

## Awakening

*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.*

The alarm goes off or some noise wakes you out of deep sleep. You jerk awake, heart racing, and desperately try to get your bearings. Where are you? What time is it? What's happening?

For a few seconds everything you know about the world, about yourself, about life — none of it matters. Your mind can't grasp onto anything familiar. Time has stopped. There is no "you" and "everything else." There's just EVERYTHING and NOTHING. Your heightened awareness takes everything in and yet nothing is familiar.

It's almost over before it's begun, and you begin making sense again out of what's happening around you. And you respond appropriately: hit snooze, get up to soothe a crying child, close the window on the barking dog at the neighbor's house.

But for a moment you were experiencing life differently — to the very core of you. For a moment, when you were awakened, you were transported out of the familiar and into the unknown. It was scary, but also exhilarating! When was the last time your heart pounded like that? When was the last time adrenaline rushed through your body so powerfully?

When was the last time you felt so *alive*?

How can we experience more of these moments of awakening? Can we create opportunities for them to happen in our daily lives, in the full blaze of the sunlight? What would happen if we did?

*It matters not what the clocks say or the attitudes and labors of men. Morning is when I am awake and there is a dawn in me. Moral reform is the effort to throw off sleep... to be awake is to be alive.*

*We must learn to reawaken and keep ourselves awake, not by mechanical aids, but by an infinite expectation of the dawn, which does not forsake us in our soundest sleep. I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor. It is something to be able to paint a particular picture, or to carve a statue, and so to make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere and medium through which we look, which morally we can do. To affect the quality of the day, that is the highest of arts. Every man is tasked to make his life, even in its details, worthy of the contemplation of his most elevated and critical hour. If we refused, or rather used up, such paltry information as we get, the oracles would distinctly inform us how this might be done.*

~ Henry David Thoreau from *Walden*

Oh friends, let there be a dawn in you. Throw off sleep and jump willingly into the unfamiliar and the unknown. Affect the quality of your days with wonder and awe through conscious endeavor.

Carve and paint yourselves anew, my friends, into a wakefulness that sees this world the way we dream it to be — a wakefulness that inspires you to work toward creating that world unflinching.

Some say the hard part is not awakening itself but staying awake. Perhaps it is not possible to always be awake — for we must sleep in order to dream and rest our minds and spirits. Perhaps all we can do is to wake ourselves up over and over and over again — creating opportunities for brief moments of awareness everywhere throughout our lives. Let's try. At the very least, let's try to throw off sleep for just a moment and be fully alive this summer.

Shay MacKay with this month theme team: Caswell Burr, Janne Eller-Isaacs, Rob Eller-Isaacs, Lisa Friedman, Karen Hering, KP Hong

### Awakening Theme Resources

#### BOOKS

*Walden* by Henry David Thoreau  
*Staying Awake* (CD) by Mark Nepo  
*The Face of the Deep: A Theology of Becoming* by Catherine Keller  
*Zen Mind, Beginner's Mind* by Shunryu Suzuki  
*I Heard God Laughing: Poems of Hope and Joy* by Hafiz (translated by Daniel Ladinsky)

#### MOVIES

*Groundhog Day* (1993)  
*Waking Life* (2001)  
*Awakenings* (1990)  
*The Matrix* (1999)

## Just Words



I can hardly believe it's almost over. Not the formal church year, church is actually a year-around practice and not everyone goes to the lake. What I can hardly believe is over is the two-year Ministerial Residency of Pastor Danny Givens, Jr. It has been an amazing couple of years marked by deep discernment here at home, and inspiring opportunities for service and learning in the larger community. During his time at Unity Church, Danny has continued to serve as Senior Pastor of Above Every Name and as the Faith Communities Coordinator for Black Lives Matter in the Twin Cities. He is also among the founders of Black Clergy United for Change, a vibrant circle of progressive ministers dedicated to widening the circle.

In addition to his transformative community ministry, Danny has been active in the ministry of Unity Church. He has preached and led Wellspring Wednesday worship, been an active participant in the Unity Executive Team, and helped to lead two series of Beloved Conversations. He helped support Tower Club teens who went to the barricades in support of the Black Lives Matter action at the 4th Precinct in the wake of the killing of Jamar Clark, and provided opportunities for reflection and prayer when the going got tough. And through it all we struggled to find the right balance between the congregation's longing for more of his time and attention and the compelling call to action in the larger world.

Danny's watchword is "transparency." He tries to tell the truth as he sees it and expects others to do the same. The covenant we've cut with him asks that we stay engaged despite the messiness and confusion inherent in the work. We've come to the table to stay. We have woven our lives together in "the communion of struggle." I know I'm deeply grateful. I hope you are as well.

Now the question is, what's next? What's next for Above Every Name? What's next for Pastor Danny Givens? How might these relationships continue to evolve? The Unity Board of Trustees and the Leadership Team of Above Every Name have been in conversation for some months. Together they are crafting a covenant, a set of promises that imply a continuing relationship between the two congregations. Each team has assured the other that what we are building together is central to our shared future. It is too soon to spell out the details but the general principles are promising.

Fifteen years ago Unity Church decided to build on its long-standing commitment to racial justice by bringing the work to the very center of congregational life. We've made great strides since then. We know it is the work of generations. May this generation, our generation, take heart from all we have learned. May we summon the will and the ways to move forward together as the "gentle angry people", we are called to be. Beloved friends, as James Baldwin wrote so long ago, "If we. . . don't fail in our duty now we may yet end the racial nightmare, realize our country, and change the history of the world."

Transparently yours,

*Rob Eller-Isaacs*

### Grand Old Days: June 4 & 5

Grand Old Day is expanding to Saturday! On June 4 and 5, street parking will be limited due to the street festival. The parking lots will be managed by Unity Church youth and adults so that worshippers can park while fair-goers contribute money toward our youth delegates to General Assembly and Unity's Habitat for Humanity build. Share the news with your neighbors that they can park with us and support great causes!

## The Wheel of Life

### In Celebration

**Kerri Meyer**

*Graduate of  
Pacific School of Religion  
May 22, 2016*

In a note from Kerri:

"Beloved friends at Unity,  
I did it! Finishing seminary is a  
big milestone on the vocational  
journey that began in your caring  
embrace. Thank you for the love  
and encouragement!"

**Shay MacKay**

*Graduate of  
Starr King School for the Ministry  
May 19, 2016*

**Lindasusan Ulrich**

*Ordained into the  
Unitarian Universalist ministry  
by the First Unitarian Universalist  
Church of Ann Arbor  
on May 7, 2016*

## Executive Director on Sabbatical

After 19 years of steady and exemplary service, Barbara Hubbard, Unity's beloved Executive Director, is on sabbatical. Between mid-May and mid-July Barbara will be traveling west to spend time with family and on her own. She will enjoy the solitude of a cabin in the High Sierra and settle into the grandeur of clear air and long views. We wish her the nourishment of free time away from her duties and anticipate that she will return to us renewed and eager to embrace the coming church year.

In Barbara's absence her duties are assigned to a number of her colleagues on staff. Additional paid hours have been added as needed to address fiscal management and capital project coordination. Supplementary funding is being provided from the Unity Church Sabbatical Reserve.

# JUNE & JULY WORSHIP CALENDAR

## June and July Worship Calendar

FROM MAY 29 THROUGH SEPTEMBER 4 THERE IS JUST ONE SERVICE EACH WEEK AT 10:00 A.M.

Lay-led worship services begin June 26. 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 5: *Resetting The Clock: Awakening to New Lessons in Life*

Have you ever been going along in your life with things flowing predictably from one day to the next when something occurs that changes the course of life? Avi Viswanathan and Rev. Janne Eller-Isaacs will look at the gifts inherent in unexpected changes and opportunities.

### June 12: *The Sleeping Giant*

Awakening continues as Rev. Rob Eller-Isaacs and worship associate Heidi Mastrud consider the magnitude of ministry implied by the growing understanding of shared ministry. Maybe the sleeping giant needs to be poked, just a bit, in order to wake up to the possibilities before us.

### June 19: *What You've Awakened in Me*

The way in which we listen to others can make a profound difference in the depth of our relationships with them. By setting aside our preconceived notions of what we think they are thinking and feeling, we can wake up to the truth of what's happening between us and what's possible because of it. In her final worship service of the year, Hallman Ministerial Intern Shay MacKay will be joined by worship associate Rochelle Lockridge in exploring how our assumptions, judgments, and fears get in the way of authentic relationship, and how deep listening can help us awaken to the realities of others' lives. *Following the service, everyone is invited to stay for a reception celebrating Shay's internship with us!*

### June 26: *The Kindest Thing*

Being kind to yourself is not a luxury. Being kind to yourself is not selfish. In fact, being kind opens the way for real growth and healing on all levels. Come explore the radical act of self-compassion, with worship leader Katy Taylor and worship associate Rene Meyer-Grimberg, and learn how it can change your life!

### July 3: *The Flitcraft Parable*

In Dashiell Hammett's 1929 novel, *The Maltese Falcon*, there's a story-within-a-story called "The Flitcraft Parable" about a conventionally successful man in Tacoma, Washington, who made his own private declaration of independence. Rev. Rick Koyle and worship associate Angela Wilcox try to unravel the mystery.

### July 10: *Saving Universalism*

Over a century ago, Universalism was one of the fastest growing and most fervently protested religions in America. Even today, the controversy is not dead. It remains a radical statement of faith to say that all people are saved. Why does it still matter? What saving message might we still proclaim? Join Rev. Lisa Friedman and worship associate Jen Niemela in an exploration of Universalism.

### July 17: *Finding the Capacity to be Vulnerable*

What does it mean to be vulnerable? What does it take to allow oneself to be vulnerable? Join worship leader Helen Pohlig and worship associate Terry Linksey as they explore the meaning of vulnerability and the role that faith and spiritual beliefs play in making room for vulnerability in one's life.

### July 24: *Life Cycle*

Birth and death are not opposites but are instead part of the natural cycle of life. And this is no more real to us than when we experience them in our lives. Worship leader Jen Niemela and worship associate Nicole Lynskey explore the lessons inherent in these most human moments in all of our lives.

### July 31: *The Familiar Unfamiliar*

Join Rev. Danny Givens, Jr., and worship associate Rochelle Lockridge in exploring the narrative of social justice, intersectionality, and beloved community from an urban perspective.

### Summer Sundays Pancake Brunch

June 19, and July 17, and August 21  
Following the 10:00 a.m. service!

We'll have fresh pancakes after Sunday worship with made-from-scratch syrups and jams. Love to flip pancakes? Volunteers should contact Madeline Summers, Volunteer Coordinator, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).



### Flowers for Summer Worship

If you would like to bring flowers from your garden for a summer service please contact Martha Tilton at 651-228-1456 x105 or [martha@unityunitarian.org](mailto:martha@unityunitarian.org) for available dates (July 3–September 4) and details. Flowers should be arranged in a vase and placed in the Sanctuary by 9:30 a.m. on the Sunday for which you have volunteered.



# BOARD OF TRUSTEES / GENERAL ASSEMBLY

## Transitions

From Hal Freshley, Trustee



I used to give talks to pre-retirees on “planning ahead.” I focused on the topics that research has shown to be important to later life satisfaction. While most people contemplating retirement worry about financial planning, I need to say right here that it is *not money* that is most significantly related to life satisfaction. Of course financial stability is a blessing, but relationships are actually more important than cash in giving us a sense of purpose and meaning. People whom we know and care about (and who know and care about us) trumps money in the bank as a source of comfort and satisfaction through the life course. All of our lives, the people we know are the constant in our personal identity, reminding us of who we are and why we matter.

I was reminded of these long-ago talks last month when our ministerial intern, Shay MacKay, gave a sermon honoring Unity’s knitters who create “comfort shawls” to give to people who need them, reminding them that they are held in love by a wider community of people who care. From time to time we need this reminder: we are part of a wider community. It is something that we periodically forget because its details change — and we sometimes lose sight of it — but the community itself doesn’t change.

At this time of the church year, as we shift our gears into “summer mode,” we are gently reminded of transitions. Some changes ahead of us as a church community are big, many more are small. Summer means more variety in worship leaders and musical offerings. We will experience the departure of our beloved intern, Shay MacKay, and the sabbatical of our intrepid Executive Director, Barbara Hubbard. And we are reminded that there will be an eventual transition in our ministerial leadership at Unity Church in the years ahead... But underneath all this change is the enduring foundation of our shared community.

In the words of Willian Stafford, in his poem "The Way It Is": “There’s a thread you follow. It goes among things that change. But it doesn’t change. . . While you hold it you can’t get lost. . . Nothing you do can stop time’s unfolding. You don’t ever let go of the thread.”

We are all knitters here at Unity Church: you, me, we, together we hold the thread for ourselves and for each other. And doing it together is a joyful and a lifelong comfort.



## General Assembly 2016

June 22-26

*Heart Land: Where Faiths Connect*

General Assembly is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; each congregation sends voting delegates. For more information visit: [www.uua.org/ga](http://www.uua.org/ga). Contact Rev. Lisa Friedman, if you are interested in representing Unity Church as a delegate.

## Are you going to General Assembly?

The ministers of Unity Church would like to gather all General Assembly participants together — before GA — to review what it means to be a delegate, look at the schedule of the conference together, and talk about our plans, expectations, and hopes for that week.

Please join the Unity Church GA contingent on Wednesday, June 1, from 7:00 to 8:30 p.m. in the Robbins Parlor for discussion and treats!

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

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## Congregational Survey: Thank you!

We’ve completed our 2016 Congregational Survey and are happy to announce that a record number of you completed the survey this year! At last count, 404 people took the time — and thought — to tell us how you feel about our collective progress (or lack of it) in moving toward our congregation’s Ends. Your Board of Trustees gratefully acknowledges your participation, both in charting where we aspire to go, and in gauging our efforts to get there. We are now analyzing your responses and will report the results back to you in the fall. Thank you for your input!



# OFFERING RECIPIENTS / HALLMAN MINISTERIAL INTERN

## Offering Recipients

Each Sunday, thirty percent of the offering goes to support the Community Outreach Ministry at Unity Church and seventy percent is given to a chosen community non-profit recipient. **Please make checks payable to Unity Church.**

### June 5: General Assembly Youth and Young Adult Scholarships

Each year Unity Church sends delegates to the Unitarian Universalist Association's General Assembly (GA). This scholarship program helps defray travel, accommodation, and convention expenses for the four youth who will be part of Unity's team at General Assembly in Columbus, OH, this June. As we mentor our youth during the church year, so too is Unity Church committed to offering them financial support as they head off to GA next month.

### June 12: Every Body's In

Every Body's In is a locally initiated multi-racial collaboration founded to help engage educators from district and charter public schools, policy-makers, community and union activists, students, and families in the education and development of St. Paul youth. This innovative community program operates around a core of twenty-one standards, values, and principles assembled to provide guidelines for the socialization and success of students. Unity Church members Rick Heydinger, Sally Scoggin, Don Brunquell, and Barbara Washburn are strong advocates for Mary K. Boyd, one of the founders of Every Body's In.

### June 19: Faith Builders Habitat for Humanity

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a Habitat for Humanity build as an interfaith partner in Faith Builders. This offering will go towards Unity Church's share of the cost of building this home. Turn to page 8 to learn about how you can help participate in the build!

### June 26: Obama Elementary School Sunshine Fund

Obama Elementary School programs revolve around a collaborative support system focusing on academic and social achievement. The Sunshine Fund provides money for local artists working in the school, student field trips, and staff appreciation. Many Unity Church members tutor at Obama School, Unity's immediate neighbor to the north. Marty Rossmann is a tireless cheerleader for Obama School staff and students.

### July 3: Theresa Living Center

Located in St. Paul, Theresa Living Center is a residential center for single women who are pregnant or parenting a child under one year of age. Accommodating twelve mothers for up to two years, the center offers support services including rental assistance, transportation, counseling, medical care, job training, and employment opportunities. Theresa Living Center helps move women and children from homelessness to self-sufficiency by providing a safe, nurturing environment. Unity Church member Pauline Eichten is a strong supporter of Theresa Living Center.

### July 10: Every Body's In (see June 12)

### July 17: Faith Builders Habitat for Humanity (see June 19)

### July 24: Obama School Sunshine Fund (see June 26)

### July 31: Theresa Living Center (see July 3)

If you would like to nominate your favorite non-profit organization to receive a Sunday offering (typically around \$1,200), please complete the online nomination form at [www.unityunitarian.org/nominate-the-offering.html](http://www.unityunitarian.org/nominate-the-offering.html).

## 2015-16 Hallman Ministerial Intern Shay MacKay



I find myself at a loss for words as I try to figure out what the past ten months with you have meant to me. Here's what I know for sure:

Through your generosity of spirit and time, your warmth, your encouragement, and your challenge you helped something within me realize itself.

You companioned me graciously and gracefully as I found and fit more pieces of who I am as a minister into place.

But not only as a minister.

Your love and openness, your willingness to go deep and be vulnerable, your courage and delight have awakened the same within me. I leave Unity Church, and you, as a more well-trained minister, yes, but more importantly I leave here as a better person.

In my March *commUNITY* article, I wrote that "through my tears, I smile in gratitude of the beautiful gifts we give each other."

I am certainly smiling, my friends.

My heart holds joy, even in the midst of the grief of goodbye. Thank you for holding me through it all — and for letting me hold you.

Don't ever stop being you. Don't ever stop doing this courageous and generous work of loving new ministers into being. It is such important work and you're so darn good at it.

### A Celebration for Shay MacKay



Join us in celebrating Shay MacKay during her final worship service as Hallman Ministerial Intern on Sunday, June 19, at 10:00 a.m. Gratitude, well-wishes, and treats will be shared in the Parish Hall following the service.

# WELCOME WORDS / FELLOWSHIP GROUPS

## Welcome Words



The sweet June days are come again and what a delight it will be to play in the sun! Here at church our congregational life will relax, but will still be going strong with many opportunities for worship and connection. Come hear the reflections of our wonderful lay preachers. Take

a contemplative spiritual walk in community or join us for family yoga. Enjoy a St. Paul Saints game with Unity Church friends. Sign up to tutor at the Freedom School or to help with our summer Habitat for Humanity build. Make new friends tending the Children's Garden and growing produce for our local food shelves. The summer season is a glorious time to tend to our spirits and to savor its gifts together — there is so much coming into bloom. See you in church!

Rev. Lisa Friedman

Minister of Congregational and Community Engagement

## Pathway to Membership Classes

Unity Church offers three different classes for visitors who are exploring Unity Church as a spiritual home. Sign up at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement, at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107. She is also happy to meet with you personally to answer questions and to welcome you into the congregation. Childcare is available by request at least one week in advance.

### Welcome to Unity: Our Class for Newcomers

**Sunday, June 19, and Sunday, August 7 • 9:00-9:45 a.m.**

If you have been visiting Unity Church 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 Inquiry Sundays • 11:15 a.m. – 12:15 p.m.

Finding Yourself at Unity is now offered on a regular basis on Sundays in the Ames Chapel. These sessions can be attended on a drop in basis in the order that works for you. A new series runs June 5 - July 31 (no class 4th of July weekend). Topics include: Q & A with a Minister, Pastoral Care, Community Outreach & Social Justice, Building Tour, Worship & the Liturgical Year, Religious Education for Children, Youth, and Adults, Unitarian Universalist History, and Membership 101 & Congregational. Childcare is available in the nursery.

### Committing to Unity: Joining Unity Church Classes will resume in the fall. Stop by the Welcome Table for more information.

This class explores the deeper meanings and expectations of membership and shared ministry. The class will conclude with a ceremony as participants sign the membership book and join the church!

## Fellowship Groups

*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, visit the church website, or call the church office at 651-228-1456.*

**A New Look at the Bible:** Second Thursday of the month (June 9 and July 14)) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

**Afterthoughts:** This group meets after the 10:00 a.m. summer service. Contact: Paul Gade at 651-771-7528.

**Caregivers Group:** An informal support group for caregivers. Third Thursday of the month (June 16, will not meet in July) from Noon–2:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Evergreen Quilters:** Second Tuesday of the month (June 14 and July 12) from 7:00-9:00 p.m. and fourth Saturday of the month (June 25 and July 23)) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760.

**Living With Grief Group:** For people living with grief and loss. Third Tuesday of the month (June 21, will not meet in July) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, June 6 and 20, and July 11 and 25, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

**Textile Arts Group:** Bring your knitting, crocheting, tatting, embroidery, and cross stitch. All ages and levels of experience are welcome! First and third Wednesdays (June 1 and 15, July 6 and 20), 7:00-8:30 p.m., June-August Contact: Linda Mandeville at [lindamandeville@aol.com](mailto:lindamandeville@aol.com).

**Unitots!:** A drop-in playgroup for families with kids through preschool age. Monday and Thursday, 9:30 a.m.-noon. Contact Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org)

**Unity Book Club:** Second Tuesday of the month from 7:00-8:30 p.m. All are welcome—even if you haven't read the book. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net). Upcoming discussions:

June 14: *The Elegance of the Hedgehog* by Muriel Barbery

July 12: *The Boys in the Boat* by Daniel Brown

**Unity Bridge Club:** The Bridge Club will meet on Friday, June 3 and July 1, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

**Women In Retirement, The Choice Years:** This group meets the second and fourth Thursday (June 9 and 23 and July 14 and 28) of each month from 1:00-3:00 p.m. Contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Sangha Zen Meditation:** Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction is offered on the first Tuesday (June 7 and July 5) beginning at 5:00 p.m. Contact Ken Ford at [kford5@comcast.net](mailto:kford5@comcast.net)

# BELOVED CONVERSATIONS / SUMMER SPIRITUAL PRACTICE

## RETURNING THIS FALL: Beloved Conversations at Unity Church!



### *A Laboratory for Innovation in Faith Formation: Teaching Hearts and Minds to Open for Multicultural Change*

Developed by Dr. Mark Hicks of The Fahs Collaborative at Meadville Lombard Theological School, Beloved Conversations is a teaching and learning curriculum that holds both the tensions and joys of an intentional multicultural community. The curriculum assumes that every conversation with another human being is a cross-cultural conversation, even if your conversation partner is from the same cultural group. Nested inside communities of faith, Beloved Conversations creates the first step — a learning laboratory — for how to live healthily in a multiracial, multicultural, and often theologically diverse community.

Facilitators from the Fahs Collaborative will lead the opening learning laboratory “retreat” (1.5 days) on September 23 and 24, 2016. The retreat explicitly models the pedagogy and spirit of the curriculum. Once the learning community is formed, eight, two-hour seminars are designed as follow-up sessions to help participants locate their individual and group assumptions about race and ethnicity in their lives. The curriculum is experiential and uses music, visual arts, digital media, theater, film, and the best practices of small group ministry to make its point.

### *Save the dates!*

Opening Retreat: Friday and Saturday, September 23-24  
Session 1: Tuesday, September 27, 7:00 p.m.  
Session 2: Tuesday, October 4, 7:00 p.m.  
Session 3: Tuesday, October 11, 7:00 p.m.  
Session 4: Tuesday, October 25, 7:00 p.m.  
Session 5: Tuesday, November 1, 7:00 p.m.  
Sessions 6 & 7: Saturday, November 12, 9:00 a.m.-1:00 p.m.  
Session 8: Tuesday, November 15, 7:00 p.m.

If interested, please let us know! You can express your interest by completing the online form at [www.unityunitarian.org/beloved-conversations.html](http://www.unityunitarian.org/beloved-conversations.html). You may also contact Martha Tilton at [martha@unityunitarian.org](mailto:martha@unityunitarian.org) or 651-228-1456 x105. We will follow up in August with all who express interest.

***Come; let's build the Beloved Community together, one Conversation at a time.***

## Open Page Writing Session

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. RSVP is required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org).

### ***Writing about Awakening***

**Thursday, June 9 • 7:00-9:00 p.m. • Unity Church**

“We must learn to reawaken and keep ourselves awake,” wrote Thoreau. What does it mean to be awakened, and how can our writing help us to stay awake?



## Outdoor Family Yoga at Unity Church

**Second Sundays: June 12, July 10, August 14  
11:30 a.m. • Greenspace, weather permitting**

Join us for a half-hour yoga class for people of all ages. Poses will be shown in standing and seated options. No previous yoga experience is necessary — just a desire to feel energized and enjoy the beautiful power of community. Yoga mats are optional. Led by Elen Bahr, who leads Wellspring Wednesday meditative movement classes.

## Contemplative Nature Walk

**Saturday, June 18 • 10:00–11:00 a.m. • Hidden Falls Park**

Are you one of those people who most deeply connects with Self and the Beyond out in nature? Come outside and join Spiritual Director Sarah Cledwyn for a Contemplative Walk on Saturday, June 18, at 10:00 a.m. There will be a short introduction followed by a quiet walk through the Hidden Falls Regional Park in St. Paul. We will practice being attentive to our setting and what stirs within us as we walk with one another, ending with a short group process. This event is free and open to all. Please RSVP to Sarah Cledwyn at [sarahcledwyn@gmail.com](mailto:sarahcledwyn@gmail.com) for directions and more information.



## Thursday Morning Gardening Group

If you would like to help with the care and the maintenance of Unity's decorative gardens (not the Children's Garden), please join us this summer! The group will gather at church at 9:30 a.m. on Thursday mornings to plant, weed, and water Unity's garden beds. Bring light gardening tools if you have them, gloves, and a water bottle. Questions? Please contact Ethel Griggs at 651-429-0064 or [c.griggs@comcast.net](mailto:c.griggs@comcast.net).

# COMMUNITY OUTREACH MINISTRY

## Faith Builders Habitat for Humanity

### SUMMER BUILD 2016

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a June Habitat for Humanity build as an interfaith partner with Faith Builders. Sign up online at <http://bit.ly/summerbuild2016>. Volunteer opportunities include construction work, crew leader, and lunch helper. This will be new construction in the Frogtown area of St. Paul. Work weeks are June 13-17 and 20-25. Contact Chuck Griggs at [griggscb@msn.com](mailto:griggscb@msn.com) or 612-408-0486 with questions.



## UU's March at Twin Cities Pride

The Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA) has secured a spot for all Unitarian Universalists who wish to march in this year's Pride Parade. The theme for marching UU's is "Unitarian Universalism: At the Intersections of Love, Spirit, and Justice." Folks are encouraged to march, sing, and drum. The parade is Sunday, June 26. Unity will work on organizing a light rail tailgate that morning for group travel to downtown. More info will come in early June! Questions? Email Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Sew Many Colors

### From Kathie Simon Frank on behalf of Evergreen Quilters

We, Evergreen Quilters, just finished a successful show and sale in the Parish Hall. Thanks to the Unity Church community for being so generous in your purchases of the buy-it-now sewn and quilted products, raffle tickets, and, most of all, for your very generous bids on our silent auction quilts. In addition, we are touched by the positive feedback about our fiber art. People expressed appreciation of the raffle quilt's beauty, the useful sewn items made for sale each week, and the quilted works of art we created for the walls!

Within the next month or so, we'll make decisions about how we can continue to help our partner organizations with their ongoing service to members of the St. Paul community who experience hunger and homelessness.

We also want to thank the Unity Art Team and the church staff for making our set-up and month-long operation possible.

We look forward to offering you our next show in spring 2018. Meanwhile, enjoy your wall and/or bed quilts for years and years to come! Thank you!

## Project Home: Thank you!

Thank you to all the volunteers who made Project Home possible! It takes over 150 volunteer shifts to extend our hospitality to Project Home families during the month of May. Your support makes a difference!

## VOLUNTEER THIS SUMMER

### Freedom School 2016

The Children's Defense Fund Freedom School is a learning and cultural enrichment program for children in and around the Promise Neighborhood in St. Paul. We are grateful for the Unity Church volunteers who have helped in summers past, and look forward to welcoming new volunteers through new opportunities this year!



### Help sort books for the scholars during the week of July 11!

Get the classroom and supplies ready for the scholars.

### Serve as an aid to the teachers!

Aids are needed during the school term, July 18-August 26, at the Rondo Education Center location (Dale/Concordia).

### Help connect the middle school scholars (grades 6-8) with college and career readiness opportunities!

If you have a connection to a big or small business, a college or university, or other career or college preparedness opportunity, please come share it with the youth during the school's Parent Empowerment Workshops. These weekly workshops are held in the evening and begin with a light meal at 5:30 p.m. Special programs and information are presented from 6:30-7:00 p.m. There will also be an opportunity to share information at the "College Ready, Career Opportunities Fair" which will be held on Thursday, August 4, at the Hazel Park location; and "Employability: the Transferable Skills, Attitudes, and Behaviors Children Need for Success Across Jobs and Careers," held on Tuesday, August 16, at the Rondo Education Center, and Thursday, August 18, at Hazel Park. Sharing personal stories about your own early job experiences would also be welcome (even President Obama started out scooping ice cream).

For more information or to sign up to be a part of this extraordinary community volunteer opportunity, please contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Food Collection for Sharing Korner

Unity's Evergreen Quilters coordinate an on-going food drive for Sharing Korner Food Shelf. Collection baskets are stationed in the main lobby and by the Holly Avenue doors. Donations of non-perishable items are always welcome.

**Thank you!**





## **Big Changes in Community Solar Subscription Agreement** *Informational Meetings at Unity Church on June 12 and 19*

If you have reserved kilowatts in Unity's Community Solar Garden, or if you are considering doing so, we appreciate your interest in clean energy and we have an update for you.

After a long wait, our solar garden developer, MN Community Solar (MNCS), received final approval from Xcel on at least twelve community solar locations. MNCS plans to break ground at some locations in June if not earlier, and we offer our congratulations.

In addition, MNCS received final approval from their financiers on the subscription agreement. Upon studying the agreement and making further inquiries, we learned that recent disruptions in the solar industry have led financiers to require extensive changes in the subscription agreements that MNCS and other solar developers can offer.

We were unaware of most of the changes at the time we conducted our introductory meetings in January and February, and for this reason, some of the information we provided to you in meetings, in our brochure, and on our website is now inaccurate or incomplete.

We will conduct contract review meetings after the Sunday worship services on June 12 and June 19. If you are planning to become a subscriber, we urge you to attend. In these meetings we will provide information that will make it easier for you to:

1. Verify that you have a complete agreement with all exhibits
2. Understand the provisions of the new agreement
3. Evaluate the suitability of the agreement for your situation
4. Determine whether you meet all eligibility requirements
5. Avoid mistakes that could trigger substantial monetary penalties
6. Take advantage of transfer and termination provisions as appropriate

We strongly recommend that you take whatever time and steps you need to understand its provisions before signing any Community Solar subscription agreement. If you sign in error prematurely, you may cancel if you do so in writing to MNCS within three business days.

Minnesota's community solar program helps put more clean energy on the grid for everyone sooner than would otherwise happen. Cleaner energy means fewer emissions that impair health and disrupt the livability of the earth with accelerating speed, giving rise to legitimate alarm and calling us to action.

MNCS still offers the best community solar subscription pricing that we know of, with reasonable potential for ongoing savings throughout the term of the agreement. If you are considering reserving kilowatts so that you can later become a subscriber, you can start the process simply by entering your contact information and Xcel Energy electricity account information at [www.mncommunitysolar.com/unity](http://www.mncommunitysolar.com/unity). Have your Xcel bill at hand.

If you have questions for Unity's Solar Team, email [unitysolargarden@gmail.com](mailto:unitysolargarden@gmail.com). Finally, please mark your calendar for one of the meetings to be held after the Sunday service from 11:15 a.m. to 1:15 p.m. on June 12 and June 19.

## **One Dollar One Vote?**

### ***Move to Amend at Unity Church***

**Wednesday, June 15 • 7:00-8:30 p.m.**

The Supreme Court over the last century has increasingly granted corporations constitutional rights and protections that were originally meant only for individual citizens. This trend culminated with the 2010 decision (*Citizens United v. Federal Election Commission*) wherein the Supreme Court declared the corporate funding of political campaigns to be protected "free speech" under the First Amendment.

Move to Amend is a national, grassroots coalition that works toward overcoming corporate power by calling for a constitutional amendment to make clear that money is not equivalent to free speech and to abolish corporate personhood entirely. Article V of the U.S. Constitution states amendments may be proposed by Congress or two-thirds of state legislatures through a constitutional convention. To date, sixteen states have passed resolutions in support of an amendment to the U.S. Constitution clarifying that corporations do not have inherent constitutional rights and that spending money on political campaigns is not free speech.

In the current Minnesota legislative session, Representatives Dehn, Rosenthal, Bernardy, and Thissen and Senators Marty, Carlson, Clausen, Jensen and Dahle sponsored the "We the People" bill (SF 2404 and HF 3650) to assert that inalienable rights belong to human beings only, and that money is not a form of protected free speech under the First Amendment and can be regulated in political campaigns.

Move to Amend (<https://movetoamend.org/>) board members David Cobb and Ruthi Engelke will speak at Unity Church on Wednesday, June 15, at 7:00 p.m. Save the date and spread the word!

## Pitter-pattering Questions

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

From Rev. KP Hong, Director of Religious Education

*Once Zhuangzi dreamt he was a butterfly, flitting and fluttering around happily, with no awareness of being Zhuangzi. Suddenly he awoke and there he was, solid and unmistakably Zhuangzi. But he did not know if he was Zhuangzi who had dreamt he was a butterfly, or a butterfly dreaming it was Zhuangzi.*

— from Zhuangzi, 4th century BCE

The Daoist sage, Zhuangzi, and his butterfly dream continues to fascinate and capture our imagination, with its slippery alternation between dreaming and awakening. Are we awake or dreaming we are awake? What is real and what is illusion? More than two decades ago, neuroscientists Rodolfo Llinás and Denis Paré proposed a model of human consciousness as actively constructing the world. When we are awake, the model relies more on external sensory information; when we are asleep and dreaming, it relies more on memories and expectations. The primary source of information differs, but the model in both states of consciousness is fundamentally the same: *dreaming* is a case of perception without external sensory input, and *perception* is a case of dreaming with external sensory input. In both cases, the brain creates an image of what is real from a process involving embodiment, sensation, and cognition.

Zhuangzi may be warning us about stubborn adherence to distinctions that cannot capture the intricacies of the *Dao*, but surely there are distinctions reliable enough and necessary for our ordinary lives. For the parents of a six-year-old boy who had lost his small stuffed dog at a picnic site, it was worrisome to see how anxious and preoccupied their son was at the thought of his dog “waiting” for them at the site, and what the dog might be doing to pass the time while waiting for the family’s return. Having an empathetic child is one thing, but the extent of their child’s worry about his pretend friend seemed a little overblown for a boy his age. How well did their son understand the distinction between fantasy and reality? Perhaps children’s relationships with their imaginary friends are not as innocent or healthy as we believe?

But in psychologist Marjorie Taylor’s seminal research into children’s imaginary companions, children as young as three and four years of age were surprisingly sophisticated in their ability to distinguish “real” from “pretend.” When asked to sort objects into real and not-real boxes, these children were 75% correct, putting ghosts and monsters in the “make-believe” box and dogs and houses in the “real-life” box. By five and six years of age, children easily stepped in and out of imaginary roles, to give stage directions to other children, “No, you’re not doing the dragon right.” And the same child telling an interviewer about a bossy elephant that only she could see and hear, smiled knowingly at the researcher, reminding her that it was really just pretend! And yet these children who were ordinarily adept at distinguishing “butterfly” from “Zhuangzi” believed in Santa Claus, the Tooth Fairy, and unicorns. From what seemed to be contradictory findings and claims, Taylor theorized that there were different kinds of imaginary/real distinctions requiring different insights and different developmental tasks. Santa Claus was a different kind of imaginary from the princess who could fly. And the one significant dimension that seemed to determine children’s ability to distinguish imaginary/real was the extent children had *creative control* over the experience. Cultural myths and stories of Santa Claus came ready-made for children, while imaginary companions only came to life with children’s creative involvement. And when children had creative control, they more often knew exactly what was real and what was not.

Beyond Santa Claus and the Tooth Fairy, what about the social imaginaries we call the American Dream or the Criminal Justice system? Or our favored collective imaginaries called Beloved Community or There Are No Other People’s Children? Do we know what is real and not? Are we awake or dreaming? And most importantly, do our children sense creative control over such social imaginaries, enough to stay awake and know what is real?

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

## Religious Education Updates and Reminders

**Religious Education steps into our Summer Sundays in the Garden program, weekly at 10:00 a.m., from May 29 to September 4.**

Typically for children ages 4-12, and no registration is necessary but drop-in capacity will be limited by number of adult volunteers. Regular nursery is offered throughout summer. There are still openings for volunteers to assist, no prerequisite garden experience necessary; just a desire to share and learn with children. To sign up and for more information, please see: [www.unityunitarian.org/summer-sundays-in-the-garden.html](http://www.unityunitarian.org/summer-sundays-in-the-garden.html)

**Register for Summer Chalice Camp:** [www.unityunitarian.org/chalice-camp.html](http://www.unityunitarian.org/chalice-camp.html)

**Families who may have missed Religious Education Enrollment for 2016-17** can enroll at either of the next two sessions: Sunday, July 17, at 11:30 a.m., or Wednesday, September 7, at 6:30 p.m. To RSVP, or if your family is unable to participate at either, please email [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org)

**Coming of Age 2017 Mentors and Teachers needed.** Do you like to talk, listen, and are capable of “deep thoughts?” Can you be honest and yourself around teenagers? Please consider being a teacher or mentor for COA this fall. Please contact Drew Danielson at [drew@unityunitarian.org](mailto:drew@unityunitarian.org)

**Our Whole Lives (OWL) 2017 orientation and registration** is scheduled for late summer/early fall. Families with 7-9 graders, and those who have already indicated choice in the online Religious Education enrollment, should have received communication about next steps. If not, please email Drew Danielson at [drew@unityunitarian.org](mailto:drew@unityunitarian.org).

## Summer Musicians

Summer is a great time to share your musical gifts with Unity Church members and friends. 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.

## One Voice Mixed Chorus

*Queer Music Consortium Concert*  
**Sunday, June 5 • 3:00 p.m.**

### Como Park Pavilion

Join One Voice and all the other members of the Queer Music Consortium (QMC) for our annual concert this June 5 at 3:00 p.m. at the Como Park Pavilion! Featuring Calliope Women's Chorus, Twin Cities Gay Men's Chorus, Minnesota Freedom Band, and the Minnesota Philharmonic Orchestra, it'll be a wonderful outdoor event, perfect for the whole family. This event is free and open to the public.

## Showtune Showdown

**Monday, June 13 • 7:30 p.m.**

### Woman's Club of Minneapolis

One Voice Mixed Chorus has thrown down the gauntlet! We're hosting The Rose Ensemble, The Twin Cities Women's Choir, and VocalPoint as they sing their hearts out in an epic battle for choral supremacy. That's right, it's... a Showtune Showdown!

Showtune Showdown is a unique blend of American Idol, Name That Tune and Glee, with loads of Broadway glitz thrown into the mix. One Voice Mixed Chorus is the host of this event and the proceeds will help fund their community engagement work, including anti-bullying education in schools, and performances in Greater Minnesota.

Tickets range from \$20 to \$100. Visit [www.ovmc.org](http://www.ovmc.org) for details and to purchase tickets.

## Happy Summer from the Unity Libraries & Bookstall Team!



### Library and Bookstall Team Leader Louise Merriam Steps Down But Not Out

With much gratitude, the LBT would like to acknowledge the service, experience, and wisdom of team leader Louise Merriam. She has served Unity libraries for ten years, volunteering for the team just two years after she and her family joined Unity Church. After co-leading the library side of the LBT for eight years, Louise has stepped down from leadership BUT not from service. In addition to co-leading the Unity Archives Team, Louise will be a library volunteer and continue as a valued member of our team.

When I asked Louise about her time as co-team leader, she said that she really enjoyed buying books for our church library, managing the collection to keep it up to date and relevant, and using her expertise as a librarian. Our library volunteers are a fun group, cooperative with each other, and provide a great example of team work, according to Louise. Not everyone is aware that the Library & Bookstall Team is self-supporting; the proceeds from Bookstall sales fund the library collection and events. One wish for Unity libraries? Louise would like to see more people take advantage of the great staff and collection of the Anderson Library and Whitman Children's Library.

During Louise's tenure, the team has grown both in size and in services offered. The library holdings were converted to an online catalog, which is now available from anywhere in the world from a computer, tablet or smart phone with internet access. The team launched *Cairns: The Unity Church Journal of the Arts*, and Louise served as editor or proofreader for several years. Eight years ago, we began Café Unity, our annual coffeehouse showcasing the literary and musical talent of Unity Church, at which Louise served as MC for many years.

Also during this time, the number and scope of LBT-sponsored authors events grew; we have hosted several nationally known authors including Margaret Reagan, Sena Naslund, and Amy Klobuchar, many regional authors such as Wing Young Huie and Marv Davidoff, and well-known authors who also happen to be Unity Church members like Cynthia Orange, Sara Ford, Amie Klempnauer Miller, and Kim Chapman.

On behalf of the Unity Libraries and Bookstall Team, THANK YOU LOUISE!

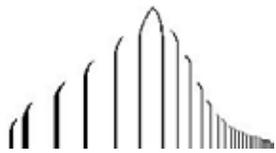
### Eight Ways From Sunday

Thoroughly, completely, in every possible way, from every conceivable angle, *Cairns* Vol. 8 is in the works, to be released in December of 2016. For early consideration, submit your writing, music, or art to [cairns@unityunitarian.org](mailto:cairns@unityunitarian.org) by Sunday, June 19.



### Open All Summer!

The Unity Libraries and the Bookstall will be open ALL summer! The Anderson Library (second floor, Eliot Wing) and Whitman Children's Library (R.E. level, Story Room) will be open before and after the 10:00 a.m. service on Sundays. Did you know that you are welcome to come in, turn on the lights, and use either library anytime (unless it is otherwise in use)? Unity Libraries are self-serve but are staffed on Sunday mornings. The Bookstall in the Parish Hall on Sunday mornings following the service will be stocked with great reading all summer!



# UNITY CHURCH-UNITARIAN

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## Take Unity Church Out to the Ball Game

**Saint Paul Saints vs. Sioux City Explorers  
Tuesday, July 26 • 7:05 p.m. • CHS Field**

Join other Unity Church members and friends at the beautiful St. Paul Saints CHS Field. We have pre-purchased a block of seats together at \$14 per ticket. You can reserve your tickets at the Summer Opportunities Table in Parish Hall or by contacting Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107.

RSVP by June 26. All are welcome!

**Summer Sundays!**

May 29–September 4

One service at 10 a.m. only!

## CHALICE CAMP AT UNITY CHURCH

Friends Fun Crafts  
ART Singing GAMES

CHALICE CAMP WEEK 1: JULY 11-15  
CHALICE CAMP WEEK 2: JULY 18-22  
CHALICE CAMP WEEK 3: JULY 25-29

REGISTRATION & DETAILS

[www.unityunitarian.org/chalice-camp.html](http://www.unityunitarian.org/chalice-camp.html)