

# This Week at Unity Church

June 23-29, 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

### Topic: Worship and the Liturgical Year

Finding Yourself at Unity meets on Sundays, from 11:15 a.m.-12:15 p.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.

## Habitat for Humanity Build: June 24-28

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a Habitat for Humanity build as an interfaith partner in Faith Builders. This will be new a construction build in the Frogtown neighborhood of St. Paul. Sign up to volunteer in the Parish Hall after the service today or online at <http://faithbuilders.tchabitat.volunteerhub.com/>. Questions? Please contact Chuck Griggs at [griggscb@msn.com](mailto:griggscb@msn.com) or 612-408-0486 (text/call).

## Unity Men's Conversation Group

The Men's Conversation Group meets the second and fourth Monday of each month (June 24, July 8 and 22, August 12 and 26), from 7:00-9:00 p.m., in the Gannett Room, to discuss a wide range of topics; to offer support for each other with emotional, spiritual, family, and other issues; and to develop a deeper connection with one another. Everyone identifying as male is welcome. Questions? Contact Terry McDanel at [tmcdanel@gmail.com](mailto:tmcdanel@gmail.com).

## One Voice Mixed Chorus: *Resistance and Resilience*

**Saturday, June 29 • 7:30 p.m. • Ordway Concert Hall**

**Sunday, June 30 • 2:00 p.m. • Ordway Concert Hall**

*Resistance and Resilience* explores the power of song in both the African American and LGBTQ+ struggles for human rights. The concert features the Midwest premiere of *Quiet No More*, a new commission honoring activists who fought back during the LGBTQ Stonewall uprising 50 years ago. Join guest conductor Tesfa Wondemagegnehu, One Voice singers, and five LGBTQ guest choirs from across the Midwest as they celebrate their legacy and sing out against hatred in all forms. Get a 15% ticket discount when purchasing online by using the code: Unity. Tickets and details online at <http://www.onevoicemn.org/>.

## Take Unity Church Out to the Ball Game

**Saint Paul Saints vs. Cleburne Railroaders**

**Wednesday, July 24 • 7:05 pm • CHS Field**

Join other Unity Church members and friends at CHS Field! We have pre-purchased a block of seats together at \$14 per ticket. You can reserve your tickets at the Welcome Table in Parish Hall or by contacting Kathryn Jay at [kathryn@unityunitarian.org](mailto:kathryn@unityunitarian.org) or 651-228-1456 x109. RSVP by June 30. All are welcome!

## All Summer: Tuesday Night Chopping

In an effort to utilize more Minnesota grown produce in the Unity Church kitchen, volunteers are invited to shop for, prep, can, preserve, and freeze summer's bounty! You will learn new recipes and techniques, enjoy tasting Minnesota's freshest fruits and vegetables, and share good conversation and lots of laughs. Sign up online at <http://bit.ly/summerchop>.

- Farmers Market: Receive a shopping list to purchase produce at the farmers market (you will be reimbursed). Deliver produce to church by the Tuesday you've signed up for.
- Tuesdays in the kitchen: 4:00-6:30 p.m., Prep, taste, and preserve market produce.

## Tell Us Your Story!

Members of the team working to write a 1970-2020 history of Unity Church are collecting the stories you'd like to share about any aspect of the church during those years. Stories can be submitted via e-mail to [ucuhistory@gmail.com](mailto:ucuhistory@gmail.com).

## Mentoring at Unity: A Path to Deeper Connection

Unity Church has a mentor program available to all visitors and new members. A mentor serves as a guide and a resource in the congregation. They pledge to meet at least once a month face to face, and be available for ongoing questions and advice for at least six months. If you would like more information, stop by the Welcome Table or email Kathryn Jay at [kathryn@unityunitarian.org](mailto:kathryn@unityunitarian.org).

## Young Adult Group (ages 18-35)

Unity's Young Adult Group meets this Thursday, June 27, from 7:00-9:00 p.m., in the Gannett Room. Check out the YA blog at <https://stayingabeatlonger.com/>! All are welcome. To be added to the YA email list, please email [kp@unityunitarian.org](mailto:kp@unityunitarian.org).

## Textile Arts Group

All ages and levels of experience are welcome! Join this group for summer meetings in art and conversation on the second and fourth Thursday (June 27, July 11 and 25) of the month from 7:00-8:30 p.m. Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch for an evening of fellowship and service. Questions? Contact Linda Mandeville at [lindamandeville41@gmail.com](mailto:lindamandeville41@gmail.com).

## Zen Meditation

Find renewal and grounding in the practice of Zen meditation. The group meets on Tuesdays, from 5:00-6:00 p.m., in the Ames Chapel. Instruction takes place on the first Tuesday of the month (July 2) at 4:30 p.m. Contact KP Hong at [kp@unityunitarian.org](mailto:kp@unityunitarian.org) if you plan to attend instruction.

## Summer Sundays Pancake Brunch

**July 21 and August 18 • Following the 10:00 a.m. service!**

### Summer Camp at Unity Church 2019!

#### Openings are still available!

Another summer of community, excitement, and fun!

**CHALICE CAMP: July 8-12 and July 22-26**

**CHALICE KIDS: July 15-19 and July 29-August 2**

Details and registration at: <http://bit.ly/chalicecamp2019>



### This Week in Religious Education

**Summer in the Garden** is offered today at 10:00 a.m. and continues throughout summer. Great for children ages 4-12. Please meet in our outdoor garden, next to the parking lot. No registration is necessary but drop-in capacity will be limited by the number of adult volunteers present. If you would like to help, please contact Anna Newton at [asnewton3@gmail.com](mailto:asnewton3@gmail.com) or KP Hong at [kp@unityunitarian.org](mailto:kp@unityunitarian.org).

Regular nursery care for continues throughout summer.

**Interested in teaching or mentoring with Coming of Age?**

Please email Drew Danielson at [drew@unityunitarian.org](mailto:drew@unityunitarian.org).

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## This Week at Unity Church

### Sunday, June 23

Anderson and Whitman Libraries Open to the Congregation  
Afterthoughts 11:15 a.m., Gannett Room  
Finding Yourself at Unity 11:15 a.m., Ames Chapel  
Above Every Name 1:00 p.m., Sanctuary

### Monday, June 24

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

### Tuesday, June 25

Tuesday Night Chopping 4:00 p.m., Kitchen  
Zen Meditation Group 5:00 p.m., Ames Chapel

### Wednesday, June 26

Al Anon Group 5:00 p.m., Science Room  
Recovery from White Conditioning 6:00 p.m., Gannett Room

### Thursday, June 27

Women in Retirement: The Choice Years 1:00 p.m., Center Room  
Racial and Restorative Justice Team 6:00 p.m., Center Room  
Young Adults Group 6:30 p.m., Gannett Room  
Textile Arts Group 7:00 p.m., Robbins Parlor  
Fresh Air AA 7:30 p.m., Anderson Library

### Saturday, June 29

Sangha Retreat 8:30 a.m., Ames Chapel  
Kung Fu 11:00 a.m., Body Room

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## Look Who's Sharing Art

"The Garden Family Wedding" shared by Barbara and Pat Foss has brought much joy. Read the story and see the painting to understand how art ties families together.

## Parish Hall Art Share

Art Share is the Parish Hall exhibit where Unity Church members display a piece of art that's meaningful to them. The purpose of Art Share is for church members to get to know each other and to enhance the focus on art within the congregation. To participate, put your name and e-mail address on the form on the bulletin board on the west side of the coffee window in the Parish Hall. Your art, a statement about why it's meaningful to you, and your photo will be a one-person show for two Sundays!

## Unity Book Club

Unity Book Club meets on the second Tuesday of the month at 7:00 p.m. All are welcome — even if you haven't read the book! On July 9 the group will discuss *Never Let Me Go* by Kazuo Ishiguro, and on August 13 the group will discuss *Diesel Heart* by Melvin Carter II. Questions? Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net).

## Recovery from White Conditioning

Recovery from White Conditioning meets each Wednesday, from 6:00-7:00 p.m., in the Gannett Room. Regarding racism, Ta-Nehisi Coates said, "It's as if I had a problem with alcohol... That's a different conversation in that I have to confess... that there's something in me... that I will always have to cope with that... that I will always have to deal with that. The honesty that takes is profound." It is the hope of this group that the 12-Step journey encourages you to live out profound honesty and courage. Come any time, as you are. Questions? Contact Dayna Kennedy at [daynamelissa@icloud.com](mailto:daynamelissa@icloud.com).

## Summer Sunday Services • One service at 10:00 a.m.

### June 30: *This Is an Uprising*

Sometimes received wisdom says change is impossible. And then, boom. All that wisdom is turned upside down. On this fiftieth anniversary of the Stonewall Uprising, join Kathryn Jay and worship associate Jake Rueter as they explore how cultural and institutional norms can be changed when people fight for what they believe in. Musician: Ava Fischer-Ross, guitar

### July 7: *Everything Happens for a Reason and Other Life Lessons I Have Learned to Hate*

Why do bad things happen to good people? Susan Huehn and Shelly Butler explore this problem without feeling the need to fix it, justify it, or even give a reason. Life is beautiful, life is hard. Suffering is not because of some cosmic conspiracy or because you didn't eat enough kale. Sometimes knowing you aren't alone is enough.

### July 14: *Writing our Story: Truth or Fiction*

As we write and live out our own stories, how are we choosing to shape the plot? Are we creating a fictional plot designed to feed our egos and create a story we think others will find impressive, or are we writing a true narrative that can lead us to peace, wisdom, and true self-actualization. Bryan Smith and Suzanne Quinn-McDonald will challenge us to question our choices and motivations in an effort to create our own true stories. A story true to our deepest souls.

## 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 June 16, \$1,504.56 was collected in the Sunday offering. Minnesota Prison Writing Workshop will receive a donation of \$1,053.19. Information about today's offering recipient, Slow Food Minnesota, is available in your order of service. The offering recipient on June 30 is Unity Church Chalice Camp.

## A Note from Ruth Palmer

I cannot totally sign-off as your music director without thanking you for the many beautiful and thoughtful notes you have written. Your generosity, in so many ways, touches me deeply and enriches the many treasured memories already in place. You, and these years shared, have been a deeply meaningful gift in my life. May music continue to sing in your lives!

## Unity Gardeners

Join other Unity Gardeners on Thursday mornings for a few hours of weeding and watering during the summer. For more information please contact Ethel Griggs at [c.griggs@comcast.net](mailto:c.griggs@comcast.net).

## Food Shelf Collection

Bring non-perishable food and hygiene items to Unity Church and help feed hungry people in our community through Evergreen Quilters' partnership with Hallie Q. Brown Food Shelf. Wicker collection trunks are located at the Portland and Holly entrances.

## Unity libraries are open all summer!

Visit the Anderson Adult Library and the Whitman Children's Library to pick up some great summer reads!

## Merging of Waters Worship Service

Be sure to collect water from your journeys (or backyard!) this summer for our annual Merging of Waters ritual service which will be held on Sunday, September 8.