

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.

Some time ago, I wrote a thank you note to someone after visiting him out of town. I was feeling grateful for the vibrant connection we'd shared even though we hadn't been in touch for years. To my surprise, a week later, a note from him arrived in my mailbox — a thank you note for my thank you note, which he wryly acknowledged might belong in the reiterative department of redundant redundancy. It was a note of such good heart and wit, I was tempted to write another thank you back, and I wondered, just how long might that echoing gratitude go on?

In a different encounter, I once visited a group of old school humanists, and after I had been introduced as a Unitarian Universalist student attending a Christian seminary, but before I addressed the group, three concerned members approached me during the coffee break. *You're not going to say a prayer or anything like that, are you?*, they inquired sternly. I paused. I hadn't actually been planning to, but their tone of censure made me curious. *Perhaps just a word of thanks?*, I ventured, waiting for their response. Not missing a beat, one of them leaned in close and said, eyebrows raised, *Depends. Whom would you be thanking?*

Somewhere between these two experiences, I've come to consider gratitude as an openness of the heart that reaches well beyond any particular benefactor, toward some larger generosity often unnamed but experienced as grace. It is no coincidence that a prayer of thanks is known as saying "grace." The words are two branches on the same etymological tree. So the Buddhist practice of bowing

to convey gratitude reminds us that thankfulness is not a quid pro quo exchange. It is an expression of humility, even impoverishment, implying, I bow because to say thank you is the very best I can offer in acknowledging the gifts I have received.

In his beautiful book, "The Gift," author Lewis Hyde studied gift economies in a number of indigenous cultures around the world. In a true gift economy, Hyde noted, the gift is meant to keep moving, weaving givers and receivers into an ever widening tapestry of relationship. To stop the gift's movement — whether by denying it, trying to pay for it or by possessing it without passing it or some other gift on in its place — is to strip it of its power as a gift. Saying thank you marks the beginning of the relationship fostered by a gift. It expresses our intention to keep the gift moving, a bow to the generosity that shared it.

Perhaps gratitude too is meant to keep moving, calling us into relationship with the larger experiences of life. Just a little gratitude for the smallest blessing — a bite of good food, a gesture of kindness — can spread far beyond what first prompted it. Like yeast, gratitude expands; and it lifts and leavens our hearts as it does, opening us to both the beauty and the brokenness of our lives. Given the right conditions, gratitude sometimes migrates to places in my heart where I never expected to feel it. Right there, in the midst of my sorrow and despair, or my fear and my anger, I have felt gratitude moving gently among those muscular emotions jostling for my attention. It slips in beside them, quietly offering to carry their load for a while, bringing just enough relief that I can

once again learn to trust the web of life that holds me.

Like a gift, gratitude also cannot be forced but must be freely granted. In Romania last summer, when members of Unity Church visiting Homorodszntpeter presented our partner congregation with a gift during Sunday worship, our Transylvanian siblings in faith showed their gratitude by knocking on the wooden pews in front of them. We later learned that during the repressive Communist regime, whenever the party leaders arrived for public appearances, the villagers were required to attend and applaud in a forced display of enthusiasm and gratitude. Today, to reclaim the free choice of gratitude, they knock on the pews instead of applauding, and perhaps the sound of that knocking keeps a deeper gratitude moving, honoring the gifts of freedom we dare not take for granted anywhere in the world today.

What gestures and words of gratitude do you use in choosing and expressing gratitude? How do you invite it to move in your heart and through your life, weaving you into relationship? How might its leavening make room for the grace that keeps the gifts of our shared world moving?

From Associate Minister Karen Hering on behalf of this month's theme team:

*Ahmed Anzaldua, Drew Danielson,
Janne Eller-Isaacs, Rob Eller-Isaacs,
Lisa Friedman, and KP Hong*

Gratitude Theme Resources

Turn to page 8.

Just Words



Our son Jonah learned many, many valuable lessons while living with a serious cancer diagnosis. He learned to take each day for the gift it was and is. He doesn't take much for granted and stays centered through daily practices. He realized then that he had to learn and practice those things that provided strength and stability to him even in the face of great uncertainty. Even though he was facing medical statistics that were not on his side, he learned to hone in on those things that could help him put

one foot in front of the other. He drew strength and continues to draw strength and inspiration from the natural environment and in the loving relationships of friends and family. To this day, even though he has been cancer free for six years, he remains grounded in the natural world. He has even been trained to be a volunteer naturalist in the Nashville area, so that he can pass on that grateful enthusiasm onto others.

Jonah used to be a part of a young adults living with cancer support group. Out of the 22 who were initially in the group, only Jonah and his friend Tracy survive. He also knows that he lives his life for more than himself, silently carrying his lost friends with him. The last gift he received from those years that I see operate in his life regularly is his ability to ask for what he needs and equally important, his willingness to let others help him. I watch in amazement as he easily accesses the resources he needs and then once those resources are offered, how easily and gracefully he accepts them. He is generous in turn and I would never want to imply that it isn't a two way street. He is exceedingly generous with his friends and family members, even though he lives with the physical limitations that his treatment and post treatment realities impose upon him. He lives his life grounded in gratitude and a sense of abundance. I think part of his ability to stay grounded in gratitude is because he is so open to other's lending a hand in his life.

I stand amazed at his ability. I do so because I must confess to you that I only learned one part of the equation of the give and take part of relationships. I am glad to pitch in, I am delighted to help, lend a hand. Whatever I can do to support people, I want to be able to do. But if you ask if you can help me? "Oh, I'm fine. I can do it myself..." I don't offer the privilege to others that I take so for granted in my role and in my personal style. Of course I can wade in and help out, and largely you have graciously and generously accepted my offers of support. I still have some important things to learn, however, when people pitch in to help me. I am so uncomfortable that I often forget to thank people.

When I watch how easily and gracefully Jonah accepts help and support, the words from Kahil Gibran's *The Prophet* ring in my ears: "You may strive to be like them, but seek not to make them like you. For life goes not backward nor tarries with yesterday..."

Those of us who are parents know that we learn from our children all the time. This is just a lesson I keep learning as I move through the years of my life.

This month, grounded in gratitude, I will be ever mindful of how I can be more open to the many ways we are all interdependent, connected to one another, through love and care but also through need and longing.

— Rev. Janne Eller-Isaacs

The Wheel of Life

In Memoriam

Ken Gordon

February 26, 1932 –
September 26, 2019

Bill Krubsack

February 10, 1941 –
October 4, 2019

Retirement Celebration

Save the Date!



We will celebrate the retirement of Rob and Janne Eller-Isaacs on Sunday, May 31, 2020. The celebration will include an all congregation worship service and party on Harriet Island.

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NOVEMBER SUNDAY SERVICES

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 online at www.unityunitarian.org.

November 3: Ancestor's Breath: Part of the Living

The group Sweet Honey and the Rock, in the lyrics of *Breaths*, remind us that those we have lost have not never, ever left, "but are a part of the living. They are in the rustling trees... Listen more often to things than to beings, Tis the ancestor's breath, In the voice of the waters." Join Rev. Janne Eller-Isaacs, worship associate Rebecca Flood, and special artist in residence Rebekah Crisanta de Ybarra, as we express gratitude for our many ancestors, those related to us by blood, love, or struggle.

Soup supper: Vegetable wild rice soup

November 10: Demand What You Deserve

We say grace before we eat. We start with thank you. Even before we have taken the first bite, we practice the discipline of gratitude. The great soccer star Abby Wambach insists that gratitude is not the least bit inconsistent with the need to demand what one deserves. Rev. Rob Eller-Isaacs and worship associate Bailey Webster will wrestle with these two seemingly mutually exclusive understandings.

Soup supper: Chili

November 17: Practicing Holy Vandalism and Blasphemy

No one would be faulted for smiling at the idealism of "dismantling dominant culture." Another utopian conceit. Except that the struggle everywhere around us is all too real and pressing. Rev. KP Hong and worship associate Lia Rivamonte will explore the work that calls us to glimpse our own impoverishment, our own confinement, and along the way, come to discover a difficult gratitude.

Soup Supper: Enchilada soup

November 24: Family Sunday Thanksgiving Service

The whole church family will gather to celebrate Thanksgiving. We will sing 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.

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 3: Give Us Wings

Give Us Wings, a St. Paul non-profit started in 1998, works to build and maintain trusting relationships with rural communities in Kenya and Uganda. Together, volunteers and locals start up community projects, provide business training for groups, and develop ways of meeting the medical and educational needs of the adults and children. Today's collection will help support a maternity ward to protect the health of new mothers and their babies. Unity's Dave Kaminsky and his family have recently returned from a partner trip to Uganda.

November 10: Quatrefoil Library

Founded in 1986, Quatrefoil Library of Minneapolis is among the largest and longest-running LGBTQ+ libraries in the United States. Its completely volunteer staff manages the circulating collection of 30,000 books and DVDs along with an extensive archive of queer history. Today's collection will support its scholarship program, offering \$1,000 individual grants to students focusing on LGBTQ studies. Unity's Nanette Stearns is the board president of the library.

November 17: Peace and Justice Scholarship Fund

This scholarship fund was created to honor the dedicated leadership of Pat Haff and her 12 years of creating Unity's Community Outreach Ministry. This fund will be dedicated to supporting everyone's equal access to participation in Unity's pilgrimages and hands-on work trips that have been an important cornerstone of the community outreach programs.

November 24: 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.

Generosity Ministry

Nominate an Organization!

The Generosity Ministry Team asks Unity Church members and friends to consider nominating your favorite non-profit for a Sunday collection. It's super simple! Visit www.unityunitarian.org/generosity-ministry.html and complete the nomination form!



Being Thankful Nila Gouldin, Trustee

Gratitude is defined as the *quality/attitude of being thankful*. As I contemplated what to share, I realized this is the perfect time to recount the various areas that the *quality of being thankful* has been applicable for me — professionally, physically, mentally, emotionally, and spiritually. This whole year has been the best time to engage in gratitude.

While there is always something to be thankful for, it seemed that did not hold true for me during the year of 2018. By contrast, 2019 has been giving me the opportunity to experience and practice gratitude.

First of all, I started working in a role that is the right fit, the right culture, and the right location. During the summer, I travelled to Ghana, West Africa, to expand my knowledge of history. Ghana fought for and became the leader in achieving their independence in 1957. They encouraged other countries across Africa to persist until they realized that same goal. Recently, there was a medical emergency after a Sunday service. I was flooded with emotions. Not only was I concerned for their safety but I realized that 18 months ago, that was me. Suddenly I found myself holding back tears. Tears of concern for that person and their family, tears of remorse for taking my health for granted, and tears of joy for my current good bill of health.

I have learned this year that gratitude — *the state of being thankful* — expands beyond the list of five things that one might methodically write down in a journal at the end of the day — nothing wrong with this practice by the way. For me, the *state of being thankful* has become something I experience every time I take a breath. *Breathe in, breathe out.*

Transition Update

Board's Transition Subteam: Clover Earl, John Steiner-Manning, and Jackie Smith

The board is busy preparing for Janne and Rob Eller-Isaacs' retirement next summer and we want to update you on our progress. There are three main areas of focus:

- Celebrating Janne and Rob and their twenty-year ministry at Unity Church
- Recruiting an interim minister, starting summer of 2020
- Calling a new senior minister, starting summer of 2021

CELEBRATION

The new Eller-Isaacs Celebration Team is forming, headed by co-chairs Pat Fontaine and Lia Rivamonte. Created by the board, this team will take the lead and help the congregation acknowledge our senior ministers' lasting contributions and our deep appreciation for their leadership. The team will be responsible for planning events, determining a gift, and fundraising.

For anyone interested in being involved with the celebration planning, watch for opportunities that the co-chairs will be sharing. The celebration will be held on Sunday, May 31, 2020 (see page 2 for more information). The Board is extremely grateful to Pat and Lia for agreeing to step up and take on this important role on behalf of the congregation.

RECRUITING AN INTERIM

This spring the board will work through the UUA to identify an interim minister to join us for a year, from July 2020 through to June 2021. The interim minister will join our strong executive team that includes Barbara Hubbard, Executive Director; Rev. Lisa Friedman, Minister of Congregational and Community Engagement; and Rev. KP Hong, Director of Religious Education. Along with keeping Unity humming and leading worship, our interim minister will help guide the congregation through this transition.

CALLING A SENIOR MINISTER

While calling a senior minister or co-ministers is the responsibility of the congregation, a Search Committee conducts the process and makes a recommendation. Search Committee members devote considerable time to this work as they weigh what is in the best interests of the whole church. Search Committee members keep in mind where we've been as a church — and with our new Ends statements — where we're heading.

We'll take a big step in forming the Search Committee and thinking through this process on Sunday, January 12, when Rev. Jen Crow, a trained UUA transition coach, former Unity intern minister, and senior co-minister at First Universalist Church of Minneapolis, will preach at Sunday services, and also lead an all-congregation meeting at 12:15 p.m., to help build our understanding of how the search will be conducted. Jen has already been working with the board on the transition effort, and once the Search Committee is named, Jen will be an ongoing resource.

Forming the Search Committee starts with the development of a list of candidates. The board creates the list of 15 to 20 candidates after reaching out to the whole congregation asking for recommendations for who should be considered for this role. Starting in January, this outreach will include phone calls, small group discussions, and an online form.

The members of the Search Committee will be named by the board from among those on the candidate list. This will happen in May, after an all-congregation meeting where votes will be cast and after information has been shared about the candidates. Voting at the meeting will determine the majority of the Search Committee members, with the remainder selected by the board with an eye to balancing out needs for representation and skills.

Know that we will continue to share more information in the months ahead. And you can always reach out to board members with any questions.

ANNUAL MEETING / PLEDGE DRIVE



CALL TO MEETING

Annual Meeting of the Congregation

Saturday, November 16, 2019 • 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 16, at 10:00 a.m., in the Sanctuary. Childcare will be provided. At this meeting the board will:

- Report to the congregation and present the operating and capital budgets for 2020. See the box below if you are interested in learning more about the budget before the annual meeting.
- Ask the congregation to elect three new trustees. The trustee nominees are Alex Askew, Louise Livesay, and Jennifer Tong.

Budget information, trustee nominee bios and photos, and a meeting agenda will be mailed to eligible voting members in early November. All are welcome to attend; only eligible voting members can vote. Eligible voting members include those who have signed the membership book and have made an identifiable pledge in the current or upcoming year and made a payment on that pledge.

2020 Pledge Drive

Everybody In

October was pledge month at Unity Church! We are living into a dynamic future and this is not the time, in the world or in our church community, to fade away. It's a time to reflect on what would be missing from our lives without Unity Church, a time to claim Unity Church as our spiritual cooperative, and to say, "Everybody In!" What we promise to one another and to the church creates the foundation and the means for the future we aspire to create.

Pledges provide 77% of Unity's annual income and create the foundation for the 2020 operating budget. Our operating pledge goal for 2020 is \$1,350,000 from over 700 pledging households, and as of the writing of this article, we are 80% of the way there. Thank you to those who have pledged!

If you have not made your pledge of support for Unity's 2020 operating budget, do it today! It's simple! Pledge online at www.unityunitarian.org/annual-pledge.html or contact Barbara at the church office.

The 2020 operating and capital budgets will be presented for approval at the Annual Meeting of the Congregation on November 16. Please pledge and give generously! "Everybody In!"

*We are bound always
to the ground of our being,
the truth of our deeper selves,
and the network of accountability
we form with one another.*

— Rev. Nancy McDonald Ladd



Budget Information Session

Sunday, November 10 • 10:15 a.m. and 12:30 p.m. • Center Room

Do you have questions about the financial landscape at Unity Church? Do you want to learn more about the 2020 budget that the congregation will be asked to approve on November 16 at the Annual Meeting? We are providing an opportunity for curious congregants to ask questions and explore in detail the church finances and 2020 proposed operating and capital budgets. Please join Barbara Hubbard, Executive Director, at a budget information session or contact her with questions at barbara@unityunitarian.org or 651-228-1456 x116.

WELCOME WORDS / NEW CONGREGATIONAL DATABASE

Welcome Words



Rev. Lisa Friedman

Minister of Congregational and Community Engagement

Last month, we celebrated the theme of "Everybody In" and the strength, love and creativity that each of us brings to the vision and ministry of Unity Church. This is true of our newest visitors and members, as well as our longtime ones. In this month of gratitude, thank you to each of you who checked the box to say "I'm new here, but check in with me later." Thank you to each of you who is exploring Unity Church as a potential spiritual home. Thank you to each of you for bringing your full selves and inviting us to get to know you. Thank you to each of you for sharing your questions, your surprises, and your "aha!" moments. If I haven't yet had the chance to meet you, I would love to connect. I am always available at each service on Sundays, as well as during the week. If you are not yet signed up for our monthly newsletter, or weekly emails, let me know and I can help. You are an important part of our community! See you in church! Lisa

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 x 107. 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.

Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis on Sundays from 10:20-11:15 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 3: Religious Education for Children, Youth, and Adults

November 10: Worship & the Liturgical Year

November 17: Q & A with a Minister

November 24: Social Justice & Community Outreach

Committing to Unity: Joining Unity Church

Saturday, November 9 • 1:00-3:00 p.m.

Have you been considering membership at Unity Church? 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 ceremony as participants sign the membership book and officially join the church!

Mentoring at Unity: A Path to Deeper Connection

Unity Church has a mentor program available to all visitors and new members. A mentor serves 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 six 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 email Rev. Lisa Friedman at lisa@unityunitarian.org.

Congregational Database Sign in today!

Members are now able to log in to ShelbyNext, the new online congregational database that includes the ability to update and review your own membership and giving account, access the membership directory, and view the calendar.

To access for the first time from your PC:

- Open a browser (Chrome works best) and navigate to this URL: <https://unityunitarian.shelbynextchms.com/>
- Choose "Forgot Password?"
- Enter the email address you use to communicate with Unity Church
- You should receive an email with your username and password
- Log in and explore!

To download the App:

- Go to your App store: Google Play for Droid and App Store for iPhone/iPad
- iPad users make sure to choose iPhone app
- Download ShelbyNext Membership
- Enter the domain: unityunitarian (full domain: unityunitarian.shelbynextchms.com)
- Choose "Forgot Password?" if it is your first time accessing ShelbyNext Membership (or just log in if you have already accessed it on your PC)
- Enter the email address you use to communicate with Unity Church
- You should receive an email with your username and password
- Log in and explore!

Questions? Contact Martha Tilton at martha@unityunitarian.org or 651-228-1456 x105.

WELCOME NEW MEMBERS



New members, l-r: Sara Cooper, Denise Aldrich, Lewis Campbell, Erik Akre, Monica Akre, Alethea Douah, Merrill Aldrich, Michelle Sheire

Monica Akre (she/her) is passionate about delivering better healthcare when we all understand how genetics intersect with our treatments. She and Erik have been partners for 24 years. Her greatest joy is being a mom to Alexa (23) and Lily (16). She came to Unity Church to work harder on being a better person.

Erik Akre becomes a member with his wife, Monica. The two of them have been pondering membership for a long time, and now it is! Erik is a teacher by profession, and he loves his work, but he is lazy by nature and his favorite things to do are hang out with family and friends, read, go on walks, or write stories for role-playing games. In his introverted way, he embraces Unity Church with open arms.

Denise Aldrich grew up in Hawaii but also loves snow; if the sun is shining, she's happy. She works as a creative director and serves on the Summit Hill Association board of directors and zoning committee. She loves gardening and is a beginning piano player. Her family started attending Unity Church in November 2016, after the election.

With Denise and sons Will and Robbie, **Merrill Aldrich** lives in a fixer-upper about a mile from Unity Church. Denise is from Hawaii and Merrill grew up in Massachusetts — but they met in Texas and have lived in five states. Strange facts: Merrill speaks Swedish and has two unused Architecture degrees.

Lewis Campbell is a lifelong Unitarian who nevertheless has significant doubts about Unitarianism. He is a widower with one twenty-three-year-old daughter who lives in Japan. He has worked as a teacher most of his career. He is presently working on starting a small, progressive, private elementary school.

Sara Cooper has two children, her daughter, Aiko, is 16 and her son, Levi, is 13. Aside from her children, her career is her main passion. She loves getting to help people every day as a chiropractor. Sara has been wanting to find a spiritual community to introduce her children to that aspect of life, and feels that Unity Church will be a good spiritual home for all of them.

Alethea Douah, who is a high school English teacher, and her kiddos, Winston (12), Vivienne (9), and Beatrix (6) are Unitarian neophytes. Alethea was raised Catholic but never found peace, beauty, or authentic grace in any of the churches and so was committed to raise independently minded, generous, and kind children without organized religious affiliation. Until visiting Unity Church. Unity feels to her like returning to the ocean after being away, and you will likely see Alethea as she blots the waves of tears during services — overwhelmed with gratitude at finally finding peace, beauty, grace, and community.

The Seven Principles of Unitarianism appealed to **Michelle Sheire** as she was searching for a way to find more balance to her life and to introduce a faith community for her children. Her children, Jackson (16) and Zane (12) also really enjoy the being a part of Unity Church through Coming of Age and Religious Education.

Colleen Zuro-White recently signed the membership book in the presence of her loving Unity Church friends. Colleen and her husband, John White, returned to the Twin Cities six years ago, having lived in five states and seven cities, and raising their three children. After the decision to settle in St. Paul, Colleen began the search for a spiritual home. Finding Unity, she participated in Women's Retreats, Chalice Groups, and the Art Team. Experiencing the heart breaking loss of her mother in January, Colleen felt compelled to belong to this community whose values she shares.

She looks forward to finding her place in the Unity Church family, using her gifts and energy to enrich the lives of others, and to building more friendships.



CONGREGATIONAL LIFE

Gentle Movement Meditation with Tai Ji and Qigong

The new bi-weekly Tai Ji and Qigong class continues this month on Thursdays, November 7 and 21, 11:00 a.m.-12:30 p.m. Led by teacher Lisa Schlingerman, it is focused on the Tai Ji Five Moving Forces form choreographed by Chungliang Al-Huang. The classes are open to newcomers and people of all ages and include Tai Ji, Qigong, sitting meditation, and poetry based on the teachings of Taoism. Wear comfortable shoes and loose clothing. An RSVP to karen@unityunitarian.org is requested and a free will offering will be taken.

Kung Fu

Curious about martial arts? Did you know that Unity Church is home to a vibrant and welcoming Kung Fu group? Our holistic self-defense practice invigorates the body, rejuvenates the spirit, and clears the mind. Explore our rich Five Animal Kung Fu (Leopard, Snake, Tiger, Crane, and Dragon) to develop a personalized style that suits your temperament and body type. Beginners and experienced martial artists welcome! Class is Saturdays, 11:00 a.m.- noon, in the Body Room. Questions? Contact Bryan Kujawski at barney.kujawski@gmail.com.

Men's Breakfast

On Saturday, November 9, the men of Unity Church will gather for good food, friendship, and conversation. The breakfast will run from 8:30 until 10:00 a.m. Our head chef will be the inimitable Tom Zell.

Christmas Pageant

Celebrating our Centennial 1919-2019



Calling all Acolytes! Shepherds! Kings and Heavenly Hosts! This is the year to join us! We especially want to welcome newcomers, if you have never been involved, please join us for this extra special Christmas Eve tradition. We will email registration invitations to all our church families in mid-November. Pageant registration will be open online between November 18 and December 2 for all youth from kindergarten to high school seniors. We will include our dates and times for costume fittings (usually the second Sunday in December) and rehearsal (December 23). We want to welcome all of our families — those who are with us every year, those who have yet to get involved, and everyone in between! Our pageant performances on Christmas Eve are at 4:00 and 5:30 p.m., lasting 45 minutes each. This year we are celebrating 100 years so watch for a few extra ways we will be celebrating our beloved pageant.

Reminder: If you or your family can help us locate pageant photos, please contact Kelley at kellyloughrey@comcast.net. We are looking hard for photos from this first 50 years in particular! All photos welcome — send us your favorites!!

Gratitude Theme Resources

POETRY

"Thanks" by W.S. Merwin

<https://www.poetryfoundation.org/poems/57937/thanks>

BOOKS & WEBSITE

The Gift: Creativity and the Artist in the Modern World by Lewis Hyde

The Thankful Book, a children's book, by Todd Parr

A Network for Grateful Living, founded by David Steidl-Rast, encouraging a spiritual practice of gratefulness. (gratefulness.org)

MOVIES

A Muppet Christmas Carol (1992)

Wanted

Front Desk Substitutes

Have you ever wondered what happens at church during the week? Are you available to greet visitors or answer phone calls? Then join the Front Desk Volunteers as a substitute!

You'll be asked to fill in for one of our regulars whose shifts are 9:00 a.m.-1:00 p.m. or 1:00-5:00 p.m., Monday through Friday. Training is provided. For more information contact Joan Carver at jycarver@gmail.com.

Save the date!

Third Annual

Queer Retreat

Saturday, April 4, 2020

Unity Church is hosting a retreat for all those who identify under the queer and/or trans umbrella, and especially for people who don't fit into the gender binary. The planning team is currently seeking volunteers for a variety of roles! For more information check out Unity's LGBTQ webpage at unityunitarian.org/lgbtq.html or contact Ray Hommeyer at ray@unityunitarian.org.

CONGREGATIONAL LIFE

Unity's Emergency Action Plan

From Barbara Hubbard, Executive Director

How would you respond if we had to evacuate the church in response to a fire, a gas leak or a bomb threat? What is the protocol if there's a medical emergency, or if an inappropriate person is posing a threat? Where do you go if there is a tornado? Unity's Emergency Preparedness Team has developed an "Emergency Action Plan" (EAP) which offers guidelines and procedures in the event of an emergency. While recognizing that the probability of an incident is low, the impact of an incident could be high, and planning for that possibility is essential.

This is the second in a series of monthly newsletter articles to present our EAP. You can find the plan in its entirety on our website at <https://www.unityunitarian.org/ept.html> or by contacting Barbara Hubbard at barbara@unityunitarian.org or 651-228-1456 x116.

I. Staff Response (See October *commUNITY* newsletter.)

II. Medical Emergency

Medical emergencies include persons on the church property who have dizzy spells, disorientation, pass out, have sharp chest pains and/or other pains, falls, cuts, difficulty in breathing, severe vomiting and other medical or life threatening emergencies. The lead staff person (as defined in Section 1) will do the following:

- a. Determine if 911 should be called (to 733 Portland) and assign a person to make the call and meet the responders at the 733 Portland entry.
- b. Determine if AED should be used and assign a person to bring it to the scene.
- c. Determine if CPR should be initiated and assign persons to begin compression-only CPR.
- d. Determine if the victim is under 18, assign a person to locate parents.
- e. Determine if injury requires limited movement.
- f. Determine if first aid kit is needed and assign person to bring it to the scene.
- g. Determine if person is or has recently vomited and turn person on their side.
- h. Determine if person needs warmth and comfort and assign persons to find appropriate materials.
- i. Turn the direction of the emergency over to 911 staff when they arrive.
- j. Determine if help is needed to calm persons at the scene and assign persons to intervene and move persons away from the scene.

Defibrillators are located:

- Lower level — in the hallway near the elevator
- Main level — in the hallway near the DeCramer Room

First Aid Kits are located:

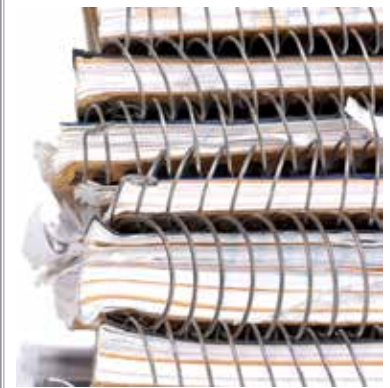
- Lower level — in the hallway near the elevator and in the nursery
- Main level — in the hallway near the DeCramer Room, by the Holly Avenue reception desk, and in the kitchen with a burn kit
- Upper level — top of the stairs in the Eliot wing and near the Ames Chapel east entrance
- First Aid Kits are reviewed and restocked monthly

Body Fluid Clean-Up Kits are located:

- Main level — in the Facilities Office

Open Page

Writing Sessions



Led by Consulting Literary Minister Karen Hering and held at Unity Church, Open Page writing session participants use stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, to reflect on the monthly theme. No writing experience is necessary. Bring something to write with and on; the rest will be provided! Free; RSVP requested to karen@unityunitarian.org.

Gratitude

Wednesday, November 13

7:15–8:30 p.m.

The power of gratitude to open the heart is perhaps what cause Meister Eckhardt to declare, "If the only prayer you ever say in your entire life is 'Thank you,' it will have been enough." We'll explore how to keep gratitude alive and well even in the hardest times.

Reverence

Sunday, December 8

2:00-4:00 p.m.*

**Different session timing and length.*
"Without reverence, things fall apart," writer Paul Woodruff has observed. "To teach reverence," he says, "you must find the seeds of reverence in each person and help them grow." This writing session uncovers the seeds of reverence planted within each of us and help them grow.

WELLSPRING WEDNESDAY

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun.

Dinner begins at 5:45 p.m., followed by worship in the Ames Chapel at 6:45 p.m., and an evening of rich programming beginning at 7:15 p.m. All are welcome. Childcare is available and you do not have to sign up in advance.

Dinner: The cost for dinner is: \$8/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 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 6

Dinner: Roasted rainbow Buddha bowls, lemon basil couscous, crispy chickpeas and pickled onion

The Pre-Columbian Indigenous Roots of Día de los Muertos

Artist in Residence, Rebekah Crisanta de Ybara, will give a presentation about the liturgical connections and pre-Columbian indigenous roots of Día de los Muertos.

Invitation to Creativity as Spiritual Practice:

Moments of Gratitude + Water Color Mark Making

Join us as we explore the monthly theological theme in creative ways. These sessions are meant to challenge creative gatekeeping and to reclaim every person's birthright to the creative process. This month, we are going to view works of art that evoke the theme of gratitude. Then we will engage in a creative activity that explores gratitude through the practice of mark making with watercolor. You'll learn some techniques and leave with an invitation for the month to engage with moments of gratitude in your daily life. To account for space and materials an RSVP is requested to Heather Benedict at heathermwells@gmail.com.

Beginning Violin

Did you ever want to try the violin? Come join Mayra Mendoza for a beginning violin class — all ages are welcome! Mayra is a violinist and teacher who volunteers frequently with the Greater Twin Cities Youth Symphony, McPhail Center for Music and the Minneapolis Public Schools. She has also played with the Wayzata Orchestra and Northeast Symphony. Questions? Email mayraquitzia@hotmail.com.

Religious Education New Family Orientation

Led by Director of Religious Education KP Hong, this session is for families new to Unity Church who would like to learn more about religious education.

Textile Arts

This group meets the first and third Wednesdays of each month from 7:15-8:30 p.m. and is open to textile creatives of all ages. Bring your knitting, embroidery, needlepoint, etc. Contact: Linda Mandeville at lindamandeville41@gmail.com.

Embodied Spiritual Practice: Yin Yoga

Madeline Summers will offer a slow paced style of yoga with asanas held for an extended period of time. The practice will focus on breath as a sacred tether to the inner layers of being, relationship with discomfort on and off the mat, and will include guided meditation. Dress comfortably, bring a mat and a small blanket if you have one. All levels welcome

Embodied Spiritual Practice: Kung Fu

Did you know that Unity is home to a vibrant and welcoming Kung Fu group? Our holistic self-defense practice invigorates the body, rejuvenates the spirit, and clears the mind. Explore our rich 5 Animal Kung Fu (Leopard, Snake, Tiger, Crane, and Dragon) to develop a personalized style that suits your temperament and body type. Beginners and experienced martial artist welcome! Be our guest and see if this is the right fit for you. Questions? Email Bryan Kujawski at barney.kujawski@gmail.com.

November 13

Dinner: Baked pasta, chopped salad, garlic bread, oatmeal scotchies

Open Page Writing Session: Gratitude

RSVP to karen@unityunitarian.org

The power of gratitude to open the heart is perhaps what cause Meister Eckhardt to declare, "If the only prayer you ever say in your entire life is 'Thank you,' it will have been enough." We'll explore how to keep gratitude alive and well even in the hardest times. Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, and images as well as wisdom from religious teachings, science and history, to reflect on the monthly theme. No writing experience is necessary. Bring something to write with and on.

100 years of U.S. Immigration and Refugee Policy and Its Impact on Minnesota

Join Krista Finstad Hanson, ELL teacher, writer, and historian, as she shares her research on the policies that have impacted our families and our communities over the last 100 years. Knowing this history can help drive future immigration and refugee policy advocacy.

Seeing the Real Cuba

Unity Church member Ellen Wold will share photos and thoughts about what it's like to visit Cuba with Witness for Peace, a non-profit group actively engaged with the people there and with the effort to change the embargo still in place.

Embodied Spiritual Practice: Kung Fu

WELLSPRING WEDNESDAY / FELLOWSHIP GROUPS

November 20

Dinner: Roasted lemon chicken (or veggie loaf), artichoke and feta pasta, mixed greens salad

Israel-Palestine Today

Pam McInnis and Jo Lucas will explore hope-filled work in that part of the world. Pam serves the Unitarian Universalists for Justice in the Middle East and Jo serves the work of Bright Stars of Bethlehem. Come and explore important work that is going on today.

Onward Educators • Topic: Tell Empowering Stories

Using the work of education, coaching, and resilience researcher Elena Aguilar, we will strengthen and support one another in monthly meetings. Grounded in neuroscience, social science, and psychology, this workshop will change the way we think about emotions, stress, and our purpose as educators. We will focus on the 12 habits that cultivate resilience, and their correlating dispositions, and provide a roadmap for how to feel more effective, more fulfilled, and happier at work. Facilitators Jackie Smith and Julianne Malcom will guide the group through a year of resilience-building exercises and reflections, and participants will collaborate to build their capacity for resilience throughout the school year. The sessions follow an arc throughout the school year, but participants are welcome to come to some or all sessions. All educators are welcome

Embodied Spiritual Practice: Gentle Yoga

Suzanne Burr offers this session of mindfulness through movement with a focus on balance/equinox. We will nourish awareness through breathing, moving slowly, and noticing. Paying close attention to internal sensations through somatic movements and gentle yoga, we will focus on creating ease, open-heartedness, and presence. Dress comfortably, bring a mat and a small blanket if you have one.

Tween Group

Unity's Tween Group (grades 5-7) meets on the fourth Wednesday of every month during Wellspring Wednesday. The group gathers at 6:45 p.m. for worship in the Ames Chapel, then heads to Jr. High room 021 — the location for post-worship drop off (7:15 p.m.) and pick up after programming (8:30-8:45 p.m.). Guardians, please come and sign your kids in and out! Tweens is led by Ray Hommeyer, contact them with questions at ray@unityunitarian.org.

Textile Arts

Beginning Violin

Kung Fu

Religious Education Teacher Training

No Wellspring Wednesday on November 27!

Happy Thanksgiving!

Fellowship Groups

These 12-step groups meet at Unity Church: Al Anon meets Wednesdays, 5:00-6:00 p.m., Science Room; Fresh Air AA meets Thursdays, 8:00-9:30 p.m., Anderson Library; Debtors Anonymous meets Tuesdays, 6:30-8:30 p.m., Drama Room

Afterthoughts offers time to discuss the service. This group meets after the 9:00 a.m. service. Contact Paul Gade, 651-253-1493

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

Evergreen Quilters: The group meets the second Tuesday of the month, 7:00-9:00 p.m. (at Unity Church), and fourth Saturday of the month, 10:00 a.m.-1:00 p.m. (offsite). Contact Peggy Wright, 651-698-2760

Families Living with Mental Health Challenges: A support group for families living with mental health challenges. Meets the first Saturday of each month, 9:30-11:30 a.m. Contact Janne Eller-Isaacs, janne@unityunitarian.org

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

Men's Conversation Group meets the second and fourth Monday of each month, from 7:00-9:00 p.m., in the Gannett Room, to discuss a wide range of topics. Contact Terry McDanel, tmcdanel@gmail.com

Men's Retirement Group: Monday, November 4 and 18, 1:00-3:00 p.m. Contact Tom Zell, tomzell@me.com

National Alliance on Mental Illness support group for young adults with a mental illness meets the first, third, and fifth Sunday of each month, 6:30-8:00 p.m., COA/OWL room.

New Look at the Bible: Meets the second Thursday of the month at 7:00 p.m. Contact: Paul Gade, 651-253-1493

Recovery from White Conditioning: Wednesdays, 6:00-7:00 p.m., Gannett Room. Contact Dayna Kennedy, daynamelissa@icloud.com

Textile Arts Group meets the first and third Wednesdays of each month from 7:15-8:30 p.m. Bring your knitting, embroidery, needlepoint, etc. Contact Linda Mandeville, lindamandeville41@gmail.com.

Unity Book Club: Second Tuesday of the month, 7:00-8:30 p.m. Contact Jack Hawthorne, jack.hawthorne@comcast.net.
November 12: *The War on Normal People* by Andrew Yang
December 10: *Before We Were Yours* by Lisa Wingate

Women In Retirement: Meets the second and fourth Thursday of the month, 1:00-3:00 p.m. Contact Lisa Friedman, lisa@unityunitarian.org

Young Adult Group (ages 18-35) meets Sunday, November 10 and 24, 1:00-3:00 p.m. Contact KP Hong, kp@unityunitarian.org

Zen Meditation: Find renewal and grounding. Tuesdays, 5:00-6:00 p.m., Ames Chapel. Instruction offered November 5 at 4:30 p.m. Contact KP Hong, kp@unityunitarian.org.

COMMUNITY OUTREACH

Sustainable Living Team News

We Got this, Kids

From Dale Howey, Sustainable Living Team

We have heard about the climate crisis; the climate strike has come and gone. Now what? We have heard the clarion call. Greta Thunberg, the sixteen-year-old leader of the climate strike, has scolded the adults and asked in no uncertain terms to get off our butts and do something...

But what?

The worst decision you can make is no decision at all.

I was stuck in an indecisive life period in the military in the '80s. I was getting depressed and had no direction or goal. My brother was in college, heard of my issue and introduced me to Denis Waitley's book, *The Psychology of Winning*. In it, he describes how the mind acts like a guided missile. You need a target otherwise you sputter around and wind up in the sea, or in our case, a rising sea.

My missile needed programming and I began feeding it targets. I began making decisions. It didn't matter if they ended up being wrong. I would redirect and retool and start again. I found this exhilarating and fun. I started seeing possibilities instead of walls. When life hands you lemons, make lemonade; everyone likes lemonade, right?

I learned and adjusted, and applied the lessons when I learned of global warming. I started retooling and putting more effort and time into the problem. Like Greta Thunberg said: don't wait for the kids to solve it. Let's be the adults in the room.

Why do you do the dishes? It's messy. It hurts your back sometimes. It's a bother to even load the dishwasher... But we do it as a sacred act of love. You want your loved ones, and that includes yourself, to eat off clean plates. The same goes for the Earth. I want my children and yours to breathe clean air and have clean water and healthy food. We all should want the people who come after us to have the chance to live on this earth as we have.

Climate change? We got this, kids. Get busy, set your goals — big or small, do your dishes. Plant food instead of grass, walk or bike instead of burning gas. Look around and see what you can do with what you have. For ideas and resources, meet the Sustainable Living Team at our table in the Parish Hall on Sundays, or at 10:15 a.m. in the Crothers Room on the first Sunday and at 1:00 p.m. on the third Sunday of every month.

Save the Date!

Mano a Mano and the Evergreen Quilters will host their holiday sales in the Parish Hall on December 1 and 8. Please note that December 1 is the Sunday of Thanksgiving weekend.



Gun Sense Ministry Team Update

Sue Conner, Gun Sense Ministry Team

The Gun Sense Ministry Team of Unity Church is beginning its third year. We believe that most people want to reduce gun violence. We believe that there is a need for citizens to involve themselves in creating policies in Minnesota that are aimed at mitigating the problems of gun violence and the related fear and anxiety. We will work to support and facilitate that citizen involvement.

Our community partner in this work is Protect Minnesota. This organization focuses on impacting gun policy that is created at a state level. This year the focus is on two bills that we want to see passed by our legislature.

1. A Uniform criminal background check that extends to all gun purchases.
2. A "red flag" bill. This will create a procedure to petition for removal of firearms temporarily from people who are at risk of harming themselves or another.

The Gun Sense Ministry Team will be promoting any lobby days on this issue as well as other actions for community participation. We strongly suggest that community members join Protect Minnesota. Go to protectminnesota.org and sign up online. It is free. We also strongly suggest that members sign up online for The Trace (www.thetrace.org). It is an independent, nonpartisan nonprofit newsroom dedicated to "shining a light on America's gun violence crisis." There is no cost to join.

We hope that you will join us in this important work.

Shop at Kowalski's!

Support Obama Elementary School!

It's easy. When you shop at Kowalski's Market on Grand Avenue, place your receipt in the Obama Elementary School box at the front of the store. Each quarter, Kowalski's divides a \$3000 donation among all the organizations named on the boxes. The amount Obama Elementary School will receive depends on the total number of receipts collected in the Obama School box. NOTE: it's the number of receipts in the box, not the amount on the receipt! This fund raising project is sponsored by the Unity Obama School Outreach Ministry Team, with leadership by church member Vicki Lofquist. Kowalski's calls this program "Groceries for Good Causes." Spread the word — if your friends shop at Kowalski's, ask them to help stuff the Obama Elementary School box!

We're happy to report that we currently have 52 Unity Church volunteers working at the school — two tutors per classroom, and others working to support the teachers in the specialized areas of art, science, tech, physical education, and the library. What a generous response!

Do You Want the Good News First or the Bad News First?

Shelley Butler, Library and Bookstall Team

Let's go with the good news. People often say to me, "I just read this great new book, but I can't remember the author or title." I know eventually it will come to them and we'll get a great recommendation. *A Thousand Small Sanities: The Moral Adventure of Liberalism* by Adam Gopnik was mentioned from the pulpit recently, and the person who couldn't remember came back to me and said, "That's the one — it's really good!" The Library and Bookstall are full of really, really good books like this one, this fall.

In the Bookstall

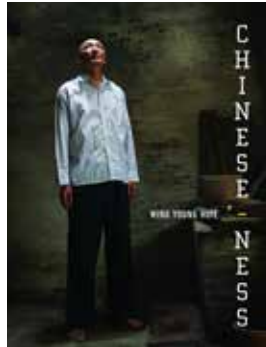
***If I Can Cook/You Know God Can: African American Food Memories, Meditations, and Recipes (Celebrating Black Women Writers)* by Ntozake Shange. Beacon Press, 2019.**

Said to be a delightfully eclectic tribute to black cuisine as a food of life that reflects the spirit and history of a people, and "a hidden gem" from the author of *For Colored Girls...*

In the Anderson Library

***Chinese-ness: The Meanings of Identity and the Nature of Belonging* by Wing Young Huie**

We been fans of Minnesota's own Wing Young Huie at Unity Church since at least 2010 when The University Avenue Project came out. *Chinese-ness* is his latest book, a photo-memoir that explores questions like, "How does Chinese-ness collide with American-ness? And who gets to define those hyphenated abstract nouns?" A great addition to the conversation about race and identity.



In the Whitman Children's Library

***My Footprints* by Bao Phi**

If you don't know Bao Phi yet, you are missing something special. In addition to his award-winning poetry, appearing on HBO, and receiving dozens of awards, he is a Caldecott Honor Award-winning children's writer. *My Footprints* is his newest picture book that celebrates racial diversity and same-sex parents, while offering positive comfort to children who have been made to feel different.

The Bear of Bad Library News

There are hundreds of dollars of books missing from the Anderson Library right now. I received a note recently from one of our fabulous library volunteers that a patron wanted to read *Diesel Heart* by Melvin Carter, Jr.— it wasn't checked out but wasn't on the shelf. I purchased another copy and the very next week was left another note that a different congregant wanted to read *Diesel Heart*, and it was not checked out and not on the shelf. Seriously? Come on! We love it when you use the library, and invest hundreds of hours in serving you in the library, but don't just take them, PLEASE, CHECK OUT YOUR BOOKS.



Parish Hall Artist

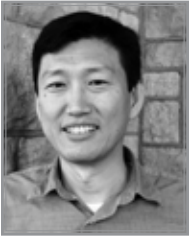
Kathy Schur

Art is my way of expressing the beauty of the world. Even in difficult times, when I am painting I can still express my appreciation for the beauty and wonder around me. As writers use word to express their thoughts and observations, I use the wonderful colors and strokes of the paint brush to express mine. My art allows me to experience the physical beauty of sun on water, the majesty of a tree reaching to the sky, or early evening light bathing the earth in its glow. I see the world in a new and wondrous way.

My medium is watercolor which continues to challenge and inspire me. The process of painting in watercolor has an unpredictability that often sends me in directions I had not anticipated. In the last few years I have challenged myself to paint on new surfaces and with new materials that change the movement of the paint and the colors I can capture. Watercolor paints allow the colors I see in nature to flow onto the paper. Painting has made my everyday world come alive. My subject matter has been strongly influenced by the flora, fauna, and of course the waters of Minnesota.

I grew up in Michigan but lived the last 35 years in Minnesota, which has provided a nurturing environment for my development. The Minnesota Watercolor Society has introduced me to local and national artists that have influenced my work. I have come to art later in life and have found in it a way to express another facet of myself. I have been a member of the Outdoor Painters of Minnesota and done some plein air painting and exhibiting. Over the last 10 years my work has been in shows at the Arboretum, Ames Art Center, White Bear Lake Art Center, Sault St. Marie Art Center, Minnetonka Art Center, and many more.

MINISTRY WITH CHILDREN AND YOUTH



Pitter-pattering Questions

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

KP Hong, Director of Religious Education

What do you say?

Say "thank you."

What parent has not had this exchange with their child in those early lessons on good manners and being polite? Forms of courtesy and decorum surely matter, but not weighted by actual experiences of gratitude, such exchanges come to feel routine, mechanical, lacking, even misguided. Beneath the facade of politesse, genuine gratitude born of encounters in human need is rarely simple. The seventeenth-century French Catholic priest, St. Vincent de Paul, expressed as much when he advised, "It is only for your love alone that the poor will forgive you the bread you give to them." Any trace of superiority or condescension or indifference between the one who gives and the other who receives bread, then gratitude dies and in its place we find humiliation and resentment. Any trace of task completion — as if bread was a solitary need or that service could actually be completed — then gratitude dies and in its place the objectification of the poor and the social welfare apparatus that prevails over the personal encounter. "We do not quite forgive the giver," wrote Ralph Waldo Emerson. "The hand that feeds us is in some danger of being bitten."

For gratitude exists only between an *I* and *Thou*, humbly aware of the imperfect and incomplete nature of all service. Such difficult gratitude has little to do with good manners or the exchange of *things* like bread, but rather with being "caught in an inescapable network of mutuality" in which we move and have our very being, a mutuality so encompassing and immeasurable that we begin to grasp our own impoverishment at having failed to see such magnitude. Everything becomes holy, everything arrives as gift, without a trace or possibility of *quid pro quo*. Humility receives what is offered as *gifts*; gratitude receives them *well*.

Gratitude dissolves the barrier between giver/receiver, for it is not gratitude for getting what we lacked and could have acquired ourselves, but gratitude for the wonder of being there at the site of mutuality and blessing. Is not such wonder the very experience and province of our children? Childhood that is the sacred play of wonder at being alive? Perhaps this is why saying "thank you" is more difficult to teach our children than saying "please"? Children quickly learn that saying "please" is an effective means to obtain what they want, but beyond good manners, what do those two pocket-sized words "thank you" even mean next to the magnitude of wonder they breathe? Yes, we will teach our children to say "thank you" but compared to what they teach us about gratitude pulsing in our being, it hardly seems fair. And so, to our children, only gratitude.

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

Free Childcare

Unity Church offers childcare for church-wide events, free of charge. Nursery care is consistently provided for every Sunday service and Wellspring Wednesday program — no reservation is needed.

Outside of the above times, reservations for childcare are required. Please request childcare one week ahead of time by filling out the online form at www.unityunitarian.org/childcare-request-form.html. Ray Hommeyer, Unity's Nursery Coordinator, will contact you to confirm the reservation.

November 2019 Religious Education Calendar

Sunday, November 3: Regular RE;
(Daylight saving time ends)

Wednesday, November 6: New
Family Orientation 7:15 p.m.

Saturday, November 9: Family
Night Out 6:00-8:30 p.m. (free child
care and family fellowship time,
RSVP required)

Sunday, November 10: Regular RE

Friday, November 15: OWL
overnight

Sunday, November 17: Regular RE

Sunday, November 24: Family
Sunday: Thanksgiving (all children
worship in Sanctuary, nursery care
available)

Friday, November 29: Black Friday
Family Worship 10:00 a.m.

November 2019 Tower Club (grades 10-12) Calendar

Sunday, November 3: Tower Club
afternoon meeting
Details to come. Could be football
game, escape room, "sing-off" to the
death!

Sunday, November 10: Tower Club
evening meeting with Ahmed!
Regular meeting, 6:00 - 8:00 p.m.
Meet in Ames Chapel. We will be
all about the music with Unity's
new music director.

Sunday, November 17: Tower Club
evening meeting
Regular meeting, 6:00 - 8:00 p.m.
Meet in Ames Chapel. Friends,
food, fabulous!

Sunday, November 24: Tower Club
afternoon meeting
Tower Club attend 11:00 service,
gather for lunch and a chance to
give thanks

MUSIC MINISTRY



Music Notes

From Ahmed Anzaldúa, Director of Music Ministries

One key aspect of becoming a multicultural spiritual home is collaboration. As a musician, I'm equipped to play piano and conduct choirs in certain kinds of repertoire, but there's much I cannot do. Addressing these gaps in my preparation is one part of my job that I am very grateful for, to be able to work with culture bearers from a variety of backgrounds to learn from each other to create meaningful art and continue on a lifelong journey of learning. This November, I am very excited to introduce Unity's first artist in residence Rebekah Crisanta de Ybarra!

Rebekah is a post-modern folk artist, curator, and musician with an emphasis on Latinx and indigenous art. Her work lives in the borders between Christianity and Indigeneity and is deeply rooted in liberation theology and decolonization. Rebekah is Artistic Director and founder of Electric Machete Studios, a Twin Cities art and music collective and gallery, and is becoming well known for her work around accessibility, visibility, and artistic excellence for Latinx and Indigenous artists. She writes and performs original music as Lady Xok and with the contemporary pre-columbian fusion music group Curandero. Rebekah has exhibited, performed, and curated for some of the largest arts organizations in the Twin Cities and is definitely a rising star. She is self-taught, family-taught, and studied studio art at St. Olaf College and Holtekilen Folkehøgskole in Oslo, Norway.



Rebekah will be in residency from mid-October to mid-January. Her introduction to this congregation will be through the music for the worship service on November 3 with a connection to Día de los Muertos and various activities that week to help bring a larger spiritual context to this deeply significant Latinx festivity. In the months ahead, Rebekah will contribute original writing and collaborate with me to create new songs, choral music, and hymns to expand our musical repertoire. She will also advise in curating and acquiring new art for Unity's collections and exhibits.

I am so looking forward to this collaboration with Rebekah, and hope that the experience will be enriching to everyone in this community, and that her work will leave a lasting impact at the end of her residency. I am also very excited for the many possibilities that lie ahead as we start developing Unity's resident artist program in collaboration with KP Hong and the newly-formed Resident Artist Team.

I encourage you to check out Rebekah's work and Electric Machete on their websites: www.rebekahcrisanta.com and www.electricmachete.com.

I also encourage you to join a choir at Unity Church or participate musically in other ways!

November Events with Artist In Residence

Rebekah Crisanta de Ybarra

Building an Ofrenda
Saturday, November 2
2:00-4:00 p.m.

Unity Church

Come together as a community in connection to the values of Día de los Muertos. Intergenerational — children encouraged to attend! This event will include crafts, conversation, and food.



Worship Services
Sunday, November 3

9:00 a.m., 11:00 a.m., 4:30 p.m.

Rebekah and her band will be providing the music for the three worship services on November 3.

Wellspring Wednesday
Wednesday, November 6
7:15 p.m. • Unity Church

Rebekah will give a presentation about the liturgical connections and pre-Columbian indigenous roots of Día de los Muertos.

Unity Children's Choir

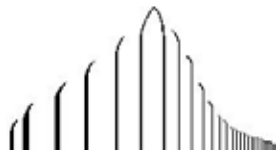
All children and grades 1-5 are invited to join the Unity Children's Choir! Rehearsals are held each Sunday, from 10:15-11:00 a.m., in the Robbins Parlor.

Children's Choir rehearsal activities are focused on hands-on music making. In addition to singing, the children experience music through movement, games, playing instruments, and learning about the elements of music.

Check it out, meet new friends and join in the fun of making music!

Share your Musical Gifts!

If you play a musical instrument, compose, sing, teach music, or if music is a significant part of your life in other ways, contact Ahmed Anzaldúa, Director of Music Ministries, at ahmed@unityunitarian.org or 651-228-1456 x118, to find ways to connect your musical gifts to the congregational life at Unity Church.



UNITY CHURCH-UNITARIAN

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

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BARBARA HUBBARD, EXECUTIVE DIRECTOR
REV. LISA FRIEDMAN, MINISTER OF CONGREGATIONAL AND COMMUNITY ENGAGEMENT

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TWIN CITIES MN
PERMIT NO. 1141

**TIME SENSITIVE
MATERIAL**

Black Friday at Church

Feeding the Spirit on the Feast Day of Consumption
Friday, November 29 • 10:00 a.m.
Sanctuary at Unity Church

For more than a decade Unity Church has offered a worship service as an alternative to the shopping frenzy associated with the day after Thanksgiving. This year the service will be led by Danny Givens, Jr., of Above Every Name Ministries and the Unity Church ministry staff. There will be poetry, scripture and song, and a chance to ask ourselves how best to find the stillness of Advent in the midst of the cacophony of materialism.

Annual Meeting

Saturday, November 16, 2019

Turn to page 5 for details.

Racial Justice Film Series

Not in Our Town:
Light in the Darkness

Friday, November 8 • 7:00 p.m.
Robbins Parlor

Not In Our Town: Light in the Darkness is a one-hour documentary about a town coming together to take action after anti-immigrant violence devastates the community.



Food Shelf Donations

Thank you for supporting the families served by the Hallie Q. Brown Food Shelf! Food shelf collection trunks are located at the Holly and Portland Avenue entrances. Non-perishable food, toiletries, and pet food are all gratefully accepted.