

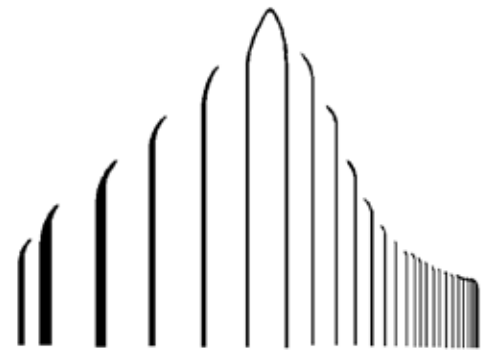
# *Hope as Practice*

Arthur Foote Music Sunday

*Hope, like every virtue, is a choice that becomes a practice  
that becomes spiritual muscle memory.*

*Hope is a renewable resource for moving through life as it is,  
not as we wish it to be.*

— Krista Tippett



Unity Church–Unitarian  
Sunday, May 6, 2018

*The flowers in the Main Lobby are given with gratitude for the music that so graciously honors Arthur Foote's memory.*  
From Susan, Ben, Liam, and Mateo Foote

# Arthur Foote Music Sunday • May 6, 2018

*\*Please rise in body or in spirit.*

GATHERING MUSIC

**Romance** — Alexander Scriabin  
**Chanson Triste, Op. 56, No. 3** — Anton Arensky

Laura Sewell and Ruth Palmer

WORDS OF WELCOME

Rob Eller-Isaacs

RINGING OF THE BELL

*... alive to love, we sing as love,  
afraid, uncertain,  
yet our flight begins as song.  
— Euan Tait*

PRELUDE

**Rise Up** (Susan B. Anthony) — Jake Runestad

Women's Ensemble

*Rise up!*

*There shall never be another season of silence.*

*Deepen your sympathy then convert it to action.*

*Pray every single second of your life, not on your knees but with your work.*

*Think your best thoughts,*

*speak your best words,*

*do your best work.*

*There is so much yet to be done.*

*Rise up!*

(Taken from speeches and writings by Susan B. Anthony.)

CALL TO WORSHIP

Marg Walker

\*OPENING HYMN

**My Life Flows On in Endless Song**  
Early Quaker song, American gospel tune

My life flows on in endless song above earth's lamentation.

I hear the real though far-off hymn that hails a new creation.

Through all the tumult and the strife I hear the music ringing.

It sounds an echo in my soul. How can I keep from singing!

What though the tempest 'round me roars, I know the truth, it liveth.

What though the darkness 'round me close, songs in the night it giveth.

No storm can shake my inmost calm while to that rock I'm clinging.

Since love, prevails in heaven and earth, how can I keep from singing!

When tyrants tremble as they hear the bells of freedom ringing,

When friends rejoice both far and near, how can I keep from singing!

To prison cell and dungeon vile our thoughts to them are winging;

When friends by shame are undefiled, how can I keep from singing!

\*RESPONSIVE READING                      **Desiring a Lawn, Planting Seeds** — Karen Hering

Not only do the seeds need water. They require darkness too.

*Enough burial under soil tilled and filled in to soften the hold of being seeds-  
tucked in, covered up as if for sleep so they might dream their way from husk to root to shoot and sprout.*

*The fine green blades at last breaking ground mounded like a grave.*

Waking, rising, the thin tendrils shine like a whisper in the sun.

*Why do I forget this? That what I need most and first might be the last thing I want—  
to bury what is, to lay down and let go of who I am now,*

*the husk that must soften in the darkness and dreaming of uncounted nights*

*All: so that who I wish to become might finally take root, rise, find its way into day. I watch the grass grow, remembering this.*

SILENCE

EMBRACING MEDITATION

Janne Eller-Isaacs

PRAYER

INTERLUDE

**Love is Love is Love is Love** — Abbie Betinis

Combined Choirs

OFFERING

Arthur Foote was minister at Unity Church from 1945-1970. Upon his death in 1999, the Arthur Foote Music Fund was created as a permanent endowment to provide an annual music Sunday in his memory. Currently the endowment supports a portion of Foote Music Sunday expenses. Your gifts to grow this endowment are gratefully accepted!

POETIC READING

**Apple Blossoms** — Susan Kelly-DeWitt

OFFERING MUSIC

Children's Choir

**Each of Us Is a Flower** — Charlotte Diamond/arr. Don Kalbach

*Each of us is a flower, growing in life's garden.*

*Each of us is a flower, we need the sun and rain.*

*Sun, shine your warmth on me, Moon, cool me with your night*

*Wind, bring the gentle rain. Earth, dig my roots down deep.*

**Children of the World** — Berta Poorman and Sonja Poorman

*Children of the world, find a way to believe.*

*Children of the world, learn to give and receive.*

*They may live with war, they may live with peace,  
yet they somehow know, love does not cease.*

*Children of the world, bring us hope ev'ryday.*

*Children of the world seem to light our way.*

*They may live with joy, they may live with tears,  
yet they overcome their troubled fears.*

*Children of the world, need to grow brave and strong.*

*They will feel secure when they know they belong.*

*We must give them hope, we must give them peace,  
and they will know love does not cease.*

*And they will know, love does not cease. Children of the world.*

**Amani Utupe** (Swahili) — Patsy Ford Simms

*As we travel down this weary road, amani utupe na ustawi  
We need strength to carry on our load, grant us peace, give us courage  
Road is rocky and the way is dark, every road has a different fork  
Grant us peace, give us courage*

INTERLUDE

CENTERPIECE REFLECTION

**Please Stay** — Jake Runestad

Unity Singers; Julia Brown, soloist

Note from composer: *Please Stay* is an anthem for hope — an attempt to destigmatize mental illness and challenge all of us to support those who are battling depression and thoughts of suicide. You are not alone. We can make a difference. We can be the support system that saves a life.

To Write Love On Her Arms is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. Their 2016 campaign for World Suicide Prevention Day was titled “And So I Kept Living.” Using the hashtag #IKeptLiving, thousands of individuals who battle depression shared their stories on Twitter as to why they chose life over death. I read through and collected hundreds of the tweets and used them to inspire the text for this work.

*No! Don't go!  
Don't let your worst day be your last.  
The storm is strong, but it will pass.  
You think you can't go on another day,  
but please stay. Just stay.  
Hope is real. Help is real.  
You are breath, you are life,  
you are beauty, you are light.  
Your story is not over.  
You are not a burden to anyone.  
Please stay. Just stay.*

(Spoken text adapted from tweets using #IKeptLiving — expressions of hope from those who battle depression and chose to live.)

INTERLUDE

READING

**Don't You Wonder, Sometimes?** (excerpt from *Life on Mars*) — Tracy K. Smith

Tracy K. Smith is serving as the 22nd U.S. Poet Laureate and is a Pulitzer Prize winner for her 2011 volume *Life on Mars*.

**Breathe in Hope** (Maya Jackson) — Dale Trumbore

Unity Choir; Teresa Tierney, KrisAnne Weiss, soloists

Note from composer: Maya Jackson's text for *Breathe in Hope* began as a Facebook post responding to the violent deaths of Philando Castile and Alton Sterling. Reading Maya's words, I was drawn to her poetic call for action. When confronted with tragedy, we may instinctively search for hope and healing. In the face of violent injustice, though, maybe the hope we seek can only be found when we recognize our own accountability and ask what actions we can take to create lasting change.

*What would we do if we didn't have the privilege of being distracted  
I know we must honor our personal lives.  
I know we must not live in darkness.  
I know we must celebrate the grace in our humanity.  
To keep our lungs from collapsing.  
We must breathe in hope.  
And so have I. Taken in joy. And beauty. And selfishness. And frivolity. And laughter. We are wonderful. Humans.  
We find the light.*

*But I fear the moment passing.  
Already distracted from the fire though the smoke is still filling our lungs.*

*This is going to sound wrong. But I hope this pain lasts.  
I hope that it holds. I don't want to heal just yet.  
We have become experts at recovery.  
I hope we become expert at Revolution.*

INTERLUDE

REFLECTION

**Spirit, Help Us/Spirit, Help Me** (from *The Wound in the Water*)  
(Euan Tait) André Arnesen

Unity Choir, Unity Singers; Laura Sewell, cello

*Spirit, help us to hear their cries like a coming storm, surging, waters,  
from boats packed with fear.  
Spirit, help me to see their broken stories behind their eyes: a chair overturned,  
the faint smear of a last meal in their abandoned room.  
Sprit, help me. Spirit, help us.*

INTERLUDE

**Sanctuary** (excerpt) — Carrie Newcomer

KrisAnne Weiss

**Journey Home**

Combined Choirs

(Erik Halvorson, edited and adapted by Abbie Betinis, Chad Zdroik and Gabrielle Diharce) — Abbie Betinis

Spoken text (in Spanish): Segundo Velasquez

Translation by Joan and Segundo Velasquez

*Un lugar... un hogar... nuestro hogar.*

*A place, a home, our home.*

*Un lugar que podemos llamar el nuestro, hacer el nuestro.*

*A place that we can call ours. To make ours.*

*Un lugar para vivir, crecer, y ser.*

*A place to live, to grow, and to be.*

*Un pedazo de lo nuestro que compartimos con el mundo.*

*A part of what is ours that we share with the world,*

*Un trozo de nuestros corazones que traemos a la comunidad.*

*A portion of our hearts that we bring to the community,*

*Un mundo de consuelo, y un mundo de calma.*

*A world of comfort, a world of calm.*

*Un mundo... de amor.*

*A world of love.*

Choir:

*A place, a place to live,  
a place to grow,  
and be.*

*A place, a place to hope,  
a place to dream,  
and love...*

*An end, an end to a journey,  
but still we're just beginning:  
a place with you,  
a place to start anew.*

*A home, (Un hogar)  
a home is our own, (nuestro propia hogar)  
yet so much more, (y mucho más)  
a world... (un mundo)*

*A world, (Un mundo)  
a world we'll learn, (aprenderemos)  
a world we'll bring, (lo traeremos)  
and share... (para compartir)*

*A world of comfort, of calm,  
the hope of our family,  
a place of love,  
of wonder from above...*

*A place, a place we'll grow,  
a place we'll learn,  
and share.*

*A place to call our own,  
to make our own...*

*Our home.*

\*CLOSING HYMN

***Spirit, Make Us One*** (Kendyl Gibbons) — Jason Shelton

We proclaim a saving message, as in times of old. History give us courage; make us bold.  
There is healing, there is hope for every hurting soul. Spirit give us comfort; make us whole.  
Make us bold, make us bold. History give us courage, make us bold.  
Make us whole, make us whole. Spirit give us comfort; make us whole.

Still let justice be the saving struggle we pursue. Conscience, give us honor; make us true.  
We bear witness to the promised future now begun. Spirit, bless our journey; make us one.  
Make us true, make us true. Conscience, give us honor; make us true.  
Make us one, make us one. Spirit, bless our journey; make us one.

CLOSING READING

***Migration*** (excerpt from *Follow the Blackbird*) — Gwen Nell Westerman

Gwen Nell Westerman is a Dakota educator, writer, and artist at Minnesota State University Mankato.

***Flight Song*** (Euan Tait) — Kim André Arnesen

All we are, we have found in song:  
you have drawn this song from us.  
Songs of lives unfolding  
fly overhead, cry overhead:  
longing, rising from the song within.

Moving like the rise and fall of wings,  
hands that shape our calling voice  
on the edge of answers  
you've heard our cry, you've known our cry:  
music's fierce compassion flows from you.

The night is restless with the sounds we hear,  
is broken, shaken by the cries of pain:  
for this is music's inner voice,  
saying, yes, we hear you,  
all you who cry aloud,  
and we will fly, answering you:  
so our lives sing, sing,  
wild we will fly,  
wild in spirit we will fly.

Like a feather falling from the wing,  
fragile as a human voice,  
afraid, uncertain,  
alive to love, we sing as love,  
afraid, uncertain,  
yet our flight begins as song.

BENEDICTION

POSTLUDE

***Hope*** — Isaye Barnwell

Chris Crosby-Schmidt, soloist

*If we want hope to survive in this world today, then every day we've got to pray on, walk on, work on, move on, march on, teach on, sing on!*

*Sing, then, in whatever tongue your pain has taught you.  
Sing, because the cry from all the places you have kept quiet will stall the cold,  
will soften the danger, will keep the world possible.*

— Mark Nepo

## ABOUT THE MUSICIANS

**Children's Choir:** Kathleen Radspinner, director; Priscilla Morton, piano

*Unity's Children's Choir is a vibrant group of first through fifth graders, reflecting the many talents of our children and the support of our parent community.*

Violet Baer-Benson, Dylan Bickelhall, Lily Borgerding, Walker Darst Rice, Wells Darst Rice, Leif Digre, Emily Easter, Audrey Gallagher, Maddy Grove, Ariel Hansen, Ramona Hegeman, Wesley Hendel, Maggie Hong, Lucas Kivel, Sula Krogstad, Luca LaFerla, Nina LaFerla, Carys Lloyd, Laura Lundquist, Franny Mastrud, Kate Peterson, Duncan Peterson, Anya Robertson, Sophie Satoskar, Sophie Sherman-Hoehn, Ezra St. Marie, Leo St. Marie, Helena Thomas, Sophia Thomas, Alice Verbrugge, Louisa Verbrugge, Tulla Wallace, Alastair Wood, Audrey Wood

**Unity Choir\*:** Ruth Palmer, director; Kathy Kraulik, piano

*Unity Choir is the foundation on which our music program is built and is a vital and energetic presence in our community. Its members share various levels of musical experience and a wide variety of activities and interests, all of which are brought together by their love of singing.*

**Soprano:** Jule Adelsheim, Diane Alshouse, Karen Buggs, Joan Carrier, Carolyn Caswell, Susan Conner, Cay Emkovik, Nancy Evert, Helen Franczyk, Patt Kelly Hall, Kirstin Jarvis, Rochelle Lockridge, Anna Newton, Bonnie Power, Nancy Rector, Emily Richardson, Julie Robbins, Phyllis Sherman, Teresa Tierney (section leader)

**Alto:** Heidi Birkholz, Michelle Blaeser, Terri Burnor, Katherine Clayton, Pauline Eichten, Sylvia Elrod, Sally Foster, Jessica Goff, Wendy Harris, Roxy Johnson, Ruth Kirkland, Jill van Koolwijk, Ann Mabbott, Dana Mardock Robin Moede, Katrina Nichols, Mary Nienaber, Angela Norberg, Jane Potish, Kathleen Radspinner, Judy Steller, Bailey Webster, KrisAnne Weiss (section leader)

**Tenor:** Tony Borgerding, Warren Davidson, Mark Foster, Hal Freshley, Peter Heege, Eric Hendrickson, Russ Heuckendorf, Beth Klemann, Felix McClung, Gary Mabbott, Shahzore Shah (section leader), Tom Merritt, Tim Power, John Sherman, Grant Wacker, Harry Wernecke

**Bass:** Mike Bruns, Glenn Davis, Mark Dietrich (section leader), Paul England, Chuck Griggs, Bryan Janssens, Mike LaFleur, Don Lee, Bob Ruud, Ben Schneider, Bob Steller, Michael Votel

\*The members of Unity Choir would like to dedicate today's singing to the memory of Gary Zimmerman who passed away April 24. We sing in honor of his 55 year membership, passion for singing and love of his choir community.

**Unity Singers:** Ruth Palmer, director; Kathy Kraulik, piano

*Unity Singers is Unity Church's auditioned, a cappella chamber choir. Each singer's involvement is built on a passion for singing and willingness to work towards an ensemble of excellence capable of sharing varied musical genres. All singers volunteer their talents to offer the musical gift of this ensemble and are deeply involved in the life of this church community.*

**Soprano:** Mary Baremore, Julia Brown, Cathy Crosby-Schmidt, Beth McGarr, Angela Newhouse, Karyn Wrenshall

**Alto:** Mary Blouin Auffert, Estelle Brouwer, Ellen Merlin, Marg Walker, Lorelee Wederstrom

**Tenor:** Charlie Caswell, Chris Crosby-Schmidt, Russ Heuckendorf, Greg Johnson, Jeff Ochs

**Bass:** Steve Harper, Brian Newhouse, Bob Peskin, Scott Rehovsky, Ty Wilson

**Women's Ensemble:** Ruth Palmer, director; Kathy Kraulik, piano

*Unity's Women's Ensemble is a continually growing and evolving group. Its membership draws from women at various places along life's journey: from student life to active retired life. These wonderful singers meet for only one-half hour each Sunday between morning services. Into this short rehearsal time they bring tremendous creative energy, commitment, and joy!*

Elizabeth Alexander, Ginny Allen, Marcie Allen, Meg Arnosti, Lynn Baker, Katherine Barton, Bridget Borell, Ann Borer, Maddy Breton, Teri Breton, Joan Carver, Pat Conboy, Megan Casselman-Condon, Teresa Connor, Debbie Cushman, Rebecca Flood, Betsy Furman, Jill Gebhardt, Carolina Gonzalez, Ellen Green, Megan Hall, Alana Howey, Ariana Howey, Rachel Howey, Roberta Hunt, Mary Kerres, Peggy Lin, Louise Livesay-Al, Rochelle Lockridge, Kerry McNeill, Dana Mardock, Carol Miller, Louise Miner, Angie Norburg, Janet Oliver, Suzanne Quinn-McDonald, Carol Mahnke, Bea Mastrud, Heidi Mastrud, Jeannine Robinett (assistant/vocal coach), Teresa Schicker, Arlene Seashore, Kat Sherman-Hoehn, Linny Siems, Jackie Smith, Heidi Springborg, Becky Steeber, Jennifer Taylor, Laura Temali, Jenny Thompson, Kate Tucker, Jen Vanek, Janet Wacker, Kathy Wallace, Willie Webb, Jenny Wilson, Mary Wilson, Ellen Wold, Beth Yokom

## Instrumentalist

Unity Church member Laura Sewell is a frequent performer with many organizations and ensembles in the Twin Cities including the Chamber Music Society of Minnesota, the Musical Offering, the Bakken Trio and as a substitute cellist with both the Minnesota and St. Paul Chamber Orchestras. For the past nine years she was a member of the Artaria String Quartet. Laura has appeared several times on A Prairie Home Companion as a duo partner with jazz pianist Butch Thompson, and is a regular member of the Isles Chamber Ensemble.

## Speaker (Journey Home)

Segundo Velasquez immigrated to Minnesota from his native Bolivia in 1969 and found his spiritual home at Unity Church. One of Unity's Community Outreach Ministry Teams supports the health and development work of Mano a Mano, an organization which he co-founded in 1994 and to which he has contributed his full-time volunteer work since retiring from Northwest Airlines technical operations. He and his wife, Joan, live in downtown St. Paul.



## **ABOUT THE ARTHUR FOOTE MUSIC SUNDAY TEAM**

Many of you have asked how this Sunday “happens.” Well, it starts with Ruth researching and choosing music for all choirs that fit into the vision of a guiding thematic idea, then designing the flow of how things work together in the large picture. Once the selections are made, choir members contribute endless hours in preparation for their particular “piece” of the puzzle, timing for each element is worked out, and then all the practical logistics are figured out. But wait! About two-thirds of the way through this process, when all is set in motion, Marg Walker and Ruth meet together to create the “magic thread.” They discuss the underlying ideas that helped guide the musical decisions — theme, common threads, flow, pacing — and how to tie it all together with transitional text. From there, Marg heads off for her own creative writing and research. More meeting and talking, sometimes playing the music and reading the written selections together to see how it feels. It is in the moment when words and music meet, when each enhances the other, when all the singers and all of you are together, that Foote Music Sunday truly “happens.”

### **Marg Walker**

Marg was drawn to Unity Church by its music program in 1999, and has been singing here ever since. A founding member of Unity Singers, Marg has also served as a Worship Associate, Coming of Age mentor, Trustee, and Board Chair. Marg is a writer of poetry and creative nonfiction, with an abiding interest in the human voice.

### **Ruth Palmer, Director of Music Ministries**

Ruth Palmer has a distinguished career as an ensemble pianist, vocal coach, and choral conductor, all in pursuit of following her passion and belief in the art of singing and its importance in our human connection. Her concertizing career brought her to stages such as Alice Tully Hall, Carnegie Recital Hall, The National Gallery of Art, The Beaux Arts Society of Brussels, and locally to the Ordway McKnight Theatre and Orchestra Hall. Her work as vocal coach and ensemble pianist has been in opera, Art Song and the choral field, working with Philadelphia and Minnesota Opera companies; playing for masterclasses of Art Song greats such as Elly Ameling and Gerard Souzay; pianist for premieres of Gian Carol Menotti, Libby Larsen, Richard Hundley, Abbie Betinis, Edie Hill; as coach and pianist for national winners in the National Association of Teachers of Singing Artist Award, National Metropolitan Opera auditions and Rosa Ponselle International Vocal Competition; as Associate Conductor/Pianist of the Dale Warland Singers (2003-2004), continuing to work with Dale Warland as pianist for the Saint Paul Chamber Orchestra Chorale and Minnesota Beethoven Festival; and with the Singers-Minnesota Choral Artists and Macalester Concert Choir. For nineteen years her great joy has been sharing in the energies and love of music at Unity Church as Director of Music Ministries, and working with the committed and inspired musicians of this community.



Special thanks to Kathy Kraulik for her work as musical assistant and pianist for our three adult choirs, to Jeannine Robinett for her coaching assistance with Women's Ensemble, and to our entire outstanding music staff. Thanks and appreciation to Kim Klose (production manager), Welcome Team members and ushers, facilities staff, and all volunteers contributing to this day. Today's music made possible by funds from the Arthur Foote Music Fund and the congregation of Unity Church–Unitarian. Our thanks to all involved in this community for such strong and continued support of our music program and musicians.

— Ruth Palmer

# This Week at Unity Church

May 6–12, 2018

**Welcome visitors!** After the service today, please stop by the Welcome Table in the Parish Hall to introduce yourself and learn more about Unity Church.

## Project Home Training

**Today • 10:15 a.m. • Whitman Lobby, lower level**

If you have signed up for a Project Home shift, please consider attending today's training. The session includes a tour of the physical space, details about volunteer roles, and time for questions.

## Unitarian Universalist History 101

**Sunday, May 6, and 20 • 12:30-1:30 p.m. • Robbins Parlor**

Rev. Lisa Friedman teaches this introduction to concepts and people from UU history. Drop-ins are welcome!

## LGBTQ+ Community Support Group

**Today • 12:30-2:30 p.m. • Gannett Room**

A place to come and be in community with other LGBTQ people, wherever you are in your journey. All ages and all identities welcome. Questions? Contact Jamie Bosc at [bosc.jamie@gmail.com](mailto:bosc.jamie@gmail.com).

## Sustainable Living Team Meeting

**Tuesday, May 8 • 7:00-8:30 p.m. • Center Room**

This meeting will serve as a visioning session and all are welcome. Nicole Lynsey and Riley Jaimison have returned from training with Interfaith Power and Light and will help guide the team in assessing "green" priorities and plot a path forward for the group and the church. Please come share your ideas!

## Racial Justice Movie Night: The Tulsa Race War of 1921

**Friday, May 11 • 7:00 p.m. • Robbins Parlor**

Join Unity Church members and friends for an ongoing film series to further our growth in the understanding and challenging of white supremacy and structural racism. Popcorn will be served and there will be time for conversation.

## Unity's First Queer Retreat

**Saturday, May 12 • 4:00-9:00 p.m. • Unity Church**

For all those who identify under the queer and/or trans umbrella — especially for people who don't fit into the gender binary. Optional offerings include meditation, dance, art, and community building. There will be food and space to relax. We are asking for a suggested donation of \$10, but no queer and trans folk will be turned away! Sign up online at [www.unityunitarian.org/lgbtq.html](http://www.unityunitarian.org/lgbtq.html). Questions? Contact Ray Hommeyer at [ray@unityunitarian.org](mailto:ray@unityunitarian.org).

## May Parish Hall Artist

Jill Michell's landscapes show her passion for realism that is interpretive, rather than literal or photographic.

## Look Who's Sharing Art

Harper Danielson's first serious work in watercolor is a painting of three dogs. It was a gift for her dad, Drew. Harper says, "It is fun to share it with Unity friends and family."

## Unity Church 2018 Congregational Survey

The 2018 Congregational Survey is online and waiting for you: <http://bit.ly/ucsurvey2018>. Completing the survey is your chance — and responsibility — to let the Board of Trustees know how you feel about this religious community, the work we are doing, and its impact in your life and the lives of others. The survey is the Board's primary tool to measure our progress on the congregation's mission and collective vision. Church members, friends, and high school youth are all invited to participate. Stop by the survey table in the main lobby to use a laptop to complete the survey today, or to pick up a paper copy. The deadline is Monday, May 21!

## Annual Plant Exchange and Sale: Sunday, May 20

People are encouraged to split plants from their yards and exchange them for new varieties to add to their landscape. Don't have plants to split? Just starting to add plants to your yard? No problem! Once the "exchange" is over we welcome folks to purchase plants that catch their eye! Plants for sale are reasonably priced and all proceeds go to supporting the work of Unity's Sustainable Living Team!

8:00-9:00 a.m.: Plant drop off under the tent in the green space; take a ticket for every plant you bring.

10:00-11:00 a.m.: Plant Exchange! Exchange your tickets for plants.

Noon-1:00 p.m.: Plant Sale! Any plants left after 11:00 will be sold for \$1-5, or best offer.

## This Week in Religious Education

Today at 11:00 a.m., Rotations children go directly to Ames Chapel for a special children's worship service, then head downstairs for regular classes.

Final day of R.E. classes and Teacher Recognition is May 13, to pause and appreciate our many volunteer teachers. Sunday, May 20, is Flower Communion Family Sunday, then children switch over to our Summer in the Garden program beginning Sunday, May 27, at 10:00 a.m., for children ages 4-12.

### Youth Late-Night LGBTQ+ Celebration • Ages 13-17

**Friday, May 11 • 6:00-10:00 p.m. • Unity Church**

Join us for a queer/trans web series, music, snacks, and a super chill time. Sign up by email to [ray@unityunitarian.org](mailto:ray@unityunitarian.org).

R.E. Enrollment for 2018-19 will be offered:

- Wednesday, May 23 • 6:30-8:00 p.m. • Foote Room
- Sunday, June 24 • 11:30 a.m.-12:45 p.m. • Foote Room
- Sunday, July 15 • 11:30 a.m.-12:45 p.m. • Foote Room

These sessions include enrollment for OWL and COA. Childcare is provided. Questions? Contact Michelle Mecey at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).

**Spirit Play (ages 3-6):** Children learn about Flower Communion in preparation for the upcoming Family Sunday service.

**Rotations (grades 1-6):** Children continue their journey exploring the year's final theme, "Endings."

**Junior High (grades 6-8):** Youth continue classes today, through four courses offered this semester.

**Tweens (grades 5-7):** Please sign up and share your talent at the final Wellspring Wednesday, May 9.

**Tower Club:** Senior high youth meet for final regular gathering this year, to reflect and share in circle. Tower Club will then welcome in Coming of Ages at a party/scavenger hunt on Saturday, May 19.

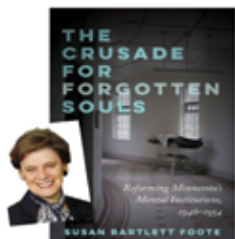
## THE CRUSADE FOR FORGOTTEN SOULS

Reforming Minnesota's Mental Institutions, 1946-1954

Susan Bartlett Foote

Tuesday, May 15  
7:00 PM • Parish Hall

Unity's own Susan Bartlett Foote  
will read from her important new book!



## This Week at Unity Church

### Sunday, May 6

Afterthoughts	10:15 a.m., Gannett Room
Project Home Training	10:15 a.m., Whitman Lobby, lower level
Boston Pilgrimage Information Session	12:15 p.m., Anderson Library
UU History 101	12:30 p.m., Robbins Parlor
LGBTQ+ Group	12:30 p.m., Gannett Room
Above Every Name Worship Service	1:00 p.m., Sanctuary
Soup Supper	5:45 p.m., Parish Hall
Tower Club	6:00 p.m., Center Room

### Monday, May 7

Men's Retirement Group	1:00 p.m., Gannett Room
Circle of Peace	5:15 p.m., Center Room

### Tuesday, May 8

Sangha Meditation Group	5:30 p.m., Ames Chapel
Evergreen Quilters	7:00 p.m., Anderson Library
Unity Book Club	7:00 p.m., Robbins Parlor
Sustainable Living Team	7:00 p.m., Center Room

### Wednesday, May 9

Wellspring Wednesday	See box below
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### Thursday, May 10

Earl Gustafson Memorial Service	11:00 a.m., Sanctuary
Women in Retirement: The Choice Years	1:00 p.m., Center Room
A New Look at the Bible	7:00 p.m., Center Room
Young Adults Group	7:30 p.m., Gannett Room

### Friday, May 11

Racial Justice Film Series	7:00 p.m., Robbins Parlor
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### Saturday, May 12

Board of Trustees	9:00 a.m., Anderson Library
Kung Fu	10:00 a.m., Body Room
Queer Retreat	4:00 p.m., Robbins Parlor

## Wellspring Wednesday, May 9

**6:00 p.m. Dinner:** *BBQ pulled chicken, coleslaw, baked beans, pickles, chips, and lemon cookies. Vegetarian and gluten free options. \$7/adult, \$4/child (5-12), \$2/child (2-4), \$20/family*

**6:45 p.m. Worship service in the Ames Chapel**

**7:10 p.m. Programs and Childcare**

### Unity Church Talent Show

We'll enjoy music, dance, jokes, readings and more! Performers of every age are welcome and acts should be appropriate for a family event. Sign up at the Welcome Table in the Parish Hall or online at [www.unityunitarian.org/talent-show.html](http://www.unityunitarian.org/talent-show.html).

### Men and #MeToo – Tom Esch

What feelings do we currently have as we consider men and #MeToo? What are causes for hope? What invites despair? What work do men need to do now? Conflict resolution consultant Tom Esch will facilitate a conversation exploring these questions to increase our own awareness of how we can contribute positively to that work.

### Go Where The Action Is: Board Service At Unity Church

Come hear from current Board members about what it means to them to serve Unity Church in this essential way, the nature of Board work, and how you can apply to serve in the coming years.

**Follow up to Congregational Read: *My Grandmother's Hands***

**Above Every Name Soul Session: A Journey Through Scripture**

**Embodied Spiritual Practice: Yoga**

**Learn and Play Go, A Chinese Board Game**

**Tween Group: Grades 5-7, meet after chapel in jr. high room**

## Sunday, May 13 • 9:00 a.m., 11:00 a.m., 4:30 p.m.

### Raising Kids Who Care

What gives rise to compassion? The images are everywhere. Compassion is born of brokenness. Hope takes hold first in broken hearts. And so this Mother's Day, on the verge of the start of the Poor People's Campaign: A National Call for Moral Revival, we're going to sing and celebrate the blues, not out of melancholy, but with that deep resilience that every mother needs to know. Rev. Rob Eller-Isaacs and worship associate Kevin Ward will lead the service. Musicians: Dean Magraw and his band, and Jayanthi.

### Our Ministry of Generosity

Each Sunday, thirty percent of the offering goes to support the operating budget at Unity Church and seventy percent is given to a chosen community non-profit recipient. Please make checks payable to Unity Church. On April 29, \$2,946.23 was collected in the Sunday offering. Children's Law Center Minnesota will receive a donation of \$2,062.36. Information about today's offering recipient, the Arthur Foote Music Sunday Fund, is available in your order of service. On May 13 the offering recipient is the Minnesota Poor People's Campaign.

### Open Page Writing Session: *Choosing Hope*

**Wednesday, May 16 • 7:00-8:30 p.m. • Anderson Library**

*Led by Consulting Literary Minister Karen Hering, Open Page writing session participants reflect on the monthly theme.*

Where do we find hope in the world today, and how might we choose it and practice it? Email [karen@unityunitarian.org](mailto:karen@unityunitarian.org) if you plan to attend.

### Heritage Society: Make a legacy gift to Unity Church!

If you are interested in making a legacy gift to Unity Church — or have already designated the church in your estate but haven't notified church staff — please be in touch! Our annual Heritage Society dinner, honoring those who have made legacy gifts to the church, will be held on Friday, May 18. We are thrilled to welcome our guest speaker, The Rev. Meg Riley, Senior Minister of Church of the Larger Fellowship. For more information please contact Barbara Hubbard at [barbarah@unityunitarian.org](mailto:barbarah@unityunitarian.org) or 651-228-1456 x116.

### Habitat for Humanity: May 21-25, June 4-8

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a Habitat for Humanity build as an interfaith partner in Faith Builders. Watch for sign up opportunities in the Parish Hall during May and also online. Work weeks are May 21-25 and June 4-8. Questions? Contact Chuck Griggs at [griggscb@msn.com](mailto:griggscb@msn.com) or 612-408-0486.

### Robin DiAngelo and Resmaa Menakem

#### *Experiencing the Racial Body and Mind*

**Friday-Saturday, June 15-16 • Unity Church**

Resmaa Menakem and Robin DiAngelo will co-lead this rare opportunity to address both sides of the "dance" of racism. Together Resmaa and Robin will connect the mind and the body within the system of white supremacy and offer a map for healing. Register online at [www.unityunitarian.org](http://www.unityunitarian.org). Cost: \$50-\$150 sliding scale fee, lunch included.

### Summer Fun for Children and Youth at Unity Church

**Chalice Camp: July 9-13 and July 16-20**

Explore UU history, personal identity, and beloved community.

**New this year! Chalice Kids: July 23-27 and July 30-August 3**

Chalice Kids is a drop in program for kids and youth.

**Details at [www.unityunitarian.org/chalice-camp.html](http://www.unityunitarian.org/chalice-camp.html).**

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KATHY KRAULIK: PIANIST, UNITY CHOIR, UNITY SINGERS, WOMEN'S ENSEMBLE; ASSISTANT TO DIRECTOR OF MUSIC  
KATHLEEN RADSPINNER, DIRECTOR OF CHILDREN'S CHOIR  
PRISCILLA MORTON: PIANIST, CHILDREN'S CHOIR  
JEANNINE ROBINETT, WOMEN'S ENSEMBLE ASSISTANT  
UNITY CHOIR SECTION LEADERS: TERESA TIERNEY (SOPRANO), KRISANNE WEISS (ALTO), SHAHZORE SHAH (TENOR), MARK DIETRICH (BASS)  
KATHLEEN BARTHOLOMAY, SUMMER MUSIC COORDINATOR

*Interested in learning more about Unity's music program?  
Please contact Ruth Palmer at [ruth@unityunitarian.org](mailto:ruth@unityunitarian.org) or 651-228-1456 x118.*

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## UNITY CHURCH–UNITARIAN

SANCTUARY ENTRANCE: 733 PORTLAND AVENUE, SAINT PAUL 55104  
BUSINESS ENTRANCE: 732 HOLLY AVENUE, SAINT PAUL 55104  
651-228-1456 • [UNITY@UNITYUNITARIAN.ORG](mailto:UNITY@UNITYUNITARIAN.ORG) • [WWW.UNITYUNITARIAN.ORG](http://WWW.UNITYUNITARIAN.ORG)  
FACEBOOK: [FACEBOOK.COM/UNITYUNITARIAN](https://www.facebook.com/UNITYUNITARIAN) • TWITTER: [@UNITYUNITARIAN](https://twitter.com/UNITYUNITARIAN)