

Longing

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

Blaise Pascal, a 17th-century French mathematician and philosopher, wrote about a profound craving in human life, one that we try to fulfill by searching for satisfaction from the things around us—a search that will never yield the results for which we hope. Rather, he wrote, “this infinite abyss can be filled only with an infinite and immutable object; in other words by God.”

All around us, American consumer culture reflects this vain attempt to fill the “god-shaped hollow” with something other than the divine. Promoting a sense of inadequacy is the bread and butter of advertising, which seeks to convince people that happiness will only be found once we drive this automobile, wear those sneakers, eat these French fries, and visit that resort. No one will love us unless we conform to impossibly exacting standards of attractiveness. In a thousand ways, we get the message that if our lives are to have any worth, we need to do more, spend more, own more.

Public relations and advertising as we know them today grew out of modern psychoanalytic theories. Edward Bernays, considered the “father of public relations,” was Sigmund Freud’s nephew and saw the potential in using people’s hidden psychological forces as a lever for selling products. He may have been the first to manipulate, commercialize, and exploit desire for profit in this way, but he was hardly the last.

Although Pascal and Bernays come at it from very different directions, they both point to an important truth: for us humans, *longing itself is a constant*. There’s freedom in recognizing that

while it may ebb and flow, or cause more or less suffering, our capacity to yearn will never entirely go away. It then shifts away from something that requires fixing and becomes a part of our being that asks for mindful tending.

Young children offer a clear example of constant longing. They are direct about asking for what they want: the toy, the book, the snack, the ball, the milk (in this cup, not that one). Infants rely on mindful tending, both for their physical survival and for their ability to begin the crucial differentiation between self and other. Caregivers must meet the babies’ basic needs *and* work to increase their tolerance for separation and frustration if the little ones are to grow up healthy.

Hide and seek plays on these tensions, but kids ultimately enjoy the game because it’s rooted in the trust that we *will* eventually find the other person again. However, when a child wanders too far afield and loses track of friends and familiar surroundings, that’s when panic and despair can set in. In those moments, all we feel is the absence of our most crucial connections.

When any of us find ourselves in a period when we can’t tap into Source, when emptiness looms as far as we can sense in any direction, we’ve gotten lost wandering inside that god-shaped hollow. Our hearts long to reconnect and make our way home again.

This is where mindfulness is so important for avoiding destructive patterns and false pursuits. How often have we heard stories—or had the experience ourselves—of attaining a goal only to discover that the achievement still felt empty? What if, on the other hand, we could use that emptiness as a container

to examine what’s going on inside? Just as a picture frame draws attention to the work within its bounds, how can that hole focus us on the Holy?

Spiritual practices help us to inhabit that space and listen to its wisdom, and a religious community like Unity Church invites us to connect the dots between our longing and belonging. As we sit together with all that our spirits seek, let us keep returning to a sense of the infinite that fills the chambers of our hearts.

– Hallman Ministerial Intern
Lindasusan Ulrich

with this month’s theme team:
Janne Eller-Isaacs, Rob Eller-Isaacs,
Lisa Friedman, and K.P. Hong

Worship Theme Resources

BOOKS

The Longing for Home by Frederick Buechner (HarperCollins, 2009)

Longing in a Culture of Cynicism edited by Stephan van Erp and Lea Versstricht (LIT Verlag, 2008)

Cries of the Spirit: A Celebration of Women’s Spirituality edited by Marilyn Sewell (Beacon Press, 2000)

CHILDREN’S BOOKS

The Runaway Bunny by Margaret Wise Brown (Harper, 1942; new edition, 2006)

The Missing Piece by Shel Silverstein (HarperCollins, 1976; new edition, 2006)

MOVIES

Frozen (2013)

The Wizard of Oz (1939)

Just Words



It was my first day of seminary. All the incoming students were asked to introduce themselves. One of the students ended his introduction by admitting that although he was very certain about pursuing the Unitarian Universalist ministry, he had never set foot in a Unitarian Universalist congregation. As a born and bred UU, I was incredulous. "How could anyone pursue ministry having never set foot in one of our congregations," I wondered skeptically. I couldn't imagine that he would stay with his plan, but he did. He had an exemplary ministry until cancer tragically cut his life short. Before pursuing professional ministry he had a career as a surgical nurse and prior to that he had been a mail carrier.

When we gathered to celebrate his life and grieve the loss of such a wonderful and spirit filled person, the sanctuary he had served so ably was full to overflowing. People from every phase of his life were represented in the room. As the service was concluding, folks were invited to share stories. A doctor from a hospital spoke about Dan's remarkable presence and how healing his concern and care had been for everyone at the hospital, patients and staff alike. Then a person who lived on Dan's mail route took the mike, "When I saw the obit, I knew I had to come to honor Dan. He always took time to ask about our lives. I knew he genuinely cared. He did more than deliver the mail, he watched out for a neighborhood." Then his mail supervisor spoke, "Dan's truck was always the last one in at the end of the day. We would wait impatiently for him to return and he was often reprimanded but he never changed his ways." The stories continued and what became clear to everyone was that Dan O'Neal was a minister in everything he did. He ministered to everyone with whom he came in contact. I still miss him.

One of the things that separate us from our protestant cousins is our understandings of salvation. Unlike their co-religionists, our liberal religious ancestors did not believe that we are saved by some mediating force, be it Jesus or God. They didn't believe that we are saved by faith or by a capricious God. They believed we are saved by how we live our lives. They called it "salvation by character." We are saved by living lives that express the content of our character. They held what might be perceived by us today as an overly optimistic attitude about human nature. They believed that we are all good at core. They strove for the human perfectibility they believed in so fervently. Though, we might hold a more realistic view of human nature, we have not shifted the emphasis away from how people live their lives. We still hold to the belief that at core there is inherent worth and dignity to every human life. We still subscribe to the belief that we are saved by our character. We still invest in institutions that provide the opportunity for folks to become their best selves.

We still are saved by the love we share in the world. I have the profound honor of conducting memorial services at Unity Church. In that capacity I learn over and over again how right our religious ancestors were: we are saved by how we live our lives. I see it every time I am involved in a service. The love we give to others enables and supports them. It changes lives in ways we will never know. It can be life saving even though all we thought we were doing was responding to a neighbor's simple request. It is that easy and that monumental: we are saved by others as others are saved by us.

— Rev. Janne Eller-Isaacs

The Wheel of Life

In Memoriam

James William "Bill" Curtis

February 12, 1941–

September 12, 2014

Pledge Drive Sunday

October 12



Featuring pulpit guest

**The Rev. Vanessa Rush Southern
at all three services.**

See page 5 for details about making your 2015 financial commitments to Unity Church.

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OCTOBER WORSHIP CALENDAR / OFFERING RECIPIENTS

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. Religious Education classes for children and youth are offered during all services.

Worship Calendar

October 5: *To Begin Again in Love*

Rev. Rob Eller-Isaacs

Having been encouraged to make amends wherever we have fallen short or been less than our best selves we will be invited to forgive ourselves and each and to begin again in love. Rob and worship associate Jen Niemala will lead us in a ritual of renewal at the threshold of the new church year.

Celebration Sunday

October 12: *The Church Lady Revisited*

Rev. Vanessa Rush Southern

The church my grandmother took me to, the summers that I was with her in Hobbs, New Mexico, had a very different idea of what a church lady or “religious person” should look like than I do — than I think we do. Who do we need to be in order to heal the world and love big, and live into the world that awaits us? Or put in words my grandmother would have recognized, words (adapted) from Micah, “What does the Lord — the sacred and compelling wonder and duty at the Heart of Life — require of thee?”

Vanessa Southern has served congregations in Boston, Washington, DC, and most recently Summit, New Jersey. She is the author of the 2001 Skinner House Meditation Manual *This Piece of Eden* and the upcoming 2015 Meditation Manual. She serves on the leadership of the Minister's Association and is chair of the UUA's Capital Campaign Committee. She lives in New Jersey with her husband Rohit, daughter Leila, and mini-poodle Chloe.

October 19: *The Pull of This World*

Lindasusan Ulrich

Not all yearning is created equal. Often, our ideas about what we desire get in the way of recognizing the deeper longing underneath. How do we know what's real? Hallman Ministerial Intern Lindasusan Ulrich will look at ways our truths speak to us.

October 26: *Longing to be Real*

Rev. Janne Eller-Isaacs

We were all raised on stories of characters like Pinocchio and the Velveteen Rabbit who learned over the course of the story how to be real, and the cost of being so. Janne and worship associate Neil Bray will explore how we can better create a community where people are encouraged to be real and their best selves.

On this Story Sunday, school-aged children (Workshop Rotation, grades 1-6) begin in worship with the congregation in the Sanctuary at all three services. After the Story for All Ages, the children proceed with their Journey Guides to their classrooms for religious education programming.

Offering Recipients

October 5: Justice Learning Scholarship Fund

This fund was created to honor Pat Haff's 12 years of dedicated leadership to creating Unity's community outreach ministry. The fund is dedicated to supporting everyone's equal access to participation in the pilgrimages and hands-on work trips which have been an important cornerstone of the community outreach programs. In November 2014, church members and friends will once again journey to New Orleans for the ninth annual Unity Church Pilgrimage to help rebuild the city after the flood that occurred following Hurricane Katrina in 2005. The Justice Learning Scholarship Fund will support travelers who would like to join the trip but need assistance with some of the travel costs.

October 12: MORE

MORE (McDonough Organization with Respect and Equality for People) has been helping new Americans in St. Paul to provide for themselves and their families for almost thirty years. The mission of MORE is to empower individuals of many races, cultures and ethnic backgrounds to live and work in peace. MORE currently has three major program areas: teaching English, refugee and immigrant mental health services, and social services that include advocacy/case management as well as providing donated food, clothing and household items. Currently, almost seventy percent of people being served are Karen (Ka-RHEN) refugees. About 8,000 Karen refugees are living in the St. Paul area. Unity Church member Cathy Rucci is the Executive Director of MORE.

October 19: Frank Theatre

Frank Theatre is a professional theatre company committed to producing unique work that stretches the skills of the artists who create the work while simultaneously challenging the everyday perceptions of the audience through the exploration of ideas and issues of social, political and/or cultural concern. Unity Church member Rebecca Flood is a supporter of Frank Theatre.

October 26: Black People Be Free

The documentary *Black People Be Free* is the brainchild of Twin Cities native Naiyah Scaife, a video artist, currently working in Los Angeles. This video series deals with the historical, societal, cultural, and generational trauma that has distorted the image of young black males. Scaife's goal is to create a safe space where hearts open and life stories are shared. By listening without judgement to stories from the hearts of those affected, Scaife uses video documentation as a tool to demonstrate how stories can become transforming narratives, unleashing a trust in self and others. Unity Church member Julie Elhard is an ardent supporter of Scaife's work.

Board of Trustees: Are We There Yet?

From Hal Freshley, Trustee, halfresh@q.com



Most of us here at Unity Church participated in developing our 2014-2018 Ends Statements. As a brief refresher, about every five years, the congregation is invited to come together (usually in small groups) to discuss our aspirations as a religious community and to articulate — together — what we want to

become. And we put these statements on our website for the world to see: www.unityunitarian.org/mission-and-ends.html.

Many of these Ends Statements (and I commend them to you if you have not read them recently) describe what we, as individuals, say that we want in our own lives. For example, we say that as individuals we aspire “... [to] reach out to one another across differences and stand together in the face of injustice” (2.c.); and “... [to] build authentic relationships with people across differences, in the spirit of humility and reverence” (3.b.). These are high hopes, and it is our collective intent that participation in the services at Unity Church, its programs and learning opportunities — along with the mutual support of fellow-congregants — will enable us all to approach ever-nearer to these stated aspirations. And you should know that at every meeting of your Board of Trustees, together with your ministers we review each and every one of the ends statements to see if we, as a congregation, are on track.

We are fully aware that we are not alone in combating injustice and promoting Beloved Community. Myriad non-Unitarians and organizations share these goals. Unity Church and its members have an honorable track record of supporting the work of these organizations in promoting racial reconciliation and advocating for a just society. In fact, every week we “share the plate” with a group or organization whose mission parallels our own in a significant way. To date this has included 224 different groups (some of them several times). More substantially, members of Unity Church have formed “Outreach Ministry Teams” over the years to collaborate with 25 different organizations and groups, serving as volunteer workers and advocates to strengthen our common purposes.

During the month of October your trustees will be reaching out to ten of these latter groups, each of whom has an especially strong historic relationship with Unity Church members. We will be asking them to further explore our shared core values and to discuss with us how we might be more mutually supportive to one another, whether board to board, staff to staff, and volunteers to volunteers. Through these discussions we hope to get a better understanding of what our work in the world looks like from their perspectives, and how our work “fits in” to their larger mission and goals. Finally we also hope to come away with a better understanding of how we, as a congregation, can further develop our own skills and collective tools to get us ever closer to achieving the high aspirations of our Ends Statements.

2014-15 Hallman Ministerial Intern

Lindasusan Ulrich



The trees outside my office at Unity Church dapple the sunlight on the sidewalk, full canopies of bright green leaves dancing in the breeze. They give no indication that the wind stirring them has turned crisp and cool. They are holding on to summer for as long as they can.

Meanwhile, around the corner, a maple tree already has weeks of color dripping down its middle and a blanket of red leaves curling in the grass at its base. I was surprised to see how early it began its turn to autumn, well ahead of the rhythm I grew up with in northern New Jersey. This tree anticipated the season to come.

I understand both the pull of the familiar and the striving towards what’s next. At times, it’s easy to feel caught between the two, neither here nor there, lost amid multiple claims upon the heart. The transition between the No Longer and the Not Yet can stretch our capacities, but in doing so, it also widens our vision and enlists our compassion.

As I begin to settle into my internship here at Unity Church, and as my family and I adjust to life in a new city, I find myself navigating that in-between place. Maintaining connections with loved ones while making room for new relationships, drawing on past experience while staying open to new ways, accepting that grief and excitement sit side by side...this is spiritual work. How fortunate I feel that you’ve welcomed me into a religious community that can hold such complexity.

Trees know how to bend with the winds that blow them in every direction. Embraced tightly by the earth, they remain centered and grounded as they transition from one phase of life to another. In the months ahead, I look forward to putting down roots among you, drawing on the spiritual nourishment so evident here, and offering some refuge, presence, and beauty in return.

Please feel free to contact me at lindasusan@unityunitarian.org or 651-228-1456 x129.

From the Archives...

The Archives Team took a little break in August and September, and we are now back, bigger and better than ever. Several people indicated interest in becoming part of this project. We welcome them and any others interested in exploring the history and records of Unity Church. Just speak with Rev. Lisa Friedman or email Louise Merriam at machias1@gmail.com.

2015 PLEDGE DRIVE / ANTI-RACISM LEADERSHIP TEAM

2015 Operating and Capital Drive

Abundance and Generosity: October is Pledge Drive Month

The autumn is upon us, a time of harvest and the visible abundance of life all around us. We gather that abundance from the fields and the orchards. We gather at the table with our families and friends, and express our gratitude. At Unity Church we gather again with friends, old and new, to pray and sing, share food and stories, and find the inspiration needed to live our lives boldly with meaning and purpose.

October is the time each year when we gather our pledges of financial support — and this year we are asking for your support for both for the operating budget and for the church's capital needs.

Our **operating budget** pays for worship, pastoral care, music, religious education, community outreach, governance, administration and operations. The costs include staff salaries, benefits, fixed and variable expenses. **Over eighty percent of the operating budget is supported by your pledges**, and it is your generous participation that enables Unity Church to make a powerful impact within, among and beyond our walls.

If you are currently pledging, we are asking you to increase your pledge by five percent or more next year so we can more adequately support our programs, compensate our staff, and live into our dreams. If you are new to Unity Church or not currently pledging, we refer you to our Giving Guide (on the back of your pledge card) to inform your decision. We are also asking you to consider your operating pledges for 2016 and 2017 so that we are more able to project our resources into the near future.

Those of us who are not new to Unity Church know about **capital giving**. In 2011 we engaged the whole congregation in conversation about the needs and the future of our facilities. In 2012 we underwent an \$8 million capital project that repaired and replaced infrastructure, added sprinkler systems, new restrooms, a commercial kitchen and a beautiful, welcoming main entry that is accessible by all. We were successful in raising over \$6.8 million toward this project **but without additional capital giving our debt service will have a significant impact on our programs and staff beginning in 2016**. Additionally, we deferred installing a sprinkler system in the Sanctuary, thinking that we would address this with a Phase II capital project to build a new Sanctuary. The Executive Team, its trusted advisors, and the Board of Trustees have decided to not proceed with a new Sanctuary in the near future, so **we need to raise capital funds to address the Sanctuary sprinkler system**. In short, **our goal is to raise an additional \$3 million in capital giving over the next three years**.

How can you help? If you made a capital campaign commitment to our *Unity Tomorrow* project, and if your commitment is complete or will be complete in the next year, **we are asking you to consider extending your capital giving**. We want you to know that **your operating pledges should take priority, but your capital giving will allow us to pay down the debt, install a sprinkler system in the Sanctuary and address ongoing capital needs as they arise**.

In the first week of October you will receive your 2015-2017 pledge materials in the mail. **Please bring your pledge card to church with you on Celebration Sunday, October 12, when we will participate in a ritual of giving at all three services**. Our guest preacher will be The Rev. Vanessa Rush Southern (see page 3 for details). If you will not be in church on October 12, please drop off or mail your pledge card, or pledge online at www.unityunitarian.org.

We need to hear from you! Knowing how much you intend to contribute informs our budgeting process and allows us to plan for the upcoming years. The 2015 Operating and Capital budgets will be submitted to the congregation for your approval at our Annual Meeting on Saturday morning, November 15.

Please give generously!

Longing for Justice and Beloved Community

From the Anti-Racism Leadership Team Communications Group

At the end of our recent planning retreat, members of the ARLT spent some time considering the October worship theme of longing. Here are a few of the thoughts and longings expressed by ARLT members:

By way of definition, we understand that longing defines the gap between the ideal we can imagine and yearn for, and our everyday reality. The magnitude of this gap in terms of our shared work toward the Beloved Community has become particularly evident with this summer's events in Ferguson and other places.

We long for the country we love to live up to its professed language and truly recognize the equality and dignity of every individual.

We long for an educational setting where each child is truly valued and has the resources needed to succeed.

We long for a justice system that is truly equitable and treats everyone equally.

We long for law enforcement that recognizes the reality of racial profiling and strives to eliminate it, and is willing to admit its fallibility and acknowledge when it makes mistakes.

We long for equal legal and economic justice for all.

When the bending of the arc seems so slow, longing can easily turn into despair and inaction. We long to not despair and to continue this work until the ideal we imagine converges with and becomes everyday reality.

It will be hard, we know, and the road will be muddy and long, but we'll get there. Heaven knows how we will get there, but we know we will. Woyaya.

CONGREGATIONAL LIFE



Welcome Words

As human beings, we long for connection. Connection with one another. Connection with community. Connection with a larger meaning and a greater good. Connection with our own best self. Yet, despite the advances of technology and globalization, we are learning that deep and thoughtful connection still takes time and practice. For me, this is what congregational life is — opening our hearts and minds to one another. Practicing the art of paying attention. Inviting the surprises of faith that come when we honestly share the truth of our faith and experience, our doubt and struggle. Thank you for your contribution to Unity's congregational life, for each time you reach out to your neighbor in the pew or at the shared table. Thank you for the courage and love it takes to practice building a community of many faiths, but one heart.

Rev. Lisa Friedman

Minister of Congregational and Community Engagement

Pathway to Membership Classes

Sign up at the Welcome Table on Sundays or contact Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x 107. Lisa is also happy to meet with you personally to answer questions and to welcome you into the congregation. Childcare is available by request at least one week in advance.

Welcome to Unity: Our Class for Newcomers

Wednesday, October 8: 7:15– 8:30 p.m. ~ also offered ~
Sunday, October 26: 10:15-11:30 a.m.

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

Finding Yourself at Unity: A Deeper Exploration

Saturday, October 4: 9:00 a.m.-4:00 p.m. (includes potluck lunch) ~ also offered ~

Three Thursdays, October 23, 30 and November 6:30– 8:30 p.m. (light dinner provided each night)

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

Committing to Unity: Joining Unity Church

Wednesday, October 29: 7:15-9:00 p.m.

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 will conclude with a celebration ceremony as participants sign the membership book and officially join the church! There will be a special New Member recognition ceremony on Sunday, November 9.

Ongoing Groups at Unity Church

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

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

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

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (October 16) from Noon–2:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

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

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

Living With Grief Group: A group for people living with grief and loss. Third Tuesday of the month (October 21) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

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

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

Unity Book Club: Second Tuesday of the month (October 14) from 7:00-8:30 p.m. Contact Jack Hawthorne at jack.hawthorne@comcast.net. October 14: *The River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard.

Unity Bridge Club: Friday, October 3, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women's Retirement Group: Second and Fourth Thursday of the month (October 9 and 23) from 1:00-3:00 p.m. Contact Leah Doherty at doher001@umn.edu

Young Adult Group: On the fourth Tuesday of each month (October 28) the Young Adult Group meets for a potluck in the Center Room at 6:30 p.m. Contact: Lisa Friedman at lisa@unityunitarian.org

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

CONGREGATIONAL LIFE

Parents Night Out (Free babysitting!)

Saturday, October 11 • 6:00-8:30 p.m.

Unity parents are warmly invited to take advantage of our quarterly offering of free childcare for children six-months to 12 years of age. Your children will enjoy the company of other Unity kids and adults from 6:00-8:30 p.m., snack included. What's the catch, you ask? Parents are expected to spend this time with other Unity adults, especially ones you don't know well, yet! We can help connect you with other Night Out families if you're just getting to know Unity Church. Please feed your child(ren) dinner before arriving and have a phone number where we can get in touch with you. **RSVP required:** email michelle@unityunitarian.org.

Group Spiritual Direction

Join Spiritual Director Sarah Cledwyn, MA, for Journey Conversations, a time of contemplative listening and sharing in a small group setting. Groups will meet on the first and third Mondays of the month, October through December. The day group will meet from 10:00 a.m.–noon and another group will meet in the evenings from 6:30-8:30 p.m. The cost is \$180 for the series of six sessions (\$30 per session) with a sliding fee available. Free childcare is available at church if you request it a week in advance. This year we will be referring to the book *Conversation, The Sacred Art* by Diane Millis, which is available to peruse or purchase at the Unity Bookstall and Library. Registration is online at www.unityunitarian.org/spiritual-direction.html. If you have questions or want more information, feel free to contact Sarah at 651-699-9948 or sarahcledwyn@gmail.com.

Young Adult Group (Ages 18-35)

Join us on the fourth Tuesday of the month, October 28, for a 6:30 p.m. potluck in the Center Room. All are welcome! The young adult group has also started a Thursday night Book Club that meets at 7:30 p.m. in downtown St. Paul. The Book Club is open to people of all ages. Contact Susan Kelnberger at smkeln@gmail.com for more information.

Dine with Nine Sign Up

Are you interested in getting to know more people at Unity Church? Do you enjoy great food and lively conversation? Would you like to extend the hospitality of our community to both new and long term members alike? Beginning in October, small groups of Unity Church members and friends will gather in each other's homes once a month for food and fellowship. Sign up to participate in Dine with Nine suppers online at bit.ly/dinewith9 or by email to Teresa Wernecke at teresa475@gmail.com.

Black Friday Planning

On the Friday morning after Thanksgiving, Unity Church offers a spiritual alternative to the consumerism of the holiday season. This intergenerational worship service has become an important milestone for both Unity Church and the wider community. The planning team warmly invites new members to join them in this inspiring and fun worship planning! Contact Rev. Lisa Friedman at lisa@unityunitarian.org or Paul Brazelton at paul@brazelton.net to find out more.

Women's Retreat Planning

Each January, on the last Saturday of the month, over 100 women of all ages gather for a day-long retreat at Unity Church. If you would like to be a part of planning this year's Gathering, including choosing the theme, speakers, and workshops, please contact Rev. Lisa Friedman at lisa@unityunitarian.org.

VOLUNTEER CORNER

*Make connections!
Learn something new!
Have fun!*

Kitchen Teams

If you have an interest in cooking, enjoy providing hospitality, or don't mind running the dishwasher, the Kitchen Team has a place for you! We're looking for volunteers of all skill levels who are willing to help with one dinner each month, a 2-3 hour monthly commitment on Sundays or Wednesdays. If you are interested or to sign up please contact Madeline Summers, Volunteer Coordinator, at madeline@unityunitarian.org or 651-228-1456 x126

Welcome Teams

Want to meet new people while making a positive difference at Unity Church? You are invited to join the Welcome Team! Volunteers are needed to greet members and visitors as they arrive to church, welcome them to Religious Education and to worship, pass out orders of service, ring the church bell, collect and count the offertory, and assist with serving coffee during our fellowship time after the service. Welcome Team members are asked to serve at one service per month. For more information, or to register, please contact Madeline Summers, Volunteer Coordinator, at madeline@unityunitarian.org or 651-228-1456 x126.



Looking for ways to get involved at Unity Church? Contact Unity's Volunteer Coordinator, Madeline Summers, and she will work with you to find the right volunteer opportunity for you and your family.

UNITY CHURCH STAFF / LIBRARY AND BOOKSTALL

Unity Church Staff Contact Information

Executive Team

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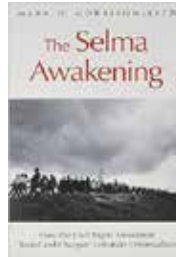
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What's New in the Library and Bookstall!

From Louise Merriam, Library and Bookstall Team

During the summer the Library Team continued to purchase materials for the Anderson Adult Library and the Whitman Children's Library. The following titles are now available:



The Selma Awakening by Mark D. Morrison-Reed. Rev. Morrison-Reed will be speaking at Unity Church in the spring, so stay tuned.

The Sacred Depths of Nature by Ursula Goodenough

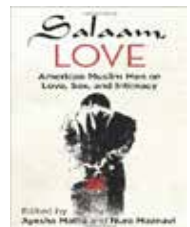
The Big Sort: Why the Clustering of Like-Minded America is Tearing Us Apart by Bill Bishop

Faith: Trusting Your Own Deepest Experience by Sharon Salzberg. This title is one of the books accompanying the September worship theme, faith.

Recently Arrived in the Bookstall

Are We Born Racist? New Insights from Neuroscience and Positive Psychology by Jeremy A Smith

Salaam, Love: American Muslim Men on Love, Sex, and Intimacy by Mahmoud El-Kati



Cairns
The Unity Church
Journal of the Arts
Vol. 6, 2014
Deadline: Oct. 6, 2014

Disavowing the Doctrine of Discovery

Acknowledgment, Dialogue and Response

Unity Church–Unitarian is hosting a three-part dialogue on the Doctrine of Discovery in an effort to take a hard look at difficult truths about the tragic treatment of Indigenous people by our state, nation and religious institutions. These series is free and open to the public.

Three Wednesdays: October 15, 22, 29
7:15-8:30 p.m. • Unity Church



October 15: A Unitarian Universalist Perspective

In preparation for the film, come and learn how Unitarian Universalists have been engaging this issue since the 2012 General Assembly responsive resolution repudiating the Doctrine of Discovery.

October 22: Film Screening

In partnership with SPIN (Saint Paul Interfaith Network) and other faith communities, Unity Church will host a public screening of the documentary film *Doctrine of Discovery*. This showing will be presented by filmmaker Sheldon Wolfchild of the Lower Sioux Indian Community.

October 29: Panel Discussion

Join us for a panel discussion and exploration of the modern-day impacts of the Doctrine of Discovery.

Co-Sponsors: This event is one of several series being held in the metro area on this topic. Series co-sponsors include the St. Paul Interfaith Network (SPIN), Unity Church–Unitarian, Healing Minnesota Stories, Arlington Hills Lutheran Church, Dayton Avenue Presbyterian Church, House of Hope Presbyterian Church, Pilgrim Lutheran Church, The St. Paul Area Council of Churches and its Department of Indian Work, The Local Spiritual Assembly of the Baha'is in St. Paul and Twin Cities Friends Meeting. For more information or to sign on as a co-sponsor, contact: Rev. Lisa Friedman 651-228-1456.

WELLSPRING WEDNESDAY

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

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

OCTOBER 1

Dinner menu: TBA

Come Out Singing: OVation

Join OVation for a concert celebrating National Coming Out Day — featuring songs of love, family and longing. OVation is the portable version of One Voice Mixed Chorus, Minnesota's LGBTQA community chorus. A small ensemble of 12 singers, they bring One Voice's music and message almost anywhere.

New Family Religious Education Orientation — Rev. KP Hong

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

Great College Search

Creating a list of schools and applying — Craig Allen

Can't tell the SAT from the ACT? Got your Wheatons mixed up? Experiencing FAFSA freak-out? For high school families, finding a college can be a stressful. Learn how to optimize the process and become a critical consumer of colleges.

Overstuffed

Seven Weeks to More Joy and Less Stuff – Nicole Lynskey

Come to this seven-week workshop and streamline your life and home. We'll look at ideas from experts in areas such as happiness and time management and use innovative exercises to help you create a life that is more simple, effective, and free. You will create a vision of what you really want and make a plan for how to achieve it. Register at <http://bit.ly/WWoverstuffed>. (\$129 non-members, \$89 members)

Embodied Spiritual Practice: Yoga for Everyone – Elen Bahr

Embody your spiritual practice with this 75-minute Vinyasa flow class. You'll be gently guided through breath work and yoga poses intended to bring our bodies, minds and spirits to a new level of openness. This class truly is for every body. Youth ages 10 and up are welcome to come with an adult family member. Wear comfortable clothing and bring a yoga mat, towel and water bottle. Elen Bahr is a 200-hour RYT certified yoga instructor. Find out more about Elen at EveryYogi.com.

Saint Paul Performance Project

Join the Unity Children's Musical staff as they offer an opportunity for high school youth to create and present their own performance piece. Youth must register to join by contacting Mary Blouin Auffert at 651-690-3658.

Tween Group: "Spirits, Stories, Faith, and Me" (Grades 5-8)

Class will alternate between having fun together in community games and sharing about fairy tales. Revisit the familiar realm of lore with Unitarian Universalist values applied.

OCTOBER 8

Dinner menu: roasted chicken (or tofu) with shallots, garlic, and herbs; mashed potatoes; salad; chocolate cake

Everyday Enjoyable Parenting — Marty and Jack Rossman

Parents of toddlers to teens are invited to participate in six sessions on the topic of good parent-child relationships. No miracles are guaranteed, but the discussion and group support holds promise for enhanced interactions. This class will meet for six sessions from 7:15 to 8:30 p.m. October 8 to November 12. Limit - 20 families. All families will receive a free copy of *The 10 Best Principles of Good Parenting*, a book of practical advice by Laurence Steinberg, internationally acclaimed parent-child relationship scholar. Childcare is available at Wellspring Wednesday. *Marty Rossmann is Professor Emerita, Family Education, U of MN and Jack Rossmann is Professor Emeritus, Psychology, Macalester College.*

Open Page Writing Session

Belonging to Our Longing – Rev. Karen Hering

Free; RSVP required to karen@unityunitarian.org

We are all, as Kahlil Gibran noted, the "sons and daughters of life longing for itself." But our consumer culture often conflates longing and desire, as if longing could be satisfied by purchases, progress or possessions. What is the nature of longing and how do we respond to it? What does our longing point us toward? And what would happen if we let ourselves belong to our deepest longing?

Welcome to Unity: Our Class for Newcomers

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

Great College Search: Financial Aid Basics

Overstuffed: Seven Weeks to More Joy and Less Stuff

Embodied Spiritual Practice: Yoga for Everyone

Saint Paul Performance Project for High School Youth

Tween Group: "Spirits, Stories, Faith, and Me"

OCTOBER 15

Dinner menu: TBA

Doctrine of Discovery: A Unitarian Universalist Perspective

This fall, Unity Church is hosting a dialogue to take a hard look at difficult truths about the tragic treatment of Indigenous people by our state, nation, and religious institutions. In preparation for the film, come and learn how Unitarian Universalists have been engaging this issue since the 2012 General Assembly responsive resolution repudiating the Doctrine of Discovery.

WELLSPRING WEDNESDAY / OPEN PAGE

OCTOBER 15 • *Wellspring Wednesday Continued*

Spiritual Direction: Reflection on Longing — Sarah Cledwyn
What are you longing for? How does longing move through your life? Come join Spiritual Director Sarah Cledwyn for a contemplative conversation about October's worship theme of Longing. We will explore this theme together, reflecting on our own experience and being attentive to the experience of others.

Great College Search: Competitive Colleges: What, Why, How Overstuffed: Seven Weeks to More Joy and Less Stuff
Everyday Enjoyable Parenting
Embodied Spiritual Practice: Yoga for Everyone
Tween Group: "Spirits, Stories, Faith, and Me"

OCTOBER 22

Dinner menu: TBA

Doctrine of Discovery: A documentary film presented by filmmaker Sheldon Wolfchild

In partnership with SPIN (Saint Paul Interfaith Network) and other faith communities, Unity Church will host a public screening of the documentary film *Doctrine of Discovery*. This showing will be presented by filmmaker Sheldon Wolfchild of the Lower Sioux Indian Community.

A Spiritual Practice of Data: Congregational Survey Results
Bill Etter, Laura Park, and Board members Deborah Carter McCoy and Terry Linskey will present results from the congregational survey completed last May. Come hear how you assessed the health and spiritual vitality of our church and reflect with us on the interesting possibilities this information sparks for our future. We'll present the same information at both Wellspring Wednesday sessions.

Everyday Enjoyable Parenting
Overstuffed: Seven Weeks to More Joy and Less Stuff
Embodied Spiritual Practice: Yoga for Everyone
Saint Paul Performance Project for High School Youth
Tween Group: "Spirits, Stories, Faith, and Me"

OCTOBER 29

Dinner: This meal will be offered by Unity's Sustainable Agriculture Team

Doctrine of Discovery: Reflections on Today
Join us for a panel discussion and a deeper exploration of the modern-day impacts of the Doctrine of Discovery.

A Spiritual Practice of Data: Congregational Survey Results
Committing to Unity
Overstuffed: Seven Weeks to More Joy and Less Stuff
Everyday Enjoyable Parenting
Embodied Spiritual Practice: Yoga for Everyone
Saint Paul Performance Project for High School Youth
Tween Group: "Spirits, Stories, Faith, and Me"

Have an idea for a Wellspring Wednesday program?
Contact Lisa Friedman at lisa@unityunitarian.org.

Open Page Writing Sessions

Once a month during Wellspring Wednesday



Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are opportunities to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary.

The following sessions are free and will be held at Unity Church. RSVP is required to karen@unityunitarian.org.

Belonging to Our Longing

Wednesday, October 8 • 7:00-9:00 p.m.

We are all, as Kahlil Gibran noted, the "sons and daughters of life longing for itself." But our consumer culture often conflates longing and desire, as if longing could be satisfied by purchases, progress or possessions. What is the nature of longing and how do we respond to it? What does our longing point us toward? And what would happen if we let ourselves belong to our deepest longing?

Covenant: the Promises We Make, Break and Renew

Wednesday, November 12 • 7:00-9:00 p.m.

We "become human beings by making commitments, by making promises," said James Luther Adams. Quoting fellow theologian Martin Buber, he called humans the "promise-making, promise-keeping, promise-breaking, promise-renewing creature." What does our capacity for promise-making and covenant mean and how does it shape our human identity, our communities of faith and our role in creating new realities in the world?

Wonder: Living with an Open Heart

Wednesday, December 3 • 7:00-9:00 p.m.

"I'd rather learn from one bird how to sing," wrote e.e. cummings, "than teach ten thousand stars how not to dance." As we enter the season of darkness and light, we reflect on the gift of wonder and how we keep it alive.

Other Literary Programming

For more information about additional writing programs offered in other locations, visit karenhering.com, or to receive periodic e-mail notifications of Karen's upcoming literary programs, contact karen@unityunitarian.org.

COMMUNITY OUTREACH MINISTRY

Help Widen the Circle of Justice!

From Steve Nelson

Restorative and Racial Justice Outreach Team

"We are listeners, learners and builders who recognize the value of every voice and cultural perspective. We work in partnerships to widen the circle of power and participation." That's the theme for this year's work on the Restorative and Racial Justice Outreach Ministry Team. You might recognize our teams work from past years in activities such as the series of Wellspring Wednesday talks on the *New Jim Crow* by Michelle Alexander, our hygiene item drives to help those returning to community from prison, our work with Freedom School and leadership in Unity's involvement with the Minnesota Second Chance Coalition — advocating for a fair second chance for those trying to build a new life after involvement in the justice system.

But we don't do this work alone. This year, our theme is one of relationship building — reaching out both within Unity Church and into the wider community to find partners who share our goals and dreams of building the Beloved Community.

Care to join us? We meet on the third Thursday evening of each month to plan our activities and would welcome you with open hearts! To get involved please contact Rev. Lisa Friedman (lisa@unityunitarian.org), or team members Ellen Green (ebgedit@qwest.net) or Jane Thomson (thoms028@tc.umn.edu).

Center for Victim of Torture

Bike Drive

Founded in 1985, the Center for Victims of Torture (CVT) exists to heal the wounds of government-sponsored torture on individuals, their families and their communities, and to stop its practice. "Bike for Clients" at the Center for Victims of Torture provides bikes to clients for transportation, fitness, and recreation. Donating a bike is a wonderful act of kindness. Receiving a bike gives the gift of freedom and independence.

If you have an adult bicycle — mountain bike, road bike or city/hybrid — that you would like to donate to CVT, bring it to Unity Church from October 1-15. It helps if the bike is rideable but repairs will be made to make it street safe. Locks, helmets, lights, racks and hand pumps are also needed. Contribute to the circle of healing that begins at CVT and continues in the community where clients live, work and go to school! Tax donation forms will be available for your bike donation. Because of storage limitations, children's bikes and bikes in unrepairable condition cannot be accepted. We can help you find resources for these.

Questions? Please contact Rev. Lisa Friedman at lisa@unityunitarian.org or stop by the bike drive table in Parish Hall on October 5 and 12.

CONSIDER BOLIVIA!

From Patricia Ohmans

Mano a Mano Community Outreach Team

Do you love travel, adventure, and strange beauty? Are you interested in urban agriculture? Would you like to take a trip to a warm place this winter? Consider Cochabamba, Bolivia, a garden city where the temperature averages 75 degrees in February!

Mano a Mano is one of Unity's officially "commissioned" Community Outreach Ministry projects. Mano a Mano is an all-volunteer, non-profit organization based in Saint Paul that collects surplus medical equipment and supplies from local hospitals, and ships them to clinics in Bolivia. In the past 20 years, Mano a Mano has built 150 new clinics in impoverished parts of the country as well as more than 50 of schools and housing units for teachers, roads and reservoirs. Mano a Mano's newest project is a demonstration farm to teach sustainable agriculture technique to subsistence farmers.

Unity's community outreach team to support Mano a Mano is planning a week-long, group trip to Cochabamba, Bolivia, from March 14 to 22, 2015. We will visit the Center for Ecological Agriculture, as well as Mano a Mano clinics in poor urban communities and in remote villages high in the mountains. We will learn first-hand about the work of this incredible organization, by talking with Mano a Mano staff and volunteers, and villagers. Mano a Mano's Bolivian staff will give group members an unforgettable lesson on how health and development can be promoted—cheaply and effectively—in communities with very few resources.

Unity's adult members (age 15 and older) are invited to consider being part of this support delegation to Bolivia. The cost of the trip is approximately \$2,300 per traveler, including airfare. Bolivia is a safe, friendly country with memorable scenery, music and handicrafts. We will enhance our trip with lectures by experts on social and political issues in Bolivia.

On Sunday, October 12, there will be an information session about the trip after both morning services, in the DeCramer Room. You can also learn more by contacting Patricia Ohmans, 651-757-5970 or patricia.ohmans@gmail.com.

New Orleans Pilgrimage

From November 15 - 22, 2014, Unity Church members and friends will make a working pilgrimage to New Orleans. Each pilgrimage also offers time for exploring and reflecting on major themes of racial and economic justice in New Orleans related to our communities back in St. Paul. If you missed the July and September information sessions, but would like to find out more information or to sign up for the pilgrimage, contact Rev. Lisa Friedman at lisa@unityunitarian.org or 641-228-1456 x107. Please note that the deadline to sign up for the trip is October 5.

MUSIC MINISTRY / PARISH HALL ARTIST

Music Notes

From Ruth Palmer Director of Music Ministry



New organs of perception come into being as a result of necessity. Therefore... increase your necessity, so that you may increase your perception.

— Jallaludin Rumi
from "Free Play" by Stephen Nachmanovitch

After living in the study of music for my entire life, I often translate "necessity" as that longing, desire for that next note; next phrase; emotion not yet found but understood to be embedded in the music; constantly expanding direction and intention in each musical gesture; that ability to find, release and therefore express with abandon. Pianist Tobias Matthay says, "there must always be a sense of movement or progression towards specific landmarks." The famous violin teacher, Ivan Galamian, advises, "As you execute one note group, listen intently, but also imagine the ensuing group. The mind always has to anticipate the physical action that is to be taken and then to send the command for its execution."

All of this anticipation and imagery speaks to that "reach" toward something not yet realized, satisfied or completed... something yet missing in the present moment if only by mere nanoseconds, yet eliciting total attention and deepest care because of that longing to hear and experience what it holds. Music, by the fact of its being an art sustained in time, creates and answers primal feelings of longing. Say a sentence and then sing it in that elongated timing of a musical phrase. Already, the comparison gives the musical form a sense of suspense, need for completion, longing for the entirety by the fact of its delay in suspended time. This prolonged timing offers opportunity for touching some of our deepest emotional pools, our deepest longing. Try it again and take more time.

I recently saw the movie *Words and Pictures*, a wonderful film bringing two characters, one an honors English teacher and the other an honors art teacher, together in a "war" as to whether it was the words or the pictures that had the greatest impact. An interesting scene, however, was when neither genre could express the deep feelings held towards each other except in the sharing of a deeply beautiful piece of music. Now, I'm not waging war on this issue, but suggest that this essence of suspended time — actively suspended time — gives opportunity for attention and "poised listening" to hear those things longed for in our very center. I encourage you to take time to listen to music which can be companion to you as you listen to your deepest self.

October Parish Hall Artist

Mary Barrett

For me, making art is an on-going process. It never dries up — it never ends. My art primarily relates to influences and personal experiences with nature and natural forces. I usually work in groups or series of images that deal with an idea, an experience or a form which I subsequently explore over a period of time, and sometimes to which I return. Each series has its own continuity. And as I move from one theme to another, it is pleasing to me to see connections between my earlier work and my more recent work.

My training and professional experience includes printmaking, drawing, painting and collage as well as teaching. Today I find these techniques interchangeable, and often combine two or more techniques in a single, more complex image.

The works collected here represent over five decades of my creative life — and illustrate both the phases of my own artistic expression as well as the historic and cultural times in which they were created.

Come Out Singing: OVation

Wednesday, October 1 • 7:15 p.m. • Sanctuary • Free!

Join OVation for a concert celebrating National Coming Out Day — featuring songs of love, family and longing. OVation is the portable version of One Voice Mixed Chorus, Minnesota's LGBTQA community chorus. A small ensemble of 12 singers, they bring One Voice's music and message almost anywhere.

OVation performs at 12-15 events annually, with One Voice or on its own, at venues ranging from the Minnesota State Fair, Twin Cities Pride, places of worship and Minnesota United events.



Peter Mayer

CD Release Concert

Saturday, November 22 • 7:30 p.m.
Unity Church Unitarian

Tickets: \$24.00

www.brownbagtickets.com

Tickets will be available beginning Saturday, October 4, at 10:00 a.m.

This concert is general admission seating and doors open at 6:45 p.m.

MINISTRY WITH CHILDREN AND YOUTH

Pitter-pattering Questions

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

From KP Hong, Director of Religious Education



For over forty years, the Brazilian artist and curator, Gabriella Zitsk, has been cataloguing and exhibiting her collection of over 17,000 pieces of mail she has received in response to her question “What is it you long for?” Her collection has been on museum exhibits, registering the wide range and intensity of people’s responses: *a job, world peace, passion beyond the sexual, someone to do the dishes all the time, a husband, arms all wrapped around me, long legs.* But the most commonly expressed longing was about

children: to have them, to play with them, to protect them, to dream with them, to see them grow into their promise, to see the future/life through their eyes, as if children embody our longing for life itself. “Your children are not your children,” wrote Kahlil Gibran. “They are the sons and daughters of Life’s longing for itself.”

There’s a scene from the original *Charlie and the Chocolate Factory* movie (1971) that evokes such longing for me, when the teacher asks how many Wonka bars each child has opened in search of those coveted golden tickets. Just five tickets that would grant the lucky few entrance into Willy Wonka’s chocolate factory. It’s a heartbreaking scene when Charlie admits to the incredulous teacher that he has opened only two bars. His classmates, who can afford to buy chocolate bars by the box-full, ridicule and laugh at such foolishness. For the purchase and consumption of those bars meant everything toward securing a place in a peer culture that Charlie longed to, but could not, fully belong. His parents and grandparents shared no less in that same longing, to provide him with enough Wonka bars and a chance at a golden ticket out of poverty and the disadvantage of too many children left behind.

Isn’t this an “economy of dignity” at work in the hearts of parents and children in our consumer culture, asks sociologist Allison Pugh, where the purchase of *Game Boys* or *Pokemon* cards or soccer shoes symbolically mediate children’s place, social dignity, and belonging among peers? As children gain literacy in popular mainstream culture, they long to join the social conversation at school and on the playground, and what parent would not long to purchase these passports for their child’s participation among peers in an economy of mobility, dignity, and belonging? Is not this our longing for our children at Unity Church? That here, too, we participate in a spiritual economy for those spiritual items our children will need?

Perhaps, except for this: that the experience of the beloved community cannot be sold in any market, even if the market is called a church. (Someone got very angry two thousand years ago in a case of that kind.) That to claim belonging and dignity in this beloved community as an economy is to distort the very nature of this community. For dignity and belonging in the beloved community is a covenant of grace, and grace refuses any attempt to be managed as an *economy*. I can think of only gratitude as our participation in this sacred movement of grace, and far from completing or leveraging grace, gratitude is the acknowledgement of the very impossibility of balancing the account. Gratitude knows nothing of the economics of *quid pro quo*, for belonging and dignity in the beloved community have always been offered *pro bono*.

So a pitter-pattering question continues to stir a deep longing in my soul: How do we transition from what feels yet like a *quid pro quo* arrangement—of parents exchanging their child’s enrollment for ten Sundays of teaching, at present logistically necessary to sustain our considerable R.E. program—to a beloved community where enrollment is *pro bono* and sustained by the immense gratitude of others in the community longing to teach and bless our children?

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

Tween Group (Grades 5-8) Spirits, Stories, Faith & Me

Wednesdays • 7:15-8:30 p.m.

Junior High Room

Spirits, fairies, kingdoms, and dragons are the stuff of fairy tales we know and love. Even children less exposed to classic tales tend to know the main players by the time they’re tweens. This class invites us to revisit the familiar realm of lore using our sharp minds and creative imaginations, to wonder about the originals and recreate the classics with some Unitarian Universalist values applied.

CLASS CALENDAR FALL 2014

10/1: IS there a big, bad wolf?: Little Red Riding hood is in Jr. High now. What might she have to say about the Big, Bad Wolf?

10/8: Community fun and games

10/15: The King and the Kingdom or The Kind and the Kingdom: After reading old favorites, we’ll play around with “what ifs”: What if gender was fluid when fairytales were conceived? What if women were allowed to rule? What if the dragon was seeking the treasure of loving kindness?

10/22: Community fun and games

10/29: Tokens, Treasures and Rewards: Why gold? Why not love or goodwill?

11/5: Paper Bag Princess meets Flat Stanley: If our tweens were in charge, what stories would they hand down? We’ll partner with our favorite characters and write or dance or act or paint or draw our own tales to share.

11/12: Community fun and games

11/19: Fairy dust and casting Spells: What is *up* with all the fairy dust and magic spells? After we remember old used up spells, we will create some of our own with different messages for children of the future.

11/26: Thanksgiving Break

12/3: Community fun and games

MINISTRY WITH CHILDREN AND YOUTH

7th-9th Grade Youth

Coming of Age, our signature spiritual growth and enrichment program for 9th graders, continues with October's focus question: "What does it mean to be human and alive?" There is no class on October 19. Youth and mentors will attend worship together November 2. Questions and comments can be forwarded to Drew Danielson at drew@unityunitarian.org.

Our Whole Lives, a holistic sexuality and relationship program of the Unitarian Universalist Association designed for 7th-9th grade youth, continues with focus on human anatomy and physiology, puberty, sexual orientation, and gender roles. A reminder of the OWL party on October 3 and no class October 15. Please forward questions and comments to Drew Danielson at drew@unityunitarian.org or 651-228-1456 x112.

Boston Pilgrimage for 11th grade youth: This annual pilgrimage from October 15-20 (over MEA Weekend) offers 15 Unity Church youth this year an invaluable opportunity to step into Unitarian Universalist history and place with a community of peers, and to begin to find their faith identity come alive. Please keep them in your thoughts and prayers as they journey further along their spiritual paths.

Bedtime Ritual Workshop



Red and Orange Rotation Groups Sunday, October 5

For families of children in red and orange rotations (grades 1 and 2), in place of regular classes, children, siblings and parents will have an opportunity to experience the Bedtime Ritual developed by Unity's Unitarian Universalist families group. Families will be introduced to the bedtime ritual which brings the seven UU principles to life for children as they prepare for sleep, using UU principles beads that the children will make. This important work serves to bridge children's faith experience in church with practices at home, in an effort to nurture a holistic life of faith. Please watch for invitations to either of the two sessions on October 5: 9:00-11:00 a.m. session and 3:30-5:30 p.m. session.

Free Child Care

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

Helpful Reminders

How to do Sundays with Kids

Here are some tips about where and when your children or youth should be during Religious Education:

Nursery

- Infants and toddlers ages 6 months (and sitting up) through 3 years can be signed in to the nursery starting 15 minutes before each service
- No registration required
- Label all diaper bags and personal belongings
- Please take a pager or leave your cell phone number
- Collect your little ones immediately after worship

Spirit Play

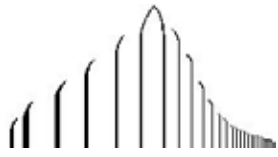
- Registered children ages 3-K can be signed in to their Spirit Play preschool class beginning 10 minutes before the service
- Check to make sure two Teachers are in the room; if not, stay with your child until they arrive
- Nametags are in the pocket charts on the door. Leave nametags in the pockets when you leave
- Collect your preschooler immediately after worship

Workshop Rotation

- 9:00 a.m., 4:30 p.m. – Registered children in Grades 1-6 should be escorted to the Ames Chapel starting 10 minutes before worship. Check to make sure at least two Journey Guides are in the Chapel; if not, stay with your child until they arrive.
- 11:00 a.m. children begin with worship in the main sanctuary with their families, then follow their Journey Guides downstairs for classes
- Collect your child from their Workshop (varies each week, check signs) 15 minutes after the end of worship (10:15 a.m., 12:15 p.m. and 5:45 p.m.)

Junior High (Grades 6, 7 and 8)

- Junior High youth can escort themselves to and from classes
- Youth should wear nametags while in the church building for reasons of safety and community-building
- Parents should check with their youth or teachers to see if any important communication was sent home with students



UNITY CHURCH—UNITARIAN

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**TIME SENSITIVE
MATERIAL**

October is pledge drive month!

Turn to page 5 for all the details about the 2015 operating and capital pledge drive.

Marathon Alert

The Twin Cities Marathon will wind its way along Summit Avenue the morning of Sunday, October 5. Many roads will be closed from 8:00 a.m. to 2:00 p.m. Please plan alternate routes and allow extra time to reach Unity Church that morning.

Cairns Vol. 6, 2014

Unity Church Journal of the Arts
Deadline: October 6, 2014

Food Drive Sunday

The third Sunday of every month (October 19) is Evergreen Food Drive Sunday. Donations can be brought anytime and should be placed in the wicker trunks located at the Holly and Portland Avenue entrances.

2014 Overcoming Racism Conference

Cultivating Transformation

November 14-15, 2014

Metropolitan State University, St. Paul

Friday's keynote speaker: MayKao Hang

Wilder Foundation president and CEO

Saturday's keynote speaker: Sam Grant

Lifelong community organizer

Register Now! www.overcomingracism.org

Early Bird rates only through October 14.



Heart to Heart: A Couples' Enrichment Weekend

Friday, November 7, 7:45 p.m. to Sunday, November 9, 4:00 p.m.

Koinonia Retreat Center • Annandale, MN

Heart to Heart is a program led by three experienced couples and is designed to enrich communication and intimacy in your relationship. All committed couples are welcome — same-sex and opposite-sex, married and unmarried. The cost is \$420 per couple and includes two nights lodging and meals Saturday and Sunday. Financial assistance is available. Space is limited to 15 couples. Sponsored by Unity Church. More information is available online at <http://heart.mn.cx> or by calling 651-300-4119.