

## Justice

*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. We explore each theme in worship and in our newsletter; in covenant groups, and religious education; and in our community outreach ministries, our literary journal and programs, and many other opportunities.*

*History says, don't hope  
On this side of the grave.  
But then, once in a lifetime  
The longed-for tidal wave  
Of justice can rise up,  
And hope and history rhyme.*

— from “The Cure at Troy”  
by Seamus Heaney

*Justice* is a word that Unitarian Universalists toss around regularly. We know that the arc of the moral universe bends towards it, and we may even know that Martin Luther King, Jr. picked up the phrase from Theodore Parker, but we may not think to look much more closely than that.

At the same time, humans know about justice down to our bones. We hear it every time a child protests, “But that’s not FAIR!” In fact, we evolved to value fairness. A recent article published in *Science* found that while many species (including monkeys, apes, dogs, and birds) reacted negatively to receiving less reward for the same task, only humans and apes took fairness a step further and reacted to receiving too *much* reward. The researchers used the term “inequity aversion” to describe these dynamics. They hypothesized that we’re willing to give up some short-term benefits as an investment in the stability of the long-term, cooperative relationships upon which our survival depends.

Part of what makes justice tricky to pin down are the competing forces within it. For example, what is equal isn’t always equitable, and impartiality may ignore context critical to understanding the larger picture. Perhaps the weighing of these different factors led to the images of Justice carrying scales—a symbol that goes back thousands of years.

In contrast, though, Justice didn’t become blindfolded “until well into

the 17th century,” as detailed in *Representing Justice*, a book by Yale Law School professors Judith Resnick and Dennis Curtis. “And even then it was uncommon,” notes the New York Times, “because of the profoundly negative connotations blindfolds carried for medieval and Renaissance audiences, who viewed them as emblems not of impartiality but of deception (hence the early use of the word hoodwink as a noun, meaning a blindfold or hood).”

This longstanding assumption that fairness required you to see the person in front of you—rather than treating the person as an abstraction—points to the intimate nature of justice work. While analysis is an important component of changing unjust systems, it is through relationships that lives are changed.

If justice is an expression of love in community, then to achieve it we must keep each other’s humanity before us at all times. Etty Hillesum, a Jewish writer who lived in Amsterdam in the 1940s, felt the greatest way she could resist the Nazis was to keep a corner of her heart unsullied by hatred. Buddhist monk Thich Nhat Hanh, in his poem “Call Me by My True Names,” similarly identifies himself as both the starving child in Uganda *and* the arms merchant, the girl raped by a sea pirate *and* the pirate, the powerful politburo *and* the man in a forced labor camp. This is how he can wake up and keep his heart open.

During our theme discussion, KP put this oneness amidst seeming division another way: “We take sides, but on a Möbius strip.” Like the line drawn on the loop with a single twist, what appears at first to be a different mark, drawn on the opposite side of the paper, turns out to be the same line we’re on. We just have to follow it over time and recognize ourselves when we get there.

What will keep us going—and effective—is our faithfulness to the unfolding of justice. It’s tempting to focus on the progress we’ve made to let ourselves off the hook. We want the narrative to wrap up neatly, especially when the story is troubling or asks a lot of us. But we must carry out the work of justice without expectation of knowing the outcome. We must amplify many different voices and uplift multiple definitions of justice in a dynamic balance. In doing so, we can also become instruments of a lasting peace.

— Hallman Ministerial Intern  
Lindasusan Ulrich

with this month’s theme team:  
Drew Danielson, Janne Eller-Isaacs,  
Rob Eller-Isaacs, Lisa Friedman,  
Danny Givens, Karen Hering,  
K.P. Hong, and Ruth Palmer

### *Worship Theme Resources*

*Note: Given current events, these resources focus primarily on racial justice.*

#### **BOOKS & ARTICLES**

*The Fire Next Time* by James Baldwin (Vintage, 1963)

*Justice: What’s the Right Thing to Do?* by Michael Sandel (Farrar, Straus and Giroux, 2008)

*To Kill a Mockingbird* by Harper Lee (J.B. Lippincott, 1960; Grand Central, 1988)

“*The Case for Reparations*” by Ta-Nehisi Coates (The Atlantic, June 2014)

*The Story of Ruby Bridges* by Robert Coles (Scholastic, 1995)

#### **FILM**

*The Hurricane* (1999)

#### **MUSIC**

*Stay Human* by Michael Franti and Spearhead (2001)

## Just Words



Our beloved colleague, Abhi Janamanchi, was staying with us. We had gone out to dinner and gotten to bed late. He was doing a presentation at Unity the next morning so once home, we had not lingered in conversation before going to bed.

We were woken from a sound sleep about an hour later by a loud crash in the living room. I sat bolt upright and listened. I was sure one of the cats had knocked over something. But the sounds persisted. I woke up Rob, "There is someone in the house." He was tired and in no mood to listen to noises that turned out to be the cats. Just then another crash occurred. There was no denying it now. There was someone in the house and it actually sounded like more than one person. Rob called 911 and the dispatcher got all the pertinent information. There were three people in the house, all upstairs. The intruder was downstairs. She calmly said she was sending the police right away and then quite sternly said, "Whatever you do, stay upstairs."

Another loud bang sounded: a lamp turned on its side. We ran out of our bedroom to the top of the stairs. Our guest was there in his pajamas with his belt acting as a bat. I had plastic water bottles in my hand as my effective weapon. More loud noises from downstairs and in the not too far distance the sound of sirens began. "What do you want?" Rob asked. The person yelled back an enthusiastic, "Yo." The sirens got closer. The three of us stood at the top of the stairs whispering to one another.

I decided to go out to the small deck to confront the hoodlums as they left the house. It was a simple plan. I was going to scream at them and throw my plastic water bottles. Just then Rob yelled, "He's gone into the bathroom." This bathroom is at the foot of our stairs. As the dispatcher screamed into the phone, "Stay upstairs!!" Rob and Abhi went downstairs and set a chair against the bathroom door. Abhi sat on the chair while Rob held it. I went out onto the deck.

The police officers entered our house with their guns drawn. They told Rob and Abhi to move. Rob moved quickly. Our dark skinned friend Abhi froze. The said their command again, "Move." Finally Abhi moved. They asked the intruder to come out but by now our poor inebriated college student had passed out. They repeated their command. Slowly they opened the door and the passed out student fell to the ground. He was a student from the University of Minnesota. He was extremely drunk. He had blond hair and white skin. After the police determined that we had accidentally left the door unlocked, the police officer said, "Looks like a recovery program for this young man." They took him away.

I am embarrassed to say that I didn't follow up to find out how things went after he left. But I couldn't help wondering what would have happened if the student had been dark skinned. I believe that he would have been treated very differently. There is much work to do and in this month devoted to justice, we will be examining the work that is ours to do.

— Janne Eller-Isaacs

### MidAmerica Regional Assembly

Save the date! April 17-19, 2015 • Naperville, Illinois

Two Keynote Speakers: *The Rev. Rosemary Bray McNatt and The Rev. Dr. Marlin Lavanhar*

If you are interested in attending the conference, coordinating transportation, or learning more about Unity's Denominational Relations Team, please contact Valerie Tremelat at [valoir@bitstream.net](mailto:valoir@bitstream.net).

Details about the conference at [www.midamericauua.org](http://www.midamericauua.org).

## The Wheel of Life

### In Celebration

#### Jasper Roux Baugh

born one more redeemer

December 14, 2014

to parents

Sarah Cain Davidson and Alex Baugh  
and grandparents

Warren Davidson and Rachel Cain

#### Marlowe Elias Pieper

born one more redeemer

December 11, 2014

to parents

Michaela Kronlage and Andy Pieper

brother Adrian and sister Daphne

#### Aspen Bell Hutt-Horan

born one more redeemer

December 9, 2014

to parents

Ashley Horan and Karen Hutt

and sister Lisa

### In Memoriam

#### Mary Sharon Rannels Krubsack

March 13, 1941–November 28, 2014

#### Hamilton "Ham" Ross

March 3, 1920–November 21, 2014

#### Edward Law, Jr.

August 31, 1923 – October 9, 2014

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# JANUARY SUNDAY WORSHIP / OFFERING RECIPIENTS

## Worship Calendar

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](http://www.unityunitarian.org). Religious Education classes for children and youth are offered during all services.

### January 4

#### *Tolling of Bells* — Rob and Janne Eller-Isaacs

We begin each new year with a memorial service for those who have died in the previous year. Everyone will have an opportunity to acknowledge those they've loved and lost.

### January 11

#### *The Long Haul* — Rob and Janne Eller-Isaacs

How do we become credible partners in bringing in the reign of justice? We are so easily distracted. We also tend to fall into despair. But little of lasting value can be accomplished in one generation. Rob, Janne, and worship associate Helen Pohlig will help us to see beyond our own lives to a more just, more loving future.

### January 18

#### *Anti-Racist Theology* — Lisa Friedman

Dr. Martin Luther King, Jr., admired liberal theology's uncompromising commitment to the search for truth, but he struggled with its liberal theology of humanity. How does our faith respond to Dr. King's challenge? How does our commitment to anti-racism invite us into deeper theological work as Unitarian Universalists?

January 18 is a Story Sunday. School-aged children (Workshop Rotation, grades 1-6) begin their Sunday in worship with the congregation in the Sanctuary. After the opening hymn, prayers, and A Story for All Ages, the children proceed with their Journey Guides to their classrooms for religious education programming.

### January 25

#### *Intimate Justice* — Rob Eller-Isaacs

In order to move beyond conflict and into creativity we need to understand that justice is both systemic and deeply intimate. Rob and worship associate Diane Ross will try to help us to balance this reality and to live within the ambiguity implied.

## Rides Ministry

Unity's Rides Ministry helps people get to Sunday worship. If you don't drive or don't have a car and could use a lift, please contact the main church number, 651-228-1456, and the volunteer or staff member who answers the phone can check to see whether any of our more than 60 volunteer drivers might be able to help out. And we can always use more volunteer drivers—for more information or to sign up as a regular or occasional driver, call 651-228-1456.



## 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.

### January 4: Trans Youth Support Network

Trans Youth Support Network (TYSN), founded in 2007, is a youth-led organization that helps young transgender people navigate shelters, clinics, schools, and other institutions that they rely on to meet their basic needs. Through its six-month Leadership Academy TYSN trains cohorts of trans youth in group facilitation, outreach, telling their stories, fundraising, and community organizing. Unity Church member Lex Horan is on the board of TYSN.

### January 11: Veterans for Peace Iraq Water Project (IWP)

This project supplies small hand-transportable water sterilization units to hospitals, clinics, and schools in Iraq that lack clean water as many water treatment plants have been damaged by war. IWP has also funded the rehabilitation of small municipal and rural water treatment plants throughout the country. Unity Church member and veteran Barry Riesch has been involved in this project as an advocate and fundraiser since 1999. He traveled with the first team of veterans to Iraq in 2000.

### January 18: Microgrants

Microgrants is a Twin Cities nonprofit that gives small grants to selected low-income persons for training, classes, equipment, tools, or other means of assistance to follow their goals and achieve a better standard of living. Unity Church member Phil Morton is a longtime Microgrants volunteer.

### January 25: Holdeen India Program

The Unitarian Universalist Holdeen India Program (UUHIP) works with organizations of India's most vulnerable groups as they seek to advance empowerment and promote equity. The program is committed to enabling these groups to transform their social and economic conditions in directions of their own choosing. Several Unity Church members have participated in pilgrimages to India through Holdeen and Rev. Janne Eller-Isaacs serves on its board of directors.

## Offering Recipient Nominations

Potential offering recipients should meet the following criteria:

1. Their mission/values must reflect the core values of Unity Church.
2. Recipients must have a connection with Unity through shared work or church support.
3. The offering will be significant in relation to the size of the organization's or project's budget.
4. The bulk of the recipient budget goes to meeting the mission of the organization instead of overhead costs.

Offering recipient nomination forms are online at [www.unityunitarian.org/nominate-the-offering.html](http://www.unityunitarian.org/nominate-the-offering.html)



## Board of Trustees

From Ginny Allen, Chair



I was blessed to have Tom Bromley as my high school physics teacher. He was one of those teachers who knew how to make an impact. "I teach kids, not physics," he would say. When he saw that I was excited by physics but bored in class, he offered to teach me in a one-on-one

tutorial. It was the first time that I felt fully alive in learning. We talked about physics, but we also wandered into ideas that make up the marrow of life: relationships, vocation, religion. Especially religion. I loved my Presbyterianism and wondered if I might become a minister. But my faith was beginning to fray. When I expressed my doubts to Mr. Bromley, he took me to a service at his fundamentalist church that he was sure would renew my faith. Instead, I felt utterly alienated by this worship style. The next day I expressed my growing confusion. I still remember his reply. Salvation, he said, boiled down to just one thing: complete faith in Jesus Christ as my savior. "Feel the chair beneath you," he said. "Feel the faith that you have that it holds you up. When you have the same faith that you are held by Jesus, you'll be saved. And that's all you need."

This conversation had the exact opposite effect than Mr. Bromley intended. I could feel my beliefs crumbling around me. I knew I could never be as certain of salvation as I was of the chair beneath me. That day marked the beginning of the end of my life as a Presbyterian. And I refused to examine the idea of faith for several decades.

But this past year, faith has been persistently knocking on my door again. Being on the Board of Trustees is, essentially, an act of faith. We are charged with thoughtfully planning for the future of this church. It's a leap into the unknowable. What is it that allows me to put one foot over the edge and...jump?

It's my faith in the extraordinary leadership of our Executive Team. It's my faith in the other members of the Board who bring their skills, experience, and passion for this church to every meeting. It's my faith in all of us who come together to create a congregation, and who advise, support, and correct the Board. It's my faith in Unity Church-Unitarian, which was formed long before our births and will endure long after we are gone. And it's my faith in Unitarian Universalism, which has saved my life again and again.

I'm as certain of these things as I am of the chair that sits beneath me as I write this column.

Mr. Bromley died suddenly of a heart attack at age 57. In his last few moments with his wife, they agreed that she would take care of his students from here and he would take care of them from above. I think of him often and imagine him up in heaven, sitting at the feet of Jesus, stretching out his arms to hold his former students. And I thank him for all that he gave me, including lessons in faith that have taken a lifetime to be learned.

## What have you done?

From the Anti-Racism Leadership Team Communications Group

So this is Xmas  
And what have you done?  
Another year over  
And a new one just begun

And so this is Xmas (war is over)  
For weak and for strong (if you want it)  
For rich and the poor ones (war is over)  
The road is so long (if you want it)  
And so happy Xmas (war is over)  
For black and for white (if you want it)  
For yellow and red ones (war is over)  
Let's stop all the fight (now)

— John Lennon

This has been a tough season for all of us invested in and working on racial justice issues. The hard news seems unrelenting, and almost daily we get a new blast from somewhere else. We can take some comfort from the public dialogue and protest bringing justice issues to the forefront, especially because much of this seems to be driven by younger people.

These issues have always been facts of life for communities of color. Systemic exclusion, unequal justice and all the other manifestations of systemic racism *are not new issues*. Dr. King was marching more than fifty years ago, and American society is still diminished by many of the same ills he was addressing. Having these issues in the public eye and keeping them there is a call to action.

So how do we answer John Lennon's question? Or how will we start to? Desiring justice is not enough; action is necessary. A few very Unitarian words come to mind: *discuss, engage, protest, contribute, spiritual practice, covenant, wonder, justice*.

In this new season of the returning light, let's go to work to heal our country and our souls, and let our brothers and sisters know they are not alone.

## Senior Ministers on Sabbatical

The Board of Trustees is pleased to announce that Janne and Rob Eller-Isaacs will be on sabbatical during February and March. They will be traveling in Southeast Asia, joining the Unity Church Selma Pilgrimage to mark the 50th anniversary of the March, researching a book on William Channing Gannett and Reconstruction, and spending time with their grandson, Lewis Pete. This is the second two months of a four month sabbatical begun last year. During their absence the Rev. Lisa Friedman will assume the duties of Senior Minister.

## 2014-15 Hallman Ministerial Intern

Lindasusan Ulrich



New Year's Day is one of my favorite holidays. I always try to take time on December 31 to sit with my journal and write from that threshold place: What were the major changes that took place in the past 12 months? Where do I find gratitude? What are my hopes for the year ahead? I don't make resolutions, which feel brittle and constricting to me; they seem to leave only shards once broken. Instead, I set intentions—those have the resilience to guide me back on course even when I mess up.

As I think about the threshold upon which the U.S. stands right now, it seems fitting that Unity Church will kick off 2015 with our eyes on justice. I've been heartsick at the seemingly endless—and expanding—list of black and brown women and men whose lives have been cut short by racism. I'm demoralized by the ongoing expectation that women and queers must still justify our existence. My rage has been reignited at the horrific—and pointless—torture carried out in my country's name.

I've had to add questions to my end-of-year reflection: In what ways am I complicit with a system that dehumanizes my fellow human beings? And what do I intend to do about it?

At the same time, the justice movements gathering strength across the country are rising with an inspired creativity and urgency—the distributed leadership, the articulated vision, the nuanced commitments, the keening sorrow. I feel like I need to invent new language to describe the combination of grief, despair, anger, awe, and amen I feel when reading about the scope of the wounds and the powerful ways in which people are responding.

A colleague recently shared the text of a favorite protest sign: "Love wins in the end. If it didn't win, it's not the end." I hold on to the hope that in this New Year, love will indeed help us turn the page and usher in a new chapter in our history.

Please feel free to contact me at [lindasusan@unityunitarian.org](mailto:lindasusan@unityunitarian.org) or 651-228-1456 x129.

### Host a Sources Suppers in February

In the Sources Supper tradition, during the week of February 15-22, 2015, we will come together to tell the story of Unitarian Universalism and apply it to our lives today. There are two options to participate in this opportunity for community building and spiritual deepening: in one another's homes on February 15 and 22, and at the church on February 22. If you would like to be a host for a Sources Supper in your home for 6-10 people on either the 15th or the 22nd, email [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org). To find out more about the Sources Supper visit [www.SourcesSupper.org](http://www.SourcesSupper.org).



# Keep the Fire

## *The Gathering* 7th Annual Women's Retreat Saturday, January 31

The Gathering is a one-day women's spiritual retreat held at Unity Church. This year's theme is "Keep the Fire" inspiring women of all ages to kindle the flame of creativity in our lives.

Unity's own musical trio, Wayward Creek, and the Women's Ensemble will lead us in joyful music and reflection. Join us in an opportunity to share the wholeness of our experience as women—through worship, song, movement, writing, drumming, conversation, and contemplation.

Registration is limited to 125 women from ages 18 to 108. The cost is \$40. Breakfast, lunch, and a social hour at the end of the day are included. Massage and spiritual direction are available at additional cost. Childcare is provided. Registration will be online at [www.unityunitarian.org](http://www.unityunitarian.org) and in the Parish Hall on Sundays beginning January 4. Gift certificates and financial aid are available.

# CONGREGATIONAL LIFE



## Welcome Words

Happy New Year! In these fresh days of new beginning, it is natural to set some goals and hopes for the year to come. If those hopes and resolutions involve deepening your spiritual life, paying more attention to the relationships that

matter most, or aligning your values with your day to day commitments, and more, then I invite you to let us know how Unity Church can help. As a community of faith we are here to bear witness to each other's journeys and to support one another in growing our souls. Religion and religious community is a way of living, a habit even, that we cultivate with joy and intention. May we continue to live more deeply into the meaning of our lives and to work toward a better and kinder world in 2015. And may this place of memory and hope help us on our way.

Rev. Lisa Friedman

Minister of Congregational and Community Engagement

## Pathway to Membership Classes

Unity offers three different classes for visitors who are exploring Unity Church as a spiritual home. Sign up at the Welcome Table on Sundays or contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107. She is happy to meet with you personally to answer questions and welcome you into the congregation. Childcare is available by contacting Michelle Hill at 651-228-1456 x127 or [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org) at least one week in advance.

### Welcome to Unity: Our Class for Newcomers

**Wednesday, January 14: 7:15-8:30 p.m.** ~ also offered ~  
**Sunday, January 25: 10:15-11:30 a.m.**

If you have been visiting and would like to find out more about Unitarian Universalism and our congregation, we invite you to join us for a *Welcome to Unity* class.

### Finding Yourself at Unity: A Deeper Exploration

**Three Tuesdays, January 13, 20, and 27: 6:30-8:30 p.m.**  
**(light dinner provided each night)** ~ also offered ~  
**Saturday, March 7: 9:00 a.m.-4:00 p.m.**

**(includes potluck lunch)**

In this class, we will have an opportunity to share part of our 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.

### Committing to Unity: Joining Unity Church

**Wednesday, January 21: 7:15-8:30 p.m.** ~ also offered ~  
**Wednesday, April 8: 7:15 p.m.-8:30 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 how you can discover the places in your life where the world's needs meets the gifts and joy you have to offer. The class will conclude with a celebration ceremony as participants sign the membership book.

## Ongoing Groups at Unity Church

*These groups are open to all members and friends of Unity Church. If you are looking to connect with a group, please contact the person listed below, visit the church website at [www.unityunitarian.org](http://www.unityunitarian.org) for meeting information, or call the church office at 651-228-1456.*

**A New Look at the Bible:** Second Thursday of the month (January 8) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

**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 (January 15) from Noon-2:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Evergreen Quilters:** Second Tuesday of the month (January 13) from 7:00-9:00 p.m. and fourth Saturday of the month (January 24) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

**Living With Grief Group:** A group for people living with grief and loss. Third Tuesday of the month (January 20) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, January 5 and 19, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

**Unitots!:** A drop-in playgroup for families (parents, grandparents, aunts and uncles) with kids through preschool age. Every Monday and Thursday, from 9:30 a.m.-noon, in the nursery. Contact Michelle Hill at [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org)

**Unity Book Club:** Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net).

January 13 Book Club discussion: *Behind the Beautiful Forevers: Life, Death and Hope in a Mumbai Undercity* by Katherine Boo

**Unity Bridge Club:** Friday, January 2, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

**Women's Retirement Group:** The Women's Retirement group meets on the second and fourth Thursday (January 8 and 22) of each month from 1:00-3:00 p.m. Contact Marg Kinney [margkinney@gmail.com](mailto:margkinney@gmail.com).

**Young Adult Group: Potluck supper in the Center Room** on the fourth Thursday of the month (January 22) at 6:30 p.m. Contact: Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Sangha Zen Meditation:** Find renewal and grounding. Tuesdays from 5:30 - 6:30 p.m., in the Ames Chapel. Contact Ken Ford at [kford5@comcast.net](mailto:kford5@comcast.net)



# CONGREGATIONAL LIFE

## Coffee Service Training

Sunday, January 14 • 8:15 a.m.

Sunday, January 28 • 10:00 a.m. and Noon

Come learn what it takes to make Coffee Hour magnificent! All are welcome to these short, 35 minute trainings.



## A bell's not a bell till you ring it: A Bell Ringer's Guild Training

Sunday, January 14 • 1:00 p.m.

Participants will have an opportunity to try ringing the bell firsthand. This class will also offer background on the Unity Church bell including a tour of the bell tower.

If interested in either training, please contact Madeline Summers, Volunteer Coordinator, by email to [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or by phone at 651-228-1456 x126.

## Volunteers Needed:

### Wellspring Wednesday Cooking Team



Wednesday, January 21 • 2:00 p.m.-6:30 p.m. (or a few hours during that time)

We are in search of people to do light kitchen work. This will include some chopping and mixing. If cooking isn't your forte, please don't count yourself out! Our Team also needs help setting tables, cleaning after dinner, and taking money at the door.

If interested in either training, please contact Madeline Summers, Volunteer Coordinator, by email to [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) or by phone at 651-228-1456 x126.

## Journey Conversations

### Group Spiritual Direction returns for spring!

Join Spiritual Director Sarah Cledwyn, MA, for Journey Conversations, a time of contemplative listening and sharing in a small group setting. Groups will meet the first and third Mondays of the month from February through April. A day group will meet from 10:00 a.m.-noon, and an evening group will meet from 6:30-8:30 p.m. The cost is \$180 for the series of six sessions (\$30 per session) with a sliding fee available. Sign up online at [www.unityunitarian.org/spiritual-direction.html](http://www.unityunitarian.org/spiritual-direction.html) or by contacting Sarah.

If you have questions or want more information please contact Sarah at 651-699-9948 or [sarahcledwyn@gmail.com](mailto:sarahcledwyn@gmail.com). Free childcare is available at church if requested at least one week in advance by email to [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org).



## Crossing and Blessing Our Thresholds

Are you crossing a threshold in your life—a change in relationship, work, home, roles, identity or abilities? Our lives are full of thresholds crossed whenever we experience change—of our choosing and the kind that comes without our bidding. Either way, thresholds often bring heightened awareness as well as risk and possibility. They are places of great vitality and exchange, where new greets old, where outside meets inside, where stranger crosses over to become friend.

This series of four sessions invites you to explore a current threshold in your own life, one you have just crossed, are in the process of crossing or are about to cross. In a supportive small group facilitated by literary minister Karen Hering, we'll each reflect on the threshold we're crossing while accompanying others in crossing theirs. Using conversation, guided writing, and a variety of non-writing activities both playful and serious, we'll consider the meaning, risks and possibilities present on our thresholds. Participants are asked to commit to all four sessions. At the end of the series, the group will be blessed by the congregation in worship, honoring the role of community in giving us all safe passage across the many thresholds of our lives.

The group will meet Saturday mornings at Unity Church, 9:00 a.m.–noon: January 24, February 14 and 28 and March 14. The congregational blessing will occur on Sunday, March 15. The series is free to members; a fee of \$50.00 will be charged nonmembers at the time of registration. Group size will be limited. Register early to reserve your place by sending an email to Karen Hering at [karen@unityunitarian.org](mailto:karen@unityunitarian.org) with your name, phone, and email address, and a sentence or two describing the threshold you have crossed or will be crossing soon.

## 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.

Sunday, January 18 • 2:00-4:00 p.m.

**Open Page Writing: The Swinging Scales of Justice Free; RSVP required to [karen@unityunitarian.org](mailto:karen@unityunitarian.org)**

Pascal once observed that justice is too subtle a point to be touched by our blunt tools. Perhaps this is why its meaning has so often been carried by symbols and stories passed down through the ages. This session explores the swinging scales of justice and other symbols and stories.

# 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 at 6:45 p.m., and an evening of rich programming beginning at 7:10 p.m. All are welcome. Childcare is available and you do not have to sign up in advance.

**Dinner:** The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family, and can be paid by cash or check. (Children under the age two are free.) Reservations for dinner are not required. Financial assistance is available to cover the cost of dinners; contact Lisa Friedman by e-mail at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or by phone at 651-228-1456 x107.

## January 7

### **How to Survive: The Extraordinary Resilience of Ordinary People**

Unity Church member Andy Steiner will read an excerpt from her new book, to be released January 14 by Minneapolis-based Think Piece Publishing. Andy will talk about her book, its development, and the amazing people she met while working on this project. Also included in this presentation will be Think Piece founder Adam Wahlberg. He'll talk about founding a publishing house dedicated to promoting singular voices and social issues.

### **Embodied Spiritual Practice: Gentle Meditative Yoga**

Come as you are and experience non-judgmental, non-competitive yoga. Youth ages 10 and up are welcome to come with an adult family member. Wear comfortable clothing. Bring a yoga mat, towel, and water bottle. A few mats will be available for loan. Elen Bahr is a 200-hour RYT certified yoga instructor. Learn more about Elen at [EveryYogi.com](http://EveryYogi.com).

### **New Family Religious Education Orientation with Rev. KP Hong**

## January 14

### **Advocating Change Together (ACT): Justice and Inclusion**

In 1999 the U.S. Supreme Court ruled that segregation of people with disabilities is illegal. This court ruling said the needs of people with disabilities are best served alongside everyone else and must be integrated in the community with support as necessary. Come learn from ACT representatives Rick Cardenas and Larry Lubbers about what disability rights activist in Minnesota are doing to see that our state is providing full support for full inclusion of people with disabilities across the state. It's the law!

### **"Overstuffed" Group Coaching**

Do you have goals around creating more simplicity and ease in your life? Join life coach Nicole Lynskey for an 'Overstuffed'

group coaching experience. This small group will meet bi-monthly for three months beginning January 14 starting with an in-depth coaching discovery session scheduled individually with your coach. Cost: \$169/members//\$189 non-members//\$109/"Overstuffed 7-week" graduates Details: <http://bit.ly/11oo19b>.

### **Spiritual Direction:**

#### **Reflections on Justice**

Join Spiritual Director Sarah Cledwyn for a contemplative conversation around the worship theme of Justice. How do we recognize justice in our common life? In what ways do we attempt to bring about justice in a world with so many injustices? Participants will share from their own experiences and deeply listen to the experiences of others. Come reflect together on this important and timely theme.

### **Welcome to Unity: A Class for Newcomers with Rev. Lisa Friedman**

## January 21

### **Of a Certain Age: A Song Recital**

Join Carolyn Campfield, soprano, and Kathy Kraulik, piano, for a song recital featuring women's poetry and experience. The American composers Tom Cipullo and Lee Hoiby will be featured with texts by the poets Liesl Mueller and Elizabeth Bishop. Carolyn Campfield received her Master of Music in Vocal Performance from the Cincinnati College Conservatory of Music and her Doctor of Musical Arts Degree from the University of Minnesota. Kathy Kraulik is the pianist for Unity Choir.

### **Is a Rational Discussion about Guns an Oxymoron?**

According to the Geneva-based Small Arms Survey—a leading source of international public information about firearms—the U.S. has the best-armed civilian population in the world, with an estimated 270 million total guns or an average of 89 firearms for every 100 residents. What can

we do as individuals? Can anti and pro gun citizens come to any sorts of agreements on what society can do to stem violence? What responsibilities do we have as parents in teaching our children about guns? Join Richard Birger in an open discussion on guns in our society; where we are, how we got here and where are we going.

### **Committing to Unity: Joining Unity Church with Rev. Lisa Friedman**

## January 28

### **Alzheimer's Disease and Dementia: An Introduction and Conversation**

Five million Americans have Alzheimer's disease. An estimated 95,000 Minnesotans have Alzheimer's or another form of dementia. Alzheimer's is the 6th leading cause of death in the U.S., and it is the most expensive disease in America. At this program, staff from the Minnesota Alzheimer's association and Unity members dealing with Alzheimer's will discuss the disease and its symptoms. Unity Church members Kathy Stack, Ruth Stryker-Gordon and Ken Gordon, and Rose and Don Crannell, who are impacted by the disease, will share their stories and discuss how they are coping. This program will include a question and answer session, and information about available resources.

### **Embodied Spiritual Practice:**

#### **Ting Sing Qigong**

Qigong (pronounced 'chee gung') is the art of moving breath, mind, and body to stimulate the 14 meridians, promoting internal vitality and wellness. In this introductory Standing Qigong class, you will learn the basic standing form of Ting Sing Qigong from Jook Lum Temple, Southern Praying Mantis Kung Fu. Sifu Robyn Mathews-Lingen is the first Green Sash Sifu of this unique Qigong in Minnesota. She is also a Third Degree Black Belt in Shaolin Kenpo.

### **"Overstuffed" Group Coaching**



# COMMUNITY OUTREACH MINISTRY

## Ninth Annual Unity Church Pilgrimage to New Orleans

### From Rick Heydinger, NOLA pilgrim

In October, Unity Church organized and traveled with its ninth group of pilgrims to New Orleans since hurricane Katrina devastated the city in 2005. This year we experienced feelings of success across a variety of dimensions. New Orleans is making good strides in recovery, some of our previous projects have shown amazing progress, and this year's work was marked by completions and feelings of success.

Each New Orleans pilgrimage strives for **learning**, **service**, and **reflection**.

This year's **learning** focused on poverty and the elderly. We had speakers from the New Orleans Council on Aging who called to attention the different—and not always equal—levels of support various segments of the elderly have had during recovery.

For **service** we worked at three sites:

- The Pace Senior Center, a day treatment and activity facility for the elderly in the ByWater neighborhood;
- The "Jackson home," a residence in which the couple was striving to get their certificate of occupancy so the electricity could be restored and they could return;
- The City Mission where we did site preparation for a new \$6M addition to the facility.

Unity pilgrims offer these **reflections** on their experiences:

*BINGO! I gained new respect and excitement for this game from Mz Carrie, Mz Dorothy, Mama Doc, and Mz Loulda. Helping these sight-limited and aged ladies play BINGO at the Pace Senior Center along with assisting the regular staff serve meals, clean tables, help with crafts, and play games, we were privileged to have the opportunity to hear their stories, laugh with them, see their vulnerabilities, and ultimately realize that the challenges and joys of getting older are not bound by geography, race, or gender. They are universal. — Judy Rieke*



*I discovered that I enjoyed doing construction work. I enjoyed working as a team on Carol's house—there was a nice camaraderie, and Matt and Layo were patient and cheerful coaches. New Orleans is a fascinating city—we saw and did a lot in a week. Finally, I enjoyed getting to know more Unity folks... new relationships that will hopefully continue. — Bill Leslie*

*Due to some difficulties with our travel, I was questioning my judgment in going on this trip. But when I saw the elation of Mrs. Jackson (the homeowner) as we changed her house, it made the effort to get there worthwhile. In addition, seeing the continued progress on Dwayne and Kendl's home, which we worked on in 2010 and 2011, was a real "WOW!" for me. — Garl Rieke*

*It was inspiring to be in a place that had survived an apocalyptic moment and experienced the great social leveling such moments bring about. Many of those we met with in New Orleans are working to find ways to hold on to the clarity that followed the storm. They are trying to rebuild not just houses but the fabric of community. We have a lot to learn from New Orleans. — Rob Eller-Isaacs*

*This trip was an eye opener for me. I saw minimum progress ten years after the devastating hurricane Katrina. The government had pushed aside certain communities who are in need of help to rebuild their own communities. We had a short time to do what we were able to do, but I know for sure we made a big difference in someone's life. — Layo Hernandez*

*For me, it was enjoying the warmth and diversity of New Orleans, to feel that I can make a small contribution to helping someone get their life back to normal, to feel welcomed and accepted (or at least tolerated) in very different cultural situations than what I'm used to. — John Faley*

*Dashing and catching up with a Second Line parade—a scene of intense festivity not to be seen in the Twin Cities. Having no one stare at an elderly woman (me) running down the street, dodging people. Getting a special tour of the Lower Ninth, hit hardest by the Katrina levee break, and seeing that it looks more like a neighborhood than it did in 2010. — Jane Thomson*

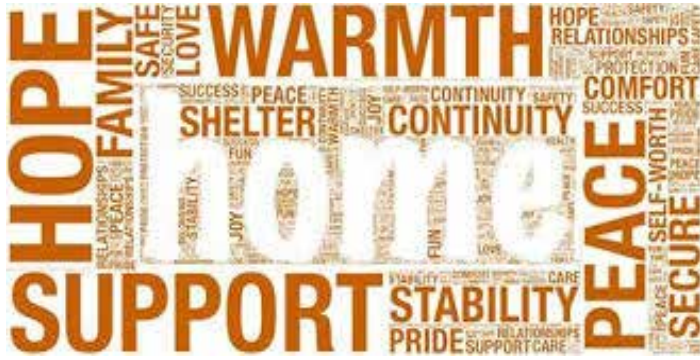
*On this trip I found my thoughts wondering from the hurricane damage to other older, wider, and deeper damage. Questions of how do we—as the phrase goes—lift all boats, even those that have been dry for decades. I am glad we were not deterred from what we could do that day. — Matt Brown*

*I was changed by our trip to New Orleans. I had impressions of the Katrina impact but this experience put me in direct contact with so many elements of NOLA society. Meeting residents who have suffered and survived; people who were nearly killed but wouldn't give up; personal experiences of the disaster and so-called recovery. We were able to participate in a second line parade, witness the Tomb of the Unknown Slave, attend gospel mass, and work side by side with the most resilient people I have ever met. It is so not Minnesota, yet so full life, culture, LOVE OF HOME that I am forever grateful for the experience. — Patrick Rivard*

# COMMUNITY OUTREACH MINISTRY

## What does home mean to you?

From Unity's Affordable Housing Ministry Team



Last year members of Unity Church, in collaboration with Beacon Interfaith Housing Collaborative, shared statements saying what home means to them with their state legislators. As a result Unity Church was part of a successful campaign that raised \$100 million to build and rehab affordable housing, stably house an estimated 5,000 households, and help hundreds of people out of homelessness. This includes homes for 44 youth at Prior Crossing, a Beacon development underway in St. Paul. This would not have been possible without your support.

But our work to ensure that every Minnesotan has a safe place to call home continues. Please join the Affordable Housing Ministry Team in the Parish Hall after each of the services on January 18 and January 25 to share what home means to you. Your statements will be turned into postcards which will be sent to your state legislators as part of Beacon's campaign to secure funding for the services and rental assistance that help people exit homelessness and remain stably housed. Please add your voice by adding your name and words to this effort and becoming a "Beacon Citizen."

## Sustainable Living at Unity Church

The Sustainable Agriculture group at Unity Church has changed its name, but not its focus. We still intend to zero in on ways to make our impact on the earth less harmful and more sustainable—as individuals, families, and as a church community. Please join us on Thursday, January 8, from 5:30 to 7:30 p.m. for a potluck dinner, good conversation and further planning for 2015.



And... If you're interested in our mission, but can't schedule another meeting, consider signing up for our "Compost Brigade" (available online at <http://bit.ly/compostbucketbrigade>).

## Rainbow Chalice Alliance is ready to bake!

From Unity's Rainbow Chalice Alliance

On November 14, Rainbow Chalice Alliance (RCA) members volunteered at the yearly Q-Quest Festival for lesbian, gay, bisexual, transgender, queer and allied youth. Participants enjoyed workshops, food, dancing, conversation, and art with around 300 other LGBTQA youth from across the greater metro area! RCA sponsored and served at the ice cream bar (see photo below).

Did you know that YOU also made this happen? Yes, Unity Church and RCA sponsor this wonderful yearly event via funds from the proceeds earned from our Pie Day Bake Sale. Pie Day (3/14/15) is fast approaching! RCA will be tabling in late January and early February, preparing to prepare for you, a wonderful Blueberry, Apple, or French Silk pie. (Worry not, many can and do order two pies.) RCA is only able to make 25 pies, and its first come, first served. The pies are prepared and frozen so you can bake them whenever you want. Thanks to all of you, RCA is able to help at Q-Quest, and additionally fund Queer Prom and Youth Pride in the spring.



Unity Church Rainbow Chalice Alliance members serve ice cream at Q-Quest Festival 2014.

## Food Collection for SHARING KORNER

Unity's Evergreen Quilters coordinate an on-going food drive for Sharing Korner Food Shelf. Collection baskets are stationed in the main lobby and by the Holly Avenue doors. Donations of non-perishable items are always welcome. Thank you!







## REGIFT...and REJOICE

### Holiday Regifting Sale, Sunday January 11

Did Santa bring something that's not your size, your style, or your idea of fun?

**Donate your brand-new but unwanted gift to Unity Church!** We'll sell it to someone else, turning your discards into cash. Proceeds will benefit Unity's Mano a Mano Outreach Ministry Team.

**What:** Holiday regifting sale

**When:** Sunday January 11, 2015

**Where:** Unity Church Parish Hall

**Time:** Right after each service

**Donate your unwanted treasures!**

**Shop for fabulous regifted bargains!**

How it works: Bring your new, unused but unwanted items to the "regifting table" in the Parish Hall on Sunday, January 11 before either morning service. Estimate their value and place them on an appropriate table. We'll sell items at a discount at the Regifting Sale. Unsold items will be given to charity.

All proceeds from the Regifting Sale benefit the work of the Community Outreach Team that supports Mano a Mano International Partners. Mano a Mano builds clinics, schools and roads, and trains teachers, doctors and farmers in rural Bolivia.

Questions? Contact Barbara Benner, [benne002@umn.edu](mailto:benne002@umn.edu) or phone Unity Church, 651-228-1456

### Winter Warm Up Drive

#### From Unity's Racial and Restorative Justice Team

Men and women released from prison face huge challenges on their way to rejoining society. Challenges start with finding a bed and enough to eat on the first day out—nothing compared to finding an employer and/or a landlord who will hire or rent to an ex-offender. Doing either is difficult without transportation, especially during the winter, and who would want to apply for a job or an apartment without the basics for personal grooming?

These little things mean a lot to those trying to make good after doing their time. Unity's Racial and Restorative Justice Team thanks you for the wonderful response to this year's Winter Warm Up Drive. You are making a difference! Through the month of January, we will continue to collect the following items:

- Hygiene items such as shampoo, soap, toothpaste, toothbrushes, body lotion, deodorant, and shaving cream (all items should be unopened)
- New gloves, hats, scarves, and socks suitable for the job site
- Hand and foot warmers
- Bus passes or the cash to buy bus passes

On Sundays, please bring donations to the Racial and Restorative Justice table in the Parish Hall. Donations delivered during the week should be brought to Lisa Friedman's office.







## Pitter-pattering Questions

[...like raindrops on the window, and little feet running through the house]

From K.P. Hong, Director of Religious Education

Perhaps because of her youth, alongside her story of courage and activism that has now become a global campaign for girls living in places of terror and suppression, Malala Yousafzai's address as the youngest recipient of the Nobel Peace Prize in Oslo, December 10, may have stirred not only admiration but an unsettling ambivalence about children as moral agents and witnesses in a world where the rising number of child casualties is unlikely to subside anytime soon. "I am proud, well in fact, I am very proud to be the first Pashtun, the first Pakistani, and the youngest person to receive this award," she spoke. "Along with that, I am pretty certain that I am also the first recipient of the Nobel Peace Prize who still fights with her younger brothers. I want there to be peace everywhere, but my brothers and I are still working on that."

I can hear the quiet, desperate prayer of parents, that all her fights should be ones at home with her younger brothers and not with the Taliban. Isn't this the inner conflict of so many African-American parents who have rehearsed "the talk" in the aftermath of Ferguson and Cleveland and Staten Island? As Dana Canedy of *The New York Times* agonized, that "nausea-inducing discussion I needed to have with my son about how to conduct himself in the presence of police." For modern liberal parents, it remains far easier for us to advocate for the moral status of children than it is to cultivate their own moral agency in a complex world. We struggle between burdening our children with such responsibility and more preferable notions of fulfillment and gratification; we prefer positive affirmation over corrective criticism; we prefer time outs for self-reflection than exposure to real suffering and painful consequences. Valuable advances in child psychology, teaching that is

developmentally attuned, and our growing appreciation for childhood have wonderfully influenced more child-friendly approaches. But how adequately do they prepare our children to approach injustice and violence that happens regularly in the world, from poverty to racism to denial of education? How do we prepare our children to account for injustice in everyday occurrences that ask them to choose "right" from "wrong"? What are our curricular requirements for moral "resilience and resistance and renewal" in a world that has always endangered children's lives?

This is the unsettling ambivalence every time Noah's ark is told as a story about animals cutely paired up, sheltered from the storm outside, and a rainbow that always shines in the end. What is edited out, of course, are the threatening floodwaters of wrongdoing, violence, and judgment. But it was a child who startled me with her tenacious sense of justice: "What about the rest of the animals?! It's not fair that they had to die." Her fierce sense of fairness made transparent that she was more comfortable talking about the troubling story than I was: that children, by the blessed fact of their dependence, inhabit a world where it is normal, everyday experience to hear commentary on good/bad behavior and are obligated to be/do better (and so hardly surprising that children have a strong sense about right and wrong, and that they are more clear than adults in acknowledging that they have much to learn); and that right, wrong, transgression, forgiveness, reconciliation, and innumerable moral obligations are lived with dramatic intensity and compelling sense of purpose (quite different from the world of adults who have finessed the art of politesse and sidestepping such moral obligations, rarely "speaking the truth in love" about each other's behavior until it cannot be helped).

While we are mindful of their developmental competence and very real limits to children's moral agency, our children are actively involved as moral witnesses, developing moral meaning through which they make sense of the world around them. How do we learn a more robust language of justice to help our children explore their world at a time when we are crossing numerous ethical thresholds and effecting planetary processes? How do we both honor their moral status and cultivate their capacity to assume moral responsibility for their lives? What would happen if we get children talking about justice and injustice? What would happen if children got to know people in different circumstances of poverty, racism, and other injustices? What would happen if our children helped determine more and more of our community's agendas for justice? This is "the talk" our children are waiting to have with us.

Sharing questions that pitter-patter across our sacred journeys...

## R.E. Families

### Thank your Journey Guide!

Families of children in grades 1-6 take note: our current Journey Guides finish their ministry on January 11 and our new Journey Guides take over for the remainder of the program year. Please consider preparing a note or a token of gratitude with your child and bring it to share with his or her group's dedicated volunteer before or after class. If you're not sure who your child's Journey Guide is, email [kp@unityunitarian.org](mailto:kp@unityunitarian.org).



# MINISTRY WITH CHILDREN AND YOUTH

*Religious Education programs return from Winter Break in January:*

## **Spirit Play (ages 3-6):**

- Classes resume Sunday, January 4. Please wonder together with your children about the stories they are hearing.
- A reminder to please sign-in and sign-out your preschooler; and take a moment to thank a teacher!

## **Rotation Classes (grades 1-6):**

- Rotation classes begin January 4 with new unit on "The Sacred Within."
- On January 11, new Journey Guides will assume their role, with a "passing of the torch." Parents, please try to ensure your child will be there to greet their new Journey Guide.
- Collect your child from the Rotation classroom (varies each week, check signs) 15 minutes after the end of worship (10:15 a.m., 12:15 p.m., and 5:45 p.m.). Parents can enjoy refreshments and fellowship in the Parish Hall following the service, then come downstairs to collect your child.
- Please take a moment each Sunday to connect with your child's Journey Guide, as they journey with your child for the semester!

## **Junior High (grades 6-8):**

- Our second semester classes begin January 11: Technology and Religion, What Do You Stand For, and Extreme Religion. Please see rosters and classroom locations displayed on the board downstairs.
- Please take a moment each Sunday to connect with your child's teachers, as they journey with your child for the semester.

**Tween (grades 5-8) Group** resumes January 7, from 7:15-8:30 p.m. (after Wellspring Wednesday's supper and worship), for remaining classes on fairy tales and faith and the chance to play together in beloved community.

**Coming of Age (COA)** resumes January 11 with an introduction to the new unit "Living in the Face of Death and Loss." COA is our signature spiritual growth program for 9th graders, as they begin to claim a more mature faith for their ongoing journeys. Please contact Drew Danielson for further information: [drew@unityunitarian.org](mailto:drew@unityunitarian.org)

**Our Whole Lives (OWL)** classes resume January 7 with focus on "STI Facts" with a guest speaker. OWL is a signature sexuality and spirituality program for grades 7-9. Please forward questions and comments to Drew Danielson at [drew@unityunitarian.org](mailto:drew@unityunitarian.org).

**Tower Club (grades 10-12)** youth meet Sunday, January 4, from 6:00-8:00 p.m., to finalize planning and details for YouthCon 2015. Tower Club is a place for 10th-12th graders to find community and share life at the intersection between the world and faith.

## **YouthCon 2015**

YouthCon 2015 is coming to Unity Church with focus on "UU Care: Con for Youth Health." This weekend event, January 17-18, will gather Unitarian Universalist youth from the greater Twin Cities area, for leadership development and faith formation among high school youth groups. Youth will focus on health challenges to body, mind, and spirit, with both a diagnostic aim for the gifts and challenges facing youth today and discerning ways to advocate for holistic health in the lives of youth. The Con will also provide opportunity to collaborate with the Minnesota Unitarian Universalist Social Justice Alliance around upcoming legislation concerning single-payer health care.

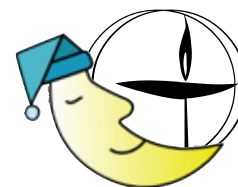
## **Religious Education (R.E.)**

### *Helpful Reminders*

**New teachers** for second semester begin in January. Please watch for emails or contact R.E. staff with questions. Please note which Sunday:

- Sunday, January 4, new Rotation teachers begin for the "Sacred Within" unit
- Sunday, January 11, passing of the torch to Journey Guides
- Sunday, January 11, new Junior High teachers begin second semester courses

## **Bedtime Ritual Workshop**



A Bedtime Ritual workshop for families at the 11:00 a.m. service will be offered on the following Sundays:

- Sunday, January 25, for families of children in RED and ORANGE Rotation groups.
- Sunday, February 1, for families of children in YELLOW and GREEN Rotation groups. (Interested children and families in Blue and Purple Rotations are welcome.)

In place of regular classes, children, siblings and parents will have an opportunity to experience Bedtime Rituals developed by the UU Families group. Families will be introduced to the bedtime ritual which brings to life the seven UU principles for children as they prepare for sleep, using UU principles beads that children themselves will make. This important work serves to bridge children's faith experience at church with practices at home toward a more holistic life of faith. Please watch for email invitations.



## What's New in the Library and Bookstall!

From Louise Merriam, Library and Bookstall Team

Why do we have libraries at church? After all, in the age of online readers and short attention spans, do we really need them? Can't we get everything we want online, or, in lieu of that, at our local libraries?

We can indeed find some materials online or in local libraries that address questions asked by ministers and members. However, there are important differences between the libraries at Unity Church and these other information sources. Some of these are:

- Book titles tailored to the specific interests of members and staff. You won't find many titles from Skinner House, the publishing arm of the Unitarian Universalist Association, at your local public library. The libraries at Unity have many.
- Books specifically mentioned by our ministers. Most sermons delivered at Unity refer to writers who have grappled with the questions that are lifted up in Sunday sermons. The Library Team makes sure that many of the writers mentioned are represented in the collections of the Unity libraries.
- Books that support the work of member teams at Unity. We have materials supporting the Anti-Racism Team as well as community outreach and social justice teams.
- Books that support the educational programs at Unity, from Religious Education to Welcome to Unity classes. The Whitman Children's Library has a wealth of children's books that help our children explore issues they learn about in R.E. classes. The Anderson Adult Library has almost everything written in the past 50 years about the history of Unitarian Universalism, enlarging upon a topic discussed in the Welcome to Unity classes.

These are the rational, common-sense reasons for having libraries at church. However, it is important not to overlook a more intangible reason for the existence of these great Unity resources—the ability to browse. In the Whitman Children's Library, one can often find children sitting on the floor with a pile of books, looking for a few titles they want to take home. And upstairs in the Anderson Adult Library, readers can look through multiple books of poetry, meditations or history until they find the one that best matches their interests. In both instances, having libraries allows users to select items they know in advance will meet their needs.

Some members of the Library Team are current or former librarians. They know that reading a printed book is different from reading a Kindle or a laptop. It's something they want to give each adult and child at Unity Church an opportunity to experience. The libraries are there for you—yes, you!

## Cairns Vol. 6 Erratum

I would like to express my sincerest apology for the errors that appeared in Bill Krubsack's beautiful song, "Pretty Woman, Goodbye." Please enjoy the piece as it was originally written which appears below. A corrected version of Vol. 6 will be in the Bookstall after reprinting. —Shelley Butler, Editor

### Pretty Woman, Goodbye

William Krubsack

*Lyrics to accompany music of "Pretty Paper" by Willie Nelson*

Now you're gone from my life, now the tears fall.

Our time together too quickly did end.

Like the ship that sailed out of my vision

Your love has always been my guide.

Through life's storms which we walked with each other,

To walk without you, I can't comprehend.

Now you're gone and I'm left with only mem'ries

Of all those times that have drifted away.

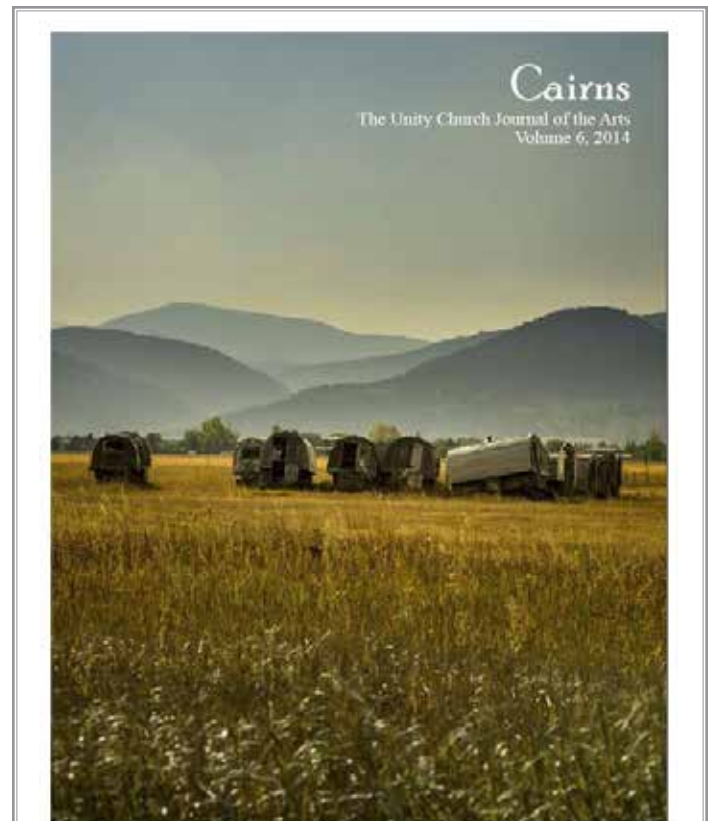
To go on now with you gone from my side,

I'll take comfort in those mem'ries of you.

In my mind when I see you, I'll cry.

Pretty woman, pretty woman

Goodbye.



**Cairns on sale now!**

In the Bookstall on Sundays  
and online at [bit.ly/cairnsvol6](http://bit.ly/cairnsvol6)



# MUSIC MINISTRY / PARISH HALL ARTIST

## Music Notes

From Ruth Palmer Director of Music Ministry

*Dark of winter, soft and still, your quiet calm surrounds me.  
Let my thoughts go where they will, ease my mind profoundly.  
And then my soul will sing a song, a blessed song of love eternal.  
Gentle darkness, soft and still, bring your quiet to me.*

*Darkness, sooth my weary eyes, that I may see more clearly.  
When my heart with sorrow cries, comfort and caress me.  
And then my soul may hear a voice, a still, small voice of love eternal.  
Darkness, when my fears arise, let your peace flow through me."*

— *Dark of Winter*, words and music: Shelley Jackson Denham  
#55 in *Singing the Living Tradition*

These words, set to warm harmonies and melody, remind me of both this dark time of year and that long journey towards justice. So often, music voices the hopes, woes and passions in this constant human search. Often, it is only in song that we can truly share our deep experiences both personal and those amplified by life in community.

I am asked quite often if it is still possible to join in singing with one of the choirs at this point in the program year. The simple answer? Yes! Please feel free to be in touch with me as you enter into this move through darkness and into spring light. If you are moved to sing, we would love to have you join with us!

- **Children's Choir** (grades 1-5): Rehearsals are held each Sunday from 10:00–11:00 a.m., in the Foote Room. Kathleen Radspinner, director, [kathleenr395@gmail.com](mailto:kathleenr395@gmail.com)
- **Unity Choir** (adult, high school and beyond): Rehearsals are held each Thursday from 7:30– 9:15 p.m., in the Parish Hall. Ruth Palmer, director
- **Women's Ensemble**: Rehearsals are held each Sunday from 10:15-10:45 a.m., in the Choir Room. Ruth Palmer, director



Please contact Ruth Palmer, Director of Music Ministries, with questions at [ruthp@unityunitarian.org](mailto:ruthp@unityunitarian.org) or 651-228-1456 x118.



## Parish Hall Artist

Peter Ross

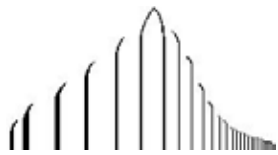
As an artist I am influenced by the natural world I see around me everyday. I enjoy allowing my imagination to "play" with what I see, with the goal of creating a unique piece of art. I want my artwork to be interesting and beautiful, and sometimes whimsical.

I enjoy working in a variety of media. I concentrate mainly on pencil drawings and acrylic painting. I am largely self-taught, believing that to grow as an artist one needs a deep and enthusiastic desire to create art constantly. It is also important for me to always be receptive to inspiration from the world around me, no matter how subtle. I always keep my eyes open.

I can be reached by email at [peterross.art@gmail.com](mailto:peterross.art@gmail.com) or by phone at 651-895-5054.

## Children's Musical Auditions and Parent Meeting

**Auditions** are Sunday, January 4, from 1:30–4:00 p.m. in the Foote Room, for all 6th, 7th, and 8th graders. The kids don't need to prepare anything—they will sing and dance in group activities so they should wear comfortable clothes and bring a water bottle. Everyone who auditions will receive a part. The first **parent meeting** is held during auditions in the Anderson Library. We will cover all of the logistics, people can sign up for committees, and (hopefully) get all questions answered. If you have a kid in the musical, you need to be at this meeting.



# UNITY CHURCH-UNITARIAN

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## CHANGE SERVICE REQUESTED

### Annual MLK Holiday Breakfast



"Infinite Hope, Meaningful Action" is the theme of the 2015 Rev. Dr. Martin Luther King, Jr., Holiday Breakfast sponsored by the St. Paul Council of Churches.

Unity's neighborhood breakfast, hosted by House of Hope Church at 797 Summit Avenue, is scheduled from 7:00-9:30 a.m. on Monday, January 19. People from Unity Church will join with people in neighborhood communities at this celebration of the life and legacy of the Dr. King.

Space for the breakfast is limited so reservations are required. The cost is \$5 per adult, children 12 and under are free. Registration is online at <http://bit.ly/summituMLK>.

### Depression in your family?

Do you live with a young person who lives with depression? Do you sometimes feel like you are the only one who does? If you are interested in gathering with other Unity Church parents who also struggle with youth and young adults with depression, please plan to attend a gathering on Saturday, January 3, from 9:30 a.m.–1:30 p.m. Resources and strategies will be shared and lunch will be provided. Please contact Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org) to sign up.

Make coffee!



Ring the bell!



Cook a meal!



*Make connections. Share in ministry. Have fun. Turn to page 7 for details.*