

Transcendence

Transcendence Theme Resources, see page 2

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.

I don't have any answers for you today. Just questions.

In the theme team's conversation on transcendence, one of our ministers said something like this: Moments of transcendence occur when we break past the particular and merge into the universal.

Let's break transcendence down into the experience of ecstasy — particularly, collective ecstasy.

Ecstasy comes from the ancient Greek *extasis*, which figuratively means "to be outside of where you usually are." In Greek philosophy it came to mean moments when a door opens in your mind or soul, you feel an expanded sense of being, an intense feeling of joy or euphoria, and you feel connected to something larger than yourself.

Have you ever had that feeling when you are in a worship service at church? How about at a stadium for a baseball game? At a theater for a concert? In the audience of a lecture?

How about on the street at a Black Lives Matter rally?

Collective ecstasy — moving past the particulars of each individual and merging into the universal of the crowd and the experience. This is an experience most of us yearn for, and will search for years to find. It is an experience religions have encouraged for millennia — the loss of self into union of the One. In some ways, you could argue, it is the experience of overcoming physical and cultural differences in pursuit of connection at a more universal, divine level.

So, then, what does this mean as we try to be in right relationship with communities of color?

And what do we do with the growing number of researchers and activists and sociologists that are telling us we need to develop beyond minimization into true

understanding and acknowledgment of our diversity?

Let me give you a little context for these questions.

Last weekend, I attended a fabulous, eye-opening, heart-breaking workshop on intercultural competence. Unity's Board of Trustees, Executive Team, and several other representatives from teams throughout the church were also attending — I guarantee you'll hear more about it in the next few months.

Intercultural competence is the ability to communicate effectively and appropriately with people of other cultures. Current research clearly identifies intercultural competence as a key capability for working and living effectively with people from different cultures. Research also indicates that all of us are located on an intercultural development continuum — a set of six mindsets, or orientations, toward cultural difference and commonality.

I can't go into this in too much depth within my word limit for this article, so I'll refer you to Google for further reading, however, I do want to talk about minimization.

Minimization is the transitional mindset between the more mono-cultural orientations at one end of the continuum and the more intercultural world views at the other. Around 68% of people are in minimization. That's a lot.

Here's the essence of the minimization mindset: Minimization is when we level differences between different cultures. We tend to highlight commonalities in both basic human needs and universal values and principles. "We're all human after all and things like respect and hard work mean the same thing for everybody, wherever they come from." Minimization shows the desire to move beyond judgment, but it negates the value of diversity.

At first glance, our UU theology, especially the Universalism part of it, can appear to actually encourage us toward minimization. We believe that religion is a universal human quality, tend to emphasize the universal principles of most religions in an inclusive manner, and profess faith in a universal reconciliation between humanity and the divine.

In addition, our first principle puts every single person on equal footing in their inherent worth and dignity.

Finally, our striving toward Beloved Community, in which "racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of humanity," can give the impression that we are trying to live beyond diversity into human commonality.

Minimization is only the mid-point on the Intercultural Development continuum. Theoretically, the hope is that we will move past it into the mindsets of Acceptance and Adaptation, in which we are recognizing patterns of cultural difference, acknowledging the complexity of all humans, respecting differences, and obtaining the ability to shift our cultural perspectives and change our behaviors in authentic and culturally appropriate ways.

So, does our theology actually encourage us to stay in minimization or are we using that theology as a convenient excuse to not do the developmental work we need to do?

Do our experiences of transcendence erase the differences between us or enhance them?

I warned you — I have no answers. I'm just wondering...

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

Just Words



I just wish I could live that opportunity over again in my life. The person I am now would, I hope and pray, respond differently than I did those years ago. You see out of the blue we got a call from a colleague and his wife we knew pretty well. She was a doctor and he served a congregation about an hour away from us. They were childless. They went on to explain that her cousin, who had a drug addiction problem, was going to prison. She had a teenage son. They didn't know

what to do. There were very few resources and no relationship with the father. They couldn't very well take him in. Would we be willing to add one more child to our family? No, they didn't know how long she would be incarcerated. It was my first year in joining Rob in the ministry at the First Unitarian Church of Oakland. We had two children who were adjusting to both parents serving a church. I was pregnant with Hannah. We talked about it as a family. What else could we say? We said yes to London joining our family, but there was so very much we didn't understand.

We thought good intentions could make all the difference in those days. We didn't ask for help in better understanding London's needs. We thought our growing relationship would be enough. We thought our love would be enough. We didn't seek to understand the cultural differences between us because we were color blind in those days. "We are all alike, right?" We essentially made assumptions about London joining our family and the rightness of the culture we offered him. He did his best to become a member of our family.

We tried our best in our over stretched ways to provide a foundation for him and I am happy to say that after living with us for four years he was successfully reunited with his mother when she was released from prison. She managed to reclaim a healthy life and we remain in touch with him. London has created a successful life and is happily married. I wish I had known to ask more questions and not make so very many assumptions. I didn't know then that our uncertainty can lead us to an open curiosity where we can actually learn about others not like ourselves.

Most of my adult life I have lived in diverse communities. But living "in proximity to difference," doesn't ensure relationship. I used to believe it did. I have now learned that it doesn't. Being in relationship is something messier and more complex if it is to be real. I am trying to unlearn the many things that keep me doing things the same as I approach difference. I am trying to ask a lot more questions so that I don't assume so much. And in doing so, I hope I learn new ways of being and becoming. I will keep trying and I hope I will keep learning.

— Janne Eller-Isaacs

Transcendence Theme Resources

BOOKS

American Transcendentalism: A History by Philip Gura
Finding Beauty in a Broken World by Terry Tempest Williams
Sacred Journeys in a Modern World by Roger Housden
Nine Gates: Entering the Mind of Poetry by Jane Hirshfield

MOVIES

Seven Years in Tibet (1997)
Rivers and Tides: Andy Goldsworthy Working with Time (2001)

YOUTH

God's Paintbrush by Rabbi Sandy Eisenberg Sasso
Henry David's House by Steven Schnur
The Little Prince by Antoine de Saint-Exupéry

The Wheel of Life

In Memoriam

Mary Reed

August 22, 1925 – April 13, 2016
*Longtime Unity Church member
and beloved wife of Murray Reed*

Diane Ross

October 20, 1931 – April 22, 2016

In Remembrance

Josie Heegaard

*Elizabeth Joan Bessesen Heegaard
April 20, 1927 – March 29, 2016
Beloved mother of Eric Heegaard,
mother-in-law of Carreen Heegaard,
and grandmother of Elena and Ian*

In Celebration

Elijah Paul Focht-Perlberg

*born one more redeemer
April 1, 2016
to parents, Jessica and Paul,
and big sister, Regan*

Lucas Theodore Schicker

*born one more redeemer
April 8, 2016
to parents, Teresa and Nick,
and big sister, Madeline*

Rose Schwab

*who was ordained into the
Unitarian Universalist ministry
by this congregation
on April 9, 2016*

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Saint Paul, Minnesota 55104
651-228-1456
www.unityunitarian.org

MAY WORSHIP CALENDAR / OFFERING RECIPIENTS

PLEASE NOTE! The summer worship schedule of one service at 10:00 a.m. begins on May 29.

Sunday Worship Calendar

Sunday worship services and religious education classes are held each week 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.

May 1: Arthur Foote Music Sunday *How Can We Keep from Singing?*

Children's Choir, Unity Singers, Women's Ensemble, Unity Choir
SPECIAL ALERT! Come 15 minutes early to each service (8:45, 10:45, and 4:15) for a Community Sing led by Tesfa Wondemagegnehu, MPR Manager of Choral Activities and Sing to Inspire. We are delighted to have Tesfa as our guest. You can count on his exciting presence and talent inspiring our music of the day!

May 8: *Here Let No One Be a Stranger*

These words hang in the narthex of Unity Church — penned by a young Transcendentalist minister, whose experience of the Holy sparked his moral imagination for a better world. What do they have to do with Susan B. Anthony and the suffragist movement? Why was Mother's Day originally founded? Join Rev. Lisa Friedman and worship associate Rene Meyer-Grimberg as they explore the wisdom from pioneers in every age who find a way to transcend the limitations of their time. Musicians at 9:00/11:00: One Voice Mixed Chorus. Musicians at 4:30: Ovation. Kathleen Bartholomay and Priscilla Morton, piano.

May 15: *A Vision of the Sacred Moment: The Gifts of the Transcendentalists*

The Transcendentalists challenged the religious world to cultivate a direct relationship with the holy. They claimed that the holy was available at all times and in so claiming, changed how we view the religious. Janne and Rob will be joined by worship associate Grant Wacker in exploring the importance of this spiritual legacy in our religious views today. Musicians: Mila Vocal Ensemble. Kathleen Bartholomay and Priscilla Morton, piano.

May 22, Family Sunday: *Flower Communion*



Join the entire church family in celebrating the resilience and diversity of the Beloved Community in this uniquely Unitarian Universalist ritual. **Remember to bring a flower to place in the arch.** At 9:00 and 4:30 we will dedicate ourselves to children who were not dedicated as infants. At 11:00 our high school seniors will share values they will carry with them as they embark on a new phase of their lives. Musician: Natalie Nowytski. Kathleen Bartholomay and Priscilla Morton, piano.

May 29: *If They Came Back At All* • 10:00 a.m. only

Rob Eller-Isaacs and worship associate Helen Pohlig will honor those who served and those who still serve now. This service will focus on how we can best transcend the wounds of war and will include an opportunity to light a candle of memory for ancestors, family, and friends who have paid the cost.

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 1: 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 8: Volunteer Transport

Volunteer Transport provides financial assistance to individuals who wish to volunteer for charitable or humanitarian projects but are otherwise unable to afford the expense of travel. Unity Church member, Jane Prince is a member of Volunteer Transport's fundraising committee and a supporter of the organization.

May 15: Freedom School

Freedom School is a summer enrichment program for St. Paul elementary students located in the Rondo Education Complex. After rousing morning rallies, kids attend small classes and read stories about outstanding people of color in the U.S. and local history, as well as fictional people who have prevailed over great adversity. Students retell the stories in art and writing. The day is capped off with afternoon math classes. Over 20 Unity Church members have volunteered each summer for the past three years.

May 22: 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. 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 29: 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.

If you would like to nominate your favorite non-profit to receive a Sunday offering, please fill out the form online at www.unityunitarian.org/nominate-the-offering.html.

BOARD OF TRUSTEES

A Journey Toward Cultural Competency

From Mark Foster, Chair



Your board has committed itself to looking at our governing policies through a multicultural and anti-racist lens. We hope to deepen our commitment to and understanding of how to provide leadership as a board and support our Executive Team (ET) in pursuit of our stated Ends. We started this work at an all day workshop last Saturday with Phyllis Braxton, a facilitator in “Cultural Competency” training. Joining us were members of the ET, some members of Unity’s Anti-Racism Leadership Team (ARLT), Unity’s Religious Education Ministry Team (REMT), and Mollie O’Brien representing the Racial Healing Coordinating

Council. It was a day full of rich and challenging insights for everyone present. We came away knowing that we have much to do, both individually and as a community, as we learned that there are proven stages of an individual’s journey toward intercultural competency. You might well ask: What is intercultural or cultural competency? It is knowledge of *our own* cultural complexity (no matter how we identify ourselves) and it is the recognition that there is cultural complexity in *all* groups. We must have this “competency” in order to effectively engage in broad community building, to live into our Ends statements, to:

- “Reach out to one another across differences and stand together in the face of injustice”
- “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”

Your board, in partnership with the ARLT, is in the process of looking at our governing policies through an anti-racist and multicultural lens. This will position us as next year we, as a congregation, begin the work of restating our Ends Statements, a process that occurs every five years. These “Ends” are our expression of *who and what we aspire to be as a religious community*. I encourage you to go to the Unity Church website and read our Ends statements at www.unityunitarian.org/mission-and-ends.html

Congregational Survey

Deadline is May 2!

*Fill out the 2016 Congregational Survey!
We really need to hear from you!*

Every spring, Unity’s Board of Trustees requests all adult members of the congregation (and every teen who will have completed Coming of Age) to let us know their views of how we are doing in moving toward our collective goals. The 2016 Congregational Survey is now online at www.surveymonkey.com/r/CDHW873. The survey is YOUR opportunity 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 primary tool to measure our progress on our mission and toward our collective vision. **We need to hear from everyone!** You can finish the online survey in 10 minutes (it’s shorter this year!). The deadline is May 2.



UUA GENERAL ASSEMBLY

June 22-26, 2016

Heart Land: Where Faiths Connect

General Assembly is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; each congregation sends voting delegates.

For more information go to the UUA website: <http://www.uua.org/ga>. Contact Rev. Lisa Friedman (lisa@unityunitarian.org), if you are interested in representing Unity Church as a delegate.

The Ordination of Lindasusan Ulrich



The Ordination of
2014-15 Unity Church
Hallman Ministerial Intern
Lindasusan Ulrich
will be held at 3:00 p.m. on May 7
at the First Unitarian Universalist
Church of Ann Arbor

Members and friends of Unity
Church are warmly invited to attend.

HERITAGE SOCIETY / WELCOME WORDS

Join the Heritage Society

Leave a legacy for future generations at Unity Church and join us at the Heritage Society dinner on May 6!

A legacy gift is a designation from your estate to a charitable organization. Your “estate” is the sum of your assets, including property you own, insurance policies, retirement accounts, cash on hand, etc. There are many gift possibilities. Each of these gifts allows flexibility, though some requirements apply, and you always retain the right to amend your estate plans.

- A charitable bequest in your last will and testament can be a specific amount or a percentage of what remains after providing for your heirs.
- A life insurance designation names Unity Church of St. Paul as owner or beneficiary of the policy.
- Retirement plan assets name the church as a beneficiary of an IRA, 401(k), 403(b), profit sharing or other retirement plan.
- Other types of legacy gifts include gift annuities, life-estate agreements and charitable remainder trusts.



By making a legacy gift to Unity Church, you will be joining over 200 others who have committed to supporting the church into the future. Our annual Heritage Society Dinner on May 6 is the church’s way of thanking those individuals who have made legacy gifts. Susan B. Foote, professor, historian, author, and Unity Church member will be our guest speaker.

If you have already made a legacy gift to Unity Church (but haven’t told us!), if you are in the process of making a gift, or if you would like more information about legacy gift possibilities, please contact Barbara Hubbard at the church office. We would love to have you join our Heritage Society!

Susan Bartlett Foote will discuss her book, *Crusade for*



Forgotten Souls, about the mental health reform effort in Minnesota during the 1940s, at the Heritage Society dinner on May 6. This book was partly inspired by Unity Church minister Rev. Arthur Foote, and the conversations they had about the role of Unity Church during the reform.

Welcome Words



“All life is an experiment. The more experiments you make the better”, wrote Ralph Waldo Emerson. It makes sense. And it is as true of religion as it is of life. Truth, love, purpose, hope — all require exploration. How we find them, how we nurture them, how we understand them is different

at different times in our lives. So welcome to a congregation which invites your exploration and is open to experimenting with you! Together, we kindle our imagination and deepen our understanding. May this community be a place where you can risk new ideas and ways of being. See you in church!

Rev. Lisa Friedman

Minister of Congregational and Community Engagement

Pathway to Membership Classes

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

Welcome to Unity: Our Class for Newcomers Sunday, May 22, 12:15-1:15 p.m.

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

Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is now offered on a regular basis on Sundays from 10:15–11:15 a.m. in the Ames Chapel. These sessions can be attended in the order that works for you. In these classes, we will have an opportunity to share part of our religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation. Childcare is available in the nursery.

May’s topics include:

May 1: Building Tour

May 8: Pastoral Care

May 15: Worship & Liturgical Year

May 22: Membership 101 & Congregational Life

(No class on May 29, Memorial Day Weekend)

Committing to Unity: Joining Unity Church Tuesday, May 31, 7:00-9:00 p.m.

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

WELCOME NEW MEMBERS



Callie Chenault, Erik Amundsen, and Sam

Erik Amundsen

Erik has attended Unity for a number of years and recently decided to formally join the church. Erik enjoys participating in R.E. as a Journey Guide or where needed and appreciates the relationships that he has built in this "family of families." Erik was raised Lutheran in Northwood, IA, and while his religious seeking has moved his head and heart to embrace Unity Church and liberal religion, his stomach still secretly pines for Jello salad and Cool Whip from time to time. Erik is thrilled to join his wife, Callie Chenault, as a voting member of the congregation.



Back: Baard, Malaby, Bailey & Abe
Front: Audrey, Diane

Baard Webster & Malaby Webster

Baard and Malaby both live in Prescott, WI. Di and Bailey are part of their family. Baard grew up Catholic and recently retired as GM of Spiral Natural Foods Co-op in Hastings, MN. Malaby grew up UU here at Unity and is currently pursuing her passion of the outdoors. They are excited to be new members.



Paige Tighe, Karen Doegnes, Jake Reilly, Brandi Reilly, Judith Mitchell, Bob Albrecht

Bob Albrecht: Bob has joined Unity Church following 23 years of active engagement as a member of First Universalist Church in Minneapolis. Having been raised in Crocus Hill and Highland Park, Bob had the audacity to defect to South Minneapolis as a young adult. Though his deep St. Paul roots have held him close throughout life, Bob recently bought a new home one block east of Lake Nokomis. Unable to deny a yearning to return to St. Paul and his years long love of Unity's remarkably beautiful building, it seemed fitting to switch congregations. Residential real estate sales has been Bob's vocation for 38 years. Bob lives with his longtime partner and their seven-pounds-soaking-wet poodle. Bob is truly thrilled to have joined Unity Church and appreciates the very warm welcome he has received by many.

Karen Doegnes (Den' jess): Karen's family consists of Dan, her husband of 27 years, and her two sons, Jack (24) and Peter (21). She enjoys her work as a speech-language pathologist, helping young children with hearing loss learn to communicate. Even though she grew up in the Lutheran church, with a father who was a clergyman, she has been a closet Unitarian all of her life. She started attending Unity Church off and on four years ago and is so happy to now call it her spiritual home. She feels it's a place where the goodness and worth of each human being is honored and where each individual is encouraged to discover and live out their own truths.

Judith Mitchell: Last February Judith came to a Wellspring Wednesday with her friend Shannon, seeking a reprieve from the spiritual isolated desert she was on. Immediately she was home — warmly welcomed with good food, interesting, spiritual people, beautiful artwork and stimulating classes. She is a single 78 year old lesbian living in Minneapolis with her 15 year old cat, Sasha. She is an RN, life coach, health educator, aroma and massage therapist, and healing touch practitioner. For the last five years, she has done home care for Janice, which has given her great purpose. She was raised Nazarene, but has explored many faiths traditions. Unity Church encompasses all that she has been longing to embrace.

Brandi & Jake Reilly: Brandi and Jake are transplants from parts east (Michigan and Connecticut, respectively) who live on the East Side (naturally) of Saint Paul with two dogs and three cats. They will add twin boys to the mix this summer. They are excited to introduce them to a welcoming place in which to explore spirituality and self. Brandi enjoys reading escapist literature. Jake enjoys cooking recipes Brandi finds. Both are looking forward to building the beloved community.

Paige Tighe: Paige grew up in Minnesota and after travel and six years of living in Los Angeles, she has found a home in St. Paul. She is an artist of many stripes including performance, visual, and textile arts. Her cats, Cosmo and Pixel, make her laugh and wish she would sleep in on Sunday instead of going to church. Paige has found leading a medical directive group, baking pies with RCA, and being a part of the Wellspring Adult Education program has led her to officially join the church.

Audrey Thomas: Audrey has been a lifelong St. Paulite, with the exception of five years in Iowa. She graduated from the University of Minnesota with a degree in business and worked as a legal secretary. She is a lifelong skier, a golfer, an avid reader and a knitter. She currently lives in Woodbury where she enjoys playing bridge with her friends. She came to Unity Church with her family, and has appreciated the wonderful music and the services which always give her something to ponder.

ARTS & TREASURES SALE: A SPRING FUNDRAISER



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

ARTS & TREASURES

Art, jewelry and musical instrument sale

Saturday May 7, 1-5 PM
Unity Church-Unitarian
732 Holly Ave, St Paul
651-228-1456

Free mini-concert
Kids' activity table
Checks, credit or cash

Do you adore estate sales?
Are you looking for a unique Mother's Day gift?
Have you been itching to learn to play an instrument?
If so, mark your calendar!

Brilliants and baubles—Every style and price range.
Original art—Oil paintings, drawings, prints and ceramics.
Musical instruments—including clarinets, flutes and an antique Martin ukulele.
Proceeds support Unity Church.

Unity Church ARTS & TREASURE SALE

**SATURDAY, MAY 7
1:00-5:00 PM**

Do you adore estate sales? Do you especially enjoy knowing the provenance of treasures you buy?

Are you looking for a great and unique Mother's Day gift—or a way to treat Mom before Mother's Day?

Have you been itching to take up a new instrument — the dulcimer perhaps, or the recorder?

Do you love Unity Church and want to support it?

If your answer is "yes" to any of the above, mark your calendar for Unity's Arts & Treasures sale, Saturday, May 7, from 1:00-5:00 p.m.

Plan to peruse (and purchase!):

Brilliants and bauble: Every style and price range, from an 1880s diamond brooch worth thousands, to handcrafted artisan earrings, to funky, affordable costume jewels.

Original art: Oil paintings, pastel drawings, prints and ceramics donated by Unity's trove of member artists, all at startlingly low prices.

Musical instruments: Including a pearl-inlaid Martin ukulele (comes complete with a touching love story!) and a complete set of lovely wooden recorders.

Grace notes: Take in a free concert at 2:00 p.m. featuring our own Shay McKay and others. Child care is provided. Checks, cash or credit cards accepted. All proceeds support the Unity Church budget.

CONGREGATIONAL LIFE

Soup Suppers

Served each Sunday following the 4:30 service. Donations are gratefully accepted. To volunteer to help cook and serve a supper, please contact madeline@unityunitarian.org.

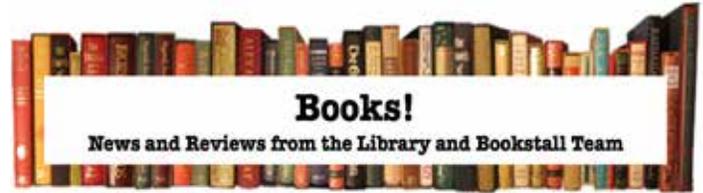


May 1: Chili

May 8: Salmorejo (chilled)

May 15: Peach soup with goat cheese and cucumber soup with dill (both chilled)

May 22: Avocado cucumber soup and gazpacho (both chilled) *This is the last soup supper of the church year!*



From the Pulpit

From Shelley Butler, Libraries and Bookstall Team

Our ministers, interns, guest ministers, and lay leaders are readers! If you have sat near any of us on the Library and Bookstall Team in a service, you have likely seen us reach for a pen and scribble a title on our order of worship. Then, it's likely you may find a title mentioned in a sermon artfully displayed in the Bookstall the following Sunday, thanks to Jan Gestner and Barbara Foss, co-team leaders.

Last month, in Janne's beautiful sermon, "Unexpected Sources of Compassion," she talked about *When Elephants Weep: The Emotional Lives of Animals* by Jeffrey Moussaieff Masson and Susan McCarthy. Farley Mowat, author of *Never Cry Wolf* and other, said, "I enjoyed *When Elephants Weep* enormously and consider it a milestone in the battle to try and make Homo sapiens realize that he is only one member of an enormous family."

If you missed the sermon, from the Unity Church home page, go to "Worship > Sermon Archive & Podcasts" and click on "Listen to Sermon Podcasts" to find sermons listed in chronological order.

Interested in Starting a Mother/Daughter Book Club?



The club of 4th and 5th grade girls and their moms of 2014-2015 (pictured) have created "The Unity Mother/Daughter Book Club Starter Kit." The manual includes a reading list with suggested book titles for each month from September to April (with December off), sample book discussion/activity guides, and a final reflection questionnaire. The kit and all of the titles are available in the Whitman Children's Library, a shared space with R.E. on the lower level of the Eliot Wing.

Young Adult Group (ages 18-35)

The Young Adult group is growing! Join us on Tuesday, May 24, for a 6:30 p.m. potluck at the church. All are welcome! Contact Rev. Lisa Friedman (lisa@unityunitarian.org) to be added to the email list to receive Young Adult news and announcements, and to join our Facebook group.

Grand Old Days: June 4 & 5

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

Thursday Morning Gardening Group

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

Open Page Writing Sessions

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

Writing about Awakening

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

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

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. 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.) All meals will offer vegan and gluten free options. People with specific food allergies may contact madeline@unityunitarian.org to arrange to have a special preparation. Email Lisa Friedman at lisa@unityunitarian.org for financial assistance to help cover the cost of dinner.

May 4

Dinner: Meaty — or vegan — Sloppy Joes

How Love Won: The Fight for Marriage Equality in Minnesota

Released this spring, this documentary tells the story of the people of Minnesota beating the odds, changing perceptions about same-sex marriage, and in the process changing how they view themselves. Come watch, celebrate, and ask yourself: could other issues and movements use the same strategy as Minnesota did to bring about positive change?

Textile Arts Group

Bring your knitting, crocheting, tatting, embroidery, and cross stitch for an evening of fellowship and service. All ages and levels of experience are welcome! If you have any questions, please contact Linda Mandeville at lindamandeville@aol.com.

Addiction and Recovery Ministry

This group offers topics for discussion and time for sharing and peer-to-peer support ministry. The use of the terms addiction and recovery are meant to be inclusive and self-defined with a focus on strengths, community, and spiritual development.

New Family Religious Education Orientation — Rev. KP Hong

An orientation for families whose children are enrolling in Religious Education for the first time. Contact kp@unityunitarian.org if you plan to attend this session.

Go

Learn and play Go, the Chinese board game. Anyone above the age of 10 is welcome. Bring your own board and set if you have one. www.usgo.org/what-go

Tween Group

Join us in the body classroom downstairs each week, where we'll gather to practice deepening in community and friendship.

May 11

Picnic dinner! Bartwurst and all-beef hotdogs, veggie dogs, potato salad, baked beans, potato chips, fresh fruit, and a sweet treat 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 online at www.unityunitarian.org/talent-show.html. May 11 marks the last Wellspring Wednesday of the church year. Programming will resume in September.

Go

Learn and play Go, the Chinese board game. Anyone above the age of 10 is welcome. Bring your own board and set if you have one. www.usgo.org/what-go



All Church TALENT SHOW

Wednesday, May 11
7:15 PM • Sanctuary

Do you have a talent or hobby you'd like to share with the congregation?
Can you...

- ... tell a few jokes?
- ... play a musical instrument?
- ... recite a poem?
- ... lead a song from the hymnal?
- ... make a bunny disappear?
- ... juggle?
- ... do an interpretive dance?
- ... jump rope?
- ... paint a picture like Bob Ross?
- ... make an origami chalice?
- ... eat a donut in one bite?
- ... rap a Dr. Seuss book?

Then we want to see it!

Join us for our annual picnic and stay to share in the fun of this annual tradition. Performers of every age are welcome!

Sign up online today! www.unityunitarian.org/talent-show.html

MAY PARISH HALL ARTIST / FELLOWSHIP GROUPS

May Parish Hall Artist

Paul Rogne

Paul Rogne has been doing photography from the time of his childhood in the 1950s. He began learning from his father who was an amateur photographer with a darkroom in the basement. His first camera was a very simple Kodak Brownie Hawkeye. Later he began using his father's 35mm Kodak Bantam, a very nice quality camera. His father also taught Paul how to use the darkroom to develop film and print enlargements. Paul learned how those smelly chemicals could produce black and white magic. He was hooked. In the early 1970s he became more serious about his photographic hobby. At that time, he generally took color slide photos or used black and white film. He was still developing his own black and white photos in a darkroom.

Fast forward to the present — after retiring in 2004 from 35 years of teaching social studies in the Anoka-Hennepin School District — Paul is using a digital camera and his computer to produce both color and black and white photos. This involves no smelly chemicals and produces results much faster. However, he can still do the same old techniques and more new enhancements with his photos. He is a great fan of the Photoshop software. Besides color photography, Paul still works frequently in black and white — the form he first loved.

Paul does not have a single special area of interest in his photography. His photos include nature (flowers, animals and landscapes), urban and rural architecture, travel, and people at work and leisure.

He finds that photography is an expressive, even meditative, art form. He feels it contributes beauty, joy, drama and sometimes mystery to his life. If a photo can tell a story, it is even better. Paul has been an active member of the Saint Paul Camera Club (www.saintpaulcameraclub.com) and frequently posts his photos on Twitter ([@parogs](https://twitter.com/parogs)) and Facebook. Paul enjoys sharing his photos and hopes they bring to others that same enjoyment, joy, mystery and drama.



Mandarin Duck by Paul Rogne

Fellowship Groups

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

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

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

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

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

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

Men's Retirement Group: Monday, May 2 and 16, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

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

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

May 10: *A New View From the Center of the Universe* by Joel R. Primack and Nancy Ellen Abrams

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

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

Unity Bridge Club: The next meeting of the Bridge Club will be Friday, May 6, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women In Retirement, The Choice Years: This group meets the second and fourth Thursday (May 12 and 26) of each month from 1:00-3:00 p.m. Contact Lisa Friedman at lisa@unityunitarian.org for more information.

Young Adult Group: Potluck supper on Tuesday, May 24, at 6:30 p.m., in the Center Room. See page 9 for additional Young Adult Group programming. Contact: Lisa Friedman at lisa@unityunitarian.org

Sangha Zen Meditation: Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction is offered on the first Tuesday (May 3) beginning at 5:00 p.m. Contact Ken Ford at kford5@comcast.net

COMMUNITY OUTREACH MINISTRY

Faith Builders Habitat for Humanity Summer build 2016!



Faith Builders 2015 Habitat for Humanity home.

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a June Habitat for Humanity build as an interfaith partner in Faith Builders. A Twin Cities Habitat for Humanity “green” build integrates building practices that reduce detrimental impacts on the natural environment, promotes healthy indoor air quality for occupants, and reduces energy costs while increasing the long-term affordability of homes and improving the neighborhood housing stock.

Watch for opportunities to sign up in the Parish Hall after morning services during May and also online. Volunteer opportunities include construction work, crew leader, and lunch helper. This will be new construction in the Frogtown area of St. Paul. Work weeks are June 13-17 and 20-25. You may contact Chuck Griggs at griggscb@msn.com or 612-408-0486 with questions.

The Saint Paul Almanac Faithify Project

For the past 11 years, The Saint Paul Almanac has created opportunities for the voices of diverse people to be heard and through storytelling and mentorship created a more connected and just community. Unity Church–Unitarian and other UUs have supported this important work and now seek to deepen our commitment by actively sponsoring and engaging in the Community Editor Apprenticeship Project (CEAP). We claim the stories of our community and believe the creation of this literary journal is an act of faith, love, respect, and racial reconciliation that all Unitarian Universalists can support. The stories that are gathered by the CEAP are disseminated to a wide audience through the literary journal and on the Saint Paul Almanac website.

Unity Church has been given a unique opportunity to build a relationship with this visionary organization and to support their work within our shared Saint Paul community. By donating to this Faithify campaign, your money will directly support the work of the Community Editors, offering them stipends that will allow them to give of their time and talents with more people and in more diverse ways.

There is power in giving a person’s story words. The journey of writing, communicating and sharing helps transform suffering and form community. Become a part of this incredible journey by donating online today: <http://bit.ly/FaithifySPA>



Sustainable Living News

Plant Exchange

Save the date: May 15

Don't throw out that plant! Bring it to Unity's first ever plant exchange on May 15. Watch for details!

If you are interested in learning more about Unity's Sustainable Living group and the work that they do, please contact Jessica Zimmerley at jzimm0813@gmail.com.



Food Collection for Sharing Korner

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

Thank you!



COMMUNITY OUTREACH MINISTRY

Project Home: An Opportunity

From Ann Russell, Project Home Team

The word “homeless” creates certain images for each of us... just who is the homeless family... do we really know? That grim reality is the subject of *Eviction*, Matthew Desmond’s remarkable but disheartening book that chronicles eight families and their persistent struggle to maintain stable housing when rents are high (often over 75% of income) and a history of eviction makes finding the next home ever more difficult. Reviews have applauded Desmond’s years of embedded fieldwork painstakingly gathered that contributes to our understanding of poverty. Even with the help of a social service system (although ever-shrinking and maddeningly uncoordinated) those families frequently face life over and over without the safety of a home. There is much for us to learn. Face to face encounters with these families teaches us about the resilience in spite of ongoing struggle.

Fill a shift with Project Home in May: <http://bit.ly/projecthome2016>

Project Home is committed to getting families back into the safety of a home. Unity Church and other local churches are part of that community wide effort. This congregation, volunteers, and staff provide a safe place for families each night during May. Project Home is now well known to many in this community and is part of the rhythm of our congregational life. Unity Church has risen to the occasion every year but we can’t ignore that this is a major commitment. This year our community has stepped up again. We need 150 volunteers and, to date, we have recruited over 100 people. You can sign up online at <http://bit.ly/projecthome2016>. It is no wonder we have such faith in Unity’s ability and willingness to respond when, and if, we have gaps in our coverage. These volunteers will be present from 5:30 to 8:30 p.m. each evening to welcome families and provide whatever hospitality is needed whether it be a snack, entertaining children, conversation, or simply a caring presence. Two volunteers (many couples choose this assignment) arrive at 8:00 p.m. to see families to their rooms (lights out a 9:00 p.m.), spend the night, provide a simple breakfast, and send off families off by 7:00 a.m. on weekdays and 9:00 a.m. on weekends. We give our families the chance to engage, but we are also able to provide a private space if they wish. For that brief volunteer window we are simply present in community with them. We are real to these families, and they are real to us.

If you are new to Project Home you will receive a simple orientation and training. Many who have volunteered in past years have told us that it is a truly meaningful engagement with struggling families who genuinely need very immediate focused help to get back on their feet. Many are surprised at how much they have enjoyed getting know these families. These few hours with our families gives us that rare chance not just to “do for” but truly to “be with” people who need us. We also need hearty volunteers at the beginning and at the end of the month to help set up comfortable places for each families. If you have not been part of Project Home in the past we encourage you to participate!

Nominate the Plate

Each Sunday, seventy percent of our collective offering is given to small or struggling community organizations whose values we share and mission we support. Recent donations have gone to groups ranging from St Paul Almanac, a literary magazine, to ISLA, a medical service group working in Nicaragua.

So how, you might ask, are those organizations chosen? By YOU! As a Unity member, you can nominate any organization that you believe would benefit from a no-strings attached donation (typically around \$1,200.)

It's easy! Just download a nomination form from the church website (if you can't find it, type "nominate the offering" into the search box). Tell us why your nominee is so wonderful, and how they will use a contribution.

The Generosity Ministry Team reviews nominations regularly. All nominations are considered! However, the Team places a special emphasis on smaller non-profits whose annual budget is \$500,000 or less, where \$1,200 will make a substantial difference.

Freedom School 2016

Saint Paul Freedom School is a free summer program for scholars currently in grades K-8. Participation in Freedom Schools provides enriching group activities including field trips, culturally appropriate materials, a well-trained and caring staff, and parent involvement, with an emphasis on literacy. Saint Paul Public Schools’ Freedom School programs are provided in collaboration with the Saint Paul Promise Neighborhood and Children’s Defense Fund Freedom Schools. For more information about serving as a volunteer at the Rondo Education Complex Freedom School this summer, please contact Rev. Lisa Friedman at lisa@unityunitarian.org.

Acting on Faith: Investing in Potential

Thursday, May 12 • 7:00-8:30 p.m., check-in opens at 6:30 p.m.

St. Mary’s University Center: 2540 Park Avenue, Minneapolis

Join a powerful collaboration of congregations at Acting on Faith: Investing in Potential, Beacon’s action-oriented, inspiring gathering to hold our elected decision makers accountable. This year’s Acting on Faith will highlight the value of supportive housing to help people who have experienced homelessness regain stability and reclaim their lives. Questions? Contact Chelsea Stanton at 651-789-6260 x201). Please register online at beaconinterfaith.org/acting-faith.

MINISTRY WITH CHILDREN & YOUTH

BIG



From Drew Danielson, Coordinator of Youth and Campus Ministries

Kids are more jazzed to talk about sex than they are about religion. Shocking, I know.

I know this from observing "Our Whole Lives" — early trepidation aside — the youth get engaged pretty quickly. Intimacy

and relationships and love and belonging, they get how that matters to them.

The big five spiritual questions? Not so much. They are wrong, of course, but I know many of them feel the questions they examine in Coming of Age are not personally relevant. Over several years I've come to feel that the question that has the greatest chance of being the one our youth can grab on to, and take personally, is when we ask what is the meaning of the "Sacred."

Early in class this year we hit on a concept together — the sacred is BIG. This is far more brilliant than it may sound at first glance, it's not like saying, "war is bad" or "death can be hard." After suggesting to the class that the Sacred was that which felt bigger, that connected us to more, we asked for some examples from them. Music. The stage. Family. Love. And of course, nature.

My favorite example was "Christmas." I can't let go of it. Why Christmas? It is so Big! Two or three weeks long, filled with food, family, traditions, presents, singing. Smiling at strangers in the parking lot. Magic! Santa Claus. Advent calendars. Peace on Earth, goodwill to all. God comes down to Earth. That is so BIG.

For Coming of Age class the idea of the sacred as something which connects and multiplies and expands our minds, makes us feel like more, makes us feel more, makes us acknowledge and love more, that felt relevant. Exciting. Necessary.

It's a BIG deal.

Dedication of Older Children: May 22

Families who would like their children ages 4-12 to participate in our annual dedication should contact Michelle Hill at michelle@unityunitarian.org.



This ritual, held during the 9:00 and 4:30 services, 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.

CHALICE CAMP AT UNITY CHURCH

Friends Fun Crafts
ART Singing GAMES

CHALICE CAMP WEEK 1: JULY 11-15

Being able to combine the typical fun of summer camp with learning about our UU history is what makes Chalice Camp so great. Through skits, books, and stories your child will be learning about how Unitarian Universalism came to be and how it is still growing. We'll also learn about the seven UU principles and how to apply them to everyday life. This is a fun and educational way to help your kids learn about their Unitarian Universalist heritage.

CHALICE CAMP WEEK 2: JULY 18-22

During week two of Chalice Camp we will begin to tackle some of the current social issues in our community. Sending your child to Chalice Camp will give them a safe, child-friendly environment to be exposed to topics such as racial inequality, gender, and social class, while incorporating the fun and excitement of typical summer camp activities.

CHALICE CAMP WEEK 3: JULY 25-29

The newest addition to Chalice Camp: a third week! We'll focus mainly on art and using art to better our community. From projects as little as friendship bracelets and coloring pages to big projects like spreading art beyond the church walls. We will be bringing in community artists and musicians to show the kids how fun and easy it is to make art!

COST

\$200/camper/week if registered and paid by May 1
\$250/camper/week after May 1
\$100/Senior Camper/week (entering 7th or 8th grade 2016)

REGISTRATION & DETAILS

www.unityunitarian.org/chalice-camp.html

QUESTIONS?

Contact Hannah Eller-Isaacs at 651-442-2180 or chalicecamp@unityunitarian.org.

Music Notes

**From Ruth Palmer
Director of Music Ministries**



From pure sensation to the intuition of beauty, from pleasure and pain to love and the mystical

ecstasy and death — all the things that are fundamental, all the things that, to the human spirit, are most profoundly significant, can only be experienced, not expressed.

The rest is always and everywhere silence. After silence that which comes nearest to expressing the inexpressible is music.

— Aldous Huxley

Music as connection. Music that offers an emotional experience, touching memories or other cultural life, past or present. This is what you will find in our Arthur Foote Music Sunday, on May 1. Music "expressing the inexpressible", transcending limitations in time and distance through emotional connection and sharing.

Our four wonderful choirs will be joined by an extraordinary gathering of wonderful friends and colleagues. Though I have dearly missed being present with you these last few months because of my accident, it has brought us the gift of several wonderful professionals who joined forces with our incomparable and deeply committed Unity choir musicians. Unity Church is ready to sing!

Be sure to arrive 15 minutes before each service for some joyous community singing! Come and celebrate together through the special connection that music offers.

Arthur Foote



How Can We Keep from Singing?

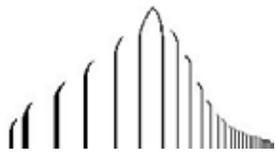
MAY 1ST 2016 **9 AM 11 AM** *Sanctuary*
4:30 PM *at Unity Church*

Children's Choir → *Unity Singers* → *Women's Ensemble* → *Unity Choir*

Community Sing beginning at 8:45, 10:45, and 4:15

Join us before each service for a 15 minute Community Sing
led by **Tesfa Wondemagegnehu**
MPR Manager of Choral Activities and Sing to Inspire





UNITY CHURCH-UNITARIAN

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

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**TIME SENSITIVE
MATERIAL**

Arthur Foote

Music Sunday

How Can We Keep from Singing?

MAY 1ST 2016 **9 AM 11 AM** Sanctuary
4:30 PM at Unity Church

Children's Choir → Unity Singers → Women's Ensemble → Unity Choir

Community Sing beginning at 8:45, 10:45, and 4:15

Join us before each service for a 15 minute Community Sing
led by **Tesfa Wondemagegnehu**
MPR Manager of Choral Activities and Sing to Inspire




★ ★ ★ ★ ★ ★ ★ ★ ★ ★

ARTS & TREASURES
Art, jewelry and musical instrument sale

SATURDAY MAY 7, 1-5 PM
Unity Church-Unitarian

Free mini-concert
Kids' activity table
Checks, credit or cash
Proceeds support Unity Church

Do you adore estate sales?
Are you looking for a unique Mother's Day gift?
Itching to learn to play an instrument?
If so, mark your calendar!

Every style and price range of jewelry
Paintings, drawings, prints, and ceramics
Clarinets, flutes, and an antique Martin ukulele