

This Week at Unity Church

Sunday, April 5, 2026



Scan the QR code for event registration hyperlinks!

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 Philippa Anastos at philippa@unityunitarian.org for the link to join online coffee hour.

Help UU the Vote: Ignite Solidarity, Reimagine Democracy

Unity's UU the Vote Team is getting ready for mid-term elections. Stop by the UU the Vote table in Parish Hall after the service today to share your thoughts and join the work.

Cultivating Hope: Evergreen Quilters Show and Sale

Enjoy quilted artwork handcrafted by the Evergreen Quilters of Unity Church! The artwork they created fills Parish Hall with eye-candy for viewing and for sale. If you'd like to meet the quilters who created these beautiful pieces, please attend the opening reception on Friday, April 10, from 5:30 to 7:30 p.m.

Buy-it-Now Boutiques, held Sunday, April 19 and 26, are opportunities to purchase smaller quilted and sewn items including table mats and runners, zipper bags, gift bags, handbags, pillowcases, scarves, and more! One hundred percent of sales support special projects and operating expenses at Hallie Q. Brown Food Shelf, Project Home, and Jeremiah Program.

The Singing Resistance

Thursday, April 9 and 23 | 6:30-7:15 p.m. | Parish Hall

Join Unity's pod of The Singing Resistance! This group meets to learn songs of hope and resilience to sing at vigils and in community as a part of the larger Singing Resistance group in the Twin Cities. Questions? Email Meg at megtietz@yahoo.com.

Fund Our Lives: Tax Day Action with ISIAH

Wednesday, April 15 | 1:00 p.m. | Christ Lutheran Church

Details and registration: bit.ly/TaxDayAction2026

Minnesotan across race, income, and background should be able to afford the basic things our families need to thrive. Quality healthcare. Childcare. Housing. Food. But last summer, Congress passed devastating cuts in order to put more money in the pockets of the ultra-wealthy. In Minnesota, we know what it means to care for our neighbors! Join this day of action to meet with Minnesota lawmakers and urge them to fund our state and our lives.

Tales from Bethlehem: Conversations in Minnesota

Wednesday, April 15 | 7:10 p.m. | Parish Hall & Zoom

What is daily life like for Palestinians in the West Bank? Is Anti-Zionism Anti-Semitic? What is Boycott/Divestment/Sanction? How do we navigate the competing media narratives and complicated but needed conversations about Israel and Palestine? Ruben Slomianski is a Jewish American whose family members include people who died as a result of the pogroms of the early 20th Century and the Holocaust, and also now includes family members who suffer under occupation in the West Bank. He is an artist and advocate for human rights and justice for Palestinians, and he has been active with Jewish Voice for Peace Twin Cities Chapter and MN-BDS for several years. Ruben will join Unity's newly forming UUs for Justice in the Middle East Team to discuss his perspectives and explore these questions and the ways our community can work together to affect positive change.

Justice Learning Partners

Wednesday, April 15 | 7:10 p.m. | [Zoom Registration](#)

Justice Learning Partners is a program that matches two or more people to take a deeper dive into a social justice resource: book, podcast, or documentary film, over 6-8 weeks. This is your opportunity to hear more about the program, what is being offered this session, and to connect with others.

Salt + Light: A UUCF Revival in St. Paul

April 17-18 | Unity Church | Registration: bit.ly/saltlight26

In the wake of the events in Minneapolis earlier this year, many Unitarian Universalists are asking: *What does faithful courage look like now?* The Salt + Light Revival, hosted by the Unitarian Universalist Christian Fellowship at Unity Church—Unitarian in St. Paul, will gather UU Christians and friends for two days of worship, reflection, and practical learning. Friday will focus on harvesting lessons and drawing strength from what has unfolded in the Twin Cities. Through worship with Rev. Dr. Oscar Sinclair, theological reflection with Rev. Ashley Horan and Dr. Elias Ortega, and Non-Cooperation Training with Lena Gardner (Black Lives of UU) and Rev. Jia Brown Starr, and practical tools for renewal with Rev. Jake Morrill, the gathering will ground faithful action in the Christian tradition. Saturday turns to the arts, exploring how music can carry the sacred, with Dr. Ayo Yetunde's session on Prince and spirituality, alongside worship and closing celebration. If you're longing for courage, community, and a deeper well of faith for the work ahead, please plan to participate. If you would like to help with food ministry during the conference, please sign up here: bit.ly/saltlightvol.

Act for the Earth Game and Puzzle Swap

Sunday, April 19 and 26 | Parish Hall | After Services

Bring the games and puzzles you no longer use and swap them for new-to-you games and puzzles. This swap is for all ages. No toys or books, please.

Act for the Earth Electric Vehicle (EV) Event

Sunday, April 19 | Parish Hall | After Services

Do recent events, and gas prices, have you musing about an EV? Did you know EVs are more reliable than gas vehicles? Did you ever drive one? This is your chance to talk to experienced EV drivers, ask questions, and take a test drive. You may be amazed!

Border CrossSing Presents *Un Milagro de Fe*

Sunday, April 19 | 4:00 p.m. | Ordway Concert Hall

Un Milagro de Fe is more than a concert; it is a meditation on how faith in Latin America has always required extraordinary courage. Across centuries of colonization, displacement, erasure, and reinvention, our communities did not lose their faith—they transformed it. That act of spiritual survival is, in itself, a miracle.

This Week in Religious Education

Today is Easter Family Sunday. There are no Religious Education classes and families are together in the Sanctuary for the entire service. An activity packet is available from the ushers, and the nursery is open on the lower level. Religious Education classes resume April 12.

This Week at Unity Church

Find the church calendar at unityunitarian.org/calendar.

Sunday, April 5

Anderson Library Open 9:00 a.m., Second level
Sunday Services 9:00 & 11:15 a.m., Sanctuary
Coffee Hour After services, Parish Hall
Afterthoughts 10:15 a.m., Gannett Room
Women's Ensemble Rehearsal 10:30 a.m., Foote Room

Monday, April 6

Men's Retirement Circle 1:00 p.m., Robbins Parlor
Circle of Peace 5:00 p.m., Parish Hall

Tuesday, April 7

Wellspring Wednesday Cooking 4:00 p.m., Kitchen
Sangha Practice 4:30 p.m., Ames Chapel
Unity Singers Rehearsal 7:30 p.m., Parish Hall

Wednesday, April 8

Men's Coffee Group 10:00 a.m., Center Room
Embodied Practice Circle Noon, Foote Room
Summit Hill Alanon 5:00 p.m., Science Room
Wellspring Wednesday Dinner 5:45 p.m., Parish Hall
Wellspring Wednesday Chapel Service 6:45 p.m., Ames Chapel
Facing the End 7:10 p.m., Parish Hall/Zoom
Lectio Divina 7:10 p.m., Gannett Room/Zoom
Alexander Technique 7:10 p.m., Foote Room
Somatic Yoga 7:10 p.m., Body Room
Young Adults Group 7:10 p.m., Center Room
Beginner Violin 7:10 p.m., Choir Room

Thursday, April 9

Women in Retirement 1:00 p.m., Center Room
Fresh Air AA 6:30 p.m., Gannett Room
The Singing Resistance 6:30 p.m., Parish Hall
A New Look at the Bible 7:00 p.m., Zoom
Unity Choir Rehearsal 7:30 p.m., Parish Hall

Friday, April 10

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

Saturday, April 11

Board of Trustees 9:00 a.m., Anderson Library

April Spiritual Practice Packet: Joyful Visions

Connect with the April worship theme by exploring our Joyful Visions spiritual practice packet at bit.ly/joyfulvisioncc.

Documentary Film Night

Sacred Planet with Gulnaz Khan: Reclaiming Peru's Glaciers

Friday, April 24 | 7:00 p.m. | Parish Hall

Unity's Mano a Mano, Indigenous Justice, and Act for the Earth Community Outreach Ministry Teams are co-sponsoring a showing of the PBS documentary, *Sacred Planet with Gulnaz Khan: Rescuing Peru's Glaciers*. The documentary follows Catholic and Quechua traditions, weaving prayer, engineering and pilgrimages to confront Peru's climate crisis. The film lasts about an hour and a discussion will follow.

Writing for Wellbeing Workshop

Saturday, April 25 | 9:00 a.m.-noon | Robbins Parlor

Registration: bit.ly/wellbework

Writing for Wellbeing is an effective and powerful research-based method to empower us to integrate and transform our grief. All who are grieving, who have experienced loss and are struggling, who want to explore new and different ways of writing their stories, are welcome to join Rev. Shay in a morning of reflection, writing, and sharing.

Wellspring Wednesday

A weekly multigenerational church community nourishing right and holy relationship among us and deepening our life of faith grounded in spiritual practice and antiracist multicultural work. Zoom links at unityunitarian.org/wellspring-wednesday.

Dinner: 5:45 p.m.: \$10/adults, \$5/child (ages 5-12), \$3/child (ages 2-4), \$25/family

Chapel service: 6:45 p.m.

Programs: 7:10 p.m., childcare provided

APRIL 8

Vegan friendly dinner: Baked potato bar, chop salad, roasted asparagus, thumbprint cookies

Facing the End | Parish Hall & Zoom

Join Unity Church members and friends for the first session of a three-part series tackling important aspects of the end-of-life journey: dementia and memory loss, getting life records in order, and options in body handling after death. Participants will also be updated on End-of-Life-Options legislation. Led by Rev. Harlan Limpert, a former hospital chaplain with years of experience supporting individuals through their end-of-life journeys, and Rev. Shay MacKay, Unity's Minister of Congregational Care.

Lectio Divina | Gannett Room & Zoom

Come experience the alchemy that occurs through focused reflection on an inspirational text. Many people find Lectio Divina sessions to be a time of rejuvenation and insight.

Introduction to the Alexander Technique | Foote Room

This interactive session will introduce you to the Alexander Technique, a way of learning to feel more comfortable in your body by better understanding your postural and movement habits. A true mind-body approach, the Alexander Technique understands that how you think affects how you move and knows your habitual tension patterns are often at the heart of your problems. Lauren Hill has been an AmSAT-certified teacher of the Alexander Technique since 2003.

Somatic Yoga | Body Room

This class is accessible to anyone comfortable sitting on the floor, bring a yoga mat, blanket, or blocks for added comfort. Led by Dr. Tamara Kraft, a somatic psychotherapist and holistic health coach.

Young Adults Group | Center Room

A fun, reflective group working to build multifaith and multicultural community.

Beginner Violin | Choir Room

Join Mayra Mendoza for beginning violin lessons for all ages. Email mayraquitzia@hotmail.com by 3:00 p.m. on Wednesday to ensure a lesson.

Garden Clean-Up

Saturday, April 25 | 9:00 a.m.- Noon

Help clean out Unity Church gardens for the spring! Bring gloves, rakes, carts, and other tools you know will be helpful. Come when you can — your help will be greatly appreciated!

Coming of Age 2026

Saturday, April 25 | 2:30 p.m. | Sanctuary

The congregation is warmly invited to witness the Coming of Age of this year's ninth grade class. Come and listen in amazement as our young people share their personal credos, bravely laying out the beliefs of their hearts and minds for all to hear.