

Ritual and Spontaneity

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 faith and strengthen our bonds with one another in religious community.

What makes a ritual? In April, we spent the month focused on the intersection of practice and inspiration. May's theme of Ritual and Spontaneity builds on April's but moves us from personal practice to communal ritual. Ritual can be a challenging word in Unitarian Universalism: many of our members have left other religious traditions that put a deeper emphasis on ritual than we do, and the word can be a reminder of what we have left behind: traditions that we participated in mostly because someone told us to.

Ritual begins with practice, particular actions taken in particular ways at particular times, but it is also an invitation to be present in the moment. Susannah Heschel, the daughter of the Jewish theologian and civil rights activist Abraham Heschel, describes the ritual of the sabbath in her childhood home this way:

When my father raised his kiddush cup on Friday evenings, closed his eyes, and chanted the prayer sanctifying the wine, I always felt a rush of emotion. As he chanted with an old, sacred family melody, he blessed the wine and the Sabbath with his prayer, and I also felt he was blessing my life and that of everyone at the table. I treasured those moments.

Friday evenings in my home were the climax of the week, as they are for every religious Jewish family. My mother and I kindled the lights for the Sabbath, and all of a sudden I

felt transformed, emotionally and even physically. After lighting the candles in the dining room, we would walk into the living room, which had windows overlooking the Hudson River, facing west, and we would marvel at the sunset that soon arrived.

My father rarely went to the synagogue on Friday evenings, preferring to pray at home, and our dinners were usually quiet, slow, and relaxed. My parents did not socialize very much, but every two months or so they would invite a few friends or colleagues to Shabbat dinner. The meal was always the same: our challahs came from our local bakery, and my mother made chicken soup, roast Cornish hen, salad, and vegetables. For dessert, my father would peel a Golden Delicious apple, trying to keep the peel in one piece, and we would share apple chunks. My mother was not an enthusiastic cook and my father was always on a salt-free diet, so the food was not thrilling. Still, at the beginning of every meal, my father lifted his fork, looked at me, and said, "Mommy is a good cook."

(Heschel, *The Sabbath*, p. 1)

Ritual is an invitation to participate in a practice of being present in the moment. It is in the act of presence that spontaneity enters. What are the rituals we practice as Unitarian Universalists?

At Unity Church, we have a chalice lighting ritual for families, where parents and children gather around a chalice before meals and pray, simply, "we give thanks for being together today." This ritual frames the meal, and invites us to be present with each other, sparking questions and conversation about the day.

Our worship services in May are full of ritual: from Foote Music Sunday on May 4, to our annual Flower Ceremony on May 18, to Mother's Day and Memorial Day on May 11 and 25, respectively, every Sunday in May marks some kind of annual observance. How will we enter, together, into these rituals making space for spontaneity? How will we engage with practices and rituals that we have done dozens of times before in new ways?

Rev. Dr. Oscar Sinclair with this month's Theme Team

Theme Resources

For further reflection on the theme of Ritual and Spontaneity, see this month's spiritual practice packet, available online at unityunitarian.org/chalice-circles.

JUST WORDS



Just Words

Rev. Dr. Oscar Sinclair, Senior Minister

May marks a shift in the congregational year. At the end of the month, Unity Church moves to one service each Sunday and into our summer schedule. May has a pile of "end of year" events, from Foote Music Sunday and the Flower Ceremony to preparing for graduations, picnics, and summer in the garden.

It is also a time to reflect on where we have been this year, and where we are going. The Installation service last month was a high point, marking the "end of the beginning," as we celebrated the shared ministry of Unity Church with a newly installed senior minister (thank you!). In May, the Board of Trustees will begin to introduce Unity's new Ends Statements, that will guide our work together in the coming years. When we gather for Merging of the Waters on September 7 (and return to two services), we will be working under new Ends, with a better understanding of who we are in this shared ministry.

Part of the coming year that I am very excited about is the re-start of Unity's ministerial internship program. From 2000-2019, 24 ministers in formation served as interns at Unity Church, 19 supported by the Hallman Internship program. During the transition between Janne and Rob and myself, the internship program was paused. I am excited to share that in August, Amy Brunell will join us as the Hallman Ministerial Intern for 2025-26! Amy is a student at Starr King School for the ministry in California, and we are excited to welcome her enthusiasm, learning, and ministry to Unity Church in the coming year. Amy wrote this letter to the congregation:

Hello Unity Church,

My name is Amy Brunell and I am thrilled to be selected to be your Hallman Intern for the 2025/2026 year. I was born and raised in California, and while I've traveled to other places, I have never lived anywhere but Southern California. I hear in Minnesota that you experience some weather? I look forward to being "winterized" in due time.

I am in my third year of seminary at Starr King School for the Ministry. Starr King's mission is to counter oppressions and cultivate multi-religious learning. I was raised multi-religious with emphasis in Judaism and Unitarianism. I attended the Unitarian camp in Southern California and was an LRY'er in the 1970s.

I left Unitarianism when I went to college and went through different religious and spiritual experiences, including Christianity, Taoist Buddhism and alternative spiritual practices. When I returned to what was now a Unitarian Universalist church with my family in 2006. I had never heard the term Universalist and have enjoyed incorporating Universalism as a core portion of my own theology.

I attended college majoring in Musical Theater and feel passionate about music in and as part of worship and spiritual practices. I have also had a variety of professions including as a wedding photographer and as a Weight Watchers leader facilitating 13 workshops per week. Currently I facilitate weekly workshops on Emotional Intelligence via Zoom. I am a mother of two adult sons and spent their earlier years advocating for families with children who experience a variety of needs.

My ministerial goals are to be a Parish Minister and to actively promote Unitarian Universalism to those who are seeking a spiritual home. Thank you so much for this opportunity. I cannot wait to meet you!

— Amy Brunell

The Wheel of Life

In Memoriam

Patti Berglund

March 20, 1954 – April 11, 2025

Summer Service Schedule

On Sunday, May 25, we switch to our summer worship schedule with one service at 10:00 a.m.

If you would like to bring flowers for a summer Sunday worship service, please contact Martha Tilton at martha@unityunitarian.org.

All Our Fullness

All Our Fullness (AOF) is an initiative to connect all of us at Unity Church more deeply by sharing our stories with each other. Find reflections from the congregation on the new AOF blog page at unityunitarian.org/all-our-fullness.

Please submit your thoughts and experiences about cultural identity, differences, and your dreams for beloved community using the online form at bit.ly/AllOurFullness.



SUNDAY SERVICES | OFFERING RECIPIENTS

Sunday Services

Sunday services are held at 9:00 and 11:15 a.m., except where noted. The 9:00 a.m. service is also offered via livestream. Find the livestream links and sermon podcasts at unityunitarian.org/sunday-services.

May 4: Arthur Foote Music Sunday

Arthur Foote Music Sunday will include selections by Francisco Guerrero, Osvaldo Golijov, Ernani Aguiar, Johann Sebastian Bach, Craig Hella Johnson, Abbie Betinis, and Alysia Lee. The musical selections have been woven together with reflections and poetry by Rev. Dr. Oscar Sinclair and worship associate Lorelee Wederstrom.

May 11: A Woman's Work

Rev. Lara Cowtan

The promotion of gender equality was woven into the fabric of the United Nations from its beginning in 1946 with the establishment of the Commission on the Status of Women (CSW). The CSW is instrumental in promoting women's and girls' rights, documenting the reality of their lives throughout the world, and shaping global standards on gender equality and the empowerment of women and girls. How are we doing, as a society, as a community, as individuals, as we try to live into the values and future our foremothers dreamed of?

Family Sunday, May 18: All Our Fullness

Rev. Dr. Oscar Sinclair

Unity's annual Flower Ceremony was developed over a century ago by Unitarians in Prague, who created a ritual to affirm the beauty and diversity of community in a time of rising authoritarianism and fear. At Unity Church, we aspire to know each other "in all our fullness," seeing the beauty and complexity of each individual and our community. **Bring a flower for the ceremonial arch.** This last Sunday of the congregational year, we celebrate that beauty.

On Family Sundays, children experience the entire worship together with their families in the Sanctuary. A story for all ages 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 three years of age.

May 25: Decoration Day | 10:00 a.m. only

Rev. Dr. Oscar Sinclair

Memorial Day marks the beginning of summer, as school graduations start and Unity Church moves to a single service on Sunday mornings. This morning we'll explore the holiday's origins as Decoration Day, a ritual of remembrance created in the aftermath of the American Civil War. **Summer Sunday services are held at 10:00 a.m., May 25 through August 31.**

Offering Recipients

Each week, sixty percent of our Sunday offering is given to a community non-profit and forty percent supports the Community Outreach Ministry at Unity Church. Donations are gratefully accepted online at bit.ly/sundayoffering.

May 4: Unity Church Music Ministries

This collection will support the vibrant and diverse music ministry of Unity Church, nourishing our outstanding choral singing programs and creating musical connections within, among, and beyond our community. Donations to Unity's music ministry should be made between May 1 and 7.

May 11: Chalice Camp

Unity Church Chalice Camp provides a unique summer opportunity for children and youth (age 5 through 8th grade) to deepen their connections to Unity Church, Unitarian Universalism, and the wider church community (as both campers and counselors). This summer's camp will include worship, small and large group activities, and time for outdoor fun and play. This collection will support scholarship opportunities for Unity Church families. Donations to Chalice Camp should be made between May 8 and 14.

May 18: Indigenous Justice Team

The vision of Unity's Indigenous Justice Community Outreach Ministry Team is to advance the efforts of Minnesota Indigenous tribal nations to preserve their language, culture, and spiritual life and to restore broken treaties. We do this by showing up to walk beside our Dakota and Ojibwe neighbors, raising awareness of the atrocities committed against their ancestors and their families today. This collection will support a Sacred Sites tour to be led by Rev. Jim Bear Jacobs on June 28 and additional educational programming for the congregation on indigenous issues. Donations to the Indigenous Justice Team should be made between May 15 and 21.

May 25: Habitat for Humanity

For over 15 years Unity Church members and friends have volunteered with Faith Builders, donating two weeks of home construction time to Twin Cities Habitat for Humanity. Faith Builders represent several local churches that together provide about \$9,000 per work week to Habitat for Humanity, helping to pay for supplies and professional labor that must be purchased beyond the donated supplies and labor. Chuck Griggs is Unity's Faith Builders captain. Donations to Habitat for Humanity should be made between May 16 and 28.

Nominate an organization to receive the Sunday offering! Details and a nomination form are online at unityunitarian.org/sunday-offering.html.

BOARD OF TRUSTEES



The Work of the Board

Claire Cooke, Secretary

The work of the board is a spiritual practice that requires engagement beyond the self. Unity's Board of Trustees, in its governing policies, is called to ensure that the church fulfills its mission and achieves its ends — certainly no small task. That work can be tiring, time consuming, and emotionally taxing.

This is something that I have certainly found to be true when pouring over reports and through policies. Carrying out our responsibility to ensure that the church is making progress on its goals and that it is safe from harm. I have found this in contentious conversation, diving deep to gain understanding and make necessary decisions. And I have found this as a member of the committee stewarding the creation of Unity's new ends.

Yet this sacrifice is true of all things we call work. What sets this spiritual work apart is that it builds the world I want to live in. It moves us towards the beloved community. In this work, not only is there sacrifice but also warmth, joy, connection, and creation. All work takes effort and we do not come to church to be sheltered or insulated from that effort. We come to church because it is the place where the work calls to us and where the effort is meaningful.

Spiritual work asks us to take part in the discomfort and labor necessary to gain the skills and capacity needed to create the world we wish to see. Practically, on the board, this looks like living into our board covenant by engaging in vulnerable sharing, deep listening, and healthy conflict in our interactions. Like continually learning to combat white supremacy culture, pausing at the beginning and end of each meeting to focus our attention on and examine how we are showing up. Like taking the time and effort needed to find consensus together.

This relational work asks us to care and connect and therefore to be tethered to things and people outside of ourselves. To be called on by others and to call on others. To be vulnerable and open with our hearts, our minds, our time, and our resources. To joyously labor for the world we wish to create.

So if you ask me honestly about my experience on the board, I am not going to tell you that it hasn't been hard. That it has not stretched me or pushed me outside of my comfort zone. But it has been worth it because honestly that is what I come to church to do. There are so many other things that take from me daily. This church is where I go to choose to give. To find the connections that ask of me to create a better world and that hold me in that work. Does that interest you? Join me and let us do this hard, rewarding work together.

If this board column peaked your interest — we are currently recruiting for new board members and we would love to have you apply!

Congregational Meeting

Saturday, May 17 | 10:00 a.m.
Sanctuary and Zoom*

Pancake breakfast in Parish Hall begins at 8:30 a.m.

Wait, what? Aren't congregational meetings held in December?

Yes, *and* the board wants to add a second congregational meeting to consider the church's ministries when our memories of the accomplishments and challenges of the current church year are still fresh.

Come to this May 17 meeting to:

- Consider the new Ends Statements with the board. How did the board use the feedback and wishes you provided in February? How will these statements guide the church's work the next five years? The board will also invite your feedback: What's exciting? What's challenging? Where do you see your wishes reflected?
- Reflect with the Executive Team on church year activities.
- Receive the Annual Report.

We do not anticipate any congregational voting, but we will ask voting members to check in to establish a quorum. To be a voting member, you must have signed the membership book and made a pledge by March 18, 2025. You must also make a payment on your pledge before the meeting starts. If you have any questions about your voting status, please contact Laura Park at laura@unityunitarian.org.

*Registration is required if you plan to participate by Zoom: bit.ly/may2025congmtg.

We look forward to gathering as the official church year winds down and we begin to plan for the future. We encourage everyone to attend!

Serve as a Trustee | Now Accepting Applications

Are you interested in deepening your involvement at Unity Church, growing leadership skills and engaging in thought provoking conversations? If so, please consider serving as a trustee! Unity's Board of Trustees is looking for three individuals for the 2026-2029 cohort. Details and an application are online at unityunitarian.org/board-of-trustees. Deadline to apply is May 18, at 5:00 p.m.

BELOVED COMMUNITY STAFF TEAM

Barnraising

Excerpts from a sermon by Rev. Dr. Oscar Sinclair on March 2, 2025



Emerging in our discourse about race and class at Unity Church, is the deeper consideration of the wider world, our current socio-political situation, and how we got here. In his sermon on March 2, 2025, Rev. Dr. Oscar Sinclair described a phenomenon characterized by Bruce Rogers-Vaughn, in his book, *Caring for Souls in a Neoliberal Age*, as “third order suffering.” Here are excerpts from his sermon, [Barnraising](#), in which he describes the origins of this phenomenon and its antidote.

... Despite the preacherly temptation to repeat myself, I really don't want to get in the habit, for the next four years, of starting every sermon with a litany of crises of the week. I don't want to, because when we do we lose track, a little, of what is going on. The crises aren't the underlying problem. Donald Trump isn't even the underlying problem. They are symptoms. Now, symptoms can be dangerous: anyone who has had the stomach flu can tell you that. But you do not cure a disease by treating its symptoms: you seek to understand the cause, and address that.

Bruce Rogers-Vaughn knows the symptoms well. A psychologist and theologian, he's seen a “marked change in the people he sees now in his practice compared to 30 years ago. His patients are more on edge, experiencing an amorphous dread. The selves he encounters are more diffuse and fragmented, prone to greater levels of addictive behavior, haunted by shame and loneliness, unaffiliated, and burdened with many private sufferings.” Rogers-Vaughn also has a possible cause in mind: he sees this deterioration tied up with cultural shifts over the last generation and a half, particularly the rise of neoliberalism in creating what he calls ‘Third Order Suffering.’ (...)

First order suffering is suffering that is intrinsic to life: illness, death, heartbreak, natural disasters. This suffering presents challenges to theologians and utopians alike, but it is unavoidably part of the human condition. Second order suffering is suffering caused directly by human actions. It is the suffering of Ukraine, Gaza, South Sudan, the Rohingya people, so many caught up in the system of crime and punishment in this country — both victims of crime and those who are in prison.

In third order suffering, the cause of suffering becomes more opaque. Rogers-Vaughn calls this suffering “the new chronic” rising from the cultural moment we are in. Neoliberalism (we'll unpack this in a bit) leaves individuals more or less on their own, cut off from communities of support and consolation, left to interpret suffering as a sign of personal failure. Third order suffering is the suffering of not being able to get ahead of the bills, even when you grew up understanding that you are supposed to be better off than your parents, who never seemed to struggle in the same way. (...)

Rogers Vaughn argues that Neoliberalism turns everything into a marketplace, where value is understood in economic terms. So, education is not valuable because “an unexamined life is not worth living,” education is valuable because it is an investment in your future, specifically an investment in future earnings potential. A house is not valuable because it is a home, it is valuable because it is the vehicle for the majority of the net worth of most American homeowners. (...)

Rogers-Vaughn describes folks caught in this kind of suffering: “the terms used to describe first and second-order suffering now fail them, largely because the sources of their suffering are no longer easily identified. Their oppressors... no longer have faces. Yet to say the oppressor is some abstract ‘evil’ seems not to capture the thing. Their options are either to look within, blaming their sufferings on themselves, or to stare into the fog. Most people today take the first option. The primary [symptoms] are either profound but diffuse depressions or... addictions. An apparent symptom for the second option is a violent striking out into the fog, literally in a blind rage.”

We can see these symptoms all around us. The symptoms are the crises we are seeing weekly in the world. “A violent striking out into the fog, literally in a blind rage,” is a description of the election last November. The system is broken, we don't know how, so we will throw a human wrecking ball at the fog in the hopes that somehow that makes it better. That's a symptom of third order suffering. Striking out is a response. But it is not our response.

On Sunday we tell each other we can make the world a better place. When things don't improve that week, we repeat ourselves. What is our response, our faithful response, to this kind of suffering in the world? Religion is always concerned with understanding and alleviating suffering. What should our response be, as a church, to this particular kind of suffering? (...)

Ministry is an antidote for third order suffering, because rather than see value as economic, ministry sees value as intrinsic and connection as a need. (...)

Community Outreach Ministry Teams here at Unity, and all of them are, in different ways, courageous responses to third order suffering. In the midst of a diffuse and fragmented world, with anxieties rising and fog about who or what is to blame, these are groups of people who choose not to descent into nihilism and striking out at the fog, but to deepen their sense of ministry; to engage in connection, service, and lives of faith. (...)

We have tools in this community, we have hope in this place, we have courage to look straight at suffering in the world, see that it is still in need of improvement, and then we repeat ourselves and get to work.

Gifts for the Long-Term Future of Unity Church

Unity's Development Ministry Team

For many of us, Unity Church is a place that has shaped our values, supported our spirits, connected us in community, and inspired us to live lives of integrity, service, and joy. It's only natural to hope that our church, and the good it brings into the world, will continue long into the future.

One meaningful way to support that vision is through a planned gift to Unity Church. These gifts — of all types and sizes — help sustain our spiritual home and carry forward our values of wonder, open-hearted engagement, and courageous action.

Members of Unity's Heritage Society have put this hope into action through planned gifts that go beyond their annual pledges. These legacy gifts reflect a deep commitment to our culture of generosity and help ensure that Unity's mission continues for generations to come.

Joining the Heritage Society can be simpler than you might think:

- **You can name** Unity Church as a beneficiary of a retirement account, like an IRA or 401(k);
- **You can designate** Unity as the beneficiary of a life insurance policy;
- **You can include** Unity in your will or estate plan, with either a specific dollar amount or a percentage of your estate;
- **You can explore** ways to receive income now while still providing a gift to Unity later.

Whatever form it takes, your planned gift can help balance your financial security with your desire to make a lasting difference.

Honoring the Commitment

Today, nearly 150 Unity Church members and friends have informed us of their legacy commitments through planned gifts — an extraordinary testament to their deep connection to this community and desire to see a continuation of its powerful work within, among, and beyond.

Each year, we honor them at our Heritage Society Dinner. This year's event will take place on Saturday, June 7.

Planned giving is open to everyone. Each gift strengthens the foundation of our church and makes a lasting difference. If you're considering a planned gift or simply want to learn more, please contact Laura Park at laura@unityunitarian.org. We would be honored to welcome you into the Heritage Society.

Heritage Society Dinner

Unity's annual Heritage Society dinner will be held on Saturday, June 7, honoring nearly 150 members and friends who have made plans to include Unity in their future giving. These legacy gifts — of all sizes — reflect a deep commitment to our culture of generosity and help ensure that Unity's mission continues for generations to come.

Planned giving is open to everyone. Each gift strengthens the foundation of our church and makes a lasting difference. If you're considering a legacy gift or simply want to learn more, please reach out to Laura Park at laura@unityunitarian.org.



Fulfilling Our Promise

There are still openings at events offered for Unity's Fulfilling Our Promise fundraiser that was held in March. See page 9 for details about how to participate!



WELCOME WORDS | FELLOWSHIP GROUPS



Welcome Words

Philippa Anastos, Membership Coordinator and Program Assistant

As the seasons shift, we're reminded that change is both natural and beautiful. The arrival of new members echoes the new growth and fresh beginnings of spring. Each person who joins brings their own story, energy, and gifts, enriching the

fabric of who we are. Think back to your own first experiences at Unity Church; what have been the most surprising new beginnings for you since then? In what ways have you brought new perspectives, skills, and joys to the community?

Finding Yourself at Unity

Sundays 10:15 a.m. | Center Room | Childcare available

Join the repeating eight-session cycle at any time. Attend the sessions in any order, which include Unitarian Universalist History; Faith Formation for Children, Youth, and Adults; Congregational and Pastoral Care; Q & A with a Minister; Worship and the Liturgical Year; Social Justice and Community Outreach; Membership 101 and Congregational Life, and a Building Tour.

Watch our weekly email for class topics or contact Philippa Anastos, Membership Coordinator and Program Assistant, philippa@unityunitarian.org or 651-228-1456 x110.

Volunteer to Give Rides

We're looking for volunteers to give fellow community members rides to church. Your kindness and support will help others connect and participate. If you're able to assist, please consider volunteering! For more information, contact Philippa Anastos, Membership Coordinator and Program Assistant, philippa@unityunitarian.org or 651-228-1456 x110.

New Groups Now Forming

Parents of Teens

Many of the support structures that surround us when we have small children fade away as our children get older. If this isolation frustrates you, and you want to spend time with a group of parents sharing in the joy and struggle of raising teenagers, reach out to Gail Mulcahey at gtbmulcahey@gmail.com. We are still determining the best format and meeting time for this group!

Mid-adults Group

Middle adulthood brings a host of changes and challenges in all facets of life. How do we live our values as we navigate those changes? If you have been searching for a group that lies between the Young Adults Group and the retirement groups here at Unity Church, contact Tom Coffee at tomcoff@pm.me.

Fellowship Groups

Email Philippa Anastos at philippa@unityunitarian.org to get connected or visit unityunitarian.org/fellowship-groups.html.

Afterthoughts: Sundays, 10:15 a.m., Middle School Room 021, to discuss the service

Caregivers Support Group: third Thursday of the month at noon, Zoom

Evergreen Quilters: second Tuesday of the month, 7:00-9:00 p.m., Anderson Library, and fourth Saturday of the month, 10:00 a.m.-noon, off-site.

Families Living with Mental Health Challenges: third Saturday of each month, 9:30-11:30 a.m., Zoom

Living With Grief Group: third Tuesday of the month, 7:00-8:30 p.m., Zoom

LGBTQ+ Group: This group coordinates some of the LGBTQ+ programming with the congregation.

Men's Coffee Group: Wednesdays, 10:00 a.m., Center Room, for light-hearted conversation

Men's Conversation Group: Monday, May 12 and 26, 7:00-9:00 p.m., Zoom. Discuss a range of topics, offer support, and connect.

Men's Retirement Circle: Monday, May 5 and 19, 1:00-3:00 p.m., Robbins Parlor

New Look at the Bible meets the second Thursday of the month, 7:00 p.m., at Unity Church

Recovery from White Conditioning: Wednesdays, 6:00-7:00 p.m., Zoom

Textile Arts Group: first and third Friday of the month, 9:30-11:00 a.m., Crothers Room, bring your knitting, stitching, etc.

Unity Book Club: second Tuesday of the month, 7:00-8:30 p.m., Zoom. On May 13 the book is *Evicted* by Matthew Desmond.

Unity Gardeners: Join other Unity Gardeners and sign on for a few hours of weeding/watering during the summer. No experience necessary!

Women in Retirement: second and fourth Thursday of each month, 1:00-3:00 p.m., Center Room

Young Adult Group (ages 18-35): every other Wednesday at 7:10 p.m., Center Room

WELLSPRING WEDNESDAY

Wellspring Wednesday

A multigenerational weeknight at church!

- Dinner: 5:45 p.m.
- Chapel service: 6:45 p.m.
- Programming: 7:10 p.m. — childcare provided!

Details and Zoom links at unityunitarian.org/wellspring-wednesday.



May 7

Dinner: Bratwurst (and veggie dogs), potato salad, coleslaw, rice krispie treats

Death Café | Parish Hall

Come, eat cake, drink tea and discuss our mortality. Since its inception in 2010, the Death Café model has spread quickly to more than 90 countries across Europe, North America and Australasia. At a Death Café people drink tea, eat cake and discuss death. The aim is to increase awareness of death to help people make the most of their (finite) lives. It seems people have a lot to say about death, and enjoy engaging in these conversations with others.

What it is: A Death Café is a group directed discussion of death with no agenda, objectives or themes.

What it is not: A group focused on bereavement, grief support or a group counseling session.



Justice Learning Partners | Zoom: tinyurl.com/5suf5zbr

This program is an opportunity to acknowledge injustice and interrupt it with honest storytelling; a recognition that oppressive systems are inextricably linked. As MLK said, "Whatever affects one directly, affects all indirectly." This is but one step toward transforming ourselves into members of the beloved community, a.k.a. justice seeking people. We'll do this by highlighting useful books, podcasts, and videos, and learning from the groups that have been taking deep dives into the resources.

Parish Hall Artists | Art Room, lower level

Come see our current Parish Hall artists demonstrate their innovative processes of marbling and two-sided construction. See page 7 for information about the artists.

Hymn Sing | Robbins Parlor and Zoom

In 2021 Unity Choir members started meeting with Ahmed every few weeks on Zoom to sing and discuss the hymns in the Unitarian hymnal, *Singing the Living Tradition*. The group started with the first hymn, and is now nearly 200 hymns in! At each session group members sing the hymn, discuss its music, text, history, and theology, while also sharing personal reflections on the music and its meaning.

Young Adult Group (ages 18-35) | Center Room

Unity's Young Adult Group is a fun, reflective group of people working to build multi-faith and multicultural community. They come together to ask the questions that are consuming us, to practice sharing what is sacred, and to try to live consequential lives as we navigate the complexity of being an adult. To be added to the Young Adults email list, please email kp@unityunitarian.org.

Beginner Violin | Choir Room

Join Mayra Mendoza for beginning violin lessons appropriate for all ages. Email mayraquitzia@hotmail.com by 3:00 p.m. on Wednesday to ensure a lesson.

Wellspring Wednesday Summer Vacation

After May 7, Wellspring Wednesday goes on summer vacation. Dinner, chapel service, and programming return September 10.

Wellspring Wednesday Submit a Proposal

Is there a program or class you would like to see offered — or that you would like to offer — at a Wellspring Wednesday this fall?

Complete and submit our online Wellspring Wednesday class proposal form: unityunitarian.org/wellspring-wednesday.html.

CONGREGATIONAL LIFE

Calling All Gardeners

Wednesdays May 14 and 21 | 4:45-5:45 p.m.

Helpers of all ages are needed to get the Children's Garden up and running. We provide the tools and teach you what to do- no prior gardening experience needed! Dress for the weather, wear sturdy shoes and bring garden gloves.

Lectio Divina, Summer 2025

Is it poetry? Is it meditation? It's a bit of both — Lectio Divina! Come experience the alchemy that occurs through focused reflection on an inspirational text. Many people find Lectio Divina sessions to be a time of rejuvenation and insight. Led by Shelley Butler and Lisa Wersal; facilitated by your own heart. June through August, second Wednesdays, 7:10 p.m., via Zoom. Register once and attend as often as you are able: bit.ly/UnityLectio24-25.

Remembering the Fire



Did you miss the March display about the 1963 fire at Unity Church? No worries, we've created a slide show that is now posted on the [history page](#) of Unity's website.

If you were around at that time, we'd love to hear your stories. Please email archives@unityunitarian.org.

Archives Team: Pauline Eichten, Jason Kenley, Louise Merriam, Carol Miller, Betsy Moore, Deb Woodburn

Help Our Neighbors

Use the Parking Lot!

Do you know we have a church parking lot just south and east of the church? Our neighbors really appreciate it when you park in our lot at the corner of Portland and St. Albans, instead of on the street. Be a good neighbor: please use the lot!

Fulfilling Our Promise Fundraiser Events

These events are part of Unity's Fulfilling Our Promise fundraiser — and they still have openings! Advance purchase of tickets is required for *When Minnehaha Flowed with Whiskey*; tickets may be purchased at the door for the other two events. Thank you for your generous contributions!




Join Rev. Oscar & Family for Family Movie Saturday
A fundraiser for Unity Church
May 10, 2025 at 1:30pm
Robbins Parlor, Unity Church-Unitarian



FRESH 98%


When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. In Oscar's words, "So good. So funny. And can preach if needed." Rated PG-13.

Purchase your ticket at the door: \$10



"When Minnehaha Flowed with Whiskey"
with award-winning author **Karen E. Cooper**
A fundraiser for Unity Church
Thursday, May 22, 2025
7:00 p.m.


Purchase Tickets Now: \$30
Includes a cocktail true to the era, desserts, and a signed copy of the book.



To purchase tickets, use the QR code or go here: <https://bit.ly/minnewh>

Ms. Cooper's multimedia presentation of the lost history of Minnehaha Falls is a rollicking tale of greed & corruption, secret saloons, lawsuits, & plenty of whiskey.

Unity Church-Unitarian
733 Portland Ave.
St. Paul, MN 55104



A Musical Hangout with the Unity Band

An All Ages Music Concert & Sing-along Fundraiser
Sunday, June 1, 2025 at noon / \$10 at the door

At: Unity Church-Unitarian

The Unity Band is excited to play and sing for and WITH YOU, including favorites from our individual repertoires, and original songs.

Sing along lyrics provided.
Refreshments available.



CONGREGATIONAL CARE | UUSC TEAM

Congregational Care

Request Care

Do you have a concern or celebration you wish to have shared in the Embracing Meditation during Sunday worship? Would you like to request a call from the Minister or a helping hand or listening ear of a Care Team member? Use the form on this page or send an email to pastoralcare@unityunitarian.org. If you are experiencing an urgent need for pastoral support please call 651-300-9123.



Be a Helping Hand

Helping Hand provide valuable and rewarding specific and time-limited assistance with practical tasks including:

- Writing cards or emails to those mentioned in the Embracing Meditation
- Making or purchasing a meal to be delivered to a congregant
- Knitting a comfort shawl
- Walking a beloved dog for someone who temporarily cannot do that
- Helping with shopping or rides
- Assisting with memorials

Interested? Please email Rev. Lara Cowtan at lara@unityunitarian.org.

Join the Care Team

Our Care Team provides a vital way in which church members generously give and receive compassionate care to those in times of transition, sorrow and joy. Care Team members find participation to be spiritually enriching and they receive the ongoing development and support they need. Care team members are commissioned by the church and supervised by the Minister of Congregational Care. Interested? Please email Rev. Lara Cowtan at lara@unityunitarian.org.

Serving as a Care Team Lay Chaplain

The Minister of Congregational Care is responsible for primary pastoral care to congregants. Designated members of the Care Team serve as Lay Chaplains and support this ministry by providing shorter-term, interim, follow-up, or complementary visits. Lay Chaplains are specially trained and certified to provide advanced pastoral care, and their visits support people during difficult life situations. If you are interested in the Congregational Care Team, please send an email to pastoralcare@unityunitarian.org.

UUSC: Learn About Grassroots Solutions

Please consider joining a Unity group that's connecting with the Unitarian Universalist Service Committee (UUSC). If you believe the U.S. government is letting us down and you are asking what we can do, know that the UUSC is taking bold action. With their national and international grassroots partners, the UUSC works to protect human rights and expand freedoms for all.



The UUSC's foundation is built on the extraordinary risks Rev. Waitstill and Martha Sharp took in 1939 to help refugees escape Nazi persecution in Europe.



To learn more about the UUSC and the Sharps, please join Oscar, Lara and the UUSC Team in Parish Hall on Friday, May 16, at 6:00 p.m. to view the documentary, *Defying the Nazis: The Sharp War*. There will be a visit from the Sharps' grandson, Artemis Joukowsky via Zoom (and some treats, too)!

More about the UUSC:

When resources that alleviate poverty, disease and other human needs have been cut, UUSC is prepared to act with innovative, community-led solutions. For example, in Haiti, funding from the UUSC supports grassroots groups that give small farmers and factory workers access to ways to bolster food production, promote fair labor laws and improve working conditions.

When the Unity Church congregation is involved with UUSC, we join a network with others to confront the human rights challenges of today. We'll build a better tomorrow for all, as together we focus on these goals:

- Strengthening protections for people in **migration** through legal advocacy, mutual aid, and sanctuary networks.
- Ensuring rights for **trans and gender-diverse people** with access to healthcare, legal protections, and safe spaces.
- Expanding **civil society's power** to organize against authoritarian restrictions.
- Defending **international human rights** institutions from U.S. government interference and defunding.
- Advancing **climate justice** by resisting policies that fuel environmental harm.

Unity's UUSC Team is Clover Earl, Tom Zell, Krista Hason and Marty Rossmann. They are looking forward to joining hands for human rights with you!



Live Poetry, Live Music, Live History

Shelley Butler, Library-Bookstall Team

May is a busy month for live events — come and enjoy!

Café Unity is Friday, May 2; doors open at 6:45, program starts at 7:00 p.m. There will be poetry and story read live, singing, musical duo, and original music this year! Plus, an array of snacks, dips, and homemade treats to go with coffee, tea, wine, and a non-alcoholic beverages. This is sponsored by the Library-Bookstall Team (LBT) to say, “Thank You,” for your support all year. Proceeds from your purchases at the Bookstall make up our budget, and allow us to purchase books for the library, book reads, and hold special events, like Café Unity. Join by Zoom at bit.ly/cafeunity25.

Minnesota poet John Krumberger will read from his new book, *When I Was King* at Unity Church on Wednesday, May 21, at 7:00 pm. It is dedicated to his late wife. Poems are about unexpected loss, during a time in American life rife with dishonest and brutality, but also about compassion, love of beauty, and the bright light shining on the other side of darkness.

Do join us for a special multimedia presentation of *When Minnehaha Flowed with Whiskey: A Spirited History of the Falls* by author Karen E. Cooper on Thursday, May 22, at 7:00 p.m. I have loved Minnehaha Falls as long as I’ve been alive, but didn’t know that it had been privately owned, that shady operators set up hotels and concessions that led to drinking, carousing, sideshows, greed, corruption, secret saloons, and “unescorted women.” Did you? Come hear the whole astonishing story! As a fundraiser for Unity Church, tickets are \$30, and come with a signed copy of the book, and a whiskey-themed drink and dessert — sure to be a rollicking fascinating and good time! Advance tickets are available: scan the QR code or visit <https://bit.ly/minnewh>.

All events will be in the Parish Hall of Unity Church.

In The Justice Database

bit.ly/JusticeData

Unitarian Universalists for Social Justice (UUSJ) works to make our government more fair and inclusive through direct action, action alerts, workshops and webinars, and witnessing activities. Several of the current action alerts have to do with stopping ICE, protecting immigrants, and ending ICE violation of protected spaces, like our church.



Beyond the Brush: A Kaleidoscope of Creativity

Unity’s Art Team offers a spring exhibition featuring work by local artist Bob Nonnemacher and local artist collective Midwest Marbling. These creators employ innovative approaches in their work with paint and canvas. Our exhibit “Beyond the Brush: A Kaleidoscope of Creativity” transforms the Parish Hall into a cacophony of vibrant color, captivating geometries, fascinating patterns and lively energy.

Examine the art closely, consider the undulating patterns of the marbling, the multitude of shapes within shapes in Nonnemacher’s creations. Let your imagination journey through this kaleidoscope. We hope this exhibit sparks many conversations about creativity. The exhibition will run from May 1 through June 30. Be sure to view the pieces in the Eliot Wing West Hallway.

Save the Date: The Art Team will host a Wellspring Wednesday program on May 7. Come see our artists demonstrate their innovative processes of marbling and two-sided construction. The workshop will be in the Unity Church Art Room (lower level) from 7:00- 8:30 p.m.

Midwest Marbling

Midwest Marbling is a collective of artists dedicated to advancing the art of marbling through education, community, and creative expression. What began as an informal gathering has grown into a passionate group committed to both preserving traditional techniques and exploring new, modern interpretations. This exhibition showcases the beauty and versatility of marbling — from classic patterns to contemporary designs. “As artists, we are inspired by marbling’s rich history and united by a desire to see it thrive in the 21st century. We hope our work sparks curiosity and encourages others to explore this unique and captivating art form.”



Bob Nonnemacher

The true power of Bob Nonnemacher’s “constructions” lies in his methodical process, historic connotation, and color theory. “My intricate and dynamic artworks are born from a fusion of bold lines and geometric shapes. Each piece is carefully composed with a focus on achieving a sense of balance and harmony through the arrangement of shapes in terms of size, color, and form. I find fulfillment in the visual appeal generated when the interaction of simple shapes, whether individually or in combination, results in a captivating aesthetic that brings the painting to life with its unique essence.”



COMMUNITY OUTREACH MINISTRY

Evergreen Quilters Sale

May the 4th Be With You

Come see what Evergreen Quilters have designed and made especially for this sale (think Mother's Day and teacher gifts!): runners, placemats, mug-mats, and pillowcases to brighten your loved-one's home. You'll also find wardrobe accessories including scarves, tote bags, and zippered bags.

This spring sale is Sunday, May 4, only, after services in Parish Hall. Credit cards are accepted, cash and check are preferred. All proceeds benefit the community partners of Unity's Evergreen Quilters: Hallie Q. Brown food shelf, Project Home shelter for families, Jeremiah Transitional Housing Program, and Star House Crisis Nursery. Thank you for your support!

A Big Thank You!



Many thanks to everyone who made the small kitchen and household items collection a huge success. On three Saturdays in March and April we collected clean, gently used or new items. We delivered eight vehicles full of collected items to Project Home at Provincial House. The staff is "eternally grateful" for our contributions (pictured here is one load). We hope to continue with the collection at various times of the year. Watch for more information about it.

Hallie Q. Brown: Good News

For the month of March, we collected 306 pounds of food for Hallie Q. Brown food shelf. Minnesota FoodShare matched all donations so Hallie Q. received 612 pounds! Also, all financial donations were matched. Great job! Thank you very much.



May food shelf needs include salsa, dry pinto and black beans, syrup, pancake mix, boxed mac and cheese, and canned sardines. Food shelf financial contributions are accepted at hallieqbrown.charityproud.org/donate.

Movie Night

Buy Now: The Shopping Conspiracy

Friday, May 9 | 6:00 p.m. | Robbins Parlor



Unity's Act for the Earth Team is hosting a movie night (pizza dinner included)! *Buy Now: The Shopping Conspiracy* (2024) is a subversive documentary that unpacks the tricks brands use to keep their customers consuming — and the real impact they have on our lives and the world. We'll pause about halfway through the movie for food. Movie runs 84 minutes, TV-14.

Eco-Fair on Summit

Saturday, May 17 | 1:00-4:00 p.m.

House of Hope parking lot on Portland Avenue

It isn't easy being green — unless you visit the Eco Fair on Summit! The one-stop shop for leading a more sustainable life.

Unity Church has joined a unique, interfaith partnership of six congregations on, or near, Summit Avenue to host the first-ever Eco-Fair on Summit, with support from Minnesota Interfaith Power & Light.



The fair will feature engaging, interactive activities including an EV showroom, green technology for the home, environmental advocacy and much more.

The family-friendly fair includes an on site Red Balloon bookstore, and the opportunity to check out the St. Paul Fire Department's fully electric fire truck and an electric bus from Metro Transit. Children are invited to bring their bicycles to the kid's bike rodeo. Patagonia will be there with their mobile repair shop and Evergreen Collective will be selling sustainable products for your home.

More than a dozen electric cars and their owners will be present to share their experiences about going electric. Several dealerships will also be present to offer test drives. Attendees can sample delicious plant-based food truck fare and the newest non-alcoholic beers from Summit Brewing.

The Fair is receiving support from Bank of America/Merrill Lynch; Apadana Solar; Mairs & Powers; Modern Heating & Air; Sovran; GS Motors; Patagonia on Grand; and Summit Brewing.

Visit: [Eco Fair on Summit - Minnesota Interfaith Power & Light](http://EcoFaironSummit-MinnesotaInterfaithPower&Light)

COMMUNITY OUTREACH MINISTRY

Gun Violence Prevention Team

Bob Albrecht, Gun Violence Prevention Team

The following are among matters about which Unity's Gun Violence Prevention Team would like our church friends to be ever aware:

- Gun violence is the second leading cause of death of all children and youth across the United States.
- Gun violence is the leading cause of death among African American males ages 15-34. It is the second leading cause of death for Latino males in the same age group.
- An average of 5,790 children in the United States receive emergency room treatment for gun related injuries each year.
- Toddlers with guns kill more Americans than foreign terrorists do.
- The direct cost of gun violence in Minnesota is \$764 million per year. That includes health care costs (\$32 million), law enforcement and criminal justice expenses (\$31 million), employer costs (\$4.5 million), and lost income (\$696 million). And the reduced quality of life attributable to pain and suffering comes at a considerable cost.
- Each gun death averages about \$6 million in total costs.
- Gun violence costs America \$229 billion or \$700 per American per year.

This information was gathered among considerable other statistics by our partner organization Protect Minnesota.

We welcome you to join your voice with ours in the critical work of gun violence prevention! Our team meets every other third Thursday, between 3:30 and 4:30 p.m. Our next gathering will be at church on May 15.

Movie Night

El Regalo de la Pachamama

The Mano a Mano and Indigenous Justice Community Outreach Ministry Teams are co-sponsoring the viewing of *El Regalo de la Pachamama* (The gift of Pachamama — that is, Mother Earth) on Friday, May 30, at 7:00 p.m., in Robbins Parlor. It is a beautifully photographed film from 2008 about Indigenous people who chop up bricks of salt from the salt flats in Bolivia where they live; once a year they load all of it on llamas and head up into the mountains where they barter it for food and other products (it's a six-month journey!). The film follows a father and his son as they make that trip. The film is mostly in *Quechua* (the language of the Incas) with bits of Spanish — and with English subtitles. It captures a way of life that is vanishing as trucks and a money economy become more common.



Housing Justice Team

Dayna Kennedy, Housing Justice Team



Help Unity Build with Habitat for Humanity

Unity's Housing Justice Team is co-sponsoring our annual home construction work week, June 2-6 in Roseville. This year, we'll work on a "deep remodel" of an existing home. This strategy adds to the general inventory of affordable homes in the area for Habitat clients. *All* skill levels are needed! If you've helped before, we hope you will again. If you're new, we welcome you. You'll also learn about home building and how Habitat contributes to stable housing in our community. You can volunteer for one day or multiple days. Look for sign-up tables in Parish Hall in May. We hope you will join us! Questions? Contact Unity Church member Chuck Griggs at griggscb@msn.com.

Be a Weekend Warrior

We're looking for groups of 3-6 adults to participate in weekend meal teams at Provincial House in Saint Paul. Volunteers help serve meals, visit with guests, and clean up. For details and to sign up visit bit.ly/ucuph. Questions? Email Donna Franklin at dfranklin@interfaithaction.org.

Asylum and Faithful Hospitality

Families seeking asylum in our community face an overflow in emergency shelters. Born out of this need, the Faithful Hospitality initiative partners with local houses of worship to provide shelter for these families. Want to learn more? Please contact Annessa Ihde at aihde@interfaithaction.org.

MUUSJA

Connecting Unitarian Universalists and allies to help shape a just and loving world. muusja.org



MINISTRY WITH CHILDREN AND YOUTH



Ritual and Spontaneity

Nelson Moroukian
Religious Education Program Assistant

Each spring when the ground thaws and the colors of life emerge from their hibernation, we familiarize ourselves with the dirt once again. With care and intention, we fill our garden beds with earth, watering and turning it, planting the seeds of new life. The ritual of our tending to earth in such specific ways, with such clear care and intention, may be one of the oldest we know. It's a ritual we hold closely to here, as we learn, or perhaps remember, year by year, our forgotten intimacy with the earth.

I remember a moment last summer out in the Unity garden, glancing around at the dozen or so faces seated beneath the sagging canopy of the greenspace tent, watching as we all savored our first bites of homegrown sweet and juicy cherry tomatoes and fresh basil, picked from the garden just moments ago. It wasn't a planned part of the day's activity, but had emerged from getting our hands deep into the cherry-tomato vines to look closely at how they were doing. We held our little red-orange gems with care, and ate them the same way, with the same kind of savoring you do when you take your first bite of dessert. All the months of Sundays spent in the garden, learning about, tending to and caring for each and every plant, were in that first bite. You know this well if you've grown food yourself — the taste of all your care, time spent under the sun getting to know the dirt.

It's in these scripted-but-unscripted moments, when we share in revelation at the taste of a tomato, or when we extend presence and compassion to one another through sharing the true and meaningful moments of our lives, that we touch on what it means for us to be doing this practice of community here, at church. Each Sunday we are held by the knowledge of our rituals — lighting of the chalice, sharing our joys and sorrows, singing our beloved songs — and we find the stability to wander a little, to stretch our worldview, and ask the questions that live in the deeper places in us. While these rituals hold us with their platform of memorability and routine, the spontaneity of children teaches us to be present. Their ever moving presence reminds us that sacred moments don't arrive on cue — but when we are grounded in these abiding traditions, we create space for them to emerge.

I believe that children are creatures of ritual and spontaneity, with their enthusiasm for sharing in our practices together, and (in true Unitarian fashion), their often-insightful suggestions for how they could be improved. We are a tradition of seekers, drawn to questions as much as to answers. Children have the exceptional gift of holding so many questions, ideas, and new ways of thinking. So, as we move into this season of emergence, let us re-familiarize ourselves with the life below our eye-level, just as we do each spring with the life beneath our feet. In this community that strives to live our faith through right relationship, let us remember to invite our children and youth to companion us through these rituals that shape our lives, with all of their chaos and beautiful spontaneity.



Chalice Camp Registration now open!

Week 1: July 7-11

Week 2: July 14-18

Chalice Camp is offered Monday-Friday, 8:30 a.m.-5:30 p.m., for children and youth ages 5-13.

Campers going into 7th or 8th grade will be part of our senior camper program. If your child would like to serve as a camp counselor, please email nelson@unityunitarian.org.

Campers will explore Unitarian Universalism through varied and engaging activities, everything from puppet shows to field games. Campers will get to participate in traditional camp activities, arts and crafts and lots of outdoor play time.

Details and registration are online at unityunitarian.org/chalice-camp.

Childcare for Church Events

To request childcare for a church event, please complete the online form at least one week in advance: unityunitarian.org/childcare-request-form.html. Unity's Nursery Coordinator will contact you to confirm the reservation.

commUNITY is the monthly newsletter of Unity Church. Deadlines are the 15th of each month. Mailed subscriptions are available by contacting Martha Tilton at the church office: martha@unityunitarian.org, 651-228-1456 x105.

MUSIC MINISTRY



Music Notes

Ahmed Anzaldúa
Director of Music Ministries

Arthur Foote Music Sunday at Unity Church is a worship service that centers music. Music is the principal spiritual practice for many in our congregation, and in this yearly service I do my best to honor this dimension of the Music Ministry. Although I give off the impression that there is a master plan to the music programming at Unity Church, the truth is that things evolve throughout the year. I started last summer with a big collection of music for the choirs that throughout the year we've explored and journeyed with; some of the music nearly broke us, some went unrehearsed or unperformed, and some left a lasting impression.

When I first conceived of this musical worship service, it was meant to be a meditation on the natural world and the elements — their beauty, mystery, and power. This is exemplified by works like *Prado Verde y Florido* by Francisco Guerrero, a sunny evocation of a green and flowering meadow from the Spanish Renaissance. The final movement of Argentine Osvaldo Golijov's *Oceana*, in contrast, submerges us into the depths of the ocean, capturing the sea's shadowy mystery.

As the worship service took shape, a theme of praise began to emerge. Nature's beauty calls not just for reflection, but for rejoicing. Brazilian composer Ernani Aguiar's rhythmic, electrifying *Alleluia* and the final movement of Johann Sebastian Bach's motet *Singet dem Herrn ein neues Lied* (BWV 225), a masterwork of the German Baroque, are both exuberant and call us to take joy in creation.

Over time, I have come to understand that this service was missing a piece. Awe and gratitude are essential, but they must lead somewhere. To witness creation — its beauty and its brokenness — is also to feel the call to action. The world we inherit is not the world we must accept. This is encapsulated perfectly in a line of *All of Us*, the final movement of Minnesotan composer Craig Hella Johnson's *Considering Matthew Shepard*: "This evergreen, this heart, this soul, now moves us to remake our world." From there, the program expanded to include *We Shall Overcome, Resilience* by Saint Paul's own Abbie Betinis and the powerful anthem *Say Her Name* by Baltimore-based composer Alysia Lee.

My hope for this Arthur Foote Sunday worship service is that it will challenge us to hold beauty and brokenness in the same breath, and to let both move us: to listen, to sing, and most importantly: to act. Music is not only a mirror for the world as it is, but a force to imagine the world as it could be.

Border CrosSing May Events

Tickets and information at bordercrossingmn.org.

Mother's Day Community Sing

Saturday, May 3 | 11:00 a.m. | University Baptist Church
Share in great singing, community, coffee, and Mexican pastries! The event is free and open to the public. Led by director Natalia Romero Arbeláez, Border CrosSing's Heritage Choir will perform, and we will have special guests performers from Border CrosSing's Education Outreach ensemble and mariachis!

Artist Recital

Sunday, May 11 | 1:00 p.m. | Church of the Ascension
The Dream Songs Project singer Alyssa Anderson and guitarist Joseph Spoelstra will present a new work by Jonathan Posthuma, "El poeta y el minotauro: Tres poemas de Crisantemos de Ana Rosa Núñez" in the sanctuary following mass.

Border CrosSing Concerts

Friday, May 30 | 7:00 p.m. | Church of the Ascension
Saturday May 31 | 7:00 p.m. | Academia Cesar Chavez
Join Border CrosSing for the final concert of their 2024-2025 season: the regional premiere of *Réquiem Osún*, by Cuban composer Calixto Álvarez, in its entirety. This work is a Requiem Mass that brings together the Christian Requiem for the Dead in Latin with prayers to the Orishas in Yoruba and other West African indigenous languages.

One Voice Mixed Chorus Presents

Weather: Stand the Storm Concert

Saturday, May 24 | 6:30 p.m. | Ted Mann Concert Hall
Tickets and details: onevoicemn.org

This is a program acknowledging/commemorating the 5th anniversary of the death of George Floyd on May 25, 2020. It is a collaboration between One Voice Mixed Chorus, Singing City, VocalEssence Singers of This Age, Elevate Vocal Arts & Elevation Ensemble.

This project is the Minnesota premiere of Dr. Rollo Dilworth's work "Weather," a setting of Claudia Rankine's poem "Weather" published in the *New York Times* following the public execution of George Floyd. Featuring four Black choral leaders dedicated to pioneering new visions of social justice through artistry, the project will provide opportunities to support local BIPOC organizations and businesses, as well as lectures and interactive sessions — initiatives for renewed action and support of the local BIPOC and queer community.





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

Rev. Dr. Oscar Sinclair, Senior Minister
Rev. KP Hong, Minister of Faith Formation
Laura Park, Executive Director
Mary Baremore, Chair, Board of Trustees

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**TIME SENSITIVE
MATERIAL**

Cafe Unity
17th Annual Coffeehouse

featuring the literary and musical talent of Unity Church

Friday, May 2, 2025

doors open at 6:45pm / program starts at 7:00pm

Come enjoy a celebration of
original writing, great music,
refreshments, and fellowship.

Free!

Sponsored by the Unity Library-Bookstall Team.





UUA General Assembly

Baltimore, MD

June 18-22, 2025

UUA.ORG/GA

General Assembly (GA) is the annual meeting of the Unitarian Universalist Association (UUA), where participants gather to worship, witness, learn, connect, and make policy decisions for the Association through a democratic process. Serve as a delegate! Email Laura Park at laura@unityunitarian.org.

Foote Music Sunday, May 4, 2025

9:00 and 11:15 a.m.

Unity Choir | Unity Singers | Women's Ensemble | Youth Choir | Children's Choir