



## Wisdom

*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.*

Once upon a time, King Solomon had a devoted palace guard. This guard was a quiet, humble man, but one afternoon Solomon overheard him boasting that he could accomplish any task the king assigned to him. King Solomon decided to teach the guard a lesson, to set him an impossible task in order to humble him. "My heart yearns to own a magical ring," said the king. "Within six months time, bring me a ring that can make a happy person sad and a sad person happy."

The guard had never heard of such a ring, but he promised to dedicate himself to the task and set off immediately. First, the guard searched local marketplaces, but no merchant had heard of such a ring. He searched further afield, visiting port cities, stopping caravans of travelers. No one had a magical ring to sell.

The guard grew desperate. He loved and admired King Solomon and did not want to let him down. As the end of six months approached, the guard returned to the local market, where he met an old woman selling jewelry. "Do you have a magical ring that can make a happy person sad and a sad person happy," he asked? The old woman nodded, took the cheapest ring in her stall, and engraved four words on it.

The next day, the guard returned to the palace, where King Solomon was enjoying himself at a party. Laughing happily, King Solomon greeted the guard. But when the guard presented the ring, the king's smile faded. The ring was inscribed with the words "this too shall pass."

Looking at the ring, Solomon knew the grandeur that surrounded him would end. At the same time, he knew the ring could bring him comfort when he was struggling with grief. Removing an elaborate ruby ring from his finger and

offering it to the guard in apology, King Solomon placed his new magical ring on his finger, where for the rest of his life it offered him balance and wisdom.

This Jewish wisdom story is one of thousands. Folklore, parables, proverbs: every cultural tradition has stories designed to impart wisdom. The stories feature unexpected twists, bumbling fools, tricksters. Wisdom tales subvert expectations. These stories remind us that wisdom is not solely about facts or knowledge, but about deeper meanings, about learning through the full range of human experience — laughter, confusion, even anger.

Modern Confucian philosopher Tu Wei-Ming teaches that "learning to be fully human is to learn to become a sage." In other words, to be wise is to be genuinely human. For Wei-Ming, this means that "the aim of self-transformation is not to go beyond humanity but to realize it as completely as possible." When we live into our authentic selves, including our flaws and faults, we learn what it is to be wise. What Wei-Ming calls "intellectual sophistry and metaphysical speculation" hide the path to wisdom.

This anti-intellectual strain runs through teachings on wisdom, whether Confucian thought or wisdom tales. Even Unitarians recommend this approach. In 1844, Ralph Waldo Emerson wrote that "if we will take the good we find, asking no questions, we shall have heaping measures. The great gifts are not got by analysis." (Ask no questions! Are we *sure* Emerson was a Unitarian?) Although many of us will remain rightfully hesitate to throw out our favorite books, wisdom depends on paying attention, on accepting our daily bounty, on practicing the art of *being*.

In many traditions, one becomes wise only within community. There can be no self-transformation, no earned

wisdom, without working together and listening to the stories of those around us. Poet Denise Levertov suggests that wisdom comes only when we open ourselves to the needs and concerns of other people. She writes that "Just when you seem to yourself/nothing but a flimsy web/of questions, you are given/the questions of others to hold. ... You are given the questions of others/ as if they were answers/to all you ask."

Is wisdom part of the divine? The great Catholic theologian Thomas Merton conceptualized wisdom as *Hagia Sophia*, a mothering force, "an invisible fecundity ... a hidden wholeness" that exists "beyond the reach of anything our eyes can see or our minds can understand." This holy wisdom lives in us and speaks through us, a holistic force steeped in humility and wonder rather than knowledge and facts, helping us let go of little judgements and pulling us always toward love.

Maybe this force is our soul's own magical ring of wisdom. What would be inscribed on yours?

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

### Wisdom Theme Resources

#### BOOKS

*Song of Solomon* by Toni Morrison (1977)

*Heart Sutra*, Translation and commentary by Red Pine (2005)

*Holy Envy* by Barbara Brown Taylor (2019)

#### MOVIES

*The Mustang* (2019)

# JUST WORDS / WHEEL OF LIFE

## Just Words



Every sacred community worthy of the name expects the same three things from its adherents. When asked about their expectations, most congregations will list organizational needs. We want you to attend regularly, make a generous pledge, and find a way to serve the church. We need those things too. But what we want most is for the church to help you to grow to become the person that you long to be.

Here are the three things we ask for and expect from all our people. First of all, we expect you to develop a daily morning practice that will help you find and keep your balance. Daily practice will help you summon the best possible quality of attention to the people and tasks you care about most. Our second expectation is that you will find ways to grow and strengthen your ability to be intimate and open with others with the goal of eventually being able to go deep, quickly, with strangers.

When one embraces the first two expectations and practices them regularly one's heart breaks open and compassion rises. The third expectation is that you organize that compassion to bless the world. You are the only one who really knows what that might mean in your life. It may shape how you are with your family or in your workplace. It might manifest in acts of solidarity and courage as compassion bids you stand with those who are oppressed.

We're convinced that when you embrace these expectations and incorporate the lessons you learn you will support the organizational needs of the church out of gratitude. And gratitude, my friends, is far more sustainable than duty will ever be. When life slows down a bit this summer why not take advantage of that bit of open space to learn to meditate, or do a little yoga, whatever works best for you. Spend some time with friends and loved ones in honest conversation. Talk about some things that really matter. Listen to what others have to say. Be a blessing in the world.

Yours in Faith,

Rob Eller-Isaacs

**The Wheel of Life**  
*In Celebration*  
**Lisa Yang and Peter Xiong**  
married May 11, 2019

*In Memoriam*  
**Nancy Moe**  
May 31, 1947 – May 10, 2019

**Summer CSA**  
**at Unity Church**  
*Deliveries begin in June!*

Turnip Rock Farm and Cosmic Wheel Creamery in Clear Lake, Wisconsin, have shares available and Unity Church will be a drop site this season. Turnip Rock CSA offers Certified Organic vegetables, 100% grass-fed farmstead cheeses, and pastured pork, beef, and lamb. Medium and large organic veggie shares, cheese shares, meat shares, season extension, and more! Each element of Turnip Rock Farm comes together to create a whole-farm ecosystem that results in diverse offerings for CSA members.

Visit [www.turniprock.com](http://www.turniprock.com) for details about share options and to sign-up.

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	<p><b>Who?</b> <b>What?</b> <b>When?</b></p>
<p><b>What do you remember?</b> <b>Who or what (and when) should be included in the new Unity history book?</b> Contact the committee with information, stories, photos, or documents to help us record the next chapters of the story of Unity Church! <b><a href="mailto:ucuhistory@gmail.com">ucuhistory@gmail.com</a></b> Thanks, Kathy, Dan, Carol, Pauline, Susan, Eric, &amp; Shelley</p>	

# JUNE AND JULY SERVICES

**During the summer, Sunday worship services are held each week at 10:00 a.m.**

Lay-led worship services begin July 7.

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: *Coming of Age, Again and Again*

Wisdom means growth and a willingness to pay attention to change. We come of age repeatedly as we deepen our understandings of ourselves and our place in the world. Join Hallman Ministerial Intern Kathryn Jay and worship associate Bob Peskin as they explore how we never stop growing into our spiritual and ethical beliefs.

## June 9: *Active Joy*

Aware that activism can often be heartbreaking and draining work, author and activist adrienne marie brown is promoting what she refers to as "pleasure activism." Join worship associate Erika Sanders and Rev. Janne Eller-Isaacs as they seek to find sources of joy and pleasure in the midst of justice and equity efforts.

## June 16: *Salvation by Character*

Our historic Bond of Fellowship is taken from a letter William Channing Gannett, an early and powerfully influential minister of the church, wrote when he was asked to consider coming out to Minnesota a few years after the end of the Civil War. It includes these words: As those who believe in religion, as those who believe in freedom, fellowship and character in religion...we join ourselves together name, hand and heart as members of Unity Church. In his final sermon until fall Rev. Rob Eller-Isaacs will wrestle with the many dimensions of the word character.

## June 23: *On the Wisdom of Eating Lizards*

Rev. KP Hong and worship associate Susan Huehn  
A story about the early church and our capacity to stomach other people's food, culture, and way of life.

## June 30: *This Is an Uprising*

Sometimes received wisdom says change is impossible. And then, boom. All that wisdom is turned upside down. On this fiftieth anniversary of the Stonewall Uprising, join Kathryn Jay and worship associate Jake Rueter as they explore how cultural and institutional norms can be changed when people fight for what they believe in.

## 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 Summer Music Coordinator Kathleen Bartholomay at [kathleenbartholomay297@gmail.com](mailto:kathleenbartholomay297@gmail.com) or 651-343-4764.

## July 7: *Everything Happens for a Reason and Other Life Lessons I Have Learned to Hate*

Why do bad things happen to good people? Susan Huehn and Shelly Butler explore this problem without feeling the need to fix it, justify it, or even give a reason. Life is beautiful, life is hard. Suffering is not because of some cosmic conspiracy or because you didn't eat enough kale. Sometimes knowing you aren't alone is enough.

## July 14: *Writing our Story: Truth or Fiction*

As we write and live out our own stories, how are we choosing to shape the plot? Are we creating a fictional plot designed to feed our egos and create a story we think others will find impressive, or are we writing a true narrative that can lead us to peace, wisdom, and true self-actualization. Bryan Smith and Suzanne Quinn-McDonald will challenge us to question our choices and motivations in an effort to create our own true stories. A story true to our deepest souls.

## July 21: *Foraging, Alone?*

Join Alex Askew and Bob Peskin as they unpack what it means to make our way through the world. In what ways does our Unity Church community support us, and how do connections we make outside the church impact our life trajectory? What does our web of all existence look like?

## July 28: *Saying Goodbye as a Spiritual Practice*

Everything ends, but sometimes it is so hard to let go. Join Kathryn Jay and worship associate Richard Lau as they look at the importance of saying goodbye and how good goodbyes promote spiritual depth and emotional growth.

## Summer Sundays Pancake Brunch

**July 21 and August 18 • Following the 10:00 a.m. service!**

Join us for a pancake brunch after Sunday worship. We'll have fresh pancakes, real maple syrup, sausages, juice, coffee, and more! Want to help flip pancakes? Contact Madeline Summers, Volunteer Coordinator, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).

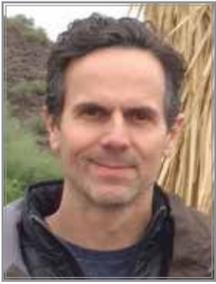
## Merging of Waters

Be sure to collect water from your summer adventures for our Merging of Water reunion service on Sunday, September 8, 2019.

# BOARD OF TRUSTEES / ART TEAM

## Both-And

John Steiner-Manning, Trustee



Years ago I had a colleague who introduced me to the phrase “both-and,” as in, “that can be a both-and.” He used it to point out that sometimes we can change our thinking and drop assumptions about certain options or ideas being in conflict. (He was also someone who sometimes buttered both sides of his pancakes, so maybe that tells you more about his worldview.)

When the Unity Church trustees met for our May meeting, there was definitely a welcome “both-and” feeling in the room. Much of the agenda was focused on an annual review of the church’s finances, which included a presentation by our outside consultant and extensive discussion. Before we dove into that work, however, we were prompted to reflect on a novel question — where do we find the holy in finances? Kathryn Jay, Unity’s Hallman Ministerial Intern, prompted us to weigh how we can both sink into budget details *and* be doing something sacred.

This is a reoccurring situation for the trustees. We are regularly aiming to think about what is most important and where our aspirations take us. Yet we are also charged with monitoring how the board’s policies are being implemented, and that requires what can feel like a different way of thinking.

At the May meeting, another topic for discussion was the qualities that will be important to seek out in the three new trustees who will join the board in November. Again, one could see the desire for “both-and” thinking; comments included the ability to combine vision with attention to detail, for the board to have members with financial acumen and to also have board members who are strategic thinkers. Perhaps this need for the board to combine different ways of thinking is why there was also interest in ensuring board members are collaborative and open to direct communications — we need that as we work together to fulfill the board’s role.

And for anyone considering board service, we appreciate it. Know that there are no particular experiences that are required to step into this role; all voting members of the church are qualified. Being curious, committed, and willing to work closely with eight other board members is what is most important. Applications for board service are due June 15 and current trustees are glad to talk and share information. See the box below for details about the application process, and join us on Sunday, June 2, for an information session to learn more about serving as a trustee.

## June Parish Hall Artists

*Life, Loss and Legacy*

*An Interfaith Exhibit of the he Jewish Women Artists’ Circle*

The Jewish Women Artists’ Circle, which was launched in 2005, has become an interfaith group of artists. Our group selects spiritual themes, studies with scholars in the community, and creates artworks inspired by our studies.

The theme of “mortality” is intriguing for an interfaith group. Death and mourning are human and universal, but the rituals and theologies vary across religions. What we had not anticipated was how deeply personal this theme would become. Over the year or so that we studied together and created our art, all of us experienced the deaths of people we loved. The art that we have created on the theme of “Life, Loss and Legacy” comes from these experiences: life in the face of death, loss and its bitterness, and the legacies that we want to pass on.

[www.jewishwomenartistscircle.com](http://www.jewishwomenartistscircle.com)

## Parish Hall Art Share

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

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

## Consider Serving as a Trustee

**Learn more about board service at an information session on Sunday, June 2, at 11:15 a.m., in the Center Room.**

At the annual meeting in November, the congregation will vote to elect three nominees to the Unity Church Board of Trustees. Trustees find board service to be an experience that enriches their relationship with the church community and offers opportunities for personal growth. Trustee terms are three years, and meetings are held once a month on Saturday mornings. Information about the work of the board and a trustee position description and application are online at [www.unityunitarian.org/board-of-trustees.html](http://www.unityunitarian.org/board-of-trustees.html).

You must be a voting member of Unity Church to serve as a trustee. Current trustees will be available in the Parish Hall on Sundays during June to share information and answer questions. The deadline to apply is June 15, interviews will take place in July, and the nominees will be chosen in early fall. For more information or to request an application, email Ruth Kirkland at [ruth\\_kirkland@hotmail.com](mailto:ruth_kirkland@hotmail.com).

## Hallman Ministerial Intern: Kathryn Jay



As part of my daily spiritual practice, I start each morning by offering thanks for all the people and moments and experiences in my life that bring me joy, teach me something, connect me to the holy. When I'm done, I trace the words thank you on my left palm, inspired by Anne Sexton's poem, "Welcome Morning," which includes the lines "So while I think of it, let me paint a thank-you on my palm/for this God, this laughter of the morning/lest it go unspoken." Then I rub my hands together and place my palms on my face so that I am covered in thanksgiving for the day.

These days, I have so much to be grateful for. Whether in Pastoral Care meetings, conversations with front desk volunteers, Parish Hall interactions, Wellspring Wednesday class discussions, listening to community outreach teams, talking to my terrific Ministerial Intern Support Team: y'all have poured love, wisdom, and kindness down on me.

This has been true right from the very beginning. Showered with borrowed bicycles and kitchen furniture, winter coats and tips about the best local hikes, my family and I felt immediately loved and welcomed here. My kids got to use the Hobart to wash dishes! When February happened, they got the opportunity to shovel snow! So. Much. Snow. (You may think I am joking, but we felt grateful for these experiences in the Jay household.)

I came to be an intern at exactly the right moment to take advantage of an established Unity Church program. My wife Elisabeth and I are so grateful for the robust Coming of Age class offered to ninth graders, and the credos that emerged from the experience. We are grateful for Coming of Age mentors who took Annie and Arlo for Punch Pizza and other tasty treats, introduced our family to the excitement of college hockey, and made time to ask questions and listen carefully to their answers.

We were also lucky enough to be here for the final year of Ruth's marvelous music ministry. Besides my own opportunity to learn about hymn choices and the complex dance between music and liturgy in a weekly music meeting with Ruth and the ministers, Elisabeth has felt a deepening of her UU identity through avid participation in your thriving choral community. There's been so much singing!

Our welcome into your beloved community has had so many dimensions. We appreciated the Wellspring Wednesday dining and sharing Sunday soup. We've been invited for Thanksgiving feasts, impromptu outings, delicious meals. *Everyone* offered tips for surviving the winter, and commiserated on its Polar Vortex intensity. And we continue to feel warmly supported as we mourn the death of Elisabeth's father this spring.

When we return to California, we will bring you with us, to quote my daughter Annabel's credo, in the "suitcase of our hearts."

But we'll be here through July! I'm so pleased to have been asked to be the "substitute summer minister" while Lisa finishes her sabbatical. Come by this summer and say hi.

## Wellspring

### A Year of Spiritual Deepening

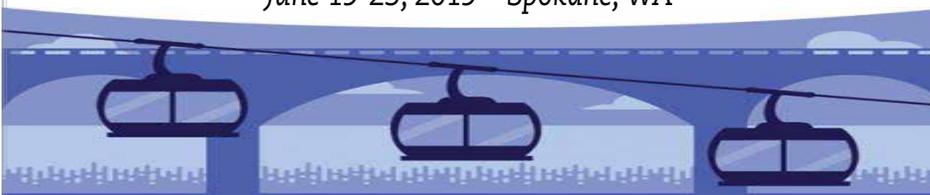
Do you yearn for deeper connection to your faith and to the people here? Do you wish you had a better grasp of our traditions, history and theology? Do you dream of a day when you have the time to create a daily spiritual practice? Then you might want to know more about Wellspring, a year-long curriculum designed with spiritual deepening as the goal.

Created by the Rev. Jen Crow, a former Hallman Ministerial Intern, Wellspring responds to the need for spiritual grounding in our own tradition and offers a five-spoke model of spiritual deepening. The five spokes are: daily spiritual practice, regular meetings of the Wellspring group, engagement with Unitarian Universalist history and theology, meeting monthly with a one-on-one spiritual director, and discerning our unique call in life.

Jen writes, "Engaged together, these five spokes create a powerful synergy that has fostered significant transformation in the lives of many of the participants. Most experience a deeper understanding and connection with Unitarian Universalism and their own spiritual lives."

Unity's Wellspring group will be led this year by Janne Eller-Isaacs and Laura Park. The group will begin with a day-long retreat on Saturday, August 17, and will meet regularly on the second and fourth Wednesday of each month through May 2020. Each session will have reading assignments that support the exploration and engagement of the topics and themes. Class enrollment is limited to 18. If you are interested in this offering, please contact Martha Tilton by e-mail at [martha@unityunitarian.org](mailto:martha@unityunitarian.org) or by phone at 651-228-1456 x105.

UUA General Assembly • [www.uua.org/ga](http://www.uua.org/ga)  
June 19-23, 2019 • Spokane, WA



# WELCOME WORDS / WELCOME NEW MEMBERS

## Welcome Words



### Rev. Lisa Friedman, Minister of Congregational and Community Engagement

Minnesota summer brings out our inner Transcendentalist, calling us into nature to bask in the sun, try new adventures, and remember we belong to a wide, wonderful universe. Here at church our congregational life relaxes, but still offers many opportunities

for worship and connection. Come hear the reflections of our wonderful lay preachers and enjoy the musical gifts of our members. Relax over a pancake breakfast, enjoy a St. Paul Saints game with Unity friends, or pick up a hammer with our 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 savor life's gifts together in gratitude. Enjoy it with us!

Rev. Lisa Friedman will be away on part-two of her sabbatical for June and July. Kathryn Jay, Unity's Hallman Ministerial Intern, will be serving as summer minister in her absence.

## Pathway to Membership Classes

Sign up for Pathway to Membership classes at the Welcome Table on Sundays or contact Kathryn Jay at [kathryn@unityunitarian.org](mailto:kathryn@unityunitarian.org) or 651-228-1456 x109. Childcare is available by request at least one week in advance.

### Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis on Sundays, from 11:15 a.m.-12:15 p.m., in the Ames Chapel. These sessions can be attended in the order that works for you and will offer participants the opportunity to share part of their religious journey, 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. Childcare is available in the nursery.

June 2: Q & A with a Minister

June 9: Membership 101 and Congregational Life

June 16: Religious Education for Children, Youth and Adults

June 23: Worship and the Liturgical Year

June 30: Unitarian Universalist History

July 7: No Class for 4th of July Weekend

July 14: Social Justice and Community Outreach

July 21: Pastoral Care

July 28: Building Tour

### Committing to Unity: Joining Unity Church Wednesday, September 25 • 7:15-9:00 p.m.

Have you been considering membership at Unity? This class explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's needs meets the gifts and joy you have to offer. The class concludes with a ceremony as participants sign the membership book and officially join the church!



*Pictured left-right: Ian Slattery, Gini Johnson, and Roger Johnson*

**Cezar Jaramillo** enjoys yoga, meditation, reading sacred scripture, and reciting prayers in Sanskrit. He came to Unity Church to put his spirituality in a religious context and to be accountable to a religious community.

**Gini Johnson** grew up in a conservative Swedish Baptist Church, but rejected the anti-science ideology as a teenager. As an adult, she migrated to the UCC and now Unitarian Universalism. She appreciates the openness to exploring the spiritual life, the excellent music, the justice work, and the welcoming community at Unity Church. In retirement, she is heavily involved in the Osher Lifelong Learning Institute and other discussion, walking, and jazz groups. She also lobbies at the Capitol on many issues and campaigns for legislators at all levels who agree with her faith agenda.

**Roger Johnson** has been married to Gini for 55 years. He loves to cook and to be outside as much as possible by gardening, running, walking, and outdoor home projects. He has engaged in social justice activities such as Urban Homeworks, Black Lives Matter, lobbying at the Capitol, and getting out the vote. He still hangs out on the golf course with his high school classmates from the 1961 hockey team, still arguing about who was the best hockey player. He was raised a conservative Baptist, migrated to UCC, and now to Unitarian Universalism.

**Ian Slattery** recently moved to the Twin Cities from California with his partner, Sarah, and their dog, Truly. He is in a graduate program in education at UMN. He is passionate about sharing stories, growing veggies, playing volleyball, and working alongside others to transform ourselves and our world.

## Mentoring at Unity

### A Path to Deeper Connection

Unity Church has a mentor program available to all visitors and new members. A mentor serves as a guide and a resource in the congregation. They pledge to meet at least once a month face to face, and be available for ongoing questions and advice for at least six months. If you have questions, or would like to request a mentor, please stop by the Welcome Table in the Parish Hall on Sundays or email Kathryn Jay at [kathryn@unityunitarian.org](mailto:kathryn@unityunitarian.org).

# WELCOME NEW MEMBERS



Pictured left to right: Ned Brooks, Gudrun Brooks, Peg Brenden, Deb Wilson, Angie Norburg, Michelle Blaeser, Arlene Seashore, Jen Prestegaard, James Spector-Bishop, Marin Nelson, Darrin Kovar, Laurel Sorensen

**Michelle Blaeser** is widowed with two adult children, Emma and Max. After her husband died of cancer almost nine years ago, her neighbor Gene became a partner and friend after his wife died. He invited her to a service at his Unitarian church seven years ago. Raised Catholic, she had become disturbed by the clergy abuse allegations and patriarchal structure of the church. Michelle found that Unity Church aligned well to her beliefs and felt welcomed by the congregation. Her interests are singing, improving her singing, gardening, physical fitness and travelling.

**Deb Wilson** and **Peg Brenden** discovered Unity Church about three years ago. Sunday worship's spirit, music, and message — along with the congregation's deep commitment to social justice — pulled them in and kept them coming back. They are both retired judges who now voice opinions only when absolutely necessary. They enjoy being outdoors — Deb with a pickle ball paddle and Peg with a tennis racquet.

**Gudrun Brooks** was born and raised in St. Paul and currently works locally as a personal trainer and practitioner of Thai massage. Her current passions are in self-exploration and growth, loving and nurturing her family, along with hobbies such as yoga, cooking, knitting, reading, and outdoor activities.

**Ned Brooks** has lived most of his adult life in St. Paul with a few notable exceptions living abroad. Ned and Gudrun have two teenage sons and live near Unity Church. He is drawn to Unity to "find and keep my balance" and deepen a regular spiritual practice.

After 23 years of dancing around the periphery of joining Unity Church, **Sandy Lucas** signed the book this April. Why now? She has been cutting vegetables on Tuesdays for Wellspring Wednesdays since last fall. She has attended services fairly regularly this last year. She volunteered for Project Home the last two years. And she keeps meeting people at Unity whose hearts and minds are honest and open to the complicated, the difficult, the interesting, and the beautiful, and the work that goes with all of that. That's why now. "Thanks for having me."



**Darrin Kovar** and **Marin Nelson** (and their four kids) are joining Unity Church after being introduced last year by Marin's brother and sister-in-law, Matt and Kelley Nelson. They are excited to raise their children in the Unity community with the shared values of love, service, and social justice.

**Angela Norburg** has attended Unity Church services for five years. She has been singing in two choirs for most of those five years. Her current passions are theater, live music, and bicycling. These passions attracted her to the Twin Cities. She appreciates the strong spirit of possibility for all at Unity.

**Jennifer Prestegaard** lives in St Paul along with her husband Matt and two daughters Maren and Anna. She is an avid reader and traveler, sometimes yogi, and slightly exhausted but fully caffeinated school counselor. After

attending sporadically for almost a decade, she now appreciates the regularity of Sundays filled with reflection and beautiful music and is particularly grateful for the religious education community.

**Arlene Louise Foote Seashore** was raised in a liberal Congregational community, but continued seeking further enlightenment after college. The writing of Karen Armstrong caused her to reflect that she might possibly be Unitarian. She was further converted when she visited Unity Church and discovered there was a Foote Room! She has greatly appreciated the opportunity to raise her children in a space that celebrates diversity in people and wonder in nature. As her children prepare to flee the nest, she looks forward to deepening her involvement.

**Laurel Sorensen** followed her grandchildren to the Twin Cities in 2007. In the past year she moved to the Cathedral Hill area and retired in April. She began attending Unity Church about three years ago after an internet search. Unity is a vibrant church which offers many opportunities to get involved in a wide variety of activities as well as for personal spiritual growth.

**James Spector-Bishop** was raised UU outside Chicago. He moved to Minnesota for, and recently graduated from, Macalester College. He currently works as a researcher at the state of Minnesota, pursuing his passion for public service. He is involved with the young adult group and is very excited to have found a wonderful faith community which helps him to see the holy in all things.

# COMMUNITY OUTREACH

## Sustainable Living Team News

### *Miracles of the Garden*

From Meggie Exner, Sustainable Living Team

As I reflect back on my experience last year of volunteering with Unity's Summer in the Garden program for the children, it doesn't surprise me that Christians envision the perfect harmony of Eden as being in a garden. Curiosity, gratitude, and love grew as abundantly as the squash, tomatillos, and onions. With each gathering I watched the children experience awe in the perfectly formed embryo hidden in a bean seed or the discovery of a wriggling worm. Each child nurtured the plants with such care, walking back and forth between the hose and the raised beds, watering carrots and quack grass with equal attention. They delighted in identifying edible weeds to add to our salad and devoured it all with enthusiasm. Perhaps most poignant of all was the gentle guidance shown by the older children toward the younger as they gave tips on how to use the tools or find the ripest strawberries.

I know plenty of environmental reasons why it's important to eat sustainably grown, seasonal, local produce:

1. According to a report by Carnegie Mellon University, food in the United States travels on average 4,000 to 5,000 miles to get to our plates. Eating local, seasonal food helps reduce food miles and thus carbon emissions.
2. Conventional farming methods lead to loss of our topsoil (the nutrient-rich layer crops need to grow). If you look at annual tonnage of topsoil lost down the Mississippi River, you could say that the United States' top export is topsoil. It beats out both corn and soy.
3. Nitrogen and phosphorous also enter our water bodies from farms that use pesticides, leading to algal blooms that decrease dissolved oxygen levels. This can kill fish and invertebrates and, when it enters our drinking water, can lead to Blue Baby Syndrome in infants.

While these concerns create in me an urgency to fight for food sustainability, it is the felt experiences of food-based community, of joyful food preparation, and of reverence towards the natural world that keep me hopeful and uplifted.

For those of you who are longing for a similar connection, see the following resources:

- Local Farmers' Markets and CSA boxes  
<https://www.localharvest.org/minneapolis-mn>
- Local Food Co-ops  
<https://www.localharvest.org/food-coops/>
- To volunteer with youth at the Summer in the Garden program, contact K.P. Hong at [kp@unityunitarian.org](mailto:kp@unityunitarian.org)

During the summer, Unity's Sustainable Living Team will meet at noon, on the first Sunday of each month, at the church. All are welcome!

## Racial Justice Movie Night: *Almanya*

Friday, June 7 • 7:00-9:30 p.m. • Robbins Parlor



The German film [Almanya](#) is loosely based on the migration story of the family of its director, Yasemin Samdereli, who was born in Dortmund, Germany; her parents were immigrants from Turkey. Samdereli studied film in Munich and has become a successful film and television director in Germany. The film will be introduced by Professor Rick McCormick (University of Minnesota), who will offer an overview of migration to Germany since 1945 and of how migration has been depicted in German cinema in order to provide context for this popular, heart-warming comedy. The film is in German and Turkish with English subtitles and lasts 97 minutes. After the film, Rick will lead a discussion about the film, guided by your questions.

This film showing and lecture are part of the "Deutschlandjahr USA" (Year of German-American Friendship, or #WunderbarTogether). In connection with the Deutschlandjahr, the German Studies Association (GSA) has received funding from the Goethe Institute to set up a public lecture series, encouraging scholars in German studies in the U.S. to give public lectures on topics related to their research.

## 2019 Habitat For Humanity Project

### *Please Volunteer*

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a Habitat for Humanity home construction work week from June 24-28. For many years members of Unity have volunteered with other area church members as part of Faith Builders, to build Habitat housing for eligible families.

You can volunteer for one day or multiple days. You do not have to be an expert carpenter as all skill levels are needed and there will be professional staff to guide the volunteers. Someone is also needed to provide lunch one day. This year's project is new construction in the Frogtown neighborhood of St. Paul. A Twin Cities Habitat for Humanity "green" build integrates building practices that reduce detrimental impacts on the natural environment, promote healthy indoor air quality for occupants and reduce energy costs while increasing the long-term affordability of homes and improving the neighborhood housing stock.

Sign up in the Parish Hall after worship during May and June, and online at <http://faithbuilders.tchabitat.volunteerhub.com/>. Questions? Contact Chuck Griggs at [griggscb@msn.com](mailto:griggscb@msn.com) or 612-408-0486 (text or call).

# COMMUNITY OUTREACH

## 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. If you would like to nominate an offering recipient, please visit [www.unityunitarian.org/generosity-ministry.html](http://www.unityunitarian.org/generosity-ministry.html).

### June 2 & 23: [Slow Food Minnesota](#)

Slow Food Minnesota fosters equitable access to food through programs and events that help Minnesotans value diverse food cultures and healthy farm ecosystems. This collection will help Slow Food Minnesota engage with more people by providing scholarships for underrepresented individuals to attend local programs with the goal of becoming a vibrant citizen organization committed to a shared vision of food equity and access. Unity Church member Ann Kirby McGill is chair of Slow Food's board of directors.

### June 9 & 30: [Unity Church Chalice Camp](#)

Chalice Camp is designed to provide a unique opportunity for children in grades one through eight deepen their connections to Unity Church, Unitarian Universalism, and the wider community. Camp this summer will include worship, small and large group activities, and time for fun. This collection will support scholarship opportunities for church families. Unity Church member Hannah Eller-Isaacs is Chalice Camp Director.

### June 16 & July 14: [Minnesota Prison Writing Workshop](#)

Minnesota Prison Writing Workshop (MPWW) serves one of the most marginalized groups in society by offering creative writing classes to men and women in Minnesota correctional institutions. After completing a writing class, students are eligible for a mentor program in which they are paired with experienced writers on the outside for written feedback. MPWW participants find writing to be a rehabilitating practice that sharpens their self-expression skills and empowers them to tell their stories.

### July 7 & 28: [Lower Phalen Creek Project](#)

The Lower Phalen Creek Project (LPCP) was the driving force behind the establishment of the Bruce Vento Nature Sanctuary at the foot of Dayton's Bluff. This area was a sacred site for the Dakota Nation who gathered frequently in Wakan Tipi Cave, aka Carver's Cave. After years of neglect and desecration, LPCP has undertaken the restoration of this historic site with plans to open Wakan Tipi Cave as a gathering place and visitor facility where its rich cultural and historical significance can be told and celebrated. This collection supports the design team and staff working to make Wakan Tipi Cave a go-to place to relive St. Paul's rich cultural history. Unity Church member Jane Prince, City Council woman for Ward 7, submitted this nomination.

### July 21: [Frogtown Green](#)

The mission of Frogtown Green is quite simply to make Frogtown the greenest, healthiest, and most beautiful neighborhood in Saint Paul. To do this, Frogtown Green advocates for greenspaces, promotes sustainable activities, and manages several parklets, urban farms, and gardens throughout Frogtown. To date over 270 trees have been planted. Unity Church member Patricia Ohmans, a Frogtown resident for over 35 years, is the founder and part-time director of Frogtown Green.

## Obama School End of Year Assistance

**Nancy Heege**  
**Unity's Obama School Ministry Team**

As the end of the school year nears, we can be helpful to the staff team at Obama Elementary School.



On Monday, June 10, a team of Unity volunteers will meet at the school to go through students' lockers, salvaging what we can, to be donated to the Bolivian schools that Mano a Mano serves. The school also wants to get rid of a lot of old books; volunteers will pick out books that Mano a Mano might want before the books are discarded. Also on Monday, June 10, and perhaps the next day, many of the teachers will be moving to new classrooms and would appreciate some help with the move. If you have some time available and would like to help out, contact Marty Rossmann at [rossm001@umn.edu](mailto:rossm001@umn.edu). Marty will send more details closer to the date.

Help is also needed between May 20 and June 7 in the library, where volunteers will be going over every shelf to find books that are out of place and put them in the correct place. To sign up for an hour or a few hours, contact Nancy Heege at [nancyheege@cs.com](mailto:nancyheege@cs.com).

And a huge THANK YOU to all who've supported the school in so many ways this year — offering breakfast to the teachers in August, tutoring scholars in the classroom or Maker's Space, bringing snacks for a teachers' meeting, checking out books and shelving books in the library, assisting with sewing and other special projects, donating to the Obama-designated Sunday Offering last fall, writing a check for a Cub food gift card, decorating the flower pots at the entrance, and so much more. We are truly making a difference in the lives of the students and their families, and every bit is appreciated!

## Project Home: Thank You!

Thank you to all the volunteers who made Project Home possible! It took over 165 volunteer shifts filled by Unity volunteers of all ages to extend our hospitality to the five Project Home families who called Unity Church home during the month of May. Thank you to the Project Home leadership team, the coffee hour recruiters, the evening hosts, the overnight hosts, the move-in and move-out crews, and the towel brigade. Your support and dedication made a difference!

# CONGREGATIONAL LIFE

## Grand Old Day

On Sunday, June 2, street parking will be limited due to the Grand Old Day street festival. Unity's parking lots will be managed by volunteers so that worshippers can park while fair-goers contribute money toward Unity's Habitat for Humanity build. Share the news with your neighbors that they can park with us and support a great cause! If you are interested in volunteering for a parking shift, please email Kathryn Jay at [kathryn@unityunitarian.org](mailto:kathryn@unityunitarian.org).

## Open Page Writing Sessions

Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, to reflect on the monthly theme. No writing experience is necessary. Bring something to write with and on; the rest will be provided!



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

**Wisdom • Wednesday, June 5 • 7:00-8:30 p.m.**

"At the crossroads, Wisdom takes her stand." As we consider the crossroads of our own times, this writing session explores the proverbs Wisdom offers now as her stand and guidance. What proverbial wisdom, old and new, do we need today and where might we find it, worldwide and within?

## Fellowship Groups

**These 12-step groups meet at Unity Church:** Al Anon meets Wednesdays, 5:00-6:00 p.m., Science Room; Fresh Air AA meets Thursdays, 8:00-9:30 p.m., Anderson Library.

**Afterthoughts** offers time to discuss the service. This group meets after the 10:00 a.m. service. Contact: Paul Gade, 651-771-7528.

**Caregivers Group:** An informal support group for caregivers. Third Thursday of the month (June 20 and July 18), noon–2:00 p.m. Contact: Janne Eller-Isaacs, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Evergreen Quilters:** The group meets the second Tuesday of the month (June 11 and July 9), 7:00-9:00 p.m. (at Unity Church), and fourth Saturday of the month (June 22 and July 27), 10:00 a.m.-1:00 p.m. (offsite). Contact: Peggy Wright, 651-698-2760

**Families Living with Mental Health Challenges:** A support group for families living with mental health challenges. Meets the first Saturday of each month (June 1 and July 6), 9:30-11:30 a.m. Contact: Janne Eller-Isaacs, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Living With Grief Group:** For people living with grief and loss. Third Tuesday of the month (June 18 and July 16), 7:00-9:00 p.m. Contact: Janne Eller-Isaacs, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, June 3 and 17, and , July 1, 15, and 29, 1:00-3:00 p.m. Contact: Tom Zell, [tomzell@me.com](mailto:tomzell@me.com)

**National Alliance on Mental Illness** support group for young adults with a mental illness meets the first and third Sunday (June 2 and 16, July 7 and 21) of each month, 6:30-8:00 p.m., COA/OWL room.

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

**Recovery from White Conditioning:** Wednesdays, 6:00-7:00 p.m., Gannett Room. Contact: Dayna Kennedy, [daynamelissa@icloud.com](mailto:daynamelissa@icloud.com)

**Textile Arts Group** will meet on a summer schedule for June, July, and August. Join them in art and conversation on the second and fourth Thursday of the month from 7:00-8:30 p.m. Contact: Linda Mandeville, [bindamandeville41@gmail.com](mailto:bindamandeville41@gmail.com)

**Unity Book Club:** Second Tuesday of the month, 7:00-8:30 p.m. Contact Jack Hawthorne, [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net).  
June 11: *Grace and Grit* by Lilly Ledbetter  
July 9: *Never Let Me Go* by Kazuo Ishiguro  
August 13: *Diesel Heart* by Melvin Carter II

**Women In Retirement:** Meets the second and fourth Thursday of the month (June 13 and 27, July 11 and 25), 1:00-3:00 p.m. Contact Lisa Friedman, [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Young Adult Group** (ages 18-35) meets every other Thursday (June 13 and 27, July 11 and 25), 7:00-9:00 p.m. Meet at 6:30 for dessert and tea. Contact KP Hong, [kp@unityunitarian.org](mailto:kp@unityunitarian.org)

**Zen Meditation:** Find renewal and grounding. Tuesdays, 5:00-6:00 p.m., Ames Chapel. Instruction offered June 4 and July 2 at 4:30 p.m. Contact KP Hong, [kp@unityunitarian.org](mailto:kp@unityunitarian.org).



## Summer Reading for Kids AND ADULTS

### Unity Church Libraries and Bookstall

A Bank Street College of Education  
Best Children's Book of the Year!

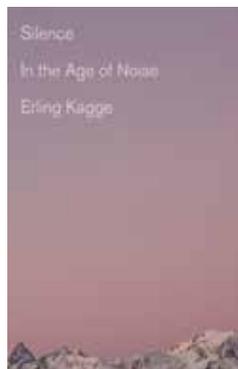
***Olga and the Smelly Thing from Nowhere* by Elise Gravel**

Olga is a child scientist who loves animals and is ecstatic to discover and then document a new species, even if it is a little weird. This first Olga book and the sequel, *Olga: We're Out of Here!* are now in the Whitman Children's Library.



***Silence in the Age of Noise* by Erling Kagge**

In 1993, Norwegian explorer Erling Kagge spent fifty days walking solo across Antarctica, becoming the first person to reach the South Pole alone. By recounting his own experiences and discussing the observations of poets, artists, and explorers, Kagge shows us why silence is essential to sanity and happiness — and how it can open doors to wonder and gratitude.



### Pitter-pattering Questions

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

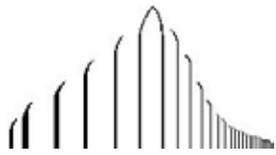
From KP Hong  
Director of Religious Education

The owl of Minerva flies at dusk. Hegel's famous tagline regards wisdom as hindsight, as arriving in the aftermath of a political event or history, in the gathering dusk after the struggle and span of an era or lifetime. Wisdom that arrives fashionably late for the history lesson. Understandably, as yet another tragedy becomes statistical data on gun violence and the rate of species extinctions accelerates beyond comprehension, many of us feel that wisdom arrives all too late. Wisdom may move according to history's developmental logic, but history may be running out of time.

A similar developmental logic echoes in the cognitive development models and approaches to learning proposed by Jean Piaget and Lev Vygotsky. Piaget proposed that cognitive development from infant to young adult occurs in universal and consecutive stages (sensorimotor, preoperational, concrete operational, formal operational) and largely as an *autonomous* processes children undergo. Cognitive development moves sequentially from a relatively natural process inherent to the child, that is, without direct intervention from the external world. Vygotsky, despite many resemblances with Piaget, offered a strong contrasting claim: children learn primarily through social interactions and *heteronomous* "dialogues" with surrounding culture, even accomplishing challenging tasks within a supportive group (of "proximal development") before they are able to accomplish it on their own. The difference in their emphasis carries significant implications for teaching and learning. While Piaget subordinates learning to cognitive development (which is universal and autonomous), Vygotsky elevates learning (which is cultural and heteronomous) to cognitive development.

Wisdom is a practiced dialogue with the world, an attempt to discern its character in all its beauty and brokenness, when foolishness seems all too commonplace. As we peer deeper into the dusk in which the old gods have fled and the new have not yet arrived, and given the avian structure and feathers of the owl which enable its near-silent flight, listening for wisdom's wings may prove more difficult than we imagined. Does wisdom, acting in accordance with developmental logic, arrive necessarily late at dusk or nighttime? Can learning, practiced as vital social interaction, precede cognitive development and actuate wisdom? Or perhaps the really important question is, whether at dawn or dusk, are we willing to be that owl for our children?

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



# UNITY CHURCH-UNITARIAN

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## Take Unity Church Out to the Ball Game

**Saint Paul Saints vs. Cleburne Railroaders  
Wednesday, July 24 • 7:05 PM • CHS Field**

Join other Unity Church members and friends at 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 Kathryn Jay at [kathryn@unityunitarian.org](mailto:kathryn@unityunitarian.org) or 651-228-1456 x109.

RSVP by June 30. All are welcome!

## SUMMER CAMP at Unity Church!



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

**CHALICE CAMP: July 8–12 and July 22–26  
CHALICE KIDS: July 15–19 and July 29–August 2**

Register online at:

<http://bit.ly/chalicecamp2019>