



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.

September Parish Hall Artists: Conversing with Wonder

In Parish Hall this month are works by mixed-media artists Laura Burlis and Maureen Carlson. The common thread that connects their work is a reverence for nature and the use of polymer clay, one of their primary art materials. Join the conversation at the artist reception, Friday, September 8, 6:00-8:00 p.m., and between services on Sunday, September 10.

Summer in the Garden: Farmer's Market

After weeks of nurturing, herbs, greens, beans, squash, and tomatoes are ready for harvest by our children! Visit the children's garden after the service to see what we have been up to and take some produce home. Donations to support the garden program will be greatly appreciated!

Indigenous Justice Team Meeting • Today

The next Indigenous Justice Team meeting will be held Sunday, September 3, at 11:15 a.m., in the Center Room. All are welcome!

Sunday Services

Beginning Sunday, September 10, in-person worship services will be held at 9:00 and 11:15 a.m. The 9:00 a.m. service will also be offered via livestream.

Red Cross Blood Drive: Volunteers and Donors Needed

Volunteers are needed on Monday, September 18, in Parish Hall. 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 or call 1-800-RED-CROSS for an appointment.

Sign Up for a Chalice Circle

Chalice Circles offer a meaningful way to connect with a small group of Unity Church congregants through the spiritual practice of guided conversation. Wherever you are in your spiritual journey, Chalice Circles nurture spiritual growth through deep sharing, disciplined listening, and heartfelt appreciation. Attend the participant retreat on Saturday, September 23, from 9:00 a.m. to 12:30 p.m., to explore the Chalice Circle process and practice packets. Then beginning in October, meet monthly with your ongoing circle at a time that works with your schedule. Registration and details are online at unityunitarian.org/chalice-circles.html. Questions? Contact Laura at laura@unityunitarian.org.

Dine with Nine • Register by September 20!

Beginning in October, small groups (approximately nine per group) of Unity Church members and friends will gather once a month for food and fellowship. Each group is self-directed and will choose the dates, times, and locations for their gatherings. Often, these are potluck meals in group members' homes, but groups may choose to mix in visits to restaurants, a picnic, or a catered/delivered meal. Visit the Dine with Nine table in the Parish Hall to learn more. Or sign up at unityunitarian.org/dine-with-nine.html. Questions? Contact Laura at laura@unityunitarian.org.

Sing in a Unity Church Choir!

Here at Unity Church we have a vibrant choral program and invite you to consider singing with one of the choirs this year. Our Children's Choir, Youth Choir, Unity Choir, and Unity Singers are all accepting new members. Interested in learning more? Please contact Ahmed Anzaldúa, Director of Music Ministries, at ahmed@unityunitarian.org. Rehearsals begin in September.

Cairns: The Unity Church Journal of the Arts

The deadline to submit your original art and writing to be published in Vol. 15 of Unity's annual arts journal is September 27. Details are online at unityunitarian.org/cairns.html.

Changes to The Bylaws of Unity Church

This summer, trustees have been preparing a small offering of proposed bylaw changes for the congregation to consider. The board will host four listening sessions in September to hear your feedback on the changes, and then present them for a vote at the annual meeting in November. Please plan to participate in one of the upcoming listening sessions (registration is not required):

- Wednesday, September 13 • 7:10 p.m. • Robbins Parlor
- Wednesday, September 20 • 1:00-2:30 p.m. • Robbins Parlor
- Sunday, September 24 • 10:15 a.m. • Center Room
- Tuesday, September 26 • 7:00 p.m. • Online via Zoom (watch for link)

Our Whole Lives Registration for Grades 7-9

Our Whole Lives is a UU curriculum developed to help teens explore facts, values, justice issues and relationship skills. Teens discuss topics of sexuality in a safe environment in which they receive complete and accurate information from trained instructors who are adult members of our congregation. Class meets Wednesday evenings 7:15-8:45 p.m. A required orientation for parents/guardians is Tuesday, September 12, at 6:45 p.m. At this meeting facilitators will share the philosophy, structure, and materials of the curriculum. Questions and registration to Drew Danielson at drew@unityunitarian.org.

This Week in Religious Education

Summer in the Garden: Farmers Market

Children ages four and up should meet under the tent in the green space at 10:00 a.m., parents/guardians return for pick up by 11:15 a.m. This Sunday is our last day together, so we will celebrate our harvest and our summer together. There should be herbs and greens to share today, as well as squash, tomatoes and beans. We invite everyone to join us under the white tent after the service to see what we have been up to and take some produce home. In lieu of a sale price, donations to support the garden program will be greatly appreciated!

Save the date! Children can help us harvest the last of the produce between services on September 17. That week's Wellspring Wednesday dinner will feature our garden's produce!

If you would like to enroll your child in Unity's religious education program for the 2023-24 church year (starting September 17), email Nelson at nelson@unityunitarian.org and plan on attending the enrollment session on September 6, at 7:00 p.m., in the Foote Room.

This Week at Unity Church

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

Sunday, September 3

Sunday Service	10:00 a.m., Sanctuary
Summer in the Garden	10:00 a.m., Children's Garden
Farmers Market	11:15 a.m., Children's Garden
Afterthoughts	11:15 a.m., Crothers Room/online
Coffee Hour	11:15 a.m., Parish Hall and online
Indigenous Justice Team	11:15 a.m., Center Room

Monday, September 4

Labor Day Church Office Closed

Tuesday, September 5

Unity Sangha 4:15 p.m., Ames Chapel

Wednesday, September 6

Men's Coffee Group	10:00 a.m., DeCramer Room
Textile Arts	1:00 p.m., DeCramer Room
Summit Hill Al-Anon	5:00 p.m., Gannett Room
Recovery from White Conditioning	6:00 p.m., online
Religious Education Enrollment	7:00 p.m., Foote Room

Thursday, September 7

Women Keep it Real NA	6:00 p.m., Art and Science Rooms
Fresh Air AA	8:00 p.m., Gannett Room

Friday, September 8

Parish Hall Artists Reception 6:00 p.m., Parish Hall

Saturday, September 9

Board of Trustees	9:00 a.m., Anderson Library
Kung Fu	9:00 a.m., online
Debtors Anonymous	9:00 a.m., Science Room
Teacher Orientation	1:00 p.m., Foote Room

Let the River Run!

Merging of Waters Family Sunday, September 10

Services at 9:00 and 11:15 a.m.

Livestream at 9:00 a.m.: youtube.com/watch?v=C7Sp5NhoemM

Rev. Kathleen Rolenz | Rev. Lara Cowtan | Rev. KP Hong
Come one, come all to our Merging of the Waters ingathering Sunday! Bring water from a special place you've been this summer (or your backyard hose) and we'll reconnect after some time away. Rev. Rolenz will offer a reflection on how the various streams of our faith meet, merge, nourish and sustain us for the year ahead. September 10 is a Family Sunday, with children experiencing the entire worship together with their families in the Sanctuary. A story for all ages and activity books related to the story and sermon help children to engage with the service. The nursery is open for children under three years of age.

Cairns
The Unity Church Journal
of the Arts
Vol. 15, 2023
Submit NOW
thru
September 27, 2023
To submit or learn more go to:
unityunitarian.org/cairns

WHAT'S YOUR
STORY?
SEND US YOUR
ART
STORIES
PHOTOS
POEMS
FICTION
MEMOIR
REFLECTIONS
DRAWINGS
PAINTINGS
MUSIC
AND MORE!

"EVERYONE HAS A STORY, THE AIR IS FULL OF STORIES." - ISABEL ALLENDE

Unity Book Club

Unity Book Club meets the second Tuesday of each month, 7:00-8:30 p.m., online via Zoom. On September 12 the group will discuss *Rough Sleepers* by Tracy Kidder. Want to join a discussion? Contact Dave Kaminski at kaminskibd@gmail.com.

Wellspring Wednesday Returns September 13

Wellspring Wednesday returns to its weekly church-year schedule on September 13!

- Dinner: 5:45 p.m.: *Roasted chicken or vegetarian alternative, roasted brussels and squash with pomegranate, snickerdoodles*
- Chapel Service: 6:45 p.m.
- Programs: 7:10 p.m.

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.

Spiritual Practice Series Session One

In-person, Parish Hall
Rev. KP Hong, Laura Park, Angela Wilcox
What are spiritual practices? What form do they take? How do we incorporate spiritual practice into our lives? This series focuses on these questions and session one focuses on the what, the why, and the how of spiritual practice.

- **Spiritual Practice Series: Session Two (September 20)**

Session two will be experiential as participants "try on" various practices and reflect on the meaning of them.

- **Spiritual Practice Series: Session Three (September 27)**

Session three will connect spiritual practice and antiracist multiculturalism, exploring how they intertwine and inform our daily lives and social justice work.

Listening Session: Changes to Unity's Bylaws

In-person, Robbins Parlor
Hosted by Unity's Board of Trustees
Come learn about the four bylaw changes the board plans to bring for a congregational vote at the annual meeting in November. There will be time to offer opinions, ask questions, voice concerns, and provide general feedback. Visit unityunitarian.org/board-of-trustees.html for details about the changes and to find additional dates for listening sessions.

Beginner Violin

In-person, Choir Room
Join Mayra Mendoza for beginning violin lessons appropriate for all ages. Learn basic violin posture, note reading, and more! Questions? Email mayraquitzia@hotmail.com.

Lectio Divina

Online via Zoom (or join from the Gannett Room):
bit.ly/Lectio2023-24
Offered the second Wednesday and fourth Tuesday of each month at 7:10 p.m. Register once, at any time, to attend any or all sessions.
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. Questions? Email library@unityunitarian.org.