

Transformation/Resurrection

The life of a congregation is a rich community tapestry of people, programs, ministries and worship. We lift up the patterns of this tapestry at Unity Church with the threads of monthly themes woven through our worship and programming. These themes deepen our understanding of our own faith and strengthen our bonds with one another in religious community.

During March's theme of brokenness we explored the sin of idolatry, considering what in our culture at Unity needs breaking in order for the church to continue to fulfill its purposes. Idolatry occurs whenever we mistake the finite for the infinite; the part for the whole. We fall into the sin of interpersonal idolatry when we miniaturize, diminish and objectify others, when we draw conclusions based on false assumptions, and especially when we decide who belongs among us and who does not. Our theology demands that we expand and perhaps even transcend the particularities of our culture, even and especially those we treasure most, to create a beloved multi-cultural community where all are welcome and belong.

April's theme of transformation invites us to continue this journey. To transform means to go beyond or through (trans-) one's own body or shape (form) into another one. The power implied in the word transformation suggests more than simply growing or changing. It suggests a deeper change, change at the root, a sea change that endures.

There is a tenet about change from Octavia Butler's *Parable of the Sower* that can inform our journey. She writes: "All that you touch You Change. All that you Change Changes you. The only lasting truth Is Change. God Is Change." Perhaps the spiritual path is about the willingness to be open to the mutuality and reciprocal nature of change. If and because we change everything that we touch and ourselves are changed, we must touch with intent. We must touch gently, with the hopes of doing good, and enacting change that is positive. Yet many of us respond to change with fear, or stress and see it as a crisis. Often this is because we are not clear or committed about our dream destination,

so instead of moving towards anything in particular, we are in nonstop reaction. A first step is to ask ourselves, how do we practice increasing our ease with what is? How do we live into the questions, knowing that they are the true source of creativity? Can we learn to adapt with intention, wherein the orientation and movement towards life, towards the love and longing that is calling us, is made graceful in the midst of change? This is the process of transforming while staying in touch with our deeper purpose.

The Mapping Our Future process has helped us get clearer on our collective vision and will be a guidepost along the way — especially during that vulnerable in between time when we are not yet what we aspire to be and we are not what we once were. Danger occurs when we are enticed by the ease of slipping back rather than leaning into the unfolding process of transformation. Listening and learning from each other will help us stay on track.

In her book, *Emergent Strategy*, Adrienne Marie Brown invites us to learn from the natural world and build a movement with such deep trust that we move as a murmur, the way groups of starlings billow, dive, spin, dance collectively through the air — to avoid predators, and, it also seems, to pass time in the most beautiful way possible. Brown says it works because each creature is tuned in to its neighbor, with the right distance between them thereby creating a right relationship which reduces exhaustion and where no one bears the burden alone of figuring out the next move and muscling towards it.

If we can increase our capacity for adaptation we will create space for opportunity, possibility, and the

movement towards our vision of the Beloved Community with intention, relationship, and regeneration.

*Ministerial Intern Andrea Johnson with this month's theme team:
Drew Danielson, Janne Eller-Isaacs,
Rob Eller-Isaacs, Ken Ford,
Lisa Friedman, KP Hong,
Arif Mamdani and Ruth Palmer*

Transformation Theme Resources

FOR FAMILIES

Appelmand's Dreams by Patricia Polacco: Discover the importance of dreaming and the power of true friendship.

A Wrinkle in Time by Madeleine L'Engle: The adventures in space and time of a young girl searching for her father, a scientist who disappeared while engaged in a secret government project.

BOOKS

Emergent Strategy by Adrienne Marie Brown: This book is radical self-help, society-help, and planet-help designed to shape the futures we want to live.

The Parable of the Sower by Octavia Butler: When unattended environmental and economic crises lead to social chaos, not even gated communities are safe.

MOVIE

Spring, Summer, Fall, Winter...And Spring: Symbols of the passing seasons are used to tell this story of a Buddhist monk's evolution from innocence to love, evil to enlightenment, and ultimately to rebirth.

POETRY

Ten Windows: How Great Poems Transform the World by Jane Hirshfield

Just Words



I have been thinking lately about the fine line between egotism and leadership. A beloved teacher, Til Evans, a religious educator who taught at Starr King School for the Ministry, recoiled whenever a student, or for that matter a colleague, used the phrase “my church.” At first I thought she was being a little silly. After all, don’t we want our ministers to have that deep, existential sense of commitment. But as she continued to call us to account the cause of her concern began to sink in.

When ministers become overly possessive, when we take credit for the congregation’s strength, for the depth of spirit and the scope of service that are expressions of the congregation’s ministry, we can undermine the very strength for which we imagine we’re responsible. Til wanted to be sure we understood in the very depths of our being that it’s *your* church. Her concern was not about authority. It was not about control of the decision making process. She simply wanted us to understand that the impact of the church in people’s lives and in the life of the larger community is an expression of the degree to which the people of the congregation own the church and truly embody its ministry.

The great Jewish theologian, Martin Buber, defined humility as the understanding that you are a wave in an ocean, utterly dependent and infinitely powerful. One cannot lead effectively without a healthy ego. But when ego looms large, leadership easily decays into self-serving manipulation. In these days, change is in the air. Winter is loosening its hold. Contending hardline ideologues continue to undermine the common good. I pray their days are numbered.

As we prepare for the 40 days of action planned by the Poor People’s Campaign we are acutely aware both of the tragic gap in which we live and of the creative possibilities of what prophetic imagination can inspire. May we be self-aware lest egotism overshadow and demoralize our efforts. May we learn to listen well, to step up and step back, to lead and to be led all in the interest of the larger love which is our birthright and our obligation.

Forward together,
Rob Eller-Isaacs

Support the Hallman Ministerial Intern Fund

In 2001, Unity Church brought ministerial education to the heart of its concerns by establishing the Hallman Ministerial Internship. Named to honor the Rev. Dr. Laurel Hallman on the 20th anniversary of her ordination into Unitarian Universalist ministry, the internship is intended for candidates with a particular interest in serving large congregations, who demonstrate both high potential for ministry and a deep commitment to spiritual practice. Ministers who have been Hallman Interns now serve in pivotal roles across our Association and beyond.

Each year we designate a Sunday offering to support the growth of the Hallman Ministerial Intern Fund. In addition to making a generous contribution on Sunday, April 8, when Hallman intern Arif Mamdani will be in the pulpit, we invite you to consider including the Hallman Fund in your legacy giving. If you are interested in knowing more about how to further the impact of Unity’s ministry by supporting this endowment, please contact Barbara Hubbard at barbara@unityunitarian.org or 651-228-1456 x116.

The Wheel of Life

In Celebration

Terri Anetta Burnor

Ordained into the
Unitarian Universalist Ministry
March 10, 2018

Xavier James Focht-Perlberg

born one more redeemer
March 14, 2018
to parents
Jessica and Paul Focht-Perlberg

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APRIL SUNDAY WORSHIP / OFFERING RECIPIENTS

Sunday Worship

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Sermon podcasts and archives are available online at www.unityunitarian.org. Religious Education for children and youth is offered during all services.

April 1: Practice Resurrection: Peter's Denials

Easter Family Sunday: Worship at 9:00 and 11:00 a.m. only

At the Last Supper, Jesus predicts that before the cock crows Peter will deny knowing him three times. It comes to pass. Shamed and devastated, Peter somehow finds his way back to life and service. He is redeemed. How do we rise up from despair? How do we find our call to ministry after we've been captured by remorse? The whole church family will gather for a joyful Easter celebration as together we find that the stone's been rolled away and the tomb is empty. **There will be no 4:30 service on Easter Sunday.**

On Family Sundays, children experience the entire worship service together with their families in the Sanctuary. A children's message and activity books related to the stories and sermon help children to engage in the experience of worship. Regular religious education programming does not take place on Family Sundays; however, the nursery is open for children under five years of age.

April 8: Resurrecting Transformation

Our intuition suggests that there's some kind of relationship between resurrection and transformation. Both suggest a deep change and point to the idea that something must cease to exist in order for something new to come alive. Join Arif Mamdani and Susan Huehn as they explore this intuitive link and how we might follow our intuition into understanding.

April 15: It's All in the Details

Transformation is a goal that many of us strive towards, but in the striving we often forget that transformation involves change and letting go of old habits. Join worship associate Bob Peskin and Rev. Janne Eller-Isaacs as they examine the messy details of transformation.

April 22: The Grace of the World

In the face of environmental degradation, it is easy to fall into despair. How do we remain awake to the dangers we face while allowing the beauty and yes, the grace of the world to carry us through? Rev. Rob Eller-Isaacs and worship associate Bob Lies will help us get to know the peace of wild things.

April 29: Coming of Age

Coming of Age Sunday celebrates the signature year-long journey of our 9th grade youth, transitioning from the inherited faith of childhood to the adult journey of faith, and marked by youth sharing their statement of faith or credo. COA youth, mentors, and families will be present at the 4:30 p.m. service, while all services will include a collage of voices, with religious education staff and ministers leading in joyful celebration.

Offering Recipients

Each Sunday, thirty percent of the offering goes to support the Community Outreach Ministry at Unity Church and seventy percent is given to a chosen community non-profit recipient. Please make checks payable to Unity Church.

April 1: Mano a Mano International Partners

Mano a Mano works to create partnerships with impoverished Bolivian communities to improve health and economic well-being by building medical clinics, schools, roads, and water reservoirs and providing medical and agricultural training. Today's collection will be used to support Mano a Mano's medical surplus program which collects medical supplies that would otherwise be thrown into Minnesota landfills, organizes these supplies, and ships them to Bolivia. Unity's Ray Wiedmeyer is guides the medical surplus mission.

April 8: Hallman Ministerial Intern Fund

The Hallman Ministerial Intern Fund is a permanent endowment that provides funding for ministerial interns at Unity Church. Hallman interns since 2002 include: Jen Crow, Melissa Carvill-Ziemer, Bill Neely, Katie Lawson, Teresa Schwartz, Justin Schroeder, Matt Alspaugh, Leon Dunkley, Lissa Gundlach, Jason Seymour, Rachel Lonberg, Mae Gibson Wall, Jennifer Nordstrom, Lindasusan Ulrich, Shay MacKay, Jessica Clay, and Arif Mamdani. Other Unity Church interns include Dottie Matthews, Jacqueline Duhart, Jim Foti, Nic Cable, and Andrea Johnson.

April 15: Minnesota Prison Writing Workshop

Minnesota Prison Writing Workshop (MPWW) serves one of the most marginalized groups in society by offering creative writing classes to men and women in Minnesota correctional institutions. Today's collection will go toward funding one 15-week writing class of 14-16 students. Unity Church member Kelly Hansen-Maher is a member of the MPWW team.

April 22: St. Paul Freedom School

St. Paul's Freedom School is a six-week summer program celebrating the cultural pride of minority students through music and books, expanding their vision of self in the world. Today's collection will go toward the purchase of books chosen to feature the children's cultures and stories of people of color who have overcome overwhelming obstacles and found in their struggles the courage and energy to press forward. Several Unity members serve as Freedom School volunteers and supporters.

April 29: Children's Law Center Minnesota

Children's Law Center provides legal representation for childhood and teenage victims of abuse and neglect, giving them a voice in the courtroom. Today's collection will assist CLC in recruiting, training, and supporting its volunteers, preparing them not only to represent clients but also to lobby for more effective child protection legislation. Unity member Peggy Lin is a volunteer CLC attorney working with foster children in Ramsey County.

BOARD OF TRUSTEES / HERITAGE SOCIETY

Board of Trustees

From Jennifer Tong, Trustee



Transformation is such a fitting topic for spring. We watch in wonder as the frozen ground yields up bright tulips, and lawns which appear brown and dead are suddenly swept with green. These transformations can appear to be sudden, when in fact there's been activity and growth happening the entire time, awaiting the right moment and the warmth of the sun to burst forth.

It's also a fitting topic for where we are as a congregation, with the current Ends renewal process and the anticipated leadership transition. We will inevitably be transformed, and the question is what we want Unity Church to be as a result. With these issues in front of us, Unity's Board of Trustees has plenty of work ahead of it this year.

I joined Unity's board in December. I first came to Unity Church eight years ago seeking religious education for my two boys, then ages seven and four, and found a community for myself. I've been an religious education teacher for most of those years, and most recently was a member of the Anti-Racism Leadership Team. I'm honored and humbled to be on the Board at this important inflection point.

This winter many of us shared our ideas and dreams about Unity's future in Mapping Our Future meetings and on postcards from the future. Trustees also met with some of our community partners to reflect on how we can create truly transformative relationships. This information was carefully collected and organized by a sub-committee of the board, for us to discuss and distill during an intense weekend retreat. On that Friday evening as we gathered to begin our work, I know some of us felt daunted by the task ahead of us. How could we possibly take all that input and turn it into a vision of what our congregation wants to be? How could we honor and reflect the voices we heard from the congregation, and hone it all into a mission statement, core values and new Ends statements? We were very fortunate to have Laura Park as our guide, from the format of Ends meetings themselves through the discussions she facilitated over the weekend.

After many hours of work we are well on our way to articulating the hoped-for future that we as a congregation have voiced. I'm excited by the vision I'm starting to see, and deeply grateful to all who participated with open-hearted engagement to share their ideas and dreams.

As we continue our discussions to develop our Ends statements the Board is considering the boldness of our vision and whether we collectively can take the courageous action to achieve such a vision. Transformation requires breaking through some of the old structures to bring forth the new. The shell cracks; the cocoon splits open; the green shoot breaks through the bulb to seek the light above the ground. The breaking itself is not transformational, at least not the transformation we seek. The sustained growth that continues as a result of the break is the transformation we desire, and which requires the right conditions to thrive. Bulbs can put forth shoots in a dark closet but will not blossom without gathering the appropriate nutrients from the soil and enjoying the warmth of the sun for enough hours each day. In fact, that early sprouting, without the right supporting conditions, can damage the bulb and prevent any future blooms.

Which of our structures will have to be cracked open for the new growth to emerge? What kind of nurturing do we need to encourage the growth and blossoming that we desire? Have we created, or can we create, the right conditions for this kind of transformation to flourish? And of course, how will this transformation further our mission to be a faith community that encourages lives of integrity, service and joy? These are the questions the Board will be considering as discussions continue this spring.

Join the Heritage Society

Leave a Legacy for Future Generations at Unity Church

Legacy giving is an intentional act that leaves a lasting legacy in your name and sustains the powerful work of this church for generations to come. A legacy gift is a designation from your estate to a charitable organization. Your "estate" is the sum of your assets, including property you own, insurance policies, retirement accounts, cash on hand, etc. There are many gift possibilities. Each of these gifts allows flexibility, though some requirements apply, and you always retain the right to amend your estate plans.

- A charitable bequest in your last will and testament can be a specific amount or a percentage of what remains after providing for your heirs
- A life insurance designation names Unity Church of St. Paul as owner or beneficiary of the policy
- Retirement plan assets name the church as a beneficiary of an IRA, 401(k), 403(b), profit sharing or other retirement plan
- Other types of legacy gifts include gift annuities, life-estate agreements, and charitable remainder trusts

By making a legacy gift to Unity Church you will be joining over 200 others who have committed to supporting the church into the future. Our annual Heritage Society Dinner on Friday, May 18, is the church's way of thanking those individuals who have made legacy gifts. This year's guest speaker is The Rev. Meg Riley, Senior Minister of Church of the Larger Fellowship.

If you would like more information about legacy gift possibilities, please contact Executive Director, Barbara Hubbard, at barbarah@unityunitarian.org or 651-228-1456 x116.

2017-18 MINISTERIAL INTERNS

Hallman Ministerial Intern: Arif Mamdani



I'm writing this from the Minnesota Regional Championship swim meet where my daughter and several hundred other swimmers are getting ready to swim their hearts out. For some, it will be the last meet of the winter season and they're all hoping to make a time that qualifies them for the state swim meet at the end of the month.

Predictably, I'm a choked up, emotional mess. It's a bit embarrassing, sitting here, on the edge of tears. After many years of having this experience, I'm starting to better understand what's going on; why meet after meet I find myself sitting in uncomfortable bleachers with a heart full to bursting. Part of it is that it's hard not to love these kids. I only know a handful of them, but sitting here, you can feel the hope and hard work that's gotten them to this point. Especially with the older kids, you can see that this is a sport they take seriously, that it's something that they care about.

But my "full heartedness" is about more than that. Mostly, it's about my kid and the kids that she swims with. She's been swimming with many of these kids for the better part of her 14 years. They know each other. They love each other. And you can see it. They're a goofy group, prone to giggles, silly dances, and funny faces (and their Instagram accounts attest to this). But more than their jokes and games, they are just over the top supportive of each other, in ways that I find deeply inspiring. This is particularly striking in a world that often seems so harsh, a world where young women in particular can be so mean to each other.

In these young women, I see the exact opposite. They cheer for each other, even when they're racing against each other. They stay at the meets till everyone's done swimming. They display an integrity and a joy that blows me away. And perhaps most of all, they seem to me to embody these words from the poet Mark Nepo who writes: "To bring who we are out and to let the world in is a brave and endless practice that clarifies and solidifies the gifts we are born with. There is no arrival point or destination here, only the chance to be more fully alive as we move closer to the Mystery." May they always know this kind of friendship, love, and support, and may we take their friendship as an example for our own lives. May we cheer each other's successes, hold each other through our failures, and support each other in being "more fully alive as we move closer to the Mystery."

Ministerial Intern: Andrea Johnson



Swiss philosopher and poet, Henri-Frederic Ariel, said: "Let mystery have its place in you; do not be always turning up your whole soil with the plowshare of self-examination, but leave a little fallow corner in your heart ready for any seed the winds may bring, and reserve a nook of shadow for the passing bird; keep a place in your heart for the unexpected guests, an altar for an unknown God."

Make a bit of room. Leave a little space. This may not sound like anything radical or revolutionary but it is one way to make us into something new. Ministerial presence is one area I've been focusing on during my internship this year. I came from the high pressured world of consulting and project management where my focus was on completing tasks on time and within budget. Making the transition to ministry which focuses on "being" as well as "doing" will likely be a life long journey but one I am committed to working on as I prepare for ordained ministry. During a recent supervisory session with Rev. Lisa, she asked me to think about all of the ministers I know and what qualities come to mind when I experience their presence — a fun exercise indeed! What I am realizing is that although ministerial presence is about charisma in the pulpit, attentive and open-hearted listening, as well as one's ability to express thoughts concisely, eloquently, and persuasively in committee meetings, ideally it is not a separate thing one does only while performing official ministerial duties; rather it is an orientation one brings to their life more broadly.

I have been reflecting on the characteristics of my own ministerial presence and how I can bring these to more and more aspects of my life so that it becomes who I am everywhere. Rev. Lisa is a wonderful role model in this respect. To me, her presence can be summed up by the Yiddish word, *mensch*, which is a person of integrity, honor, and kindness; someone of noble character who has a strong sense of what is right. Her honorable presence is visible every day as she warmly greets a front desk volunteer or a newcomer on a Sunday morning; the way she calmly works in the background to ensure all is ready on Sunday mornings and Wellspring Wednesdays. During staff, committee, and board meetings, I see her pause to consider what is needed before making her response while ensuring respect for all. And during our weekly supervisory sessions, she is gentle, compassionate, and kind as she offers insightful feedback and wisdom during this tender time for me.

Instead of aggressively tilling and turning up my whole soil to strive, perfect, and prove myself, I am learning that transformation is a subtler art. It's about breathing rather than becoming better; patience not perfection; attention not improvement. It's about stillness, listening deeply to God and remembering my call to ministry.

WELCOME WORDS / WELCOME NEW MEMBERS

Welcome Words

Rev. Lisa Friedman, Minister of Congregational and Community Engagement



I was 13 years old when I was recruited onto my first church committee. A respected elder in the congregation invited me to join the new Nuclear Disarmament Task Force, knowing that I was passionate about the issue. I said “yes,” and it was my faith community that helped me ground and center my identity as an activist. I think about that moment, as our youth are now walking out all over the nation to have their voices heard. How we live out our values in the world and answer

the call to create a better future for all people are fundamentally theological questions. We owe it to our youth and to ourselves to foster a community where those questions can be explored and answered. In the weeks ahead, as you find yourself marching to the capitol, writing your representatives, or volunteering your time in countless ways, reflect on how you are growing and challenging your spirit. Bring those reflections to church, where we can learn from one another and strengthen our vision. Looking for ways to be more involved? Contact me — our community outreach teams offer many opportunities in partnership, even during the summer months. See you in church!

Pathway to Membership Classes

Sign up for Pathway to Membership classes at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement, at lisa@unityunitarian.org or 651-228-1456 x107. She is also happy to meet with you personally to answer questions and to welcome you into the congregation. Childcare is available by request at least one week in advance.

Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis on Sundays, from 10:15-11:15 a.m., in the Ames Chapel. These sessions can be attended in the order that works for you and will offer participants the opportunity to share part of their religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation. Childcare is available in the nursery.

April 1: No class on Easter Sunday

April 8: Membership 101 & Congregational Life

April 15: Building Tour

April 22: Worship & the Liturgical Year

April 29: Social Justice & Community Outreach

Committing to Unity: Joining Unity Church

Saturday, May 5 • 9:30-11:30 a.m. ~also offered ~

Wednesday, June 6 • 7:00-9:00 p.m.

This class explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and finding the place where the world’s needs meet the gifts you have to offer. The class concludes with a celebration ceremony as participants sign the membership book.

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. They pledge to meet at least once a month face to face, and be available for ongoing questions and advice for at least six months. If you have questions, or would like to request a mentor, please stop by the Welcome Table in the Parish Hall on Sundays or contact Rev. Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107.

Welcome New Members

Sandy Burton

Sandy was raised Roman Catholic in a small rural community. She attended Catholic school, and is grateful for the



solid moral education she received in school and at home. When her only child died at age eight she had a crisis of faith. She began seeking other spiritual belief systems such as Buddhism, looking for beliefs with more tolerance and less judgement. Her husband, who died in 2015, was African American. He awoke her to the Black experience in America. Sandy is joining Unity because she wants to belong to a compassionate community which respects and supports all people.

Kara McGuire



After hearing about Unity Church from friends and neighbors, Kara figured it must be pretty special. She is grateful for Our Whole Lives and the musical, as well as the social justice efforts that keep her values in focus. She lives in Maplewood with her husband and three children, Charlotte (14), Teddy (12), and August (8). When she's not working, watching movies, or driving kids to practice, she's playing tennis and wondering whether they should get a dog.

PARISH HALL ARTISTS / EMERGENCY ACTION PLAN

Quilt Art Show Featured in Parish Hall in April

Enjoy Evergreen Quilters' exhibit "Once in a Blue Moon" in the Parish Hall April 1-29. All the small quilts and quilted wall-hangings on display are part of their biennial silent auction and are up for bid. You may also purchase \$2 raffle tickets for "Blue Moon," a stunning 88" x 100" quilt made by a group of about 20 Evergreen Quilters.



Register for a bidding number and learn how to use the bidding system at the Evergreen Quilters' table in the Parish Hall on Sunday mornings in April. Then place your bids for your favorite quilts and wall-hangings. To bid, you can use your smart phone anywhere throughout the month, or the tablets available in the Parish Hall after services on Sunday mornings. Bidding ends at 12:30 p.m. on the last day of the exhibit. Items may be paid for and picked up at that time or by arrangement the following week. The winning raffle ticket will be drawn at 12:30 p.m. on Sunday, April 29.

You're invited to help celebrate Evergreen Quilters' show at their opening reception in the Parish Hall on Friday, April 6, from 5:30 to 7:30 p.m. That evening you can see the quilts, meet the artists, enjoy refreshments, and place your bids. Bring a friend or two!

Sundays, April 8, 15, 22, and 29, you will also be able to purchase additional Evergreen quilters' smaller sewn and quilted creations at their "Buy-It-Now" table. Small quilted runners, zipper bags, potholders, and other items are designed for you to purchase and make great gifts. Think Mother's Day, spring birthdays, graduation gifts!

Evergreen Quilters create quilted items of all kinds to raise money that helps support three organizations dedicated to serving hungry and homeless people in our community: The Family Place, a day shelter for homeless families; Hallie Q. Brown Center, a local food shelf; and Jeremiah House, a program and housing facility for young mothers and their children. We also often donate to Obama Elementary School campaigns to raise money for neighborhood families' after-school and holiday meals. To all these agencies, we donate one hundred percent of the money we raise.

If you'd like to quilt for social justice causes, please join Evergreen Quilters. Participate as much as you can, whenever you can with no guilt. Collaborate on quilting projects and share quilting knowledge, creativity, and skills with other like-minded people. Those of all skill levels are welcome; instruction is offered to beginners. The group meets at the church on the second Tuesday evening each month, and at various locations on the fourth Saturday each month. Please join us! Phone Peggy Wright at 651-698-2760 to check on the next meeting location before attending. Peggy can also answer your general questions about the group and its programs.

Are you prepared?

Learn about Unity's Emergency Action Plan!

How would you respond if we had to evacuate the church in response to a fire, a gas leak, or a bomb threat? What is the protocol if there's a medical emergency or if an inappropriate person is posing a threat? Where do you go if there is a tornado? These are some of the questions that the Emergency Preparedness Team (EPT) at Unity Church has been discussing for the past two years. Many of the situations are low probability, but if they were to happen, would create a high impact. Our best protection is to be prepared!

The EPT has developed an "Emergency Action Plan" (EAP) which offers guidelines and procedures in the event of an emergency. As a result, we have purchased additional equipment, identified weather shelters and evacuation paths, and created a response structure for staff and volunteers which is designed to help us respond effectively.

The EPT has been providing training and drills to enhance our "situational awareness" and we are offering another training at Wellspring Wednesday on April 11 (see page 10).

If you're interested but can't attend on the 11th, we invite you to read our Emergency Action Plan that can be found online at www.unityunitarian.org/ept.html, or you can request a paper copy by contacting Barbara Hubbard at barbara@unityunitarian.org or 651-228-1456 x116.

Members of the EPT are Richard Birger, Rob Fulton, Leah Doherty, Bill Lowell, and Barbara Hubbard.



The 10th Anniversary of Café Unity

Is it a Unity tradition yet?

You never really know what is going to happen at Café Unity. There was the unforgettable moment when, as a singer was gracing us with a beautiful song, another sweet voice spontaneously chimed in — her baby son. There was the poem about a young woman who threw her old man a bone by taking him to First Avenue, where she discovered that he is both mortal and precious. And then there was the time that a whole family got up on stage to sing, whistle, and make us laugh with a Monty Python song. Not to mention the year we were honored with an American premiere of an original musical composition. Then again, there was the Café Unity that ended with a tender poem about baking pie with friends, after which the Library and Bookstall Team served all kinds of their own homemade pies — apple, polka-dot peach, cherry, and more.

Over 65 unique people have read, sung, or played music in past years, and many more than once. Good friends and much-loved congregants who came for several years have come and gone, while new and wonderful people join the ranks of Café-Unity-ers. Typically we laugh, but also feel tugs at our heartstrings; we empathize and yet find ourselves astonished; we eat and drink and talk with friends; rarely are we bored. Unity folk have stories to tell, songs to sing, protests to launch, and hopes, fears, and joys to share, and a community ready to hear. Café Unity is the time and space for all of it.

As my Dad used to say, "What are you waiting for, an engraved invitation?" Hope to see you Friday April 20, at 7:00 p.m., in the Parish Hall.

If you would like to contribute to Café Unity as a participant, please email library@unityunitarian.org or leave a note in the Library Team mailbox in the Copy Room at church.

Upcoming Event

Tuesday, May 15, at 7:00 p.m., Unity's own Susan Bartlett Foote reads from her important new book, *The Crusade for Forgotten Souls: Reforming Minnesota's Mental Institutions, 1946-1954*, UM Press, 2018.

Open Page Writing Sessions

Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are opportunities to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary.



Sessions are free and are held at Unity Church. Email karen@unityunitarian.org if you plan to attend.

Welcoming Transformation

Wednesday, April 18 • 7:00-8:30 p.m.

Wendell Berry poetically pays homage to the continual transformation occurring in the natural world: "bud opening to flower / opening to fruit opening / to the sweet marrow / of the seed." How might we too witness and pay homage to the transformation occurring within our lives? We'll pause to notice the transformative forces moving within our hearts and within our world.

Choosing Hope

Wednesday, May 16 • 7:00-8:30 p.m.

"Hope is not merely an emotion that comes and goes. It is a virtue, resulting from a conscious, deliberate choice and long practice," says writer Mary McDermott Shideler. Where do we find hope in the world today, and how might we choose it and practice it?

The Unity Library & Bookstall Team Present

The 10th Annual Café Unity

Poetry & Music Salon

Friday April 20, 2018 at 7:00 pm

Come join us for a celebration of music and original writing. Free admission, food & drink, & a great time.



CONGREGATIONAL LIFE

Unitarian Universalist History 101

Sundays, April 8-29, May 6 and 20 • 12:30-1:30 p.m.

Rev. Lisa Friedman will teach this six-session introduction to concepts and people from UU history. Each session will focus on compelling stories and some of the people who embodied our faith at different key moments in time. Explore the questions they faced, and make connections with Unitarian Universalism as it is still evolving today. How does history translate into our own lives and spiritual practice? Topics will include:

April 8: A Question of Conscience

April 15: A Question of Love

April 22: A Question of Experience

April 29: A Question of Resilience & Courage

May 6: A Question of Identity

May 20: A Question of Calling

Contact Lisa at lisa@unityunitarian.org or 651-228-1456 x107 if you would like to participate. Advance sign up is not necessary but helps with planning purposes.

Racial Justice Movie Night

The Tulsa Race War of 1921

Friday, April 13 • 7:00 p.m. • Robbins Parlor

Join Unity Church members and friends for an ongoing film series to further our growth in the understanding and challenging of white supremacy and structural racism. Popcorn will be served and there will be time for conversation.

We will watch a documentary that tells the horrific and little-known story of the destruction of the Greenwood District in Tulsa, Oklahoma. Known as "The Black Wall Street," it was one of the most vibrant, successful, black communities in the U.S. until strident prejudice set the town on fire. The conversation will focus on the role Unitarians have played both in the causes of the Greenwood War and what reconciliation has been pursued.

RECLAIM: Black Lives of UU Revival

April 27-29 • All Souls UU Church, Kansas City, MO

RECLAIM, a revival of body, mind, and spirit, will be a special moment for Black UUs to connect, worship, and support one another. This gathering will be an explicitly Black space, so if you're white or a non-black UU, please consider offering financial support for Black UUs who want to attend. Registration and sponsorship is online at www.blacklivesuu.com.

Boston Pilgrimage: October 17-22, 2018

Janne and Rob will lead a pilgrimage to the Unitarian Universalist homelands of New England. Visit Plimouth Plantation and wander the streets and back lanes of Boston and Concord. Explore the historical roots of our faith and our democracy and walk the paths that our religious ancestors walked. If you are interested, please email Janne at janne@unityunitarian.org. The trip will cost between \$1400-\$1800, exclusive of airfare.

Robin DiAngelo and Resmaa Menakem

Save the Dates!! Friday and Saturday, June 15-16

Dr. Robin DiAngelo and Resmaa Menakem will offer a weekend of interactive workshops and presentations at Unity Church. Registration for the event will open April 15, and will include a sliding fee scale of \$50-\$150. Watch for details!



Dr. Robin DiAngelo is a two-time winner of the Student's Choice Award for Educator of the Year from the University of Washington. Her scholarship is in White Racial Identity and Race Relations. In addition to her academic work, Dr. DiAngelo was appointed to co-design the City of Seattle's Race and Social Justice Initiative Training. She has numerous publications and books including, *White Fragility: Why It's So Hard for White People to Talk About Racism*.



Resmaa Menakem is an expert on conflict and violence. He has served as director of counseling services for the Tubman Family Alliance; as behavioral health director for African American Family Services in Minneapolis; and as a Cultural Somatics consultant for the Minneapolis Police Department. As a Community Care Counselor, he managed the wellness and counseling services for civilians on fifty-three U.S. military bases in Afghanistan. Resmaa currently teaches workshops on Cultural Somatics for audiences of African Americans, European Americans, and police officers. He is also a therapist in private practice in Minneapolis. His current book, *My Grandmother's Hands*, is the 2018 Unity Church Congregation Book Read.

UUA General Assembly
JUNE 20-24, 2018 • Kansas City, MO



General Assembly is the annual meeting of our Unitarian Universalist Association. Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend! If you are interested in serving as a delegate for Unity Church, please contact Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107.

WELLSPRING WEDNESDAY

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun. Dinner begins at 6:00 p.m., followed by worship in the Ames Chapel at 6:45 p.m., and an evening of rich programming beginning at 7:10 p.m. Childcare is available and you do not have to sign up in advance. The cost for dinner is \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. Children under the age two are free. Email Lisa Friedman at lisa@unityunitarian.org for financial assistance to help cover the cost of dinner.

APRIL 4

Unearthing Ancient Goddess Wisdom in the Era of the "Me Too" Movement

How do women and men become free from the roots of patriarchy to create a more "partnership way" of being? What is the role of our mystical experience and our soul work in these times? How can the wisdom of ancient goddess cultures, brought to our awareness by such works as *When God was a Woman* by Merlin Stone and *The Chalice and the Blade* by Riane Eisler, inform the empowerment women are seeking today? Join Suzanne Quinn-McDonald and Susan Skach-Bejarano in exploring these compelling questions and their possibilities.

Health Care Directives: Introduction or Follow-up

In spring of 2016 Unity held a church-wide campaign to engage the congregation in thinking about and completing a Health Care Directive (also called Living Will). Ann Russell and Don Brunnquell, both Unity Church members who served as ethics consultants at Twin Cities hospitals, will facilitate the session. They will offer a brief description of Health Care Directives in Minnesota and then break into two groups — one for people starting the journey of completing a health care directive, and the other for those who started the process and either want to move further or update their work. The materials are available online at www.unityunitarian.org/pastoral-care.html.

New Family Religious Education Orientation

Led by Director of Religious Education KP Hong, this session is for families new to Unity Church who would like to learn more about religious education for children and youth.

Above Every Name Soul Session

Join Pastor Danny Givens, Jr., and members of Above Every Name for a soulful journey through scripture in the Bible.

Embodied Spiritual Practice: Yoga

Join Yogi Gabe for Wellspring Wednesday Yoga. Classes this month will be rooted in Somayoga (a combination of classic yoga asana/postures and somatic movement). We will be exploring the wisdom of the Yoga Sutras of Patanjali as they enlighten our practice and guide us toward our dharma (individual purpose) and the purpose of life. Bring a mat if you have one; all abilities are welcome.

Learn and Play Go

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese Board game, Go. Anyone above the age of 10 is welcome to play.

Tween Group: Grades 5-7

APRIL 11

The Garden of the Righteous: A Program to Commemorate Holocaust Remembrance Day

Leviticus 19:16 says: "You shall not stand indifferently beside the blood of your neighbor."

More than 21,000 non-Jews risked their lives during the Holocaust to save innocent people whom they didn't know. Designated as Righteous Among the Nations, trees were planted in their honor in the Garden of the Righteous at Yad Vashem in Jerusalem. Weaving together stories of six fearless individuals and original Yiddish music, this program gives audience members an opportunity to reflect on the enormity of courage and compassion during dark times. Though most of us probably couldn't have done the same, today we can offer our support to medical teams who help people regardless of politics, religion, or race. One hundred percent of free-will donations from the program are offered to MSF-Doctors Without Borders. Musicians include Judith Eisner and Gretta Hunstiger, violin; Beth Albertson, cello; Stu Janis, tsimbl.

Follow up to Congregational Read: *My Grandmother's Hands*

Are you one of those folks who stopped reading the book? Did you read the book but have trouble getting into the exercises at the end of each chapter? Would you like to experience the exercises in the context of a community of supportive people? If you answered in the affirmative to any of these questions, then this offering is directed to you! Arif Mamdani and Janne Eller-Isaacs will be leading a program that will present the exercises included in *My Grandmother's Hands*. The sessions will be held on four Wednesdays from 7:15-8:30 p.m.: April 11 and 25, and May 2 and 9.

Unity Church Emergency Action Plan

How would you respond if we had to evacuate the church in response to a fire, a gas leak, or a bomb threat? What is the protocol if there's a medical emergency or if an inappropriate person is posing a threat? Where do you go if there is a tornado? These are some of the questions that Emergency Preparedness Team (EPT) at Unity Church has been discussing for the past two years. Come learn more about the church's "Emergency Action Plan" and how you can become "situationally" aware!

Above Every Name Soul Session

Embodied Spiritual Practice: Yoga

Learn and Play Go

Tween Group: Grades 5-7

MORE WELLSPRING WEDNESDAY

WELLSPRING WEDNESDAY / FELLOWSHIP GROUPS

APRIL 18

Earth Day Forum: Food, People, and Wildlife

Learn about how communities can address climate change. Unity Church members Patricia Ohmans and Metric Giles will talk about Frogtown Green and community gardens. Watch an inspiring TED talk about guerilla gardening. There will be parallel activities for youth constructing a pollinator house and native seed balls.

Open Page Writing Sessions: Welcoming Transformation

Wendell Berry poetically pays homage to the continual transformation occurring in the natural world: "bud opening to flower / opening to fruit opening / to the sweet marrow / of the seed." How might we too witness and pay homage to the transformation occurring within our lives? We'll pause to notice the transformative forces moving within our hearts and within our world. (Begins at 7:00 p.m.)

UU History Book Club

Join the monthly UU History Book Club for an exploration of theology and heritage. April's discussion is on *Norbert Fabian Capek: A Spiritual Journey* by Richard Henry. Dr. Capek was the creator of Unity's flower communion ceremony.

Above Every Name Soul Session

Embodied Spiritual Practice: Yoga

Learn and Play Go

Tween Group: Grades 5-7

APRIL 25

Spiritual but not Supernatural: Introduction to Religious Naturalism

Religious Naturalism is a perspective that regards nature as both exhaustive of reality and worthy of deep reverence, devotion, thanksgiving, and praise. It is an exciting liberal theological view that can overcome the tired conflict between science and religion; atheism and theism. Come find out if you might be a religious naturalist and how you might practice this way of being religious. Led by ministerial intern Andrea Johnson.

Drones 101 with Women Against Military Madness

Drones 101 is a video presentation with live narration that was created by Women Against Military Madness. This presentation is designed to help people understand how drone technology has changed the way in which we wage war, the innocent lives lost all across the Middle East, the psychological damage inflicted on drone pilots, and the worsening reputation of the U.S. around the world because of our use of drones. There will be a parallel activity offered for younger children called "Fly Kites, Not Drones," where participants will be provided small flyable kites to personalize and decorate.

My Grandmother's Hands: Session 2

Above Every Name Soul Session

Embodied Spiritual Practice

Learn and Play Go

Tween Group: Grades 5-7

Fellowship Groups

Groups are open to all members and friends of Unity Church.

Afterthoughts: This group meets after the 9:00 a.m. service. Contact: Paul Gade at 651-771-7528.

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (April 19) from noon–2:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Elders Circle: Meets the third Tuesday of the month (April 17) from 1:00-3:00 p.m., in the Center Room.

Evergreen Quilters: Second Tuesday of the month (April 10) from 7:00-9:00 p.m. and fourth Saturday of the month (April 28) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

Kung Fu: Saturday mornings in the Body Room from 10:00 a.m.-noon. Recommended for ages 15 and older. Contact Bryan Kujawski at barney.kujawski@gmail.com

LGBTQ+ Group: First Sunday of the month (no meeting April 1) from 12:30-2:00 p.m. and the third Sunday of the month (April 15) from 6:30-8:00 p.m. All are welcome!

Living With Grief Group: For people living with grief and loss. Third Tuesday of the month (April 17) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org

Men's Retirement Group: Monday, April 9 and 23, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

New Look at the Bible: Second Thursday of the month (April 12) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

Textile Arts Group: Meets the first and third Thursdays of each month (April 5 and 19), from 7:00-8:30 p.m. Bring your knitting, embroidery, needlepoint, etc. Contact: Linda Mandeville at lindamandeville41@gmail.com

Unity Book Club: Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne at jack.hawthorne@comcast.net. April 10: *The Long-shining Waters* by Danielle Sosin

UU History Book Club: Third Wednesday of the month (April 18) at 7:00 p.m. April discussion: *Norbert Fabian Capek: A Spiritual Journey* by Richard Henry

Women In Retirement: This group meets the second and fourth Thursday of the month (April 12 and 26), from 1:00-3:00 p.m. Contact Lisa Friedman at lisa@unityunitarian.org

Young Adult Group (ages 18-35, approximately) is open to all newcomers. Meetings are held every other Thursday, 7:30-9:00 p.m. (April 12 and 26) Email kp@unityunitarian.org to be added to the email list.

Zen Meditation: Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction offered on April 3 at 5:00 p.m. Contact KP Hong at kp@unityunitarian.org.

COMMUNITY OUTREACH

Project Home: A Bridge Not a Band-Aid

From Ann Russell, Unity's Project Home Team



When you close your front door tonight, stop a moment, look around and appreciate that your space, however humble, is safe and it is yours. It is a privilege that on any given night is not shared by some of your neighbors. Living in your vehicle, couch surfing, moving from house to house is a terrible solution and for a family it is an enormous crisis. It is very hard to appreciate that stress. Project Home is a small part of a better solution.

What is Project Home? How Can You Help?

Project Home is one small but important way Unity Church members can help families struggling to return to a home. With the help of 150 volunteers, Unity houses parents and children from The Family Place who are temporarily without their own front door to close. It is an enormous challenge which Unity members have met for over ten years. You can join us. Volunteer for an evening or an overnight shift during the month of May. It is part of the bridge to safety for these families. You can sign up to volunteer online at <http://bit.ly/projecthome2018> (use "unityPH" as the password to sign up) or sign up after services at the Project Home table.

What is The Family Place?

The Family Place, a St Paul agency, works to change the way shelter stays are spent, bringing humanity back in the way shelter systems operate. Its goal is to end repeated bouts of homelessness and generational homelessness through education and empowerment that leads to permanent self-sustainability.

When a family is suddenly without a roof, Family Place guides children and their parents/caregivers from uncertainty to stability in the quest in finding a place to call home. Until that happens families receive the basics: three meals and a snack each day; shower, laundry, and storage facilities; Montessori childcare and pick up and drop off for school-aged children; budgeting/savings programs and assistance accessing services. A family room offers a comfortable place for families to relax and share time together, as well as the use telephones and computers to search for housing and employment opportunities. It is very simply a welcoming, safe place for homeless families with children to stay during daytime hours.

Beyond the basics, the goal of the Family Place is to work with a family until it has the resources, skills, and support to move into stable housing. It provides a comprehensive programs including Adult Life Skills, Youth Development and a Leadership, The Lovejoy Community Garden, Healthy Meals, and The Night Shelter (a 16-bed home located in West St. Paul). Once a family finds suitable housing, The Family Place's Housing Program provides a move in basket with basic household cleaning supplies, bedding, dishes, and cookware, along with a tool kit. Can we imagine St. Paul without The Family Place? The hundreds of families who are now safe certainly cannot.

Bonds That Build Homes

Legislative Action Meeting
for Minneapolis/St. Paul

Sunday, April 15 • 3:00 p.m.

First Universalist Church Minneapolis

Unity Church-Unitarian
and First Universalist
Church are among
the 80 congregations



who from the Beacon
Interfaith Housing

Collaborative. With the leadership of Unity's Affordable Housing Team and Beacon, we are lobbying to secure \$140 million in the Minnesota State Bonding Bill to build and preserve affordable homes. The ask includes \$110 million in Housing Infrastructure Bonds (HIB) to create supportive rental housing, preserve housing with existing federal investments, and promote homeownership through community land trusts and \$30 million in General Obligation (GO) Bonds to make improvements to the state's public housing.

Bonding is the single biggest investment the state of Minnesota makes in housing. The state funds its infrastructure by selling bonds, which are loans investors make to the government. When housing is included in the bond bill, it makes it clear that housing is as important as streets and bridges to the strength of our communities. When the \$100 million bonding bill was passed by the legislature in 2014, the number of homes created in those years increased by fifty percent.

Join us on Sunday, April 15, at 3:00 p.m., at First Universalist Church (3400 Dupont Ave South, Minneapolis), to meet with local legislators to talk about the issues and show our support for the bonding bill. For more information contact Rev. Lisa Friedman at lisa@unityunitarian.org or visit Beacon's website at <http://www.beaconinterfaith.org/advocate>.

COMMUNITY OUTREACH

Gun Sense Ministry Team Update

From Sue Conner, Gun Sense Ministry Team

By the time you read this, a month of the current legislative session will be over. Hopefully, we will have been hearing about sensible gun violence prevention policy.

Unity's Gun Sense Ministry Team's community partner Protect Minnesota. Here is Protect Minnesota's legislative agenda:



SUPPORT

- Universal criminal background checks
- Gun violence protection orders
- Taylor Hayden gun violence prevention act

INTRODUCE

- Remove prohibitions in current state law against the collection of gun-related data for research purposes
- Create a pilot program and make funding available for the treatment of gun violence-related trauma, in order to stop the cycle

ADVOCATE

- Raise the minimum age for possession of a semiautomatic military-style assault weapon from 18 to 21

BLOCK

- Stand your ground
- Permitless carry
- Campus carry
- Repeal of gun-free school zones

As citizens, our job is to make our voices heard by our legislators and our fellow citizens *and* to do what we can to create responsible dialogue on the issues. If you are an urban resident, look for opportunities to dialogue with suburban or outstate citizens.

For information about joining Unity's Gun Sense Ministry Team or supporting the work of the team, please contact Sue Conner at sue.conner@comcast.net or Joan Duke at joanduke@comcast.net. To learn more about statewide efforts for a safer Minnesota, visit www.protectmn.org.

Generosity Ministry

Nominate an Offering Recipient

Each Sunday, seventy percent of our collective offering is given to small community organizations whose values we share and mission we support. Anyone can nominate any organization, however, special consideration is given to smaller non-profits whose annual budget is \$500,000 or less, where \$1,200 will make a substantial difference.

Complete the nomination form at www.unityunitarian.org/generosity-ministry.html. All nominations are considered!

Earth Day is Just Around the Corner

The SLT wants to get you thinking!

From Anna Newton, Sustainable Living Team

Wednesday, April 18, at 7:15 p.m., Unity's Sustainable Living Team will host an Earth Day forum on "Food, People and Wildlife: Is there enough land to go around?" Watch an inspiring TED talk about "Guerrilla Gardening" and learn how our food and land choices can address climate change.



Unity Church members Patricia Ohmans of Frogtown Farm and Metric Giles of the Community Stabilization Project will share their experiences with urban gardening in the Frogtown and Rondo neighborhoods. We'll also present information about native plants and why they are so strongly preferred for wildlife friendly plantings. There will also be parallel activities for kids (of all ages), making mason bee houses, bird feeders, and native flower seed bombs.

On Saturday, April 21, we will pick up trash along the Bruce Vento Trail as part of the 32nd annual Saint Paul Citywide Spring Cleanup. Meet at 9:30 a.m., at the trail shelter (735 Phalen Boulevard). Work will continue along the trail in the afternoon. Stop by the Sustainable Living table after morning services during April to sign up and get a map. All ages welcome, parents must supervise children. Trash bags, snacks, and coffee will be provided. Bring your own gloves.

All are invited to join us at the Sustainable Living Team's upcoming meetings: Tuesday, April 10, and May 8, in the Center Room, 7:00-8:30 p.m., and Sunday, April 22, and May 27, in the DeCramer Room, 10:15-11:00 a.m.

SAVE THE DATE: Mark your calendar for our third annual plant swap on May 20. Look for details in the May *commUNITY* newsletter or check at the Sustainable Living Team table on Sundays. Questions? Email Anna Newton at asnewton3@gmail.com.

Food Shelf Donations

Hallie Q. Brown, the food shelf supported by Unity Church members and friends, distributes 25 pounds of food per month, per qualified family member. Last year they distributed 568,183 pounds, 25 pounds at a time. This year they have served over 19,000 people in the neighborhood.

Food shelf collection trunks are located at the Holly and Portland Avenue entrances. Non-perishable food, toiletries, and pet food are all gratefully accepted.



MINISTRY WITH CHILDREN AND YOUTH

Summer Fun at Unity Church!



CHALICE CAMP 10TH ANNIVERSARY

Week 1: July 9-13 • Week 2: July 16-20

Chalice Camp is celebrating our 10 year anniversary! We are so excited to be offering two weeks of Chalice Camp, each with a different curriculum, and both with the same fun you have come to expect. The first week will focus on Unitarian Universalist history and how we are living out our values in the present. The second week we will dive into an exploration of our own identities and our community. Chalice Camp runs Monday-Friday, 8:30 a.m.-5:00 p.m., and is open to all kids and youth entering grades K-8 in the fall of 2018. The cost for Chalice Camp is \$200/week/child. Full and partial scholarships are available.

NEW THIS YEAR: CHALICE KIDS!

Week 1: July 23-27 • Week 2: July 30-August 3

Introducing Chalice Kids! Chalice Kids is a drop in program for kids entering kindergarten through sixth grade. Programming will also be provided for junior high youth through our partnership with Drew Danielson. Parents can choose to send their kid(s) for just a few hours, or all week. Chalice Camp staff will provide programming where we will build community, explore our neighborhood, and so much more! Chalice Kids will be available Monday-Friday, 8:30 a.m.-5:00 p.m. The cost for Chalice Kids is \$10/hour for the first child, and \$5/hour for each additional child. Full and partial scholarships are available.

Registration at www.unityunitarian.org/chalice-camp.html.

April Religious Education Calendar

Sunday, April 1: Family Sunday: Easter (all children worship in Sanctuary, nursery care available. Services at 9:00 and 11:00 a.m. only)

Wednesday, April 4: New Family Orientation 7:15 p.m.; no OWL

Sunday, April 8: Regular R.E.; no COA

Saturday, April 14: Religious Education Enrollment for 2018-19, 10:00 a.m.- noon

Sunday, April 15: Regular R.E.

Friday, April 20: Family Night Out, 6:00-8:30 p.m. (free child care and family fellowship time, RSVP required to michelle@unityunitarian.org)

Saturday, April 21: Religious Education Enrollment for 2018-19, 1:00-3:00 p.m.

Sunday, April 22: Regular R.E.

Saturday, April 28: Coming of Age Ceremony, 2:30 p.m., all are welcome!

Sunday, April 29: Regular R.E.; COA Sunday, celebration during the 4:30 p.m. service



Coming of Age 2018!

The entire congregation is warmly invited to witness the Coming of Age of this year's ninth grade class on Saturday, April 28, at 2:30 p.m., in the Sanctuary.

Come and listen in amazement as our young people share their personal credos, bravely laying out the beliefs of their hearts and minds for all to hear.

UU Bedtime Ritual

Saturday, April 7 • 9:30 a.m.-noon • Robbins Parlor

For parents who have struggled with the absence of family rituals in the Unitarian Universalist tradition, Unity's UU Families Initiative is offering a Bedtime Ritual Workshop that you and your children can enjoy together. This ritual, developed here at Unity Church and used by many of our families, creates bonding times for parents and children, along with a unique way to connect home and church. During the workshop, children get to make a string of beads representing the Rainbow Path of the seven UU principles. Registration is online at www.unityunitarian.org/uu-families-initiative.html.



Music Notes



From Ruth Palmer, Director of Music Ministries

What we have to express is already with us, is us, so the work of creativity is not a matter of making the material come, but of unblocking the obstacles to its natural flow... The only way through complexity is through it. — From Free Play: Improvisation in Art and Life by Stephen Nachmanovich

As a musician, the ideas of transformation, improvisation and creativity all mix together. Each one asks me to risk, find what blocks growth, understand it and then let it go. Suddenly, in this process, that “natural flow” begins to take place and what is “already with us” becomes vision and realization. So many discoveries are unleashed in this process... a process that keeps teaching me the lessons of *release*, *let go* and *take in*, resulting in a new image presented. I have found this to take the form of anything between an instantaneous realization to an agonizing process that comes and goes in waves as I reach new levels of readiness. And guess what? Speaking again as a musician, this can happen in every single phrase of music. That breath that lifts the singer into song is always an inspiration of possibility. It seems that this “natural flow” is an infinite sea of infinite possibility, allowing different realization at each breath and capable of varying on each repetition. I have played some music hundreds of times by now and am constantly amazed (and awed) that it is never the same. The music is the same on the page. However, my points of departure and arrival are always different in infinite ways, in a constant state of transformation.

Hope, like every virtue, is a choice that becomes a practice that becomes spiritual muscle memory. Hope is a renewable resource for moving through life as it is, not as we wish it to be. — Krista Tippett

Hope as Practice

Arthur Foote Music Sunday

May 6, 2018

9:00 AM • 11:00 AM • 4:30 PM

Unity Choir, Unity Singers, Women’s Ensemble, Children’s Choir
Laura Sewell, cello

Come and join us for a Sunday of music which inspires,
holds moments of difficulty, and lifts us in song!

... alive to love, we sing as love,
afraid, uncertain,
yet our flight begins as song.
— Euan Tait

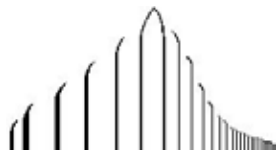
MINNESOTA'S LGBT+ MIXED CHORUS presents **transgender VOICES FESTIVAL**

APRIL 13 & 14, 2018

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**TIME SENSITIVE
MATERIAL**



Hope as Practice
Arthur Foote Music Sunday
May 6, 2018
See page 15

Coming of Age
Saturday, April 28 • 2:30 PM
See page 14

Seeking Professional-Quality
ARTWORK
To Display in Our Parish Hall Gallery
Beginning in October

- Great exposure — Hundreds of viewers
- Great sales potential — Low commission

Application Deadline: May 1

www.unityunitarian.org
for details and an application