

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 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.

Finding Yourself at Unity

Topic: Unitarian Universalist History

Finding Yourself at Unity meets Sundays, from 10:15 a.m.-11:15 a.m., in the Gannett Room and online at bit.ly/fyuonline. 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

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 kick-off 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.

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 and enter UCUpaul to schedule an appointment.

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.

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.

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.

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: <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.

Antiracism Literacy Partners Fall 2022

Wednesday, September 21 • 7:00 p.m.

Online via Zoom, register here: <https://bit.ly/ALPSep2022>

This program, offered each quarter, will highlight useful books, podcasts, and videos in our ongoing practice of learning about systemic racism and the work of dismantling it. Participants report that their understanding of a resource increases exponentially when explored with a partner or a group. Come to choose a resource, sign up for a buddy or small group and make plans for your discussions. Resource/discussion guides provided.

This Week in Religious Education

Today is Merging of Waters Family Sunday and we welcome back families and children to the Sanctuary for the whole worship service. Activity packets for younger children are available for use during worship, and nursery care available in the lower level.

Spirit Play, Rotations, Junior High programs begin next Sunday, September 18, at both service times:

- To inquire about enrollment, please email Ray Ann Hommeyer at ray@unityunitarian.org
- We are continuing to make final updates, so please be sure to watch for emails with rosters of enrolled children and review how to do Sundays with children and youth: <https://bit.ly/howtodosundays>
- Locations for Junior High classes will be posted downstairs in the Junior High area (near nursery)
- For those volunteer teaching, there is one final teacher orientation session on Wednesday, September 14, 7:15-8:30 p.m. Please contact Ray Ann Hommeyer for information: ray@unityunitarian.org

Questions about our OWL and COA programs should be directed to Drew Danielson: 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 11

Sunday Services	9:00 and 11:00 a.m., Sanctuary
Afterthoughts	10:00 a.m., Crothers Room
Zoom Coffee Hour	10:15 a.m., online
Finding Yourself at Unity	10:15 a.m., Gannett Room
Holding space for Rev. Janne's news	12:30 p.m., Ames Chapel

Monday, September 12

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

Tuesday, September 13

Affordable Housing Team	4:30 p.m., online
Unity Sangha	4:30 p.m., Ames Chapel
Wellspring Wednesday Chopping Team	4:30 p.m., Kitchen
Evergreen Quilters	7:00 p.m., Anderson Library
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, September 14

Summit Hill Al-Anon	5:00 p.m., Science Room
Wellspring Wednesday Dinner	5:45 p.m., Parish Hall
Recovery from White Conditioning	6:00 p.m., online
Wellspring Wednesday Chapel Service	6:45 p.m., Ames Chapel
Drop-in Violin	7:10 p.m., Choir Room
Medical Aid in Dying	7:10 p.m., Robbins Parlor
Thomas R. Smith Book Launch	7:10 p.m., Parish Hall and online
OWL Parent Orientation	7:15 p.m., Center Room
R. E. Teacher Orientation	7:15 p.m., Sanctuary

Thursday, September 15

Caregivers Support Group	Noon, online
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	8:00 p.m., Gannett Room

Saturday, September 17

Kung Fu	9:00 a.m., online
Memorial Service for Rev. Rob Eller-Isaacs	3:00 p.m., Sanctuary and online

Remembrances for Rob's collage of voices should be sent by email to unity@unityunitarian.org.

Sunday Service, September 18

And to Think I Heard it on Berry Street

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/Xe2vSGLumsQ>
Wait — isn't that a line from a Dr. Seuss book about "Mulberry Street?" Yes, the title is adapted from Dr. Seuss, but the sermon will be about all the diverse characters and insights UUs have encountered on "Berry Street," the name of the oldest continuous lecture series in America. The 2022 Berry Street lecture by Rev. Mykal Slack in particular offered us an important challenge to re-examine our covenants and our culture.

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 Freshwater. To find donation amounts from previous offerings, or to nominate an organization to receive the offering, please visit unityunitarian.org/sunday-offering.html.

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. Vegetarian/vegan, gluten-free, and low-fodmap options will be available. Financial assistance to help cover the cost of dinner is also 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

Concerned about dementia? Wondering what your options are for a gentle death that *you* control at the end of life? This program will include a presentation on steps you can take to help ensure your end of life journey is consistent with your values. It will include information about dementia provisions that can be added to your Advance Medical Directive, your right to VSED (voluntarily stopping eating and drinking) as a gentle end of life transition, and MAiD (medical aid in dying) legislation that is being considered in Minnesota. The presenters are Rebecca Thoman, MD, and Rev. Harlan Limpert.

Beginning Violin for All Ages

In-person • Choir Room

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

Indigenous History in Minnesota

Truth Telling and Healing: Indigenous and Environmental Justice Series

Wednesday, September 28 • 7:00 p.m.

In person at Unity Church and via Zoom Webinar

Register: <https://bit.ly/justiceseries1>

Join this kick-off to the Truth Telling and Healing Series by grounding yourself in the truth of the history of the native peoples of this area, the Minnesota Ojibwe and Dakota. You will learn how the native peoples went from possessing all our state's land to being reduced into a few native communities and reservations, and how the settlers and their institutions justified this land-taking and economic exploitation. With this foundation you will have context for later sessions, which will delve into the details of exploitation, displacement, healing, reparations, and more.