary

Board service constantly reminds me of Unity's mission "to foster transformation by promoting a free and inclusive religious community." Board service involves meeting these needs with a

vision of the future we seek to make real. Here, service has to do with holding the challenges of today and the future needs of Unity and its moral owners. Members and moral owners together engage in the work of the spirit, as we work towards realizing the Beloved Community.

Many of the challenges today relate to how Unity Church can best support a multicultural spiritual home, support our antiracist ends, and help us achieve the Beloved Community here at Unity and in our larger community. While often spiritual practices can pertain to more individual practices, meaningful individual practice involves looking inward and outward to find meaning. This year the board is living out our intention to anchor and reflect on our work in every meeting within the context of both the double helix and the antidotes to white supremacy culture. Such work brings us to understand the needs of all through compassionate service while also challenging our biases and conditioning.

The act of listening to the congregation's concerns related to the last ministerial search has required the board to view the many different comments, and different perspectives regarding the May 2022 congregational meeting. As trustees considered the needs of the congregation after the last search, the board has passed the Ministerial Search Team (MST) Policy and Procedure. The MST Policy clearly speaks to the needs identified by the congregation, and the MST Procedure helps clarify the roles and responsibilities of the board and the MST. Additionally, the board is preparing recommendations and proposals from our policy/bylaws committee for possible bylaw changes regarding congregational approval pertaining to proxy voting, the voting threshold percentage required to call a new minister, and the conditions required for voting eligibility (signing the membership book, identifiable pledges, and waiting period).

As you are reading this, I want to invite all of you to consider board service. The call for trustee nominations and applications is open until July 15. Please consider completing an application or recommending someone to apply for the board. You can find the application and guidelines online at unityunitarian.org/board-of-trustees.html.

This is sacred work, done in covenant with each other and with our moral owners. The Unity of tomorrow needs those of us here today to work in concert for the Beloved Community.



Welcome Words

Laura Park

Director of Membership and Hospitality

Have you been exploring Unity Church during the summer months? We're so glad you're here! Summer has a slower pace at the church (only one service, monthly instead of weekly Wellspring Wednesdays, Summer in the Garden for our children) but there are still many ways to get connected and know us better. Maybe you'd like to come to a Saints baseball game (see page 4)? Or play some games or have some conversation at this month's Wellspring Wednesday (also page 4)? Or learn more about our way of the spirit in Finding Yourself at Unity (see below)?

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

Pathway to Membership Classes

These offerings 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 at laura@unityunitarian.org or 651-228-1456 x110.

Finding Yourself at Unity

For visitors and inquirers; held Sundays at 11:15 a.m., in the Gannett Room and online via Zoom at bit.ly/fyuonline.

Drop-ins welcome; childcare in the nursery.

Join the repeating eight-session cycle at any time and attend the sessions in any order. This month's offerings:

- July 2: No Class (Fourth of July weekend)
- July 9: Faith Formation for Children, Youth, and Adults
- July 16: Social Justice & Community Outreach
- July 23: Congregational and Pastoral Care
- July 30: Building Tour

Committing to Unity: Joining Unity Church

Tuesday, October 3 • 6:30-8:30 p.m.

Are you ready to make the membership commitment? This session, for people ready to become members, 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 and officially join the church. Contact Laura Park if you're interested in participating or to ask questions. She can also arrange a private signing ceremony.

CONGREGATIONAL LIFE

Summer Wellspring Wednesdays

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

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

July 12

Dinner: bratwurst/hot dogs/not dogs, dilled potato salad, roasted broccoli, dessert



Summer Fun Night for Everyone!

There will be fun for everyone: places to chat, relay races to run or to watch, water balloon toss, board games, art projects, and more. Come enjoy being together!

Lectio Divina

Online via Zoom: bit.ly/Lectio22-23

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

Beginner Violin

Choir Room

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

Textile Arts

Green Space Tent

All ages and levels of experience are welcome. Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch for an evening of fellowship and service. Meeting outside July 12 and August 9. Questions? Contact Laura Park at laura@unityunitarian.org.

Take Me Out to the Ball Game!

Thursday, August 17 • 7:00 p.m. • CHS Field

Join Unity Church congregants and friends to enjoy a St. Paul Saints baseball game at CHS Field. We have pre-purchased a block of seats together at \$20 per ticket.



You can purchase your ticket(s) at bit.ly/stpsaints23 or by contacting Laura Park at laura@unityunitarian.org or 651-228-1456 x110.

Purchase tickets by July 15. All are welcome!

UU Wellspring Sources Program

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

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

UU Wellspring is a year-long program of spiritual deepening connected to the Six Sources of our living Unitarian Universalist faith tradition. Through reading and reflection, daily spiritual practice, spiritual companionship, and small group process that holds space to hear our deepest thoughts, the UU Wellspring Sources program is a deeply meaningful way to explore what Unitarian Universalism means to you and how you want your faith to guide your life and your work for justice. A Coming of Age for adults, with a new exercise this year to write your own credo, your own statement of faith.

Comments from previous participants:

From the very beginning, the Wellspring readings and resources, reflection questions and group discussion filled a need I didn't realize I had... Creating a daily spiritual practice gave me permission to make time to reflect, to pause, to appreciate. I refined my own ritual as I learned how each of my fellow spiritual travelers designed their individual practices... Change starts with listening and learning — in my case, through the amazing Wellspring program. And then follow the road wherever it leads.

The UU Wellspring program has helped me cultivate [Peace in oneself, peace in the world] further and I would consider it a pivotal experience for adults in our community... As the world calls on us to address its most pressing needs, it is imperative for us to tend to our own individual spiritual development so that we can have the capacity to answer and show up. UU Wellspring is one path along this journey.

To find out more, contact Laura Park at laura@unityunitarian.org or 651-228-1456 x110. Registration opens in August.

PARISH HALL ARTISTS / FELLOWSHIP GROUPS

July Parish Hall Artists

The July art exhibit in the Parish Hall will be a different kind of show. The Unity Church Art Team has selected some favorite pieces from Unity's permanent art collection to feature this month, and every piece will be accompanied by written comments from the team member who singled it out.

You may have noticed that the art team has been actively expanding the church's art collection in recent years, in an effort to add artwork from different cultural traditions that bring our ends statements to life, specifically these:

- to create a multicultural spiritual home built on authentic relationships, and
- to know each other in all our fullness and create an ever-widening circle of belonging.

This show will include newly-acquired and long-held artwork, spotlighting a small sample of the diverse collection that has and continues to be curated.

A preview of the upcoming July show:



Artist: Heather Friedli

Title: Spring Promenade

Art Team member Nancy Walden says, "I want to step right into this painting. The wide path invites me in and the vibrant colors resonate through me. I feel myself swaying as I respond to the movement created by the shapes of the trees. When I first step in, it is to a shadowed space, but soon the sunlight and blue sky draw me forward to the lightness ahead. I walk in gratitude, glad to be journeying among spring's joyous awakenings."

Take another look at artwork that may feel like old friends you've made at Unity Church, perhaps appreciating them newly through art team member's appreciative interpretation.



Artist: Unknown

Title: Hmong Story Cloth

Art Team member, Ruth Kirkland writes, "these homeland scenes of the Hmong people remind me of how difficult it is for people to change their lives and culture, and how brave the Hmong people are."

Fellowship Groups

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

Afterthoughts offers time following the 9:00 service to discuss the service.

Caregivers Group meets on the third Thursday of the month.

Evergreen Quilters: This quilting group meets the second Tuesday of the month, 7:00-9:00 p.m. and fourth Saturday of the month.

Families Living with Mental Health Challenges meets the first Saturday of each month, 9:30-11:30 a.m.

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

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

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

Men's Conversation Group meets on Zoom Monday, July 10, 17, and 31, from 7:00-9:00 p.m.

Men's Retirement Circle: Monday, July 10 and 24, 1:00-3:00 p.m.

New Look at the Bible meets the second Thursday of the month at 7:00 p.m.

Recovery from White Conditioning meets Wednesdays, 6:00-7:00 p.m.

Textile Arts Group meets in the green space tent at Unity Church during summer Wellspring Wednesdays from 7:00-8:30 p.m. Bring your knitting, embroidery, etc.

Unity Book Club meets the second Tuesday of the month, 7:00-8:30 p.m. July 11: *The Women With Silver Wings* by Katherine Sharp Landdeck. August 8: *Exit West* by Mohsin Hamid

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

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

COMMUNITY OUTREACH MINISTRY

Act for the Earth Team

Summer News and Events

Our summer schedules are more relaxed. We will hold regular meetings on third Sundays, light lunch provided.

Active Hope Book Groups

Six Monday Evenings: July 10, 17, 24, 31, August 7, 21
7:00-8:30 p.m. • Choose in-person (Unity Church) or Online
Register: <https://bit.ly/activehopegroup>

Are you feeling a level of despair, numbness, or overwhelm about the state of the world, especially as it relates to climate change? Join Unity's Act for the Earth Team in reading *Active Hope* by Joanna Macy and Chris Johnstone and discovering that active hope is not wishful thinking but determining what we want our future to be and actively working toward making it happen.

Garden Stewards

Wednesday, July 12 and 26 • 5:00 p.m. • Children's Garden
Do you wonder who plants and nurtures the gardens at church? Well, it could be you! While our children care for the garden on Sundays, it is a touchstone for all of us — join us in this grounding and experience of the interconnected web of life.

Pollinator Habitat at Unity Church

Volunteers gather from 10:00 a.m.-noon every other Saturday to maintain the church pollinator garden: July 8 and 22, August 5 and 19, and September 2, 16, and 30.

Tour de Frogtown with Patricia Ohmans

frogtowngreen.com

Wednesday, July 19 • 5:30 p.m.

Our Village Community Garden

This roughly two mile walk highlights the Frogtown Green vision of a park and farm with native tree plantings, a half mile long pollinator "Bee Line," community gardens, a big rain garden and a community gathering space. Then join us for dinner (location TBD). Park next to the garden, Our Village (at Pierce Butler and Milton). Contact Anna Newton for with questions or updates at 651-295-1524 (text preferred).

Gun Sense Team

Summer Break for Gun Sense Team

The Gun Sense Team is on pause during summer, and its next regular monthly meeting will be Thursday, September 14, at 3:30 p.m., at Unity Church and via Zoom. When we reconvene we will focus on connecting with youth in our congregation to listen to experiences they and their friends might have had surrounding gun ownership and the safe or unsafe handling of guns. Throughout the year we will stay abreast of ways in which we can keep Unity members informed about gun safety in the greater community. For more information or to join the September meeting, please email gun-sense-ministry@googlegroups.com.

Affordable Housing Team

Thanks for Your Support

Habitat for Humanity Work Week

Thank you to all the Unity Church members who helped with the Habitat for Humanity home renovation project in Roseville the week of June 12. Our volunteers, with others from the Faith Builders congregations, worked 46 worker days painting, installing flooring, cutting window trim and even installing a new egress window. This will be an updated affordable home for a Habitat client. Supporting Habitat construction projects provides affordable homes and improves neighborhood housing stock. It also supports the important affordable mortgage program and the ownership support programs that Habitat provides their clients. For more information contact Chuck Griggs at griggscb@msn.com.

"Unlock the Metro" Press Conference Pleads for More Housing Vouchers



Unity Church members assemble with clergy from area churches before entering the Met Council.

On June 14, Unity's Affordable Housing Team participated in a clergy press conference to deliver more than 1,000 keys collected by area churches to the Met Council. Clergy urged Met Council to develop a policy around their 8,000+ housing vouchers such that 30% of them are distributed as Project Based Vouchers (which would then go to deeply affordable housing projects). This is in line with HUD recommendations. Unity's Affordable Housing Team partners with Beacon Interfaith Housing Collaborative, which organized the press conference. One of their main areas of expertise is building apartment units whereby tenants pay no more than 30% of area median income toward rent — and project based vouchers allow for this to happen. Yet, Met Council does not have a consistent policy for distribution, which causes Beacon's project funding to fall through and hampers their planning. Unity Church brought more than 200 keys donated by church members. Thank you to everyone who donated their spare keys! Because of the pressure of the press conference, Met Council Chair Charlie Zelle finally agreed to meet with Beacon staff to discuss this impasse. Watch for updates on the Met Council's response.

Connecting UUs and allies
to help shape a just and
loving world. muusja.org



OFFERING RECIPIENTS / MUSIC MINISTRY

Offering Recipients

Each week, seventy percent of our Sunday offering is given to a community non-profit and thirty percent supports the Community Outreach Ministry at Unity Church. Donations are gratefully accepted online at bit.ly/sundayoffering.

July 2: 1House 2Hands

1House 2 Hands partners with Metro Deaf School to handle funding for a desperately needed physical education facility. Gym classes are currently held in the school lobby and an adjacent garage, and both are inadequate for the training of the school's athletes. This collection will support the financial campaign to build a new gym. Unity Church member Bobbi Cordano was one of the school founders in 1993, and member Wendy Harris is a teacher at the school. mdsmn.org

July 9: Project Home

Project Home provides overnight shelter for area families experiencing homelessness. In its 23 years, Project Home has partnered with dozens of local churches, synagogues, and schools helping families achieve housing and economic stability through its many outreach efforts. Throughout the pandemic, 100 nightly guests have been living on the campus of St. Kate's University. This collection will provide bedding and cookware for Project Home guests. interfaithaction.org/what-we-do/projecthome

July 16: Chalice Camp

Chalice Camp provides a unique summer opportunity for children in grades one through eight to deepen their connections to Unity Church, Unitarian Universalism, and the wider church community. This summer's camp will include worship, small and large group activities, and time for outdoor fun and play. This collection will support scholarship opportunities for Unity Church families. unityunitarian.org/chalice-camp.html

July 23: Center for Victims of Torture

Center for Victim of Torture (CVT), headquartered in St. Paul, works to forge new ways to advance human rights and build a future free from torture. Through research, training, and advocacy, CVT works to promote healing for communities and individuals damaged by torture. This collection will support clients in need of bus passes, clothing, and household items. Unity Church members Ron Prieve and Nancy Wagner volunteer with CVT. cvt.org

July 30: Minnesota Prison Writing Workshop

Minnesota Prison Writing Workshop fosters literacy, community, and devotion to art inside Minnesota correctional institutions. As part of this deeply rehabilitative process, students tell their own stories and challenge stereotypes about incarcerated populations. During the pandemic, all in-person programming was suspended. This collection will support the resumption of 25 in-person classes for summer/fall 2023. mnprisonwriting.org



A Note from Laura Potratz

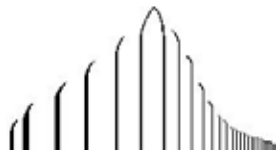
As I wrap up my time at Unity Church, I find deep in the never-ending pile of yet-unknown organ music I want to share with you a piece called *Hózhó*. If you are familiar at all with Navaho composer Connor Chee (b. 1987), it is probably through the world of piano music. But last year he was

commissioned to write a piece for organ, and as soon as I first played it, I was in love with the idea of emulating Native American flute sounds on a giant machine full of flutes. A tracker organ (meaning an organ where the connection between the keys and the pipes is entirely mechanical, as opposed to having electric components) gives even more possibility to the idea, because the keys can be released gradually, tapering off the tone and pitch the way a mouth flute can. Unfortunately for this music, pipe organ builders deliberately strive for notes to have a clean release, and it was a challenge to get a key to come up slowly enough on our Noack organ to control the airflow near the pipes. Still, I loved the journey, and I offer one last organ piece before leaving you with the words of composer Connor Chee below: youtu.be/PgcRVyKq3J4.

This piece was inspired by the traditional Diné (Navajo) concept of Hózhó, often translated as 'balance and beauty.' This concept permeates Diné life and culture, and reflects the state of harmony that binds all things together in the universe. When elements of the universe fall out of balance, nature will ultimately strive to achieve homeostasis and balance once again. In the same way, the Diné seek to achieve harmony and beauty in life each day, despite the inevitable times of imbalance.

As a child, my grandmother taught me that keeping balance and harmony in my life started with the simplest things. I was taught to always keep my necklaces hung neatly so they would not tangle, to keep my belongings in order, and even to make sure my shoes were untied when I took them off. The idea was that if I could keep balance in those fundamental things, it would permeate my spirit and inspire my life as a whole. Although I still struggle to keep the space where I live and work in perfect order, I know that when I feel overwhelmed or out of sorts, I can start by organizing the simple things to welcome balance back into my life.

"Hózhó" for Organ Solo presents a musical search for balance and beauty. At times, the music is unbalanced in form and meter, but seeks to return to a more harmonious state. The melodic content that opens the piece is presented again at the end, but in retrograde. This symbolizes a balanced idea that surrounds the rest of the (sometimes unbalanced) musical content. It returns the listener to the beginning of the piece with a melody that is in essence the same, but transformed during the experience.



UNITY CHURCH-UNITARIAN

Sanctuary Entrance: 733 Portland Avenue • Saint Paul, Minnesota 55104
Business Entrance: 732 Holly Avenue • Saint Paul, Minnesota 55104
651-228-1456 • fax: 651-228-0927 • www.unityunitarian.org • unity@unityunitarian.org

REV. KP HONG, MINISTER OF FAITH FORMATION
BARBARA HUBBARD, EXECUTIVE DIRECTOR
REV. KATHLEEN ROLENZ, INTERIM SENIOR MINISTER
LOUISE LIVESAY-AL, CHAIR, BOARD OF TRUSTEES

NON-PROFIT ORG.
US POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 1141

**TIME SENSITIVE
MATERIAL**

CHANGE SERVICE REQUESTED

GARAGE SALE

July 27, 28, and 29
9:00 a.m.–5:00 p.m., each day

Help raise \$10,000 to meet our 2023 operating budget goal.

We'll be accepting donations in the days preceding the sale. We ask that whatever you donate is in good condition. No sets of dishes, clothes, or books, but we will be accepting kitchen and cooking items, furniture, sports and exercise equipment, artwork, toys and kid's stuff.

Let us know if you'd like to help. We need volunteers to sort and price items in the days before the sale, particularly on Wednesday, July 26, and volunteer to tend the sale on Thursday, Friday and Saturday. We also need a few folks to help clean up and clear out the left overs on Monday, July 31. Sign up to volunteer: <https://bit.ly/ucugsale>.

2023 Chalice Camp at Unity Church

Are you ready for another summer of community, connection, and fun? We are!

Week 1: July 10-14 | Week 2: July 17-21

Chalice Camp is offered Monday-Friday, 8:30 a.m.-5:30 p.m., for children and youth ages 5-18 (youth in grades 7-12 serve as junior counselors and counselors). Details and registration: unityunitarian.org/chalice-camp.html

Food Shelf Donations

Bring an item (or six) each time you come to church!

Imagine if everyone attending a Sunday service brought an item for the food shelf — our collection baskets would be overflowing in no time! When school is out and free meals are not available for students, families turn to the food shelf. During the month of July the food shelf needs food items, toothpaste and toothbrushes, mouthwash, shampoo and conditioner, and body wash. If you would like to donate money for perishable food items you can visit hallieqbrown.org. Thank you!

