

Forgiveness

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.

It was an early morning after another long day of sightseeing and learning. I gathered with my classmates in a brightly lit room at the Hiroshima Peace Culture Foundation with a mixture of exhaustion and anticipation. As we chatted casually for a while, a small, but mighty voice chimed in from behind us, "Good morning!" All of us turned around, amazed to realize the enthusiasm and volume came from a spry, 4'10" woman in her 80s beaming at the sight of us. She said again with equal cheer: "Good morning, my friends, it is so good to see you all!" Thinking back on it now, she said it as if we had met before, but I know we had not. She smiled anyway and went to take her seat among us.

Ms. Sasamori was the first atomic bomb survivor we had met on our short-term, study abroad trip to Japan. We were there to study the religious implications of nuclear warfare and its aftermath. While she recounted her experiences of surviving the bombing as a child, we all

couldn't help but notice the very large burn scars on her face. But what was perhaps more jarring than her retelling of her story was that she shared her story in a way that seemed hopeful, that seemed to show that her heart was open to the possibility of wholeness throughout the world. I kept waiting for her anger and her sadness to boil over, but Ms. Sasamori offered us only love and her outreached arms. I suppose, in a way, I was thinking this gathering was yet another opportunity to offer apologies and to seek forgiveness. In the end, though, we realized that she did not want our apologies, and she did not need to grant us forgiveness; she wanted instead to build a new way of being in relationship with Americans and that is through the holy risk of reaching out, of saying she loves us, and calling us friends.

As we enter this month of October, as the flowers change to the warm colors of fall, we are invited into a reflective time on the theme of forgiveness. Perhaps there is a particular story from your life that emerges when you think about forgiveness. I've been thinking a lot lately about my experiences with Ms. Sasamori because she shifted my understanding of what forgiveness is and the intricate dance that surrounds it. She embodied pain, of course, and heartache, I am sure, because of her experiences as an atomic bomb survivor. But instead of seeking vengeance, Ms. Sasamori chose a path of creating a new type of covenant with those she meets when she travels all over the world to connect with people who are committed to peace. Therefore, for her, covenant is closely related to forgiveness. Covenant is at the heart of our ministries together as a religious community. We are bound

as Unitarian Universalists not by our shared theological beliefs, but by our promises of how we are going to be together in community. These promises are holy acts and we make them not just at Unity, but at home, at work, and in various places throughout society.

We know all too well that covenants are not just made, but they get broken from time to time, sometimes accidentally and other times blatantly. In the breaking, the love or trust that we have offered one another is damaged and repair is necessary. The healing process of moving back to one another to mend our holy covenants can take so many different paths. But it is this process of returning to our wholeness that can be a very transforming spiritual journey. A trying journey, yes, but a rewarding one.

This is why it is a blessing to be able to do this work in community. Pema Chodron encourages us to "lean into the sharp points and fully experience them." Forgiveness for many of us is a recurring, sharp point throughout our lives, a regular reminder of both our power and our vulnerability. We have both the power to hurt and to be hurt, to forgive and to be forgiven. Within all areas of life, from our immediate family to our global family, we are invited to lean in and do the spiritually challenging work of exploring forgiveness. Together, I hope we can discover new ways to radically transform the world through the love we share with ourselves and others, as we seek to build the Beloved Community.

Ministerial Intern Nic Cable with this month's theme team: Jessica Clay, Janne Eller-Isaacs, Rob Eller-Isaacs, Lisa Friedman, Danny Givens Jr., Karen Hering, KP Hong, Ruth Palmer

For forgiveness resources, turn to page 2.



Ms. Sasamori with Nic Cable

JUST WORDS

Just Words



Do you have a favorite read from the summer? I generally have at least one book from summer that I treasure and return to its lessons over and over again. Good books, fiction and nonfiction, are an essential part of my moral compass. I learn from the adventures and misadventures of the characters described on the pages. This summer my favorite read was, *The Unlikely Pilgrimage of Harold Fry*, written by Rachel Joyce. It is a story of a man who goes out to mail a letter

to a former co-worker who has informed him that she is dying of cancer and was thinking of him. He writes a letter in response. Standing in front of the mailbox, without phone or proper clothes or shoes, he decides to walk to see her instead of mailing the letter. The problem is that the hospice where she lives is over 500 miles away. "He has no hiking boots or map, let alone a compass. All he knows is that he must keep walking. To save someone else's life."

Harold meets all kinds of people and learns to listen deeply to their stories. Many people also reach out to help him along his way, encouraging him when the going gets tough. Joyce writes, "The kindness of the woman with food came back to him and that of Martina. They had offered him comfort and shelter, even when he was afraid of taking them and in accepting he had learned something new. It was as much a gift to receive as it was to give, requiring as it did both courage and humility." Harold goes on to say that he hadn't realized that his own self-reliance and fear of bothering anyone had meant that he prevented those people from becoming their best selves around him. He also realizes that his self-reliance keeps him from taking risks to be more fully known. It dawns on him as he walks and watches and recounts his experiences what a gift is given when you open yourself, in all humility, to being the recipient of generosity.

Having lived through the Oakland fire and the Bay Area earthquake, I know that disasters can bring out the very best in people. People cross social boundaries they imagined were impenetrable. They talk to neighbors they never bothered to greet. They cook and share in ways that initially feel foreign. Complete strangers step up to help people they have never met. And we learned that accepting people's generosity takes a kind of courage and humility that can be uncomfortable until, just like Harold, you see how meaningful it is to the people who are truly giving of themselves.

Our Minnesota hardiness is a gift that gets us through so many trials, but it also keeps us from asking or rejecting help or support when it is offered. May we try on looking at our own neediness not as a weakness, but as an opening for others to enter in to the depths of our lives, thereby enriching all involved.

Gratefully yours,
Janne Eller-Isaacs

Blessing of the Animals

Blessing of the Animals will be held on Sunday, October 2, at 1:00 p.m., in the Portland Avenue Greenspace. Bring Fido, Rover, Mittens, and all of their friends for this bounty of blessings. Hope to see you there!



Forgiveness Theme Resources

VIDEO

Amish Grace (2010)

BOOKS

Four Ways to Forgiveness by Ursula K. Le Guin

In Paradise by Peter Matthiessen

No Future Without Forgiveness by Desmond Tutu

The Sunflower: On the Possibilities and Limits of Forgiveness by Simon Wiesenthal

Forgiveness: A Time to Love and a Time to Hate by Helen Whitney

ONLINE

Exploring Forgiveness, Daniel Seal,
www.tpt.org/exploring-forgiveness/episode/exploring-forgiveness/

Many thanks to our summer worship leaders and associates!

Many thanks to the summer worship leaders and associates who make summer services a beautiful and unique lay-led worship experience!

Terri Burnor
Heidi Huelster
Terry Linskey
Rochelle Lockridge
Nicole Lynskey
Rick Koyle
Rene Meyer-Grimberg
Jennifer Niemela
Helen Pohlig
Dane Smith
Katy Taylor
Avi Viswanathan
Grant Wacker
Kevin Ward
Angela Wilcox

Flowers for Worship

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

OCTOBER WORSHIP CALENDAR / OFFERING RECIPIENTS

Sunday Worship

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

October 2: *Starting Over*

Our series on forgiveness begins with a service that asks what we need in order to begin again. Rev. Rob Eller-Isaacs and worship associate Terry Linskey will offer a service in the tradition of Rosh Hashanah.

October 9: *The Gift of Release*

When real forgiveness occurs between two people, then both can be released from the restraints that influenced the relationship. Rev. Janne Eller-Isaacs and worship associate Rene Meyer-Grimberg will explore the meaning of this release and the lessons contained within it.

October 16: *Celebration Sunday*

Come join the ministers and worship associate Brian Newhouse as we celebrate the generosity of the congregation. Our hope is that we will be closing in on our pledge drive goal — or even exceeding it — as we gather to renew our understanding of and devotion to, true stewardship. We'll ask, "Why me? Why us? Why now?" and answer those questions with our lives.

October 23: *What We Owe the World*

Sooner rather than later our nation needs to recognize the need for reparations. Generations of racial disparity and centuries of systemic injustice call for more than a public apology. It's time for some real money to change hands.

October 30: *What Happens Next?*

To move in the world in a state of forgiveness requires patience, perseverance, and equanimity. Join Hallman Ministerial Intern Jessica Clay and worship associate Kevin Ward as we explore ways that forgiveness practices can be empowering and life giving for the important work of being our full authentic selves.

Sunday Soup Suppers

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

- October 2: Italian or French Minestrone
- October 9: Chili
- October 16: Chicken Parmesan Soup and Broccoli and White Bean Soup
- October 23: Lasagna Soup with Italian Sausage (vegan, vegetarian, and gluten free available)
- October 30: French Onion Soup and spider web cookies in celebration of Halloween

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.

October 2: Urban Oasis

The brainchild of former public health professor Tracy Sides, Urban Oasis was the winning idea in The Saint Paul Foundation's 2013 "\$1 Million Forever Saint Paul Challenge." Urban Oasis works to cultivate a healthy, resilient, and prosperous community by bringing cooking classes, catering, meal services, food products, jobs, and job training to Saint Paul's East Side where per capita incomes are among the lowest in the region. Urban Oasis was nominated by Unity Church member Jane Prince, city council person for much of the East Side.

October 9: Mission Haiti, Inc.

Working alongside Haitian partners in Leogane, Haiti, this decade-old organization's mission is to empower Haitians to lift themselves out of poverty through education, elder care, and sustainable farming. MHI supports two schools and sponsors students of all ages, including full university scholarships with room and board. Unity Church member Shelley Butler is on the Mission Haiti board and visits projects in Haiti yearly.

October 16: Generosity Ministry 10th Anniversary!

This Sunday the offering honors the 10th anniversary of Unity's Generosity Ministry! It is fitting that we celebrate this milestone on Canvas Sunday, for your support of this congregation supports our ministry in the world. This morning we honor the close to one million dollars that has been given to local and international organizations over the past ten years with a reverse offering. How will you choose to bless the world?

October 23: 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. 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. Unity Church member Cathy Rucci is the Executive Director of MORE.

October 30: WEOF

Will's Education Opportunity Fund (WEOF) provides tuition grants to young offenders attending local community colleges to better prepare themselves for employment. In some cases WEOF satisfies outstanding educational debt so that individuals, upon returning to the community, can build on the educational progress they made while incarcerated. WEOF is an outgrowth of the weekly Monday evening Circle of Peace, spearheaded by Russel Balenger. Many Unity Church members support WEOF.

Please make Sunday offering checks payable to Unity Church.

BOARD OF TRUSTEES / VOLUNTEER CORNER

Aspiration to Operation

From Peggy Lin, Trustee



The Seven Principles appear in the bylaws of the Unitarian Universalist Association. UUA member congregations have a covenant to affirm and promote a heady set of principles. Can you recite these principles by heart? I can't either. But there's a child's version of the seven principles – and these I have memorized cold:

Each person is important. Be kind in all you do. We're free to learn together. We search for what is true. All people need a voice. We build a fair and peaceful world. We care for mother Earth and all who call her home.

My daughters know this version of the seven principles by heart too. Being mean to your sister in the Lin household? You are likely to hear me holler up the stairs: **"Be kind in all you do!"** Toss your trash on the ground? I'm going to ask you to pick it up and remind you (loudly): **"We care for mother Earth and all who call her home!"** Frustrated that I'm answering your question with a question? **"We're free to learn together and search for what is true!"** To my mind, this is aspiration — covenant language — converted to operation. (OK, so the operation involves me yelling up the stairs to my fighting kids.)

There is another opportunity for moving from aspiration to operation in the case of another covenant here at Unity Church. In May 2016, the Unity Board and the leadership team of Above Every Name entered into covenant together. As an example, here are two of the covenant's aspirations:

- To be, and allow each other to be, who we are, unapologetically
- To share our gifts and talents with one another, including our financial resources, each to the extent that they are able, trusting that all are giving what they can to our partnership.

We realize there are questions about the obligations and expectations of the parties to the covenant. The Board and the Executive Team will actively work to come to a detailed and shared understanding about what the covenant means. Along the way we'll share that understanding with you — and we promise not to holler up the stairs at you.



Michael Servetus Unitarian Society of Fridley, Minnesota, invites you to

Honoring the Past, Creating the Future
The Installation of Rev. Laura Smidzik

Saturday, October 8, 2016 • 2:00 p.m.

First Unitarian Society

900 Mount Curve, Minneapolis

Please leave time for potential construction and parking.

Childcare available if RSVP to dre@msuu.org by Friday, September 30.
A reception will follow the service. RSVP at <http://evite.me/G3AdkhpQy7>
Clergy and seminarians are welcome to process, please gather at 1:30 p.m.

Volunteer Corner

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

We need extra help in the kitchen!

Volunteer with Food Ministry

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

Sundays: October 2, 16, 23, and 30, from 2:00-4:00 p.m.

Tuesdays: October 4, 18, and 25, from 5:30-7:30 p.m.

Wednesdays: October 5, 19, and 26, from 5:30-7:30 p.m.

Sunday Welcome Teams

We are currently looking for additional Welcome Team members at all services (9:00, 11:00, 4:30). Volunteers are needed to greet members and visitors as they arrive to church, welcome them to Religious Education and to worship, pass out orders of service, ring the church bell, collect and count the offertory, and assist with serving coffee after the service. Welcome Team members are asked to serve at one service once per month.

Come try out a welcome team!

Sunday, October 2, is Welcome Team Training Day. All are welcome to come and try out this experience. Trainings will be held at three separate times: choose a time and join us!

- 8:30-10:00 a.m.
- 10:30 a.m.–Noon
- 4:00-5:30 p.m.

ANNUAL PLEDGE DRIVE

Why me? Why us? Why now? Unity Church Annual Pledge Drive

From Brian Newhouse, Pledge Team Chair

Whether you are brand new to Unity Church or you have been coming for generations, all of us have a story of a moment when we were transformed by being a part of this community. These stories offer us answers to why we choose to keep coming back to Unity, back to this home of the heart that seeks to make a difference in the world.

At the beginning of each new church year, it is a great opportunity to recall these stories about our individual and collective relationship to Unity. I have been thinking about my personal answers to these questions: *Why me? Why us? Why Now?* Questions like these guide Unity's ministry. They also guide our fundraising efforts, as we prepare for a strong and vital future. This fall, we are all invited to take a few minutes to engage with one another about these powerful questions.

Why me?

Like many parents, Unity Church became the village that helped raise my daughters. In their late-teens now, they have friendships and a deep grounding in kindness, reverence and generosity. Unity loved them into adulthood. That's treasure. That means something to me.

Why us?

Every few weeks you may see me as a lucky member of the Unity Singers. Twenty other singers, all from diverse backgrounds and many with incredibly demanding jobs and parenting roles, step off their merry-go-rounds and we breathe together; we make harmonies that none of us alone could create; we try to make beauty and share that. Here's the thing: the exact same can be said for the larger congregation. You come to Unity Church to experience and create what can't be achieved alone. When we link arms our potential is extraordinary.

Why now?

We live in urgent times. Philando Castile was shot a half-mile from my front door this summer, we've just ended the hottest summer in our planet's history, and the need for compassionate public discourse is at an all-time high. Amidst all of this, Unity Church remains committed to nurturing lives of integrity, service and joy. Every week, more and more people express soul-deep needs for inspiration, renewal, and the holy. Addressing all this is Unity's work. And it's now.

For the next few weeks, the Unity Pledge Team and friends will be visiting church groups and creating mini-sessions during and after worship that make a quick, fun, and intentional way for each of us to ask, *Why me? Why us? Why now?* Whoever you are and wherever you are on your spiritual journey at Unity Church, I hope these questions open your heart and mind to the importance this religious community holds in your life and in the world.

Pledge materials have been mailed, are available online at www.unityunitarian.org/annual-pledge.html, and are also available through the church office. In these materials we break down Unity's priorities, plan, and numbers as transparently and briefly as we can. Whether you're brand new, a lifer, or somewhere in between, your pledge makes it all go. **Please pledge by October 16, Celebration Sunday!**

Thank you!

Annual Pledge Drive

A timeline for reflection, storytelling, and making your annual pledges.

Friday, September 23

Pledge Drive materials are mailed to all households.

Sunday, September 25

Rev. Karen Hering offers first of three writing prompts during worship. This prompt will offer the opportunity to reflect on *Why me?* Consider sharing your story on video by stopping by the Pledge Table in the Parish Hall after each service.

Sunday, September 25–

Sunday, October 15

Presenters will be visiting church groups during the week and on Sundays providing inspiration and information and offering the opportunity to reflect on the theme *Why me? Why us? Why now?* as it relates to making a financial contribution to Unity Church.

Sunday, October 2

Second of three writing prompts during worship. This prompt will offer the opportunity to reflect on *Why us?* Consider sharing your story on video by stopping by the Pledge Table in the Parish Hall after each service.

Sunday, October 9

Third of three writing prompts during worship. This prompt will offer the opportunity to reflect on *Why now?* Consider sharing your story on video by stopping by the Pledge Table in the Parish Hall after each service.

Sunday, October 16

Celebration Sunday! Come celebrate the generosity of the congregation. Our hope is that we will be closing in on our pledge drive goal — or even exceeding it — as we gather to renew our understanding of and devotion to, true stewardship. We'll ask, *Why me? Why us? Why now?*, in a Collage of Voices taken from your stories.

WELCOME WORDS / FELLOWSHIP GROUPS

Welcome Words

Rev. Lisa Friedman, Minister of Congregational and Community Engagement



Growing up Unitarian Universalist, my minister would often lift up the messiness of life in the Sunday meditation. It was a gentle reminder that we didn't have to be perfect. That we couldn't always control the events of our days. That a little patience and kindness for our inevitable mistakes

and the missteps of others could go a long way. He was a Universalist and he taught me that the beauty of our humanity lies in being fully who we are, as we are. And the beauty of church is about building a community that honors that fullness and draws the circle wide. As we explore the theme of forgiveness this month, may we hold the messiness of life together and remind one another of the gift of compassion and the power of the open door. See you in church!

Pathway to Membership Classes

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

Welcome to Unity: Our Class for Newcomers

Sunday October 9 • 5:45-7:00 p.m. ~also offered~

Wednesday November 2 • 7:15-8:30 p.m.

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

Finding Yourself at Unity: A Deeper Inquiry

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

October 2: Membership 101 and Congregational Life

October 9: Religious Education for Children, Youth and Adults

October 16: UU History, Principles, and Sources

October 23: Pastoral Care

October 30: Social Justice and Community Outreach

Committing to Unity: Joining Unity Church

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

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

Fellowship Groups

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

A New Look at the Bible: Second Thursday of the month (October 13) 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 20) from noon–2:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Evergreen Quilters: Second Tuesday of the month (October 11) from 7:00-9:00 p.m. and fourth Saturday of the month (October 22) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760.

Living With Grief Group: For people living with grief and loss. Third Tuesday of the month (October 18) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Men's Retirement Group: Monday, October 3, 17, 31, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

Textile Arts Group: Bring your knitting, crocheting, tatting, embroidery, and cross stitch. All ages and levels of experience are welcome! First and third Wednesdays (October 5 and 19), 7:00-8:30 p.m. Contact: Linda Mandeville at lindamandeville@aol.com.

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

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

October 11: *Haunted Ground* by Erin Hart

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

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

Women In Retirement, The Choice Years: This group meets the second and fourth Thursday (October 13 and 27) of each month from 1:00-3:00 p.m. Contact Lisa Friedman at lisa@unityunitarian.org

Sangha Zen Meditation: Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction is offered on the first Tuesday (October 4) beginning at 5:00 p.m. Contact Ken Ford at kenfaure@gmail.com

CONGREGATIONAL LIFE

Dine with Nine Begins this Month

Forgot to sign up? You can still sign up to participate in this year's Dine with Nine suppers online at bit.ly/dinewith9, or by emailing Teresa Wernecke at teresa475@gmail.com. Please include your contact information and let us know if you would like to sign up for a family or adult only group, and whether you have particular location or transportation needs. We look forward to another great year!

Kung Fu at Unity Church: Begins October 1!

Unity's UU Kung Fu practice group, *The House of the Upright Ox*, approaches martial arts as spiritual practice focused on resolving conflict on multiple levels. *Hung Gar* Kung Fu is a beautiful Chinese martial art which emulates the moment and disposition of the Tiger, Snake, Crane, Dragon, and Leopard.

Curious first-timers and experienced martial artists are welcome to join this practice which calms and invigorates the spirit and body. Practice is led by Unity Church member Bryan (Barney) Kujawski who has been practicing martial arts for 28 years and teaching kung fu for 16 years.

This is a free class that meets on Saturday mornings in the Body Room from 10:00 a.m.-noon, and is for any level of experience, ages 16–106. You can simply show up! Questions? Email barney.kujawski@gmail.com.

Film Screening: *Poverty, Inc.*

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

Wednesday, November 2 • 7:10-9:00 p.m. • Unity Church


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

Speak Peace in a World of Conflict

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

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

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



Unity Church-Unitarian & Mission Haiti Inc. present

Kombit: The Cooperative
Film Screening &
Haiti Arts & Crafts Sale

Saturday, October 8, 2016
7:00 p.m.

Free Admission & Refreshments
Open to the Public
At Unity Church in the Parish Hall

This documentary follows the five-year partnership between Timberland and the Haitian Smallholder Farmers Alliance (SFA), revealing how a simple tree-planting goal empowered 3,200 farmers to restore their land and take control of their futures. Once considered the richest agricultural country in the Caribbean, Haiti has been devastated by instability and natural disasters, and is now one of the most severely deforested countries in the world. Come see how SFA is making a difference.

Recovery Ministry

Seeking those within the Unity community who are interested in participating in a recovery ministry here at the church. If interested, please contact Hallman Ministerial Intern Jessica Clay at jessica@unityunitarian.org or 651-228-1456 x109.

Volunteer at Q-Quest!

Calling all Volunteers! Unity's Rainbow Chalice Alliance is glad to support the 12th Annual Q-Quest event! Q-Quest is a two day event for lesbian, gay, bisexual, transgender, queer and allied youth to enjoy workshops, food, dancing, conversation, and art with a couple hundred other LGBTQA youth from across the metro area!

The first day of Q-Quest will be Monday, October 31, for middle school students (grades 6-8). The second day will be Tuesday, November 1, for high school students (grades 9-12). Both events are at Coffman Memorial Union on the University of Minnesota Campus (300 Washington Avenue SE, Minneapolis 55455). Volunteers and workshop presenters are needed! Examples of previous workshop subjects for students have included: The Queer Roots of Punk Rock, Spirituality and Gender, and Yoga.

Email Kevin Ely at kevin.m.ely@gmail.com with any questions, presentation ideas, or to indicate your interest in volunteering.

Black Friday Service

Mark your calendars for the Black Friday service on November 25 at 10:00 a.m. Interested in joining interns Nic Cable and Jessica Clay to help plan it? Please contact Jessica at 651-228-1456 x 109 or jessica@unityunitarian.org by October 7.

WELLSPRING WEDNESDAY

October 5

Dinner: Chickpea and date tagine over couscous with a trio of Moroccan salads

Unitarian Universalist Pilgrimage

How does our history inform us and impact the ways we move in the world and think about the divine? Join Hallman Ministerial Intern Jessica Clay in this class focused on UU theology framed within the five questions from our Coming of Age curriculum. This is a six week course, October 5 – November 9, and will be closed after the second week. Please bring a journal and a willingness to explore theological questions while looking at how they resonate within our lives today. (Please note this class will run until 8:45 p.m.)

Bible Study: Old Strong Stories

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

Why me? Why us? What now?

Join the Unity Pledge Team as they share our goals for the 2017 year and how we can fund this congregation's vision for ministry. This session is a quick, fun, and intentional way for you to ask, *Why me? Why us? Why now?* We want to hear your story and your hopes for this congregation.

New Family Orientation

This session with Rev. K.P. Hong, Director of Religious Education, is for families new to Unity Church who would like to learn more about religious education for children and youth.

Textile Arts Group

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

Great College Search, Session Three: Financial Aid Basics

Learn how to optimize the search process and become a critical consumer of colleges. All sessions will consist of presentations followed by time for questions. Craig Allen is a member of Unity Church and a certified college admissions counselor.

Embodied Spiritual Practice

Yoga Movement and Mindfulness: Brahmacharya

This week's theme, Brahmacharya, means "non-excess." This practice of moderation shows up differently for each of us. For some, it means not eating a whole bag of chips. For others, it means managing their energy by abstaining from practices that sap it in unhealthy ways — like excessive drinking or even exercising to a place of injury. As we move through poses related to non-excess, we will take time to reflect on the idea of Brahmacharya.

Go: A Chinese Game

Learn and play the Chinese Board game, Go. Anyone above the age of 10 is welcome.

Tween Group (grades 5-7)

October 12

Dinner: Roasted vegetables with goat cheese and harissa, mixed greens, and molasses bars for dessert. Roasted chicken legs will be offered for children.

Reframing the Dialogue: Racism and Police Violence

Dr. Rupa Marya

A presentation in partnership with the University of Minnesota Institute for Advanced Study and Center for Bioethics

Dr. Marya uses statistics, personal experiences as a physician in the Bay Area, and theory to illustrate the associations between police brutality and racism, and to argue compellingly for why this issue, in San Francisco and nationally, needs to be addressed by health care professionals. In answering the question of whether doctors are supposed to get political, Dr. Marya argues that avoiding the study of racism and police violence when people are dying is itself a political act "when the data is rigorous and the correlations are strong."

Dr. Rupa Marya received her MD from Georgetown University in 2002. Currently she is a hospitalist at the University of California, San Francisco, while also making public health issues such as health disparities and the nexus of racism and police violence visible through presentations, activism, and international outreach through her band Rupa and the April Fishes.

Mother/Daughter Film Club October Film: Temple Grandin

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

Embodied Spiritual Practice

Yoga Movement and Mindfulness: Aparigraha

Aparigraha is the practice of non-possessiveness or non-attachment. In this week's practice, we'll reflect on the idea of Aparigraha as it relates to our human desires and societal norms. We will pay particular attention to how we move through our yoga poses, working toward approaching them with curiosity rather than a desired outcome.

Bible Study: Old Strong Stories

Great College Search, Session Four: Competitive Colleges: What, Why (or Why Not) and How

UU Pilgrimage (closed)

Go: A Chinese Game

Tween Group (grades 5-7)

Join a Wellspring Wednesday Cooking Team

Help with shopping, cooking, serving, and cleaning is needed on Tuesday and Wednesday evening throughout the church year. Contact madeline@unityunitarian.org if you would like to help!

WELLSPRING WEDNESDAY

October 19

Dinner: Tater Tot Hot Dish (We'll make a hearty creamy version and a healthy light version.)

Open Page Writing Session: Forgiveness as a Lifelong Path
Free; RSVP required to karen@unityunitarian.org

"Forgiveness is not an occasional act; it is a constant attitude," said Martin Luther King, Jr. An evening of reflection on the challenges and the power of forgiveness. 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.

Embodied Spiritual Practice

Yoga Movement and Mindfulness: Review of the Namás

This week we'll recap our practices of the previous weeks: Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha, and explore the intersection of all. We'll practice breath work (Pranayama), movement (Asana), symbolic hand gestures (Mudra), sacred messages (Mantra) and resting the mind (Meditation).

Bible Study: Old Strong Stories

Textile Arts

UU Pilgrimage (closed)

Go: A Chinese Game

Tween Group (grades 5-7)

Wellspring Wednesday


A Weeknight at Church

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun. Dinner begins at 6:00 p.m., followed by worship in the Ames Chapel at 6:45 p.m., and an evening of rich programming beginning at 7:10 p.m. All are welcome.

Childcare is available and you do not have to sign up in advance.

Dinner: The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. Children under the age two are free.

All meals will offer vegetarian, vegan and gluten free options. People with specific food allergies may contact madeline@unityunitarian.org to arrange to have a special preparation. Email Lisa Friedman at lisa@unityunitarian.org for financial assistance to help cover the cost of dinner.



Wellspring Wednesday at Unity Church
Food • Community • Learning

October 26

Dinner: Clam chowder and corn chowder with biscuits (dairy free options will be available)

We're in America Now: A Survivor's Stories
A reading with Fred Amram

Fred Amram, an award winning storyteller, reads and tells bitter-sweet stories of life in Nazi Germany and then coming to a new country with a new language and culture. His new memoir begins with the author's birth during the rise of Hitler in 1930s Germany and tells the universal story of a sometimes naughty boy growing up with the shadow of the Holocaust always at his side. Mr. Amram and his surviving family escape to Holland and sail to America where they encounter many challenges as immigrants in a new world. This country truly becomes a land of opportunity where one can build a new life and become more than a "Holocaust survivor." Copies of his new book will be available for purchase and signing.



Fred Amram is a retired University of Minnesota professor of communication and creativity. He spent his early years in Hannover, Germany, where he experienced the Holocaust from its inception. Amram witnessed Kristallnacht and the Gestapo invading his home. He watched the British bombers from his balcony when Jews were banned from air raid shelters. The loss of uncles, aunts, a grandmother, and many more relatives has motivated him to share his experiences in hopes of ending genocide everywhere. For more about the author, visit www.fredamram.com.

Calling all Unity Ukesters!

Come join us once a month for a laid back time of jammin' on your ukulele. Beginners to pros, ages 8-120 welcome! Show up with your uke, copies of music you wish to share, an open mind, and a sense of humor. We'll share what we know with each other and have fun playing together one of the "happiest" instruments on the planet. Questions? Contact Dana at danakmardock@gmail.com.

Embodied Spiritual Practice

Yoga Movement and Mindfulness: Saucha

We'll start our study of the Niyamas (observances) with Saucha, which means cleanliness. The practice of Saucha includes much more than just physical cleanliness. Saucha also means cleanliness of body, mind, spirit and surroundings, all helping to direct us towards a pure and positive life. Our meditation this week will include the practice of Trataka (candle gazing) to focus our attention and bring our minds to a place of pure calm.

UU Pilgrimage (closed)

Go: A Chinese Game

Tween Group (grades 5-7)

MINISTRY WITH CHILDREN & YOUTH

Pitter-pattering Questions

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

From KP Hong, Director of Religious Education



Modern theological frameworks, such as black, feminist, and liberation theologies, originate from a profound place of human experience, an orientation that resonates historically and heuristically within Unitarian Universalism. How then, for child theology, would the experience of a child shape her perspective on forgiveness?

"You have to say sorry. You have to play with them again."

The apparent simplicity of the child's understanding likely scandalizes grownups with its directness, pointing precisely to what is embarrassingly difficult and elusive for grownups, who struggle to but are often unable to actually move on in relationships. However children name the felt sense of wrongdoing that is part of their everyday reality — as the experience of causing or being harmed or engendering unhappiness in another — *forgiveness begins with relationships*. Children turn to relationships from the very exigency within their nature that knows relationships as the primary ground of life. Forgiving, as an extraordinary form of *giving* itself, is a social relation and far more consequential than an individualized state of mind. It is an event *between* persons, binding us together and forging a way of being in community that confounds social economies premised on rational self-interest. The sheer magnitude of forgiveness and what it seeks to accomplish makes irrelevant any desire to congratulate ourselves or to be congratulated by others. For the only goal that finally matters is neither the satisfaction of injured pride nor the just apportioning of reward and punishment. (Can even our reach for strict restorative justice ever be completely satisfied?) What matters is that we are released from the burden of offense, transgression, and debt that threatens our very social fabric with enmity and destruction. And once freed, we get to "play with them again."

Remember the parable of the prodigal son? The father who throws a celebration party for his "lost/found" younger son while the older son angrily tries to comprehend how his father could welcome back one who has squandered and "devoured [the father's] property with prostitutes." The older brother employs *moral categories* and identifies his younger brother along the axis of good/bad. The father, while clearly aware of the moral implications, employs *relational categories* and sees his son along the axis of lost/found and dead/alive. As still a novice parent myself, I understand more intimately the father whose *priority of relationship* is not grounded ultimately in moral performance, but who ceaselessly readjusts his own identity to remain in relationship to the changing-maturing identities of each of his children.

Love that forgives and relentlessly adjusts to keep children in our embrace. What else would we expect of love but to make way when there is no way? What else but forgiveness could surprise us free from the irreversibility of injury and wrong, so we can play together once again?

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

Boston Pilgrimage for 11th Grade Youth

This annual pilgrimage from October 19-24 (over MEA weekend) offers 16 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 hold them in your thoughts and prayers as they journey further along their spiritual paths.

UU Parent Circles

Sunday, October 9, and
Wednesday, October 12

Unitarian Universalist (UU) Parent Circles are drop-in, facilitated discussion groups on parenting topics related to values and spirituality. The topics are generated by the parents who come. Examples of past topics include: bullying, chores, kids' activities, friends with different religious beliefs.

Facilitated by parents in the UU Families Initiative, which has two goals: to develop shared principles and common practices for raising our children religiously in the Unitarian Universalist tradition, and to develop a community of families raising our children religiously at Unity Church.

One group meets during the Coming of Age class on Sunday, October 9, 4:30-5:30 p.m. in Robbins Parlor.

The other group meets during the Our Whole Lives class on Wednesday, October 12, 7:15-8:30 p.m. Room to be announced.

Parents without children in OWL or COA are also welcome.

Child Care

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

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MINISTERIAL INTERNS / MUSIC MINISTRIES

2016-17 Hallman Ministerial Intern

Jessica Clay



Each day when I wake up I am glad for another opportunity to be alive and all that it encompasses. That is, until I look at social media or turn on the news, and then it can be hard to sustain the joy of a new day. I try to look for the things that lift my heart because these are what center and ground me. Ministry lifts my heart in so many ways. As I looked out across the congregation on Ingathering Sunday, I had this immense gratitude for the beauty before me; all of you who bring your full selves to this congregation, your gifts, your stories, what a delight it is for me to begin to get to know you.

As I am getting to know you, I am getting to know the joy of seasons once again. This month brings with it the promise of crisp weather, leaves changing, and possibly some apple picking. As a Californian, I look forward to all of these things and get great joy from them. I am also aware of the upcoming election, current civil unrest, and the heavy hearts that surround us. Practicing how to hold each of these and when to set them down is spiritual work — knowing what works best in connecting me to the divine and to myself helps to ground me amidst the changing of the seasons and the tragedies that occur around the world on a daily basis.

Being able to connect to the divine and name what that is can guide us in navigating these waters in this time of great transition. I am much looking forward to leading the class “UU Pilgrimage” this month during Wellspring Wednesdays. During the six sessions of the class, we will look at UU theology through the framework of the five questions used in the Coming of Age curriculum. By using history to guide our own theological inquiry we can continue to deepen our spirituality and ground ourselves in this holy work of building beloved community.

When the leaves change there is often a sense of going inward, looking at all of the parts of ourselves, and nurturing that inner call to stay inside in pajamas and make soup. May the month ahead help you to see the ways in which you need to nurture and attend to spiritual growth, and attend to the hurting and healing of each other. This is the task of religious community and we are all the better for all that we bring to it. Each time we say yes to this place we are saying yes to each other and to the sacred thread that runs through all of us.

Please feel free to contact me at jessica@unityunitarian.org or 651-228-1456 x109.

Recovery Ministry

Seeking those within the Unity community who are interested in participating in a recovery ministry here at the church. If interested, please contact Hallman Ministerial Intern Jessica Clay at jessica@unityunitarian.org or 651-228-1456 x109.

Music Notes

From Ruth Palmer, Director of Music Ministries



Art, the great inner bridge that lets the song of inwardness sing us. In all its forms, art has always given us a way to recover from the numbness of experience.

— Mark Nepo
from *Seven Thousand Ways to Listen*

I often ask members of our choirs to listen deeply, to listen to each other, to listen to their own inner story from which they can sing. This year we will talk frequently about their individual voice in relationship with others. It is almost miraculous to hear the instant difference in sound when each singer focuses on listening. As long as I have done this, I am still astonished at how quickly our individual sounds adapt, soften, and become curiously enriched by that “simple” clarity of listening to sound and impulse within, among, and beyond.

If I were with you as you read this, I would suggest pausing for a moment, becoming alert to the sounds around you and then joining in with some tone that you hear responding within yourself. If we listen deeply, we just might find that “inner bridge that lets the song of inwardness sing us,” intuit experience of others through the sounds they share, and find an enlivened relationship with the world.

If interested in joining a choir, please contact Ruth Palmer at ruth@unityunitarian.org.

Unity Choir (high school through adult) rehearsals: Thursday evenings, 7:30-9-15 p.m., Parish Hall

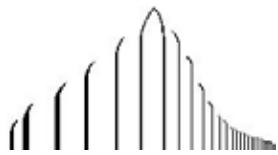
Women's Ensemble (6th grade through adult) rehearsals: Sunday mornings, 10:15-10:45 a.m., Foote Room

Many thanks to our summer musicians!

Many thanks to the musicians who contributed so generously of their time and talent to the 2016 summer services:

Dawn Baker, piano
Elizabeth Bell, violin
Bryan Boehnke, recorder
Paul Boehnke, harpsichord
Joseph Caswell, piano
Julie Elhard, viola da gamba
Ava Fischer-Ross, classical guitar
Rochelle Lockridge, guitar and vocals
Ruth MacKenzie, with Mosaic Makers
Dana Mardock, flute
Kevin Moonen, harp
Priscilla Morton, piano
Mosaic Makers: Ruth MacKenzie, David Ruffin, Libby Turner

A special thanks to Kathleen Bartholomay who completed her 19th year of coordinating music for summer services!



UNITY CHURCH-UNITARIAN

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**TIME SENSITIVE
MATERIAL**

REVIVAL
Time for a Moral Revolution of Values

MINNEAPOLIS
Monday, October 10 • 7:00 PM
Plymouth Congregational Church
1900 Nicollet Avenue, Minneapolis

Rev. Dr. William J. Barber II • Rev. Dr. James A Forbes Jr.
Rev. Dr. Traci Blackmon • Sister Simone Campbell, SSS

The Revival: Time for a Moral Revolution of Values is a national multistate tour to redefine morality in American politics. The tour challenges leaders of faith and moral courage to be more vocally opposed to harmful policies that disproportionately impact the poor, people who are ill, children, immigrants, communities of color, and religious minorities.

**Why me?
Why us?
Why now?**

October is pledge drive month at Unity Church!

Turn to page 5 for details.

Marathon Alert

The Twin Cities Marathon will wind its way along Summit Avenue the morning of Sunday, October 9. 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.