

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.

To understand sacrifice today, in the third decade of the 21st century, let us begin not on the altars of ancient stories where living beings were given to flames; but rather in the repeated stories, then and now, demanding that old ways, cherished and familiar, be given up to the fires of our greater hopes, intentions and commitments. Let us pick up the biblical charge in which God says, "Even though you offer me your burnt offerings and grain offerings, I will not accept them," and then continues, "But let justice roll down like waters, and righteousness like an ever-flowing stream."

Sacrifice, in one definition from the dictionary, is about "giving up something valued for the sake of something else regarded as more important or worthy." In this understanding, it is an act motivated from within – an offering of something cherished made willingly because we've named something or someone else as claiming our hearts more fully. It gives up something to make way for the currents of a greater river, for the ever-flowing stream of life and justice.

My colleague Darrick Jackson recently wrote, "As a person of color who grew up working-class, sacrifice has had different ramifications for me than for someone white and middle-class. Often I was starting from a place of sacrifice, so adding another ranged from a deeper burden to 'what's one more thing.'" Then he added, "Now, I'm beginning to understand sacrifice differently. It does not have to be grounded in pain and suffering. What we are asked to do is create space for others to thrive. In our interconnected world, the 'I' needs to be in balance with 'We.'"

What are we each asked to do to create space for others' thriving – and for our own? What must we give up to support the earth's thriving – and the wellbeing of all who depend on it?

These questions of sacrifice will lead us quickly to a wide range of answers such as: giving up a good night's sleep to care for a loved one in pain; getting vaccinated or wearing masks; saving up or even leaving our homeland for our child's needs, education or opportunity; sharing resources with those in the paths of fires or floods, hurricanes or drought; opening our homes to those in need of belonging, of relationship or shelter; cutting back on our consumption to address climate change; volunteering to lead a program at church; stepping up by voice or vote or protest to end racism's oppressive force; offering our time, resources or talents to anything that creates space for thriving.

In this interim year of our congregational life, we are asked to give up the familiarity of some (not all!) of our old ways and identities to make room for the thriving of new ways and the possibility of growing into the congregation we aspire to become. We are asked to collectively answer the questions: who are we now and who do we wish to become? And what are we willing to give up in how we are now to make way for the future we desire?

In Anne Lamott's treasured instructions to writers, she describes the willing sacrifices required of true writers with words that equally apply to all of us committed to living and loving and pursuing the justice we long for. She writes, "You are going to have to give

and give and give.... You have to give from the deepest part of yourself, and you are going to have to go on giving, and the giving is going to have to be its own reward."¹

Are we willing to sacrifice in that spirit? Are we able to commit our full lives to the fires of our own passions? To give ourselves to love? To let go, not only of the way things are that we no longer value, but also to willingly give up ways of being we might still cherish, openly or secretly, even though we know they contribute to the suffering or exclusion of others, of the earth, or of our own true selves?

What are we willing to do, to offer, to sacrifice to create space for the thriving of all, to truly give ourselves to love? In his poem, "let it go," e.e. cummings closes with this charge:

let all go - the
big small middling
tall bigger really
the biggest and all
things - let all go
dear

so comes love²

*By Karen Hering on behalf of this month's theme team:
Ahmed Anzaldúa, Drew Danielson,
Tom Duke, Ray Hommeyer, KP Hong,
Kathy Hurt, and Laura Park*

Sacrifice Theme Resources

For further reflection on this theme, a variety of resources are listed in this month's Chalice Circle packet available at www.unityunitarian.org/chalice-circles.html and by request from karen@unityunitarian.org.

¹Anne Lamott, *Bird by Bird: Some Instructions on Writing and Life*, NY: Anchor Books, 1995.

²*Complete Poems, 1904-1962*, e.e. cummings, NY: Liveright, revised edition, 2016.

Just Words



Many congregations face an interim year with the same attitudes they might bring to the experience of being in an airport, waiting at the gate, waiting for a turn to board: an interim year is all about waiting, with as much patience as one can muster, for “real church” to resume with the arrival of the new settled minister. And while waiting can be one strategy for moving through a ministerial transition, doing so means forfeiting the opportunity to use the interim time creatively, as a time to assess the state of the church and

to prepare to fully welcome new ministry, understanding that welcoming new ministry is far more than simply saying, “so glad you’re here.”

Congregations in transition are invited to undertake five basic tasks, with those tasks being ways to work on that welcome, ways to do that assessment, ways to position the church for its next chapter — and ways that are likely to be far more helpful than simply moving through an interim time with an attitude of waiting to get on that plane.

The five tasks recommended for attention during an interim period are:

- Coming to terms with the congregation’s history — this is a kind of review of the church’s life story, where it has been, what it has accomplished, the regrets present for what has not been accomplished, a celebration of gifts, some healing of wounds.
- Discovering a new identity — while Unity Church, through its Ends, has a strong and clear identity in place, it is possible to use the interim time to consider what aspects of that identity could use some strengthening, what needs to be brought to the fore so that the church will be living its identity more fully.
- Navigating shifts in leadership — many congregations in transition experience more than the usual amount of turnover in leadership positions, as people who had found service with the previous ministry meaningful but are ready to change roles and step down when ministry changes, and people who had not yet found a place in leadership discover openings that call to them.
- Strengthening denominational linkages — an interim time is an optimal time to review relationships with other UU congregations in the area, and with the larger UUA, to determine how those relationships might work more effectively for all parties.
- Commitment to a new vision — throughout a ministerial transition period, a congregation is invited to consider what it wants now to do in the world, what its next chapter will be, and what sort of ministerial leadership is needed in order to do that work in the world.

Hardly the sort of work one does while waiting to board the plane, hm? We can do this work creatively, in a spirit of curiosity and experimentation, all the while knowing that our turn to board will come. The effort and energy we put into the work makes it more likely we will enjoy the flight.

In faith, hope, and love,

Kathy

The Wheel of Life

In Memoriam

LynnAnne Warren

January 26, 1939 -
September 9, 2021

Norma Banks

November 21, 1934-
September 13, 2021

In Celebration

Eliza Rose Henry, born one more redeemer on August 27, 2021, to parents Phil and Molly Henry and big brother Augie.

Pastoral Care

If you have a joy or sorrow, life-cycle event, or concern you would like to share with the ministers and Pastoral Care Team, or have shared in the embracing meditation during Sunday service, please complete the online form at www.unityunitarian.org/pastoral-care.html. You may also contact Karen Hering, Associate Minister, by email to karen@unityunitarian.org.

Ongoing Pastoral Care Groups

Families Living with Mental Health

Challenges: A support group for families living with mental health challenges.

Caregivers Group: Are you a part-time or full-time caretaker of loved ones in your life? Do you need support in order to sustain the care you are giving? Join Pastoral Care Team member Cynthia Orange for an informal support group for caregivers.

Living With Grief Group: A group for people living with grief and loss. All are welcome to come to discuss issues related to the grieving process.

Contact Rev. Karen Hering if you would like to participate in one of these groups.

OCTOBER SUNDAY SERVICES

Each Sunday we offer two in-person services at 9:00 and 11:00 a.m. We are asking everyone to mask the entire time they are in the building and to sign in as they enter, in case we need to contact trace for Covid-19 illness. The 9:00 a.m. service is offered via livestream.

The Cost of Wholeness

Sunday, October 3 • 9:00 and 11:00 a.m.

Livestream at 9:00 a.m. only: <https://youtu.be/2flZKRShDSU>

Much of our experience of sacrifices we make can be transactional: I sacrifice something in order to gain something I want more than whatever I am giving up. Nothing much is changed in such a dynamic, especially not me, other than I have something I wanted now. But a deeper sacrifice, a spiritual sacrifice, is made without a focus on gain and is motivated by love, love so strong that the usual pain associated with a sacrifice becomes irrelevant. Kathy Hurt, Ahmed Anzaldúa, and worship associate Nancy Dilts reflect on sacrifices we make for love, and what sort of love enables us to make a sacrifice.

Offering recipient: The Minnesota Unitarian Universalist Social Justice Alliance works to unleash leadership and collective power to build a just and loving world.

Going to Extremes

Sunday, October 10 • 9:00 and 11:00 a.m.

Livestream at 9:00 a.m. only: <https://youtu.be/6QKfKQZivcY>

Because transitions, whether the transitions we go through in our lives or the transitions a congregation goes through when ministers are being sought, leave so much unsettled and in disarray, the temptation to nail everything down and keep everything the same can be strong. Yet transitions invite us to sacrifice what is familiar — and often without knowing what will replace it. Kathy Hurt, Ahmed Anzaldúa, and worship associate Merrill Aldrich explore the difficult sacrifice of giving up what has been familiar, comfortable, and dear, and how we navigate the uncertainty that results.

Offering recipient: The 7th Street Community Food Shelf works to provide groceries, prepared food, clothes, blankets, toiletries, medical needs, and extensive social support services to individuals and families.

In the Shelter of Each Other, the People Live

Sunday, October 17 • 9:00 and 11:00 a.m.

Livestream at 9:00 a.m. only: <https://youtu.be/XVyyvIMO7Hb0>

This Irish proverb attests to the crucial place our community has in ensuring that we thrive. In order to be that shelter for others, however, a primary concern for individual wants has to be sacrificed, so that “we” becomes more important than “me.” Rev. Kathy Hurt and worship associate Rebecca Flood will consider the sacrifice of individuality for the sake of community, and why that is especially challenging for religious liberals.

Offering recipient: This collection will support the living, medical, and legal expenses of Unity’s Sanctuary family of three children and three adults from Ghana.

Self, Sacrifice, and the Salvation of the World

Sunday, October 24 • 9:00 and 11:00 a.m.

Livestream at 9:00 a.m. only: <https://youtu.be/P1FX6QRVMDU>

Movements for justice have historically often been rooted in the leadership of a small number of high-profile, charismatic figures. Too often, this has required self-sacrifice — even martyrdom — not only on behalf of the leader, but on behalf of all those who follow. Today, leader-full movements like the Movement for Black Lives have been redefining both leadership and sacrifice. Worship leader Ashley Horan and worship associate Jess Goff will ask the question: what lessons about relationship, discipline, and commitment are we called to learn from this new generation of leaders as we strive to reshape and heal the world?

The Rev. Ashley Horan is the Organizing Strategy Director at the UUA, where she leads the team that holds the outward-facing justice work of Side With Love and its related campaigns, including UU the Vote, Create Climate Justice, Love Resists, and more. Ashley was raised and ordained at Unity Church, and lives in Minneapolis with her partner, the Rev. Karen Hutt, and their two youngest children, Aspen and Eden.

Offering recipient: Unity’s Peace and Justice Scholarship Fund is dedicated to supporting equal access to participation in Unity’s pilgrimages and hands-on workshops that serve as an important cornerstone of Unity’s community outreach ministry.

When the Veil Thins

Sunday, October 31 • 9:00 and 11:00 a.m.

Livestream at 9:00 a.m. only: <https://youtu.be/V5YFBvWjSlw>

At this time of year, it is said the veil between the living and the dead is especially thin. What power do we discover when the veil thins not only between this life and those who have died before us, but also between ourselves and those who will come after? How is our living changed when we experience the sacred presence of ancestors and the healing we can pass on as future ancestors to the generations that follow? Join Karen Hering, Ahmed Anzaldúa, and worship associate Katrina Nichols in peering through the thin veil as we worship on Samhain, All Hallows Eve, and just before Día de Los Muertos.

Offering recipient: Minnesota’s Creating Opportunities for Post-Secondary Enrollment Program is a community outreach organization whose mission is to assist underrepresented scholars in identifying educational opportunities, key resources, and financial support necessary to realize their academic, personal and professional career goals.



Sacred Rites Together

Jess Landgraf, Trustee

Around the edges of conversations within our congregation, one might overhear sentiments of amazed consternation that we're layering interim work on top of the other programmatic, spiritual work that

Unity Church encourages. Is it really important to focus on us as a congregation, when there's so much hurt and pain locally and globally from systemic injustice calling for our energy and attention? Don't we have a solid understanding of who our congregation is? And why spend a bunch of time on us — the *among* — when we're gathering because of our passions for the *within* or the *beyond*?!

My answer is "yes, and." Yes, it is important to focus among the collective congregation while also directing attention within and beyond — let's spend time on us so we lessen the taint of white supremacy culture on our actions. Yes, Unity Church-Unitarian has documentation of who the congregation was at the time of our last search and, yes, we have more recent slices of the congregation from tools like Spirit Maps, Intercultural Development Inventories, and congregational surveys. With greater or lesser comfort, on an individual level we might know where we fit into this congregation. *And* we have an intentional opportunity to take a long moment *together* to pause and see what became of our congregation in the last two decades. And, perhaps, this year is an opportunity to do deep emotional work together, find out more about each other, and maybe find out that there's more to the work of an interim year than simply pulling our attention in.

One of the stereotypes of the UU tradition is that practitioners (or adherents or whatever label fits easily for you) is that we're pretty picky about when and where we participate (such as singing particular lyrics). That's OK! We don't have to give up who we are as individuals to belong at Unity Church. Yet showing up to a faith community with energy, reflection, and pledges, means that we desire collective sacred-ness. According to the Online Etymology Dictionary, "sacrifice" has roots in the Latin words "to do sacred rites." We sacrifice an hour or more whenever in a week we participate in YouTube services — doing sacred rites together across time. We are sacrificing this year to intentionally grieve for the past twenty-one years and challenge each other into this future that we make by walking on the path, together.

Come, won't you join me in taking this year to do sacred rites of grieving where we have been, seeing where and who we are, and also collectively imagining where we want to be?



Last year, Unity Church's appeal for stewardship focused on taking shelter in a brave harbor, a trusted place where we could seek calm from the commotion of our lives. The respite gave us strength and comfort through difficult times.

Today we are once again keenly aware of the rushing river, with all of its change and possibility. As we enter a liminal time in the 150-year history of the church with a search for new ministerial leadership, we find ourselves looking upstream to our origins and downstream toward our future, seeking fortitude and direction. We know we must now venture out from the harbor and be brave, together.

October marks the beginning of Unity's annual pledge drive when we ask each other to declare that we hold the church in trust through our financial support.

This year's canvass theme is "Trust the River." Like the river, we are always in transition, always moving from the past to the present to the future. We must trust that even when we're not sure where we'll end up, the river's currents will take us where we need to be.

Soon, you will receive a mailing that includes a personalized pledge card and information about canvass-related events. As we find ways to be together, both in person and virtually, the annual pledge drive is yet one more way we can share our hopes for our future.

We invite you to think about how Unity Church has been a river passage for you and how it has helped you trust in the flowing waters of your life. May we all lie back in the river, trusting in its buoyancy to hold us, to keep holding us, holding us together, holding us up, holding us. Your generosity and annual pledges help make that possible.

Update on the New Unity History Book

Unity's History Book Committee

After careful consideration and per the advice of Rev. Kathy Hurt and Rev. Karen Hering, the History Book Committee has decided to put the project on hold during this time of transition. Hoping to gain some new perspective during this interim year and in the first year or two of a new ministry, we anticipate the project will be picked up again down the road. Thanks to everyone who gave candid interviews, supplied documents, and supported this effort. Nothing will be lost and perhaps is much to gain in the future. Thank you.

MINISTERIAL SEARCH TEAM

Beyond Categorical Thinking

News from the Ministerial Search Team

**Lia Rivamonte, on behalf of the Ministerial Search Team:
Avi Viswanathan, Betsy Hearn, Mary Baremore,
Pauline Eichten, Morgan France-Ramirez, Dan Huelster,
Jake Rueter, and Marg Walker**

We commit to seeking equity, justice, and inclusion throughout search process, mindful of our own personal, cultural, and social biases and assumptions so that, to the best of our ability, they are not a barrier to a fair and fruitful outcome.

The lines above express the Ministerial Search Team's final covenantal promise in recognition of the very human tendency to favor what one is familiar with and/or to make decisions without being fully conscious about what has influenced the outcome. Identifying a new senior minister for Unity, or any church for that matter, demands a rigorous, thoroughly fair and equitable process, conducted with clarity and sensitivity in the bright light of day. But especially if we are to regard Unity's ends statements as sacred, this work of search must force us to become acquainted with how we think and why we think it. We must come to learn our biases and prejudices and know when these serve as barriers to our thinking — individually and as group.

We, at Unity Church, are fortunate to have gained some insight in this area of implicit bias through our work with Team Dynamics; the Unitarian Universalist Association (UUA) has also considered this topic to be vital regarding the ministerial search process. As a result, the Transitions Office has created a program called Beyond Categorical Thinking (BCT) to help congregations see what we might not see on our own. BCT provides for a skilled trainer to conduct a three-hour long workshop that will be open for all congregants. While BCT is not required, Unity's participation will send the message to prospective candidates that we are eager to mitigate a narrow mindset that might otherwise affect the search process and limit our options to the detriment of our community. This is the work of building a community free from systemic oppression.

The BCT workshop will be broken up into two one and a half hour parts: Part one will be held on Friday, October 15, from 7:00 to 8:30 p.m. Part two is Saturday, October 16, from 1:00 to 2:30 p.m. If you would like to sign up, please plan to attend both workshop sessions. Here is the link to register: <https://bit.ly/ucumstbct>.

Listening Sessions

The Ministerial Search Team is holding a series of Listening Sessions to gather responses to important questions regarding the search for our next settled minister. During each session, participant will divide into small groups in order that everyone's voice is heard. This is a chance to have a conversation with others in our community about our future. Register here: www.unityunitarian.org/listening-sessions.html



LISTENING
SESSIONS

Listening Session at Unity Church

- Wednesday October 6 • 7-8:30 p.m. • In person
- Tuesday, October 12 • 1:00-2:30 p.m. • Zoom
- Wednesday, October 13 • 7-8:30 p.m. • In person
- Tuesday, October 17 • 1:00-2:30 p.m. • Zoom
- Wednesday, October 20 • 7-8:30 p.m. • In person
- Wednesday, October 27 • 7-8:30 p.m. • In person

Beyond Categorical Thinking

Part 1: Friday, October 15 • 7:00-8:30 p.m.

Part 2: Saturday, October 16 • 1:00-2:30 p.m.

Please plan to attend both workshop sessions.

Register: <https://bit.ly/ucumstbct>

The Beyond Categorical Thinking workshop, for all congregants at Unity Church and led by a skilled trainer from the Unitarian Universalist Association, is designed to promote inclusive thinking and prevent unfair discrimination during a congregation's search for a settled minister. Unity's participation will send the message to prospective candidates that we are eager to mitigate a narrow mindset that might otherwise affect the search process and limit our options to the detriment of our community. This is the work of building a community free from systemic oppression.



BEYOND
CATEGORICAL
THINKING

Search Survey

Final call: survey closes September 30.

Survey: bit.ly/mstsearchsurvey

The survey covers Sunday services, programming, our congregation, and asks for demographic information. All of this information is critical to the search process — so please complete the survey by September 30!



MINISTERIAL
SEARCH
SURVEY

Questions or comments? Please contact the Ministerial Search Team by email at mst@unityunitarian.org.

WELCOME NEWCOMERS



Welcome Words

Laura Park, Acting Director of Membership and Hospitality

You've probably seen that Unity Church is in search for a new settled minister. In a faith tradition where the congregation is its own highest authority, Unitarian

Universalist congregations call their own ministers to serve them. What may surprise you as a newcomer is that your voice is important and valued in our ministerial search process.

Our Ministerial Search Team (MST) continues to hold congregational listening sessions this month to help it understand what our congregation is looking for in its next settled minister. Even if you've only been here a short time, your perspective on the meaning of church in your life and the qualities of ministerial leadership that are important to you matter to our MST. You do not need any special expertise to participate, other than the expertise in your own life, which you already have. Yours is the voice of our future; please make time to help our MST hear it. You'll find more information about registering for a listening session on page 5.

I would also strongly encourage you to participate in the Beyond Categorical Thinking workshop October 15 and 16. This workshop helps the entire congregation with the important work of building a community free from systemic oppression. Again, see page 5 for details and information on how to register.

I'm here to help you answer these and any other questions about congregational life and the pathways you might explore to know the church better and deepen your spiritual life. Contact me at laura@unityunitarian.org or 651-228-1456 x110. I look forward to getting to know you!

Mentoring at Unity

A Path to Deeper Connection

Would you welcome having a guide to congregational life at Unity Church? Request a men-tor! Your mentor will meet with you at least once a month face-to-face and be available for ongoing questions and advice. You can decide together what connection would be most helpful. You might attend Sunday services together or meet to discuss Unitarian Universalism and your spiritual journeys, or attend a church event together, or find another way to connect. Each pair makes a commitment to work together for at least six months. If you have questions, or would like to request a mentor, please email Laura Park, Acting Director of Membership and Hospitality, at laura@unityunitarian.org.

Pathway to Membership Classes

The offerings below invite you to explore a deeper connection to Unity Church and the commitments and opportunities of membership. If you have questions or would like one-on-one conversation about getting connected or about membership, please contact Laura Park, Acting Director of Membership and Hospitality, laura@unityunitarian.org or 651-228-1456 x110.

Finding Yourself at Unity

Sundays • 10:15-11:15 a.m. • Gannett Room

Finding Yourself at Unity includes eight classes that you can attend in any order to better understand how Unity Church supports our faith journeys, our work to build Beloved Community, and our efforts to bless the world. Topics include: UU History; Religious Education for Children, Youth, and Adults; Pastoral Care; Q & A with a Minister; Worship & the Liturgical Year; Social Justice & Community Outreach; Membership 101 & Congregational Life, and even an online Building Tour! Weekly church emails include the class topic or email laura@unityunitarian.org to receive weekly reminders. This month's offerings:

- October 3: Membership 101
- October 10: UU History
- October 17: Community Outreach and Social Justice
- October 24: Pastoral Care
- October 31: Q&A with the Minister

Committing to Unity

Tuesday, January 11, 2022 • 7:00 p.m.

- *Develop personal practice to help you find and keep your balance.*
- *Develop the skills of intimacy that let you go deep quickly with strangers.*
- *Take the compassion that rises from doing the first two and use it to bless the world.*

This is how Unity Church talks about its expectations of membership. Does the invitation into this ongoing work resonate with you? Are you ready to make the membership commitment? This session, for people ready to become members, 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 need meets the gifts and joy you have to offer. The class concludes with a ceremony as participants sign the membership book and officially join the church! Let Laura Park (laura@unityunitarian.org or 651-228-1456 x110) know you're interested in participating or to ask questions. She can also arrange a private signing ceremony.

BELOVED COMMUNITY NEWS

Sacred Sites Tours and Storytelling Lead to New Community Outreach Ministry Team

Becky Gonzalez-Campoy, Beloved Community Communications Team

A year ago this month a local storyteller planted the seed for what is becoming Unity's Indigenous Justice Community Outreach Ministerial Team. Rev. Jim Bear Jacobs, a member of the Stockbridge-Munsee Mohican Nation and cultural facilitator working to raise public awareness of Native American causes and injustices, joined members of Unity Church for a conversation about restoring broken trust and congregational approaches to reparations with Indigenous Peoples. His story centered around his grandmother's boarding school experience, one that robbed her of both her culture and her voice.



The U.S. government funded more than 350 boarding schools across the country during the 19th and 20th centuries and they were often run by churches, including at least one with ties to the Unitarian denomination. Rev. Jacobs wrapped up his talk with a call to action, outlining three areas congregations should consider if committed to providing reparations to the Native American tribes: 1) help local Dakota and Ojibwe communities to reclaim their language and culture; 2) develop a meaningful relationship with members of the local Native American community through spiritual life exchange; 3) create a pathway to return the land upon which Unity sits to its rightful owners. He cautioned that these steps will take years to achieve. First, we must restore trust.

Many of us emerged from Rev. Jacob's presentation ready to go to work, and came together to take action. In the months since then — and in spite of Covid-19 limiting factors — we have begun to build a solid foundation upon which we can begin to tackle the charges set forth by his call to action. We began preparation last spring to submit a Community Outreach Ministry Team application to Unity's Executive Team in the coming months, knowing that we must connect vocational calling, spiritual practice, and thoughtful planning to make a real difference. Among the many reasons our members cited for working on behalf of Native American justice is that this group is often overlooked in antiracist advocacy. Their sheer lack of numbers keeps their voices largely unheard. We want to change that.

We collect and send out monthly alerts about Native American cultural events and opportunities to volunteer or support Native-owned businesses. We hosted a Wellspring Wednesday presentation by the Native American Boarding School Healing Coalition (NABS) in May 2021, an educational event to encourage congregational learning about the traumatic impact of boarding schools on Native American children and their families. We arranged for one Sunday offering to go to support NABS. And thanks to church member James Oberly, retired history professor from University of Wisconsin-Eau Claire, we provided NABS with information about the school sponsored by the Unitarians to add to their research database.

Our current Indigenous Justice team brings together many talents and connections to other organizations and Community Outreach Ministry Teams such as the Minnesota Multi-Faith Network, Minnesota Unitarian Universalist Social Justice Alliance, United Theological Seminary, and Unity's Act for the Earth Team. In building these relationships, so much of our work intersects.

We invite those committed to Native American reparations to take the next step and join us as we continue to build our Indigenous Justice Community Outreach Team and seek community partners. For more information, contact Becky Gonzalez-Campoy (beckgc83@gmail.com) or Rev. Shay MacKay (shay@unityunitarian.org).

For additional information about Indigenous justice work, see these resources:



Native American Boarding School Healing Coalition:
boardingschoolhealing.org



All My Relations Arts Gallery: www.allmyrelationsarts.com



Native Governance Center:
<https://nativegov.org>

Healing Minnesota Stories:
healingmnstories.wordpress.com



Native American Community Development Institute: Four Sisters Farmers Market: www.nacdi.org

SPIRITUAL PRACTICE / FELLOWSHIP GROUPS

Register Now for Chalice Circles

Registration is open for this year's Chalice Circles which will begin meeting in late October, with online and in-person (currently wearing masks and following Covid-19 protocols if and as they change) options. The circles, led by trained facilitators, meet once monthly as an invitation to experience the spiritual practice of conversation — both speaking and listening from the heart with a small group of 6-10 people. Each month, participants receive a packet with readings, podcasts, short videos and other resources related to the month's theme. They choose one spiritual exercise and a deep question from the packet to spend time with over several weeks. Near the end of the month, the group gathers to share their experiences with a practice, a question, and the theme. Register online at: www.unityunitarian.org/chalice-circle-registration.html.

Tai Ji & Qigong Class

Tuesday October 26 • Noon-1:00 p.m. • Unity Church

Take an hour to center as a way of balancing, as a spiritual resource in times of conflict, and as an invitation to engage your imagination. Led by tai ji and qigong teacher Lisa Schlingerman, the class includes gentle movements and sitting meditation with poetry to help guide you. The practice is a safe and gentle form of exercise for people of all ages. We'll meet inside and in-person, with masks required. No experience necessary to attend the class, but an RSVP by email to karen@unityunitarian.org is requested by the day before. Wear comfortable shoes and loose clothing if possible.

Hey, White People, We Have Work to Do!

Saturday, October 23 • 1:00-6:00 p.m. • Online

Register: <https://ost-pilgrimage-planning.eventbrite.com>

Join Hey White People (www.heywhitepeople.org) co-founders Clover Earl and Danette McCarthy for a deep dive into a co-creative journey: the design of the May 28, 2022, pilgrimage from the Minnesota State Capitol to George Floyd Square.

This is a planning process that invites co-creation of opportunities surrounding the pilgrimage, with a commitment to centering BIPOC vision and creating a space where all can learn together. The central convening question is: What features are needed to invite transformative contemplation by those who participate in this pilgrimage?

Open Space Technology, a unique process used for the virtual kick-off meeting, provides both structure and freedom for those interested in engaging in meaningful conversations that lead to action. There will be time for breaks and small group conversation. For those who have experience with Open Space or virtual convenings, reach out to us before October 23 at heywp2021@gmail.com.

Fellowship Group Meetings

Please contact the person listed for information about meeting locations. For more conversation about getting connected at Unity Church, contact Laura Park at laura@unityunitarian.org.

Afterthoughts offers time to discuss the service. Contact Paul Gade, 651-253-1493

Caregivers Group meets on the third Thursday of the month. Contact: Karen Hering, karen@unityunitarian.org

Evergreen Quilters: This quilting group meets the second Tuesday of the month, 7:00-9:00 p.m. and fourth Saturday of the month. Contact Peggy Wright, 651-698-2760

Families Living with Mental Health Challenges meets the first Saturday of each month, 9:30-11:30 a.m. Contact: Karen Hering, karen@unityunitarian.org

Five Animal Kung Fu meets Saturdays, 11:00 a.m.-noon. Contact Barney Kujawski, barney.kujawski@gmail.com

Living With Grief Group meets on the third Tuesday of the month. Contact: Karen Hering, karen@unityunitarian.org

Men's Breakfast Group meets monthly on the first Saturday for breakfast in the Parish Hall from 8:30-10:00 a.m. Contact Tom Zell, tomzell@me.com

Men's Coffee Group meets every other Wednesday, October 6 and 20, at 10:00 a.m. for light-hearted conversation. Contact Tom Zell, tomzell@me.com

Men's Conversation Group meets Mondays, October 4 and 18, from 7:00-9:00 p.m., to discuss a wide range of topics. Contact Terry McDanel, tmcdanel@gmail.com

Men's Retirement Circle: Monday, October 11 and 25, 1:00-3:00 p.m. Contact Tom Zell, tomzell@me.com

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

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

Textile Arts Group meets every other Wednesday, October 6 and 20, from 7:00-8:30 p.m. Bring your knitting, embroidery, etc. Contact Johanna Stammeier-Toole, johanna2le@gmail.com

Unity Book Club meets the second Tuesday of the month, 7:00-8:30 p.m. Contact Jack Hawthorne, jack.hawthorne@centurylink.net. Upcoming discussions include: October 12: *The Disappearing Spoon: And Other True Tales of Madness, Love, and the History of the World from the Periodic Table of the Elements* by Sam Kean
November 9: *Main Street* by Sinclair Lewis

Women In Retirement meets the second and fourth Thursday of the month, 1:00-3:00 p.m. Contact Laura Park, laura@unityunitarian.org

Young Adult Group (ages 18-35): To join the YA email list, please email kp@unityunitarian.org.

WELLSPRING WEDNESDAY

Wellspring Wednesday

In-person chapel, in-person listening sessions and online programming

Unity Church's Wellspring Wednesday has long been a multi-generational opportunity to gather midweek at church for food, fellowship, worship, spiritual deepening and learning. Although the church building has reopened for programming and in-person worship, we are not currently able to serve food because of required masking in the building. We hope to return to Wellspring Wednesday meals in the future as Covid-19 protocols allow.

In-person multi-generational Wellspring Wednesday chapel is now held 6:00-6:30 p.m. each week in the Ames Chapel. Led by Unity's Religious Education staff, the service includes more music, especially from members. All are welcome.

Youth enrolled in this year's OWL (Our Whole Lives) classes will also meet in person on Wednesday evenings.

Wellspring Wednesday adult programming this month will include weekly in-person listening sessions hosted by the Ministerial Search Team in parish hall starting at 7:00 p.m. See right or page 5 for more information. Additional online Wellspring Wednesday programs, running 7:00-8:30 p.m., are also listed below. Unless otherwise noted, you can use the registration link right up until the program starts to participate.

Please join us
– and invite a
friend!



October 6 • 7:00-8:30 p.m.

Listening Session with the Ministerial Search Team

In-person at Unity Church • Register: www.unityunitarian.org/listening-sessions.html

Please join Unity's Ministerial Search Team for a Listening Session. What is it? An opportunity to respond to four questions with your answers helping to guide the search for Unity's next settled minister. Each session is one and a half hours long and participants will be divided into small groups so that all voices are heard. This is a chance to have a conversation with others about our collective future. Listening Sessions are offered each Wednesday in October.

LISTENING
SESSIONS

October 13 • 7:00-8:30 p.m.

A Spiritual Practice to Feed Your Soul: Lectio Divina, led by Shelley Butler

Online • Register: <https://bit.ly/Lectio21-22>

Following a centuries-old Benedictine spiritual practice of contemplative reading, meet online to share in Lectio Divina. In this invitation to receive the wisdom and gifts of poetry, each session engages the group in hearing a particular poem read aloud multiple times, listening for "what is found there." Rather than analyzing the poem, group members lift up what they heard and how the poem spoke to them. For those who love or are curious about poetry, this practice is a rich way to receive its gifts in a small group setting. Drop-in attendance is welcome. Register once to attend one or all future sessions on the second Wednesday of each month.

What is Rent Stabilization?

Online • Register: <https://bit.ly/525-600-mins>

This initiative will be on the November 2nd ballot in Saint Paul and Minneapolis. It allows landlords to raise rent up to 3% in a 12-month period (and to apply for a waiver for large expenses such as a new roof, new appliances, etc.). Join our panel for background and a lively discussion between supporters, non-supporters and undecideds — including landlords, activists and attendees. This event is presented by Unity's Affordable Housing Team.

Listening Session with the Ministerial Search Team

In-person at Unity Church • Register: www.unityunitarian.org/listening-sessions.html

October 20 • 7:00-8:30 p.m.

Open Page: Writing on the theme of sacrifice

Online • Register: <https://bit.ly/OctWrit>

"The law of every living thing is growth," writes Susan Griffin, "through love, through willing sacrifice, or both." This writing session explores what sacrifices are asked of us today. And how might we respond? For writers and nonwriters alike. Participants bring whatever you need to write (paper and pen or electronic device) and Karen will provide the rest.

Listening Session with the Ministerial Search Team

In-person at Unity Church • Register: www.unityunitarian.org/listening-sessions.html

October 27 • 7:00-8:30 p.m.

St. Paul's Path Toward Reparations

7:00-8:30 p.m. • Online • Register: <https://bit.ly/OctRep>

A presentation and conversation with Trahern Crews and Councilmember Jane Prince. More information will follow in the weekly Wellspring Wednesday emails or you can register now to stay informed.

Listening Session with the Ministerial Search Team

In-person at Unity Church • Register: www.unityunitarian.org/listening-sessions.html

Rent Stabilization Ballot Measure

To stop predatory price gouging by corporate landlords, Saint Paul can vote to begin rent stabilization. This November 2 ballot measure allows landlords to raise rent up to 3% in a 12-month period. (Landlords may apply for a waiver if they need to make major repairs, if property taxes increase, etc.) Stability in homes creates stability in schools and communities! For an overview of the ballot measure visit www.housingequitystp.org/what. To get involved contact Dayna Kennedy at daynamelissa@icloud.com.

Mano a Mano Update



Mano a Mano delivered three shipment containers to Bolivia in the past few weeks and more are on the way. Through these efforts, seven tons of supplies were distributed to 22 medical facilities during the month of September! You can watch a video of the distribution here: <https://manoamano.org/blog/donating-medical-supplies-for-hospitals-in-cochabamba>.

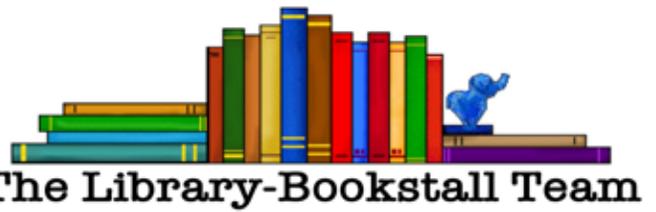
Hallie Q. Brown Food Shelf Donations

September kicked off our partnership supporting Hallie Q Brown this year and we are off to a great start! Thank you for your generous support so far! For the month of October the food shelf needs items to prepare for Thanksgiving: corn bread mix, canned corn, canned green beans, cake mix, frosting, cranberry sauce, pumpkin pie filling, and any other festive fall items. As always they are in need of personal hygiene products and general cleaning supplies. Please bring your donations when you come to church and place them in the baskets located at the Holly and Portland Avenue entrances.



Pilgrimage to Transylvania

Travelers to the Unitarian Homeland, Past and Future
Unitarianism is alive and well in Transylvania, Romania, where it has been an active faith for more than 450 years. Unity Church has had a partnership with the Unitarian Church in the village of Homorodszentpeter for more than two decades. On November 3, Unity pilgrims who have visited the village and the Unitarian homeland in Transylvania will share stories and photos of past visits. Those interested in a future pilgrimage are especially invited to start planning for the summer of 2023.



It's A New Dawn. It's a New Day. And the Bookstall is Lookin' Good!

Shelley Butler, Library-Bookstall Team

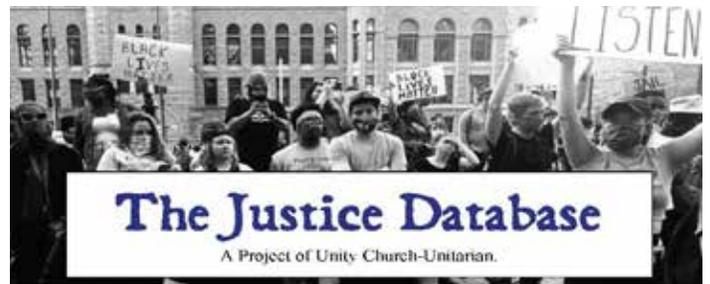
Now that the dust of re-opening the Unity Bookstall is settled, we'd like to introduce you to the new Library-Bookstall Team co-leader Vicki Kappus (pictured). Vicki and longtime co-leader Barb Foss will manage all aspects of the Bookstall, with the help of our great staff, particularly Song Thao. Already, Vicki has stocked the Bookstall with a great selection of new books!



I thought I loved books, but after Vicki's daughter read the Newbery Honor Book, *Misty of Chincoteague* by Marguerite Henry, the now-classic, based on real life story of the Beebe children who raised ponies, the family took a trip to the island in Virginia and even came home with a Chincoteague pony. Book-lovers extraordinaire.

Vicki and husband Chris Griese have two adult kids, live in Stillwater, and have been attending Unity Church for going on six years. She also tutors at the elementary school that her kids attended and says that she had been waiting for the perfect opportunity to serve the congregation. Vicki answered our ad for a new Bookstall manager by telling us that indeed, she has always wanted to run a bookstore. Please stop by and meet our fabulous new team co-leader.

New in the Justice Database



The Side With Love Action Center, just launched in September 2021 and sponsored by the UUA, is a place for folks to come together to end oppression and build communities focused on our four key issues: climate justice; decriminalization; voting rights; and LGBTQ+ and gender justice.

Learn more: <https://bit.ly/JusticeData>



What I haven't done for you!

Drew Danielson, Coordinator of Youth and Campus Ministries

If you are a parent, I'm guessing you know a thing or two about sacrifice. I'd go so far as to bet that you even feel you're something of an expert on the subject, and I'll count myself as one of you, having just sent my son off to college, where he apparently never thinks about me. Never spends anytime going over a mental list of all the things his parents put aside to provide for him these past 19 years. Never feels any guilt over preventing his dad from writing the next great American novel because he had to focus on preparing some 20,000 meals plus snacks.

To be a parent is to make sacrifices. My new best friends — all the parents of seniors I met who stood frazzled and exhausted from hosting the dozens of grad parties we attended — took pains to validate and bolster each other as we bemoaned the thankless sacrifices we'd all made to get our kids to this point. We had all gone to ridiculous lengths to provide for these kids, we all agreed, and now it took all we could do to make them stay at their own parties for the full three hours!

It has been cathartic to complain like this. But the truth is none of us would have it any different. I am sure there have been countless time over the years when I felt a tinge of indignation as I prepared to make a sacrifice (I have honestly still not forgiven him for taking my brand new composite hockey stick and breaking it in the locker room *before* his Pee-Wee game), but for the most part, we made these sacrifices without reservation. In fact, we relished the opportunity. Having kids who needed me to give up my own self-absorption was the greatest gift of my life! It was the life event that more than anything else gave me absolute, unquestioned purpose!

I'm imagining it's a hard sell to tell the youth I work with that sacrifice is a wonderful thing, that it is a valuable practice. I myself think the word has only negative connotations. We do not live in a society that tells us it's ever good to sacrifice, to give up something, to accept you can't have whatever you want. At best, sacrifice sounds like a hair shirt, like a penance we have to pay for affluent lives. But really the negativity towards it is completely manufactured; I believe once we have basic needs met it's in our human nature to sacrifice for each other. And I'm actually heartened by how freely our youth talk about things like reparations and making serious lifestyle changes in order to stop destroying the Earth. True they probably don't yet have much practice making real sacrifice in how they live their lives, but in Tower Club circles I continually hear them question and challenge the "no sacrifices" ambitions we've held for so long.

We sacrifice because we love. It can be complicated and it can go wrong. Yet, it's been necessary for really any good thing I've ever done.



Music Notes

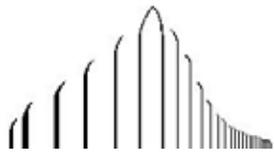
**Ahmed Anzaldúa
Director of Music Ministries**

"To bring into being something that does not yet exist in the world, a sacrifice will be required. Sacrifice means "making holy." What will you give up in making holy the process of writing?"

This quote appears in "Putting Coyolxauhqui Together" by Gloria Anzaldúa (an amazing writer who happens to be my aunt) and was published posthumously in "Light in the Dark," a collection of her essays. In this essay, my *tía* Gloria describes how she approaches writing and describes her creative process in detail, referencing the story of Coyolxauhqui. In Aztec religion, Coyolxauhqui is the moon goddess, a warrior woman. Her brother, Huitzilopochtli, the war god, decapitated her, dismembered her body, and scattered her limbs... making her the first human sacrifice. Every time we create something out of nothing, what we are doing is putting Coyolxauhqui together again. To put her together in a way that honors her grace and life-force is a long process that requires commitment and sacrifice; it is easy to end up with a malformed Frankenstein's monster otherwise.

I find that making music is the ultimate act of creating something out of nothing, not only in composing a new piece, but also in performance and improvisation. Every time we make music we bring into being something that did not exist in the world, and to do this a sacrifice is always required. "Sacrificing oneself for one's art" and "no pain, no gain" are hardly new concepts. However, let's look at that quote again. Gloria starts by pointing out that the process of creation demands a sacrifice, but then she asks: what will *you* sacrifice? This is not a command; it is a question! Sacrifice without choice is merely violence, there is nothing holy about it; sacrificial offerings that do not involve choice will not put Coyolxauhqui back together. Let us also not forget the fraught history of using the concepts of "sacrifice" to effect violence against the marginalized — especially against queer, brown women like my aunt. The quote is inviting you to make a sacrificial offering, it is not demanding that you yourself be offered in sacrifice.

Gloria believed that the sacrifice involved in writing is connected to the vulnerability of offering one's thoughts to the world. Anyone that has made music with and for others will recognize this intense sense of vulnerability — singers most of all, since their "instrument" and their embodied self are one and the same. When wracked with performance anxiety and insecurity, I find comfort in remembering that this vulnerability is itself holy, a sacrificial offering that I have chosen as I work to put the moon together again.



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*Sacred Sites and storytelling
lead to new community outreach
ministry team. Details on page 7.*



*Help shape our collective future.
Details on page 5.*



Register now! Details on page 8.

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2022 Unity Church
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