

Sacrifice

The life of a congregation is a rich community tapestry of people, programs, ministries and worship. We lift up the patterns of this tapestry at Unity Church with the threads of monthly themes woven through our worship and programming. These themes deepen our understanding of our own faith and strengthen our bonds with one another in religious community. We explore each theme in worship and in our newsletter; in covenant groups, and religious education; and in our community outreach ministries, our literary journal and programs, and many other opportunities.

You do it right, sacrifice is sacrament. You do it really right, sacrifice is celebration.

— Terra Pressler

It was fun to balance at the wooden edges of the sandbox, walking the square rim, defying the hungry crocodiles of my imagination. Would I live, or would I nourish some other creature's living?

Playing this childhood game with fast and squealing friends, I experimented with a curious reality: at some point, I would die.

As a child, to pretend to be teetering at the toothy brink of destruction exhilarated me, filled me with screaming aliveness. Of course, I knew I would not truly die; the sandbox had never been home to crocodiles or even all that many spiders.

But I could pretend to be close. I could, with a sense of my own acclaim, boldly approach the threshold.

Then, last week, riding in a packed car in rural North Dakota, I was regaled with stories of corn, a plant that, I'm told, will cannibalize itself in support of life. When conditions are bad, corn pulls its energy away from itself and throws all its resources toward its seed.

I can't help thinking that this is what it means to be a member of the earth, not just for Missouri River corn but for myself: to live, at last, is to die, to let go of life, to be sacrificed for life's cycle.

For me, to understand that life calls me to sacrifice is to recognize that life both is mine and is not. It is a gift given to me, but it wasn't my idea, and as far as I know it wasn't even my choice. It comes from a grace that precedes even the Christian grace of forgiveness.

The other day, I spotted a church marquis that declared, "Love life. It was God's invention." I know those words must be good advice, but sometimes we just can't; I just can't. My friend Jonathan Bry, who died from suicide before last Thanksgiving, once a great lover of life, couldn't do so anymore, at least not in the moment when he grabbed his hunting rifle and bolted to the backyard.

I've often thought, since then, that he made himself a sacrifice. His body now is literally earth, ash, mingling with the Missouri River, not so far from the corn. The trouble is, the sacrifice seemed to come too soon; the balance wasn't right. If his deep suffering through mental health struggles and addictions had been less gripping, there was more he might have given to life, more that life — and his loved ones — might have given him.

Maybe this is why sacrifice can be such a hard topic: Who decides who's sacrificed. And when?

In Westhope, North Dakota, a man is about to go to jail for shooting a friend who asked him to; railing against the shooter, the deceased's father declared, "I thought he was my friend, but I guess I found out different!"

Friends aren't supposed to shoot — either their buddies or themselves. How do we make sense of sacrifice so out of sequence?

Playwright Terra Pressler proclaims, "You do it right, sacrifice is sacrament. You do it really right, sacrifice is celebration." I tend to be convinced that sacrifice in sequence, in balance, can be a celebration. When I sacrifice a few hours of sleep, or a meal, or even a distant hope I had once held for myself, in order to nurture my foster daughter, I can also be in celebration — of her life and even the purpose of my own.

But a sacrifice that seems to forget the mysterious gift of life — this type of sacrifice feels shocking, frightening, out of the balanced rhythm of life and death.

Losing a friend to suicide disoriented me. While I don't blame Jonathan, I miss him with added grief. The sacrifice he made of himself was too much or too soon, or either way, felt out of sequence.

So the way that I remember him makes a difference; I can heal, and maybe help restore balance, by allowing celebration when I can. In September, at the "Out of the Darkness" walk for suicide awareness and prevention, people around the country gathered in teams to represent loved ones lost to suicide. While each team mourned and grieved, we also celebrated — with insistence — the lives of the ones we'd lost. It's not only that I need to celebrate Jonathan, which I do, but I do so with conviction, doing my best to affirm his life and life itself.

From where I sit right now, on an autumn day near the corner of Holly and Grotto in St. Paul, it seems to me that sacrifice can be life's affirmation, a generous letting go in service of life. Had I ever been swallowed by a long-nosed, sand-box crocodile, I might have been a blessing to that crocodile.

When my final moments come, and there is nothing more to receive from the earth, only more to give, my body returning to soil, may dirt and corn and bugs and seeds rejoice.

— written by Ministerial Intern Karen Van Fossan with help from the theme team: Janne Eller-Isaacs, Rob Eller-Isaacs, Barbara Hubbard, Lisa Friedman, Ruth Palmer, K.P. Hong, Drew Danielson, Karen Hering, and Jennifer Nordstrom.
Special thanks to Carolyn Pressler of United Theological Seminary.

Just Words



I love my work. I do it out of gratitude. It brings me joy. Sometimes I even get to sing. It isn't always easy. Sometimes the road feels long. Memories of past challenges loom large and yet the truth is we are still moving forward. Our dear departed friend and teacher Duncan Baird loved to quote these lines from Virgil's *Aeneid*:

*We have endured still greater dangers
God will grant us an end to these as well.
You sailed by Scylla's rage, her booming crags,
you saw the Cyclops' boulders.
Now call back your courage, and have done with fear and sorrow.
Some day, the memory even of this will bring you joy.*

Truth is there is joy along the way in the midst of all the fear and sorrow. Recent studies indicate the disparity between rich and poor continues to grow wider in the United States. The "tragic gap" caused and maintained by systemic racism seems unlikely to disappear anytime soon. Sometimes we feel there is nothing we can do. But I remember the words of the old spiritual:

*Sometimes I feel discouraged and think my work's in vain
But then the Holy Spirit revives my soul again.*

What I need, dare I say what we need more than anything, is a greater portion of what Mark Hicks, the Angus Maclean Professor at Meadville/Lombard Theological School calls "spiritual resilience." I need, we need, to have our souls revived in prayerful conversation. Though racism is systemic, though systems of oppression are linked like chains, though the evils of the world may feel unassailable, we have no choice but to confront the brokenness together with our neighbors, side-by-side in intimate solidarity and in unending joy.

We are confident **Beloved Conversations** will help us become more spiritually resilient people. That's why I am carving out the time to sit down face-to-face and faith-to-faith with our neighbors from Ujamaa, Morning Star Baptist, Above Every Name, Zion Baptist and others, to make the time it takes to "develop the resources, skills and confidence to create a world where all are welcomed and reconciled." As the great Rabbi Hillel once asked, "If not us who? If not now when?"

In joyful solidarity,
Rob

To register for **Beloved Conversations**, please see the back cover of this newsletter.

The Wheel of Life

In Celebration

Steven Carney and Richard Trout
Married August 30, 2013

In Memoriam

Phyllis Jean Jones
May 29, 1923 —
September 8, 2013

Thank You to Laney Ohmans

For the past year, Laney has been a part of the Unity staff team as the Assistant to the Director of Congregational Life. She has welcomed people into membership classes, worked with our membership database, promoted program activities, cooked delicious meals, and much more. Her warmth, creativity and support will be greatly missed! Laney leaves her position to pursue a full-time opportunity at In the Heart of the Beast Puppet Theater and we wish her well. She looks forward to attending Unity Church as a member.

From this House to the World: 2014 Pledge Drive

Turn to page 4 for all the details.



Marathon Alert

The Twin Cities Marathon will wind its way along Summit Avenue the morning of Sunday, October 6. Many roads will be closed from 8:00 a.m. to 2:00 p.m. Please plan alternate routes and allow extra time to reach Unity Church that morning.

OCTOBER WORSHIP CALENDAR

October Worship Calendar

Sunday worship services are held at 9:00 and 11:00 a.m., and 4:30 p.m. except where noted. Sermon podcasts and archives are available online at www.unityunitarian.org.

October 6: Pledge Drive Sunday

A Matter of Individual Choice: The Right to Vote and the Voluntary, Self-Sustaining Church — Rev. Jay Leach

Our liberal religion has had an extensive engagement with the essential human longing for self-determination, a defining characteristic now reflected in our affirmation of “the right of conscience and the use of the democratic process.” This core commitment is grounded in and nourished by our historical roots in the radical wing of the Reformation where religious communities were newly imagined as gatherings created and sustained by individual choice and voluntary commitment. As with all professed values, this one will only have deep meaning if we work to embody it “within our congregations and in society at large.” Let’s reflect together on the intersection between the right to vote and a congregation that is both voluntary and self-sustaining.

Rev. Jay Leach is Senior Minister at the Unitarian Universalist Church of Charlotte

October 13: *Who Knows?* — Rob Eller-Isaacs

Things used to be a great deal clearer than they are now. We used to believe we knew how to close what Parker Palmer calls “the tragic gap.” We used to think enlightened government was the answer to just about every social ill. It turns out there are some things that can’t be delegated. There are some things we just have to do ourselves. Much of the time we don’t know how. It turns out there is not a technical solution to every problem. Sometimes we have to confess our ignorance. Sometimes we have to be courageous enough to risk being wrong. Rob and worship associate Neil Bray will offer a service on what is sometimes called “adaptive leadership.”

October 20: *Bearing Witness* — Jennifer Nordstrom

In our liberal religious faith, how do we understand sacrifice and martyrdom? How does the concept of noble sacrifice influence culture and our everyday lives? Today, the concept of martyrdom expands beyond those who have died as a result of bearing witness to their religious belief. Who are today’s martyrs? On what “altars” are we making sacrifices, consciously or unconsciously? To what do we bear witness in our own lives, and what are we refusing to see? Join Hallman Ministerial Intern Jennifer Nordstrom and worship associate Drew Ross as we explore how these powerful concepts operate in our daily lives.

October 27: *Small Sacrifices* — Janne Eller-Isaacs

Are there such things as small sacrifices? Most assume sacrifice means giving something up for the sake of someone else, a larger goal or the common good. By always placing sacrifice in such large context, might we be missing something about the nature of sacrifice? Janne and worship associate Sherri Essen will explore the meaning and purpose of small sacrifices in our daily lives.

Family Sundays

Family Sundays take place five times each church year:

- Merging of Waters (September)
- Thanksgiving (November 24)
- Christmas (December 22)
- Easter (April 20)
- Flower Communion (May 18)

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 three years of age.

Story Sundays

Story Sundays happen frequently throughout the church year, with school-aged children (Workshop Rotation, Grades 1-6) beginning their morning in worship with the congregation in the Sanctuary. After the opening hymn, prayers, and children’s message, the children proceed with their Journey Guides to their classrooms for religious education programming.

Story Sundays for the 2013-14 church year include:

- October 27
- January 19
- February 9
- March 23

Blessing of the Animals

Sunday, October 13 • 1:30 p.m. • Portland Avenue Green Space

The Blessing of the Animals is an intergenerational service celebrating the many ways animals contribute to our lives. The short service will include readings, songs, and a special blessing ritual. Bring a leashed or contained pet (or a picture of an animal or pet) to the Portland Avenue Green Space at 1:30 p.m. The service will be led by Rev. Janne Eller Isaacs and musical guest, Eric Heegaard.



Board of Trustees

From Lia Rivamonte, Trustee



This summer I helped my husband Matt Brown plan a memorial service for his mother Kitty. I know many of you have had to face this same sad task. It can be a difficult one when disbelief and grief are still so fresh. The reason I am writing, however, is not so much to elicit sympathy, which has been generously given us and most gratefully received, but to share how deeply affecting our memorial service in the Unitarian Universalist tradition was and how important it became to those in our family who were neither UU or affiliated with a denomination of any kind.

Kitty did not attend any church on a regular basis but had grown up in the Unitarian Church of her father who served as the first deacon of his Massachusetts congregation. So it was not a huge leap for Matt and me to ask family members to consider a UU service for this final ritual to celebrate a life well lived. However, there was not much enthusiasm for a denominational church service even though it was agreed among family members that some sort of memorial had to be done.

Kitty lived in a small village in mid-coast Maine. It was New England after all, so it was not too difficult to locate a UU minister, although she was part-time and there was no physical building connected with her ministry. As it happened, Erika Hewitt was not only acquainted with Rob and Janne, but also considered them to be cherished mentors. (I can only imagine how many young UU ministers have benefited from contact with R & J!) Erika shared with us her typical order of service and by email, we figured out the details. Kitty had been a gifted poet and we sprinkled the program liberally with some of her most apt words. We chose hymns and a responsive reading that spoke of the beauty and nature Kitty so prized. Her sons shared their memories of her, grandchildren read from her poems, and Erika's homily so unerringly evoked a portrait of this woman we would all miss—it was as if she had actually known her in the flesh.

It was gratifying for us to be able to share even a little of what we experience in our Unity services on a regular basis: profound emotion, grace, prayer, silence and the comforting cadence of word and song expressed in unison. That day, Kitty's friends and family felt it—the welcome, reverence, and beauty of a ritual that invited mystery but that did not exclude participation of anyone at any time. The service was accessible, emotional, intellectually satisfying and prayerful — in other words, fully human. For this, we are truly thankful — thankful for this Unity community that grounds us, and for the larger UU world that was able to offer meaningful connection when we needed it most. We are hopeful that those friends and family who tasted from this ever-expanding feast we call Unitarian Universalism, will hunger for more. But even if we did not “convert” anyone, we are happy to have been able to share our “good news.”

From This House to the World October is Pledge Drive Month!

From Jackie Smith, Pledge Team

Within *this house* we find gatherings — groups, large and small — of people who come together to worship and sing, to reflect and pray, to teach and be taught, to laugh and eat and share stories, to work diligently to provide the gifts that this church home offers to us. How often have we heard (or perhaps said ourselves) a declaration of having “come home” when coming through the doors and into this house? And how often have we felt renewed and empowered to go back *into the world* with faith, hope and clarity?

We have come to expect and appreciate inspirational worship, beautiful music, thoughtful pastoral care, energized religious education for our children, robust programming, dedicated staff, great food, and support for living authentically and powerfully in the world, and... supporting the operating budget is *everyone's* responsibility. We are a spiritual cooperative. We are here — together — giving and receiving.

Here's what you need to know when considering your 2014 pledge to Unity Church:

- Pledges are needed from *everyone*. Contributions of all amounts are needed to sustain this community.
- Four hundred (400) households have already pledged \$850,000 for the 2014 Operating budget, which is a wonderful start!
- We need another three hundred (300) households to pledge an additional \$350,000 by the end of October so that we can approve our 2014 budget at the Annual Congregational Meeting on November 16.
- In the **first week of October you will receive your 2014 pledge card in the mail. Please bring it to church with you on Celebration Sunday, October 6, when the Reverend Jay Leach will be our guest preacher.** We will participate in a ritual of giving at all three services. If you have already pledged, your amount will be noted on your pledge card, and you are encouraged to increase that amount if you are able.
- If you have not yet pledged for 2014, please be among the three hundred households that helps us reach our goal!



Rev. Jay Leach

2013-14 MINISTERIAL INTERNS

Jennifer Nordstrom

2013-14 Hallman Ministerial Intern



Autumn is my favorite time of year, and I am so grateful to be spending it back in the Midwest. The season stands poised between the busy creation of summer and the quiet rest of winter. The balance, the change, and the slow drawing down make me feel awake and wild. At the very beginning of autumn, the wind slightly shifts and brings in something crisp and alive. I perk up, aware of the subtle change, the slow shifting of the light. The days are growing shorter. The light tips between day and night, and I feel full.

Soon there will be pumpkins. We harvest the earth's creations, and our own. There is bounty on the table, and in the heart. There are so many celebrations this time of year where we share our meals, our homes, and our lives. We say grace and pass the corn.

The vibrant reds, oranges and yellows of autumn's leaves electrify me. I love the bright shapes on the pavement, the sound of dry crunching under my feet. Autumn's falling leaves have a smell that sends me soaring.

The enlivening effect autumn has on me stands in contrast to what is actually happening: things are dying. Autumn is nature's slow drawing down of the shades and quieting of the mind. Life is tucking in on itself, gathering what it needs to survive and shedding anything unnecessary in order to prepare for the winter. Birds are flying south. Humans are making jams and preserves. What do we need in our pantries to make it through winter? What kinds of warmth and nutrients do we need to store in our bodies and our souls to make it through the long, cold, dark quiet? What unneeded stuff do we have sitting around taking up time, energy, or space? Gather what you need now, in these days of lively dying, and shed what will not sustain your spirit through the dark. This is a time for reckoning, reveling, and remembering what is most important.

Jennifer Nordstrom can be reached by email at jennifer@unityunitarian.org and by phone at 651-228-1456 x129.

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Karen Van Fossan

2013-14 Ministerial Intern



I was raised on limericks.

My grandpa Van was not only a delightful and raucous Southern Illinois storyteller and a Hard Shell Baptist with the cadence to match, he was a great purveyor of limericks. I confess that the ones I remember are not a good fit for a multigenerational church newsletter. Nevertheless, I have the rhythm and lightness of limericks in my bones by now, and limericks are what come to mind when it's time to share a little of my life with you.

If you are not a fan of limericks, please imagine, as you read them, that you and I — and Grandpa Van — are picking heavy, wide tomatoes from the vines out back. We can already taste, just about, the corn-on-the-cob bubbling in the kettle on the stove. The cousins are coming, tables are being put up in the yard, and Grandma, with long red fingernails, is doing some kind of magic with a big batch of cucumbers from the neighbor.

In this context, the place where I came to love Grandpa's words of all kinds, I offer these limericks to you. (Special thanks to my mom, a musician, for her loving help with meter and cadence!)

Each one is based on my studies at United Theological Seminary, here in the Twin Cities. This semester, I am a Teaching Assistant (TA) for Rev. Dr. Carolyn Pressler's Old Testament class. So I'll begin with a limerick based on the Tower of Babel story in Genesis.

At Babel, they put up a tower.
They tried to reach God/Higher Power.
For showing such pride,
God scattered them wide.
Are we scattered, as well, to this hour?

Here's one based on Rev. Dr. Paul Capetz's Historical Theology course, which I loved TAing for last year, and where I learned that there are currently about 40,000 Christian denominations in the world.

Luther and Calvin, they say,
put Protestantism in play.
But "Schism!" cried some;
"This shouldn't be done!
"Divisions will soon rule the day!"

Finally, this one is inspired by last year's UU History and Polity course, taught by Rev. Rob Eller-Isaacs and Rev. Lisa Friedman.

What's ahead for the U and the U?
And what is God calling us to?
Wait; there's a Lord!
Well, let's ask the Board!
Or perhaps a Committee would do?

Feel free to send me your own limericks at karenv@unityunitarian.org. You can share one by voice at 651-228-1456, ext. 109. Or you can stop by the interns' office and deliver one in person. I'd also love to hear about your grandmas and grandpas.

CONGREGATIONAL LIFE

Welcome Words

How wonderful it is to see so many smiling faces at church and to feel the spirit of this community! It is a profound reminder that the journey of growing our souls is not just an individual task — it is more fun, challenging, and meaningful when we do it together. My childhood minister talked about each of us carrying a “loose-leaf” Bible, one that allows us to remove or to add pages as our personal beliefs and understanding change through the years. The times when I have made changes to my own scripture were most often sparked by significant conversations or experiences that I shared with others. I learned to value my companions at church and the wider community as co-learners and co-teachers in faith and love. May we be grateful for this journey that we share and courageous in growing our souls together!

Rev. Lisa Friedman

Director of Congregational Life

Pathway to Membership Classes

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

Welcome to Unity: Our Class for Newcomers
Sunday, October 6: 10:15–11:30 a.m. ~ also offered ~
Sunday, October 27: 5:45–7:00 p.m.

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

Finding Yourself at Unity: A Deeper Exploration
September 28: 9:00 a.m.–4:00 p.m. (includes potluck lunch)
~ also offered ~

November 2: 9:00 a.m.–4:00 p.m.

In this class, we will have an opportunity to share part of our religious journey, to take a more in depth look at the history of Unity Church, to discuss the expectations and benefits of membership, and get to know the programs and ministries of the congregation.

Committing to Unity: Joining Unity Church
Wednesday, October 23: 7:00-8:30 p.m.

This class explores the deeper meanings and expectations of membership and shared ministry. It offers time to reflect on the meaning of generosity and how you can discover the places in your life where the world's needs meets the gifts and joy you have to offer. The class will conclude with a celebration ceremony as participants sign the membership book and officially join the church! A New Member recognition ceremony will be held on Sunday, November 3.

Ongoing Groups at Unity Church

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

A New Look at the Bible: Second Thursday of the month (October 10) at 7:00 p.m. Contact: Paul Gade at 651-771-7528.

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

Caregivers Group: An informal support group for caregivers. Third Thursday of the month (October 17) from Noon–2:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org for more information.

Evergreen Quilters: Second Tuesday of the month (October 8) from 7:00-9:00 p.m. and fourth Saturday of the month (October 26) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright at 651-698-2760 for more information.

Job Transitions/Networking Group: Every Monday at 9:00 a.m. in the Anderson Library. Contact Janne Eller-Isaacs at janne@unityunitarian.org for more information.

Living With Grief Group: A group for people living with grief and loss. Third Tuesday of the month (October 15) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs at janne@unityunitarian.org for more information.

Men's Retirement Group: Monday, October 7 and 21, from 1:00-3:00 p.m. Contact: Phil Morton at 952-934-3578 for more information.

Unitots!: A drop-in playgroup for families (parents, grandparents, aunts and uncles) with kids through preschool age. Every Monday and Thursday, from 9:30 a.m.-noon, in the nursery. Contact Christy Randall at christy@unityunitarian.org for more information.

Unity Book Club: Second Tuesday of the month (October 8) from 7:00-8:30 p.m. The book they will be discussing is *Destiny of a Republic: A Tale of Madness, Medicine and the Murder of a President* by Candice Millard Contact Jack Hawthorne at jack.hawthorne@comcast.net for more information.

Unity Bridge Club: Friday, October 4, at 7:00 p.m. Contact: Priscilla Swartz at 651-454-3209.

Women's Retirement Group: Second and Fourth Thursday of the month (October 10 and 24) from 1:00-3:00 p.m. Contact Leah Doherty at doher001@umn.edu.

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

CONGREGATIONAL LIFE

Elders Circle Group

Tuesday, October 29 • 1:00-2:30 p.m. • Center Room

The Elders' Circle is a group of church elders (self-identified) who get together monthly for fellowship, reflection, and fun. As we gather again in the new church year, we will share stories from the summer months, talk about our hopes for this year, and meet the new group convener, Hallman Ministerial Intern Jennifer Nordstrom. For more information, contact Jennifer at jennifer@unityunitarian.org or 651-228-1456 x 129.

Last Chance to Sign Up for Dine with Nine Suppers

Are you interested in getting to know more people at Unity Church? Do you enjoy great food and lively conversation? Beginning this month, small groups of Unity members and friends will gather in each other homes once a month for food and fellowship. You can sign up to participate on Unity's website, or by emailing Teresa Wernecke at teresa475@gmail.com. Please include your contact information and let us know if you would like to sign up for a family or adult only group or whether you have particular location or transportation needs. All are welcome. We look forward to another great year!

HOLD THE DATE: Black Friday at Church

*Feeding the Spirit on the Feast Day of Consumption:
Infinite Gifts in a Finite World*

Friday, November 29 • 10:00 a.m. • Sanctuary

Marketers call the Friday after Thanksgiving "Black Friday" because it is often the day that retailers first "go into the black" for the year as holiday shopping gets under way.

Unity Church's sixth annual "Black Friday at Church" celebration offers you an opportunity to launch the holiday season with spiritual renewal, fellowship, and good cheer, instead of habitual consumerism.

Join fellow Unity Church members, families, friends, neighbors and colleagues on the Friday morning after Thanksgiving Day for a joyous, intergenerational worship service. Activities for children and families, as well as child care, will be provided.

All are welcome to this ecumenical service, a Unity tradition.

The service will feature a Collage of Voices reflecting on its abundance theme, "Infinite Gifts in a Finite World." If the Black Friday theme evokes a response for you, or if it brings to mind a story of a holiday gift you received that has increased in "value" to you and yours over time, tell us about it.

Please email your thoughts in writing to service planning team member Hal Freshley at halfresh@q.com by Monday, November 11.

Mark Your Calendars for Sources Suppers in February

There is a big, bold vision behind the Sources Supper: let this be the last generation of Unitarian Universalists who don't know where they came from. Let the next generation stand inside a tradition they know and love—and then take it to new places. In the Sources Supper tradition we come together to tell the story of Unitarian Universalism and apply it to our lives today. It's an opportunity for community building and spiritual deepening. There are two options to participate: in one another's homes on February 8 and 15, and at the church on February 8. Not everyone knows that the Sources Supper originated here in the Twin Cities, at First Universalist and Unity Church. To read about the origins of the Sources Supper and the key events covered, go to www.SourcesSupper.org. Save the date and watch for more information about hosting and signing up in future newsletters.

Mad Messy House

Finding a "family work" formula that works for your partners!

Three Saturdays

October 28

November 2

November 9

9:30–11:00 a.m.



Conflict over household and childrearing duties is an issue for any marriage or committed partnership. Yet there aren't good models for discussing our values around family work and being deliberate about managing our resources (time and energy) in households that are in constant flux. In this three-week couples workshop, you and your partner will create a family work formula that's flexible, compassionate, and feels fair to both of you. In this workshop, you will:

- Explore your expectations
- Create a values statement
- Calculate how much time you and your partner have
- Inventory what's being done
- Take action based on your values
- Be accountable for your change

The first two weeks of the workshop will focus on household chores and projects, and the third week will focus on childrearing. Couples without children in the home will find the first two weeks beneficial and may or may not stay for the third week. Child care will be provided. Please sign up for the workshop at unityunitarian.org or email lisa@unityunitarian.org and indicate whether you will need childcare.

The workshop will be led by Jen Niemela, a magazine editor, mommy blogger and writer. Jen and her husband Joe Brzycki have a house full of children that's relatively untidy and they're mostly at peace with it.

WELLSPRING WEDNESDAY

Wellspring Wednesday is a multi-generational opportunity to gather together midweek at church for food, fellowship, and fun. Dinner begins at 6:00 p.m., followed by worship at 6:45 p.m., and an evening of rich programming beginning at 7:10 p.m. All are welcome. Childcare is available and you do not have to sign up in advance.

Dinner: The cost for dinner is: \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family, and can be paid by cash or check. (Children under the age of 24 months are free.) Reservations for dinner are not required. Financial assistance is available to cover the cost of dinners; contact Lisa Friedman by e-mail at lisa@unityunitarian.org or by phone at 651-228-1456 x107.

October 2

Dinner menu: curry stew, salad, sorbet

The Conflict in Syria and the International Response

This talk will focus on the conflict in Syria and the international response to that conflict. What has been done to address the conflict? Why hasn't more been done? What is the responsibility of the United States and other countries? These are some of the questions that we'll consider.

Dr. Weber is a member of the Political Science department at Macalester as well as the Director of Macalester's Concentration in Human Rights and Humanitarianism.

The Great College Search: Financial Aid Basics

This program is for high school students and/or parents who are currently in or interested in starting a college search and application process. Sessions will consist of presentations followed by question and answer sessions. We'll also try to raise-up topics that might be of special interest to UU searchers. *Craig Allen is a member of Unity Church and a certified college admissions counselor. He is also a member of the Higher Education Consultants Association and the Minnesota Association for College Admission Counseling.*

Tween Group: Community Fun and Games

Youth in 5th-8th grade are welcome to attend the Tween Group. See page 14 for details.

New Family Religious Education Orientation

October 9

Dinner menu: roasted fall vegetables with couscous, mixed greens salad, french bread, and apple crisp

Nepal Social Service Fund: Minnesota Yankees Report from the Top of the World (Nepal)

We have been working in remote areas of Nepal since 1984 around issues of literacy, farming, health and animal care. Our organization, Nepal Social Service Fund, trains local people to provide most of the services. It really is a great adventure with spectacular results. We will enjoy sharing our experiences and discussing the power of community-based programs.

This program is led by Dr. Earl and Mrs. Bev Thompson, founders of the Nepal Social Service Fund.

October 9 continued

Ageless Grace

"Brain researchers say there are ways to boost brain power and stave off problems in memory and thinking... first and foremost is to exercise." Learn about an exercise program that helps your brain as well as your body, and that you can do for life AT ANY AGE! Ageless Grace is an exercise program done SEATED and to music, and is based on natural movements. No need to bring special clothes. You can find more information at www.agelessgrace.com.

Pola Rest is a certified Ageless Grace educator, as well as a multi-language teacher and dance enthusiast. She first was attracted to Ageless Grace to interest her now 89-year-old mother in exercising daily. Her mother loves the program!

The Great College Search: Competitive Colleges: What, Why (or Why Not), and How (See October 2 for details.)

Tween Group (grades 5-8): Food and My School

Watch and discuss *Yuck!* a guerilla documentary by a 4th grader to expose his school's integrity (or lack thereof!) in their school lunch program.

October 16

Dinner menu: TBA

Ending the School-to-Prison Pipeline: Youth & Young Adults

This program will feature Dr. Nancy Heitzeg, Professor of Sociology & Critical Studies of Race and Ethnicity at St. Catherine University. Dr. Heitzeg will provide an overview on the school-to-prison pipeline as it relates to youth and young adults. A firsthand story by someone who has been caught in the pipeline will also be shared. Opportunities for service and advocacy with community partners will be provided. See page 13 for details about this yearlong program offered by Unity's Restorative and Racial Justice Outreach Teams.

Open Page Writing Session • Letting Go: Writing about Sacrifice RSVP required to karen@unityunitarian.org

"The law of every living thing is growth," writes Susan Griffin, "through love, through willing sacrifice, or both." This writing session explores what are the sacrifices required of us today? And how do we respond? See page 10 for details.

Tween Group (grades 5-8): Community Fun and Games

WELLSPRING WEDNESDAY / PARISH HALL ARTISTS

Wellspring Wednesday *continued*

October 23

Dinner menu: TBA

What's Your Story? How Stories Unite and Divide Us.

"The universe is made of stories, not of atoms." Muriel Rukeyser (American poet and political activist, 1913-1980)

Cave drawings suggest that stories have been with us since humans first walked together on Earth. A powerful story can do many things, such as help us make sense of our world or shed light on a dire situation that couldn't get attention otherwise. On the downside, a well-told story can overwhelm the facts at hand.

Laura Pedersen is an author and former New York Times columnist (www.LauraPedersenBooks.com). She was raised in the UU Church in Amherst, New York, and is currently a member of All Souls Unitarian Church in Manhattan.

Tween Group (grades 5-8): Food in Minnesota

Learn about one local farm and discuss CSA's and how we can support faith through food.

Committing to Unity

This class, led by Unity's Director of Congregational Life Rev. Lisa Friedman, explores the deeper meanings and expectations of membership and shared ministry. See page 6 for details.

October 30

Dinner menu: TBA

Wellspring Wednesday Halloween Special

Come celebrate Halloween Unity-style! We will enjoy a fun evening with Halloween activities for all ages, including pumpkin carving, a child-friendly haunt, and a few ghosts of Unity's past. Costumes are optional, but very welcome!

Soup Suppers Have Returned!

Soup Suppers have returned after the 4:30 service.

Come join us for a delicious meal and good conversation. If you are interested in helping to cook and/or serve soup once a month, please contact Rev. Lisa Friedman at lisa@unityunitarian.org.



October Parish Hall Artists

Altered Realities

Bonnie Cutts and Cynthia Starkweather-Nelson

We are pleased to have the opportunity to exhibit here at Unity Church. We have shown together various times over the years and our work seems to carry on a conversation when placed in a space together.

Cynthia Starkweather-Nelson • starkweather-nelson.com

My water series has been evolving for over the past eight years and I am currently at a point of creative flux. My general working process is to gather digital images from the waters of a northern Wisconsin lake and other natural settings. Analyzing those images I find compositions that have attracted my attention. My first paintings on this theme challenged me to capture the light, reflections, and myriad of colors found in every unique situation.

Subsequent works began to explore what can only be captured in the instant the digital image is taken. Upon studying the digital images I begin a system of deconstructing the visual information from the bottom up in an attempt to describe in my paintings the visual complexities found in the unmanaged plant growth under the surface to the interaction of light and line dancing on the waves and how they visually connect.

Now using the digital images as reference I trust my understanding of the structures to develop the work I wish to create. Digital images are hung throughout the studio. Using these as basic reference points my current work is more intuitive, and complex. This working process is more immediate and allows for abstract compositions. When I finish a painting by pulling together various textures and visual connections I feel a refreshing of the spirit.

Bonnie Cutts • bonniecutoff.com

My acrylic paintings reflect my love for painting and are inspired by the natural world around me. Thick, viscous surfaces resonate with color and depth. The tactile layers, in combination with both bold and subtle colors, suggest pushing our boundaries and moving through spatial relationships.

Indeed, sometimes the physicality of painting and creating artwork is like a dance. I love the action of working with the acrylic materials: manipulating them, applying them, incising into them, and reapplying a new mixture. At other times, I am reminded of digging in the dirt, working the soil, and planting the seeds. Just as I watch my garden grow, so do I watch my paintings unfold with each applied layer. The finished painting unearths a feeling deep inside of me: one that works, one that feels right and complete. Balance and harmony are paramount in my work and in life. I pay attention to my surface; numerous layers of paint and gels are applied to create it. Often, the paintings have a feeling of textural relief. The layers I apply disclose my exploration of my materials, acrylic products that simultaneously screen and reveal portions of the underlying textures, forms, and colors. What is not visible is as important as what is seen.

ADULT LEARNING / LIBRARY & 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.

Open Page Writing Session: Vocation

Sunday, September 29 • 2:00-4:00 p.m. • Unity Church

Free; RSVP required to karen@unityunitarian.org

We've often heard Frederick Buechner's definition of vocation as that place "where your deep gladness meets the world's deep need." This writing session explores that meeting point and looks for the thread of vocation woven through the fabric of each of our lives.

How to Generate Material When the Well Is Empty

Saturday, October 12 • 2:00-4:00 p.m.

Southdale Library • 7001 York Ave., Edina

Free; but RSVP to library required at 612-543-5900

Has your muse decided to take a vacation? Come learn how to use what is close at hand to generate ideas and plenty of good writing, even when you feel completely uninspired to sit down and write. A "First Pages" program co-sponsored by the Loft Literary Center and Hennepin County Library.

Open Page Writing Session: Letting Go: Writing about Sacrifice

Wednesday, October 16, 7:00-9:00 p.m. • Unity Church

Free; RSVP required to karen@unityunitarian.org

"The law of every living thing is growth," writes Susan Griffin, "through love, through willing sacrifice, or both." This writing session explores what are the sacrifices required of us today? And how do we respond?



What's New in the Library and Bookstall!

From Louise Merriam, Library and Bookstall Team

Banned Books Week, an annual event sponsored by the American Library Association, usually occurs at the end of September. The week celebrates the freedom to read and seeks to increase awareness of efforts to restrict access to unpopular ideas and materials.

You may be surprised to learn that campaigns seeking to prohibit reading materials from libraries, schools, churches and bookstores continue to occur across the country. The 10 most challenged titles in 2012 were:

- *Captain Underpants* series by Dav Pilkey
- *The Absolutely True Diary of a Part-Time Indian*, by Sherman Alexie
- *Thirteen Reasons Why*, by Jay Asher
- *Fifty Shades of Grey*, by E. L. James
- *And Tango Makes Three*, by Peter Parnell and Justin Richardson
- *The Kite Runner*, by Khaled Hosseini
- *Looking for Alaska*, by John Green
- *Scary Stories* series, by Alvin Schwartz
- *Beloved*, by Toni Morrison
- *The Glass Castle*, by Jeanette Walls

Lest you think that Minnesota is exempt from the efforts to ban specific books, look at the record. In 1997, parents in Coon Rapids tried to have the *Goosebumps* series removed from an elementary school library. In 2012, a parent in Rochester sought to ban *And Tango Makes Three*, a true story about two male penguins who built a nest and hatched another penguin couple's egg in the Central Park Zoo. John Steinbeck's *Of Mice and Men* was challenged in Bemidji in 1995. And the list goes on.

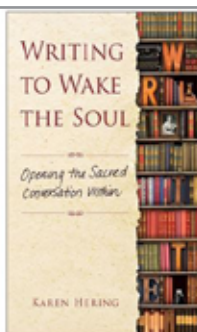
The Library and Bookstall Team tries to acquire materials that appeal not just to everyone, but to small groups within our community. That's why we have books on church history, Satanism, evangelical Christianity, racism, Wicca and a wide range of other popular and unpopular topics. As Jo Goodwin said, "A truly great library contains something in it to offend everyone."

Come Celebrate the Launch of
Writing to Wake the Soul
Opening the Sacred Conversation Within



With Author & Literary Minister
Karen Hering

Find out more about Karen's ministry
and read an excerpt of the book
at: KarenHering.com



Friday, Nov. 8, 2013 at 7:00 p.m.
Unity Church, Parish Hall

Oct. 7, 2013

Last Call for Submissions to
Cairns: The Unity Church Journal of the Arts

You contribute. We publish.
The congregation is enriched.

Send your submissions to:
literaryjournal@unityunitarian.org
Or

Drop in Cairns mailbox in the Unity copy room
by Oct. 7, 2013. Thank you.



MUSIC MINISTRY

Music Notes

From Ruth Palmer, Director of Music Ministry



It takes a village to make a Music Program...

This borrowed and adapted quote tells the real truth about the success of a good and healthy music program, perhaps any program. It is almost impossible to make a definitive list of all the musicians: singers and instrumentalists; supporters as listeners, parents and family; contributors of ideas, feedback, energy and gifts.

Look around you and you are bound to see one of these people. Perhaps you are ever one yourself. One of the most valuable things about a good music program is the ability for someone to participate on so many levels. The result of a good music program provides an opportunity for deeper connection with this worship community and a deepened individual worship experience.

I give special thanks to all the instrumentalists, singers, parents and families who have given so many hours of time and talent to contribute to Unity Church's exceptional musical life, to the excellent music staff members who use their talents to support their belief in the value of this artistic expression, to a truly inspiring Unity Church staff full of colleagues who work with passion and highest intention, and to the members and friends of Unity Church who give reason and life to the idea of Music Ministry at Unity Church.

It is a great joy to work with all of you and I look forward to this year ahead of us with all its challenges and rewards. In fact, I look forward to just plain living life with you through our shared expression in music.

Sing in a Unity Church Choir

Here at Unity Church we have a vital choral program and invite you to consider joining us this year. For the adults, it is helpful to have some musical experience such as music lessons at some time in your life or having sung with a choir. Of course, if that is not in your background but you have a passionate interest and the courage to jump into the flow of things in order to learn a new skill, we invite you to come and sing with us. We have a great time together!

Contact Ruth Palmer, Director of Music Ministries, with any questions at ruth@unityunitarian.org or 651-228-1456 x118.

Here are the rehearsal schedules:

- **Children's Choir** (grades 1 - 5): Sundays from 10:15-11:00 a.m. Kathleen Radspinner, director (kathleenr395@gmail.com)
- **Unity Choir** (adult, high school and beyond): Thursdays from 7:30- 9:15 p.m. Ruth Palmer, director
- **Unity Singers** (auditioned membership): Tuesdays from 7:30-9:30 p.m. Ruth Palmer, director
- **Women's Ensemble:** Sundays from 10:15-10:45 a.m. Ruth Palmer, director



CABARET & AUCTION

Make Your Own Kind of Music

Join us for an unforgettable evening of food and fun featuring the Twin Cities' hottest talent, great silent auction and fabulous dinner.

Sunday, October 6, 2013 • 4:30 pm

The Metropolitan Ballroom

5418 Wayzata Blvd, Minneapolis, MN 55416

The fun starts at 4:30 pm with a silent auction and continues with dinner and a cabaret program featuring many of the Twin Cities top performers, Ann Michels, T Mychael Rambo, Seri Johnson, Beth Gilliland, Dane Stauffer and many more!

Tickets \$65 and \$95 or purchase a table of ten seats and bring your family, friends and colleagues.

**More info and ticket purchase:
www.OneVoiceMN.org • 651.298.1954**

Building community and creating social change by raising our voices in song.

COMMUNITY OUTREACH MINISTRY

News from the Unitarian Universalist Service Committee



Make a difference for people living with disabilities: The UUSC urges ratification of human rights disabilities treaty

This year, the U.S. Senate will again take up consideration of the Convention on the Rights of Persons with Disabilities (CRPD). This is a human rights treaty that will strengthen the rights — including the human right to water — of 57.8 million people in the United States. Last December, the Senate fell a crucial five votes short of the super majority required to ratify the treaty.

The media coverage of the Senate's failure to ratify the disability treaty has been overwhelming and the CRPD's Senate leaders remain committed to bringing the treaty up in the 113th Congress.

What is the Convention on the Rights of Persons with Disabilities?

The CRPD is an international human rights treaty that was inspired by U.S. leadership in recognizing the rights of people with disabilities. The CRPD is a vital framework for creating legislation and policies around the world that embrace the rights and dignity of all people with disabilities. The United States signed the CRPD in 2009 and was closely involved in drafting the treaty — and it is now time to show our commitment and ratify the treaty. Contact your U.S. Senators with the following message:

"Hi, I'm [name], and I live in [home state]. I support U.S. ratification of the Convention on the Rights of Persons with Disabilities. We need the protections for people living with disabilities to be supported and extended throughout the world. Please vote to support ratification of this treaty."

Unity's 8th Annual Pilgrimage to NOLA!

November 2-9, 2013!

This pilgrimage is a time to participate in volunteer service in some of the many New Orleans neighborhoods that have not fully recovered from the flood following Hurricane Katrina. It also provides time away to reflect on larger race and class equity issues and the ways these issues intersect with our Unitarian Universalist faith. The week-long trip also includes meeting with community leaders, connecting with friends and homeowners from previous pilgrimages, and exploring the rich culture of the Crescent City. For more information or to sign up to travel to New Orleans, please contact Pat Haff at pat@unityunitarian.org or 651-228-1456 x126.

October Offering Recipients

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

October 6: New Orleans Pilgrimage Scholarship Fund

In November 2013, church members and friends will once again journey to New Orleans for the 8th annual Unity Church Pilgrimage to help rebuild the city after the flood that occurred following Hurricane Katrina in 2005. The New Orleans Pilgrimage scholarship Fund is for travelers who would like to join the trip but need assistance with some of the travel costs.

October 13: discapacitados abriendose caminos

d.a.c. is a small beacon of light for low income Latino families challenged by the needs of a child or an adult family member. As Minnesota's only non-profit dedicated solely to the needs of this population, d.a.c. is an award winning part of a network of small culturally focused family centers. Program activities include home visits, doctor and school visits as well as weekly parent education and support groups dedicated to strengthening Latino families. Unity Church member Linda Kjerland is a long time volunteer and serves as chair of the d.a.c. board of directors.

October 20: Transitional Conferencing

The mission of Transitional Conferencing is to assist incarcerated men and women and their families in their ability to communicate effectively as they plan for and experience transition back into family life and the community. It's main program activities are two: the Restorative Justice Circle of Healing at the women's prison in Shakopee, and transitional conferences between men incarcerated in the Dakota County Jail and their families. Unity Church member Maura Williams is one of the co-keepers of the Restorative Justice Circle at the Women's Facility at Shakopee and this offering will allow this all volunteer organization to continue to support this circle.

October 27: The Family Place

The Family Place is a daytime center located in Saint Paul providing intake and assessment services to homeless families with children. The center opens when the evening overflow church shelter closes and other drop-in shelters for single adults are not appropriate for children. Meals are offered three times a day, seven days a week. The Unity Church Evergreen and Affordable Housing Outreach Ministry teams support the work of Family Place.

Evergreen Foodshelf

The third Sunday of every month is Evergreen Food Drive Sunday. Donations can be brought anytime and should be placed in the barrels located at both the Holly and Portland Avenue entrances. Suggested items for October 20: hygiene products (shampoo, hand soap, toothpaste, toothbrushes, and deodorant).



Understanding Mass Incarceration... Ending the Cradle to Prison Pipeline

Unity Church–Unitarian’s Racial Justice and Restorative Justice Outreach Teams are sponsoring a Wellspring Wednesday series as a follow-up to the 2012 congregational read of *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander.

This series will have three areas of focus: education, jobs, and housing, and will incorporate the issues of prevention and incarceration, and the effects of the War on Drugs and the Minnesota criminal justice system into each offering. Each session will follow a similar format:

- An introduction grounded in our Unitarian Universalist faith imperative
- An overview of the justice issue delivered by the guest speaker
- A first hand story by someone who has experienced the “pipeline”
- A call to action including opportunities for service and advocacy with community partners
- A question and answer session

Programs are held at Unity Church and run from 7:10 p.m. to approximately 9:00 p.m. Dates for upcoming programs will be announced as they are planned. Dinner is served at 6:00 p.m. (\$7/adult) and free child care is available during the program.

FALL 2013: EDUCATION

September 25: Stop the Cradle to Prison Pipeline: Start with Early Childhood Education

October 16: Older youth and young adults caught in “school to prison” pipeline

This program will feature Dr. Nancy Heitzeg, Professor of Sociology & Critical Studies of Race and Ethnicity at St. Catherine University. Dr. Heitzeg will provide an overview on the school-to-prison pipeline as it relates to youth and young adults. A firsthand story by someone who has been caught in the pipeline will also be shared. Opportunities for service and advocacy with community partners will be provided.

November 6: Education while incarcerated and during re-entry

WINTER 2014: JOBS

Date TBA: Job issues for youth in pipeline

Date TBA: Training issues for people in prison

Date TBA: Job issues for people during re-entry

SPRING 2014: HOUSING

Date TBA: Housing issues for youth and families

Date TBA: Housing issues for people during re-entry

For details visit
www.unityunitarian.org
or contact Pat Haff at
Unity Church by email at
pat@unityunitarian.org
or by phone at
651-228-1456 x126

MINISTRY WITH CHILDREN AND YOUTH

Pitter-pattering Questions

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

From Rev. K.P. Hong, DRE



"What is the sound of the iron flute played without any holes?" asks an old Zen koan. Not the usual flute of bamboo with mouthpiece and holes for fingers, but a flute made of solid iron with neither mouthpiece nor holes.

If you were there the first Sunday of R.E. classes—from the youngest at Spirit Play to our 9th graders in Coming of Age—you might have heard the music of iron flutes fill the air. You wouldn't have heard it with your ear, as this music eludes conventional hearing; but neither was it silent. If you were there and stood with me in the middle of it all, you would have heard its music pulsing its great heart of love inside your own heart. A song of trust and courage, of heart and body, of promise and care, poignant enough to break open your soul and offer a glimpse of our possibility together with children.

For all our teacher orientations and preparations, practicing our fingering and learning our many notes, I should have known that we would come to the opening Religious Education Sunday and find iron flutes to play. Isn't that the unparalleled gift our children offer us? You can try playing the iron flute with calculation, technique, and your best-laid plans, until you pass out or give up. Or you can do what I saw our teachers do: blowing their breath of life, being there wholeheartedly with the sound, no alibi, playing their hearts out in the midst of excited children and adults, and the music authenticated by the quality of life meeting life.

To play the iron flute is to practice a repertoire of fierce loving, and its gift is to know more deeply the mystery of what love is meant to be, to live more exposed beyond the frontiers of what we know and are, to begin to hear the poignant songlines in our hearts that still wait to be sung.

What is the sound of your iron flute? Your song, your breath that brings dust to life? Come and listen to the fugue of teachers and children, and marvel with me at the polyphony that revives in us fiercely loving hearts.

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

MEA Weekend

No R.E. classes, special activities for attending kids!

There's no Sunday School on Sunday, October 20, but if you're attending worship, bring your kids along for some fun activities directed by parent volunteers and youth workers. Activities will be provided at all three services. Sign in will take place in the Lower Level Eliot Wing.

Wellspring Wednesday Tween Group

Food, Faith and Action

Wednesdays • 7:15-8:30

Location: Junior High Room (lower level classrooms)

Youth in grades 5-8 are welcome to attend Wellspring Wednesday suppers starting at 6:00 p.m. and an inter-generational worship from 6:45-7:10 p.m. Class will begin after worship, and we will alternate between having fun together in community and sharing about food-faith-action. Attendance at every meeting is a wonderful thing, but not required. However, please let the facilitators know if your youth will not attend any given meeting, so that we may plan.

Food and Group Facilitators

Grant and Janet Wacker: wackergk@aol.com

Kelly Kist: mplskelly@me.com

K.P. Hong: kp@unityunitarian.org

Class Calendar Fall 2013

September 25: First class! Food and Me

We will get to know each other and discuss our own food preferences and choices through activities.

October 2: Community fun and games!

October 9: Food and My School

We will watch and discuss *Yuck!* a guerrilla documentary made by a 4th grader to expose his school's integrity (or lack thereof!) in their school lunch program.

October 16: Community fun and games!

October 23: Food in Minnesota

We will learn about at least one local farm and discuss CSA's and ways we all can support faith through food. Questions: How is food related to faith? How is community related to food?

October 30: Wellspring Wednesday Halloween Special

November 6: Fast Food

We will view the wonderful film *Supersize Me* and briefly discuss fast food in our lives and diets. The movie is 90 minutes, so we need youth gathered by 6:30 SHARP. Class will end at 8:30 p.m., as usual.

November 13: Community fun and games!

November 20: Food and Faith IN ACTION

We will learn about how faith communities put their faith in action and explore how Unity Church puts faith in action. Scavenger hunt!!!!

November 27: Off for Thanksgiving

December 4: Food and Our Faith Community

We will host Wellspring Wednesday this week!

MINISTRY WITH CHILDREN AND YOUTH

Parents Night Out (Free babysitting!)

Friday, October 4 • 6:00-8:30 p.m.

Unity parents are warmly invited to take advantage of our quarterly offering of free childcare for children six-months to 12 years of age. Your children will enjoy the company of other Unity kids and adults from 6:00-8:30 p.m., snack included. What's the catch, you ask? Parents are expected to spend this time with other Unity adults, especially ones you don't know well, yet! We can help connect you with other Night Out families if you're just getting to know Unity. Please feed your child(ren) dinner before arriving and have a phone number where we can get in touch with you. **RSVP required:** email christy@unityunitarian.org.

Teachers Night Out!

Saturday, October 12 • 6:00-8:30 p.m.

In gratitude for volunteer teachers' service to the church community, Unity offers 2012-13 R.E. teachers a monthly night of free childcare so that you can rest, recharge and have some fun. We'll look after your kiddos from 6:00 until 8:30 p.m. (light snack provided) at Unity Church. Pre-registration is necessary for staffing purposes; contact Christy Randall at 651-228-1456 x127 or christy@unityunitarian.org.

Childcare for Church-Sponsored Events

Unity Church is committed to making all church-sponsored activities more accessible to families by providing childcare free of charge. Families who need care for their child or children ages six months to 12 years should contact Christy Randall, Religious Education Program Assistant, at christy@unityunitarian.org or 651-228-1456 x127 at least one week prior to the event.

7th-9th Grade Youth

Coming of Age, our signature spiritual growth and enrichment program for 9th graders, continues with questions "What is the Beloved Community?" and "What does it mean to be human and alive?" The youth and mentors will be attending worship together October 13, and reminder that there is no class October 20.

Our Whole Lives, a holistic sexuality and relationship program of the Unitarian Universalist Association designed for 7th-9th grade youth, continues with focus on the human anatomy, puberty, and gender. A reminder that there is no class October 16.

Questions and comments can be forwarded to Drew Danielson, Coordinator of Youth and Campus Ministries at drew@unityunitarian.org or 651-228-1456 x112.

Helpful Reminders

How to do Sundays with Kids

Here are some tips about where and when your children or youth should be during Religious Education:

Nursery

- Infants and toddlers ages 6 months (and sitting up) through 3 years can be signed in to the nursery starting 15 minutes before each service.
- No registration required.
- Label all diaper bags and personal belongings.
- Please take a pager or leave your cell phone number.
- Collect your little ones immediately after worship.

Spirit Play

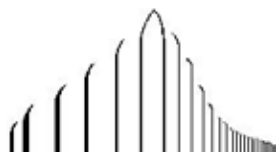
- Registered children ages 3-K can be signed in to their Spirit Play preschool class beginning 10 minutes before the service.
- Check to make sure two Teachers are in the room; if not, stay with your child until they arrive.
- Nametags are in the pocket charts on the door. Leave nametags in the pockets when you leave.
- Collect your preschooler immediately after worship.

Workshop Rotation

- 9:00 a.m., 4:30 p.m. – Registered children in Grades 1-6 should be escorted to the Ames Chapel starting 10 minutes before worship.
- Check to make sure at least two Journey Guides are in the Chapel; if not, stay with your child until they arrive.
- Nametags will be distributed on the first Sunday of R.E. After that, parents are responsible for using the pocket charts near each exit to store and retrieve nametags each Sunday. For safety and community-building reasons, please assure that your child wears a nametag while in the church building.
- Collect your child from their Workshop (varies each week, check signs) **15 minutes after** the end of worship (10:15 a.m., 12:15 p.m. and 5:45 p.m.).

Junior High (Grades 6, 7 and 8)

- Junior High youth can escort themselves to and from classes.
- Youth should wear nametags while in the church building for reasons of safety and community-building.
- Parents should check with their youth or teachers to see if any important communication was sent home with students.



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

MARG WALKER, CHAIR, BOARD OF TRUSTEES
REV. JANNE ELLER-ISAACS, CO-MINISTER
REV. ROB ELLER-ISAACS, CO-MINISTER
BARBARA HUBBARD, EXECUTIVE DIRECTOR
REV. LISA FRIEDMAN, DIRECTOR OF CONGREGATIONAL LIFE

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PERMIT NO. 1141

**TIME SENSITIVE
MATERIAL**

Beloved Conversations Retreat

Save these dates and join the conversation.

Beloved Conversations is a small-group ministry opportunity developed by Dr. Mark Hicks as a way to step beyond diversity training. The curriculum aims to develop the spiritual practice of engaging in deep personal conversation and reflection around race, how race matters and shapes the way we see ourselves, each other, and how we interact as a faith community and with the larger community.



Dr. Hicks will be leading a two day retreat on October 25 and 26. Covenant groups will be formed and then asked to meet for six more sessions, including selected Wellspring Wednesdays, through early December:

Opening Retreat Friday and Saturday, October 25 & 26

Session 1	Wednesday, October 30, 7:00 p.m.
Sessions 2 & 3	Saturday, November 9, 1:00 p.m.
Session 4	Wednesday, November 13, 7:00 p.m.
Session 5	Wednesday, November 20, 7:00 p.m.
Sessions 6 & 7	Saturday, November 23, 9:00 a.m.
Session 8	Wednesday, December 4, 7:00 p.m.

This is an opportunity unlike any we've had in quite some time and also requires a deep commitment. We will need your leadership, your participation, your vulnerability and courage! If you would like to learn more and can consider making this commitment to be involved, or would consider a leadership role, contact Drew Danielson drew@unityunitarian.org or 651-228-1456 x112.

Heart to Heart

A Couples' Enrichment Weekend

**Friday, November 1, 2013, 7:45 p.m.
to Sunday, November 3, 4:00 p.m.
Koinonia Retreat Center in
Annandale, Minnesota**

Heart to Heart is a program led by three experienced couples and is designed to enrich communication and intimacy in your relationship. All committed couples are welcome — same-sex and opposite-sex, married and unmarried.

The cost is \$410 per couple and includes two nights lodging and meals Saturday and Sunday. Financial assistance is available. Space is limited to 15 couples. Sponsored by Unity Church.

More information is available online at <http://heart.mn.cx> or by calling 651-300-4119.