

# This Week at Unity Church

Sunday, May 10, 2026 | May Worship Theme: Belonging



Scan the QR code to access all of the links in this document.

## Welcome Visitors

After the service please stop by the Welcome Table in 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, contact Philippa Anastos at [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org) for the link to join online coffee hour.

## Finding Yourself at Unity | Topic: Congregational Care

Finding Yourself at Unity meets Sundays, 10:15-11:15 a.m., in the Center Room. For visitors, new members, and inquirers, this five-week series is offered continuously during the year. Childcare is available in the nursery.

## Kite Decorating and Flying with UUJME | Today!

Unity's Unitarian Universalists for Justice in the Middle East (UUJME) Team invites children and adults to join them at the House of Hope park after the 9:00 service today for kite decorating and flying. In 2011, the children of Gaza broke a world record for the number of kites flown at once. Come fly a kite and share our hope for peace and freedom for the children in Gaza and around the world whose lives are affected by war and violence.

## 2026 Congregational Survey

[Complete the survey by May 17!](#)

Your opinion of how we are doing together at Unity Church is critically important. With all the fresh energy around our new Ends and all the new faces in our community this year we want to hear from everyone! You do not need to be a member to respond.

## Border CrosSing Dance Party

**Friday, May 15 | 7:00 -9:00 p.m. | Cedar Cultural Center**

**Sunday, May 17 | 4:00-6:00 p.m. | Cedar Cultural Center**

[Border CrosSing](#) transforms into a full-fledged salsa band in this joyful, family-friendly program featuring a vibrant rhythm section and amazing vocalists, joined by members of Heritage Choir for an even bigger sound. This isn't a sit-still party: dance instructors will get people out of their seats and moving their bodies!

## Eco Fair on Summit 2026

**Saturday, May 16 | Noon-3:00 p.m. | House of Hope Church**

[The 2026 Eco Fair](#) will feature: Baby goats! (the natural weed whacker), an EV showroom featuring test drives and tips from owners, electric fire truck, e-bikes, electric lawn and garden tools, residential solar, native garden and pollinator experts, waste and recycling, food trucks with vegetarian options, and more!

## Monarca Democracy Defense Training

**Wednesday, May 27 | 7:00-9:00 p.m. | Unity Church**

[Registration](#) | Walk-ins welcome

Minnesotans have lived through the largest federal immigration operation in U.S. history, have been tried and tested, and have shown the world that, we, the people, still have the power needed to defend and expand our American democracy. Elections on November 3 are an essential part of that defense, especially as election integrity is under unprecedented attack. People in the highest levels of government have called to nationalize elections, tried to seize voter rolls from state officials, and threatened federal agents at polling places. Together, we will build a broad coalition to defend our democracy, using every lever we can to ensure we have safe, free, and fair elections.

## Active Hope for the New Now Workshop

**Emotions as Wisdom Guides | [Registration](#)**

**Saturday, May 30 | 9:30 a.m. - 12:30 p.m. | Foote Room**

This workshop is designed to go deeper in the use of the Active Hope Spiral to convert despair into action. "Active Hope," according to Joanna Macy, is not something we have but something we do. Honoring our emotional experience becomes an essential step in more fully accessing our resilience and mutual belonging. Together we will reconnect to hope for our world and energize our work to bring that better world about.

## Crosby Farm Picnic

**Sunday, May 31 | 2:30-7:00 p.m. | Potluck dinner at 5:00 p.m.**

Join Unity's Act for the Earth Team for birding, biking, walking meditation or just playing in the sand along the Mississippi River. Bring yard games and food to share!

## Planned Giving Plus a Matching Fund

Planned gifts help ensure that Unity Church thrives long into the future, sustained by the generosity of those who came before. There's a special reason to establish a planned gift now: Two generous Unity members have created a matching fund specifically to inspire others to make a planned gift — to take that step of naming Unity Church in their will, estate plan, or beneficiary designations. The spirit behind it is simple: When we live from a place of abundance and trust in what lies ahead, our generosity has a way of multiplying. Planned giving is open to everyone. Each gift strengthens the foundation of our church and makes a lasting difference. To learn more, contact Laura Park at [laura@unityunitarian.org](mailto:laura@unityunitarian.org).

## Singing with Love

**Celebrating 20 Years of Music Ministry with Unity Singers**

**Sunday, June 7 | 7:00 p.m. | Sanctuary**

Unity Singers is offering an anniversary concert as a thank you to Unity Church for the honor and joy of participating in its music ministry. The concert will feature a range of selections that are significant in the Singers' history and meaningful to the congregation. Join this celebration of music's role in the spiritual life of our church — and stay afterwards for a festive reception.

## This Week in Religious Education

Spirit Play, Rotations, and Middle School children and youth begin in Sanctuary worship today for Teacher Recognition before heading upstairs for their closing chapel service.

They'll spend the rest of the morning outside, while middle schoolers wrap up their year with a game of Jeopardy!

Thank you to our teachers for a wonderful year of learning and growing together. May 17 is Flower Celebration Family Sunday. Please bring a flower for the ritual arch.

## 2026 Chalice Camp at Unity Church

**Week 1: July 6–10: Nature, Food, and Land**

**Week 2: July 13–17: Stories, Myths, and Music**

[Chalice Camp](#) provides fun, community-building activities that help campers grow and deepen their understanding of Unitarian Universalism. Camp runs Monday through Friday, 8:30 a.m. to 5:30 p.m., for campers and counselors ages 5–18.

## This Week at Unity Church

[View the church calendar online.](#)

### Sunday, May 10

Anderson Library Open	9:00 a.m., Second level
Sunday Services	9:00 & 11:15 a.m., Sanctuary
Religious Education Classes	9:00 & 11:15 a.m., various locations
Coffee Hour	After services, Parish Hall
Finding Yourself at Unity	10:15 a.m., Center Room
Afterthoughts	10:15 a.m., Gannett Room
Children's Choir Rehearsal	10:15 a.m., Choir Room
Women's Ensemble Rehearsal	10:30 a.m., Foote Room
Tower Club	12:45 p.m., Center Room

### Monday, May 11

Circle of Peace	5:00 p.m., Parish Hall
Men's Conversation Group	7:00 p.m., Zoom
Active Hope Practice Group	7:00 p.m., Robbins Parlor

### Tuesday, May 12

Wellspring Wednesday Cooking	4:00 p.m., Kitchen
Sangha Practice	4:30 p.m., Ames Chapel
Housing Justice Team	4:30 p.m., Anderson Library/Zoom
Evergreen Quilters	7:00 p.m., Anderson Library
Unity Book Club	7:00 p.m., Zoom
Unity Singers Rehearsal	7:30 p.m., Parish Hall

### Wednesday, May 13

Men's Coffee Group	10:00 a.m., Center Room
Embodied Practice Circle	Noon, Foote Room
Indigenous Justice Team	3:00 p.m., Gannett Room
Summit Hill Alanon	5:00 p.m., Science Room
Wellspring Wednesday Dinner	5:45 p.m., Parish Hall
Wellspring Wednesday Chapel Service	6:45 p.m., Ames Chapel
Death Café	7:10 p.m., Parish Hall
Lectio Divina	7:10 p.m., Gannett Room/Zoom
Somatic Yoga	7:10 p.m., Foote Room
Beginner Violin	7:10 p.m., Choir Room

### Thursday, May 14

Women in Retirement	1:00 p.m., Center Room
Fresh Air AA	6:30 p.m., Gannett Room
A New Look at the Bible	7:00 p.m., Zoom
Unity Choir Rehearsal	7:30 p.m., Parish Hall

### Friday, May 15

Textile Arts	9:30 a.m., Robbins Parlor
Nancy Lundborg Memorial Service	2:00 p.m., Sanctuary

### Saturday, May 16

Racial Justice Team	9:00 a.m., Gannett Room
Families Living with Mental Health Challenges	9:30 a.m., Zoom
Threshold Choir Rehearsal	10:00 a.m., Ames Chapel
Women's Coffee Circle	10:00 a.m., Center Room

On Sunday, May 24, we switch to our summer worship schedule with one service at 10:00 a.m. (Sanctuary and livestream).

## Habitat for Humanity Summer Build

July 13-17 | Roseville, MN | [Registration](#)

Each summer, Unity's Housing Justice Team co-sponsors a Habitat for Humanity home construction work week. This year, the work will include the remodel of an existing home (it is as important to repair and keep affordable housing in the market as it is to build new construction). All skill levels are needed and you can volunteer for one day or multiple days. You'll also learn more about how a home is built and how Habitat contributes to stable housing in our communities. Questions? Stop by the table in Parish Hall on Sundays or email Chuck at [griggscb@msn.com](mailto:griggscb@msn.com).

## Wellspring Wednesday

A weekly multigenerational church community nourishing right and holy relationship among us and deepening our life of faith grounded in spiritual practice and antiracist multicultural work. [Details and Zoom links are online.](#)

**Dinner:** 5:45 p.m.: \$10/adults, \$5/child (ages 5-12), \$3/child (ages 2-4), \$25/family

**Chapel service:** 6:45 p.m.

**Programs:** 7:10 p.m., childcare provided

### MAY 13

*Dinner: Hoyo sambusas, Basbaas sauce, quinoa salad, roasted potatoes, blueberry cake*

### Death Café | Parish Hall

Eat cake, drink tea and discuss mortality with Rev. Shay. The aim is to increase awareness of death to help people make the most of their (finite) lives. It seems people have a lot to say about death, and enjoy engaging in these conversations with others. What it is: A Death Café is a group directed discussion of death with no agenda, objectives or themes. What it is not: A group focused on bereavement, grief support or a group counseling session.

### Lectio Divina | Gannett Room & Zoom

Is it poetry? Is it meditation? It's a bit of both — Lectio Divina! Come experience the alchemy that occurs through focused reflection on an inspirational text. Many people find Lectio Divina sessions to be a time of rejuvenation and insight. Led by Shelley Butler and Lisa Wersal; facilitated by your own heart.

### Somatic Yoga | Foote Room

This class is accessible to anyone comfortable sitting on the floor — bring a yoga mat, blanket, or blocks for added comfort. Led by Dr. Tamara Kraft, somatic psychotherapist and holistic health coach.

### Beginner Violin | Choir Room

Email [mayraquitzia@hotmail.com](mailto:mayraquitzia@hotmail.com) by 3:00 p.m. on Wednesday to ensure a lesson.

**After May 13, Wellspring Wednesday goes on summer vacation and will begin again on September 16.**

## General Assembly

**Attend the Sunday, June 21, service at the Riverview Theater!**

The UUA is creating a virtual "[Everywhere GA](#)" with both online and distributed in-person options that will allow Unitarian Universalists to participate in whichever way works best for them. This new format will reduce travel costs and environmental impacts, offer optional in-person connections, streamline production costs, and provide a more flexible schedule for participants.

**Mark Charles: Dine/Navajo Scholar, Author, and Activist**

**Saturday, June 27 | 9:30 a.m.-4:00 p.m. | Parish Hall & Zoom**

[Get all the details and register by June 20.](#)

Mark R. Charles is a Native American activist, public speaker, author, and former independent U.S. presidential candidate known for confronting systemic racism and the legacy of the Doctrine of Discovery. Charles offers a thoughtful and timely response to our current environment of political chaos and social exhaustion. As the grandson of boarding school survivors, Mark invites participants to look past binary partisan blame toward the deeper challenges embedded within our nation's political and religious foundations. This event is free and lunch is provided.