

# This Week at Unity Church

January 2, 2022

## Welcome Visitors

After the service please stop by the Welcome Table in the Parish Hall to introduce yourself. We would love to get to know you, answer your questions, and help you learn about Unity Church. If you are attending the service online, join other Unity Church congregants for informal conversation at an online coffee hour. Contact Laura Park ([laura@unityunitarian.org](mailto:laura@unityunitarian.org)) for the link to join each Sunday when the live-streamed service ends.

## Finding Yourself at Unity

**Topic on January 9: Q&A with a Minister**

**There is no class today. Meetings return January 9**, from 10:15-11:15 a.m., in the Gannett Room and online at [bit.ly/fyuonline](http://bit.ly/fyuonline). Designed for visitors, new members, and inquirers, this eight-week series is offered continuously during the year. Childcare is available in the nursery.

## Hallie Q. Brown Food Shelf Donations

During January and February, bring an item every time you come to church! Needed items include toilet paper, paper towels, disinfectant wipes, shampoo and conditioner, body wash and lotion, and hand soap.

## Chalice Circles

Join a small group for spiritual practice centered on our monthly themes. Registration is open for the following circles set to begin in January: third Wednesday of each month at 5:30 p.m. and fourth Thursday of each month at 1:00 p.m. Details and registration: [unityunitarian.org/chalice-circles.html](http://unityunitarian.org/chalice-circles.html).

## Children's Musical Auditions

Unity Church will carry on its tradition of the Children's Musical with youth in grades 6, 7, and 8! Kids love being a part of this fun community with original script and music each year! Last year the play was produced virtually, this year we return in-person with Covid-19 protocols in place.

Auditions are on Thursday, January 6, from 7:00-8:30 p.m., in the Foote Room at Unity Church. At the same date and time the parent/guardians will meet to learn about the production and sign up to volunteer. All participants must have a Covid-19 vaccination, consistent with Unity's protocol for those involved with music ministries. Proof of vaccination (card or photo of card) will be required. Rehearsal details online at [unityunitarian.org/childrens-musical.html](http://unityunitarian.org/childrens-musical.html). Questions? Contact Maia Hendel at [maialilac@yahoo.com](mailto:maialilac@yahoo.com) or Julie Lindholm at [lindholm1791@gmail.com](mailto:lindholm1791@gmail.com).

## Unity Book Club

Book Club meets the second Tuesday of the month, 7:00-8:30 p.m. On January 11 they will discuss *State of Terror* by Hillary Rodham Clinton and Louise Penny. Contact Jack Hawthorne at [jack.hawthorne@centurylink.net](mailto:jack.hawthorne@centurylink.net) to participate.

## Gun Sense Team Wants to Hear from You

What are your specific questions or concerns around gun ownership? Gun violence? Gun laws and policy? Do you have questions about the Gun Sense Team here at Unity Church? Please ask your questions or let us know your interest in joining us in this work by completing the online form at [www.unityunitarian.org/gun-sense.html](http://www.unityunitarian.org/gun-sense.html). Beginning in January, the team will meet on the second Tuesday of each month, at 4:30 p.m., on Zoom.

## Qigong and Tai Ji Practice

**Tuesday, January 18 • Noon-1:00 p.m. • In-person at Unity Church**  
Teacher Lisa Schlingerman will guide you through Qigong and Tai Ji movements and breathing meditations that will calm the mind, conserve your energy, and keep the body warm. The practice is a safe and gentle form of exercise for people of all ages. No experience is necessary. For our shared wellness, masks, vaccination, and sign-up are required: <https://forms.gle/FJ27NiGRNa52JnrU6>. Wear comfortable shoes and loose clothing. Donations to our volunteer teacher will be gratefully accepted.

## This Week in Religious Education

**Monthly orientation for new families** and anyone interested in learning more about Religious Education at Unity Church is Wednesday, January 5, at 7:00 p.m. Please contact Michelle Mecey to RSVP: [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).

**Unity's UU Families Initiative invites you to virtually attend a meal ritual workshop.** Families with kids of all ages will learn a simple ritual to do at the beginning of meals. This workshop has two parts. The first meeting is a parent orientation on Wednesday, January 19, from 8:00-9:00 p.m. The second meeting is on Sunday, January 23, at 5:00 p.m., so the entire family can learn and practice the ritual with a meal at home. As part of this workshop families are provided with supplies for each child to make a chalice that is used during the ritual. Please register by January 10: [bit.ly/uufamilymeal](http://bit.ly/uufamilymeal).

**Teacher orientation** is Wednesday, January 12, from 7:30-8:30 p.m., for second semester teachers who have not already attended the fall orientation. Please check for emails from RE staff for further details.

**Spirit Play (ages 3-6):** Children hear the real story of the The Miraculously Ordinary Story of a Baby. How is the birth story of the infant Jesus as ordinary as any other birth story? How is it extraordinary or different from other stories? What stories do our children know about their own birth? Please wonder together with your children about their sacred play.

**Rotations (grades 1-6):** Children first begin in worship, upstairs in the Ames Chapel with their friends and teachers. Then in classrooms downstairs, they begin a new unit on "The Sacred Within" and spiritual practices that enable us to connect with the Sacred.

**Junior High (grades 6-8):** Youth meet for their final regular class today with three classes this semester: Introduction to Earth-Centered Religions, Power of Myth, and UU Identity & History. Next Sunday is "Religious Jeopardy" and celebrating what they have learned first semester. Youth conclude each class with worship in Ames Chapel.

**Our Whole Lives** is a sexuality and spirituality program typically for grades 8. Class meets January 12, 7:00-8:15 p.m., with "healthy relationships" as topic.

**Coming of Age** youth are still on break. Class resumes January 9.

**Tower Club (grades 10-12)** youth are encouraged to attend worship on the first Sunday of each month.

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## This Week at Unity Church

Find the church calendar, along with links to participate in online offerings, at [www.unityunitarian.org/calendar.html](http://www.unityunitarian.org/calendar.html).

### Sunday, January 2

Sunday Services	9:00 & 11:00 a.m., Sanctuary
Religious Education	9:00 & 11:00 a.m., lower level
Afterthoughts	10:00 a.m., Crothers Room/online
Zoom Coffee Hour	10:15 a.m., online
Finding Yourself at Unity	10:15 a.m., Gannett Room/online
RE Families Fellowship	10:15 a.m. & 12:30 p.m., Robbins Parlor
Children's Choir Rehearsal	10:15 a.m., Choir Room
Youth Choir Rehearsal	10:15 a.m., Music Room
Threshold Choir	12:30 p.m., Choir Room

### Monday, January 3

Men's Retirement Group	1:00 p.m., Out of Building
Archive Team	2:00 p.m., Whitman Lobby
Circle of Peace	5:15 p.m., online

### Tuesday, January 4

Qigong/Tai Ji	Noon, Foote Room
Unity Sangha	4:30 p.m., Ames Chapel

### Wednesday, January 5

Memorial Service for Charlie Paule	2:00 p.m., Sanctuary
Summit Hill Al-Anon	5:00 p.m., Science Room
Recovery from White Conditioning	6:00 p.m., online
Food for Thought	7:00 p.m., online
Textile Arts Group	7:00 p.m., online
Religious Education Orientation (new families)	7:00 p.m., online
Young Adults Group	7:00 p.m., Gannett Room

### Thursday, January 6

Children's Musical Auditions/Parent Meeting	6:30 p.m., Foote Room/Anderson Library
Fresh Air AA	8:00 p.m., Gannett Room

### Saturday, January 8

Board of Trustees Retreat	9:00 a.m., Parish Hall
Kung Fu	9:30 a.m., Body Room

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## Going Gently • Sunday, January 9

**In-person at 9:00 and 11:00 a.m.**

**Livestream at 9:00 a.m.:** <https://youtu.be/35iivfCB11U>

For a time during the Middle Ages, a trend in art included some image of death, such as a skull or a skeleton. Called *memento mori*, the trend seemed a way of reinforcing awareness of human mortality and the need to ensure priorities were solid in case death came unexpectedly. The pandemic has brought us another round of *memento mori*, heightening our recognition of the risk always present in our lives. How do we find courage to live well and without undue fear of the death that eventually comes to us all? Rev. Dr. Kathy Hurt, Ahmed Anzaldúa, and worship associate Nancy Dilts reflect on the particular courage called for when death is present.

### Sunday Offering

Each Sunday, seventy percent of the offering is shared with a community non-profit and thirty percent supports the Community Outreach Ministry at Unity Church. The collection today will support the work of the International Institute of Minnesota Afghan Refugee Program. To nominate an organization to receive the offering, or see totals from last month's giving, visit [unityunitarian.org/sunday-offering.html](http://unityunitarian.org/sunday-offering.html).

## Wellspring Wednesday

Wellspring Wednesday chapel service will resume at 6:30 p.m. in-person in Ames Chapel, and will now also be offered via Zoom: <https://bit.ly/wwchapelreg>. We look forward to ushering in the New Year with singing, storytelling, sharing of our joys and sorrows, and coming together in worship.

### January 5 • 7:00 p.m.

#### Food for Thought: Community Supported Agriculture

Register: [bit.ly/AfECSA](https://bit.ly/AfECSA)

What is Community Supported Agriculture (CSA)? How can we get our food locally, and why does it matter? Would you like to make a difference in the world through your everyday actions around food? Could our consumer choices drive changes in how our food is raised as it did in Europe? Unity's Act for the Earth Team invites you to a conversation with farmers making a difference: Jacqueline Zita of the Women's Environmental Institute and Haley Ball of Urban Roots.

### January 12

Lectio Divina: Spiritual Practice to Feed Your Soul

Register: [bit.ly/Lectio21-22](https://bit.ly/Lectio21-22)

Practicing Perseverance: Seated Meditation and Yin Yoga

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

### January 19

Spiritual Introverts and Extraverts

Register: [bit.ly/RevDrKathyJan](https://bit.ly/RevDrKathyJan)

Open Page Writing Session:

Writing Our Way Toward Courage

Register: [bit.ly/JanOpenPage](https://bit.ly/JanOpenPage)

### Board Game Night

In-person in the Center Room

Open to everyone; kids are welcome with their adult(s)

### January 26

"ReMembering: Singing Water"

A film viewing and discussion with OneVoice Mixed Chorus

Register whether you attend in person in Parish Hall (proof of vaccination required) or by Zoom: <https://bit.ly/singingwater>

## Parish Hall Artist

January features local impressionist artist, Heather Friedli. Her impressive paintings bring her indigenous Odawa and Mexican roots to life with vibrant color and action. Many pieces feature scenes of cloudscapes, water, native flora and land that come from her wilderness adventures. With her colorful works she seeks the spiritual world through the lens of her heritage. A reception will be held on Saturday, January 22, from 10:00 a.m.-noon.

## Winter Warm-up Drive

Help people recently released from prison by donating warm clothing and hygiene items. **New items only please! Men's size XL and larger are especially needed.**

- Winter coats, long underwear, T-shirts, hats, gloves, boots, and scarves (and tote bags for carrying items)
- Deodorant, toothpaste, hand lotion, soap, shampoo, hand sanitizer, and washcloths

Bring items now through the end of February. Donate financially or drop off items at Unity Church in the Parish Hall on Sunday mornings or at the front desk M-F, 9:00 a.m.-4:00 p.m.