

This Week at Unity Church

January 20-26, 2019

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: Pastoral Care

Finding Yourself at Unity meets on Sunday mornings, 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.

THE GATHERING: Unity Church Women's Retreat

Transformed by Fire — Claiming Our Strengths

Saturday, January 26 • Unity Church • Keynote: Rev Kate Tucker

Rev. Kate Tucker is Minister Emerita of First Universalist Church, Minneapolis, where her focus was spirituality, pastoral care, and small group ministry. Rev. Tucker will be joined by musical guest Ann Reed. This day-long retreat includes programs, food, music, and spiritual practice, and time for reflection. This retreat is open to all individuals who identify as female. Register in the Parish Hall or online at www.unityunitarian.org.

Young Adult Group (ages 18-35)

Thursday, January 24 • 6:30-9:00 p.m. • Gannett Room

Young adults gather at 6:30 p.m. for coffee/dessert "happy hour" with the meeting beginning at 7:00 p.m. All are welcome. Check out the YA blog at <https://stayingabeatlonger.com/>! To be added to the Young Adults email list, please email kp@unityunitarian.org.

Fourth Friday Sustainable Film Series: *The True Cost*

Friday, January 25 • 7:00 p.m. • Robbins Parlor

The True Cost is a story the clothes we wear, the people who make them, and the impact the industry is having on our world. Post-movie discussion facilitated by Unity Church member Nancy Dilts. Nancy holds an MA in Environmental and Resource Policy and spent close to 20 years working in the field of environmental education and outreach.

Committed Couples Class

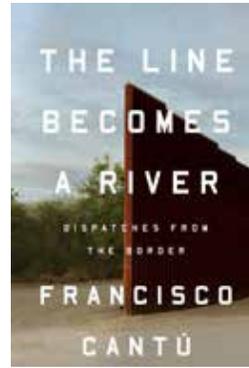
Led by Janne and Rob Eller-Isaacs, Committed Couples is a seven week class held each Tuesday, from March 26-May 7 (7:00-9:00 p.m.), designed to support all couples who are committed to one another and to promote healthy and productive conversations about relationships. The class will cover issues like finances, spirituality, parenting, intimacy, and conflict. Registration is free for pledging members of Unity Church and \$110 for non-pledging friends. To register, email Martha Tilton at martha@unityunitarian.org.

Boston Pilgrimage: October 16-21, 2019

Janne and Rob will lead a pilgrimage to the Unitarian Universalist homelands of New England. Explore the historical roots of our faith and our democracy and walk the paths that our religious ancestors walked. If you are interested, please send a refundable \$200 deposit to Song Thao, Financial Assistant, to hold your place. Balance is due June 15, 2019. Scholarships are available. The trip will cost between \$1400-\$1800, exclusive of airfare.

Help Honor Ruth Palmer

Ruth Palmer, Director of Music Ministries, will be retiring this spring and the celebration planning team needs your help honoring her! Please send photos of Ruth and the choirs for inclusion in a photo book. The team would also like your written testimonials that will become part of a collage of voices to be read at Ruth's retirement celebration on Saturday, May 11. Photos and testimonials should be sent to Martha at martha@unityunitarian.org by March 1.



2019 Unity Church Book Read

***The Line Becomes a River*
*Dispatches from the Border***

By Francisco Cantú
Riverhead Books 2018

Available now in the
Bookstall and Anderson Library

Read in January. Discuss in February.
Wednesday, February 6 • 7:10 p.m.
Sunday, February 10 • 12:30 p.m.

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.

UU Families workshops will be offered again January 27: In place of usual R.E. classes, families will participate in workshops offered by Unity's UU Families Initiative, including: bedtime/mealtime ritual trainings, new family covenanting workshop, and parent circle gatherings.

- Spirit Play, Rotations, and Jr. High programs do not meet on January 27
- OWL and COA programs continue as usual
- Nursery and activities for school-age children provided

Details at www.unityunitarian.org/young-uu-families.html.

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?

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 with current unit on spiritual practices that help connect us with "The Sacred Within."

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. Regular classes resume February 3.

Tweens (grades 5-7) meet on January 23. Meet in the Ames Chapel at 6:45.

Our Whole Lives continues January 23 with movie night for youth and parents' meeting. OWL is a sexuality and spirituality program typically for grades 8-9.

Coming of Age meets this afternoon focusing on "Striving for the Beloved Community." COA is our signature spiritual growth program typically for 9th graders.

Tower Club (grades 10-12) meets today from 6:00-8:00 p.m. to share poems, songs, pictures that capture "powerful moments" that move and shape us.

This Week at Unity Church

Sunday, January 20

Children's Choir Rehearsal	10:00 a.m., Robbins Parlor
Women's Ensemble Rehearsal	10:15 a.m., Foote Room
Afterthoughts	10:15 a.m., Gannett Room
Sustainable Living Team	10:15 p.m., DeCramer Room
Finding Yourself At Unity	10:20 a.m., Ames Chapel
Children's Musical Rehearsal	Noon, Foote Room
Above Every Name	1:00 p.m., Sanctuary
Soup Supper	5:45 p.m., Parish Hall
Tower Club	6:00 p.m., Center Room
Young Adult NAMI Group	6:30 p.m., COA/OWL Room

Monday, January 21

MLK Holiday, Church Office Closed

Circle of Peace	5:15 p.m., Center Room
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Tuesday, January 22

Zen Meditation Group	5:00 p.m., Ames Chapel
Children's Musical Rehearsal	7:00 p.m., Foote Room
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, January 23

Wellspring Wednesday	See box at right
Recovery from White Conditioning	6:00 p.m., Gannett Room

Thursday, January 24

Women in Retirement: The Choice Years	1:00 p.m., Center Room
Racial and Restorative Justice Team	6:00 p.m., Robbins Parlor
Young Adults Group	6:30 p.m., Gannett Room
Children's Musical Rehearsal	7:00 p.m., Foote Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	7:30 p.m., Anderson Library

Friday, January 25

Sustainable Living Film: <i>The True Cost</i>	7:00 p.m., Robbins Parlor
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Saturday, January 26

Women's Retreat	8:00 a.m., Parish Hall/Sanctuary
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Racial Justice Movie Night

RONDO: Beyond the Pavement

Friday, February 8 • 7:00 p.m. • Parish Hall

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.

Rondo: Beyond the Pavement, a documentary filmed by Rondo youth, shares the voices of a thriving Saint Paul neighborhood torn apart by the I-94 corridor. The 30-minute film will be followed by a Q&A session with a panel of the filmmakers and others. Refreshments will be served.

Organ Dedication Concert

Sunday, February 10 • 2:00 p.m. • Sanctuary

Aaron Miller, Guest Organist

The congregation of Unity Church will celebrate the recent renovation the Noack organ with a dedication concert on February 10. All are welcome!

Aaron David Miller is a renowned organ improviser having won numerous international awards and given concerts across the country. Dr. Miller's orchestra works have been performed by such ensembles as the Seattle Symphony, Chicago Symphony, Zurich Symphony, and St. Paul Chamber Orchestra. His recent compositions include works for Yale University and a Christmas recording by the Bach Chamber Players of St. Paul, MN. Dr. Miller is Music Director at House of Hope Presbyterian Church.

Sunday, January 27 • 9:00 a.m., 11:00 a.m., 4:30 p.m.

Intimate Justice

It is said that all justice making is ultimately intimate. Rev. Janne Eller-Isaacs and worship associate Erika Sanders will explore how we might create right relationships with those around us, knowing that it is one more dimension of justice making in our world. Unity Choir (9:00 a.m.); Women's Ensemble; Gregg Temple, guitar and voice (11:00); Unity Singers; Dan Friberg, clarinet (4:30).

Our 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 13, \$2,626.06 was collected in the Sunday offering. Como Park/Falcon Heights Block Nurse Program will receive a donation of \$1,838.24. Information about today's offering recipient, the Minnesota Unitarian Universalist Social Justice Alliance, is available in your order of service. The offering on January 27 is Dragon Crane, Inc.

Look Who's Sharing Art

The piece shared by Laura Park was created by Laura's friend and Unity Church member, the late Sara Langworthy. The collage celebrates the connection to ancestors and the love of the earth.

Wellspring Wednesday January 23

6:00 p.m. Dinner: *Roasted chicken with winter veggies, side salad, dessert.* Cost: \$7/adult, \$4/child (5-12), \$2/child (2-4), \$20/family

6:50 p.m. Worship service in the Ames Chapel

7:15 p.m. Programs and Childcare

Gun Violence Creates Broken Hearts

Join Unity's Gun Sense Team as they make valentines that show broken hearts. The team's community partner, Protect Minnesota, will provide stories of Minnesota gun violence victims which will then be attached to the cards. These valentines will be given to legislators on February 14, Lobby Day at our Capitol. Unity Church has committed to make 200 valentines. Come and help!

LGBTQ2+ Community Conversation

Join Hallman Ministerial Intern Kathryn Jay in a discussion about the gay, lesbian, queer, and trans community at Unity Church. Share stories, take stock of blessings, listen to concerns, and explore how Unity Church might grow into its mission to be a truly multicultural, welcoming space for everyone. LGBTQ2+ folks are encouraged to come; allies are very welcome!

The Future of Men's Programming

Join Rev. Rob Eller-Isaacs for a conversation about the impact of the church on men's lives. This will be a time for sharing stories, feelings, and ideas about how Unity Church can become an ever-more supportive place for men to find support, accountability, and joy.

Yoga: Balancing the Chakras

Use movement, mudra (hand gestures), and chanting to activate the chakras and provide energy for every part of the body, mind, and spirit.

Tween Group

Meet in Ames Chapel at 6:45 p.m. for worship, then heads to Jr. High classroom 21. Pick up is at 8:30 p.m.
