

This Week at Unity Church

January 9, 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) for the link to join each Sunday when the live-streamed service ends.

Finding Yourself at Unity: Q&A with a Minister

Finding Yourself at Unity meets on Sundays, from 10:15-11:15 a.m., in the Gannett Room and online at bit.ly/fyonline. Designed for visitors, new members, and inquirers, this eight-week series is offered continuously during the year. Childcare is available in the nursery.

Parish Hall Artist • Meet the artist today!

January features local impressionist artist, Heather Friedli. Her impressive paintings bring her indigenous Odawa and Mexican roots to life with vibrant color and action. Heather will be in the Parish Hall between Sunday services on January 9 to meet you and visit about her art. She also will have note cards and other small prints for sale. Please say hello and make her feel welcome.

2022 Congregation Book Read

The Unity Congregation Book Read 2022 title is *The Seed Keeper* by Diane Wilson. Join us in reading this overwhelmingly popular and stunning novel now through February and discuss on Wednesday, March 2. Find the reading guide and register to participate in the March discussion at www.unityunitarian.org/library-bookstall.html.

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.

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 to participate.

Pathway to Membership: Committing to Unity

Tuesday, January 11 • 7:00 p.m.

This session, for people ready to become members, 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 need meets the gifts and joy you have to offer. The class concludes with a ceremony as participants sign the membership book and officially join the church! Contact Laura Park (laura@unityunitarian.org or 651-228-1456 x110) to participate!

Fierce Urgency of Now

32nd Annual Dr. Martin Luther King Jr. Holiday Breakfast
Monday, January 17 • 8:45-10:30 a.m. • www.mlkbreakfast.com

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

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 two-part series includes a parent orientation on Wednesday, January 19, from 8:00-9:00 p.m., and a meeting for the entire family to practice the ritual on Sunday, January 23, at 5:00 p.m. Families will be provided with supplies for each child to make a chalice to be used during the ritual. Register by January 10: 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.

Next Sunday, January 16, is Story Sunday with junior high youth in the Sanctuary for the full worship service as part of their growing practice of worship. Rotations and Spirit Play children follow regular Sunday morning routines.

Spirit Play (ages 3-6): Children hear the story of Theodore Parker, a remarkable and influential Unitarian minister who followed his voice of conscience amid many competing voices. What is a conscience? How can we tell if it's the voice of conscience speaking? What does it say? Please wonder together with your children about their sacred play.

Rotations (grades 1-6): Children begin in worship in the Ames Chapel. Then in classrooms they continue a unit on "The Sacred Within" and spiritual practices that enable us to connect with the Sacred.

Junior High (grades 6-8): Today is "Religious Jeopardy" with youth 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 Wednesday, January 12, 7:00-8:15 p.m., with "healthy relationships" as topic.

Coming of Age youth resume classes today at 11:00 a.m., continuing their focus on the Beloved Community. COA is our signature spiritual growth program typically for 9th graders.

Tower Club (grades 10-12) youth meet at 12:30 p.m. to share their thoughts in conversation with members of the Ministerial Search Team. Tower Club is a gathering place to enjoy community and share life at the intersection between the world and faith.

This Week at Unity Church

Find the church calendar, along with links to participate in online offerings, at www.unityunitarian.org/calendar.html.

Sunday, January 9

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
Tower Club	12:30 p.m., Center Room

Monday, January 10

Circle of Peace	5:15 p.m., online
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Tuesday, January 11

Unity Sangha	4:30 p.m., Ames Chapel
Unity Book Club	7:00 p.m., online
Committing to Unity	7:00 p.m., Center Room
Evergreen Quilters	7:00 p.m., Anderson Library
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, January 12

Memorial Service for Margaret Durham	2:00 p.m., Sanctuary
Summit Hill Al-Anon	5:00 p.m., Science Room
Recovery from White Conditioning	6:00 p.m., online
Seated Meditation and Yin Yoga	7:00 p.m., online
Lectio Divina	7:00 p.m., online

Thursday, January 13

Women in Retirement	Noon, online
A New Look at the Bible	7:00 p.m., online
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	8:00 p.m., Gannett Room

Saturday, January 15

Kung Fu	9:30 a.m., online
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When Courage Fails • Sunday, January 16

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

Livestream at 9:00 a.m.: <https://youtu.be/bDQbfa9uKel>

Nobody, not even those who seem especially brave, lives entirely without fear. In those moments (or hours, or days, or even long times) when courage deserts us, how do we go forward anyway? On this Martin Luther King Sunday, Rev. Dr. Kathy Hurt and worship associate Brian Newhouse consider what happens when we lose courage. January 16 is a Story Sunday with junior high youth in the Sanctuary for the full worship service as part of their growing practice of worship.

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 Good Courage Farm. To nominate an organization to receive the offering, or see totals from last month's giving, visit unityunitarian.org/sunday-offering.html.

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.

Wellspring Wednesday

Wellspring Wednesday chapel service happens each week at 6:30 p.m. in-person in Ames Chapel, and via Zoom: <https://bit.ly/wwchapelreg>. This is a time to gather for singing, storytelling, and sharing of our joys and sorrows.

JANUARY 12

Lectio Divina: Spiritual Practice to Feed Your Soul

7:00-8:30 p.m. • Register: bit.ly/Lectio21-22

Following a centuries-old Benedictine spiritual practice of contemplative reading, meet online to share in Lectio Divina. In this invitation to receive the wisdom and gifts of poetry, each session engages the group in hearing a particular poem read aloud multiple times, listening for "what is found there." Rather than analyzing the poem, group members lift up what they heard and how the poem spoke to them. Led by Shelley Butler, this practice is a rich way to receive the gifts of poetry in a small group setting. Drop-in attendance is welcome. Register once to attend one or all future sessions on the second Wednesday of each month.

Practicing Perseverance: Seated Meditation and Yin Yoga

7:00-8:15 p.m. • Register: bit.ly/practiceYIN

What is our reaction to the uncomfortable? Using yoga poses accessible to all body types, this session will bring into awareness the stories we tell ourselves about our discomfort. We will explore our ability to stay in that discomfort and to witness the authenticity we can find in that space. Experience a "within" embodied spiritual practice and how it might inform our "among" practice of being in right relationship with one another and our surrounding community.

JANUARY 19

Spiritual Introverts and Extraverts

Register: bit.ly/RevDrKathyJan

Open Page Writing Session: Writing Our Way Toward Courage

Register: 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>

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. Beginning in January, the team will meet on the second Tuesday of each month, at 4:30 p.m., on Zoom.

Mentoring at Unity: A Path to Deeper Connection

Would you welcome having a guide to congregational life at Unity Church? Request a mentor! Your mentor will meet with you at least once a month face-to-face and be available for ongoing questions and advice. Each pair makes a commitment to work together for at least six months. Learn more by contacting Laura Park at laura@unityunitarian.org.