



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 for the link to join online coffee hour.

October is Pledge Drive Month at Unity Church

Pledge materials, including the priorities for this year's pledge drive, are online at unityunitarian.org/annual-pledge.html. Please pledge by October 31. Thank you!

Finding Yourself at Unity

Topic: Unitarian Universalist History

Finding Yourself at Unity meets Sundays, 10:15-11:15 a.m., in the Gannett Room and online at bit.ly/fyuonline. For visitors, new members, and inquirers, this eight-week series is offered continuously during the year. Childcare is available in the nursery.

Bridges WaterSongs: The Ripple Effect

Sunday, October 13 | 4:00 p.m. | Minneapolis South High School
Join the Minnesota Chorale and Border CrossSing as they continue their Bridges/Puentes series under the baton of Dr. Shekela Wanyama as she explores how music and our impact on the earth intersect. The concert includes the regional premiere of Reena Esmail's *Malhaar: Requiem for Water*, a work for Hindustani vocalist, tabla, Western classical percussion, and chorus. Tickets and details at bordercrossingmn.org.

Poll Dancing

You might remember the transformative experience of Don't You Feel It Too? offered by Unity Church Artist-in-Residence Marcus Young 楊墨 in 2021. Marcus is now partnering with Ray Hommeyer, Unity Church congregant and former staff member, to offer Poll Dancing: Moving through election anxiety and against white Christian nationalism with intention, resilience, and joyful community care! There are many opportunities to participate in this alternative way to move through the election season — before, during, and after, including two dates to vote early together! Full dates, locations, and details here: bit.ly/polldancingdyfit.

Act for the Earth Movie Night: *Plastic Earth*

Friday, October 18 | 6:00 p.m., pizza | 7:00 p.m., movie
Robbins Parlor

Plastic Earth is a documentary about the problem of plastic on our planet. Single-use plastic winds up as microparticles everywhere that can't be broken down without creating harmful gases. The movie interviews many innovators who are implementing ways to clean up the earth and change bad materials to good. (CommonSenseMedia.org rates for ages 10+).

Pauli Murray Commission

Unity Church made an offering donation to support a new ten-movement commission about lawyer, activist, poet, scholar, and priest Pauli Murray (1910-1985). Nautilus Music Theater is hosting a reading on October 21 and 22, performed by a chorus of 16, with Aimee K Bryant and Lucia Roderique as soloists. This is the first reading and feedback from audiences is needed — so the congregation is invited! All the details are online at galachoruses.org/resource/pauli-roughcuts.

Bylaws Change Meeting

Tuesday, October 22 | 7:00 p.m. | Online via Zoom

Learn about and discuss proposed changes to Unity's bylaws with your trustees! After last year's bigger additions and changes to the bylaws, a few smaller edits have come up this year. The Board would like to use this time to share the proposed changes, answer questions, and hear your thoughts. The Zoom meeting will be recorded so others can watch if they are not available at that time. See the Board page on Unity's website for the changes, explanation of the changes, and the Zoom link. Questions? Email laurasueschlatter@gmail.com.

Belongings: new and selected poems by Margaret Hasse

Friday, October 25 | 7:00 p.m. | Parish Hall and online

Reading. Refreshments. Books for sale. Booksigning. Hasse will be joined by Arleta Little, Executive and Artistic Director, The Loft.

Bring Food for Hallie Q. Brown Food Shelf

During October please bring corn bread and cake mix, frosting, canned corn and green beans, cranberry sauce, pumpkin pie filling and general Thanksgiving food items. Donation baskets are located at the Portland and Holly Avenue entrances. Thank you!

This Week in Religious Education

Reminder of no religious education classes next Sunday, October 20 (fall break/MEA weekend). While there are no regular programs, families are encouraged to experience worship together or have children (typically grades 1-5) join in community activities downstairs. Nursery care is available. Classes resume Sunday, October 27.

Spirit Play (ages 3-6): Children today hear the story of The Persevering Ant. What is the most powerful thing in the whole world? What is the greatest thing in the whole world? Are the questions alike or different? What do they have to do with God? Please wonder together with your children about their sacred play. **Reminder that classes run 75 minutes, and parents can meet their children outside in the playground.**

Rotations (grades 1-5): Children first begin in worship upstairs in Ames Chapel with their friends and teachers. Then in classrooms downstairs they continue their journey as a community of faith exploring the theme that "God is Mystery." **Reminder that classes run 75 minutes, and parents can meet their children outside in the playground.**

Middle School (grades 6-8): Youth continue with UU History & Identity, their class topic for the semester, and conclude each class with worship in Ames Chapel.

Our Whole Lives is on break this week, with classes resuming October 23. OWL is a sexuality and spirituality program typically for grades 8-9.

Coming of Age youth meet today to continue their focus "on being human and alive." COA is a signature spiritual growth and enrichment program.

Tower Club senior high youth meet today, 12:45-2:45 p.m., for their regular program. Tower Club is a gathering place for 10th-12th graders to enjoy community and share life at the intersection between the world and faith.

This Week at Unity Church

Find the church calendar, along with links to participate in online offerings, at unityunitarian.org/calendar.html.

Sunday, October 13

Sunday Service 9:00 & 11:15 a.m., Sanctuary and livestream
Religious Education 9:00 & 11:15 a.m., Ames Chapel/lower level
Coffee Hour After services, Parish Hall
Finding Yourself at Unity 10:15 a.m., Gannett Room
Afterthoughts 10:15 a.m., Lower level - Room 021/online
Children's Choir Rehearsal 10:15 a.m., Choir Room
Women's Ensemble Rehearsal 10:30 a.m., Foote Room
UU the Vote Postcard Processing 12:30 p.m., DeCramer Room
Tower Club 12:30 p.m., Robbins Parlor

Monday, October 14 Building Closed: Indigenous Peoples' Day

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

Tuesday, October 15

Wellspring Wednesday Chopping 4:00 p.m., Kitchen
Unity Sangha 4:30 p.m., Ames Chapel
Living with Grief Group 7:00 p.m., online
Unity Singers Rehearsal 7:30 p.m., Parish Hall

Wednesday, October 16

Textile Arts 9:30 a.m., DeCramer Room
Men's Coffee Group 10:00 a.m., Center Room
Summit Hill Alanon 5:00 p.m., Science Room
Threshold Choir Rehearsal 5:30 p.m., Children's Library
Wellspring Wednesday Dinner 5:45 p.m., Parish Hall
Recovery from White Conditioning 6:00 p.m., online
Wellspring Wednesday Chapel Service 6:45 p.m., Ames Chapel
Braver Angels 7:10 p.m., Parish Hall and online
Hymn Sing 7:10 p.m., Robbins Parlor and online
Beginner Violin 7:10 p.m., Choir Room

Thursday, October 17

Caregivers Support Group Noon, online
Women in Retirement 1:00 p.m., Center Room
Fresh Air AA 7:00 p.m., Gannett Room
Unity Choir Rehearsal 7:30 p.m., Parish Hall

Friday, October 18

Act for the Earth Movie Night 6:00 p.m., Robbins Parlor

Saturday, October 19

Families Living with Mental Health Challenges 9:30 a.m., online

Unity Church Name Tag Project

If you've noticed a dot on your name tag, there's a reason for it! Volunteers are using this designation to identify name tags in active use as they work to try and reduce the number of tags (that are no longer being used) in the racks. They hope to make it easier for you to find your name tag and simplify the task of returning the active name tags to alphabetical order each week. Thanks to everyone for helping with this project by returning name tags to the large basket rather than to the racks. If you won't be here in person during our project, don't worry! We will save your name tag until you return.

Parish Hall Exhibit

Against All Odds is the group of eight watercolor artists exhibiting in the Parish Hall during October. Visit the Parish Hall after the service and enjoy viewing their beautiful, engaging paintings – and reading their unique story.

Wellspring Wednesday, October 16

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. Zoom links at unityunitarian.org/wellspring-wednesday.

Dinner: 5:45 p.m.: *Roasted chicken with Brussels sprouts, squash, mixed green salad, and browned butter blondies.*

\$10/adults, \$5/child (age 5-12), \$3/child (age 2-4), \$25/family
Want to help prepare the meal? Email heidi@unityunitarian.org.

Chapel service: 6:45 p.m.

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

Braver Angels: Building Bridges in a Polarized World Parish Hall and Zoom

Wondering how to talk with your friends and relatives about the upcoming election if they don't share your political beliefs?

Bill Doherty, Ph.D., co-founder of Braver Angels and Professor Emeritus in the Department of Family Social Science at the University of Minnesota, will present an overview of the problem of polarization, the core Braver Angels approach to addressing it in our lives, a summary of several skills and a chance to practice one of them. Bill is a former member of Unity Church Unitarian. This will be an interactive presentation, and in-person attendance is recommended.

Hymn Sing | Robbins Parlor and Zoom

In 2021 Unity Choir members started meeting with Ahmed every few weeks on Zoom to sing and discuss the hymns in the Unitarian hymnal, *Singing the Living Tradition*. The group started with the first hymn, and is now nearly 200 hymns in! At each session group members sing the hymn, discuss its music, text, history, and theology, while also sharing personal reflections on the music and its meaning.

Beginner Violin | Choir Room

Join Mayra Mendoza for beginning violin lessons appropriate for all ages. Email mayraquitzia@hotmail.com by 3:00 p.m. on Wednesdays to ensure a lesson.

UU the Vote | Canceled

Coming to Wellspring Wednesday, October 23

Justice Learning Partners | Parish Hall and Zoom

Formerly Antiracism Literacy Partners (ALP)
In the wake of the murder of George Floyd, we asked the congregation what should be our Next Right Action. Some asked for an opportunity to learn with others more about oppression and how to dismantle it. Come learn more about this program, resources to delve into deeply (discussion guides provided), and sign up for a partner or group. Justice Learning Partners will meet four times during the church year on Wellspring Wednesdays.

Considering Five Theological Questions

The first in a series of six sessions facilitated by Nathan Schultz exploring the five questions at the heart of systematic theology. These same questions guide the church's religious education program, with our youth sharing their answers, however provisional, each year at Coming of Age. This week's session explores the question: What does it mean to be human and alive? Come prepared to engage in personal reflection and share your responses.

Young Adults Group | UU the Vote | Beginner Violin
