

This Week at Unity Church

November 10-16, 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.

Everybody In! 2020 Pledge Drive

Thank you to all who made 2020 pledges during October! 598 households have pledged \$1,225,000 to our 2020 operating budget goal of \$1,350,000. The budget is written for your approval at the November 16 annual meeting of the congregation, but we are still \$125,000 from our goal. **If you are one of the 100 households that hasn't yet renewed your pledge for 2020, or if you are active in the church and not pledging, please make your pledge today!** Simply stop at the table in the main lobby, visit www.unityunitarian.org/annual-pledge.html, or call the church office. A pledge of any amount is gratefully accepted!

Budget Information Session • Today!

Sunday, November 10 • 10:15 a.m. and 12:30 p.m. • Center Room
Learn about the financial landscape at Unity Church, including the 2020 budgets that the congregation will be asked to approve on November 16 at the annual meeting of the congregation.

Finding Yourself at Unity • Today!

Topic: Worship and the Liturgical Year

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.

Young Adult Group • Today!

Unity's Young Adult Group (ages 18-35) meets Sunday, November 10, from 1:00-3:00 p.m., in the Gannett Room. All are welcome! Check out our YA blog: <https://stayingabeatlonger.com/>. To be added to the Young Adults email list, please email kp@unityunitarian.org.

Men's Conversation Group

This group meets the second and fourth Monday of each month (November 11 and 25), from 7:00-9:00 p.m., in the Gannett Room, to discuss a wide range of topics. Questions? Contact Terry McDanel at tmcdanel@gmail.com.

Unity Book Club

The Unity Book Club meets on the second Tuesday of the month, from 7:00-8:30 p.m., in the Robbins Parlor. On November 12 the group will discuss *The War on Normal People* by Andrew Yang. All are welcome, even if you haven't read the book!

Annual Meeting of the Congregation

Unity Church will hold its Annual Meeting of the Congregation on Saturday, November 16, at 10:00 a.m., in the Sanctuary. Come early for a pancake breakfast at 8:30 a.m. Childcare will be provided. At this meeting the board will:

- Report to the congregation and present the operating and capital budgets for 2020.
 - Ask the congregation to elect three new trustees. The trustee nominees are Alex Askew, Louise Livesay, and Jennifer Tong.
- All are welcome to attend; only eligible voting members can vote. Questions? Contact Barbara Hubbard at barbara@unityunitarian.org.

Gentle Movement Meditation with Tai Ji and Qigong

Thursday, November 21 • 11:00 a.m.-12:30 p.m. • Foote Room
Open to newcomers and people of all ages this offering includes Tai Ji, Qigong, sitting meditation, and poetry based on the teachings of Taoism. Wear comfortable shoes and clothing. An RSVP to karen@unityunitarian.org is requested and a free will offering will be taken.

Fourth Friday Sustainable Film Series: *Trashed*

Friday, November 22 • 7:00 p.m. • Robbins Parlor

This documentary traces the impacts that solid waste has on air, land, water bodies, and people... as well as the steps taken by communities that are moving toward going "zero waste."

A Journey to Learn with Mano a Mano

Mano a Mano invites you to take part in a unique journey to Bolivia to see projects that have improved the health and economic well-being in rural Andean communities. Visit clinics, schools, and the training center where Mano a Mano teaches earth-friendly agricultural practices. Be immersed in the daily lives of subsistence farm families and witness their determination to create a better life for their children. A trip information sessions will be held Sunday, November 24, after each service, in the DeCramer Room. Questions? Contact segundo@manoamano.org.

Look Who's Sharing Art

Imagine how thrilling it would be to get within two feet of a wild red-tailed hawk that's sitting on your neighbor's fence. Come to experience the excitement through Kate Mura's photo in the Art Share exhibit space.

Wanted: Front Desk Substitutes

Front desk substitutes fill in for one of the weekday shifts at Unity's Holly Avenue reception desk. Training provided! Interested? Email Joan Carver at jycarver@gmail.com.

This Week in Religious Education

Spirit Play (ages 3-6): Children hear the story of Promises and the wisdom of UU Principles for our lives. What are the seven UU Principles? Which ones do you like best? Which ones are most important? How can we live them out in the world? Please wonder together with your children about their sacred play.

Rotations (grades 1-6): Children begin with worship in Ames Chapel (9:00/4:30) or in the Sanctuary (11:00). Then in classrooms downstairs, they continue with their unit "On Being Human and Alive." As wonderfully different as human beings are, we also wonderfully share the same basic needs, desires, and emotions, including the need to connect with the Sacred.

Junior High (grades 6-8): Classes continue today, with two courses offered this semester: Intro to Islam and UU Identity & History. Youth conclude each class with worship in Ames Chapel.

Our Whole Lives meets November 13 with focus on "Gender Identity, Roles, and Stereotypes." OWL is a sexuality and spirituality program typically for grades 8-9.

Coming of Age meets today 3:15 p.m. with mentors, to conclude section on "The Nature of the Higher Power." COA is our signature spiritual growth program typically for 9th graders.

Tower Club (grades 10-12): High school youth gather with youth from partner congregations to share in 4:30 worship, with soup and conversation afterwards, concluding at 7:00 p.m. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith. Lots of fun and food, too. Typically meets Sunday evenings, 6:00-8:15 p.m.

This Week at Unity Church

Sunday, November 10

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| Anderson and Whitman Libraries Open to the Congregation | |
| Budget Information Session | 10:15 a.m., Center Room |
| 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 |
| Sustainable Living Team | 10:15 a.m., Crothers Room |
| Finding Yourself at Unity | 10:20 a.m., Ames Chapel |
| Budget Information Session | 12:30 p.m., Center Room |
| Above Every Name | 1:00 p.m., Sanctuary |
| Young Adult Group | 1:00 p.m., Gannett Room |
| Soup Supper | 5:45 p.m., Parish Hall |

Monday, November 11

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

Tuesday, November 12

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| Zen Meditation Group | 5:00 p.m., Ames Chapel |
| Debtors Anonymous | 6:30 p.m., Drama Room |
| Welcome Team Training | 6:30 p.m., Foote Room |
| Evergreen Quilters | 7:00 p.m., Anderson Library |
| Unity Book Club | 7:00 p.m., Robbins Parlor |
| Unity Singers Rehearsal | 7:30 p.m., Ames Chapel |

Wednesday, November 13

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| 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, November 14

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| Women in Retirement: The Choice Years | Noon, Center Room |
| Generosity Ministry Team | 6:30 p.m., Gannett Room |
| A New Look at the Bible, Luke 17:11-19 | 7:00 p.m., Center Room |
| Unity Choir Rehearsal | 7:30 p.m., Parish Hall |
| Fresh Air AA | 8:00 p.m., Anderson Library |

Saturday, November 16

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| Annual Meeting Pancake Breakfast | 8:30 a.m., Parish Hall |
| Annual Meeting of the Congregation | 10:00 a.m., Sanctuary |
| Kung Fu | 11:00 a.m., Body Room |

Black Friday at Church

Feeding the Spirit on the Feast Day of Consumption

Friday, November 29 • 10:00 a.m. • Sanctuary

For more than a decade Unity Church has offered a worship service as an alternative to the shopping frenzy associated with the day after Thanksgiving. This year the service will be led by Danny Givens, Jr., of Above Every Name Ministries and the Unity Church ministry staff. There will be poetry, scripture and song, and a chance to ask ourselves how best to find the stillness of Advent in the midst of the cacophony of materialism.

Access the New Congregational Database

Members are now able to log in to ShelbyNext, the new online congregational database! Easy log in directions are online at www.unityunitarian.org/membership-directory.html.

Help Provide a Meal for Jeremiah Families

Help cook a meal at The Jeremiah Program, a residence and education program for single moms and their children. Volunteers are needed from 4:00-7:00 p.m. on Tuesday, November 12; Tuesday, January 21; Thursday, February 6; Tuesday, March 3; Thursday, April 16; and Thursday, May 12. Contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

Sunday, November 17

Practicing Holy Vandalism and Blasphemy

9:00 a.m. • 11:00 a.m. • 4:30 p.m.

No one would be faulted for smiling at the idealism of "dismantling dominant culture." Another utopian conceit. Except that the struggle everywhere around us is all too real and pressing. Rev. KP Hong and worship associate Lia Rivamonte will explore the work that calls us to glimpse our own impoverishment, our own confinement, and along the way, come to discover a difficult gratitude. Soup Supper: Enchilada soup

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 November 3, \$2,857.85 was collected in the Sunday offering. Give Us Wings will receive a donation of \$2,000.50. Information about today's offering recipient, Quatrefoil Library, is available in your order of service. The offering recipient on November 17 is Unity's Peace and Justice Scholarship Fund.

Share your Musical Gifts

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.

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Wellspring Wednesday, November 13

5:45 p.m. *Dinner: Lasagne, Italian chopped salad, garlic bread, oatmeal scotchies.* 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: Gratitude

RSVP to karen@unityunitarian.org

The power of gratitude to open the heart is perhaps what cause Meister Eckhardt to declare, "If the only prayer you ever say in your entire life is 'Thank you,' it will have been enough." We'll explore how to keep gratitude alive and well even in the hardest times. 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.

100 years of U.S. Immigration and Refugee Policy and Its Impact on Minnesota

Join Krista Finstad Hanson, ELL teacher, writer, and historian, as she shares her research on the policies that have impacted our families and our communities over the last 100 years. Knowing this history can help drive future immigration and refugee policy advocacy.

Seeing the Real Cuba

Unity Church member Ellen Wold will share photos and thoughts about what it's like to visit Cuba with Witness for Peace, a non-profit group actively engaged with the people there and with the effort to change the embargo still in place.

Embodied Spiritual Practice: Kung Fu

Explore our rich 5 Animal Kung Fu (Leopard, Snake, Tiger, Crane, and Dragon) to develop a personalized style that suits your temperament and body type. Beginners and experienced martial artist welcome!

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