

This Week at Unity Church

January 19-25, 2020

Welcome visitors! After the service today, please stop by the Welcome Table in the Parish Hall to introduce yourself and learn more about Unity Church.

Finding Yourself at Unity

Topic: Pastoral Care with Rev. Janne Eller-Isaacs

Finding Yourself at Unity meets on Sundays, from 10:20-11:15 a.m., in the Ames Chapel. Designed for visitors, new members, and inquirers, this eight-week series is offered continuously during the year. Childcare is available in the nursery.

Young Adult Group

Unity's Young Adult Group (ages 18-35) meets today (January 19) from 1:00-3:00 p.m., in the Choir Room. All are welcome! Check out our YA blog at <https://stayingabeatlonger.com/>. To be added to the Young Adults email list, please email kp@unityunitarian.org.

The Gathering: Saturday, January 25 • Register today!

Keeping the Faith: Stories of Resilience and Struggle

A retreat for women; trans-inclusive.

Keynote: Rev. Meg Riley, Senior Minister, Church of the Larger Fellowship, and singer-songwriter Namoli Brennet

Workshops offer something for everyone including author Diane Wilson on her book *Spirit Car*, Nia — sensory-based movement, Gender 101, stories as a source of resilience, a generations panel, ancestral trauma, drumming, writing with Karen Hering, sustaining emotional balance, The True Story of Seneca Falls, cooking, and more! Details and registration are available in the Parish Hall on Sundays and online at www.unityunitarian.org/women.html.

The 2020 Unity Congregation Book Read

The Nickel Boys by Colson Whitehead

Read in January. Discuss in February: Sunday, February 23, at 12:30 p.m., and Wednesday, February 26, at 7:15 p.m.

Based on the true story of the hellish Dozier reform school that operated from 1900-2011, *The Nickel Boys* chronicles the experience of two Black boys sentenced there (one mistakenly) in the 1960s. The tension between one boy's ideals and the other's skepticism leads to a decision that will echo down the decades. One of *Time Magazine's* 10 Best Fiction Books of the Decade, winner of the Kirkus Prize, and longlisted for the 2019 National Book Award.

Sustainable Living Team Film Series: *Living the Change*

Friday, January 24 • 7:00 p.m. • Robbins Parlor

From forest gardens to composting toilets, community supported agriculture to timebanking, this documentary explores ways we can change our approach to the ways we live. Popcorn will be served and discussion will follow the film.

Faith Is Stronger than Fear

Overcoming gun violence through inspiration, education, and action Sunday, January 26 • 2:00-4:00 p.m. • Bet Shalom Synagogue

This free event will motivate, educate and activate people of faith to work together to pass sensible gun laws in Minnesota. It will include an interfaith service and activist training. Details and registration at <https://protectmn.org/event/faith-is-stronger-than-fear>.

Border CrossSing Presents *Puentes: La Colonia*

Sunday, February 2 • 7:00-9:30 p.m. • Unity Church

Pre-concert talk begins at 6:30 p.m.

Early music from Latin America performed with period instruments. much more), they are a starting point to choose your price. Details and tickets (including pay-what-you-can pricing) are online at <https://bordercrossingmn.org/>.

The Buzz! Unity Church Spring Fundraiser

Unity's annual fundraiser will be on Saturday, March 21, 2020. Save the date and start planning your donations! Activities that build and sustain connection and fellowship are encouraged — times at vacation homes, tours, theme parties, dinners, tickets to concerts, theater and sporting events. Our goal is \$30,000 which will support the mission and programs of the church. Want to be an auction volunteer? Email barbarah@unityunitarian.org.

Winter Warm-up Drive

Unity's Racial and Restorative Justice Team is collecting the following items to share with clients of its community partner, Amicus: shampoo, soap, toothpaste/brushes, lotion, deodorant, shaving cream, gloves, hats, scarves, socks, hand and foot warmers, and bus passes or the cash to buy bus passes. All donations should be new or like new. Bring donations to the Racial and Restorative Justice table in the Parish Hall on Sundays.

This Week in Religious Education

Today is Story Sunday with school-age Rotations children and Junior High youth in the sanctuary for worship. Rotations children will be blessed out after the Story for All Ages, while Junior High youth remain for the full service as part of their growing practice of worship. Spirit Play children should go directly to their classrooms.

Spirit Play (ages 3-6): Children in Spirit Play today hear the story of Francis David and the Unitarian King John Sigismund. Should there be only one church chosen for people and exclude all the rest? Or should cities include different kinds of churches? Please wonder together with your children about their sacred play.

Rotations (grades 1-6): On Story Sundays, children first begin in the sanctuary with their families. Following the Story for All Ages, children are blessed out and go to classrooms where they continue their unit on "The Sacred Within." Within every human being, there is something of the Divine. All bodies, minds, and hearts house a holy spark.

Junior High (grades 6-8): On Story Sundays, youth are in the Sanctuary for worship in place of regular classes, as part of their growing practice of worship at the center of congregational life.

Tween Group (grades 5-7) meets Wednesday, January 22! Meet at 6:45 p.m. for worship in the Ames Chapel. Pick-up youth in Jr. High room 021 after programming (8:30-8:45 p.m.). Families, please sign your kids in and out! Tweens generally meets the fourth Wednesday of the month and is led by Ray Hommeyer contact them with questions at ray@unityunitarian.org.

Our Whole Lives meets this Wednesday, Jan. 22, with parents meeting teachers and youth viewing movie. OWL is a sexuality and spirituality program typically for grades 8-9.

Coming of Age meets today at 2:00 p.m. for the annual joint COA worship service with partner congregations. COA is our signature spiritual growth program typically for 9th graders.

Tower Club senior high youth meet for 4:30 p.m. service and soup following. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith.

This Week at Unity Church

Sunday, January 19

Anderson and Whitman Libraries Open to the Congregation	
Men's Retreat Meeting	10:00 a.m., Intern Office
Afterthoughts	10:15 a.m., Gannett Room
Children's Choir Rehearsal	10:15 a.m., Robbins Parlor
Women's Ensemble Rehearsal	10:15 a.m., Foote Room
Finding Yourself at Unity	10:20 a.m., Ames Chapel
Obama School Volunteers Meeting	Noon, Center Room
Above Every Name	1:00 p.m., Ames Chapel
Sustainable Living Team	1:00 p.m., Science Room
Young Adults Group	1:00 p.m., Choir Room
Twin City Youth Coming of Age Service	1:30 p.m., Sanctuary
Tower Club	4:30 p.m., Sanctuary for worship
Soup Supper	5:45 p.m., Parish Hall
NAMI Young Adult Meeting	6:30 p.m., OWL/COA Room

Monday, January 20

Eva Cross Memorial Service	10:00 a.m., Sanctuary
Circle of Peace	5:15 p.m., Center Room

Tuesday, January 21

Zen Meditation Group	5:00 p.m., Ames Chapel
Debtors Anonymous	7:00 p.m., Drama Room, lower level
Community Outreach Team Leaders	7:00 p.m., Robbins Parlor
Living with Grief Group	7:00 p.m., Gannett Room
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, January 22

Summit Hill Al Anon	5:00 p.m., Story Room, lower level
Wellspring Wednesday	See box at right
Recovery from White Conditioning	6:00 p.m., Gannett Room

Thursday, January 23

Pastoral Care Team	9:00 a.m., Robbins Parlor
Women in Retirement: The Choice Years	1:00 p.m., Center Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	8:00 p.m., Anderson Library

Friday, January 24

Sustainable Living Team Film Series	7:00 p.m., Robbins Parlor
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Saturday, January 25

Women's Retreat	9:00 a.m., Parish Hall
Kung Fu	11:00 a.m., Body Room

Help Provide a Meal for Jeremiah Families

Help cook a meal at The Jeremiah Program, a residence and education program for single moms and their children. Volunteers are needed from 4:00-7:00 p.m. on Thursday, February 6; Thursday, April 16; and Thursday, May 12. Contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

Racial Justice Film Series: *Dawnland*

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

A documentary about cultural survival and stolen children, *Dawnland* takes the viewer inside the truth and reconciliation commission for Native Americans. This film was awarded an Emmy for outstanding research in 2019.

Rejoice at the River

All Congregation Worship Service and Retirement Celebration for Janne and Rob Eller-Isaacs

Mark your calendars for Sunday, May 31, 2020, at Harriet Island. An all-congregation, outdoor worship service will be followed by lunch, program, and party!

Sunday, January 26: *Beauty and Brokenness*

In our perfection driven culture, it can be difficult to remember to notice the beauty that is often present in the brokenness. Rev. Janne Eller-Isaacs and worship associate Lia Rivamonte will lift up the importance of reclaiming the beauty that resides within each of us, and in the larger world in all of its complex brokenness.

Ministry of Generosity

Each Sunday, thirty percent of the offering goes to support the operating budget at Unity Church and seventy percent is given to a chosen community non-profit recipient. Please make checks payable to Unity Church. On January 12, \$2,936.08 was collected in the Sunday offering. I AM Resources will receive \$2,055.26. Information about today's offering recipient, Planting People Growing Justice, is available in your order of service. The offering recipient on January 26 is Days for Girls.

Share your Musical Gifts!

If you play a musical instrument, compose, sing, teach music, or if music is a significant part of your life in other ways, contact Ahmed Anzaldúa, Director of Music Ministries, at ahmed@unityunitarian.org or 651-228-1456 x118, to find ways to connect your musical gifts to the congregational life at Unity Church.

Access the New Congregational Database

Easy directions are online at www.unityunitarian.org/membership-directory.html. Questions? Email martha@unityunitarian.org.

Wellspring Wednesday, January 22

5:45 p.m. Dinner: *Pot roast, veggies, oatmeal stuffing, salad.*
Cost: \$8/adult, \$4/child (5-12), \$2/child (2-4), \$20/family

6:45 p.m. Worship service in the Ames Chapel

7:15 p.m. Programs and Childcare

A Peace of My Mind

Since 2009 John Noltner, American photographer and peace activist, has been asking people the simple (or not so simple) question, "What does peace mean to you?" for his multimedia art project, *A Peace of Mind*. The project combines photographs and personal stories exploring the meaning of peace. He has included the voices of Holocaust survivors, homeless individuals, political refugees, and other. The project has been presented at the Nobel Peace Prize Forum, the National Civil Rights Museum and the Sojourners Summit for Change.

Mindful Relating

This session presents fun and easy-to-learn mindfulness techniques to bring home and incorporate into your life. Through simple, heart-centered, interactive practices, Thomas Stout will guide you to be more present in each moment, build authentic connections, and improve the quality of relationships.

Onward Educators • Topic: Be Here Now

Facilitators Jackie Smith and Julianne Malcom will guide the group through resilience-building exercises and reflections, and participants will collaborate to build their capacity for resilience throughout the school year. All educators are welcome.

Embodied Spiritual Practice: Yoga

All levels of yoga practitioners are welcome. Dress comfortably, bring a mat and a small blanket if you have one.

Beginning Violin

Join Mayra Mendoza for a beginning violin class — all ages welcome!

Tween Group (grades 5-7)
