

## Peace

*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.*

An exhale. A relaxation in the shoulders. Breathing that slows and deepens. A certain sense of a moment clicking into place, an inaudible thrum of satisfaction. Alive and present and grounded. Able to come back to equilibrium even when thrown off-kilter. A small curl of smile intended for no one and for all.

Seventeenth-century philosopher Baruch Spinoza regarded peace not simply as an absence of war, but as “a virtue, a state of mind, a disposition for benevolence, confidence, justice.” It is a stance towards the world that connects and centers. It also requires attention and effort, even risk. True peace isn’t the superficial comfort of bland relationships, nor an insistence on keeping the boat from rocking. Those would more properly come under the heading of stasis or appeasement. For peace to rest on solid ground, it must be engaged with the world.

Peace and pact stem from the same root. This has implications for Unitarian Universalism as a covenantal tradition. While some level of conflict inevitably arises in all human relationships, we can make agreements with each other about how to deal with it. In our congregations, we covenant to maintain right relationship and strive to work things out. Or if that isn’t possible, to release each other with care. Those pacts give us the strength to make it through difficult times.

Families share a similar dynamic: while tensions are unavoidable, the manner in which we engage with each other determines whether our homes are more steeped in peace or in violence. We are tied by relational bonds that keep us coming back to the table, whether literal or metaphorical. When abuse or betrayal is present, though, people may need to absent themselves from their families of origin in order to find peace. In such cases, they are honoring a deeper pact—one made with their innate self-worth or with Spirit.

“No justice, no peace!” goes one commonly heard protest chant. It is set up as a linear *if-then* statement: if people are not being treated fairly, then a holy unrest will motivate them to make change. In other words, peace requires the presence of justice. However, some people might argue for reversing the order: if we can’t tap into an inner calm, if we can’t act from a place of centeredness, then we won’t have the internal resources it takes to build a truly just world. Both directions have merit: justice is concrete and visible, while inner peace depends only on our decision to cultivate it.

Somewhere along the line, the popular image of the peace activist became a caricature: flowing garments, long hair, out of touch, naive, self-righteous. But as the Nick Lowe song poignantly asks, “What’s so funny about peace, love, and understanding?” War, even when considered just, is one of the greatest causes of human suffering. How did a commitment to ending it turn into a punchline?

Perhaps in an attempt to step back from caricatures about soldiers and respect their willingness to risk their lives for others, people dismissed the bravery of those who put their bodies on the line to stop nuclear proliferation or “preemptive” invasions. Perhaps the spiritual discipline required for nonviolent resistance got mistaken for passivity or weakness. Certainly our collective consciousness somehow decoupled the linkages between the peace movement and other movements for liberation, even though at their core they all point to our inherent worth and interconnectedness.

Our culture has had so few examples of genuine peace that we tend to relegate its disciples to the realm of impractical dreamers or idolized leaders (who all too often wind up assassinated). To adapt a phrase from Toni Morrison, the

only peace we can have is the peace we can imagine; if we cannot see it, we will not have it.

At the same time, peace need not take place on a grand scale to create real change. It can break through in small moments of engagement and offer a thread of light against a grim background. Our task is to keep cultivating those moments and to join with others engaged in peacemaking until our threads illuminate the entire sky.

— Hallman Ministerial Intern  
Lindasusan Ulrich with this month’s  
theme team: Janne Eller-Isaacs,  
Rob Eller-Isaacs, Lisa Friedman,  
K.P. Hong, and Ruth Palmer

### Worship Theme Resources

#### BOOKS

*Peace is Every Step* by Thich Nhat Hanh (Bantam, 1992)

*Cold Mountain* by Charles Frazier (Grove, 1997)

*I Am Malala* by Malala Yousafzai (Little, Brown, 2014)

*The Sneetches and Other Stories* by Dr. Seuss (Random House, 1961)

*Soul Repair* by Rita Nakashima Brock and Gabriella Lettini (Beacon, 2013)

#### FILMS

*Gandhi* (1982)

*All Quiet on the Western Front* (1930)

*Soldiers of Conscience* (2007)

#### MUSIC

Playing for Change

<http://playingforchange.com>



## Just Words

I had never conducted worship completely by myself until I came to Unity Church. I imagine you are thinking that Rob and I conducted worship together. We did, and do that on occasion still, but in all my years of leading worship in seminary and in congregational settings, I always did so with another person. A lay person.

A colleague (actually Rev. Lisa Friedman's childhood minister), Dick Gilbert, once drew a circle describing congregational life. Within the circle he drew another circle which was intended to represent worship and the hub of congregational life. He then created three more sections coming out from the hub. These were: justice making, educating, and caring. We liked the simplicity of "Gilbert's Wheel." (I still think that welcoming and including should be added and do so in my adapted model.) In working with our adapted Gilbert's Wheel in the early years of our ministry in Oakland, we envisioned having a ministry for every section of congregational life. We wanted people to be involved in living out their ministry, so in collaboration with lay leaders, we created lay ministries for every facet of congregational life. Out of this, the worship associate program was born. It came into being my first year of ministry at Oakland.

When we arrived at Unity Church almost 15 years ago, we missed that deep partnership in planning and conducting worship that we had experienced with lay people in the past. We proposed bringing the worship associate program here. People were enthusiastic. I hope you agree that it has been a very enriching program for all of us. We all benefit from the contributions of the lay worship leaders each Sunday.

Some folks assume that the worship associate follows our orders, but that is not the case! Together we discuss the worship themes and decide on the particular approaches and topics. Together we plan each service, each person providing their perspective. Together we look for readings and resources that will support our efforts to create a worthwhile worship experience for everyone. Music also comes into this collaborative mix as we plan and experiment.

The worship associate program seeks to give voice to the pews, so that each one of you feels represented in the chancel each Sunday. Before planning a season of worship we have a practice of talking about how things seem to be going at church. It is called "the state of the church" conversation. We actually take time to talk about the health and vitality of the church's spirit and that conversation informs the direction of the planned worship. As a group we want to create worship that feels relevant, engaging, and supportive of your own spiritual growth.

You may not have any interest in ever getting up in front of the congregation, but know that your fellow parishioners are mindful that they represent you each Sunday. I hope that your spiritual life is as enriched by their sharing as we are. It is such a blessing to work with such thoughtful and wise people.

— Janne Eller-Isaacs

### Summer Worship

From May 24 through September 6 there is just one service each week at 10:00 a.m. Lay-led worship services begin June 28. Summer Sundays in the garden (a program for children and youth held during worship) begins on May 24.

### Flowers for Summer Worship

If you would like to bring flowers from your garden for a summer service, please contact Marcy Mann-Anderson at 651-228-1456 x110 or [marcy@unityunitarian.org](mailto:marcy@unityunitarian.org) for available dates (June 7-August 30) and details.

## The Wheel of Life

### In Memoriam

**Howard Finnell Huelster**

July 31, 1924 – April 1, 2015

## Heritage Society

Make a legacy gift to Unity Church this year and become a member of Unity's Heritage Society! Then join us for our annual Heritage Society dinner on Friday, May 15, at 5:30 p.m. We are thrilled to welcome our guest speaker, Sarah Bellamy, Co-Artistic Director at the Penumbra Theatre.



Contact Barbara Hubbard at [barbarah@unityunitarian.org](mailto:barbarah@unityunitarian.org) or 651-228-1456 x116 to get more information.

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# MAY SUNDAY WORSHIP / OFFERING RECIPIENTS

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## 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](http://www.unityunitarian.org). Religious Education classes for children and youth are offered during services.

**PLEASE NOTE!** The summer worship schedule of one service at 10:00 a.m. begins on May 24.

### May 3: Foote Sunday • *Sounds of Peace*

An annual music-filled Sunday presented by Unity's Music Ministry. This year will feature Unity Choir, Unity Singers, Women's Ensemble, Children's Choir, as well as percussion, violin, and piano!

### May 10: *Where Peace Begins* — Rob Eller-Isaacs

Early bonding is among the keys to happiness. "Where there is peace in the home," wrote Confucius, "there is peace in the nation." Come celebrate Mother's Day at church when Rob and Hallman Intern Lindasusan Ulrich will be joined by worship associate Diane Ross.

### May 17: *Flower Communion Family Sunday*

Bring a blossom to place into the arch as we find joy in the beauty of our whole church family. This uniquely Unitarian Universalist ritual recalls the life and ministry of Norbert Čapek who defied the Nazis and died a martyr at Dachau. The services will include a ceremony of dedication for older children. Please contact Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org) if you would like your child to participate (see page 11). Grant Wacker will serve as worship associate.



On Family Sundays, children experience the entire worship together with their families in the Sanctuary. A children's message and activity books related to the stories and sermon help children to engage in the experience of worship. Regular religious education programming does not take place on Family Sundays; however, the nursery is open for children under five years of age.

### May 24: *Last Measure of Devotion* — Rob Eller-Isaacs Worship at 10:00 a.m. only

We pause to honor and remember those who lost their lives and those who were forever changed by war. We will kindle candles of remembrance and Rob will offer a sermon on the implications of moral injury.

### May 31: *Soul Force* — Janne Eller-Isaacs Worship at 10:00 a.m. only

Mahatma Gandhi used the Sanskrit word *Satyagraha*, translated in English to "soul force," to refer to the power of non-violence. Derek Mitchell, Executive Director of the Holdeen India Program, will join Janne for a special service on the ways in which we carry on the work Gandhi began.

## 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.**

### May 3: Arthur Foote Music Sunday

Arthur Foote was minister at Unity Church from 1945-1970. Upon his death in 1999 the Arthur Foote Music Fund was created as a permanent endowment to provide an annual music Sunday in his memory. Currently the endowment supports a portion of Foote Music Sunday expenses. Your gifts to grow this endowment are gratefully accepted!

### May 10: SteppingStone Theater

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.

### May 17: Unity Church Chalice Camp

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

### May 24: Veterans for Peace Minnesota

Veterans for Peace works to increase public awareness of the cost of war; restrain the government from intervening, overtly and covertly, in the internal affairs of other nations; end the arms race; reduce and eventually eliminate nuclear weapons; seek justice for veterans and victims of war; and to abolish war as an instrument of national policy. To achieve these goals, members of Veterans For Peace pledge to use non-violent means and are trusted to act in the best interests of the group for the larger purpose of world peace. Unity Church members Barry Riesch and Michael Orange actively participate in the work of Veterans for Peace.

### May 31: Hmong Arboretum

The Frogtown Neighborhood Association recently dedicated a vacant lot at 910 Edmund Avenue as the site of the Hmong Arboretum. Local Hmong elders will join Ramsey County Master Gardeners to establish a demonstration garden featuring traditional Hmong plants and agricultural practices. Unity Church member Patricia Ohmans, coordinator of Frogtown Green, will work with Hmong Arboretum mastermind Yer Vang whose goal is to preserve traditional practices for future generations.

## You, BOT, ET

From Rich Hamer, Trustee



**Who Doesn't Want to Know More about Richard Hamer?** I'm in my third year as a member of Unity's Board of Trustees (BOT). That coincides

with the third year of a five year cycle of creating Ends Statements for the church. During 2013, my first year, the big job was for the BOT to develop a way to obtain input from the congregation that would help us re-draft statements about the direction the congregation would like to be heading.

**So Much Input.** Over 450 members of the congregation participated by providing input for these Ends. The trustees paid attention, and read every last utterance. And that's a lot of utterances.

**Why Are You Still Reading This?** Perhaps it is because you sense the propitious impact our process has on the direction the church is currently taking. These Ends, as they emerged from the 2013 exercise, now guide the Executive Team (ET) in their management of and ministry with the church. They really do. It wasn't a facile exercise, it has consequences that live today.

**Is There a Take Away, or What?** Not yet, but soon. As many will recall, the Ends Statements are divided into three sections. The sections are designated by one weighty word each: *Within*, *Among*, and *Beyond*.

**Within.** For decades, church programming concentrated on the *Within* concept. We focused on being better people with the idea that we would extend this goodness into everyday life and to others. This has clearly worked, because who among us isn't simply fabulous?

**Among.** As great people, we realized that Unity Church is a great vehicle for extending ourselves. And so, we also do very well with the *Among* idea. Did you know there are more than 100 different fellowship and shared ministry groups

to join at Unity Church? That last year the church delivered 225 adult religious offerings? That 531 children are enrolled in our religious education program?

**Beyond.** The 2013 exercise contained a message that trustees and the Executive Team could not mistake. The congregation wants Unity Church to extend its shared ministry beyond our own walls and into the wider community. It could be that the level of activity inside the church simply can no longer be contained — there is capacity to get out and do things in the larger community. But I also sense that you, the congregation, is telling us that in your own lives you crave community. I believe the 2013 input told us that you see injustice and suffering in your own community, and beyond, and you are looking for new ways to address it — that you want to be part of progress.

**It Would Be Cool of You to Re-Read these Beyond Ends Statements.** The statements read, "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..."

- Open our doors and our hearts to those who seek comfort, courage, and meaning.
- Build authentic relationships with people across differences, in the spirit of humility and reverence.
- Live out our commitment to racial reconciliation and to dismantling racism.
- Serve as a trusted and visible leader, partner, and advocate for the creation of a just society and a sustainable environment.
- Participate actively in the larger Unitarian Universalist community."

**You, BOT, ET.** Our church is governed by the congregation through the Board of Trustees who oversees the Executive Team. Reading the Ends Statements above, it seems clear to me that what the

congregation is seeking is at the focus of our staff's daily work. There are clear lines between these 2013 Ends and 2015's Selma pilgrimage, the work taking place with so many community organizations, Beloved Conversations, and Unity's emerging role as an institutional leader among Twin Cities' churches. It makes me grateful that we have leaders who have the integrity to take your feedback and work to make it real.

**We No Longer Pay Our Ministers with Chickens.** Just when so much momentum in so many areas has developed, the pledge drive for 2015 came up short. Ultimately, we are challenged to be a congregation that will consistently deliver the financial resources that are required to deliver what the congregation wants of its church. The trustees believe that this will be the case.



## Congregational Survey

Fill out the Unity Church 2015 Congregational Survey! We need to hear from you!

The 2015 congregational survey will be available online during the last week in April. Please complete the survey which is designed as an opportunity for you to tell the Board of Trustees how you feel about this religious community, the work we are doing, and its impact on your life and the lives of others. Your feedback is essential. The survey is our board's best tool to measure our progress on our mission and toward our collective vision. We need to hear from everyone! Paper copies will be available in Parish Hall after services or by contacting the church office. The deadline is June 3.

## No Separate Peace

From Russ Peterson, on behalf of the Anti-Racism Leadership Team



I'm not entirely at peace with "peace."

I'm bothered by how easily we can be lulled into embracing a version of peace that is defined only in the negative, as the mere absence of conflict. It is a seductive vision, and I must honestly admit that I have not only settled for, but have usually sought this kind of peace for myself.

I'm grateful for my peaceful life, for peace and quiet, peace of mind. This comfortable kind of peace is a privilege. And that's the problem.

"No justice, no peace!" How many times have we heard that cry of protest? How many times have we joined in that cry ourselves?

In the wake of the killings of Walter Scott, Eric Harris, Eric Garner, and Michael Brown, what are we to make of the term, "peace officer," or the phrase, "keeping the peace"?

If peace is no more than a privilege enjoyed by some—no more than the individual freedom to sail through a life free of conflict and confrontation—it is no better than complacency.

We cannot settle for a peace that settles for injustice; and when justice and peace do come into conflict, perhaps it is peace that needs to wait.

Or perhaps peace is less a goal to be sought than a state of mind to be cultivated. Perhaps it is a starting point, rather than an endpoint.

Non-violent non-cooperation, as conceived by Mahatma Gandhi and adapted by Martin Luther King, Jr., is not a path that eschews conflict. Crossing the Edmund Pettus bridge was not an act of conciliation, but one of defiance. "Disturbing the peace" was the goal. But a devotion to peace—the peace of nonviolence, the peace that refuses to fight, but not to engage—led the way, and guided those steps.

## 2014-15 Hallman Ministerial Intern

Lindasusan Ulrich



Depending how you count, it was a moment for which I'd been preparing for at least five years. Four years in seminary, seven months of an internship, tens of thousands of pages of reading, weekly Skype calls with my study group, countless hours of writing, hundreds of patient visits as a chaplain, thousands of pieces of advice—and in the end, it came down to one chalice lighting, 10 minutes of preaching, and about 50 minutes of interview.

For those of us seeking ordination within Unitarian Universalism, seeing the Ministerial Fellowship Committee (MFC) is what one might call a Really Big Deal. It's a rite of passage with high stakes; outcomes can vary along a spectrum from passing unconditionally to getting turned away for good. While I'm certainly thrilled that my meeting in Boston went well, what I carry closest to my heart is my experience in the hours leading up to the appointment.

As I got ready in the morning, sat in a cafe reviewing a few items, and then made my way to UUA headquarters, what was most present for me was gratitude—for the love and sacrifices of my family, for the encouragement of my professors and mentors, for the mutual support of my study partners, for the prayers and good wishes of friends and colleagues, for my calling, for the mere fact of being alive. I'd done all I could to prepare, and although I felt a bit nervous, mostly I felt at peace. I knew that whatever might happen that afternoon, whether cause for celebration or disappointment, it wouldn't be the last word on my ministry.

I'm grateful to all of you at Unity Church as well, not only for your expressions of support and congratulations, but for allowing me room to grow more fully into myself during this internship. As a recovering perfectionist, I've felt blessed by your dedication to being a true *teaching* congregation, which in turn has given me the freedom to try new things and learn from the experience (whatever the result).

Thank you for being among the cloud of witnesses in the room with me that day. I count myself lucky to be here.

Please feel free to contact me at [lindasusan@unityunitarian.org](mailto:lindasusan@unityunitarian.org) or 651-228-1456 x129.

## Habitat for Humanity SUMMER BUILD

Work weeks: June 22-26 and July 6-10

Unity Church members will be building a home with Habitat For Humanity again this year. We will do this with other neighborhood churches as a group called Faith Builders. Watch for sign up in the Parish Hall after morning services beginning May 10, and also online. This will be new construction in the Midway neighborhood of St. Paul. Please contact Chuck Griggs at [griggscb@msn.com](mailto:griggscb@msn.com) or 612-408-0486 with questions.



# PATHWAY TO MEMBERSHIP / ONGOING GROUPS

## Welcome Words



The membership book of Unity Church has the names and signatures of every person who has joined this congregation since 1872. It is a treasured part of our history and a vital part of our present. Recently, I was asked about the meaning of the book — why do we have one at all? What does it mean to sign it? There is no creed or specific religious practice that makes you a Unitarian Universalist. It is the act of claiming this faith as your religious home that makes you one. Adding your signature and becoming a member is an affirmation of your commitment and identity. It also signifies that you'd like to add your voice and vision to the democratic process of our congregational life, as each member exercises a vote in the direction of our shared ministry. Unitarian Universalism places great trust and responsibility in the religious journey of each person. The act of signing the membership book evokes all of these things and reminds us of our mutual commitment to help one another grow our souls and to work together for a kinder and more just world. If you have any questions about membership or what it means to officially join Unity Church, please let me know. I'd love to continue the conversation.

Rev. Lisa Friedman  
Minister of Congregational and Community Engagement

## Pathway to Membership Classes

Sign up at the Welcome Table on Sundays or contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107. Lisa 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](mailto:michelle@unityunitarian.org) at least one week in advance.

**Welcome to Unity: Our Class for Newcomers**  
**Sunday, May 17: 12:15-1:30 p.m.** ~also offered ~  
**Sunday, June 7: 11:30 a.m.-12:45 p.m.**

If you have been visiting and would like to find out more about Unitarian Universalism and Unity Church.

**Finding Yourself at Unity: A Deeper Exploration**  
**Saturday, May 16: 9:00 a.m. – 4:00 p.m. (potluck lunch)**  
~also offered ~ **Three Tuesdays, June 2, 9, and 16: 6:30–8:30 p.m. (light dinner provided each night)**

Share part of your religious journey; take a more in depth look at the history, programs, and ministries of Unity Church; and discuss the expectations and benefits of membership.

**Committing to Unity: Joining Unity Church**  
**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](http://www.unityunitarian.org) for meeting information, or call the church office at 651-228-1456.*

**A New Look at the Bible:** Second Thursday of the month (May 14) 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. Beginning May 24, Afterthoughts will meet following the one summer worship service which is held at 10:00 a.m.

**Caregivers Group:** An informal support group for caregivers. Third Thursday of the month (May 21) from Noon–2:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Evergreen Quilters:** Second Tuesday of the month (May 12) from 7:00-9:00 p.m. and fourth Saturday of the month (May 23) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760. **Mother's Day Boutique will be held in the Parish Hall on Sunday, May 3, after morning services!** Beautiful handmade gifts for Mom, and one hundred percent of the sales support organizations working with homeless and hungry people in our community.

**Living With Grief Group:** A group for people living with grief and loss. Third Tuesday of the month (May 19) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, May 4 and 18, 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](mailto: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](mailto:jack.hawthorne@comcast.net). **May 12 discussion: *Quiet*** by Susan Cain

**Unity Bridge Club:** Friday, May 1, 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 (May 14 and May 28 of each month from 1:00-3:00 p.m. On May 28, everyone is invited to gather at the home of Barbara Anderson Cooper (just two blocks from Unity Church) to watch and discuss the documentary: *What the Bleep Do We Know?* Contact Barbara for more information at 651-224-6097.

**Young Adult Group:** Potluck supper on Tuesday, May 26, at 6:30 p.m., in the Center Room. Bring your favorite dish to a relaxed evening of good company and conversation. Contact: Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

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

# WELCOME NEW MEMBERS



New members (l-r): Jennifer Taylor, Jonathan Taylor, Laura Kindig Temali, Ben Grove, Denise Cardinal, Betsy Jensen, Marion Wittenbreer, Frank Mabley, Bill Wittenbreer, Luke Zenker, Meaghan Carpenter, Nicole Lynskey.

**Jennifer and Jonathan Taylor** grew up in St. Paul suburbs and now live in Highland Park with their three boys: Joshua (11), Justin (9), and Jeremy (7). Jonathan is an actuary at Travelers and Jennifer teaches private violin lessons and plays in a community orchestra. The Taylor family enjoys picnics, skiing, baseball, concerts, theater, and playing piano duets. They enjoy attending church with Jonathan's parents, Unity Church members who were married in a Unitarian church in Cincinnati in 1958.

**Laura Kindig Temali** has been coming to Unity Church sporadically for many years, and is now very happy to be an official member. She is looking forward to doing some singing, a long-neglected hobby and joy. She teaches Adult Basic Education with St. Paul Schools at the Hubbs Center and lives in St. Paul with her husband, Mihailo, and her children Joey (15) and Claire (12).

**Ben Grove** grew up Lutheran in Iowa, went to the University of Kansas, and met his multi-talented wife **Denise Cardinal** in Las Vegas, where they both lived before moving to Washington, D.C. (and briefly, Japan). They used to be newspaper reporters — she's now in politics and Ben is still a writer, with Minneapolis-based [BringMeTheNews.com](http://BringMeTheNews.com). They're now settled in St. Paul with kids Cal (9) and Maddy (7), and a dog from Alabama.

**Betsy Jensen** is married and has one step son, who is 24 years old. Her mom passed away in June 2014 after a brief cancer illness. Her mom was a wonderful mother to her seven children and it was a

blessing she did not have to suffer longer. Betsy loves to walk, and the feeling of strength and freedom she gets from it. She is an avid reader, and loves to golf with her girlfriends on a warm summer night. She came to Unity Church in search of an active spiritual community, with all levels of family involved. The first Sunday she attended services, she cried a sigh of relief, because it felt so right and welcome to her.

**Marion and Bill Wittenbreer** were recently married and they moved to the Ramsey Hill neighborhood of St. Paul. Bill works as a librarian at Augsburg College. He collects landscape paintings and Native American art by Minnesota artists. He is an avid reader. After much wandering he came to Unity Church because he believes in the power of the human spirit. Marion is a strong believer in the strength of shared community. She is devoted to her meditation practice and her writing. For her, Unity Church is a place to give and to receive ideas, encouragement, and even a gentle nudge at times.

**Frank Mabley** is a widower, a father of two daughters, a grandfather to a four-year-old, an attorney, and a liberal. He came here because he fell in love with church member Jean Kummerow. He joins because this is the church home he has been long looking for.

**Luke Zenker** found a spiritual home at Unity Church a little over a year ago. Here, he's occasionally participated in the monthly young adults potluck, has taught the youth at 11:00 religious education for the past two semesters, and

has been helping out with the summer garden program. He is studying/double-majoring in English and Theatre Arts at the University of Minnesota and looking to work with youth for his career.

**The Carpenters** are thrilled to join Unity Church as a spiritual home and look forward to meeting new friends, evolving their religious practice, and engaging with the community. **Zac** is the co-founder of Bad Weather Brewing, which is expanding production and opening a taproom in their new location on West 7th in St. Paul; **Meaghan** works at Target HQ on the Corporate Social Responsibility team; and Charlie, their pride and joy, is a curious toddler who keeps everyone on their toes. They enjoy cooking, golfing, spending time with family, and exploring the Twin Cities.

**Nicole Lynskey** came to Unity Church in 2011 looking for a spiritual home, a place to explore the bigger questions and to find community. She is passionate about environmental issues, coaching people to simplify their lives, and is a dormant poet. She lives in St. Paul with her seven-year-old son Aidan and her husband John.

**Erin Adams** has lived in Minnesota with her husband Shannon, daughter Madison (10), dog Rocky, and cat Farley since 2008. She teaches chemistry at Apple Valley High School where she enjoys coaching Science Olympiad and rocketry teams. Her other passions include vegetable gardening, canoeing, hiking, camping, and everything "nature."

# MARITAL FIRST RESPONDERS / WELLSPRING WEDNESDAY

## Marital First Responders Workshop

Saturday, June 20  
9:00 a.m.–4:00 p.m.

Parish Hall at Unity Church



Marital First Responders, created by Unity Church member Bill Doherty and first held at Unity, is a training program for natural confidants who want to get better at helping friends and family members who confide in them about relationship problems.

Marital First Responders are people who find themselves in conversations with people in troubled marriages and committed relationships. People open up to them. But they are sometimes unsure about how to be helpful, how to avoid taking sides, and how to steer friends and family members to the right resources.

Five percent of Unity Church members have already been trained, and the goal is ten percent! In addition, a number of trained marital first responders have listed their names on the pastoral care section of the Unity website in case anyone who knows them is interested in a conversation about a relationship concern. They are willing to listen and be supportive. They are not counselors but fellow travelers on the sometimes confusing road of intimate relationships.

Training topics for the June 20 workshop include:

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

The training is for marrieds, singles, divorced, widowed — anyone who others open up to about relationship concerns. Registration is \$10 to cover costs: <http://bit.ly/mfrJUNE2015>

## 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](mailto:lisa@unityunitarian.org) for financial assistance to help cover the cost of dinner. No one is turned away.

### May 6

Dinner: TBA

#### **MUUSJA Presents: Spiritual Grounding for Justice Leaders Ashley Horan, Executive Director**

Finding the resilience to stay in the struggle for justice over the long haul requires both deep connection to others and a grounding in faith and history. Join the Minnesota Unitarian Universalist Social Justice Alliance to engage in theological reflection, collective conversation, and spiritual practice designed to "replenish the well" of those of us whose hearts are regularly broken by the injustices of the world.

#### **The Anonymous People: Part II**

Join in a discussion of the feature documentary film about the 23.5 million Americans living in long-term recovery from addiction to alcohol and other drugs. Deeply entrenched social stigma and discrimination have kept recovery voices silent and faces hidden for decades. This conversation builds on the film viewing that was held April 29.

#### **Embodied Spiritual Practice: 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. Wear comfortable clothing. Bring a yoga mat, towel, and water bottle. A few mats will be available for loan. Elen Bahr is a 200-hour RYT certified yoga instructor: [EveryYogi.com](http://EveryYogi.com).

### May 13

*Annual end of Wellspring Wednesday church picnic! Bratwurst, hotdogs, veggie dogs, potato salad, coleslaw, baked beans, potato chips, and ice cream treats for dessert.*

#### **All Church Talent Show**

Do you have a talent or hobby you'd like to share with the congregation? Join us for our annual picnic followed by the Unity Talent Show. We'll enjoy music, dance, jokes, readings and more... it's a fun evening for all ages! Performers of every age are welcome and acts should be appropriate for a family event. The performance is held in the Sanctuary. Sign up for a slot at the Welcome Table in the Parish Hall or email [kp@unityunitarian.org](mailto:kp@unityunitarian.org).

#### **Open Page Writing Session: Freedom Shared RSVP required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org)**

Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, images, science, and history, to reflect on the month's theme.

"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.

*May 13 marks the last Wellspring Wednesday of the church year.  
Programming resumes on September 9, 2015.*



## PROJECT HOME UPDATE

What is Project Home? Every year we open our religious education rooms to families in housing crisis, and volunteer hosts assure a safe and friendly environment in the building. They prepare snacks, play with kids, and make art projects. Our search for Project Home hosts is in full swing, and about half the shifts have filled! Please stop by the recruiting table in the Parish Hall to ask questions and sign up. Sign up is also available online at [bit.ly/projecthome2015](http://bit.ly/projecthome2015).

### Looking for other ways to help?

- Help with move in on May 1 and move out on June 1
- Donations of personal care products, children's clothes, and fruit or other snacks
- Place reminder calls around 4:00 p.m. during the last 10 days of the month of May

### TRAINING OPPORTUNITIES

#### Basic Training: Sunday, April 26 • 10:00 a.m.

What is our role in this St. Paul Area Council of Churches program? Who are the people who come? Where is food stored? Where do I sleep? What should I do in an emergency?

#### Project Home Advanced Training: Sunday, April 26 • Noon

What tools help us when we are faced with different cultural perspectives on raising children? How do we make guests feel truly welcome?

#### Walk-through Sessions: Sundays, May 3, 10, 17 • 10:00 a.m.

A brief introduction to the Project Home program including a tour of the building, where supplies are stored, where food is prepped, sleeping areas, etc.

Questions? Please contact Anna Newton at 651-295-1524 or [newtona@comcast.net](mailto:newtona@comcast.net).



## What's New in the Library and Bookstall!

### From Louise Merriam, Library and Bookstall Team

It's spring, and has been for a month, at least according to the calendar. What better time to sit on the patio or deck with a good book for yourself or to share with a child? Here are some suggestions from the Whitman Children's Library and the Anderson Adult Library.

Recently added to the libraries:

- William Carlos Williams, *Selected Poems*, 2004. (Adult)
- Gordon D. Gibson, *Southern Witness: Unitarians and Universalists in the Civil Rights Era*, 2015. (Adult)
- Tony Bell, *Wicca Teachings: An Introduction and Practical Guide*, 2014. (Adult)
- Christopher Paul Curtis, *The Watsons Go to Birmingham*, 1995 (Children)
- Lois Lawry, *Gooney Bird Greene*, 2002. (Children)
- Shelley Tougas, *The Graham Cracker Plot*, 2014. (Children)

## Family Meal Ritual Workshop

**Saturday, May 16 • 10:00 a.m.-12:30 p.m. • Parish Hall**

Unity's Unitarian Universalist Families Initiative is offering a workshop on a family meal ritual that both you and your children can enjoy! Kids will make their own personal chalices while parents explore the blessing and challenges of parenting as a UU. We will demonstrate the meal ritual and then practice it together over lunch. Please contact Pamela Johnson at [pjohnso@comcast.net](mailto:pjohnso@comcast.net) to participate.

## Free Live Theater (at Unity Church)!

*Forget Me Not When Far Away* by Kira Obolenksy

**Wednesday, May 27 • 6:30 p.m. • Unity Church**

*In partnership with Ten Thousand Things Theater, The Center for Victims of Torture, and Unity Church.*

The award-winning theater company Ten Thousand Things is back to bring the Rondo Community a new comedy about a soldier who returns from a long war and must navigate a new, changed world. Written by Kira Obolenksy and directed by Michelle Hensley, this play features Ron Menzel, Sha Cage, Sun Mee Chomet, Annie Enneking, Elise Langer and Karen Wiese-Thompson. The play is free, but reservations are required. Contact Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) to reserve your tickets today. This play is recommended for audiences 14 years of age and older.

## Contemplative Walk

**Saturday, June 20 • 9:00-10:00 a.m.**

Are you one of those people who most deeply connects with Self and the Beyond out in nature? Come outside and join Spiritual Director Sarah Cledwyn for a Contemplative Walk on Saturday, June 20, at 9:00 a.m. There will be a short introduction followed by a quiet walk through the Hidden Falls Regional Park in St. Paul. We will practice being attentive to our setting and what stirs within us as we walk with one another, ending with a short group process. This event is free and open to all. Please RSVP to Sarah Cledwyn at [sarahcledwyn@gmail.com](mailto:sarahcledwyn@gmail.com) for directions and more information.

# CAIRNS



# 2015

## Writers & Artists:

for early/first  
consideration, submit  
your work to

# Cairns

The Unity Church  
Journal of the Arts  
Vol. 7

by June 15, 2015

## May Parish Hall Artists

### Friendship in Art

**Virginia Dudley and Kathy Schur**

Opening Reception: Friday, May 1,  
from 3:30 to 6:30 p.m.

Kathy Schur and Virginia Dudley have been friends since they both moved to Minnesota 35 years ago. They have always had an interest in art. They encouraged each other to begin painting seriously, over the last ten years. They are both watercolorists and have experienced some of the same stimuli by way of painting excursions throughout the Twin Cities and around the state, classes and workshops taken together, and bi-weekly painting sessions at the home of one or the other. Each brings to her art a different technique and interpretation of their world.

In Kathy's words: *Recently, I have been drawn to more plein air painting. I am responding to both beautiful landscapes of Minnesota and to the people and places I experience around Minnesota —the new immigrants, mothers and children, the culture around us, as well as those small scenes of home. The visual feast of the sun slanting across the field and the beauty of an individual rose. The medium of watercolor has allowed me to stretch creatively. I love that it always keeps me in the present, since once the paint begins flowing I must respond immediately to its direction and color.*

In Virginia's words: *My style has evolved over the years and is still evolving. I like to try new approaches, new techniques, new materials. Almost everything I do is an experiment. More and more, I am trying out different points of view and am incorporating drawing and various watermedia materials along with watercolor. I love the immediacy and transparency of watercolor and the way paint flows and mixes on the paper.*

## Music Notes

From Ruth Palmer, Director of Music Ministry



*As a human race we come together for birth, and we come together for death. What brings us together in between is up to us. Stop and listen to the universal language of music, and bring that positive energy with you everywhere you go.*

— Mark Johnson, Playing for Change, co-founder

Historically, artists have been a target when their arts challenge the political views of those in power. Just a sampling of musicians subjected to exile would include famed names such as Manuel de Falla, Igor Stravinsky, Isang Yun, Darius Milhaud, Pablo Casals. The list goes on and on through every decade and generation. Add to that artists of various genres, and it becomes exponential. Art, being a communicative genre at its heart, has always embraced the social ills of the human journey.

For those of you interested in hearing the sounds of current movements within the world musical community, you might want to look into Musicians for Peace and Playing for Change. Both organization websites offer current information, videos, and recordings. Many offer sounds of musicians from around the world. Others honor and perform music of exiled composers.

I leave you with the texts from the final work we will sing on Arthur Foote Music Sunday, May 3, 2015. A beautiful way to express that yearning for home and peace within community.

From the composer, Jake Runestad:

*My sister is an English teacher at the Minnesota International Middle School in Minneapolis which provides a safe and inclusive environment for East African immigrant students to learn (many of whom are Somali). Most of these students came to the USA to escape the violent civil war that has plagued Somalia since 1991. Seeking a better life for their children, these students' parents risked their lives to come to the USA — a valiant act of love. I wanted to tell their story through music and so I asked my sister to have her students write poems about their experiences leaving their home and coming to the USA. I received over 100 poems that contain passion, pride, emotion, and vivid stories of the sights and sounds that these young people have experienced. I sifted through these texts and found the powerful words of 14-year-old Warda Mohamed that became the backbone of the composition. Using Warda's poem and two Somali proverbs, "We Can Mend the Sky" is a musical depiction of one's journey as an immigrant and an affirmation of hope as we all embrace the diversity around us.*

**Let My Dream Come True** by Warda Mohamed  
(14-year-old student and immigrant from Somalia)

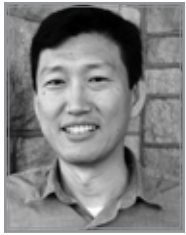
*In my dream I saw a world free of violence  
hunger  
suffering  
a world filled with love  
Now awake in this world  
I beg, let my dream come true.  
Naftu orod bay kugu aamintaa.  
(To save your life, run with all your might.)  
If we come together, we can mend a crack in the sky.*



# MINISTRY WITH CHILDREN AND YOUTH

## Pitter-pattering Questions

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



From KP Hong, Director of Religious Education

How does one stand on that precarious bridge, that collision point between the empire's calibrated violence of *Pax Romana* and the weary feet of those marching to the dream of *Pax Christi*? How does a body politic metabolize the beatitude — "Blessed are the peacemakers, for they shall be called children of God" — en route to beloved community?

Three of our high school youth staggered back from Selma, struggling to fit language onto the steep magnitude of their experience. (It would have been easier fitting pants onto a Brachiosaurus.) But what they found themselves stammering, finally, was that relationships mattered and mattered profoundly. That Selma was about relationships strong and compelling enough to answer Martin Luther King's call, then and now. That behind romanticized heroes and villains were ordinary people who forged extraordinary relationships. And I listened, quietly quivering at the question they were asking of us as a church community: Do we have such relationships of consequence in currency today, strong enough to bridge the great matters of our present moment in history?

There is plenty of evidence to suggest how little we trust relationships, and how industriously we spend our efforts trying to convert "soft" relationships into "hard" currency that is more reliable, bankable, transferable. We turn relationships into reputation into résumé into reliable positions and possessions; transferable goods acquired through relationships *but don't have to entirely depend on them any longer*. Surely institutions, laws, and professions benefit us by codifying, instituting, and turning fragile relationships into more reliable practices and tangible structures. Who would bemoan such prudence and responsibility?

Except, what our children ache after is just the opposite. They call us into sacred play that reverses what we spend our efforts trying to achieve, infuriatingly converting the "hard" currency of reliables and résumés back into the fragile-fallible-fickle-fussy nature of "soft" relationships, and asking us if we will still love them. We work hard to convert relationships into more *reliable roles* and *responsibilities*, but our children want to know if the *intimacy of relationship* is still there. For it can be too tempting, and easily deceiving, to assume that roles and responsibilities of themselves signal the presence of real relationship. Those who came to Selma came, in part, because of roles and responsibilities. But when it gets really tough, and the bridge is precarious, what makes for all the difference are relationships with those whom we have cried and laughed and loved. What else is strong enough for waging peace?

With such gratitude for our teachers, whose love for children exceeds any role or responsibility...

## Updates and Reminders

With the month of May, we step into the remaining R.E. Sundays and opportunities to celebrate the gifts, contributions, and adventures of this year's beloved R.E. community! From just having celebrated this year's Coming of Age class, we extend our gratitude for the generosity of teachers, guides, nursery care staff, families and more who have blessed our shared ministry. Please note these dates for your attention:

- Last R.E. Sunday and recognition of our fabulous teachers, on Sunday, May 10
- All-Church talent show and barbecue, Wednesday, May 13
- Flower Communion and dedication of older children, Sunday, May 17
- Summer in the Garden begins Sunday, May 24. We switch to our summer schedule, with one service at 10:00 a.m. and all children outside in the garden.
- High School Senior Bridging, Sunday, May 31
- Register for summer camps at Unity Church: <http://www.unityunitarian.org/summer-camps.html>

Families wishing to enroll in Coming of Age for 2015-16 should visit: <http://www.unityunitarian.org/grade-9-coming-of-age.html>

Families wishing to enroll in Our Whole Lives for 2015-16 should visit: <http://www.unityunitarian.org/our-whole-lives.html>

For further information about COA and OWL, contact Drew Danielson, Coordinator of Youth and Campus Ministries at [drew@unityunitarian.org](mailto:drew@unityunitarian.org) or 651-228-1456 x112.

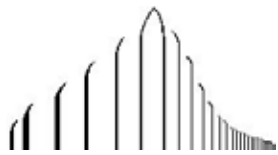
For anyone who may have missed R.E. enrollment for 2015-16, please watch for early-September enrollment opportunities.

## 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](mailto: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.



# 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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The Music Ministry of Unity Church Presents

## Arthur Foote Music Sunday

# Sounds of Peace

## Sunday, May 3

9:00 AM • 11:00 AM • 4:30 PM

Unity Choir • Unity Singers  
Women's Ensemble • Children's Choir  
As well as percussion, violin, and piano!

## General Assembly 2015 Building A New Way June 24-28, Portland, OR



PORTLAND, OREGON | 2015

### UUA GENERAL ASSEMBLY

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

## SUMMER CAMP AT UNITY CHURCH

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

Lots of ways to connect — for people of all ages! Be a camper! Share an art project! Share a social justice project! Teach a spiritual practice! Teach a game!

For kids entering grades 1-6  
Camps run Monday-Friday  
8:30 a.m. to 5:30 p.m.  
\$250/week, scholarships available

Arts Camp Director  
Rene Meyer-Grimberg  
[unityartscamp@gmail.com](mailto:unityartscamp@gmail.com)

Chalice Camp Director  
Hannah Eller-Isaacs  
[chalicecamp@unityunitarian.org](mailto:chalicecamp@unityunitarian.org)

Register online at [www.unityunitarian.org/summer-camps.html](http://www.unityunitarian.org/summer-camps.html)