

Gratitude

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.

Gratitude is a heart opening feeling of relationship, a guiding value of our covenant together. Some of the first words we teach our children are please and thank you. As they age they practice gratitude as a verb by sending thank you cards to loved ones. Many people initially come to Unity Church because of the religious education program. They stay because they grow and open in ways that makes this place their own. Dāna in Zen Buddhism means generosity and gratitude. Zen master Dogen referred to dāna as “that which gives flight to the birds.” In Unity’s religious education program, our dāna is giving flight to the children here. When they age and leave they are spreading the seeds of this dāna far and wide.

If we imagine dāna giving flight to the birds, and the seeds that these birds spread far and wide, we can also imagine one of them growing into a tree. This tree may get cut down and turned into paper, which is then made into a greeting card. This card is picked up off a shelf, mailed to someone to say thank you, and it will sit on a mantel for a day or two. Once that card is removed from the mantel it goes into recycling, to be birthed into something else, but the feeling engendered by this card is kept alive, a gratitude of spirit, cycling through our lives like the seed, the tree, the paper, the pulp. Community calls us to a generosity of spirit in this way — a dāna that cycles through us and those whose lives we touch unceasingly.

As Unitarian Universalists our seventh principle states “Respect for the interdependent web of which we are all a part.” Within that named respect is a culture of gratitude for the ways in which we are connected to each other and to this planet that holds, feeds, and nurtures us. Each person who comes

through the doors of this church brings another facet of the web to this place.

When we enter this community with a spirit of generosity and gratitude we make the weaving of that interdependent web stronger. It is each of our individual responsibility to cultivate this spirit within ourselves. Many self-help books list gratitude practices as ways of being present to happiness in our lives. Some advise doing a gratitude practice at the end of each day and noticing that which you are grateful for; a calling in of the senses to deepen our awareness of situations and events which have flown by our consciousness in the hustle and bustle of everyday life.

A friend of mine is from New Zealand and when she stayed with me recently she commented that people from the United States frequently respond to “thank you” with a “mmhmm.” She asked why this was and told me it felt as if we were brushing off her gratitude. In Korean the word that is a reply to “thank you” means “a thousand times over”. It is saying, “I would do this again for you, and again and again and again.” The religious path calls us to intentional cultivation of gratitude, intentional presence to the gifts we are given. It calls us to this place of “a thousand times over;” an intention towards opening heart and mind, of letting go of entitlement and disappointments. Gratitude is an opening of heart in a relational way that fosters generosity in relationships; once the heart is open, it can never close again in the same way.

As we worship here in community we are mutually tending to each other’s hearts. We are cultivating a spirit of generosity, in our pledging, in our giving of time, and in our reaching across the pew to shake someone’s hand. In this faith community we cultivate the ability

to keep our hearts open in the face of loss. Often loss can help us to see the ways our friends want to offer help, and it asks us to make a conscious decision each time on how to accept it - in the accepting, not muttering an “mm hmm” but instead expressing a “thousand times over” because we matter, this place matters, and this community matters. By accepting and offering gratitude we are tending to this interdependent web of which we are all a part. Tending to ourselves and each other.

Thank you, mmhmm, dāna, and a thousand times over. May this month be a month of gratitude that gives flight to the birds and makes your spirit soar.

By Jessica Clay with this month’s theme team: Nic Cable, Janne Eller-Isaacs, Karen Hering, KP Hong

Gratitude Theme Resources

BOOKS

A Grateful Heart: 365 Ways to Give Thanks at Mealtime by M.J. Ryan

Gratefulness, The Heart of Prayer: An Approach to Life in Fullness by David Steindl-Rast

The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible by A. J. Jacobs

Material World: A Global Family Portrait by Peter Menzel, Charles C. Mann, Paul Kennedy

CHILDREN'S BOOKS

Grateful: A Song of Giving Thanks by John Bucchino

Gratitude Soup by Olivia Rosewood
The Thankful Book by Todd Parr

VIDEO

Babette's Feast (1987)

Just Words



. . . *When it's over, I don't want to wonder
if I have made of my life something particular, and real.
I don't want to find myself sighing and frightened,
or full of argument.
I don't want to end up simply having visited this world*

From "When Death Comes" — Mary Oliver

As I sit down to write *Just Words* I find myself filled with gratitude. Last week we welcomed The Rev. Dr. William Barber to the Twin Cities. Dr. Barber is founder of the Moral Monday Movement in North Carolina. Janne and I first met Dr. Barber down in Selma, at the 50th Anniversary of Bloody Sunday, and then we renewed our acquaintance last June at the Unitarian Universalist Association (UUA) General Assembly. He is one of the great civil rights leaders of America and The Revival he brought to our community still rings in my mind and heart. He and his team spent the day at Unity Church working with more than 80 interfaith and non-governmental organization leaders to help us become more effective advocates for moral action for the common good.

Two days later I flew out to New York to attend a meeting of the UUA Board on which I serve as Secretary. Fourteen months ago a small and dedicated group of Black UU leaders formed the Black Lives UU Collective (BLUU). Since that time they have established a ministry that provides leadership and care to Black UUs who often feel isolated in our largely white congregations. They have also begun to establish BLUU as a cadre that helps our movement to be a credible and effective partner in solidarity with Black Lives Matter. The Board received a thorough and inspiring report on their efforts thus far and their vision for the future. Following the presentation, the Board made history when we voted to provide 5.3 million dollars to fund their ministry into the future.

I left in the middle of the discussion following the motion in order to be back in time to join you all for Celebration Sunday. Most years we invite one of the great preachers we count among our friends to come to Saint Paul to make the pitch. This year, you preached. And you were utterly eloquent. With the help of our Consulting Literary Minister, Rev. Karen Hering, over the course of three Sundays the congregation wrote brief responses to three questions: *Why me? Why us? Why now?* Karen then took on the herculean task of distilling a hundred thousand words or more down to a collage that could be shared in worship. Your depth and the power of your testimony goes far beyond what any one preacher could ever accomplish.

We have made of our lives something particular and real. We have done far more than simply visited this world.

And I, for one, couldn't be more grateful. My cup runneth over.

Yours in faith and deep appreciation,

Rob Eller-Isaacs

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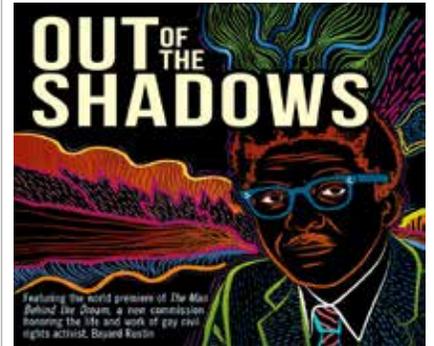
The Wheel of Life

In Memoriam

Mary Barrett

October 20, 1929 – October 10, 2016

One Voice Mixed Chorus Presents Out of the Shadows



Tickets are now on sale!

www.ovmc.org

January 14, 2017 • 2:00 p.m.

January 15, 2017 • 3:00 p.m.

Ordway Concert Hall

Celebrate MLK weekend 2017 with One Voice! *Out of the Shadows* is a concert honoring the work of African-American artists and activists, and featuring the world premiere of One Voice's largest commission ever, *The Man Behind the Dream*, a new choral work by Cincinnati composer Steve Milloy. This commission honors the life and work of openly gay civil rights activist Bayard Rustin, a mentor to Dr. Martin Luther King, Jr., and organizer of the 1963 March on Washington, who was pushed to the margins of the movement due to his sexuality.

Flowers for Worship

If you would like to provide flowers for Sunday worship, contact Martha Tilton at 651-228-1456 x105 or martha@unityunitarian.org.

NOVEMBER WORSHIP CALENDAR / OFFERING RECIPIENTS

Sunday Worship

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 6: *We the People*

"We" says William Barber, founder of the Repairers of the Breach, is the first principle expressed in the Constitution. Anything that gravitates against the Common Good is therefore unconstitutional. On this Election Sunday, worship associate Avi Viswanathan and Unity's ministers intend to affirm and invoke a sense of National unity.

November 13: *Cultivating Generosity*

Just like kindness, generosity is something that can be cultivated and practiced so that it becomes second nature to moving through the world. Rev. Janne Eller-Isaacs and worship associate Heidi Huelster will explore the many ways we can become more generous people.

November 20: *Family Thanksgiving Service*

As we gather at the table to give thanks for the abundance that surrounds us we ask ourselves... *How much is enough?* The whole church community will gather for this very special annual celebration.

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

November 27: *Power of the Shared Table*

When we gather around a common table in covenant, the power of our shared faith is magnified. As Thanksgiving ends and the Christmas season begins, worship associate Rochelle Lockridge and Ministerial Intern Nic Cable will explore the power of the shared table in our individual and shared lives as Unitarian Universalists.

Sunday Soup Suppers

Soup suppers are served each Sunday after the 4:30 p.m. service. Donations to off-set the cost of ingredients are gratefully accepted!



- November 6: Tomato basil soup with grilled cheese sandwiches
- November 13: Chili
- November 20: Baked potato soup
- November 27: Hungarian beef stew

Offering Recipients

Each Sunday, thirty percent of the offering goes to support the Community Outreach Ministry at Unity Church and seventy percent is given to a chosen community non-profit recipient.

November 6: *Healthy Meals in a SNAP (HSNAP)*

The Healthy Meals in a SNAP! (HSNAP) program was launched thanks to funding from the USDA's National Institute of Food and Agriculture called the Food Insecurity Nutrition Incentive (FINI) grant program. HSNAP food skills education program is managed by Dayton's Bluff Community Council. HSNAP offers East Side community members a fun way to learn how to cook tasty, nourishing meals for their families while saving on the purchase of fruits and vegetables from neighborhood food retailers. Unity Church member and City Councilperson, Jane Prince, is an ardent supporter of HSNAP.

November 13: *Growth & Justice*

Growth and Justice is a non-partisan, non-profit, research and advocacy organization, focused on expanding prosperity in Minnesota. It promotes policies that reduce inequality and that eliminate racial disparity, through investment in human capital and public infrastructure, by ensuring universal and affordable health care, and through a cleaner and greener economy. Unity Church member Dane Smith is president of Growth and Justice.

November 20: *Partner Church Ministry Team*

Unity's Partner Church Ministry Team uses this annual offering to subsidize travel expenses for church members and members of our partner church community in Homorodzsentspeter, Transylvania, so that our relationships continue to grow. Turn to page 11 to learn about a Wellspring Wednesday event hosted by Unity's Partner Church Ministry Team.

November 27: *Camp Tamarack*

Camp Tamarack is a non-profit, non-denominational, overnight summer camp for boys and girls in the Twin Cities. The camp was founded in 1970 with the purpose of giving urban children the opportunity to experience a rural environment and to learn positive life lessons. Camp Tamarack prides itself on being an affordable, exciting, and memorable experience for young campers. Unity Church member Dick Buggs supports Camp Tamarack.

Reverse Offering

On October 16 Unity Church celebrated the 10th anniversary of its Generosity Ministry by holding a reverse offering. Everyone who came to church that Sunday received an envelope from the offering basket with \$20 in it. The requirement? Go out and bless the world by sharing the \$20, and then tell us the story of what you did with the money. Share your story on social media with the hashtag #reverseoffering, by email to unity@unityunitarian.org, or by leaving it in the Parish Hall basket marked "Reverse Offering." Deadline: November 13!

BOARD OF TRUSTEES / PLEDGE DRIVE

Messy or Not...

Bring Your Whole Self to Church

From Estelle Brouwer, Trustee



"I can be my authentic self here. I have found my people." I don't know which one of you wrote those words; it really doesn't matter. You wrote them during a worship service a few weeks ago, when our ministers asked us all to reflect on our commitment to Unity Church. Your

words are as true for me as if I'd written them myself. Thank you for helping me give voice to what's in my own heart.

For me, part of being my authentic self is being my whole self. In the 30-plus years of my association with Unity Church, I've been blessed with opportunities to learn and create and collaborate, to befriend and celebrate and grieve — all with a depth and an integrity that simply would not have been available to me outside the embrace of this beloved community.

For the past year, as a member of your Board of Trustees, I've been blessed with a new opportunity, the opportunity to lead. And even though this too, is part of my authentic self, I entered into this commitment with some trepidation. In recent years, Unity has for me primarily been a place of solace and refuge. I worried that getting involved in the "business" side of things would change how I felt about church, and not for the better. Instead, this has been a year of spiritual deepening. I have found in my fellow Trustees a community of seekers, people who are deeply committed to this church and its bright future, people with whom I am honored to share common cause. I have been challenged to reflect on how my life experience informs my worldview, and what that means for how I lead. Again and again I have been asked to go deep, in matters that cut to the very heart of who we are as a religious community. I can feel myself stretching and growing. Sometimes that's been messy, but that too feels okay here, because I'm with my people, at the church I love.

On November 19, at the Annual Meeting of the Congregation, we'll all have an opportunity to engage together in the "business" of the church. I hope you'll be there, and I hope you'll bring your whole, authentic self. If you come early, you'll even get to enjoy pancakes flipped especially for you by your faithful Trustees!

Budget Information Meeting

Sunday, November 13 • 10:15 a.m. • DeCramer Room

Learn about the 2017 budget that the congregation will be asked to approve on November 19 at the Annual Meeting.

Why me? Why us? Why now?

Pledge Drive Update

From Barbara Hubbard, Executive Director

Celebration Sunday was October 16, and a celebration it was! Over the previous three Sundays, many of us told our stories of *Why Me? Why Us? Why Now?* through story cards. Rev. Karen Hering lovingly wove our stories into three collages, which were shared with us on October 16. These stories will also be included in the upcoming *Cairns*, and will be shared with our Board of Trustees. Such riches!!

On October 16 we also celebrated the now TEN year tradition of giving away the Sunday offering by doing a "reverse offering." Everyone who came to church that Sunday received an envelope from the offering basket with \$20 in it. The requirement? Go out and bless the world by sharing the \$20, and then tell us the story of what you did with the money. The stories are coming in and gifts are being made to organizations including Kiva, the Carter Center, Hallie Q. Brown, suicide prevention organizations, and more! If you haven't yet shared your story, please send it to us via email at unity@unityunitarian.org or share it on social media with #reverseoffering. We will compile all the stories and share them with the congregation after November 13!

Our stated 2017 Operating Pledge goal is \$1,300,000. We are pleased to report that as of October 17, we can safely predict that we will reach our goal in 2017, and this is the number that we are incorporating into the proposed budget for 2017! We have pledges from 601 households, including 28 new pledges for 2017, and we are less than \$125,000 from our goal. It's not too late to make your pledge!!

Declaring that our 2017 pledge goal is reasonable allows us to address our stated priorities in the 2017 Operating budget, which will come before the voting members of the congregation for approval at the Annual Meeting on November 19. In addition to ongoing operating expenses, the priorities include:

- Staff adjustments: A three percent cost of living adjustment for all staff, \$15.00 minimum wage, additional hours in the Religious Education and Administrative departments and market adjustments for the ministers as we plan for leadership transition;
- Additional funding for racial equity and inclusion work;
- A step increase in our UUA / Mid-America dues as we work toward "fair share" in 2019.

Additionally, 222 households have generously made pledges totaling \$475k toward our 2018 Operating fund. We invited people to make capital pledges in 2017 and 2018 to address capital repair and acquisition needs and to cover debt service, and we have received pledges totaling \$228k and \$78k, respectively.

Thank you to our pledge team (Brian Newhouse, Peter Heege, Ellen Wold, Ann Kirby McGill and Nic Cable) and to all who have made this a fun and successful pledge drive!

ANNUAL MEETING / UNITY TOMORROW



CALL TO MEETING

Annual Meeting of the Congregation

Saturday, November 19, 2016

10:00 a.m.

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

Unity Church will hold its Annual Meeting of the Congregation on Saturday, November 19, 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 2017
- Ask the congregation to elect three new trustees

The annual report, budget information, trustee nominee bios and photos, and meeting agenda will be mailed to eligible voting members in early November. 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 2016 fiscal year.

All are welcome!

Unity Tomorrow Capital Campaign is coming to a close!

From Barbara Hubbard, Executive Director

We have been enjoying our "new building" since the 2012 *Unity Tomorrow* capital project was completed. Through your generous contributions we were able to modernize our infrastructure, upgrade the kitchen, add restrooms, and create a beautiful and welcoming main entrance.



The project cost \$8 million dollars and commitments to the project total \$6.8 million. We have been making principal and interest payments on our construction loan since 2012, and are in the last weeks of collecting contributions to this project. Beginning in 2017, the remaining debt will be converted to a long term mortgage.

So, here's the deal... We are in final negotiations with three community banks for a long term note and we'd like the principal balance to be as low as possible when we seal the deal. Any additional money that comes in will help to keep principal and interest payments more manageable in the future.

If you have an outstanding balance on your *Unity Tomorrow* capital campaign commitment, or if you would like to make an additional tax deductible gift to this project, please make your payment by December 1!

Please contact me (barbarah@unityunitarian.org//651-228-1456 x116) or Song Thao (song@unityunitarian.org//651-228-1456 x115) with questions. Thank you for your generous support which has made *Unity Tomorrow* possible.

OWL Room Renovation!

Have you seen the renovation of our OWL room?! If not, stop by the next time you're at church — it's stunning! A huge thank you goes out to Megan Casselman-Condon and her team of volunteers and staff for all of their hard work making our religious education spaces beautiful, joyful, and welcoming to all our youth!



This wall lights up and includes our seven principles on the middle panel!



WELCOME WORDS / FELLOWSHIP GROUPS

Welcome Words

Rev. Lisa Friedman, Minister of Congregational and Community Engagement



In this stressful election season, many of us are struggling to keep centered, much less find ways to express our gratitude. But holding on to our gratitude is what keeps us centered in our deepest values. No matter the nature of the campaign rhetoric, I am grateful to live in a democracy where my vote counts. No matter the violence in our news, I am grateful to be a part of a religious community that works for peace and repair. No matter how alone I can feel in the face of it all, I am grateful to be a part of a church whose welcome is consistently wide and wider still. In short, in these challenging times, I am grateful for each of you. For it is your faith, your compassion, your commitment, and your honest struggle that inspires my own. May we find ways to share our gratitude in this season of hope and thanksgiving. See you in church!

Pathway to Membership Classes

Sign up for Pathway to Membership classes at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement, at lisa@unityunitarian.org or 651-228-1456 x107. She is also happy to meet with you personally to answer questions and to welcome you into the congregation. Childcare is available by request at least one week in advance.

Welcome to Unity: Our Class for Newcomers

Wednesday November 2 • 7:15-8:30 p.m. ~also offered ~ Sunday, November 20 • 12:15-1:30 p.m.

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

Finding Yourself at Unity: A Deeper Inquiry

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

November 6: Membership 101 & Congregational Life

November 13: Q & A with a Minister

November 20: Worship & Liturgical Year

November 27: Building Tour

Committing to Unity: Joining Unity Church

Saturday, November 12 • 10:00 a.m.–noon

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

Fellowship Groups

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

A New Look at the Bible: Second Thursday of the month (November 10) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

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

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (November 17) from noon–2:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Evergreen Quilters: Second Tuesday of the month (November 8) from 7:00-9:00 p.m. and fourth Saturday of the month (November 26) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760.

Living With Grief Group: For people living with grief and loss. Third Tuesday of the month (November 15) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Men's Retirement Group: Monday, November 7 and 21, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

Textile Arts Group: Bring your knitting, crocheting, tatting, embroidery, and cross stitch. All ages and levels of experience are welcome! First and third Wednesdays (November 2 and 16), 7:00-8:30 p.m. Contact: Linda Mandeville at lindamandeville@aol.com.

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

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

November 8: *Some of My Best Friends Are Black* by Tanner Colby

December 13: *The Human Stain* (American Trilogy #3) by Philip Roth

January 10: *My Life on the Road* by Gloria Steinem

Unity Bridge Club: The Bridge Club will meet on Friday, November 4, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women In Retirement, The Choice Years: This group meets the second and fourth Thursday (November 10, will not meet November 24) of each month from 1:00-3:00 p.m. Contact Lisa Friedman at lisa@unityunitarian.org

Sangha Zen Meditation: Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction is offered on the first Tuesday (November 1) beginning at 5:00 p.m. Contact Ken Ford at kenfaure@gmail.com

WELCOME NEW MEMBERS!



New members, l-r: Marty Wall, Julie Lindholm, Denny Hansen, Megan Brogger, Sarah Crawford, Pat Christiansen, John Christiansen, Jen Bjorhus



New member Kathy Park (right) with her daughter, Laura

Jen Bjorhus and her husband **Ranjit Kesha** live in St. Paul with their son Kai (7), and just sent their oldest son Parthan off to college. They're sort of a Hindu/Minnesota/New Zealand/Lutheran/India evolving mosaic, and passionately farm their tiny backyard that they have stuffed with five fruit trees. Jen has been a journalist for years and really cultivated her professional observer self, but wants to work on other parts of life and re-engage in her community. She is very happy to see Kai growing in Unity's Religious Education program, and will eventually figure out how to deepen her involvement here. She feels like saying, "Thank you," to Unity Church.

Megan Brogger felt at home on her first visit to Unity Church and is proud to be a member of this curious, supportive and respectful community. She co-owns a management and organization development consulting firm, and finds joy in spending time with family (human and canine!), hiking, reading, and photography.

Sarah Crawford is a reading teacher for Minneapolis Public Schools and a mother to two wonderful daughters, Olivia and Grace Hogan. They live in the Summit Hill neighborhood of Saint Paul. She is grateful for the welcoming and supportive community they have found at Unity Church.

Pat and John Christiansen are transplanted Nebraskan's who have lived in Minnesota for 20 years. They are both lifelong educators who continue to enjoy their careers. Spending time with their seven grandchildren and their parents, attending the theater and sporting events, entertaining friends, trying new restaurants and traveling are favorite leisure time activities. They look forward to being involved members of Unity Church.

Julie Lindholm and Denny Hansen have been coming to Unity Church as a family for about ten years. They are drawn to Unity as a community that shares their values. Their daughter Ariel keeps them active in the church as they support her in many activities, from the summer garden to singing in the children's choir.

Kathy Park was a Unitarian Universalist for 30 years, deeply involved in the activities/committees of the Minnesota Valley UU Fellowship. Then she overdid it, suffered a burnout, and stepped back to recover and consider alternatives. At her daughter Laura's invitation, she discovered the Unity Sunday service which has a format that grounds her, content that gives her hope plus ideas to chew on, and excellent music that uplifts her. Gradually she learned about Unity's Mission and Ends which guide everything the church does. She needs a church that knows its mission and lives it. She needs a church with a Sunday service that feeds her soul. She needs to be at Unity.

Marty Wall is a retired teacher, having taught for 35 years in the Mounds View School district. She enjoys friends, training and having fun with her border collies, daily walks with her daughter, reading, and gardening. She is excited to join Unity Church and become a part of this active, vibrant, and welcoming community.

Bond of Fellowship

As those who believe in religion,
as those who believe in
freedom, fellowship,
and character in religion,
as those who believe that the religious life
means the thankful,
trustful, loyal and helpful life, and
as those who believe that a church is
a community of helpers, wherein
it is made easier to lead such a life;
we join ourselves together,
name, hand, and heart,
as members of Unity Church.

—William Channing Gannett
March 9, 1879, adapted

MINISTERIAL INTERNS

Hallman Ministerial Intern: Jessica Clay



As a child during Thanksgiving I remember making turkeys with the outline of my hand on construction paper. Learning one version of this holiday in school it would be many years before I saw the whole picture of how Thanksgiving rests in history with all of its complications. For many Thanksgiving represents another reminder

of the ways that colonization has eradicated many indigenous people in this country. President Lincoln made Thanksgiving a national holiday after the civil war as a way of unifying the country. Little did he know that his act of unification would be viewed in a different light many years later.

Here at this church we went from the theme of unity in September to forgiveness in October, and this month our theme is gratitude. This is paralleled in my feelings around Thanksgiving. To acknowledge the beginnings of the holiday, which were meant for unity, and ask for forgiveness for the ways stereotypes have been perpetuated and colonization has affected indigenous people in this country. I have gratitude for this complicated holiday and let the complications and painful parts of our history call upon me to continue to work for justice.

This month I have gratitude for life in all of its complications. For living in a country with democracy at its heart, a denomination with the democratic process as part of our polity. For the possibilities of who could be in charge, and for the gift of being able to have an opinion. But within that is an acknowledgment of who can't vote, whose voices aren't heard and the ways we can do better. As I get to know many of you through Beloved Conversations, UU Pilgrimage class, and conversations over coffee in the Parish Hall I feel so lucky to be with you in these moments. Watching you contemplate what unity means, how to forgive, and the ways that gratitude is welcomed in.

While I was staying with family this summer I had the opportunity to go through school papers and found my paper turkeys. As I pressed my hand against them I could feel the years that separated who I was then with who I am now. When I enter the house and smell the smells of Thanksgiving I am transported to being that nine year old girl, long blond braid down my back, with a gleam in my eyes thinking about turkey and pumpkin pie.

I hold the complications of Thanksgiving while appreciating the many joys it brings. As I gaze upon the newly installed "Appeal to the Great Spirit" statue in the narthex I sit with this wide array of experiences of what it means to be human today. I am grateful for the art team, for this church, for the ministers, and for you — the person who is taking the time to read this article. This year I am not making paper turkeys with my hands, but I am making and creating a ministry here with you, and for that I have much gratitude.

Ministerial Intern: Nic Cable



As we enter this month of gratitude, I am becoming increasingly aware of how much this theme underpins so much of our lives together at Unity Church. Gratitude can be a surprising feeling, something which can pop up around us or within us when we least expect it. But whenever and wherever it emerges, I have noticed that gratitude offers us opportunities to

connect more deeply with one another and to cherish this precious life we have been given.

I have been involved in a couple areas of church life this fall, which have brought much gratitude to my life, personally. In two particular areas, I have experienced the transforming power that is available to us when we come together to learn and grow with open hearts. The first experience has been serving alongside the annual pledge team. Together, we reflected on our relationships to Unity, to one another, and to those magical moments when we have felt at home and beloved in this community. We soon realized that the "Ask" we were really making to the congregation was about so much more than what each individual or household might financially pledge to this church in the coming years. The deeper "Ask" was indeed a sacred invitation into personal and shared reflection about who we are, what we do, and why it matters now in this fragile, changing world in which we live. *Why Me? Why Us? Why Now?* have inspired not just a profound set of conversations during this year's pledge drive, but because they have also opened our hearts to continue exploring how we might live more fulfilling lives of meaning and purpose together.

The second experience this fall that I have been grateful for has been coordinating Beloved Conversations: Meditations on Race and Ethnicity. Fifty members of our community have committed their time and opened their hearts to explore the difficult topics of race, racism, and privilege in their personal and shared lives. This is vulnerable, challenging work. Like with the pledge drive, issues around racial equity bring up feelings of real urgency in our day. I've noticed many participants of Beloved Conversations express gratitude for the opportunity to be invited to talk openly about these topics in ways they don't often have the opportunities to. Again, the "Ask" in Beloved Conversations is much more of an invitation to a life of discernment and committed living around our values of anti-racism and anti-oppression. This particular program will end in a couple weeks, but its guiding questions will remain, as we continue to work for racial equity and justice in the world.

In the end, I suppose, I am most grateful that we are asking the right questions, here. We are inviting one another into deeper relationship and commitment to how we participate in this community at Unity. And together, we are trying to stay at the table, to keep the conversation and passion alive for our shared ministries. In that hope, I give thanks. I give thanks for the opportunity to stop amidst the busyness of life and to simply look—to look within, among, and beyond myself—knowing that when I least expect it, I might just discover something that reminds me again of how truly precious this community is and how meaningful our ministry can be.

SPIRITUAL PRACTICE AND REFLECTION

Crossing and Blessing Our Thresholds

Every year brings changes, but sometimes the changes are larger and more challenging than others. If you are crossing or have just crossed a significant threshold in your life — a change in relationship, work, home, roles, identity or abilities — consider participating in the Thresholds series being offered again in 2017. This year's group will begin on January 7.

The four-part Threshold series invites you to explore a current personal threshold, chosen or unbidden — one you have just crossed, are in the process of crossing or are about to cross — together with others who are on their own thresholds. "The support of the participants was amazing," said Jill van Kooljik, after participating in 2015. "I connected with many congregants and made new friends. Most of all, the workshop confirmed that we are not alone in our struggles."

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

"The series helped me let go of fear and realize that moving forward meant leaving some things behind," said Pam Sheen, who participated in 2015. "The group process is perfect for threshold crossing, a 'safety net' of like-spirited individuals."

Participants are asked to commit to all four sessions. At the end of the series, the group will be blessed by the congregation in worship, honoring the role of community in giving us all safe passage across the many thresholds of our lives.

The group will meet Saturday, January 7, 9:00 a.m.–3:00 p.m., and three additional Saturday mornings, 9:00 a.m.–noon: January 21, February 11 and 25. The congregational blessing will occur on Sunday, February 26. The series is free to members; a fee of \$100 will be charged nonmembers at the time of registration.

Group size is limited. Register early to reserve your place — e-mail Karen Hering (karen@unityunitarian.org) or put a note in her church mailbox with your name, phone and email or street address, and a sentence or two describing the threshold you have crossed or will be crossing soon.

SAVE THE DATE!

Unity's Women's Retreat

Save the date for Unity's 9th annual Women's Gathering on Saturday, January 28, 2017! If you are interested in helping with the gathering, please contact Rev. Lisa Friedman at lisa@unityunitarian.org.

Finding and Keeping Our Balance

Recovering from a Harsh Election Season

Wednesday, November 9 • 10:00 a.m.-Noon

After a challenging election of so many hurtful words and deeds, you are invited to a post-election gathering of meditation and movement to restore your balance and good energy. Led by Tai Ji teacher and artist Lisa Schlingerman, the two-hour session the day after the elections will include meditation, Tai Ji and Qigong. It is open to people with and without experience in Tai Ji.

Lisa Schlingerman has been practicing Tai Ji for many years and teaches the Tai Ji Five Moving Forces form that expresses the five life forces of water, fire, wind, earth and metal as metaphors to inspire kinesthetic awareness in our bodies. Her classes combine art, poetry, Qigong and Tai Ji in a flowing composition. The physical movements are gentle and safe for people of all ages.

If you'd like to restore a healthy energy flow after the elections, please join us! A free will offering will be collected. To attend, please RSVP to karen@unityunitarian.org.

Speak Peace in a World of Conflict

Unity Church is pleased to be sponsoring and hosting a one-and-a-half-day workshop called, "Speaking and Listening from the Heart: Words that Can Change Your World" based on the practice of Compassionate–Nonviolent Communication.

The event will be held on Friday evening, November 18, and all day Saturday, November 19. The leader is Jeff Brown, a certified trainer with the Center for Nonviolent Communication, who has led trainings in 28 U.S. states and eight countries.

You will learn how to exchange information with others to prevent violence, increase civility, and discover strategies that contribute to lasting peace among individuals, organizations, and nations. To get all the details and register, please visit www.speakpeacetwincities.org or contact the local organizer, Dave Casey, by email to davecasey53@gmail.com.

Holiday Hush

Turn your holiday rush into holiday hush this season with a retreat in daily life offered by Spiritual Director Sarah Cledwyn. Between Thanksgiving and Christmas, join with others in holding our center of peacefulness and gratitude. Participants will receive a weekly dose of calm from the meditation cushion at Grow Soul with reflections, practices and inspiration that you can encounter at your own pace and in the realities of your own life. Opportunities for community support through a closed Facebook group will give participants an extra level of connection if they so desire. Give yourself the gift of a reflective and intentional holiday season. More information and sign up at www.GrowSoul.com. Questions? Contact Sarah at sarahcledwyn@gmail.com or 651-699-9948.

WELLSPRING WEDNESDAY

Wellspring Wednesday: A Weeknight at Church

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

Dinner: The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. Children under the age two are free. All meals will offer vegetarian, vegan and gluten free options. People with specific food allergies may contact madeline@unityunitarian.org to arrange to have a special preparation. Email Lisa Friedman at lisa@unityunitarian.org for financial assistance to help cover the cost of dinner.

November 2

Dinner: Rainbow roasted root vegetables over grains with a shredded brussels sprout salad (chicken drumsticks for kiddos).

Film Screening: *Poverty, Inc.*

Fighting Poverty is big business. But who profits the most?

Does Western aid alleviate or exacerbate poverty? What is the effect of donated food and clothing on local economies? How does Mano a Mano's approach differ from that of organizations featured in the film? Join the Mano a Mano Community Outreach Ministry Team to watch and discuss this provocative, award-winning documentary.

What's Nonviolent Communication (NVC)? Part I

This session will briefly introduce the 4-step model of Nonviolent Communication by Marshall Rosenberg. Join Jon and Susan Vaughan-Fier for an introduction to non-violent communication and how it has impacted their lives. The session will run like a typical NVC-Practice group and the goal is to inspire more practice and/or more learning. Consider attending a two-day NVC workshop at Unity Church on November 18 and 19, led by national trainer Jeff Brown (see page 9). Participants will leave with a concrete skill to bring into their daily lives. No previous NVC experience necessary.

Welcome to Unity: Our Class for Newcomers

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

Textile Arts Group

Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch for an evening of fellowship and service. All ages and levels of experience are welcome! Contact Linda Mandeville with questions at lindamandeville@aol.com.

Yoga Movement and Mindfulness: Santosha

Santosha, means learning to find contentment with what we have and where we are. As we move through poses and mudra (hand gestures) and explore mantra (song) related to contentment, we will take time to reflect on the idea of practicing Santosha in our bigger-better-more-focused world. Bring a yoga mat if you have one; there will be a few available.

Learn and Play Go: A Chinese Board Game

Anyone above the age of 10 is welcome.

UU Pilgrimage (closed)

Tween Group (grades 5-7)

November 9

Dinner: Whew! The election is OVER... and the real work has just begun. Join us for a supper of comfort and sustenance: meatloaf (veggie loaf), mashed potatoes, roasted broccoli, salad, and chocolate cake!

Ecological Resilience as a Model for Community Sustainable Development in Africa

The vision of Sierra Leone Foundation for New Democracy (SLFND) is connectedness among peoples and the earth, wounds healing, creativity flowing, and our mission. Sierra Leone Foundation for New Democracy works in partnership with communities to build the foundation for citizens of all ages to deliberate and enact new, non-adversarial alternatives that nurture democratic relationships and decision-making within and among individuals, families, institutions, and the environment. Join us Executive Director Hindolo Pokawa for a conversation on early childhood development and permaculture design.

Mother/Daughter Film Club

November film: *Iron-Jawed Angels*

Please join Unity Church moms and daughters (grades 6 & up) on the second Wednesday of the month for a female focused film. The following month, we'll discuss (nothing too formal) the previous month's film during dinner. Feel free to join us for all films or just one. Questions? Contact Elizabeth Wrobel at wrobelsmith@hotmail.com.

Yoga Movement and Mindfulness: Tapas

Tapas is the practice of self-discipline, especially around being willing to stick with something that's hard for us. In a practice of Tapas, we are encouraged to stay in the fire until we are able to find the blessing. In this week's practice, we will pay particular attention to how we respond to yoga poses that challenge our egos. Bring a yoga mat if you have one; there will be a few available.

What is Non Violent Communication? Part II

UU Pilgrimage (closed)

Learn and Play Go: A Chinese Board Game

Tween Group (grades 5-7)

Help cook and serve a Wellspring Wednesday meal!

Help is needed on Tuesday and Wednesday evening.

Contact madeline@unityunitarian.org to volunteer!

WELLSPRING WEDNESDAY

November 16

Dinner: A Hungarian Feast! Kid friendly and delicious! This meal is provided by our Partner Church Ministry Team in honor of Partner Church Sunday. Details to follow.

15 Years of Learning How to be Pilgrims in Transylvania

Back in 2001 a small group of brave but interested people from Unity Church visited a little village named Homorodszentpeter, nestled in the foothills of the Carpathian Mountains in what is now western Romania. For over 400 years this tiny village has been home to Hungarian-speaking Unitarians. When the first Unity visitors arrived, the people in this village, with the help of their courageous minister, were just beginning to emerge from decades of brutal persecution under Ceausescu's totalitarian regime. It turns out that we had a lot to learn from each other.

Over the past 15 years, 106 people from Unity Church have made trips to visit the people of this village. Many have made the journey only once, some have gone multiple times: all have had the eye-opening (and sometimes heart-opening) opportunity to get to know our partners there and to begin to understand the roles of community, of faith and of family ties in enabling hope to survive. Come to this short program to see some extraordinary images of the village—its countryside and people—and to hear some equally remarkable stories about our evolutionary partnership.

Yoga Movement and Mindfulness: Svadhyaya

Practicing Svadhyaya, self study, helps us learn to recognize our most true self. By studying the self and recognizing our habits and thought processes, we learn how much of what we do and think is far from who we really know we are. This week's practice will encourage us to separate deep truth from superficial fiction. Bring a yoga mat if you have one; there will be a few available.

Textile Arts

Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch for an evening of fellowship and service. All ages and levels of experience are welcome! Contact Linda Mandeville with questions at lindamandeville@aol.com.

What is Non Violent Communication? Part III

UU Pilgrimage (closed)

Learn and Play Go: A Chinese Board Game

Tween Group (grades 5-7)

Wellspring Wednesday Reminders

There is no Wellspring Wednesday on November 23. Happy Thanksgiving!

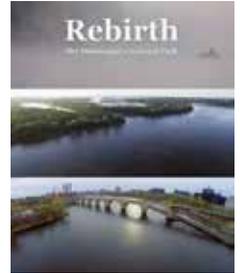
Wellspring Wednesday is on Winter Break from December 14–December 28. Dinner, worship, and programming resume on January 4.

November 30

Dinner: Sweet and sour Asian lettuce wraps with turkey or tofu, ginger fried rice, cabbage crunch, roasted snap peas

Rebirth: The Mississippi's National Park with John Kaul

Produced for FMR by award-winning local filmmakers John Kaul and Tom Reiter with Twin Cities Public Television, and narrated by Minnesota Public Radio's Steve Seel, *Rebirth: The Mississippi's National Park* tells the little known story of the creation of the Mississippi River's first and only national park right here in the Twin Cities.



This designation, initiated locally by self-proclaimed "river rat" Tom Kelley and championed at the federal level by Sen. David Durenberger and Rep. Bruce Vento, sparked the local river renaissance we enjoy today — a river that is thriving with fish and bald eagles, a river increasingly connected to our communities via parks and trails, a river seen as an asset instead of a convenient dumping ground. As we face new challenges like agricultural pollution, development pressure, and habitat degradation, this story also reminds us of the powerful, long-term impact citizen-based stewardship and advocacy can have on the natural wonders we love.

Bible Study: Old Strong Stories

Let's take a deep look at how scripture can benefit our lives. Pastor Danny Givens, Jr., of Above Every Name Ministries and Rob Eller-Isaacs will lead this Bible study on the theme of Advent.

Year-Round Indoor Salad Gardening with Lee Olson

Do you know you can grow fresh salad greens throughout the winter with no lights, no greenhouse, and little more than a cupboard and a windowsill? Lee will teach you how to grow sprouted seeds in soil, employing a method that encourages a long stem without expansive roots. This method provides delicious, healthy salad greens in less than ten days at a fraction of the cost of buying them at the market. This workshop will have first-time and experienced gardeners discovering the fun and productive world of indoor salad gardening. You will go home with a "growing salad" and information on how to purchase inexpensive supply kits for more growing. Please bring \$2 to contribute towards supplies.

Yoga Movement and Mindfulness: Ishvara Pranidhana

The practice of Ishvara Pranidhana, surrender, means if we are able to completely surrender our individual ego identities to our higher self, we will attain the identity of the Divine. When we dedicate our lives to serving the Divine that lives within us and all other beings, we will move beyond all feelings of separateness. This week, we'll contemplate what that sense of harmony would look and feel like for each of us. Bring a yoga mat if you have one; there will be a few available.

Learn and Play Go: A Chinese Board Game

Tween Group (grades 5-7)

Jeremiah Program: Help Prepare a Meal

Help cook a meal at The Jeremiah Program (932 Concordia Avenue, St. Paul), a residence and education program for single moms and their children. Meals are provided before evening classes and Unity Church volunteers are needed to help with preparation on the following dates: Thursday, November 3; Thursday, December 15; Tuesday, January 24; Thursday, February 16; Tuesday, March 21; Thursday, April 20. To volunteer contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

Prior Crossing Grand Opening

You are invited to attend the Grand Opening of Prior Crossing, a 44 apartment facility for youth who have experienced homelessness, on Sunday, November 6, from 12:30–2:30 p.m. Unity Church has been supporting this initiative of Beacon Interfaith Housing Collaborative through financial support and donations. There will be a short program at 1:00 p.m. The address is 1949 University Avenue, Saint Paul. RSVP online at www.beaconinterfaith.org/events/grand-opening-prior-crossing.

Action Creates Energy

Unity's Sustainable Living Team

Unity's Sustainable Living Team has decided to start this season in action! On Saturday, November 5, we are hosting a neighborhood clean up along the Bruce Vento bike trail and Phalen Boulevard from 1:00–3:00 p.m. This particular corridor provides critical habitat for animals and plants alike. Trash bags will be provided — bring your own gloves! There will be free parking at a local church, bagels, and toasty beverages for folks who join in! Please stop by the Sustainable Living table in the Parish Hall on Sundays to find out more about this effort and register to be a part of the group. Many hands make light work! The Sustainable Living Team's monthly meeting will be held on Monday, November 7, at 7:00 p.m., in the Gannett Room.



Beyond Sustainability

A Journey with Mano a Mano

**Travel Information Session: Sunday, November 20
10:15 a.m. and 12:15 p.m. • Unity Church**

Mano a Mano International Partners (a Unity Church community partner) invites you to join a unique journey to Bolivia to visit the training center where they teach earth-friendly agricultural practices that lead to healthier communities. Be immersed in the daily lives of subsistence farm families and witness their determination to create a better life for their children as they expand on their original Mano a Mano projects — a water reservoir, a medical center, a road — all on their own. The sessions will be led by Segundo Velasquez, co-founder of Mano a Mano and Unity member. Questions? Contact Segundo at segundo@manoamano.org.

Volunteer Corner

If you would like to volunteer and share your time and energy with the congregation, please contact Madeline Summers, Volunteer Coordinator, at madeline@unityunitarian.org or 651-228-1456 x126.

We need extra help in the kitchen!

Volunteer with Food Ministry

We are looking for volunteers to do easy kitchen tasks. Feel free to sign up just one time or many times. No need for any special skills or training—we'll teach you everything you need to know. We also have spaces for families to volunteer together. Please join us in the kitchen for fun and fellowship!

Sundays: November 6, 20, and 27, from 2:00-4:00 p.m.

Tuesdays: November 1 and 29, from 5:30-7:30 p.m.

Wednesdays: November 2 and 30, from 5:30-7:30 p.m.

Sunday Welcome Teams

We are currently looking for additional Welcome Team members to join the following teams:

Third Sunday of each month, 9:00 a.m. Welcome Team

Third Sunday of each month, 11:00 a.m. Welcome Team

First Sunday of each month, 11:00 a.m. Welcome Team

Welcome Team Volunteers are needed to greet members and visitors as they arrive to church, welcome them to Religious Education and to worship, pass out orders of service, ring the church bell, collect and count the offertory, and assist with serving coffee after the service. **Welcome Team members are asked to serve at one service once per month.**

Christmas Pageant Costume Committee

Looking for those talented, creative types who can help with design and sewing of costumes. We'll meet on Sunday, November 20, more details to come. If you are interested, please contact Kelley Loughrey by text or email: 763-607-7520 or kelleyloughrey@comcast.net.

Unity's Women's Retreat

Unity's 9th annual Women's Gathering will be held on Saturday, January 28, 2017! If you are interested in helping with the gathering, please contact Rev. Lisa Friedman at lisa@unityunitarian.org.

Child Care

Free child care is available, with one-week advance notice, for all church-sponsored activities. Contact Michelle Hill at michelle@unityunitarian.org.

UNITY'S ART TEAM

Permanent Art Collection of Unity Church

From Paul Rogne, Unity Art Team

Yes, Unity Church does have a permanent art collection and it is looking great! For the past fifteen months a number of church volunteers have been meeting and working regularly to inventory, restore, and organize the more than one-hundred pieces in this collection. That work is now done. The art is hanging in various rooms, offices, hallways, and staircases throughout the church. You are invited to take some time to view the collection. Each piece has been labeled with the title, artist, and date. Additionally, there are many pieces that include a story with details about the artist, the work of art and more.

Over many decades this collection of art has grown as several members and friends donated pieces and the church purchased other works. You will often find that history included in the stories posted next to the art works.

You may be surprised to learn of the fame of several artists in the collection. Many are renowned artists and we are proud to have their work on display.

As you enter or leave the Sanctuary you should take note of the fine bronze statue, "Appeal to the Great Spirit" by Cyrus Dallin. It had been displayed in the Ames Chapel but now is newly restored and moved to this more visible location. Dallin depicted a chief of the Siouz Nation praying for strength when all efforts to make peace with the U.S. Government had failed and very existence of his people was under siege.



In the Center Room you will undoubtedly notice the two bright pink prints facing each other. These are by the renowned artist Erte who was a major figure in the Art Deco revival movement in the 1960s. Also, in this room is a display illustrating the history of Unity Church — original structure, décor, bell tower, and renovations.

If you make your way upstairs to the Robbins Parlor you will find a nice display representing Unity's connection with our partner Unitarian Church in Transylvania. Also, hanging there is a large 17th Century silk Flemish tapestry that has been in storage for a few years. It is very eye-catching.

These are just a few highlights. Nearly every nook and cranny of the church now features art to view, appreciate, and learn from.

If you have comments or questions, or are interested in the ongoing work of the Unity Art Team, please contact us by leaving a note in the Art Team mailbox in the Copy Room, or email Paul Rogne, Chair of the Art Team, at parogs@gmail.com.

November Parish Hall Artist

Kate Woodman Middlecamp

I come from a long line of makers. My childhood spent surrounded by art, an endless selection of tools, and the energy of creation. For me, the creative process has always been a means to experience and express — to truthfully, intentionally connect with life around (and in) me.

Art gives me voice to say what I cannot find words to express.

To that end, my latest series is a visual journey through the memory and trauma of sexual assault and the search for healing; taking form in darkly whimsical, resin-cast mixed media panels. The characters populating this imagined world — my liaisons through the darkness — are cut and modified illustrations from Lee Ames, a childhood favorite. I am particularly fond of using resin, as it allows me to create seemingly fluid, suspended layers of image, collage, and line. The resulting work often appears as though viewed through water, and changes as the viewer's physical relation to the image changes.

Working on this series — especially while navigating our current cultural and political climate — has been therapeutic and profoundly healing. The images are dark and brooding, while still whimsical and filled with luminous hope. They are the place where I was, and indeed the place where, in many moments, I still am. But they are also guiding me to the place I will be, and for that I am grateful.

Thank you for joining me on the journey.

Where the Heart Goes by Kate Woodman Middlecamp



MINISTRY WITH CHILDREN & YOUTH

Thanks. Thanks a lot.

From Drew Danielson, Coordinator of Youth and Campus Ministries



The 9th graders were vexed. This group is comfortable sharing their feelings – both those that are filled with joy and those that cause displeasure. The Coming of Age class had just spent 45 minutes responding to a fairly heady and esoteric list of questions on the topic of “What does it mean to be Human and Alive?”

“I don’t know, those were not good questions — I did not know how to answer or what they were asking! I’m frustrated!” A few students nodded in agreement.

I waited before responding, not wanting to be defensive or dismissive — I mean they are supposed to be hard questions, so I didn’t want to offer a pass.

“I can’t answer what life is, I mean are we supposed to know the answer? Are we supposed to know what life is to other species?!”

“Yeah, if it was like ‘what’s your opinion’ it would make more sense.”

“Right! If it said ‘to me’ after the question, then I get it.”

I sat there kind of wanting to shake my head, or really, think of a clever come back. But then a facilitator jumped in. “That is totally what you are being asked. That’s the point, isn’t it? Aren’t you thankful that we aren’t looking for the right answer? That we’re looking for *your* answer?”

A calm started to settle in as the group was able to let go of some stress they were feeling, even as I was feeling somewhat incredulous — like, really? That’s what worried you? But then I got it. These are kids who are generally really “good students” — they respond to a question as if it’s very important they follow directions and do it “correctly.” They are also good Unitarian Universalists in that they are reticent about answering an objective question on behalf of others — who are they to define life, or more importantly, to judge a life for someone else?

I am thankful for these kids. Thankful we are entrusted to work with them. Potential lawyers almost every one: prone to rewrite questions and question their validity.

And as our facilitator suggested, how they can be thankful — that in this era of polarizing political and public mud-slinging, where opposing views are belittled and even demonized — they belong to a faith where in their “confirmation” they are encouraged to know their own hearts, find their own ways, and as they do so, to also affirm the voices of others. Sounds hi-fallutin’ I know, but even as they challenge me with their guarded answers, I’m confident it is what we strive for and what we are helping to bring into being.

2016 Christmas Pageant

It’s time to start planning for our beloved Christmas Pageant. If you are new to Unity Church, we invite you to participate in one of our oldest church traditions. On Christmas Eve, we celebrate the season with our youth and ministers sharing the Nativity story told in a tableau format accompanied by beautiful music from our Children’s and Adult choir.

If this is already a sacred part of your family seasonal experiences, we want to share the key dates so you can plan ahead. Each year as we invite our church youth to be a part of this magical experience, we find opportunities to include as many as possible from kindergarten through 12th grade.

Costume Committee

Looking for those talented, creative types who can help with design and sewing of costumes. We’ll meet on Sunday, November 20, more details to come. If you are interested, please contact Kelley Loughrey by text or email: 763-607-7520 or kelleyloughrey@comcast.net.

Pageant Costume Fitting

Sunday, December 18
10:15-11:15 a.m. and 5:45-6:15 p.m.

Children's Choir Rehearsal

Open to all 3rd-6th grade children
Sunday, December 18
10:15-11:00 a.m.

Adult Choir Rehearsal

Sunday, December 18
10:15-11:00 a.m.

Pageant Rehearsal

Friday, December 23
1:00-4:00 p.m.

Christmas Eve Performances

Two pageant services
4:00 p.m. and 5:30 p.m.

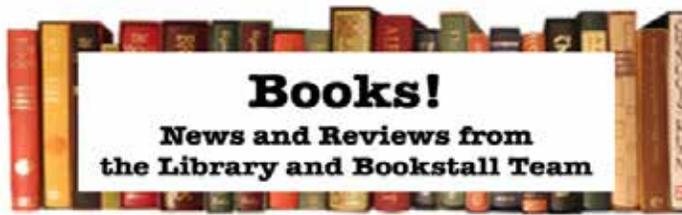
Questions? Email Pageant Director, Kelley Loughrey, at kelleyloughrey@comcast.net or call/text Kelley at 763-607-7520.

Save the Date: 2017 Children's Musical

For the past 27 years, talented members of the Unity Church community have come together to write, compose, direct, choreograph, and perform a unique show for Unity Church. Participating in the 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 fun, team building experience might be right for them.

To learn more, please come to the parent information session between the 9:00 and 11:00 services in the Anderson Library on December 11. The musical is scheduled for March 2-4, 2017! Stay tuned for more information. Questions? Please contact Co-Producer Louise Livesay-Al at louiselivesay@yahoo.com.

LIBRARIES AND BOOKSTALL / MUSIC MINISTRIES

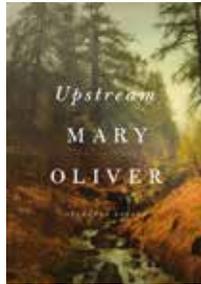


look past reason, past the provable...

Upstream: Selected Essays

by Mary Oliver (Penguin Press, 2016)

In this collection of 19 essays, readers get a glimpse into those that influenced her ("my friend, Walt Whitman"), what inspires her personally and artistically ("the door to the woods is the door to the temple"), and her instructions for us all ("look past reason, past the provable, in other directions"). From childhood through her 81 years, *Upstream* "provides deep insights and delightful anecdotes as she examines her role as writer, reader and a spiritual seeker who constantly practices what she describes as the redemptive art of true effort" (Washington Post-Books, October 12, 2016).



Other titles just in:

Turning Point by Fred Muir, Editor (Skinner House, 2016)
The subtitle says it all: *Essays on a New Unitarian Universalism*. Find this in the Anderson Library and the Bookstall.

I Am a Story by Dan Yaccarino (HarperCollins, 2016)
Celebrate the power of storytelling from cave drawings to today. Find this in the Whitman Children's Library, Picture Books.

Looking for the perfect gift?

"Books make great gifts because they have whole worlds inside of them. And it's much cheaper to buy somebody a book than it is to buy them the whole world!" — Neil Gaiman



Purchase a Unity Bookstall Gift Certificate and give the gift of choice. Perfect for any occasion and for all youth and adults. Ask about gift certificates in the Bookstall this Sunday!

Unity Book Club

The Unity Book Club meets on the second Tuesday of each month from 7:00-8:30 p.m. All are welcome—even if you haven't read the book. Contact Jack Hawthorne at jack.hawthorne@comcast.net. Upcoming discussions:
November 8: *Some of My Best Friends Are Black* by Tanner Colby
December 13: *The Human Stain* (American Trilogy #3) by Philip Roth
January 10: *My Life on the Road* by Gloria Steinem

Music Notes

From Ruth Palmer, Director of Music Ministries



The ancient roots of the word 'art' have to do with connection. . . and, at its best, is our connection to the mystery, to the parts of ourselves that are deeper and truer than the day-to-day world.

From *Staying With Your Beauty*
— Roderick MacIver

As I drive to Unity in the midst of these stunningly beautiful October days, I often ponder what music can add to our lives, how it can be partner, support, and inspiration to the many complex daily issues we work through. In his welcome address to freshman at Boston conservatory, director Karl Paulnack pointed out that the Greeks were the first people to understand how music really works. They observed that music and astronomy were two sides of the same coin. Astronomy was seen as the study of relationships between observable, permanent, external objects, and music was seen as the study of relationships between invisible, internal hidden objects. Music has a way of finding the big, invisible moving pieces inside our hearts and souls and helping us figure out the position of things inside us.

In his book, *A Way of Being Free*, Ben Okri says "the highest things are beyond words. That is probably why all art aspires to the condition of wordlessness. When literature works on you, it does so in silence, in your dreams, in your wordless moments. Good words enter you and become moods, become the quiet fabric of your being. Like music, like painting, like literature, art wants to move into silence, into the emotional and spiritual conditions of the world. Statues become melodies, melodies become yearnings, yearnings become actions."

As we enter that time of year that speaks so often of family, home, connections, and the promises we make or live, I often must remind myself to take the time and moments that revitalize my highest intentions. Over and over again I find that art and the "beautiful" within it help me to find that balance.

All of this bringing me to gratitude. Gratitude for each moment and each person with whom I have the joy of creating our music, each group within, and all of our wider community. Gratitude for Unity Church!

SAVE THE DATE

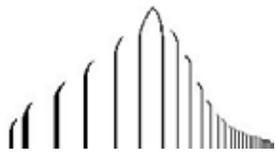
Saturday, December 10, 2016

Holiday Carol Sing • Concert • Dessert Buffet

6:30 p.m.: Carol Sing

7:00 p.m.: Holiday Concert, "Go Tell It!" All choirs, joined by guest instrumentalists

8:00 p.m.: Dessert Buffet — Please consider bringing a dessert to share and a non-perishable item for the food shelf



UNITY CHURCH-UNITARIAN

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Rest for the Journey **Black Friday at Church**

Feeding the Spirit on the Feast Day of Consumption

Friday, November 25, 2016
10:00 a.m. • Sanctuary

The holiday season is an emotionally-filled roller coaster of busyness and consumption. Come join Jessica Clay and Nic Cable for Unity Church's ninth annual "Black Friday at Church" service, a time of rest and serenity, as we appreciate the blessing of simply being together in community.

Thanksgiving Gatherings

November 24, 2016

Thanksgiving is a time for us to gather with friends and family for a meal and companionship. Over the past years, many Unity Church families have been hosts or guests. Some lasting friendships have been forged. If you have space at your table for a guest or two or four, or you wish to be a guest with a



Unity family, please contact Anna Newton by November 15 with your name(s), phone and email, and how many people you could host/bring. Anna's contact info: 651-295-1524, asnewton3@gmail.com.

Annual Meeting of the Congregation

Saturday, November 19

8:30 a.m.: Pancake Breakfast
10:00 a.m.: Annual Meeting
See page 5 for details!

