

## SABBATH

*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.*

HONK HONK!!!

HURRY UP!

DON'T BE LATE!

THERE'S SO MUCH TO DO!

LET'S GO GO GO!!!

These days, the shouting both within our hearts and society-at-large is quite audible to say the least. The anxiety and urgency that comes with the day to day responsibilities of work and personal issues has been exponentially heightened for many of us in the wake of the election. There is now what feels like a political imperative to shift into overdrive and save ourselves and the world before it's too late. And with the coming summer, where the days are longer and warmer, there is a temptation, I expect, to test the very limits of our physical and spiritual exertion.

Yet, in the midst of this all, we have each other and Unity Church to help deepen our spiritual practices and find ways to live lives of integrity, service, and joy. One way we do this is in the practice of Sabbath. This term is used by numerous religious traditions and practiced in different ways. For some Sabbath is translated simply as rest. For others, it is not just simply the refraining from work, but something that has a spiritual undertone to it. But this is easier said than done! Dominant American culture is countercultural to the idea of Sabbath. At Unity, worship on Sundays is one of the more distinct ways of experiencing Sabbath and preparing our hearts for rest and renewal at the end of the weekend. We set aside time for shared silence, collective song, and deep listening for a meaningful message to break through into our lives together.

Sabbath is also practiced with loved ones, whether family or friends, and often has particular emphasis on rituals within the home. Some of you might have really clear memories of rituals you recall on Fridays, Saturdays, or Sundays from growing up or at other times in your lives. When we create spaces to just be together, we almost shift into a different "time zone," a more precious sense of time and of the gifts of life and love. Sadly, Sabbath is increasingly an endangered time zone in our society. As a community, we must push back and create space to go inward as a community, so that we can more gracefully be out in the world guided by our values. I believe in our capacity to practice Sabbath together, to work toward a shared care for our bodies, minds, and spirits, and for our precious earth. And to practice, you are invited to write or draw what Sabbath means to you in the space provided here. Feel free to put your reflection or drawing up on your fridge or share it with your friends. Together, Sabbath will come. And hopefully we will be willing to slow down enough to meet it.

Ministerial Intern Nic Cable  
with this month theme team:  
Jessica Clay, Lisa Friedman, KP Hong

### SABBATH THEME RESOURCES

#### BOOKS

*The Sabbath* by Heschel  
*Thank You for Being Late* by  
Thomas Friedman

#### MOVIE

*Into Great Silence* (2005)

#### DOCUMENTARY

*Disconnected*  
[http://frozenfeetfilm.com/  
disconnected/](http://frozenfeetfilm.com/disconnected/)

WHAT SABBATH MEANS TO ME

## Just Words



Good news my friends. We've come to a moment when our theology is threatening to eclipse our culture. It is deeply troubling and at the same time it is profoundly true that the world we can imagine, the world we long to see, is not the world we live in. Quaker teacher, Parker Palmer asks us to consider what he calls "the tragic gap" between our stated aspirations and our social realities. For 50 years we've rowed through rough water. For 50 years and more well-meaning

white liberals have decried the evils of racial disparity even as we've lived our lives steeped in the privilege that disparity provides. We've made some small progress but most of the time it feels like we're rowing hard against the wind.

But I for one believe we've come to a watershed moment as a faith community and as a Nation. The scales have fallen from our eyes. The Black Lives Matter movement is calling out in ways that we can hear and demanding that we old white liberals, especially we old white liberal men, step back, shut up, and learn to listen. We are finally beginning to acknowledge the fact that we don't know where to go from here. We've understood ourselves as leaders for so long that we've forgotten how to follow. Much as we love the old ways, much as we love the hymns we sing, much as we appreciate the way we've always done things around here, the time has come to risk it all in service to a larger love than we have ever known before.

I've been a leader in our little movement now for many years. I'm used to holding forth and being listened to with deference and even, dare I say it, with respect. But more and more these days I find myself dismissed, objectified, and set aside. Young radicals, people of color, activists leading the way are prone to make assumptions about us ministers who are old white men. It hurts. It hurts to be dismissed. It hurts to be objectified. It hurts to be ignored. I hate it and it's good for me. It's good for me to suffer some small taste of the agony people of color have to live with every day. It stings but it keeps me awake.

This past month we were among the more than 650 Unitarian Universalist congregations who held a Teach-in on White Supremacy. Religious Education K.P. Hong preached a remarkable sermon (<http://bit.ly/coasermon2017>) to get us started and then more than 300 of us gathered over the course of the week to take a long, hard look at the systemic realities of white domination. So revel in the glories of the summer. We all need the nourishment of Sabbath times away, but stay awake and come back to the table refreshed and ready. If we're ever going to change, if we're ever going to, in James Baldwin's words, "end the racial nightmare, realize our country and change the history of the world," we simply can't go back to sleep.

With abiding love and deep respect,

Rob Eller-Isaacs

## Wellspring

### A Year of Spiritual Deepening

Do you yearn for deeper connection to your faith and to the people here? Do you wish you had a better grasp of our traditions, history and theology? Do you dream of a day when you have the time to create a daily spiritual practice? Then you might want to know more about Wellspring, a year-long curriculum designed with spiritual deepening as the goal.

Created by the Rev. Jen Crow, a former Hallman Ministerial Intern, Wellspring responds to the need for spiritual grounding in our own tradition and offers a five-spoke model of spiritual deepening. The five spokes are: daily spiritual practice, regular meetings of the Wellspring group, engagement with Unitarian Universalist history and theology, meeting monthly with a one-on-one spiritual director, and discerning our unique call in life.

Jen writes, "Engaged together, these five spokes create a powerful synergy that has fostered significant transformation in the lives of many of the participants. Most experience a deeper understanding and connection with Unitarian Universalism and their own spiritual lives."

Unity's Wellspring group will be led this year by Beth Peterson and Clover Earl and will meet on a weekday evening — details about dates and times are forthcoming. The group will begin in late August with a short retreat and will meet two or three times a month through May 2018. Each session will have reading assignments that support our exploration and engagement of the topics and themes. Class enrollment is limited to 18. If you are interested in this offering, please contact Martha Tilton by e-mail at [martha@unityunitarian.org](mailto:martha@unityunitarian.org) or by phone at 651-228-1456 x105.



# JUNE/JULY WORSHIP CALENDAR

## Summer Sunday Worship

During the summer, Sunday worship services are held each week at 10:00 a.m.

Lay-led worship services begin June 25. Religious Education

Summer Sundays in the Garden will be offered during the 10:00 a.m. service.

Sermon podcasts and archives are available online at [www.unityunitarian.org](http://www.unityunitarian.org).

### June 4: *When Hope and History Rhyme*

For more than two years David James Brown's *The Boys in the Boat* topped *The New York Times* Best Sellers list. It is a fabulous story. In the depth of the Depression nine young men most of them working class kids dependent on tough summer jobs to get them through school survived the wind and weather and the cutthroat competition to win a chance to race against not only the arch rivals California Bears but the upper class crews of the Eastern elite. The story goes on from there providing an apt analogy for the life of the church. Rev. Rob Eller-Isaacs and worship associate Helen Pohlig will build on the story in light of present challenges.

### June 11: *Resting on the Brink*

How could we possibly stop, rest, and practice Sabbath together when our lives and world feel like they are on the brink? Join Ministerial Intern Nic Cable as we gather on the brink where faith, hope, and love commune and imagine their liberation ahead. A reception honoring Nic and his year as ministerial intern will follow the service.

### June 18: *A Little Sabbath*

Those who observe a faith tradition in which Sabbath is a central practice fall into its restorative rhythm with ease. But those of us who live in a largely secular world have choices to make. Whether Sabbath comes as an extended time away from usual routines or simply "the breath-space held between any call and its answer," it does provide the respite we all need. Rob and Janne will share the pulpit as they offer a final service before departing for General Assembly in New Orleans.

### June 25: *Unfolding the Heart*

Is there anything between you and being at home in yourself? For most of us, there is, a lot of the time. Come explore, with Interfaith Minister Katy Taylor and worship associate Rene Meyer-Grimberg, what gets in the way of a free and open heart, and what we can do about it.

### Summer Musicians

Summer is a great time to share your musical gifts with Unity Church. If you are interested in participating as a musician during a summer service, contact Kathleen Bartholomay at [kathleenbartholomay297@gmail.com](mailto:kathleenbartholomay297@gmail.com) or 651-343-4764.

### Flowers for Summer Worship

If you would like to bring flowers from your garden for a summer service, please contact Martha Tilton at 651-228-1456 x105 or [martha@unityunitarian.org](mailto:martha@unityunitarian.org) for available dates (June 18-September 3) and details.

### July 2: *The Farm Bill is a Sacred Text*

Laws are the way we codify the agreements about how we live and act together in this country. The U.S. Farm Bill is up for reauthorization in 2018, and hearings have already begun. With its provisions covering nutrition and commodity programs, as well as environmental protections, it reflects which beliefs we're really willing to act upon. Are we living up to our principles? What can we do to align legislation with the values we hold most dear? Ann Kirby McGill and worship associate Rochelle Lockridge will explore how we might look at the laws of the land as sacred texts of our faith.

### July 9: *Radical Theology in the Heartland*

Since the 19th century, Minnesota has been home to some of the most radical and innovative shifts in Unitarian Universalist theology. Today, we are home to one of the largest concentrations of vibrant UU congregations in the movement. What charge would our fore-bearers give to us? What cutting edge theological work might be ours to lead? Rev. Lisa Friedman will lead this service.

### July 16: *It's All How You Look At It*

How does growing up with "religious literacy" shape the way you see the world? Nelson Moroukian, a son of Unity, returns from his first year studying theology and public policy in Scotland with new perspectives on America, UUs, and the way we build ethical and responsive communities. He is joined by worship associate Angela Wilcox, who also happens to be his mother.

### July 23: *Dancing with The Divine – A Process Theology*

As Unitarian Universalists we respect and honor the many paths toward enlightenment that are available to each individual. It is not "one size fits all." But ballroom dancing? Join worship leader Rochelle Lockridge and worship associate Bob Peskin as they explore the journey of enlightenment through the unfolding partnership with The Divine.

### July 30: *Faith as Mixtape*

Worship associates Heidi Huelster and Kevin Ward, along with high school sophomore Sierra Trejo, will explore how music takes us out of our world and into the great beyond. And what better way to travel than with a mixtape? Expect Prince and maybe Neil Diamond.

**commUNITY** is the newsletter of Unity Church–Unitarian. It is published monthly, except the month of July. Deadlines are the 15th of each month. Subscriptions are free to those who make pledges to Unity Church and are available to others for \$30 per year.

## Summer and the Board of Trustees

From Estelle Brouwer, Trustee



Ahh, June. Finally, inarguably, meteorologically and in every other way, summer. Time to kick back, take a break, chill at the pool or the ballpark. Right? Yes, of course, all that. But in the background, some very important things continue right on through the summer, even here at church. One of those things is the work of your Board of Trustees. In my 18 months of service on the Board, I've become aware that there's a certain rhythm to our work. For trustees, here's some of what summer means:

- We take a deep dive into the results and interpretation of the congregational survey. For this work, we are fortunate to be able to draw on the wisdom and expertise of Laura Park and Bill Etter. We will study, discuss and draw conclusions from their analysis of the data gleaned from survey responses. That work will guide our conversations and our priorities as we move forward together into the new church year and beyond.
- Although monitoring the church's organizational performance against Board policies and the congregation's Ends is a year-round enterprise for trustees, we take time in the summer to provide additional evaluative feedback to the Executive Team. That information in turn helps inform the team's planning of programs and other activities for the coming church year.
- We ramp up the recruitment and selection process for a new crop of trustees. The names of three candidates will be presented to the congregation for election at the annual meeting in November 2017. (Consider serving on the Board! Details are available in the box at right.)
- This year, we begin a process that will result in updated Ends statements for Unity Church, to be voted on at the annual meeting in November 2018. Ends renewal only takes place every five years, so some of you may not have experienced this process before. Our current Ends statements articulate a vision for the role of Unity Church within each of us, among us as a community, and beyond us in the larger world. (Find a full text of the Ends statements online at [www.unityunitarian.org/mission-and-ends.html](http://www.unityunitarian.org/mission-and-ends.html).)  
To launch the renewal process, the four trustees on our newly formed Ends Statements Task Force are immersing ourselves in the statements you wrote as part of the pledge canvas last fall, a rich trove of writing responding to the key questions: *Why me? Why us? Why now?* This information, in combination with the congregational survey results, will help us frame the conversation the Board will have with you next year around our collective vision for the role and value of Unity Church in all our lives and in the world.
- And finally... We gather to enjoy one another's company. Because, as I'm sure some wise person somewhere must have once said, "All work and no play makes for a very dull Board!"

Have a great summer. I hope to see you around.

**SAVE THE DATE!**  
**Friday, November 3, 2017**  
*Unity Church Silent and Live Auction*

## Serve on Unity's Board!

At the annual meeting in November, the congregation will vote to elect three nominees to the Unity Church Board of Trustees.

Trustee terms are three years in length. The board meets once a month throughout the year. Meetings alternate between the second Saturday and the third Wednesday of the month. Trustees typically serve on two sub-committees during the year. A trustee job description can be found on Unity's website at [www.unityunitarian.org/board-of-trustees.html](http://www.unityunitarian.org/board-of-trustees.html).

You must be a voting member of Unity Church to serve on the Board. Interviews will take place in June, and three nominees will be chosen by mid summer. For more information, or to request an application, email Mark Foster at [markfoster@msn.com](mailto:markfoster@msn.com).

## WANTED

### Unity Church Application Developer

Unity Church staff and volunteers have begun the process of developing a Unity Church app for iOS and Android. The project team is seeking an individual who would be interested in serving as the developer for the Android version of the app. Students, interns, professionals, and retirees with experience in Android app development (IDEs, SDK, and good object-oriented practices) are encouraged to contact us. Experience with agile techniques/tools, REST, and Git/GitHub is a plus. The hope is that this would be a volunteer position but a small stipend might be available. Interested? Know somebody who might be interested? Contact Martha Tilton at [martha@unityunitarian.org](mailto:martha@unityunitarian.org).

# MINISTERIAL INTERNS

## Hallman Ministerial Intern: Jessica Clay



I really don't like goodbyes. It may be due to having to live between two houses growing up, always saying goodbye to one parent. I learned to love the rituals, the ways we would say goodbye. My father would take me to McDonald's and we would get chicken nuggets on the way to the airport.

Now as an adult, goodbyes are still hard. Part of the difficulty is saying farewell to people that I have grown to care for. In my ten months here I have grown to care deeply for many of you. I continue to be impressed with the ways you open your hearts to interns and hold them in this time of formation and transition. What a gift you are to the ministry. It has been a privilege and a joy to spend this year here at Unity Church, and I will carry you with me in my heart when I leave. In the midst of sadness, the sweetness of life is present when I remember our conversations, visits, laughter, and tears.

What a year it has been too! With each year that comes, our faith helps to root us in place as the waves of the world around us push and pull. Many of you have helped to root me in place as I fretted about the Ministerial Fellowship Committee, then the job search. I remember my first Wellspring Wednesday, when I felt unsure and anxious, and the gentle way of those that were present.

The theme this month is Sabbath, what a fitting theme for a goodbye. A time of Sabbath is a time of rest, renewal, and connection to that which is sacred. Each year I recommit to my Sabbath practice — to trying to take one day each week for rest, renewal, and deepening my connection to the sacred. Just as ministry allows us to practice saying goodbye, life allows us to practice re-committing to the Sabbath. During this time of summer, when activities beckon and the sun calls to us, we can again commit to Sabbath practices.

Much as our faith roots us in the world, the Sabbath roots us in ourselves and our connection to the divine. Though I am saying goodbye to all of you, it is a sweet thankful goodbye. For the ways you have shown me the divine in our connection, and the ways you have helped to root me in this place. May you find this rootedness and connection in the days, weeks, and months to come.

### *Farewell Gathering for*

### *Hallman Ministerial Intern Jessica Clay*

Join us on Wednesday, June 14, from 5:00-7:00 p.m., for a potluck in the Parish Hall as we honor Jessica's year at Unity Church. Jessica loves desserts — the more desserts the merrier!

## Ministerial Intern: Nic Cable



Marge Piercy tells us that "connections are made slowly." It is bittersweet to be writing my last intern article when these connections we have been nurturing this year are only starting to deepen and bud with the spring that has surely now arrived. Alas, this is how life is: we journey together as time allows, experiencing joy

and woe, celebrating and mourning the ups and downs of life, and then when a new fork in the road comes, we sometimes need to part ways for the next leg of this precious adventure. However, I have faith that even in our parting, there are real spiritual ties that will hold us together. I have faith that our ministries will remain connected, woven together like DNA strands, because we have shaped and changed one another this year. All of us who show up at Unity Church and the gifts we choose to bring to this space truly change our beloved church and the world. Together we change the very DNA of this place, we open the hearts of one another, we prepare the garden for the budding seasons to come.

And so, as I prepare to leave, I am strengthened in my faith, and I hope you are too, that these connections will last beyond the parting, beyond the visible, tangible presence of our shared ministry as we move toward a deeper sense of the wider web of our interconnectedness. Thank you for the ways you have shared your lives with me this year, for being courageous and vulnerable in the wake of this past election, and for your commitment to excellence in how we shape our ministry within, among, and beyond the souls of Unity Church.

Marge Piercy offers us this blessing for our continued work:

*Weave real connections, create real nodes,  
build real houses.*

*Live a life you can endure: make life that is loving.*

*Keep tangling and interweaving and taking more in,  
a thicket and bramble*

*wilderness to the outside but to us it is interconnected  
with rabbit runs and burrows and lairs.*

*This is how we are going to live for a long time:  
not always.*

*For every gardener knows that after the digging,  
after the planting, after the long season of tending  
and growth, the harvest comes.*

May this summer be a time of great growth and renewal. And in the turning toward fall, may the harvest be bountiful, a testament to the sacred connections we have and will continue to make real, together.

### *Farewell Gathering for Ministerial Intern Nic Cable*

Join us in the Parish Hall on Sunday, June 11, after the 10:00 a.m. service, for a reception honoring Nic's year at Unity Church.

# WELCOME WORDS / FELLOWSHIP GROUPS

## Welcome Words

**Rev. Lisa Friedman, Minister of Congregational and Community Engagement**



Summer is the ultimate invitation to Sabbath — the long days stretch out before us and the blooming world invites us to pause and take notice. Here at church our congregational life will relax, but still be going strong with many opportunities for worship and connection. Come hear the reflections of our wonderful lay preachers. Take a contemplative spiritual walk in community or relax over a pancake breakfast. Enjoy a St. Paul Saints game with Unity friends or take in a movie night here at church. Sign up to tutor at the Freedom School or to help with our summer Habitat for Humanity build. Make new friends tending the Children's Garden and growing produce for our local food shelves. The summer season is a glorious time to tend to our spirits and to savor its gifts together. See you in church!

## Pathway to Membership Classes

Unity Church offers classes and connection for visitors who are exploring Unity Church as a spiritual home. Learn more at the Welcome Table on Sundays or contact Rev. Lisa Friedman, Minister of Congregational and Community Engagement. She is also happy to meet with you personally to answer questions and to welcome you into the congregation. Childcare provided.

### Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis throughout the summer on Sundays from 11:15 a.m.–12:15 p.m. in the Ames Chapel. These sessions can be attended in the order that works for you. In these classes, 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. Childcare is available in the nursery.

June 4: Q & A with a Minister

June 11: Worship & the Liturgical Year

June 18: Social Justice & Community Outreach

June 25: Building Tour

July 2: No class, 4th of July weekend

July 9: UU History, Principles, & Sources

July 16: Pastoral Care

July 23: Membership 101 & Congregational Life

July 30: Religious Education for Children, Youth and Adults

### Committing to Unity: Joining Unity Church Wednesday, September 20 • 7:15-9:00 p.m.

This class explores the deeper meanings and expectations of membership and shared ministry and concludes with a celebration ceremony as participants sign the membership book and join the church!

## Fellowship Groups

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

**Afterthoughts:** This group meets after the 10:00 a.m. summer service. Contact: Paul Gade at 651-771-7528.

**Caregivers Group:** An informal support group for caregivers. Third Thursday of the month (June 15, this group will not meet in July) from noon–2:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Elders Circle:** Will begin meeting again in September.

**Evergreen Quilters:** Second Tuesday of the month (June 13/July 11) from 7:00-9:00 p.m. and fourth Saturday of the month (June 24/July 22) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760

**Living With Grief Group:** For people living with grief and loss. Third Tuesday of the month (June 20/July 18) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, June 5 & 19, July 10 & 24, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578

**New Look at the Bible:** Second Thursday of the month (June 8 and July 13) at 7:00 p.m. Contact: Paul Gade at 651-771-7528

**Textile Arts Group:** All ages and levels of experience are welcome! During the summer, Unity's Textile Arts Group will be meet on the first and **third Thursdays** of each month, from 7:00-8:30 p.m. (June 1 & 15, July 6 & 20, August 3 & 17). Bring your knitting, crocheting, tatting, embroidery, needlepoint, and cross stitch for an evening of fellowship and service. Contact: Linda Mandeville at [lindamandeville41@gmail.com](mailto:lindamandeville41@gmail.com)

**Unity Book Club:** Second Tuesday of the month from 7:00-8:30 p.m. Contact Jack Hawthorne at [jack.hawthorne@comcast.net](mailto:jack.hawthorne@comcast.net). Upcoming discussions:  
June 13: *All the Light We Cannot See* by Anthony Doerr  
July 11: *The End of Your Life Book Club* by Will Schwalbe  
August 8: *Station Eleven* by Emily St. John Mandel

**Unity Bridge Club:** First Friday of the month (June 2/July 7) at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

**UU History Book Club:** Third Wednesday of the month (June 21/July 10) at 7:00 p.m. See page 8 for a listing of summer books. Contact: Krista Hanson at [klfhanson@yahoo.com](mailto:klfhanson@yahoo.com).

**Women In Retirement, The Choice Years:** This group meets the second and fourth Thursday (June 8 & 22/July 13 & 27) of the month from 1:00-3:00 p.m. Contact Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Zen Meditation:** Find renewal and grounding. Tuesdays, 5:30-6:30 p.m., in the Ames Chapel. Instruction is offered on the first Tuesday (June 6) beginning at 5:00 p.m. This group will not meet on July 4. Contact Ken Ford at [kenfaure@gmail.com](mailto:kenfaure@gmail.com)

## Mentoring at Unity

### *A Path to Deeper Connection*

Unity Church has a new mentor program, which is now available to visitors and new members! What can a mentor offer? A mentor is available as a guide and a resource in the congregation. They pledge to meet at least once a month face to face, and be available for ongoing questions and advice. Each mentor/mentee team can decide what is most helpful — to have a buddy with whom to attend services and events, a partner with whom to discuss Unitarian Universalism and each other's spiritual journeys, and more. Each pair makes a commitment to work together for at least six months. If you have questions, or would like to request a mentor, please stop by the Welcome Table in the Parish Hall or email Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Grand Old Day

On Sunday, June 4, street parking will be limited due to the Grand Old Day street festival. Unity's parking lots will be managed by volunteers so that worshippers can park while fair-goers contribute money toward Unity's Habitat for Humanity build. Share the news with your neighbors that they can park with us and support a great cause! If you are interested in volunteering for a parking shift, please email Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Contemplative Walk

Join Spiritual Director Sarah Cledwyn for a contemplative walk on Saturday, June 17, at 10:00 a.m. We will gather at Hidden Falls Regional Park for an opening circle and walking meditation outdoors. If you are someone who connects most deeply with the Holy in the natural world, this gathering is a wonderful chance to experience that connection in community. This gathering will be especially wonderful for people who want to ponder physical activity as spiritual practice. Consider contributing a gratitude offering for this one hour walking meditation. Sign up and get more information by contacting Sarah at [sarahcledwyn@gmail.com](mailto:sarahcledwyn@gmail.com) or 651-699-9948.

## Pilgrimage

*Boston: October 17-22, 2017*

Janne and Rob will lead a pilgrimage to the Unitarian Universalist homelands of New England. We'll visit Plimouth Plantation and wander the streets and back lanes of Boston and Concord. We will explore the historical roots of our faith and our democracy and walk the paths that our religious ancestors walked. The trip is limited to 20 participants will cost between \$1700-\$2100, exclusive of airfare. A \$100 deposit will hold your spot. Interested? Email Janne at [janne@unityunitarian.org](mailto:janne@unityunitarian.org).

*Transylvania: Summer 2018*

Watch for more information.

## June Parish Hall Artist

*Linda Snouffer*

My work begins with the foundation of sky.

The sky brings it all to life.

Ink washes representing sky, horizon, and foreground are poured on a variety of surfaces, such as tissue paper, Japanese Sumi paper, muslin, and organza.

On the dried surface, I design intricate botanical print landscapes using common plants.

Multiple layers of pigment-infused fabric, tissue, and organza create an ethereal dimension.

Leaf prints are far more than simple impressions.

They are dynamic components transformed into new identities:

Grass blades and tassels become a prairie flowing in a soft breeze.

Banana leaves transition to a distant hillside.

Flower stalks turn into solid aspen trunks.

Grasslands in Central Minnesota inspired my prairie landscapes;

strolls through nature preserves moved me to fashion woodlands;

my awe of natural waterways led to seascapes and shorelines.

Come. Take a walk with me.

[Facebook.com/LindaSnoufferBotanicalPrints/](https://www.facebook.com/LindaSnoufferBotanicalPrints/)



*Three Steps Ahead*

## July Parish Hall Artist

*Claudia Poser*

For the past two years, I've been contemplating what's holy for me and what sustains me in these times of dramatic planetary change. The ceramic pieces in this show represent the beginnings of some answers.

One important aspect of the sacred is nature and biological diversity. My work explores endangered species, as well as the central importance of trees. Reading about trees led me to an exploration of the communication network provided by mushrooms hidden under the forest floor.

The other source of inspiration has been my interest in imagery that can calm and communicate hope. I have always found arrangements of repetitive shapes meditative and soothing. For me, they symbolize spiritual awakening; a necessity during our trying global times. The sculptural tile pieces are about movement/change/hope stirring below the surface.

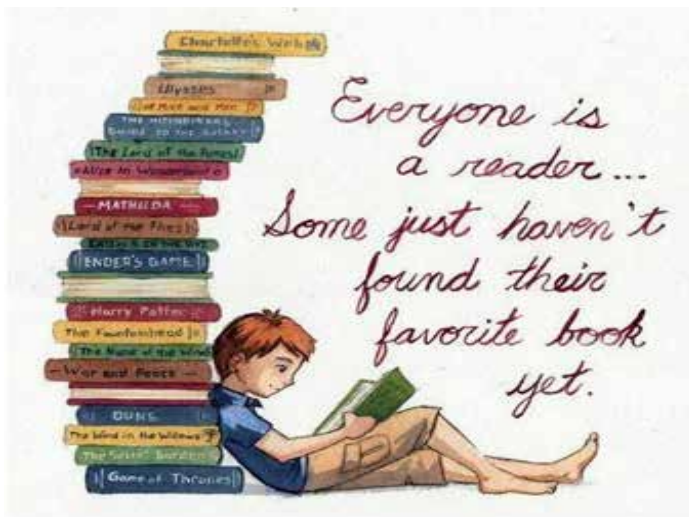
[www.claudiaposer.com](http://www.claudiaposer.com)



## Read a Story, Create a Story This Summer From Shelley Butler, Library and Bookstall Team

Ever heard of The Moth? I hadn't until a few weeks ago when I heard on National Public Radio about this remarkable organization dedicated to storytelling. Celebrating 20 years now, The Moth has presented tens of thousands of stories from everyday people and professionals in live performances, on an award-winning radio show, in podcasts, and in a new book *The Moth Presents All These Wonders: True Stories About Facing the Unknown*. Find this and more fabulous stories in the Anderson Library (second floor, Eliot Wing) and Whitman Children's Library (religious education level, Story Room) — come on in and help yourself — and on Sunday mornings in the Bookstall.

Painting, photography, drawing, poetry, sermon, prayers, prose — all art tells a story. When you are creating this summer, don't forget to share by submitting to *Cairns: The Unity Church Journal of the Arts, Vol. 9, 2017*. Volume 9! We welcome submissions all summer. More information on the Unity website — look for "Cairns Arts Journal" under the "Service & Learning" tab.



## What's Your Favorite Book?

The Unity Library & Bookstall Team invite you to share your favorites with the congregation by pulling a title from the shelf and adding it to the "Great Summer Reading" displays in the Anderson and Children's libraries. And if you haven't found a favorite yet, you may just find it here.

Happy summer — see you in the Library and Bookstall!

## 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.

### **Sabbath: A Time for Rest**

Thursday, June 1, 7:00-9:00 p.m.

Foot Room at Unity Church

RSVP to [karen@unityunitarian.org](mailto:karen@unityunitarian.org)

A day of rest can be hard to come by. But an empty day, like an empty page, can open sacred and creative possibilities. "All creation springs from emptiness," says writer Wayne Muller. In our busy 24/7 lives, this writing session reflects on the gift of Sabbath rest and other sacred time and space.

For more information about writing programs offered in other locations, visit [karenhering.com](http://karenhering.com).

## This Summer!

### Read with the Unity Church UU History Book Club

Interested in learning more about Unitarian Universalist history with other UUs? Would you like to spend some of your summer on Walden Pond? Unity's UU History Book Club invites you to join them on the third Wednesday of the month, at 7:00 p.m., for reflection and great conversation. Please note the dates, books, and locations below. Books are available for loan in the library, and for purchase in the Bookstall. Questions? Please email Krista Hanson at [klfhanson@yahoo.com](mailto:klfhanson@yahoo.com).

#### **Wednesday, June 21, 7:00 p.m., Groundswell Café**

(1340 Thomas Ave W, St Paul, MN 55104)

***Universalism in America: A Documentary History of a Liberal Faith* edited by Ernest Cassara**

<http://bit.ly/universalisminamerica>

#### **Wednesday, July 19, 7:00 p.m.**

Email Krista Hanson at [klfhanson@yahoo.com](mailto:klfhanson@yahoo.com) for location.

***Walden* by Henry David Thoreau**

#### **Wednesday, August 16, 7:00 p.m.**

Email Krista Hanson at [klfhanson@yahoo.com](mailto:klfhanson@yahoo.com) for location.

***Thoreau as Spiritual Guide: A Companion to Walden for Personal Reflection and Discussion* by Barry Maxwell Andrews**

<http://bit.ly/thoreauasspiritualguide>



# COMMUNITY OUTREACH MINISTRY

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## Habitat for Humanity Summer Build

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a Habitat for Humanity build as an interfaith partner in Faith Builders.

A Twin Cities Habitat for Humanity “green” build integrates building practices that reduce detrimental impacts on the natural environment, promotes healthy indoor air quality for occupants, and reduces energy costs while increasing the long-term affordability of homes and improving neighborhood housing stock.

Sign up on Sundays in the Parish Hall. Volunteer opportunities include construction work, crew leader, and lunch helper. The work week is July 24–August 4, from 8:30 a.m.-4:00 p.m. The location will be a two-story new build at 1105 Third Street, Saint Paul Park. Questions? Contact Chuck Griggs at [griggscb@msn.com](mailto:griggscb@msn.com) or 612-408-0486.

## Project Home: Thank You!!

Thank you to all the volunteers who made Project Home possible! It takes over 165 volunteer shifts to extend our hospitality to Project Home families during the month of May. Your support makes a difference!

## March at Twin Cities Pride

Join area Unitarian Universalists and Unity Church members and march in this year's Pride Parade! Folks are encouraged to march, sing, and drum. The parade is Sunday, June 25. Unity will organize a light rail tailgate that morning for group travel to downtown. More info to come in early June! Questions? Email Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Food Shelf Collection

Bring non-perishable food and hygiene items to Unity Church and help feed hungry people in our community through Evergreen Quilters' partnership with Hallie Q. Brown Food Shelf. Wicker collection trunks are located at the Portland and Holly entrances.

## Education Ministry

### Volunteer: 2017 St. Paul Freedom School

This summer marks the fifth year of partnership between Children's Defense Fund Freedom School and Unity Church. Freedom School is a learning and cultural enrichment program mostly (but not exclusively) for children of color, held in partnership with the St. Paul Public Schools. Participation in Freedom School has led to better grades for students during the school year, and the benefits even carry over into later life and careers.



This summer, the Freedom School term runs from July 17-August 25. Volunteer opportunities include sorting books for the scholars during the week of July 10, registering students on July 17, and serving as an aide to the math and reading teachers during the program. Freedom School is held at Capitol Hill Magnet in the Rondo Education Center and volunteers can help the whole term or just part of it.

Volunteers are also needed to share information at Parent Empowerment Nights which are held on August 1 and 10, from 5:00-7:00 p.m., at Hazel Park School. Freedom School parents bring older children to learn from community members about education and career opportunities and making healthy life choices.

If you would like more information or are interested in signing up to volunteer, please visit the Freedom School table in the Parish Hall on Sundays. Donations of new school supplies (drawing paper, notebooks, construction paper, magic markers, pencils, scissors, etc.) are also gratefully accepted. Donations of gently used toddlers' toys will be shared with younger children during childcare at the Parent Empowerment sessions.

Questions? Please contact Jane Thomson at [thoms028@tc.umn.edu](mailto:thoms028@tc.umn.edu).

## Unity Church Summer Film Series on Race

Join other Unity Church members and friends on the second Friday of the month for a summer film series on race, to further our growth in understanding and challenging white supremacy and structural racism. There will be time for conversation after each film. Popcorn will be served!

### Friday, June 9: 13th

This 2016 American documentary by filmmaker Ava DuVernay explores issues of racial justice and mass incarceration in the United States. Its title references the Thirteenth Amendment to the United States Constitution which freed slaves and prohibited slavery.

### Friday, July 14: *Home is a Human Right*

We will watch three short film clips on immigration which are intended to spark some interesting conversation.

### Friday, August 11: *I Am Not Your Negro*

*I Am Not Your Negro* is a documentary film based on James Baldwin's unfinished manuscript, *Remember This House*. The film explores the history of racism in the United States through Baldwin's reminiscences of civil rights leaders Medgar Evers, Malcolm X, and Martin Luther King, Jr., as well as his personal observations of American history.

# LIVING ORGAN DONATION / OFFERING RECIPIENTS

## Giving a Part of Yourself: What's Involved

From Mary Wilson, Unity Church Member



In the May issue of *commUNITY* (<http://bit.ly/commMay2017>) I wrote about my experience as the recipient of a donated kidney, and how that gift changed my life. Perhaps after reading it, you asked yourself: Could I be a living donor? If you did, you probably have many other questions. Here's a brief summary describing what's involved in donating a kidney.

**Starting the process:** Someone who needs an organ transplant is likely to be connected to a transplant clinic. If you want to donate a kidney to a family member, friend or acquaintance searching for a living donor, you start by contacting the clinic coordinator. You may also contact a transplant clinic and indicate your willingness to be an anonymous donor for any suitable recipient. In either case, your inquiry will not be shared with anyone, including the potential recipient.

**Screening:** A screening process will determine if it is safe for you to become a donor. Generally, living donors should be in good health and between 18 and 60. Your medical history will be reviewed. If you wish to donate to a specific person, your blood type, tissue type, and antigens will be compared with the potential recipient's.

**Medical examination:** You will undergo medical and psychosocial evaluations to make sure you are healthy, with two healthy kidneys. This process involves blood testing (several tubes worth), 24-hour urine collection, EKG, psychological testing, CT of abdomen, chest x-ray, meetings with a social worker, nurse, dietician, donor's advocate, psychologist, and transplant nephrologist. You will also be asked to provide recent results of mammogram, Pap, and, if over 50, colonoscopy. Scheduling these exams is flexible; many can occur within the same day. At absolutely any point in the process, you can stop or reconsider.

**Kidney removal:** The donated kidney is removed surgically; when possible, a laparoscopic procedure is used. You can expect to be hospitalized for 2-3 days. Full recovery can take between 4 to 12 weeks, depending on the kind of work you do. Your costs for evaluation, surgery, and hospitalization are billed to the transplant clinic, and, eventually are paid by the recipient's insurance. Your travel costs and lost work time are not covered, though there may be some programs to assist with these expenses.

The decision to become a living donor is a very personal one which requires balancing the risks against the wonderful benefit this gift is to the recipient. It must always truly be a gift. There can be no payment or benefit of any kind from the recipient to the donor.

Unity Church members have formed a group exploring the issue of organ donation. For more information, contact Patricia Ohmans at [patricia.ohmans@gmail.com](mailto:patricia.ohmans@gmail.com).

## 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.

### June 4 and July 2: Freedom School

Freedom School is a summer enrichment program for St. Paul elementary students located in the Rondo Education Complex. After rousing morning rallies, kids attend small classes and read stories about outstanding people of color in the U.S. and local history, as well as fictional people who have prevailed over great adversity. Students retell the stories in art and writing. The day is capped off with afternoon math classes. Over 20 Unity Church members have volunteered each summer for the past four years.

### June 11 and 25: Unity Church Chalice Camp

Chalice Camp is designed to provide a unique opportunity for children in grades one through eight to deepen their connections to Unity Church, Unitarian Universalism and the wider community. Camp this summer will include worship, small and large group activities, and time for fun. This offering will support scholarship opportunities for church families. Unity Church member Hannah Eller-Isaacs is Chalice Camp Director.

### June 18 and July 9: 9 Books Kenya

In the past four years 9 Books Kenya has brought nearly 2000 picture books, vocabulary cards, and art materials to over 100 rural schools nestled around Lake Victoria. Minneapolis resident Ann Lovrien has made 15 trips to Kenya partnering with 200 plus Kenyan teachers to develop methods that move beyond rote learning and memorization and teach critical thinking with the use of picture books and open-ended questions. These schools had traditionally relied on "call and response" rote memory learning. Neither teachers nor students had ever experienced the imaginary world of picture books. Today's collection will be used to purchase books for delivery to Kenya in January 2018. Unity Church member Judy Solmonson is a partner with 9 Books Kenya.

### July 16 and 30: Faith Builders Habitat for Humanity

The Unity Church Affordable Housing Outreach Ministry Team is co-sponsoring a Habitat for Humanity build as an interfaith partner in Faith Builders. This offering will go towards Unity Church's share of the cost of building this home. Turn to page 8 to learn about how you can help participate in the build!

### July 23 and August 6: Pawsitivity

Pawsitivity is a Merriam Park neighborhood organization serving individuals with autism and epilepsy who often have somewhat closed-off lives due to the public's misunderstanding of their conditions. Pawsitivity's mission is to foster the independence of these underserved populations by training dogs for them and their families. This offering will completely outfit two service dogs with vests, patches, harnesses, and belts.

# MINISTRY WITH CHILDREN & YOUTH

## Pitter-pattering Questions

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



From Rev. KP Hong, Director of Religious Education

Perhaps unparalleled in Jewish thought for his contribution to understanding the Sabbath, Rabbi Abraham Joshua Heschel lays out a fundamental claim in his monograph *The Sabbath*:

*One of the most distinguished words in the Bible is the word qadosh, holy; a word which more than any other is representative of the mystery and majesty of the divine... How extremely significant is the fact that it is applied to time: "And God blessed the seventh day and made it holy."... When history began, there was but one holiness in the world, holiness in time.*

Sabbath proclaims time as holy, putting into words what we already observe about young children, creatures of the *here and now* immersed in that enduring completeness of time, not yet possessed by the "quest for the precise time of day [that] may go down in history as the greatest obsession of the twentieth century." (Anthony Aveni)

Imagine springtime and sitting on a park bench reading a book, looking up occasionally to watch children playing in the playground. Across the park, daffodils are bursting with color and the redbud trees are blossoming. Sitting there, you are aware that countless relationships with time are occurring all around. The book immerses you in the temporality of its narrative, carrying you along in its flow and rhythm. Looking up to see the children at play, their time moves fast and slow, but firmly tethered to the present, without a care as to when they will have to go home. And across the field, ancient tree branches move gently in the breeze that carry the scent of spring blossoms. What emerges is an awareness of sitting at the intersection of innumerable rhythms and flows of time — beginnings and endings, quickening and slowing, growth and decay — that are embedded in everything; that is everything. You sit surrounded by temporal diversity, multiple *timescapes* as rich and complex as any ecodiversity. And each movement and footstep you take sends out ripples in time, creating another connection, another context, another world, rippling back to touch you again and again.

How do we mark such an extraordinary experience, such temporal complexity and aliveness of time? Perhaps the very difficulty of grasping such time and reining it in lies at the heart of industrial time or clock time — time as linear, measured, manageable, and ultimately economical; our reach for order in a vast and bewildering cosmos. Such time has permitted an astonishing coordination of life, from the arrival time of a shipment from Taiwan to landing an exploration rover on Mars; time measured not in seconds but nanoseconds and picoseconds. But time that excessively calculates and compulsively measures our experience also meters human life, reducing organic rhythms to measurable quantities and output demands exacerbated by the acceleration and compression of time. The present moment increasingly becomes precarious time, when the chance to take hold of the world exists for only a moment. Time measured supplants time experienced, living out a temporality that consigns us to being bystanders of our own lives.

What would it be like to free time from (and *for*) the clock? Not to throw away our clocks, but to see it with a perspective freed from its tyranny? Then time may be restored to the very experience of life itself: to listening, breathing, eating, sleeping, playing, each with its own temporal (w)holiness that unfolds evermore in the diversity of living timescapes. A sacred play of time based in trust, openness, and wonder. Then perhaps there will be time enough to join our children who play at the threshold of the eternal.

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

## Religious Education (R.E.) Helpful Updates and Reminders

- Religious Education steps into summer with our Summer Sundays in the Garden program beginning May 28 at 10:00 a.m. We are still looking for helpers, no prerequisite garden experience necessary; just a desire to share and learn with children. For more information, please contact R.E. staff.
- Register for Chalice Camps at <http://www.unityunitarian.org/chalice-camp.html>.
- For anyone who may have missed R.E. Enrollment for 2017-18, please contact Michelle Hill ([michelle@unityunitarian.org](mailto:michelle@unityunitarian.org)) for upcoming summer sessions.

## Medley Village

Medley Village, a preschool housed at Unity Church, is now enrolling for fall 2017! The school will be offering both full and half day options.

Medley Village is a high quality and unique educational experience that blends the Montessori method with the Reggio Emilia approach and includes rich creative art and nature learning. The program offers flexible schedules and a small group environment in which children have the freedom to explore. Children ages 33 months-five years with 1-5 days per week, full and half day preschool options available. [www.medlevillage.com](http://www.medlevillage.com)

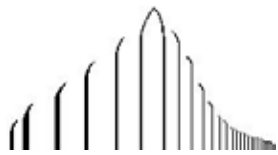
CHALICE CAMP AT  
UNITY CHURCH

JULY 10-14

JULY 17-21

JULY 24-28

[www.unityunitarian.org](http://www.unityunitarian.org)  
for details and registration



# UNITY CHURCH-UNITARIAN

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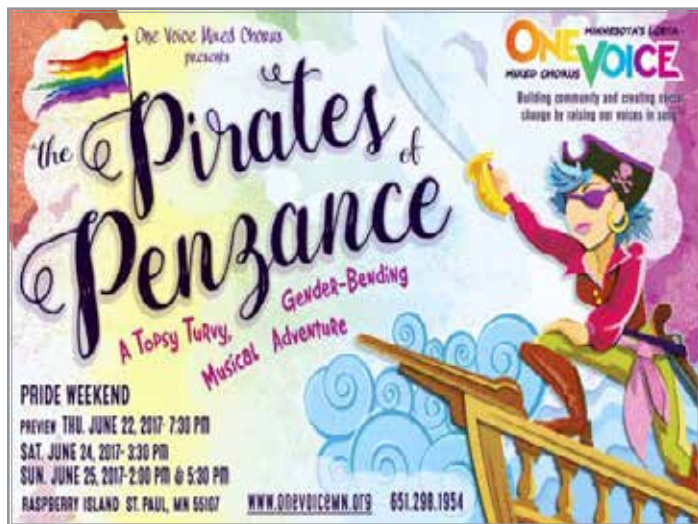


## Take Unity Church Out to the Ball Game

**Saint Paul Saints vs. Fargo-Moorhead Redhawks  
Thursday, August 3 • 7:05 PM • CHS Field**

Join other Unity Church members and friends at CHS Field! We have pre-purchased a block of seats together. You can reserve your tickets at the Summer Opportunities Table in Parish Hall or by contacting Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) or 651-228-1456 x107.

RSVP by June 30. All are welcome!



### Summer Sundays Pancake Brunch

July 23 and August 20  
Following the 10:00 a.m. service!

We'll have fresh pancakes after Sunday worship with made-from-scratch syrups and jams. Love to flip pancakes? Volunteers should contact Madeline Summers, Volunteer Coordinator, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).

