

Pilgrimage

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

Ever since reporters told us that dolphins use language, bees dance, crows make tools, and gorillas watch the sunset, human beings have been losing our distinction. For some reason, we like to define precisely what makes us human, what distinguishes humanity from anybody else.

Could we be the species that longs, in the words of Rabbi Sholo Carlebach, to “return to the Land of our Soul...where we are born and reborn again”?

Feeling this longing myself, I’ve followed the recent news about pilgrimages.

The annual Haj pilgrimage undertaken by Muslims during Eid Al-Adha might be the most famous:

Pilgrims converged on Mina valley... for the stoning of the devil ritual, the final stage of the annual Haj pilgrimage... An endless torrent of pilgrims, dressed in the ihram, a two-piece seamless white garment, cried ‘Allahu akbar’ (God is the greatest) as they hurled pebbles they had collected overnight at nearby Muzdalifah at concrete pillars representing the devil.

— Arab News, October 18, 2013

Maybe equally famous in the Western world are pilgrimages by Christians to apparitions of Mary:

Through the ages, countless number of believers have claimed to make supernatural contact with the Mother of God. In fact, more people say they have seen her in the last century than at any other time in history.

— ABC News, July 13, 2013

Many Buddhists are also inclined toward pilgrimage, visiting key sites in

the life of the Buddha:

Nepal and India have agreed to join forces in promoting major Buddhist religious sites located in their two countries... While the birthplace of the Lord Buddha is in Nepal, the places where he obtained enlightenment (Bodh Gaya), gave his first sermon (Sarnath), and breathed his last breath (Kusinagar) lie in modern-day Indian states...

— Khabar South Asia, February 9, 2013

Additionally, a number of Native American peoples on the west coast complete an annual pilgrimage to sacred sites:

The 17th annual pilgrimage of the Gabrielino/Tongva and Juaneno/Acjachemen people will take place Saturday... Ceremonies and reburials have taken place at Panhe, and the gathering Saturday will pray for its continued protection... Ancient burial grounds and thousands of artifacts were discovered on the sacred site in Huntington Beach, where developers have locked horns with Native Americans over the years.

— Long Beach Press Telegram,
October 3, 2013

Likewise, the Unitarian Universalist (UU) College of Social Justice invites UUs to participate in the Living Legacy Pilgrimage, which includes historic sites and living accounts of civil rights events.

Interestingly, the inclination toward pilgrimage can be so strong that secular events come to be imbued with sacred language:

Elvis Presley fans from around

the world made their annual pilgrimage to Graceland yesterday to pay their respects to the rock ‘n’ roll icon with a solemn candlelight vigil on the 36th anniversary of his death... Rodrigo Gandarillas, a native Chilean who now lives in Houston, is on his second visit to Graceland. An Elvis tribute artist himself, the 39-year-old Gandarillas said the vigil is a way to give thanks for the enjoyment Presley has given him... “The thing that impacts me the most about the vigil is the large amount of people from different countries, different races, and different languages who understand ‘the King’s’ musical message,” Gandarillas said.

— New.com.au, August 17, 2013

Considering this predilection toward pilgrimage, I have to ask myself, *Have I ever been on a pilgrimage?* In Decatur, Illinois, where all my grandparents once lived, there’s a place called Mini-Graceland, close to the curb and ornately designed by a local Elvis enthusiast. While I’ve happened past Mini-Graceland many times, these casual strolls probably don’t signify a pilgrimage.

What comes to mind, also in Decatur, is Trueblood Memorial United Methodist Church. The name itself enchants me; if I ever get to participate in naming a church, I’m afraid my congregation will have to contend with “Trueblood Memorial UU Church” on the ballot.

At Trueblood, my maternal grandparents served as minister and minister’s wife; at Trueblood, my paternal grandparents participated as faithful members; at Trueblood, {continued on page 11}

Just Words



Unity Church's high school juniors on pilgrimage in Boston.

I accidentally overheard a conversation this past week. It went something like, "My religion? Oh, it means you can believe whatever you want to believe." A shudder ran through my body. I almost ran up and interrupted the seemingly private conversation between a member of our congregation and a curious friend talking about Unitarian Universalism. Throughout my life as a Unitarian and then a Unitarian Universalist, I have often heard this explanation of our liberal non-creedal faith. Though it breaks my heart now to hear it, I understand the impulse. It can be difficult to explain Unitarian Universalism to strangers to our faith. And for years it was the definition that I offered to questioning people about the religion I claimed as my own.

Having just returned from a heritage pilgrimage to Boston with many of our high school juniors, Drew Danielson (our Coordinator of Youth and Campus Ministry), and K.P. Hong (our Director of Religious Education), I know that our faith does stand for something. It does mean something. I hope that the youth now understand this as well. Grounded in Judeo-Christian heritage and story, it grows, nourished from its beginnings. Like a grand old oak tree, we keep growing and branching out, dependent on this strong foundation. Throughout our journey, we kept highlighting the emergence and growth of a new branching idea that further differentiated our faith from others. As the story of our country began, so began the story of our very American faith, intertwined with concepts of freedom, dignity, and action in the name of higher values.

We began in Plymouth, where we talked with engaging "re-enactors" who were clearly threatened by the religious freedom they had encountered in Holland, and were determined to wipe out its corrupting influence. "Why is religious freedom such a threat?" One of our youth asked. The reply? "Once you give people freedom, there is no limit to what they will do." This reflection of the view that humanity is flawed and corrupted was of course was countered by the positive view of our religious ancestors who believed that a seed of divinity resided in every human being.

It is tempting to walk you through every "branching" moment we encountered on our pilgrimage. We "branched" over our views of human nature and we "branched" over the importance of this life rather than the afterlife. We branched out creating a new faith, a faith of meaning and purpose.

I was inspired by our incredible youth who walked endless miles through the streets of Boston, serene cemeteries, and around Walden Pond. They asked questions, listened most of the time, and integrated the story of our faith into their own lives and narrative. It was a blessing to be with them.

— Janne Eller-Isaacs

From this House to the World 2014 Pledge Drive

What does this house bring to you? What do you carry with you and give to the world from this house? Many of you answered with your 2014 Operating pledge this October, and we are very near our goal.

Thank you!

If you are active in the church and have not yet made a contribution, your pledge is still needed. Contributions of all amounts are welcome!

Pledge online today at www.unityunitarian.org or contact Barbara Hubbard by email at barbarah@unityunitarian.org or by phone at 651-228-1456 x116.



NOVEMBER WORSHIP CALENDAR

November Worship Calendar

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Sermon podcasts and archives are available online at www.unityunitarian.org.

November 3

I Was a Stranger — Rev. Rob Eller-Isaacs

Matthew 25 reads in part, "I was a stranger and you welcomed me." Jesus taught that welcoming strangers is an essential aspect of the religious life. Immigration and even exile can take on qualities of pilgrimage particularly when there are moments of true hospitality along the road. Rob will be joined by worship associates Joan and Segundo Velasquez. Please bring pictures and other tokens of those you've loved and lost for the Dia de los Muertos altar.

November 10

Seeing Venus by Day — Rev. Karen Hering

Ancient navigational maps and records suggest that some sailors long ago developed the ability to see Venus by day. What capacity of vision do we need now to navigate the challenging waters of our own times? Karen will draw from her new book, *Writing to Wake the Soul*, and will be joined by worship associate Kate Conners in exploring how "pilgrim eyes" can help us see the world — and ourselves — with fresh perspective as well as age-old wisdom.

November 17

Destination: Walden Pond — Rev. Janne Eller-Isaacs

Every year, as an essential stop on the Unitarian Universalist heritage youth pilgrimage, we travel to Walden Pond. The youth sit in the outlines of the ruins of Henry David Thoreau's cabin where he retreated to "live deliberately." As other religions have their pilgrimage sites, we have Walden Pond. Janne and worship associate Phil Lowry will explore why it might be considered our Mecca.

November 24

Family Thanksgiving Service

The Christian mystic St. John Chrysostom once said, "It is not enough to leave Egypt, one must also enter the Promised Land." The myth of the meal the so-called Plimouth Pilgrims shared with the Wampanoag people though an almost complete fabrication still provides a worthwhile metaphor of what it means to gather at God's table. Those of us who have made the pilgrimage to the Unitarian homelands know just how that feels. On this Sunday, the Unity Church family of families will gather for our annual Thanksgiving partner church celebration.

November 24 is a Family Sunday and children will experience the entire service together with their families in the Sanctuary. A children's message and activity books related to the stories and sermon help children to engage in the experience of worship. The nursery will be open for children under three years of age.

November 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 the chosen community non-profit recipient. Please make checks payable to Unity Church.

November 3: Project HOPE

Homeless Outreach Prevention and Education

Project HOPE, a special project of Southern Minnesota Regional Legal Services, Inc. (SMRLS), provides legal services to low income families with children in danger of losing their homes. The Project has prevented homelessness for about 240-340 households per year since 1995. Due to the tight housing market this year (rents are increasing), slow recovery of jobs (particularly for low income people), and with the sequester of federal funding, the problem has become acute. County emergency assistance funds have been depleted two months early this year. It is likely that at least 3-6 families will be helped from this offering. Unity Church member and attorney Martha Eaves created Project HOPE at SMRLS and served as its director until her retirement this past summer. Many other attorneys attending Unity Church are strong supporters of SMRLS.

November 10: MACV

Minnesota Assistance Council for Veterans

MACV is a non-profit dedicated to helping Minnesota veterans by providing assistance to positively motivated veterans and their families who are homeless or experiencing some other life crisis. These programs support self-sufficiency in key areas of housing, employment and civil legal services for all veterans. MACV addresses the gaps in services that the Veterans Association and other government agencies are unable to cover.

November 17: SPIN

Saint Paul Interfaith Network

SPIN is an informal network hosted by the Saint Paul Area Council of Churches. SPIN is a member of the North American Interfaith Network (NAIN) and the Twin Cities Interfaith Network. SPIN values interfaith dialogue and networking as well dialogue within faith traditions on ways to build relationships and understanding across lines of different religious traditions, theologies and values.

November 24: Partner Church Sunday

This offering will be used by the Partner Church Outreach Ministry Team to subsidize travel expenses for Unity Church members and members of our partner church community in Homorodzsentpeter, Transylvania, so that our relationships can continue to grow. The funds also support the village in its efforts to build community. Offerings in past years have helped build a doctor's office and a community room, and have purchased a van for the village.

**Daylight Saving Time Ends: Set your clocks back!
Sunday, November 3, at 2:00 a.m.**

BOARD OF TRUSTEES / BOARD NOMINEES

Board of Trustees

From Marg Walker, Chair



When I was a young mother, telling stories to my son was a source of great intimacy and pleasure. Stories helped him interpret the world and learn ways that ordinary people (and standard woodland creatures) could solve problems and help one another. He often played a lead role in the stories, a potent and inventive protagonist who exercised powers from the magical to the mundane. I told many, many stories, and I mean every day. He asked for them constantly. Once I was especially tired and said that I didn't have any. But he countered, "Let's look in your backpack." He reached around behind me and drew out an invisible story from my invisible backpack. "Here's one," he said. "Tell it, please."

Sometimes we don't recognize the gifts we have to offer one another. They go undiscovered until we're asked.

I got to thinking about this during the summer. The board was preparing to select next year's officers and search for new trustees and Anti-Racism Leadership Team members, work that is now completed. What were we looking for? I knew it was neither magical nor mundane. More than a set of skills; less than heroism. In this church we've been talking a lot about how courage and vulnerability are linked, and I thought, yes, those qualities would be a good start.

The Unitarian Universalist Association website took us deeper. Its "Working Model for Leadership Development and Formation" (www.uua.org/governance/leadership/index.shtml) helped the board frame our search. The model names skills such as communications, change management, and mentoring. It identifies "sensibilities," the lenses that leaders can develop in order to get a big picture view of things: multicultural, generational, and systems sensibilities. And there are qualities of self-awareness. Being spiritually grounded. Having emotional intelligence. Embodying faithfulness to core UU values.

The good news is that while no one brings all those skills and sensibilities, together we can make a pretty good team. This church is filled with members and volunteers who make things work and get things done, even if they don't think of themselves as Leaders with a capital "L." Over and over in our recruiting and interviewing process, we heard personal stories of commitment, passion, and readiness to take on challenges. In the end, we had more people we wanted to choose than we had positions to offer. That's a wonderful dilemma.

I offer my thanks to all who will serve this church as leaders for 2014 and beyond — whether in formal roles or through their everyday, quiet competence and dedication. And let this serve as an invitation for you, gentle reader, to consider your own dispositions, your passions, your talents.

What's your leadership story?

What's in your leadership backpack?

Board Nominees

The election for the board of trustees will be held at the Annual Meeting of the Congregation on Saturday, November 16.



Ginny Allen found Unitarian-Universalism in college and has been joyfully active in UU churches since then. She and her family (husband Craig, son Nick, and daughter Katherine) joined Unity Church in 2000, and for the last 13 years Unity has been at the center of their spiritual, social, and service lives. Ginny loves working with Unity's amazing ministerial interns and has served on many Ministerial Internship Support Teams. She enjoys participating on Welcome Teams and was a covenant group leader for seven years. In 2010 she chaired one of the key committees for the Unitarian Universalist Association General Assembly that was held in Minneapolis. In her professional life, she works as a developer analyst at a newspaper software company in Roseville. Ginny and Craig live in Falcon Heights and are recent empty nesters; Nick graduated from college in May and Katherine began at Haverford College in Pennsylvania this fall.



Hal Freshley has been gradually getting to know more and more people at Unity Church over the 15 years since he was invited by a friend to explore singing in Unity's adult choir. Since then, he has found many opportunities for engagement (and joy!) at Unity Church: as a Worship Associate, in covenant groups, on pilgrimage to Transylvania and Boston, and being part of Unity's Pastoral Care Team. Before his retirement, Hal was a teacher, a researcher, and a planner — and usually a mix of all three. He retired in 2011 from the Minnesota Department of Human Services, Aging and Adult Services. He lives in the Dayton's Bluff neighborhood of St. Paul with his dog, Beechum.



Peggy Lin has been around Unity Church since she was age seven and has done and seen lots along the way! Highlights include marriage to her husband Harrison in 1998, service as a member of the Ministerial Search Team in 2000, the dedication of all three of her daughters (Ellie in 2002, Hattie in 2004 and Josie in 2006), lots of religious education teaching roles, great fun and work on the Unity Children's Musical, service on the Capital Campaign team and lately singing in the Women's Ensemble. Peggy is an employee benefits lawyer by profession and lives in St. Paul. Peggy is delighted to have the opportunity to serve the congregation of Unity Church as a trustee in the hopes that her service might help Unity stay strong for many decades to come.

MINISTERIAL INTERNS

Jennifer Nordstrom

2013-14 Hallman Ministerial Intern



On Pilgrimage

I have had the privilege of being able to travel a great deal in my life. Each time I go someplace new, my mind is shocked off its usual tracks and starts paying attention in a different way. I notice things I don't usually notice — people's mannerisms, different kinds of plants on the side of the road, a bird overhead. I see the place with "pilgrim's eyes," eyes that notice detail, pattern, and movement. They take in perceptions without automatically assigning them a label. Because the information is all new, my pilgrim's eyes experience things as they are, rather than categorizing them according to routine.

This quality of attention helps me see myself in a different way as well. Outside my usual context, I can notice my own patterns of thought and behavior. I have more opportunity to pause in my reactions, breathe, and then choose the way I wish to respond to a given situation. I have had some of my most profound personal and spiritual insights while traveling.

I know how much disrupting my habitual mind with new landscapes opens me to the possibility of revelatory experience, and I also believe there are truly holy places. In a process theology (and quantum physics) understanding of reality, the universe is made up of both matter and vibration. When we come into proximity to one another, we exchange vibrations. In process, this means we take pieces of each other into ourselves — we change each other, and leave any interaction changed ourselves. This applies to places and things as well as beings. When we visit a place, we take some of that place into ourselves, and leave some of ourselves in that place, just as everyone and everything else does. Thus, on pilgrimage, we experience the places we visit in our very bodies. We take the church, the forest, or the shrine into ourselves, and leave a portion of ourselves there in it. We take in bits of all the other pilgrims who have visited that place, and bits of the original holy event that continues to vibrate in the walls, the ground, or the stone.

When I was in Konya, Turkey, visiting Sham's tomb (Mevlana Rumi's teacher), I experienced the collective love and worship of the place in my body. Like other pilgrims, I walked up to the handrail in front of the tomb and kissed it in homage. In that moment, I felt a wall around my heart burst open, and a flood of love poured out, and in. I was overwhelmed and started weeping. The change was permanent — that wall around my heart was broken. I was newly open to love and vulnerable. I spent several days in silence, acclimating, and went home a new woman, more deeply connected to my own heart.

Jennifer Nordstrom can be reached by email at jennifer@unityunitarian.org and by phone at 651-228-1456 x129.

Karen Van Fossan

2013-15 Ministerial Intern



We Paddled, and We Went Nowhere

I'm writing to you from Bismarck, North Dakota. Over dinner, I've just asked my foster daughter and her spouse to help me pen this article.

"When is it due?" Michaela asked.

"Today."

"Why did you put it off until the last minute?"

"I didn't!" I protested. "I wrote half the article, then decided I didn't like it and deleted it."

"What did you write?"

"Last month, I did limericks, so this month, I tried to write a haiku."

That, at last, put an end to the questions. She offered a simple, "Oh." A writer herself, she knows the pain of a failed haiku. A three-line Japanese poetry form, a haiku, when one happens, can call the senses to grace.

Instead of attempting haikus, the three of us discussed all the stories we might tell you. Michaela and Nick weren't sure that this one, in which we try (and fail) to borrow one of Bismarck's public paddle boats, would set a good example, but here it is:

MICHAELA: In the back of our minds, we knew there was a possibility of all the canoes being rented, so we were prepared to settle for a paddle boat.

NICK: The place was closed. So we walked the dock to the paddle boats. Karen and Michaela found bolts holding the paddle boats to the dock. They wanted a wrench so they could take off in the paddle boat!

MICHAELA: So we turned to our mechanic [that's Nick] and asked him one small, simple request, "Do you have a wrench?" He regretted to inform us, "No, I do not."

NICK: Technically, I did. But it wasn't the right size.

MICHAELA: So we [Michaela and Karen] jumped in the boat. We paddled. And we went nowhere.

KAREN: Nick, what were you doing while we were paddling nowhere?

NICK: Oh, watching the water move.

MICHAELA: We were really upset. But we didn't spend all this time on the road for nothing. We said, "Hey, it's still a nice day. Let's go for a walk!"

At this point, there at the table, we laughed about the walk, in which Michaela and Nick had collided — and broken Michaela's flip-flop.

Then our dinner arrived, so our talking turned to food.

There must be a haiku in here somewhere.

Karen Van Fossan can be reached at karenv@unityunitarian.org and 651-228-1456 x109. Please feel free to keep sending her limericks and other poems – haikus included. They're a delight!

CONGREGATIONAL LIFE

Welcome Words

A pilgrimage can be an outward or an inward journey. Our participation in congregational life and our religious commitments are significant steps in our personal pilgrimage of faith. In that spirit, I would like to extend a personal invitation to those of you who have been deeply involved in Unity Church for a long time, but, for whatever reason, have not yet signed the membership book to consider this next step. In our living tradition, the choice to becoming a voting member of a congregation is an individual act of religious freedom and an affirmation of our covenant to help each other live lives of integrity, service and joy. The ministers and I invite you to join us for a membership luncheon on Sunday, November 24, from 12:30-2:00 p.m. to honor this milestone. Please RSVP to me directly if you wish to attend, or contact me if you have any questions. May our journeys, both inward and outward, be blessed by our presence together.

Rev. Lisa Friedman
Director of Congregational Life

Pathway to Membership Classes

Unity Church offers a series of three classes for visitors who are exploring Unity as a spiritual home. Sign up at the Welcome Table on Sundays or contact Rev. Lisa Friedman at 651-228-1456 x107 or lisa@unityunitarian.org. She is also happy to meet with you to answer questions and to welcome you into the congregation. Childcare is available by contacting Christy Randall at 651-228-1456 x127 or christy@unityunitarian.org at least one week in advance.

Welcome to Unity: Our Class for Newcomers

Sunday, November 10: 12:15–1:30 p.m. ~also offered ~
Wednesday, November 20: 7:10–8:30 p.m.

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

Finding Yourself at Unity: A Deeper Exploration

Saturday, November 2: 9:00 a.m.–4:00 p.m.

(includes potluck lunch) ~also offered ~

**Three night series: Thursday, January 16, 23, 30
6:30-8:30 p.m. (includes light supper all three nights)**

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

Committing to Unity: Joining Unity Church

Wednesday, January 29: 7:15-8:30 p.m.

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

Ongoing Groups at Unity Church

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

A New Look at the Bible: Second Thursday of the month (November 14) at 7:00 p.m. Contact: Paul Gade at 651-771-7528.

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

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

Evergreen Quilters: Second Tuesday of the month (November 12) from 7:00-9:00 p.m. and fourth Saturday of the month (November 30) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760 for more information.

Job Transitions/Networking Group: Every Monday at 9:00 a.m. in the Anderson Library. Contact Janne Eller-Isaacs at janne@unityunitarian.org for more information.

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

Men's Retirement Group: Monday, November 4 and 18, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578 for more information.

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

Unity Book Club: Second Tuesday of the month (November 12) from 7:00-8:30 p.m. The book they will be discussing is *Sandcastle Girls* by Chris Bohjalian. Contact Jack Hawthorne at jack.hawthorne@comcast.net for more information.

Unity Bridge Club: Friday, November 1, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women's Retirement Group: Second and Fourth Thursday of the month (November 14 and there will be no meeting on Thanksgiving, November 28) from 1:00-3:00 p.m. On November 14, the group will discuss the topic: *What gives you joy?* On December 12, there will be a lunch outing to the American Swedish Institute. Contact Leah Doherty at doher001@umn.edu.

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

CONGREGATIONAL LIFE / BLACK FRIDAY AT CHURCH

Elders' Circle Group

Tuesday, November 12 • 1:00-2:30 p.m.

Robbins Parlor

The Elders' Circle is a group of church elders (self-identified) who get together monthly for fellowship, reflection, and fun. This month we will have an experience of the fitness and wellness program "Ageless Grace." The program consists of simple exercises done seated in a chair, and are designed for all ages and abilities. The exercises are based on everyday activities and are aimed at healthy longevity of the body and the mind. For more information, contact Jennifer Nordstrom at jennifer@unityunitarian.org or 651-228-1456 x129.

Children's Musical Information Meeting

Sunday, November 17 • 10:15 a.m.

Robbins Parlor

For the past 25 years, talented members of the Unity Church community have come together to write, compose, direct, choreograph, and perform a unique show for Unity Church. Participation in the Unity Children's Musical has been a rite of passage and transformative experience for many of our young people. If you have a 6th, 7th, or 8th grader, consider whether this creative, fun, team-building experience might be right for them. To find out more, come to the parent information meeting at 10:15 a.m. on Sunday, November 17, in the Robbins Parlor. Auditions and parent meeting for this year's musical will be Sunday, January 5, 2014, from 1:30-3:30 p.m. Performance dates are February 27, 28 and March 1, 2014.

The Gathering

5th Annual Unity Church

Women's Retreat

Saturday, January 25, 2014

The Gathering is a one-day women's retreat celebrating each woman's voice with invitations for expression through art, movement, writing, conversation, and contemplation.



Black Friday at Church

Feeding the Spirit on the Feast Day of Consumption

Infinite Gifts in a Finite World

Friday, November 29 • 10:00 a.m. • Sanctuary

Guest speaker: Linda Barnes • Musical guest: Light of the Moon

Marketers call the Friday after Thanksgiving "Black Friday" because it is often the day that retailers first "go into the black" for the year as holiday shopping gets under way.

Unity Church's sixth annual "Black Friday at Church" celebration offers you an opportunity to launch the holiday season with spiritual renewal, fellowship, and good cheer, instead of habitual consumerism.

Join fellow Unity Church members, families, friends, neighbors and colleagues on the Friday morning after Thanksgiving Day for a joyous, intergenerational worship service. Activities for children and families, as well as child care, will be provided.

This year we welcome guest speaker Linda Barnes, a student at Meadville-Lombard Seminary and Intern at First Unitarian Church in Des Moines. Linda is also professor of biology at Marshalltown (Iowa) Community College and an organic farmer. She initiated an "incubator" organic farm and founded the Sustainable and Entrepreneurial Agriculture Program at her workplace, which is the first to offer an associate degree program in sustainable agriculture in the Midwest. For this, Linda was honored at the White House as a "Champion of Change." She has also presented to the National Academy of Sciences regarding farm and food issues.

Musical guest, Light of the Moon, performs a wide variety of songs and dance music rooted in the old time string band tradition, as well as dipping into the musical melting pot of traditional music from the American South to serve up blues, gospel and bluegrass. In addition to strings, they incorporate a wide variety of other instruments including harmonicas, tinwhistles, fifes and flutes, and the accordion.

All are welcome to this ecumenical service, a Unity Church tradition.

The service will feature a Collage of Voices reflecting on its abundance theme, "Infinite Gifts in a Finite World." If this theme evokes a response for you, or if it brings to mind a story of a holiday gift you received that has increased in "value" to you and yours over time, tell us about it. Please email your thoughts in writing to service planning team member Hal Freshley at halfresh@q.com by Monday, November 11.

Unity's Anti-Racism Leadership Team

From Brooke Darst Rice, ARLT

The YWCA of Minneapolis has been my second home for over a dozen years. I teach a cycle class once a week and head there a few other days for some heart pumping activity. I also participate in their Racial Justice activities.

A few weeks ago I was in the locker room showering off after a short pre-work run and found myself sharing a bench with two young Somali women. I remember one of them explaining how she's not afraid to ride the bus alone anymore. That people are not hateful. No more than 30 seconds later, a terminally cranky gal whom I'd noted before approached the bench, sighed, rolled her eyes, and walked away.

In the five minutes that followed, the cranky gal accused the two women of littering the locker room and used the phrase, "listen, you're in America now..." There followed a flurry of loud, offensive comments, which quieted after the unafraid Somali woman left the scene with her silent friend. I was silent too.

My heart had never pumped so fast. I was anxious and sweating, but before leaving the locker room I went to the gal and said "I know you probably didn't mean it, but your words were racist."

I was then verbally and physically assaulted. As a bonus, the gal went to the front desk to report me for calling her a racist. This was not the outcome I had expected.

I wish I had done it differently. I could have gone to get an on-duty staff member when the young women were being harassed. I should have used a word other than racist. But, I didn't. For me it was scary and uncomfortable. But it was nothing compared to what these young women face.

Spiritual Direction Coming to Unity Church

From Sarah Cledwyn, Unity Church member and Spiritual Director

Have you ever been listened to so well that you have surprised yourself by speaking a truth you had never before articulated? Have you ever had the experience of listening to another in centered silence without feeling the need to advise, fix or distract the story? This is the kind of space I strive to hold when I lead one-on-one or group spiritual direction.

Parker Palmer describes the soul as a wild animal whom we only get to see when we get still and quiet enough. In my experience giving and receiving spiritual direction, this can be a powerful space of discovery and knowing. This year I am honored to be working with Unity Church to bring more spiritual direction offerings to our community.

- On November 13, as part of Wellspring Wednesday, I will lead a group in thinking about pilgrimage and sharing the stories of our journey (see page 9).
- Beginning in January, I will offer two group spiritual direction experiences for those interested. Groups will meet once a month from January to June. We will begin our time with a shared reflection and then spend some time being attentive to our own and each other's hearts and experience. Small group sign up will begin in December both online and by visiting the Spiritual Direction table in the Parish Hall on Sundays. Small group sessions will be two hours per session and the cost is \$180 for the six-session series. Payment arrangements or sliding fee scale are available by speaking with Sarah.
- On Saturday, February 22, I will lead a Half Day of Silence.

As always with church programming, childcare is available if requested a week or more in advance to christy@unityunitarian.org.

I am also available for individual spiritual direction sessions either in my office in St. Paul or at church. Individual sessions, scheduled at your convenience, cost \$70 and last about an hour.

If you have questions about spiritual direction or the related upcoming programming at Unity Church, feel free to contact Sarah Cledwyn at sarahcledwyn@gmail.com or 651-699-9948.

An Invitation to Food Ministry

Each week, Unity Church provides a ministry of food and fellowship to over 200 members and friends at our Wellspring Wednesday dinners and Sunday night Soup Suppers. There are many ways to participate in supporting this ministry. Currently we are looking for more help in some specific roles:

4th Wellspring Wednesday Cooking Team Leader: if you enjoy planning delicious meals and working with a team to make them happen, then this is the ministry for you! Experienced mentorship is available to support this role and there is a team already in place to assist on those Wednesdays.

Lead Dishwashers: many people assist with clean up, but it is helpful for each team to have a lead dishwasher who knows how to use the Hobart dishwasher most effectively. We have training available if you would like to join our Hobart special team.

Soup Cooks: we have dates still available this fall for people or teams to sign up to cook soup together.

Soup Servers: we also have dates still available for soup team servers, who are able to assist in serving the Sunday night soup meal.

Please contact Lisa Friedman at lisa@unityunitarian.org if you are interested in learning more about these roles and how you can help.

WELLSPRING WEDNESDAY

Wellspring Wednesday is a multi-generational opportunity to gather together midweek at church for food, fellowship, and fun. Dinner begins at 6:00 p.m., followed by worship at 6:45 p.m., and an evening of rich programming beginning at 7:10 p.m. All are welcome. Childcare is available and you do not have to sign up in advance.

Dinner: The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family, and can be paid by cash or check. (Children under the age of 24 months are free.) Reservations for dinner are not required. Financial assistance is available to cover the cost of dinners; contact Lisa Friedman by e-mail at lisa@unityunitarian.org or by phone at 651-228-1456 x107.

November 6

Dinner menu: TBA

School Behind Bars: An Education in the Realities of Incarceration

The next forum in the *Understanding Mass Incarceration: Ending the Cradle to Prison Pipeline* series focuses on education's impact on the lives of those incarcerated and during reentry into society. *What works in prison education? Is it effective and to what extent? What does "effective" even look like in prison education?*

Panelists include longtime Department of Corrections educator and author Tom Daley, founder and CEO of the St. Paul Circle of Peace movement and longtime in-prison group facilitator for Amicus Russel Balenger, and Jose Seals, who has personally experienced the education system while incarcerated and can talk about its strengths and failings from a participant's perspective.

Come on a Pilgrimage

Most traditional pilgrimages revolve around the four phases of pilgrimage: heeding the call, planning, the journey, and the homecoming. Many members of this church have journeyed on trips we call pilgrimages to Boston, New Orleans, Transylvania, Bolivia, India, and on the trail of Civil Rights movement. Come on this interactive journey led by Unity Church pilgrims and explore the idea that a pilgrimage is not about where we go but how we go. A pilgrimage can be to a place far away, close to home, and within.

New Family Religious Education Orientation

Tween Group (grades 5-8) Fast Food

Watch the film *Supersize Me* and discuss fast food in our lives and diets (The movie is 90 minutes, so we'll start 6:30 p.m. sharp and end at 8:30 p.m.)

November 13

Dinner menu: Indian spice roasted chicken, fall vegetable curry, dal, raita, cilantro chutney, rice and naan.

Beloved Conversations Session 4 (pre-registration required)

Sharing the Journey

Come reflect on your journey with Spiritual Director Sarah Cledwyn. We will explore the worship theme of pilgrimage together in a group spiritual direction experience. What have been the significant moments in your own journey? When have you known exactly where you were going or felt lost even in the familiar? Come explore with others as we share our wisdom and our wonderings.

Unplugging the Christmas Machine

The holiday season is almost upon us. Despite its invitation to joy and serenity, it can be the most stressful and loneliest time of the year. How can we reclaim the meaning of our celebrations? How can we resist the siren calls of consumerism and obligation? Join Rev. Lisa Friedman for a time of reflection and discussion, based upon the insights of Jo Robinson's book, *Unplug the Christmas Machine: a Complete Guide to Putting Love and Joy Back in the Season*.

Knitting Circle

Do you like to knit? We are starting a knitting circle at Unity Church. All skill levels are welcome. From never having knit to experts! Email karayounkin@gmail.com if you are interested or for more information.

Tween Group (grades 5-8) Community fun and games!

November 20

Dinner menu: TBA

Beloved Conversations Session 5 (Pre-registration required)

The Pilgrim's Way

An Open Page Writing Session

"The geographical pilgrimage is the symbolic acting out of an inner journey," said Thomas Merton. This guided writing session explores the inner and outer aspects of pilgrimage as well as the new navigational skills often discovered on a pilgrimage. This session is free, but an RSVP is required to karen@unityunitarian.org. See page 10 for details.

The True and Difficult Happiness of the Quiet Road: Meditation and Our Spiritual Life

Happiness. Is it a birthday party, the right election outcome, a bigger paycheck, dinner out, the project completed, or Friday afternoon? Or is there happiness not so subject to expiration as these? Is there happiness that survives our losses, our despair, happiness that embraces even our moments of deepest pain? In this experiential evening led by Ken Ford, we'll consider the quiet path of meditation as a way to look beneath the momentary ambitions and frustrations that capture our minds and bodies. We'll explore the way of silence and the reality of an expansive and timeless mind that may be the ground of a deeper happiness.

Welcome to Unity:

Our Class for Newcomers

Tween Group (grades 5-8)

Food and Faith IN ACTION

We will learn about how faith communities — including Unity Church — put their faith in to action.

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.

Wednesday, November 20 • 7:00-9:00 p.m.

The Pilgrim's Way

Free, but RSVP required to karen@unityunitarian.org

"The geographical pilgrimage is the symbolic acting out of an inner journey," said Thomas Merton. This guided writing session explores the inner and outer aspects of pilgrimage as well as the new navigational skills often discovered on a pilgrimage.

Wednesday, December 4 • 7:00-9:00 p.m.

Incarnation: This Embodied Life

Free, but RSVP to karen@unityunitarian.org required.

How do the old stories of incarnation and our own contemporary experience together illuminate our understanding of this embodied life – with all its beauty and its brokenness and blessings? This session invites our reflection on the holiness nested within this world and our embodied experience of it.



What's New in the Library and Bookstall!

From Louise Merriam, Library and Bookstall Team

It can't happen without you...

Several exciting book-related events are taking place at Unity Church. The release party for literary minister Karen Hering's new book, *Writing to Wake the Soul*, will be held on November 8. The fifth volume of *Cairns*, the church's arts journal, will appear in early December. The members of the Library and Bookstall team are planning additional book-themed events for the remainder of the church year.

Book events are fun and reinforce the importance of words and writing within the Unitarian Universalist tradition. However, the mundane work of making the written word available happens every Sunday, week after week. The Bookstall in the Parish Hall is open each Sunday morning for browsers and buyers of books of interest to the congregation. The adult library upstairs in the Elliott Wing and the children's library downstairs in the R.E. space exist to spark conversation, soothe the soul, and open new doors to understanding the world and our place within it.

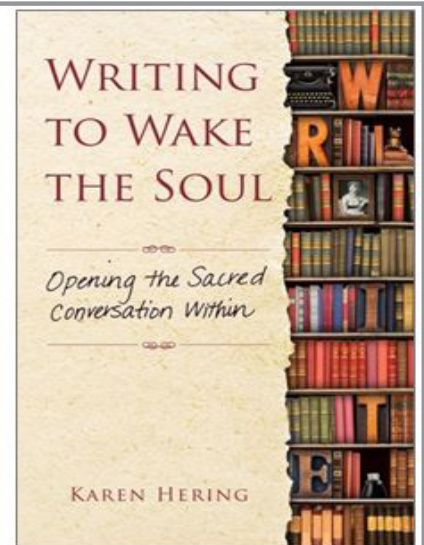
None of these events and services can take place without the volunteers who give their time and efforts so freely. If you enjoy things literary and want to share your enjoyment with others in a practical, meaningful way, consider becoming a member of the Library and Bookstall Team. We'd love to have you join us.

Come Celebrate the Launch of *Writing to Wake the Soul* *Opening the Sacred Conversation Within*



With Author & Literary Minister
Karen Hering

Find out more about Karen's ministry
and read an excerpt of the book
at: KarenHering.com



Friday, Nov. 8, 2013 at 7:00 p.m.
Unity Church, Parish Hall

Music Notes

From Ruth Palmer, Director of Music Ministry



"Going beyond music... where magic takes over and understanding is more a feeling than a thought." — Ruth Palmer

For so many years I have lived and tried to articulate that "journey" that is music. It requires so much time spent in the tedious learning and polishing of endless details and minute bits of information: individual notes into phrases, phrases into sections, sections turned into an entirety, etc. And then, one only has the information, not the music. It is that journey from the obvious into a world of inner knowing, of freedom attained through hours of discipline, of the letting go of small bits and the comprehension of the whole, of going beyond ego to that timeless sense of creative self where one not just finds, but becomes the music. This has been a "pilgrimage" for myself and for those with whom I work. To find that "magic" that touches feeling, that spans the space between original inspiration and present realization, personally, beyond information and into one's very core and inner knowing. My thanks to all who journey with me as musical participant or listening recipient. This journey takes all of us!

Special Opportunities for Your Musical Journey

Peter Mayer in Concert at Unity Church

Friday, December 6 • 7:30 p.m. • Sanctuary

Minnesota based singer/songwriter Peter Mayer will be performing a solo concert at Unity Church. He will be playing a wide variety of songs, drawing from his collection of winter songs as well as newer material in anticipation of his forthcoming CD, which is due to be released in the spring. This is sure to be a lovely, intimate evening with one of Minnesota's finest songwriters.

Tickets are \$23.00 at www.brownbagtickets.com

Unity Holiday Concert and Carol Sing

Saturday, December 14

6:30 p.m.: Carol Sing

7:00 p.m.: Holiday Concert

8:00 p.m.: Holiday Dessert buffet

Plan to bring family and friends! Child care provided.

Artaria String Quartet at Wellspring Wednesday

Wednesdays, January 8, 15, and 22

Concerts with a Cause at Wellspring Wednesday

Donations will be gratefully accepted for Beacon Interfaith Housing, a local effort providing housing for homeless youth.

January 29: Pavia Winds

March 12: Sarah Carmack, Ruth Palmer and other guests

April 2: One Voice Mixed Chorus (special collection for specific GLBT youth housing)

April 9: Unity Singers

{continued from front cover}

my parents fell in love; at Trueblood, my father answered his call to the ministry.

A handful of years ago, maybe close to ten now, I re-discovered Trueblood by accident or instinct. My maternal grandparents had long since retired and passed away, the church itself had changed hands, and I hadn't been to Trueblood church or parsonage in decades.

My grandma and grandpa Van were preparing to move, and I took a break from helping to go for a walk. In all the years I'd walked and biked in my grandparents' neighborhood, I'd scarcely ventured much past Mini-Graceland. But this particular day, my feet moved as if with a destination of their own. I crossed through bug-filled thickets, over the tangled railroad tracks.

I came out on the other side, as if to another world. Was that the Trueblood parsonage? There's the church!

This discovery moved me to ask, in a personal way, the same questions Paul Gauguin had asked over a hundred years before, *Where do we come from? What are we? Where are we going?* Depicted in his painting by the same name, these profoundly religious questions were rooted in his early Catholic catechism.

Whether I got to Trueblood via instinct or deeply recessed memory, it was the most significant place that I could be in that moment, the place where something within me led me to go. Long since separated from United Methodism, not always certain if "God" was a word for my vocabulary, I found myself returning to the very land of my soul.

As Macrina Wiederkeh says, "A pilgrimage is a ritual journey with a hallowed purpose... New and old places in the heart are visited... Nothing will ever be quite the same again."

A few years later, on a different walk in a different place, a friend happened to ask, "Have you ever thought of becoming a minister?"

After a pause, I said, "Yes." Then, "How did you know?"

An accidental pilgrimage brought me toward an intentional path. Perhaps this is how I affirm my humanity. Perhaps this is how we all affirm our humanity.

Then again, if salmon, turtles, and monarch butterflies could tell us of their journeys, their own returns to their sources, the ways in which nothing was ever quite the same — maybe they would say that's just living life.

Written by Karen Van Fossan
with help from the theme team:
K.P. Hong, Ruth Palmer, Karen Hering,
Jennifer Nordstrom, Lisa Friedman,
Janne Eller-Isaacs, and Rob Eller-Isaacs

COMMUNITY OUTREACH MINISTRY

From the Ground Up: Working for a Just Recovery in Haiti

A message from Bill Schultz
President and CEO of the Unitarian
Universalist Service Committee (UUSC):



"Sometimes the simplest things have the greatest impact.

That's something we're finding again in Haiti's rural Central Plateau, where just 10 innovative tire gardens — old truck tires turned into planters and placed on platforms — produce enough food to feed a family of four for a year and give them extra produce to sell at the market. Amazingly, it costs only \$250 to set up and supplies ten tire gardens! And now, the tire gardens are moving from the country into the city. The concept of personal home gardens holds tremendous potential to improve life in Port-au-Prince. Last year, we began working with a group of young educators to supply 48 families in Port-au-Prince with tire gardens and train them in their use. The families were thrilled! They're spreading the word to their neighbors, and the demand is so great now that our local partner has decided to build a training center that will help even more families across the city create and care for their own gardens. In an important side benefit, the tire gardens will also help bridge the deep cultural divide between rural and urban that has long plagued the country.

That's a powerful return on a simple concept.

And that's why I'm asking you to make a special contribution to give us the resources we'll need to bring the promise of fresh, homegrown food to thousands of hungry families jammed together in Port-au-Prince's impoverished neighborhoods. Thank you for standing with neglected and oppressed people and helping them to help themselves — in Haiti and around the world."

To support this and other UUSC human rights projects please visit: www.uusc.org.

Tire garden photo courtesy of UUSC.



Unity's Evergreen Quilters' answer to Black Friday...

... *One-of-a-kind hand fashioned gifts!*

Find the perfect gift for your loved ones or yourself at the Evergreen Quilters Holiday Sale. You'll find handmade items for every price range and one hundred percent of the sale price supports Evergreen Projects partners including Sharing Korner Foodshelf, the Family Place and Jeremiah Program. Mark your calendar for Sunday, December 8 and 15, the dates you need to know in order to buy those special gifts... and then just forget about Black Friday.

Evergreen Foodshelf

The third Sunday of every month is Evergreen Food Drive Sunday. Donations can be brought anytime and should be placed in the wicker trunks located at the Holly and Portland Avenue entrances. Suggested items for November 17: canned tuna or meat, Hamburger Helper, rice, and dried beans.

Library Literacy Tutor at Obama Elementary

Obama Elementary is seeking creative and talented individuals to help students make a valuable connection with the library! We are looking for individuals who have a passion for reading and books, feel comfortable working with small groups and one to one, can work as part of a team, and are willing to learn how to help students pick out appropriate texts to check out. Commitment: 1-2 hours per week on Wednesday or Thursday morning. For more information or to sign up contact Madeline Summers at 651-744-7433 or msummers@minnesotareadingcorps.org.

Unity Church Seeks Summit-University Planning Council Representative

Unity Church holds an organizational seat on the City of St. Paul District 8 (Summit-University) Planning Council. If you live in the Summit-U neighborhood (boundaries are Lexington to Marion and Summit to University) and are interested in grassroots planning and community organizing, please consider serving as Unity's representative. Meetings are held on the fourth Tuesday of each month and a commitment to serve on a committee is also required. For more information about this opportunity to meet and serve members of our community please contact Martha Tilton at martha@unityunitarian.org or 651-228-1456 x105.

commUNITY is the newsletter of Unity Church–Unitarian. It is published monthly, except the month of July. Deadlines are the 15th of each month. Subscriptions are free to those who make pledges to Unity Church and are available to others for \$30 per year.

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



Understanding Mass Incarceration... Ending the Cradle to Prison Pipeline

Unity Church–Unitarian’s Racial Justice and Restorative Justice Outreach Teams are sponsoring a Wellspring Wednesday series as a follow-up to the 2012 congregational read of *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander.

This series will have three areas of focus: education, jobs, and housing, and will incorporate the issues of prevention and incarceration, and the effects of the War on Drugs and the Minnesota criminal justice system into each offering. Each session will follow a similar format:

- An introduction grounded in our Unitarian Universalist faith imperative
- An overview of the justice issue delivered by the guest speaker
- A first hand story by someone who has experienced the “pipeline”
- A call to action including opportunities for service and advocacy with community partners
- A question and answer session

Programs are held at Unity Church and run from 7:10 p.m. to approximately 9:00 p.m. Dates for upcoming programs will be announced as they are planned. Dinner is served at 6:00 p.m. (\$7/adult) and free child care is available during the program.

FALL 2013: EDUCATION

November 6: School Behind Bars: An Education in the Realities of Incarceration

What works in prison education? Is it effective and to what extent?

What does "effective" even look like in prison education?

Panelists include longtime Department of Corrections educator and author Tom Daley, founder and CEO of the St. Paul Circle of Peace movement and longtime in-prison group facilitator for Amicus Russel Balenger, and Jose Seals, who has personally experienced the education system while incarcerated and can talk about its strengths and failings from a participant's perspective.

WINTER 2014: JOBS

Date TBA: Job issues for youth in pipeline

Date TBA: Training issues for people in prison

Date TBA: Job issues for people during re-entry

SPRING 2014: HOUSING

Date TBA: Housing issues for youth and families

Date TBA: Housing issues for people during re-entry

For details visit
www.unityunitarian.org
or contact Pat Haff at
Unity Church by email at
pat@unityunitarian.org
or by phone at
651-228-1456 x126

MINISTRY WITH CHILDREN AND YOUTH

Pitter-pattering Questions

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

From Rev. K.P. Hong, DRE



Once, I was sitting on the shores of Rowayton, Connecticut, listening to the tide come in and go out. Sunlight was fading into dusk, and in the shadow of nightfall, some animal was moving toward me, sniffing, studying me. It was a skunk, and more than fear of what might happen to me, I was wonderstruck. I gazed at her as she looked up at me, her cold wet nose touching my toes and thrilling my heart with wonder. And then she ran off, breaking my heart.

I recall that moment, now as a parent, wondering if there isn't a nascent belief that there is something rare, precious, hidden out there in some recess of our lives? Some hidden place where the wild things are, the snow leopards of Shangri-la, or a secret garden that guards childhood? And if we could just find the hidden path and follow it, we would come upon the wonder and innocence of childhood.

We don't have dog sightings or cat sightings, and so we begin to order our mind toward what is extraordinary, what is unavailable, what is just out of reach: some "zen" moment of equanimity, seventh heaven, Neverland, and for many parents, that idyllic place we know as *childhood* where (however contrary to our common sense) all is purity and possibility and promise. In our supply-demand mindset, what is rare and unavailable becomes more precious. And so begins the self-abuse, the guilt and shame, for not having more of what is precious, followed by our identification with not having/being/providing more for our children.

Perhaps as devoted parents, we harbor a secret belief that such hidden paths run through Sunday School, and if we could just get our kids into children's chapel, we will have found a spiritual path to childhood as it should be, sheltered from all that would steal it away. But while beautiful and wondrous moments do occur in children's chapel, I think our children offer us something far more remarkable: that the spiritual path is not about an ideal to pursue but an actuality to embrace—to step beyond seeing children through our romantic eyes and actually take part in seeing the world through their eyes. And when we do, skunks and wild things roam all around and secret gardens surround us everywhere. For what is truly wondrous is not some moment of idealized childhood that wanders into awareness, but our own heart's capacity to see and feel and touch and be thrilled by this wild and precious life.

Can you see what our children see in chapel? That the yellow stones they share are sacred runes that hold their bright happiness and blue stones their liquid sorrows, and that sharing happy and sad stones with one another is the alchemy of joy? That when the bell is rung and silence spreads, silence is not something empty to be filled but a cipher for discerning how full and empty we are? Like the three grey sisters who took turns sharing one eye, our children sit in that circle waiting to show us just how alive our vision can be.

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

Family Fun Night!

Calling the young and young-at-heart! Wish you had closer relationships with other Unitarian Universalist families? Like to have fun? Then join us for Family Fun Night on Friday, November 15, from 5:30 to 8:30 p.m. We'll meet in the Foote Room to eat, chat and play games including Pass the Pigs, Apples to Apples, and Clue—or bring a game you love. Pizza and other goodies will be served. Child care for infants and toddlers will be available. Please email Pamela Johnson at pjohnso@comcast.net if your family plans to participate.

Tween Group

Food, Faith and Action

Wednesdays • 7:15-8:30

Junior High Room

Youth in grades 5-8 are welcome to attend Wellspring Wednesday dinner at 6:00 p.m. and worship from 6:45-7:10 p.m. Class will begin after worship, and we will alternate between having fun together in community and sharing about food-faith-action. Attendance at every meeting is a wonderful thing, but not required.

November 6: Fast Food: We will view the film *Supersize Me* and discuss fast food. Movie starts at 6:30!

November 13: Fun and games!

November 20: Food and Faith in Action: We will learn about how faith communities—including Unity Church—put their faith in action.

November 27: Off for Thanksgiving

7th-12th Grade Youth

Coming of Age, our signature spiritual growth and enrichment program for 9th graders, continues with questions "What does it mean to be human and alive?" The youth and mentors journey together, sharing and stepping into our faith tradition.

Our Whole Lives, a holistic sexuality and relationship program of the Unitarian Universalist Association designed for 7th–9th grade youth, continues with focus on the human anatomy, puberty, and gender.

Tower Club, our youth group for 10th-12th graders, continues Sunday evenings as they deepen in community. We welcome back the 11th graders from their Boston Pilgrimage and look forward to their sharing from that experience.

Questions? Contact Drew Danielson, Coordinator of Youth and Campus Ministries at drew@unityunitarian.org or 651-228-1456 x112.

Religious Education

Helpful updates and reminders:

Spirit Play

- Our children continue with parables and soon enter the holy days of autumn and winter. Please ask your children about these stories and what they are learning.
- A reminder to please sign-in and sign-out your preschooler; and take a moment to thank a teacher!

Workshop Rotation

- Rotation classes now take up the question of "What does it mean to be human and alive?" for the coming 6 weeks until the end of this semester. Please take time to greet the round of new teachers!
- Collect your child from his/her Workshop (varies each week, check signs) 15 minutes after the end of worship (10:15 a.m., 12:15 p.m. and 5:45 p.m.). Parents can enjoy refreshments and fellowship in the Parish Hall following the service, then come down to collect your child. This allows classes to have the time they need to complete their lesson.
- Please take a moment each Sunday to connect with your child's Journey Guide, as they journey with your child for the semester!

Junior High (Grades 6, 7 and 8)

- Junior High youth continue with their classes: Islam, the Hebrew Bible, and High Feasts and Holy Days
- Parents should check with their youth or teachers to see if any important communication was sent home with students.

November Parish Hall Artists

David Baldwin

David Baldwin, professor of trumpet at the University of Minnesota School of Music, has been a calligrapher for almost fifty years. His interest in calligraphy started in high school in Alliance, Ohio, inspired by his grandfather's beautiful handwriting. His great uncle, Chalmers King, was a professional calligrapher in Minneapolis with his office at the top of the Foshay Tower.

Self-taught for many years, Dr. Baldwin later studied with John McCrillis at Yale University. He has shown his calligraphy at House of Hope Presbyterian Church and Unity Church-Unitarian in St. Paul and at the First Unitarian Society and Plymouth Congregational Church in Minneapolis.

David is an active trumpet soloist and leader of the Summit Hill Brass Quintet. This group has ten CDs to their credit including *Music of Bach*, *American as Apple Pie*, *Music for Al's Breakfast*, *Christmas with the Summit Hill Brass Quintet* and the most recent recording, *Renaissance and Romance*. He has also made several solo CDs of famous trumpet etudes (Charlier, Arban, St. Jacome, Bitsch, and Caffarelli). He received his BM degree from Baldwin-Wallace College and MM, MMA and DMA degrees from Yale University. David Baldwin is available for commissions. He lives in the Crocus Hill neighborhood of St. Paul with his wife, Dr. Christine Baldwin, a psychologist.

Madeleine Lowry

Never in a million years did I think I'd end up as an abstract artist.

As a teenager I drew in pencil and painted still-lives and landscapes in watercolor. In college I tried acrylics, oils, sculpture, photography, architecture and also conceptual art, which I never really understood. Wasn't art supposed to be beautiful? Conceptual art seemed to be all about ideas, and most of the renderings were not beautiful.

Many community art center classes in realistic and impressionistic painting techniques followed. I became fairly proficient at copying works by masters, or imitating other artists' styles, but still had not figured out what I wanted to say with my art. What was my artistic statement going to be? And could it please hurry up?

After all those years I've reduced the scope of my interests to color, texture, form and layering. Instead of trying to capture detail, I now find value in the essence of things. I was introduced to fine art collage at Unistar the summer of 2012 when Westy Copeland led a program entitled, "Everyone is an Artist." I found it a very freeing way of working. I continued to refine my process by following the lead of Carrie Rice Burns.

I enjoy working in series. My Deep Peace series came out of my experience teaching Religious Education at Unity last winter. In the workshop rotations we closed each lesson by reciting the following blessing:

*Deep peace of the running wave to you. Deep peace of the flowing air to you.
Deep peace of the quiet earth to you. Deep peace of the shining stars to you.
Deep peace of the infinite peace to you.*

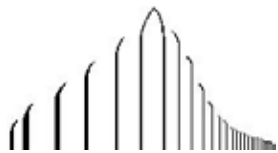
After repeating this about a billion times I started to wonder what Deep Peace would look like. Here is my answer.

The Horizons series came out of my interest in landscapes. I wanted to decode our fascination with big water, big sky and horizon lines. This is my answer to the question, "What is the essence of landscape?"

The Visions series reflects my interest in color, movement, form and layering.

The Reflections series comes from the notion of a reflected image that is not quite the same as the original. There is a resemblance, but they are not identical and I became interested in working with theme and variation.

Each of these pieces is an original work of art. All proceeds benefit Unity Church. Images of all the pieces are viewable here: <http://madeleinepaints.blogspot.com>



UNITY CHURCH—UNITARIAN

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**TIME SENSITIVE
MATERIAL**

CALL TO MEETING

**Annual Meeting of the Congregation
Saturday, November 16, 2013 • 10:00 a.m.**

Come early for a pancake breakfast beginning at 8:30 a.m.

Unity Church will hold its Annual Meeting of the Congregation on Saturday, November 16, at 10:00 a.m. in the Sanctuary. Childcare will be provided.

At this meeting the Board will:

- Report to the congregation and present the operating budget for 2014
- Ask the congregation to elect three new trustees (see page 4 for nominees)

Details and an agenda will be mailed to eligible voting members. Eligible voting members include those who have signed the membership book and have made an identifiable pledge and a payment on that pledge during the 2013 fiscal year. For information on your voting status, please contact Barbara Hubbard by email at barbarah@unityunitarian.org or by phone at 651-228-1456 x116. All annual meeting information including the annual report, budget information, trustee nominee bios and photos, and meeting agenda will be available online at www.unityunitarian.org.

Please join us as we reflect on the work of the congregation. All are welcome!



Teachers' Café

**Saturday, November 9
9:30-11:30 a.m. • Parish Hall**

The courage to teach is the courage to keep one's heart open in those very moments when the heart is asked to hold more than it seems able.

— Parker Palmer

Join us for a gathering of Unity's religious education teachers — past, present, and future — for community, dialogue, coffee and tea, and ongoing reflection on teaching as spiritual practice. RSVP online at www.unityunitarian.org.