

Sacrifice

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.

The poem, 'Questionnaire' by Wendell Berry asks the reader some very provocative questions: *How much poison are you willing to eat for the success of the free market and global trade? Please name your preferred poisons. In the name of patriotism and the flag, how much of our beloved land are you willing to desecrate? List the mountains, rivers, towns and farms you could most readily do without. State the ideals, hopes and the kinds of security for which you would kill a child. Name the children whom you would be willing to kill.*

These very direct questions are hard to hear and even more difficult to answer. They ask us to name what sacrifices we are willing to make and also to see the horrendous consequences that will occur to our beloved earth and its people if we don't make some difficult but absolutely necessary sacrifices. This month's theme of sacrifice invites us to consider the implications of this complex and difficult word. Many of us think of sacrifice in terms of giving up something of value for something of greater value. But the Latin origins of the word provide more nuance: *Sacre* and *facere* means to make sacred or holy. Sacrifice has an important role in our religious and family lives because sacrifice makes sacred and holy the relationships, the institutions, and the values that the sacrifice honors.

Gandhi cautions that religion without sacrifice, one of the seven social sins, will destroy us. Religion without sacrifice asks nothing from people but to sit self-satisfied and self-serving in the pews instead of building the beloved community we all long for. So what does our faith ask us to make sacred and holy? If it is not burnt offerings, fasting for 40 days, or even tithing,

what is being asked of us? Perhaps one answer to this question can be found in the Hebrew Scripture of Micah 6:8. The people ask God what is required of them and God answers that it is a way of life that values justice, loving-kindness, and humility. Isn't this what our Seven Principles call us toward? To love — God, our neighbor, and ourselves. We are meant to love. Taking down the walls that divide us and ensuring that no one is left outside the circle.

Unity Church asks us to build community where love is at the center and to live lives of integrity, service, and joy. By attending services regularly, making a yearly pledge (and we highlight this during our pledge drive which kicks off this month), nurturing a spiritual practice, and acting for justice in the world is a way to live a sacred and holy life. And I would add, for those of us who are white, sacrificing our comfort, control, stability, and the way it has always been done will also be necessary if we want to dismantle the culture of white supremacy that we swim in every day. Welcome discomfort as much as you can understanding that it is the root of all growth and learning; deepen your political analysis of racism and oppression so you have a strong understanding of how your personal experience and feelings fit into a larger picture; don't take everything personally.

What values, relationships, and institutions will your sacrifices honor and make holy this year?

*Ministerial Intern Andrea Johnson with this month's theme team:
Drew Danielson, Rob Eller-Isaacs,
Lisa Friedman, KP Hong,
Arif Mamdani, and Karen Herring*

Sacrifice Theme Resources

FOR FAMILIES

The Legend of the Blue Bonnet by Tomie DePaola

Their Great Gift. Courage, Sacrifice, and Hope in a New Land by John Coy

Harry Potter and the Deathly Hallows by JK. Rowling

VIDEO

PBS Documentary: *Defying the Nazis: The Sharps' War* (2016)

Tells the story of Waitstill & Martha Sharp, a Unitarian minister and his wife who left their children behind in the care of their parish and boldly committed to multiple life-threatening missions in Europe

PBS Documentary: *Last Men in Aleppo* (2017)

A harrowing look at the heroic work of two men of the Syrian Civil Defense's White Helmets, civilian volunteers who are usually the first responders in the country's civil war.

BOOKS

Warriors Don't Cry: A Searing Memoir of the Battle to Integrate Little Rock's Central High by Melba Pattillo Beals

The Jakatas: Tales of India by Ellen C. Babbitt

POETRY

"Questionnaire" by Wendell Berry
Micah 6:6-8 • What does the Lord require of you? But to do justice, and to love kindness, and to walk humbly with your God.

Just Words



Like many, if not most of you, there are times I need the church to be a refuge from the tumult of the world. Since emerging from six months of excruciatingly difficult service as Secretary of the Unitarian Universalist Association (UUA), during which we found ourselves in an unusually candid and painful conversation about our complicity with white supremacy, I feel that need for refuge more than ever.

We religious liberals tend to believe that if we just try harder we should be able to solve even the most complicated problems. I sense that we are making progress. But even as we stay true to the struggle to dismantle racism we need to cultivate the spiritual maturity that helps us to sustain our obligations. Each year as we turn toward fall we take a lesson from our Jewish neighbors by asking ourselves where have we fallen short both as individuals and as a community? Where do we need to make amends? How can we move toward reparations? And then, having confessed our shortcomings, we ask for and offer forgiveness and begin again in love.

In June I completed four years of service on the UUA Board. I want to thank you for encouraging me to extend our ministry to our larger Association. And I need to tell you that by the end of General Assembly I was simply depleted. I thought to myself, that's enough. It's time to retreat from the fray, time to find some refuge where people will just let me be.

I got some rest over the summer. But I still carry the wounds of the struggle and probably will for the rest of my life. I don't mean to complain. What trauma I've suffered is miniscule when put beside the generational trauma of people of color who constantly have to confront the realities of systemic racism. I must confess that I've grown reticent, or maybe shell-shocked is a better term. It has helped me feel more compassion for those who stay away when church demands we risk discomfort in the interest of a larger love. But if we are ever going to narrow the tragic gap between our social realities and our stated aspirations we have to keep taking that risk.

Risk and refuge, refuge and risk, there are no easy answers here. Ours is a both/and way, fraught with ambiguity and blest by those kind, calm, kindred souls who make their home among us.

As always,

Rob Eller-Isaacs

Blessing of the Animals

Blessing of the Animals will be held on Sunday, October 15, 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!



The Wheel of Life

In Memoriam

Sandra Vatassary

July 28, 1946 – August 26, 2017

In Celebration

Terri Burnor

Welcomed into Unitarian
Universalist ministry by the
Ministerial Fellowship Committee

Aleksandra James Mehr

born one more redeemer
to parents
Brianna and Andrew Mehr



Minnesota Unitarian Universalist
Social Justice Alliance

Annual Celebration and Fundraiser

Thursday, October 5

First Universalist Church
of Minneapolis

6:00: Gather and enjoy delicious
food from The Sioux Chef

6:30: Welcome

Pastor Danny Givens, Jr.
MUUSJA Statewide Organizer

6:40: Keynote

Rev. Karen Van Fossan

7:20: Justice Awards,

Sherri Knuth and Taylor Putz,
MUUSJA Board Co-Chairs

7:35: Growth, Partnership, and
Solidarity, Rev. Ashley Horan,
MUUSJA Executive Director

7:45: Funding Our Future

Liz Loeb, Kaleo Center for Faith,
Justice, & Social Transformation

Reserve tickets or support
MUUSJA's annual fundraiser online
at <http://muusja.org/>.

SUNDAY WORSHIP / OFFERING RECIPIENTS

Sunday Worship

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Sermon podcasts and archives are available online at www.unityunitarian.org. Religious Education for children and youth is offered during all services.

October 1: *Begin Again in Love*

Come turn with the turning of the year as we once again, with deep respect and gratitude, enter in to the Jewish High Holy Days. The service, offered by Rev. Rob Eller-Isaacs and worship associate Kevin Ward, will include an opportunity to “forgive ourselves and each other and begin again in love.”

October 8: *Making Sacred and Sacrifice*

The theme of sacrifice can often make Unitarian Universalists squirm. (Combine that with making sacred and it will be a miracle if anyone comes to church...) Rev. Janne Eller-Isaacs and worship associate Bryan Smith will wrestle with what religious progressives sacrifice in making sacred.

October 15: *The World We Want to Live In*

What are you willing to invest or, if you prefer, to sacrifice in service to the world you want to live in? The time has come again for us to renew our commitment to the church. Based on Naomi Shihab Nye’s wonderful poem, “Gate 4-A,” this service will help us all to know in the poet’s words that if, “This can happen anywhere. All is not lost.”

October 22: *She/He/They/We*

With the unfolding conversations and awareness around gender identity and diversity, how do we understand what it means to be “us” in ways that welcome and open the fullness of all our gender identities and possibilities? Rev. Karen Hering has developed this service with Catherine Charles Hammond, her son, who will join her in leading it along with worship associate Mike Huber. An afternoon workshop, “Gender 101: Fostering Justice, Equity, and Compassion for All Genders” will also be led by Catherine Charles Hammond (see page 8).

October 22 is MEA weekend and there are no Religious Education classes. Activities for kids will be available.

October 29: *When the Veil is Thin*

George Saunders’ stunning book *Lincoln in the Bardo* tells the story of the death of Abe and May’s beloved son, Willie, and of his father’s struggle to let go. There among the ghosts who inhabit the cemetery where Willie lies in a borrowed tomb, the President, weighed down by grief for both his own son and so many other people’s children, wanders in the place between. Come celebrate Día de los Muertos as Rev. Rob Eller-Isaacs and worship associate Susan Huehn help us visit that same place. Please bring pictures and other tokens of those you’ve loved and lost for the Día de los Muertos altar.

October 29 is a Story Sunday. Children in grades 1-8 begin in worship with the congregation in the Sanctuary. After the Story for All Ages, Workshop Rotation children head to class while junior high youth remain in the sanctuary for the service.

Offering Recipients

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

October 1: Amicus

For fifty years Amicus has offered relationship-based services that help people overcome the challenges that come with having a criminal record. This offering will go to support Amicus’s Wednesday Reflections Group, a gathering of 15-20 people coming together weekly to share a meal, discuss common struggles, and offer mutual support as they continue their often lonely transition back into the larger community. Older participants coach newer members about essential strategies and resources needed for survival after incarceration.

October 8: Guadalupe Alternative Programs (GAP)

GAP’s mission is to serve communities challenged by opportunity scarcity and poverty through education and enrichment adventures. This collection will support a group of indigenous youth from Guadalupe who will join activist and songwriter Mitch Walking Elk in a pilgrimage to Rome to meet with Pope Francis in an effort to have the “Doctrine of Discovery” issued on May 4, 1493, abolished. This doctrine supported Spain’s exclusive claim to all land discovered by Columbus the previous year, stating that “barbarous” nations must be overthrown and brought into the Catholic faith.

October 15: Sarah's Oasis

As part of the ministry of the Sisters of St. Joseph of Carondelet, Sarah’s Oasis is a home dedicated to safety and dignity for a diverse community of women where they are empowered to begin new and productive lives. Sarah’s welcomes women in need of resources or support who have often survived significant trauma including violence, abuse, torture, war, discrimination, and other difficult circumstances. Since 1996, more than 600 women have called Sarah’s home.

October 22: Community Stabilization Project

Community Stabilization Project (CSP) reaches out to underserved and under-represented low income tenants in the Twin Cities metro area. CSP educates and organizes tenants to advocate for themselves while providing outreach services that include relocation counseling after building condemnation, eviction prevention strategies, and landlord-tenant relationship building. A Rent-Ready program equips future tenants with skills essential to open pathways to stable housing.

October 29: Justice Learning Scholarship Fund

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

BOARD OF TRUSTEES / ORDINATION & INSTALLATION

Sacrifice – Try It; You’ll Like It!

From Justin Cummins, Chair



Serving on the Board is a sacrifice. After reading a statement like that, some might think being on the Board is a negative experience that must be tolerated much like taking bad-tasting medicine. That could not be further from the truth. Board service is a wonderful and enriching honor, but it does require a significant commitment.

Sacrifice in this context, then, simply means living a life of integrity, service, and joy.

Although serving as a trustee takes Board members away from their families and other life activities for a time, Board members receive much more in return than what they give up. Through the Board’s challenging, inspiring, and visionary work, trustees gain insight regarding themselves and the Unity Church community, develop enduring bonds with each other, and collaborate in important ways to build a better future with Unity’s Co-Ministers and other members of the Executive Team.

Of course, the privilege of engaging more deeply in the life of Unity Church is not limited to trustees. In fact, an excellent opportunity to engage in profound ways appears on the horizon for the entire congregation. This opportunity will enable participating congregants to gain far more than what they give up in time and energy. In particular, I am talking about the Ends renewal process, which will involve updating the core values, mission, and vision for Unity Church. This process happens every five years, and it entails helping to articulate the way forward for the congregation — within, among, and beyond ourselves. Consequently, the renewed Ends will provide vital guidance to both the Board and the Executive Team as they encounter opportunities and obstacles in the future. If that were not motivation enough, the Ends renewal process will also have an impact on the transition process related to the retirement of Unity’s co-ministers and several long-term staff members in the next few years.

Even though Unity’s congregation will vote on Unity’s renewed Ends at the Annual Meeting in November, 2018, congregants will have meaningful ways to become involved in the Ends renewal process beginning very soon — in January 2018. Unity’s website, *This Week at Unity*, weekly emails, and *commUNITY* will have information about opportunities for engagement in the Ends renewal process as plans take shape. You can also talk to a Board member to find out more. Participating in this exciting and essential opportunity will take time and energy — but it will be more than worth it. The Board looks forward to your engagement — that is, your sacrifice — in that regard.

The Ordination of Shay Mackay

Affirm a Call, Bless a Ministry, Enact a Sacred Ritual

From Justin Cummins

It is with great joy that Unity Church invites you to attend and participate in the ordination of Shay MacKay to the Unitarian Universalist Ministry on Saturday, December 2, 2017, at 10:00 a.m. Shay was our intern during the 2015/2016 church year and is currently serving as the Interim Assistant Minister at White Bear Unitarian Universalist Church.



Unitarian Universalist ministers undergo a great deal of training — a Master of Divinity degree from an approved school, a ministerial internship, many interviews, and credentialing from the Ministerial Fellowship Committee (MFC) of the Unitarian Universalist Association (UUA). It is the individual congregations, and not the UUA or its MFC, that vote to actually ordain someone. Both congregational polity, as well as ministerial authority are enhanced by the sharing of the sacrament of ordination. Shay has requested that Unity Church be her ordaining congregation and it is an honor for us to ordain one whose ministry was shaped by being among us. Through the act of ordination, Unity Church extends its ministry into the world in the form of Shay Mackay.

In August, the Board of Trustees moved to ordain Shay MacKay, an act that now requires a vote of the church membership. That vote will take place during each service on Sunday, October 8. Our congregation will give her a stole to mark her ordination as Rev. Shay Mackay. Members of the broader community affirm this rite as well. We hope you’ll join us for this sacred and joyous occasion.

The Congregation of the First Unitarian Universalist Church

of Rochester, Minnesota,
invites you to celebrate
the installation of

The Reverend Luke Stevens-Royer

Sunday, October 15 • 4:30 p.m.
Reception following the service.

First Unitarian Universalist Church
1727 Walden Lane SW
Rochester MN 55902

Clergy, candidates for ministry, and religious professionals of all traditions are invited to robe and process.
Please gather at 4:00 p.m.

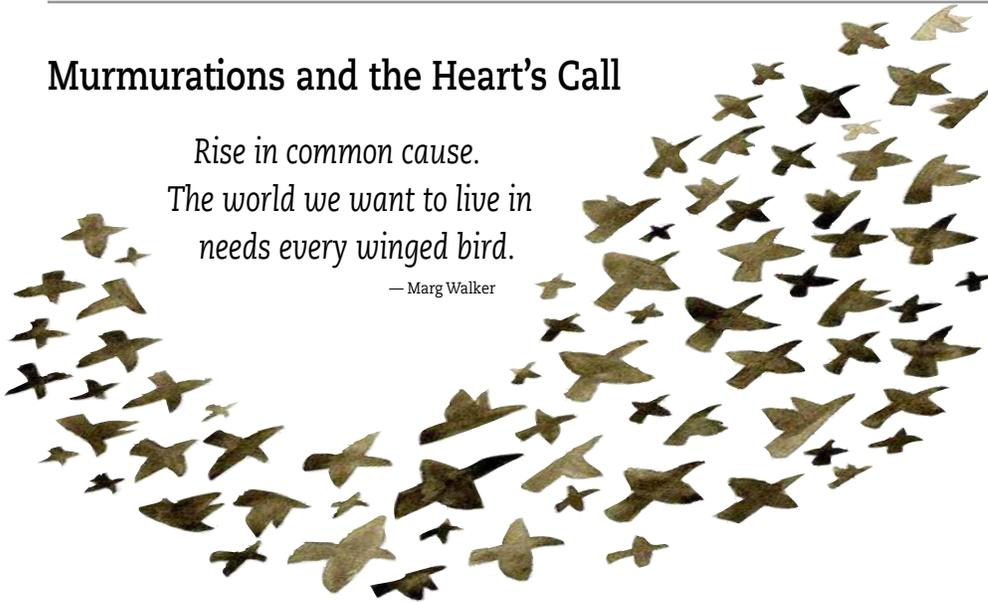


2018 PLEDGE DRIVE: THE WORLD WE WANT TO LIVE IN

Murmurations and the Heart's Call

Rise in common cause.
The world we want to live in
needs every winged bird.

— Marg Walker



You might hear it before you see it—a distant, muffled applause drawing your attention to a dark smudge rising on the horizon. Then it sweeps across the sky, claiming the full width of your vision — a flock, a murmuration of starlings, a beautiful black blanket rolling open, loosely woven of thousands of small chirping birds audibly flapping their wings. It unfurls overhead, then narrows into a long undulating ribbon rippling away from you, curling back, this way and that, before moving on.

Standing speechless below, you feel yourself lifted, swept up in astonishment and deep connection — with the birds overhead as well as the ground beneath your feet. Your heart is called and claimed by the magnificent, moving world you belong in.

[A murmuration of starlings](#) is a miracle to behold and a wonder to understand — how the flock turns and advances together, especially when sensing danger, each bird in intimate communication with six others in overlapping groups of seven. Fluidly interconnected, they sense the movement of others around them as if it were their own, awareness rippling across the flock from one edge to the other.

We humans marvel, but we too have our own patterns of sensing and connecting to one another, adding our energy and awareness to something larger than ourselves, being guided and protected by our belonging in communities that are alive and moving, alert, responsive and turning.

In the flock we call Unity Church-Unitarian, the murmurations of grace unfold in uncountable ways. During a Sunday service, when the creaking of pews and shuffling of shoes slowly give way to silence. Sitting together in prayer, when our joys and sorrows weave together wordlessly in the air. Listening to the choir, being swept up by the music. Making a meal in the kitchen. Teaching in the classroom. Marching in the streets. Chatting over coffee. Working on a team. Each of us connected to others who call to our hearts, who claim us.

You too are part of the flock, beckoned into the movement and wellbeing of this gathered and growing community and the relationships it fosters within, among, and beyond. Can you hear the murmur, a whispered shared dream of the world we want to live in?

The call of connection beckons us all. How will you respond?

Rev. Karen Hering, Consulting Literary Minister
Art by Lori Roberts, littltruthsstudio.com

2018 PLEDGE DRIVE

The World We Want to Live In

In this difficult year of so much change, we have flocked together. We have turned to one another, trusting the space between us as connective, as holy, both when we recognize our common ground and when our differences shine divinely. We have reconnected with fellow members and welcomed newcomers, strengthened old commitments and pledged ourselves to new ones. We have declared and offered sanctuary, comforted and encouraged one another through the year's losses, and won each other's hearts as we have done so.

The injustices and violence of these times make clear our shared call to imagine, discover and create the world we want to live in – a world of compassion and beauty, of kindness and care, of justice and peace.

What will you pledge toward building the world you want to live in? What will you share? How will you open your heart and awareness to those around you and to larger flock we all fly in?

Your personalized pledge packet will be arriving in the mail soon. Anticipating its arrival, we ask you to consider how our shared community at Unity Church has lifted your heart, expanded your awareness, connected you in relationship and movement with a larger flock of others and with hope itself. You will also be receiving by email or postal delivery, a series of weekly heart to heart messages inspired by the congregation's collective words written last fall, describing what calls us together and keeps us in relationship with one another.

2017-18 MINISTERIAL INTERNS

Hallman Ministerial Intern: Arif Mamdani



Kaleidoscopes have always fascinated me. As a child, I spent hours marveling at the shifting patterns of shape and color created by the multicolored tubes of magic. I was even more fascinated when my parents upgraded my kaleidoscope to one in which I could place my own objects or point it at a picture or other “real world” object of my choice. The “fancier” kaleidoscope gave me the power to morph the world around me into a completely different presentation of reality, turning an “ordinary” tree into a dazzling array of shape and color. Sometimes, I’d look at the world through one eye, and through the kaleidoscope with the other. It was disorienting, sure, but in a very simple way, it also demonstrated another truth — that both perceptions of reality could exist at the same time, side by side.

I was reminded of this early fascination this summer when I visited the Minnesota State Fair. There, in the Agriculture Building, I saw a display of flowers, beautifully arranged in a manner that to my eyes, evoked a mandala. What made the display even more engaging were the kaleidoscopes around its perimeter, and the fact that the platform the flowers sat on could be spun. In other words, this floral mandala, traditionally viewed as a representation of the universe, could be rotated and viewed prismatically. It wasn’t that one representation was more beautiful or evocative than the other, but rather that each could exist side by side, together showing more than either could alone.

This “side by side” understanding of the world has become more evocative for me because it is increasingly how I understand the call of Unitarian Universalism. As UUs we pride ourselves on our theological diversity and the branches of our theological tree hold a great many perspectives, some of which are in tension with each other. Rather than seek resolution of the conflict into a single “right” answer, we’re encouraged to remain in that state of tension.

This commitment to holding multiple ideas flows out of our past and into our present where we’re currently wrestling to make sense of racial justice, whiteness, and white supremacy. We’re asking ourselves to grapple with the forces of oppression that live through us, while at the same time, working to make real the beloved community that exists in our hearts. And here’s the thing. Like the images in the kaleidoscope, I’m increasingly certain that the beloved community isn’t something we reach at some distant point in the future, it’s something that already exists, right now, right here.

As Luke 17:21 says, the “Kingdom of God is in your midst.” William Gibson echoes this sentiment, saying “the future is already here, it’s just not very evenly distributed.” And then there’s the oft quoted phrase from Arundhati Roy: “Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.” What we long for is already here, and yet, there’s still a gap between the world that is and the world that could be. Our call then is to grow our ability to be in the space between worlds, not as mediators of one to the other, but as creators of the ever widening space of intersection.

Ministerial Intern: Andrea Johnson



It is a joy to be here at Unity Church and participate in the excitement of the new church year. At the Ingathering services in September I witnessed the happy reunion of friends in the foyer, children excited to carry and merge waters from the north, south, east and west and even a few tears during Peter Mayer’s beautiful music that reminds us of what is truly holy in this world. Meeting and shaking many of your hands and sharing a meal over Soup Supper and Wellspring Wednesday was delightful indeed. Thank you for your very warm welcome!

As I think about this month’s theme of sacrifice and the recent destruction from hurricanes Harvey and Irma, I am reminded that in the wake of disaster our faith calls us to love. And if what Cornel West says is true: “justice is what love looks like in public” then we are meant to love, taking down the walls that divide us and ensuring that no one is left outside the circle. As I think about this month’s theme of sacrifice and the recent destruction from hurricanes Harvey and Irma, I am reminded that in the wake of disaster our faith calls us to love, taking down the walls that divide us and ensuring that no one is left outside the circle. Despite the news coverage that says we are a people divided and that the damage done by greed, ignorance, and arrogance cannot be undone — we still find stories of love and hope.

Like the story in the *New York Times* about the businessman in Houston who opened up his furniture store which had mattresses and couches that he could have sold, but instead he opened the door of his store and told his neighbors, strangers, anyone without a place to come in and rest. Just sleep here till you’re strong again. Many families came to the store — a mother with a two-month old baby, another mother with six children who said she came because she didn’t want her family to drown. These acts remind us that love prevails and saves us.

Here in this church love saves us. 135 congregants sacrificed a beautiful sunny Saturday to show up at an Intercultural Competency workshop to learn about the characteristics of white culture. One of the purposes of this workshop is to point out how organizations which unconsciously use these characteristics as their norms and standards make it difficult to open the door to other cultural norms and standards. As a result, while saying we want to be multicultural, we really only allow other people and cultures to come in if they adapt or conform to already existing cultural norms. Experts in this field encourage organizations to identify and name the cultural norms and standards they want as a first step to making room for a truly multi-cultural organization. This is the holy and sacred work we will do together this year.

WELCOME WORDS

Welcome Words

Rev. Lisa Friedman, Minister of Congregational and Community Engagement



I often get questions from both new and seasoned Unitarian Universalists about our faith and history and how to talk about being a UU. This year, we will offer a series of classes that explore Unitarian Universalist theology, history, and practice as part of the Faith Forward from Visitor to Leader series. In addition to the weekly Finding Yourself at Unity sessions, look for more opportunities to engage Unitarian Universalism in depth. Beyond Inquirers will explore how UUs do church.

UU Theology will take on the classic religious questions from a UU perspective. The one time Roots class and UU History 101 will delve into the questions that shape our heretical heritage. And the UU Elevator Speech class will help you craft a succinct description of Unitarian Universalism in your very own words! Most of these classes will be offered more than once throughout the year, so don't worry if you have a conflict with a particular one — another opportunity will come again soon. Whether you are a new or seasoned UU, give yourself the gift of exploring your faith in community. See you in church!

Pathway to Membership Classes

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

Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis on Sundays from 10:15-11:15 a.m. in the Ames Chapel. The class will also be offered once a month after the 4:30 p.m. service, from 6:00-7:00 p.m. These sessions can be attended in the order that works for you and will offer participants the opportunity to share part of their religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation. Childcare is available in the nursery.

October topics include:

October 1: Q & A with a Minister

October 8: Religious Education for Children, Youth, & Adults

October 15: Worship & the Liturgical Year

October 22: Social Justice & Community Outreach

October 29: UU History, Principles, & Sources

The October 29 session is also offered after the 4:30 service, from 6:00-7:00 p.m.

Committing to Unity: Joining Unity Church

Tuesday, November 28 • 7:00-9:00 p.m.

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

Beyond Inquirers

*Who are Unitarian Universalists?
How do we do church?*

**Sundays, October 1-15
12:30-1:30 p.m.**

This five session class addresses commonly asked questions about Unitarian Universalism and how UU congregations approach religious life:

- What do UUs believe?
- Is this a new religion?
- How do we do church?
- How do we live our values?
- Does it matter if I join?

This class is a great opportunity for anyone who has completed the Finding Yourself at Unity series and anyone who would like to better understand our faith, the rights and responsibilities of membership, and how we do church. Childcare is available upon advanced request. Sign up online at <http://www.unityunitarian.org/adult-learning--spiritual-practice.html> or email Rev. Lisa Friedman (lisa@unityunitarian.org) with questions you may have.

Mentoring at Unity

A Path to Deeper Connection

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

Awakening Wise Courage

Evening of music and words inspiring courageous generosity and compassion

Meg Wheatley and Barbara McAfee

Tuesday, October 10 • Unity Church

For over 40 years, Margaret Wheatley has been bringing new insights about leadership and change to organizations and businesses worldwide. As author of nine books and co-founder of the nonprofit Burkana Institute, she explores new organizational forms inspired by living systems and the way they organize, adapt and change. Recently, she has been teaching leaders, activists and citizens to become "warriors for the human spirit," equipped to "embody the best human qualities of insight, generosity and compassion."



She writes, "Warriors for the Human Spirit are awake human beings who have chosen not to flee. They abide. They serve as beacons of an ancient story that tells of the goodness and generosity and creativity of humanity. You can identify them by their cheerfulness. You will know them by their compassion. When asked how they do it they will tell you about discipline, dedication and the necessity of community."

In an evening of insight and inspiration co-sponsored by Unity Church and Wisdom Ways Center for Spirituality, Margaret Wheatley and singer/songwriter Barbara McAfee will consider how we can be present, awake and engaged in the heartbreak, frustration and outrage of our times.

"Awakening Wise Courage," a program of words and music led by Wheatley and McAfee, will be presented on Tuesday, October 10, from 6:30-9:00 p.m. in the Sanctuary at Unity Church. To assure a seat, advance registration is encouraged and will be handled by Wisdom Ways on-line at <http://bit.ly/wheatleyww> or by phone, 651-696-2788. Financial assistance is available for church members; contact Janne Eller-Isaacs at janne@unityunitarian.org.

Gender 101

Fostering Justice, Equity, and Compassion for All Genders

Sunday October 22 • 1:00-3:00 p.m. • Unity Church • Free

With trans people experiencing unprecedented momentum as well as dangerous backlash in their fight for safety, visibility, and acceptance, making our communities truly accessible and welcoming to people of all genders is more important than ever. In this lively and informative workshop we'll start with the basics and cover vital knowledge for understanding gender diversity along with "dos and don'ts" you can start practicing today to help build a safe, equitable world for people of all genders.

No RSVP is necessary for Gender 101. Unity's Rainbow Chalice Alliance will serve lunch prior to the program. Please email Mike Huber at mikehuberece@gmail.com if you plan to come for lunch.

Catherine Charles Hammond is a Minneapolis-based writer, musician, and performer whose work exploring queer identity has been featured most recently in 20% Theatre Company's "The Naked I," Fox Egg Gallery's "OUTspoken," and Intermedia Arts' "Queer Voices" reading series. They have led "Gender 101" workshops at First Unitarian Universalist Church in Rochester, MN, and First Universalist Church of Minneapolis, and have also provided staff trainings, consultation, and lectures as LGBTQ Community Liaison at the Children's Theatre Company in Minneapolis.

Spirit Map Class

Spirit Map class begins in October!



Spirit Map

Did you choose to purchase a Spirit Map report after the congregational survey last spring? Wondering what to do with those results? Join Spiritual Director Sarah Cledwyn for two upcoming opportunities to dig deeper into your strengths and opportunities. The wonderful thing about your results is that they are the perfect starting point to tailor a spiritual practice that works for you, help you gain insight about where to focus your growth efforts for the greatest traction, and move you to the next level of spiritual maturity... if you use them.

Come to a one time free Introductory session on Wednesday, October 4, about your Spirit Map results and what to do with them now. This session will give you a re-orientation into your results, what they mean, and how to use them. The introductory session will be followed by a six-week class running on Thursdays from October 12-November 16. In this course we will delve even deeper into your results and how to translate them into individual spiritual practices in a supportive environment. What if you haven't taken the inventory and are curious? You can find out more about Spirit Map or you can use this link to purchase a Spirit Map report at the specially discounted rates for class participants. There are two reports available; either will work for the class. Once you purchase a report, you'll receive a link to access the Spirit Map inventory. Inventories will have to be completed by September 26 in order to be ready for the introduction session on October 4. If you have questions about Spirit Map or this group opportunity, feel free to contact Sarah Cledwyn 651-699-9948 or Laura Park laura@unityconsulting.org.

CONGREGATIONAL LIFE

Fellowship Groups

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

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

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (October 19) from noon–2:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Elders Circle: Watch for details!

Evergreen Quilters: Second Tuesday of the month (October 10) from 7:00-9:00 p.m. and fourth Saturday of the month (October 28) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

LGBTQ+ Group: First Sunday of the month (October 1) from 12:30-2:00 p.m. and the third Sunday of the month (October 15) from 6:30-8:00 p.m. All are welcome!

Living With Grief Group: For people living with grief and loss. Third Tuesday of the month (October 17) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Men's Retirement Group: Monday, October 9 and 23, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

New Look at the Bible: Second Thursday of the month (October 12) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

Textile Arts Group: All ages and levels of experience are welcome! Meets the first and third Thursdays of each month (October 4 and 18), from 7:00-8:30 p.m. Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch. Contact: Linda Mandeville at lindamandeville41@gmail.com

Unity Book Club: Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne at jack.hawthorne@comcast.net. Upcoming discussions: October 10: *Big Machine: A Novel* by Victor LaValle
November 14: *Killers of the Flower Moon* by David Grann

Unity Bridge Club: First Friday of the month (October 6) at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

UU History Book Club: Third Wednesday of the month (October 18) at 7:00 p.m. Contact: Krista Hanson at klfhanson@yahoo.com. October's discussion will be on Philip F Gura's *American Transcendentalism*.

Women In Retirement, The Choice Years: This group meets the second and fourth Thursday of the month, October 12 and 26, from 1:00-3:00 p.m. Contact Lisa Friedman at lisa@unityunitarian.org

Zen Meditation: Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction is offered on the first Tuesday, October 3, beginning at 5:00 p.m. Contact Ken Ford at kenfaure@gmail.com

October Soup Suppers

Soup Suppers are served each Sunday after the 4:30 p.m. service. All meals will offer vegan, vegetarian, and gluten free options. People with specific food allergies may contact madeline@unityunitarian.org to arrange to have a special preparation.

- October 1: Tomato basil soup and grilled cheese sandwiches
- October 8: Chili
- October 15: Corn Chowder
- October 22: Broccoli and white bean soup
- October 29: Lasagna soup

Kung Fu at Unity Church

The House of the Upright Ox, a weekly Kung Fu class at Unity Church, 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 movement and disposition of the Tiger, Snake, Crane, Dragon, and Leopard. We welcome curious first-timers and experienced martial artists to join us for a practice which calms and invigorates the spirit and body. Join us on Saturday mornings in the Body Room from 10:00 a.m. – noon. This class is recommended for ages 15 and older. Childcare is available. Questions? Contact Bryan Kujawski at barney.kujawski@gmail.com.

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 on Unity's website www.unityunitarian.org/dine-with-nine.html, or by email to 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 or whether you have particular location or transportation needs.

Provide Flowers for Worship

Contact Martha Tilton at martha@unityunitarian.org or 651-228-1456 x105 to find out available dates.

Volunteer Corner

- Mano A Mano Community Outreach Team
- Men's Retirement Group
- Food Ministry
- Welcome Team
- Jeremiah Program
- Rainbow Chalice Alliance
- Memorial Service Team

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

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 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.

OCTOBER 4

Dinner: Roasted squash with wild rice pilaf, roasted corn, and white bean salad

Unity's Permanent Art Unfurled

Art is essential and inspires wonder. It reaches across boundaries and helps us to explore our shared humanity. Through stories, slides and discussion, everyone is invited to learn about Unity's permanent art collection. Members of Unity's Art Team will review the history of art at Unity Church, share anecdotes about many of the pieces, describe the rationale for current groupings, and generate discussion about the permanent collection. A special focus will be on our recent commissioned acquisition from calligrapher/artist Diane von Arx.

An Introduction to Spirit Map

Did you choose to purchase a Spirit Map report after the congregational survey last spring? Wondering what to do with those results? Join Spiritual Director Sarah Cledwyn for a free introductory session on Wednesday October 4th about your Spirit Map results and what to do with them now. This session will give you a re-orientation into your results, what they mean, and how to use them. More information will also be available about a 6-week class to follow this introduction to take your Spirit Map results even deeper.

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 and learning opportunities for their children and youth. Information on class registration will also be available.

Great College Search: Session Three

Financial Aid Basics

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 stressful for the whole family. Learn how to optimize the process and become a critical consumer of colleges. Craig Allen is a member of Unity Church and a certified college admissions counselor.

Embodied Spiritual Practice: Yoga and the Seven Principles

A free and responsible search for truth and meaning.

Wellspring Wednesday yoga with Elen Bahr will continue to explore the Seven UU Principles and Purposes from a yoga philosophy standpoint. Each week's class will include breathing techniques, physical movement, and meditation to support the weekly theme and help us explore each of the seven principles and purposes from a different perspective. Come just as you are, no previous yoga experience needed. Please bring a yoga mat if you have one. We will have a few available for loan.

Go: A Chinese Game

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese board game, Go. Anyone above the age of 10 is welcome to play. Bring your own board and set if you have one. www.usgo.org/what-go.

Tween Group: Grades 5-7

OCTOBER 11

Dinner: Chicken pot pie, green salad with vinaigrette, pumpkin bars with cream cheese frosting

Building a Race and Immigration Dialogue in the Global Economy

Francisco Segovia, Director at Waite House Community Center and Mesa Latina, Minneapolis, will share resources and strategies to create conversations, engagement, and shared action within and between immigrant and refugee communities and community supporters. Topics covered in this presentation include discussion of the history of the immigration, human rights, globalization, and workers' rights.

Introduction to Kung Fu at Unity

Hung Gar Kung Fu is a beautiful Chinese martial art which emulates the movement and disposition of the Tiger, Snake, Crane, Dragon, and Leopard. This session will offer an overview and an introduction to a practice which calms and invigorates the spirit and body. Bryan Kujawski leads a weekly Saturday morning Kung Fu class at Unity Church (for more information see page 9).

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

Embodied Spiritual Practice: Yoga and the Seven Principles

The right of conscience and the use of the democratic process within our congregations and in society at large.

Go: A Chinese Game

Tween Group

WELLSPRING WEDNESDAY / ART TEAM

OCTOBER 18

Dinner: Roasted chicken with ratatouille, rice, and greens

Open Page Writing Session: Sacrifice: Learning to Let Go

Free; RSVP requested to karen@unityunitarian.org

"The law of every living thing is growth," writes Susan Griffin, "through love, through willing sacrifice, or both." This writing session asks what sacrifices are asked of us today and how might we respond? Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, images, religious teachings, and science to reflect on the monthly theme in their own words. No writing experience is necessary.

UU History Book Club

Join the monthly UU History Book Club for an exploration of theology and heritage. October's discussion will be on Philip F Gura's *American Transcendentalism*. Questions? Contact Krista Hanson at klfhanson@yahoo.com.

Embodied Spiritual Practice: Yoga and the Seven Principles

The goal of world community with peace, liberty, and justice for all.

Go: A Chinese Game

Tween Group

OCTOBER 25

Dinner: Tater Tot hot dish with side salad

UU Theology

UU Theology is a five-session introduction to theological concepts through a Unitarian Universalist lens. Each session explores what our Unitarian Universalist tradition teaches about a particular idea, and how it helps us to clarify and act on our own beliefs. Using the Theological House model, participants will learn to speak in theological terms about Unitarian Universalism, our religious "home." Led by Rev. Lisa Friedman, topics will include: What is Theology? What are God and Spirit? What is our purpose? Who are we? What are Our Sources? What saves us? Participants are encouraged to attend all sessions.

An Introduction to Conscious Parenting

Conscious parenting takes the focus off the child and puts it back on to the parent. It challenges parents to view and understand the emotional baggage they are bringing to parenting relationships. When parenting becomes conscious, parents then become aware of their own pain, trauma, and the needs that they are trying to fulfill or that get triggered in relationships with their children. Conscious parents are able to leave space for children to become their authentic selves. When children are able to experience this space, they are able to feel completely seen, heard, and understood. Desirée Brazelton is a Unity Church member and classical homeopath. She works with clients who are seeking personal, physical, and parental transformation.

Your Voice in the Congregational Survey

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

Embodied Spiritual Practice: Yoga and the Seven Principles

Respect for the interdependent web of all existence of which we are a part.

Go: A Chinese Game

Tween Group

October Parish Hall Artists

Perspectives: Four

Contemporary Fiber Artists

*Debbie Boyles, Carol Mashuga,
Suzanne O'Brien, Mimie Pollard*

Opening Reception

Friday, October 6

5:00-7:00 p.m. • Parish Hall

This collection of two-dimensional contemporary fiber art reflects the interests and perspectives of its four creators. Vibrant color, texture and emotion play a role in how each expresses what they see in the world around them. They transform their materials through dyeing, screen printing, painting, burning, piecing, and stitching — to create imaginative and stunning art. These artists are members of the Twin Cities area fiber collective, Truly Unruly — a small work group of Minnesota Contemporary Quilters. They continually experiment, support, and encourage each other in their artistic endeavors.

Art Share

The Unity Art Team invites you to spotlight your art!

- Choose your favorite piece of art — anything from your personal creation, your child's creation, or fine art on a wall in your home.
- Your piece, along with a statement of why it's a favorite, and a photo of you, will be displayed for two Sundays in the Art Share space in the Parish Hall.
- Art Share's goal is to encourage members of the congregation to know each other better and to enrich the focus on art at Unity Church.

Details and a sign up form are online at www.unityunitarian.org/art-share.html. Questions? Write to rossm001@umn.edu.

MINISTRY WITH CHILDREN AND YOUTH

Breathing Exercises

From Drew Danielson, Coordinator of Youth and Campus Ministries



Breathe.

One of those completely obvious, not complicated enough, “Are you being dismissive?” absolutely true bits of advice or wisdom for a better life, a key to mitigating anxiety and drawing us in to the present, that we know is valid but can’t seem to remember or acknowledge its value when we’re in the muck and suffocating.

Breathe in, breathe out.

At the Tower Club fall kickoff lock-in, I did a horrible job of trying to explain to sophomores what the Unity Church youth group is about by saying it isn’t the most fun thing you could do on a Sunday night, that there are better friends you could go bowling with, and that when thinking about the most exciting weekend activities, Tower Club won’t be one of them.

“And then you have homework to do as well.” By the confused, somewhat disgusted looks on their faces, I judged I was not doing a good job of selling them on coming for our Sunday night gatherings.

“But you’ll come because you’ll want to come, to be together as young UUs trying to live out those beautiful credos you delivered last spring.” Blank stares. “We do have good snacks. So it’s not a complete sacrifice!”

Later, in the chapel, we did a breathing meditation together. For nearly ten minutes our breaths were taken in unison, and we released our exhalations together. It is an amazingly centering and calming practice. At first you are aware primarily of your own directed breathing; but as outside thoughts melt away, you become aware of others, and how our breathing has become collective. Like a single large organism.

Finally, we sang “When I breathe in, I breathe in peace... When I breathe out, I breathe out love...” And there it is, the reason you might sacrifice those many other more important, more fun options on Sunday night. Because of the breathing, the peace and the love, and everything that happens in between. Including snacks.

October Ministry with Children and Youth

Religious Education

Sunday, October 2: Regular RE; Celebration of New Lives ceremony (11:00 a.m. service, RSVP for ceremony required to michelle@unityunitarian.org)

Wednesday, October 5: New Family Orientation, 7:15 p.m.

Friday, October 7: Teachers’ Night Out! Free child care for current R.E. volunteers! 6-8:30 p.m. RSVP required to michelle@unityunitarian.org

Sunday, October 9: Regular R.E.

Sunday, October 16: Regular R.E.

Wednesday-Monday, October 19-24: High School Boston Pilgrimage

Sunday, October 23: No R.E. Classes (MEA Weekend). Activities for school age kids; nursery care available.

Sunday, October 30: Story Sunday Grades 1-6; New Workshop Rotation Cycle: “On Being Human”

Our Whole Lives

October 4: Anatomy and Physiology

October 11: Personal Concerns about Puberty

October 18: No Class: Fall Break

October 25: Body Image

Coming of Age

October 1: Introduction to “On Being Human and Alive”

October 8: Human and Alive

October 15: Human and Alive Wrap-up at 3:30 p.m. w/Mentors; Attend Worship at 4:30 p.m.

October 22: No Class: Fall Break

Celebration of New Lives

Celebration of New Lives is Sunday, October 1, for families wishing to recognize and dedicate infants into the church community. This celebration is generally for members of Unity Church or families who are on the path toward membership, and offered 4-5 times throughout the year. For more information or to have your family participate, please contact Michelle Mecey at michelle@unityunitarian.org.

Boston Pilgrimage for 11th Grade Youth

This annual pilgrimage from October 18-23 (over MEA weekend) offers 20 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.

commUNITY is the newsletter of Unity Church—Unitarian. It is published monthly, except the month of July. Deadlines are the 15th of each month. Subscriptions are free to those who make pledges to Unity Church and are available to others for \$30 per year.

MUSIC MINISTRY

Music Notes

From Ruth Palmer, Director of Music Ministries



Freedom and Discipline... Safety and Risk

As a musician, since age seven, I have always been both grateful for and challenged by the dichotomy of these concepts. And, yes, I am one of those lucky people for whom there was never a question... I was a musician and bound to spend my life living and working in it. Since that first moment, I have danced with these paired principles as I sought to learn the balance which opened their secrets. There are, of course, other issues and ideas. However, these are the ones that come to mind when I think of sacrifice. I also found that these concepts were present in all creative fields requiring the acquisition of refined skills. Thus, my fondness of finding their definition expressed by varying artists.

As to freedom and discipline:

"Freedom to a dancer means discipline. That is what technique is for... liberation."
(Martha Graham, dancer, choreographer)

"Without discipline there can be no freedom." (Nadia Boulanger, composer)

I was curious as to how restraining myself through applied discipline could grant freedom. It seemed to be an absolute opposite. By giving up my freedom I was going to be "free"? My reaction to practicing several hours a day? And then came the moment I just wanted to express a feeling through the music and... could... without thinking. The tools were in place and allowed me to follow the impulse with freedom. OK, I got it.

But what about this safety and risk partnership? I worked to gain a sense of comfort and safety, a firm confidence in my abilities. And, then, I had to give that up? Take artistic risks that required my letting go of established patterns?

"Finally, and this is the 'rub': great photographs are created when the photographer let's go of his process and takes a risk. 'Safe' photographs are almost never interesting. The risk that a photographer takes does not necessarily have to be a physical risk, it can be visual, emotional, or intellectual. I am most inspired by those images that reflect something new about seeing the world. In the process of showing a new way of seeing the world the photographer has had to let go of his or her conventional vision and that means letting go of what is familiar. When you let go of what is familiar you are taking a risk." (John Gregor, Minnesota fine art photographer)

"The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk, and by not quite knowing what you are doing. What you will discover will be wonderful. What you discover will be your-self."
(Alan Alda, actor)

This all seemed like crossing a threshold and taking two steps into the darkness — having to determine a direction without full knowledge of the outcome. Of relinquishing (OK), "sacrificing," my work for security and confidence. Interestingly, these sacrifices of my control helped me to find that it is in the tension between the known and the unknown that we find the creativity. My vision quest found a delicious kind of inner arrival. Each sacrifice, each thoughtful discipline, each risk taken, brought me closer to the original inspiration. Maybe there is something in this! Back to practicing!

Thank You and Welcome

Thanks to Bryan Jansens, 30 Years as Bass Section Leader

We have been so fortunate in having a wonderful choir staff for Unity Choir! And, with very few transitions, this has given us many consistent years of assistance from wonderful musicians and great people.

The basses have been especially spoiled by the 30-year care from Bryan Janssens. Now retiring, we offer so many thanks to him for unstinting and loyal work with Unity Choir, for care through good and tough times, and for so much music through the years. You may still see Bryan joining the choir. Please share your thanks with him as he continues to be a member of this community.

Welcome to Mark Dietrich, New Bass Section Leader

Mark Dietrich is a founding member of The Rose Ensemble. He considers the opportunity to make music at this level a rare gift and often a spiritual experience. He has enjoyed traveling with The Rose, encountering new cultures, and making friends all over the world. Mark has performed with many local organizations including Dare to Breathe, 15 Head, VocalEssence, The Dale Warland Singers, The Saint Paul Chamber Orchestra, and Theater de la Jeune Lune.

Mark grew up in northern Ohio and holds both undergraduate and graduate degrees in vocal performance from the University of Cincinnati College-Conservatory of Music. He has lived in the Twin Cities since the fall of 1996.

When he's not singing, his interests are, well, somewhat eclectic. Baking is big these days, but also juggling and unicycling and pasta-making and bicycling and sometimes running and hanging out with his beautiful wife, Jennifer, and a house full of pets.



From Shelley Butler, Library and Bookstall Team

The Adventure Within

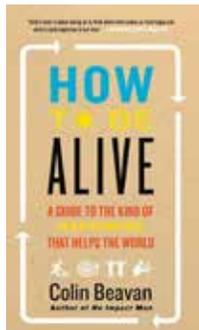
We talk often at Unity Church about our intentions as they relate to among, beyond, and within. Inspired by last month's intercultural competence workshop, the **Bookstall** has put together a collection of titles to help us connect to the "within" part of spiritual life. Here are a few new books:

Faith for the Unbeliever by Daniel Chesney Kanter
Skinner House, 2017

Looking beyond superficial definitions of "faith" and "unbeliever," UU minister Daniel Kanter offers a framework for understanding and challenges readers to explore a faithful approach to life, which include one's guiding beliefs, areas of trust, loyalties, and worldview.

How to Be Alive: A Guide to the Kind of Happiness that Helps the World by Colin Beavan, Dey Street Books, 2017

The old path to "get ahead" no longer guarantees that you will get there, and in fact, that success is not all that fulfilling after all. Beavan wrote this book to help people claim their own version of a meaningful life, based on choices that not only benefit oneself but the world.



Secular Meditation: 32 Practices for Cultivating Inner Peace, Compassion, and Joy by Rick Heller, New World Library, 2015
More than a meditation instruction manual, Heller shows how to extend meditation to improve relationships with people, your community, and the world from a humanist point of view.

Wisdom Ways is bringing to Unity Church an evening of conversation, music and poetry with Margaret Wheatley and Barbara McAfree centered around "**Awakening Wise Courage**"— Tuesday, October 10, 6:30–9:00 p.m. Find these timely, galvanizing books by Margaret in the Bookstall:

- *Who Do We Choose To Be?: Facing Reality, Claiming Leadership, Restoring Sanity*, 2017
- *Walk Out Walk On: A Learning Journey into Communities Daring to Live the Future Now*, 2011
- *Turning to One Another: Simple Conversations to Restore Hope to the Future*, 2009

Adventure is not outside man; it is within. — George Eliot

Calling all Volunteers!

Unity's Rainbow Chalice Alliance is glad to support the 12th Annual Q-Quest!



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 is Tuesday, October 10, for middle school students in grades 6-8. The second day is Wednesday, October 4, for high school students in grades 9-12. Both events are at Coffman Union, 300 Washington Avenue SE, Minneapolis, 55455. Volunteers and workshop presenters are needed! Examples of previous workshop subjects have included, "The Queer Roots of Punk Rock," "Spirituality and Gender," yoga, and self-defense classes. Register online to volunteer and please note that you will be volunteering with Unity Church: www.mnschooloutreach.org/QQuest.html. Questions? Contact Kevin Ely at kevin.m.ely@gmail.com.

GOAL: 200 POUNDS OF FOOD!

Two hundred pounds of food will provide two families of four with a month's supply of fresh produce, canned and package goods, cooking staples and hygiene products from Hallie Q. Brown Food Shelf.



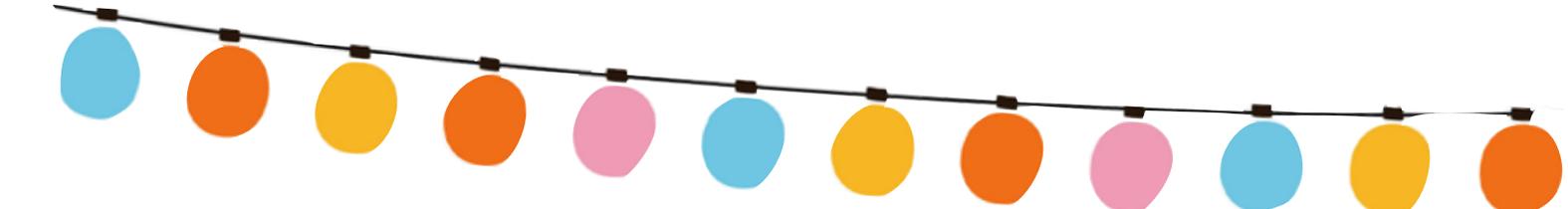
Last month Unity Church members donated 84 pounds to the food shelf. Bring your items to church anytime, and place them in the wicker trunks located at both entrances. Look for the colorful quilts that adorn the top of the collection trunks.
Can we deliver 200 pounds this month?

Help Provide a Meal for Jeremiah Families

Help cook a meal at The Jeremiah Program (932 Concordia Avenue, St. Paul), a residence and education program for single moms and their children. Meals are provided before evening classes and Unity Church volunteers are needed to help with preparation on the following dates: Thursday, September 28; Thursday, October 19; Thursday, November 16; Tuesday, December 12; Tuesday, March 20; Tuesday, April 10. Helpers (including kids over 8 years old) work from 4:00-7:00 p.m. To volunteer contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

Volunteer at Obama Elementary

There are many ways to be involved at Obama Elementary including library assistants (once a week), Family Nights (once a month), teacher recognition (once a month), enrichment clusters (once a week for eight weeks), and one-on-one work with scholars on math and reading (once a week for the school year). For more information contact Marty Rossmann at rossm001@umn.edu.



SHARE THE BOUNTY!

2017 Silent and Live Auction at Unity Church



**SATURDAY
NOVEMBER 4**

Unity Church-Unitarian
733 Portland Avenue, Saint Paul
www.unityunitarian.org
651-228-1456

6:00 PM
Silent Auction • Raffle • Food & Drink

7:30 PM
Live Auction • Dessert • Music

Tickets: \$20
On sale in October!



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

Tickets are \$20 (on sale beginning October 1) and will include refreshments, drinks, and all of the festivities! If you are unable to attend, please consider supporting the auction anyway by purchasing a ticket and making a donation.

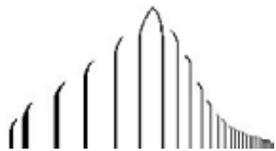
Donations are needed! Think creatively!

- Host a dinner party or a gathering with a theme
- Offer your cabin or timeshare, a hot air balloon ride, or boat cruise
- Create a basket of goodies, art and art supplies, music, or jewelry
- Host a concert in your home
- Share your love of food — by cooking for or by teaching your culinary skills to others
- Offer your services — babysitting, dog walking, tutoring, poem-writing, a photo shoot
- Donate theater, concert, or sporting event tickets
- Offer a membership to one of your favorite museums or organizations
- Donate something totally unique, like memorabilia signed by a celebrity

MAKE A DONATION!

A donation form and all the details are online at:

<http://bit.ly/uustb2017>



UNITY CHURCH-UNITARIAN

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

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

CHANGE SERVICE REQUESTED

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

**TIME SENSITIVE
MATERIAL**

Marathon Alert

The Twin Cities Marathon will wind its way along Summit Avenue the morning of Sunday, October 1. 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.

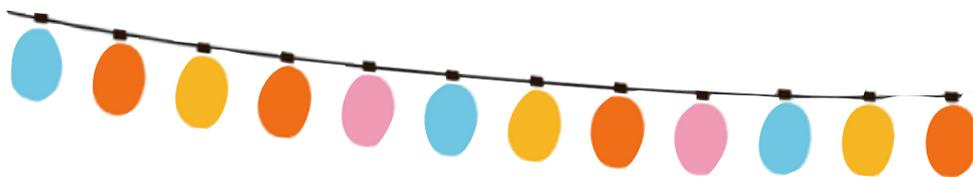


Blessing of the Animals

Sunday, October 15

1:00 PM

Details on page 2!



SHARE THE BOUNTY!

2017 Silent and Live Auction at Unity Church



**SATURDAY
NOVEMBER 4**

6:00 PM

Silent Auction • Raffle • Food & Drink

7:30 PM

Live Auction • Dessert • Music

Tickets: \$20
On sale in October!

The World We Want to Live In: October is Pledge Drive Month