

Surrender

The life of a congregation is a rich community tapestry of people, programs, ministries and worship. We lift up the patterns of this tapestry at Unity Church with the threads of monthly themes woven through our worship and programming. These themes deepen our understanding of our own faith and strengthen our bonds with one another in religious community. We explore each theme in worship and in our newsletter; in covenant groups, and religious education; and in our community outreach ministries, our literary journal and programs, and many other opportunities.

Churchill's speech to the House of Commons in 1940—with its famous exhortation that “We shall never surrender”—came at a perilous time during World War II. Countries on the continent were falling to the Nazis, and England faced possible invasion. Through his confident assurances that the UK would continue to fight, the Prime Minister managed to prepare people for the worst while simultaneously bolstering their morale. Given the dangers posed by a Nazi regime, persistence made sense.

In other circumstances, though, even surrendering may not be enough to ensure someone's safety. The chant of “Hands up! Don't Shoot!” gained prominence in the wake of events in Ferguson and the ensuing #BlackLivesMatter protests because it recognized a woefully common experience among people of color: the need to be explicit about submitting to law enforcement as a way to stay alive.

Surrender and submission are often used interchangeably, but cultural factors can play a role in how the words land. For example, many women react negatively to the word submission, which brings to mind “Wives, submit to your husbands,” a Christian scripture frequently cited as a way to disempower women and keep sexism entrenched. On the other hand, the concept of submission might be liberating for a Muslim who finds peace through belief in and obedience to God. (Islam means “submission” and is related to the word salaam.)

Another place where submission includes a sense of agency is in the BDSM community, where consent is a central tenet. Those with a kink orientation understand that the bottom

(submissive) ultimately controls the scene and decides whether or not play continues. The freedom to surrender is intimately connected with trust.

On the other hand, a lack of trust—in whatever context—keeps us closed off. Rumi recognizes this at the end of his poem “A Necessary Autumn Inside Each”:

You've been stony for too many years.

Try something different.

Surrender.

When we're able to let go of the need to know the outcome ahead of time, life can surprise us. When we allow ourselves to open up, we enter a space of vulnerability. Two common experiences of vulnerability more or less require a level of surrender: falling asleep and falling in love. Holding on tightly is anathema to both.

Certainly, parenting involves surprise, surrender, and vulnerability. Surprise at the way a young child stitches together seemingly unrelated bits of the world. Surrender to an epic meltdown at the end of an exhausting day. Vulnerability in recognizing that your heart is wandering around outside your body.

Beliefs around surrender also come into play when someone has a health crisis. Some people are determined to try every means of lengthening their lives, at whatever cost; anything less feels like failure. Others acquiesce to their family's wishes, whether going through treatment to reassure others or trusting their loved ones to make good decisions on their behalf. And some people turn toward their final days with intention and curiosity, accepting the reality of death that every human must face. Perhaps all of the above.

All of us carry out an ongoing calculus about the potential gains and losses in our lives, shifting back and forth in how much we're willing to surrender at any given time. Our challenge is to discern when we're called to persevere, when to give over control, when to resist, and when to let go—but always with a heart soft enough to pulse in rhythm with the holy.

– Hallman Ministerial Intern
Lindasusan Ulrich

with this month's theme team:
Drew Danielson, Lisa Friedman,
K.P. Hong, and Ruth Palmer

Worship Theme Resources

BOOKS

The Essential Gandhi by Mahatma Gandhi (Louis Fischer, ed.) (Vintage, 2002)

Free Play: Improvisation in Life and Art by Stephen Nachmanovitch (Putnam, 1981)

While Still There Is Light: Writings from a Minister Facing Death by Nancy Shaffer (Mary McKinnon Ganz, ed.) (Skinner House, 2013)

Learning to Fall: The Blessings of an Imperfect Life by Philip Simmons (Bantam, 2003)

Don't Let the Pigeon Stay Up Late! by Mo Willems (Hyperion, 2006)

FILMS

A Late Quartet (2012)

The Diving Bell and the Butterfly (2007)

JUST WORDS / ORDINATION OF JIM FOTI

Just Words



My understanding of church as a child was shaped by two older women who hung out in the main lobby. One had been dead for many years and the other was still very much alive. Each taught me something important about the nature of faith and living.

The first woman was Susan B. Anthony. In her lifetime, she had been a member of the First Unitarian Church of Rochester, N.Y., because she was impressed by the ministry of William

Channing Gannett. Her photograph hung on the wall to the left as you entered the church. She is reading a book, wearing her signature glasses.

It was impossible to walk by her several times a week without reflecting on all that she had achieved. At great struggle and personal cost, she had shaped a collective movement which won women the right to vote in this country. I read the political cartoons and commentary of her day, reviling and ridiculing her. I wondered what nourished her spirit and inspired her to keep going. Many suffragists lived to see the day when they could cast their first vote, but Susan B. Anthony wasn't one of them. Her steady welcome at the church of my childhood taught me that women could be leaders and prophets, too, and gave me insight into the long haul work for justice.

The second woman was my best friend in the congregation. Her name was Helen Ikeler and she was a dedicated Sunday morning volunteer. Her self-appointed task was to sit at the welcome table and count the offering money and pamphlet change. She separated all the coins and carefully rolled them into bank rolls.

Each Sunday, I'd slip out of class early and help Helen sort and count the change. The sermon would pipe through the speakers in the ceiling, and Helen would argue loudly with the minister's sermon, as his political views were too liberal for her taste. Sunday after Sunday we discussed politics, sermons, education, careers, and much more. I valued her wit, her passionate mind, and stubborn honesty. We corresponded even after I left town for college and a piece of her embroidery sits in my living room today. Helen taught me about embodied faith and enduring friendship, about putting my values and beliefs into practice each day.

I think of both Susan B. and Helen each Sunday as I witness the vibrancy of this congregation and the faith that abides among us. Just as these women were my childhood teachers, we, too, are active supporters of one another's faith in known and unknown ways. May we give thanks for those who have inspired our own journeys by their example and by their faith in us.

— Rev. Lisa Friedman

Ordination of Jim Foti You're invited!



Saturday, April 11 • 2:00 p.m.
First Unitarian Society

Members of the Unity Church community are invited to the Ordination of Jim Foti into the Unitarian Universalist ministry. Jim was our half-time intern from 2011-2013 and is now serving as assistant minister at the First Unitarian Society of Minneapolis. The ordination will be on Saturday, April 11, at 2:00 p.m., at the Society, 900 Mount Curve Avenue, Minneapolis. Reception to follow. Parking is available on the street or in the public ramp attached to the Walker Art Center.

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Unity Church–Unitarian
733 Portland Avenue
Saint Paul, Minnesota 55104
651-228-1456
www.unityunitarian.org



MARCH SUNDAY WORSHIP / OFFERING RECIPIENTS

Worship Calendar

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Sermon podcasts and archives are available online at www.unityunitarian.org. Religious Education classes for children and youth are offered during all services.

March 1

Falling through Air — Lindasusan Ulrich

They say the first step is a doozy. Whether diving into water or diving into prayer, certain moments ask us to surrender—but it isn't always easy if we're used to being in control. Hallman Ministerial Intern Lindasusan Ulrich and worship associate Heidi Mastrud look at what might we gain when we decide to let go.

March 8

Crossing Bridges — Rev. Lisa Friedman

Fifty years after the historical events in Selma, thousands are returning this weekend to the Edmund Pettus Bridge to renew our resolve to the work of racial justice and voter rights. Here in St. Paul, we will also march for Selma and for its legacy to our community today. What courage, strength, and surrender did it take to finally cross that bridge? What bridges might we cross today that will matter 50 years from now? Lisa and worship associate Helen Pohlig will explore these questions.

March 15

Two Steps into The Darkness — Rev. Karen Hering

Jazz musician and composer Benny Golson said "The creative person always walks two steps into the darkness." Not just one step, but two steps, requiring surrender to the risks and rich possibilities present whenever we cross a threshold into the unknown. Karen and worship associate Bailey Webster will explore what must be surrendered in creating a new way, while inviting the congregation to bless the Thresholds group concluding its work together this weekend.

March 22

What Is Your Destiny? — Rev. Jim Eller

Who are you and what is the given in your life? Can you accept it? Can you love the world that is, as much as the world you wish to see? A part of what can bring us peace is the ability to love what we have and to be who we are. Learning to "surrender-to-what-is" is not always easy, but it is one of the paths to peace. Join us this Sunday as we celebrate the "givenness" of our lives. *Jim Eller is a retired Unitarian Universalist Minister and the clergy spouse of a United Methodist minister, Rev. Jeannie Himes. During most of Jim's career he has been involved in parish ministry, serving congregations in Kansas City, Tulsa, Tahlequah, and Peoria.*

March 29

A Different Kind of Power — Rev. Lisa Friedman

On Palm Sunday, we remember the story of Jesus's entrance into Jerusalem to celebrate the Passover. But he was not the king that the people expected to arrive. What vision of leadership and power was he asking them to surrender?

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.**

March 1: Prepare and Prosper

Prepare and Prosper assists individuals moving out of poverty by providing free tax assistance to thousands of low-income working taxpayers. Prepare and Prosper also provides access to financial services to encourage low-income workers to build assets and thus improve their long-term financial security. Prepare and Prosper runs a tax clinic at the Hallie Q. Brown Community Center in the Summit-University neighborhood.

March 8: Steppingstone Theatre

SteppingStone Theatre actively engages children and youth in the creative and expressive powers of theatre, enabling young people to participate in and contribute to the rich cultural heritage of our community. Steppingstone teaches children and youth about history, diverse cultures, and literature while making learning engaging and creating a lifelong appreciation for the arts. This offering will support scholarships for children and youth participating in classes and summer camps.

March 15: ComMUSICation

ComMUSICation, located in the Frogtown neighborhood of St. Paul, offers a community-based music program by providing transportation, meals, and program costs on a sliding scale, making it accessible to all children in the neighborhood. Through their multicultural repertoire, students learn lifelong skills such as discipline, ownership, listening, teamwork, cooperation, leadership, and respect. This collection will support their budget which includes a teacher's salary, purchase of music, after school meals, uniforms, and bussing costs.

March 22: UUSC

The Unitarian Universalist Service Committee (UUSC) is a nonsectarian organization that advances human rights and social justice in the United States and around the world. Through a combination of advocacy, education, and partnerships with grassroots organizations, the UUSC promotes economic rights, advances environmental justice, defends civil liberties, and preserves the rights of people in times of humanitarian crisis.

March 29: *We Are All Criminals*

We Are All Criminals, a documentary project challenging common perceptions of crime, criminals, and second chances, offers new ways to examine the disparate impact of our criminal justice system on poor communities and communities of color. Documentary participants reveal the crimes they got away with and ponder how different their lives would be had they been caught. Graphics by Emily Baxter, documentary project director, will be on display in the Parish Hall during April.

BOARD OF TRUSTEES / FAITHIFY

Board of Trustees

From Peggy Lin, Secretary



In 1999, I joined the Ministerial Search Team (MST) as the young adult member (how time flies!). The nine of us set off on the exciting process of searching for a new called minister. There was a lot of work to be done: surveys, meetings, interviews, contemplation, and deliberation. The search process culminated with Rob's and Janne's candidating week, and the congregational call for them to serve our church.

That was a time of so much change. Serving on the MST was transformational, engaging, and forever deepened my connection to Unity Church. Rob and Janne were new and eager to get to work, and the congregation was excited, a little nervous, and anticipating the work we would do together. Now, 16 years later, they are so much a part of Unity Church I can hardly imagine church life without them.

In 2015, I'm a member of the Board of Trustees. It's my job to help vision the future of this church. Part of that future involves an upcoming change that's no secret: both our co-ministers and our executive director will be planning to retire sometime in the relatively near future. We don't know exactly when, but we know it is *when*, not *if*. Your Board of Trustees will be working this year to prepare the church for this transition, whenever it happens.

Much of the leadership transition will be out of our control — we don't know when Rob, Janne, and Barbara will choose to retire. We don't know which candidates will be available and interested in moving to Minnesota when that time arrives. We don't know how much our congregation will have grown, both in numbers and in spiritual maturity, at that time. We don't even know what we don't know, and inevitably there will be wildcards I can't even imagine when the time comes to welcome new Executive Team members.

So, we have to focus on the things we can prepare for. This work started last year. A transition planning sub-team of the Board met on several occasions. The 2015 operating budget includes \$2,500 allocated to a Board-required Ministerial Search Reserve Fund, which is intended to be built over the next three years to a level adequate to a search process. We started contacting denominational and other resources about what the search process entails, because we haven't engaged in a search since 1999. The transition planning sub-team's work will continue this year.

We're in a sweet spot right now. Our Executive Team is highly effective. They work together with synergy, know the ins and outs of everything about our church, and they are devoted to their jobs. Change is really hard — bidding farewell to Rob, Janne, or Barbara seems unthinkable. But Unity Church is more than any one person. Your Board of Trustees will continue to lay the groundwork to make sure that Unity Church continues as a strong institution with a way forward for new leadership, whenever that new leadership is needed.

FAITHIFY IS HERE

Supporting the Residency of
Rev. Danny Givens

When: March 1–30

Why: Danny Givens' Ministerial Residency and Unity's anti-racism work

What: \$10,000 goal

Where: www.unityunitarian.org

How: YOU!

Become part of our FAITHIFY campaign! Faithify is an all-or-nothing crowdfunding platform (like Kickstarter) specifically for Unitarian Universalist projects. We're raising \$10,000 in support of the two-year ministerial residency of Rev. Danny Givens, whose partnership with Unity Church "has begun to bear fruit in profoundly intimate ways," as Rev. Rob Eller-Isaacs put it. "Unity's deep engagement with Beloved Conversations, led in part by Danny, is one of the most exciting things in Unitarian Universalism today."

The Faithify link will be available on Unity's website and will go live on March 1, 2015. Even if you can't make a donation, you can still make an enormous difference by spreading the word. Thanks!



MidAmerica Regional Assembly

Save the date! April 17-19, 2015 • Naperville, Illinois

Two Keynote Speakers: The Rev. Rosemary Bray McNatt and The Rev. Dr. Marlin Lavanhar

If you are interested in attending the conference, coordinating transportation, or learning more about Unity's Denominational Relations Team, contact Valerie Tremelat at valoir@bitstream.net. Conference details at www.midamericauua.org.

Surrender is Not an Option

From Gabby Mead on behalf of the ARLT

Sometimes, we surrender in joy. A child's laughter fills us with warmth and happiness. Their questions and perceptions of the people and world around us open our hearts and minds in new ways.

Sometimes, it's just easier to surrender. It can be too tiring to keep up with the constant household mess or to cook dinner at the end of a long week.

But when it comes to racism and privilege, we must not surrender. We must teach our children to listen, to speak, and to act. When a child describes another's skin as the "color of poop" or when someone asks, "why do we have to bring race into it?," we have to address it.

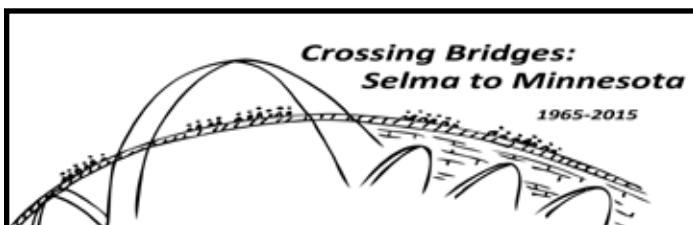
Our children of color have to learn how to interact with a world that does not always see them for who they are, and our white children have to learn to recognize how they benefit from a system that they did not create. We all have to listen, hear, and believe the lived experiences of those who face injustice on a daily basis. For some of our children, it is a matter of personal safety and self-worth. For others, it is a matter of using their privilege responsibly. For all of us, it is a matter of living lives of integrity, service, and joy.

Dr. Beverly Tatum talks of racism being like a moving walkway:

I sometimes visualize the ongoing cycle of racism as a moving walkway at the airport. Active racist behavior is equivalent to walking fast on the conveyor belt. The person engaged in active racist behavior has identified with the ideology of white supremacy and is moving with it. Passive racist behavior is equivalent to standing still on the walkway. No overt effort is being made, but the conveyor belt moves the bystanders along to the same destination as those who are actively walking. Some of the bystanders may feel the motion of the conveyor belt, see the active racists ahead of them, and choose to turn around But unless they are walking actively in the opposite direction at a speed faster than the conveyor belt – unless they are actively antiracist – they will find themselves carried along with the others.

If we surrender to the walkway, we perpetuate the problem.

The work of anti-racism is not easy, fun, or comfortable. We don't always know what to say or do. But we must recognize that surrender is not an option.



2014-15 Hallman Ministerial Intern

Lindasusan Ulrich



When I saw the movie *Selma* last month, I found myself experiencing past, present, and future simultaneously. I'd been soaking in the history for a while—taking seminary classes on nonviolent social justice movements, reading Mark Morrison-Reed's book *The Selma Awakening*, and of course making plans for our congregation's pilgrimage to Alabama. I knew that in the near future, I'd be visiting the places shown in the film, even those merely foreshadowed by echoes of Dr. King's last speech. And the visceral power of film as an artistic medium meant that I was quite present to the fear, violence, courage, and humanity depicted on screen.

As I've looked around the room during *Beloved Conversations*, or thought about being among the thousands of people reenacting the crossing of the Pettus Bridge in *Selma*, I've found it humbling. Not in the sense of feeling small, but of being part of something vast, something whose reach extends far into both the past and the future.

Unity Church is doing something extraordinary and unique here. The diversity of our travel group is so rich and multilayered — racially, generationally, religiously, economically, in life experience — that I'm regularly in awe that I get to breathe that air. I'm also moved by how much it feels like home.

During a recent trip to the west coast for an intern gathering, I told a friend about everything Unity Church is doing with this pilgrimage and its potential for transformation and lasting change in the city of Saint Paul. I mentioned that I relaxed a bit when I realized I'd be the "woman with the clipboard" for our contingent, because it put all the logistical work into a helpful context.

"No," she corrected me, "you'll be the *minister* with the clipboard."

Her words were a great gift to me because they put the entire undertaking into an even wider, more important spiritual context. We're *doing* the work of racial healing and justice, and I get to be part of it, even if my efforts bear little discernible fruit during my lifetime. When I surrender to that unknowing, when I release the need for a linear narrative—when I realize that past, present, and future are *always* happening simultaneously—then the container becomes vast and the possibilities endless.

Please feel free to contact me at lindasusan@unityunitarian.org or 651-228-1456 x129.

Turn to page 11 for details.

FAST CHARGER / VOLUNTEER CORNER

Unity Church has an Electric Vehicle Fast Charger!

From Barbara Hubbard, Executive Director

Have you noticed the over-sized “gas pump” at the corner of the Sanctuary on the east side of the building? It’s our new Electric Vehicle (EV) fast charging station, installed at the turn of the year. Perhaps you’re asking, “How did Unity Church end up with this monolith on our grounds? Is this the folly of a few, or actually something that is consistent with our values and a smart purchase for the church?”

Our Ends Statements (2014-2018) state that...

Unity Church-Unitarian carries out the work of love in community, making a positive impact in our neighborhood and in our world. Grounded in the transforming power of our faith, we... Serve as a trusted and visible leader, partner, and advocate for the creation of a just society and a sustainable environment.

Last fall, we held a fundraiser whose theme was caring for the earth and for ourselves. The first prize in our “Turning Over a New Leaf” raffle was a Nissan Leaf, an electric vehicle. EVs are starting to be produced by all of the major automobile dealers, and even though their popularity is much greater on both coasts, Minnesota is also a leader in this new technology. Electric vehicles are as quiet as a kitten, have no moving parts in the engine, and can brag 0% emissions. At this time, the impediments to being an EV owner are the range that an EV can go on a full charge, the time that it takes for a re-charge, and the need for charging stations in the metro and beyond. Automobile manufacturers are addressing the range, and we are part of the solution for a network of fast charging stations.



Church member Dale Howey charges his vehicle.
Pioneer Press photo: Scott Takushi

Unity Church’s EV fast charging station is one of eight fast chargers in the Twin Cities metro area. If you plug your EV in next to your toaster, it will take about 10 hours for a full charge. Mid-level chargers offer a four hour charge. Fast chargers give owners an 80% charge in 20-30 minutes.

The cost of our charging station was \$24,000, almost all of which was paid by a subsidy and an energy tax credit. The cost of installation came from a generous donor. In addition, the charging station will provide an income stream to the church.

We do have a confession... We didn’t really know that the fast charger would look like a mammoth refrigerator or an oversized gas pump. We located the station near our electrical service, but once it was installed we realized that it impairs our facility’s beauty and esthetics. In the spring, we are planning to move the charger across the parking lot and also to wrap it in vinyl that has images and poems in it. That way, EV owners can reflect while they charge...

If you have questions about our EV charger, please feel free to contact me.

Volunteer Corner

Prepare a Soup Supper!

We are currently looking for Soup Supper cooks!

March 1, March 15, March 29

2:00-4:30 p.m., 1-4 people

Take one of your family recipes or one that we have tested and cook for 100 people. Kitchen support, additional volunteers and training provided as needed!

Wellspring Wednesday Get in the kitchen!

Tuesday or Wednesday evenings, 4:00–8:00 p.m. (or a few hours during that time). No specific cooking skills are needed as we can teach you everything you need to know.

Obama Elementary Volunteers Needed

Help with Family Fun Night! Volunteers are needed to help pass out boxes of food, run education stations, and provide assistance with check in. Training done on site (707 Holly Avenue, directly across the street from Unity Church).

Tuesday, March 17

4:30–7:00 p.m.

If you are interested in any of the listed opportunities please contact Madeline Summers, Volunteer Coordinator, by email to madeline@unityunitarian.org or by phone at 651-228-1456 x126.



COMMUNITY OUTREACH MINISTRY

Pilgrimage to Transylvania: Summer 2015

Travel Dates (approximate): July 22 – August 3

If you are interested in learning about Unity's 2015 pilgrimage to Transylvania, come to the information session on March 1 (between services) and/or a pilgrimage orientation on March 1 (after the 11:00 service) in the Center Room.

The pilgrimage will begin in Budapest, Hungary, with its rich Roman past and historic role as a melting pot between the Hapsburg Empire and the myriad cultures of Eastern Europe. After getting a flavor of this amazing city on the Danube, we will travel east by coach to visit historic sites where our liberal faith has deep roots. This is the part of Europe where the idea of freedom of conscience in religion was promoted by official edict, even amidst the religious wars that raged elsewhere in Europe following the Reformation. The "land beyond the forests" (Transylvania) is the home of our spiritual ancestors as well as the current home to about 600,000 ethnically Hungarian Unitarians. Our final destination will be the village of Homoródszentpéter, our partner village in the beautiful Homorod (river) valley. We will spend the week in the homes and share the daily lives of our hosts — getting to know them and their country while they also get to know us. The week will culminate in a Sunday religious service at the 300 year-old village church. Leaving our new friends, we'll return to the United States via Bucharest.

If you are not able to attend the information session but would like to find out more about the trip contact Hal Freshley at halfresh@q.com or 651-778-8765. Space will be limited to 20 persons. In order to proceed with reservations, a deposit of \$250 per person will be required by March 31.



Partner Church Team

Plant Sale

No regrets in 2015!



Remember how beautiful all the flowering plants looked in the Parish Hall last year? This year take one home for yourself!

Unity's Partner Church Team will be taking orders for flowering plants in the Parish Hall on Sunday, March 8, 15, and 22. The plants will be available for pick-up on Palm Sunday, March 29.

The Partner Church Team and Unity's partner village in Homoródszentpéter will thank you!

For more than 15 years, Unity's Partner Church Team (PCT) has been a partner with the Unitarian community of Homoródszentpéter; a small village nestled in the Transylvanian region of Romania. Over the years the Team has provided financial support for various projects like the building of a parsonage, heating of the elementary school building, providing educational scholarships for children that board away from home to continue in school, and the purchase of a bus for transport to medical appointments and other community business.

Over the years, over 94 Unity Church members and friends have traveled to the village, some of them multiple times. In July 2015, co-minister Janne and PCT member Hal Freshley will be leading another pilgrimage trip to Homoródszentpéter (details at left). If you have questions, please stop by the Partner Church Team table in March to learn more.

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!**



WELCOME NEW MEMBERS!



New members (left to right): Julia Lyon, Andy Pieper, Michaela Kronlage, Stephanie Malon-Rufi, Nanette Stearns, Sherril Garahan

Sherril Garahan: I am a single parent of two adopted children from Latin America (you may know Eliot, who volunteers in the kitchen after church). I've been a social worker for 35 years and have a passion for working with youth with high risk behaviors, and the elderly. I've attended Unity Church off and on for over 20 years and am joining now as a result of my search for a more spiritual life and community.

Michaela Kronlage and Andy Pieper: We both grew up and were educated in traditional Catholicism, but the orthodoxy and leadership drifted away from us. We found a welcoming and fulfilling home at Unity Church. Andy is an attorney and Michaela works at home raising our children, Adrian (5), Daphne (2), and Marlowe (1 month). We devote what free time our three little ones allow us to enjoying music, trying new restaurants, following politics, and spending time with family and friends.

Julia Lyon: I live in Woodbury. Iowa is my home state where I was a member of the Unitarian church in Iowa City. I moved here in 2003 from Milwaukee where I completed my career as an educator. My two daughters and their families live in the area and my daughter Jane Lee is a member here. I am so glad to join this congregation, it feels like home.

Stephanie Malon-Rufi: A native New Yorker, Stephanie arrived in Minnesota to attend Macalester College and never left. She lives in St. Paul with her husband Jim, son Roman, daughter Clara, two "bonus" daughters, Alexis and Katelyn, and loyal dog Ziggy. She works as a business consultant for non-profits and small businesses specializing in marketing, communications, volunteer and program management, and fund development. In her small pockets of free time Stephanie enjoys cooking, reading, crafting, being outdoors, and planning the next vacation.

Nanette Stearns: My partner Marie Cooney and I live in the Cathedral Hill neighborhood of St. Paul. I've attended UU churches since 1995 and look forward to joining Unity Church. I'm passionate about the arts (especially theater and music) and books. I enjoy exploring my spiritual beliefs and have found Unitarian Universalism provides a unique method of doing that.

Interested in becoming a member of Unity Church?

See page 9 for information about our Pathway to Membership classes.



New members Erin Adams and daughter Madison



New members Rick Condon and Megan Casselman-Condon

Bond of Fellowship

As those who believe in religion,
as those who believe in
freedom, fellowship,
and character in religion,
as those who believe that the
religious life means the thankful,
trustful, loyal and helpful life, and
as those who believe that a church is
a community of helpers, wherein
it is made easier to lead such a life;
we join ourselves together,
name, hand, and heart,
as members of Unity Church.

—William Channing Gannett
March 9, 1879, adapted

PATHWAY TO MEMBERSHIP / ONGOING GROUPS

Welcome Words



Unitarian Universalism understands the religious life as a journey. Our beliefs, faith, and values continue to stretch, deepen, and evolve as we grow as people. Just as the story of our lives has distinct chapters, so does the story of our faith. One of the most important tasks in this journey is integrating past chapters with the present. How have our past experiences and beliefs shaped who we are today? What still guides us? What have we left behind, in gratitude or struggle? What are we seeking today that has been missing in years past. This is theological work that helps us to find our religious identity and sense of spiritual wholeness, but it is not work that we need do alone. Keep an eye out for upcoming classes this spring and summer that will offer opportunities to reflect on this work, or reach out to one of Unity's ministers for a conversation. Faith is a journey, and it is a joy to walk its paths together!

Rev. Lisa Friedman

Minister of Congregational and Community Engagement

Pathway to Membership Classes

Unity 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 Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107. She is happy to meet with you personally to answer questions and welcome you into the congregation. Childcare is available by contacting Michelle Hill at 651-228-1456 x127 or michelle@unityunitarian.org at least one week in advance.

Welcome to Unity: Our Class for Newcomers

Sunday, March 1: 5:45-7:00 p.m. ~also offered~

Wednesday, March 18: 7:15-8:30 p.m.

If you have been visiting and would like to find out more about Unitarian Universalism and our congregation, we invite you to join us for a *Welcome to Unity* class.

Finding Yourself at Unity: A Deeper Exploration

Saturday, March 7: 9:00 a.m.-4:00 p.m. (potluck lunch)

~also offered ~ **Three Tuesdays, April 7, 14, and 21: 6:30-8:30 p.m. (light dinner provided each night)**

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

Committing to Unity: Joining Unity Church

Wednesday, April 8: 7:15-8:30 p.m. ~also offered ~

Wednesday, May 27: 7:15-8:30 p.m.

This class explores the deeper meanings and expectations of membership and shared ministry. The class concludes with a ceremony as participants sign the membership book.

Ongoing Groups at Unity Church

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

A New Look at the Bible: Second Thursday of the month (March 12) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

Afterthoughts: This group meets after the 9:00 a.m. service. Contact: Paul Gade at 651-771-7528

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (March 19) from Noon-2:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Evergreen Quilters: Second Tuesday of the month (March 10) from 7:00-9:00 p.m. and fourth Saturday of the month (March 28) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

Living With Grief Group: A group for people living with grief and loss. Third Tuesday of the month (March 17) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Men's Retirement Group: Monday, March 9 and 23, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

Unitots!: A drop-in playgroup for families (parents, grandparents, aunts and uncles) with kids through preschool age. Every Monday and Thursday, from 9:30 a.m.-noon, in the nursery. Contact Michelle Hill at michelle@unityunitarian.org

Unity Book Club: Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne at jack.hawthorne@comcast.net.

March 10 discussion: *Zealot: The Life and Times of Jesus of Nazareth* by Reza Aslan

April 14 discussion: *The Round House* by Louise Erdrich

Unity Bridge Club: Friday, March 6, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women's Retirement Group: The Women's Retirement group meets on the second and fourth Thursday (March 12 and 26) of each month from 1:00-3:00 p.m. Topic for March 12: Tired of birthday cards that insult older people? We will make our own. Bring card-making supplies if you have them.

Young Adult Group: Potluck supper on Tuesday, March 24, at 6:30 p.m., in the Center Room. Contact: Lisa Friedman at lisa@unityunitarian.org

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

WELLSPRING WEDNESDAY

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun. Dinner begins at 6:00 p.m., followed by worship at 6:45 p.m., and an evening of rich programming beginning at 7:10 p.m. All are welcome. Childcare is available and you do not have to sign up in advance. **Dinner:** The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. (Children under the age two are free.) Reservations for dinner are not required. Email Lisa Friedman at lisa@unityunitarian.org for financial assistance to help cover the cost of dinner. No one is turned away.

March 4

Dinner: TBA

The Art of Compassionate Condolence

We all desire to ease the pain of those close to us that have suffered a great loss. Yet words often fail us at times like this, leaving us stammering to find the right thing to say. Through personal experience, research, and many conversations with the bereaved, Susan Huehn will offer some ground rules for what to do in the face of grief.

CRAFT Approach to Communicating with an Individual with Addiction

Join us for one of the initial sessions for the Unity Addiction and Recovery Ministry (U-A&RM). Community Reinforcement and Family Training (CRAFT) is a scientifically based intervention to help concerned others talk to individuals with substance use disorders, especially if the individual is refusing treatment. This model does not use confrontation, rather it teaches the use of positive reinforcers (rewards) and allows the substance user to experience natural consequences. If you would like to add your name to a list of those interested in U-AR&M, send an email to unityaddiction@gmail.com.

Go: The Chinese Board Game

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese board game, Go. Anyone above the age of 10 is welcome to come play. Bring your own board and set if you have one. www.usgo.org/what-go

Gentle Meditative Yoga

Come as you are and experience non-judgmental, non-competitive yoga. Youth ages 10 and up are welcome to come with an adult family member. Bring a yoga mat, towel, and water bottle. Elen Bahr is a 200-hour RYT certified yoga instructor.

New Family Religious Education Orientation

March 11

Dinner: Spanakopita, roasted chicken drummies, Greek salad, cucumber yogurt, roasted eggplant spread, pita, lemon bars

Where is surrender in our lives?

Come join Spiritual Director Sarah Cledwyn for a contemplative conversation around the March worship theme of surrender. Where is surrender in our lives? What does it feel like to give in and give over or to remain in tension? We will explore together our own experience of surrender as it plays out in the large and small movements of our lives. Come share and listen.

1965 in St. Paul, Minnesota

What was happening right here in our community during 1965, while events in Selma and around the nation were changing hearts and lives? How did this city embrace the civil right's movement? Come and hear from a panel of community elders who will share stories from our own history and help to put into context the issues that are still facing us today.

Grounded Meditation

Come learn a grounding meditation and a short grounding exercise, and explore the benefits of each. Grounding is the process of connecting one's own energy with the earth's energy, and using that as a "foundation" to calm and strengthen you, and as a "battery" to recharge yourself—physically, emotionally, intellectually, and spiritually. This can also strengthen your connection with your values and goals and leave you more able to take conscious action in manifesting your life's purpose. Kristen Wernecke has been a massage therapist and energy healer for over 25 years.

"Overstuffed" Group Coaching

March 18

Dinner: TBA

Ferguson to the Twin Cities: Social Justice Implications of Police Brutality

We will explore a short history of policing in the U.S. and the role race and class play in police brutality and the criminal justice system. We will discuss effective solutions for holding police accountable and improving policing. Presentation by Michelle Gross and Andrew Henderson, volunteers from the nonprofit Communities United Against Police Brutality.

Stav, the Scandinavian Martial Art

Stav is a martial art with health, wellness, meditative, and physical discipline dimensions. Experience the basic stances of Stav and other beginner exercises. Unity member Therissa Libby is an intermediate-level practitioner of Stav.

Welcome to Unity: A Class for Newcomers Go: The Chinese Board Game

March 25

Dinner: TBA

Reflections from Selma

Earlier this month, 50 people travelled from St. Paul to the anniversary events in Selma, Alabama. This session will share what they experienced and learned, and what it means for the work of justice in our community today.

Ting Sing Qigong

Qigong is the art of moving breath, mind, and body to promote internal vitality and wellness. In this introductory Standing Qigong class, you will learn the basic standing form of Ting Sing Qigong. Sifu Robyn Mathews-Lingen is the first Green Sash Sifu of this unique Qigong in Minnesota.

Demystifying Legacy Giving

This session, led by Unity's Legacy Giving Team, is for all people who are interested in learning about leaving a legacy gift to their favorite charity.

"Overstuffed" Group Coaching

SELMA ANNIVERSARY MARCH / COMMITTED COUPLES



Crossing Bridges: Selma to Minnesota

Sunday, March 8 • 2:00-4:00 p.m. • Minnesota State Capitol

Join us for a local rally and march to commemorate the 50th anniversary of Selma, beginning at the State Capitol and ending at Central Presbyterian Church in downtown Saint Paul.

The 50th anniversary of the march from Selma to Montgomery provides us a moment to give pause. In this moment, we celebrate the work of Martin Luther King, Jr., and countless others who fought for desegregation, voter rights, and civil liberties. In this moment, we also see all the work that still needs to be done. Now is the time for re-commitment to new levels of action and solidarity for justice, specifically related to failures and disparities in law enforcement, voting rights, education, employment, criminal justice, and economic well-being.

On Sunday, March 8, led by a coalition of faith communities, we will come together from different ethnic and cultural backgrounds, political preferences, and across socio-economic differences. We will come together across all that could divide us to be unified in this moment in recognition of the interfaith march of 1965 from Selma to Montgomery, with hopes of inspiring continued partnerships. We join this march with others across the country, including those in Selma. We are stronger together in bringing justice to this broken and hurting world.

It is a time for education and inspiration. It is a time that we call all who care about their neighbors to gather together in solidarity to celebrate the achievements of the past and to be agents in bringing to reality the "beloved community" for which so many have put their lives on the line.

Event Details: Sunday, March 8, 2015



2:00 p.m. • Gather at the Capitol

2:20 p.m. • March begins

3:00 p.m. • Program at Central Presbyterian
Program includes Dr. Barbara Holmes, spoken word artist Joe Davis, local religious and civic leaders, with music by Larry Long, Tonia Hughes and Cameron Wright.

Unity Church is one of the sponsors and planners of this event. For more information, please visit: <http://crossingbridgesmn.com/>.

Committed Couples Class

The path of being in a committed relationship is a demanding path full of all kinds of challenges and opportunities. The goal of the committed couple's class is to enhance relationships no matter what state they are in.

Committed Couples is a class designed to support all couples who are committed to one another and to promote healthy and productive conversations about relationships. The class will cover issues like finances, spirituality, the impact of family of origin issues, parenting, intimacy, and conflict. There will be sharing and work done in small groups and as couples. Each creates a relationship vision together which serves as a foundation for the work that happens during class.

Led by Janne and Rob Eller-Isaacs, the Committed Couples class will be held Tuesdays: April 7, 14, 28, and May 5, 12, and 19, from 7:00 to 9:15 p.m. Registration is free for pledging members of Unity Church and \$110 for non-pledging friends.

To register, please contact Marcy Mann-Anderson at marcy@unityunitarian.org or 651-228-1456 x110. Contact Michelle Hill at michelle@unityunitarian.org to request childcare.

Heart to Heart

A Couples' Enrichment Weekend

Heart to Heart is a program designed to enrich communication and deepen intimacy in your relationship. This year's 21st annual retreat will be held April 10-12, 2015, at Holy Spirit Retreat Center. Cost is \$385 and scholarships are available. All couples committed to their partners and their relationships are welcome — same-sex and opposite-sex, married and unmarried. Space is limited. For more information visit: <http://hearttoheartmn.org>.

LIBRARIES AND BOOKSTALL / OPEN PAGE WRITING SESSIONS

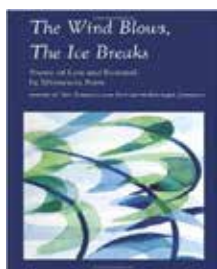


What's New in the Library and Bookstall!

From Louise Merriam, Library and Bookstall Team

The libraries at Unity Church continue to buy books and other items throughout the year. **Three titles recently ordered for the Anderson Adult Library are:**

The Empathy Exams: Essays by Leslie Jamison, 2014. *The New York Times Book Review* said, "There is a glory to this kind of writing that derives as much from its ethical generosity, the palpable sense of stretch and reach, as it does from the lovely vividness of the language itself."

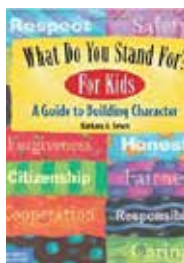


The Wind Blows, the Ice Breaks: Poems of Loss and Renewal by Minnesota Poets, 2010. From the Amazon.com summary: "This anthology contains a wide array of poems by Minnesota poets dealing with the experience of personal loss, grief, and recovery. Among the specific themes are divorce, the death of a child, and giving up a child for adoption. The selections also include moving descriptions of healing and the return of high spirits. Among the poets included are Deborah Keenan, Wang Ping, John Berryman, James Wright, and Robert Bly."

Collected Early Poems: 1950-1970, by Adrienne Rich, 1995. When the poet died in 2012, the *New York Times* obituary noted, "For Ms. Rich, the personal, the political and the poetical were indissolubly linked; her body of work can be read as a series of urgent dispatches from the front."

Titles recently added to the Whitman Children's Library:

What Do You Stand For? For Kids: A Guide to Building Character, by Barbara A. Lewis, 2005. The author, a former public school teacher, has received numerous awards for excellence in writing, teaching and leading youth in service projects and social action.



Circle Round: Raising Children in Goddess Traditions, by Starhawk, 2000. A book for pagan parents, this title uses age-old techniques of songs and stories to help children discover different aspects of the Goddess tradition.

The Silence of Our Friends, by Mark Long, 2012. According to *Publisher's Weekly*, this semi-autobiographical story honestly deals with race in America and a "host of other real-world issues, including familial relationships, friendship, dependency, "other"-ness, and perhaps most importantly, the search for common ground."

The libraries are open on Sundays and at other times by chance or appointment. They are maintained by the Library Team, which meets quarterly. Team members also sign up for a monthly Sunday shift in one of the libraries to reshelve books, process new items and help library users.

Open Page Writing Sessions



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

All of the following offerings are held at Unity Church. Writing sessions are free, and an RSVP is required to karen@unityunitarian.org.

Sunday, March 22 • 2:00-4:00 p.m.

Surrender: The Nerve Center of Our Consent

Henri Nouwen called surrender an act of deep listening and receiving. Howard Thurman often referred to it as the "nerve center of consent." Others have defined surrender as an offering of ourselves. To what sacred truth and presence do you offer yourself? What is the meaning of surrender in our spiritual journeys? What does it ask – and not ask – of us today?

Wednesday, April 15 • 7:00-9:00 p.m.

Freedom Shared

"Freedom is not something that anybody can be given," said James Baldwin. "Freedom is something that people take and people are as free as they want to be." How do we find and claim the freedom we want and need? What responsibilities accompany our freedom? How does a freedom shared ironically bind us to others?

Wednesday, May 13 • 7:00-9:00 p.m.

Peace Within and Among Us

"Peace is people talking together with one heart between them," said a wise eight-year-old, reminding us that peace is more than an absence of conflict; it is engaging our hearts in relationship with one another. This session explores the inner and outer dimensions of peace and how one affects the other.

Wednesday, June 3 • 7:00-9:00 p.m.

Wisdom's Crossroads

"At the crossroads, Wisdom takes her stand." At the crossroads of our own times, this writing session explores the proverbial wisdom, old and new, that is needed today and where we might find it, in the world and within ourselves.

For more information about additional writing programs offered in other locations, visit www.karenhering.com, or to receive periodic e-mail notifications of Karen's upcoming literary programs, contact karen@unityunitarian.org.

PARISH HALL ARTIST / SUMMER CAMP

March Parish Hall Artist

Richard Birger

<http://quadrigaimages.smugmug.com>

I've been using photography to express my reactions to the natural and man made world for some time. Many years ago when I needed some required humanities credits at the University of Minnesota I chose art as the subject and film as the medium. I spent many hours in the University's darkroom, truly fascinated at what could be done with light through a lens, special paper and chemicals.

After college, film and cameras were put aside as career and family became my "focus." We moved around the country a lot and except for some editorial work related to recording land management results on 35mm Kodachrome slides, I didn't do any "serious photography" for several years.

The advent of digital photography brought me back to the fascination I'd experienced before. I find that using the modern tools of digital sensors, Mac computers, and ever-changing software lets me substantially recreate the same sensations I feel when witnessing a scene in the real world.

I see my role is to record, but beyond that, to interpret. Digital photography is my method to interpret the dynamic world in a static image.

My images always begin as realistic recordings of moments in time and many remain so. In particular instances, some photos are digitally enhanced; not to revise or misrepresent reality but rather to better express some of the reaction or emotion I experienced when viewing the scene.

The images in this exhibit are mostly from my time in the American southwest. Prior to retirement and moving back here I was Project Leader on the Desert National Wildlife Refuge Complex in southern Nevada. I also was a member of one of the National Incident Management Teams managing wildfires.

In the words of Norman Maclean, "On forest fires there are moments almost solely for beauty. Such moments are of short duration." I've tried to capture some of those moments.



Santiago Canyon Fire 2007 by Ricard Birger



SUMMER CAMP AT UNITY CHURCH

Friends Fun Crafts
ART Singing GAMES

Unity Church is offering four weeks of summer day camp!
Share in summer fun and Unitarian Universalist values
with Unity Church friends entering grades 1-6.

ARTS CAMP WEEK 1: JULY 6-10

ARTS CAMP WEEK 2: JULY 13-17

CHALICE CAMP WEEK 1: JULY 20-24

CHALICE CAMP WEEK 2: JULY 27-31

More information and registration is online at
www.unityunitarian.org/summer-camps.html

Lots of ways to connect — for people of all ages!
Be a camper!

Be a counselor! Be a counselor in training!
Share an art project! Share a social justice project!
Teach a spiritual practice! Teach a game!

Camps run Monday-Friday, 8:30 a.m. to 5:30 p.m.
Early-bird tuition: \$200/week/child, register by April 15
After April 15, \$250

Arts Camp Director, Rene Meyer-Grimberg
651-503-5846 and unityartscamp@gmail.com

Chalice Camp Director, Hannah Eller-Isaacs
651-442-2180 and chalicecamp@unityunitarian.org

MINISTRY WITH CHILDREN AND YOUTH

Pitter-pattering Questions

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

From K.P. Hong, Director of Religious Education



Whether the *Sistine Chapel* or *King Lear* or *Rhapsody in Blue*, to approach any work of art with reverence and surrender — with no trace of complacency — is to know art as aerobic. For art opens the heart and steals our breath, leaving us scrambling for anything familiar that might rescue us from its deep and searching gaze. “There are few people who could manage an hour alone with the *Mona Lisa*,” writes Jeanette Winterson, without the protection of their prejudices, assumptions, and opinions au courant. “Admire me is the subtext of so much of our looking; the demand put on art that it should reflect the reality of the viewer.” Better to trivialize or familiarize art into the scheme of things — or deftly aver that art is largely an acquired taste rather than acquired ability — than to consider the active surrender that art requires of us.

The abstract expressionist, Mark Rothko, knew this all too well. Using enormous vertical canvases — at times reaching ten feet in height from which viewers were instructed to stand just eighteen inches away — Rothko wanted the proportions to draw the viewer into those luminous blocks of color floating on an enormous field of color without clear borders, if only momentarily to overwhelm the viewer with the pulsing vibrancy and spirituality they possessed. He was uncompromising about what art requires: “I realize that historically the function of painting large pictures is painting something very grandiose and pompous. The reason I paint them, however ... is precisely because I want to be very intimate and human. To paint a small picture is to place yourself outside your experience, to look upon an experience as a stereopticon view or with a reducing glass. However you paint the larger picture, you are in it. It isn't something you command!”

Our children may not stand ten feet tall, but have you ever risked really looking at our children with a surrendered heart and eyes awake to wonder? If you have, you will likely wear that telltale smile of someone who has been unabashedly defeated, by children who come at us as luminous blocks of colors dancing on an enormous field of life without borders, no less than a Rothko painting. Our practice in religious education has nothing to do with painting our children small, to look upon them with a reducing glass. Neither is it about painting them with grandiose, romantic sentiments. Our practice is about learning to paint them large, on a canvas proportional enough to overcome our propensity to think that we can fit masterworks of art into our tidy scheme of things. Or worse, our propensity to sidestep this practice altogether as being solely for those with an acquired taste and not an acquired ability for everyone on the spiritual path.

Our great masterpieces of art are on exhibit downstairs, demonstrating art as insight, as transformation, as joy, as aerobic spiritual practice. If you can risk surrendering into such disquieting intimacy, to being defeated again and again by greater forces, you may find that love also is an aerobic art form.

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

SUMMER CAMP AT UNITY CHURCH

Turn to page 13 for summer thrills...

March R.E. Calendar

Sunday, March 1

Regular R.E., Celebration of New Lives (RSVP required)

Wednesday, March 4

New Family Orientation, 7:15 p.m.

Sunday, March 8

Regular R.E., *Daylight Savings Time — spring ahead!*

Sunday, March 15

Regular R.E.

Friday, March 20

Teachers' Night Out! 6:00-8:30 p.m. (RSVP required, must be a current R.E. teacher)

Sunday, March 22

Story Sunday Grades 1-6; New Workshop Rotation Cycle: “Endings”

Sunday, March 29

No R.E. Classes (Spring Break) — Special activities for kids; nursery care available

Dedication of Older Children: May 17



Families who would like their children ages 4-12 to participate in our annual Dedication should contact Michelle Hill at michelle@unityunitarian.org. This ritual provides the church an opportunity to commit itself to raising up children who have come into our community as “big kids.” The children process to the chancel, receive a chalice and a certificate and read a responsive litany of dedication with the congregation. This dedication is appropriate for families who have joined Unity Church as members or who are on the pathway to membership.

Music Creates Its Own Time

From Ruth Palmer, Director of Music Ministry



Music alters your experience of time ... in music there is a suspension of the world ... It is as though music reaches that subtle threshold within us where the soul dovetails with the eternal ... Music embraces the whole person. — John O'Donohue

As a musician, I have found experiences of surrendering my sense of determination to the essence of what is contained in the music. The result has been that very sense of 'suspension' which gifts one with a greater sense of being. O'Donohue says, "To enter a piece of music, or to have the music enfold you, is to depart for a while from regulated time. We are deftly seduced into another place of pure feeling. There is a profound sense in which music opens a secret door in time and reaches in to the eternal." As a listener, music has the ability to center the fragmentation brought on by all our daily distractions. If allowed, we can give that up to moments spent with this muse, and, again O'Donohue, "inadvertently resonate with depths inside your heart that you had forgotten or neglected."

Now, as a performing musician that moment of being able to release into the music comes only after rigorous practice and processes of study and "living with the music." An interesting dichotomy that, as listener, I can give over immediately but, as medium, I am required deep and sometimes agonizing work before being granted the privilege of "giving over to the music." This life as a musician teaches so much of both the experiences of immediacy and long searching. Each realization asks the eventual willingness to let go of one dimension or identity in order to experience another, another that "embraces the whole" of me, opening me to more than I was able to define for myself.

What a gift to step beyond my own preconceived limitations. It can be scary. It can be darn hard work. But there is something about it that feels like "home," that feels "right and balanced," that feels like I have crossed "that subtle threshold within us where the soul dovetails with the eternal."

Mark your calendar!

May 3, 2015

Arthur Foote Music Sunday Finding Peace

Featuring all of our Unity Church choirs and guest musicians

Pastoral Care

Rides Ministry

Unity's Rides Ministry helps people get to Sunday worship. If you don't drive or don't have a car and could use a lift, please contact the main church number, 651-228-1456, and the volunteer or staff member who answers the phone can check to see whether any of our more than 60 volunteer drivers might be able to help out. And we can always use more volunteer drivers—for more information or to sign up as a driver, call 651-228-1456.



Caregivers Group

Third Thursday of the month:

March 19 and April 16

Are you a part-time or full-time caretaker of loved ones in your life? Do you need support in order to sustain the care you are giving? Join Rev. Janne Eller-Isaacs and Pastoral Care Team member Cynthia Orange for an informal support group for caregivers. During March, please contact Lisa Friedman by e-mail at lisa@unityunitarian.org or by phone at 651-228-1456 x107 if you would like to participate.

Living With Grief Group

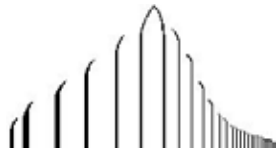
Third Tuesday of the month:

March 17 and April 21

On the third Tuesday of every month, Janne Eller-Isaacs will offer a group for people living with grief and loss. All are welcome to come to discuss issues related to the grieving process. During March, please contact Lisa Friedman by e-mail at lisa@unityunitarian.org or by phone at 651-228-1456 x107 if you would like to participate.

Share a Joy or Concern

If you have a joy or sorrow, life-cycle event, or concern you would like to share with the Pastoral Care Team or congregation, please fill out the online form at <http://bit.ly/joyconcern> and a team member will contact you.



UNITY CHURCH-UNITARIAN

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

GINNY ALLEN, CHAIR, BOARD OF TRUSTEES
REV. JANNE ELLER-ISAACS, CO-MINISTER
REV. ROB ELLER-ISAACS, CO-MINISTER
BARBARA HUBBARD, EXECUTIVE DIRECTOR
REV. LISA FRIEDMAN, MINISTER OF CONGREGATIONAL AND COMMUNITY ENGAGEMENT

CHANGE SERVICE REQUESTED

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**TIME SENSITIVE
MATERIAL**

**Crossing Bridges:
Selma to Minnesota**
1965-2015

Sunday, March 8
Details on page 11

FAITHIFY

MARCH 1-30, 2015

Supporting the residency of Rev. Danny Givens, Jr.,
and Unity's ongoing anti-racism work
Details on page 4

Young Adult Potluck
Tuesday, March 24
6:30 p.m. • Center Room

Are you looking to meet other young adults (ages 18-35) at Unity Church? Bring your favorite dish to a relaxed evening of good company and conversation. If you have questions, please contact Lisa Friedman at lisa@unityunitarian.org.