# This Week at Unity Church

Sunday, August 9, 2026 | Worship Theme: Transformation

Scan the QR code to access all of the links in this document.

## 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: Social Justice and Community Outreach**

Finding Yourself at Unity meets Sundays, 11:15 a.m.-12:15 p.m., in the Center Room. For visitors, new members, and inquirers, this five-week series is offered continuously during the year. Childcare is available in the nursery.

## UU the Vote | Vote Early In Person

Minnesota's primary election is August 11, and you can still vote early on August 10! Visit UU the Vote webpage or the table in Parish Hall to get connected to Unity's UU the Vote efforts.

## Unity Book Club

Unity's Book Club meets on the second Tuesday of the month, from 7:00-8:30 p.m., on Zoom.

August 11: *Still Alice* by Lisa Genova

September 8: *All the Beauty in the World: The Metropolitan Museum of Art and Me* by Patrick Bringley

## Summer Lectio Divina

**Wednesday, August 12 | 7:10 p.m. | Zoom Registration**

Is it poetry? Is it meditation? It's a bit of both — Lectio Divina! Come experience the alchemy that occurs through focused reflection on an inspirational text.

## Broadcast Debut: *Estuaries in the Balance*

**Wednesday, August 12 | 8:30 p.m. | TPT Twin Cities PBS**

Hamline University's Center for Global Environmental Education in partnership with Public TV has produced a new documentary that tells the tale of two iconic Lake Superior estuaries-ecologically critical shoreline environments where lake- and river-water mix. One estuary is pristine and has been sustained through time by the Bad River Band of Lake Superior Chippewa. The other, recovering from decades of industrial pollution, is at the heart of the Fond du Lac Band's traditional homeland. Both estuaries face an uncertain future.

## Children's Garden: Weeding, Watering and Harvesting

**Saturday, August 15 | 10:00-11:30 a.m.**

Help tend the children's garden! Bring a water bottle and garden gloves, and wear sturdy shoes (tools and instruction provided).

## Black August

**Releasing Respectability: Embracing Self-Determination**

**Sunday, August 16 | 3:00 p.m. CDT | Zoom Registration**

A time of commemoration and reflection, Black August reminds us to stay active and persistent in our pursuit of Black liberation. Black Lives of Unitarian Universalism (BLUU) invites you to join them in honoring Black resistance, movement work, and freedom fighters. Guest speaker Rev. Naomi Washington-Leapheart will explore the importance of Black August and what it means to challenge respectability as a crucial requirement of aligning with Black freedom fighters.

## National Convergence for Democracy | Tending the Soil

**Friday-Sunday, August 21-23 | Minneapolis Convention Center**

Get all the details and register today!

The National Convergence for Democracy is a gathering in the Twin Cities bringing together community, grassroots, and frontline organizers, and leaders from across the country who want to skill-share and coordinate the next iteration of democracy defense in the U.S. Tending the Soil is an alignment of five power-building non-profits and labor organizations representing more than 10,000 Minnesotans led by working class, BIPOC community leaders with a history of effective and equitable organizing.

## Canoe the St. Croix: No canoeing experience is necessary!

**Saturday, August 22 | 9:30 a.m. | Registration and Details**

**Gather at Taylor's Falls Canoe Rental**

Unity's Act for the Earth Team invites you to a day of canoeing on the wild and scenic St. Croix River. Gather at 9:30 a.m. at the launch in Interstate Park just south of Taylor's Falls to rent canoes for the 2-3 hour down river paddle. Parking is limited and requires a State Park vehicle pass so carpooling is highly recommended! Enjoy a potluck picnic together at the park at Osceola Landing at the end of the paddle. A ride back to your car at Taylor's Falls is available via the outfitter and with Unity friends.

## This Week in Religious Education

**Summer in the Garden meets each Sunday** at 10:00 a.m. Great for children ages 4-12, but children, youth, and adults of all ages are welcome. Please meet in our children's garden located just east of the Sanctuary. No registration is necessary but drop-in capacity is dependent on adult volunteers.

**This week in the garden:** It will be all hands on deck as we thin our carrots and consider ways to prepare them. Juice, anyone? Story: *The Giant Carrot* by Jan Peck

**Limited produce will be available under the white tent after the service.** Donations gratefully accepted.

### Religious Education Information Sessions

Several information and orientation sessions are coming up for Religious Education families and volunteer teachers. Please attend the session(s) that apply to you. Email nelson@unityunitarian.org to participate. Unity's 2026-27 Religious Education program year begins Sunday, September 20.

**For New Families**

Please attend one of our Religious Education New Family Orientation sessions scheduled for:

- Sunday, August 9 | Noon–1:00 p.m. |
- Wednesday, September 9 | 5:30–6:30 p.m.

**For Returning Families**

The Stages of Faith Formation
Thursday, August 13 | 6:00–7:30 p.m.

**For New Volunteer Teachers**

Orientation to Teaching in Religious Education
Wednesday, August 19 | 6:00–7:30 p.m.

**For Returning Volunteer Teachers**

Deepening Our Teaching Practice
Sunday, August 23 | 12:00–1:45 p.m.

## This Week at Unity Church

View the church calendar online.

**Sunday, August 9**

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| Anderson Library Open | 9:00 a.m., Second level |
| Sunday Service | 10:00 a.m., Sanctuary |
| Summer in the Garden | 10:00 a.m., Garden |
| Finding Yourself at Unity | 11:15 a.m., Center Room |
| Afterthoughts | 11:15 a.m., Gannett Room |
| New Family Religious Education Orientation | Noon, Ames Chapel |

**Monday, August 10**

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

**Tuesday, August 11** — Primary Election Day

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| Housing Justice Team | 4:30 p.m., Zoom |
| Evergreen Quilters | 7:00 p.m., Anderson Library |
| Unity Book Club | 7:00 p.m., Zoom |

**Wednesday, August 12**

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| Men's Coffee Group | 10:00 a.m., Center Room |
| Summit Hill Alanon | 5:00 p.m., Science Room |
| Religious Education Teacher Training | 5:30 p.m., Ames Chapel |
| Young Adults Group | 7:00 p.m., Center Room |

**Thursday, August 13**

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| Women in Retirement | 1:00 p.m., Center Room |
| Fresh Air AA | 6:30 p.m., Gannett Room |
| A New Look at the Bible | 7:00 p.m., Zoom |

**Saturday, August 15**

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| Families Living with Mental Health Challenges | 9:30 a.m., Zoom |
| Children's Garden Work Session | 10:00 a.m., Children's Garden |
| Women's Coffee Circle | 10:00 a.m., Center Room |

## Unity Church at a St. Paul Saints Game

Purchase Tickets

A baseball game makes the perfect summer outing — so save the date and join us on Friday, August 28, as we cheer on the St. Paul Saints! Tickets are $22 each.

## Dine With Nine

Registration

Small groups of Unity Church members and friends gathering once a month for food and fellowship. Each group is self-directed and chooses the dates, times, and locations for their gatherings: potluck meals, visits to restaurants, a picnic, or a catered/delivered meal. Questions? Email at philippa@unityunitarian.org.

## Sign Up for Chalice Circles: Small Group Spiritual Practice

Register by September 25

Chalice Circles bring together groups of 8-10 committed participants with a trained leader to listen — to each other, to the world, and to their deepest selves — and develop a more intentional and authentic life. Each month, a packet of spiritual practice content related to the theme is prepared for use by circle participants, and anyone in the congregation interested in reflecting more deeply on the theme. An opening retreat will be held on Saturday, September 26, from 9:00 a.m.-12:30 p.m. From October through June, your circle will meet monthly. Questions? Email Philippa at philippa@unityunitarian.org.

## Merging of Waters | Sunday, September 13

Reminder to collect water this summer for our annual Merging of Waters ritual of reunion in September.

## Congregational Care

If you have a concern or celebration you wish to have shared in the Embracing Meditation during worship, please send our care team an email at pastoralcare@unityunitarian.org.

## Parish Hall Exhibit

If you have been admiring the fine photography by Bernie Friel and small watercolors by Jinjer Markel, those pieces are for sale until August 31. Purchase your favorite pieces today!

## Sunday Brunch

**Sunday, August 23 | After the service | Parish Hall**

Delicious tomato-pesto egg bake (GF) and peach-cornmeal coffee cake served with plenty of coffee and conversation. Donations gratefully accepted.

## Looking for a few good things...

We're on the lookout for a few things at the church — maybe you can help? Contact the person in parentheses!

- Quart-sized Mason jars for pickling and canning later this summer (Heidi Birkholz)
- 9" square cake pans (Heidi Birkholz)
- Kitchen appliances ((Heidi Birkholz: please vet them with Heidi before you bring them)
- Volunteer graphic artist (Laura Park)

## SHIFT

Take the survey!

This tool, from Project Drawdown, is one that Unity's Act for the Earth Team will be exploring over the coming months to help congregants see how, given their talents and strengths, as well as global and social location, they can have a positive impact on the environment.

## Recitals Featuring Unity Pianist Jared Mikach

As a 2026 recipient of a Creative Individuals grant from the Minnesota State Arts Board, our very own Jared Mikach will be presenting several recitals in the next months! These benefit recitals include programs inspired by the work/mission/values of four local organizations. Each program includes repertoire from Latin America, South America, and the Iberian Peninsula. All ticket proceeds will be donated to the organizations, and recitals will be held at First Universalist Church of Minneapolis.

- Friday, August 28, at 7:30 p.m.: SHE Shed
- Friday, October 16, at 7:30 p.m.: Patient-Family Assistance Fund at M Health Fairview Masonic Children's Hospital

For tickets, updates, and to join Jared's mailing list visit mikach.net.

## Hallie Q. Brown Food Shelf

Bring non-perishable food and other household items for the food shelf. Please, no dented cans or expired food. Donation baskets are located at the Holly and Portland Avenue entrances.

## Unity Church Civil Rights Pilgrimage to Alabama

Join Unity's Racial Justice Community Outreach Ministry Team for a pilgrimage to visit the heart and soul of America's Civil Rights Movement. The trip will be scheduled for May or early June of 2027. Pilgrims will meet in Birmingham on a Wednesday and visit Montgomery and Selma before departing from Birmingham on Sunday afternoon. The Racial Justice Team will host an orientation and Q&A for anyone interested in learning more about the pilgrimage. Please mark your calendar for Wednesday, September 30, at 7:10 p.m., in the Center Room. The pilgrimage will be led by the Living Legacy Project based in Richmond, VA. Questions? Email Clover Earl at 2clover@gmail.com.