



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.

Finding Yourself at Unity

Topic: Membership 101

Finding Yourself at Unity meets Sundays, 10:15-11:15 a.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. Child care is available in the nursery.

September Parish Hall Artists

Conversing With Wonder: Faces Peer out of Tangles of Wood

Possums skitter behind trees. Polymer clay meets a reverence for nature, a mixed media wonderland of two artists' imagination. Come meet the artists in Parish Hall following the services, where they'll have a polymer clay demo, a one-day selection of smaller works on show, and happy conversations about their work.

Changes to The Bylaws of Unity Church

Trustees have prepared a small offering of proposed bylaw changes for the congregation to consider. The board is hosting four listening sessions to hear your feedback on the changes, and will then present them for a vote at the annual meeting in November. Please participate! 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: bit.ly/bylaws926

Merging of Gardens for Stone Soup on September 20

Bring produce from your garden to church on Sunday, September 17, and we'll include it in our Stone Soup on Wellspring Wednesday, September 20. Drop off items at the table outside the kitchen. Extra produce will be shared with Hallie Q Brown food shelf. Sponsored by the church's Children's Garden.

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. Attend the 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. Registration and details are online at unityunitarian.org/chalice-circles.html.

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.

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. Sign up at unityunitarian.org/dine-with-nine.html. Questions? Contact Laura at laura@unityunitarian.org.

Dying for Beginners

A seven-part series on actions to take for a better death

The goals of these sessions are:

- To support one another and explore important issues that face us at the end of life, and,
- To develop a UU constituency for legislation to expand end-of-life options (EOL), including medical aid in dying. (Unitarian Universalist Association policy has supported death with dignity since 1988!)

The seven Wednesday sessions (beginning October 18) will each touch on different aspects of the end of life including thinking about death, experiencing dying, dealing with the body, and documenting wishes. Contact Marty Rossmann at rossm001@umn.edu to learn more or to reserve a spot in the series.

Hallie Q. Brown Food Shelf

This month the food shelf needs granola bars, fruit bars, cereal, soup, ramen, and mashed potatoes and gravy. Donation baskets are located at the Portland and Holly entrances.

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 for younger children are available for use during worship, as well as nursery care on the lower level.

For families with children who would like to enroll in religious education program, please contact nelson@unityunitarian.org.

Spirit Play, Rotations, Junior High programs begin Sunday, September 17, during both service times (9:00/11:15):

- We are continuing to make final updates, so please be sure to watch for emails with rosters of enrolled children.
- Junior high classes will be posted downstairs in the junior high hallway (near the nursery).
- For those volunteer teaching, there is one final teacher orientation session Wednesday, September 13, 7:15-8:30 p.m. Questions? Email nelson@unityunitarian.org

Coming of Age (COA) meets Sunday, September 17 at 10:45 a.m. for the first class, with agers and parents both present.

Our Whole Lives (OWL) parent orientation is Tuesday, September 12, and class begins Wednesday, September 20. Youth are encouraged to come to Wellspring Wednesday dinner at 5:45 p.m. OWL is a sexuality and spirituality program for 7-9 graders. Questions? Email drew@unityunitarian.org

Tower Club begins Sunday, September 17, with youth attending 11:15 a.m. service followed by first gathering. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection of the world and faith. Questions? Email drew@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 10

Sunday Service	9:00 and 11:15 a.m., Sanctuary
Afterthoughts	10:15 a.m., Crothers Room/online
Finding Yourself at Unity	10:15 a.m., Gannett Room
Meet the Artists	After services, Parish Hall
Chalice Circle Facilitators	1:00 p.m., Robbins Parlor
Nursery Caregiver Training	1:00 p.m., Nursery

Monday, September 11

Men's Retirement Group	1:00 p.m., Robbins Parlor
Circle of Peace	5:15 p.m., Center Room

Tuesday, September 12

Affordable Housing Team	4:30 p.m., online
Unity Sangha	4:15 p.m., Ames Chapel
OWL Parent Orientation	6:45 p.m., Center Room
Evergreen Quilters	7:00 p.m., Anderson Library
Unity Book Club	7:00 p.m., online
Unity Singers	7:30 p.m., Parish Hall

Wednesday, September 13

Men's Coffee Group	10:00 a.m., DeCramer Room
Summit Hill AI-Anon	5:00 p.m., Gannett Room
Wellspring Wednesday Dinner	5:45 p.m., Parish Hall
Recovery from White Conditioning	6:00 p.m., online
Wellspring Wednesday Chapel Service	6:40 p.m., Ames Chapel
Spiritual Practice Session 1	7:10 p.m., Parish Hall
Beginner Violin	7:10 p.m., Choir Room
Bylaw Listening Session	7:10 p.m., Robbins Parlor
Lectio Divina	7:10 p.m., Gannett Room
Mano a Mano	7:10 p.m., Anderson Library
Teacher Orientation	7:15 p.m., Sanctuary

Thursday, September 14

Women in Retirement	1:00 p.m., Center Room
Gun Sense Ministry Team	3:30 p.m., Gannett Room
Women Keep it Real NA	6:00 p.m., Art and Science Rooms
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

Saturday, September 16

Kung Fu	9:00 a.m., online
Debtors Anonymous	9:00 a.m., Science Room
Bob Steller Memorial Service	3:00 p.m., Sanctuary

UUA Common Read

***On Repentance and Repair: Making Amends in an Unapologetic World* by Danya Ruttenberg** (Beacon Press, 2022)

This year's UUA Common Read provides a fresh, transformative perspective on how we make ourselves accountable to others. This book invites us to follow our Unitarian Universalist faith into transformative atonement. The book is now available at the Bookstall and in Anderson Library. Join Revs. Kathleen Rolenz and Lara Cowtan in reading, practice, and discussion.

Repentance and Repair in Our Lives and Relationships

Parts 1 and 2: Saturday, November 4 • 9:00 a.m.-noon
In-person at Unity Church

Repentance and Repair in Our Lives and Relationships

Part 1 (75 minutes): Tuesday, November 7 • 7:30-9:00 p.m.
Online via Zoom (watch for link)

Wellspring Wednesday Returns September 13

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.

Dinner: 5:45 p.m.: *Roasted chicken (or veg option), roasted brussels and squash with pomegranate, snickerdoodles*
Chapel Service: 6:45 p.m.
Programs: 7:10 p.m.: *Child care provided, no registration required.*

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.

Board Listening Session: Changes to Unity's Bylaws

In-person, Robbins Parlor
Come learn about the bylaw changes the board plans to bring for a congregational vote at the annual meeting in November. Visit unityunitarian.org/board-of-trustees.html for details.

Learn more about Mano a Mano

In-person, Anderson Library
Maria Blanca Velasquez, visiting from Mano a Mano Internacional in Bolivia, will make a brief presentation and respond to questions about importing the cargo collected in St. Paul and distributed in Bolivia.

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.

Ministerial Search Team: Cottage Meetings

Cottage meetings are opportunities for the congregation to gather to share ideas and listen to others about our needs and wishes for the future of Unity Church. There are cottage meetings planned for Wellspring Wednesday, September 20 and 27, with more to be scheduled — watch for dates and times!