

Welcome Visitors

After the service please stop by the Welcome Table in the 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, join other Unity Church congregants for informal conversation at an online coffee hour. Contact Laura Park (laura@unityunitarian.org) for the link to join each Sunday when the live-streamed service ends.

Sunday Services

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

Finding Yourself at Unity

Finding Yourself at Unity does not meet this week due to the holiday weekend. Classes resume next Sunday, at 10:15 a.m., with the topic Unitarian Universalist History.

Bring Food for the Food Shelf

During September the food shelf needs pencils, backpacks, rulers, markers, crayons, notebooks, glue sticks, glue, tissues, general school supplies, and of course food is always welcome. Please bring an item — or two — every time you come to church. Thank you!

Sign up for a Chalice Circle

Chalice Circles offer a way to connect with a small group of Unity Church members through the spiritual practice of guided conversation. The circles are designed to nurture spiritual growth through deep sharing, disciplined listening, and heartfelt appreciation for what each participant has to share.

Participating is easy:

1. Visit bit.ly/Circles22-23 and choose a day and time that fits your schedule.
2. Engage with the Spiritual Practices packet, explore a suggested practice, and then reflect on the questions. Check out this month's packet to get an idea of what to expect: <https://bit.ly/covenantpractice>.
3. Join your Chalice Circle to connect with others while engaging with each month's theme.

Get Out the Vote Kickoff Meeting

Tuesday, September 13 • 7:00 p.m.

Online via Zoom • Register: <https://bit.ly/GOTVsept>
Unity Church members are invited to help Get Out the Vote (GOTV)! Join us for a kickoff meeting via Zoom to learn why getting the vote out is important and how you can help. Questions? Contact Sherri Knuth at SherriKnuth@gmail.com.

Housing Conversation with Gubernatorial Candidates

Tuesday, September 13 • 7:00-8:30 p.m.

Details and registration: <https://bit.ly/beacongov>
Organizations, including Beacon Interfaith Housing Collaborative, from across the housing continuum are sponsoring this event. We look forward to hearing what candidates for Governor have to say about their vision for home. Issues to be covered include homelessness, housing instability, home ownership, and more. Questions for the candidates will be crafted by a diverse group of housing stakeholders.

Blood Drive at Unity Church: Donors Needed

Blood donation appointments are available from 9:00 a.m.-3:00 p.m. on September 19. For an appointment, call 1-800-RED-CROSS (1-800-733-2767) or visit [RedCrossBlood.org](https://www.RedCrossBlood.org) and enter UCUpaul to schedule an appointment.

Change, Conflict, and Complexity

Antidotes and Spiritual Practices

Saturday, September 24 • 9:00 a.m.-12:30 p.m.

Register: <https://bit.ly/changeconflictcomplexity>

A training event to further our collaboration with Team Dynamics in deepening intercultural capacity across our ministry areas. We will build on practices and touch the complexities at the heart of our antiracist multicultural work.

A Spiritual Practice to Feed Your Soul: Lectio Divina

Fourth Tuesday of the month (beginning September 27) or the second Wednesday (beginning October 12) on Zoom 7:00-8:30 p.m.

Register once, at any time, to attend any or all sessions:

<https://bit.ly/lectio22-23>

Meet online to share in our ongoing offering of Lectio Divina. Following a centuries-old Benedictine spiritual practice of contemplative reading, a chosen poem is read aloud, as attendees are encouraged to lift up what they heard and how the poem spoke to them. A different poem at each session. A rich way to receive poetry's gifts in a small group setting. Led by Lisa Wersal or Shelley Butler.

Submit to *Cairns: The Unity Church Journal of the Arts* Deadline is September 26!

What's your story and medium? What is your take on things? How do you see the world? What unique point of view do you have? What are you passionate about? What vision of the ordinary or everyday life tells a story about you, or do you have an extraordinary story? Share it with our community by submitting to *Cairns*! For more information on how and what to submit to *Cairns*, as well as the process of selection and editing, please visit unityunitarian.org/cairns.html.

This Week in Religious Education

Summer in the Garden concludes this Sunday after a wonderful season of growing and learning. Great for children ages 4-12. Please meet in our outdoor garden, next to the parking lot (or lower level if inclement weather). No registration is necessary.

Next Sunday is Merging of Waters Family Sunday — bring the water you have collected over the summer for our merging ritual. On Family Sundays, children experience the entire worship together with their families in the Sanctuary. A story for all ages and activity books related to the stories and sermon help children to engage in the experience of worship. The nursery is open for children under three years of age.

Religious Education classes begin Sunday, September 18. To inquire about enrollment, please email Ray Ann Hommeyer at ray@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, September 4

Sunday Services	10:00 a.m., Sanctuary
Summer in the Garden	10:00 a.m., Children's Garden
Afterthoughts	11:00 a.m., Crothers Room
Zoom Coffee Hour	11:15 a.m., online

Monday, September 5

Building Closed for Labor Day
Men's Conversation Group 7:00 p.m., online

Tuesday, September 6

Unity Sangha	4:30 p.m., Ames Chapel
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, September 7

Men's Coffee Group	9:00 a.m., Church Greenspace Tent
Summit Hill AI-Anon	5:00 p.m., Science Room
Recovery from White Conditioning	6:00 p.m., online

Thursday, September 8

Gun Sense Ministry Team	4:30 p.m., Gannett Room
A New Look at the Bible	7:00 p.m., online
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	8:00 p.m., Gannett Room

Friday, September 9

Parish Hall Artist Reception	5:30 p.m., Parish Hall
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Saturday, September 10

Board of Trustees	9:00 a.m., Anderson Library
Kung Fu	9:00 a.m., online
Teacher Orientation	1:00 p.m., Parish Hall

Sunday Service, September 11: *The Same River Twice* Merging of Waters and Ritual of Transition

Rev. Kathleen Rolenz

In-person services at 9:00 and 11:00 a.m. in the Sanctuary
Livestream at 9:00 a.m.: <https://youtu.be/fhJL-pedu8E>
This Sunday marks the beginning of the church year and the launch of September's theme of covenant. Covenants both mark a new beginning and affirm long-standing values, hopes and dreams for the present and future. Our first Sunday "back" after summer services will include a ritual of ingathering with the merging of waters and an acknowledgement of the next chapter of interim ministry. Please bring water you have collected over the summer for the merging ritual. September 11 is a Family Sunday, with children experiencing the entire worship together with their families in the Sanctuary.

Sunday Offering

Each Sunday, seventy percent of the offering is shared with a community non-profit and thirty percent supports the Community Outreach Ministry at Unity Church. Today's collection supports the Native American Boarding School Healing Coalition. To find donation amounts from previous offerings, or to nominate an organization to receive the offering, please visit unityunitarian.org/sunday-offering.html.

Join Unity's Emergency Preparedness Team

Help the congregation be prepared for a variety of emergencies. If you are interested in reading the church's Emergency Action Plan and/or joining our Emergency Preparedness Team, please contact Barbara Hubbard at barbara@unityunitarian.org.

Wellspring Wednesday

Wellspring Wednesday gathers a multigenerational church community Wednesday evenings to nourish right and holy relationship among us and deepen our life of faith grounded in spiritual practice and antiracist multicultural work.

WEDNESDAY, SEPTEMBER 14

5:45 p.m., Dinner: Shepherd's pie, salad, dessert

Dinner is prepared and served by our Food Ministry Teams. The cost for dinner is \$8/adults, \$4/child (ages 5-12), \$2/child (ages 2-4), and \$20/family. If you need financial assistance to help cover the cost of dinner, please email Laura Park at laura@unityunitarian.org. If you plan to join us and need a special food preparation, email madeline@unityunitarian.org. Vegetarian, vegan, gluten free, dairy free options available.

6:45 p.m., Chapel service

7:10 p.m., Programs

Medicine Year by Thomas R. Smith

Twin Cities Book Launch

In-person in the Parish Hall and online via Zoom
Register for Zoom: bit.ly/TRSmithUnity
You are invited to the Twin Cities book launch of *Medicine Year* with internationally known poet and Loft instructor, Thomas R. Smith. *Medicine Year* is a record in poems of 2020, a year in which, for the poet and his wife, personal crises coincided with the coronavirus pandemic in a medical "perfect storm." But *Medicine Year* is fundamentally not about illness or pandemic but about health and being alive in times that deplete our physical and emotional resources. Books will be for sale from SubText Books and book signing will follow reading.

Medical Aid in Dying

In-person • Robbins Parlor
Join Rev. Harlan Limpert and Dr. Rebecca Thoman to learn about legislation for Medical Aid in Dying (MAiD.) MAiD legislation, already passed in 20 states, is connected to Unitarian values, allowing MAiD for people who are over the age of 18, terminally ill, and deemed mentally capable by medical experts. Those attending who are interested in forming a group to support passage of MAiD legislation in Minnesota will consider next steps.

Beginning Violin for All Ages

In-person • Choir Room
Instructor: Mayra Mendoza (she/her)
This is a weekly drop-in class for anyone interested in learning to play the violin. A few violins will be available on a first come, first serve basis.

Dine with Nine Returns

Beginning in October, small groups 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. Details and sign-up are available at unityunitarian.org/dine-with-nine.html. Questions? Contact Laura Park at laura@unityunitarian.org.

Sing in a Choir!

Rehearsals for Unity Choir, Women's Ensemble, Unity Singers, Children's Choir, and Youth Choir all begin in September. Details about how to get connected are online at unityunitarian.org/music-ministry.html.