

## 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.*

Is it the journey? The destination? The quality of attention sustained on the path? Is the answer to all of these questions a resounding “Yes! And...?” This month, we explore the theme of pilgrimage and pilgrims. We’re invited into an inner and outer journey. One where the spirit propels the body, and the body propels the spirit. A journey where we endeavor to live between where we were, and where we hope to arrive. Pilgrimage invites us to experience the world with awakened senses, in the hope that we might discover something new.

There’s a sense of adventure to pilgrimage. As Bilbo Baggins says to Frodo in *Lord of the Rings*, “It’s a dangerous business, Frodo, going out your door. You step onto the road, and if you don’t keep your feet, there’s no knowing where you might be swept off to.” This adventuresome quality is echoed by UU theologian James Luther Adams who described our faith as a “pilgrim church on an adventure of the spirit,” and one can’t help but wonder if he hoped that we might, be swept off to some wonderful, unknown place. Equally, we can’t help but ask how, in our journey together, we keep our “spiritual feet.”

Classically, a pilgrimage is marked by six stages: call, separation, journey, contemplation, encounter, and finally, completion and return. We are propelled into pilgrimage by a sense of call, a yearning for God, a desire for deeper spirituality and personal transformation. If we answer that call, we’re asked to separate from our daily life and community as we begin the process of undertaking the journey. The journey itself is traditionally marked by discomfort, even pain, and some view this physical unease as critically important to the spiritual task of shaking

ourselves loose from the everyday and encountering the world with fresh eyes.

The separation, the journey, and the discomfort all combine to create a place of opening and contemplation. Waking, sore and aching, in an unfamiliar place, surrounded by strangers, perhaps more than a little disoriented, a pilgrim might wonder where they are, how they got there, and what they’ve gotten themselves into. These questions of the spirit lead the pilgrim into a time of contemplation and an opening to answers received from uncommon places. At the heart of the pilgrimage, we discover a changed stance toward how we live and move in the world.

This changed stance, this new-found openness readies the pilgrim for encounter. Whether it’s an encounter with God, with higher truth, or clearer purpose, the pilgrim is changed. Having been witness to a new and larger reality, they cannot ever fully go back to way things were. They have been transformed. And, if pilgrimage is a journey toward transformation, what of the pilgrims themselves?

In U.S. culture, particularly as we draw near Thanksgiving, the term “pilgrim” is so weighted with saccharine images of the “original” Thanksgiving that we need to work hard to engage the notion of pilgrim with fresh eyes. Truth be told, perhaps we shouldn’t move so quickly to dismiss the story of colonists seeking religious freedom who shared a meal of thanksgiving with the indigenous people whose land they occupied. The American myth recasts the Exodus story. It deliberately references the idea that God granted the land to His chosen people. It also references the Doctrine of Discovery. In both cases, it is a story of religious authority granting a people the right to land, and in doing

so, granting permission to displace the indigenous occupants.

Our journey as a pilgrim church is therefore at least partially a journey of reconciliation as we seek answers to the question of how we live lives of integrity, service, and joy on land taken through violence. That inner journey propels our outer journey as we travel to sacred sites with Rev. Jim Bear Jacobs and bear witness to untold histories. This inner journey also propels our outer journey as we work to tell a new story that isn’t grounded in a notion of winners or losers, but instead works to make meaning, in community, of the deep ambiguity of the historical moment we’re in. To paraphrase Rabbi Abraham Joshua Heschel, though few may be directly guilty for the history we’ve inherited, all are responsible for continuing our journey toward wholeness.

So we’re faced with questions about how we keep our “spiritual feet” and continue moving forward, particularly when the next step is unclear, or feels impossible. Pilgrimage, even the solitary ones, are never done in isolation. All who have completed a pilgrimage share stories of the kindness and generosity of fellow travelers who they meet on the way, and the uncommon grace of help from expected people in unexpected places. Perhaps our work is to realize the vision expressed by Wendell Berry who writes that “the world cannot be discovered by a journey of miles, no matter how long, but only by a spiritual journey, a journey of one inch, very arduous and humbling and joyful, by which we arrive at the ground at our own feet, and learn to be at home.”

*Ministerial Intern Arif Mamdani with this month's theme team: Janne Eller-Isaacs, Rob Eller-Isaacs, Lisa Friedman, Karen Hering, Andrea Johnson*

## Just Words



At the annual gathering of Unitarian Universalists this past summer we had the privilege to meet Bryan Stevenson. An attorney, Bryan is the founder of Equal Justice Initiative and author of *Just Mercy*. Bryan was asked to deliver the Ware Lecture at General Assembly this year. In his remarkable address he challenged us to do four things in order to be more effective in our racial justice efforts. First he said, get proximate. He encouraged each of us to find ways to meet and interact with people from different races and backgrounds. The second

and it usually is told through a white skinned lens. Whose history isn't presented? How do we find ways to change the narrative so it is more inclusive of others. He then told us we have to be willing to be uncomfortable and to lean into our discomfort. Being white often means that we expect to be comfortable in social situations. Try new situations and be willing to be uncomfortable, he encouraged. Lastly, he urged us not to give up our hope in the future. "If you don't believe something can change or get better, than it won't." He received the longest standing ovation in the history of this lecture. I just wish he had allowed us to record it so I could pass it on to you.

His words rang in my ears when I got feedback from one of you about my *Just Words* column in the September newsletter. The feedback I received is that I had missed an opportunity in writing about Dorothy Hall MacFarland. I hadn't disrupted the narrative or expanded her story to include much of her story or the story of her activist family. The feedback was much appreciated and I am now writing a different narrative about falling in love with Dorothy.

Dorothy Hall MacFarland was a long time member of this church. She joined in 1949. She left behind her family who were pillars in Rondo and at their church, Pilgrim Baptist. Her mother, Harriett Isabelle Hall, was the organist at Pilgrim Baptist. Her father, Stephen Edward Hall, was a barber at the Metropolitan Hotel, a spot frequented by legislators who listened to what he had to say, often taking his recommendations around race relations in the metro and the state. They were founders of the Urban League in St. Paul. They supported the Hallie Q. Brown Center. They were active in the NAACP. Dorothy was a devoted preschool teacher in the Rondo neighborhood, shaping the lives of many people who grew up here. She was intent on creating a more just world and she did that by working with young children for over 50 years. This remarkable woman wanted to worship here, and her niece followed in her footsteps by joining the Unitarian Church of San Francisco.

Are there narratives you need to disrupt or change? Stories have power and we need to share the complexities as well as the parts that haven't been told. Educator Eliot Eisner said that we teach three curricula: the explicit, the implicit and the null. The null curriculum is what we don't teach and by that also teach. Our narratives are the same way: what and who gets left out also are informative. May we keep finding new stories to tell.

— Janne Eller-Isaacs

## Annual Meeting of the Congregation

Saturday, November 18

8:30 a.m.: Pancake Breakfast • 10:00 a.m.: Annual Meeting

See back cover for details!



## The Wheel of Life

In Celebration

Nancy and Peter Heege

Celebrated their

50th wedding anniversary

Ted Lentz

2017 recipient of the Louis Lindgren Award of the American Institute of Architects, Minnesota chapter

Rev. Luke Stevens-Royer

Installed as the senior minister of First Unitarian Universalist Church, Rochester, Minnesota

## Pilgrimage Theme Resources

### BOOKS/READINGS

*Singing the Living Tradition*, Reading #591, "I Call That Church Free" by James Luther Adams

*Wisdom Walking: Pilgrimage as a Way of Life* by Gil Stafford

*Wanderlust: A History of Walking* by Rebecca Solnit

### MOVIES

*The Way* (2010) A father heads overseas to recover the body of his estranged son who died while traveling the Camino de Santiago, and decides to take the pilgrimage himself.

<http://www.imdb.com/title/tt1441912/>

*Walking the Camino* (2013) A profile of six pilgrims taking the Camino De Santiago pilgrimage.

<http://www.imdb.com/title/tt2406422/>

*Wild* (2014) A chronicle of one woman's 1100 mile solo hike undertaken as a way to recover from a recent personal tragedy.

<http://www.imdb.com/title/tt2305051/>

# NOVEMBER WORSHIP / 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](http://www.unityunitarian.org). Religious Education for children and youth is offered during all services.

### November 5: *Setting Out: The Pilgrimage Begins*

There are many kinds of pilgrimage: internal, external, pilgrimages to local sites, and to holy shrines all over the world. Rev. Janne Eller-Isaacs and worship associate Terry Linsley will explore dimensions of pilgrimage.

### November 12: *The New Colossus*

"Give me your tired, your poor, your huddled masses yearning to breathe free..." These lines from poet Emma Lazarus defined the American story of immigration, until they didn't. We've received images of welcome from the old story about the first Thanksgiving, yet today, Lazarus' lines are greeted by calls for building a wall. Hallman Ministerial Intern Arif Mamdani and worship associate Bob Peskin will explore where we are, and where we might go, together.

### November 19, Family Sunday

#### *What Only Pilgrims Know*

The whole church family will gather to celebrate Thanksgiving. We will sing the old hymns, give thanks for the bounty of our lives, and try together to imagine a world in which the feast of life will be more truly shared.

*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 three years of age.*

### November 26: *The Pilgrimage of Jesus*

As we turn towards the Christmas season and our Judeo-Christian religious roots, what can the story of Jesus' teachings and life's journey teach us about our own racial justice journey? For those of us who identify as White, what might it mean to give up our privilege? Ministerial intern Andrea Johnson and worship associate Heidi Huelster will explore the theme of transformation through pilgrimage.

### *Thank you, summer worship leaders and associates!*

Many thanks to the summer worship leaders and associates who make summer services a beautiful and unique lay-led worship experience: Alex Askew, Heidi Huelster, Ann Kirby McGill, Rochelle Lockridge, Rene Meyer-Grimberg, Nelson Moroukian, Bob Peskin, Suzanne Quinn-McDonald, Bryan Smith, Dane Smith, Katy Taylor, Kevin Ward, Ray Wiedmeyer, and Angela Wilcox.

## Offering Recipients

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

### November 5: MUUSJA

The Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA) works to help the 26 Unitarian Universalist congregations around our state strengthen and deepen their work for justice in their local contexts, and to bring UUs together across congregational lines to be powerful voices for justice in Minnesota. Through youth programming, congregational consulting, educational forums, working groups, internship opportunities, and public witness and advocacy, MUUSJA's mission is to "unleash courageous leadership and collective power to build a just and loving world."

### November 12: Center for Victims of Torture

Center for Victims of Torture (CVT) exists to heal the wounds of government-sponsored torture of individuals, their families, and communities. They are based in the Twin Cities and have healing centers in St. Paul, Minneapolis, and in refugee camps around the world. Unity Church has supported CVT's efforts to ban our government's use of torture and has also provided coats, art supplies, meeting space, individual work with clients, massage therapy materials, money, and volunteer time gardening and painting at the St. Paul Healing Center.

### November 19: 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.

### November 26: Frogtown Green

The mission of Frogtown Green is quite simply to make Frogtown the greenest, healthiest and most beautiful neighborhood in Saint Paul. We seek to inform and empower Frogtown residents to carry out this mission. To do this, we advocate for greenspaces, promote sustainable activities, and manage several parklets, urban farms, and gardens throughout Frogtown. To date over 270 trees have been planted. Patricia Ohmans, a church member and Frogtown resident for 35 years, is the founder and part-time director of Frogtown Green.

### November Soup Suppers

Soup Suppers are served after the 4:30 p.m. service.

- November 5: TBD
- November 12: Chili
- November 19: Tomato basil soup
- November 26: No Soup

## Board Service as... Pilgrimage?

From Mark Foster, Trustee



As my three-year term on our Board of Trustees comes to a close this month I am prompted to think of my board service over these three years as having been much like a pilgrimage for me. I have also thought about what serving on a church board, this church board, means and how it might differ from serving on the board of a nonprofit organization or a business corporation.

The difference is that you are serving the very community of which you are a dedicated member, and a dedicated member is what you must be. Your board service is an act of putting your values to work, an extension of what you believe, and, indeed, of who you are. In my report to the congregation last November I said that we are encouraged to see board work as part of the shared ministry of this church and at our board meetings we have talked about the “sacred work” that we do. Leadership and governance of a church community are a skill and a discipline and also a spiritual practice. If we don’t look at it this way we lose a richness, an authenticity of commitment; we lose sight of the charge given by the late Jim Key at the Twin Cities Trustee Day in January of 2016 to be *transformational* in our leadership.

Pilgrimage is also a spiritual practice. I have been on several visits to our partner church in Transylvania, visits which included pilgrimages to sacred sites throughout the Transylvanian Unitarian homeland. I enter into these pilgrimages with an intentional sense of presence and engagement that I do not bring to my everyday life nearly enough. My board work has been akin to a pilgrimage for me in that it has challenged me to be present to a deep engagement in the life and work of this community. As such, it has been a personal journey, as well. It has deepened my understanding of who we are as a church community and, more important, who we aspire to be.

An important element of pilgrimage is that it is, usually, a journey undertaken in the company of fellow “pilgrims.” This is certainly true of the pilgrimage of which I write here. I have been honored and humbled to engage in this work, to travel in covenant, with people who are passionate, dedicated, committed, determined, intelligent, each and every one of them. The next few years will present Unity Church with the challenges of significant leadership transitions. Next year the board will engage the whole congregation in its most sacred work, renewal of our Ends Statements. This is the time when this community imagines a vision of its future and translates this vision into actionable words. As I go off the board this year I want to express my gratitude for the pilgrimage this has been and I want to encourage everyone to consider board service as part of their journey, perhaps their pilgrimage, here at Unity Church.

## Help Map Unity’s Future

Every five years, we come together to consider who we are as a congregation and what our path should be moving forward in the world. This gathering, reflection, and discussion process begins in early January 2018. In small groups you will share your stories about Unity Church and your wishes for its future, and imagine the difference Unity Church could make in people’s lives if the group’s most desired wishes came true. The information coming from these sessions will clarify the core values, mission, and goals of Unity Church through 2023 and beyond. This sacred work will provide essential guidance to the ministers, the Board of Trustees, and all those who call Unity Church their spiritual home.



As we look at the world as it is and as we wish it to be, it is more important than ever for us to come together and increase our understanding of, and support for, each other and the transformative force that Unity Church can be within, among, and beyond us. No matter how long you have been part of this community, no matter how you have been involved, we need your voice in this process.

To participate in this deeply rewarding experience, please sign up to help Map Our Future. Details and a sign-up form are available on-line at [www.unityunitarian.org/mission-and-ends.html](http://www.unityunitarian.org/mission-and-ends.html). Gatherings have been scheduled during the day, in the evening, and on weekends to help enable everyone to participate. In addition, food, beverages, and childcare will be provided for participants. Watch for additional details and reflections in *commUNITY*, weekly emails, and *This Week at Unity Church* (the insert in your Sunday bulletin).

The Congregation of Unity Church-Unitarian joyfully invites you to attend the ordination of

## Shay MacKay

Saturday, December 2, 2017  
at 10:00 a.m.

Unity Church Sanctuary

Reception to follow.  
Childcare provided.

Kindly RSVP by November 25:  
[unityunitarian.org/ordination.html](http://unityunitarian.org/ordination.html)



# 2017-18 MINISTERIAL INTERNS

## Hallman Ministerial Intern: Arif Mamdani



*Content warning: this column addresses sexual assault and harassment against women.*

*"Me too."*

If you're a social media user, particularly if you're on Facebook, you likely experienced what I did the weekend of October 14, 2017 – a social media timeline filled with female-identifying friends and acquaintances posting "Me, too. If all the women and femmes who have been sexually harassed or assaulted wrote 'Me, too.' as a status, we might give people a sense of the magnitude of the problem." This happened in the wake of revelations about Harvey Weinstein's sexual assault and harassment and his subsequent firing. As in the wake of President Trump's admissions of sexual assault and harassment during the campaign, we once again see a spotlight shined on masculinity and the abuse that is endemic to our society. The question we're faced with is what we're going to do about it.

I'm quite certain that there isn't a female-identified person I know that hasn't experienced sexual assault or harassment. The posts on social media only served to make more visible the extent to which this is true. The question for us, people who identify as men, is what we do about it. We know that toxic masculinity is a problem, and in the same way as it is inadequate for white folks to say that they're not racist, and therefore don't need to address racism, it is equally inadequate for men to say that we don't have responsibility for eradicating the aspects of masculinity that make sexual assault and harassment by men such a widespread and pervasive problem. As with racism, this isn't just an individual problem, it's a systemic one.

Like whiteness, toxic masculinity is multilayered and even if we're not engaged in overt abuse, we still swim in a sea of gendered power dynamics and gendered violence that we can't escape without fundamentally changing who we are and how we show up as men in our lives and in the wider world. These and other questions are at the heart of the upcoming men's retreat at Unity Church (February 17, see page 10, more info coming soon). While the retreat on its own can't and won't fix everything, it will be one of many steps we can take as a community to unpack our gendered privilege. I believe we're in a historical moment where masculinity can be redefined and changed. We can do better, we can be better, and we can do this together.

*Please feel free to contact me at [arif@unityunitarian.org](mailto:arif@unityunitarian.org) or 651-228-1456 x109.*

### Unity Church Social Media

Facebook: <https://www.facebook.com/unityunitarian/>

Twitter: <https://twitter.com/UnityUnitarian>

Instagram: <https://www.instagram.com/unityunitarian/>

## Ministerial Intern: Andrea Johnson



My great joy this past month has been launching Chalice Circles. We have 110 people participating in 11 theme-based small groups! It was delightful to train ten enthusiastic facilitators who each expressed their desire to practice deep listening themselves, and are committed to holding the space for their groups to do the same.

Chalice Circles offers each of us the opportunity to speak our own truth, listen receptively to the truth of others and ask each other honest, open questions instead of giving counsel. We offer each other the healing and empowering gifts of silence and laughter. Our purpose is not to teach anyone anything but to give the inner teacher a chance to teach us. Paying active attention to the details, texture, content, feelings and ideas of our fellow group members helps turn time into an experience that is not fleeting, but abiding, because we are now fully present. Sacred time begins here.

November's worship theme of pilgrimage is timely as together we enter the journey of small groups this year. Whether or not you are participating in a small group, I invite you to take some time to slow down and dance with life in a new way — not as an obstacle course to get through, but as a host of holy voices calling us to greater loving and living. What spiritual practice might you engage in during this month of thanksgiving? Where are you willing to let this month's theme of pilgrimage take you? How will you embody the spiritual value of pilgrimage, a journey or search for the holy land of one's soul, in your life this month?

My faith is calling me to continue the journey of unpacking whiteness, white privilege, and white supremacy. Situated in St. Paul for this year, I'm choosing to learn about the Rondo neighborhood and how building Hwy 94 straight down the middle decimated this thriving African American community. I've walked along Rondo Blvd (now named Concordia), and Central Avenue to some of the Historic Black Churches and businesses and see for myself how the freeway has impacted the neighborhood. I am wondering what reparations are needed to make amends for the sins of our past. If you too are interested in learning about the Rondo neighborhood, consult the November Chalice Circle theme packet which has a spiritual exercise devoted to this topic.

Our monthly Chalice Circle theme packets are available on the Chalice Circle webpage (<http://www.unityunitarian.org/chalice-circles.html>) as well as in the brochure racks at church. Even if you are not in a small group, feel free to browse the monthly theme packet and try out a spiritual exercise or journal about a deep question. Find me in the Parish Hall after church or send me an email — I'd love to hear where your faith is taking you this month!

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

# WELCOME WORDS

## Welcome Words

Rev. Lisa Friedman, Minister of Congregational and Community Engagement



The harvest season always reminds me of the importance of breaking bread together. Sharing a meal in community is a powerful way to meet one another, or to get to know each other on a deeper level. If you have not yet attended a Wellspring Wednesday here at Unity Church, I invite you to try one out this month. Each week, over one hundred members of all ages gather for mid-week church. We eat delicious homemade food, check in about our week, worship together and then attend a wonderful array of programs. It is another way to experience Unity's congregational life beyond Sunday, and a great way to discover new friends. There is no need to sign up in advance — just come and join in. (Check out pages 12-13 to find out more about this month's menus and programs.) See you in church!

## Pathway to Membership Classes

Unity Church offers classes and connection for visitors who are exploring Unity Church as a spiritual home. Learn more at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement ([lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) / 651-228-1456 x107). She is also happy to meet with you personally to answer questions and to welcome you into the congregation. Childcare provided.

### Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis on Sundays from 10:15-11:15 a.m. in the Ames Chapel. The class will also be offered once a month after the 4:30 p.m. service, from 6:00-7:00 p.m. These sessions can be attended in the order that works for you and will offer participants the opportunity to share part of their 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 topics include:

November 5: Membership 101 & Congregational Life

November 12: UU History, Principles & Sources

*The November 12 session is also offered after the 4:30 service, from 6:00-7:00 p.m.*

November 19: Q & A with a Minister

November 26: Building Tour

### Finding Yourself at Unity: All-Inclusive Session on November 4, 9:00 a.m.-noon

Have you been interested in Finding Yourself at Unity, but unable to attend on Sunday mornings? This half-day is designed to share information about Unitarian Universalism and Unity's ministries of Pastoral Care, Worship, Education and Outreach in a one session format. Childcare will be provided and families with young children are especially invited to attend. Please contact Rev. Lisa Friedman if you plan to attend: [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107.

### Committing to Unity: Joining Unity Church

**Tuesday, November 28 • 7:00-9:00 p.m.**

Have you been considering membership at Unity? This class explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's needs meets the gifts and joy you have to offer. The class concludes with a celebration ceremony as participants sign the membership book and officially join the church!

## Mentoring at Unity

### A Path to Deeper Connection

Unity has a mentor program, which is available to all visitors and new members. A mentor is available as a guide and a resource in the congregation. They pledge to meet at least once a month face to face, and be available for ongoing questions and advice for at least 6 months. Each mentor/mentee team can decide what is most helpful – to have a buddy with whom to attend services and events, or a partner with whom to discuss Unitarian Universalism and each other's spiritual journeys, and more. If you have questions, or would like to request a mentor, please stop by the Welcome Table in the Parish Hall or email Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Volunteer Corner

- Writing opportunities
- Sustainable Living Team
- Thanksgiving gatherings
- Women's Retreat Planning Team
- Elders' Group
- Young Adult Group
- Afterthoughts

We'll be highlighting different ways to get involved every month. If you'd like to know more please visit [www.unityunitarian.org/volunteer-corner.html](http://www.unityunitarian.org/volunteer-corner.html) or the Parish Hall Table on Sundays during coffee hour. Questions? Contact Madeline Summers, Volunteer Coordinator, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or 651-228-1456 x126.

## Front Desk Volunteers!

Unity's Front Desk Team is seeking substitutes for when a regular volunteer is unable to cover their shift. Training is provided. Shifts are from 9:00-1:00 and 1:00-5:00. Please contact Joan Carver at [jycarver@gmail.com](mailto:jycarver@gmail.com) if you are interested.

# WELCOME NEW MEMBERS



(L-R) Front: Peg, Roberta, Stacey, Marilyn, Susan, Amanda, Seth, Jennifer, Carol. Back: Mike, Metric, Barb, Ben, Jake, Mary, Aaron

**Stacey D'Andrea** is grateful to have found a spiritual home at Unity. The community's inclusiveness, honesty and generosity inspires optimism and a place to not only reflect but to act.

**Susan Farnham** and **Marilyn Rushenberg** began attending Unity Church in 2013 and immediately warmed to the message of "integrity, service, and joy." Susan is active in the Twin Cities arts community and Marilyn enjoys attending book clubs, researching her family genealogy, and golfing.

**Metric Giles** is the Executive Director of the Community Stabilization Project. He has been a community activist and since the 1960s and is responsible for the development of several community gardens, is a co-founder of the Peace Poles project, and led the "Stops for Us Campaign." He has been a friend of Unity Church for many years and is an active member of the Circle of Peace.

**Colin, Helena, Theo, and Will Hamilton** (below) were first introduced to the Unity Church community at a moving memorial service for their neighbor's daughter. They've continued to be impressed by the accepting and connected congregation. As a family, they love hiking, hanging out at dog parks with their lab/husky mix, reading, cooking, spending time with friends, sitting by the fire, and giving back in whatever way they can.



Unity Church has helped **Roberta Hunt** merge the values of her parents and to reflect on the importance of vocation, gratitude, and living each day to find new sources of meaning. Her family has been confronted with a number of serious health issues in the last three years, but they are enduring and mostly thriving thanks to support from family, friends, and new friends from Unity. She looks forward to giving back to this wonderful congregation.

**Aaron Nunberg** and **Jennifer Kamarainen** have been coming to Unity Church for three years. Unity has been a great place to introduce their children, Theo and Walter, to religious education in a way that aligns with their values and beliefs. As residents of St. Paul, they are grateful that Unity Church also provides their family with opportunities to impact their local community.

**Mary Kerres** is a grown-up Nebraskan farm girl. In the 25 years before her recent retirement, she provided pastoral care to patients in obstetrics, oncology, elder care, and hospice. Mary's family, Teresa and Nick Schicker, Madeline and Lucas, invited her to emigrate Up North in 2014 and also to join their Unity family. Mary's primary spiritual practices include the care of children and of the earth, and joining voices with others in song.

**Beth Klemann** recently relocated to St. Paul from New Hampshire, but is originally from Milwaukee. She has formally been a UU for 20 years, but in reality it has been her faith forever. She is here with her two kids, Michael (18) and Julian (14), and hopes for the day her husband of 25 years can rejoin

them permanently in the Midwest. It is good to be home again.

**Seth Jackson** found Unity Church while looking for the best place for his son, Grey, and daughter, Kestrel, to begin exploring their religious education. After attending a service during their first class, he knew Unity was an excellent fit for his family.

**Amanda Reuter** started visiting Unity Church in January because she was looking for a spiritual community that valued justice and hope. She is currently a doctoral student at the University of Minnesota studying personality neuroscience. Her current passion is being an adjunct instructor at St. Kate's.

**Jake Reuter** came to Unity looking for a spiritual home that encouraged people to use their gifts to better the world. He is passionate about cooking, biking, and the local soccer team.

**Barb Thoman** moved to Minnesota from Michigan in the early 1980s. She has a grown daughter, Robin, with her late husband, Chip Welling. Barb's vocation/avocation have included work on policy, legislative, and social change in waste prevention and transportation. Barb is happy to be involved at Unity.

**Benjamin Werner** is a community organizer, poet, artist, amateur cook, and car junkie. He came to Unity Church after growing up without religion or spiritual community but has now found faith and a home.

# SEEING THE RACIAL WATER

A Workshop with  
Dr. Robin DiAngelo

Saturday, November 18  
1:00-4:00 PM • Unity Church

Dr. DiAngelo will describe the way race shapes the lives of white people, explain what makes racism so hard for white people to see, and identify common white racial patterns that prevent us from moving towards greater racial equity. Weaving information, analysis, stories, images, and familiar examples, she provides the framework needed to develop white racial literacy.

Dr. Robin DiAngelo is a two-time winner of the Student's Choice Award for Educator of the Year from the University of Washington. Her scholarship is in White Racial Identity and Race Relations. In addition to her academic work, Dr. DiAngelo was appointed to co-design the City of Seattle's Race and Social Justice Initiative Training. She has numerous publications and books, including, "What Does it Mean to be White?: Developing White Racial Literacy."



Thanks to the sponsors, **THIS EVENT IS FREE AND ALL ARE WELCOME!** Sponsors include Unity Church-Unitarian, First Unitarian Society of Minneapolis, First Universalist Church of Minneapolis, White Bear UU Church, United Theological Seminary, Kaleo Center, and the Minnesota UU Social Justice Alliance.



## SHARE THE BOUNTY!

2017 Silent and Live Auction at Unity Church



**SATURDAY  
NOVEMBER 4**

6:00 PM  
Silent Auction  
Raffle  
Food & Drink

7:30 PM  
Live Auction  
Dessert  
Music

**Tickets: \$20**

A family friendly event featuring gatherings, services, and goods generously donated by members and local businesses, all with a backdrop of delicious food, drinks, and music! Kids 15 and under are free! Childcare provided!



Purchase tickets and preview some of the wonderful auction items at [www.unityunitarian.org](http://www.unityunitarian.org). See you there!



# CONGREGATIONAL LIFE

## Crossing and Blessing Our Thresholds

Register now for 2018 series

From Rev. Karen Hering

We are all living in threshold times, on the cusp of significant changes nationally, globally and environmentally. But for some of us, these large scale changes are compounded by personal thresholds closer to home — changes in our relationships, work, home, roles, identity or abilities that feel like a significant turning point in our lives. Our lives are full of thresholds — times of heightened awareness as well as both risk and possibility. Whether we've chosen them or not, they are places of great vitality and exchange, where new greets old, where the familiar gives way to the unknown.

If this describes your own life now, consider joining the 2018 Threshold series, a facilitated small group for reflecting on the changes in our lives and discovering the support that comes from exploring our thresholds in the company of others. (NOTE: Group size is limited and pre-registration is required.)

"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."

The group meets four Saturdays (January 20, 9:00 a.m.–3:00 p.m., and three additional Saturday mornings, 9:00 a.m.–noon: February 10 and 24, and March 17), and participants are asked to commit to all four sessions. At the end of the series, on March 18, 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 series is free to members; a fee of \$100 will be charged nonmembers at the time of registration. Register early to reserve your place — e-mail Karen Hering ([karen@unityunitarian.org](mailto:karen@unityunitarian.org)) or put a note in her church mailbox. Include your name, phone and email or street address, and a sentence or two describing the threshold you have crossed or will be crossing soon.

*"The series helped me let go of fear and realize that moving forward meant leaving some things behind."*

## Fellowship Groups

Groups are open to all members and friends of Unity Church.

**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 16) from noon–2:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Elders Circle:** Watch for details!

**Evergreen Quilters:** Second Tuesday of the month (November 14) from 7:00-9:00 p.m. and fourth Saturday of the month (November 25) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

**Kung Fu:** Saturday mornings in the Body Room from 10:00 a.m.-noon. Recommended for ages 15 and older. Childcare is available. Contact Bryan Kujawski at [barney.kujawski@gmail.com](mailto:barney.kujawski@gmail.com)

**LGBTQ+ Group:** First Sunday of the month (November 5) from 12:30-2:00 p.m. and the third Sunday of the month (November 19) from 6:30-8:00 p.m. All are welcome!

**Living With Grief Group:** For people living with grief and loss. Third Tuesday of the month (November 21) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, November 6 and 20, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

**New Look at the Bible:** Second Thursday of the month (November 9) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

**Textile Arts Group:** All ages and levels of experience are welcome! Meets the first and third Thursdays of each month (November 2 and 16), from 7:00-8:30 p.m. Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch. Contact: Linda Mandeville at [lindamandeville41@gmail.com](mailto:lindamandeville41@gmail.com)

**Unity Book Club:** Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net). Upcoming discussions: November 14: *Killers of the Flower Moon* by David Grann

**UU History Book Club:** Third Wednesday of the month (November 15) at 7:00 p.m. Contact: Krista Hanson at [kfhanson@yahoo.com](mailto:kfhanson@yahoo.com). November discussion will be on *A Chosen Faith* by John Buehrens and Forrest Church.

**Women In Retirement, The Choice Years:** This group meets the second and fourth Thursday of the month (November 9, and no meeting on Thanksgiving), from 1:00-3:00 p.m. Contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**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 7, beginning at 5:00 p.m. Contact Ken Ford at [kenfaure@gmail.com](mailto:kenfaure@gmail.com)

# CONGREGATIONAL LIFE

## Racial Justice Movie Night

*My Beautiful Laundrette*

**Friday, November 10 • 7:00 p.m. • Parish Hall**

Join Unity Church members and friends for an ongoing film series to further our growth in the understanding and challenging of white supremacy and structural racism. Popcorn will be served and there will be time for conversation after the film.

*My Beautiful Laundrette*: In a seedy corner of London, Omar (Gordon Warnecke), a young Pakistani, is given a run-down laundromat by his uncle (Saeed Jaffrey) and hopes to turn it into a successful business. Soon after, Omar is attacked by a group of racists, but defuses the situation when he realizes their leader is his former lover, Johnny (Daniel Day-Lewis). The men resume their relationship and rehabilitate the laundromat together, but various social forces threaten to compromise their success. (IMDB)

## Unity Church Men's Retreat!

Save the Date: February 17, 2018

Are you interested in developing deeper connections with other men at Unity Church? Did you attend last year's Men's Retreat and would like to go again? Did you hear about last year's retreat and wish you had gone?

Well, here is your opportunity! On February 17, 2018, there will be an all-day Men's Retreat held at Unity Church. The theme of this retreat is "Building Heart Connections." This retreat is open to all who identify as male.

If you have any questions about this, please contact Arif Mamdani ([arif@unityunitarian.org](mailto:arif@unityunitarian.org)) or Steve Harper ([steveharper.home@gmail.com](mailto:steveharper.home@gmail.com)). Hope to see you there!

## Centennial Christmas Pageant in 2019

For anyone who has ever attended or participated in the pageant, we invite you to help us commemorate the 100th anniversary of this special Unity Church tradition. The Unity Christmas Pageant started in 1919 with Frederick May Elliot, and working closely with the Archive Team, we continue to look for pageant memorabilia from years past. Do you have photos? Were you in the pageant? What was your favorite role? Maybe you were a past director or prompter and have stories to share? Do you still have your programs? Special memories? We want to hear your stories!

Once, in the early 70s, the kings were caught playing poker during rehearsal, and betting their pages! There was also the year that the Angel Gabriel when raising her hand to the shepherds, "Fear Not, for I bring you good tidings" had written on her hand, "Will you go out with me?" directed to one of the lead shepherds. All the shepherds were amused. Please contact Kelley Loughrey ([kelleyloughrey@comcast.net](mailto:kelleyloughrey@comcast.net)) to help gather our history as we prepare to celebrate our centennial pageant in 2019!

## 98th Annual Christmas Pageant

From Kelley Loughrey, Christmas Pageant Director

Whether you are a seasoned Unity Church member or new to our congregation, we invite you to join in our oldest church tradition — 98 years in the making! Every Christmas Eve, we celebrate the season with our youth sharing the Nativity story in tableau, told by our co-ministers Rob and Janne, and accompanied by beautiful music from our choirs.

The pageant offers opportunities for participation to as many children and youth as possible, from kindergarten through 12th grade. Our youngest children, K-2nd grade, fill the roles of our little angels, shepherds, and kings' pages. The children's choir is made up of our 3rd–6th graders, who have the best seats in the house as they can sing and watch from the choir loft. Our 7th–12th graders are transformed into our shepherds, acolytes, kings, and angels to grace the sanctuary with their majesty. Mary and Joseph roles are for our seniors, and their parents help with the parent volunteer training.

## Pageant Registration

Through December 4

Register online: [www.unityunitarian.org/christmas-pageant.html](http://www.unityunitarian.org/christmas-pageant.html)

Select a first and second choice role for each child.

Parents will also need to choose a volunteer role when completing registration. Specific needs include:

- Photographer: during rehearsal on December 23
- Lighting lead: Will meet prior to rehearsal
- Costume Committee: Help with design and sewing of costumes. Some costumes need to be mended, others might require replacement.

Cast will be published on Thursday, December 7.

## Rehearsals and Costume Fitting

- Costume fitting: Sunday, December 17 • 10:15-11:15 a.m. and 5:45-6:15 p.m.
- Children's Choir rehearsal: Sunday, December 17 • 10:00-11:00 a.m.
- Adult Choir rehearsal: Sunday, December 17 • 10:00-11:00 a.m.
- Pageant rehearsal: Saturday, December 23 • 1:00-4:00 p.m. *Choirs do not need to attend December 23 rehearsal.*

## Pageant Services

Sunday, December 24 • 4:00 p.m. and 5:30 p.m.

If you have questions or would like to serve in one of the highlighted parent volunteer roles listed above, please contact Kelley Loughrey at [kelleyloughrey@comcast.net](mailto:kelleyloughrey@comcast.net) or call/text at 763-607-7520.



## BOOKS! NEWS & REVIEWS FROM The Library & BOOKSTALL TEAM

From Shelley Butler, Library and Bookstall Team

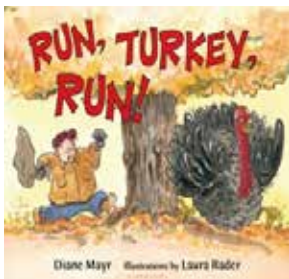
### What to Tell the Children about Thanksgiving?

**legend** [lej-uh-nd] **noun.** A non-historical or unverifiable story handed down by tradition from earlier times and popularly accepted as historical.

Did you ever see Robert Wuhl's American history lecture/comedy show, "Assume the Position?" The "position" is that many American legends are basically pop culture, now believed as fact. Did the Pilgrims really first step foot in the new world on a particular small-ish piece of glacial stone that we now call "Plymouth Rock?" Nah, but many think it makes a nice story for the one million who visit it every year.

Thanksgiving, our most popular American myth, has been celebrated since George Washington requested Congress to honor it. The legend speaks to our better American selves that honor gratitude and acceptance. If you are wondering what to tell the children about what really happened, I think the Whitman Children's Library can help. Look for **1621: A New Look at Thanksgiving** by Catherine O'Neill, downstairs in the Eliot Wing in the Library (AKA, R.E. Story Room). This beautiful photo-essay from National Geographic Children's Books presents a historically-accurate account of the 1621 three-day celebration.

Also, for kids and just for fun:



**Run, Turkey, Run!** by Diane Mayr. Turkey looks for several places to hide from the farmer who is preparing for the family feast. Preschoolers and early elementary kids will love the repeating, "Run, Turkey, run!" Spoiler alert: the family has grilled cheese for Thanksgiving.

**The Great Thanksgiving Escape** by Mark Fearing. It's not the turkey trying to escape this time but Gavin on Thanksgiving at Grandma's. A hilarious take on uncomfortable family gatherings from kids' point of view.

**Junie B. Jones: Turkeys We Have Loved and Eaten (and Other Thankful Stuff)** by Barbara Park. Another fun story in the series — this time, first-grader Junie B. struggles with creating her a thankful list.

## Gun Sense Ministry Team

From Sue Conner and Joan Duke

### Finding Our Voice.

*Las Vegas — another mass shooting — so much grief and pain. I feel so sad, and angry, . . . and despairing. I am just one person; what can I possibly do to change things, to make a safer society? At the candlelight vigil for Las Vegas, it comes to me: When I join my voice with many voices calling for sensible solutions to gun violence, together maybe we can make change happen. My despair begins to move toward hope.*

We can move forward together to promote sensible laws to reduce gun violence and make our society safer. I am hopeful and I believe we can make a difference!

As we began this ministry team we found that while we had passion, we had a vision, we had a plan and a partner (Protect Minnesota), we did not have a name for the team. So we tossed around a few ideas but nothing seemed to suit until we found Gun Sense. "Oh, no, we can't use that!" we said to ourselves, "It is too sort of scary sounding..." And then, we realized that we had stumbled face first into part of a problem, part of the avoidance of talking about the issue of gun violence. "Wait a minute! Children in their schools are being taught to hide from a shooter and we don't want to use the word "gun" because it brings up certain feelings?"

Well, we are scared. We are angry. We are despairing. We are anguished and, sometimes paralyzed. Aren't you?

Our Gun Sense Ministry Team will be working to help all of us Find Our Voice and use it. If you are interested in joining this work, please contact Sue Conner at 651-646-6667 or Joan Duke at 651-644-3371.

## Sustainable Living Team

### Curious about the work of the Sustainable Living Team?

Grab your coffee and join us between services, 10:15-10:55 a.m., on Sunday, November 12, in the Crother's Room, for an informal conversation about sustainability, steps we have taken to make our church and community greener, and help us map out what we want to focus on. If you are unable to attend but wish to be involved, contact Anna Newton at [asnewton3@gmail.com](mailto:asnewton3@gmail.com). Ideas for action are especially welcome.

## Help Provide a Meal for Jeremiah Families

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 volunteers are needed to help with preparation on the following dates: Thursday, November 16; Tuesday, December 12; Tuesday, March 20; Tuesday, April 10. Helpers (including kids over 8 years old) work from 4:00-7:00 p.m. To volunteer, contact Karen Buggs at 651-297-0111 or [buggs745@hotmail.com](mailto:buggs745@hotmail.com).

# WELLSPRING WEDNESDAY

---

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun. Dinner is at 6:00 p.m., worship in the Ames Chapel at 6:45 p.m., and programming begins at 7:10 p.m. All are welcome. Childcare is available and you do not have to sign up in advance. The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. (Children under the age two are free.) All meals will offer vegetarian, vegan, and gluten free options. Email Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) for financial assistance to help cover the cost of dinner.

## NOVEMBER 1

---

*Dinner: Rainbow roasted vegetables, couscous, and shredded Brussels sprout salad*

### ***El cambio climático está aquí: The experience of climate change in the tropical Andes — Jeff La Frenierre***

Across many Andean communities in Bolivia, Ecuador, and Peru the struggle to escape widespread poverty continues. Persistent economic and political marginalization produces numerous obstacles to development and limits local capacity to adapt to external shocks. Unfortunately, these very same communities now stand on the front lines of climate change with warming temperatures, shifting rainfall patterns, and shrinking mountain glaciers. This offering will survey how the climate of this region is changing and the ways in which climate change is challenging community resilience. This presentation is sponsored by the Mano a Mano Team

### **UU Theology: What are God & Spirit? — Rev. Lisa Friedman**

UU Theology is a five-session introduction to theological concepts through a Unitarian Universalist lens. Each session explores what our Unitarian Universalist tradition teaches about a particular idea, and how it helps us to clarify and act on our own beliefs. Participants will learn to speak in theological terms about Unitarian Universalism, our religious "home." Participants are encouraged to participate in UU Theology as a series, attending all the sessions.

### **Your Voice in the Congregational Survey**

Come hear key insights the board gained from the congregational survey completed last April. How do we view our progress on our Ends? What are our congregation's spiritual Signature Strengths? How has the survey information influenced the work of the board and the Executive Team? We'll answer these questions and more.

### **Religious Education New Family Orientation**

This session is for new families to Unity Church, who would like to learn more about religious education. Information on class registration will also be available.

### **Embodied Spiritual Practice: Yoga**

Join yoga instructor Gabe Brindle for an hour-long exploration of spiritual growth within the Himalayan yoga tradition. Gabe will guide you in discussion, yogic breathing techniques, movement, and guided meditation. All levels of yoga experience and all body types are honored.

### **Go: A Chinese Game**

Learn and play the Chinese board game, Go. Anyone above the age of 10 is welcome to play. [www.usgo.org/what-go](http://www.usgo.org/what-go).

**Tween Group: Grades 5-7**

## NOVEMBER 8

---

*Dinner: Wing ding! Oven roasted chicken wings with your choice of sauce, cheesy mashed potato bake, green salad, and chocolate chip cookies*

### **The Refugee Crisis and the Empathetic Imagination**

Documentary artist (and November Parish Hall artist) James A. Bowey will share stories and photographs from "When Home Wont Let You Stay," his traveling exhibition and community conversation series about refugees in America; and discusses how current refugee policies and attitudes reflect the state of the empathetic imagination in civic life. This compelling talk explores how we can bear witness in a contentious world, and awaken our imagination to the possibilities of hope, justice, and human connection.

### **UU Theology: What is Our Purpose?**

### **Embodied Spiritual Practice: Yoga**

### **Go: A Chinese Game**

**Tween Group: Grades 5-7**

## NOVEMBER 15

---

*Dinner: Tomato soup, grilled cheese sandwiches, and salad*

### **Open Page Writing Session: The Way of Pilgrimage Today Free; RSVP requested to [karen@unityunitarian.org](mailto: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 by a pilgrim.

*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.*

### **UU History Book Club**

Join the monthly UU History Book Club for an exploration of theology and heritage. November's discussion will be on *A Chosen Faith* by John Buehrens and Forrest Church. Please note that there will be no meeting in December but there is challenge to read Charles Dickens's *A Christmas Carol!* Questions? Contact: Krista Hanson at [klfhanson@yahoo.com](mailto:klfhanson@yahoo.com).

### **UU Theology: Who are We?**

### **Embodied Spiritual Practice: Yoga**

### **Go: A Chinese Game**

**Tween Group: Grades 5-7**

# WELLSPRING WEDNESDAY / PARISH HALL ARTIST

NOVEMBER 22

No Wellspring Wednesday, Thanksgiving Break

NOVEMBER 29

*Dinner: La Loma tamales, rice, and beans*

## **Gun Violence and What We Can Do About It**

The Rev. Nancy Nord Bence left her position as Senior Pastor of a large Lutheran congregation to join the gun reform movement after the first San Bernardino mass shooting in December 2015. She now serves in a specialized call as Executive Director of Protect Minnesota, the only independent, state-based gun violence prevention organization in Minnesota, and as spokesperson for their Interfaith Alliance for Gun Safety. The Interfaith Alliance engages people of faith from all religious traditions in the effort to reduce gun deaths and injuries through education, organization, and advocacy. You can find out more about their work at [www.protectmn.org](http://www.protectmn.org). This presentation is sponsored by Unity's new Gun Sense Ministry Team.

**UU Theology: What are Our Sources?**

**Embodied Spiritual Practice: Yoga**

**Go: A Chinese Game**

**Tween Group: Grades 5-7**

## **Gratitude for Yoga and Community**

After three years of sharing her leadership, creativity, and passion for yoga, Elen Bahr is taking on a new adventure in her career as a yoga instructor. Unity Church is deeply grateful to Elen for her generosity and commitment to Unity's Wednesday night yogis and thanks her from the bottom of our hearts. Here is Elen's message to Unity, and introduction of her good friend Gabe Brindle who will continue Unity's Yoga practice. Thank you, Elen, and welcome, Gabe!

*Dear Unity Community,*

*Many of you have attended Wellspring Wednesday yoga with me over the past three years. I'm so grateful to have shared the space with you. Starting in October, I've joined an intensive two year program for my next level of training as a yoga therapist. I'll need to redirect some of my time and energy and have decided it's time to pass Unity yoga on to someone else. My dear friend Gabe Brindle has agreed to step in as your new yoga teacher. He is a lovely teacher with rich knowledge and is a wonderful addition to Wellspring Wednesday. Please welcome him with open hearts.*

*Thank you for sharing your time and energy in our makeshift yoga studio of the Foote Room. If you have not yet attended Wellspring Wednesday yoga, give yourself the gift of practicing with Gabe.*

*Blessings and Peace to you,  
Elen Bahr*

## **Parish Hall Artist • James A. Bowey**

### *When Home Won't Let You Stay*

In a penetrating exploration of America's evolving attitudes toward refugees, documentary artist James A. Bowey has been traveling the United States meeting refugees, listening to their stories, and photographing their portraits. The photographs are taken on location in a setting of the portrait subject's everyday life. Along with the portrait, Bowey interviews each person and their first-person story accompanies their photograph. The individuals in this exhibition share poignant stories of violence and loss, as well as perseverance and hope; and their images and experiences produce a compelling human portrait of refugees in America.

James A. Bowey is a documentary photographer who explores issues of human rights and social connection. He has spent his career covering a wide range of global and national stories from the war in Bosnia to Hurricane Katrina. His work has been featured by *The New York Times*, *Time Magazine*, the Associated Press, as well as in numerous exhibitions. Bowey is also an educator and was on the faculty at Winona State University from 2008 to 2015 where he won the national WOW award for innovation in higher education.

The Nigerian novelist and poet Chinua Achebe said, "Seeing the world from the position of the weak person is a great education. We lack imagination. If we had enough imagination to put ourselves in the shoes of the person we oppress, things would begin to happen." As a photographic artist and educator I'm interested in the state of the empathetic imagination in contemporary life. The unique human capacity to imagine the experiences and emotions of persons separate from ourselves defines us as people and a culture. It establishes the frame by which we determine our social responsibility as individualistic or humanitarian. In many ways, all the information and wisdom we need to thrive as a global community is contained in our collective experience; we just need to unlock it and engage it for understanding. I use photography as catalyst for unlocking our empathetic imagination, and engaging our shared knowledge and experience. I use journalistic method to search the world for the stories of people, and present them through artistic practice that combines digital and analogue processes, physical installation, narrative text, and live community dialogue to develop engagement and understanding on contentious social issues. My work explores how photography can prompt civic engagement and dialogue through integrated digital and physical modalities. One of the most difficult things a person ever does is to truly see another. I strive to find that miraculous encounter when art, people, experiences and ideas collide; and we discover the universal feelings and knowledge that connects us all.

# MINISTRY WITH CHILDREN AND YOUTH

## Pitter-pattering Questions

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

from Rev. KP Hong, Director of Religious Education

Not all who wander or travel are on pilgrimage. If the saucy characters who set off together in *The Canterbury Tales* reflect the highly commercialized industry of medieval pilgrimage, a hobbit's peripatetic twist of fate modestly subtitled "there and back again" belies a journey unlike any other round-trip itinerary. For if it is anything, a pilgrimage is not a safe journey. The path from here to there travels through *thin places* and *dark places*, far away from our comforts, routines, and bloated schedules that leave little room for the life of faith that we binge on Sundays only to purge on Mondays. But if unlike tourists, we can get over grumbling about inadequate toilet facilities or the price of coffee, and go beneath the noise and wait in the quiet of our hearts, there is no telling what we may encounter, even the unplanned and unbidden.

Granted, our youth on the Boston pilgrimage have already heard the familiar lessons about pilgrimage, that it's the journey rather than the destination and that pilgrimage calls us out of our "habitual, half-tied vision of things." Granted, too, something of tourism is apt to color their pilgrim experience, even as our youth seek a different kind of experience than ones merely logged by photos and souvenirs. But what they do not know nor apprehend fully is the nature, meaning, and perception of travel itself. For as movers in the modern world — all too familiar with the streams of movement from cars and planes to the Internet and devices that move us across space-time with a swipe of a finger — we are ceaselessly moving, and moving all too quickly. And "wherever we happen to be at the moment, we cannot help knowing that we could be elsewhere." (Zygmunt Bauman) In such an ethos of constant movement and flux, it is no surprise that adolescents-as-movers are drawn to opportunities to go, to move, and harvest ever-new experiences.

And it is here that the dichotomies we feel begin to reveal themselves. An adolescent moved by the walk around Walden Pond and Thoreau's simplicity subsequently moves on to purchase the latest version of hi-tech headphones. It is not that Walden was somehow insignificant or unreal; it is simply that she has moved on, and the experience of Walden has become just that, an experience. But she must keep moving to keep up with the fashion, hear new music, acquire new experiences, formulate new identities, cocooned in the novelty, variety, disposability of moving from one experience to another. In pilgrimage, however, she is given the chance to discover what is most true about herself: the crisis and predicament at the heart of her very existence. For the pilgrimage to Thoreau's cabin or Orchard House or Emerson Chapel is not fundamentally an exercise in extolling the virtues of our ancestors, but a recognition of the thinness of our own lives in the shadow of their lives. To feel our lives made more transparent by the character, struggle, and reach of their journeys; and in encountering our heritage, to help youth feel their way into their human questions, doubts, and longings. What is a lifetime and for what do we live it? What commitments are costly, uncompromising, and worth more than a drive-by excursion? How can we act upon history and gain our standing as historical beings? On pilgrimage, our youth encounter thin and dark places of this human journey, and see that in its thinness is an incomparable beauty.

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

## November Ministry with Children and Youth

### Religious Education

Wednesday, November 1: New Religious Education Family Orientation, 7:15 p.m.

Sunday, November 5: Regular R.E.; (Daylight saving time ends)

Saturday, November 11: Family Night Out, 6:00-8:30 p.m. (free child care and family fellowship time, RSVP required to [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org))

Sunday, November 12: Regular R.E.

Sunday, November 19:

Thanksgiving Family Sunday: (all children worship in Sanctuary, nursery care available)

Wednesday, November 22: No OWL, no Wellspring Wednesday

Friday, November 24: Black Friday Family Worship, 10:00 a.m.

Sunday, November 26: No R.E. classes (Thanksgiving weekend); activities for school-age kids, nursery care available

### Our Whole Lives

November 1: Gender Identity

November 8: Gender Expression, roles, and Stereotypes

November 15: Sexual Orientation

November 17: OWL Party 7:00 – 11:00 p.m.

November 22: No class, Thanksgiving Break

November 29: GLBTQ Guest Panel

### Coming of Age

November 5: Higher Power

November 12: "Higher Power" wrap-up, 3:30 p.m. class with mentors, worship at 4:30 p.m.

November 19: Introduce "Living with Death and Loss," Family Sunday with class at 3:30 p.m.

November 26 No class, Thanksgiving break

## Free Child Care

Free child care is available, with one-week advance notice, for all church-sponsored activities. Please contact Audrey Hommeyer at [audrey@unityunitarian.org](mailto:audrey@unityunitarian.org).

# MUSIC MINISTRY

## Music Notes

From Ruth Palmer, Director of Music Ministries



*My journey, your journey,  
my journey yours.* — Elise Witt with  
the staff of Refugee Family Services

Part of being a performing musician is  
the privilege of presenting wonderful  
music and offering it to be experienced  
in as many individual ways as there are  
recipients. This is evident. What is unseen

is the inner pilgrimage that each musician must take in order  
to find the meaning or essence within the music. This is  
true for all musicians but uniquely so for singers, who are  
also required to communicate a text. To inspire is not just to  
take in breath but, most importantly, to take in an idea, an  
elevated meaning. The pilgrimage begins when these ideas  
travel through the filters of one's own experience, become  
absorbed, and then, finally are freed in order to be shared.

In *My Journey Yours*, a choral composition by Elise Witt, the  
composer highlights the idea of each journey's impact on  
another's. Each outward journey inspires an inward journey  
of our own. Note from composer: "My Journey Yours was  
originally commissioned by a multi-disciplinary arts project  
of the same name with Refugee Family Services in Clarkston,  
Georgia. This project served to incorporate arts into the social  
service work of the agency." A vocal collage was created  
by translating the phrase, "My Journey Yours", into seven  
languages. Then, using melodies from each country, she  
literally 'stacked' these for a simultaneous experience of all  
journeys, individual, yet entwined and effecting each other.

Music is such a part of all our journeys... both inward and  
outward, individual and in community.

"Music is for the people. The land of music is everyone's  
nation - her tune, his beat, their drum, your drum — one song,  
one vote." — Eric Stokes, composer, teacher, and former  
American Composers Forum board president

### *Thank you, summer musicians!*

Many thanks to the musicians who contributed so generously  
of their time and talent to the 2017 summer services:

Dawn Baker, piano  
Kathleen Bartholomay, piano  
Luca and Justin Ciletti, fiddle and mandolin  
Fairlanes Quartet  
Ava Fischer-Ross, classical guitar  
Mila  
Oasis Trio  
Nick Rath, guitar  
Dan Schwartz, guitar and vocals  
Sunita Stanislav, harp  
Barb Zantner and Kathleen Radspinner, flute and piano

**What  
Sweeter  
Music?**

Carol Sing  
Concert  
Dessert Buffet

**Saturday, December 9 • Sanctuary**  
**6:30 p.m.:** Carol Sing  
**7:00 p.m.:** Holiday Concert, "What Sweeter Music?"  
*Children's Choir, Unity Singers, Unity Choir, Women's Ensemble, joined by guest violinist, Wendy Tangen-Foster*  
**8:00 p.m.:** Dessert Buffet  
*We invite you to bring a holiday dessert, already cut, plated, ready to serve and share or a donation for the Hallie Q. Brown Food Shelf (write checks to Unity Church). These can be dropped off in Parish Hall on your way in to sing carols and to enjoy the concert.*

## Sing with us on Christmas Eve

### *Christmas Pageant Choir Rehearsals*

Children's Pageant Choir

Sunday, December 17 • 10:15 - 11:00 a.m. • Robbins Parlor  
Kathleen Radspinner, director

Adult Pageant Choir

Sunday, December 17 • 10:15-11:00 a.m. • Choir Room  
Jeffrey Hess, director

### *Christmas Eve Candlelight Choir Rehearsal*

Thursday, December 19 • 7:30 p.m. • Choir Room

Ruth Palmer, director

Come and sing for this meaningful service! If you are planning  
to sing with the 10:00 p.m. candlelight service choir, contact  
Ruth Palmer at [ruth@unityunitarian.org](mailto:ruth@unityunitarian.org) or 651-228-1456 x116.

### *Christmas Eve*

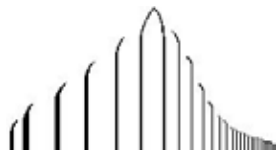
Children's Pageant Choir • 3:15 p.m. • Foote Room  
Pageant performances are at 4:00 and 5:30 p.m.

Adult Pageant Choir • 3:15 p.m. • Parish Hall  
Pageant performances are at 4:00 and 5:30 p.m.

Candlelight Choir

9:00 p.m. • Choir Loft

Sing at the 10:00 p.m. candlelight service.



# UNITY CHURCH-UNITARIAN

Sanctuary Entrance: 733 Portland Avenue • Saint Paul, Minnesota 55104  
Business Entrance: 732 Holly Avenue • Saint Paul, Minnesota 55104  
651-228-1456 • fax: 651-228-0927 • [www.unityunitarian.org](http://www.unityunitarian.org) • [unity@unityunitarian.org](mailto:unity@unityunitarian.org)

JUSTIN CUMMINS, CHAIR, BOARD OF TRUSTEES  
REV. JANNE ELLER-ISAACS, CO-MINISTER  
REV. ROB ELLER-ISAACS, CO-MINISTER  
BARBARA HUBBARD, EXECUTIVE DIRECTOR  
REV. LISA FRIEDMAN, MINISTER OF CONGREGATIONAL AND COMMUNITY ENGAGEMENT

NON-PROFIT ORG.  
US POSTAGE  
PAID  
TWIN CITIES MN  
PERMIT NO. 1141

**TIME SENSITIVE  
MATERIAL**

**CHANGE SERVICE REQUESTED**



## CALL TO MEETING

Annual Meeting of the Congregation

Saturday, November 18, 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 18, 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 2018
- 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 2017 fiscal year. All are welcome!



## Black Friday at Church

*Body and Soul: Reclaiming our Collective Humanity*  
Friday, November 24 • 10:00 a.m. • Sanctuary

Join Rev. Ashley Horan, Pastor Danny Givens, Jr., our ministerial interns, and musical guest Ellis Delaney as we gather for spiritual nourishment on the Feast Day of Consumption. As the year-end holiday machine revs into high gear, let's come together for a time of reflection, challenge and inspiration for how we can repair and reclaim our collective humanity.