

## Faith

*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 early teachings of many world religions, the word *faith* appears not as a noun but as a verb. It is a way that we live, a leap that we take, a loyalty that we grow into over time. In the original Buddhist texts, the Pali word for faith meant literally “to place the heart upon.”

Our own English word *faith* derives from the Latin word *fides*, meaning fidelity or loyalty, implying a relationship on which we can rely. When we have faith, we are talking about where and on whom we place our deepest trust. We are talking about a commitment we make with our hearts and confirm with our lives.

Of course, like many words in our religious vocabularies, *faith* has sometimes been hijacked and conscripted into service as a judgment, a tool for sorting the faithful from the faithless. As if a line could be drawn between the two, and as if those on the wrong side of the line could be marked with a giant H for their heresy.

Our Unitarian forebears knew better. As Francis David and others reminded us, faith rises from within. It can neither be forced nor judged from the outside, whether by church doctrine or laws of the land. It is a conviction born in the search for truth and the personal discovery of trust and surrender. Or, as the Buddhist writer Sharon Salzberg puts it, faith is “an inner quality that unfolds as we learn to trust our own deepest experience.”

What do you trust most deeply – in your life, in the unfolding of history, and in the universe at large? What do you know to be reliable? Is it science or perhaps society, the common good

or the human conscience? Do you have faith in Love or Life itself, in Nature or in God or in the holy ground of being? Do you sometimes say, *I must see it to believe it*, or do you find yourself depending on different ways of seeing? For many of us, navigating life’s challenges and changing currents requires that we come to trust some combination of the above. “Faithful living” can be a matter of learning how and when to rely on each of the loyalties engraved within our hearts.

My friend Kay tells about one such lesson in her youth. Having lost the vision in one eye as an infant, she learned at the age of 10 that she would soon lose her sight in the other eye as well. It was a frightening truth delivered by her doctors on a September day, the kind that could steal your inner balance at any age and leave you longing for solid ground. Not two hours later, though, Kay recalls how her faith was restored. As she sat at the kitchen table, still reeling from this news, her father handed her a basket of ripe pears. *Close your eyes*, he told her gently, *and pick the best one*. Reaching into the basket, eyes closed, she carefully chose a pear and heard her father’s immediate delight. *That’s right*, he exclaimed. *You’re going to be all right*.

“Faith is the evidence of things unseen,” the Christian scriptures tell us. It is the mountain-moving potential buried within the mustard seed. It is the conviction that the long arc of the universe bends toward justice, even if our nearsightedness sometimes prevents us from spotting it. “Faith is not,” author Joanna Russ points out, “something that turns out to be right or wrong, like a gambler’s bet: it’s an act, an intention .

..” It is a quality of being that calls us to be loyal to our heart’s inner leaning, even and especially when facing the unknown.

So close your eyes and consider: On what do you place your heart? To what and to whom are you called to be faithful? What are the convictions rising from within you, and what would it mean to live in loyalty to them?

~ Karen Hering  
Consulting Literary Minister

Reprinted from the September 2010 *commUNITY*. An adapted version was published in *Writing to Wake the Soul: Opening the Conversation Within*, by Karen Hering (NY: Atria Books/Beyond Words, 2013).

### Worship Theme Resources

#### BOOKS

***Faith: Trusting Your Own Deepest Experience***, by Sharon Salzberg (Riverhead, 2002)

***Faith and Belief***, by Wilfred Cantwell Smith (Princeton Press, 1987)

***A Chosen Faith***, by John A. Buehrens and Forrest Church (Beacon, 1998)

***The Sacred Depths of Nature***, by Ursula Goodenough (Oxford, 1998)

***The Courage to Be***, by Paul Tillich (Yale, 1952; 2nd edition, 2000)

#### 2014-15 THEOLOGICAL THEMES

September: Faith  
October: Longing  
November: Covenant  
December: Wonder  
January: Justice  
February: Surrender  
March: Evil  
April: Freedom  
May: Peace  
June: Wisdom

Just Words



"Humility," wrote the great Jewish theologian Martin Buber, "is knowing you are but a wave in an infinite ocean." Without the ocean, without the pull of tides and time, without the moon, without the turning earth there are no waves. But when we realize our dependence on a strength far greater than our own we begin to know our power. I sometimes worry that our liberal faith is lacking in humility. Having set aside the God whose "eye is on the sparrow," having grown beyond that vengeful old gray-beard, we tend to fall into the age-old trap of worshipping ourselves or our history or God forbid, the church itself.

When informed that there are fewer than 200,000 Unitarian Universalist adherents in the world (fewer than the number of ELCA Lutherans in Hennepin County) people just coming to know our faith are often surprised. Why should a religious perspective that makes such good sense be so small? "We are the leaven, not the bread" we tell them hoping to cloak our embarrassment in our arrogance. I can't help but think there is a direct relationship between our lack of humility and our lack of appeal. We may claim we want to be a universal church. We may claim we want everyone to feel welcome in our midst but our practice is not in accord with our claims.

I really don't mean to berate anyone. I love our church. I love that we try to be more open-hearted and more welcoming than our puritan ancestry would allow. I love the way we sink into the silence and rise up singing. I love the way we work to put our most dearly held values to work in the world. But friends we need to come to know what holds and helps and heals us. In this month of services on faith I invite us all to consider the importance of a humble heart. Our strength is in learning that we are at once as powerful and as dependent as waves in the infinite ocean.

As Always,  
Rob

Turning Over A New LEAF  
Unity Church 2014 Raffle Fundraiser



TICKETS \$20/each

Turn to page 8 for all the details.

The Wheel of Life

In Celebration

Louise Livesay and Marc Al  
Married August 2, 2014

Howard M. Guthmann

was honored for seventeen years of service to the Ramsey County Historical Society in a

Proclamation of Appreciation issued by the Ramsey County Board of Commissioners during a celebration held on August 12, 2014

Barbara Anderson and Richard Cooper

Married August 23, 2014

In Memoriam

Marc André Breton

July 14, 1958 – July 28, 2014

Nell J. Robie Mahlke

August 3, 2014

Elizabeth "Betty" M. Whitman

1918 – August 7, 2014

From the Archives...

Found in the archives: You never know what you are going to find. It could be exotic or just plain useful. One of this month's finds was a pile of choral music that was returned to the choir room. We also found many photos of the dragon from different years. If you don't know what the dragon is, ask your kids!

For more information or to offer support for this ongoing project, please contact Louise Merriam at 612-242-8772 or [machias1@gmail.com](mailto:machias1@gmail.com).

# SEPTEMBER WORSHIP CALENDAR / OFFERING RECIPIENTS

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](http://www.unityunitarian.org). Sunday, September 7, 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 14.

## Worship Calendar

September 7

### *A Merging of Waters: A Family Sunday In Times of Turbulent Waters*

Come merge the waters of the world in a ritual of reunion as the whole church family gathers to explore the role of our faith in times of difficulty and challenge. Rob, Janne, and worship associate Jen Welsh will lead this ritual service that ushers in the new church year. Unity Church choirs will participate during all three services.

**Please remember to bring water for the ceremony.**

September 14

### *This is the Wonder We Are — Rob Eller-Isaacs*

The old adage goes “Unitarian Universalists are people who believe in one God, at most.” As our church school year begins we explore what it might mean to place our faith in human beings. Those raised Unitarian Universalist in the mid to late 20th century were steeped in the gospel of religious humanism. Rob and worship associate, Zoe Leuthner will ponder the possibilities of faith without God.

September 21

### *Flowers that Bloom in the Desert — Janne Eller-Isaacs*

When faith is lost or feels illusive, how do we call ourselves to the task of living with integrity, service and joy? Janne and worship associate Drew Ross will explore what it means when the easy God of our childhood no longer seems relevant and how we might find faith in living.

September 28

### *Third Step Theology: Time to Decide — Rob Eller-Isaacs*

Thursday, September 25, at sundown, marks the start of Rosh Hashanah, the beginning of the Days of Awe. The service this week will invite a confession of sorts and an opportunity to map out how best to make amends in the week that follows and leads up to Yom Kippur, the Day of Atonement. As we stand at the threshold of a new church year we take a lesson from our Jewish friends and earn the right to begin again in love.

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

Unity Church–Unitarian  
733 Portland Avenue, Saint Paul, Minnesota 55104  
651-228-1456 • [www.unityunitarian.org](http://www.unityunitarian.org)

## 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 7: Friends of the Mississippi River

Through active leadership and education, Friends of the Mississippi River (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 14: Crossroads Missions-New Orleans

Crossroads Missions is a non-denominational religious organization that coordinates volunteers who come to New Orleans to help rebuild housing. They are authentically involved with many churches and neighborhoods in New Orleans to locate individuals and organizations that need help in rebuilding housing. Crossroads Missions coordinators live from donated “salaries” from their home churches and friends. Unity Church member Don Arnosti became a supporter of their work during his participation in the 2013 Unity Church New Orleans Pilgrimage, when Crossroads Missions was the “project facilitator” and tool-provider for the housing rebuilding project.

### September 21: Avalon School Gender Free Bathroom Campaign

This is a campaign to build a gender neutral bathroom at Avalon School. There are a number of students at Avalon who identify as transgender and the school would like to be welcoming to anyone who does not identify with either the male or female categories. The campaign is being led by the parents of this co-op school and this offering will go toward the cost of building a gender neutral bathroom at Avalon. Unity Church member Kevin Ward is a teacher at Avalon and there are many other Unity Church members with connections to the school either as students or parent/guardians.

### September 28: 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.



# BOARD OF TRUSTEES / ANTI-RACISM LEADERSHIP TEAM

## Board of Trustees

From Deborah Carter McCoy, Trustee



Summer is a quieter time at Unity Church. One service, fewer meetings, lower attendance, well-deserved vacations. During summer the Board of Trustees (BOT) is one of the committees that continues meeting on a regular schedule. The summer workload of the BOT is steady as we represent the congregation of Unity Church in the wider community and explore the long-range vision for the church.

We have been:

- Reviewing monthly financial statements
- Learning about changes in staffing
- Reviewing processes for nominations for Anti-Racism Leadership Team (ARLT) and BOT
- Soliciting nominations for ARLT and BOT service
- Finalizing the letter of agreement with Lisa Friedman for her service as the Minister of Congregational and Community Engagement
- Meeting in subcommittees
  - Policy: to identify changing needs in policy
  - Moral Owners: to create and implement plans for meaningful connections with the moral owners of our congregation
  - Nominating: to create awareness of volunteer opportunities on the ARLT and BOT and to encourage nominations of candidates for vacancies
  - Evaluation: to ensure the congregation can provide feedback in a survey and to measure performance of the BOT
  - Leadership Transition: to plan and prepare for congregational continuity due to retirements and staff changes

We have:

- Identified future needs and policy work
- Learned about early results of the congregational survey
- Gained valuable insights from ARLT regarding their important work and vision for the future at Unity Church

Your Board of Trustees accepts this responsibility with integrity, service and joy. We value the contributions and connections we are able to make within our team, among those in the congregation and beyond the walls of our beautiful church home. If you have questions about our work, please talk to us at any time — we are identified by the red ribbons on our nametags and on the Governance tab on the website. We look forward to hearing from you and sharing our work.

## Faith and Anti-Racism

From the Anti-Racism Leadership Team Communications Group

Moving toward the Beloved Community and the dismantling of racism in our faith community are implicit in the anti-racism work of the ARLT, the Social Justice teams and the congregation. This work is strongly informed by our Unitarian Universalist Principles, particularly the First Principle: The inherent worth and dignity of every person, the Second Principle: Justice, equity and compassion in Human relations, and the Sixth Principle: The goal of a world community with peace, liberty and justice for all. As the Rev. Barbara Wells ten Hove explains, “The Principles are not dogma or doctrine, but rather a guide for those of us who choose to join and participate in Unitarian Universalist religious communities.” They are also, for many of us, bedrock on which to build our individual faith development. Here are two tracks for the work toward the Beloved Community as we undertake it together.

### Recognizing and honoring culture

It’s important to recognize that in looking to expand the inclusiveness of the congregation we will encounter people from cultures different from our own. We should aim for a mosaic, not a melting pot and should honor those differences; that’s inclusion and embracing of diversity. We should also acknowledge that Unity Church has a culture of its own and of long standing. Our culture conforms to the iceberg model in that only a small portion of it is “visible” and the rest is “submerged” and not always evident. Doing this work is an opportunity to look deeply at our culture. Mingling of cultures will require accommodations in order to accomplish the greater good, and different cultural practices can lead to an enrichment of our own faith practices and tradition.

### Acknowledging white privilege and institutional racism

As a predominately white congregation, we must acknowledge the inherent privilege, power differential and access to social institutions that accrues to white people in our society, and is routinely denied to people of color simply on the basis of skin color. Institutional racism is a pattern of distribution of social goods, including power, which regularly and systematically advantages some ethnic and racial groups and disadvantages others. It operates through key institutions: organized social arrangements through which social goods and services are distributed. This acknowledgement recognizes the pain, anger and feelings of exclusion rightfully present in communities of color, and is a basic starting point for conversations and relationship building between our cultures.

## Join the ARLT

The Anti-Racism Leadership Team is seeking candidates for a two-year term on the team beginning in December 2014. Team members must be voting members of the church and bring a commitment to dismantling racism. For more information, visit [www.unityunitarian.org/anti-racism-leadership-team.html](http://www.unityunitarian.org/anti-racism-leadership-team.html).

# STAFF TRANSITIONS / 2015 PLEDGE DRIVE

## Staff Transitions

### A Letter from Christy Randall

To the children of Unity Church,

You have probably seen me every time you come to church. For the past eight years, I am the one dependable face you always see. I have been a part of your life. I have wiped your drippy nose. I have given you hugs. I have put band-aids on your scrapes and read you stories while you wait for your parents. I helped you finish puzzles and played card games with you. I have rocked you till you fell asleep on my shoulder. I have found the pipe cleaners for your sculptures and the perfect color of paint for your murals. I have taught your classes and shopped for your snacks.



Though it sounds like I have done a lot for you over the past years, you have done a lot for me too. You have shown me your lose tooth. You have drawn me pictures. You told me about the baseball game that you won and about the fish that died. You have given me hugs and told me your joys and sorrows. You have given me a part of you by sharing your dreams.

Starting soon, you might not see me when you come to church. I'm still going to be at church sometimes. However, you might not see me every time you come. You might find me in the Sanctuary listening to the service instead of teaching a class in the basement. You might not find me running down the hall with a pair of scissors or sitting at the computer in the religious education office. I might be in the Parish Hall enjoying some conversation with other parents. Also, I might not be here every Sunday. There might be some Sundays that I will stay home instead. Although I am not there, I will be thinking of you. I will miss your smiles and hugs.

You see, of all of the things you've given me, the most important gifts you've shared are how to grow, how to be brave, and how to follow your heart. Thank you for being there for me every Sunday, teaching me about life.

Love,  
Christy

*A reception honoring Christy Randall and her ministry to the families and children of Unity Church will be held in September. Please watch for details!*

### Meet Michelle Hill

#### Unity's New Coordinator of Children's Ministry



I am very excited to be joining the staff at Unity Church! I have kept an eye on the job openings here and am grateful to have found such a good fit for me. I was born in Wyoming, grew up in Chicago, and have lived briefly on the east and the west coasts. I moved to Saint Paul about 18 years ago and live on the East Side with my husband Ned, daughter Evie, a very neurotic cat, and a very weedy garden. I collect fabric, beads, buttons, and recipes and hope to get back to making things with them once I find the balance between my new job and my volunteer work at Evie's school. I've been a member at Unity Church

for about 11 years and look forward to seeing where this new connection takes me.

### Blessings and Generosity

#### 2015 Operating Pledge Drive October is Pledge Drive Month!

We have so much to be grateful for at Unity Church. Our staff and members bring a marvelous array of gifts through worship, programs and outreach opportunities. What do you care most about at Unity Church? What touches your heart and inspires your life? Is it the thoughtful and challenging sermons? The beautiful music? The religious education programs for children, youth, and adults? Are you active on a Community Outreach team or at Wellspring Wednesday? Does Unity Church provide a spiritual home for you and your loved ones? Pledging is both a financial and a spiritual decision. We hope you will let both be your guide.

In October, we will be conducting our Operating Pledge Drive and asking for your support for our 2015 fiscal year. Knowing how much you intend to contribute informs our budgeting process and allows us to plan for the upcoming year.

If you are currently pledging, please consider increasing your pledge by 5%-7% next year so we can more adequately support our programs, compensate our staff, and live into our dreams. If you are new to Unity Church or not currently pledging, you will receive a Giving Guide to help inform your decision. Adjustments necessary for changing financial circumstances are always an option. Remember, all contributions are tax deductible!

In the first week of October you will receive your 2015 pledge card in the mail. Please bring it to church with you on Celebration Sunday, October 12, when we will participate in a ritual of giving at all three services. You may also pledge online, mail, or deliver your pledge to the church. There are blessings that accompany giving. Please give generously!

# CONGREGATIONAL LIFE



## Welcome Words

For many of us, September is a time of beginnings — a new school year, a return from summer adventures, 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 7, I hope you will join us for all the sweetness and promise that lie ahead. September 10 begins our Wellspring Wednesday meals and programming and September 14 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 trying something new! 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 in this glorious turning of the year.

Rev. Lisa Friedman

Minister of Congregational and Community Engagement

## Pathway to Membership Classes

Sign up at the Welcome Table on Sundays or contact Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x 107. Lisa is also happy to meet with you personally to answer questions and to welcome you into the congregation. Childcare is available by request at least one week in advance.

### Welcome to Unity: Our Class for Newcomers

**Sunday, September 21: 12:15–1:30 p.m.**

**Wednesday, October 8: 7:15– 8:30 p.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

**Saturday, October 4: 9:00 a.m.-4:00 p.m. (includes potluck lunch)** ~ also offered ~

**Three Thursdays, October 23, 30 and November 6:30–8:30 p.m. (light dinner provided each night)**

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 29: 7:15-9:00 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!

## 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](http://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 11) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

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

**Caregivers Group:** An informal support group for caregivers. Third Thursday of the month (September 18) from Noon–2:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Evergreen Quilters:** Second Tuesday of the month (September 9) from 7:00-9:00 p.m. and fourth Saturday of the month (September 27) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

**Job Transitions/Networking Group:** Every Monday at 9:00 a.m. in the Anderson Library. Contact Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Living With Grief Group:** A group for people living with grief and loss. Third Tuesday of the month (September 15) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, September 8 and 22, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

**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 Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org)

**Unity Book Club:** Second Tuesday of the month (September 9) from 7:00-8:30 p.m. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net). September 9: *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. October 14: *The River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard.

**Unity Bridge Club:** Friday, September 5, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

**Women's Retirement Group:** Second and Fourth Thursday of the month (September 11 and 25) from 1:00-3:00 p.m. Contact Leah Doherty at [doher001@umn.edu](mailto:doher001@umn.edu)

**Young Adult Group:** On the fourth Tuesday of each month (September 23) the Young Adult Group meets for a potluck in the Center Room at 6:30 p.m. Contact: Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**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](mailto:kford5@comcast.net)



## Dine with Nine

### Potluck Kick-off

**Saturday, September 6 • 6:00–8:00 p.m. • Parish Hall**

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's 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.

### Dine with Nine Sign Up Begins

You can sign up to participate in this year's Dine with Nine suppers in several ways: at the September 6 potluck, on Unity's website ([bit.ly/dinewith9](http://bit.ly/dinewith9)), or by emailing Teresa Wernecke at [teresa475@gmail.com](mailto: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!

## Group Spiritual Direction Returns This Fall

Join Spiritual Director Sarah Cledwyn, MA, for Journey Conversations, a time of contemplative listening and sharing in a small group setting. This year there is an introductory gathering on Saturday, September 13, from 10:00 a.m.–noon in the Center Room. Groups will meet on the first and third Mondays of the month, October through December. The day group will meet from 10:00 a.m.–noon and another group will meet in the evenings from 6:30-8:30 p.m. The cost is \$180 for the series of six sessions (\$30 per session) with a sliding fee available. Free childcare is available at church if you request it a week in advance. This year we will be referring to the book *Conversation, The Sacred Art* by Diane Millis which is available to peruse or purchase at the Unity Bookstall and Library. Registration is online at [www.unityunitarian.org/spiritual-direction.html](http://www.unityunitarian.org/spiritual-direction.html). If you have questions or want more information, feel free to contact Sarah at 651-699-9948 or [sarahcledwyn@gmail.com](mailto:sarahcledwyn@gmail.com).

## Everyday Enjoyable Parenting

Parents of toddlers to teens are invited to participate in six sessions on the topic of good parent-child relationships. No miracles are guaranteed, but the discussion and group support holds promise for enhanced interactions. This class will meet for six Wednesday sessions from 7:15–8:30 p.m., October 8 through November 12. Register by September 21 by sending an e-mail to [rossm001@umn.edu](mailto:rossm001@umn.edu). Registration is limited to 20 families. All families will receive a free copy of *The 10 Best Principles of Good Parenting, a book of practical advice* by Laurence Steinberg, internationally acclaimed parent-child relationship scholar. Childcare is available as this will be offered as a Wellspring Wednesday program.

*Marty Rossmann is Professor Emerita, Family Education, University of Minnesota and Jack Rossmann is Professor Emeritus, Psychology, Macalester College.*

## Young Adult Group (Ages 18-35)

Join us on the fourth Tuesday of the month, September 23, for a 6:30 p.m. potluck in the Center Room. All are welcome! The young adult group has also started a Thursday night Book Club that meets at 7:30 p.m. in downtown St. Paul. The Book Club is open to people of all ages. Contact Susan Kelnberger at [smkeln@gmail.com](mailto:smkeln@gmail.com) for more information.

## VOLUNTEER CORNER

*Make connections!*

*Learn something new!*

*Have fun!*

### Kitchen Teams

If you have an interest in cooking, enjoy providing hospitality, or don't mind running the dishwasher, the Kitchen Team has a place for you! We're looking for volunteers of all skill levels who are willing to help with one dinner each month, a 2-3 hour monthly commitment on Sundays or Wednesdays. If you are interested or to sign up please contact Madeline Summers, Volunteer Coordinator, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or 651-228-1456 x126

### Welcome Teams

Want to meet new people while making a positive difference at Unity Church? You are invited to join the Welcome Team! Volunteers are needed to greet members and visitors as they arrive to church, welcome them to Religious Education and to worship, pass out orders of service, ring the church bell, collect and count the offertory, and assist with serving coffee during our fellowship time after the service. Welcome Team members are asked to serve at one service per month. For more information, or to register, please contact Madeline Summers, Volunteer Coordinator, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or 651-228-1456 x126.



Looking for ways to get involved at Unity Church? Contact Unity's Volunteer Coordinator, Madeline Summers, and she will work with you to find the right volunteer opportunity for you and your family.

# Turning Over A New LEAF

## Unity Church 2014 Raffle Fundraiser



**STAY TUNED ALL SUMMER!**  
Additional earth-friendly prizes that promote healthy living will be revealed each Friday throughout the summer!!

### FOR TICKETS, \$20 EACH, CASH AND CHECK ONLY:

- Stop by the Raffle Table in the Parish Hall on Sundays or the Unity Church Office at 732 Holly Avenue, St. Paul, Monday–Friday, between 9:00 a.m. and 5:00 p.m.
- Contact the Unity Church Office by phone at 651-228-1456 or by email at [unity@unityunitarian.org](mailto:unity@unityunitarian.org)
- Fill in a ticket request form online and mail in a check
- Simply mail a check – no form needed – but be sure to include your address and phone number!
- Talk to any Unity Church staff, fundraising team members, or board members
- Only 4,000 tickets will be sold and our goal is to sell 2,500 tickets
- ALL prizes will be raffled on Sunday, September 28, at 12:30 p.m., in the Parish Hall at Unity Church. You need not be present to win
- See page 9 for a list of additional prizes





# RAFFLE PRIZES / LIBRARY AND BOOKSTALL

## Raffle Prizes

Additional prizes have been revealed each Friday throughout the summer! **All prizes will be raffled off on Sunday, September 28.**

### Grand Prize

100% Electric Nissan Leaf Car

### Second Prize

Custom Built Bicycle

### Third Prize

St. Paul Stay-cation

### "Rest and Reflect" \$300 value

An overnight in the Hermitage at ARC Retreat Center, a complete set of Cairns: The Unity Church Journal of the Arts, a custom Cairns journal, and a personal chalice.

### "Treat Yourself" \$300 value

A bag full of Intelligent Nutrients beauty products provided by Urban Village SalonSpa and a 60 minute massage donated by hush Therapeutic Massage.

### "Mississippi Market Co-op" \$200 value

One lifetime membership to Mississippi Market Natural Foods Co-op, grocery tote and reusable beverage container, and a \$50 store gift card.

### "Fun with Family and Friends" \$500 value

TRX party for 12 or a Pilates party for 8 — your choice — from the SweatShop Health Club, a four seasons Minnesota State Parks permit, and four Science Museum of Minnesota admission and Omni Theater passes (including a \$30 gift card to the Explore Store)!!

### "Read and Relax" \$500 value

A Kindle Fire HDX Tablet (16GB), a \$100 gift card to Amazon.com, an assortment of delicious teas from TeaSource, and a handcrafted mug from Grand Hand Gallery.

### "Get Fit" \$850 value

A Fitbit Flex and a one-year individual membership to the YWCA or YMCA of your choice.

### "SHARE THE PRIZE" \$250 value

A \$250 donation to the non-profit organization of your choice!

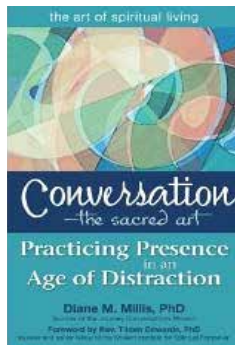
### "GET AROUND TOWN" \$500 value

A one-year subscription to Nice Ride, a Go-To Metro pass, a one-year Go Plan from HOURCAR, a messenger bag, and a klean kanteen water bottle and lunchtime food canisters.



## What's New in the Library and Bookstall!

From Shelley Butler, Library and Bookstall Team



### **Conversation — the Sacred Art: Practicing Presence in an Age of Distraction** by Diane Mills

The Art of Spiritual Living series, 2013

Developing authentic and meaningful connections is often discussed in UU circles but doing that when feeling overwhelmed by daily demands and an abundance of information can be hard. Through stories, wisdom, and spiritual practice from a variety of faith

traditions, Dr. Mills shows us how to find deeper connections through improving our conversation.

Parker Palmer described this as, "an important book ... that can help us recover a vital but endangered everyday spiritual practice.... Reading this book was like having a true conversation with the author, and with myself, one that will help me share its gifts with the larger world."

Thank you to the Unity Church member who recommended this title; if you know of good books that others at Unity might be interested in, stop by the Library or the Bookstall to make a recommendation.

*Conversation — The Sacred Art* is just one of many new titles for fall 2014 in **The Bookstall**, open Sundays following the morning services, and in the **Anderson Library**, on the 2nd floor of the Eliot Wing.

The **Whitman Children's Library** just stocked up on several new books for kids. One of the most fun is *Dragons Love Tacos* by Adam Rubin; find out what happens when dragons get a hold of too much spicy salsa!



On order is the brand new, Book 5 of The Heroes of Olympus series, *The Blood of Olympus* by Rick Riordan. Recommended by a young library user, Books 1 through 4 are now in the Whitman Children's Library, in the lower level of the Eliot Wing.



The Unity Historical Collection is now in our Library Thing catalog. 268 items, books, Bibles, hymnals, service books and pamphlets are in the collection and available for use in the Anderson Library (library use only please). Just like the regular Anderson and Children's Library collections, you can search the catalog by title, author, date, and subject. The best part: you can search the catalog from home or your office, as well as from the computer in the Anderson Library. Find the link on the "Unity – Service & Learning – Library & Bookstall" page or just go to: [www.librarything.com/catalog/UnityChurch](http://www.librarything.com/catalog/UnityChurch).

# WELLSPRING WEDNESDAY

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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](mailto:lisa@unityunitarian.org) or by phone at 651-228-1456 x107.

## September 10 • Taco dinner!

### Welcome Back to Wellspring Wednesday!!

#### Musician and Storyteller Jack Pearson

#### *A Celebration of Faith, Friendship and Community for All Ages*

Growing up in a musical midwestern family set the stage for the night in 1965 when Jack discovered the guitar at a campfire. From there it was banjo, mandolin, fiddle, jawharp, spoons, songs, and more songs! Since then, Jack has been off down a twisting, joyous path of musical storytelling, singing, strumming, telling, fiddling, and dancing his way around the United States performing over 200 concerts per year. His work has been recognized with Parents' Choice Gold, Classic, and Silver Honor Awards as well as Pegasus and Storytelling World Honor Awards. Jack lives in Minneapolis with his wife and occasional accordion partner, Nancy.

#### **Embodied Spiritual Practice: Yoga for Every Body — Elen Bahr**

Embody your spiritual practice with this 75-minute Vinyasa flow class. You'll be gently guided through breath work and yoga poses intended to bring our bodies, minds and spirits to a new level of openness. This class truly is for every body. Come as you are and experience non-judgmental, non-competitive, lovely yoga. Youth ages 10 and up are welcome to come with an adult family member. Wear loose, comfortable clothing. Bring a yoga mat, towel and water bottle. A few mats will be available for loan.

*Elen Bahr is a 200-hour RYT certified yoga instructor. You can find out more about Elen at [EveryYogi.com](http://EveryYogi.com) or EveryYogi on Facebook.*

#### **Tween Group (Grades 5-8): Fairy Tales and Faith Tales**

## September 17

#### **The Woodcutter's Children, art and poetry by Barbara Harman**

In this series, Barbara uses fairy tale archetypes in an exploration of our ability to revisit and recast childhood experiences through the power of story. Barbara will give an artist talk and reading based on her exhibit which will be on display in the Social Hall through September 30.

#### **Addictions and Recovery Ministry**

#### **Therissa Libby and Roxanne Kibben**

September is national recovery month. Come and discuss what is meant by the terms "addiction" and "recovery." Therissa and Roxanne will examine addictions and recovery through the lens of our seven principles, and introduce the types of addictions ministries found among Unitarian Universalist congregations. The program will consist of a series of brief presentations alternated with group discussion.

## September 17 continued

#### **Great College Search with Craig Allen**

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 17: Session One

Getting ready for the college quest. Conducting a search.

September 24: Session Two

Creating a list of schools. Applying to the schools you select.

October 1: Session Three

Financial aid basics.

October 8: Session Four

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

Sessions will consist of presentations followed by question and answer sessions and are for high school students and/or parents who are currently in or interested in starting a college search and application process. We'll also try to raise-up topics that might be of special interest to Unitarian Universalist 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 (HECA) and the Minnesota Association for College Admission Counseling (MACAC).*

#### **Embodied Spiritual Practice: Yoga for Every Body**

#### **Tween Group (Grades 5-8): Fairy Tales and Faith Tales**

## September 24

#### **Book Reading with Joan Velasquez, author of *Gaining Ground: A Blueprint for Community-Based International Development* and Co-founder of Mano a Mano**

Twenty years ago, Mano a Mano started with two people collecting medical supplies that would otherwise have ended up in landfill, and shipping them to Bolivia. From that beginning, Joan, a former Peace Corp worker in Bolivia, and Segundo, originally from Bolivia, developed an organization based on a successful model of partnership with local communities that has now built over 300 infrastructure projects in Bolivia. Come hear Joan read and talk about why community-based development works and the blueprint for successful international nonprofit partnerships. Sponsored by the Unity Library and Bookstall Team.

*More Wellspring Wednesday offerings ⇨*

September 24 continued

**Open Page Writing Session: Faith as a Verb with Karen Hering**  
**RSVP required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org)**

In the early Buddhist, Jewish and Christian texts, faith is not a noun but a verb. It is a way that we live, a leap that we take. In the Pali language of the original Buddhist texts, it meant literally "to place the heart upon." This writing session offers an exploration of faith as something we do. How and where do we offer our hearts? And what does it mean when we do?

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.

**Overstuffed: Seven Weeks to a More Joyful Life with Nicole Lynskey**

Do you feel overwhelmed with too many commitments and too much stuff? Do you want more time for what is truly important and meaningful in your life? Come to this seven-week workshop and streamline your life and home. You'll examine what is most important to you and learn how to make those things a priority. We'll look at ideas from experts in areas such as happiness and time management, and will use innovative exercises to help you create a life that is more simple, effective, and free.

You will create a vision of what you really want and make a plan for how to achieve it. With your plan in place, we'll use the power of group coaching to help you reach your goals. You will meet like-minded people and make connections for ongoing, mutual support.

Register online at <http://bit.ly/WWoverstuffed>. This course takes place on the following Wednesdays 9/24, 10/1, 10/8/, 10/15/, 10/22, 10/29, 11/5. Cost is \$89.00 for Unity Church members and \$129 for non-members.

*Nicole Lynskey is a life coach, poet and mother. In her coaching work, she is passionate about helping busy professionals identify what's meaningful to them, release what's not, and create lives of joy and purpose. Nicole is certified as a life coach through Adler Graduate School and was a nutritional educator for five years. Prior to becoming a life coach worked as a computer programmer. She lives in St. Paul with her husband and their seven-year-old son.*

**Great College Search: Session Two**

**Embodied Spiritual Practice: Yoga for Every Body**

**Tween Group (Grades 5-8): Fairy Tales and Faith Tales**

*Have an idea for a Wellspring Wednesday program?*

Contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Open Page Writing Sessions

*Once a month during Wellspring Wednesday*

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.

**All of the following sessions are free and will be held at Unity Church. RSVP is required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org).**

***Faith as a Verb***

**Wednesday, September 24 • 7:00-9:00 p.m.**

In the early Buddhist, Jewish and Christian texts, faith is not a noun but a verb. It is a way that we live, a leap that we take. In the Pali language of the original Buddhist texts, it meant literally "to place the heart upon." This writing session offers an exploration of faith as something we do. How and where do we offer our hearts? And what does it mean when we do?

***Belonging to Our Longing***

**Wednesday, October 8 • 7:00-9:00 p.m.**

We are all, as Kahlil Gibran noted, the "sons and daughters of life longing for itself." But our consumer culture often conflates longing and desire, as if longing could be satisfied by purchases, progress or possessions. What is the nature of longing and how do we respond to it? What does our longing point us toward? And what would happen if we let ourselves belong to our deepest longing?

***Covenant: the Promises We Make, Break and Renew***

**Wednesday, November 12 • 7:00-9:00 p.m.**

We "become human beings by making commitments, by making promises," said James Luther Adams. Quoting fellow theologian Martin Buber, he called humans the "promise-making, promise-keeping, promise-breaking, promise-renewing creature." What does our capacity for promise-making and covenant mean and how does it shape our human identity, our communities of faith and our role in creating new realities in the world?

***Wonder: Living with an Open Heart***

**Wednesday, December 3 • 7:00-9:00 p.m.**

"I'd rather learn from one bird how to sing," wrote e.e. cummings, "than teach ten thousand stars how not to dance." As we enter the season of darkness and light, we reflect on the gift of wonder and how we keep it alive.

**Other Literary Programming**

For more information about additional writing programs offered in other locations, visit [karenhering.com](http://karenhering.com), or to receive periodic e-mail notifications of Karen's upcoming literary programs, contact [karen@unityunitarian.org](mailto:karen@unityunitarian.org).



# COMMUNITY OUTREACH MINISTRY

## Unitarian Universalist Service Committee

Heartache, Hardship, and Healing in Lebanon



From Chara Itoka, UUSC

Imagine being forced to leave your home, your community, your country. Whether the impetus is war, political persecution, or natural disaster, one effect is often the same: paralyzing trauma. It's hard enough to start over in a foreign place in the best of circumstances, let alone in the circumstances that refugees often find themselves. That's why, drawing on our success partnering with the Trauma Resource Institute (TRI) throughout the world, UUSC is now working with TRI to provide community-based trauma resiliency training to service providers from various nongovernmental organizations (NGOs) working with refugees in Lebanon.

Why Lebanon? Refugees now constitute almost 25 percent of the Lebanon's population. They have limited access to resources and are living in informal nomadic settlements, garages, and abandoned buildings. And while some NGOs are tending to their most basic needs — food, water, clothing — their mental and emotion well-being is largely ignored. We want to change that.

TRI's Community Resilience Model (CRM) training will give service providers the skills and practice they need to offer refugees invaluable skills for healing from the trauma they've experienced. CRM brings the mind, body, and spirit back into greater balance, which can enable people to face challenges with greater resolve.

TRI's CRM method has a proven track record, and UUSC has made it a vital component of the early stages of our work ensuring access to relief and recovery during disasters and humanitarian crises. Learn more at: <http://bit.ly/trilebanon>

## Unity Church at St. Paul's Freedom School

From Judy Rieke and Jane Thomson, Racial and Restorative Justice Team

*"Something inside so strong  
I know that I can make it  
Though you're doing me wrong so wrong  
You thought that my pride was gone  
Oh, no, Oh no, something inside so stroooong  
There's something inside so strong!"*



The music, clapping, and the words written by Labi Siffre are sung by hundreds of children and reverberate through the gym. They help to begin another day at St. Paul's Freedom School. If you are not inspired, you might be dead.

Twelve Unity Church members and friends are certainly alive and well as they assist in classrooms during

this summer's session of Freedom School. Volunteers may come on different days, stay various lengths of time, and help in several ways. The Freedom School's student-scholars begin their day with a nearly hour long opening called *Harambee* (Swahili for "all pull together"). All the students (K-8th grade) gather for motivational raps, chants, and songs including "Something Inside So Strong." They also hear a book read by a special adult, get the announcements for the day, honor each other's accomplishments, and by the way, they also learn R-E-S-P-E-C-T for themselves and others.

After *Harambee*, student/scholars and their teacher/interns make their way to their classrooms for the morning. Each day a different book is introduced and becomes the focus. Activities and art projects revolve around the subjects and characters introduced in the book, and keep the scholars engaged. Most of the books are written by African American authors and center on important issues and events from their history and lives.



It is also a great reminder for volunteers about events like the Children's March on Birmingham in 1963 and that Abraham Lincoln and Frederick Douglass were friends!

After lunch and recess, the afternoon sessions are devoted to math. There is also after school care provided, and every Tuesday evening, parents come with their children for a meal and a short session on parenting.

As you can see, there is a lot happening at the St. Paul Freedom School this summer, and we are grateful that Unity Church has an opportunity to participate. When we are asked about our church, it is a chance for us to explain our faith and why we are there. Most importantly, it gives us a chance to let them know that we care and are interested in them! More about St. Paul's Freedom School can be found online at <http://altd.spps.org/freedomschools> and for general information visit <http://www.childrensdefense.org/programs-campaigns/freedom-schools/>

## Music Notes: Sing in a Unity Church Choir

From Ruth Palmer Director of Music Ministry



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 or previous experience singing 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 questions at [ruthp@unityunitarian.org](mailto:ruthp@unityunitarian.org) or 651-228-1456 x118.

I look forward to welcoming back our seasoned members and greeting new voices into the choir!!

First rehearsals for this church year are as follows:

- **Children's Choir** (grades 1-5): **Sunday, September 14, from 10:00–11:00 a.m.**, Foote Room, Kathleen Radspinner, director ([kathleenr395@gmail.com](mailto:kathleenr395@gmail.com))
- **Unity Choir** (adult, high school and beyond): **Thursday, September 11, from 7:30– 9:15 p.m.**, Parish Hall, Ruth Palmer, director
- **Unity Singers** (auditioned membership): **Tuesday, September 9, from 7:30-9:30 p.m.**, Foote Room, Ruth Palmer, director
- **Women's Ensemble: Sunday, September 21\*, from 10:15-10:45 a.m.**, Choir Room, Ruth Palmer, director \*Information and greeting for new and inquiring members on Sunday, September 14, in the Choir Room

## September Parish Hall Artist Barbara Harman

In 2011, I began a new series based on fairy tales referencing family photographs to uncover protagonists, witches and villains. The art and poetry that resulted are a deep exploration of both the power of story and of our ability as adults to revisit and recast childhood experiences. In the images and poetry of *The Woodcutter's Children* I honor the stories that helped sustain me as a child. This work is a major departure from the nature-based work I have been engaged in for the past 20 years. It returns to figurative work based on my family and begun during my graduate study, picking it up again with anger and pain, but ultimately with compassion and understanding.

I have always loved fairy tales for the honesty with which they depict the very real dangers we face as children, sometimes in our own homes. Archetypal stories allow children to safely experience terror and mystery, peril and escape from peril, abandonment and reunion with loved ones, and mastery over fear. Fairy tale heroes and heroines wrestle impossible tasks and magical spells with intelligence, courage, and endurance, showing us the possibility of agency, even in the face of overwhelming odds. My sister and I did the same.

*Fairy tales are more than true; not because they tell us that dragons exist, but because they tell us that dragons can be beaten.*

— G. K. Chesterton



*Goldilocks*  
by Barbara Harman

## Cairns Vol. 6, 2014

in living color

Deadline: October 6, 2014

Color was first introduced to TV audiences in 1951; not too long after that, *Cairns: The Unity Church Journal of the Arts* followed suit and published its first issue in color in 2013. The response was overwhelming and there was no going back for either TV or *Cairns*.

Submit your photos, drawings, paintings and other art as digital images. Need help with this? Contact *Cairns* to ask an art editor for help: [cairns@unityunitarian.org](mailto:cairns@unityunitarian.org). Send us your stories, poems, reflections, prayers, sermons, fiction, children's stories, factual or historical articles, songs, lyrics, and other writing.

Go to "Unity – Service & Learning – Cairns Arts Journal" or directly to [www.unityunitarian.org/cairns-arts-journal.html](http://www.unityunitarian.org/cairns-arts-journal.html) to find more information and submission guidelines.

We need your submissions! Don't wait for the deadline; beat the crowd and send your submission now.

*We are adding to the scriptures of our world, making the witness more complete.*

— Karen Hering, *Cairns* Vol. 1



# MINISTRY WITH CHILDREN AND YOUTH

## Pitter-pattering Questions

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

From KP Hong, DRE



Another year begins, even before my first year of Religious Education has been sufficiently absorbed into the spiritual metabolism that discerns and nourishes what I hold as sacred in our play with children. But before rushing headlong, I pause to at least wonder about following *good* or *false leads* in our ongoing pilgrimage into children's spirituality. Losing our way along the path is intrinsic to any pilgrimage, but it helps immensely to have a good lead. So I have been thinking about that seasoned spiritual traveler, the Archbishop of Canterbury, Rowan Williams, who

offered a very different beginning place and directional guidance when reflecting on the faith journey:

"...faith has its beginnings in an experience of *profound contradictoriness*, an experience which so questioned the religious categories of its time that the resulting reorganization of religious language was a centuries-long task... It is the *intractable strangeness* of the ground of [faith] that must constantly be allowed to challenge the fixed assumptions of religiosity."  
(*The Wound of Knowledge*, 1991)

In contrast to more conventional aims of faith formation in children, from cultivating moral accountability to bootstrapping faith development to the acquisition of religious knowledge, Williams offers an arresting and provocative lead: a "profound contradictoriness" that reorganizes our sacred language, meaning, and assumptions and which flows from an "intractable strangeness" of the ground of faith itself. This is a dense and challenging perspective, but if you will, what leads the way in the faith formation of children (and all of us) is an engagement with contradictions and strangeness at the very heart of our faith, one that interrogates our way of being in the world and reorganizes what truly matters in response to its fundamental strangeness. What exactly is that?

Perhaps the troubling strangeness of "Blessed are the poor" or "Blessed are the meek," virtually incomprehensible in a culture of rationalized ambition and gain. Perhaps the strangeness of practicing *zazen* "precisely because it's entirely useless," as one *rōshi* I know explains. Perhaps the strangeness of being led into spiritual maturity by our children who can bless us because they have nothing to offer except a blessing. For from a child's perspective, is not this what authenticates the Church's place, its *ecclesiology* and *missiology*, in the world? That the sacred power of the Church is *not* that of a grownup with greater resources-knowledge-experience-might; instead, its strength is that of a child—her doggedness, stubbornness, uncompromising fidelity, the prophetic gift of asking awkward and embarrassing questions. So that when the Church sits down with other bodies in the community, we sit down as a child, unassuming, still learning, potentially disruptive, attentive to every contradiction, and grounded in *holiness* and the intractable strangeness of that birthright. How is that for an authentic spiritual signature? How is that as a lead to follow on our faith journey?

With immense gratitude for teachers on this pilgrimage, and for children whose holy pitter-patter lead the way...

## R.E. Enrollment

### New and Returning Families

If you would like to enroll your child(ren) or youth in Sunday School 2014-15, please join us on Wednesday, September 3, 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. 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. Childcare will be provided.
- Yes, there are spaces remaining for every child interested in growing up in our community. Some classes are full while other classes have space for additional children. So 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 enrollment for Coming of Age or Our Whole Lives. For those programs, please contact Drew Danielson [drew@unityunitarian.org](mailto:drew@unityunitarian.org) or 651-228-1456 x112

If your family is unable to participate in this final registration on September 3, please contact R.E. staff at [kp@unityunitarian.org](mailto:kp@unityunitarian.org)

If you attended one of the earlier Spring registration sessions, your child is already registered! See you on Sunday, September 7, for "Merging of Waters" Family Sunday, and Sunday, September 14, for the start of Sunday School!

### Free Child Care

Free child care is available, with one-week advance notice, for all church-sponsored activities. Please contact Michelle Hill by email at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).



# MINISTRY WITH CHILDREN AND YOUTH

## Religious Education 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 to orient you to your role in the journey of faith development. Trainings will be held Saturday, September 6, as well as an alternate evening of Wednesday, September 10 (see schedule below). Decide which trainings you will need to attend, pick which date, and then visit the church's website at [www.unityunitarian.org/teacher-trainings.html](http://www.unityunitarian.org/teacher-trainings.html) to sign up online. Contact KP Hong by email at [kp@unityunitarian.org](mailto:kp@unityunitarian.org) in the Religious Education office for further information.

### Schedule of Training Sessions

#### Saturday, September 6

All sessions are held from 10:00 a.m.– noon, with teaching materials available for pick-up.

- Spirit Play
- Workshop Rotation
- Journey Guide
- Junior High
- All other roles will receive orientation as needs/events arise

#### Wednesday, September 10

All sessions are held from 7:15–9:00 p.m., with teaching materials available for pick-up.

- Spirit Play
- Workshop Rotation
- Journey Guide
- Junior High
- All other roles will receive orientation as needs/events arise

\*If these times do not work and you need your materials, let us know and we will email them to you. Teachers whose responsibilities fall in the second half of the year will receive materials in January 2015.

## Our Whole Lives: 7th – 9th Grades

If you are interested in having your youth enrolled in Our Whole Lives (OWL), a holistic sexuality and relationship program of the Unitarian Universalist Association, you will need to attend one of the Parent/Guardian Orientation sessions which will be held on Wednesday, August 27, at 7:00 p.m., and Tuesday, September 2, at 7:00 p.m., at Unity Church. OWL is a yearlong, signature sexuality and spirituality program open and appropriate for grades 7-9 but is generally comprised primarily of 8th graders. Classes meet on Wednesday evenings from September through late April. For more information, please contact Drew Danielson, Coordinator of Youth and Campus Ministries, at [drew@unityunitarian.org](mailto:drew@unityunitarian.org) or 651-228-1456 x112.

## 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

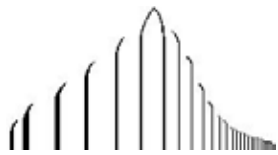
- Registered children ages 3-K can be signed in to their Spirit Play preschool class beginning 10 minutes before the service
- Check to make sure two Teachers are in the room; if not, stay with your child until they arrive
- Nametags are in the pocket charts on the door. Leave nametags in the pockets 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.
- 11:00 a.m. children begin with worship in the main sanctuary with their families, then follow their Journey Guides downstairs for classes
- 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

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MATERIAL**

## CHANGE SERVICE REQUESTED

### Soup Suppers Return!

Soup Suppers return Sunday, September 14, following the 4:30 p.m. service. Enjoy a bowl of delicious soup and good conversation. All are welcome!

### Food Drive Sunday

The third Sunday of every month (September 21) is Evergreen Food Drive Sunday. Donations can be brought anytime and should be placed in the wicker trunks located at the Holly and Portland Avenue entrances.

### Marathon Alert

The Twin Cities Marathon will wind its way along Summit Avenue the morning of Sunday, October 5. 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.

### 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 7. This is a Family Sunday and Unity choirs will join the ministers for this ritual service of reunion. Nursery care will be available for children ages six months through four years. Turn to page 3 for more information.

### Cairns Vol. 6, 2014

*in living color*

Deadline: October 6, 2014

Details on page 13.



### Unity Church Tween Group!

*Fairy Tales and Faith Tales*

**Wellspring Wednesdays beginning September 17 • 7:15-8:30 p.m.**

The Tween Group will explore familiar and unfamiliar fairy tales and what they teach us about our faith journeys. See page 10 for more details about Wellspring Wednesday.