



Welcome Visitors

After the service please stop by the Welcome Table in 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, contact Laura Park at laura@unityunitarian.org for the link to join our online coffee hour.

Finding Yourself at Unity

Topic: Worship and the Liturgical Year

Finding Yourself at Unity meets Sundays, 10:15-11:15 a.m., in the Gannett Room and online at bit.ly/fyuonline. For visitors, new members, and inquirers, this eight-week series is offered continuously during the year. Child care is available in the nursery.

Buy a Pie! Support Queer Prom and Youth Pride

The annual Pi(e) Day (3.14.24) Bake Sale is here! Order a blueberry, apple crumble, or French silk pie in Parish Hall on Sundays, or order online at bit.ly/buyapie24. Plan to pick up your pie(s) on Sunday, March 10, between 10:00 a.m. and 12:30 p.m. The fruit pies are frozen and bake-at-home. A limited number of pies will be available. Want to help bake? Email Mike Huber at mikehuberece@gmail.com to join the fun on February 16 and 17. No baking experience required.

Serve as a Worship Associate

Unity's worship associates program provides lay members an opportunity to participate in the co-creation of worship. You must be a member of Unity Church to apply. The deadline to apply is February 15, and new associates begin March 21. Interested? Details and an application are online at bit.ly/ucuwaapp.

Healthy Congregation Covenant

A Healthy Congregation Covenant is an aspirational statement of how church members will be in "healthy relationship" with one another. The process of creating such a covenant begins with conversations about the values that Unity Church members share, and to get the process underway, Rev. Rolenz would like you to answer the question: What is one behavior you do or have observed someone else doing at Unity Church that builds a community of integrity, openhearted engagement, and courageous action? Submit your response online at unityunitarian.org/congregation-covenant.html.

We Are All in this Together: Climate Crisis Retreat

Saturday, February 24 | 9:00 a.m.-12:30 p.m.

Parish Hall | Registration: bit.ly/afeclimateretreat

The alarming stories about the climate crisis keep coming — how can we form a meaningful response? There are solutions available, but it can feel overwhelming, confusing, or even that nothing we do matters. Come to this congregational retreat, sponsored by Unity's Act for the Earth Team, to join a movement of people who feel your despair and seek solutions. The morning will include current research on high-impact climate actions, resources to develop your own plan, ways to build courage and resilience to address climate change, opportunities for further involvement and action.

Donate to the Food Shelf

The food shelf needs house cleaning and personal hygiene products. Donation baskets are located at the Holly and Portland entrances.

Funding Our Future

Unity Church Auction Fundraiser — with a twist!

Saturday March 2 | 6: 00 p.m. | Unity Church

Let's get together, online and live, and fund our church's future! Have fun helping us raise \$40,000 to support Unity's mission and programs. Make a donation, volunteer, buy tickets, come to the auction — everyone is needed to help support this fundraiser. Details online at unityunitarian.org/fundraiser.html.

The Unrestricted Gifts of Barbara Hubbard

A Celebration of 25 Years

Save the date: Sunday, March 17 | 4:00 p.m. | Unity Church

We will celebrate Barbara Hubbard's ministry as executive director and send her into retirement with our gratitude, love and joy! To submit a story or photo of Barbara for the celebration and a keepsake from the congregation visit bit.ly/bhubbsmems. To contribute to Barbara's retirement gift fund visit bit.ly/bhubbsretire.

February Parish Hall Exhibit

Two new art exhibits await your viewing pleasure during the month of February! The Parish Hall features stunning acrylic abstract paintings by artist Bob Keller, and Suki Sun shares her artistic talents in her abstract Chinese ink work, "We are being Danced," that adorns the Elliot Wing. A reception for both Bob and Suki will be held Friday, February 9, from 5:30-7:30 p.m., in Parish Hall. All are invited!

This Week in Religious Education

Monthly Religious Education Orientation for New Families

is rescheduled for Wednesday, February 21, 7:15-8:30 p.m. Please RSVP with nelson@unityunitarian.org.

Spirit Play (ages 3-6) children hear the story of Universalist minister, Olympia Brown, the first woman fully ordained by a denomination and an important leader for women's suffrage. Who are our church ministers and leaders? What does our tradition have to say about the role of women in ministry?

Rotations (grades 1-6) children begin in Ames Chapel worship, then in classrooms downstairs explore the theme "The Sacred Within." When we recognize that the Sacred within us also resides in every other being, compassion calls us into a deeper sharing and caring for others in the world.

Middle School (grades 6-8) youth continue their second semester class on "Building the Beloved Community." Youth conclude each class with worship in Ames Chapel.

Our Whole Lives meets Wednesday, February 7, with movie night for youth and parent meeting. OWL is a sexuality and spirituality program typically for grades 8-9.

Coming of Age youth and mentors meet today to continue their unit: How do we live in the Face of Death and Loss? COA is a signature spiritual growth and enrichment program typically for 9th graders.

Tower Club high school youth do *not* meet today. Meetings resume next Sunday. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith, typically meets Sundays from 12:45-2:45 p.m.

This Week at Unity Church

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

Sunday, February 4

Sunday Services 9:00 (livestream) and 11:15 a.m., Sanctuary
Religious Education Classes 9:00 and 11:15 a.m., Lower level
Afterthoughts 10:15 a.m., Lower level - Room 024/online
Finding Yourself at Unity 10:15 a.m., Gannett Room/online
Indigenous Justice Team 10:15 a.m., Community Outreach Office
Youth Choir Rehearsal 10:15 a.m., Ames Chapel
Children's Choir Rehearsal 10:20 a.m., Choir Room
Women's Ensemble Rehearsal 10:30 a.m., Foote Room

Monday, February 5

Circle of Peace 5:15 p.m., Center Room
Men's Conversation Group 7:00 p.m., online

Tuesday, February 6

Unity Sangha 4:30 p.m., Ames Chapel
Unity Singers Rehearsal 7:30 p.m., Parish Hall

Wednesday, February 7

Men's Coffee Group 10:00 a.m., DeCramer Room
Textile Arts 1:00 p.m., DeCramer Room
Summit Hill Alanon 5:00 p.m., Science Room
Wellspring Wednesday Dinner 5:45 p.m., Parish Hall
Recovery from White Conditioning 6:00 p.m., online
Wellspring Wednesday Chapel Service 6:40 p.m., Ames Chapel
Planetary Health 7:10 p.m., Parish Hall/online
Beginner Violin 7:10 p.m., Choir Room
Young Adults Group 7:10 p.m., Center Room

Thursday, February 8

Women in Retirement 1:00 p.m., Center Room
A New Look at the Bible 7:00 p.m., online
Fresh Air AA 7:00 p.m., Gannett Room
Unity Choir Rehearsal 7:30 p.m., Parish Hall

Friday, February 9

Parish Hall Artists Reception 5:30 p.m., Parish Hall

Saturday, February 10

Board of Trustees 9:00 a.m., Anderson Library
Kung Fu 9:00 a.m., Body Room
Debtors Anonymous 9:00 a.m., Science Room
Jane Evans Memorial Service 1:00 p.m., Sanctuary
Family Night Out 6:00 p.m., lower level

Queer Theology

Tuesday, February 13 | 6:30-8:00 p.m. | In-person, Center Room

Queer Theology is a theological practice that attempts to erase boundaries that exist in religious traditions, to include rather than exclude more voices. Open to adults of all genders and sexual orientations. Contact Mike Huber for access to the readings or if you have any questions: mikehuberece@gmail.com.

Help prepare a Wellspring Wednesday meal!

Sign up — bit.ly/wwhosp — for Monday grocery shopping, Tuesday night prep from 4:00-6:00 p.m., Wednesday support (cook, serve, clean up) from 4:00-5:30 or 5:00-7:30 p.m. We have such a good time in the kitchen together! One time, a few times, or many times, we could use your help! Many of these opportunities are perfect for families too. Questions? Contact Heidi Birkholz at heidi@unityunitarian.org.

Wellspring Wednesday

Wellspring Wednesday gathers a multigenerational church community to nourish right and holy relationship among us and deepen our life of faith grounded in spiritual practice and antiracist multicultural work.

FEBRUARY 7

Dinner: 5:45 p.m.: *Chana masala, kachumber salad, rice, mango lassi, chocolate crinkle cookies*
Chapel service: 6:45 p.m.
Programs with child care provided: 7:10 p.m.

Planetary Health: Envisioning our Future

Presented by Teddie Potter, PhD
Parish Hall and online via Zoom: bit.ly/phafe
The urgency to safeguard the health of the planet is felt by us all. Dr Potter is a leader in the international movement, Planetary Health, that offers a fresh way of seeing, based on old ways of knowing and Indigenous wisdom. Planetary Health is a solutions-oriented, transdisciplinary field and social movement focused on analyzing and addressing the impacts of human disruptions to Earth's natural systems on human health and all life on Earth. Her goal is to leave us feeling hopeful and called to join the global planetary health community. Dr. Potter is a clinical professor and the inaugural director of the Center for Planetary Health and Environmental Justice at the School of Nursing at the University of Minnesota.



Beginner Violin with Mayra Mendoza

In-person, Choir Room
Beginning violin lessons appropriate for all ages. Send Mayra an email at mayraquitzia@gmail.com if you plan to attend.

FEBRUARY 14

Self-Compassion and Loving Kindness: Practice and Dialogue

In-person, Robbins Parlor
Join Rev. KP Hong and Jenny Wilson for an exploration of self-compassion and the loving kindness meditation in particular. They'll share their understandings and approaches in dialogue with each other and invite your questions and reflections on these practices of love.

Lectio Divina

Online via Zoom: bit.ly/Lectio2023-24
Participate in a centuries-old monastic practice of listening, contemplating, and responding to sacred texts, modified with poetry for UU small group spiritual practice. Led by Lisa Wersal or Shelley Butler. A different poem at each session. On Wednesdays, join the Zoom from the Gannett Room at church!

FEBRUARY 21

Spiritual Practice: What's Next?

In-person, Robbins Parlor
Rev. KP Hong offers this session for anyone working to develop spiritual practice and wanting the opportunity to reflect on how it's going.

Creating Covenant, Transforming Conflict

Parish Hall and online via Zoom: bit.ly/createcovenant
A conversation about creating a Healthy Congregation Covenant.

A Taste of Coming of Age: What is our role in striving for Beloved Community?

In-person, Gannett Room

Board Game Night

In-person, Anderson Library
