

This Week at Unity Church

October 20-26, 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: Building Tour

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.

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 and Steve Harper's painting asks questions about a powerful story. What's worth celebrating: Happy endings? Our pain, fear, and uncertainty as paths to becoming more wise and compassionate?

This Week in Religious Education

No R.E. classes today due to fall break/MEA weekend. Please use today as an opportunity to worship together with your children in the Sanctuary, or have children (typically grades 1-5) join in community activities downstairs. Nursery care is always available. Classes resume October 27.

Boston Pilgrimage for our 11th graders began this past Wednesday with youth returning Monday. Please keep our pilgrim youths in your prayers as they make this annual pilgrimage deeper into their UU heritage and identity.

Our Whole Lives is a sexuality and spirituality program typically for grades 8-9. Class meets October 23 with focus on "Body Image."

Tower Club: High school youth are off this week. 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 20

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
Sustainable Living Team 1:00 p.m., Center Room
Above Every Name 1:00 p.m., Sanctuary
Soup Supper 5:45 p.m., Parish Hall
NAMI Young Adult Meeting 6:30 p.m., OWL/COA Room

Monday, October 21

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

Tuesday, October 22

Zen Meditation Group 5:00 p.m., Ames Chapel
Debtors Anonymous 6:30 p.m., Drama Room
Unity Singers Rehearsal 7:30 p.m., Ames Chapel

Wednesday, October 23

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 24

Tai Ji 11:00 a.m., Foote Room
Women in Retirement: The Choice Years 1:00 p.m., Center Room
Racial and Restorative Justice Team 6:00 p.m., Robbins Parlor
Unity Choir Rehearsal 7:30 p.m., Parish Hall
Fresh Air AA 8:00 p.m., Anderson Library

Friday, October 25

Mirandola Ensemble Concert 7:30 p.m., Sanctuary
Sustainable Living Film Series 7:00 p.m., Robbins Parlor

Saturday, October 26

Your UU Elevator Speech 9:00 a.m., Robbins Parlor
Kung Fu 11:00 a.m., Body Room

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.

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.

Wanted: Front Desk Substitutes

Have you ever wondered what happens at church during the week? Are you available to greet visitors or answer phone calls? Then join the Front Desk Volunteers as a substitute! You'll be asked to fill in for one of our regulars whose shifts are 9:00 a.m.-1:00 p.m. or 1:00-5:00 p.m., Monday through Friday. Training is provided. For more information contact Joan Carver at jycarver@gmail.com.

Save the date! Annual Meeting of the Congregation

Saturday, November 16 • 10:00 a.m. • Sanctuary
Pancake breakfast begins at 8:30 a.m.!

Sunday, October 27 • *Forgive Our Debts*

9:00 a.m. • 11:00 a.m. • 4:30 p.m.

Some say Jesus came to Jerusalem to declare the Jubilee, the year of starting over. In the year of Jubilee, those in slavery will be set free, the land will be redistributed, and all debts will be forgiven. Rev. Rob Eller-Isaacs and worship associate Bob Peskin will wrestle with the question of reparations and how best to move toward a just and lasting peace. Musicians: Children's Choir, Unity Singers (9:00/11:00); Women's Ensemble (4:30). Soup supper: Avelgmono

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 13, \$3,036.00 was collected in the Sunday offering. Voices of Hope will receive a donation of \$2,125.20. Information about today's offering recipient, Canine Inspired Change, is available in your order of service. The offering recipient on October 27 is SteppingStone Theatre.

Wellspring Wednesday, October 23

5:45 p.m. Dinner: *Roasted chicken, baked squash and brussels, kale salad, 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

2019 – The Year of the Return

Ghanaian President Nana Akufo-Addo declared 2019 "The Year of the Return." An invitation was extended to descendants of enslaved Africans. It acknowledges the 400 years since the trans-Atlantic slave trade began in 1619 between North America and West Africa. Russel Balenger, Nila Gouldin, and Ray Wiedmeyer will share their educational and enlightening experiences when they embraced this invitation to return.

Great College Search: Exploring a Gap Year

A well planned gap year is built around enhancing one's postsecondary education as well as fulfilling dreams of travel, volunteering, and learning in the real world. Is a gap year for everyone? No. However, well planned gap years are becoming more common. Come explore if it is for you. Chris Brown is the founder of Beyond the Walls Education.

A Climate Justice Conversation

In follow up to the World Climate Strike, Julia Nerbonne, executive director of Minnesota Interfaith Power and Light, will host a climate justice conversation. Join the Sustainable Living Team for an evening of reflection and planning about how we can authentically engage with the climate movement.

Beginning Violin with Mayra Mendoza

Join Mayra Mendoza for a beginning violin class — all ages are welcome! Mayra is a violinist and teacher who volunteers frequently with the Greater Twin Cities Youth Symphony, McPhail Center for Music, and the Minneapolis Public Schools. She has also played with the Wayzata Orchestra and Northeast Symphony. Questions? Email mayraquitzia@hotmail.com.

Yin Yoga with Madeline Summers

Madeline Summers will offer a slow paced style of yoga with asanas held for an extended period of time. The practice will focus on breath as a sacred tether to the inner layers of being and will include guided meditation. Dress comfortably, bring a mat and a small blanket if you have one. All levels welcome.