

## Sabbath

*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. We explore each theme in worship and in our newsletter; in covenant groups, and religious education; and in our community outreach ministries, our literary journal and programs, and many other opportunities. The June theme is Sabbath.*

When I was a child, I thought the word Sabbath literally meant “Saturday.” My only understanding of *Sabbath* was the Jewish observance which took place every Saturday, and about which I knew nothing more. That, plus the fact that both words start with the same two letters, and it seemed a pretty obvious definition to my eight-year-old self.

It was many years before I understood that Sabbath was a concept that was not owned exclusively by Judaism. You mean *anyone* can observe Sabbath? At *anytime*, not just on Saturdays? It was around that same time that I learned a different — and better — definition of Sabbath: “a sanctuary in time.” In this understanding, we view spaciousness as the intention of Sabbath — a giving—over of responsibilities so that we may delight in that which we have been given.

To be fair to my inner eight-year-old, the concept of keeping a holy Sabbath does indeed come from the Hebrew scriptures, and it was commanded to take place on the seventh day. The Hebrew word *shabbat* is from a root meaning “to rest” or “to desist” from work and labor. Keeping Sabbath was a core mandate given by God to the Israelites; even enslaved people were not allowed to work on the Sabbath.

Unfortunately, in the New Testament, Paul liberates people from the commandment of the Sabbath, and in so doing, he ushers in the Protestant work ethic and lays the ground for the Capitalist system. But what Paul failed to recognize is that Sabbath isn’t a restriction — it is a liberation. Keeping Sabbath can be

viewed as a justice-building practice: a refusal to participate wholly in a system that worships near-constant work and never-ending “to-dos.”

In a time when not only adults but also children are overscheduled to the point of exhaustion, it feels critical to become intentional about rest so that we may surrender to the blessings of life. In our Unitarian Universalist culture, we don’t have a mandated Sabbath, so keeping Sabbath is less about details and more about the intention of our commitment.

Sabbath is not intended to begin at our convenience — rather, it is a rhythm of life which we honor and submit to, regardless of whether or not we’re ready for it. Sabbath is a time of spiritual and physical refreshment, intended to be a period of delight. The fact that it is so challenging to claim intentional periods of rest and delight is evidenced by the shame associated with taking time away from our duties, the same shame that views retirement as a crisis: where does our worth lie when we are not productive?

One way to begin to become intentional about keeping Sabbath is to “unplug” and observe a digital Sabbath. The purpose of technology is to help us make more time in our lives for those things which matter most. Through email and social media, we can communicate much more efficiently than we used to. But when we then use that efficiency to communicate with twenty times more people, we deny ourselves the opportunity to use technology as a gift

and instead it becomes a curse. We live in an age where turning off our phones for a family meal is an alien concept. And when we return to our phone hours later and see the calls and emails we’ve missed, there can be a sense of shame, a feeling that we have been lazy. Taking time to honor our highest values might even feel selfish, but it’s vital to our well-being and is well worth the courage it takes. And when we do it for ourselves, we are also modeling it for others and perhaps even insisting that they do it, too — which is important, since in its purest form, Sabbath is a communal practice.

As a parent, I’ve been reminded of the necessity of practicing Sabbath by my toddler. One recent day “off,” I planned an assortment of fun activities for us to do — visiting a museum, walking to the park, having dinner out — thinking that I needed to do something special in order to bless our time together. But when she woke up, she startled me by listening to my plans and then asking if instead, we could just stay home. And after a delightful and blissful day spent coloring, reading, cuddling, and playing make-believe, I was reminded that our time together already is sacred. There is nothing I can do to make it more so except recognize it.

— By Mae Gibson Wall, with help from Janne Eller-Isaacs, Rob Eller-Isaacs, Jim Foti, Lisa Friedman, and Kerri Meyer

**Sabbath Resources**  
Turn to page 6.

## Just Words

What a remarkable year. Hundreds of people from Unity Church joined tens of thousands of faithful Minnesotans first to defeat an ill-conceived anti-marriage constitutional amendment, and then to push through legislation bringing marriage equality to our state. And while we were standing together for justice we were working together in pursuit of *Unity Tomorrow*. In the past eighteen months we developed the plan, put together the team, raised over 6.5 million dollars and restored and expanded our church home. These two substantial accomplishments only represent the high points of what has surely been a rich, engaging year of ministry.

We thought long and hard about how best to celebrate the completion of the *Unity Tomorrow* project. So many people were involved it's hard to know where to start. At Flower Communion, on the morning of the day when we also rededicated the building, we offered our heartfelt thanks to Ruth Stryker Gordon, who chaired the design team, to Sally Foster and Tom Merritt, who chaired the Capital Campaign and to Lorelee Wederstrom, who served as the owner's representative overseeing the timely completion of the project. She and her team brought it in on time and within budget. Each of these four represents many others who gave their all to bring the vision home. The sustained standing ovation at each service was as much in appreciation for whole congregation as for its leaders.

At ground breaking a year ago the whole church family stood out in the rain. We heard brief comments from young and old alike. We donned hard hats and with those golden spades we turned the first symbolic shovels full of dirt. It was a family affair. We decided we wanted to bring a larger vision to the rededication celebration. We knew we wanted a great dedication sermon. And we knew we wanted the event to reiterate our commitment to live out our ministry at the intersection of spiritual resilience and positive social change. So we invited Van Jones to preach. Van's work weaves together a deep, creative commitment to both racial and environmental justice. He was the perfect preacher and partner for the day. Then we asked Dane Smith, a Unity Church member who is President of Growth & Justice, whether his organization would like to join us in bringing Van Jones to town. He responded with great enthusiasm and the stage was set.

The service of rededication was stunning. The Unity Singers brought us Isaye Barnwell's "Hope," Van preached a loving and powerful call, our dear colleague the Rev. Carl Walker from Morningstar Baptist Church gave the dedicatory prayer. The place was rocking. After the service, Growth & Justice convened a group of 25 government, foundation and activist leaders to forge a new initiative to bring thousands of green jobs to the Twin Cities. It was a challenging conversation in which a number of us insisted that racial equity must be at the heart of the agenda. Then Van spoke again to a large and passionate crowd. It was a day we can be proud of... Unity Church at its best. Helping us all to live lives of integrity, service and joy.

Yours gratefully,

Rob



# JUNE/JULY WORSHIP / SUMMER SOLSTICE CELEBRATION

## Sunday Worship Calendar

From May 26 through September 1, there is just one service each week at 10:00 a.m. Lay-led worship services begin June 23. Religious Education Summer Sundays in the Garden will be offered during the 10:00 a.m. service. Sermon podcasts and archives are available online at [www.unityunitarian.org](http://www.unityunitarian.org).

**June 2: *Ripping Off Our Busy Badges* — Kerri Meyer**  
Worship Leader Kerri Meyer will launch our exploration of Sabbath-keeping in a service that speaks to our graduating seniors and the parents of newly dedicated children about the "why" and the "how" of balancing busyness with rest. The congregation will participate in a Celebration of New Lives and in our annual Senior Bridging ceremony.

**BBQ Luncheon Celebrating Kerri Meyer**  
Everyone is invited to a BBQ lunch, following the service on Sunday, June 2, celebrating the ministry of Kerri Meyer. Weather permitting, the luncheon will be held in the green space on Portland Avenue. Please bring a salad or dessert to share and leave it in the walk-in cooler. Volunteers will set up the buffet during the service. Don't forget a picnic blanket! We hope you will join us!

**June 9: *The Privilege of Sabbath* — Jim Foti**  
What privileges help sustain a meaningful religious community? How might we be able to expand our circle? In his final sermon as a ministerial intern, Jim Foti will be joined by Worship Associate Don Lorr for an exploration of community, culture, and what we create together.

**June 16: *An Invitation to Rest* — Mae Gibson Wall**  
Please join Hallman Ministerial Intern Mae Gibson Wall and worship associate Steve Harper as we jointly say goodbye and reflect on our time as worship leaders here at Unity Church. We will explore what it means to give ourselves permission to rest in this, our final service in the Unity pulpit.

**June 23: *Plucking a Strawberry in the Midst of Despair* — Laura Smidzik**  
The classic Buddhist tale of the monk and the tiger points us toward the small but profound joy found even in times of despair. Hope is different from optimism and is held deeply in our faith. How do we turn toward the joy despite difficult circumstances?

**June 30: *Hand in Hand***  
Unity Church members sometimes travel a long way to find a second spiritual home — one that answers a longing they may not have even known they felt. Members of Unity's Mano a Mano Outreach Ministry Team reflect on the meaning of integrity, service and joy... in Bolivia.

### ***Keep in touch this summer!***

If you have a pastoral joy or concern to share during the summer months, please contact Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107.

**July 7: *Unitarian Universalism: The One True Religion (and how it will save America, and the world)* — Chico Hathaway**

Sad to say, as a community and as a nation, we face a very long list of problems. The good news is that most of the problems are the result of a long series of decisions made by ... people. So given that we worked ourselves into this situation, we should be able to work ourselves out of it. But how? Come hear how Unitarian Universalism and its churches are uniquely positioned to lead the world to a better tomorrow.

**July 14: *The Poetry Pledge and Other Public Promises* — Laura Schlatter**

What does it mean to make a very public promise to engage in a long-term spiritual practice? Public commitments bind us in ways that internal resolve sometimes cannot. Blessings flow from resolve, not aimed at earning blessings, but at nurturing a heart that is open and willing to accept what comes. Laura Schlatter and Worship Associate Kate Connors explore the challenges and rewards of commitment, discipline, daily practice and an open heart and mind.

**July 21: *Why We Garden* — Patricia Ohmans**  
A garden is more than just a collection of plants. It is more than its soil, water, trees, and more than its outdoor rooms and vistas. At best, a garden is where the gardener can begin to define his or her place in the world. Patricia Ohmans and Worship Associate Ray Wiedmeyer explore this idea.

**July 28: *What's up with the Goddess?* — Katy Taylor**  
How does the resurgence of teachings focused on the Goddess have relevance for us today? As Sobonfu Somé clarifies, these are not "new age" teachings, but "ancient age" teachings. Katy and Worship Associates Joan and Segundo Velasquez will explore how the qualities and manifestations of the Goddess are necessary for living a balanced and whole life today.

## **Summer Solstice Celebration**

**Friday, June 21 • 7:00 p.m. • Sanctuary**

Come join us for a contemplative and celebratory, family-friendly, Celtic-inspired ritual to mark the turning of the year as the light reaches its peak and the seasons continue their cycle. This participatory ritual will include chanting, meditation, joys and sorrows, singing, and a May Pole for the kids to weave. Bring items to place on the altar. If you would like to participate as a ritual leader or in a facilitating capacity (greeter, set-up, etc.), please contact Katy at [katy@thewingedheart.net](mailto:katy@thewingedheart.net) or 651-291-8551.



# BOARD OF TRUSTEES / CHALICE CAMP

## Board of Trustees

From Terry Linskey, Trustee

One of my favorite events of the church year is when the Coming of Age credos are presented by our 9th graders. I must have attended at least 15 of these ceremonies through the years, and I am always amazed at the wisdom, humor and insights of our young people. It is truly a testament to the work done by Religious Education staff, mentors, parents and, of course, the young people. We ask a lot of them and they never disappoint. It's heartwarming and inspiring to see them articulate their beliefs, and begin their journey of a maturing spiritual life.

There was another beginning this past weekend when we rededicated our building after a major renovation and restoration. Guest speaker Van Jones challenged us to not only rededicate this beautiful space, but to rededicate ourselves to economic equality and social justice. As I listened to him speak, I felt that this was one of the defining moments in the history of Unity Church — a benchmark as we begin this important work.

A beginning of a different type is something the Board has been working on all year — and, ironically, this “beginning” is called our Ends Statements. Ends Statements are the precision tools the Board uses for governing. They provide direction. They provide benchmarks for success.

This process of developing new Ends Statements has allowed me to view our church in a way I could not have imagined a few months ago. Various members of the Board have had creative sessions and planning meetings. There have been discussion groups and experiential activities with the congregation and we've invited community groups to share their ideas about how they view the community they want to live in.

We have now read and analyzed the information gathered from these conversations. Several weeks ago, the Board gathered for a retreat to begin the process of developing the Ends.

The deep work of creating Ends Statements — built on the ideas and words shared by so many during this concentrated process — reminds me of a well-known story that you may be familiar with.

*A professor takes a bag of rocks and carefully places them one by one in the jar until it is full. “These rocks are the big important things in your life — the things that if everything else was lost, and only they remained, your life would still be full.”*

*She then scoops out several handfuls of pebbles from a second bag and lets them fall into the jar, shaking the jar slightly so the pebbles fall into and fill the space between the rocks. “These are the secondary things in your life that gives it meaning, but perhaps are not ‘your life’s work.’*

*She then takes a third bag containing sand and pours it into the jar, filling the space between the pebbles. “The sand is the little stuff.”*

*The professor looks out over her students and asks, “Can you see what would happen if I began with the sand or the water?”*

This story is about setting priorities and changing perceptions. We all have our rocks, our pebbles and our sand. How are we going to fill the jar of our religious community? If we start with the important values of our community, the smaller things will move around in the space remaining, but the reverse is not true. If we start with the sand and water, there will be no room for our rocks.

We've read again and again the words you have used to describe your vision for our church. Trying to determine the important things — “the things that if everything else was lost, and only they remained, our life would be full.”

It has been a privilege to work on our new Ends Statements. I have enjoyed hearing about your hopes and dreams. Now the work begins.

# CHALICE CAMP

## Friends

## Fun

## Crafts

## WATER



## Singing GAMES

**Chalice Camp Week 1: June 24-28**  
**Chalice Camp Week 2: July 8-12**

Share in summer fun and Unitarian  
Universalist values with Unity  
friends entering grades 1-6.

Our camps run Monday-Friday,  
from 8:30 a.m. to 5:30 p.m. daily.

### Payment

Tuition is \$250/week.  
Scholarships are available.

Registration and payment is  
online at [www.unityunitarian.org](http://www.unityunitarian.org).

# MINISTERIAL INTERNS

## Mae Gibson Wall

2012-13 Hallman Ministerial Intern

So this is goodbye... sort of.

When my time as your Hallman Ministerial Intern is up in mid-June, I will remain in St. Paul to do a residency in Clinical Pastoral Education at United Hospital. As a seasoned teaching congregation, you all know well that when the intern leaves, s/he really leaves. This is based on recommendations from the UUA, which say that "because interns need to encounter the emotions associated with saying good-bye, it is customary for the intern not to maintain any contact with members of the teaching site for at least a year." Another important reason they give for leaving well is to respect the incoming intern(s), who don't necessarily want their predecessor(s) hovering around as they try to integrate themselves into a new community.

These are both, of course, excellent reasons. And I tend to be someone who follows the rules. But in this case, I asked for an exception.

If you've encountered me in any capacity whatsoever this year, you no doubt know that I have an almost-three-year old daughter, Maisy. In a time of enormous personal transition, Maisy has thrown her arms around this community, and this community has embraced her with love and dedication. She treasures this church like no place else, always eager to come and sad to go. She has faithfully attended the 4:30 service each Sunday, followed by fellowship over soup supper. And Wellspring Wednesdays have been the highlight of her week. When we enter the building, the first thing she asks is, "When can we go upstairs and sing?" She knows every word of the ritual hymns we sing every Wednesday night. She never misses putting in a blue or yellow stone during our sharing of joys and sorrows. She has made this church her home, and I cannot think of a greater gift than for her life to be intertwined with yours during this critical time in her development.

And so I asked for an exception. Because what are we here to do besides grow souls? And if a soul is growing steadily, nourished by love and community, we ought not pluck it up at its most tender time.

All this being said, I am working with the Executive Team to figure out what this continued relationship might look like. How can we respect the principles of the boundaries drawn by the UUA while honoring a child's need to maintain ties with her religious community? We're not sure yet, but I have faith that we will work it out. So if you see me around these hallowed halls next year, let's remind each other that I'm not here as your ministerial intern — although it has been a blessing and a privilege to serve in that role.

Thank you for helping me grow in my ministry, and thank you — from the bottom of my heart — for loving my child and making her a part of your beloved community.



## Jim Foti

2012-13 Ministerial Intern

I didn't know who she was, but she sure was exuberant, and she had our full attention. When she asked everyone to stand up, there was little hesitation — we pushed our chairs back from the conference table and rose to our feet. Within moments, there was clapping and singing, and the room was reborn into joy.

"Wow," I thought. "I've never been to a staff meeting like *this* before." It was my first-ever Wednesday morning visit to Unity Church-Unitarian, and I was thrilled that these would be my new co-workers — that this spirit-filled place would be where I would grow, and where my ministry might bloom.

With my two-year, half-time internship coming to an end, this is my final column for *commUNITY*, and I'm tempted to simply type the word "thank you" over and over until it flows off the page. Like so many interns before me, I leave with a heart full of gratitude, and a mind expanded and refined by a broad range of experiences.

I've joked about the challenge of learning the names of the thousand or so people who make up Unity Church, knowing it was an impossible task for my middle-aged neurons. But while names didn't always stick, I have felt a connection with so many people. And, more importantly, I feel that I have helped members of this community connect with each other and better know themselves. Serving this church — both its people and the institution — is how I have lived out my gratitude.

At my seminary, we students were sometimes asked, "Who loved you into being where you are today?" My answer is a long and humbling one — my partner, my family, my friends old and new, the singing people at that first staff meeting, and the wondrous congregants I've encountered every step of the way. Who loved me into being where I am today? A thousand hearts from Unity are forever on the list. Thank you.



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Unity Church-Unitarian  
733 Portland Avenue • Saint Paul, Minnesota 55104  
651-228-1456 • [www.unityunitarian.org](http://www.unityunitarian.org)

## Welcome Words

The sweet June days are almost come again, and we have waited a long time to revel in the sun! As you relax into summer, I encourage you to stay connected to Unity Church. Come to a summer service and hear from the wonderful lay preachers in our congregation. Meet Winnie Gordon, who will visit us from England to explore the connections between American and British Unitarianism. Explore writing as a spiritual practice, or the meaning of retirement, or the joy of raising UU children together. Enjoy a Saints game with your fellow Unity members and friends and ponder the sermon on the mound. Religious community is a year round gift, even as it, too, relaxes into shorts and lemonade. See you in church!

Lisa Friedman, Director of Congregational Life

### Pathway to Membership Classes

Unity Church offers three different classes for visitors who are exploring Unity as a spiritual home. Sign up at the Welcome Table on Sundays or contact Laney Ohmans at 651-228-1456 or [laney@unityunitarian.org](mailto:laney@unityunitarian.org). Childcare is available by contacting Christy Randall at 651-228-1456 x127 or [christy@unityunitarian.org](mailto:christy@unityunitarian.org) at least one week in advance. Rev. Lisa Friedman, Director of Congregational Life, is also happy to meet with you to answer questions and to welcome you into the congregation. She can be reached at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x 107.

### Welcome to Unity: Our Class for Newcomers Choose one:

Sunday, June 2, July 7, August 4: 11:30 a.m.–12:45 p.m.  
If you have been visiting and would like to find out more about Unitarian Universalism and our congregation, we invite you to join us for a *Welcome to Unity* class.

### Finding Yourself at Unity: A Deeper Exploration

**Three night series:** Thursday, August 22, 29, September 5: 6:30–8:30 p.m. ~ also offered ~ **Full-day class:** September 28: 9:00 a.m.–4:00 p.m.

In this class, we will have an opportunity to share part of our religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation. A light supper will be provided.

### Committing to Unity: Joining Unity Church

Saturday, June 8: 9:30-11:30 a.m. ~ also offered ~  
Wednesday, October 23: 7:00-8:30 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 will conclude with a celebration ceremony as participants sign the membership book and officially join the church! New Member recognition ceremonies will be held on Sunday, June 9 and October 27.

## The Story of the Nepal Social Service Fund

**Sunday, July 14 • 11:30 a.m. • Center Room**

Join Dr. Earl and Ms. Beverly Thompson as they share their inspiration for creating the Nepal Social Service Fund, and the impact that it continues to have in health care, education, and sustainable growth and development in Nepal. Their story is one example of how, in Margaret Mead's words, "a small group of thoughtful, committed citizens can change the world." The Nepal Social Service Fund will be one of the offering recipients this summer.

*Ja'afari Islamic Center invites you for...*

### Ramadhan Dinner on Sunday, July 14

**Arrive at 8:30 p.m., dinner is at approximately 9:30 p.m.**

This event is free but reservations are required to Maytham Somji by phone at 763-516-5985 or by email at [maytham\\_s@hotmail.com](mailto:maytham_s@hotmail.com). Ja'afari Islamic Center is located at 10301 Jefferson Highway in Brooklyn Park. [www.mnjamat.org](http://www.mnjamat.org)

## Unitarianism in Britain

**Wednesday, July 17 • 7:00 p.m. • Parish Hall**

Come for an evening of conversation with Winnie Gordon, who will talk about British Unitarianism — its general history (with specific focus on the West Midlands locality), and current congregational life — with the aim of discovering what we can learn from one another. Ms. Gordon is a recent graduate of the Unitarian College Manchester and has received a grant to come to Unity Church to study American congregational life.

## Wellspring Wednesdays on Summer Vacation

But we're already planning for fall! If you would like to participate on a Wellspring Wednesday cooking team or have ideas for Wellspring Wednesday programming, please contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107.

## Sabbath Resources

### BOOKS

*Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*, by Wayne Muller

*Sabbath in the Suburbs: A Family's Experiment with Holy Time*, MaryAnn McKibben-Dana

*Bowling Alone: The Collapse and Revival of American Community*, by Robert Putnam

*Zen Mind, Beginner's Mind*, by Shunryu Suzuki

*Putting Family First: Successful Strategies for Reclaiming Family Life in a Hurry-Up World*, by William Doherty

### CHILDREN'S RESOURCES

*A Quiet Place*, by Douglas Wood (ages 3+)

*The Shabbat Puppy*, by Leslie Kimmelman (ages 3-5)

*Houndsley and Catina and the Quiet Time*, by James Howe (ages 5-9)

*The Lorax*, by Dr. Seuss (ages 6-9)

# CONGREGATIONAL LIFE

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## Flowers for Summer Worship

If you would like to bring flowers from your garden for a 10:00 a.m. summer worship service, please contact Marcy Mann-Anderson at the Church Office at [marcy@unityunitarian.org](mailto:marcy@unityunitarian.org). The available dates are June 2 through August 25. The flowers need to be arranged in a vase and placed in the chancel by 9:15 a.m. on the Sunday you select.

## First Meeting of the Young Adults Group

The very first meeting of the Unity Young Adult Group (ages 21-35) will be held Thursday, June 13, at 6:30 p.m., at Unity Church. We'll meet to get to know each other a bit and to discuss what we might like to do as a group in the coming year. Please RSVP to Laney at [laney@unityunitarian.org](mailto:laney@unityunitarian.org).

## Join Unity Gardeners

Help is needed maintaining the church gardens during the summer! There is much to do and we welcome all levels of experience. If you enjoy working with flowers and foundation plantings, contact Ethel Griggs at [c.griggs@comcast.net](mailto:c.griggs@comcast.net) or 651-429-0064 to learn more about the Unity Gardeners team.

## Job Transitions Group

**The Job Transitions Group meets each Monday morning from 9:00-11:00 a.m., in the Anderson Library.**

If you are newly without employment, retired, contemplating retirement, between jobs, or discerning an employment or vocational change, you will benefit from the conversations, resource sharing, exercises and camaraderie this group supplies. For more information contact Janne at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) or 651-228-1456 x106.

## Women's Retirement Group

You are warmly invited attend the upcoming meetings of the Women's Retirement Group which will be held on Thursday, June 13 and 27, and July 11 and 25, from 1:00-3:00 p.m. The group plans to meet twice a month on the second and fourth Thursdays. If you are interested in learning more, please contact Leah Doherty at [doher001@umn.edu](mailto:doher001@umn.edu).

## Boston Pilgrimage: October 11-16, 2013

You are invited to join our ministers for a pilgrimage to the Unitarian Universalist holy sites! We'll visit Plimouth Plantation, Harvard Divinity School, the Oracles of Concord, Walden Pond and the historic churches of Boston. There will be time for sightseeing as well as conversation and reflection. We will be staying at Pickett/Eliot House the UUA B&B high atop Beacon Hill.

The approximate cost will be \$1300 exclusive of airfare. Limited scholarship funds will be available. If you are interested in participating in this pilgrimage, please contact Song Thao at [song@unityunitarian.org](mailto:song@unityunitarian.org) to have your name added to the list. An initial refundable deposit \$200 per person will hold your place.

## Ongoing Groups at Unity Church

*These groups are open to all members and friends of Unity Church. If you are looking to connect with a group, please contact the person listed below, visit the church website at [www.unityunitarian.org](http://www.unityunitarian.org) for meeting information, or call the church office at 651-228-1456.*

**A New Look at the Bible:** Second Thursday of the month (June 13 and July 11) at 7:00 p.m. Contact: Paul Gade at 651-771-7528.

**Afterthoughts:** This group will meet after the 10:00 a.m. service during the summer. Contact: Paul Gade at 651-771-7528 for more information.

**Caregivers Group:** An informal support group for caregivers. Third Thursday of the month (June 20) from Noon-2:00 p.m. This group will not meet during July. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) for more information.

**Evergreen Quilters:** Second Tuesday of the month (June 11 and July 9) from 7:00-9:00 p.m. and fourth Saturday of the month (June 22 and July 27) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760 for more information.

**Job Transitions/Networking Group:** Every Monday at 9:00 a.m. in the Anderson Library. Contact Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) for more information.

**Living With Grief Group:** A group for people living with grief and loss. Third Tuesday of the month (June 18) from 7:00-9:00 p.m. This group will not meet during July. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) for more information.

**Men's Retirement Group:** Monday, June 3 and 17, and July 8 and 22, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578 for more information.

**Unitots!** A drop-in playgroup for families (parents, grandparents, aunts and uncles) with kids through preschool age. Every Monday and Thursday, from 9:30 a.m.-noon, in the nursery. Contact Christy Randall at [christy@unityunitarian.org](mailto:christy@unityunitarian.org) for more information.

**Unity Book Club:** Second Tuesday of the month (June 11 and July 9) from 7:00-8:30 p.m. See page 10 for the list of books. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net) for more information.

**Unity Bridge Club:** Friday, June 7, and July 5, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

**Women's Retirement Group:** Second and Fourth Thursday of the month (June 13 and 27 and July 11 and 25) from 1:00-3:00 p.m. Contact Leah Doherty at [doher001@umn.edu](mailto:doher001@umn.edu).

**Zen Meditation:** Find renewal and grounding. Tuesdays from 5:30 - 6:30 p.m., in the Ames Chapel. Contact Ken Ford at [kford5@comcast.net](mailto:kford5@comcast.net).

## Welcome, Marcy Mann-Anderson!

Unity's New Office Manager



Hello! I am Marcy Mann-Anderson and I am excited to be on staff here at Unity Church as the Office Manager.

I was born and raised in Minnesota. I grew up in the Summit-University neighborhood in a fairly large family with my mother Thelma, father James, and six siblings. I attended

Webster Elementary and Marshall Jr. High., singing in the Marshall Jr. High choir, led by Benjamin Zachary. I graduated from St. Paul Central High School in 1975.

I currently live in South Minneapolis, with my husband Lee and two children, Cameron and Mari. I attend Minneapolis Community and Technical College where I'm working on my second degree in Business Administration. I have many interests, most of them in the art and crafts area. I make jewelry, using the "lost wax casting technique," draw, paint, make whimsical stools, sew, and cook — I'm interested in just about anything that lets me be creative. One of the most noticeable things about me is my love for computers. My family says I wake up and go to bed on the computer. That is because I am a firm believer computers are the quickest tool to find anything you want or need to know.

I feel very blessed to have the opportunity to work here at Unity Church-Unitarian. And I look forward to my new journey!

## Rides Ministry

There's a role for just about everyone in Unity's Rides Ministry, which matches congregants who need a ride with those who are already driving to Sunday services.

If you would like transportation to worship, please call the church office at 651-228-1456 and find out whether a volunteer driver is available to bring you along.

More than 60 volunteers have signed up to provide rides, but we can always use more to help cover the wide geographic area in which our congregants live. If you'd like to be an occasional or regular driver, please call the church office.



## Consider Your Spiritual Growth and Maturity — And Help Unity Too

Our mission at Unity Church-Unitarian is to encourage people to live a loving life of integrity, service and joy. If we're living into that mission, we experience spiritual transformation, develop spiritual maturity. But, how do we know we're developing spiritual maturity? What does spiritual maturity look like? We're piloting a tool to help us find out.

This is potentially groundbreaking work that Unity Church has been developing for ten years. We started our attempt to understand how church affects people's spiritual growth and maturity with questions on our annual congregational survey (see below for more on why we are not having that survey this year). In conversations with the board and in consultation with the evaluation expert working with our congregation at the time, Theo Jolosky, the Executive Team developed a series of questions to capture a broad understanding of spiritual transformation. More recently, Unity Consulting partnered with the Rev. Dr. Kendyl Gibbons, former minister at First Unitarian Society Minneapolis, to develop the instrument further. As the Judy lecturer at the 2011 Prairie Star District Annual Conference, Kendyl presented a paper on the topic: "Spiritual Maturity as the Goal of Faith Development." She helped us incorporate the ideas from her paper into this pilot instrument.

The pilot instrument we're inviting you to take asks questions about all aspects of spiritual maturity. We are trying to determine the underlying dimensions of spiritual maturity, however individuals understand that term for themselves, and the relative importance of these dimensions in impacting spiritual maturity. We especially welcome youth (anyone age 12 and older) to participate, as over time their responses will give us insight into youth and the development of spiritual maturity that no one else yet has. Ultimately, we hope to build an instrument that would be useful to congregations around the country.

Please participate in the pilot by using our on-line tool at <http://bit.ly/tipilot> or pick up a paper copy of the questions in the Parish Hall Sundays from now until June 30. Thank you!

## What about the Annual Congregational Survey?

The Board will not implement the congregational survey this year, in order to give people more opportunity to complete the spiritual maturity survey. This pilot is a good opportunity for Unity Church to be involved with a research effort in partnership with other congregations. It is likely to yield insights relevant to some of our Ends, and also may result in an instrument that the Board can use in the future as an accountability tool. Timing is a factor, too. The Board is writing new five-year Ends based on feedback offered from participants in the *Charting Our Course Together* process during March and April. When they are implemented in 2014, a new congregational survey will be designed to measure our progress toward them.

Look for further information in the fall about the results of the spiritual maturity pilot and the board's conclusions about whether it will use this survey in the future.

# MARRIAGE RESOURCES / BUY SHARES

## Do people confide in you?

### Take Marital First Responders Training

July 20, 2013 • 9:00 a.m. – 4:00 p.m.

Unity Church-Unitarian

**Marital First Responders** are people who others open up to about troubles in their marriages and intimate partnerships. They are natural confidants. But they are sometimes unsure about how to be helpful, how to avoid taking sides, and how to steer friends and family members to the right resources.

**Marital First Responder Training** will equip these socially connected people to be more intentional, skilled, and confident when a friend, coworker, or family member confides about relationship struggles. It's not about being a counselor but being a good friend to a person and a marriage.

**Unity Church** is the national launching pad for this new approach to supporting marriages and intimate partnerships in the wider community. Now that we have marriage equality in Minnesota, our church wants to help all marriages thrive.

**The trainer is Bill Doherty**, Unity member, University of Minnesota Professor, marriage therapist, and Director of the Minnesota Couples on the Brink Project. Bill started this project after learning about "mental health first aid training" in Australia, which teaches community members how to respond helpfully to people in their social networks who experience mental health crises. Within 10 years, one percent of the entire adult population of Australia received this training. Bill is doing Marital First Responder Training at Unity Church and several other local communities before taking it to larger scale. There will be follow up opportunities for those who participate.

#### Training topics will include:

- Listening and empathizing without taking sides
- Offering helpful perspectives on relationships
- Challenging when needed
- Keeping good boundaries
- Helping people find the right kind of help

For information and to register, contact Bill Doherty at [bdoherty@umn.edu](mailto:bdoherty@umn.edu).

## Heart to Heart: A Couples Enrichment Weekend

Friday, November 1, 2013, 7:45 p.m. to Sunday, November 3, 4:00 p.m. Koinonia Retreat Center • Annandale, MN

Heart to Heart is a program led by three experienced couples and is designed to enrich communication and intimacy in your relationship. All committed couples are welcome — same-sex and opposite-sex, married and unmarried. The cost is \$410 per couple and includes two nights lodging and meals Saturday and Sunday. Financial assistance is available. Space is limited to 15 couples. Sponsored by Unity Church. More information is available at <http://heart.mn.cx> or by calling 651-300-4119.

## Share the Enthusiasm Share the Goal

**We have \$2.3 million to raise. How will we do it?**

**As a congregation we will commit to purchasing**

**920 Shares at \$2,500 each**

(payable immediately or through 2015)

#### How to purchase Shares:

Fill out the form below and return it to Unity Church

Fill out the form online at [www.buyshares.org](http://www.buyshares.org)

Name(s):

\_\_\_\_\_

In support of the *Unity Tomorrow* Capital Campaign for Unity Church-Unitarian, and in consideration of the gifts of others for this purpose, I (we) hereby commit to purchase

\_\_\_\_\_ Shares at \$2,500 each for a total of \_\_\_\_\_ dollars.

I (we) will make payments each year as follows:

2013: \$ \_\_\_\_\_ 2014: \$ \_\_\_\_\_

2015: \$ \_\_\_\_\_

Additional payment information:

\_\_\_\_\_

Check one:

Please identify this gift as from

\_\_\_\_\_

Please record this gift as anonymous

We understand that Unity Church will incur substantial expense in reliance on this commitment and that it is a legally binding obligation on my (our) part.

Signature(s)

\_\_\_\_\_

Date: \_\_\_\_\_

E-mail/Phone: \_\_\_\_\_

\_\_\_\_\_

## Open Page Writing Sessions



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

**Sunday, June 2, 1:00-3:00 p.m.**

**Reflection Topic: Sabbath**

Unity Church

Free; RSVP [karen@unityunitarian.org](mailto:karen@unityunitarian.org)

A day of rest can be hard to come by. But an empty day, like an empty page, can open sacred and creative possibilities. "All creation springs from emptiness," says writer Wayne Muller. In our busy 24/7 lives, this writing session reflects on the gift of Sabbath rest and other sacred time and space.

### Two Upcoming Summer Sessions

Unity Church will offer two evening Open Page writing sessions during the summer, on Tuesday, July 9, and Wednesday, August 14, from 7:00-9:00 p.m. Topics are yet to be determined. The sessions are free but an RSVP is required.

### Other Literary Programming

For information about additional writing programs offered in other locations, visit [www.unityunitarian.org/literary-ministry.html](http://www.unityunitarian.org/literary-ministry.html), or to receive periodic e-mail notifications of Karen's upcoming literary programs at Unity Church and elsewhere, contact [karen@unityunitarian.org](mailto:karen@unityunitarian.org).



But especially he loved to run in the dim twilight of the summer midnights, listening to the subdued and sleepy murmurs of the forest, reading signs and sounds as a man may read a book, and seeking for the mysterious something that called — called, waking or sleeping, at all times, for him to come.

— Jack London, *The Call of the Wild*

### Great Summer Reading in Unity Libraries

It was the summer of 1845 that Thoreau moved to a cabin he built himself on Walden Pond. *Walden: 150th Anniversary Illustrated Edition* of the American Classic, published in association with the Walden Woods Project, will give you a new perspective on this classic work (818 T Anderson Library).

Whether you want to re-read an old favorite or find something brand new, Unity Libraries has a great selection for adults and kids. The Anderson Library (2nd Floor, Eliot Wing) and The Whitman Children's Library (Story Room, Lower Level) will be open all summer after the 10:00 a.m. service.

### Shop Amazon While The Bookstall is on Hiatus

The Bookstall will be closed from May 26, 2013 through Labor Day weekend, but you can still support Unity Libraries by buying books (or anything) from Amazon. How To: 1) go to the Unity Church home page, 2) click on the Amazon link, 3) purchase something and a portion of the proceeds comes back to Unity Libraries.

### The Cairns Staff Never Rests

OK, so that's not actually true but you may submit to *Cairns* anytime this summer. For early consideration, submit by June 3, 2013. Final Deadline: October 7, 2013.

**Happy Summer!** — *The Library & Bookstall Team*

## Unity Book Club

**The Unity Church Book Club meets on the** second Tuesday of each month from 7:00-8:30 p.m. at Unity Church. Upcoming dates and books include:

**June 11:** *Under the Banner of Heaven A Story of Violent Faith*, by Jon Krakauer

**July 9:** *America Gods*, by Neil Gaiman

**August 13:** *Under the Tuscan Sun*, by Frances Mayes;

All are welcome even if you haven't read the book. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net) for more information.

# JUNE & JULY 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 the chosen community non-profit recipient.*

**Please make checks payable to Unity Church.**

## June 2: Chalice Camp

Chalice Camp at Unity Church is designed to provide a unique opportunity for children in grades one through six to deepen their connections to Unity Church, Unitarian Universalism, and the wider community. The camp's focus is on our Unitarian Universalist heritage, seven principles and how the principles affect our relationship to the larger community. Both weeks will include daily group worship, group activities and time for fun. This offering will be used for scholarships. Unity Church members Hannah Eller-Isaacs and Willie Webb are the Chalice Camp Directors this year.

## June 9: Ujamaa Place

Ujamaa Place was founded in 2010 to serve 18-28 year old African American males who are marginalized and underserved by society and are often undereducated and unemployable. Ujamaa Place offers an intensive wrap-around program ranging from six months to two years with high-context coaching in areas of self-empowerment, life skills, GED preparation, spiritual development, community service, job skills, job placement and connections to family. Unity Church member, Rick Heydinger is one of the founders and a current Ujamaa board member. Turn to page 13 for details about welcoming some of the men of Ujamaa to the neighborhood.

## June 16: Think Small

Think Small's mission is to advance quality care and education of children in their crucial early years. According to the Minnesota Department of Education, 50% of children in the state are not fully prepared for kindergarten. Think Small works to eliminate the achievement gap by connecting families to high quality child care, providing professional development and materials to over 6,000 child care professionals, and advocating for families and child care professionals. Unity Church member Janet Bisbee is on the executive team of Think Small and a former client of the organization.

## June 23: Volunteer Transport Inc.

In the belief that opportunities to give charitably should not exclude those who have only their sweat and spirit to give, Volunteer Transport provides financial assistance to individuals who wish to volunteer for charitable or humanitarian projects but are otherwise unable to afford the expense of travel. Volunteer Transport promotes a culture of volunteerism by ensuring the cost of a plane ticket does not get in the way of a day's work sandbagging along a rising river or restoring a hurricane-damaged home. Unity Church member Jane Prince is a member of Volunteer Transport's fundraising committee.

## June 30: UTS Scholarship Fund

Theological diversity is essential to United Theological Seminary (UTS) where Unitarian Universalist students receive and contribute to a rich learning environment. UTS strives to prepare women and men for effective ordained and lay leadership in church and society; to pursue theological inquiry and shape theological understanding; to serve as sustaining resource for religious leaders; and to foster spiritual formation and ethical development. Several Unity Church members are current students or graduates of UTS and Janne and Rob Eller-Isaacs and Lisa Friedman have all shared their teaching skills as adjunct faculty at UTS.

## July 7: Scholars of Minnesota—COPE (Creating Opportunities for Post-Secondary Education)

Scholars of Minnesota-COPE Project's mission is to assist underrepresented students in the community to obtain educational opportunities, financial support, and other resources they need to reach their highest academic, professional, and personal goals. COPE arranges and provides after-school mentoring and preparation for college for students in the Twin Cities metro area. The program activities include ACT/SAT college prep classes, college tours and fairs, financial planning and an annual fundraising scholarship event. COPE is run by volunteers which includes board members, parents, community members and students. Unity Church member Laura Park is a member of the COPE board of directors.

## July 14: Nepal Social Services Fund

The Nepal Social Service Fund provides programs in literacy, human and animal health, and economic development in several areas and villages of Nepal. Since 1985 the volunteers and staff have graduated 7,200 women from 247 literacy courses; provided 155,000 Nepali women, men and children with emergency health, medical and dental care; tested 175,000 adults for tuberculosis; gifted 225,000 packets of seeds and trained thousands of villagers on best practices in agriculture; provided 530,000 animals with preventative care and disease management; and artificially bred 10,000 goats, cattle, water buffalo and pigs. Unity members, Rose and Don Crannel are long time supporters of Nepal Social Services Fund. Please turn to page 6 for an opportunity to learn more about Nepal Social Services Fund.

July 21: Ujamaa (see June 9)

July 28: Think Small (see June 16)

August 4: Volunteer Transport Inc. (see June 23)

August 11: UTS Scholarship (see June 30)

August 18: COPE (see July 7)

August 25: Nepal Social Services (see July 14)

# COMMUNITY OUTREACH MINISTRY

## Thank You

### To and From Unity Church Outreach Ministry Teams

*"Thank you" is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding. — Alice Walker*

**Freedom to Marry:** We are thankful for the many Unity Church congregants who participated in legislative contacts and actions at the capitol in support of this historic legislation. A special thanks goes to two people, Jane Eastwood and Dick Buggs with the Freedom to Marry task force, who spent many hours recruiting, inspiring and leading the rest of us in actions that made a difference towards marriage equality for all.

**Ban The Box:** For the past few years, members of the Restorative Justice team have advocated for this legislation in collaboration with Minnesota Second Chance Coalition. We are grateful for their commitment, and the commitment of others, who supported the passage of this bill that will now require private employers to remove the question, including the check box, about prior criminal records on job applications.

**Homeless Youth Act:** With the support of Unity Church and their community partner, Beacon Interfaith Housing Coalition, the Affordable Housing team led the effort to pass this legislation that added four million more dollars for Homeless Youth in Minnesota. We thank this team and many other supporters for this life changing legislation.

**Safe Schools For All:** Although the House of Representatives passed this anti-bullying legislation, the Minnesota Senate did not vote for this bill during this session. The bill would have required districts to come up with policies to prevent and investigate bullying in schools. In spite of this delay, watch for its reappearance in the next session. We are extremely thankful to members of the Rainbow Chalice Alliance team for their leadership of this proposed legislation, to ongoing congregational support, and to Jim Davnie, a Unity Church member and co-author of the bill as a House of Representative from Minneapolis.

## Unity's 8th Annual Pilgrimage to NOLA!

Join in the 8th annual Unity Church pilgrimage to New Orleans from November 2-9, 2013. These pilgrimages are a time to participate in volunteer service in some of the many New Orleans neighborhoods that have not fully recovered from the flood following Hurricane Katrina. This pilgrimage also provides time away to reflect on larger race and class equity issues and the ways these issues intersect with our Unitarian Universalist faith. The week-long trip also includes meeting with community leaders, connecting with friends and homeowners from previous pilgrimages, and exploring the rich culture of the Crescent City. An informational meeting will be held on Sunday, July 21, at 11:15 a.m. in the Center Room. For more information contact Pat Haff at the church office.

## Habitat for Humanity

### Help build this summer!

Unity Church volunteers will again assist Habitat For Humanity this summer in combination with other area churches under the heading of Faith Builders. We will be building safe affordable housing this year through the construction of several town homes in Cottage Grove. The building dates are June 24-28 and July 8-12. Please visit the Affordable Housing table in the Parish Hall after services on Sundays for more information or to sign up. Sign up is also available online at <http://bit.ly/unityhabitat> or by contacting Chuck Griggs at [griggsch@msn.com](mailto:griggsch@msn.com). You may volunteer one day or multiple. We look forward to your help in providing for the housing needs in the metro area.

## This Summer! Volunteer for the Children's Defense Fund Freedom School

### From Judy Rieke and Jane Thomson, Unity Church Racial Justice Ministry Team

This summer, the Saint Paul Area Council of Churches, Saint Paul Promise Neighborhood, and the Saint Paul Public Schools are co-sponsoring the Children's Defense Fund Freedom Schools® program. It will be held from July 15–August 23, Monday through Friday, at the Capitol Hill Gifted and Talented Magnet School (560 Concordia Avenue, Saint Paul).

The 350 St. Paul students attending the Freedom School are part of the almost 12,000 students nationwide who attend Children's Defense Fund (CDF) Freedom Schools. These schools are six-week long summer programs, inspired by the 1964 "Freedom Summer." CDF schools are educational enrichment programs that offer parents a free and safe environment for their children during the summer. They strive to help young people gain a sense of their own history and culture as well as discover and develop their individual identities and talents. As the St. Paul program director for 16 years, Dr. Darcel Hill states that students who attend Freedom School often attain and maintain an academic advantage during the regular school year.

Priority registration is given to children grades K-8 living in the Saint Paul Promise Neighborhood. Transportation, breakfast, and lunch are provided for students as well as after school activities from 3:00–5:30 p.m. A weekly "Parent Academy" is held to engage parents and involve them in their children's learning.

There is a need for volunteers to help the teaching and administrative staff with daily activities (8:00 a.m.-3:00 p.m.), with the after school program from 3:00-5:00 p.m., and with children during the parent's academy. In addition the program needs sponsors, donations of supplies (especially art), and money. Creative ideas for enrichment activities are also welcome!

For more information or to volunteer, contact Jane Thomson at 651-290-2549 or Pat Haff at [pat@unityunitarian.org](mailto:pat@unityunitarian.org).

# COMMUNITY OUTREACH MINISTRY

## Rainbow Chalice Alliance: Supporting GLBTQ Youth

From Laura Schlatter, RCA Team Member

All this year, while the miracles of the defeat of the anti-marriage amendment and then the joy of the passage of the marriage equality law — Love is the Law! — were happening, Unity Church's Rainbow Chalice Alliance continued with its work. We often partnered with, and supported, and advocated for GLBTQ youth in the wider community and at Unity Church. We sponsored an educational and advocacy evening on a Wellspring Wednesday in February, showing the video *Minnesota Nice?* and leading a conversation with Unity Church member and Minnesota Representative Jim Davnie about bullying and the Safe Schools Act, legislation which Representative Davnie co-authored to help make all Minnesota schools safe for kids and adults. We provided food and on-site adult support during the Q-Quest conference, an annual day-long conference sponsored by the Minneapolis Public Schools for GLBTQ youth from the metro area. We are providing financial support and chaperoning for the Twin Cities Queer Prom and are organizing Unity's participation with other Unitarian Universalist congregations in the Twin Cities Pride parade this year, which promises to be joyous indeed!

And we had a delicious, community-building, Pi Day pie fundraiser, baking and selling 50 pies to the congregation in rainbow flavors of apple, blueberry and chocolate french silk! We hope you enjoyed eating your pie as much as we enjoyed making it!

There is much to do in the coming year! We want to deepen our partnership with Out for Equity, the St. Paul Public Schools organization that supports it GLBTQ students and allies. We want to more actively involve our own congregation in understanding the challenges that many GLBTQ youth face, especially those who are embraced in their own communities. We want to grow as a team.

Join us at the Pride Parade on Sunday, June 30, 2013. Weather permitting, many of us will meet first for a tailgate brunch and take the light rail together to downtown Minneapolis to assemble for the parade. If you can't make Pride but would like to join us in our work, please contact Laura Schlatter at [laurasueschlatter@gmail.com](mailto:laurasueschlatter@gmail.com).

## Save the Date

Sunday, June 30

***Join with five other churches in a celebration of spirituality, food, and friendship welcoming Ujamaa men to our neighborhood!***

Please join members and friends of Unity Church, along with five other neighborhood churches, in welcoming 12 Ujamaa men who are moving into our community at the Project for Pride in Living apartments located at 716 Selby Avenue.

Ujamaa Place assists young African American men typically between 18 and 28 years of age, who are economically disadvantaged and have experienced repeated cycles of failure. Ujamaa offers participants success in their lives through education and skills training specifically aimed at turning their lives around to become productive members of their families and communities.

This event will be held on June 30 from 12:30–3:00 p.m. at the Project for Pride in Living/Ujamaa apartments.

This is an opportunity to live out our values of reaching across the divides of social justice, equity, and racial healing. Please contact Pat Haff at [pat@unityunitarian.org](mailto:pat@unityunitarian.org) or 651-228-1456 x126 if you are interested in helping with this event.

## 2013 National Night Out

*Kick Off Picnic and Celebration*

**Wednesday, June 5 • 6:00-7:30 p.m.  
Phalen Park Picnic Pavilion**

This celebration is an opportunity to receive information about the August 6, 2013, National Night Out planning process and enjoy free food and fun for the whole family.

If you are interested in helping members and friends of Unity Church with the National Night Out event that is held in cooperation with House of Hope Church, please contact Mary Cardinal Peterson at [petecardfive@q.com](mailto:petecardfive@q.com).

## Unitarian Universalist Service Committee

### Call to Action

The tragic building collapse in Bangladesh last month, which housed six factories that produced clothing for dozens of Western brands, is the deadliest accident in the history of the global garment industry with a death toll of over 1000. As in other disasters of this kind, it could have been prevented. It was reported that cracks had been discovered in the building and factory employers were ordered to halt work until further inspection could be done. Yet more than 3,000 employees were at work when it collapsed the next day.

UUSC is urging people to get involved by choosing compassionate consumption, by contacting clothing companies to proactively improve safety at suppliers' factories and by supporting labor rights and organizing throughout the world. A specific action suggested by UUSC would be to call on Walmart and Gap, the two largest buyers of clothing made in Bangladesh, to make immediate safety improvements in their supplier factories by joining other international companies in signing a legally-binding fire and building safety agreement. Visit [www.uusc.org](http://www.uusc.org) for more information and/or to sign a petition asking for these steps. For more information about UUSC at Unity Church, contact Pat Haff at [pat@unityunitarian.org](mailto:pat@unityunitarian.org) or 651-228-1456 x126.



# MINISTRY WITH CHILDREN & YOUTH

## Meet Unity's Religious Education Director: K.P. Hong



### Greetings and *ahn-nyung-ha-se-yo!*

Occasionally, a question comes along that holds us in its torque and brings us out into the undetermined possibility of life: "If you aren't carried away, why go?" We experience the force of the question, ambushed by its challenge, its curiosity and surprise—and we're carried away by the mystery of who we are and are becoming. After six years of chaplaincy at Macalester College, I'm stirred and carried away by this unexpected gift of sharing in vibrant ministry and community at Unity Church.

Those who ask questions as if it was some winnable game, a kind of trivial pursuit, know nothing about questions asked by the prodigies themselves, our children; questions that create space and peer beyond the boundaries of our pottering lives. I have wondered about that orthographic mark "?" used to punctuate questions: the human desire to know tracing along that arcing tail, circling around and craning to see, until finally sliding down to some point of full stop and the period that marks our knowing. But I have often stared suspiciously at that small dot, too static and simplistic. Any child I know—including my four-year-old, Maggie—would waste no time running around and climbing back up that twisting slide, to launch herself into that ecstatic curvature of the journey itself. Wheeeeeee!

My life has been a journey of chasing after questions, from early childhood in South Korea to our family joining my father (who had fled as a political refugee) in Denver, Colorado. Questions early on about being born into both Buddhism and Christianity. Questions during college about peace and justice in Latin America. Questions during ordination interviews about Wesleyan spirituality and the prayer life of children. Questions during parish ministry about how to get youth to "pay attention" when, quite honestly, very little in those children's pre-packaged learning experience seemed to require much attention. Questions in college chaplaincy about the pressing difference between variety and diversity in multiculturalism. Questions about educating pupils (passive apertures through which knowledge is passed through) versus students in studio-learning wherein sacred commitments are made to an open-ended, potentially life-long relationship with a mentor, teacher, or community. Questions about unavoidably being "interreligiously religious" in our world today. Questions that I bring to Unity Church about how we can generate shared "resolution"—both pixelated clarity and determined commitment—to the challenges of educating our young. Questions about how we educate but more significantly about what purpose for which we educate, at a time when we are crossing numerous ethical thresholds and effecting planetary processes.

Pursuing such questions means moving day by day, question by question, but always listening for that whisper and breeze. And when the wind finally begins to stir, to risk raising our sails to currents beyond our control. Wheeeeeee! "If you aren't carried away, why go?"

## The Children's Garden

Unity's children will be planting, weeding, watering, harvesting and tasting in the Children's Garden on Sundays all summer long while their parents are in services. We expect to grow plenty of produce to share with neighbors in need too.

## Volunteer Opportunities

Volunteer signups will be handled through Signup Genius, just a click away on the church's homepage (or follow the links below)!

### Summer R.E. Teachers

We are looking for adults and youth to help teach on Sundays in the summer. A willingness to share a love of the out-of-doors in general and gardens and food in particular with children is all that is required. Online sign up: <http://bit.ly/gardenteachers>

### Garden Tenders

Do you like to get your hands in the dirt? Or help water, weed and harvest? You can be a Garden Tender! Individuals, friends and households with children of all ages are encouraged to sign up to tend our garden for a week at a time. Garden Tenders choose to come any day during their week. Tasks vary with the weather and will be determined on Sunday afternoons for the following week. Online sign up: <http://bit.ly/unitygarden>

### Donations Needed

Do you have extra vegetable seed or plants from planting your own garden? Left-over fencing materials? Lumber? A compost pile you no longer use? Consider donating such items to the Unity Children's Garden! We also need produce containers (what strawberries come in) for packaging our donations. Contact Anna Newton at 651-483-2986 or [newtona@comcast.net](mailto:newtona@comcast.net) if you have something to donate, or for more information.

## Family Summer Potlucks Will Return!

The Unitarian Universalist Families Group will sponsor a few potluck lunches after church services this summer. Last summer's gatherings were a big hit. Come to connect with other families, share food, and play games. Summer is finally here—let's enjoy it together and grow our community of families raising children in the UU tradition. Look for announcements of dates.

# SUMMER SOLSTICE / PARISH HALL ARTISTS

## Summer Solstice Reflection

Summer Solstice reminds us to “celebrate and relish all of life’s pleasures by drinking them into every cell of our bodies” (Stover, *The Way of the Happy Woman*). The daylight hours have been growing since winter solstice, each day becoming slightly longer until now, when seen from the North or South Pole, the sun reaches its highest position in the sky and appears to stand still (Latin *sol* or sun and *sistere* or to stand still). In 2013, the summer solstice occurs at 12:04 a.m. CT on June 21.



Especially with such a late spring this year, the full return of summer is a time for great celebration! We find ourselves invited out into the abundant, fertile, hot, and colorful magic of nature’s glorious embrace. Our senses on high, we can deeply nourish our cells, severely depleted from a long winter and late spring. We breathe in the many scents—of blooming flowers, rich earth, and barbecuing food. We taste the succulent, fresh fruits and vegetables, and cool, refreshing drinks of the season. We see the abundant forms of beauty all around us—in nature and in each other’s radiance. We hear the sounds of flourishing human and animal life. And we touch and are touched by the earth under our bare feet and hands, by the soft, warm air on our skin, and by our friends and lovers... Everything is blossoming into ripeness, coming into its fullest expression.

The challenge of summertime is to really experience this magical plenitude, and not get caught up always chasing after more of this yumminess, thus missing out on the beauty and bounty that is right here. The last few lines of Mary Oliver’s poem *When I Am Among the Trees* remind us to land: “Around me the trees stir in their leaves / and call out, ‘Stay awhile.’ / The light flows from their branches. / And they call again, ‘It’s simple,’ they say, / ‘and you too have come into the world to do this, / to go easy, to be filled with light, and to shine.’”

Can we really take in summer’s abundance, savoring each taste with all five senses, so that we fill up and revitalize our bodies and souls? Even in the midst of full celebration, can we truly receive and relish in summer’s magic, passion, and glorious light? Perhaps then we, like the trees in Oliver’s poem can “go easy,” “be filled with light,” and shine.

You may want to write in a journal, or try a short ritual alone or with friends that could include the following:

- Sitting on the earth if possible, light a candle, red or orange in color.
- Take a few deep breaths to land yourself in your body right here. Sense the earth beneath you, feel the air and warmth on your skin, take in the smells, sounds, and sights around you.
- When you feel landed, look around you and find one thing that captivates your attention, in which you find beauty. Breathe this into your body, heart, and mind. Allow the beauty to touch you, to fill you, to affect you in whatever way.
- Continue to breathe it in, savoring its essence, dropping any thoughts that arise, and allowing yourself to be filled with its light and to shine as long as you like.
- When you feel complete, say thank you and blow out the candle.

Remember that as this day comes to an end, the days will very slowly become shorter, until at autumn equinox, the day and night will be balanced, and by winter solstice, we’ll be back to the longest night. Savor and revel in the juicy passion of this summer season! **And please join us in a Summer Solstice Celebration in the Sanctuary on Friday, June 21, at 7:00 p.m.**

Summer Blessings of the Light,  
Katy Taylor, Seasonal Coordinator Worship Associate • [katy@thewingedheart.net](mailto:katy@thewingedheart.net)

## Parish Hall Artists

### Linda Ricklefs Baudry

I have always been drawn to landscapes and the revelatory aspect of nature. It is an opportunity to explore the richness of color and to play with the vibrancy of life, but most importantly it requires a looking beyond what the eye sees. These are invitations to contemplate creation.

### Michele Combs

I’m an impressionist, landscape oil painter. I love filling my canvas with color and thick paint. Though I am drawn to a variety of subjects, my favorite subject is landscape. It evolved out of my love of the plein air painting process. I paint scenes of the Twin Cities, greater Minnesota and beyond. I have also had the opportunity to spend time abroad creating collections of France and Italy.

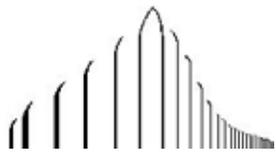
Painting has become a way of cataloging my life. Each painting is a small representation of what I’m drawn to, where I’ve been, and what I’ve experienced. My inspiration includes natural beauty, visual intrigue, memories, and relationships between people and their environments. As I attempt to capture the beauty of a scene my sense of place intensifies and time disappears. I truly become engaged.

Painting is challenging, as well as calming. I enjoy the process and the experience of sharing it with others through teaching. I love when people connect to and enjoy my paintings. I’m thankful for my skills as an artist.

The more I grow artistically, the more my gratitude increases. My life long goal is to deepen my understanding of what makes a masterpiece and to evolve into the best painter I can be.

[michelecombs.com](http://michelecombs.com)

763-442-0290



# UNITY CHURCH-UNITARIAN

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

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## Take Unity Church Out to the Ball Game!

*Saint Paul Saints vs. Grandprairie Airhogs*

**Sunday, July 21 • 1:05 p.m. • Midway Stadium**

Join other Unity Church members and friends at Midway Stadium for an afternoon of fun and fellowship with the St. Paul Saints. We have set up a group purchase opportunity, so that everyone will be able to sit together in the Outfield Reserve. Tickets are \$8 per adults, or \$7 for children and seniors. You can order tickets online at [www.saintsgroups.com](http://www.saintsgroups.com) (password:unitychurch) or by phone at 651-644-6659 and be sure to mention you are with Unity Church. You can also pick up a ticket order form at the Welcome Table in Parish Hall. Wear your Standing on the Side of Love T-shirt, if you have one, and see you at the game! Contact Rev. Lisa Friedman with any questions at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107.

## Walk-in Choir

*All are welcome!*

Come and sing in our annual "Walk-In Choir" on Sunday, June 2 and 9. Rehearsal is at 9:00 a.m. in the Foote Room each week. We rehearse for 45 minutes and then sing during that morning's service. It's great fun and we hope you will come and join us. Childcare provided.

## Wanted! Summer Musicians

Summer is a great time to share your musical gifts with Unity Church members and friends. Summer lay-led services begin on June 23 and continue through September 1. If you are interested in participating as a musician during a summer service, please contact Kathleen Bartholomay at [kathleenbartholomay297@gmail.com](mailto:kathleenbartholomay297@gmail.com) or 651-343-4764.

## June 2: Grand Old Day Parking Alert!

Congregants should be aware that street parking will be limited due to the Grand Old Day street festival. The parking lots will be managed by Unity youth and adults so that worshippers can park while fair-goers contribute money toward our youth and community outreach ministries.