

This Week at Unity Church

March 19, 2023

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: Building Tour

Finding Yourself at Unity meets Sundays, from 10:15 a.m.-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.

Unlock the Metro: Last Sunday to Donate Keys

Today is the last day to donate your spare keys at the Affordable Housing Team table in Parish Hall and help us Unlock the Metro! Why? Metropolitan Council distributes the greatest number of housing vouchers in Minnesota, yet they do not have a policy to distribute them as Project Based Vouchers (PBVs). Our partner, Beacon Interfaith Housing Collaborative, cannot develop deeply affordable housing units without PBVs. At a clergy press conference at the end of March we will deliver the thousands of keys collected from churches all over the metro to put pressure on Met Council to Unlock the Metro by creating this needed policy. No spare keys? No problem. Sign a tag at our table that we'll fasten to the keys we've already collected!

Mural Painting with Artist in Residence Geno Okok

Geno Okok, Unity's third artist in residence this church year, is ready to paint, and you are invited to help produce his murals over the coming weeks in Unity's religious education area on the lower level. Community mural painting will take place on Sundays, March 19 and 26, between 12:15 and 3:00 p.m., and Saturday, March 25, from 1:00-4:00 p.m. Anyone with interest (art skills beyond staying in the lines is not required) is encouraged to come and paint. Young children must be accompanied by an adult. You will feel a particular satisfaction for years to come whenever you walk by the mural that you helped create. Wear clothes that can get messy. Snacks will be provided.

March Parish Hall Artists: Mosaic On A Stick

Mosaic On A Stick is a women-led art studio owned by Black and Indigenous artist Lori Greene. Lori and her team have built numerous permanent public art and community-engaged mosaic installations throughout Minnesota. The artwork they create centers around healing, nature, joy, and celebrating and honoring people of color in our communities. Mosaic On A Stick welcomes you to a reception on Friday, March 24, from 5:30-8:30 p.m.!

Still Marching Forth: Post-Auction Sale

Thank you to all the donors and bidders who made the 2023 Unity Church March Forth Auction a great success! If you missed out, don't fret, there are still a few items available to buy now — no bidding required. Purchase a spot at the board's backyard social, a house concert, or a poetry reading! There are also a few very special pieces of art still available. Visit ucu732.cbo.io or the auction table in the Parish Hall to make your purchases, or help us reach our goal by making a one time financial contribution.

You Can Help Stop Gun Violence

Support Minnesota's "Red Flag" laws: SF1117/HF15. Visit the Gun Sense Team table in Parish Hall today to write a postcard to your legislator. The team will pay the postage and mail the card.

Red Cross Blood Drive: Volunteers and Donors Needed

We still need volunteers to check in donors and monitor the canteen during our blood drive on Monday, March 20, in Parish Hall. Available shifts are 8:30-11:00 a.m., 11:00 a.m.-1:00 p.m., and 1:00-3:00 p.m. Sign up by email to heidi@unityunitarian.org. Donation appointments are available from 9:00 a.m.-3:00 p.m. Visit RedCrossBlood.org and enter UCUstpaul.

Seeking High Quality Artwork

Join the growing number of artists who have successfully displayed their art in our Parish Hall. Get your application in today for a chance to exhibit starting this November. The deadline to apply is May 1 and applications are online at unityunitarian.org/artist-apply. Questions? Email artteam@unityunitarian.org.

In The Justice Database

Clean Election Minnesota, a non-profit, non-partisan organization working to expand voter rights, ensure access to voting, and keep Minnesota elections safe and accessible: bit.ly/JusticeData.

This Week in Religious Education

Spirit Play (ages 3-6): Children in Spirit Play today hear stories about how Families All Matter, a three-Sunday series that explores how families come in diverse forms and expressions, including adoption and divorce. How is your family alike/different from other families? How is church like a family? How do families show love? Please send along a family photo for the family tree wall.

Rotations (grades 1-6): Children begin in worship in Ames Chapel. Then in classrooms downstairs, they continue with unit on the "Beloved Community." In the Beloved Community, each person both brings and takes something unique and valuable to the community, and we discover that we are more together than we are separately.

Junior High (grades 6-8): Classes continue today with focus this semester on "Technology & Religion." Youth conclude each class with worship in Ames Chapel.

Our Whole Lives meets Wednesday, March 22, for focus on "Pregnancy, Parenting, and Teenage Parenting." OWL is a sexuality and spirituality program typically for grades 8-9.

Coming of Age youth meet today for writing workshop on credos. COA is our spiritual growth program for 9th graders.

Tower Club youth meet today for lunch at 12:30 p.m. followed by mural painting with Geno Okok. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith.

Chalice Camp at Unity Church!

Week 1: July 10-14 • Week 2: July 17-21

Details are online at unityunitarian.org/chalice-camp.html.

Chalice Camp is offered Monday-Friday, 8:30 a.m.-5:30 p.m., for children and youth ages 5-18 (youth in grades 7-12 serve as junior counselors and counselors).

This Week at Unity Church

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

Sunday, March 19

Sunday Services	9:00 and 11:00 a.m., Sanctuary
Religious Education	9:00 and 11:00 a.m., lower level
Afterthoughts	10:00 a.m., Crothers Room
Zoom Coffee Hour	10:15 a.m., online
Children's Choir Rehearsal	10:15 a.m., Choir Room
Women's Ensemble Rehearsal	10:15 a.m., Foote Room
Finding Yourself at Unity	10:15 a.m., Gannett Room
Youth Choir Rehearsal	10:20 a.m., Ames Chapel
Mural Painting with Geno Okok	12:15 p.m., lower level
Threshold Choir	12:30 p.m., Ames Chapel
Tower Club	12:30 p.m., Center Room

Monday, March 20

Red Cross Blood Drive	9:00 a.m., Parish Hall
Circle of Peace	5:15 p.m., Center Room
Men's Conversation Group	7:00 p.m., online

Tuesday, March 21

Unity Sangha	4:15 p.m., Ames Chapel
Living with Grief Group	6:30 p.m., online
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, March 22

Men's Coffee Group	10:00 a.m., out of building
Diesel Heart Discussion	4:30 p.m., Center Room
Summit Hill Al-Anon	5:00 p.m., Gannett Room
Wellspring Wednesday Dinner	5:45 p.m., Parish Hall
Recovery from White Conditioning	6:00 p.m., online
Wellspring Wednesday Chapel Service	5:45 p.m., Ames Chapel
Unity Stories	7:10 p.m., Robbins Parlor
Artist in Residence Geno Okok	7:10 p.m., Parish Hall
Feldenkrais Awareness Through Movement	7:10 p.m., Body Room
Beginner Violin	7:10 p.m., Choir Room

Thursday, March 23

Women in Retirement	Noon, Center Room
Unity Choir Rehearsal	7:30 p.m., Sanctuary
Fresh Air AA	8:00 p.m., Gannett Room

Friday, March 24

Mosaic On A Stick Artists Reception	5:30 p.m., Parish Hall
-------------------------------------	------------------------

Saturday, March 25

Kung Fu	9:00 a.m., online
Mural Painting with Geno Okok	1:00 p.m., lower level

In Service of Worship

Rev. Kathleen Rolenz and worship associate Rebecca Flood
Sunday Service, March 26 • 9:00 and 11:00 a.m.

Livestream at 9:00 a.m.: youtube.com/watch?v=3LCPxnIEfxI

This Sunday we welcome the South African choral group 29:11. Their group is named for a verse from Jeremiah 29:11: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not harm you, plans to give you hope and a future." We will celebrate the music of 29:11, and explore the changes to Unity's liturgical tradition while breaking open new possibilities for the future.

March Is Minnesota FoodShare Month

During the month of March, please bring soup, tuna, canned chicken, long grain white and brown rice, pasta sauce, diced tomatoes and tomato sauce, and brown paper grocery bags.

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.

5:45 p.m. • Dinner

6:45 p.m. • Chapel service

7:10 p.m. • Programs

MARCH 22

Dinner: roasted chicken, French potato salad, kale and pear salad, lemon bars

Diesel Heart Community Discussion, 4:30-6:00 p.m.

Center Room; snacks provided

Join us for a stimulating theater presentation and discussion led by Melvin Whitfield Carter, Jr., and local teaching artists Warren Bowles (director of the play), Maria Asp, and Patrick Bailey. Participants will read two scenes from *Diesel Heart*, a play that History Theatre will be producing from March 11-April 2. The readings will be followed by a discussion of the themes, tying in current events, personal values, and narratives. Participants will receive a ticket discount to see the play.

An Evening with Geno Okok • Parish Hall

Join Artist in Residence Geno Okok to learn about his art and his approach to the mural project on Unity's lower level. May include time to paint, depending on schedule and interest.

Unity Stories • Robbins Parlor

Join Rev. Karen Gustafson to share stories of Unity Church that you are carrying in your heart, but may be reluctant to tell.

Feldenkrais® Awareness Through Movement • Body Room

In a non-judgmental environment for organic learning you will be guided through gentle movement explorations to build self-awareness. Dress comfortably. Bring a blanket and small towel.

Beginner Violin with Mayra Mendoza • Choir Room

MARCH 29

Dinner: TBD

Pollinators Garden 101 • Robbins Parlor

Join congregant Barbara Porwit to learn the basics of supporting native pollinators. Learn how to get native plants at low or no cost through programs sponsored by the Act for the Earth Team's Pollinator Team. Attendees can sign up for individual site evaluations and coaching by team members. Barbara will offer this session two additional times on Zoom: Monday April 24, at 7:00 p.m. (register: bit.ly/polli424) and Monday, May 22, at 7:00 p.m. (register: bit.ly/polli522).

Options at the End of Life • Parish Hall

Support for personal choice in death is rooted for many UUs in respect for individual dignity and the rights of conscience. Join us for a discussion of the End of Life Options Act (EOLA), a bill before the Minnesota legislature. Dr. Rebecca Thoman will review EOLA and its provisions and safeguards. Unity members are invited to consider what their preferences would be, when their time comes.

Feldenkrais® Awareness Through Movement • Body Room

In a non-judgmental environment for organic learning you will be guided through gentle movement explorations to build self-awareness. Dress comfortably. Bring a blanket and small towel.

Beginner Violin with Mayra Mendoza • Choir Room