

Vocation

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

In the religious world, we often understand vocation as a sense of calling. As Frederick Buechner famously wrote, "The place God calls you to is where your deep gladness and the world's deep hunger meet." We also might understand this conversely; that the place God calls us to is where our deep hunger and the world's deep gladness meet. Those of us who crave a sense of purpose will not be satisfied with a vocation that does not bless the world. Vocation sits at the intersection of our desires and the world's needs, and the world's desires and our needs.

When we find this meeting place, however, the journey continues. Our gifts are unfolding in our beings and in time, and the world's needs are constantly evolving and changing. There is a constant continuing discerning of vocation, a calling-forth by community, self, and God. The Unitarian theologian William Ellery Channing classically characterized this evolution as the divine seed in every human being that slowly grows with attention, nutrients, and time. Unitarian writer and educator Elizabeth Peabody directed this idea towards children, and opened the first US English-language kindergarten, which literally translates as "children's garden." Our current practice of having children worship and learn in their own space during church descends from this idea that our divine seed and gifts grow through time. Thus children are at different places in the growth process than adults, and need different attention and nutrients.

Unfortunately, we often stop applying our understanding of the continually

growing seed to adults who have found their vocation, and mistakenly think finding that place is the end of the journey. Once we name the thing we are called to—a singular vocation, be it teacher, doctor, parent, minister, leader—we can begin to live into a static definition, an idea, rather than listening closely to each moment and God's call in it. Settling in too deeply to a single idea can make us static, hard, molded, and vocation can become an idol rather than a vehicle of service to the world's needs. It might help to think of vocation as a verb rather than a noun. It is an ongoing attentiveness, an ongoing listening to an ever-unfolding process being called out by God. Our gifts are directions to us of how to engage with the world in this service vehicle of vocation, and they keep directing as they, the landscape, and we keep changing.

There is both incredible joy and suffering that come from knowing one's purpose and carrying it out. A sense of purpose in the world can be deeply fulfilling. Accepting that one is an instrument of God's love, and giving oneself over to vocation can bring great joy and satisfaction. However, vocation can also bring suffering. Sometimes a calling can consume us, and our friends and family suffer from our absence. Even if we are following our path in a balanced way, there will still be dead-ends, rejections, failures, and even persecution. Doing the work of bringing love and justice into the world means facing into cruelty and injustice, and sometimes being targeted by it. Our greatest leaders have often suffered greatly in following their calling.

Suffering can come from not having

accessed one's vocation. There can be a listlessness that one feels without a sense of purpose in life. Although drifting may simply be the unfolding process a particular person needs to come upon that mysterious intersection of their gifts and the world's needs, the watching and waiting can be tiresome and painful. Frustration and pain can come from knowing one's purpose and being blocked somehow from fulfilling it. Because our society values the accumulation of wealth, there can be a struggle to align a sense of vocation and a way to earn a living. Vocation is often understood to be equated with employment and its value is scaled on earning potential. One can struggle with a sense of calling without knowing how to find employment in it, with serious financial hurdles to it, or with concerns that it doesn't earn enough to support a family or be seen as valuable in our society. A friend of mine from seminary avoided social gatherings for months when her vocation and her employment did not match, because she was so anxious about answering the question, "What do you do?". This question almost always means, "What do you do for money?" not "What do you do to bless the world?".

As a justice-seeking community, we understand there are differences in privilege, perception and access to time and resources that allow a person to seek and reach a fulfilling vocation. There are times we cannot follow a vocation, times when we cannot even imagine being able to follow a vocation. While we fight for social mobility in these situations, spiritual fortitude is also called for. (Continued on page 13)

Just Words

We have just returned from Transylvania with 33 other pilgrims. For a week we had the privilege of living in the homes of our partners in faith: Hungarian Unitarians living in rural Romania.



We are weary but our hearts are full. We arrived as strangers and left as friends. We were the recipients of gracious and loving hospitality. We became friends by sitting at one another's table, talking about our lives, our children, our work. We became friends by sharing some of the trials and tribulations we have faced and the joy we have experienced. Our relationships deepened as the week wore on. Some of us even talked about what we believe.

There are moments when I wish I could spend my whole life sitting at a table talking about theology, because for me, theology is so compelling. I love talking about purpose and connection and what holds us when our hearts are breaking. I love hearing what other people think about why we are here, I love watching people risk trying to share their deepest hopes and fears. In talking around the table with one another, many of us discovered that we had many beliefs in common.

Life is not easy in the village. People work tirelessly to make ends meet. They work in the fields sometimes after a long day of work in a nearby factory, where they make very little money. But despite their hardships, there is great joy and love in the village. We feasted together, we bowled and danced together. We laughed together. We remembered and honored those we have lost since we last saw one another. We lay flowers on graves and cried together. We worshipped together.

Universalist activist, Clarence Skinner wrote these words: "The Universalist idea of God is that of a Universal Immanent Spirit whose nature is love. It is the largest thought the world has ever known; it is the most revolutionary doctrine ever proclaimed; it is most expansive hope ever dreamed."

It is amazing what we can learn when we let love lead the way. We can learn to listen to one another. Not that sentimental and anemic love, but the gritty, hands-on, long haul love that may give us the only glimpse of heaven here on earth we are likely to see. I felt love leading the way in Transylvania as our pilgrims faced discomfort and disorientation in the name of connection and care. I felt love lead the way when we worked in secret to learn the Szekeley Hymn in Hungarian, a song sacred to our hosts.

May love lead the way for all of us this coming church year. May our tables this year be a feast of connection and conversation, a table of bounty and welcome.

It is good to be home. It is good to be back at Unity Church. We look forward to seeing you all soon.

— Janne Eller-Isaacs

The Wheel of Life

In Celebration

*The congregation of Unity Church
celebrates the marriages of
Sara Ford and Kim Klose
and*

*Lois Harrison and Caroline Michaels
on August 1, 2013*

*Mira Dock and Andre Martin
Married August 3, 2013*

In Memoriam

*Lucille Elizabeth Heaton
September 28, 1917 – May 23, 2013*

Ordination of Ruth MacKenzie

First Universalist Church of Minneapolis

*Invites you to the
Ordination of Ruth MacKenzie
into the Ministry*

Sunday, September 22

2:00 p.m.

**First Universalist Church
3400 Dupont Avenue South
Minneapolis**

Reception to follow



Ruth MacKenzie is a longtime member and musician of Unity Church-Unitarian. You may remember Ruth for her work as a vocalist during worship, as leader of the youth music ensemble, or as a Coming of Age mentor. In our Unitarian Universalist faith, ministers are called from among us, which means that we are all invited to participate in this unique and powerful ritual. Unity Church has helped shape, guide, and form Ruth in her call to ministry and Ruth has blessed and shaped Unity Church in countless ways as well.

Unity Church is where Ruth's ministry really started taking root and she would love to have people from Unity Church come and share this day with her. Children are welcome and invited to attend the service. Child care is available upon request to Alice at the First Universalist Church office at 612-825-1701 or alice@firstuniv.org by September 15.

SEPTEMBER WORSHIP CALENDAR / BOARD OF TRUSTEES

September Sunday Worship Calendar

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. Sunday, September 8, is a Family Sunday and families worship together in the Sanctuary for the entire service. Religious Education classes for children and youth begin on Sunday, September 15.

September 1 • One service at 10:00 a.m.

Our Workforce Equity Imperative — Dane Smith

Economic prospects are brightening in Minnesota. And this time on the upward growth slope we absolutely must do a better job of ensuring greater workforce equity for communities of color and families that have been left farthest behind through booms and busts and labor force trends of the last 30 years. Our faith compels each of us to elevate this priority through person-to-person effort and in all the ways we influence public policies.

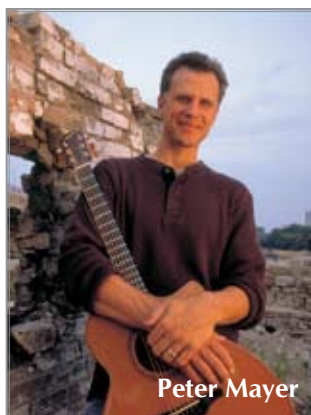
September 8

Services at 9:00 a.m., 11:00 a.m., and 4:30 p.m.

A Merging of Waters: A Family Sunday

Rain comes to us by grace. Too often we take it for granted. In the “crazy weathers of our struggle” we hold the whole world in our arms. Come merge the waters of the world in a ritual of reunion as the whole church family gathers to give thanks for all that comes to us by grace and to dedicate ourselves again to be good agents of God’s love in the healing of the world. The ministers will be joined by singer songwriter Peter Mayer as we usher in the new church year.

Please remember to bring water for the ceremony.



Peter Mayer

September 15

What do you do? A Meditation on Work and Worth — Janne Eller-Isaacs

In American culture we are often judged by the work we do to make a living. How do we find a sense of worth separate from our work? How do we find worth in work others judge as unworthy? Janne and worship associate Helen Pohlig will explore work and worth and its meaning for a sense of calling or vocation.

September 22

Begin Right Where You Are — Rob Eller-Isaacs

There is a delicate balance to be achieved between doing what you love and loving what you do. We long for satisfying work even as we struggle to find satisfaction in whatever work we do. Religious liberals have always sought to support social mobility. It is an expression of human agency. People should not stay stuck in jobs they hate. That said there is spiritual efficacy in finding the blessings however hidden they may be wherever one may find oneself. Rob and worship associate Jen Welsh will wrestle with this challenging conundrum.

September 29

The Privilege of Choice — Janne Eller-Isaacs

Many of us have had the privilege to be able to choose the kind of career or work we do, while others have not. Janne and worship associate Ray Wiedmeyer will reflect on this often overlooked privilege.

Turn to page – for a list of the September Sunday offering recipients.

Board of Trustees

From Marg Walker, Chair



I’ve come in from my summer garden to pen a column for this newsletter. It’s a lovely evening, softly lit. Though the peas have yellowed and the lettuce has bolted,

other vegetables are just now coming on strong, and promise an extravagant fall harvest. There’s still a profusion of perennial blooms, too — purple and yellow, white and red. I’ve got dirt under my fingernails where it belongs.

As I weeded, I was thinking about a passage from Parker Palmer that I’d looked up earlier today in his book, *Let Your Life Speak*. He poses the “elemental and demanding questions, ‘Who am I? What is my nature?’” One answer is that my nature is to find fulfillment in simple work. Out there in the dirt I feel productive and serene. I’m alone, but connected to the world, too — attracting bees and butterflies, teaching my granddaughters about the vegetables, sharing bouquets with friends, and taking produce to neighbors.

“Our deepest calling is to grow into our own authentic selfhood,” Palmer writes. “As we do so, we will not only find the joy that every human being seeks—we will also find our path of authentic service in the world.”

What a magnificent idea. That which brings us joy isn’t just for ourselves, but, when we are intentional about it, can be of use in the world. One thing I love about Unity Church is that this community offers many possibilities for service. Possibilities that include volunteering, giving, leading, doing the grunt work, the thinking and planning and speaking up. Possibilities that contain laughter, learning, surprising growth, rewarding connection. In other words, joy.

Beyond the garden, what is my path of authentic service? What is yours? What harvest will we bring in together this fall?

Thoughts on pledging...

coming to you post Transylvanian pilgrimage.

From Mary Baremore, 2014 Pledge Team

It's August, and very hot here in Transylvania. Upper 90s are forecast in Homorodszentpeter for the next several days, at least until after we leave on the 12th. It's dry here, too. Little to no rain here in the last several weeks has left the ground parched and cracked. People tell me this is somewhat normal for August in Transylvania, but it leaves some families in the village without water when the wells dry up, and the animals have less to eat. In the case of the family we are staying with, one of their lambs broke a leg in a dry rut in the earth. For me it brings back uncomfortable images of last summer's hot Minnesota drought.

It's been a time of learning and connecting. We've been learning about the roots of our Unitarian faith and connecting our lives in Saint Paul to the lives of the people who live in Transylvania. We are making connections with the people here who live in the minority, as Hungarians in Romania, and as Unitarians in a largely Eastern Orthodox country. These are people who are born in Romania and are Romanian citizens, but are Hungarians in their hearts.

These are also Hungarian Romanians who recently have been welcomed back into the community of full Hungarians, having recently been granted Hungarian citizenship.

These are Unitarians who grew up Unitarian and whose families have been Unitarian for decades or even centuries. These are people with whom we share a common heritage, the heritage of living out a free faith in a complex world as complex people. The faith in the power of God to help shape their lives in the belief in the unity of God.

This differs from the way most of us came to Unitarian Universalism. We chose this faith, landing here after a diligent search to find our spiritual home. We either grew up un-churched or left the faith of our upbringing to find a new way. Only a few of our current families at Unity Church have long histories with our faith and with our church.

So, what's the "take away?" How do I build pilgrimage into the concept of a pledge drive? When we pledge, what do we pledge to? Our inherited faith? Our chosen faith? Our commitment to one another to live out another day in our religious minority community to ensure that the promise of this faith endures?

Our fall canvass starts in October. While most of you have already made your pledges under the three-year pledging cycle, I hope you will continue to reflect on what this faith and this church means for us all. For those of you who have not made the three-year commitment, we would ask you to consider giving generously this year. Watch for upcoming events and opportunities for giving on the website and in *This Week at Unity*.

Köszönöm szépen!

Be a Racial Justice Hero

From Pauline Eichten, ARLT

Last year I came across a graphic that really grabbed me. It shows a friendly looking character dressed up like a superhero, cape and all. He wears a belt with a big yellow buckle that says "RACIAL JUSTICE." What I love about the graphic is the super powers it identifies. Powers like:

- Strong Backbone: muster the courage to take risks, go against the grain and even make mistakes
- Open Mind: learn about others' histories, plights and aspirations, and make conscious choices that prioritize racial equity and inclusion
- Grounded Feet: dig in for the long haul ... eager to dance in the delight of being on a worthwhile and winning road to justice

The racial justice hero with his 13 super powers serves as a reminder of the many ways we can use our power to make a difference. It makes me smile to think of all of us becoming "racial transformers."

Check out The Racial Transformer infographic, created by Terry Keleher and Hatty Lee, at <http://tinyurl.com/mwalgsf>.

Looking for New ARLT Members

The Anti-Racism Leadership Team (ARLT) works with the Board of Trustees and the Executive Team to further Unity's goal of becoming an actively anti-racist institution. The work of the ARLT is focused internally on all aspects of church life from the education and training programs offered to the congregation, to making Unity a welcoming and inclusive church community, to policies and procedures that reflect our commitment to anti-racism. The Board of Trustees will be appointing several team members this year, both to grow the size of the ARLT and to fill two upcoming vacancies.

To learn more about the team, contact Drew Danielson (staff liaison to the ARLT) at drew@unityunitarian.org or 651-228-1456 x112. A full description of the responsibilities and expectations of the position is available online at www.unityunitarian.org/antiracism-leadership-team.html.

Marathon Alert

The Twin Cities Marathon will wind its way along Summit Avenue the morning of Sunday, October 6. 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.

2013-14 MINISTERIAL INTERNS

Jennifer Nordstrom

2013-14 Hallman Ministerial Intern



Hello Unity Church! My name is Jennifer Nordstrom, and I am delighted and grateful to be serving as your Hallman Ministerial Intern for 2013-2014. After graduating with my Masters of Divinity from Starr King School for the Ministry in May, my puppy Charlie and I began an eventful summer-long journey across the country.

This move is one of many big transitions in my life: since I left my parents' home in Wisconsin when I was 18, I have moved across state lines 18 times, and 13 of those moves have been in the last six years. But this move feels a little different. For this first time since I left I hope to stay in the Midwest, so my travel to you has felt like coming home. Now I am settling in to my new life, slowly shuffling coffee mugs, dog toys, and boxes of books around my apartment, while peering across the street and musing about my future with you. Even though transition is often full of tumult, I find myself full of curiosity in it. I stand here gazing in wonder at the different possibilities up in the air, hoping for beauty, joy and love wherever they land.

During my three years studying theology and counter-oppressive ministry at Starr King, I did ministry with children and elders. In working with brand-new humans feeling into the world, and elders who have seen and experienced so much, I felt our deep interconnectedness as humans stretching across time and through generations. I also felt the expansive love of the whole for all its individual pieces, the Holy, moving through me. I first knew this love receiving it as a child in my family and my church, but found the loving pulse of a larger presence when I was 19. I have spent the years since then seeking and investigating this Mystery. I continue to find it in the bonds between people, but I also experience it as something that beats through me, awakening my life and moving me with love.

Throughout my life, I have organized for social justice. Over the past year, I built a new UU Young Adult network for Climate Justice while serving as the Young Adult Intern for UU Ministry for Earth. In my pre-ministry working life, I focused on the intersections among justice, peace, weapons, energy, and gender. I spent four years doing advocacy at the United Nations, and two years working variously at national, state, and local levels. My work for social justice came from a deep love for people and the earth—the same love that now drives me to ministry. I believe ministry is social justice work, done more slowly and consciously, with greater attention to heart and more deeply grounded in spirit. Like social justice movements, as we come together in community in our liberal church we are also working to build the Beloved Community. We do this through our covenant to shared principles of right relationship with each other, our neighbors, and the earth; through our weekly return to our resolve to feel, live, and be those principles; and through our accountability to one another for doing so. In church, however, we also prioritize contemplation, ritual, worship, communion with the Divine, love, joy, and celebration. I am still committed to building the Beloved Community, and I am excited about moving into loving my neighbor, having fun, staying present and centered, and connecting with the Divine as the process of doing so.

I am delighted to be stepping into this journey with you all, and look forward to all the ways we will change and be changed by one another. Thank you for once again welcoming the stranger into your midst. I am terribly grateful to be here among you. Blessed be!

Jennifer Nordstrom can be reached by email at jennifer@unityunitarian.org and by phone at 651-228-1456 x129.

Karen Van Fossan

2013-14 Ministerial Intern



I am thrilled to join the Unity Church community this September. Rob Eller-Isaacs and Lisa Friedman taught the Unitarian Universalist course

at United Theological Seminary last year and I stopped them after class one day, beseeching them to take me on as an intern. The course itself enlivened and challenged me, but I sought out this internship because of all I had come to know about Unity Church. I look forward to being a part of this vibrant community, as we seek together to help the moral arc of the universe bend toward justice, in the words of Unitarian minister Theodore Parker and later Martin Luther King Jr.

By way of personal introduction, I've been a peace activist, traveling minstrel, creative arts therapist, independent film producer, and foster mom. Pictured with me is Michaela, my daughter of the heart since age 15 — she just turned 20 — and I couldn't be more proud.

I will be delighted to see you on September 1.

Karen Van Fossan can be reached by email at karenvanfossan@unityunitarian.org and by phone at 651-228-1456 x109.

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CONGREGATIONAL LIFE

Welcome Words

For many of us, September is a time of beginnings — a new school year, a return from summer wanderings, the turning of a new season of color and harvest. In the Jewish tradition, the new year is celebrated in the fall and apples are dipped in honey to express hopes for a sweet year to come. As the new church year kicks off on September 8, I hope you will join us for all the sweetness and promise that lie ahead. September 11 begins our Wellspring Wednesday meals and programming and September 15 kicks off the Religious Education program for children and youth and a delicious year of soup suppers. Read through this newsletter and take note of all the opportunities for shared ministry and spiritual growth, and give yourself the gift of diving in! If I can be of any help in deepening your participation here at Unity Church, please let me know. It would be a joy to have a chance to visit with you! Blessings to each of us on the new year that is just beginning.

Rev. Lisa Friedman

Director of Congregational Life

Pathway to Membership Classes

Unity Church offers three different classes for visitors who are exploring Unity as a spiritual home. Sign up at the Welcome Table on Sundays or contact Rev. Lisa Friedman at 651-228-1456 x107 or lisa@unityunitarian.org. She is also happy to meet with you to answer questions and to welcome you into the congregation. Childcare is available by contacting Christy Randall at 651-228-1456 x127 or christy@unityunitarian.org at least one week in advance.

Welcome to Unity: Our Class for Newcomers

Sunday, September 15: 11:30 a.m.–12:45 p.m.

Sunday, October 6: 10:15– 11:30 a.m.

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

Finding Yourself at Unity: A Deeper Exploration

September 28: 9:00 a.m.–4:00 p.m. (includes potluck lunch)

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

Committing to Unity: Joining Unity Church

Wednesday, October 23: 7:00-8:30 p.m.

This class explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's needs meets the gifts and joy you have to offer. The class will conclude with a celebration ceremony as participants sign the membership book and officially join the church! A New Member recognition ceremony will be held on Sunday, October 27.

Ongoing Groups at Unity Church

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

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

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

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

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

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

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

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

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

Unity Book Club: Second Tuesday of the month (September 10) from 7:00-8:30 p.m. Contact Jack Hawthorne at jack.hawthorne@comcast.net for more information.

Unity Bridge Club: Friday, September 6, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women's Retirement Group: Second and Fourth Thursday of the month (September 12 and 26) from 1:00-3:00 p.m. Contact Leah Doherty at doher001@umn.edu.

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

Unity Welcomes Above Every Name

From Lisa Friedman, Director of Congregational Life

This past summer, Pastor Danny Givens of Above Every Name ministries knocked on Unity's door, as he and his congregation were looking for a new church home. Founded in 2011, Above Every Name (AEN), is a non-denominational, evangelical congregation committed to helping people rediscover the dignity, worth, and light of God in their lives and to "creating a conduit for the world's marginalized outcasts and a place of communal acceptance for undesirables in the Christian communities of faith." In talking with Pastor Givens, we discovered that our congregations share a deep commitment to restorative justice, to universal welcome, and to this neighborhood and community. Within our different faith traditions, we both share a vision for building congregations based upon the foundations of unity and love.



Pastor Givens

After much conversation and reflection, we have welcomed Above Every Name to rent space in our building through 2013 and to explore a new partnership. They will meet in our sanctuary from 1:00-3:00 p.m. each Sunday, and held their first service on August 4. They are thrilled to be here, and we are delighted to have them. We look forward to having opportunities to get to know one another, congregation to congregation, and to partnering in our work in the larger community.

Join One Voice Mixed Chorus on Stage!

One Voice is Minnesota's gay, lesbian, bisexual, transgender and allies chorus. Auditions for their fall 2013 season will be held September 3 and 4, from 7:00-9:30 p.m. at Unity Church. Contact One Voice to schedule your singer-friendly audition! One Voice rehearses from 7:00-9:30 p.m. on Monday nights. For a complete performance schedule and audition information visit http://www.ovmc.org/pdfsword/audition_packet.pdf.

Welcome Teams

Do you enjoy meeting people? Would you like to be a part of extending Unity's warmth and welcoming spirit on Sundays? We have openings on our Sunday Welcome Teams, especially at the 9:00 a.m. and 4:30 p.m. services. Welcome team members sign up for one service a month and help to pass out orders of worship, usher, ring the church bell, take the offering, greet visitors at coffee hour and assist with hospitality after the service. If you would like to learn more or try a welcome team out, contact Lisa Friedman at lisa@unityunitarian.org.

A Kitchen Invitation

Do you enjoy cooking or baking? Are you one of those people who likes to hang out in the kitchen at gatherings because that's where the fun is? Then trying out a Soup Supper or Wellspring Wednesday cooking team might be for you. Our leaders plan and work out the recipes, then our teams come together to make the delicious food happen. If you would like to learn more, contact Lisa Friedman, Director of Congregational Life, at lisa@unityunitarian.org.

Heart to Heart: A Couples' Enrichment Weekend

Friday, November 1, 2013, 7:45 p.m. to Sunday, November 3, 4:00 p.m.

Koinonia Retreat Center • Annandale, MN

Heart to Heart is a program led by three experienced couples and is designed to enrich communication and intimacy in your relationship. All committed couples are welcome — same-sex and opposite-sex, married and unmarried. The cost is \$410 per couple and includes two nights lodging and meals Saturday and Sunday. Financial assistance is available. Space is limited to 15 couples. Sponsored by Unity Church. More information is available online at <http://heart.mn.cx> or by calling 651-300-4119.

Unity is "Greening Up!"

When you return to Unity Church in September, you may notice some changes! A few of us have been working over the summer to develop ways for the church to be a better steward of our earth and our environment. It is our goal to create systems, educate and advocate for a greener community, and practice intentional sustainability as well as intentional community.

Hand dryers in the restrooms: We have replaced the low-blow hand dryers in the main floor restrooms with high efficiency hand dryers, and added one to the Family/All Gender restroom. It is our goal to make using the hand dryers more fun and more efficient and to eliminate paper waste. As we make this transition, we are switching to compostable paper towels and more earth-friendly toilet tissue.

PreserveWare: In an effort to reduce/eliminate paper plates and plastic utensils, we are purchasing sets of PreserveWare which can be taken into our meeting rooms and to our picnics, and then returned to the kitchen to be washed. They are made from 100 percent recycled yogurt cups.

Composting: We are making an effort to contract with a vendor or a farmer to take our compostable food waste and soiled paper products. There will be new compost bins in the kitchen and around the church, and an institutional composter — either onsite or off!

Dale Howey will be presenting a Wellspring Wednesday program on becoming empowered to care for the earth entitled, "Zen of Being Green" on September 18 (see page 8 for details), and we will be providing "Green-Up Unity" tours on September 22 after each morning service.

Please join in the effort to "Green-Up" Unity Church!

WELLSPRING WEDNESDAY

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

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

September 11 • Taco dinner!

Nalah and the Pink Tiger: Heart of the Beast comes to Unity!

Nalah and the Pink Tiger is based on a picture book of the same title by artist, author and puppeteer, Anne Sawyer-Aitch. She drew inspiration for this story from her lively little niece. She lives so intensely in her imagination that grown-ups around her view her as a troublemaker. Things come to a head when — in addition to all the exotic animals that Nalah has “placed” in the house — a pink tiger “follows” her home from the zoo and creates havoc. The story also celebrates the joyful explosiveness of a child’s imagination. Original soundtrack by Matt Larson.

September 18 • Dinner menu TBA

Beloved Conversations: Preparing Our Souls for Beloved Community

A theistic minister-friend of mine recently quipped, "I'm not sure people are fully aware that Heaven is going to include all the people who you chose to avoid over the course of your lifetime!" While some Unitarian Universalists have a different theological bent from my colleague, his observation does speak to the reality that the notion of "Beloved Community" does, indeed, include everyone, even those with whom we rarely associate. This seminar will introduce participants to the ideas and practices used in *Beloved Conversations: Meditations on Race and Ethnicity* (see page 9 to learn more about this retreat offered at Unity Church in October). Come experience this introduction to how we might develop the resources, skills and confidence to create a world where all are welcomed and reconciled. *Dr. Mark A. Hicks is the Angus MacLean Professor of Religious Education and Director of The Fahs Collaborative Laboratory for Leaders in Faith and Learning at Meadville Lombard Theological School.*

The Zen of Being Green at Unity Church

How can we intentionally move toward a deeper relationship with the world around us? Join church member Dale Howey for a discussion about how living green can be a conscious way of life, as well as a change in our living habits. All the decisions we make have an impact and studying, seeing, and living with the results of our consumption choices can be a spiritual path, as well as work for justice.

The Great College Search: Session One

Can't tell the SAT from the ACT? Got your Wheatons mixed up? Experiencing FAFSA freak-out? For high school families, finding a college can be a stressful for the whole family. Learn how to optimize the process and become a critical consumer of colleges. The four weeks will cover these topics:

September 18: Getting ready for the college quest. Conducting a search.

September 25: Creating a list of schools. Applying to the schools you select.

October 2: Financial aid basics.

October 9: Competitive Colleges: What, Why (or Why Not), and How

This program is for high school students and/or parents who are currently in or interested in starting a college search and application process. Sessions will consist of presentations followed by question and answer sessions. We'll also try to raise-up topics that might be of special interest to UU searchers. *Craig Allen is a member of Unity Church and a certified college admissions counselor. He is also a member of the Higher Education Consultants Association and the Minnesota Association for College Admission Counseling.*

September 25 • Dinner menu TBA

Stop the Cradle to Prison Pipeline: Start with Early Childhood Education

Examining ways to break the current cradle to prison pipeline will be the topic for the evening's presentations. Rob Grunewald, an Associate Economist at the Federal Reserve Bank of Minneapolis, will speak about studies on the value of early childhood education and relate it to the incarceration rates of people of color. In conjunction with Mr. Grunewald's presentation, a participant from the Jeremiah Program will share personal experiences on how education has affected her. Following the presentations, there will be time for questions and opportunities to discuss involvement in service projects and/or advocacy work centered on this topic. This program, and other programs throughout the year (turn to page 11 for details about this advocacy work), are sponsored by the Racial Justice Outreach Team and the Restorative Justice Outreach Teams.

Living from our Center

Join Spiritual Director Sarah Cledwyn in a contemplative conversation about vocation. We will flesh out together what vocation is and how we can make choices from the center of our selves and our values. We will also talk about spiritual practices that can aide us in finding and recognizing our center and acting from that space in the world. This will be a group experience and not a lecture, so be prepared to ponder and be present in our group discussion.

Great College Search: Session Two

Creating a list of schools. applying to the schools you select. See September 18 description more information.

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

Open Page Writing Sessions

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

Sunday, September 29 • 2:00-4:00 p.m.

Reflection Topic: Vocation

Unity Church • Free; RSVP to karen@unityunitarian.org

We've often heard Frederick Buechner's definition of vocation as that place "where your deep gladness meets the world's deep need." This writing session explores that meeting point and looks for the thread of vocation woven through the fabric of each of our lives.

Beloved Conversations Retreat

October 25 and 26

Save these dates and join the conversation.

Beloved Conversations is a small-group ministry opportunity that will be a major part of Unity's fall and early winter programming. Developed by Dr. Mark Hicks as a way to step beyond "diversity training," the curriculum aims to develop the "spiritual practice" of engaging in deep personal conversation and reflection around race. It explores how race matters and shapes the way we see ourselves, each other, and how we interact as a faith community and with the larger community.

Dr. Hicks will be leading a two day retreat on October 25 and 26 (following a Wellspring Wednesday introduction on September 18—see page 8 for details). Covenant groups will be formed and then asked to meet for six more sessions, including selected Wellspring Wednesdays, through early December. This is an opportunity unlike any we've had in quite some time and also requires a deep commitment. We will need your leadership, your participation, your vulnerability and courage! Stay tuned for all the details.

Mad Messy House

Finding a "family work" formula that works.

Three Saturday series: October 26, and November 2 and 9, from 9:30 a.m.-11:00 a.m., at Unity Church

Conflict over household and childrearing duties is an issue for any marriage or committed partnership. Yet there aren't good models for discussing our values around family work and being deliberate about managing our resources (time and energy) in households that are in constant flux. In this three-Saturday couples workshop, you and your partner will create a family work formula that's flexible, compassionate, and feels fair to both of you. Childcare will be provided. Please sign up online at www.unityunitarian.org. The workshop will be led by Jen Niemela, a magazine editor, mommy blogger and writer. Jen and her husband Joe Brzycki have a house full of children that's relatively untidy and they're mostly at peace with it.



What's New in the Library and Bookstall!

From Louise Merriam, Library and Bookstall Team

The Bookstall returns from summer vacation!

Look for the Bookstall to re-open on September 8. As always, we will feature titles that relate to the worship themes throughout the year. In addition, special displays in September will include books on Unitarian Universalism, new titles and local and community authors.

Have you wondered what it would be like to work in a bookstore? Volunteering at the Bookstall is a great way to find out. **To learn more, come to the Appreciation and Orientation Tea on Tuesday, September 17, from 2:00-3:30 p.m., in the Parish Hall.** RSVP to Janice Gessner by Monday, September 16, at janicemgg@comcast.net or 651-455-0010.

Can't attend the Tea but want more information about volunteering? Just give Janice a call.

From the Libraries

Look for information about the annual Open House to be held soon!

New titles: Library volunteers have been busy cataloging new titles for the Anderson Adult Library collection, including:

- *On My Way To A Happy Life*, by Deepak Chopra (2010)
- *Trust in Mind: the Rebellion of Chinese Zen*, by Soeng Mu (2004)
- *The Tent of Abraham: Stories of Hope and Peace for Jews, Christians, and Muslims*, by Joan Chittister (2006)
- *Souls Magnified: A Book of Sermons*, by G. F. Thompson (1998)
- *The Path of Virtue: the Illustrated Tao Te Ching*, by Lao Tzu (2009)

Throughout the Religious Education summer vacation, we continued to add books to the Whitman Children's Library (now located in the R.E. wing on the lower level). Recent newcomers include:

- *The Lonely Moose*, John Segal (2007)
- New volumes of graphic novels and comic books, including new titles in the *Owly and Bone* series.

Whether you get your books from the libraries or the Bookstall, keep on reading!

Cairns Update

Although the early deadline for submitting artwork, poetry and prose has come and gone, the editorial board of the *Cairns Arts Journal* is still accepting entries until October 7, 2013, for this year's volume. Visit the Cairns web page to learn more at <http://www.unityunitarian.org/cairns-arts-journal.html>.

News from the Unitarian Universalist Service Committee



Got Water?

"What could be more fundamental to human life than access to water? If that is not a human right, nothing is."

— UUSC President William Schulz

Water is essential for life. Yet, nearly one billion people lack access to safe water and 2.5 billion do not have adequate sanitation — more people have access to a cell phone than a toilet. The statistics are staggering. Even more surprising is how simple and cost-effective the solutions are. According to a 2006 United Nations Development Program report entitled "Beyond Scarcity: Power, Poverty and the Global Water Crisis," every dollar spent in the clean water and sanitation sector creates on average another eight dollars in costs averted and productivity gained. One of the goals of the Unitarian Universalist Service Committee this year is to ensure sustainable access to safe, sufficient, affordable water to every person by enshrining the human right to water into law — internationally, nationally, statewide, and locally.

UUSC has identified some ways that you can get involved.

- Learn more about the human right to water
- Use your legislative power: ask your representative to ensure full funding and implementation of the Paul Simon Water for the Poor Act
- Be a leader on environmental justice issues in your community
- Make a donation to UUSC to support this and other programs

To learn more about this activity or UUSC go to www.uusc.org. For information about UUSC activities at Unity Church contact Pat Haff at the church office.

Interested in the food you eat?

Unity's Sustainable Food and Farming interest group is holding an organizing meeting on Thursday evening, September 26, from 6:00-7:30 p.m., at Unity Church. We are folks who have been meeting for the past year to pursue and discuss our various interests in urban and rural farming, sustainable agriculture practices, and ways to reduce hunger around the world. We will review the group's work to date and make some plans for the coming church year. Refreshments will be provided.

Join us if you are interested in finding out more, with no commitment to further meetings necessary! For more information, contact Patricia Ohmans at patricia.ohmans@gmail.com or 651-757-5970.

Food and Farming in Bolivia: A Unity "Field Trip!"

Would you like to travel to beautiful Bolivia with a group of folks interested in sustainable farming practices in the Andes? Consider a trip to Cochabamba in late winter 2014, on a trip sponsored by the Mano a Mano Outreach Ministry Team!

This will be an opportunity to learn about Mano a Mano's new Center for Ecological Agriculture (CEA), as well as about traditional farming of crops such as quinoa. Subsistence farmers from rural and peri-urban areas are learning practices at the CEA that will help conserve water and soil, for more productive harvests. A nine-day trip for Unity Church members and friends is scheduled for mid-March, 2014.

To learn more, come to one of the information sessions that will be held after each worship service on Sunday, September 29, or contact trip leader Patricia Ohmans at patricia.ohmans@gmail.com or 651-757-5970.

How to Give a Thousand Dollars to Your Favorite Non-profit From the Unity Church Generosity Ministry Team

Did you know that every year Unity Church members donate over \$70,000 to non-profit organizations that share our values? Did you know that YOU can help choose which organizations receive our support? Each week, 70% of the offering goes out the door, as a donation to a non-profit organization.

Unity's Generosity Ministry Team is in charge of sorting through requests for funds which must be submitted by church members. (Selected groups are then approved by the church executive team.) You would think that we'd be overwhelmed with applicants but surprisingly, some months, we only have a few. If you know of a group for whom \$1,000 to \$1,500 would make a difference, nominate it! When you personally endorse a charity, the Generosity Ministry Team has your assurance that that this group does great work. That helps the team feel confident in our selection.

How to nominate? It couldn't be simpler. Fill out one of the cards you can find in the pews, or go to the church website and fill in the one-page, online form. Questions? Contact Pat Haff at pat@unityunitarian.org or 651-228-1456 x126.

Unity's 8th Annual Pilgrimage to NOLA!

November 2-9, 2013!

This pilgrimage is a time to participate in volunteer service in some of the many New Orleans neighborhoods that have not fully recovered from the flood following Hurricane Katrina. It also provides time away to reflect on larger race and class equity issues and the ways these issues intersect with our Unitarian Universalist faith. The week-long trip also includes meeting with community leaders, connecting with friends and homeowners from previous pilgrimages, and exploring the rich culture of the Crescent City. For more information or to sign up to travel to New Orleans, please contact Pat Haff at pat@unityunitarian.org or 651-228-1456 x126.

COMMUNITY OUTREACH MINISTRY

Take Action!

Make a difference!

*Join our journey to dismantle the
New Jim Crow racial caste system...*

From the Unity Church Racial Justice and Restorative Justice Outreach Ministry Teams

In her book *The New Jim Crow: Mass Incarceration In the Age of Colorblindness*, Michelle Alexander gives a stunning account of the rebirth of a caste system in this country, one that has resulted in millions of African Americans locked behind bars. The foundation for this entire mass incarceration is clearly white privilege so understanding and rejecting white privilege will empower us all. At the same time, working toward racial equality strengthens our connections to people of color thus leading us into right relationships with each other. As Alexander writes,

"...we cannot turn away from the challenge. And I think, really, the privilege of being alive today is the privilege of being able to work for racial and social justice and for the greater recognition of the unity and oneness of all."

Over 120 people attended the *New Jim Crow* book discussions at Unity Church last February and offered many next-step suggestions for further education and action. The Unity Church Racial Justice and Restorative Justice Ministry teams have sorted through and organized these suggestions into a year-long series of Wellspring Wednesday programs for the congregation and community members. Each program will continue to explore this massive system by offering an overview of the issue, stories of people's first-hand experience with this system, and a variety of concrete ways for all to get involved in dismantling it.

The 2013 fall Wellspring Wednesday programs will focus on the "cradle to prison pipeline" in the field of education. The September 25 program will look at the importance of early childhood education in interrupting the pipeline (see page 8 for details). The impact of education (or lack of) for older youth and young adults caught in this pipeline will be the focus of the October 16 program. The November 6 program in this series will examine the educational options for people who are incarcerated and as they re-enter society. The 2014 winter series will explore job issues in this pipeline and the spring sessions will address areas of housing, the War on Drugs and the Minnesota Criminal Justice System.

Toward the end of her book, Alexander writes,

"I think that it's really remembering that it's the work itself is what makes life meaningful. It's not arriving at the promised land. It's the journey itself. And that's what keeps me going... our work today is to make the road by walking and to take the journey."

September 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 the chosen community non-profit recipient. Please make checks payable to Unity Church.

September 1: Minnesota Minority Education Partnership

The Minnesota Minority Education Partnership (MMEP) is a multi-sector collaborative on a mission to increase the success of students of color in Minnesota schools with a goal of significantly boosting higher education attainment. MMEP focuses its work on kindergarten through postsecondary completion and promotes a continuum of support at all levels.

September 8: Friends of Mississippi

Through active leadership and education, Friends of the Mississippi (FMR) seeks to preserve and restore the river's fish and wildlife, its vital floodplains and scenic bluffs, its natural and cultural treasures, its beauty and its romance. Founded in 1993, FMR works in a non-partisan way to enhance water quality protection in the 72 miles of the Mississippi River in the metropolitan area.

September 15: Center for Victims of Torture

CVT exists to heal the wounds of government-sponsored torture of individuals, their families, and communities. They are based in the Twin Cities and have healing centers in St. Paul, Minneapolis, and in refugee camps around the world. Unity Church has supported CVT's efforts to ban our government's use of torture and has also provided coats, art supplies, meeting space, individual work with clients, massage therapy materials, money, and volunteer time gardening and painting at the St. Paul Healing Center.

September 22: Unitarian Universalist Musicians Network

The mission of the Unitarian Universalist Musicians Network (UUMN) is to nurture, educate, and inspire UU music leaders to create dynamic and transformative music ministries. Activities of the UUMN include: music leader credentialing, music director mentoring program, publication of denominational resources (such as *Singing the Journey*), providing music for General Assembly, and offering an annual conference each year. This offering would help UUMN continue to provide services to small congregation with limited resources.

September 29: Jeremiah Program

Jeremiah Program is a nationally recognized organization whose proven, holistic approach transforms families from poverty to prosperity two generations at a time. They provide single mothers and their children with a safe, affordable place to live, quality early childhood education, life skills training, and support for career-track education. The program sets high expectations for young mothers to further their education and increase their employment opportunities, while preparing their children for school success. The Unity Church Evergreen Projects currently organizes volunteers to prepare meals for families at the St. Paul Campus and the Evergreen Quilters support the Jeremiah Program from their quilt raffles and sales.

MUSIC MINISTRY

Music Notes

From Ruth Palmer, Director of Music Ministry

There is often something that speaks and works deep down in one, almost unconsciously, and at times it may well clothe itself in sound, as poetry or music..."

— written by Johannes Brahms to Clara Schumann's daughters

As I write this, I am listening to a wonderful choral group singing the Harry T. Burleigh arrangement of "My Lord What A Morning." Thinking not only of morning, but the beginning of this new program year at Unity Church, knowing that I am in my "right" place fulfilling my passion for music and its ministry in the midst of this beloved and striving community. For me there was never a question as to what my vocation, calling, place in this world would be. It would be in and through music. Often times I have worked with people who found music to be a companion in their journey in life. They were either settled into their chosen place or in the midst of searching. Whatever the instance, they found and contributed to community, especially in the choirs where all human experience is blended into one sound. Choir is one of the places where that "something that speaks and works deep down in one" becomes "clothed in sound."

It is my joy to welcome back members who have been with us in past seasons and to greet those looking to add their "life sound" to the whole by joining with us. Please feel free to be in touch with me if you have any questions regarding joining any of our choirs. We would love to have you with us!

Sing in a Unity Church Choir

Here at Unity Church we have a vital choral program and invite you to consider joining us this year. For the adults, it is helpful to have some musical experience such as music lessons at some time in your life or having sung with a choir. Of course, if that is not in your background but you have a passionate interest and the courage to jump into the flow of things in order to learn a new skill, we invite you to come and sing with us. We have a great time together!

Please feel free to contact Ruth Palmer, Director of Music Ministries, with any of your questions at ruth@unityunitarian.org or 651-228-1456 x118.

First rehearsals for this church year are as follows:

- **Children's Choir** (grades 1 - 5): Sunday, September 15, from 10:00–11:00 a.m. Kathleen Radspinner, director (kathleenr395@gmail.com)
- **Unity Choir** (adult, high school and beyond): Thursday, September 12, from 7:30– 9:15 p.m. Ruth Palmer, director
- **Unity Singers** (auditioned membership): Tuesday, September 10, from 7:30-9:30 p.m. Ruth Palmer, director
- **Women's Ensemble:** Sunday, September 15, from 10:15-10:45 a.m. Ruth Palmer, director

September Parish Hall Artist: Erik Pearson

Erik has been creating artwork his whole life and has been working as a full time artist for nearly twelve years. Erik writes, "I enjoy telling stories with my artwork, whether it's through paintings, murals, sculptures or songs. I start with heavy, bold lines, which frame the layout, and then carve into it with layers of color, creating a feeling of depth and volume. My compositions tend to be dense and I use the overlapping images to create a connection, allowing the viewer's eyes to travel throughout the piece. The end result of one of my works is a story, told through the relationship between characters or objects or simply, presented as a frozen moment in a character's life."

Erik was born on the shore of Lake Superior and currently lives in Saint Paul. He has completed ten public murals, an art installation and an art car, in addition to multiple gallery exhibitions and community group presentations.

Erik's works can be found in private collections nationally and internationally.

Erik will host a reception in the Parish Hall on Friday, September 20, from 5:00-7:00 p.m. All are welcome!



Children's Musical 25th Anniversary

February 27, 28, & March 1, 2014

In celebration of the continued vitality and growth of our Unity Children's Musical, Sandy Waterman, Mary Blouin Auffert, and the Unity Church music program will be offering this beloved activity for 6th, 7th and 8th graders, beginning in January 2014. This gives the opportunity for three years of involvement and completes the arc of musical offerings for our children at Unity Church.

Autumn Equinox Reflection

The autumn equinox occurs midway between the longest day of the year, summer solstice, and the longest night of the year, winter solstice. It is called an equinox from the Latin “equal” and “night,” but in reality, the equality of day and night is only approximate. In 2013, the autumn equinox occurs at 3:44 p.m. CT on September 22.

Autumn equinox marks the noticeable giving way of the full, abundant light and energy of summer to a slower, simpler season. We have much to celebrate with the harvest that summer has produced—dreams and projects have been accomplished, blossoming flowers, bushes, and trees have nourished us with their beauty, and life has grown fuller and more verdant, bearing fruit. Now is the time to gather in and take stock of our harvest. What flourished and what failed? What bore fruit and what did not? What can we celebrate and what needs to be reassessed? And most of all, can we give way to things being exactly as they are?

Writer Edward Hays, in his prayer to autumn, says *“As a child of my culture, I am seldom truly at peace with what I have. Teach me to take stock of what I have given and received, may I know that it’s enough, that my striving can cease ...”* As we take stock of our harvest and prepare for the slower, more inward time of winter, can we be at peace with what we have? At peace with our efforts and their outcome, even if it’s not quite what we had hoped? At peace with the fruition or lack thereof of plants and ideas cultivated? At peace, knowing that the time for striving and intense productivity has passed?

This is a time to honor ourselves and our efforts as well as to let go of that which is passing. It is a time to know that what we have done, what we are, is enough. To explore this transition more deeply, you can write in a journal, or try a short ritual alone or with friends. You may want to include the following:

- Decorate with yellow, gold, or autumn colors
- Light a candle and sit quietly. Breathe in yourself sitting there, breathe in the candle, breathe in your feelings of the moment, and with each breath, say inwardly, “This is enough.”
- Nourish yourself with bread, apple cider, nuts, squash, corn, or any local, freshly harvested food
- Reflect on your harvest, naming or making a list of each undertaking, and with each one, regardless of how it turned out, say inwardly, “This is enough.”
- When you are done, sit quietly, placing your hands over your heart, and say three times inwardly “I am enough.” Breathe that in.
- Say thank you and blow out the candle

After the autumn equinox, the days slowly become shorter and shorter, until at winter solstice, we’ll be back to the longest night. There will be no autumn equinox celebration until 2014. Please plan to join us for the winter solstice this year. May you welcome and find grace in this changing of the seasons.

—Autumn Blessings,
Katy Taylor, Seasonal Coordinator Worship Associate
katy@thewingedheart.net



Vocation (continued from front cover)

There can be strength and sustenance in being present in paid work that is not one’s calling, even in unfolding one’s gifts and putting love into that work. As a community of practice, we can call for access to opportunity while recognizing the power of building beauty into present circumstances. We can encourage ourselves to tend the inner garden while we work to change the external reality.

We remember the role of the community in the searching and reaching for vocation. American culture encourages people to see themselves as autonomous individuals on a linear timeline towards a self-defined goal, independent of obligation or relationship. In this world view, it is the free market that assigns value and individual actors find their place through the economy. In choosing to bless the world, however, we must realize ourselves in the context of community. This community is not a static grid of needs into which our self-fulfillment plugs, it as an active agent in shaping our vocation. If our gifts are to play a role in building the Beloved Community, then the Community of Longing must be part of the process of discerning our gifts and calling them forth into the world.

— Jennifer Nordstrom
and this month’s theme team:
Drew Danielson, Janne Eller-Isaacs,
Rob Eller-Isaacs, Lisa Friedman,
Pat Haff, K.P. Hong, and Ruth Palmer

Wanted: Used Car

Ray Wiedmeyer, an Amicus volunteer, is looking for a used, reasonably priced car in good operating condition for his Amicus client. Amicus is the Restorative Justice Team’s community partner that helps men and women in and coming out of prison. Please call Ray at 651-699-5590.

Pitter-pattering Questions

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

From KP Hong, DRE



A *scientific* flower is a single specimen among many flowers. If it withers and dies, we can replace it with another one—probably an identical one—because the

nature of scientific knowledge isn't to see single flowers so much as a whole species of flowers, with common traits and predictable characteristics.

Love, on the other hand, entails discovering the uniqueness of something. And if *this* flower that I love withers and dies, I am inescapably saddened. There's an irreplaceable quality about *this* flower that I love, for love does not abstract individuality. To be clear, this says nothing against the scientific approach to knowledge; just that it is not the only or consummate paradigm of knowledge. As our children return to classrooms and biology labs, this in no way suggests that somehow scientists and their students are loveless persons. The only question is this: Is love acknowledged as a teaching tool? And if so, to what measure?

As surely as anything else, *we teach who we are*. So as our volunteer teachers prepare to welcome our children back to another year of Religious Education, my heart brims over with gratitude for their courageous love. But if love is our sacred pedagogical tool, don't we all, *every one of us*, share in the education of our children? And for teachers who too often compete to tend to their own spiritual care, how do we more deeply honor the spiritual metabolism of their lives?

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

New and Returning Religious Education Families

If you'd like to enroll your child(ren) or youth in Sunday School 2013-14, please join us on Wednesday, September 4, at 7:00 p.m. in the Sanctuary. This in-person session will orient families whose children are enrolling in Religious Education for the first time as well as welcome our returning families who need to register their children. Parents will sign up for the volunteer role of their choice and will sign their child(ren) up for an age-appropriate class. If you attended one of the earlier registration sessions in the Spring, your child is already registered – see you on the 15th for the start of Sunday School!

Please note the following about this registration session:

- All families, new and returning, will receive orientation to the year and Unity's Ministry with Children and Youth. RE staff and members of the Religious Education Ministry Team will help you review your sign-up and answer questions. Childcare will be provided.
- Pledging/voting families will be offered preference in registration, followed by returning R.E. teachers. All new and remaining returning families will then register.
- Yes, there are spaces remaining for your child! There is a spot for every child interested in growing up in our community. It's true that some classes are already full at a particular service while other classes have ample space for additional children. No one has been or ever will be turned away from our Religious Education program, but at this moment in the year, we ask families to please come with a flexible spirit and a willingness to consider service times other than their first choice.
- This is NOT the orientation for Coming of Age, the program for our 9th grade youth. It's also NOT the orientation for Our Whole Lives, the sexuality education program. See below for more information.
- If your family is unable to participate in this final registration session on September 4, there will be a table staffed by members of the Religious Education Ministry Team on Sunday, September 8, following the Merging of Waters all-congregation service.

Our Whole Lives: 7th – 9th Grades

If you are interested in having your youth enrolled in Our Whole Lives, a holistic sexuality and relationship program of the UUA, you will need to attend the Parent/Guardian Orientation session which will be held on Tuesday, August 27, at 7:00 p.m., at Unity Church. OWL is intended for 7th through 9th graders but is generally comprised primarily of 8th graders. Classes meet on Wednesday evenings from September through late April. Please contact Drew Danielson, Coordinator of Youth and Campus Ministries, at drew@unityunitarian.org or 651-228-1456 x112 with questions.

Coming of Age (COA): 9th Grade

If you missed registration for 2013–2014 COA, contact Drew Danielson at drew@unityunitarian.org or 651-228-1456 x112 to see if there is space available.

MINISTRY WITH CHILDREN AND YOUTH

R.E. Teacher Training

Have you committed to a teaching/mentoring role in our shared ministry with children and youth? Please join us for informative and friendly sessions that will orient you to your role in the journey of faith development. Trainings will be held Saturday, September 7, as well as evening of Wednesday, September 11 (see schedule below). Decide which trainings you'll need to attend and then visit the church's website (<http://www.unityunitarian.org/teacher-information.html>) to sign up online. Contact KP Hong by email at kp@unityunitarian.org in the Religious Education office for further information.

Schedule of Training Sessions

Saturday, September 7

- 10 a.m.: Workshop Rotation Training
- 10 a.m.: Spirit Play Training
- 11:30 a.m.: Junior High Program Training
- 11:30 a.m.: Journey Guide Training
- 1:00 p.m.: Special Needs Orientation
- 1:00 p.m.: Behavioral Strategies/Positive Learning Environments
- 2:30 p.m.: Welcome Family Training

Wednesday, September 11

- 7:15 p.m.: Spirit Play Training
- 7:15 p.m.: Workshop Rotation Training
- 7:15 p.m.: Junior High Team Meetings
- 8:30 p.m.: Behavioral Strategies/Positive Learning Environments

R.E. Volunteers! Get the stuff you need!

If you've committed to volunteering Religious Education this fall, you will probably appreciate having your lessons and teacher handbook in advance. Teacher Handbooks will be available for pick-up at the Teacher Orientation (Saturday, September 7, 10:00 a.m.-2:00 p.m.) and Sunday, September 8, at Merging of Waters for the following volunteers:

- Spirit Play teachers
- Journey Guides
- Workshop Rotation leaders
- Fall Junior High teachers
- R.E. Welcome Teams

If those times do not work for you and you need your materials immediately, let us know and we'll put them in the mail. Teachers whose responsibilities fall in the second half of the year will be able to pick up materials in January 2014.

Free Child Care

Free child care is available for all church-sponsored activities. Please contact Christy Randall by email at christy@unityunitarian.org. Reservations must be made one week in advance.

Helpful Reminders

How to do Sundays with Kids

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

Nursery

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

Spirit Play

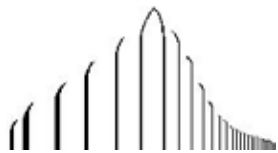
- Registered children ages 3-K can be signed in to their Spirit Play preschool class beginning 10 minutes before the service.
- Check to make sure two Teachers are in the room; if not, stay with your child until they arrive.
- Nametags are in the pocket charts on the door. Leave nametags in the pockets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

Workshop Rotation

- 9:00 a.m., 4:30 p.m. – Registered children in Grades 1-6 should be escorted to the Ames Chapel starting 10 minutes before worship.
- Check to make sure at least two Journey Guides are in the Chapel; if not, stay with your child until they arrive.
- Nametags will be distributed on the first Sunday of R.E. After that, parents are responsible for using the pocket charts near each exit to store and retrieve nametags each Sunday. For safety and community-building reasons, please assure that your child wears a nametag while in the church building.
- Collect your child from their Workshop (varies each week, check signs) 15 minutes after the end of worship (10:15 a.m., 12:15 p.m. and 5:45 p.m.).

Junior High (Grades 6, 7 and 8)

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



UNITY CHURCH—UNITARIAN

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

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**TIME SENSITIVE
MATERIAL**

Bedtime Ritual Workshop



Unitarian Universalist parents who have struggled to implement a bedtime ritual that incorporates Unitarian Universalism into the end of their child's day can join us for a workshop on Saturday, September 21, from 9:00 a.m. to noon. The Young Unitarian Universalist Families group will demonstrate a ritual that teaches your child the seven principles of Unitarian Universalism as they prepare for sleep. The children will also make and string "Principles" beads that help guide them through the ritual.

This workshop is open to all parents and to children four and older. Childcare will be available for younger children. Please RSVP to Pamela Johnson at pjohnso@comcast.net.

Dine with Nine

Potluck in the Parish Hall

Saturday, September 7 • 6:00 – 8:30 p.m.

Are you interested in getting to know more people at Unity Church? Do you enjoy great food and lively conversation? Would you like to extend the hospitality of our community to both new and long term members alike? Beginning in October, small groups of Unity Church members and friends will gather in each other homes once a month for food and fellowship. Join us for an all-ages potluck dinner in the Parish Hall to kick-off our new Dine with Nine season and to learn more about the program.



Sign Up for Dine with Nine

You can sign up to participate in this year's Dine with Nine suppers in several ways — at the September 7th potluck, via Unity's website, 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. We look forward to another great year!

Merging of Waters Family Sunday

Be sure to bring the water you have collected from your journeys (or backyard!) to the Merging of Waters service that will be held during all three services (9:00 a.m., 11:00 a.m., and 4:30 p.m.) on Sunday, September 8. This is a Family Sunday and singer/songwriter Peter Mayer will join the ministers for this service of reunion. Nursery care will be available for children ages six months through four years. Turn to page 3 for more information.