

Peace

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.

In the late 1950s, New York started yearly civil defense drills designed to help citizens practice surviving a nuclear war. The state made it a misdemeanor to fail to take cover during the drill. In response, Catholic activist Dorothy Day and several others camped outside, hoping to illustrate the lunacy of practicing to survive nuclear weapons. Each year, Day and an ever-expanding band of co-conspirators got arrested, sometimes spending up to a month in jail for their crime. As the resistance grew, New York City eventually stopped the drills.

These pacifists “disturbed the peace” to protest the war. Civil defense drills, said Day, were “a military act ... designed to instill fear, to prepare the collective mind for war.” For Day, true peace meant weapons disarmament, but it also meant disarming the mind. Then and now, peace disrupts standard systems and awakens body and mind to a new way of living.

Agitating for peace does seem a bit counterintuitive. But achieving peace in a violent society often involves tension. Almost two hundred years ago, noted Unitarian minister William Ellery Channing claimed that peace was the most expressive word in the English language, and thus commonly misunderstood. Peace carries many meanings and Channing himself reflects that. Though he co-founded the Massachusetts Peace Society during the War of 1812, his written work on peace focused on the individual soul, not social reform. Public opposition to war was not part of his peacemaking. Channing didn’t march.

Instead, Channing explained peace in two ways. What he called negative peace was “relief from disquiet and corroding care. ... repose after conflict and storms.” Positive peace demanded more effort. It was “the highest and

most strenuous action of the soul ... in which all our powers and affections are blended in a beautiful proportion, and sustain and perfect one another.” Peace could be “more than silence after storms;” it was hard-won internal harmony, a state of being that connected humanity to the divine spirit.

Channing’s second vision of peace, with its spiritual striving toward soulful balance, is a platonic ideal. Yet let’s not dismiss that negative peace out of hand. Parents, especially those with small children, often associate peace with quiet. For many parents, peace is synonymous with the calm that descends after the last “I’m thirsty” and “I’m not sleepy” is uttered and each child has finally, blessedly, gone to sleep.

It’s not just parents. In today’s 24/7 society and roiling political climate, peace feels far away. Life comes at us so fast, so hard, that remembering to breathe can be a challenge. Turning off the television, avoiding the internet, finding the “repose after conflict and storms,” is sometimes all we can achieve. It feels good.

But what Channing termed “negative peace” is never enough, either for our souls or for our society. An absence of tension is never true peace because we live surrounded by unchecked violence. Our senses are inundated with brutal images and martial language that desensitize us; we learn to accept violence as normal. This means peacebuilding and peacemaking takes focus and effort, demands consistency as an avenue to liberation and harmony. Poet Denise Levertov writes that “peace, like a poem, is not there ahead of itself, can’t be imagined before it is made, can’t be known except in the words of its making, grammar of justice, syntax of mutual aid.” Peace is a necessary but uncertain journey.

This is true for both individual balance and for societies. Peace emerges not from the avoidance of conflict but in how we respond to it. Parents can’t just walk away from the fussy baby. We can’t simply ignore our challenging times. Justice and mutual aid make peace possible. Sometimes that means disrupting the system, taking a stand. Always that means focusing on our own actions and letting ourselves be transformed by love.

However we work toward peace, being in community helps. Thich Nhat Hanh called “looking deeply together” the main task of religious communities, the best way “to uproot war from ourselves and from the hearts” of all people. Yes, peace is hard work. But being accompanied on the journey, feeling the power of community, strengthens our patience and our ability to continue in the struggle. Peace becomes part of the quality of relating with each other. This kind of peace approaches the grace of Channing’s formulation, “blended in a beautiful proportion” to liberate and sustain.

*From Hallman Ministerial Intern
Kathryn Jay with this month's theme
team: Janne Eller-Isaacs,
Rob Eller-Isaacs, Ken Ford,
Lisa Friedman, Karen Hering,
KP Hong, and Ruth Palmer*

Peace Theme Resources

CHILDREN'S BOOKS

The Peace Book by Todd Parr

I Am Peace: A Book of Mindfulness
by Susan Verde

*Wangari's Trees of Peace: A True
Story from Africa* by Jeanette Winter

BOOK

*Peace Is Every Step: The Path of
Mindfulness in Everyday Life* by
Thich Nhat Hanh

Just Words



This is the first of a progress report. Right now I am probably getting an F in the letting go department. You see, Rob and I have lived in our home in St. Paul longer than any home either of us have ever lived in. When we moved here we had a teenager in tow and two children in college who returned often. Jonah also lived with us while he prepared for his trip to Africa, and afterwards when he returned here to work on his radio documentary about the music being composed in East Africa in response to the AIDS epidemic. We wanted a home with lots

of space to accommodate the needs of a changing family and space that might also host the occasional congregational event. We wanted a large yard for pets and we got all that and more. We have loved our home. But now we are facing the daunting task of decluttering.

Decluttering your life is the current rage, with the decluttering guru even getting her own cable station. She's right, of course, most of us have too many things that we don't need. Our materialistic culture has convinced us that we will be happier or more satisfied if we have more things. And many of do have more things than we should. We know the trap of having too much and yet... our things have meaning in our lives.

A few weeks ago I was sitting at the bed of a dying woman. Her husband was housed in the adjoining room at Episcopal Homes. They had very little of their own things still with them. The majority of their possessions had been given away to family members or taken to the Goodwill. I sat looking around their rooms and thinking about all that had passed through their lives. Now their most precious possessions were photographs of family members, a few books, a couple of beloved blankets and a few articles of clothing. I know that the final years can feel like they are full of downsizing and shedding of possessions. You certainly can't take them with you when you leave this life.

As I filled a large bag this week to go to the Goodwill I couldn't help thinking about how much more we have to let go of before we leave in the summer of 2020. One of the challenges is that Rob and I care about different things. What is a sacred object to one can seem frivolous to the other. There will be much negotiating as we prepare. But downsizing is also instructive about what is and isn't important. I love cookbooks, but do I really need so many now that there is so much that is accessible on the internet? But what about the cookie recipe that has smudges of my mother's dough on it? Even if I give away the cookbook, I will always remember my mother's sugar cookies, which everyone who tasted them agreed, were the best.

Things are just things and we can't take them with us and yet, things take us back, pull us forward, hold us in times of change. They remind us who we were and who we are becoming. And they are still images of things and not necessarily the thing itself.

— Rev. Janne Eller-Isaacs

Coming of Age for Adults

Offered on Wednesdays during the month of May.

Turn to page 8 for details.

The Wheel of Life

In Memoriam

Julie Annette Mattson

November 20, 1938–March 16, 2019

Richard Magnuson

August 25, 1925–March 16, 2019

UUA General Assembly June 19-23, 2019 • Spokane, WA



General Assembly is the annual meeting of our Unitarian Universalist Association. Anyone may attend! To serve as a delegate for Unity Church, please contact Lisa Friedman at lisa@unityunitarian.org or 651-228-1456 x107.

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MAY SERVICES / OFFERING RECIPIENTS

Worship Services

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

Please note! The summer worship schedule of one service at 10:00 a.m. begins on May 26.

May 5: Arthur Foote Music Sunday

Join us for our annual music Sunday!

Choirs include: Unity Choir, Unity Singers, Women's Ensemble, and Children's Choir.

Instrumentalists include: Laura Sewell, cello; Taichi Chen, violin; Steve Lewis, percussion; and guest soloist Ruth MacKenzie.

May 12: Roots Hold Me Close

Mother's Day was originally created as a celebration of the importance of peace in the time of war. It was a call for women to lend their voices to the call for peace. They knew as they lost their sons, siblings, spouses, and fathers the price that is paid by the people left behind. As we are held by love, may we also rise up to be set free. Rev. Janne Eller-Isaacs and worship associate Suzanne Quinn-McDonald will give voice to ageless call for peace.

May 19: Flower Communion Family Sunday

Join the whole church family and **bring a flower to place on the Flower Communion arch** as we celebrate the resilience and diversity of the Beloved Community. This uniquely Unitarian Universalist ritual recalls the life and ministry of Norbert Čapek who defied the Nazis and died a martyr at Dachau. Hallman Ministerial Intern Kathryn Jay will offer a homily. The 9:00 and 4:30 services will include a ceremony of dedication for older children. The 11:00 service will honor Unity's graduating high school seniors with a bridging ceremony.

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

May 26: For Peace and a New Hope

One service only at 10:00 a.m.

Once again this year we offer a service of remembrance for those who have served in our armed forces. Rev. Rob Eller-Isaacs will be joined by worship associate Kevin Harris. There will be an opportunity to light candles for family members and friends who lost their lives to war or suicide and those who live with moral injury.

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. If you would like to nominate an offering recipient, please visit www.unityunitarian.org/generosity-ministry.html.

May 5: Arthur Foote Music Sunday

Arthur Foote was minister at Unity Church from 1945-1970. Upon his death in 1999 the Arthur Foote Music Fund was created as a permanent endowment to provide an annual music Sunday in his memory. Currently the endowment supports a portion of Foote Music Sunday expenses. Your gifts to grow this endowment are gratefully accepted!

May 12: 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 collection will support the summer 2019 Faith Builders Team, on which workers from Unity join volunteers from four other St. Paul churches. Chuck Griggs leads the Unity Church group.

May 19: Scholars of Minnesota—COPE Project

Scholars of Minnesota—Creating Opportunities for Post-Secondary Education's (COPE) mission is to assist underrepresented students in the community in obtaining educational opportunities, financial support, and other resources they need to reach their highest academic, professional, and personal goals. COPE arranges and provides after-school mentoring and college preparation for students in the Twin Cities metro area. The program activities include ACT/SAT college prep classes, college tours and fairs, financial planning, and an annual fundraising scholarship event. COPE is run by volunteers which includes board members, parents, community members, and students.

May 29: Veterans for Peace Minnesota

Veterans for Peace works to increase public awareness of the cost of war; restrain the government from intervening, overtly and covertly, in the internal affairs of other nations; end the arms race; reduce and eventually eliminate nuclear weapons; seek justice for veterans and victims of war; and to abolish war as an instrument of national policy. To achieve these goals, members of Veterans For Peace pledge to use non-violent means and are trusted to act in the best interests of the group for the larger purpose of world peace. Unity Church members Barry Riesch and Michael Orange actively participate in the work of Veterans for Peace.

Give Peace a Chance

Justin Cummins, Trustee



The words that are the title of this article form part of a compelling refrain from a moving song by John Lennon that, sadly, has perhaps as much relevance today as when he penned the lyrics five decades ago. The desire for peace undoubtedly has drawn people to Unity Church, specifically, and Unitarian Universalism, generally over the years. What, however,

does “peace” actually mean? Is it something external, or is it something internal?

During the process of rearticulating and reinvigorating Unity's Core Values, Mission, and Ends Statements over much of 2018, the understanding of peace as being an internal dynamic or, alternatively, as being an external phenomenon emerged implicitly and, sometimes, even explicitly. The different notions of peace most often found expression in the debate about whether Unity Church should provide a respite from the tumult of the larger world and be a place for reflection or offer a platform for engagement with the larger world and be a place of action.

The board of trustees continues to work through the different understandings of peace as it helps to chart the way forward over the next five years. It is already becoming apparent, however, that the dilemma about whether Unity Church should be a place for reflection or a place of action may be a false choice. Unity Church can and, indeed, must be both a sanctuary from external burdens and a vehicle for engagement. Given the interconnectedness of all life, for example, can we truly be at peace internally while those on the metaphorical or actual outside struggle? Similarly, can the world in which we live honestly be at peace while we struggle within ourselves? Peace within us depends on both peace among us and peace beyond us; peace among us depends on both peace within us and peace beyond us; and peace beyond us depends on both peace within us and peace among us. In other words, the quest for peace presents another both/and situation wherein we must live with ambiguity and the related complexity if we are to become who we say we want to be and, thus, able to help build a more inclusive and just world.

KP Hong Joins the Executive Team

From Jennifer Tong, Board Chair

On April 13, 2019, in recognition of KP Hong's development of Unity's lifespan religious education programming, and as the lead in Unity's multicultural initiative, the Board of Trustees voted to add Rev. Hong to the Executive Team. We are excited to have KP on the team and look forward to working with him.



Consider Serving as a Trustee

Applications Sought by June 15

From the Board's Capacity Subteam: Ruth Kirkland, Nila Gouldin, and John Steiner-Manning

With all the other ways that exist to be involved at Unity Church, joining the board of trustees may not be at the top of your list. But this is meaningful work, contributing to the governance of our religious community and planning for its future. And there are no particular qualifications needed to be ready to step into this role — all voting members of the church are eligible. Being curious, committed, and willing to work closely with the other eight board members is what is most important.

BACKGROUND

The work is certainly meaningful. Take how our restated mission statement sums up Unity's purpose: fostering transformation through a free and inclusive religious community that encourages lives of integrity, service, and joy. Being on the board means you're working with eight other trustees to support that mission. Often the focus is on planning for the future; other times it is about listening to partners and congregants whom we call our “moral owners.” And, there's time for monitoring the executive team as they follow policies and work to achieve our shared goals.

Trustees find service on the board to be an experience that enriches their relationship with the community and offers opportunities for personal growth. It is a challenging and important role, one that requires a deep commitment.

The board aspires to reflect our membership and, on that front, we have some gaps that would be healthy to be able to address including members who are people of color, identify as LGBTQ, or are under age 40.

PROCESS

All voting members of the church are encouraged to consider board service, with applications due by June 15. Once applications are collected and interviews are held, three individuals will be identified by the board as the slate of candidates to be shared at the annual meeting in November. At that point a congregational vote is held and the new trustees will begin their three-year terms.

LEARNING MORE

Curious? Join us for one of our information sessions held after services on May 19 and June 2. Trustees will also be in the Parish Hall after services on May 5, 12, and 26, to answer questions. We also encourage you to reach out to a trustee. Contact information, a position description, and the application can be found online at www.unityunitarian.org/board-of-trustees.html. And, if you decide the position isn't right for you, please think about encouraging someone else to step up and help out in this way.

BOARD OF TRUSTEES

Update on Ministerial Transition Planning

From the Board's Transition Subteam: Clover Earl, Jackie Smith, and John Steiner-Manning

First, a quick recap: At the congregational meeting last November, Janne and Rob Eller-Isaacs formally shared their plans to retire in the summer of 2020. They had generously given the board even more advance notice, which allowed time for plenty of advance planning. At the November meeting, the board shared the decision to have a one-year interim period before a new called minister starts, or when two new co-ministers start. This means that between July 2020 and June 2021 an interim minister will be with us; as was stated in November, the interim minister will be a member of the Executive Team, along with Barbara Hubbard, Lisa Friedman, and KP Hong.

That's a lot of change that's coming quickly. And there will be many details and decisions to come. As we look ahead and plan for how we navigate through these changes, it can be helpful to think of three main areas needing our attention:

- Saying goodbye to our wonderful senior co-ministers, Janne and Rob
- Identifying a interim minister and managing that interim period
- Calling a new senior minister

As we plan for these three steps we're consulting with the Rev. Jen Crow, Senior Co-Minister at First Universalist Church of Minneapolis, who is a UUA-trained transitions coach who knows our church well, given she is one of our former intern ministers. As Jen has reminded those of us on the board's transition subteam, each of these steps must be done well and whole-heartedly as we work through this. To put it another way, to achieve our goal of having a successful new senior minister, we will need to fully attend to the other two steps. We can't rush through any part of this if we want to get this done well.

As the pace of work on these steps will pick up in 2019, the full board and the transition subteam realize the importance of keeping the congregation informed about what's coming next and the many ways the congregation will be involved. So we will be writing regular updates for the newsletter. And records of what we've shared will continue to be posted on the website, under the governance area (<https://www.unityunitarian.org/ministerial-transition.html>). Also, know that we are available to answer questions you may have.

CONGREGATION INVOLVEMENT

There will be many ways for congregation members to be involved in working through our feelings about having to say goodbye to our senior ministers — and to ensure we are intentionally thoughtful about how we move towards that parting. There are some parallels to the process the congregation is going through right now with Ruth Palmer's approaching retirement. There will be much more to talk about regarding how we adequately plan for Janne's and Rob's retirement in the coming months as well.

On another front, a big effort this fall will be board outreach to the whole congregation to help us prepare for forming a search team. Stay tuned for more on this, but know that it is the search team that will conduct the search, not the board.

Over the fall and winter, the board will be gathering input on the qualities we need to have represented on the search team and ultimately will develop a slate of candidates based on that input. The make-up of the search committee will be finalized in April 2020, after a congregational meeting. As we finalize our plans for the process we'll share more on this in the coming months.

ANNUAL SURVEY

*How are things at Unity Church?
Short and sweet, let us know!*



May is the month to complete the short and sweet 2019 Congregational Survey and let us know how things are going at Unity Church!

The Board of Trustees works with the congregation to reflect on our journey toward our shared goals, and map our progress over the next five years as we live into our Ends. The Congregational Survey is one very important tool that the board uses to gauge progress. It's critical that we hear from you.

This year's survey is shorter, with options to take a five minute survey, or opt for extended responses.

On Monday, May 6, you will receive an email with a link to the survey. There will also be stations set up at church to make it as easy as possible for you to participate. All church members, friends, and high school youth are encouraged to complete the survey.

Please stop by the board of trustees table after services in the Parish Hall during the month of May. A trustee will be available to answer your questions.

Thank you!

SUMMER SUNDAYS / WELCOME WORDS

Summer Sundays

From May 26 through September 1 there is just one service each week at 10:00 a.m. Lay-led worship services begin July 23. Summer Sundays in the Garden (a program for children and youth held during worship) also begins on May 26.

Summer Musicians

Summer is a great time to share your musical gifts with Unity Church members and friends. If you are interested in participating as a musician during a summer service, contact Kathleen Bartholomay at 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 for available dates (June 16-September 8) and details.

Summer Sundays in the Garden Religious Education steps into our Summer Sundays in the Garden program, weekly at 10:00 a.m., from May 26 to September 1.

Typically for children ages 4-12, and no registration is necessary but drop-in capacity will be limited by number of adult volunteers. Regular nursery is offered throughout summer. There are still openings for volunteers to assist, no prerequisite garden experience necessary; just a desire to share and learn with children. Want to help plant and care for our garden? Email KP Hong at kp@unityunitarian.org.

Watch for other fun events!

- March in the Pride Parade!
- Volunteer with St. Paul Freedom School!
- Eat pancakes on Sundays!
- Take me out to the ball game: Unity Church goes to a St. Paul Saints game!

Welcome Words

Rev. Lisa Friedman, Minister of Congregational and Community Engagement



Why does membership matter? There are many ways to answer this, from the practical to the theological. Because, since we have no creed, your signature in the membership book is the act that affirms Unity Church as your spiritual home. Because it gives you a vote in our congregational democracy and collective vision. Because it helps you to put down roots in this community and faith. Because it strengthens not only this congregation, but our whole religious movement. Because it brings your unique gifts into the beloved community we are trying to realize. Question? My door is always open to you! See you in church!

Pathway to Membership Classes

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

Finding Yourself at Unity: A Deeper Inquiry

Finding Yourself at Unity is offered on a regular basis on Sundays, from 10:20-11:15 a.m., in the Ames Chapel. These sessions can be attended in the order that works for you and will offer participants the opportunity to share part of their religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation. Childcare is available in the nursery.

May 5: No class on Foote Sunday

May 12: Unitarian Universalist History

May 19: Social Justice and Community Outreach

May 26: No class on Memorial Day weekend

Committing to Unity: Joining Unity Church

Saturday, May 4 • 9:30-11:30 a.m.

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

Your UU Elevator Speech

Mondays, April 29, May 6, May 13 • 7:00 p.m.–8:30 p.m.

Do you ever wish you could explain Unitarian Universalism in the time it takes to ride an elevator? Join us for this three-part class where we will write and practice our elevator speeches. Childcare is available by request. Sign up by email to Rev. Lisa Friedman at lisa@unityunitarian.org.

Mentoring at Unity: A Path to Deeper Connection

Unity Church has a mentor program available to all visitors and new members. A mentor serves as a guide and a resource in the congregation. They pledge to meet at least once a month face to face, and be available for ongoing questions and advice for at least six months. If you have questions, or would like to request a mentor, please stop by the Welcome Table in the Parish Hall on Sundays or email Rev. Lisa Friedman at lisa@unityunitarian.org.

WELCOME NEW MEMBERS



Back row standing: Anacleta Martina, John Early, Liz Severn, Emily Barnes, Aaron Barnes, Lisa Langsetmo, Rebecca Ropers. Front row, kneeling: Cathy Walsh, Julia Brown, Sarah and Nick Foster-Walters.

Emily and Aaron Barnes discovered Unitarian Universalism as adults and appreciate the call and the support to live out their shared values. They have been a part of the community at Unity Church for several years as their family has grown and they love the music and opportunities for reflection, fellowship, and community engagement.

Julia Brown grew up in a UU congregation in Eau Claire, WI, and is very glad to have found her way to a new church home. She is a proud member of the Unity Singers and Project Home volunteer. Outside of Unity Church, she works in arts administration.



As a recovering Lutheran, **Sharon Chace** finds Unity Church refreshing! She is retired, so she has time to give as well as to receive the many gifts that Unity offers: fabulous music, thought-provoking sermons, a friendly and warm congregation that is very accepting and supportive, where the word "community" actually means something. Sharon likes to cook, read, laugh, spend time with friends and family, travel, and cheer on the Vikings!

John Early retired five years ago after thirty-five years as a college teacher. He and his wife, Elizabeth Kisacky Severn, moved from Fargo to St. Paul in 2017. His current passions are genealogical research and writing. He first attended Unity Church eight months ago, and returned for mental and spiritual stimulation, the company of good people, and the challenge to be a better person.

Elizabeth (Liz) Kisacky Severn retired from teaching literature and writing at Minnesota State University Moorhead. She is a writer. Searching for a stronger community, she and her husband, John Early, found their way to Unity Church. After attending inspiring and centering services and learning of the many opportunities for involvement, they embraced Unity: a welcoming and vibrant congregation and guiding church.

Sarah and Nick Foster-Walters have been attending Unity Church for many years. Sarah grew up in Unity and Nick has embraced the church since meeting Sarah. Nick's currently passionate about food justice and community building. Sarah's currently passionate about learning how to run. Nick comes to Unity for the fellowship, the spiritual grounding, and personal growth. Sarah comes for the chance to meet new people, the thoughtful sermons, and the music.

Lisa Langsetmo is a lifetime Unitarian, Norwegian-American-Canadian, and adult nomad. She is joining Unity Church for community and spiritual renewal. Her current passions are tree-hugging, bicycling, poetry, and photography.

Anacleta Martina is a retired English teacher, currently volunteering as a reading tutor with Experience Corp. She'd been a Unitarian Universalist for 15 years. She has four adult children and three grandchildren. She has spent most of her life working with children; either as a mom, a foster mom, a teacher, or with kids in the adoption arena.

Rebecca Ropers has lived in St. Paul for more than a decade with her two children, Ash and Aaron. She began attending Unity Church when she arrived, and has benefited greatly from its programs and weekly messages. She enjoys walking and hiking and being with good friends and family, preferably simultaneously.

Catherine Walsh's friends have invited her to attend services, yoga, movies, workshops, and Sunday soup suppers over the past year. She has found that the people are warm, open, passionate, and concerned and she is looking forward to finding her place here. She is a mother of two lovely adult daughters, a CPA, and has recently started teaching yoga. She likes to cook and is an avid squash player.

Bond of Fellowship

As those who believe in religion,
As those who believe in freedom,
fellowship, and character in
religion,

As those who believe that the
religious life means the thankful,
trustful, loyal and helpful life, and
As those who believe that a church
is a community of helpers, wherein
it is made easier to lead such a life;
We join ourselves together,
name, hand, and heart,
as members of Unity Church.

—William Channing Gannett

Hallman Ministerial Intern: Kathryn Jay



My daughter Annie's high school choir is rehearsing a song that my wife Elisabeth also sang with Unity Choir earlier this year: "We are met together. We are blessed. Peace in coming and in going. Peace in labor and in rest." I have heard those words sung almost every day and I can feel their impact on my spiritual well-being. Being serenaded with peace is wonderful. I try to carry that feeling around with me, hold it close to my heart when situations don't feel so peaceful.

As I wait for spring to emerge, I need songs of peace because what Wendell Berry calls "the peace of wild things" has been slow in returning. That mid-April snow made lying down "where the wood drake/rests in his beauty on the water" something of a challenge, at least without a coat.

The weather has left plenty of time for reflection. I've been thinking a lot about what I believe lately. Trying to answer the big questions. Questions like: what does it mean to be human? How do I live in the face of death and loss? What is sacred to me?

While these questions may seem like a no brainer for a seminarian-practicing-to-become-a-minister type like me, I've mostly been trodding down this path because my two kids have spent this year in Unity's Coming of Age class, discussing big issues and writing their credos. Sometimes it's not easy, figuring out what you believe. Pinning it down. Naming it with words. Making definitive statements.

It's a lot to ask of high school freshmen. Heck, it's a lot to ask of anyone.

What do I believe? What do I hold true?

A few thoughts: I believe in the power of poetry and music to awaken my senses, make me consider ideas and feelings fractured and remade. I believe in the notion of a soul, that an individual is more than atoms collected in a body. I believe community blesses me with the presence of something larger, something grander, than I can achieve on my own. I believe in praying together for common cause. Instead of looking forward to the salvation of end times, I believe the "right now" is both my heaven and my hell. I believe in storytelling as a form of spiritual resistance and resilience.

My fourteen-year-old self wouldn't have made any of these statements. Not one. I know that some of me has remained constant over these years, but my beliefs have definitely evolved. My credo has changed.

If you are an adult wishing you could think about these *big questions* in a communal space, I invite you to join me for a month-long Coming of Age for Adults class this May. We will spend four Wednesday evenings (see box below) pondering what we believe, what matters most to us. And then we'll write our own credos.

As spring arrives, I wish for all of you songs of peace.

May Parish Hall Artist Maura Williams

Maura Williams has been a member of Unity Church since 1981, and has enjoyed opportunities to share her artwork within this community over the years.

The May exhibit features oil pastel drawings and giclee prints from her series entitled *Seeing Nature*, which has fascinated her as an artist for the last eight years. She says about this series:

I try to highlight the extraordinary nature of ordinary outdoor scenes. We travel through some version of the natural environment every time we exit a human-made structure. We are probably aware of the seasonal variations, but how often do we look attentively at the specific expressions of natural life around us, which literally change continually? No matter the scale or season, all of nature always holds beauty — sometimes with delicate patterns or exuberant color, sometimes with fierce drama, sometimes in an almost colorless, subtle quietude. At times, we might need to seek out the beauty. I want to zero-in on these moments, to recreate an intimately defined field of vision that suggests the intricacy, diversity, and brilliance inherent in each fleeting manifestation of the natural world.

Maura's work has been shown in a variety of public venues including galleries, juried and invitational shows, restaurants and night clubs, universities and churches. Her work is represented in corporate and private collections. In addition to making art, her passions include the lives and activities of family and friends, restorative justice peacemaking circles, spiritual growth through energy work, her lake cabin in the woods, biking, cooking, and reading.

Coming of Age for Adults

Coming of Age for Adults is a four-session series designed for adults of all ages to explore their spiritual journey and religious identity. In the class, we will reflect on how we got to now, engage with texts as they relate to our spiritual lives, and craft a statement of our theological beliefs and moral perspectives — our personal credo of faith.

We will meet in the Anderson Library for four Wednesdays (May 8-29) from 7:00-9:00 p.m. If you are interested in participating, please email Hallman Ministerial Intern Kathryn Jay at kathryn@unityunitarian.org.

WELLSPRING WEDNESDAY

Wellspring Wednesday is a multi-generational opportunity to gather midweek at church for food, fellowship, and fun.

6:00 p.m.: Dinner in the Parish Hall! \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family.

6:50 p.m.: Intergenerational worship in the Ames Chapel

7:15 p.m.: Learning and Fellowship • *Childcare is available and you do not have to sign up in advance.*

May 1

Dinner: TBA

ACT on Alzheimer's — Dementia Friends of Minnesota

Creating a dementia friendly community involves raising awareness about Alzheimer's, transforming attitudes, and moving people to action; supporting family and friend caregivers by providing accessible information, resources, and in-person support; promoting meaningful participation in community life for everyone; including communities that experience inequities. ACT on Alzheimer's is a statewide, volunteer-driven collaboration preparing Minnesota for the personal, social, and budgetary impacts of Alzheimer's disease. Passionate and committed partners, supporters, action communities, and Minnesotans are taking part in the work and making a difference.

Unity History, 1970-2020: What Do You Remember?

The writing of a new history book of Unity Church is underway, and we need your help. What is memorable to you about Unity over the past 49 years? Do you have photos or stories to share? What events were important to you? How did Unity Church react to and reflect the times? What can you tell us about the ministers during this time? Were you involved on a team, committee, or with an event that should be included in the history? Come share your stories, photos, or experiences, and hear about this exciting new project!

A Parent Circle hosted by the UU Families Initiative

Do you ever feel that you need an ECFE class for your tween or teen? Looking back, does raising an infant seem relatively easy? How can we call upon our Unitarian Universalist values to help us navigate? Unity's UU Families Initiative is hosting a Parent Circle targeting these transitional years. You are invited to come with an idea of a current challenge you would be willing to share with the group. Parent Circles are drop-in, facilitated discussion groups on parenting topics related to values and spirituality. They are open to parents of kids of any age. The UU Families Initiative has two goals: to develop shared principles and common practices for raising our children religiously in the Unitarian Universalist tradition, and to develop a community of families raising our children religiously at Unity Church.

Textile Arts

Bring your knitting, embroidery, needlepoint, etc.

New Family R.E. Orientation

For families new to Unity Church who would like to learn more about religious education for children and youth.

Tween Group (grades 5-7)

Meet in Ames Chapel at 6:45 p.m. for worship, then head to Jr. High classroom 21. Pick up is at 8:30 p.m.

May 8

Dinner: TBA

Wellspring Wednesday End of the Year Celebration

Join us in the Sanctuary for a celebration of the Wellspring Wednesday community that we create throughout the year. There will be worship, music, drama, and play for all ages, and a blessing for each of us as we head into summer.

Open Page Writing Session

RSVP requested to

karen@unityunitarian.org.

Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, to reflect on the monthly theme. No writing experience is necessary.

Peace: Inside and Out

"Peace is people talking together with a heart in between them." So says a wise eight-year-old, reminding us that peace is less about the absence of conflict than our ability to respond to one another with engaged hearts engaged. This session explores the inner and outer dimensions of peace and how one affects the other.

Tween Group (grades 5-7)

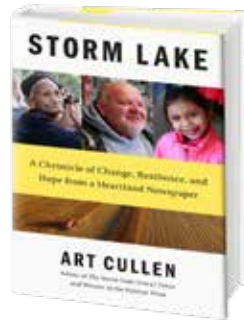
Meet in Ames Chapel at 6:45 p.m. for worship, then head to Jr. High classroom 21. Pick up is at 8:30 p.m.

CONGREGATIONAL LIFE



Diversity and Hope in the Bookstall and Library

From a small town in Iowa comes a big story, *Storm Lake: A Chronicle of Change, Resilience, and Hope from a Heartland Newspaper* by Art Cullen. A newspaperman from a twice-weekly newspaper won the Pulitzer Prize for reporting on the poisoning of waters by large agri-business but this book brings the diversity of people to the front page in the larger story of environmental struggle, immigration, resilience, and heroes. Purchase in the Unity Bookstall, open Sunday mornings, or borrow it from the Anderson Library, anytime.



Open Page Writing Sessions

Led by Consulting Literary Minister Karen Hering, Open Page writing session participants use stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, to reflect on the monthly theme. No writing experience is necessary. Bring something to write with and on; the rest will be provided! Free; RSVP requested to karen@unityunitarian.org.



Peace: inside and out • Wednesday, May 8 • 7:00-8:30 p.m.
"Peace is people talking together with a heart in between them." So says a wise eight-year-old, reminding us that peace is less about the absence of conflict than our ability to respond to one another with engaged hearts engaged. This session explores the inner and outer dimensions of peace and how one affects the other.

Wisdom • Wednesday, June 5 • 7:00-8:30 p.m.
"At the crossroads, Wisdom takes her stand." As we consider the crossroads of our own times, this writing session explores the proverbs Wisdom offers now as her stand and guidance. What proverbial wisdom, old and new, do we need today and where might we find it, worldwide and within?

Unity Church History Book Committee



Unity History, 1970-2020
What Do You Remember?

Join The New Unity History Book Committee on Wellspring Wednesday May 1 to share your stories, photos, or experiences, and hear about this exciting new project!
We can't write Unity history without you!

Wednesday
May 1
7:15 pm

Join the Heritage Society

Leave a Legacy for Future Generations at Unity Church

A legacy gift is a designation from your estate to a charitable organization. There are many gift possibilities! Legacy gifts allow flexibility, though some requirements apply, and you always retain the right to amend your estate plans. By making a legacy gift to Unity Church you will be joining over 200 others who have committed to supporting the church into the future.

Our annual Heritage Society Dinner on Friday, May 10, is the church's way of thanking those individuals who have made legacy gifts. This year's guest speaker is Joseph Haj, Artistic Director of the Guthrie Theater.



For more information, please contact Barbara Hubbard at barbarah@unityunitarian.org or 651-228-1456 x116.

Racial Justice Movie Night

Friday, May 17 • 7:00 p.m. • Parish Hall

RONDO

BEYOND THE PAVEMENT

Rondo: Beyond the Pavement, a documentary filmed by Rondo youth, shares the voices of a thriving Saint Paul neighborhood torn apart by the I-94 corridor. The 30-minute film will be followed by a Q&A session with a panel of the filmmakers and others. Refreshments will be served.

Join Unity Church members and friends for an ongoing film series to further our growth in the understanding and challenging of white supremacy and structural racism.

CONGREGATIONAL LIFE

Unity Men's Breakfast

Saturday, May 4 • 8:30-9:30 a.m. • Parish Hall

The men of Unity Church will come together for a delicious breakfast and a chance to follow-up on the recent retreat. The breakfast is one of the ways we plan to deepen our men's ministry and build lasting connections with one another. No RSVP is necessary. If you need childcare, please email ray@unityunitarian.org by Saturday, April 27. See you there!

Centennial Pageant Committee Calling!

We need you to be a part of the planning, preparation, and activities for celebrating our Centennial Christmas Pageant this December 2019. There is an initial plan prepared and the team is looking for those interested in our church history, pageant memorabilia, video storytelling, event planning, and the creation of artwork to join us for this special event. We will have an initial meeting on Tuesday, May 7, from 6:30-8:00 p.m., in the DeCramer Room — please come and learn more! Bring your ideas, memories, and a friend too! Whether you are an alum, parent cast alum, a pageant devotee, or if you have never seen it — join us! If you have questions, please contact Kelley Loughrey at 763-607-7520 (call or text) or send me a note to kelleyloughrey@comcast.net.

Grand Old Day

On Sunday, June 2, 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.

Coming this Fall: Wellspring

In addition to our wonderful Challice Circle groups, Janne Eller-Isaacs and Laura Park will be offering the year-long Wellspring program this fall. UU Wellspring™ is an heart-opening, small-group experience grounded in deep listening. Each UU Wellspring program incorporates five elements designed to balance knowledge of UU history and theology with personal spiritual growth and engagement with the world:

- Participation in a small-group community
- A commitment to daily spiritual practice
- Individual work with a spiritual director
- Readings and resources for knowledge and reflection
- Commitment to live out our values in the world

Watch for detailed information in the coming months!

Fellowship Groups

These 12-step groups meet at Unity Church: Al Anon meets Wednesdays, 5:00-6:00 p.m., Science Room; Fresh Air AA meets Thursdays, 8:00-9:30 p.m., Anderson Library.

Afterthoughts offers time to discuss the service. This group meets after the 9:00 a.m. service. Contact: Paul Gade, 651-771-7528.

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (May 16), noon–2:00 p.m. Contact: Janne Eller-Isaacs, janne@unityunitarian.org

Elders Circle: Meets the third Tuesday of the month (May 21), 1:00-3:00 p.m., Center Room.

Evergreen Quilters: The group meets the second Tuesday of the month (May 14), 7:00-9:00 p.m. (at Unity Church), and fourth Saturday of the month (May 25), 10:00 a.m.-1:00 p.m. (offsite). Contact: Peggy Wright, 651-698-2760

Families Living with Mental Health Challenges: A support group for families living with mental health challenges. Meets the first Saturday of each month (May 4), 9:30-11:30 a.m. Contact: Janne Eller-Isaacs, janne@unityunitarian.org

Living With Grief Group: For people living with grief and loss. Third Tuesday of the month (May 21), 7:00-9:00 p.m. Contact: Janne Eller-Isaacs, janne@unityunitarian.org

Men's Retirement Group: Monday, May 6 and 20, 1:00-3:00 p.m. Contact: Tom Zell, tomzell@me.com

National Alliance on Mental Illness support group for young adults with a mental illness meets the first and third Sunday (May 5 and 19) of each month, 6:30-8:00 p.m., COA/OWL room.

New Look at the Bible: Meets the second Thursday of the month (May 9) at 7:00 p.m. Contact: Paul Gade, 651-771-7528

Recovery from White Conditioning: Wednesdays, 6:00-7:00 p.m., Gannett Room. Contact: Dayna Kennedy, daynamelissa@icloud.com

Textile Arts Group: Meets the first and third Wednesday of each month (May 1 and 15), 7:00-8:30 p.m. Bring your knitting, embroidery, needlepoint, etc. Contact: Linda Mandeville, lindamandeville41@gmail.com

Unity Book Club: Second Tuesday of the month, 7:00-8:30 p.m. Contact Jack Hawthorne, jack.hawthorne@comcast.net.
May 14: *Nothing to Envy: Ordinary Lives in North Korea* by Barbara Demick
June 11: *Grace and Grit* by Lilly Ledbetter

Women In Retirement: Meets the second and fourth Thursday of the month (May 9 and 23), 1:00-3:00 p.m. Contact Lisa Friedman, lisa@unityunitarian.org

Young Adult Group (ages 18-35) meets every other Thursday (May 9 and 23), 7:00-9:00 p.m. Meet at 6:30 for dessert and tea. Contact KP Hong, kp@unityunitarian.org

Zen Meditation: Find renewal and grounding. Tuesdays, 5:00-6:00 p.m., Ames Chapel. Instruction offered May 7 at 4:30 p.m. Contact KP Hong, kp@unityunitarian.org.

COMMUNITY OUTREACH

Landscaping with Native Plants

Meggie Exner, Sustainable Living Team



When we try to pick out anything by itself, we find it hitched to everything else in the universe. — John Muir

When I read this quote, I think of vast tracts of wilderness and the national parks I visited as a child. Rarely do I think about the nature right outside my door. But yards take up a lot of space, and much of it — about 40 million acres in the United States alone, according to the Audubon Society — is grass. Many of the other flowers and shrubs we choose are exotic species or are horticultural plants that don't produce nectar. As such, we often miss opportunities to support the ecosystems of native species.

Native plants yield many benefits to other species, including humans. Native grasses have root systems that often extend eight feet into the soil (compared to the eight inches reached by Kentucky bluegrass, a non-native species that is typically seeded in lawns). This reduces erosion and runoff. Holding topsoil in place is important because it holds nutrients that crops need and because topsoil that washes into water bodies negatively impacts fish. Additionally, native plants can support ten to fifty times the number of native species as can their non-native counterparts. The pollinator populations they support are, in turn, crucial to global food production. An estimated 30% of crops worldwide rely on pollinators, according to the NRDC. These pollinators need our protection. Due to colony collapse disorder brought about by pesticide use and habitat loss, honeybee populations have already plummeted by 25% in the United States since 1990.

Luckily our yards are hitched to the rest of the world and, if we all work together, we can support the populations of native flora and fauna and the food security of future generations. To find lists of native plant species, visit <https://www.nwf.org/NativePlantFinder>. For more information on landscaping with native plants, please join us for our screening of the documentary "Hometown Habitat: Stories of Bringing Nature Home" (see information above).

To learn more about the Sustainable Living Team, please visit us in the Parish Hall following the 9:00 and 11:00 services. The Sustainable Living Team will meet from 6:30-8:30 p.m., on Sunday, May 5, and from 10:15-11:00 a.m., on Sunday, May 19. All are welcome.

Prior Crossing Closet

From Unity's Affordable Housing Team

Since summer 2016, Unity Church has helped stock Hope's Closet at Prior Crossing where homeless youth moving into a semi-furnished apartment home can "shop" shelves of donated new and gently used household goods. Prior Crossing is experiencing a transition of residents and with that change, comes a need to restock Hope's Closet. When the residents move on, they take with them all the belongings that made their apartment at Prior Crossing a home: bedding, towels, pots and pans, blankets, and personal items. That means the closet needs to be ready to welcome the next residents that are moving in.

The staff has asked House of Hope and Unity Church to gather goods to replenish the closet and stock up a pantry. The pantry is a new concept. There are days when new residents need a boost. They may not have received their first pay check, are still seeking work, or are in school and a visit to Prior Crossing Pantry will help tide them over with some food staples and personal items. **Closet and pantry items can be brought to Rev. Lisa Friedman's office during the month of May.**

Accepted donations for Hope's Closet include:

- Full/double size sheet sets, mattress pads, comforters
- Pillows: (must be new)
- Pots and pans: large frying pans with lids, two quart pots
- Pizza pan
- Silverware
- Trash can: tall kitchen size
- Broom, dust pan, Swiffer mop
- Towels: bath, hand, and washcloth
- Bath mats
- Dish sets: dinner plates, appetizer plates, bowls, cups (must be microwavable)
- Cooking utensils: knife, grater, can opener, spatula, peeler, etc.

Prior Crossing Pantry needs include (non-perishable only):

- Healthy food options
- Packaged meals
- Ramen
- Breakfast bars
- Peanut butter
- Soup, ramen, tuna
- Paper products, toilet paper, paper towels, kleenex
- Deodorant, shampoo and conditioner (including products for African Americans), soap, body wash, sanitary products, laundry detergent, dryer sheets,
- Trash bags, dish soap, sponge, glass cleaner, all surface cleaner, toilet cleaner and brush

COMMUNITY OUTREACH

Now's the Time!

Nancy Heege, Unity's Obama School Ministry Team

Members of the Unity church congregation have a unique opportunity to make a positive difference in our community. The children and staff of Barack and Michelle Obama Elementary School (across the street) need our help and support. Volunteers from Unity can improve the learning level of the students!

Sign up now for next school year. Offer your talent and energy in one of the following ways:

One-time tasks:

- Help a teacher get settled into a new classroom the week before school begins
- Serve breakfast on the first day of fall teacher meetings

Occasional tasks:

- Get involved in special projects for two hours on eight Wednesdays in fall, winter or spring
- Bring snacks for an Obama School staff meeting
- Work with others on fundraising proposals at places like Kowalski's
- Raise funds for Cub cards (used to reward parents for participation in their child's activities) or other financial needs, such as purchase of supplies and equipment requested by the teachers.

Once a week for a couple of hours or more:

- Listen to a student read
- Help a student with math
- Assist the librarian with getting books in the hands of the students
- Support student projects in the Maker's Space

Other large and small projects will be available.

If you'd like to work in the school with us next year, please pick up a set of volunteer forms at the Holly Avenue reception desk, fill them out, and return them to the Church Office by May 15 in a sealed envelope to the office and marked "Attention: Rev. Lisa Friedman." Included is a form giving your permission for the school to do a background check. Forms that are returned by May 15 will be processed by the school district this spring; forms returned after May 15 will be delayed.

We look forward to hearing from you!

Marty Rossmann: rossm001@umn.edu

David Smith: david.smith52@yahoo.com

Beverly Heydinger: bjheydinger@gmail.com

Nancy Heege: nancyheege@cs.com



Vicki Lofquist delivered snacks for an Obama School teacher meeting!

Generosity Ministry Nominate the Plate

Each Sunday, seventy percent of our offering is given to small community organizations whose values we share and mission we support.

So how, you might ask, are those organizations chosen? By YOU! As a Unity Church member, you can nominate any organization that you believe would benefit from a no-strings attached donation (typically around \$1,200.)

It's easy! Just fill out the online nomination form at www.unityunitarian.org/generosity-ministry.html. Tell us why your nominee is so wonderful, and how they will use a contribution.

All nominations are considered! However, the team places a special emphasis on smaller non-profits whose annual budget is \$500,000 or less, where \$1,200 will make a substantial difference.

Food Shelf 1,000 Pound Challenge



In 2018, 763 pounds of food were donated to Hallie Q. Brown Food Shelf by Unity Church members and friends. That's a lot of food. Our contributions supported about eight families for one month. Let's donate even more in 2019!

Bring a can of soup or other non-perishable items every time you come to church. Collection trunks are located by the church entrances. The challenge for 2019 is 1,000 pounds!

MINISTRY WITH CHILDREN AND YOUTH

Mad Peace

Drew Danielson, Coordinator of Youth and Campus Ministries



I was too young to really experience the 60s — really I was — but my older sisters' *Mad* magazines from the decade did survive in a musty box at the cabin into the early 70s when I devoured them cover to cover all summer long. Many of my sensibilities about politics and culture were formed through the editorial lens of *Mad*, which probably explains a lot. I have an affectionately satirical view of the Summer of Love, of hippies flashing peace signs and putting flowers into gun barrels.

By the 70s when I was old enough to dress myself and declare who I was, the peace symbol was a fully commodified fashion accessory I proudly displayed on my hat, jean jacket, and jumbo flairs. The war was over, the revolutions had been fought, America was enlightened, and even my dad had long hair and sideburns and wore flowery silk shirts with his electric blue leisure suit. There was no one who didn't want to give peace a chance. At age 14 I understood peace to mean the absence of war, and the defeat of outmoded, oppressive ways of thinking and constraining the human spirit. I believed our institutions acknowledged they'd been crushing us and pushing us towards violence, and they'd agreed to stop. "Peace and love" they all said as they handed out iron-on peace patches.

And then within a couple of years I was registering for a possible draft, and I went into college certain the world's super powers were readying their nuclear launch codes.

I don't think our kids have any sense of peace that resembles mine when I was their age. And in this I'm not really criticizing them. Peace today is not a popular logo, nor is it a rallying call. It is for some who are aware of or into nostalgia a symbol for the quaint, outrageous 60s and 70s, painted on the Partridge family's tour bus. It is a good thing, a goal, but probably more obtainable for individuals through mindfulness and meditation, than it is for a society, or a world. It is a word attached to fair trade coffee, to flavors of tea, to essential oils. I don't think that I, at their age had a better understanding of what peace means, but I did have a sense that it was something we had been fighting for, and that its attainment had something to do with the continued favorable evolution of our species.

I suspect that any real effort to understand and address a desire for peace would begin with a whole lot of turmoil. I work fairly hard to ensure a turmoil and conflict-free life for my kids; ideally their home and school and the streets they walk should feel peaceful. But I'm no doubt also asking them to avoid seeing how deeply much of the world is anything but peaceful. And not just the Middle East, but their own neighborhood. Their friends and family. Their church. How deep is our national lack of peace, such that it powers the absolutely horrifying state of our polarized political scene?

Do we want to stop looking away? I certainly am not at peace with myself on this, and I'm unsure how to proceed. I want to say "What, me worry?"

Dedication of Older Children

Sunday, May 19

Families who would like their children, ages 4-12, to participate in our annual dedication should contact Michelle Mecey at michelle@unityunitarian.org.

This ritual, held during the 9:00 and 4:30 services on Sunday, May 19, provides the church an opportunity to commit itself to raising up children who have come into our community as "big kids." The children process to the chancel, receive a chalice and a certificate, and read a responsive litany of dedication with the congregation. This dedication is appropriate for elementary school aged kids in families who have joined Unity Church or who are on the pathway to membership.



Summer Camp at Unity Church 2019!

Are you ready for another summer of community, excitement and fun?

We are!

CHALICE CAMP

July 8–12 and July 22–26

CHALICE KIDS

July 15–19 and July 29–August 2

Register online at:

<http://bit.ly/chalicecamp2019>

Tween Late-Night

Friday, May 17 • 7:00-11:00 p.m. • Center Room

All tweens (grades 5-7) are invited to join us for an end-of-the-year party! We will have games, snacks, and lots of fun together.

MUSIC MINISTRY

Music Notes

From Ruth Palmer, Director of Music Ministries



The wonder of the Beautiful is its ability to surprise us. With swift, sheer grace, it is like a divine breath that blows the heart open.

From *Beauty: The Invisible Embrace* — John O'Donohue

The art of the musician is to touch human hearts. — Robert Schumann

So, here it is... my final *commUNITY* newsletter article as your Director of Music Ministries. In 1999, as part of my application for this position, I included the Robert Schumann quote seen above. Twenty years later, I struggle with how to best express how much you have touched my heart. Perhaps the best way to express my love and gratitude is to share some thoughts I might pass on, thoughts that were actually written in May 2018 as I began my process of preparation for this final year. So, here goes...

An open letter to the next Director of Music Ministries of my beloved choirs, congregation, and staff:

You now hold the position of "luckiest music director in the world." It is impossible in any one moment to express the deep and rich blessing you will receive in your time here.

A bit of immediate advice, get over yourself right now! It was not about me nor will it be about you. It is about this amazing community of people who dare to be vulnerable and courageous. And, just to warn you, they are not at all shy in telling you what they think!! It is wonderful. They will keep you honest and reaching for the best. This work is about the music and how its very essence brings a ministry that no one person can define. It is about something totally out of our hands. Trust your deep musical intuition. You can only offer best the gifts you truly know and were given. Choose wisely, change it up often and listen ever so closely to those who come to you with tears in their eyes, unable to express their experience; unable to express their need for whatever it is that took place in them as they entered into the musical space you provided. Hold this powerful tool of music in your heart with gentle respect. Give it away and you will find the most amazingly generous and singing hearts in all those that partner with you.

I have been the luckiest person in the world to live my life's sacred passion of musical connection to this world with people who ask, dare, seek, risk, and cry; get it right, get it wrong, but share it all. Love your choir members, they are the best of them, and will give you their hearts. You bloody well better give them yours. And, let's hope you get a Rob and Janne to work with... "with" — being the key here "with" — being filled with the deepest sense of meaning, challenge, inspiration and love for this work. Trust the church staff. They will keep you centered, balanced, laughing, and restored.

So, get to it. There are great things ahead. Give the best in yourself. They deserve nothing less. And, you will receive astonishingly meaningful life moments. I've left tons of records for you to totally discard at your will. But most importantly, I leave total support for you and your journey ahead.

Oh, and a few last things...

Please be aware that Thanksgiving always falls on a Thursday and you will have to cancel choir that night!

One regret... A zip line down from the balcony would have been nice. Instead, wear your Fitbit. Sundays are a 10,000 step day.

Start each Sunday with a good breakfast and end each one with gratitude for having spent these hours in this Beloved community. Amen and so be it!!!

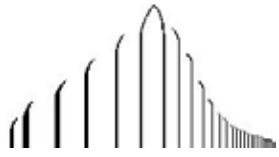
I love you all, Unity Church! My endless thanks and gratitude.

Ruth Palmer, your ever-grateful Director of Music Ministries, 1999-2019



Celebrate Ruth Palmer
Saturday, May 11, 2019
6:00-7:30 PM: Program || 7:30-9:00 PM: Reception

Come celebrate our dear Ruth Palmer and the enormous impact she has had on our musical and spiritual lives. Jake Runestad and Dale Warland have each been commissioned to write a piece in honor of Ruth as she starts her retirement. These pieces will be premiered that evening, with a reception, including appetizers and dessert, following the concert.



UNITY CHURCH-UNITARIAN

Sanctuary Entrance: 733 Portland Avenue • Saint Paul, Minnesota 55104
Business Entrance: 732 Holly Avenue • Saint Paul, Minnesota 55104
651-228-1456 • fax: 651-228-0927 • www.unityunitarian.org • unity@unityunitarian.org

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**TIME SENSITIVE
MATERIAL**

Arthur Foote Music Sunday

May 5, 2019

9:00 AM • 11:00 AM • 4:30 PM • Unity Church Sanctuary

Unity Choir • Unity Singers • Women's Ensemble • Children's Choir
Taichi Chen, violin • Laura Sewell, cello • Steve Lewis, percussion • Ruth MacKenzie and Carol Bauer, guest soloists