



## Resilience

*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.*

It's that time of year when I watch for the first delicate crocuses to break through the hardened crust of the March ground. Yellow, purple, and white, their short blooms open like small cups of sunlight. But by night, the delicate blossoms close up, waiting until dawn coaxes them to yawn agape again. Their daily opening and closing reminds me that so much growth happens not in straight-line arrows stretching onward and upward as diagonals of progress cutting across a chart, but rather in rhythmic expansion and contraction more akin to breathing.

Resilience — the capacity to recover quickly from challenges, setbacks, or trauma — is a much touted quality that is only present when straight-line progress is interrupted by pauses or downturns. In the scientific definition, resilience refers more literally to elasticity and the ability to bounce back or return to the shape or trajectory something had before being stressed, compressed, or deterred. As a human capacity, it also depends on flexibility; but very often it does not return us to our original "shape." Rather, human resilience often stretches us into different "shapes" as we grow into new capacities, understandings, or relationships — new ways of being that respond to the barriers we encounter or the trauma we have experienced while still being true to who we are.

When flowers open and close in circadian rhythms, their expansion and contraction is caused by the outer leaves or petals growing faster than the inner ones in darkness and cool temperatures. Then, in the warmth of daylight, the inner petals grow too, pushing the blossom open.

Might we learn from this, a rhythm for our own human resilience, individually

and collectively? As we experience the setbacks of our challenging times or the natural ebb and flow of life, can we step out of our urgent quest for outward action and progress long enough to turn inward, to nurture our spiritual growth, which in turn, will spur us to new outward growth and action? Can we resist the dominant culture's addiction to continuous growth — the onward and upward trap of 20th-century notions of progress — and allow ourselves, our systems and our organizations time to rest, to reflect, sometimes even to contract, learning who we are and what we need before asking what it is we are to do and how and where and when?

Author Andrew Zolli says resilient systems "move at more than one speed." He notes that they must demonstrate both "the agility that comes with short-term thinking and wisdom that comes from long-term thinking." Which is another rhythm, this one fluctuating between an immediate response to urgent needs, and a slower, thoughtful reflection on options, consequences, and the long game. It is a rhythm found in healthy religious communities, moving at more than one speed at the same time, rooted in tradition while responding to the suffering of the present day and working toward a better future.

We hear this in the statement, "The arc of the moral universes is long but it bends toward justice," voiced by Martin Luther King, Jr., paraphrasing a 1853 sermon by abolitionist and Unitarian minister Theodore Parker. King and Parker both practiced the rhythms of moving at more than one speed. As Parker said originally, "I do not pretend to understand the moral universe. The arc is a long one. My eye reaches but a little ways. I cannot calculate the curve

and complete the figure by experience of sight. I can divine it by conscience. And from what I see I am sure it bends toward justice."

We may not see the full arc of history to know exactly how or when today's injustices and suffering will be addressed. But being rooted in faith traditions and teachings committed to justice across the millennia, our conscience is awakened — one might say *stretched* into the shape of new understandings, new capacities, new relationships. And as we experience the adversity, setbacks, and inevitable heartbreak of working to end oppression, we find resilience in the rhythms of breathing in and breathing out, opening and closing, resting and acting, drawing inward and reaching out. Resilience, in this sense, connects past and future in an arc bent and continually rebounding toward justice, through our dreams and actions, our faith and work, our imagination and daily practice.

With this ebb and flow, we grow. We stretch into new ways of being that can adapt to the dramatic loss and change and stresses that are all hallmarks of the 21st century. So it is that we discover resilience as the rhythmic movement of our human blooming.

*By Karen Hering on behalf of this month's theme team:*

*Ahmed Anzaldúa, Drew Danielson,  
Janne Eller-Isaacs, Rob Eller-Isaacs,  
Lisa Friedman and KP Hong*

### Resilience Theme Resources

Resources for further reflection are in this month's Chalice Circle packet at [www.unityunitarian.org/chalice-circles.html](http://www.unityunitarian.org/chalice-circles.html) and in the brochure racks at church.

## Just Words



Many have asked if we know where we are going to move when we leave our beloved home and communities here in the Twin Cities. The answer is yes. We even know our address! Some years ago, we made the decision to look into becoming part of a cohousing community in Portland, Oregon. We found a community called Cully Grove in northeast Portland (somewhat close to the airport). We put our names on a waiting list but soon found that once settled into a cohousing community, folks generally stay a long time. The developer then told us he was planning to build another cohousing community across the street. We immediately signed up and our project broke ground in early December.

What is cohousing? Originally created in Denmark, cohousing is an intentional community of private homes whose owners cooperatively own and use outdoor spaces around the homes, as well as indoor spaces. There are some core principles in every cohousing community. They are: Every resident is expected to participate in community life. It is up to each community to decide what that means. Some cohousing communities gather weekly, others daily. If we formally gather as they do in the community across the street, it will mean monthly. The second principle is that the physical orientation of the buildings encourages social interactions. Cars are parked on the outside of the community space though not far. Private residences are clustered around open and common space. This creates more open space and it is hoped that it also creates a strong sense of community. Every member of the community takes on a community job. This can be jobs like gardening or cleaning, for example. It can involve teaching classes or cooking. The community members are responsible for maintenance and management of the shared property. As a community, members meet regularly to develop policies and solve problems together. There is a major emphasis on intergenerational community and to support people aging in place. Our community has a priority for set asides for low cost housing. Out of the 23 units being built, three are designated with the low cost option. One of those will be our next door neighbors.

Currently, there is only one cohousing community in the Twin Cities and it is in St. Louis Park. I hope that this is the beginning of a new effort here. It is an option for sustainable living that makes a lot of sense.

We are excited about this new adventure. We signed a lease and an agreement to be part of a community and we haven't yet met a single person from that community, though we will meet some of the members soon. We do know that the community is based on green values and will have solar power. We do know that people who live in cohousing communities share many values.

You can get a virtual walking tour of Cully Green on the internet and see pictures of the ground breaking. The project is due to be completed a year from now.

Rev. Janne Eller-Isaacs



## The Wheel of Life

*In Celebration*

**Eden Lorde Horan**

born one more redeemer

February 12, 2020

to parents

Ashley Horan and Karen Hutt

siblings Zi and Aspen Bell

and grandparents

Maureen Phillips and Jay Horan



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# MARCH SUNDAY SERVICES

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## Sunday Worship

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m., except where noted. Religious education classes are available during all three services. Sermon podcasts and archives are online at [www.unityunitarian.org](http://www.unityunitarian.org).

### **March 1: *One Step in Front of the Other: the Dance of Resilience***

What is resilience? Why is it a worship theme this month? Who exemplifies a resilient life? Rev. Janne Eller-Isaacs and worship associate Richard Lau will offer their reflections on the meaning of resilience.

### **March 8: *Teaching Resilience***

The word resilience is generally understood to be a quality of being that allows us to overcome difficulties and return to our best selves. It calls for us to return to the place T.S. Eliot called “the still-point.” Though some are more naturally resilient than others, resilience can be learned. Rev. Rob Eller-Isaacs and worship associate Kara Younkin Viswanathan will look at how resilience can be taught and how a sense of home provides the necessary base for learning.

### **March 15: *Waking Up and Loving the World All Over Again***

In the face of the ongoing struggles and challenges of our lives, it takes strength and courage to keep our hearts open and our hope strong. Rev. Lisa Friedman and worship associate Lia Rivamonte will explore how we cultivate a personal practice of resilience and the journey we must take within ourselves to persevere and greet each day anew.

*Emergency evacuation drill after all three serves. See page 8 for details.*

### **March 22 • Story Sunday**

#### ***Two Arches That Lean Into a Strength: Unity Church***

Faith and church have a role to play in creating communities that inspire resilience and resilient living. We are stronger when we march with arms linked together. Rev. Janne Eller-Isaacs and worship associate Jake Rueter will explore the importance of collective resilience.

*Story Sundays happen frequently throughout the church year, with children in grades 1-8 beginning in worship with the congregation in the Sanctuary. After the Story for All Ages, Workshop Rotation children (grades 1-5) proceed with their Journey Guides to their classrooms for religious education programming while junior high youth (grades 6-8) remain in the Sanctuary for the entire worship service.*

### **March 29: *How We Keep on Keeping On***

We have some basic understanding of the ways to undergird resilience. We close a month of focusing on resilience with a service that will include a collage voices sharing how the general outlines of what work — regular practice, strengthened intimacy skills, and working for justice — are made manifest in particular lives. Rev. Rob Eller-Isaacs and worship associate Bailey Webster will help us get to know ourselves a little better.

## 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: Women's Advocates**

The mission of Women’s Advocates is to walk with victims/survivors and their communities to break the cycle of domestic violence using the tools of radical hospitality, advocacy, collective action, violence prevention education, and phone-based crisis intervention. Women’s Advocates operates a shelter for women and children escaping domestic violence on Grand Avenue in St. Paul. This collection will help underwrite healing support programs for the more than 150 children who seek refuge in the shelter each year.

### **March 8: Beacon Interfaith Rental Assistance Initiative**

Beacon Interfaith Housing Collaborative Rental Assistance Initiative, working with the Minnesota legislature, aims to provide rent subsidies to every qualifying low-income household, effectively bringing housing stability to 550,000 Minnesotans. This initiative proposes that low-income families pay an appropriate amount of their income toward rent thus reducing the risk of one financial crisis leading to eviction. Unity Church is one of the more than 70 Beacon congregations that see housing stability for Minnesota families as a moral imperative. This collection will fund lobbying efforts to ensure that housing stability is guaranteed.

### **March 15: Protect Minnesota**

Protect Minnesota is the only independent, state-based, grassroots gun violence organization in the nation. Promoting a culture of safety for all Minnesotans by preventing gun violence through research, education, advocacy, and community investment, it is in a unique position to lend legitimacy and relevance to the call for sensible gun laws in Minnesota. This collection will be used to expand outreach efforts throughout the state. An anonymous donor has promised \$50,000 if Protect Minnesota can raise said amount by April 1.

### **March 22: Unitarian Universalist Service Committee (UUSC)**

UUSC is a nonprofit, nonsectarian organization of the Unitarian Universalist Association that works to provide disaster relief and promote human rights and social justice around the world. On this Sunday, we join UUs across the country in honoring the UUSC's 80th anniversary by supporting their work for human rights wherever they are at risk, especially in the area of climate displacement and migrant justice.

### **March 29: Microgrants**

Microgrants gives \$1000 grants to low-income people of potential to invest in their lives. The grants are designed to increase their income either through small business development or acquisition and retention of stable employment.

# BOARD OF TRUSTEES



## Unity Church as a Living Democracy

Clover Earl, Trustee

*The human heart is the first home of democracy...and do we have enough resolve in our hearts to act courageously, relentlessly, without giving up — ever — trusting our fellow citizens to join with us in our determined pursuit of a living democracy?*

— Terry Tempest Williams

It is with a huge sigh of relief that I can say the impeachment hearings are in our review mirror. Am I happy with the outcome? No, I am not. Do I worry that democracy, as I understand it, is threatened? Yes, I do. And I know there are people here at Unity Church who might feel otherwise and I am grateful that we allow for differences of opinion and perspective. Something that is woefully lacking in the world at large.

Odd though it may seem, one of the things that got me through this period was the “The Great British Baking Show.” Make no mistake, it is a competition that starts with twelve bakers. Each week one person is named “star baker” and another is sent home. Someone will be crowned the winner, but what makes the show so powerful is the generosity of spirit they offer one another. They treat one another with dignity and respect; they care for and about each other.

Another thing that got me through the hearings is being a part of *this* community. I remember when our ministers stopped talking about “safe space” and instead started referring to Unity as a “brave space.” The commitment of our ministers to bring all our ends to life, but particularly, *creating a multi-cultural spiritual home built on authentic relationships*, has made me keenly aware of my privilege in a way I could not have anticipated. At one of the workshops I attended last year that drew people from outside our congregation, a white woman about my age, sitting in front of me in the Sanctuary, had on a t-shirt that said in bold letters, “RECOVERING RACIST.” And I thought to myself. Yes, me too.

We are on the cusp of a colossal change with the pending departure of our co-ministers, Janne and Rob. The decision about who will replace them in the summer of 2021 is in our hands. The board is responsible for managing the process of creating a Ministerial Search Team that will support us in *creating a multi-cultural spiritual home built on authentic relationships*. To that end we are working with Team Dynamics to be sure the team reflects a diversity of expertise, perspective, and identity.

There will be a meeting of the congregation on Sunday, April 26, at which time all voting members will have an opportunity to cast a vote to determine who the nine members of the team will be.

The process of creating the search team began in earnest on Saturday morning, February 15, 2020, when twenty current and passed board members gathered at Unity to make calls to every voting member of our congregation, which numbers 900! We asked for people’s suggestions about who they would like to see as a member of the Ministerial Search Team. Angela Newhouse, a former board member said of her experience, “I hate phone calls! But this was amazing. I am proud to be part of such an amazing effort!” This sentiment was mirrored by pretty much everyone who jumped at the opportunity to take part. We actually completed the calls in under three hours! This month, after collecting your input during February, we’re working hard to discern a slate of approximately 20 candidates to share with you in early April.

This is a big deal. This is democracy in action. This is your opportunity to have your voices heard. In the words of Terry Tempest Williams, “do we have enough resolve in our hearts to act courageously, relentlessly, without giving up — ever?”

I sure hope so.

## Rejoice at the River

All Congregation Worship  
Service and Retirement  
Celebration for Janne and Rob

Mark your calendars for Sunday, May 31, 2020, at Harriet Island. An all-congregation, outdoor worship service will be followed by lunch, program, and party!



# BELOVED COMMUNITY STAFF TEAM

## The IDI: Information, Process, and Introductions

Peter Heege on behalf of the Beloved Community Staff Team

The Intercultural Development Inventory (IDI), developed by Mitchell R. Hammer, professor of international peace and conflict resolution at American University, assesses intercultural competence as the capability to shift cultural perspective and appropriately adapt behavior to cultural differences and commonalities. To help us grow our ability to be an anti-racist, multicultural spiritual community, a number of key ministry groups at Unity Church are being invited to take the IDI. The sessions are also available to individual congregants. In the February issue of *commUNITY*, Mary Pickard discussed how Unity hopes to use the IDI. This article expands on that with an introduction to our three IDI qualified administrators and the role they will play.

### Our Qualified IDI Administrators



**Betsy Hearn** is a Unity Church member and a learning and development professional with experience across

the non-profit, higher education, and corporate worlds.



**Kelley Nelson** is a Unity Church member and has spent her career advocating for educational equity

and developing cultural competency in a myriad of settings and diverse circumstances.



**Tim Wendt** is an accomplished HR professional with experience working with executive leaders in the corporate environment

Complete bios for Betsy, Kelley, and Tim are online at [www.unityunitarian.org/beloved-community-news](http://www.unityunitarian.org/beloved-community-news).

### Interview with Kelley Nelson

**PH:** *What's your take on the IDI in general and its potential benefits for Unity Church?*

**KN:** I've been working with the IDI for 15 years. It's an extremely useful tool for people to understand how they make sense of cultural difference based upon their life experiences. It encourages a wider definition of culture and is a roadmap for developing that wider view. It helps people understand how the experiences they have had during their lives influence how they interact with other cultures. Once people understand themselves better it enables more effective interaction with other cultures.

Our Ends statements call on us to develop a more multicultural, multiracial congregation. Unity's population has historically (and currently) been very homogeneous, and realistically our outreach efforts have been based on our own perspectives and have not been terrifically successful in attracting people with a wider variety of backgrounds and perspectives. When groups and individuals become more effective in interactions, the congregation can be more effective in attracting the diverse population we strive for.

**PH:** *What results have you seen with other organizations you've worked with?*

**KN:** I've primarily worked in the education area. There were many "aha" moments in those trainings, unearthing embedded ideas and stories that negatively affect cultural competence. Individual sessions were very effective, and when there was a committed and cohesive group that was guided by the learnings from these sessions, the organization attracted and retained a diverse culture.

**PH:** *Tell us about a group profile feedback session.*

**KN:** A group session, usually about 1-1/2 hours, typically includes a quick review of the concepts of culture (iceberg model) and a review of the stages on the IDI continuum from denial through minimization to acceptance/adaptation. A group profile is developed using the distribution on the development continuum of individual profiles of group members. After discussing the group result, and the variances in individual results, the group is coached on how to use these results to enable more effective group action.

**PH:** *What are the options for an individual feedback session and why would it be helpful?*

**KN:** Those participating in group feedback sessions will be offered the opportunity for individual feedback sessions on a pay-as-you-are-able basis, with scholarships available from Unity's Helener Currier Endowment.

The individual sessions are approximately one hour and will include discussion of your individual experience, how it is tied to your IDI profile, and development of a plan for using this information to increase your effectiveness in multicultural work. These feedback sessions have been shown to be the single most effective way to facilitate growth along the IDI continuum and to promote meaningful participation in group work toward our Ends.

These sessions are also available to individual congregants on the same basis, and those interested are strongly encouraged to schedule one for themselves. Contact Drew Danielson at [drew@unityunitarian.org](mailto:drew@unityunitarian.org) for more information or to sign-up.

# WELCOME WORDS / WELCOME NEW MEMBERS



## Welcome Words

**Rev. Lisa Friedman**  
**Minister of Congregational and Community Engagement**

How do I become a voting member? This is one of the questions I am most frequently asked. The short answer is that you need to sign the membership book (which all the people who have joined Unity Church since 1872 have also signed!) and make a financial pledge of record in the current fiscal year (financial waivers are available upon request). The longer answer is that becoming a voting member is the culmination of a discernment which leads you to choose this congregation and this faith as your spiritual home. It is an act of mutual commitment as we pledge to grow together and live our values and shared mission in the world. It is an act of shared ministry as we participate in a collective democracy that governs this church and shapes its vision for the future. There is no one timeline for this exploration — each person and each religious journey is unique. How do you sign the membership book? You can attend a Committing to Unity class (see below) or make a private appointment with me. If you have any questions about your membership status, or if you'd like to talk about your exploration of Unity Church, please let me know. My door is always open! See you in church!

## Pathway to Membership Classes

Sign up for Pathway to Membership classes at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement, at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x 107. Lisa is also happy to meet with you personally to answer questions and to welcome you into the congregation.

## Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis on Sundays from 10:20-11:15 a.m. in the Ames Chapel. Attend sessions in the order that works for you! In these classes, participants will share parts of their religious journey, take a more in depth look at the history of Unity Church, discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation. Childcare is available in the nursery.

- March 1: UU History
- March 8: Religious Education for Children, Youth, and Adults
- March 15: Pastoral Care
- March 22: Q & A with a Minister
- March 29: Worship & the Liturgical Year

## Committing to Unity: Joining Unity Church

**Saturday, March 14 • 1:00-3:00 p.m. • Unity Church**

Have you been considering membership at Unity Church? 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! RSVP by filling out an Intent to Join card at the welcome table in the Parish Hall or by emailing Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).



George Anastos and Andrea La Sonde Anastos

**Andrea La Sonde Anastos** is a former church minister and trained interim, who has written extensively for professional journals. She is now a fiber artist finding her (new) voice in fabric. She moved with George to Cottage Grove to live near their daughter and her family.

**George Anastos** is a retired minister who also worked at the corporate headquarters of Yankee Candle Company in a variety of roles. George now enjoys long-delayed intellectual pursuits: mathematics (which he is terrible at) and regaining fluency in French.

## Mentoring at Unity

*A deeper path to 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. Each mentor/mentee team can decide what is most helpful — to have a buddy with whom to attend services and events, or a partner with whom to discuss Unitarian Universalism and each other's spiritual journeys, and more.

If you have questions, or would like to request a mentor, please stop by the Welcome Table in the Parish Hall on Sunday or email Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

# WELCOME NEW MEMBERS



Front row: Dave Backlund, Muffet Trout, John Trout, Vicki Kappus  
Second row: Chris Griese, Leah Oliver, Cathy Trana, Karen Solas, Kirstin Jarvis, Barbara Svoboda  
Third row: Rob Wagner, Frank Dutke, Brendan McGillicuddy, MaryAnn McLeod, Nate Solas

**Dave Backlund** is grateful to join a community of compassionate and questioning people. A Sunday morning of contemplation, enlightenment, and occasional mild scolding has become a highlight of his week. He is rapidly approaching Medicare eligibility, and looking forward to opportunities post gainful employment. Long walks in mountains have become a new passion.

**Frank Dutke** is a father of four, and grandfather of three, living in Mendota Heights with his dog Bertie and some extended family. After retiring from a career in business he enjoys focusing on friends and family. One of many recent changes in his life was the choice to seek a new faith community. His interests are reading, hiking, golf, and gardening.

**Chris Griese** is married to Vicki Kappus and is the father of two wonderful adult children, Stuart and Sydney. He loves to travel and has a deep passion for the arts. It has taken Chris 55 years to circle back to his Unitarian roots, where they now seem to be flourishing.

**Vicki Kappus'** current passions are trying to find joy in a new job working with 4th and 5th grade students and continuing to make her house feel like home. Curiosity brought her to Unity Church. A sense of support, kindness, and community will keep her here.

**Kirstin Jarvis** is set to graduate from the M. Ed. Early Childhood Education program at the University of Minnesota in May. She adores children and the way teaching inspires her to constantly

learn to be kinder, more patient, and develop self-control — even as she teaches the same. Kirstin lives with her husband, Ben, and two dogs in Baytown Township, outside of Stillwater.

### **Brendan McGillicuddy**

Brendan is originally from Massachusetts and came to Minnesota to pursue a Ph.D. in Comparative Literature at the University of Minnesota, which he completed in July. He is drawn to Unity Church for the diversity and inclusivity of worship, the strength of community, and the commitment to social justice. Brendan is interested in issues of sustainability, gender, economic and social justice, and looks forward to becoming active with Unity's Outreach Teams.

**MaryAnn McLeod** is a retired psychologist living in Merriam Park. She has one son and two stepdaughters, one of whom, Robin Moede, sings in Unity Choir. She became a Unitarian in 1968, but for about twenty years practiced with a Zen Buddhist sangha. Her passions include gardening, reading, the arts, exercise, and travel.

**Leah Oliver** lives in Inver Grove Heights with her two daughters and husband, Jake. She works in marketing for a local food cooperative and is passionate about cooking, food access, photography, and spending time outdoors. She loves the community, social justice, and the rich religious education at Unity Church.

**Karen Solas** is an environmental professional who loves all four seasons, the north woods, music, and good

food. She is always planning the next adventure with her two kids, Isla and Lochlan. She and her husband, Nate, come to Unity Church to learn, put values into action, and build community.

**Nate Solas** grew up in a UU church in Colorado, and now enjoys reconnecting with the R.E. program at Unity as a teacher, a parent of two students, and member of the Religious Education Ministry Team. When he can, he plays roller derby and folds origami!

**Barbara Svoboda** is a librarian. She and her husband live in Woodbury and have two adult children. She enjoys working with textiles. The Black Lives Matter sign on the church's building brought her into Unity, and the intentional work on creating a loving community keeps her coming back.

**Cathy Trana** has been attending Unity Church with her husband, Rob Wagner, for one year. In their blended family they have four adult children and six grandchildren. She is a retired social studies teacher. The thoughtful approach to theology and the social justice ministry at Unity Church are central to her excitement in becoming a member.

For **Rob Wagner**, spirituality has always been a solitary vocation. He came to Unity Church only to be a loyal partner to his wife, Cathy, but that has changed and he now joins Unity for himself, to learn how to live a spiritual life with others and discover what he has to give.

**John Trout** semi-retired from his construction law practice last May. He has been spending much of his newly-acquired spare time in the outdoors as a paddling and hiking guide for Wilderness Inquiry, Inc., a non-profit organization making the outdoors available to persons with disabilities.

**Muffet Trout** (she/her) sings with the Women's Ensemble and appreciates the brief rehearsals and lasting camaraderie. Being active outdoors and reading are her favorite pastimes. John and Muffet have a daughter, Margot, who is 14-years-old.

# CONGREGATIONAL LIFE

## Emergency Evacuation Drill

*Sunday, March 15, after each service!*

**Barbara Hubbard, Executive Director**

The congregation will be asked to practice an evacuation drill on Sunday, March 15, at the close of each service. Everyone in the building will be evacuated, with no stops for personal belongings. Children will be accompanied out of the building by teachers and helpers in the rooms. The nursery personnel, along with additional resources as may be assigned, will carry the children out of the building as needed. The elevator will not be used.

Exit signs, staff, and volunteers will be in each hallway directing the way out. Evacuation chairs are located on the upper level outside of the Foote room, and lower level in the hallway near the elevator. Please help those who need assistance.

Everyone must be away at least 100 feet from the building in case of a fire. The gathering place will be in the House of Hope Park to the west of the building. Families will be reunited there.

Once everyone has been evacuated and the "all clear" has been given, people can return for personal belongings, coffee, soup, and fellowship. Thank you for your cooperation!

## Chalice Camp 2020!

### Chalice Camp Week 1: July 6-10

Campers will explore the heritage and history of Unitarian Universalism through varied and engaging activities, everything from puppet shows to field games.



### Chalice Camp Week 2: July 13-17

Campers will explore the beloved community, with a focus on building the beloved community at camp and beyond!

### Chalice Camp Week 3: July 20-24

Campers will explore the community around Unity Church and participate in walking field trips and scavenger hunts!

### Chalice Camp Fees

\$250/week/camper, before May 1

\$275/week/camper, after May 1

\$100/week/senior camper (entering grades 7 and 8)

Full and partial scholarships are available.

Camp runs from 8:30 a.m. to 5:30 p.m., daily. Details, including staff application and camper registration, are online at [www.unityunitarian.org/chalice-camp.html](http://www.unityunitarian.org/chalice-camp.html).

Questions? Contact Claire Newhouse, Camp Director at [chalicecamp@unityunitarian.org](mailto:chalicecamp@unityunitarian.org).

## 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; Debtors Anonymous meets Tuesdays, 6:30-8:30 p.m., Drama Room

**Afterthoughts** offers time to discuss the service. This group meets after the 9:00 a.m. service. Contact Paul Gade, 651-253-1493

**Caregivers Group:** An informal support group for caregivers. Third Thursday of the month, 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, 7:00-9:00 p.m. (at Unity Church), and fourth Saturday of the month, 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, 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, 7:00-9:00 p.m. Contact Janne Eller-Isaacs, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Conversation Group** meets March 2, 16, and 30, from 7:00-9:00 p.m., in the Gannett Room, to discuss a wide range of topics. Contact Terry McDanel, [tmcdanel@gmail.com](mailto:tmcdanel@gmail.com)

**Men's Retirement Group:** Monday, March 9 and 23, 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, third, and fifth Sunday of each month, 6:30-8:00 p.m., COA/OWL room.

**New Look at the Bible:** Meets the second Thursday of the month at 7:00 p.m. Contact: Paul Gade, 651-253-1493

**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** meets the first and third Wednesdays of each month from 7:15-8:30 p.m. Bring your knitting, embroidery, needlepoint, etc. Contact Linda Mandeville, [lindamandeville41@gmail.com](mailto:lindamandeville41@gmail.com).

**Unity Book Club:** Second Tuesday of the month, 7:00-8:30 p.m. Contact Jack Hawthorne, [jack.hawthorne@centurylink.net](mailto:jack.hawthorne@centurylink.net).  
March 10: *Chronicles of a Radical Hag (with recipes)* by Lorna Landvik

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

**Young Adult Group** (ages 18-35) meets two Sundays per month, 1:00-3:00 p.m. 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 March 3 at 4:30 p.m. Contact KP Hong, [kp@unityunitarian.org](mailto:kp@unityunitarian.org).

# CONGREGATIONAL LIFE

## Seeking Parish Hall Artists

Submit an application by May 1!

Art is a medium through which human beings experience gifts of the spirit. Response to a work of art may be felt on intense, profound levels. As with poetry or literature, theatre, dance or music, the visual arts provide meditative and emotional opportunities and appreciation of life's process, cultures, and society.

Unity Church has the Parish Hall gallery available for the showing of works of visual art. It is anticipated that these exhibitions provide spiritual enrichment and liveliness for those attending the church and its functions. At the same time the gallery provides an opportunity for artists to show, share and sell their work.

Are you an artist? Please submit your work for consideration by May 1.

The Unity Church Art Team accepts applications each year during the months prior to May 1 of each year. The Art Team will consider these applications in May and select artists for monthly exhibits that will start in October.

If you would like to submit work for consideration, please visit [www.unityunitarian.org/parish-hall-artists](http://www.unityunitarian.org/parish-hall-artists) or contact the Unity Art Team at [artteam@unityunitarian.org](mailto:artteam@unityunitarian.org).



**Seeking Professional-Quality  
ARTWORK**  
To Display in Our Parish Hall Gallery  
Beginning in October

- Great exposure — Hundreds of viewers
- Great sales potential — Low commission

Application Deadline: May 1

For an application: [www.unityunitarian.org/parish-hall-artists](http://www.unityunitarian.org/parish-hall-artists)  
For questions: [artteam@unityunitarian.org](mailto:artteam@unityunitarian.org)

Unity Church-Unitarian  
733 Portland Avenue - Saint Paul, MN 55104

## March Parish Hall Artist Simone Spruce



*Are We a Nation* by Simone Spruce

My goal is to bring about social change. My mood dictates my material choices when I begin a piece. When I create a drawing, it involves the various ways I choose to draw lines to create shapes, then adding tone and texture to create a three dimensional form. All of these elements express a wide range of emotions.

As an artist, I have the freedom through immediate response to tell the truth about humankind and create work that documents our differences, similarities and moments of crisis. My work gives voice to marginalized groups and inspires the viewer to take action and seek justice. I am informed by information which I then transform and bring forward in search of solutions, moving my audience from awareness to engagement.

What I create reflects my outlook on the world, my philosophy, and my faith. I use my art as a platform to advocate and support multicultural issues that affect us on a local, regional, national, and global level.

The exhibit, "Lyrical Warriors: On Their Own Terms," visually interprets the music of selected black female activists, who fought for civil rights and human justice.

## Art Share: Spotlight Your Art

Choose your favorite piece of art — anything from your personal creation, your child's creation, or art that's been on a wall in your home for a long time. Your piece, along with a statement of why it's a favorite, and a photo of you, will be displayed for two Sundays in the **Art Share** space in the Parish Hall.

Sign up on the bulletin board in the Parish Hall. You'll be contacted by a member of the Art Team with details. Questions? Please email Marty Rossmann at [rossm001@umn.edu](mailto:rossm001@umn.edu).



*Groups will meet during the month of March!*

All adult members and friends are encouraged to sign up for Unity's facilitated End of Life Conversations. The goal of these small group gatherings is to enable deep and thoughtful conversations regarding issues of death, dying, loss, and end of life planning. The process is designed to help participants contemplate, and then discuss with loved ones, their end of life wishes. Each participant will receive a packet to help them with end of life planning including a health care directive.

Four years ago, Unity Church sponsored facilitated conversations focusing on end of life choices and over half of our adult members participated. Since then, we have received numerous requests to hold them again. In response to these requests, we have trained facilitators and have scheduled times during the month of March for these conversations.

Registration is online at [www.unityunitarian.org/end-of-life.html](http://www.unityunitarian.org/end-of-life.html). There are many group meeting times available including days, evenings, and weekends. If you have questions, please contact Rev. Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) or Martha Tilton at [martha@unityunitarian.org](mailto:martha@unityunitarian.org).

## Crossing and Blessing Our Thresholds

*2020 series open for registration*

**Rev. Karen Hering**

We are all living in threshold times, on the cusp of significant changes nationally, globally, and environmentally. But for some of us, these large scale changes are compounded by personal thresholds closer to home — changes in our relationships, work, home, roles, identity, or abilities that feel like a significant turning point in our lives. Our lives are full of thresholds — times of heightened awareness as well as both risk and possibility. Whether we've chosen them or not, they are places of great vitality and exchange, where new greets old and the familiar gives way to the unknown.

If this describes your own life now, consider joining the 2020 Threshold series, a facilitated small group for reflecting on the changes in our lives and discovering the support that comes from exploring our thresholds in the company of others. (Note: group size is limited and pre-registration is required.)

"The support of the participants was amazing," said Jill van Koolwijk, a previous participant. "I connected with many congregants and made new friends. Most of all, the workshop confirmed that we are not alone in our struggles."

In a supportive small group facilitated by associate minister Karen Hering, we'll each reflect on a threshold we're currently crossing while accompanying others in crossing theirs. Using conversation, guided writing, and a variety of creative activities both playful and serious, we'll consider the meaning, risks and possibilities present on the cusp of change.

"The series helped me let go of fear and realize that moving forward meant leaving some things behind," said Pam Sheen of her Thresholds experience. "The group process is perfect for threshold crossing, a 'safety net' of like-spirited individuals."

The group meets four Saturdays and participants are asked to commit to attending all four sessions. The dates are: a longer first session, April 25, 9:00 a.m.–3:00 p.m., and three additional Saturday mornings, 9:00 a.m.–noon: May 9 and 30, and June 6). NOTE: the ending date has changed from the previously published schedule.) Two additional optional sessions focused on art activities will be offered on Wednesday evening, April 29 and Saturday morning, May 16 to support deeper creative exploration of participants' thresholds. At the end of the series, on Sunday, June 7, the group will be blessed by the congregation in worship, honoring the role of community in giving us all safe passage across the many thresholds of our lives.

The series is free to members; a fee of \$100 will be charged nonmembers at the time of registration. Register early to reserve your place — e-mail Karen Hering at [karen@unityunitarian.org](mailto:karen@unityunitarian.org) or put a note in her church mailbox. Include your name, phone and email or street address, and a sentence or two describing the personal threshold you have crossed or will be crossing soon.

*The series helped me let go of fear and realize that moving forward meant leaving some things behind.*

— Pam Sheen



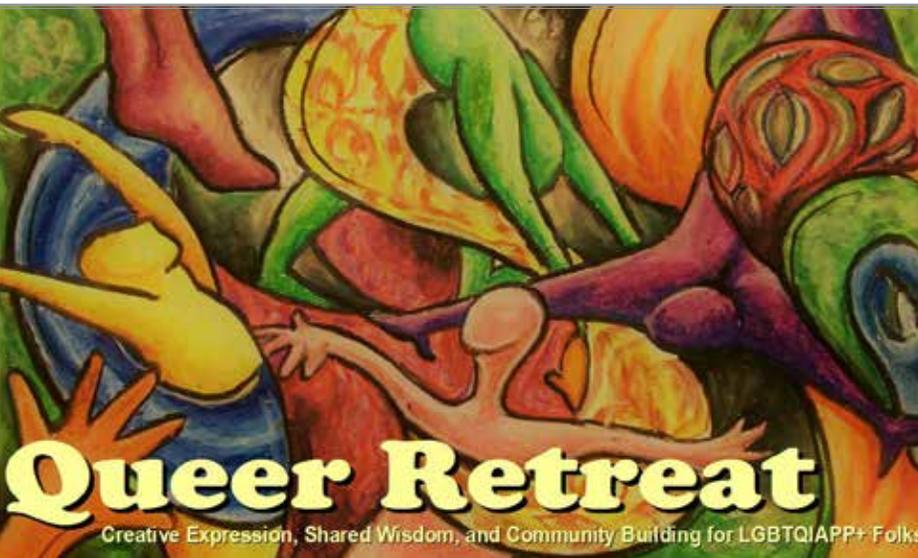
## Saturday, March 28 • 8:00 a.m.-6:00 p.m. • Unity Church

The Rev. Jim Foti, Assistant Minister at First Unitarian Society of Minneapolis, will deliver the keynote address.

This year's theme is stewardship, in the context of "within, among and beyond." The "within" session is an emotional intelligence panel discussion. The "among" session is a community identification panel discussion. The "beyond" session is Bill Doherty presenting "Building Bridges in Divided Times." Sessions are scheduled in the morning and afternoon, each concluding with a facilitated experiential small group gathering.

Attendance is limited to 125. The suggested donation is \$50, or pay what you can. Scholarship assistance is available. Lunch is included. Childcare is provided.

Details and registration are online at [www.unityunitarian.org/men.html](http://www.unityunitarian.org/men.html).



Saturday, April 4 • 10:00 a.m.-5:00 p.m. • Center Room • High School +  
Registration coming soon!

Questions? Contact Mike Huber at [mikehuberece@gmail.com](mailto:mikehuberece@gmail.com)

## Men's Breakfast

On Saturday, March 7, the men of Unity Church will gather for good food, friendship, and conversation. The breakfast will run from 8:30 until 10:00 a.m. All men are welcome!



## Racial Justice Film Series



*Keynote Speech by  
Melissa Harris-Lacewell at  
Facing Race: A National Conference*

**Friday, March 13 • 7:00 p.m.  
Robbins Parlor**

This keynote speech by Melissa Harris-Lacewell is enlightening, sometimes funny, and other times tragic in its impact. Discussion will follow the one-hour speech.

## Kung Fu

Explore the rich Five Animal Kung Fu (Leopard, Snake, Tiger, Crane, and Dragon) to develop a personalized style that suits your temperament and body type. Beginners and experienced martial artists welcome! Classes are held Saturdays, from 11:00 a.m.- noon, in the Body Room, and on Wednesdays during Wellspring Wednesday (see pages 12-13). Questions? Contact Bryan Kujawski at [barney.kujawski@gmail.com](mailto:barney.kujawski@gmail.com).

# WELLSPRING WEDNESDAY

March 4

*Dinner: Berebere lentils, curried carrots and cabbage, Ethiopian collard greens, split peas and chicken, injera. We'll offer some non-spiced alternatives for kids at this meal.*

## **Exodus Lending: Freeing Minnesotans from a Debt Trap**

Payday loans trap borrowers in a cycle of debt from which it's almost impossible to escape. The typical borrower is a middle-aged woman, just trying to take care of her family. Thousands of Minnesotans get caught in the trap every year and struggle to get free. Exodus Lending is a nonprofit that addresses this issue head-on — both by freeing individuals one by one, and speaking out about and supporting political solutions. Sara Nelson-Pallmeyer is the executive director of Exodus Lending. She has been working in the nonprofit sector her entire career (including at Augsburg College's Center for Global Education, the Greater Minneapolis Council of Churches and Twin Cities Habitat for Humanity).

## **Artists in Residence: Ina Yukka**

Ina Yukka are a Chilean mother-son duo specializing in traditional South American folk music and canción nueva. Each Wednesday through April they will lead weekly workshops on a variety of topics, ranging from Andean dance, building and performing on traditional Andean musical instruments, and learning songs connected to the history and folklore of the Andean region.

## **Stories of Resilience in UU History, Part I**

We often tell the story of Unitarian Universalist history as the tale of a progressive faith always on the cutting edge of the reform. While there is some truth in that telling, the full history is more complicated, painful, and challenging. Current UU historians are working to center the stories of people of color, women, and LGBTQ+ throughout our history. Join Rev. Lisa Friedman in an examination of the faithful UUs who have gone before us, and what we might learn from their stories of resilience.

## **Invitation to Creative Spiritual Practice: Resilience + Dot Mandalas**

This group, led by Heather Benedict will explore resilience and engage in the spiritual exercise and meditative practice of making Dot Mandalas. Learn different techniques, try different mark making tools, and leave with an invitation to engage with the monthly worship theme in your daily life and in a creative way.

## **Intergenerational Violin Orchestra for Beginners**

Join Mayra Mendoza for a beginning violin orchestra class — all ages are welcome! We will learn the violin basics while having fun in a friendly, welcoming orchestra class. Please bring your violin/music stand if you have one. Mayra is a violinist and teacher who volunteers frequently with the Greater Twin Cities Youth Symphony, McPhail Center for Music and the Minneapolis Public Schools. Questions? Email [mayraquitzia@hotmail.com](mailto:mayraquitzia@hotmail.com).

## **Textile Arts**

Open to textile creatives of all ages. Bring your knitting, embroidery, needlepoint, etc.

## **Religious Education New Family Orientation**

This session is for families new to Unity Church who would like to learn more about religious education.

## **Embodied Spiritual Practice: Yoga**

The class will offer a practice of mindful movement and gentle yoga. Dress comfortably, bring a mat and a small blanket if you have one. All levels welcome!

## **Five Animal Kung Fu**

Our holistic self-defense practice invigorates the body, rejuvenates the spirit, and clears the mind. Beginner and experienced martial artist welcome! Join us to see if this is the right fit for you. Questions? Email Bryan at [barney.kujawski@gmail.com](mailto:barney.kujawski@gmail.com).

March 11

*Dinner: TBA*

## **Open Page Writing Session Cultivating Resilience**

How do we bounce back from life's challenges and traumas? What does it mean to be resilient in the face of difficulty and heartbreak? Can a spiritual practice of writing become one tool for cultivating resilience in demanding times?

Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are invitations to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary. Bring something to write with and on; the rest will be provided! Email [karen@unityunitarian.org](mailto:karen@unityunitarian.org) if you plan to attend.

## **Our Economic Lives**

Your economic life is more than your job and your budget. This three part course offered by Jesse Andrew Williams brings a robust language and series of visual frameworks to the conversation of our economic lives - with almost no math at all! At the end of this pilot course you will have a key to understanding your personal economic map and references for further study.

## **Gather for the Earth**

As a follow up to "Gather for the Earth," the Sustainable Living Team is offering a second chance to offer your input. This conversation will consider what we are called to do individually and as a congregation to remediate climate change and champion environmental justice. This will shape the work of the Sustainable Living Team as we create Unity's UUA certified Green Sanctuary Action Plan.

## **Artist in Residence: Ina Yukka**

**Yoga  
Kung Fu**

# WELLSPRING WEDNESDAY

March 18

Dinner: *Shepherds pie with lamb (or vegan), Irish fried cabbage, Irish soda bread, mint chocolate cheesecake brownies.*

Guest cooks! *The Black family and friends will help prepare this meal. Do you want create a Wellspring Wednesday meal with your family or a group of friends? Contact [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).*

## Interfaith Sanctuary Coalition Book Read

### **Dear America: Notes of an Undocumented Citizen**

Jose Antonia Vargas came to the United States when he was 12 but discovered when applying for a driver's license at age 16 that he was undocumented, that his grandfather had given him a fake green card. Instead of staying silent about it, he published his first story about his life in *The New York Times Magazine* in 2011, and now has told us the full story in his book, *Dear America: Notes of an Undocumented Citizen*.

As a Pulitzer-prize winning journalist, he knows that as he tells the story of his own life that he is, in some ways, telling the story of the estimated 11 million undocumented in the U.S. Please join us in reading and discussing *Dear America*, which Michelle Alexander says, "ought to be mandatory reading for every American." Sponsored by the St. Paul Sanctuary Coalition (MN Sanctuary Network, Isaiah), Unity Church, and nine other area congregations.

### **A Parent Circle hosted by the UU Families Initiative**

Do you ever feel that you need an ECFE class for your tween or teen? Looking back, does raising an infant seem relatively easy? How can we call upon our Unitarian Universalist values to help us navigate? Unity's UU Families Initiative is hosting a Parent Circle targeting these transitional years. You are invited to come with an idea of a current challenge you would be willing to share with the group. Parent Circles are drop-in, facilitated discussion groups on parenting topics related to values and spirituality. They are open to parents of kids of any age. The UU Families Initiative has two goals: to develop shared principles and common practices for raising our children religiously in the Unitarian Universalist tradition and to develop a community of families raising our children religiously at Unity Church.

### **Artist in Residence: Ina Yukka**

**Stories of Resilience in UU History, Part II**

**Textile Arts**

**Intergenerational Violin Orchestra for Beginners**

**Yoga**

**Kung Fu**

March 25

Dinner: TBA

### **Gun Safety for People Who Dislike Guns**

According to a recent article in the *Washington Post*, there are more than 393 million civilian-owned firearms in the United States, or enough for every man, woman, and child to own one and still have 67 million guns left over. Wherever one stands on this highly contentious issue we all want safety for our children and ourselves. Join us in discussion to learn the minimum you need to know about gun safety for when you encounter a firearm by intent or by accident. Unity's Gun Sense Ministry Team member Richard Birger will talk about basic firearms safety and some of the terminology one needs to know to speak intelligently with others about this vital issue.

### **Navigating Single Parenthood**

Single parents at Unity Church face special challenges, have unique perspectives, and can benefit from building community with other single parents. This interactive workshop will bring together single parents to talk about what's hard and what's working well — the burdens as well as successful strategies — and how to build connections with one another. Family therapist and Unity member Bill Doherty will facilitate and share some of what he has learned about community building among families. This workshop could be a springboard for something lasting at Unity Church.

### **Onward Educators**

#### **Topic: Focus on the Bright Spots and Cultivate Compassion**

Using the work of education, coaching, and resilience researcher Elena Aguilar, we will strengthen and support one another in monthly meetings. Facilitators Jackie Smith and Julianne Malcom will guide the group through a year of resilience-building exercises and reflections, and participants will collaborate to build their capacity for resilience throughout the school year. The sessions follow an arc throughout the year, but participants are welcome to come to some or all sessions. All educators are welcome.

### **Artist in Residence: Ina Yukka**

**Yoga**

**Kung Fu**

**Tween Group (grades 5-7)**

## Wellspring Wednesday

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun.

Dinner begins at 5:45 p.m., followed by worship in the Ames Chapel at 6:45 p.m., and an evening of rich programming beginning at 7:15 p.m.

The cost for dinner is: \$8/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. (Children under the age two are free.) Meals offer vegetarian, vegan, and gluten free options. Email [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) for financial assistance.

# COMMUNITY OUTREACH

## Gun Sense Talks with Russel Balenger

Gun Sense Ministry Team

Russel Balenger is a member of Unity Church and organizer and facilitator of the Circle of Peace Movement (<https://tcopm.org/>).

### **Would you describe the work that you do?**

The Circle of Peace Movement (TCOPM) is an award-winning model that produces sustainable change in individuals, organizations, and communities. The Circle of Peace Movement promotes racial healing, equity, and an end to violence through meaningful conversation that crosses cultural barriers and builds authentic and inclusive community. The sharing of stories in a safe, equitable, and respectful circle fosters relationship; broadens understanding of injustice, oppression, and the roots of violence; and promotes healing. TCOPM is deeply rooted in restorative justice and Beloved Community and uses the circle process to honor and accept individual differences, celebrate the courage to speak truth, model reconciliation, and inspire hope. The result is individual, family, and community healing, and action to create and restore authentic justice.

### **Could you speak about the impact of gun violence on the people that you work with?**

We work with youth in the criminal justice system on probation by providing mentors for them and their families. Many of these children have been referred by the county and are living in impoverished situations, a life that offers little hope and no one to give them any. These kids and their families worry, and live in fear, of being seen and being shot. None of these kids can legally buy a gun, but have easy access to find one or purchase one illegally. When you are non-white you know that if shot by a white person, it seems to be pretty simple to find justification.

### **You have a sizable extended family with many young people in it. Do you see any impact on your family with the presence of gun violence in our society?**

Minnesota is number one in the nation for disproportionate minority contact with the criminal justice system and has been for the last 20 years. The statistics say that one in three Black people will have an encounter with this system.

I have 22 grandchildren and 12 great grandchildren and I pray 24/7 for their safety. Many of my grandchildren moved to Tampa, Florida, to make a better life for themselves. My eldest grandson has been shot twice and has lost good friends to gun violence. He has two children, ages 5 and 10. He and his brother have a clothing store in Tampa and they work as rappers with some demand (recently opened for a headliner in an arena). All the grandkids there are enjoying life and are school bound and career oriented.

And yet, guns still represent a troubling part of their experience. My grandson was here recently for a friend's burial, became inebriated, and shot a gun into the air. Police were called and he went to jail. I went to a hearing where a public defender said he might have to serve ten years in prison.

### **Would you like to share any thoughts about gun violence prevention efforts?**

I think children should learn about the devastating effects guns can have on their life. People who wish to obtain firearms should have to take a safety course.

*Unity's Gun Sense Ministry Team is grateful for Russel's thoughts and personal reflections. These observations raise deep societal issues that underlie some of our gun violence problems including easy accessibility, proliferation, the need for education, and their effect on people's lives. Russel's description of kids and families living in fear of being shot at any time, and the disproportionate contact of minorities with the criminal justice system, speaks to how guns are used to feel powerful to overcome that fear and the systemic racism that exists in our justice system.*

## Living Out Our Values

Obama School Ministry Team

It's important to live out our values in the world.



The service that Unity's volunteers provide at Barack and Michelle Obama School is an excellent way of moving toward two of our church's Ends statements: "Working within ourselves, among our church community, and beyond in the larger world, we the people of Unity Church-Unitarian: Discover and pursue our individual and collective work to advance justice, wholeness, and equity for people, our Earth, and all life on it," and, "Know each other in all our fullness and create an ever-widening circle of belonging for all people."

Please consider joining us next year in our work with the scholars and staff. The application process to be a volunteer at Barack and Michelle Obama Elementary School begins in April as we collect applications and background check forms. More information will be available in the coming months.

## Volunteer: Foodmobile

Keystone Community Services' Foodmobile is a mobile food shelf that visits 30 sites and serves over 3,000 people each month. Volunteers spend two hours helping people with food selection and product restocking. Daytime, weekday hours are available. For more information contact the Keystone volunteer coordinator at [volunteer@keystoneservices.org](mailto:volunteer@keystoneservices.org) or call (651) 797-7725.

# COMMUNITY OUTREACH

## Earth Day, April 22, 2020

### Call for Climate Action

From Bonnie Power, Sustainable Living Team

Earth Day began 50 years ago as a day to draw attention to pollution from the ravages of an oil spill in Santa Barbara, CA, witnessed by Gaylord Nelson, Democrat from Wisconsin. Towns along the oil spill (estimated at 200,000 gallons) experienced the stink of crude oil, blackened beaches, birds and other sea life dead or dying on the beaches.

Nelson was inspired by the power of student anti-war protestors. He hoped to build this kind of support, along with the emerging knowledge of air and water pollution, to lobby for environmental protection policy.

On that Earth Day, 10% of the U.S. population demonstrated for a healthy sustainable environment. Since then Earth Day has evolved to embrace all the urgent issues affecting this earth, and became global in 1990. Now the call is for climate action from all of us.

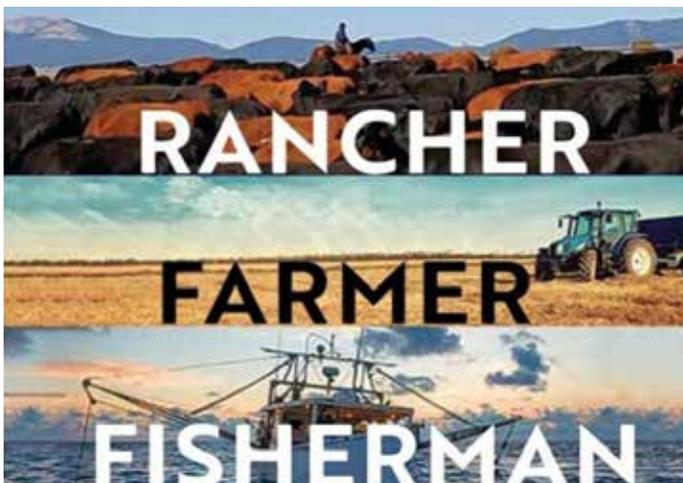
Scientists have studied impacts of humans on this planet from the dawn of the industrial revolution. The data is available to everyone. There are hundreds of canaries in the coal mine, calling out the danger signs. Are we listening? How can we bridge the disconnect between how we live on this earth and all the danger signs crying at us to change.

What is true is we work best in community. But we must be the larger community of nature. We can't act separately. An individual can start an action — such as Greta Thunberg and countless others have done — and the community supports those actions. We must hear and respond to those incessant cries from the canaries in the coal mine — *now*. The time we have to act is finite and the next 10 years are critical.

We can't ask the other species on this earth to step up their game, we can't ask the trees or the oceans or the weather patterns or the land to do *more*. Every other natural process and species that have kept this earth habitable is at our mercy.

What should we do? The clock is ticking so take a step. Will you join any number of groups who are making commitments to change, asking questions and demanding changes from business and government? The Sustainable Living Team came together in response to those canaries in the coal mine. You will have plenty of support.

It is the only way forward — one step at a time. Let's honor the foresight of those like Greta and make this Earth Day one of action. We can't see what a sustainable future will look like but we need to follow those who envision a future that propels us to a liveable earth.



Sustainable Living Team  
Film Series

Come watch the  
conservation heroes of  
America's heartland.

**March 27  
7 pm  
Robbins Parlor**

## Food Shelf Help Sought

Unity's Evergreen Team has overseen collection and delivery of food shelf donations over many years. We're seeking interested congregation members to join our small group. Can you commit to drive to the church, pick up the food shelf donations, and deliver the grocery bags a few blocks away to the Hallie Q. Brown Food Shelf? On a regular basis? Or once in a while? If so, please call Kathie at 612-379-4253 (leave your name and phone number). We're setting up the schedule now. Many thanks for considering this service to our church and to our neighbors in our community.

## Help Provide a Meal for Jeremiah Families

Help cook a meal at The Jeremiah Program, a residence and education program for single moms and their children. Volunteers are needed from 4:00-7:00 p.m. on Thursday, April 16; and Thursday, May 12. Contact Karen Buggs at 651-297-0111 or [buggs745@hotmail.com](mailto:buggs745@hotmail.com).

## Rainbow Chalice Alliance Pick up your pie!

Thanks to all who ordered pies for making this year's Pi(e) Day fundraiser a success! Your pie purchases make it possible for RCA to support Q-Quest (a yearly festival for LGBTQA youth) as well as help fund Queer Prom and Youth Pride in the spring.



If you were lucky enough to purchase a pie, remember to pick it up on Sunday, March 8!

## Open Page Writing Sessions

Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are invitations to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary. Bring something to write with and on; the rest will be provided! These sessions are free; please email [karen@unityunitarian.org](mailto:karen@unityunitarian.org) if you plan to attend.



## Cultivating Resilience

**Wednesday, March 11 • 7:15-8:30 p.m. • Unity Church**

How do we bounce back from life's challenges and traumas? What does it mean to be resilient in the face of difficulty and heartbreak? Can a spiritual practice of writing become one tool for cultivating resilience in demanding times?

## Integrity: remembering who we are

**Wednesday, April 15 • 7:15-8:30 p.m. • Unity Church**

Poet Charles Bukowski asks, "Can you remember who you were, before the world told you who you should be?" In this guided writing session, you are invited to consider what it might mean to experience the integrity of remembering and living out the truth about who we are and what we believe in the sanctuary of our heart.

## Living on the Threshold

**Wednesday, May 27 • 7:00-8:30 p.m. • Unity Church**

A threshold, whether physical or emotional, personal or shared, is a place of great vitality and exchange, where new greets old, where outside meets inside, where stranger crosses over to become friend. This session invites you to explore the thresholds in your own life as places of heightened awareness and possibility. (Note: this one time writing session is related but distinct from the annual Thresholds series running April - June 2020, for which advance registration and commitment are required.)

## To Bless and Be Blessed

**Wednesday, June 3 • 7:00-8:30 p.m. • Unity Church**

A blessing, according to John O'Donohue, "is a circle of light drawn around a person to protect, heal, and strengthen. . . . A blessing awakens future wholeness." Join in a session of writing and reflection exploring the healing and wholeness invited by blessing.

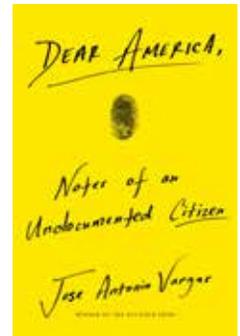
**Other literary programming:** For more information or to receive periodic e-mail notifications of Karen's upcoming programs, contact [karen@unityunitarian.org](mailto:karen@unityunitarian.org).

## What's New in the Library and Bookstall

**Shelley Butler, Library and Bookstall Team**

### *A Multi-faith Effort to Learn More About the Experience of the Undocumented*

Jose Antonia Vargas came to the United States when he was 12 but discovered when applying for a driver's license at age 16 that he was undocumented, that his grandfather had given him a fake green card. Instead of staying silent about it, he published his first story about his life in *The New York Times Magazine* in 2011, and now has told us the full story in his book, ***Dear America: Notes of an Undocumented Citizen***.



As of two days ago of this writing, Vargas is still here and still undocumented. Speaking about his book recently, he made a request of the audience, "If you want to call ICE on me, please wait 'til after the lecture." As a Pulitzer-prize winning journalist, he knows that as he tells the story of his own life that he is, in some ways, telling the story of the estimated 11 million undocumented in the U.S. Please join us in reading and discussing *Dear America*, which Michelle Alexander says, "ought to be mandatory reading for every American." Sponsored by the St. Paul Sanctuary Coalition (MN Sanctuary Network, Isaiah), Unity Church, and nine other area congregations.

**Sanctuary Coalition Book Read Discussion at Unity Church  
Wednesday, March 18 • 7:15 p.m.**

### *Under the Category of: Now More Than Ever—Books to Inspire Action*

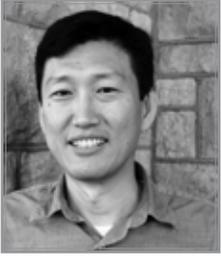
***The Seven Necessary Sins for Women and Girls* by Mona Elthaway** (Beacon Press, 2019)

"Let us always tell girls they can be more than," writes Egyptian-American Mona Elthaway in the new feminist manifesto, ***The Seven Necessary Sins for Women and Girls***. Mona, contributing writer for *The International New York Times*, argues that all the things that women and girls are traditionally not supposed to be like angry, ambitious, attention-getting, and even violent, are actually necessary tools to harness our power and dismantle patriarchy. *Publishers Weekly* said:

Elthaway's arguments come through with as much intelligence and clarity as passion and evocative imagery; they are built on facts about racism, capitalism, and homophobia, as well as her own and others' experiences....This bold, rampaging manifesto is far past the edge of mainstream feminism, but it's so viscerally motivational that even those more moderately inclined may find themselves intrigued.

Both titles are available in the Unity Church Bookstall and in the Anderson Library.

# MINISTRY WITH CHILDREN AND YOUTH



## Pitter-pattering Questions

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

**Rev. KP Hong, Director of Religious Education**

The ancient biblical writers living in exile drew on the seminal experience of the wilderness as they struggled to understand their displacement in the world. Significantly, each retelling of the story strained to reconcile the chaos, deprivation, and disorientation of the wilderness journey alongside the curious conspiracy of sustenance, encouragement, and resilience at work in the fledgling Israelite community. For when rightly remembered, the wilderness experience narrated both suffering and resilience into the communal memory of the Israelite people. Wilderness remembered as both barren wasteland and generative promise; wilderness as both traumatic memory and unforgettable resilience.

A combination of protective factors from genetics to nurturing relationships to positive self-concept contribute to our modern understanding of resilience, but theologically and spiritually, the image of the wilderness continues to recount a *resilience wrought by critical encounters and struggling well*. The wilderness brought the Israelites to the very edge of what they could withstand, where familiar provisions and purpose were suspended and the promise of their lives placed in profound jeopardy. The inexplicable bread that sustained their journey (*mannā* from the question *man-hu*, “what is it?”) was not food familiar to their forefathers but provision found nowhere else than in the wild terrain itself, compelling the Israelites to dwell in the wilderness and be present to each critical encounter. Furthermore, *manna* was not food that would keep, its daily dis/appearing keeping the Israelites in perpetual suspense. Nor was it food they could procure on their own, compelling faith in Yahweh whose presence finally mattered more than provisions. “Presence [however] neither guarantees a desired outcome nor prevents a feared one,” notes theologian Carol Ochs. “Presence makes a profound difference, but the difference is not one of outcome but of meaning. Where there is no Presence, all that occurs can be understood as chance, luck, fate. But with Presence, all that occurs opens up to relatedness and meaning.” Struggling well for meaning and relatedness in the midst of wilderness is at the heart of resilience.

Our wider culture breeds intolerance for personal suffering, averting our gaze from disability, avoiding prolonged contact with the bereaved, and well-intentioned friends who encourage us to cheer up and get over it. But we must be careful not to equate competent functioning with resilience. In helping to forge their resilience, how do we show our children the courage to fold the places of brokenness, growing precarity, and contested authority into the larger narrative of our lives? How do we teach our youth to remain present to wilderness and to imbue its hardships with greater meaning and deeper relatedness? To show that resilience involves struggling well until we can imagine new patterns and power and people, and proclaim something uncommon to the circumstance?

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

## Unitarian Universalist Families Initiative

### Parent Circle

**Wednesday, March 18 • 7:15 p.m.**

*As part of Wellspring Wednesday programming.*

Do you ever feel that you need an ECFE class for your tween or teen? Looking back, does raising an infant seem relatively easy? How can we call upon our Unitarian Universalist values to help us navigate?

Unity's UU Families Initiative is hosting a Parent Circle targeting these transitional years. You are invited to come with an idea of a current challenge you would be willing to share with the group. Parent Circles are drop-in, facilitated discussion groups on parenting topics related to values and spirituality. They are open to parents of kids of any age.

### Board Game and Potluck Family Fun Night

**Friday, March 20 • 5:30-8:30 p.m.**

**Parish Hall**

Unity's UU Families Initiative invites your family to attend a Board Game and Potluck Family Fun Night!



All ages welcome! Bring a favorite dish and/or board game for any age. Please RSVP and let them know what potluck item you plan to bring: <http://bit.ly/uufamgamenite>.

*The UU Families Initiative has two goals: to develop shared principles and common practices for raising our children religiously in the Unitarian Universalist tradition and to develop a community of families raising our children religiously at Unity Church.*

# MUSIC MINISTRY



## Music Notes

**Ahmed Anzaldúa**  
**Director of Music Ministries**

From February through the month of May, the duo Ina Yukka will be in residence at Unity Church. I have collaborated with them frequently during my time in the Twin Cities; they are dear friends and I have great admiration for them as artists and musicians. Ina Yukka is a phrase in Aymará, a Native American language from the Andean region. It means “mother and son.” Vladimir and Nía have performed together for as long as they have been a family, and this bond makes their music all the more special. Together, they perform and teach traditional music and dance from the Andean region. They are also active in singing for social justice and have a wide repertoire of protest and activist songs from Latin America.

As we enter a month with the theme of resilience, I think of them and the many immigrant families in the Twin Cities, including my own. Keeping one’s culture alive in a foreign place and preserving it for your children requires a great deal of perseverance and, in my experience, is no easy thing. Taking the extra step of not only preserving it for oneself but also sharing it with the wider community can be an act of ministry. It is also, in my experience with Border CrosSing, a way to reach out to each other and acknowledge our mutual humanity and right to exist in peace. When it comes to preserving my culture when far from home, I’ve found my resilience in the work of fellow immigrant artists like Ina Yukka.



I hope that everyone in the community of Unity Church will take advantage of the opportunity to learn from what this remarkable duo has to share during their time with us. Every Wellspring Wednesday through May they are leading a workshop, covering topics such as Andean dance, instrument building, revolutionary songs, and South American music. They will also sing at a several worship services and will perform a concert at Unity Church on Saturday, April 18. More importantly, they will be a presence at our church every Wednesday evening and some Sundays, and are curious and eager to get to know the people of this community.

## Sing with the Unity Children's Choir

All children and grades 1-5 are invited to sing with the Unity Children's Choir! Rehearsals are held on Sundays, from 10:15-11:00 a.m., in the Robbins Parlor. If your child is interested in participating, please contact Kathleen Radspinner, director, at [kathleenr395@gmail.com](mailto:kathleenr395@gmail.com).

Children’s choir rehearsal activities are focused on hands-on music making. In addition to singing the children experience music through movement, games, playing instruments and learning about the elements of music. Check it out, meet new friends and join in the fun of making music!

## 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.

## Share your Musical Gifts!

If you play a musical instrument, compose, sing, teach music, or if music is a significant part of your life in other ways, contact Ahmed Anzaldúa, Director of Music Ministries, at [ahmed@unityunitarian.org](mailto:ahmed@unityunitarian.org) or 651-228-1456 x118, to find ways to connect your musical gifts to the congregational life at Unity Church.

## Border CrosSing Presents

*Puentes: Te Amo, Te Quiero*

**Friday, March 27 • 7:00-8:30 p.m.**

Our Lady of Guadalupe Church, 401 Concord St., St Paul

**Saturday, March 28 • 7:00-8:30 p.m.**

Church of the Ascension, 1723 Bryant Ave. N., Minneapolis



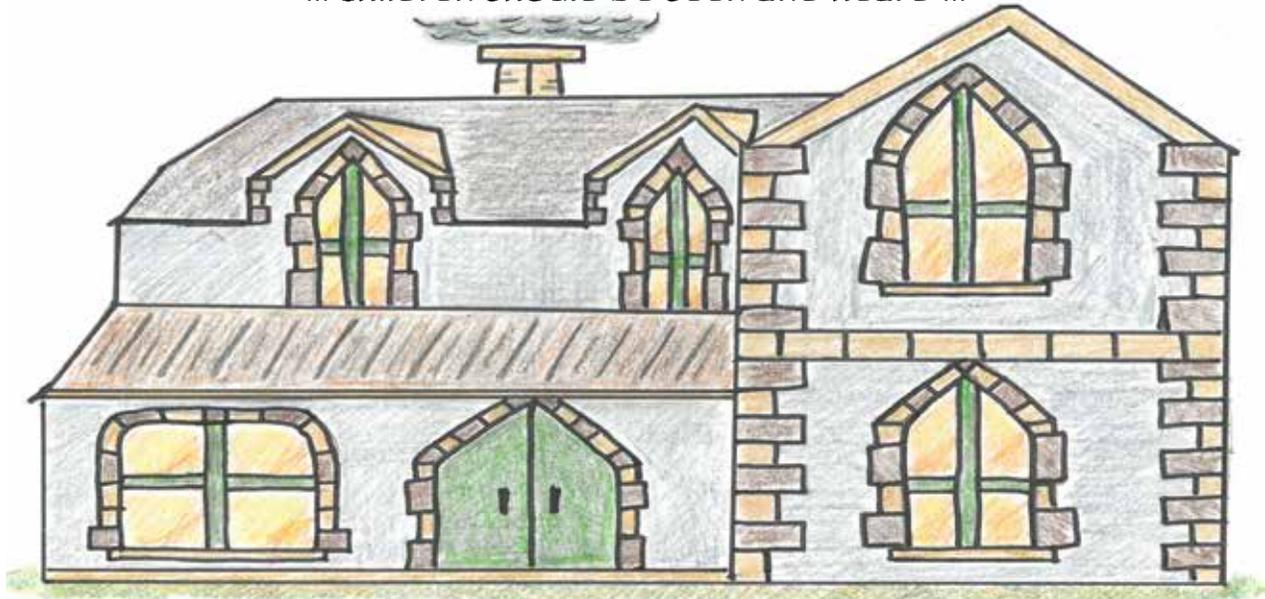
Choral settings of love poetry by Latin American authors. Pre-concert talk both evenings begins at 6:30 p.m.

Border CrosSing is committed to making sure that their concerts are accessible to everyone and therefor a variety of pricing options are available. More

information about pricing and ticket sales are online at <https://bordercrossingmn.org>.

# Mystery Manor

... children should be seen and heard ...



Music and Lyrics by Sandy Waterman

Written and Directed by Mary Blouin Auffert



## PERFORMANCES

In the Sanctuary at Unity

Thursday March 5th at 7pm

Friday March 6th at 7pm

Saturday March 7th at 5:30pm

## TICKETS

Buy tickets in the Parish Hall on Sundays

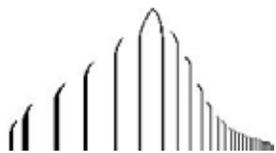
online at [www.unityunitarian.org](http://www.unityunitarian.org)

and at the door on the night of the show!

\$5/child

\$10/adult

\$20/family



# UNITY CHURCH-UNITARIAN

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

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REV. KP HONG, DIRECTOR OF RELIGIOUS EDUCATION  
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**TIME SENSITIVE  
MATERIAL**

**The BUZZ** Unity Church Spring Fundraiser

**TICKETS \$20 EACH**

**Saturday, March 21**  
**6:00-9:00 PM • Parish Hall**  
SILENT AUCTION, 6:00-7:45 • CONCERT, 8:00

**SILENT AUCTION**  
Including a North Shore retreat, Swiss fondue party, introductory Nordic ski lesson, and much more!

**MINI-CONCERT**  
**FEATURING ELLIS**  
The one-of-a-kind Ellis will sing songs from her new album, *Ordinary Love!*

**DELICIOUS FOOD!**  
Prepared by Martha Tilton and her spectacular cooking team!

Tickets, details, and donation forms are available in the Parish Hall on Sundays and online at [www.unityunitarian.org/spring-fundraiser.html](http://www.unityunitarian.org/spring-fundraiser.html)!