

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 our online coffee hour. Contact Laura Park at laura@unityunitarian.org for the link to join.

Finding Yourself at Unity

Topic: Building Tour

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.

1. Visit bit.ly/Circles22-23 by September 25 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.

Blood Drive at Unity Church: Donors Needed

Donation appointments are available from 9:00 a.m.-3:00 p.m. on September 19. Call 1-800-733-2767 or visit [RedCrossBlood.org](https://www.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. Register by September 20! Questions? Contact Laura Park at laura@unityunitarian.org.

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

What's your story and medium? How do you see the world? 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, as well as the process of selection and editing, visit unityunitarian.org/cairns.html.

In Unity's Justice Database

"A Mindful Approach to Race and Social Justice," video conversation with Rhonda Magee, Jon Kabat-Zinn, and Anderson Cooper. Find it in the Justice Database: <https://bit.ly/JusticeData>.

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.

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>

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.

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.

This Week in Religious Education

Welcome back, families, for our first Sunday of classes!

Spirit Play (ages 3-6): Children 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. Classes run 75 minutes, and parents can meet their children outside at the playground.

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

Junior High (grades 6-8): Youth begin their classes getting oriented to community and topics: UU Identity and History. Youth conclude each class with worship in Ames Chapel.

Our Whole Lives is a sexuality and spirituality program typically for grades 8-9. After orientation last week, they meet Wednesday, September 21, on the topic "What is sexuality?"

Coming of Age meets today 10:45 a.m.-12:15 p.m. with parents for orientation. COA is our signature spiritual growth and enrichment program typically for 9th graders.

Tower Club juniors and seniors gather today for lunch, at 12:45 p.m., 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.

This Week at Unity Church

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

Sunday, September 18

Sunday Services	9:00 and 11:00 a.m., Sanctuary
Religious Education Classes	9:00 and 11:00 a.m., lower level
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
Children's Choir Rehearsal	10:15 a.m., Choir Room
Women's Ensemble Rehearsal	10:15 a.m., Foote Room
Youth Choir Rehearsal	10:20 a.m., Ames Chapel
Obama School Ministry Team	Noon, Foote Room
Threshold Choir	12:30 p.m., Choir Room
Tower Club	12:45 p.m., Center Room

Monday, September 19

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

Tuesday, September 20

Unity Sangha	4:30 p.m., Ames Chapel
Wellspring Wednesday Chopping Team	4:30 p.m., Kitchen
Living with Grief Group	7:00 p.m., online
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, September 21

Men's Coffee Group	9:00 a.m., Greenspace
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
Antiracism Literacy Partners	7:00 p.m., online
Board Game Night	7:00 p.m., Center Room
The Golden Rule	7:00 p.m., Robbins Parlor

Thursday, September 22

Women in Retirement	1:00 p.m., Center Room
Unity Choir Rehearsal	7:30 p.m., Parish Hall
Fresh Air AA	8:00 p.m., Gannett Room

Friday, September 23

Community Outreach Ministry Team Retreat	6:00 p.m., Parish Hall
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Saturday, September 24

Kung Fu	9:00 a.m., online
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Sunday Service, September 25

The Dance of Expectation

Rev. Karen Gustafson

In-person services at 9:00 and 11:00 a.m. in the Sanctuary

Livestream at 9:00 a.m.: <https://youtu.be/Xe2vSGLumsQ>

As we engage the theme of "covenant" we are challenged to consider the relationship between promises and expectations. Does living in a covenantal community involve a something akin to "a right to expect" certain standards of behavior among the members of the community? Or is it less about expected behavior and more about attitude or intention? Could living in covenant be about how we approach our disappointments in ourselves and each other? All or none of the above? Let us consider these questions together.

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 21

5:45 p.m. • Dinner: Chili and baked potato night!

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

The Golden Rule with Veterans for Peace

In-person, Robbins Parlor
Learn how the Golden Rule sailboat helped stop nuclear weapons testing in the 1950s and how she continues to fight the possibility of nuclear war today. The Golden Rule is beginning her "Great Loop" journey in the Twin Cities, educating the public on our role in diminishing the prospect of nuclear war. On this International Peace Day, Golden Rule Project Director Helen Jacquard and congregant Mike McDonald will invite us into the Golden Rule's work for peace.

Antiracism Literacy Partners Fall 2022

Online via Zoom, register here
What does it take to be racially literate, and engaged in antiracism as faith work or as a spiritual practice? 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. Questions? Email Becky Gonzalez-Campoy at beckygc83@gmail.com.

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 for ages 10 and up that are easy to learn, or bring a favorite board game that you would like to play. Bring a board game for the younger set, too, if an adult comes with it to facilitate the game.

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.

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 Barack and Michelle Obama Elementary School Sunshine Fund. To find donation amounts from previous offerings, or to nominate an organization to receive the offering, please visit unityunitarian.org/sunday-offering.html.