

This Week at Unity Church

November 18-24, 2018

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.

Finding Yourself at Unity

Topic: Membership 101 and Congregational Life

Finding Yourself at Unity meets on Sunday mornings, 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.

Gun Sense Ministry Team

The issues of gun violence and gun ownership rights are roiling our country. Unity's Gun Sense Ministry Team thinks that fear is one of the emotions behind the issues. To help the team identify aspects of this fear, please stop by the Gun Sense table in the Parish Hall today.

Young Adult Friendsgiving!

Wednesday, November 21 • 5:30 p.m. • Parish Hall

This week, instead of a Thursday gathering, the young adult group is having Friendsgiving. Come at 5:30 p.m. for coffee, tea, and conversation. Potluck style dinner will start by 6:30 p.m. Please bring a well-labeled dish, turkey will be provided. All young adults are welcome! RSVP by November 18 to ray@unityunitarian.org.

Black Friday at Church

Feeding the Spirit on the Feast Day of Consumption

Friday, November 23, 2018 • 10:00 a.m. • Sanctuary

Special Guest: Pastor Danny Givens, Jr.

Musical Guest: KrisAnne Weiss

Unity Church's eleventh annual "Black Friday at Church" celebration offers you an opportunity to launch the holiday season with spiritual renewal, fellowship, and good cheer, an alternative to the habitual consumerism on display in the broader culture. Join fellow Unity Church members, families, friends, neighbors, and colleagues on the Friday morning after Thanksgiving Day for a rousing, intergenerational worship service. Child care provided.

2019 Children's Musical Parent Information Meeting

If you have a 6th, 7th, or 8th grader, please come to a parent and actor information session on Sunday, December 9, from 10:00-11:00 a.m., in the Anderson Library. The musical is scheduled for March 7-9, 2019! Questions? Please contact co-producer Dave Smith at david.smith52@yahoo.com.

Look Who's Sharing Art

The five foot carved wooden fish is being shared by Sandy Lucas. Her story goes back about 18 years and ends with her getting a car, the fish, and the sculptor!

Parish Hall Artist

Visit the Parish Hall to enjoy the life stories illustrated in the unique tapestries by Susan Gangsei. Susan will be greeting people after the 9:00 a.m. service today and would love to meet you and hear your own stories!

Help Provide a Meal for Jeremiah Families

Help cook a meal at The Jeremiah Program (932 Concordia Avenue, St. Paul), a residence and education program for single moms and their children. Meals are provided before evening classes and Unity Church volunteers are needed to help with preparation on the following dates: Thursday, January 17; Tuesday, March 19; Thursday, April 18. Helpers (including kids over eight years old) work from 4:00-7:00 p.m. To volunteer contact Karen Buggs at 651-297-0111 or buggs745@hotmail.com.

Donations Needed for Religious Education Program

Unity's grade school kids are pondering good and evil. In the Body class they will learn about Amicus, an organization that helps people in transition after incarceration. Donations of the following items will be gratefully accepted in the drop off bin located on the lower level: Tote bags (our greatest need: new or used, clean, fabric, reusable shopping bags or smaller fabric totes), soap, washcloths, razors, shaving cream, combs, toothbrushes and paste, feminine hygiene products, shampoo and conditioner (travel size).

States of Incarceration: A National Dialogue of Local Histories

November 20–February 18 • Minnesota History Center

States of Incarceration is a national traveling exhibit that explores the roots of mass incarceration in our own communities to open a national dialogue on what should happen next. The exhibit was created by over 500 students and others deeply affected by incarceration in 20 cities, including University of Minnesota students who examined settler colonialism and the high rates of incarceration for Native Americans in Minnesota. Watch church communications for announcements about upcoming related events or visit www.mnhs.org/calendar.

This Week in Religious Education

Today is Thanksgiving Family Sunday and all children and youth are in the Sanctuary for the full worship service. Activity packets for younger children are available for use during worship, as well as nursery care in the lower level.

There are no Religious Education classes next Sunday given Thanksgiving break. All regular classes resume Sunday, December 2. As we step into the winter holiday season, please follow closely the R.E. schedule you can find online at <http://www.unityunitarian.org/calendar.html>.

Tween Group (grades 5-7) will not meet this Wednesday given Thanksgiving, but will resume November 28. Save the date for the Tween party, Wednesday, December 5, 6:00-8:30 p.m.

Celebration of New Lives is Sunday, December 9, for families wishing to recognize and dedicate infants into the church community. This celebration is typically for members of Unity or families who are on the path toward membership. If your family plans to participate, contact Michelle Mecey at michelle@unityunitarian.org.

Our Mitten Tree is standing in the lower level Whitman Lobby, waiting to be decorated with warm hats, gloves, scarves, and mittens! All donated items should be new or like new. Children's items will be distributed to area families through Obama Elementary. Adult items will be distributed through Amicus.

Coming of Age is our signature spiritual growth program typically for 9th graders. Class meets today at 3:30 p.m. for introduction to the topic of "living with death and loss" and attend Family Sunday worship together.

Tower Club: High school youth meet at 1:30 p.m. today to focus vision and priorities for this coming season. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith. Meets typically Sunday evenings from 6:00-8:15 p.m.

This Week at Unity Church

Sunday, November 18

Children's Choir Rehearsal	10:00 a.m., Robbins Parlor
Women's Ensemble Rehearsal	10:15 a.m., Foote Room
Afterthoughts	10:15 a.m., Gannett Room
Men's Retreat Planning Team	10:15 a.m., Crothers Room
New Member Reception	10:15 a.m., Center Room
Sustainable Living Team	10:15 a.m., Crothers Room
Finding Yourself at Unity	10:20 a.m., Ames Chapel
Above Every Name Worship Service	1:00 p.m., Sanctuary
Soup Supper	5:45 p.m., Parish Hall
Tower Club	6:00 p.m., Center Room
Young Adult NAMI Group	6:30 p.m., COA/OWL Room

Monday, November 19

Men's Retirement Group	1:00 p.m., Gannett Room
Circle of Peace	5:15 p.m., Center Room
Alateen	6:00 p.m., Children's Library

Tuesday, November 20

Elders Circle	1:00 p.m., Center Room
Zen Meditation Group	5:00 p.m., Ames Chapel
Living with Grief Group	7:00 p.m., Gannett Room
Unity Singers Rehearsal	7:30 p.m., Parish Hall

Wednesday, November 21

Al Anon	5:00 p.m., Science Room
Young Adult Friendsgiving	5:30 p.m., Parish Hall

Thursday, November 22

Church Office Closed

Friday, November 23

Black Friday Service	10:00 a.m., Sanctuary
----------------------	-----------------------

Winter Warm-up Drive

Unity's Racial and Restorative Justice Team is collecting the following items to share with clients of its community partner, Amicus. These items will be shared with people upon their release from correctional facilities:

- New hygiene items such as shampoo, soap, toothpaste/brushes, lotion, deodorant, and shaving cream
- New gloves, hats, scarves, and socks suitable for the job site
- Hand and foot warmers
- Bus passes or the cash to buy bus passes

Bring donations to the Racial and Restorative Justice table in the Parish Hall on Sundays and to Lisa Friedman's office during the week.

Holiday Concert, Carol Sing, Dessert Buffet

Saturday, December 15 • Sanctuary

6:30 p.m.: Carol Sing, led by Jeffrey Hess and Mindy Eschedor

7:00 p.m.: Concert, "All Our Hearts Rejoice"

Children's Choir, Unity Choir, Unity Singers, Women's Ensemble, Steve Lewis & Elizabeth Giffin (percussion), Kathy Kraulik (piano)

8:00 p.m.: Dessert Buffet, bring a dessert to share!

Tower Club: No Book Sale this Spring

Unity's youth group is looking to develop a variety of new fundraising events to both serve our community and help finance programs. This year the Book Sale will NOT be the spring fundraiser. Watch for coming information about youth led planning. Please do not bring books to church this year!

Save the Date! Organ Dedication Concert

Sunday, February 10 • 2:00 p.m. • Sanctuary

Aaron Miller, Guest Organist

Sunday, November 25 • 9:00 a.m., 11:00 a.m., 4:30 p.m.

Wrestling with Covenants

American history is littered with broken promises and failed covenants. Though our Puritan ancestors vowed to be "as a city upon the hill" for the world, too often our churches and our country have not achieved that lofty goal. Join Hallman Ministerial Intern Kathryn Jay and worship associate Bryan Smith as we consider how we might make promises we can keep. Musicians: Kathleen Bartholomay, piano; Alena Oxenham and Beth Fryxell, violin (9:00/11:00); Priscilla Morton, piano (4:30).

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 11, \$3,860.10 was collected in the Sunday offering. Veterans for Peace MN will receive a donation of \$2,702.07. Information about today's offering recipient, Unity's Partner Church Ministry Team, is available in your order of service. The offering on November 25 is Feeding Frogtown.

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 are interested in learning more, please stop by the Welcome Table in the Parish Hall today.

No Wellspring Wednesday November 21

Happy Thanksgiving!

Wellspring Wednesday, November 28

6:00 p.m. Dinner: TBA. Cost: \$7/adult, \$4/child (5-12), \$2/child (2-4), \$20/family

6:50 p.m. Worship service in the Ames Chapel

7:15 p.m. Programs and Childcare

Depression in Men with Mark Meier

Depression is a common and often very treatable condition that impacts millions of men each year in the United States, but tragically a large percentage of men go untreated due to their unwillingness to seek and engage in treatment or because many simply don't realize they are suffering from depression. In this program you'll learn about depression in men, how to engage them in a conversation about depression, and how to support them in their journey toward recovery. Mark Meier is the co-founder and Executive Director of the Face It Foundation which is a Minneapolis-based nonprofit providing free peer support services for men with depression.

Caring for Our Planet: Collaborative Art

Come celebrate the joys of caring for our planet and each other by joining the Sustainable Living Team for hands-on workshops. This session will explore sustainable celebration through collaborative art. All skill levels welcome.

Yoga Balancing the Chakras:

We will use movement, mudra (hand gestures), and chanting to activate our chakras to provide exactly the right amount of energy for every part of the body, mind, and spirit.

Textile Arts: This group is open to textile creatives of all ages. Bring your knitting, embroidery, needlepoint, etc.

Learn and Play Go, the Chinese Board Game

Tween Group (grades 5-7)
