



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.

Finding Yourself at Unity

Topic: Religious Education for Children, Youth, and Adults

Finding Yourself at Unity meets Sundays, 11:15 a.m.-12:15 p.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. Childcare is available in the nursery.

Indigenous Justice Team Meeting

Sunday, August 4 | 11:30 a.m.

Robbins Parlor and online: bit.ly/ijmeets

Unity's Indigenous Justice Team works to help amplify the Indigenous voice in the public square and in policy decision-making and to help generate greater awareness of what needs to be done locally to address the destruction of Dakota/Ojibwe cultures and seizure of their land as part of Minnesota colonization. All are welcome to learn about the work of the team at today's meeting or by visiting the team's webpage at unityunitarian.org/indigenous-justice.

Help Welcome Rev. Oscar and Family to St. Paul

Moving to a new place is exciting, and it has a learning curve. Unity's Board of Trustees is asking for your help easing the transition by sharing your local "golden nuggets" with Rev. Oscar and his family. Who is your trusted mechanic? Where do you take your kids in the dead of winter when they must leave their wiggles elsewhere? Which coffee shop do you regret not finding sooner? Join us in sharing your favorites! Find a collection of note cards, with prompts, for you to fill out and attach to ribbons in the main lobby. Thank you for sharing your thoughtful ideas!

Minneapolis-St. Paul Gathering of BIPOC UUs

Friday, August 9 | 6:00-9:00 p.m. | Parish Hall

Dinner: 6:00 p.m. | Program: 7:00 p.m.

Register by August 7: druumm.org/events

DRUUMM (Diverse & Revolutionary UU Multicultural Ministries) invites the UU BIPOC (Black, Indigenous, and People of Color) community to an evening of connection, healing, and spiritual growth, co-hosted with the UUA Thrive Youth and Emerging Adults of Color Program and local leaders.

This gathering is an opportunity to deepen relationships, energize spirits, and nurture solidarity. The evening will start with a potluck dinner (bringing a dish is optional, some food will be provided) and then move into a facilitated program that centers diverse experiences and offers space for healing through community.

This gathering is a designated BIPOC sacred space, reserved for UUs and those interested in exploring Unitarian Universalism who identify as Black, Indigenous, and/or People of Color.

White parents of BIPOC children/youth are welcome to attend with their child/youth, mindful of the intention of this space.

Questions? Email Nico Van Ostrand at nvanostrand@uua.org.

Spirit of Water Celebration at Hidden Falls Park

Saturday, August 10 | 5:00-8:00 p.m. | Register: bit.ly/utswatercel

Join this wonderful community event on the Mississippi River with speakers, food, art, music and play areas for children. This event is designed to highlight how to care for our waters in gratitude and celebration. Co-sponsored by Minnesota Interfaith Power and Light, Union Theological Seminary, Friends of the Mississippi River and R.I.S.E coalition.

Summer Pick Up Choir

Sing in Unity's summer pick up choir on Sunday, August 11.

Come to the Foote Room at 9:00 a.m. and learn the music for that Sunday service. Friends and family are welcome!

Food Ministry Volunteers Needed

Use the links to sign up or email Heidi at heidi@unityunitarian.org.

Come and help Tom Zell **serve brunch** on Sunday, August 11.

Sign up: bit.ly/ucusummerbrunch.

Share your hospitality talents in the kitchen during **coffee hour on Sunday mornings**. No kitchen experience required!

Sign up: bit.ly/ucucoffeesunday.

Wellspring Wednesday returns September 11! Help with **deep cleaning in the kitchen** on August 16-17, **prep meals to put in the freezer** from August 20-23, and volunteer to support Wellspring Wednesday meals all year! Sign up: bit.ly/wwfood2425.

Unity Book Club

The Unity Book Club meets on the second Tuesday of the month, at 7:00 p.m., online via Zoom. On August 13 the group will discuss *Tomorrow and Tomorrow and Tomorrow* by Gabrielle Zevin. Contact Dave Kaminski at kaminskibd@gmail.com. All are welcome — even if you haven't read the book!

Lectio Divina

Wednesday, August 14 and September 11 | 7:10 p.m.

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 Unitarian Universalist small group spiritual practice. Led by Lisa Wersal or Shelley Butler. A different poem at each session. Questions? Contact Shelley at library@unityunitarian.org.

Help Wanted!

Cairns: The Unity Church Journal of the Arts, published annually, seeks an editor-in-chief. Interested? Please email cairns@unityunitarian.org for more information.

This Week in Religious Education

Summer in the Garden continues throughout summer during our 10:00 a.m service. 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 email nelson@unityunitarian.org.

This Week at Unity Church

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

Sunday, August 4

Sunday Service 10:00 a.m., Sanctuary and livestream
Summer in the Garden 10:00 a.m., Children's Garden
Coffee Hour 11:15 a.m., Parish Hall
Afterthoughts 11:15 a.m., Lower level - Room 021/online
Finding Yourself at Unity 11:15 a.m., Gannett Room, online
Indigenous Justice Team 11:30 a.m., Robbins Parlor/online

Monday, August 5

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

Wednesday, August 7

Men's Coffee Group 10:00 a.m., Greenspace
Summit Hill Alanon 5:00 p.m., Science Room
Recovery from White Conditioning 6:00 p.m., online
Threshold Choir Rehearsal 6:30 p.m., Ames Chapel
Young Adults Group 7:00 p.m., Center Room

Thursday, August 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

Friday, August 9

Gathering of BIPOC UUs 6:00 p.m., Parish Hall

Saturday, August 10

Act for the Earth Climate Meeting 8:30 a.m., Greenspace
Board of Trustees 9:00 a.m., Anderson Library

Consider Joining Unity's Board

Deadline to apply is extended to August 16!

You can engage in supporting Unity in lots of ways — including through board service! Next year will be a particularly exciting year as we

- get to know our new Senior Minister, Rev. Oscar Sinclair,
- work with the congregation to shape our next set of ends statements,
- and study how to engage in reparations.

We seek candidates, conduct interviews and then bring a slate of three candidates forward to the congregational meeting held in November. Read more about the trustee role and the characteristics we're looking for in candidates, then complete the online application: unityunitarian.org/board-of-trustees.html. Questions? Email Jackie Duffus Boyd at jduffboyd@gmail.com.

UU Wellspring Sources Program

Register by August 16: bit.ly/uuwell2425

Retreat: Saturday, August 24, 9:00 a.m.-12:00 p.m., with potluck following

Meeting: Every other Tuesday, 6:30-8:30 p.m., September 2024-June 2025

UU Wellspring is a yearlong program of spiritual deepening connected to the Six Sources of our living Unitarian Universalist faith tradition. Through reading and reflection, daily spiritual practice, spiritual companionship, and small group process that holds space to hear our deepest truths, the UU Wellspring Sources program is a deeply meaningful to explore Unitarian Universalism and how you want your faith to guide your life and your work for justice. Questions? Email Philippa at philippa@unityunitarian.org.

Upload a Picture to Unity's Database

Help Rev. Oscar learn the names and faces of Unity's congregation! Voting members and pledging friends have access to Unity's database where they can manage their own demographic and giving information, view the calendar and directory, and upload a picture. Send an email to martha@unityunitarian.org if you need help logging in.

Green Energy Morning: Go Green and Save Money

Saturday, August 17 | 9:00-noon | Unity Church

Come learn about home energy audits, insulation, heat pumps, rooftop solar, and more! Check out electric and plug-in hybrid vehicles. Find out how to get rebates and other ways to save.

Picnic with Rev. Oscar and Family

Join Rev. Oscar and his family for a get-to-know-you picnic after worship on Sunday, August 18. The church will provide meat and non-meat options to eat, and the buns to put them in, plus water, coffee, and tea to drink. Please bring side dishes to round out your meal and to share with others. Bring a chair if you'd like to eat outside, or sit inside at a table in Parish Hall.

Summer Fun: St. Paul Saints Game

A baseball game makes the perfect summer outing — so join us on Thursday, August 22, as we cheer on the St. Paul Saints! Tickets are \$22 each. Please contact Philippa Anastos at philippa@unityunitarian.org to reserve tickets.

UU the Vote

UU the Vote is a bold initiative created by the Unitarian Universalist Association's Side With Love team, engaging people in voter registration, education, get-out-the-vote drives, voter protection, and more. To get connected to Unity's UU the Vote effort, visit unityunitarian.org/uu-the-vote.html, stop by the table in Parish Hall on Sundays, or email Priscilla Morton at prismorton@comcast.net to be added to the action alert email list.

Board of Trustees Garden Party

Spots are still available for this summertime fundraiser!

Saturday, August 24 | 4:00-6:00 p.m.

Enjoy fellowship, live music, and refreshments, in Louise Livesay-Al's beautiful backyard! Appetizers and beverages (alcoholic and non-alcoholic) included. Music by trustee Debbie Cushman and friend. If inclement weather, this event will be held inside. Purchase and reserve your spot for \$50 or \$75 or \$100 (your choice) at unityunitarian.org/make-a-gift.html. Select "fundraiser donation" and include "garden party" in the notes section.

Food Shelf and School Supplies

In August the food shelf needs granola and bars, cereal, bottled water, soup, ramen, boxed mashed potatoes and gravy, and new school supplies for the Hallie Q. annual school supply drive! Collection boxes are located at the Portland and Holly entrances.

Merging of Waters Service of Reunion

Remember to collect water this summer for our annual Merging of Waters service held on Sunday, September 8.

Request Congregational Care

Do you have a concern or celebration you wish to have shared in the Embracing Meditation during Sunday worship? Would you like to request a call from a minister or a helping hand or listening ear of a Care Team member? Complete the congregational care request form at unityunitarian.org/congregational-care.html or email to pastoralcare@unityunitarian.org.