

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: Worship and the Liturgical Year

Finding Yourself at Unity meets on Sundays, from 10:15-11:15 a.m., in the Gannett Room and online at 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.

Parish Hall Artist

Artist reception: Saturday, January 22 • 10:00 a.m.-noon

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.

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.

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.

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.

Unity's Sangha Practice

At the heart of Buddhist practice is the commitment to awaken — to step into our doubts and predicaments and hear the roaring of life at the still point of a turning universe. Through weekly practice of meditation, we discover a clarity of mind attentive and accountable to each moment of life's flow, and touch the mystery of our original face. This group, meeting each Tuesday from 4:30-6:00 p.m. in the Ames Chapel, is open to anyone interested. No experience is necessary and instructions will be provided. For more information, please contact kp@unityunitarian.org.

Lectio Divina: A Spiritual Practice to Feed Your Soul Sunday, January 23 • 4:30 p.m.

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

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 Lisa Wersal, this practice is a rich way to receive the gifts of poetry in a small group setting. Drop-in attendance is welcome.

This Week in Religious Education

Today is Story Sunday with junior high youth in the Sanctuary for the full worship service as part of their growing practice of worship. Rotations children should go directly to Ames Chapel, and Spirit Play children should go directly to their classrooms.

Spirit Play (ages 3-6): Children today hear the story of The Rev. Dr. Martin Luther King, Jr., and the work of faith, courage, and love which forever changed the course of history. What do we think about laws that force some people to sit only in the back of the bus? What is a peaceful protest? What was his dream that we are still trying to make real? 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 continue with the unit on "The Sacred Within" and spiritual practices that enable us to connect with the Sacred.

Junior High (grades 6-8): On Story Sundays, youth are in the Sanctuary for *full* worship in place of regular classes, as part of their growing practice of worship at the center of congregational life. Second semester classes begin next Sunday, January 23. A roster of new classes will be posted downstairs.

Our Whole Lives is a sexuality and spirituality program typically for grades 8. Class meets Wednesday, January 19, 7:00-8:15 p.m.

Coming of Age youth meet today, continuing their focus on Striving for 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. 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 16

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
Women's Ensemble Rehearsal	10:00 a.m., Foote Room
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 17

Men's Retirement Group	1:00 p.m., out of building
Circle of Peace	5:15 p.m., online

Tuesday, January 18

Qigong/Tai Ji	Noon, Foote Room
Unity Sangha	4:30 p.m., Ames Chapel
Living with Grief Group	7:00 p.m., online
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, January 19

Summit Hill Al-Anon	5:00 p.m., Science Room
Recovery from White Conditioning	6:00 p.m., online
Spiritual Introverts and Extraverts	7:00 p.m., online
Open Page: Courage	7:00 p.m., online
Board Game Night	7:00 p.m., Center Room
Textile Arts Group	7:00 p.m., online

Thursday, January 20

Caregivers Support Group	Noon, online
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	8:00 p.m., Gannett Room

Friday, January 21

Memorial Service for Ruth Stryker-Gordon	1:00 p.m., Sanctuary
--	----------------------

Saturday, January 22

Kung Fu	9:30 a.m., online
---------	-------------------

When Courage Fails • Sunday, January 23

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

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

We have many cultural images and stories of characters who have an extra measure of courage, often because they are equipped with some sort of superpower that enables them to face overwhelming enemies. Those characters seem to be required to conceal their superpowers behind carefully developed secret identities. For the rest of us, hard experiences and cultural conditioning seem to challenge us to live as who we truly are, rather than hiding behind a socially accepted identity. That also means the superpowers we all carry go unused. Kathy, Ahmed, and worship associate Merrill Aldrich explore the courage needed to share our true identities when so much seems to call for hiding them.

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 St. Paul's Freedom School. To nominate an organization to receive the offering, or see totals from last month's giving, visit unityunitarian.org/sunday-offering.html.

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 19 • 7:00-8:30 PM

Spiritual Introverts and Extraverts

Register: bit.ly/RevDrKathyJan

While most spiritual traditions have developed practices to support spiritual growth, figuring out which practice will be fruitful for any one of us can be challenging, especially when those practices may be presented as universal (and therefore sure to work for everybody). How do we discern, among the myriad possible practices, which will be right for us? Why is it that some practices simply don't work for us? This class, led by Rev. Dr. Kathy Hurt, introduces a longstanding perspective on the two primary paths of spiritual development and the practices associated with them, along with possibilities for finding a good fit between one's usual spiritual style and a practice.

Open Page Writing Session: Writing Our Way Toward Courage

Register: bit.ly/JanOpenPage

"It is in the small things we see it," writes Anne Sexton of courage. "The child's first step, as awesome as an earthquake. The first time you rode a bike. . . ." But its reputation also rises from larger evidence of daring and defiance. This guided writing session explores the nature and sources of courage and its movement large and small within our lives.

Board Game Night

In-person in the Center Room

Open to everyone; kids are welcome with their adult(s)! We'll have a variety of board games available for ages 10 and up that are easy to learn, or bring a favorite board game that you would like to play. Bring a board game for the younger set, too, if an adult comes with it to facilitate the game.

JANUARY 26 • 7:00-8:30 PM

ReMembering: Singing Water

Register whether you attend in person in Parish Hall (proof of vaccination required) or by Zoom: <https://bit.ly/singingwater>
ReMembering: Singing Water is an original choral film that explores Minnesota as a place of both home and exile for immigrants, LGBTQ people, and Indigenous people. Interconnected stories are brought to life through choral music, spoken word, animation, and life size puppets. *ReMembering* is a collaboration with water protector Sharon Day; puppeteer Sandy Spieler; singer-songwriter Sara Thomsen; and features performances by Kymani Kahlil, Tara Tanağidan To Win, and the Ikidowin Youth Acting Ensemble. Several artists will be available for a Q & A following the film.

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. You can decide together what connection would be most helpful. You might attend Sunday services together, meet to discuss your spiritual journeys, attend a church event, or find another way to connect. Each pair makes a commitment to work together for at least six months. Learn more by contacting Laura Park at laura@unityunitarian.org.