

COURAGE

Each month worship, religious education, community outreach ministry, covenant groups and Wellspring Wednesday programs will offer opportunities to contemplate, consider, contend with and discuss an intergenerational curriculum based on monthly themes. Our hope is that this approach will bind us more closely together and inform our lives in effective and positive ways. January's theme is... Courage

The only thing we have to fear is fear itself," Franklin Roosevelt announced in 1933, evoking a stiff-upper-lip kind of courage meant to assure a nation in the throes of the Depression. And we have repeated this ever since, as if by banishing fear we could overcome it.

Ask any group of children about courage, though, and they may offer a different wisdom. Courage, they may say, is an attitude of "anyway." It's when you know something will bring trouble or pain or embarrassment and you do it anyway.

Courage and fear, it turns out, are not opposites. Rather, they define and shape each other. Fear sets a boundary within which most of us pass most of our days. It separates what we name as safe from what we deem as threatening – and each of us draws that line differently. Courage, on the other hand, allows us to step across that boundary when life or love or a higher value demands it. It beckons us to act *anyway*, knowing full well we are stepping toward risk or danger, which requires knowing what and where our fears are in the first place.

Under FDR's advice, we don't get close enough to our fears to know them. Whistling our way along, pretending not to hear fear's footsteps, we lose a key source of guidance. After all, fear is our built-in warning system. It taps us on the shoulder and says "Wake up! Pay attention!" It can be critical to survival. "Fear is a natural reaction to moving closer to the truth," says the Buddhist monk Pema Chodron. Why would we send it packing?

The root of the word courage is *coeur* or "heart." In Buddhist teachings, the soft spot in the center of our heart is

one of our greatest treasures, the seat of compassion where we find our connection to all other beings. So the courage of the spiritual warrior is found not in the fearful act of armoring and protecting this tender spot. It is found by opening the heart up wider.

"You faced the death bombs and bullets," writes poet Anne Sexton, ". . . with only a hat to cover your heart." Now that's courage. Dropping the armor that shields us from relationship and stepping deeper into the world *anyway*.

This is what Unitarians Waitstill and Martha Sharp did in 1939. Leaving home and family behind in Massachusetts, they traveled to Europe to help over 2,000 Jews escape to safety. For this brave work, in 2005, the Sharps posthumously joined only one other U.S. citizen honored by Israel as "Righteous Among the Nations," non-Jews memorialized in Yad Vashem for courageous resistance in the Holocaust.

Lest we consider the Sharps' courage as some extraordinary gift, their daughter advises us otherwise. "They were modest and ordinary people," she said of her parents. "They responded to the suffering and needs around them as they would have expected everyone to do in a similar situation."

Courage is not just available to warriors and heroes. Courage has been tucked into every one of us, if we but learn to tap it. Can we take down our defenses and walk out into the world with only a hat to cover our hearts? Vulnerable and exposed, we are invited to step over the lines of fear we have drawn around us, to expand our boundaries ever outward to that place where we might truly and

tenderly meet one another.

"God is always revising our boundaries outward," the Quaker Douglas Steere says. Are we willing to conspire in such a courageous act of growth and connection?

May this, then, be our ordinary way with courage: May we know where our fears lie and learn to step beyond them when needed. For each time we cross a line of fear, it breaks open a little more; and with each opening, the circumference of our lives, and of history itself, is revised outward.

"We have not come into the exquisite world to hold ourselves hostage from love," writes Hafiz, ". . . or to confine our wondrous spirits, but to experience ever and ever more deeply our divine courage, freedom and Light!"

— Karen Hering
Consulting Literary Minister

Worship Theme Resources

BOOKS

***When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chodron**

***The Courage to Be* by Paul Tillich**

Paul Tillich's classic work on how we can confront the anxiety which drives our lives. He writes of the courage it takes to be part of a larger whole, the courage to stand alone and the courage to accept the fact that we are carried by "the creative power of being."

Please turn to page 5 for more worship theme resources.

JUST WORDS / WHEEL OF LIFE

Just Words

I've just returned to my desk having taken part in "Committing to Unity" which is the third and final class in the orientation series offered to those who wish to consider joining the church. The first class in the series is a basic introduction to Unitarian Universalism and to Unity Church. The second "Finding Yourself at Unity" invites participants into a deeper understanding of our history and heritage and provides a little time with the ministers and key program staff members. The second class ends with a covenant group experience designed for self-reflection and intended to encourage participants to join a covenant group. The third class is for those who have decided to join the church.

It begins with an opening reading and lighting the chalice. Then each person is asked to introduce themselves. Leon Dunkley, our Director of Congregational Life, who leads the orientation series, then talks about the mission of the church. *The mission of Unity Church-Unitarian is to engage people in a free and inclusive religious community that encourages lives of integrity, service and joy.* Then he presents the ends statements which are an expression of our congregational aspirations. They are time specific. Our hope is to make significant progress in fulfilling our stated ends by 2013. They are presented in three sections, within, among and beyond. If you want to read them go to www.unityunitarian.org, click on "Information for Everyone" and then on "Mission and Ends."

As Leon read through the ends, which were written by the Board of Trustees following conversations with hundreds of congregants and others who care about the future of our ministry, I found myself deeply moved. Just at that moment Leon paused, leaned forward and said, "I'm trying to be quiet and polite but the truth is I can hardly contain myself. There's nothing more important than what we're doing here today."

He's right. The promises we make to ourselves and to each other give our lives purpose and direction. That's what the ends statements are. They are promises in the covenantal sense. Remember the covenantal questions. What shall we promise each other? And in what interest?

When we say that by 2013, "Shared ministry is actively encouraged and the circles of power, opportunity and access are intentionally widened," we're promising to pay attention to how we strengthen and expand our ministry. When we say that by 2013, "The resources and facilities of the church are well managed and maintained, and appropriate to the needs of the church and the community," we're promising to figure out just what that means and to raise the money to pay for it. And when we say that by 2013 we will demonstrate "A commitment to anti-racism and racial healing in covenant with people and communities of color" we're saying that we will actively strive to bring our lives into alignment with our theology.

I can't tell you how proud I am to serve a congregation that takes its work so seriously. The world is always in need of a hopeful vision. We all need a story to tell and to hear, a story which calls us to be our best selves. We're writing that story together day-to-day and year-to-year. This New Year I, for one, resolve to be true to the promises we've made to one another.

Janne and I wish each and every one of you a happy, prosperous and deeply satisfying year.

Yours,
Rob Eller-Isaacs

The Wheel of Life

In Celebration

Benjamin Takoda Crone

born December 2, 2009

daughter of

Jennifer and Andrew Crone

Gwen Ivy Heuckendorf

born December 16, 2009

daughter of

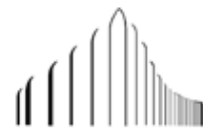
Carl and Abby Heuckendorf
granddaughter of Russ Heuckendorf

Rosemary Katherine Nelson

born November 21, 2009

daughter of

Justine and Theresa Nelson



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JANUARY SUNDAY WORSHIP INFORMATION

Sunday 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 on line at www.unityunitarian.org.

Worship Calendar

January 3

Tolling of the Bells

We begin each new year with a memorial service for those who have died in the previous year. Rob and Janne will each eulogize men and women whose lives have shaped the world of art or politics, literature or science. Everyone will have an opportunity to acknowledge those they've loved and lost.

January 10

The Courage To Be — Janne Eller-Isaacs

Is it possible to break out of a pattern of living that doesn't fit any longer? People all over the world and even in our community can testify to the courage it takes to do so. Janne and Worship Associate Katy Taylor will explore the dimensions of courageous and authentic living.

January 17

Setting the Course — Rob Eller-Isaacs

Martin Luther King, Jr. stood in the line of the prophets. Unitarian Universalist theologian James Luther Adams was a passionate advocate for the "priest and prophethood of all believers." This year we honor the memory and ministry of Dr. King by asking how we all might be both priests and prophets. Rob will be joined by Worship Associate, Allen Giles.

January 24

The Courage to Let Go: Surrender

It doesn't seem to make logical sense. How does it take courage to let go, to surrender? What are the costs and benefits for individuals and congregations of having the courage to surrender, to let go? The service will be offered by guest preacher Reverend Don Southworth and Hallman Intern Lissa Gundlach.

Rev. Don Southworth is the Acting Executive Director of the Unitarian Universalist Ministers Association. He has served congregations in San Francisco, Atlanta and most recently in Durham, NC. He graduated from Starr King School for the Ministry in 2000 after a long career in sales, marketing, training and management.

January 31

Simple Courage — Leon Dunkley

The more experience a person has, the more simplicity is profound. — Keith Jarrett

It is so hard to tell a decent story. It is even harder to tell a story that is actually true. By what power, by what authority do we tell the stories of our lives. The private stories, the public stories... The stories that insist on being told... With what strength of heart, with what sense of courage do we share our witness of the world? And, more deeply, what is the power of our honest word? Join us for exploration of courage and excellence in public life.

Join a Covenant Group

New groups start in February

Covenant Groups meet regularly for spiritual reflection and sharing. Each Covenant Group has a trained facilitator and the content for each meeting is based on the monthly theological theme.

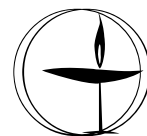
Participants in a Covenant Group meet for five months. For the final meeting, group members have a chance to practice "endings," and to hold themselves accountable to saying a "good goodbye" to one another. **New Groups are formed at the end of each five month cycle.**

Covenant Groups continually make room for the newcomer.

Unity Church is launching a new five-month session of Covenant Groups that will meet from February through June. Groups will meet for a total of seven or eight, two-hour sessions at church. Days and times will vary to fit all schedules.

You can sign up for a Covenant Group at the "Covenant Group Sign Up" table in the Parish Hall following services on Sunday, January 10, 17, and 24 or download a form at www.unityunitarian.org.

For more information please contact Leon Dunkley at the Church Office.



For information about the weekly offering recipients, please see page 15.

BOARD OF TRUSTEES / HALLMAN MINISTERIAL INTERN

Board of Trustees from Laura Smidzik, Chair

*You see things and say, "why?"
but I dream things that never were and say, "why not?"*

— George Bernard Shaw

Why not dream big? We can create a future for Unity that keeps the spiritual strength and beauty of what we cherish today while boldly moving forward into places we have yet to imagine.

The Unity Board of Trustees' role is to focus on the future. This is frequently invigorating and sometimes daunting. A new vision statement for Unity that captures our spirit and aspirations is near completion. We will be sharing the vision with groups and individuals for feedback soon. Our vision must be as inspirational as our Ends Statements which can be found on Unity's web page (under "Information for Everyone" and then "Mission and Ends").

Our Board operates with the policy-based governance model inspired by the work of John and Miriam Carver. This model states that the board should focus on the long term future versus short term and direct our energy toward the ends versus the means. As a prior executive director of several small nonprofits, my tendency is to dive into the daily details (the "means") of organizations. Fortunately, Unity's operational and programmatic work is in the hands of a *highly* professional and competent staff. This allows the Board of Trustees to spend more time creating and leading.

A governance board's primary relationship is with the "moral owners" described in our governing documents as "those who yearn for the Beloved Community and see Unity Church as an instrument for its realization. The Beloved Community is engaged in the work of the spirit. It is community at the highest level of reality and possibility, where love and justice prevail."

As a moral owner what is your vision for Unity Church? When you dream of its future what are opportunities to say "why not?" Feel free to connect with any of the members of the Board of Trustees and engage in a conversation around this question. We welcome your thoughts, dreams, and hopes for the future of Unity Church.

2010 Unity Church Board of Trustees

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From Lissa Gundlach Hallman Ministerial Intern



There were a few of us winter beach seekers, bold and curious, that morning when the sun came up on the year 2005 at Coney Island. A gentleman with a metal detector, combing the beach for New Years treasures. Young lovers holding hands. A few ecstatic dogs and their sleepy looking owners. And the ghosts.

I counted myself along with two other weary travelers. The three of us had journeyed to Philadelphia for the evening, had our fun, and driven back to New York City with at least two spare hours to half watch movies and nap before sunrise. When we finally got to the beach, we were surprised we actually made it. It took a minute to get out of the car and begin to take it all in.

Coney Island was a lonely place without sun and sound. Off-season, the amusement park was world of noise and memory gone silent, decaying under the stress of the years and exposure to weather. Its rusty parts ceased clanging, and the air smelled of sea salt and snow—not of Nathan's hot dogs. From the silence, the sounds of the ocean, usually the co-star to the dazzle of the amusements, began to emerge. My traveling companions and I, not speaking, stood by the ocean's edge and looked east into an endless grey horizon. At first, it seemed that the grey was so certain in its mood that it would simply refuse to unleash the dawn. Then like a birth it happened—first a sliver flash and then soaring sun, orange, gold, purple, fuschia. The New Year was born again, with all of its limitless hopes and possibilities. We beamed back at the sun and cheered. The moment passed and it seemed like any other morning again. With the others, we three bundled bodies hurried back to our car, ready for food, warmth, and the comforts of the ordinary.

That January morning in Brooklyn, before the Polar Bear Club descended on Coney Island and the city bustle began I experienced the turning of the year as I never have since. The vivid memory remains: at Coney Island, the beauty of the dawn of the New Year can only be experienced after the chaos of the old becomes still. After the joyful but busy time of the holidays, we have the opportunity to cease the clanging and to renew intentions for how we want to live. What might we need to create quiet in our lives to listen to what the new year has to birth within us? How might we turn down the volume of chaos in our lives to invite beauty? January is not the only opportunity to engage this practice of intention — it is just the one in front of us now. Many blessings to you for a peaceful New Year!

New Year Guided Meditation - See page 6
Setting Intention and Purpose for 2010 - See page 6

AUCTION *THANK YOU* / WORSHIP THEME RESOURCES



Jolly Holly Auction

A note of thanks

The 2009 Jolly Holly Auction was held on Saturday evening, December 5. Approximately 165 guests deliberated long and hard over auction items, enjoyed delicious snacks, cheerfully greeted fellow attendees, listened to wonderful music, and released their generous spirits at the live auction. Gross receipts from ticket sales and the auctions were over \$20,000!

Special thanks to the Jolly Holly Auction steering committee: Kit Brady, Lee Carey, Judy Lykins, Alexcia Adams, Katy Gray, and Sue Cook. All in all, we had well over 100 volunteers lend their time and resources to this event. Thank you for all that you did.

This wonderful community building event could not have happened without our wonderful volunteers, donors, attendees, business partners and marvelous church staff. On behalf of the Steering Committee, I want to thank everyone who made the 2009 Jolly Holly Auction such an extraordinary event.

Barbara Hubbard,
Steering Committee Chair

Worship Theme Resources

continued from the front cover

The Courage to Teach by Parker Palmer

This is an inspirational book for teachers and also for those who love actually and learn actively. The *Courage to Teach* argues that good teaching comes from the integrity of the teacher. This is true, of course, for all of us. We are asked to turn our minds inward to develop a deeper understanding of what it means to fulfill one's calling. As actual teachers and as active learners, we weave a complex web of connections among our subjects, our students and ourselves.

The Human Line by Ellen Bass

Ellen Bass is a wonderful poet. The author of *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*, Bass muses to "pay attention, appreciate, give praise, struggle, grieve, rage, and pray." Through poetry (and humor), she embodies her great love of this world..

. . . When I get home,
my son has a headache, and though he's
almost grown, asks me to sing him a song.
We lie together on the lumpy couch
and I warble out the old show tunes, Night and Day...
They Can't Take That Away from Me . . . A cheap
silver chain shimmers across his throat
rising and falling with his pulse. There never was
anything else. Only these excruciatingly
insignificant creatures we love.

The Strength to Love by Rev. Dr. Martin Luther King, Jr.

Coretta Scott King wrote: If there is one book Martin Luther King, Jr. has written that people consistently tell me has changed their lives, it is *The Strength to Love*. I believe it is because this book best explains the central element of Martin Luther King, Jr.'s philosophy of nonviolence: his belief in a divine, loving presence that binds all life. By reaching into and beyond ourselves and tapping the transcendent moral ethic of love, we shall overcome these evils.

In short meditations, Dr. King articulates his commitment to justice and to the intellectual, moral, and spiritual conversion that makes his work timelessly powerful.

FILMS

Stand By Me (1986). "Do you think Mighty Mouse can beat up Superman?"

"Mighty Mouse is a cartoon. Superman is a real guy. No way a cartoon could beat up a real guy."

"In all our lives, there is a fall from innocence, a time after which we are never the same. It happened in the summer of 1959...a long time ago." *Stand By Me* is a story for beauty and becoming. A group of young boys set out on the adventure of their lives. And they sure find it, with courage, in one another.

The River Wild (1994). Meryl Streep and Kevin Bacon star in an thriller. Gail Hartman (Streep) is struggling through what seems like the last stages of a marriage. She decides to dust off her old skills and take the family on a rafting trip. When her adolescent son is abducted by other rafters, the adventure begins for real. Gail must navigate dangerous rapids and even worse, her own fear.

I Am Sam (2001). Sam Dawson (Sean Penn) loves Starbucks coffee. He loves The Beatles. Most importantly, he loves his daughter who is seven years old. Her name is Lucy Diamond, as in Lucy in the sky with diamonds. The problem is that Sam Dawson has the mental capacity of a 7-year-old boy. He fights courageously to keep his family together.

COMMUNITY / FELLOWSHIP / LEARNING

Guided Meditation in Ames Chapel

Tuesday, January 5, January 12, January 19, and January 26 • 5:30–6:30 p.m.

Ring in the new year by joining in a group meditation practice. Hallman Ministerial Intern Lissa Gundlach will guide meditation with intention to encourage the development of personal spiritual practice. Come enjoy the quiet beauty of Ames Chapel and the companionship of other spiritual seekers! Beginners of all ages welcome!

I am Running into a New Year

Setting Intention and Purpose for 2010

Wednesday, January 6 • 7:00–9:00 p.m.

Beyond the language of unsustainable “New Year’s Resolutions,” how can we witness the passage of one year and renew intention and purpose as we move into another? Begin the New Year in a workshop facilitated by Hallman Ministerial Intern Lissa Gundlach. Using art, journaling, and guided meditation, take time to explore the joys and struggles of 2009, and uncover possibilities for growth and change in 2010. Youth welcome.



Second Saturday Pancake Breakfast

January 9 • 8:30–10:00 a.m.

You’ll enjoy local sausage, OJ, all you can eat pancakes, and lots of lingering and good conversation. **Bring a friend!** Cost: \$3 per person or \$10 per family.

Elders Circle Group

Thursday, January 14 • 1:00–2:30 p.m.

On Thursday, January 14, join Hallman Ministerial Intern Lissa Gundlach for fellowship and conversation on January’s worship theme: *Courage*.

Caregivers Group

Thursday, January 21

Third Thursday of every month

Are you a part time or full time care taker of loved ones in your life? Do you need support in order to sustain the care you are giving? Rev. Janne Eller-Isaacs and Pastoral Care team member Cynthia Orange will be offering an informal support group for caregivers on the third Thursday of every month from 12:00–2:00 p.m. Contact Janne Eller-Isaacs if you would like to participate in this group.

Job Transition Networking Group

Meets every Monday • 9:30–11:30 a.m.

The Job Transition Networking Group was created to offer support, encouragement, information, and skill-building resources to Unity church members recently (and a few not-so-recently) laid off in the current economic recession. We have attempted to focus on both the immediate job search process and the larger picture of how we can redefine ourselves if we should choose to make a career change.

The sessions typically include time to share how job search or career change efforts have gone the previous week, and what opportunities or challenges are expected in the coming week. In addition, we have had speakers to address issues such as how to assess our strengths/talents and how to market ourselves in the job search.

Contact Ron Prieve at rprieve@msn.com or Wendy Frieze at wendyfrieze@mac.com for more information about this group or if you would like to participate.

Pathway to Membership at Unity Church

If you have questions or would like to sign up for a class please contact Betsy Moore at the Church Office. Childcare is available at no cost for all Pathway to Membership classes if requests are made at least one-week in advance.

Welcome to Unity

This class is geared to newcomers, visitors, and those seeking to learn more about Unitarian Universalists and Unity Church. Upcoming *Welcome to Unity* classes:

Wednesday, January 13
7:10–8:30 p.m.

Wednesday, February 3
7:10–8:30 p.m.

Finding Yourself at Unity

Finding Yourself at Unity includes Unitarian Universalist and Unity Church history (including a tour of the church), opportunities to share parts of your religious journey, and discussion of the expectations and benefits of membership. Upcoming *Finding Yourself at Unity* classes:

Saturday, January 9
9:00 a.m.–4:00 p.m.
Potluck lunch - bring a dish to share

Thursdays: February 11, 18, and 25
6:30–8:30 p.m.
Light supper provided each night

Committing to Unity

Committing to Unity is designed for those who are ready to make the membership commitment. This class explores the deeper meanings and expectations of membership and shared ministry. Upcoming *Committing to Unity* classes:

Thursday, January 14
6:30–8:30 p.m.

Tuesday, April 6
6:30–8:30 p.m.

LITERARY MINISTRY / UNITY LIBRARIES

Open Page: reflecting with pens in hand

These guided writing sessions, led by Consulting Literary Minister Karen Hering, are invitations to the creative spirit, opportunities to correspond with “the still, small voice within.” No writing experience necessary; only an empty page and an open heart and mind. Individual programs, unless otherwise noted, are free and do not require pre-registration. **The Winter Writing Group, however, is a registration-only five-part series. Register now. Group starts January 5.**

Open Page Winter Writing Group

By Registration Only; Group Size Will Be Limited. Fee: \$100 for 5 sessions

Five Tuesday evenings, January 5 – March 2

Reflection Topic: *The Yin-Yang of Writing*

The old teachings of Taoism remind us of the fertile terrain found on the borders – the line between this and that, or yin and yang, where differences meet, where word touches silence and wave meets the shore. This five-part series explores these meeting points, the edges present in our world, and the creative ground found in the margins. **Session One: Yin and Yang; Session Two: Thresholds; Session Three: Inner/Outer; Session Four: Self/Other; Session Five: Reality/Imagination.**

Dates: Tuesday evenings, 7:00–9:00 p.m.: January 5, 12, 26; February 2; March 2.

To register, contact karen@unityunitarian.org or 651-228-1456, x128.

Open Page Writing Sessions

Sunday, January 10, 2:00–4:00 p.m.

Reflection Topic: *Love*

“Love is our true destiny,” said Thomas Merton. “We do not find the meaning of life by ourselves alone – we find it with one another.” We’ll consider February’s theme of *Love*, moving well beyond a greeting card understanding to consider love’s many faces, its many gifts and its many demands. Free. No registration required.

On-line Literary Resources

For more information about the *Faithful Words* literary ministry and additional writing programs offered in other locations, visit www.unityunitarian.org/WritingMinistry.htm. Meditations offered on each month’s worship theme, are also available on-line at www.unityunitarian.org/MonthlyThemeResources.htm. If you would like to receive periodic e-mail notifications of upcoming literary programs and invitations for member writings, please contact Consulting Literary Minister Karen Hering at karen@unityunitarian.org. These programs are supported by a grant from the Fund for Unitarian Universalism and contributions from individual donors.

Unity Church Book Club

The Unity Church Book Club will meet from 7:00-8:30 p.m. on Tuesday, January 12. The book they will be discussing is *Summit Avenue* by Mary Sharratt.

At the February 9 meeting, the Book Club will be discussing *Ladies of Liberty: The Women Who Shaped Our Nation* by Cokie Roberts.

Everyone is welcome — even if you haven’t read the book!



What’s New at Unity Libraries?

Anderson Adult Library ♦ Bookstall
Whitman Children’s Library
Bookmobile ♦ Cairns Literary Journal

How old would you be if you didn’t know how old you were?

— Satchel Paige, baseball giant

We have been listening to our Unity youth over the past year, and with some great recommendations from Tower Club, we now have the start of a youth collection in Unity libraries. Here are some gems in the collection:

Ishmael: An Adventure of the Mind and Spirit By Daniel Quinn



Recommended by a Tower Club member. A writer answers a personal ad and meets a wise gorilla named Ishmael that can communicate telepathically.

Hear Us Out! Lesbian and Gay Stories of Struggle, Progress, and Hope, 1950 to the Present By Nancy Garden

Short stories and essays tell of the changing rights and social issues of gay and lesbian teens.

Saved! (DVD, PG-13)

Recommended by a Tower Club member. A dark comedy and coming-of-age story set in a fundamentalist Christian high school. Mary (no subtlety here) tries to save her gay boyfriend, but gets pregnant instead, leading her to question the blind faith of her friends. Rated “fresh” on the Tomatometer (RottenTomatoes.com).



Whether you are truly a youth, or find that you would still be one if you didn’t know how old you really were, you can check out these titles on the “Youth” bookshelf in the Anderson Library.

WELCOME NEW MEMBERS!

Joe and Sarah Aadland

Joe and Sarah Aadland are striving for mindfulness, simplicity, and joy amid the necessary rituals of everyday life. As the parents of two small girls, Maya (4) and Elliot (2), they are happy to join a faith community that can help them reach these goals. They moved to the Twin Cities from a tiny South Dakota town, where they often visit family. Joe, in addition to his actuarial career, loves camping in the BWCAW, playing basketball, and tending his flock of backyard chickens. Sarah, in addition to her current role as a full-time mom, is a recreational writer, a farm-girl-turned-gardener, an avid camper, and a master of public policy who will one day put that degree back to work for social justice.



Sarah, Joe, Maya, and Elliot Aadland

Paul Dahl

Paul Dahl is employed as the Library Director of the Barr Library at the Minnesota Department of Health. Growing up on a 38-acre hobby farm in Iowa led Paul to appreciate the rhythms of nature and revealed to him the importance of living with a respectful reverence toward the earth and its abundant life. Paul finds it natural to join Unity Church since the Unity community actively encourages both a life of social action and contemplation in making the world a better place. Paul enjoys reading and listening to music when he isn't exploring the world with his young sons Nathaniel and Elliott. One of Paul's newfound interests is to learn how to play the bass guitar in the near future.



Paul Dahl

Erin Gill

I am a nanny for a couple in St. Paul, and their three children that I adore. My passion is my two nieces and the time I have to spend with them. I also play hockey and softball in my free time and I love to bargain shop. I hope to buy a home soon and will be getting married this upcoming June. Meeting my fiancé and moving half way across the nation would probably be the most recent influential experience for me. I am seeking a faith community that is welcoming and that challenges me to become a better, more rounded person.



Erin Gill

Cathy Lindsey

I currently work as a freelance writer/editor of K-12 language arts materials. I have a strong interest in literacy and public education, and enjoy volunteering my time to tutor struggling students. My husband (Greg) and I are originally from Illinois but worked and raised our two children in Indianapolis for seventeen years before moving to St. Paul in 2008. When Greg was offered a position at the "U," we jumped at the chance to settle in Minnesota. After three decades of vacationing along Lake Superior, we can now hike the north woods and the lakeshore to our heart's content. The Unity Church community—true to its word—has welcomed me with "radical hospitality." At Unity I hope to further explore the spiritual dimension of life and in time offer my own hospitality to others.



Jennie Smith

Bryan and Jennie Smith

Bryan and Jennie Smith are avid skiers (downhill), dog lovers (we have two), and excited first-time parents of a handsome son named Zachary who was born September 2008. Bryan works at Thomson Reuters as a Marketing Manager and Jennie works at Target headquarters as an Executive Assistant. We both love hiking outdoors, lounging by Lake Superior in Grand Marais, eating great food and most of all spending time with our friends and family.

Lindsay Stemig

I currently am a student, nanny, and work the overnight shift at a retail store. My current goal is to finish college in the near future and to buy a home soon. In my free time I enjoy playing hockey and softball and when time permits I try to volunteer as much as I can. I would have to say that my time in the military has influenced me the most, along with meeting my fiancé. I have found that this community is welcoming and understanding when others have closed their doors to differences or change.



Lindsay Stemig

The Gathering

Saturday, January 30, 2010

The Gathering is a one-day women's spiritual retreat celebrating each woman's voice with invitations for expression, for being heard and for deep listening through art, movement, drumming, writing, conversation and contemplation.

New this year is a dinner, full moon ritual, and dance.

Registration for this joyful, welcoming and intergeneration event is limited to 125 women from ages 18 to 108.

The cost is \$35 which includes our own literary minister Karen Hering as keynote speaker and workshop facilitator, plus many other workshops, quiet space, delicious meals, ritual, and the chance to lift your voice and to be heard.

Register online at www.unityunitarian.org or in the Parish Hall after services on Sundays

Consider giving this retreat as a gift to a woman you love. Gift certificates are available.

Scholarships and childcare are available upon request.

The Gathering Keynote ***The Stories Born in Us***

Each of us has a story.

Many stories — some born in our bodies, some told with our lives, some beautifully woven in words.

The world needs women's stories. What if we told them as if our lives depended on it? What if, in fact, they do?

Karen Hering became enamored with the power of stories long ago when told the tale of Scheherazade as a child.

She has been drawn to them, as a listener and a teller, ever since.

She currently serves as consulting literary minister at Unity Church-Unitarian, where she leads guided writing sessions and develops opportunities for engaging writing as a spiritual practice and a tool for social action.

She is a published writer and an ordained Unitarian Universalist minister with 30 years experience in professional writing, communications and advocacy.

COMMUNITY OUTREACH MINISTRY

Amicus Needs Front Desk Volunteers

Amicus, a local nonprofit working to give motivated offenders and ex-offenders a second chance, and the community partner organization of Unity's Restorative Justice Team, has great need for volunteer help at its reception desk. Amicus volunteer receptionists work half-day shifts, weekday mornings or afternoons, answering the main telephone line, transferring calls and greeting those coming to the office for help in re-entering the community after being incarcerated. Work as many or as few shifts as your schedule allows. Amicus' office is located in downtown Minneapolis, close to the light rail and other transit. For more information or to volunteer please contact Joleen Rudeen at Amicus: 612-348-8570.



Help Sell Peace Coffee

Would you like to connect with church members after Sunday morning services, support fairly-traded, farmer-friendly coffee, AND support the Green Sanctuary Team? The team is looking for Unity Church members to help sell Peace Coffee after the 9:00 and 11:00 a.m. services. It's a great way to chat with new friends and old in the Parish Hall.

Peace Coffee is purchased directly from farmer co-ops and delivered to stores and customers by bicycle all year round in the Twin Cities metro. A portion of the coffee sales in the church goes to support the work of the Green Sanctuary Team.

Contact Pat Haff at the Church Office if you would like to help.

Visitors from Homoródszentpéter

Our five visitors from our Partner Church village of Homoródszentpéter, Romania, have arrived safely back home with hearts and cameras full of memories. Thanks to everyone at Unity Church who helped provide a warm welcome—the drivers, cooks, tour guides, and brave souls who greeted them with a smile, and who tried to pronounce their Hungarian names!

This year we celebrate the 20th anniversary of the Partner Church Program. Thanks to the generosity of the congregation, our relationship with our village has blossomed.

As Balázs Maté said in his remarks this past November on Thanksgiving Sunday, "Now we know from both sides, yours and ours, that this relationship is all about a sense of family, hospitality, and relationships face-to-face."

"Boldog Új Évet!" (Happy New Year!)



Our five visitors from our Partner Church in Homoródszentpéter during Partner Church Sunday on November 22, 2009.

Visit Transylvania in '10

On January 24, 2010, from 10:15 - 11:00 a.m., the Partner Church Team will hold a meeting to update developing plans for two trips to Transylvania in 2010. One of the trips will center on a home stay in Szentpeter, the village of our partner church, and will run from approximately May 13 to May 26. The second trip will be led by our co-ministers in late July-August (dates yet to be set), and will include pilgrimage to several historic Unitarian sites and a stay in the village.

Please join us to learn more about the upcoming travels. Watch *This Week at Unity* for the room assignment. If you have questions, please contact Tom Merritt at 651-429-2621 or tom.w.merritt@gmail.com.



COMMUNITY OUTREACH MINISTRY

Annual Pilgrimage to New Orleans

The fourth annual Unity Church Pilgrimage to New Orleans (NOLA) will take place from February 20 – February 27. Join a group of twenty people from Unity Church and other neighborhood churches on this spiritual journey to a city that is still rebuilding and healing from the devastation caused in the aftermath of Hurricane Katrina.

This is not only a chance to assist in the rebuilding of flooded out homes but an opportunity to reflect on what such a pilgrimage means for people in New Orleans and for our own spiritual lives here at home.

In past years, NOLA pilgrims have connected with a variety of people and groups in the city including the Shades of Praise, an interfaith, interracial gospel choir that visited St. Paul in the spring of 2008. In addition to attending a rehearsal of the choir again this year, the pilgrims will participate in the beginning stages of building an ongoing partnership with another New Orleans faith community or non-profit organization.

The week will also include some time for tours and partaking of the unique culture and food of this great American city.

All ages and skill levels are welcome. The trip is limited to 20 people on a first come first serve basis and the deadline for signing up for the pilgrimage is February 1, 2010. For more information contact Pat Haff at the Church Office.

Please attend an introduction to the pilgrimage on Sunday, January 17, at 10:15 a.m. in the Center Room or contact Pat Haff at the Church Office for more information.



2009 Pilgrims raise the walls on the house they helped build.



BAILE!

Winter blahs getting you down? Want to escape to a warm tropical place and mambo the night away?

The Mano a Mano Community Outreach Ministry Team invites you to a night of latin dance in the Parish Hall on Saturday, January 9, from 7:00 - 10:30 p.m.

Free dance instruction the first hour and a half. No pressure and no partner required!

This event is free, but donations are gratefully accepted. For more information contact Robin Moederobin@lagerquist.com.

For child care contact Christy Randall at 651-228-1456.

Whole Farm Coop

Buy meat, cheese, produce and more from local, sustainable farms and pick it up at Unity Church! For a November pick up, order from wholefarmcoop.com or call 320-732-3023 by Wednesday, Wednesday, January 13.

Orders will be delivered to Unity Church on Wednesday, January 20. Pay by sending a check with the invoice enclosed with your order to Whole Farm.



Evergreen Foodshelf



The third Sunday of every month is Evergreen Food Drive Sunday. All non-perishable food and household items are welcome and needed! Donations can be brought anytime and should be placed in the barrels located at both the Holly and Portland Avenue entrances. Suggested items for January 17 are canned or dry spaghetti, canned stews, pancake mix, syrup.

Unity Church Children's Musical 2010

Now in its 21st year, the spectacularly special children's musical gives 5th and 6th graders a chance to be actively involved in a program performed in the Sanctuary. Every year talented members of the community come together to write, compose, direct and choreograph a unique show for Unity Church.

This year Sandy Waterman returns with her fabulously catchy tunes, designed to expose the kids to many different styles of music – from ska to rock to jazz to traditional ballads and soft shoe. Every year she surprises and amazes us with her songs.

In the director's chair is clowning coach Mary Blouin Auffert, gearing up for her second Unity Musical with the assistance of co-conspirator playwright and choreographer Gary Jader. Nathan Eckstein will be assistant directing in his ninth year involved with the musical.

Lulu Pickle: A Circus Tale

Ever feel like you are living with a bunch of clowns?

Lulu is. In Circustown, everyone has a talent and perfectly painted faces to match—except Lulu.

Will she find her talent and her true self?

Auditions and Parent Meeting will be on Sunday, January 10, from 1:30–3:30 p.m.

Parents are needed to do costumes, sets and stage, props, cast party, audio/dvd, program, lights, sound – all the fun stuff that makes the show happen. A great opportunity to revisit talents from your past and get to know other parents at church. A true team effort.

Rehearsals will be on Tuesdays and Thursdays from 7:00–8:30 p.m. and Sundays from 1:30–3:30 p.m. until tech week.

Shows will be on Thursday, March 4; Friday, March 5; and Saturday, March 6, 2010.



Return UUSC Guest at Your Table Boxes on January 3!

Please convert your household's contribution to a CHECK made out to UUSC and complete the form on the side of your GAYT box. Boxes will be collected during the worship offering on Sunday, January 3. After January 3, please mail your contribution directly to "UUSC, 689 Massachusetts Avenue, Cambridge, MA 02139-3302."

Teachers Needed for All Ages and Programs at 4:30 Service!

The 4:30 service has grown beyond the enrollment of the 9:00 service, but we don't yet have enough adult volunteers in place to meet that growth. Contact Kerri immediately to receive training and a role on one of the following teams:

- Spirit Play preschool teacher (ages 3-6)
- Workshop leader (grades 1-6, five weeks teaching a lesson in Art, Science, Drama, Story, Music or Body on a single theological topic)
- Junior High teachers (either about Asian religions [Buddhism, Hinduism, Jainism, Confucianism, Taoism] or about Jesus' radical message of compassion and service)

The need is urgent and the work is fulfilling. Please consider making teaching part of your personal spiritual practice.

Junior High Second Semester begins January 24!

Youth in grades 6, 7 and 8 should receive an email confirmation of their enrollment for second semester Religious Education classes at 11:00 and 4:30. The course choices include the following:

- "Sacred Threads," a course on the religious traditions of Asia, including Jainism, Hinduism, Buddhism, Confucianism and Taoism
- "Jesus and His Kingdom of Equals," an exploration of Jesus' radically liberal ministry to all and his teachings on justice, compassion and love
- "Youth Music Ensemble" (11:00 only), a group that will compose, rehearse and perform or record vocal and instrumental music that embodies our Unitarian Universalist values and theological reflections

Contact Kerri in the Church Office by January 17 if you are not sure if or in which class your youth is registered.

Interfaith Youth Day of Service: February 15

Need plans for an awesome President's Day weekend? Unity youth in grades 7 and up are invited to spend the day working on mixed faith service-learning projects throughout the Twin Cities, reflecting and acting on the common values of service, justice, and hospitality across all our traditions. The event runs from 9:00 a.m.–4:00 p.m., beginning with an opening gathering at a central location with speakers and entertainment, after which participants choose among several service projects to work on, and then come back to the main site to choose a reflection workshop for dialogue and creative expression. Lunch and snacks provided.

There's also a video contest – several teams of Unity youth are planning entries, due January 21. Youth must register in advance (deadline: February 8) by contacting Luke Stevens-Royer, Coordinator of Youth and Campus Ministries at luke@unityunitarian.org.

Katherine Allen and Kerri Meyer Participate in UUA/Interfaith Youth Core Leadership Training

Unity 9th grade youth Katherine Allen applied to participate in a national leadership training over the Martin Luther King, Jr. holiday weekend. The training is co-sponsored by the UUA and the Interfaith Youth Core, founded by Eboo Patel. Katherine and her adult sponsor, Kerri Meyer, Unity's Director of Religious Education, were selected and awarded all-expenses-paid trips to Atlanta to take part in this exciting weekend of learning and service. The congregation can look forward to new initiatives and outreach when Katherine returns, fired up and ready to go!

Dates for Your Family's Calendar

Sunday, January 3

R.E. resumes; return Guest at Your Table Boxes

Wednesday, January 13

Parent Orientation and R.E. Registration (see box below)

Sunday, January 17

Story Sunday! Grades 1-6 start in the Sanctuary

Sunday, January 24

Second Semester begins for new Journey Guides and Junior High classes

Parent Orientation

Wednesday, January 13

7:00–8:30 p.m.

This orientation provides an important opportunity for families to learn about the philosophy and vision that undergird our shared ministry with children and youth. Religious Education registration of students age 3 through grade 8 and parents and guardians will choose the role in the ministry that best suits their gifts and interests. Supervised activities and childcare will be provided. Please contact Kerri Meyer at the Church Office if you plan to attend this orientation.

MUSIC MINISTRY / PARISH HALL ART

Music Notes

from Ruth Palmer, Director of Music Ministries

"The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk, and by not quite knowing what you are doing. What you will discover will be wonderful. What you discover will be yourself.

— Alan Alda

"A man should learn to watch that gleam of light that flashes across his mind from within, more than the luster of the firmament, of bards and sages. Yet he dismisses without notice his thought, because it is his. In every work of genius we recognize our own thoughts: they come back to us with a certain alienated majesty. Great works of art have no more abiding lesson for us than this. They teach us to abide by our own spontaneous impression with good-natured inflexibility when the whole cry of voices is on the other side."

— Ralph Waldo Emerson

It is the faces, what I see in the eyes coming from deep within; it is the convergent harmonies coming from so many different voices; it is that special 'lean' of the entire body that seeks to share, to communicate; it is that intuition to finally release what is beautiful that brings me to tears. It is this 'tap' into one's own inner life that literally colors the voice with a beauty beyond anything that can be taught that literally disarms me and brings forth a spontaneous flow of tears that reflect what I see and hear.

It often happens when I am conducting the choirs. No conductor should ever do this to the singers from whom one is urging song!! Tears are not noted for helping ease in vocal production. However, it is a tribute to the singers, the people, the hearts I have the joy to work with here at Unity. I continually find myself in the company of those willing to reach beyond all the life stress that exists and enter, if only for a moment, into that area where intuition and honest stretch toward something beyond the immediate, beyond the norm, becomes most important and all consuming; to take the risk of following totally all that is not even understood but yet entirely "known"; to go into that "wilderness of their own intuition"; to "recognize the genius of their own thoughts."

From Ralph Waldo Emerson to Alan Alda... I mean, really, did you ever expect to see those two names quoted together? And yet, we all keep saying the same thing over and over, repeating truths that are inherent to our success and quality of journey as human pilgrims. As artistic, creative beings, it is an absolute necessity to reach for and listen to our intuition and instinctive impulses; to set into motion all urgings that bring us through risk to moments of literal revelation; to truly open our 'faces' to that release of our unique inner, "middle," knowing in order to share outwardly with joy and meaning. It is so freeing and such a gift to everyone. I am so grateful to all the singers... and that means both the ones in the choir and all of you!

Lulu Pickle: A Circus Tale

The 2010 Unity Church Children's Musical

Turn to page 12 for more information.

One Voice Mixed Chorus presents

Unsilenced.

GLBT and Jewish Voices
of the Holocaust

Saturday, January 30 and
Sunday, January 31, 2010
Hopkins High School Auditorium

The Nazis tried to silence them, but their stories and music live on. From Berlin cabaret tunes and Gershwin to songs written in the camps, One Voice tells the story of the GLBT and Jewish individuals in the Holocaust. Join us for a concert of hope and resistance, with guest choirs from Shir Tikvah and Bet Shalom synagogues and featured soloist Janet Horvath, Associate Principal Cello of the Minnesota Orchestra.

To purchase tickets or for more information visit www.ovmc.org or call 651-298-1954.

January Parish Hall Artists

Mary Barrett and Diane Harder

What Can You Say With Black and White?

We are members of the Unity Art Team who found that we share a common artistic direction: we both use primarily "values" - black, white, grays - rather than color in our work. And our subject matter, while focusing on "scapes," differs in its focal point. Mary's woodcuts and etchings are about nature, the external landscape, especially Lake Superior, and her experience of that. Diane's pencil drawings are meditative "flowerscapes," exploring the sights, the sounds, the feel of the invisible world that surrounds—and is—us. This is the place where heart and mind, body and soul, merge to become inner peace, beauty and harmony.

OFFERING RECIPIENTS / GROUP MEETINGS

January 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 the chosen community non-profit recipients. **Please make checks payable to Unity Church.**

January 3: Unitarian Universalist Service Committee (UUSC)

The UUSC is a nonsectarian organization that advances human rights and social justice in the United States and around the world. Through a combination of advocacy, education, and partnerships with grassroots organizations, the UUSC promotes economic rights, advances environmental justice, defends civil liberties and preserves the rights of people in times of humanitarian crisis. During the holiday season, many Unity Church families and members participate in a UUSC program by making daily donations to a "Guest at Your Table" box and reading real-life stories of people served by UUSC.

January 10: New Orleans Pilgrimage Scholarships

Six years after the hurricanes and flood, there is still much rebuilding that needs to happen in New Orleans. The New Orleans Pilgrimage Scholarship Fund provides scholarships to Unity Church members to help meet the travel costs of a trip to New Orleans to assist with the rebuilding of homes. This is the fourth year for the New Orleans Pilgrimage and it will take place from February 20 to February 27.

January 18 — Unitarian Universalist Association

Association Sunday supports the Unitarian Universalist Association which represents 117,000 Unitarian Universalists in 560 congregations. Funds raised this year will be used for outreach for UU ministers of color and the congregations they serve, and for grants to congregations for growth outreach projects.

January 24: Summit University Planning Council (SUPC)

Summit University is one of the seventeen St. Paul Planning Districts helping neighborhoods voice issues to the city. The Summit University mission works to improve the common goals of the community. It promotes enlightened, active citizenship by providing information and conducting forums enabling residents to address issues that affect them. The SUPC serves the community surrounding the church and the University-Lexington-Summit-Capitol neighborhoods and has been in operation since the mid-1970's. Unity Church is one of the five neighborhood organizations represented on the SUPC Board of Directors and Unity Church member Ken Green is the church representative to the board.

January 31: Crisis Connections

Crisis Connection provides counseling by telephone 24 hours a day, 7 days a week, 365 days a year. Its goals are to help people at risk of harming themselves or others reach a place of emotional and physical safety, to connect them with resources that address the issues that put them at risk, and to build community capacity to prevent and address crisis situations. Crisis Connection is the only organization in Minnesota certified by the American Association of Suicidology. Unity members, Kathie Simon Frank and Ed Griggs have volunteered with Crisis Connection for many years.

www.unityunitarian.org • unity@unityunitarian.org

January Group Meetings

All are invited to attend the following groups. For more information, contact the Church Office or the persons listed with each group.

Men's Retirement Group

Monday, January
1:00-3:00 p.m.
Contact: Phil Morton, 952-934-3578

Unity Singles Group

Watch *This Week at Unity* for events.
Contact: Bonnie Reiland at bonniereiland@aol.com or Rick Ahern at hern44@hotmail.com

A New Look at the Bible

First Thursday of the month • 7:00 p.m.
Contact: Paul Gade, 651-771-7528

Afterthoughts

Every Sunday after the 9:00 a.m. service
Contact: Paul Gade, 651-771-7528

Unitots!

A group for families with kids through preschool age
Every Friday • 9:30 a.m.
Contact: Michelle Hill

Grandparent Unitots!

A group for grandparents and their grandkids
Every Monday • 9:30 a.m.
Contact: Sue Conner, 651-646-6667

Unity Bridge Club

First Friday of the month • 7:00 p.m.
Contact: Mary Barrett, 651-225-9708

Evergreen Quilt Group

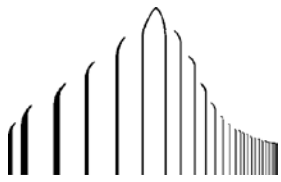
Contact: Michelle Hill at 651-264-0884

Unity Book Club

Tuesday, January 12 • 7:00 p.m.
Contact: Leon Dunkley at the Church Office

Networking Group

Every Monday • 9:30 a.m.
Contact: Wendy Frieze at wendyfrieze@mac.com



UNITY CHURCH—UNITARIAN

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General Assembly Is Coming to Town!

June 23-27, 2010

Every year Unitarian Universalists gather to meet and greet, conduct business, worship, and celebrate. The location of this gathering moves around the country. This year G.A. is being held in Minneapolis!!!

Hundreds of volunteers are needed for this event. (Volunteers will get their registration fees covered or reduced). If you are interested in volunteering for small jobs or larger ones, please contact Unity Church members Sharon Merritt at 651-429-2621 or merrittsharon@aol.com, or Sally Foster at 651-227-1105 or sallyfoster@msn.com.

Wellspring Wednesday • January 6, 2010

On the calendar maintained by Julius Caesar, January 6 is the Feast Day that celebrates the Epiphany (or the incarnation of the Savior). In honor of the occasion, Leon Dunkley will lead a conversation that looks back on The Messiah by George Frideric Handel (1685-1759) and looks awry at its postmodern reinterpretation by Quincy Jones (1933-). Through music, we will learn to love and to appreciate (and struggle with) diversity. Join us for what promises to be a beautiful and artistic challenge.

Mary Sheedy-Kurcinka

Wednesday, January 20
Unity Church—Unitarian

*Maintaining Relationships
With Your Kids Through
the Teenage Years*

Watch for details!