



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: Unitarian Universalist History

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.

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.

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. Cottage meetings are planned for Wellspring Wednesday, September 20 and 27, at 7:10 p.m. These first two meetings will be held in-person at Unity Church, with more to be scheduled both in-person and online — watch for dates and times!

Changes to The Bylaws of Unity Church

Come offer your feedback on the board's proposed changes to The Bylaws of Unity Church (unityunitarian.org/board-of-trustees.html). The revised bylaws will be presented for a vote at the annual meeting in November. Registration is not required:

- 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

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.

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.

Dying for Beginners

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

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. Participants will also help develop a UU constituency for legislation to expand end-of-life options, including medical aid in dying. Contact Marty Rossmann at rossm001@umn.edu to learn more or to reserve a spot.

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.

September Parish Hall Artists

Magical creatures atop walking sticks. A birch forest in a box. Conversing with Wonder, a joint exhibit of mixed media artists Maureen Carlson and Laura Burlis, combines nature and whimsy in some totally unexpected and delightful ways.

This Week in Religious Education

Welcome back, families, for our first Sunday of Religious Education classes! If you are family that would like to enroll your child in Unity's Religious Education program, please email nelson@unityunitarian.org.

Spirit Play (ages 3-6): Children in Spirit Play today take time to consider their new classrooms, community, and the routines that are part of their sacred play. Where are the caring cards children make and send to those in need of care? What is the Magic Mountain? What can children do with a labyrinth? Please wonder together with your children about their classroom and their place of sacred play. *Reminder that classes run 75 minutes, and parents can meet their children outside in the playground.*

Rotations (grades 1-6): Children begin in worship, upstairs in Ames Chapel, with their friends and teachers. Then in classrooms downstairs, they begin their journey as a community of faith, exploring the theme that "God is Knowable." *Reminder that classes run 75 minutes, and parents can meet their children outside in the playground.*

Junior High (grades 6-8): Youth begin their classes today getting oriented to community and topic for the semester: Introduction to Islam. Youth conclude each class with worship in Ames Chapel.

Our Whole Lives is a sexuality and spirituality program typically for grades 8-9. Class meets Wednesday, September 20, on the topic "What is sexuality?"

Coming of Age meets today 10:45 a.m.-12:30 p.m. with agers and parents. COA is our signature spiritual growth and enrichment program typically for 9th graders.

Tower Club youth meets at 12:45 p.m. for lunch in the Center Room. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith, typically Sundays from 12:45-2:45 p.m.

This Week at Unity Church

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

Sunday, September 17

Sunday Service	9:00 and 11:15 a.m., Sanctuary
Religious Education	9:00 and 11:15 a.m.
Afterthoughts	10:15 a.m., Crothers Room/online
Celebration for Karen Gustafson	10:15 a.m., Center Room
Finding Yourself at Unity	10:15 a.m., Gannett Room
Women's Ensemble Rehearsal	10:15a.m., Foote Room
Youth Choir	10:15 a.m., Ames Chapel
Children's Choir	10:20 a.m., Choir Room
Threshold Choir	12:30 p.m., Ames Chapel
Tower Club	12:45 p.m., Center Room

Monday, September 18

Blood Drive	9:00 a.m., Parish Hall
Circle of Peace	5:15 p.m., Center Room
Congregational Care Team	6:30 p.m., Robbins Parlor
Men's Conversation Group	7:00 p.m., online via Zoom

Tuesday, September 19

Ken Ford Memorial Service	2:00 p.m., Sanctuary
Unity Sangha	4:15 p.m., Ames Chapel
Living with Grief Group	6:30 p.m., online via Zoom
Unity Singers	7:30 p.m., Parish Hall

Wednesday, September 20

Men's Coffee Group	10:00 a.m., DeCramer Room
Bylaws Listening Session	1:00 p.m., Gannett Room
Summit Hill Al-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 2	7:10 p.m., Parish Hall
MST Cottage Meeting	7:10 p.m., Anderson Library
Food Conversation	7:10 p.m., Robbins Parlor and via Zoom
Beginner Violin	7:10 p.m., Choir Room
Board Game Night	7:10 p.m., Center Room
Textile Arts	7:10 p.m., DeCramer Room

Thursday, September 21

Caregivers Support Group	noon, online via Zoom
Women Keep it Real NA	6:00 p.m., Art and Science Rooms
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	8:00 p.m., Gannett Room

Saturday, September 23

Chalice Circle Retreat	9:00 a.m., Parish Hall
Kung Fu	9:00 a.m., online
Debtors Anonymous	9:00 a.m., Science Room

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. The book is now available at the Bookstall and in Anderson Library. Join Revs. Rolenz and 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, September 20

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.: *Dinner: Stone Soup, bread, wild rice and squash salad, pumpkin bars*

Chapel service: 6:45 p.m.

Programs with child care provided: 7:10 p.m.

Spiritual Practice Series Session Two

You do not need to have attended part one to attend the other sessions.

In-person, Parish Hall

Rev. KP Hong, Laura Park, Angela Wilcox

This series focuses on spiritual practices and how we

incorporate them into our lives. 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.

Ministerial Search Team Cottage Meeting

In-person, Anderson Library

Join the Ministerial Search Team for an opportunity to talk

about the future of our congregation. Additional cottage

meetings are being scheduled — watch for dates!

Act for the Earth Monthly Food Conversation

In-person, Robbins Parlor and via Zoom: bit.ly/afefoodconvo

This session, part of a monthly series on food, will invite

participants to take the first steps on a journey to explore our

food systems, our food choices, and to think deeply about

where our food comes from. Share your food stories and listen

deeply to the perspectives of others on food.

Board Game Night

In-person, Center Room

Open to everyone; kids are welcome with their adult(s)! We'll

have a variety of board games available that are easy to learn,

or bring a favorite board game.

Textile Arts

All ages and levels of experience are welcome! Join Textile

Arts for creation and conversation — bring your knitting,

crocheting, tatting, embroidery, needlepoint, and cross stitch!

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.

COMT Summit Rescheduled

The Community Outreach Ministry Team (COMT) Summit scheduled for Thursday, September 21, 7:00-8:30 p.m., will be rescheduled because of a variety of scheduling conflicts. Rev. Rolenz will send a poll out to the teams to find a date that would work for most. Look for a new date in the October newsletter.

Coffee Hour Volunteers Needed

Do you enjoy coffee on Sunday mornings? Help us make this weekly hospitality happen: <https://bit.ly/coffeehosp>.