

This Week at Unity Church

October 13-19, 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.

October Pledge Drive: *Everybody In*

October is pledge month! We are living into a future filled with the challenges and the excitement that transitions hold. This is not the time, in the world or in our church community, to fade away. It's a time to reflect on what would be missing from our lives without Unity Church, a time to claim Unity Church as our spiritual cooperative, and to say, "Everybody In!"

Pledges provide 77% of Unity's annual income and create the foundation for the 2020 operating budget, which will be presented for approval at the Annual Meeting on November 16, 2019.

Information about the October pledge drive and an online pledge form is available at www.unityunitarian.org/annual-pledge.html.

Finding Yourself at Unity

Topic: Membership 101 and Congregational Life

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.

Tai Ji Class at Unity Church

A bi-weekly Tai Ji and Qigong class begins Thursday, October 24, from 11:00-12:30 p.m., teaching the Tai Ji Five Moving Forces form. The class will include Tai Ji, Qigong, sitting meditation, and poetry, focused on the Five Moving Forces form choreographed by Chungliang Al Huang. Teacher Lisa Schlingerman has practiced Tai Ji for over twenty years. The practice is safe and gentle exercise for people of all ages. Email karen@unityunitarian.org by the day before if you plan to participate. Wear comfortable shoes and loose clothing. A free will offering will be taken.

The Mirandola Ensemble

Friday, October 25 • 7:30 p.m. • Unity Church

The world premiere of Jeffrey Van's *Pictures of the Floating World* plus music of Schubert, Brahms, and madrigals of Renaissance England and Italy. Details at themirandolaensemble.org.

Fourth Friday Sustainable Film Series: *The Biggest Little Farm*

Friday, October 25 • 7:00 p.m. • Robbins Parlor

A testament to the immense complexity of nature, this film follows two dreamers who leave L.A. on an odyssey to bring harmony to their lives and to the land: 200 acres of utterly depleted soil suffering from drought. But as their land begins to recover, they discover they must develop a far greater understanding of nature's intricacies, and of life itself. Discussion follows the film! Popcorn provided!

Justice-seekers, Justice-lovers!

You're invited to MUUSJA JAMS, the Justice Awards and Musical Soiree by the Minnesota UU Social Justice Alliance, the statewide UU social action network. The event is Friday, October 25, from 5:30-8:30 p.m., at United Theological Seminary in Saint Paul. It will also be live streamed. Details and free registration is online at www.muusja.org/youre-invited-to-muusja-jams.

Your UU Elevator Speech

Saturday, October 26 • 9:00 a.m.–noon • Unity Church

In this workshop you will write and practice your elevator speech, increasing your confidence in talking about your church and faith! Childcare is available by request up to a week in advance. Sign up in the Parish Hall or email lisa@unityunitarian.org.

Liberal Religion During a Time of Polarization

Wednesday, October 30 • 7:15 p.m. • Sanctuary

Dr. Mtangulizi Sanyika has been a key figure in shaping Black Humanism. From the early 60s until today, Dr. Sanyika has been hard at work helping shape and strengthen the black liberation movement. He served as Chair of the Black Affairs Council and was a central leader in the Black Unitarian Universalist Caucus during the so-called "Black Empowerment Controversy" in the late 60s. Known by the honorific "Baba" among his friends at the center of Black Lives of Unitarian Universalism he is a compelling, inspiring speaker. Dr. Sanyika will reflect on Black liberation both as a historical narrative and as a movement that is moving on.

Access the New Congregational Database

Members are now able to log in to ShelbyNext, the new online congregational database that includes the ability to update and review your own membership and giving account, access the membership directory, and view the calendar. Easy directions to create a user name and password — for either the web version or the membership app — can be found online at www.unityunitarian.org/membership-directory.html. Questions? Contact Martha Tilton at martha@unityunitarian.org or 651-228-1456 x105.

This Week in Religious Education

Boston Pilgrimage for our 11th grade youth is October 16-21.

Please keep our pilgrim youth in your prayers as they make this annual pilgrimage deeper into their UU heritage.

NO R.E. classes next Sunday, October 20 (fall break). Please use next Sunday as an opportunity to worship together with your children in the Sanctuary, or have children (typically grades 1-5) join in community activities downstairs. Classes resume October 27.

Spirit Play (ages 3-6): Children in Spirit Play today hear the story of *Buddha and the Mustard Seed*. How do we live with suffering? Is there medicine for loss and grief? How do we help one another when we are hurting?

Rotations (grades 1-6): Children begin in worship, upstairs in the Ames Chapel (9:00/4:30) or in the Sanctuary (11:00) with friends and teachers. Then in class, they continue their journey as a community of faith, exploring "God is One."

Junior High (grades 6-8): Classes continue today, with two courses offered this semester: Introduction to Islam and UU Identity & History.

Our Whole Lives is a sexuality and spirituality program typically for grades 8-9. The class does NOT meet October 16 given fall break; resumes October 23 with focus on "Body Image."

Coming of Age youth do NOT meet today given their weekend retreat. No class next Sunday given fall break. COA is our signature spiritual growth and enrichment program, typically for 9th graders.

Tower Club: High school youth and parents meet this evening to bless and send off juniors on their Boston Pilgrimage. No meeting October 20; meetings resume October 27 with a Halloween party. Tower Club welcomes 10th-12th graders to enjoy community and share life at the intersection between the world and faith. Meets Sunday evenings from 6:00-8:15 p.m.

This Week at Unity Church

Sunday, October 13

Anderson and Whitman Libraries Open to the Congregation
Afterthoughts 10:15 a.m., Gannett Room
Children's Choir Rehearsal 10:15 a.m., Robbins Parlor
Women's Ensemble Rehearsal 10:15 a.m., Choir Room
Finding Yourself at Unity 10:20 a.m., Ames Chapel
Bill Krubsack Memorial Service 1:00 p.m., Sanctuary
Above Every Name 1:00 p.m., Ames Chapel
Young Adults Group (ages 18-35) 1:00 p.m., Gannett Room
Soup Supper 5:45 p.m., Parish Hall
Tower Club 6:00 p.m., Center Room

Monday, October 14

Circle of Peace 5:15 p.m., Center Room
Men's Conversation Group 7:00 p.m., Gannett Room

Tuesday, October 15

Zen Meditation Group 5:00 p.m., Ames Chapel
Debtors Anonymous 6:30 p.m., Drama Room
Welcome Team Training 6:30 p.m., Parish Hall
Living with Grief Group 7:00 p.m., Gannett Room
Unity Singers Rehearsal 7:30 p.m., Ames Chapel

Wednesday, October 16

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

Thursday, October 17

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

Saturday, October 19

Kung Fu 11:00 a.m., Body Room

Shop at Kowalski's: Support Obama Elementary School

When you shop at Kowalski's Market on Grand Avenue, place your receipt in the Obama Elementary School box at the front of the store. Each quarter, Kowalski's divides a \$3000 donation among all the organizations named on the boxes. The amount Obama School will receive depends on the total number of receipts collected in the Obama School box. This project is sponsored by Unity's Obama School Outreach Ministry Team, with Vicki Lofquist's leadership. Spread the word! Ask friends and family to help stuff the Obama Elementary School box!

Look Who's Sharing Art

Elizabeth Alexander commissioned this painting as a surprise anniversary present for her husband, Steve Harper. It is an interpretation of "Dove Isabeau." Viewers will learn the story and the why the piece is meaningful to Elizabeth and Steve.

Mentoring at Unity: A Path to Deeper Connection

Unity Church has a mentor program available to all visitors and new members. A mentor serves as a guide and a resource in the congregation. If you would like more information, stop by the Welcome Table or email Lisa Friedman at lisa@unityunitarian.org.

Repurpose Sanctuary Candles

Anyone interested in repurposing used Sanctuary candles should contact Teresa Conner at teresa@unityunitarian.org. Candles are six inch white tapers, perfect for making your own candles.

Save the date! Annual Meeting of the Congregation

Saturday, November 16 • 10:00 a.m. • Sanctuary

Sunday, October 20 • A Fresh Act, a New Chapter

9:00 a.m. • 11:00 a.m. • 4:30 p.m.

Forgiveness cannot alter the past. But what happens — in our bodies and in the future unfolding — when, as Douglas Steere puts it, forgiveness adds "a fresh act" to a wrong that has occurred? Rev. Karen Hering and worship associate Kevin Harris will consider how forgiveness creates a turning point in the stories of our lives and our world, making possible a new chapter moving in a new direction and, possibly, in new and renewed relationships. Musicians: Jeffrey Van, guitar; Nick Chalmers, tenor.

Soup supper: Cuban black bean

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 October 6, \$2,333.94 was collected in the Sunday offering. Little Kitchen Foodshelf will receive a donation of \$1,633.76. Information about today's offering recipient, Voices of Hope, is available in your order of service. The offering recipient on October 20 is Canine Inspired Change.

Share your Musical Gifts

If you play a musical instrument, compose, sing, teach music, or if music is a significant part of your life in other ways, contact Ahmed Anzaldúa, Director of Music Ministries, at ahmed@unityunitarian.org or 651-228-1456 x118, to find ways to connect your musical gifts to the congregational life at Unity Church.

Wellspring Wednesday, October 16

5:45 p.m. Dinner: *Black bean tostadas, braised beef, radish and avocado salsa, pickled red onion, queso, and cookies.*

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

Open Page Writing Session: Forgiveness

RSVP requested to karen@unityunitarian.org

"Forgiveness is not an occasional act; it is a constant attitude," said Martin Luther King, Jr. An evening of reflection on the challenges and the power of forgiveness.

Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, and images as well as wisdom from religious teachings, science and history, to reflect on the monthly theme. No writing experience is necessary. Bring something to write with and on.

Gardening as a Spiritual Practice

With the gardening season coming to an end, this group will host a show and tell about gardening as an embodied spiritual practice. Bring something you've harvested or a photo and share your experience!

Embodied Spiritual Practice: Gentle Yoga — Suzanne Burr

This session, offered by Suzanne Burr, will focus on mindfulness through movement, open-heartedness, and presence. Nourish awareness through breathing, moving slowly, and paying close attention to internal sensations through a gentle yoga practice. Dress comfortably, bring a mat and a small blanket.

Textile Arts

This group meets the first and third Wednesdays of each month and is open to textile creatives of all ages. Bring your knitting, embroidery, needlepoint, etc.
