

This Week at Unity Church

September 8-14, 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: Unitarian Universalist History

Finding Yourself at Unity meets on Sundays, from 10:20-11:15 a.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.

Sign Up for a Chalice Circle • In the Parish Hall today!

Chalice Circles are small groups of 8-10 participants who come together with a trained leader, once a month, to nurture spiritual growth in community. At the beginning of each month participants receive materials based upon the worship theme. From these materials, each participant chooses one spiritual exercise and a deep question to sit with for the course of the month. At the end of the month, participants gather with their group to share experiences. Details and sign up are at the Chalice Circle table in the Parish Hall today and online at www.unityunitarian.org/chalice-circles.html.

Dine with Nine

Enjoy good food, lively conversation, and get to know more people at Unity Church! Beginning in October, small groups of church members and friends will gather in each other's homes once a month for food and fellowship. The self-directed groups will choose dates, times, and places for their gatherings. Visit the Dine with Nine table in the Parish Hall today to learn more or sign up to participate online at www.unityunitarian.org/dine-with-nine.html. Questions? Contact Teresa Wernecke at teresa475@gmail.com.

Sing in a Unity Choir!

For information on joining one of the choirs at Unity Church, please contact Ahmed Anzaldúa, Director of Music Ministries, at ahmed@unityunitarian.org or 651-228-1456 x118.

- **Children's Choir:** First rehearsal open house is today, from 10:15-11:00 a.m., in the Robbins Parlor. All children in grades 1-5 are warmly invited to attend!
- **Unity Choir** (high school, adult): Thursdays, 7:30-9:15 p.m., Parish Hall
- **Women's Ensemble:** Sundays, 10:15-10:45 a.m., Foote Room

Opportunity Saint Paul Kick Off Event!

Thursday, September 12 • 5:30-7:30 p.m.

Gloria Dei Lutheran Church, Saint Paul

As part of a city wide effort, Unity Church is joining other faith communities to rally an army of volunteers to combat poverty. Opportunity St. Paul matches volunteers with nonprofit organizations that have proven records of effectively addressing barriers to economic mobility. Volunteer participants will commit to volunteering once a week for a year with one partner organization and attend bi-monthly events that include dinner, fellowship, presentations, and interfaith dialogue. To learn more, contact Ann Russell at annjd83@gmail.com.

Look Who's Sharing Art

Anne Haley is exhibiting one of her Dad's photos of the New York City skyline from Midtown Manhattan facing Lower Manhattan. When you know the photo was taken about 1969, will you be surprised at what's in the background?

Parish Hall Artist Reception: Cynthia Starkweather-Nelson

Friday, September 13 • 6:00-8:00 p.m. • Parish Hall

Racial Justice Film Series: *My Family/Mi Familia*

Friday, September 13 • 7:00 p.m. • Robbins Parlor

An ongoing film series to further our growth in the understanding and challenging of white supremacy and structural racism.

Mi Familia (1995) is the story of the Sanchez family's experience of life in the United States. Spanning three generations, this film shows the various relationships that each family member has living in Los Angeles.

Mano a Mano 25th Anniversary Celebration

Sunday, September 15 • 2:00-4:00 p.m. • Mano a Mano International

Join friends of Mano a Mano as they celebrate their 25th anniversary! There will be food, fellowship, a brief program, and an opportunity to help fund Mano a Mano's work. Unity Church member Ray Wiedmeyer will offer tours of the warehouse where volunteers meet to sort and pack hundreds of thousands of pounds of surplus medical items. For event location, details, and to purchase tickets please visit www.manoamano.org/mano-a-mano-is-turning-25/. Mano a Mano, founded by Unity Church members Segundo and Joan Velasquez, works to improve health and increase economic well-being in impoverished Bolivian communities.

Adult Our Whole Lives Information Session

Wednesday, September 18 • 7:15 p.m. • Room TBD

Unity Church will offer the adult (18+) version of Our Whole Lives, the UUA's human relationship and sexuality program, this fall. The course will be offered over 12 Wellspring Wednesday evenings from October 9 through February. Questions? Attend the meeting or contact Drew Danielson at drew@unityunitarian.org.

This Week in Religious Education

Welcome back, families! Today is Merging of Waters Family Sunday and all children and youth are in the Sanctuary for the full worship service. Activity packets are available for use during worship, and nursery care is offered on the lower level.

Spirit Play, Rotations, Junior High programs begin next Sunday, September 15, at all three service times:

- We are continuing to make final updates, please watch for emails with rosters of enrolled children
- Locations for junior high classes will be posted downstairs in the junior high area (near nursery)
- For volunteer teachers, there is a final orientation session Wednesday, September 11, 7:15-8:30 p.m.

Coming of Age, our signature program for 9th graders, meets today at 3:15 p.m. for the first class, with both agers and mentors attending together.

Tower Club begins today, with youth attending the 11:00 service followed by a picnic. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith.

Our Whole Lives (OWL) begins this Wednesday, September 11, at 6:45 p.m., with worship in Ames Chapel. Families are encouraged to come to Wellspring Wednesday dinner at 5:45 p.m. OWL is a sexuality and spirituality program for youth in grades 7-9.

Questions about R.E. programs? Email kp@unityunitarian.org, michelle@unityunitarian.org, or drew@unityunitarian.org.

This Week at Unity Church

Sunday, September 8

Anderson and Whitman Libraries Open to the Congregation	
Afterthoughts	10:15 a.m., Gannett Room
Children's Choir Open House	10:15 a.m., Robbins Parlor
Women's Ensemble Rehearsal	10:15 a.m., Choir Room
Above Every Name	1:00 p.m., Sanctuary
Soup Supper	5:45 p.m., Parish Hall

Monday, September 9

Men's Retirement Group	1:00 p.m., Gannett Room
Men's Conversation Group	7:00 p.m., Gannett Room

Tuesday, September 10

Zen Meditation Group	5:00 p.m., Ames Chapel
Debtors Anonymous	6:30 p.m., Drama Room
Evergreen Quilters	7:00 p.m., Anderson Library
Unity Book Club	7:00 p.m., Robbins Parlor
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, September 11

Al Anon Group	5:00 p.m., Science Room
Recovery from White Conditioning	6:00 p.m., Gannett Room
Wellspring Wednesday	See box below

Thursday, September 12

Women in Retirement: The Choice Years	Noon, Center Room
A New Look at the Bible (Isaiah 21)	7:00 p.m., Center Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	8:00 p.m., Anderson Library

Friday, September 13

Parish Hall Artist Reception	6:00 p.m., Parish Hall
Racial Justice Film Series: <i>Mi Familia</i>	7:00 p.m., Robbins Parlor

Saturday, September 14

Board of Trustees	9:00 a.m., Anderson Library
Kung Fu	11:00 a.m., Body Room
Self Care/Self Defense	1:00 p.m., Body Room

Wellspring Wednesday, September 11

5:45 p.m. Dinner: Taco bar! Cost: \$8/adult, \$4/child (5-12), \$2/child (2-4), \$20/family

6:45 p.m. Worship service in the Ames Chapel

7:15 p.m. Programs and Childcare

Mapping a Path to Belonging — Rev. Lisa Friedman

A new church year brings new opportunities to connect to our religious journeys — in our spiritual lives, in our community, in our neighborhood. Tonight's session will help us to reflect on what is moving in our lives and to set some intentions and practices for the coming year, with the support of your church.

SteppingStone Theatre Acting Workshop

This workshop is designed for youth in grades K-8, and will divide into age-appropriate creative groups to learn skills in theatre elements like acting through voice and movement, improvisation, and exploring different expressive styles.

Getting Scrappy — Madeline Summers

Come learn a few different ways to use up your leftover kitchen scraps. This month's theme is coffee grounds. We'll learn a little about what you can do to use up this common scrap. Please bring your own reusable container to bring home your coffee body scrub and coffee air fresheners.

Religious Education Teacher Orientation

Sunday Service, September 15 • Return Again

9:00 a.m., 11:00 a.m., 4:30 p.m.

Belonging is a leap of faith. It takes real courage to say yes without knowing where your commitment may take you. Ambivalence easily gets in the way. The joys of belonging can outweigh the risks involved. Rev. Rob Eller-Isaacs and worship associate Lia Rivamonte will reflect together on the meaning and the measure of belonging to Unity Church. Musicians: Unity Choir (9:00/11:00), Unity Singers (4:30). Soup supper: Chickpea and sweet potato stew with chermoula.

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 September 1, \$1,196.51 was collected in the Sunday offering. East Side Elders will receive a donation of \$837.56. Information about today's offering recipient, Obama School Sunshine Fund, is available in your order of service. The offering recipient on September 15 is Exodus Lending.

Help Provide a Meal for Jeremiah Families

Help cook a meal at The Jeremiah Program (932 Concordia Avenue, St. Paul), a residence and education program for single moms and their children. Meals are provided before evening classes and Unity Church volunteers are needed to help with preparation on the following dates: Thursday, October 3; Tuesday, November 12; Tuesday, January 7; Thursday, February 6; Tuesday, March 3; and Thursday, April 16. Helpers (including kids over eight years old) work from 4:00-7:00 p.m. To volunteer contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

A Better Angels Workshop: Family and Politics

How to Talk with Loved Ones on the Other Side

Saturday, September 21 • 9:00 a.m.-noon • Parish Hall

Bill Doherty, Unity Church Member and Co-Founder of Better Angels

Family relationships are becoming casualties of our toxic political environment. If you want to preserve important family bonds while still being true to your values, this workshop will offer you:

- Insight into why family differences over politics are challenging
- Recognition of common roles that family members play in political conversations (gladiator, defender, sniper)
- Strategies and skills for handling family political differences

You'll laugh and have some fun in this workshop — it won't be all serious. To register visit <http://bit.ly/baucufampol>.

New Choir Forming at Unity Church!

A group of members of the adult choirs met with Ahmed and Janne to discuss the possibility of creating a threshold choir at Unity Church. Threshold choirs are designed to learn a common repertoire and then sing for those experiencing threshold moments. They are most commonly utilized when people are transitioning from life into death. The first rehearsal has been set for Saturday afternoon, September 21, from 1:30-3:00 p.m., in the Ames Chapel. For more information please contact Janne Eller-Isaacs at janne@unityunitarian.org.

Cairns: The Unity Church Journal of the Arts, Vol. 11

You are invited to share your art and writing with the Unity Church community! All writing and art is appreciated and will be reviewed for publication — you do not need to be a professional writer or artist to submit. Final deadline is September 23! Details are online at www.unityunitarian.org/cairns-arts-journal.html.