

## 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.*

In July 1974, in the midst of the Watergate crisis and calls to impeach the president, Rep. Barbara Jordan (D-Texas) made a stirring statement to the House Judiciary Committee. “My faith in the Constitution is whole,” she said, “it is complete; it is total.” For Jordan, faith meant trust in something she viewed as unshakable, powerful, and enduring. Jordan trusted that the Constitution would be a strong enough foundation to save the nation from corruption. Many of us pray this is true.

Jordan’s rhetoric linked faith to a deep sense of trust. Linguistically, this connection makes sense. The English word “faith” derives from the Latin word *fides*, which means fidelity or loyalty. In Pali, the language of original Buddhist texts, the word for faith is *saddha*, which can also mean trust, confidence, clarity, and even devotion. We all have faith in something, whether we name it as faith or call it something else. Harry Potter had faith in Dumbledore. Dobby the house-elf had faith in Harry. And whether we realized it in the first book or the seventh, we all needed to have faith in Hermione. Faith holds us steady, clarifies our intentions, binds us to each other.

Yet faith is neither fixed nor constant. Jordan had faith in the Constitution even though, as an African American woman, she had not originally been included in its vision of “we the people.” Her trust depended on hard work, both her own and the gradual transformation of the Constitution through a process of amendment and interpretation. The Constitution was faith in formation.

Faith is often represented as a journey, one that has fits and starts, dead ends and lost places. Sometimes we lose our way; our faith gets shaken and remade as we walk the path to becoming fully ourselves. A journey of faith isn’t about having a determined big picture with an

outcome in mind. Almost always, there is no “end,” no final, right answer. But faith helps us see beyond the immediate moment, offers flashes of insight that give us the courage to keep going, the ability to leap into the unknown. Sometimes, having faith means letting go and believing in a power beyond our own.

For some of us, the word faith brings up challenging memories—harsh expectations about following credal rules, of having faith in “the right way” with no space for questions or empirical tests. So often faith has been wielded as a cudgel, as a way to silence opposition even in the face of facts. We sometimes recoil from the language of faith because it has been used to wound our minds, souls, and bodies.

In his 1841 essay *The Oversoul*, Unitarian poet Ralph Waldo Emerson claimed that “the faith that stands on authority is not faith.” Instead, he argued, faith required constant, individual practice, with frank attention to one’s own experiences and the revelation of one’s own truth. Emerson believed that “God will not make himself manifest to cowards,” those who substitute established religion for their own spiritual understanding. And Buddhist author Sharon Salzberg urges us to remember that “questioning means longing to know the truth deeply and insisting that we can.” Faith implies movement, a “going towards” something that sustains and animates us.

However it is understood, faith takes time, constant practice, and a steadfastness to values and principles, even when we cannot see the results of our efforts. A feeling of impotence and powerlessness in the face of today’s injustice and ignorance, even cluelessness about how to create change: none of these are a reason for despair or disillusionment. Instead, faith asks us to join hands with risk-takers from the past and the present in order to set pathways of possibility for

future generations. Faith is something we do, every day.

“Stand by this faith,” Universalist minister Olympia Brown proclaimed from the pulpit. “Work for it and sacrifice for it.” Brown promised that “there is nothing in all the world so important as to be loyal to this faith which has placed before us the loftiest ideals, which has comforted us in sorrow, strengthened us for noble duty and made the world beautiful. Do not demand immediate results but rejoice that we are worthy to be entrusted with this great message, that you are strong enough to work for a great true principle without counting the cost.”

Stand by this faith. That is a hard charge from the first female Universalist minister, but it is a journey we can take slowly, knowing we will be living out our faith in a community of love.

*Hallman Ministerial Intern*

*Kathryn Jay with this month's theme team: Rob Eller-Isaacs, Ken Ford, Lisa Friedman, KP Hong, and Ruth Palmer*

## FAITH THEME RESOURCES

### BOOKS

*The Cost of Discipleship* by Dietrich Bonhoeffer (reprinted, 1995)

*An Altar in the World: A Geography of Faith* by Barbara Brown Taylor (2010)

*Let Your Life Speak: Listening for the Voice of Vocation* by Parker Palmer (1999)

*Faith: Trusting Your Own Deepest Experience* by Sharon Salzberg (2003)

### MOVIES

*The Martian* (2015)

*Selma* (2014)

### ONLINE

On Being: The Meaning of Faith (2004) <https://onbeing.org>

# JUST WORDS / WHEEL OF LIFE

## Just Words



The words that frame the Embracing Meditation have grown and changed over the years. Life circumstances and the demands and challenges of our world have impacted what gets carefully added. We know from some of you that it is already much longer than you would like. At the same time we also receive feedback that the words provide comfort when one feels included each week in the pastoral prayer. I know that this is especially true for parents who are busy juggling their commitments and often

feel less than adequate. To be told each week that raising children is itself a spiritual practice is to place those demands where they belong: in the realm of the spiritual. Whether you are a parent, grandparent, educator, or involved neighbor, helping raise children is challenging but richly rewarding work.

As the words are spoken each week, I find myself thinking of people in each category and feeling a sense of connection. I also find that overtime, the meaning of each phrase has changed or expanded who I include. For example, a few years ago a longtime member asked that we include those who are in harm's way. He was thinking of people who serve in our military and in our communities, like fire fighters and police officers. We were happy to do so. But I have found as I speak and hear those words, that the meaning has expanded. I include victims of abuse, and I include young men of color.

To grow up as an African American male is to grow up in harm's way. First, as they move through life, many face multiple educational and economic disadvantages. But they are also at much greater danger just leaving their homes. One of my dear friends and colleagues writes powerfully of what it is to let an adolescent son who is a young African American leave home each morning. She knows statistically he is at greater risk.

What is our responsibility to people at risk? One is to work to make our community as safe as possible, to look to create spiritual safety for those who have been harmed or are battling their own demons. Safety nets come in many forms. Sometimes it is a matter of speaking up when someone else is being harassed. Sometimes it is slowing down to listen to someone in need. It can take the form of community meetings and in community action. How will we become a safer community whose goal is to be ever inclusive and open?

Rev. Janne Eller-Isaacs

## The Wheel of Life

### In Memoriam

**Mary Freese**

October 26, 1936 – August 3, 2018

### In Celebration

**Minda Nelson and Timothy St. Claire**

Married August 4, 2018

The **Circle of Peace** gathered for its 400th circle on Monday, August 20

We honor **Barbara Hubbard** and celebrate her 20 years of dedicated and joyful service to this congregation.

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POETS & WRITERS:  
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THE UNITY CHURCH  
JOURNAL OF THE ARTS  
Vol. 10, 2018

**Final Deadline:  
SEPTEMBER 24, 2018**

For more information  
& to submit,  
go to the Unity website:  
[unityunitarian.org/cairns-arts-journal](http://unityunitarian.org/cairns-arts-journal)

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# SEPTEMBER WORSHIP

## September Worship

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Sermon podcasts and archives are available online at [www.unityunitarian.org](http://www.unityunitarian.org).

### September 2, 10:00 a.m. only: *Defeating and Loving Our Enemies*

On one hand, our faith embraces stout-hearted efforts like the Poor People's Campaign, which is all about overcoming, fighting, and defeating the people and processes that give us of racism, sexism, economic injustice, war, and environmental devastation. On the other, every human is our blood kin and those are real people and neighbors who are wrong about these things, or who fail to see the obvious effects of their beliefs and actions. That pesky and divine imperative to love your enemies presents another delicious paradox that we must contemplate and work toward resolving.

Worship leaders: Dane Smith and Maima Fant

Musician: Dan Schwartz, guitar and vocals

### September 9: *Merging of Waters*

Come celebrate the start of a new church year by merging the waters of the world in a time of reunion. There will be a story for all ages, music from special guest, Peter Mayer, the introduction of our wonderful new intern, and a joyful time to come together after far-flung summer adventures. Rev. Janne Eller-Isaacs will return to the pulpit to begin a series of service on faith. *On Family Sundays, children experience the entire worship together with their families in the Sanctuary. A children's message and activity books related to the stories and sermon help children to engage in the experience of worship. The nursery is open for children under three years of age.*

- Bring water from you summer for our merging of waters ritual!
- All students are encouraged to bring their school backpacks for our annual Blessing of Backpacks!
- Soup suppers return after the 4:30 service!

### September 16: *I Could Not Go and Went*

With reverence and gratitude we enter into the High Holy Days. This year we will focus on the story of Jonah, his reluctance, his acquiescence, and his rage. Drawing on the text itself and Lucille Clifton's poem "Breakinglight," Rev. Rob Eller-Isaacs and worship associate Erika Sanders will frame the opportunity for us to forgive ourselves and each other and begin again in love.

Musicians: Sarah Carmack, oboe (all services); Unity Choir 9:00/11:00; "The Four" Unity Choir Quartet (4:30)

### September 23: *Wrought Faith*

The free and responsible search for truth and meaning does not happen by accident. It is taught and forged, discovered and refined throughout our lives. The role of a faith community in the journey of growing our souls is unique: it challenges, supports, inspires, and holds us accountable to our deepest values and hopes for the world. What might lifespan faith development look like here at Unity Church? How do our credos continue to grow, after Coming of Age and beyond? Join Rev. Lisa Friedman and Rev. KP Hong, along with worship associate Bob Lies, in an invitation to become a community of intentional, lifelong learners.

Musicians: Mila Women's Ensemble (all services), Unity Singers (9:00/11:00), Women's Ensemble (4:30)

### September 30: *Barriers to Faith*

What gets in our way when it comes to claiming a faithful life? Resistance to traditional or religious language? A deep and pervasive cynicism? Worship associate Bryan Smith and Rev. Janne Eller-Isaacs will address the possible barriers that limit our faithful imaginations.

Musicians: Women's Ensemble (9:00/11:00), Unity Choir (4:30)

## Peter Mayer at Merging of Waters



Peter Mayer will join us at the Merging of Waters services on Sunday, September 9, at 9:00 a.m., 11:00 a.m., and 4:30 p.m. Don't forget to bring the water you have collected this summer for the merging ritual.

## Sing in a Unity Choir!

For adults, it is helpful to have some musical experience — music lessons, choir experience, etc. If that is not in your background but you have a passionate interest and the courage to jump in and learn a new skill, we invite you to come and sing with us. Questions? Contact Ruth Palmer, Director of Music Ministries, at [ruth@unityunitarian.org](mailto:ruth@unityunitarian.org) or 651-228-1456 x118. First rehearsals for this church year:

- **Children's Choir** (grades 1-5)  
Sunday, September 9, 10:15–11:00 a.m., Robbins Parlor  
Kathleen Radspinner, director  
([kathleenr395@gmail.com](mailto:kathleenr395@gmail.com))
- **Unity Choir** (high school, adult)  
Thursday, September 6, 7:30–9:15 p.m., Parish Hall  
Ruth Palmer, director
- **Unity Singers** (auditioned)  
Tuesday, September 4, 7:30–9:30 p.m., Parish Hall  
Ruth Palmer, director
- **Women's Ensemble**  
Sunday, September 9, 10:15–10:45 a.m., Foote Room  
Ruth Palmer, director



# BOARD OF TRUSTEES

## Thoughts on Pilgrimage

From Bailey Webster, Trustee



I was on this summer's pilgrimage to our partner church in Homoródszentpéter, a small Unitarian village on the Homoród river in the Transylvania region of Romania. It was my second time visiting the village, and both trips have deepened my commitment as a Unitarian Universalist in significant ways.

This year marks the 450th anniversary of the Edict of Torda, an important early document of religious toleration allowing communities to elect their own preachers. The date has come to signify the beginning of the Unitarian church in Eastern Europe, a faith originally populated by ethnic Hungarians. We pilgrims were fortunate enough to attend the celebration event in Transylvania, the birthplace of Unitarianism.

Unitarianism, in reality, was birthed over centuries, beginning with the First Council of Nicaea in 325 A.D. Conversations with Unitarian clergy and theologians barely scratched the surface of a rich history of a faith that has persisted, against enormous odds, for many centuries.

One of the stops on our pilgrimage was Deva, where Francis Dávid, considered the founder of the Unitarian Church of Transylvania, was imprisoned and martyred for his beliefs. He was the primary figure at the Diet of Torda (where the Edict of Torda was written). Dávid was an innovator and a truth-seeker, and he eventually came to the conviction that revelation can't be sealed.

Centuries later, Transcendentalist Unitarians in the United States took up the mantle of Dávid's teachings. Their legacy to us is a faith committed to innovation and truth-seeking, without "sealing revelation" in a catechism or primary religious text. It calls us to be actively engaged in our chosen faith, to make and renew promises to each other in the absence of dogma.

One of the echoes of the Transylvania pilgrimage was a line from a Unitarian Universalist children's song: "It's a blessing you were born and it matters what you do. What you know about god is a piece of the truth."

Returning home, to my role as a board member at Unity Church, I know that this line is at the heart of what it means to be a Unitarian Universalist. It's the spirit that the Unity Church board brings to every meeting, and it makes the work challenging and real.

The board has spent a significant amount of time in the last year engaging with the congregation around the renewal of the church values, mission, and ends. We have spent countless hours sifting through words and stories from the congregation in an effort to articulate who we want to be in the world.

We're at the end of the ends renewal process, and we've finalized the statements that will guide us for the next five years. We're enormously proud of the work that we've done together as a community, and we're looking forward to sharing the new values, mission, and ends with the congregation this month.

Returning from Transylvania with "pilgrim eyes," I see the ends renewal process as part of a rich history of religious inquiry and truth-seeking, and an obligation to innovation and renewal. I hope the congregation will join the board in owning the new ends, and understand them as "a piece of the truth."

## Bylaw Changes

From John Steiner-Manning, Trustee

The Board of Trustees is proposing several revisions to Unity's bylaws — the rules that the church uses to govern itself. To go into effect, these proposed changes to the bylaws will need to be approved by three-fourths of the voting members present at the congregational meeting scheduled for November 17.

The board is eager to share the proposed language and have time to talk through these changes with any interested congregation members. Trustees will be looking for any tweaks we should make before we finalize at our October board meeting the version that we will present at the congregational meeting.

**BACKGROUND:** First adopted in 1945, our bylaws cover everything from who can vote at a congregational meeting to the rules for how the church selects new called ministers. They've been amended more than 30 times. Over the last three years the board has been reviewing the bylaws, carefully reviewing existing language, possible adjustments and reaching agreement on these updates.

**GET INVOLVED:** The August 2018 version of the proposed bylaws is available at [www.unityunitarian.org/board-of-trustees](http://www.unityunitarian.org/board-of-trustees). This document shows the proposed changes to the current bylaws, with tracking as well as comments. (And if the prospect of reviewing bylaws makes your blood run a little cold, know that the first page of the PDF is a summary of some of the key changes.)

Also, consider joining us for a conversation about the proposed bylaw changes. Sessions will be held during Wellspring Wednesday on September 19 and 26. We expect to add a Sunday session as well. If you have any questions or reactions, reach out to any trustee; contact information is listed at the link above.

### *Make a Pledge to Unity Church for 2018*

If you have not yet made a pledge for 2018 and would like to do so, contact Barbara Hubbard at [barbara@unityunitarian.org](mailto:barbara@unityunitarian.org) or 651-228-1456 x116. Pledge payments and donations can be made online at <https://secure.acceptiva.com/?cst=1aadb6>.

## Hallman Ministerial Intern: Kathryn Jay



Left to right: Kathryn, Annie, Elisabeth, Arlo

Ever since I learned I would be the Hallman Ministerial Intern at Unity Church, my family has been grappling with the idea of Minnesota winter, discussing snow and below freezing weather with equal amounts of excitement and trepidation. My fourteen-year-old twins Arlo and Annie have grown up in the Bay Area, where the temperature rarely dips below 40 degrees and the growing (and grilling!) season is essentially year-round. My wife Elisabeth grew up in Berkeley; I'm originally from Texas. While both of us have since lived in cold climates, we all understand the weather will play a big role in our collective Minnesota adventure.

We arrived in St. Paul in early August and our whole family has been enjoying the vibrant gardens in the neighborhoods around the church, especially the lush landscape next door to our apartment. Every dog walk offers a new chance to marvel at the floral exuberance, the green abundance. But even as we appreciated the beauty, each one of us had a moment where we wondered about spending so much energy on plants and flowers that would all too soon be frozen and covered in snow. Why invest in something that can't last?

One morning walk, as my big brown dog sniffed bush after bush on Holly Avenue, I pondered how the beautiful St. Paul gardens might be a metaphor for my time at Unity Church. I will be part of this community for only a short time and then I will have to leave. My ten months will be over in a flash. Yet the very brevity makes it more precious. Why invest in something that can't last? As Unity's sign explains, because this is the day we have been given — let us rejoice and be glad in it.

I am excited to get started with the blossoming. My journey to this place has been decades in the making, and I am blessed to be at such an active, engaged church for my internship. I will be in my third year at Starr King School for the Ministry this year, planning to graduate with my MDiv in June. Before I started seminary, I taught history, first as a professor at Barnard College in New York, and then for ten years as a high school teacher in Oakland. My transition from longtime teacher to budding minister is a story I'm happy to share.

My family is along for the experience. My wife Elisabeth is on sabbatical from the University of San Francisco, where she teaches Latin American politics, social movements, and gender and LGBTQ politics. She is looking forward to having time for her research, knitting, and singing with Unity Choir. Annie and Arlo are eager to start high school at Central, pursue softball and crew, and participate in Unity's Coming of Age program. Our whole family (including Jolene the dog) loves to go camping and enjoy the outdoors, and we are eager to see more Minnesota beauty, even in the snow. We'd love to hear about your favorite places!

## Chalice Circles

Chalice Circles are a way of engaging our monthly worship themes through deep listening and open-hearted sharing. Chalice Circles are groups of 8-10 committed participants who come together once a month, from September–May, with a trained leader to nurture spiritual growth in community. We do this by listening in three distinct ways:

- **First, we listen to each other.** Being listened to by trusted companions helps us hear our own voice again. It gives our story back.
- **Second, we listen to our lives.** Through spiritual practices and questions focused on our daily living, we engage the word not as an obstacle course to get through, but as a host of holy voices calling us to greater loving and living.
- **Finally, we listen to our deepest selves.** Introspective questions guide us in this work, but ironically, it's the people and space around us that helps us go inward. We hear that still, "small voice inside" best when voices of friends speak in a disciplined way.

Together, these sacred practices of listening — to each other, the world, and our deepest selves — adds up to a more intentional and authentic life.

At the beginning of each month, participants receive materials based upon the monthly worship theme. From these materials, each participant chooses one spiritual exercise and a deep question to sit with for the course of the month. At the end of the month, participants gather with their group to share experiences. Chalice Circle registration closes September 16 and groups begin meeting the third and fourth weeks of September. Sign up online at [www.unityunitarian.org/chalice-circles.html](http://www.unityunitarian.org/chalice-circles.html).

# WELCOME WORDS / CONGREGATIONAL LIFE

## Welcome Words



### Rev. Lisa Friedman, Minister of Congregational and Community Engagement

What a wonderful summer this has been! Thank you for sharing worship with us, volunteering in the community, tending the garden, visiting over pancakes, and so much more.

As Unity's 2018-19 program year begins this month, I want to make sure you are aware of the changes to our worship times and other opportunities to be more deeply involved. Beginning September 9, we return to three services each Sunday at 9:00 a.m., 11:00 a.m., and 4:30 p.m. The morning services are followed by a coffee hour and the afternoon service is always followed by a soup supper in the Parish Hall. Each service is the same in topic and service leader, and religious education classes are held at all three times. We encourage you to try different times out and see what fits best for you.

On September 12, Wellspring Wednesdays begin again with a weekly, delicious homemade dinner at 6:00 p.m., chapel worship at 6:50 p.m., and programs at 7:15 p.m. (see page 10 for more details). You will see many invitations in this newsletter as our programs, choirs, religious education, and outreach teams begin a new year of ministry. All are welcome! We look forward to sharing this year and all of its possibilities with you. See you in church!

## Pathway to Membership

Sign up for Pathway to Membership classes at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement, at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107. She 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.

### Finding Yourself at Unity A Deeper Inquiry:

Finding Yourself at Unity is offered on a regular basis on Sundays, from 10:20-11:15 a.m., in the Ames Chapel. These sessions can be attended in the order that works for you and will offer participants the opportunity to share part of their religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation. Childcare is available in the nursery. September topics include:

- September 2: No class, Labor Day Sunday
- September 9: Social Justice and Community Outreach
- September 16: Q & A with a Minister
- September 23: Membership 101 and Congregational Life
- September 30: Pastoral Care

### Committing to Unity: Joining Unity Church Wednesday, September 19 • 7:15-9:00 p.m.

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

## Mentoring at Unity

### A Deeper Path to Connection

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

## Dine with Nine... Brunch or Dinner

Are you interested in getting to know more people at Unity Church? Do you enjoy good food and lively conversation? Would you like to extend the hospitality of our community in more personal ways? Beginning in October, small groups of Unity Church members and friends will gather once a month for food and fellowship. The self-directed groups will choose dates, times, and places for their gatherings. New this year is the opportunity to do brunch after church!

Visit the Dine with Nine table in the Parish Hall on Sundays through September 23 to learn more. Sign up to participate online at [www.unityunitarian.org/dine-with-nine.html](http://www.unityunitarian.org/dine-with-nine.html) or by email to 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 a particular location or transportation needs. We look forward to a great year!



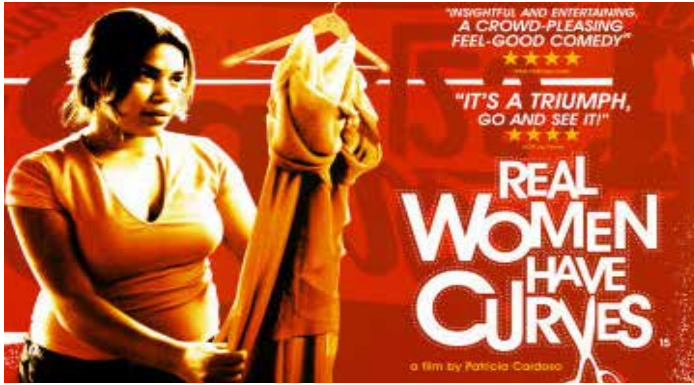
# CONGREGATIONAL LIFE

## Racial Justice Movie Night

*Real Women Have Curves*

**Friday, September 14 • 7:00 p.m. • Robbins Parlor**

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



*Real Women Have Curves* is an award winning movie that gives voice to Hispanic young women who are struggling to love themselves and to find respect in American culture.

## Open Page Writing Sessions

Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are invitations to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary. Bring something to write with and on; the rest will be provided! Sessions are free and held at Unity Church; RSVP requested to [karen@unityunitarian.org](mailto:karen@unityunitarian.org).

- *Faith as a Verb*: Wednesday, September 19, 7:00-8:30 p.m.
- *Belonging to Our Longing*: Wednesday, October 17, 7:00-8:30 p.m.
- *Covenant: the Promises We Make, Break and Renew*: Wednesday, November 14, 7:00-8:30 p.m.
- *Wonder: Living with an Open Heart*: Sunday, December 2, 1:00-3:00 p.m.

## 23rd James Luther Adams Forum

**"The Soul of Democracy" with Dr. Sharon D. Welch**  
**Wednesday, October 3 • 7:15 p.m. • Unity Church**

Drawing on the scholarship and activism of James Luther Adams, Dr. Welch will provide perspectives on how to understand the rising threats to democracy and defend and nurture democracy in these troubled times. Dr. Welch is the author of *Communities of Solidarity and Resistance* (1985), *A Feminist Ethic of Risk* (2000), and, forthcoming, *After the Protests Are Heard* (NYU Press, 2018). As a change-agent, her field of study and action is the dynamics of freedom, oppression, endurance, and liberation. Currently she is an Affiliate Faculty member at the Meadville Lombard Theological School in Chicago.

## Fellowship Groups

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

**Afterthoughts:** This group meets after the 9:00 a.m. service. Contact: Paul Gade, 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, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Elders Circle:** Meets the third Tuesday of the month (September 18) from 1:00-3:00 p.m., in the Center Room.

**Evergreen Quilters:** Second Tuesday of the month (September 11) from 7:00-9:00 p.m. and fourth Saturday of the month (September 22) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright, 651-698-2760

**Kung Fu:** Saturday mornings in the Body Room from 10:00 a.m.-noon. Recommended for ages 15 and older. Contact Bryan Kujawski, [barney.kujawski@gmail.com](mailto:barney.kujawski@gmail.com)

**Living With Grief Group:** For people living with grief and loss. Third Tuesday of the month (September 18) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, September 10 and 24, from 1:00-3:00 p.m. Contact: Phil Morton, 952-934-3578

**New Look at the Bible:** Second Thursday of the month (September 13) at 7:00 p.m. Contact: Paul Gade, 651-771-7528

**Textile Arts Group:** Meets the first and third Wednesday of each month (September 5 and 19), from 7:00-8:30 p.m. Bring your knitting, embroidery, needlepoint, etc. Contact: Linda Mandeville, [lindamandeville41@gmail.com](mailto:lindamandeville41@gmail.com)

**Unity Book Club:** Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne, [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net).

September 11: *Democracy in Chains: The Deep History of the Radical Right's Stealth Plan for America* by Nancy MacLean  
October 9: *Redbreast* by Jo Nesbo

**Women In Retirement:** Meets the second and fourth Thursday of the month (September 13 and 27), from 1:00-3:00 p.m. Contact Lisa Friedman, [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Young Adult Group** (ages 18-35, approximately) is open to all newcomers. Meetings are held every other Thursday, 7:30-9:00 p.m. (September 13 and 27). Contact KP Hong, [kp@unityunitarian.org](mailto:kp@unityunitarian.org)

**Zen Meditation:** Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction offered on September 4 at 5:00 p.m. Contact KP Hong, [kp@unityunitarian.org](mailto:kp@unityunitarian.org).

Unity Church hosts **12-step programs** in partnership with local AA, Alateen, and Al Anon groups.

Alateen: Mondays • 6:00-7:00 p.m. • Science Room

Al Anon: Wednesdays • 5:00-6:00 p.m. • Science Room

Fresh Air AA: Thursdays • 7:30-9:30 • Anderson Library



**Books**  
News & Reviews  
from the  
Library & Bookstall Team

**Your wounds are welcome here.**

**Your diagnosis can be too.**

**From Shelley Butler, Library and Bookstall Team**

On the first Sunday in August, Suzanne stood at the lectern and told us about mental illness in her family. I thought she was brave. Next, Bryan took to the pulpit and talked about his own depression. I thought he was brave. Somewhere in the second half of his sermon, as if he'd been reading my thoughts, he said that it shouldn't be that it seems brave to talk about mental illness; it should just be something we talk about, but we don't. At least not enough. Agreed.

In our little corner of Unity Church, the least we can do is provide some good resources. Yet, when looking for new books to add to our book stock and collection, besides the staggering numbers, there is a large subsection of ultimate guides that promise to free you or beat mental illness (some in just six steps) that make it difficult to sort out the truly useful from empty promises.

But persistence pays off and I found two titles that may be useful to the conversation:

*Show Me All Your Scars: True Stories of Living with Mental Illness* was assembled by editor Lee Gutkind to expand the way mental illness is expressed and to resist stereotypes through story. (In Fact Books, 2016)

*No One Cares About Crazy People: The Chaos and Heartbreak of Mental Health in America* by Pulitzer Prize-winning journalist Ron Powers made several best books of the year lists. It is a "blend of history, biography, memoir, and current affairs ending with a consideration of where we might go from here." (book description). The *New York Times* says, "Extraordinary and courageous...if everyone were to read this book, the world would change." (Hachette Books, 2017)

Find these and more good titles about mental health and healing in the Anderson Library (second floor of the Eliot wing) and the Bookstall (open Sundays in the Parish Hall).

**And: Don't Forget to Submit to Cairns!**

You submit. We publish. The congregation is enriched.

**Cairns Vol. 10**  
THE UNITY CHURCH JOURNAL OF THE ARTS

**Final Submission Deadline:**  
SEPTEMBER 24, 2018

## September Parish Hall Artists

*Rachel Cain*

Rachel Cain is a local photographer who has been taking pictures for over 20 years. She photographs many subjects, but is particularly drawn to rural landscapes and barns. Rachel sees what is there and imagines possibilities. Hence, she may go back to a site several times to capture the image in different light and weather conditions. She uses editing software to bring out the essential qualities in the image as she sees them, whether that be various details and/or a certain mood. The elimination of distractions allows the viewer to readily access her or his own history and emotions in reaction to the subject. Rachel says "my best images are the ones where I have the strongest emotional reaction to the subject; these tend to be the ones that resonate the most with viewers."

Rachel has exhibited in numerous venues including the St. Paul Art Crawl, the St. Anthony Park Art Festival, the AZ Gallery in St. Paul, the Hopkins Center for the Arts, the Phipps Healing Arts Program, Gallery 96 in Shoreview, the Minneapolis Photo Center, the White Bear Center for the Arts, and the Morpho Gallery in Chicago, IL. She has won awards at several of these galleries. Some of Rachel's images were published in the annual *Capture Minnesota* books from 2012-2016. Rachel's work including barn, landscape, floral, bird, still life and travel images can be viewed at: <http://cainrachelr.wixsite.com/rachelsphotos>.

*Edie Karras*

Photography has been a consistent and forceful interest in Edie Karras's life for over 30 years. She started out in black and white, then delved into color; all the while exploring different themes in nature, portraiture, photojournalism, and still life.

For the last five or six years Edie has used her iPhone 95% of the time, and generally edits in Instagram. The images in this show were produced in this manner and are part of a body of work entitled "Nature in a Dream State" that debuted in May at Vine Arts Center.

This exhibit took root in a somber event — the death of Edie's mother-in-law's — but blossomed into a colorful, vibrant body of work. In April 2017 Edie and her family drove from Minneapolis to St. Louis for the funeral. They left snow, ice, and cold behind and journeyed into warmer temps and a slowly greening landscape. By the time they arrived in St. Louis it was truly spring. Before entering the city, the family stopped at a state park to stretch their legs. Walking around in sweatshirts, they soaked in the open water, gentle breeze, sun, grass, and birdsong. Edie took the first photo of this exhibit in that place — "My Missouri Spring Fever" (it has since been purchased).

Throughout the rest of the year Edie endeavored to extract a soft, haze, gentle persona from flowers and landscapes. She tried to capture these characteristics through manipulation of color, contrast, resolution, and a number of standard photographic elements of image making.



# Unity Church Live, Silent and Online Auction

# COME TOGETHER



**5:30 to 9:00 PM**  
**Saturday, November 3, 2018**  
**Unity Church Parish Hall**

Bid on gatherings of all sizes, fine art,  
treasures, and more.  
Enjoy great food and drink!

Visit [www.unityunitarian.org/auction.html](http://www.unityunitarian.org/auction.html) for details  
about making a donation, purchasing tickets, and  
volunteering.



# WELLSPRING WEDNESDAY

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## Welcome Back Wellspring Wednesday!

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun.

Dinner begins at 6:00 p.m., followed by worship in the Ames Chapel at 6:50 p.m., and an evening of rich programming beginning at 7:15 p.m. All are welcome. Childcare is available and you do not have to sign up in advance.

**Dinner:** The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. (Children under the age two are free.) All meals will offer vegetarian and gluten free options. People with specific food allergies may contact [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) to arrange to have a special preparation. Email Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) for financial assistance to help cover the cost of dinner.

## September 12

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*Dinner: Taco night!*

### Unitarian Universalism: A Multi-Theological Faith

One of the gifts and challenges of this creedless faith tradition is that we are a community of many theological identities — Christian, Jewish, Humanist, Nature-Based, Hindu, Buddhist, and much more. Join us as we hear from a panel of Unity Church UUs who will reflect on their own personal faith and share how being in a multi-faith congregation has shaped their journey. Lisa Friedman will facilitate.

### Stepping Stone Theatre Acting Workshop

Join SteppingStone Theatre to celebrate the launch back into the church year! Collaborate on an original performance using ideas from the group for story, character, dialogue, and setting. Supported by a SteppingStone Teaching Artist, each group will learn skills in theatre elements like acting through voice and movement, improvisation, and exploring different expressive styles. Work together and share the creative process with the other groups at the end of the evening! This workshop is designed for youth in grades K-8, and will divide into age-appropriate creative groups.

### Above Every Name Soul Session

Join Pastor Danny Givens, Jr., and members of Above Every Name for a soulful journey through scripture in the Bible.

### Wellspring Yoga: Yoga for the Season

As the Earth's cycle changes, so do our bodies. This class includes season-specific yoga poses to help us create equanimity in the body and mind as Nature transitions into Winter. Elen Bahr returns to Wellspring Yoga this fall with classes for anyone interested in feeling better in their mind, body, and spirit. Movement style and topic will vary week to week on a rotating schedule. All are welcome. Please bring a yoga mat if you have one. We will also have a few available for loan. Chair yoga is always an option.

### Learn and Play Go

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese Board game, Go. Anyone above the age of 10 is welcome to play.

### Tween Group

The Tween Group will meet in the Ames Chapel for worship, then join the SteppingStone Theatre workshop.

### Religious Education Teacher Training

## September 19

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*Dinner: TBA*

### Open Page Writing Session: Faith as a Verb

Free; RSVP requested 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 invitations to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary. Bring something to write with and on; the rest will be provided!

### Board Bylaws Listening Session

The Board of Trustees is proposing several revisions to Unity's bylaws — the rules that the church uses to govern itself. To go into effect, these proposed changes to the bylaws will need to be approved by three-fourths of the voting members present at the congregational meeting scheduled for November 17. The board is eager to share the proposed language (you can find them online here: <http://www.unityunitarian.org/board-of-trustees.html>) and have time to talk through these changes with any interested congregation members.

### Committing to Unity

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

### Textile Arts

This group meets the first and third Wednesdays of each month from 7:15-8:30 p.m and is open to textile creatives of all ages. Bring your knitting, embroidery, needlepoint, etc. Contact: Linda Mandeville at [lindamandeville41@gmail.com](mailto:lindamandeville41@gmail.com)

# WELLSPRING WEDNESDAY / VOLUNTEER CORNER

September 19 continued

## **Wellspring Yoga: Vinyasa Flow**

This class is for individuals seeking faster and more rigorous movement. Flowing from pose to pose is coordinated with regulated inhales and exhales to strengthen muscles and build balance.

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

\*Please note this class will run from 7:15-8:45 p.m.

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 19: Getting ready for the college quest. Conducting a search.
- September 26: Creating a list of schools. Applying to the schools you select.
- October 3: Financial aid basics.
- October 10: 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).*

## **Learn and Play Go**

## **Tween Group**

September 26

*Dinner: Grilled cheese, tomato soup, wild rice protein power salad*

## **After the Holocaust: From Prosecutions to Neo-Nazis Today**

Since World War II, European nations, the U.S., and Israel have prosecuted Nazi criminals for their actions. However, most perpetrators received lenient sentences, were pardoned, or were never held accountable. Many former Nazis who remained in Germany rallied support for Nazism, giving rise to the neo-Nazi movement throughout Europe and the U.S. today. Dr. Ellen Kennedy, World Without Genocide executive director, will discuss the path from the Holocaust to Charlottesville.

## **The Eight Essential Religious Questions**

There are eight religious questions that have helped to shape our liberal religious tradition, among them: What does it mean to be human? What is God? What is Love? Come to this interactive session, led by Rev. Lisa Friedman, and discover your own emerging answers to these questions of faith.

## **Wellspring Yoga: Balancing the Chakras**

Our life force spins and rotates within seven energetic wheels, the chakras. We will use movement, mudra (hand gestures), and chanting to activate the chakras to provide exactly the right amount of energy for every part of the body, mind, and spirit.

## **Board Bylaws Listening Session**

## **Great College Search: Creating a list of schools and applying**

## **Above Every Name Soul Session**

## **Learn and Play Go**

## **Tween Group**

## **Volunteer Corner**

### **ARLT**

The Board of Trustees appoints new members to the team, with a goal of 7-9 members. For more information visit [www.unityunitarian.org/anti-racism-leadership-team.html](http://www.unityunitarian.org/anti-racism-leadership-team.html).

### **Welcome Team**

Volunteers are needed at the 9:00 a.m., 11:00 a.m., and 4:30 p.m. services. The Welcome Teams play an active role in creating a warm welcome on Sundays. Training provided. Contact [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) for more information or to sign up.

### **Food Ministry Teams**

Choose a time that works for you and join a crew that works for fun, fellowship, and service in the kitchen! Sign up online at [www.unityunitarian.org/volunteer-corner.html](http://www.unityunitarian.org/volunteer-corner.html).

Tuesdays, 4:00-6:30 p.m.

Prep night: chopping and baking!

Wednesdays, 3:00-8:00 p.m.

Prepare for and serve the guests: set tables, prepare food, serve, clean up.

Sundays. 2:00-4:00 p.m.

Soup Supper fun: Make and serve two soups

### **Obama School Volunteers**

Join Unity Church members and friends and volunteer at Obama School (right across the street from the church). Many opportunities are available to fit all schedules. Fill out the volunteer application online at <http://www.unityunitarian.org/obama-application.html>.

### **Library and Bookstall Team**

In addition to the Anderson Library and the Whitman Children's Library, the team is responsible for The Bookstall, *Cairns* literary journal, the Parlor Talks literary series, and Café Unity Poetry and Arts Salon. If you are interested in volunteering, please contact the Library and Bookstall Team at [library@unityunitarian.org](mailto:library@unityunitarian.org) or leave a note in the Library Team mailbox in the Copy Room at church.



# COMMUNITY OUTREACH

## Sustainability Corner

From Nicole Lynskey, Sustainable Living Team

When it comes to climate change, there are 100 ways to combat or even reverse it, at least according to Paul Hawkin's new book, *Drawdown*. There is population control, microbial farming, and changing how refrigerators and cement are made. (For example, the chemicals in refrigerators warm the atmosphere 1,000-9,000 times more than carbon.) The possibilities are tremendous, and the workload is great. The impact of not seizing this moment in history, of not taking action, as the earth literally storms and burns, is potentially dire. And yet as individuals, we can feel powerless and overwhelmed.



So, let me offer you three simple and frequently joyful ways to make a difference.

1. Vote in the upcoming election. If you feel cynical about the current state of politics, put it aside, and take this 30-minute action to get your voice counted. This small action may just have a large impact. Good leaders can change the system, and they are the fastest route to making environmental change. As you vote, also consider your candidate's position on the environment. To learn more about the candidates, check out the Minnesota Secretary of State website (<https://www.sos.state.mn.us/elections-voting/>). A currently elected politicians environmental scorecard can be found at the League of Conservation Voters (<http://scorecard.lcv.org/>). If you are not currently registered to vote, stop by our table at the coffee hour and we can help.
2. Simplicity, simplicity, simplicity. This is a passion of mine because it is such a win-win-win. For those of you overwhelmed with the tasks of life: parenting, care-taking, earning a living, managing a household — here is a non-task. Don't buy stuff. Thought of another way: buy what you need. Every single item you purchase — from cell phones to t-shirts to plastic straws — has a long (and frequently very sad) story of social and environmental impact. (The Story of Stuff can tell you more, <https://storyofstuff.org/>.) So, the next time you are at Target or the mall and a fun item is calling out to you: resist. Save yourself some money, time, and future clutter while also saving the planet some minerals or fossil fuels or space in the landfills!
3. Join Unity's Sustainability Team! Our long-term goal is to make Unity Church a UU certified Green Sanctuary. This is a project of engaging the minds and hearts of the congregation around climate issues, as well as working on the impact of the physical building. Our next meetings are on Friday, September 7, and Sunday, September 23. For more information stop by our table or contact Nicole or Anna at [unitysustainabilityteam@gmail.com](mailto:unitysustainabilityteam@gmail.com).

## District 8 Elections

**Summit-University Planning Council Board of Directors**

If you live in the neighborhood, support Unity Church's continued presence on the Summit-University Planning Council by voting on Saturday, September 8, in the Summit University Planning Council (SUPC) Board of Directors election. Cast your vote at the SUPC table at the Selby Avenue Jazz Fest or online at [www.summit-university.org](http://www.summit-university.org). You must live within the SUPC boundaries (Summit to University, Lexington to Marion). Your vote counts!

## Help Provide a Meal for Jeremiah Families

Help cook a meal at The Jeremiah Program (932 Concordia Avenue, St. Paul), a residence and education program for single moms and their children. Meals are provided before evening classes and Unity Church volunteers are needed to help with preparation on the following dates: Tuesday, September 11; Thursday, October 18; Tuesday, November 13; Thursday, January 17; Tuesday, March 19; Thursday, April 18. Helpers (including kids over eight years old) work from 4:00-7:00 p.m. To volunteer contact Karen Buggs at 651-297-0111 or [buggs745@hotmail.com](mailto:buggs745@hotmail.com).

## Food Shelf Donations

Thank you for supporting the families served by the Hallie Q. Brown Food Shelf! Food shelf collection trunks are located at the Holly and Portland Avenue entrances. Non-perishable food, toiletries, and pet food are all gratefully accepted.



## Winter CSA from Foxtail Farm

Foxtail Farm is now taking orders for winter CSA (community supported agriculture) shares. Winter shares include fresh and frozen produce as well as soups, quick breads and canned goods prepared in their certified kitchen. They also have a special bread share and offer a cheese share from Turnip Rock Farm!

Unity Church is one of the winter share drop sites. A 1-1/9 bushel box (25-35 lbs.) is delivered every three weeks from late October to mid April (taking a break in January). Eight boxes for only \$690. To learn more or become a member of Foxtail Farms winter CSA, please visit [www.foxtailcsa.com](http://www.foxtailcsa.com).

# COMMUNITY OUTREACH

## 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 a chosen community non-profit recipient.

### September 2: CLF Prison Ministry

Imagine being told for most of your life that you were worthless and there was no faith community that would welcome you. The members of the Church of the Larger Fellowship (CLF) Prison Ministry program tells their members in prison that they are worthy now. The Prison Ministry program lives out the first principle in radical, life saving ways. It costs CLF \$150/person/year to support our members in prison. From a CLF member in prison, "I've been a UU my whole life and never knew it. Now I belong to a church that accepts me for who I am and nurtures me and assures me of my self-worth. Our faith is like a patchwork quilt. Each patch is different, but also essential to make up the quilt. This is why I love Unitarian Universalism so much. It embraces the intricate and complex web of existence and all paths of life."

### September 9: Obama School Sunshine Fund

Obama Elementary School is across the street from Unity Church. Its spirited staff works from the heart, each a tender gardener of the dreams that invite students to shine brightly. Thirty-nine Unity Church members make up the Obama School Outreach Team. Today's collection for the Sunshine Fund will be used for field trips, staff recognition, hiring of specialized staff, and short-term artists in residence. Nancy Heege, Beverly Heydinger, David Smith, and Marty Rossmann are leaders of Unity's Obama Team.

### September 16: Beacon Interfaith Housing Collaborative

Beacon Interfaith Housing Collaborative is a collaboration of congregations committed to making sure all people have a home. Unity Church is among the many collaborative congregations working with Beacon. All congregations involved stand united in action to create homes and promote equitable housing. Today's collection has been nominated by Unity's Affordable Housing Ministry.

### September 23: Altrusa of St. Paul

Altrusa of St. Paul, chartered in 1940, is a small club with a big outreach. Its primary emphasis is on extending a loving hand to disadvantaged women and children as they press forward into a brighter future. Today's collection will augment a \$2,000 grant from Altrusa International earmarked for the Maxfield Elementary School library project. This money will be used to stock the library with young people's literature telling stories of kids from all backgrounds who push through hard times and find brighter tomorrows. Unity Church member Mary Anderson is an at-large member of Altrusa.

### September 30: Minneapolis University Rotary Club Foundation

This collection will be matched 3:1 through the Minneapolis University Rotary Club Foundation to improve maternal and child health in the West Bank of Palestine (in partnership with the Rotary Club of East Jerusalem and Hope Flowers School in Bethlehem, Palestine). An estimated 10,000 Palestinian children drop out of elementary school each year because of undiagnosed and untreated congenital cognitive and social challenges. This program will bring services into hard-to-reach areas of the southern West Bank and expand current services in Bethlehem. Nearly 900 Palestinians will benefit annually, and at least 600 will be from areas without any previous access. The goal is to improve maternal health; diagnose, treat, and prevent children's disabilities; and increase children's school retention.

*If you would like to nominate a non-profit organization to receive an offering, please complete the nomination form at [www.unityunitarian.org/generosity-ministry.html](http://www.unityunitarian.org/generosity-ministry.html).*

## Do Good, Feel Happier!

**Nancy Heege**

**Obama School Ministry Team**

According to a paper published by *Harvard Health* in 2013, doing good by volunteering weekly can lead to happiness.\*

We're looking for a few good people who want to do good, contribute to the wellbeing of children, and yes, feel happy! There are many opportunities for you to choose from, some weekly and some less often.

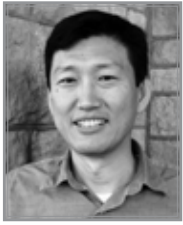
Join other Unity Church members and friends in volunteering with the scholars at Obama Elementary School, across the street from the church. Feel like helping children one-on-one? Join our group of tutors. We'll provide mentoring, and training, if needed, for new volunteers! Do you love books and want children to have access to a well-stocked library? Join our library volunteers! Orientation provided! But, you say, I'll be away for part of the winter. We'll find a substitute! Want to support the teachers? Bring snacks for a teachers' meeting once or more during the year! Feeling uncertain? We have quarterly meetings on Sunday mornings for information sharing and support for our volunteers!

Join our group of devoted volunteers, and find happiness! For more information, contact Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) and ask to be connected with the Obama Outreach Ministry Team leaders: Marty Rossmann, Nancy Heege, Beverly Heydinger, and David Smith.

\*Source: Forbes.com, 10/16/2017



# MINISTRY WITH CHILDREN AND YOUTH



## Pitter-pattering Questions

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

From KP Hong, Director of Religious Education

More than eighty years ago, in the growing shadows of fascism and antisemitism, Dietrich Bonhoeffer issued a theological warning and prophetic challenge: *In what form can faith exist at the heart of empire, except as discipleship?* With German society mired in dysfunctional politics, delusional economics, and distractive culture, Bonhoeffer eschewed the abstractions of the German state church, of religion for rhetorical effect and accessory to life. Instead he pursued a form of faith that asked for his whole existence, a faith that would call a person into history and the unfolding drama of this world without remainder. A form of faith that was not the Republican or Democratic Party at prayer, to borrow a phrase, but a claim to radical discipleship — a conspiracy of faith to disrupt the *chronos* timetables of empire with a divine *kairos* summons to transformation.

In what form other than discipleship can faith truly exist? Mainline denominationalism, evangelical decisionism, fundamentalist dogmatism, liberal voluntarism, or still another prevailing expression of faith? As Bonhoeffer perceived then, the path less traveled remains the path of discipleship, that consequential act of apprenticing oneself to a *teaching* or *way* through the conflicted terrain of our world in these impossible times. Beyond voluntaristic conceptions of faith that require no training or accountability to anyone except the self, discipleship emancipates us from the yoke of self-interest that paradoxically alienates us from our own lives, and yokes us into accountability with communities of soul-searching and creative struggle for a greater shalom. For that creative struggle, discipleship opens to the deep structure and grammar of faith, functioning as a theological equivalent of *emergent strategy* (adrienne brown) and its repertoire of intentional, fractal, critical-connections-over-critical-mass, move-at-speed-of-trust, longing-matters-more-than-facts, low-prep-and-more-presence, nonlinear, creative, transformational practices for shaping change. Discipleship strategizes the reorganization of our lives around a claim so radiant and intrusive that it sifts through our lesser commitments and summons us to a greater clarity of purpose. In what form other than discipleship can faith truly exist?

Not surprisingly, discipleship was the unwritten curriculum for youth who gathered for the Twin Cities UU leadership retreat this summer. With their fragmented, patchwork self of adolescent development fully on display, the psychological question of “Who am I?” fell quiet before the theological question of “Why am I?” For what sacred purpose would they take on the yoke of responsibility and be apprenticed to costly love? In whose custody would their sacred purpose find a necessary and empowering form? In their self-acknowledged incompleteness and not yet enclosed in adult identities, our youth did not know that they had an adolescent advantage: the courage to entrust their lives to a formative path that could weave their longing and counter-imagination to host a world beyond empire. What form of faith could honor such passion and courage other than discipleship?

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

## Save the Date to Celebrate Our Children's Art

Join us on the evening of Wednesday, October 10, for an artist reception to celebrate our children's art. Their art reveals and examines how they see themselves, this community, and their spiritual lives. We look forward to sharing this evening with you — come, let us wonder together.

## Teachers and Volunteers

As R.E. shifts into our “team approach” for Sunday School, all teachers are asked to attend either orientation session below, and are strongly encouraged to attend with your fellow members of the teaching team. Contact information for team members will be sent via email to coordinate attending together.

### Saturday, September 8

All sessions 10:00 a.m.-Noon

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

### Wednesday, September 12

All sessions 7:15–8:45 p.m. (come for Wellspring Wednesday taco dinner at 6:00 p.m.)

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

## Religious Education Families

**Religious Education classes begin on Sunday, September 16.** The final enrollment session before classes begin will be held on Wednesday September 5, from 6:30-7:30 p.m., in the Foote Room. Childcare provided. Questions? Please contact [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).

Enrollment has concluded for Coming of Age (program for 9th grade youth) and Our Whole Lives (sexuality education program for 7th-9th grade youth). If you have questions, please email [drew@unityunitarian.org](mailto:drew@unityunitarian.org).

See you on Sunday, September 9, for Merging of Waters Family Sunday, and Sunday, September 16, for the start of Religious Education!



# MUSIC MINISTRY



## Music Notes

From Ruth Palmer, Director of Music Ministries

*Our mission is to unite. We collaborate in order to hear from different sides, and as an opportunity to unite different groups. It's not about taking a stand on one side or the other, it's about awareness or bringing people together. — Peter Leo, Artistic Director of Carolina Voices, Charlotte, NC*

When I first came to Unity Church, and our choirs started to thrive, I was asked the question, "How do you get that many Unitarians to do the same thing at the same time?" Well, very simply, I *don't*, the music and the passion to sing within each person does it. It is this sharing of the same purpose and focus that the musical and choral endeavor brings to us, creating a feeling of unity. We all come from different points in our current lives at any one time and may even be in a "hearty discussion" as to opinion on various issues. However, the mission to learn and communicate is dependent on every single person. That unique being behind each voice brings the "sound" of their own experience. Each piece of music teaches us something about our own experience or the experience of others, either in general concept or specific social relevance.

The quote above and all quotes in this brief article are taken from a fantastic article written for *Chorus America* ("The Voice," spring 2018 edition) by Unity's very own Don Lee (you will see him in the bass section of Unity Choir!). The article titled, "How Can Many Singers Speak with One Voice?" explores the very current idea of how choirs can represent, speak to, and explore issues of social advocacy. As Rollo Dilworth, Director of Temple University Chorale, says, "Building community is not just about bringing people together and talking about how we're alike. We often want to highlight similarities in choruses; we still need to highlight differences and deal with them." Dilworth sat in our congregation several years ago when we performed a new piece of his during one of our Sunday services. He is an elegant artist, one of our countries leading Black American composers and a superb teacher. In discussion about his feeling concerning a white choir singing music springing from the experience of our African American community, his response was, "Perhaps feeling history through music may bring us closer than any political or historic rhetoric ever will." Continuing with Don Lee's article, Rollo Dilworth also suggests that, "at the end of the day, it's not just about the dots and dashes on the page; it is about the meaning of life. . . choral music can tap the deepest emotions. . . it can make real the vision *e pluribus unum*."

I invite you to *sing* in a Unity Choir! As I begin my final season as your Director of Music, I am overwhelmed with gratitude for the commitment and vibrant spirit of so many singers! Each voice and person is a gift to all! Please consider adding your voice to the wonderful singing community at Unity Church. We would love to welcome you (see page 3 for details)!



## Lend Us Your Voice!

From Lia Rivamonte, Search Committee for the next Director of Music Ministries

Woe is us! Ruth Palmer, our unparalleled, beloved Director of Music Ministries will be leaving Unity Church at the end of the coming church year, and the search is on

to find a new director. While we cannot hope to replace one who is irreplaceable, we can and must find a director who can fulfill some rather substantial qualifications.

The hiring process for this significant leadership position will involve deep deliberation and follow what has been established practice at Unity Church: careful, thorough, equitable decision-making that is transparent and — most important — inclusive of as many stakeholders as possible. Here is where you come in.

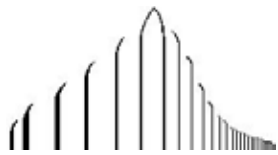
You have expressed during the ends process and in congregational surveys that music plays an essential role in your congregational life, inspiring both individual spirituality and community vitality. This is why your voice is critically important for the hiring process. It is why we have created the means for everyone who is interested to participate. During the last two Sundays in September (23 and 30) there will be after-service opportunities to meet as a group and discuss the criteria for a successful music program and the successful leader of such a program. In addition, you will be asked to complete a brief online survey to help pinpoint the qualities we should be seeking for the position of Director of Music Ministries.

What follows is an overview of the hiring timeline:

- July 2018: Position posted
- **September: Congregational surveys/after-church group meetings**
- November: First round of interviews
- December: Finalists selected
- March 2019: Finalists visit
- April: Recommendations by committee are made to Co-Ministers
- May: New Director of Music Ministries announced

Please come lend your voice at a gathering to discuss the position. Please complete the online survey. Your voice is valued; it is your voice that will help Unity Church to sustain its beautiful music.

The Search Committee for the next Director of Music Ministries includes Brian Newhouse, Dawn Baker, Sally Foster, Estelle Brouwer, Julia Brown, Don Brunnquell, Steve Lewis, Lia Rivamonte, and Jackie Smith.



# UNITY CHURCH-UNITARIAN

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BARBARA HUBBARD, EXECUTIVE DIRECTOR  
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## CHALICE CIRCLES BEGIN IN SEPTEMBER

*Turn to page 5 to learn more and sign up.*

## WELLSPRING WEDNESDAY RETURNS SEPTEMBER 12!

*See pages 10-11 for all of September's offerings.*

# Cairns Vol. 10

THE UNITY CHURCH JOURNAL OF THE ARTS

**Final Submission Deadline:**

**SEPTEMBER 24, 2018**



## Racial Justice Movie Night

*Real Women Have Curves*

**Friday, September 14**  
**7:00 p.m. • Robbins Parlor**  
Details on page 7.



## Dine with Nine... Brunch or Dinner

Get to know Unity Church members  
and friends while sharing a meal!  
Details on page 6.