

## Longing

*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 1799, Friedrich Schleiermacher proclaimed that religion was “a sense and taste for the infinite in the finite.” He believed we could sense the wholeness of the world, even if we ourselves are a tiny, circumscribed part of it. Schleiermacher was an eighteenth-century German theologian, so his writing is often dense and sometimes confusing, but his assertion that religion emerges from a desire to sense and taste something more than the finite resonates across the centuries. We long to find a wholeness amidst a fragmented, incomplete world and search for “the feeling and intuition of the universe.”

In a more modern context, former Episcopal priest Barbara Brown Taylor claims that when people talk about being “spiritual but not religious,” what spiritual often means is “the name for a longing — for more meaning, more feeling, more connection, more life.” Taylor notes that even people who rest comfortably inside the institutional church and consider themselves religious feel this longing and “harbor the sense that there is more to life than they are being shown.”

When UUs sing about there being “more love somewhere,” this may be the feeling we are trying to express. We know there is *more*, and we are going to “keep on ‘til we find it.” For many of us, longing is a critical part of our relationship with the holy, however we define the meaning of holiness. We long to recognize the holy within ourselves and in the people around us. We look for the holy in nature. Our religious longing stems from a desire to be part of something greater than ourselves, to be *more*.

In other words, longing is part of the human condition. In the late capitalist society we live in, however, we are constantly being sold the lie that material goods will satisfy our longings and provide fulfillment. Bombarded

by messages linking happiness with consumption, we get lost amidst the promise of easy solutions to our longing for more. Our yearning for connection and depth get repackaged and expressed as a craving for stuff. Advertisers promise we can “super-size” our fries, “taste the rainbow” with our candy, and know that for “everything else, there’s Mastercard.” The dominant message blares: we need to do more, spend more, own more.

Our longing deserves better.

One answer? The Irish priest and poet John O’Donohue asks that each of us “come to accept your longing as divine urgency” and to bless “the longing that brought you here and quickens your soul with wonder.” Similarly, every Sunday at Unity our common prayer calls us to “live into our longing to embody and help to build the Beloved Community.” The plea that we might “live into our longing” is a countercultural understanding of longing. This is not longing as acquisition, as unfulfilled sexual desire, as yearning for lost youth. Instead, our weekly prayer calls us to stay awake to new possibilities and keep moving toward our better selves. Living into longing creates a divine urgency that pulls us toward the holy and helps us move from isolation into community.

But for all the theological implications of longing leading us toward wholeness, it is a bittersweet feeling. The sound of oboes and a bow pulled taut across violin strings, an aching desire for a former love, melancholic memories of childhood homes: all those embody longing. We long for people who were once part of our lives, but are now gone. Longing is imbued with emptiness, a sense of something lost, cravings that refuse to be satisfied. As William Blake wrote, “joy and woe are woven fine, clothing for the soul divine: under every grief and pine runs a joy with silken

twine.” Longing contains the potential for heartbreak.

Indeed, Buddhist teachings name longing and desire as the *cause* of suffering, cautioning that we need to give up “grasping desire” and instead bring loving awareness to our needs. Too often, unhealthy longing impedes our ability to be mindful, causes us pain. Learning to embrace the incompleteness of life, to accept longing and realize it is not meant to be solved but instead lived with in a companionable way, shifts how we understand our desires. While longing never disappears, it can become our friend, a pathway toward openness. One answer to the longing for *more* comes in noticing the everyday miracles that happen when we pay attention. What we long for surrounds us.

So singing loudly from the grey hymnal (#209), let’s “come, you longing thirsty souls, drink freely from the spring. And come, you weary, famished folk, and end your hungering. Why spend yourself on empty air? Why not be satisfied? For everywhere a feast is spread that’s always at our side.”

*Hallman Ministerial Intern*

*Kathryn Jay with this month's theme team: Drew Danielson,*

*Janne Eller-Isaacs, Rob Eller-Isaacs, Ken Ford, Lisa Friedman, and KP Hong*

### Longing Theme Resources

#### BOOKS

*The Myth of the Eternal Return: Cosmos and History* by Mircea Eliade (1954)

*100 Years of Solitude* by Gabriel García Márquez (1967)

#### CHILDREN'S BOOK

*Zen Shorts* by Jon Muth (2005)

#### MOVIES

*Coco* (2017)

*The Visitor* (2007)

## Just Words



*She did not tell them to clean up their lives or to go and sin no more. She did not tell them they were blessed of the earth, its inheriting meek or its glorybound pure. She told them the only grace they could have was the grace they could imagine. — Toni Morrison, Beloved*

American Unitarian philosopher Ralph Waldo Emerson, despite his expansive vision, is often portrayed as erudite and haughty. When asked if Emerson thought himself above Matthew, Mark, Luke, and John, Emerson biographer Robert Richardson replied, “no, he simply considered them to be colleagues.” Imagine realizing the need for a new gospel and actually trying to write one. Whitman attempted it with *Leaves of Grass*. More recently the brilliant Afro-futurist writer, Octavia Butler, set down a gospel for a post-apocalyptic America in *Parable of the Sower*. It is called “Earthseed” and it begins with these two little verses:

*God is Change.  
Shape God.*

This is scripture that goes right to the heart of our faith. We are lifelong learners, seekers who know deep down that everything we love, everything we know, and yes, everything we can imagine is changing. As partners in creation we are stewards of that change, guardians of wonder.

Just Imagine

- Being at home in a multicultural community built on authentic relationships.
- A community grounded in personal practice and communal worship that grows our capacity for wonder and spiritual deepening.
- A community that articulates its Unitarian Universalist faith, teaches it to our children, shares it with others and lives it courageously in the world.
- A place we can know each other is all our fullness and create an ever-widening circle of belonging for all people.
- Being people who generously give and openly receive compassionate care in times of joy, sorrow and transition
- Discovering and pursuing our individual and collective work to advance justice, wholeness and equity for people, our Earth and all life on it.
- Creating brave space for racial healing and dismantling dominant culture.
- Sustaining and stewarding the church and our larger Unitarian Universalist movement for the future.



Just Imagine

These are your words. These are your promises. Hundreds of you gathered to let your trustees know how you want your church, and so your lives, to change over the next five years. This month we will come together on Saturday the 13th for a Day of Prophetic Imagination, joining our hearts and engaging the arts in a multigenerational celebration of the course we’ve set. Then the following day we will come together for Just Imagine Celebration Sunday when we will commit ourselves anew as we bring our pledges forward as sign and symbol of our faith.

In joy and wonder,  
Rob Eller-Isaacs

## The Wheel of Life

### In Memoriam

**Betty Hardacker**

May 24, 1925 – September 16, 2018

### In Celebration

**The Rev. Laura Kampa Thompson**

installed as the minister of  
Minnesota Valley UU Fellowship  
in Bloomington, Minnesota  
August 26, 2018

**Wesley Miller Obstfeld**

born one more redeemer  
September 5, 2018

to parents

Shelby and Jared Obstfeld  
Grandparents

Brandon and Cathy Miller  
Great Grandparents

Dennis and Carol Miller

## Save the Date

### Celebrate Ruth Palmer

Mark your calendars for the evening of May 11, 2019, when we will have the opportunity to 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 following the concert. More information will be coming as the day approaches, but for now, save the date!

# OCTOBER SUNDAY WORSHIP

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## October Worship

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

### October 7: *Longing for Belonging*

One of the most important and powerful longings of the human heart is for belonging. More important even than food or shelter, belonging can offer us a sense of purpose, meaning, and connection that can sustain us no matter what ups and downs life may throw our way. Join Rev. Jen Crow and worship associate Bryan Smith in an exploration of what it might mean to honor that human longing for belonging, for ourselves and each other. Musicians: Shahzore Shah, tenor soloist (all); Unity Choir (9:00/11:00); Unity Singers (4:30).

### October 14: *Just Imagine Celebration Sunday*

After a Day of Prophetic Imagination, during which we will enlist the arts in helping us give shape and voice to the church we dream about, we'll gather to celebrate our community and bring our pledge commitments to the chancel.



Rev. Rob Eller-Isaacs and worship associate Suzanne Quinn-Macdonald will remind us of the joys and obligations that emerge out of our longing. Musicians: Dean Magraw, band; Kathy Kraulik, piano.

### October 21: *The Longing Heart*

It is said that religion exists to make sense of human longing. It provides a means to live with that longing and responds to it with practices for channeling that longing. Rev. Janne Eller-Isaacs and worship associate Alex Askew will be addressing the purpose of longing and our spiritual lives. Musicians: Tony Hauser, guitar (all); Teresa Tierney, soprano soloist (all); Unity Choir (9:00/11:00).

### October 28: *Standing in the River • Story Sunday*

Our memories of the past create a mighty river of love, loss, and longing that refreshes our lives, but can also overflow its banks. Join Hallman Ministerial Intern Kathryn Jay and worship associate Lia Rivamonte as we explore our longing for those who came before us: the ancestors near and far who inspire and encourage us, the people and places we miss. Please bring pictures and other tokens of those you've loved and lost for the Dia de los Muertos altar. Musicians: Mark Dietrich, Native American flute (all); Women's Ensemble and Unity Singers (9:00/11:00); "The Four" (4:30).

*On Story Sundays children in grades 1-8 begin in worship in the Sanctuary. After the Story for All Ages, Workshop Rotation children (grades 1-5) proceed with their Journey Guides to their classrooms while junior high youth (grades 6-8) remain in the Sanctuary for the entire worship service.*

## 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 a chosen community non-profit recipient. Please make checks payable to Unity Church.

### October 7: *Apparent Plan*

Apparent Plan is a faith-based network of efforts to support older members of congregations. Its mission is to provide programs and services that dramatically improve the quality of life for older adults and to serve as a vital and trusted resource to communities of faith as they build relevant older adult ministries. Apparent Plan also specializes in both health promotion and elder advocacy. Today's collection will go to an Emergency Fund established to meet crisis needs of individual elders. Unity's Hal Freshly works with Apparent Plan.

### October 14: *COPAL*

COPAL (Comunidades Organizando el Poder y la Accion Latina) aims to unite Minnesota's Latinx community in active grassroots communal democracy, building racial, gender, social, and economic justice across community lines. Its main activities are robust voter engagement in seven Minnesota cities where Latinos are located, citizenship classes combined with legal assistance, incorporation of Latinx issues and voices into the Our Future Minnesota agenda, and the organization of a Minnesota Temporary Protected Status (TPS) alliance. Unity Church member Rico Duran is a strong voice for COPAL.

### October 21: *Microgrants*

Microgrants gives \$1000 grants to low-income people of potential to invest in their lives. The grants are designed to increase their income either through small business development or acquisition and retention of stable employment. Microgrants' activities are rooted in its commitment to reduce and eliminate poverty through work. Unity's Phil Morton has volunteered with Microgrants for over ten years.

### October 28: *SELF International*

SELF International offers exciting hands-on STEAM (science, technology, engineering, art, and math) experiences to underserved communities. Its goal is to help young people explore science and gain confidence to study science throughout their school years. Students grades 5-10 explore nano science in experiments at the Boys and Girls Club of South Minneapolis. SELF is currently partnering in a two-year program with SciGirls of TPT TV. Ninety percent of the families served by SELF earn less than \$10,000 per year. Unity Church member Maria Caliandro volunteers regularly at Minneapolis SELF activities.

*If you would like to nominate a non-profit organization to receive an offering, please complete the nomination form at [www.unityunitarian.org/generosity-ministry.html](http://www.unityunitarian.org/generosity-ministry.html).*



# BOARD OF TRUSTEES

## Ends: Longing as a Congregation

From Ruth Kirkland, Trustee



My first year as a member of the Board of Trustees is coming to an end and I look back on the time with a feeling of awe at the complexity and volume of our work, and with pride at the high caliber of our output. I have learned much and been inspired by the quality of expertise and insight of the other eight trustees. Board work involves many aspects of church life that support our mission and vision. I have worked with the transition sub team which has helped develop transition plans for the efficient search for new ministers when Reverends Rob and Janne retire in 2020, and with a financial sub team which is conducting an on-going, in-depth examination of financial policies with the intention of making them more accessible to trustee's understanding. My most exciting and rewarding work, however, was the series of workshops that connected the board with input from the congregation and the developing of our new Ends statements for 2019-2024. I am so delighted by these new Ends that I have posted a copy on my bulletin board so I see them every morning. As an Englishman might say, they are brilliant.

The Values the board identified from the congregational meetings are wonder, open-hearted engagement and courageous action. If we can embody these values as we work towards our Ends, we will make progress. They will carry us forward in our efforts to transform our lives, our church, and the larger world. I have also found energy and reassurance in the writings of Adrienne Maree Brown in her book *Emergent Strategy*. This book explores new and effective ways to shape the future. The core principles I especially like are, "Small is good, small is all." Change is constant," and, "What you pay attention to grows." I recommend this book as we strive to build the world we dream of.

Our church theme for the month of October is longing. We will be exploring its meaning during Sunday worship services, in Chalice Circles, and in Karen Hering's writing workshop, among other places. For me, longing conjures up a mixture of anxiety and hope. What a strange constellation that combination represents. Yet, that's how I feel about the new Ends statements when I consider how they will be received by the congregation and then realized over the next five years. I know this will not be an easy or quick process. I know that there is much for me to learn, but I am committed and fortified by my trust in the goodness of the people of this congregation.

### Make a Pledge to Unity Church for 2018

If you have not yet made a pledge for 2018 and would like to do so, please contact Barbara Hubbard at [barbara@unityunitarian.org](mailto:barbara@unityunitarian.org) or 651-228-1456 x116.

## Unity Church–Unitarian

### Ends (2018-2023)

Working within ourselves, among our church community, and beyond in the larger world, we the people of Unity Church–Unitarian:

- Create a multicultural spiritual home built on authentic relationships.
- Ground ourselves in personal practice and communal worship that grows our capacity for wonder and spiritual deepening.
- Articulate our Unitarian Universalist faith identity, teach it to our children, share it with others, and live it courageously in the world.
- Know each other in all our fullness and create an ever-widening circle of belonging for all people.
- Generously give and openly receive compassionate care in times of joy, sorrow, and transition.
- Discover and pursue our individual and collective work to advance justice, wholeness, and equity for people, our Earth, and all life on it.
- Create brave space for racial healing and dismantling dominant culture.
- Sustain and steward the church and our larger Unitarian Universalist movement for the future.

## Bylaw Changes

The Board of Trustees is proposing several revisions to Unity's bylaws — the rules that the church uses to govern itself. To go into effect, these proposed changes will need to be approved by three-fourths of the voting members present at the congregational meeting on November 17.

The August 2018 version of the proposed bylaws is available at [www.unityunitarian.org/board-of-trustees](http://www.unityunitarian.org/board-of-trustees).

Please take a look! If you have any questions or reactions, please reach out to any trustee; contact information is listed at the link above.

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# 2019 PLEDGE DRIVE: JUST IMAGINE



## A Day of Prophetic Imagination

Saturday, October 13 · 2:00–7:30 PM · Unity Church

*The people we later recognize as prophets, says Bible Scholar Walter Brueggemann, are also poets. They reframe what is at stake in chaotic times . . . can translate between the world as it is and the world as it might be.*

— Krista Tippet, on interviewing Walter Brueggemann, author of *The Prophetic Imagination*

Unity's new Ends, as articulated by the board after they sought input and discerned the congregational currents, will urge us to explore beyond our established routines and to act as stewards of change. This Day of Prophetic Imagination is a first step — a chance to imagine ourselves and our spiritual community into a future that will cultivate our newly stated Values of wonder, open-hearted engagement, and courageous action. We can and will talk about our communal new direction, but this will be a day of jumping into participatory experiences, of trying on unaccustomed, fun expressions of our individual and collective spirit.

Come to be inspired by a conversation with creative and accomplished artists who impact and transform communities. Then participate in activities which they will lead. You may find yourself pushing beyond comfortable competencies and expressing who you are in new ways. You will undoubtedly discover and deepen relationships among your worship community by playing together creatively. And you may choose to engage in a facilitated conversation that addresses some challenging questions about meeting our new Ends. After a lively afternoon, we'll gather together for a simple but delicious meal, followed by a festive farewell.

We are not all called to be poets or artists, but we all can share and contribute to imagining a more just world. The arts help open us as we seek ways to become the beloved community that we can now only imagine. We hope you will consider joining us for this dynamic event designed for the whole family. Childcare, children's activities, and multigenerational activities are built into the day. Plan to come for the entire event, but if other commitments get in your way please join us when you can.

Watch your email the week of October 1 for an invite to this event. We won't hold you to it, but please RSVP and indicate events you/your family plan to attend, so that we can make realistic arrangements for food, children's activities, and nursery care.

### 2019 Pledge Drive

"Pledge — a solemn promise or undertaking." What promises do we make to ourselves, to our personal health and joy? What promises do we make to our families and friends, to our communities and to the world? What compels us to make a pledge and a promise?

October is pledge month! As we are introduced to our new Ends statements, we are being called to wonder, open-hearted engagement and courageous action. This is an exciting time at Unity Church! What we promise to one another and to the church creates the foundation and the means for the future we aspire to create. Just Imagine!

This is what to expect during October:

- Your personalized pledge materials will arrive in the mail. We ask you to review the materials and consider your operating and capital pledges for two years.
- On Saturday, October 13, we are gathering for A Day of Prophetic Imagination when we will explore our new communal direction with artists who will lead us in music, art, and conversation, followed by a simple meal and a festive farewell. This is for the whole family. Please mark your calendar and watch for your invitation.
- Sunday, October 14, is Celebration Sunday! A celebration of giving will be included in each service, as well as special music and message.
- We are asking that pledges be made by October 31 so that we can present next year's budgets to the congregation at the Annual Meeting on November 17.

Thank you for your generosity in sustaining and stewarding the church and our larger Unitarian Universalist movement for the future!

# WELCOME WORDS / CONGREGATIONAL LIFE

## Welcome Words



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

This month's theme of longing gets at the heart of human nature. We live in the present, yet yearn for all that we can imagine for ourselves and the world. What is moving in your life? Where is your own longing taking you? And how might your religious practice help you on your journey? The task of growing our souls and reaching for our ideals is life-long and a central task of religious community is to support our learning. I invite you to listen closely to what you discover about your own longing this October, then see how the opportunities here at Unity Church can support you on your journey of becoming. My door is always open to you for conversation! See you in church!

## Pathway to Membership

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](mailto: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. October topics include:

- October 7: Religious Education for Children, Youth and Adults
- October 14: UU History
- October 21: Building Tour
- October 28: Worship & the Liturgical Year

## Finding Yourself at Unity: All-Inclusive Session

**Saturday, November 3 • 9:00 a.m.-noon**

Have you been interested in Finding Yourself at Unity, but unable to attend on Sunday mornings? This half-day is designed to share information about Unitarian Universalism and Unity's ministries of Pastoral Care, Worship, Education and Outreach in a one session format. Childcare will be provided and families with young children are especially invited to attend. RSVP by emailing Lisa Friedman: [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Committing to Unity: Joining Unity Church

**Saturday, November 10 • 1:30-3:30 p.m.**

Have you been considering membership at Unity Church? 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 concludes with a celebration ceremony as participants sign the membership book and officially join the church!

## Mentoring at Unity

### *A Deeper Path to 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. Each mentor/mentee team can decide what is most helpful – to have a buddy with whom to attend services and events, or a partner with whom to discuss Unitarian Universalism and each other's spiritual journeys, and more. If you have questions, or would like to request a mentor, please stop by the Welcome Table in the Parish Hall or email Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Your UU Elevator Speech

**Saturday, October 27**

**9:00 a.m.–12:30 p.m. • Ames Chapel**

Do you ever wish you could explain Unitarian Universalism in the time it takes to ride an elevator? Would you like to increase your confidence in talking about your church and your faith? Join us for this workshop where we will write and practice our elevator speeches. Childcare is available by request. Sign up in the Parish Hall on Sundays or email Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Dine with Nine Begins this Month!

Forgot to sign up? You can still sign up to participate in this year's Dine with Nine dinners or brunches online at [www.unityunitarian.org/dine-with-nine.html](http://www.unityunitarian.org/dine-with-nine.html), or by email to Teresa Wernecke at [teresa475@gmail.com](mailto: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, and whether you have particular location or transportation needs.



## Hallman Ministerial Intern: Kathryn Jay



Brazil's Museu Nacional burned in mid-September. The fire destroyed more than 90 percent of the collections housed in the museum. It's as if the Smithsonian Museum of Natural History had been destroyed.

I once spent several lovely months in Rio de Janeiro, but I never made it to the Museu Nacional. Yet the images and headlines about the fire made me so sad that it took days for me to read the details of what had been lost. I was mourning what I had never seen.

When I finally read the stories, I learned that, in addition to over five million butterfly specimens, a 3,500-year-old Chilean mummy, and dozens of the best-preserved pterosaurs in the world, all the museum's anthropological collections had been destroyed. This loss included the only existing audio recordings of many indigenous languages, some of which are no longer spoken. When a museum worker called it "a moment of intense pain" and talked about trying "to recover our history from the ashes," I cried. So much history. So much culture. And it was all gone.

There's a word in Portuguese that helps to express how I felt — *saudade*. It's a beautiful word, pronounced *sow-DAH-djee* in Brazil. *Saudade* doesn't have a precise cognate in English, but it often gets translated as melancholic longing or yearning. That sounds like nostalgia, but the feeling is a little different because you can feel *saudade* for something that might never have happened, or for something you've never seen or experienced. As someone trained as a historian, I know the feeling well.

I felt such a sad longing for the treasures that had been contained in the museum, even though my own personal memories of Brazil center on drinking *choppe* (cheap draft beer) and watching people play *futevolei* (imagine playing volleyball using only your head and feet) on the Copacabana beach. The history contained in the Museu Nacional wasn't mine, but I long for it anyway, because when history gets lost, we are all the lesser for it. When I ponder the many stories that have been lost, the voices that have fallen silent, the treasures that have gone missing, I feel *saudade*.

Fire is only one brutal way to destroy the past. Before I went to seminary, one of the high school history classes I taught explored the development of the Atlantic World. In the class, my students and I looked at the complex interplay between African, European, and American communities, especially the devastating impact of slavery and colonialism. One year, a short piece by Haitian anthropologist Michel-Rolph Trouillot became our go-to article. Trouillot focused on how society's most powerful create the past. He explored the silences of history, detailing why so many stories never make it into the museum at all.

My students and I wondered together - what are the stories we tell ourselves, what becomes the dominant story, what is too often lost or missing from our stories? We found it very powerful to think about how history is created and shaped, how so many voices and stories get lost, get disregarded, get discredited. We felt *saudade* for the forgotten. So all year long, those fifteen-year-olds made it their mission to ask about the gaps, highlight the tantalizing fragments that remain, and uplift the experiences of people left out of the narrative.

As people of faith, what would happen if we did the same? What silences do we long to fill? How does what we remember about the past shape our longings for the future and our ability to create and protect a more inclusive community in the present?

Please feel free to contact me at [kathryn@unityunitarian.org](mailto:kathryn@unityunitarian.org) or 651-228-1456 x109.

## Open Page Writing Sessions

Led by Consulting Literary Minister Karen Hering, Open Page writing sessions are invitations to correspond with the "still, small voice within." Using stories, poetry, images and objects as well as wisdom from religious teachings, science and history, and provided prompts, participants reflect on the month's theme in their own words and on their own pages. No writing experience is necessary. Bring something to write with and on; the rest will be provided! Sessions are free and held at Unity Church; RSVP requested to [karen@unityunitarian.org](mailto:karen@unityunitarian.org).

- *Belonging to Our Longing*:  
Wednesday, October 17, 7:00-8:30 p.m.
- *Covenant: the Promises We Make, Break and Renew*:  
Wednesday, November 14, 7:00-8:30 p.m.
- *Wonder: Living with an Open Heart*: Sunday, December 2, 1:00-3:00 p.m.

## 2019 Thresholds Group

### Save the dates!

Are you living on a personal threshold — in the midst of changes in relationship, work, home, health, identity or more? The 2019 Thresholds group begins meeting January. More information will be published in the next *commUNITY* and available online at <http://karenhering.com/event/crossing-and-blessing-our-thresholds-a-4-part-series/>.

Meanwhile, save the following Saturdays for this transformative and supportive group: January 19 (9:00 a.m.-3:00 p.m.), February 2 and 23, and March 9 (9:00 a.m.-noon). Pre-registration REQUIRED. Email Rev. Karen Hering at [karen@unityunitarian.org](mailto:karen@unityunitarian.org).

# WELLSPRING WEDNESDAY

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

Dinner begins at 6:00 p.m., followed by worship in the Ames Chapel at 6:50 p.m., and an evening of rich programming beginning at 7:15 p.m. All are welcome. Childcare is available and you do not have to sign up in advance.

**Dinner:** \$7/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$20/family. (Children under age two are free.) All meals will offer vegetarian and gluten free options. People with specific food allergies may contact [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org) to arrange for a special preparation. Email Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org) for financial assistance to help cover the cost of dinner.

## October 3

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*Dinner: TBA*

### **The Soul of Democracy with Dr. Sharon D. Welch**

#### **The 23rd James Luther Adams Forum on Religion and Society**

Drawing on the scholarship and activism of James Luther Adams, Dr. Welch will provide perspectives on how to understand the rising threats to democracy and defend and nurture democracy in these troubled times. A panel of local theologians and leaders will respond. Dr. Welch is the author of *Communities of Solidarity and Resistance* (1985), *A Feminist Ethic of Risk* (2000), and, forthcoming, *After the Protests Are Heard* (NYU Press, 2018). As a change-agent, her field of study and action is the dynamics of freedom, oppression, endurance, and liberation. Currently she is an affiliate faculty member at the Meadville Lombard Theological School in Chicago.

**Great College Search: Financial Aid Basics** \*This class will run from 7:15-8:45 p.m. Learn how to optimize the process and become a critical consumer of colleges. Sessions will consist of presentations followed by time for questions and are for high school students and parents who are interested in starting a college search process. Topics that might be of special interest to Unitarian Universalist searchers will also be covered. The series concludes on October 10 with the topic "Competitive Colleges: What, Why (or Why Not), and How."

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 (HECA) and the Minnesota Association for College Admission Counseling (MACAC).

### **Religious Education New Family Orientation**

Led by Director of Religious Education KP Hong, this session is for families new to Unity Church who would like to learn more about religious education.

### **Textile Arts**

This group is open to textile creatives of all ages and meets on the first and third Wednesday of each month. Bring your knitting, embroidery, needlepoint, etc. Contact: Linda Mandeville at [lindamandeville41@gmail.com](mailto:lindamandeville41@gmail.com).

### **Embodied Spiritual Practice: Yoga for Healing**

Use gentle movement to activate and explore some of the 108 sacred sites within the body, called marma points. Marmani are similar to acupressure points, as activating them provides a healing connection to all of our internal systems. Please bring a yoga mat. Those unable to attend this class may contact Elen to learn about individual sessions: [elen@elenbahr.com](mailto:elen@elenbahr.com) or 612-669-3807.

### **Learn and Play Go**

Join Unity Church member Bob Ruud for an evening of learning and playing the Chinese board game, Go. Anyone above the age of 10 is welcome to play.

### **Tween Group**

The Tween Group is exploring Collective Visionary Imagination through rotational themes of "Self and Relationship," "Community" and "Myth!" Gather at 6:45 p.m. for worship in the Ames Chapel, then head to Jr. High room 021. Guardians, please sign your kids in and out! Questions? Contact Ray Hommeyer at [ray@unityunitarian.org](mailto:ray@unityunitarian.org).

## October 10

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*Dinner: TBA*

### **Caring for Our Planet**

Come celebrate the joys of caring for our planet and each other by joining Unity's Sustainable Living Team on October 10 and 24. The first session will dig into a delicious discussion about food and will explore community food preparation with a fermentation workshop. The second session will offer a discussion on consumer culture and will set up a lend and trade system for goods and services here at Unity Church.

### **Creating a Positive Life:**

#### **Where Intention Goes, Energy Flows**

In this lifestyle talk, join wellness coach Ann Drew Yu as she guides the group through a fresh look at intention — what it is, what it's not (you might be surprised), and how you can use its gentle power to bring more positivity into your life. You'll leave with your own personalized intention, one that energizes you with new possibilities and hope.

### **Children's Art Reception**

This month's Parish Hall exhibit highlights the artwork of the children of Unity Church. The theme of wonder is meant to be an invitation to wonder together about our children, who they are, who they yearn to become, and their spiritual lives and identities. Join us to meet the artists and celebration their work.

### **Yoga for the Season**

Season-specific yoga poses to help create equanimity in the body and mind.

### **Great College Search: Competitive Colleges: What, Why (or Why Not), and How**

### **Tween Group**

### **Learn and Play Go**



# WELLSPRING WEDNESDAY

October 17

Dinner: TBA

## St. Paul Public Schools Update

Come hear Dr. Joe Gothard, Superintendent of the St. Paul Public Schools, share his vision for St. Paul Public Schools. After a year of visiting schools, holding listening and learning sessions, and seeking community input, Joe will present information regarding the district's request to increase its operating referendum by \$18.6 million. Currently, St. Paul Schools is below the metro average in operating revenue and has made over \$50 million in cuts over the last three years. This will be an opportunity to learn more about current school funding and why it is important to our community. In addition, he will share the Strategic Plan implementation focus areas and next steps. Joe will take time to answer any questions about the referendum or the strategic plan.

## Open Page Writing Session:

### Belong to Our Longing

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

We are all, as Kahlil Gibran noted, the "sons and daughters of life longing for itself." But our consumer culture often conflates longing and desire, as if longing could be satisfied by purchases, progress or possessions. What is the nature of longing and how do we respond to it? What does our longing point us toward? And what would happen if we let ourselves belong to our deepest longing? 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 in their own words and on their own pages. No writing experience is necessary.

## Vinyasa Flow Yoga

This class is for individuals seeking faster and more rigorous movement. Poses are coordinated with regulated breathing to strengthen muscles and build balance.

## Textile Arts Group

### Learn and Play Go

October 24

Dinner: TBA

## Urban Monk: Dharma Songs

Master percussionist, Zen priest, and spiritual nomad Marc Anderson weaves tapestries of image and emotion in his crafted solo performance called Dharma Songs. Taking up themes of life, love, and longing he evokes impressionistic pictures of the human soul in a collage of poetry, music, storytelling and personal insight.

## Great College Search: Exploring a Gap Year

What do you want to be when you grow up? It is the few that know exactly what they want to do when they are five years old. If you are like most people, you bounced around a bit before landing your career job. While it is good to explore a variety of majors and career paths, it can also be extremely costly. A well planned gap year is planned and built around enhancing one's post-secondary education as well a fulfilling dreams of travel, volunteering, and learning in the real world. Is a gap year for everyone? No. However, well planned gap years are becoming more common. Come explore if it is for you. Chris Brown is the founder of Beyond the Walls Education.

## Caring for Our Planet

It takes community to solve environmental problems but living sustainably can also build community. Join Unity's Sustainable Living Team to discuss consumer culture and set up a lend and trade system for goods and services here at Unity Church.

## Yoga Balancing the Chakras

Our life force spins and rotates within seven energetic wheels, the chakras. We will use movement, mudra (hand gestures) and chanting to activate the chakras to provide exactly the right amount of energy for every part of the body, mind and spirit.

## Tween Group

### Learn and Play Go

October 31

## Halloween Potluck

Before you go out trick or treating, join your friends at Unity Church for a potluck meal and fun fellowship for all ages! All are welcome. Wear a costume! Wellspring Wednesday worship and programming will resume on November 7.

## Food Ministry

Choose a time that works for you and join a crew for fun, fellowship, and service in the kitchen! Sign up online at [www.unityunitarian.org/volunteer-corner.html](http://www.unityunitarian.org/volunteer-corner.html) or contact volunteer coordinator, Madeline Summers, at [madeline@unityunitarian.org](mailto:madeline@unityunitarian.org).

Tuesdays, 4:00-6:30 p.m.

Prep night: chopping and baking!

Wednesdays, 3:00-8:00 p.m.

Prepare for and serve the guests: set tables, prepare food, serve, clean up.

Sundays, 2:00-4:00 p.m.

Soup Supper fun: Make and serve two soups (one vegetarian and one with meat).

## Wellspring Wednesday

### Propose a Program or Class

Is there a program or class you would like to see offered — or that you would like to offer — at Wellspring Wednesday during the 2018-19 church year? Submit a proposal by completing the online form at [www.unityunitarian.org/wellspring-wednesday.html](http://www.unityunitarian.org/wellspring-wednesday.html).

## Nursery Care on Wellspring Wednesdays

The nursery is open from 6:45-8:45 p.m., during each Wellspring Wednesday, for all kids under 5th grade. Contact Ray Hommeyer with questions at [ray@unityunitarian.org](mailto:ray@unityunitarian.org).

# AUCTION: COME TOGETHER / FELLOWSHIP GROUPS



Mark your calendars for Unity's fall fun-raising event — Come Together: A Live, Silent, and On-Line Auction on Saturday, November 3, from 5:30 to 9:00 p.m., at Unity Church. As with last year's successful auction, for a mere \$20 you will be able to bid on myriad opportunities for fellowship and delight offered by members of our congregation. Fine art and other treasured donations will round out the catalog, providing something for everyone. Scrumptious food is on the menu, and the Parish Hall will be transformed into a lively bazaar of opportunity!

Your participation is needed, in multiple ways.

## RIGHT NOW

- Mark your calendar for Saturday, November 3, from 5:30 to 9:00 p.m. You won't want to miss this!
- Volunteer to help out, if you can. Sign up at <http://www.unityunitarian.org/auction.html>
- Buy a ticket. Ticket sales begin September 30 and can be purchased online or in the Parish Hall on Sundays.

## THROUGH OCTOBER 14

- Donate a gathering or event, fine art, a basket of goodies, or something great! Fill out the easy electronic donation form at <http://www.unityunitarian.org/auction.html>. Or fill out a form in the Parish Hall on Sundays.

## STARTING OCTOBER 21

- Study the online catalog! The catalog will be online two weeks before the event itself — you'll have plenty of time to mull over your choices.

## NOVEMBER 3

- Come to the auction! Sure, you could bid from your living room, but it will be a lot more fun live! Join partiers and our gregarious auctioneers starting at 5:30 p.m. in Unity's Parish Hall, to peruse the gatherings and treasures you can bid for, and attend the live auction. The food and drink will be fabulous, music lively, and the fun in great supply!

## Fellowship Groups

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

**Afterthoughts:** 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 (October 18) from noon–2:00 p.m. Contact: Janne Eller-Isaacs, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Elders Circle:** Meets the third Tuesday of the month (October 16) from 1:00-3:00 p.m., in the Center Room.

**Evergreen Quilters:** Second Tuesday of the month (October 9) from 7:00-9:00 p.m. and fourth Saturday of the month (October 27) from 10:00 a.m.-1:00 p.m. Contact: Peggy Wright, 651-698-2760

**Families Living with Mental Health Challenges:** This is a support group for families living with mental health challenges. Meets the first Saturday of each month (October 6) from 9:30-11:30 a.m. Contact: Janne Eller-Isaacs, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Kung Fu:** Saturday mornings in the Body Room from 10:00 a.m.-noon. Recommended for ages 15 and older. Contact Bryan Kujawski, [barney.kujawski@gmail.com](mailto:barney.kujawski@gmail.com)

**Living With Grief Group:** For people living with grief and loss. Third Tuesday of the month (October 16) from 7:00-9:00 p.m. Contact: Janne Eller-Isaacs, [janne@unityunitarian.org](mailto:janne@unityunitarian.org)

**Men's Retirement Group:** Monday, October 8 and 22, from 1:00-3:00 p.m. Contact: Phil Morton, 952-934-3578

**New Look at the Bible:** Second Thursday of the month (October 11) at 7:00 p.m. Contact: Paul Gade, 651-771-7528

**Textile Arts Group:** Meets the first and third Wednesday of each month (October 3 and 17), from 7:00-8:30 p.m. Bring your knitting, embroidery, needlepoint, etc. Contact: Linda Mandeville, [lindamandeville41@gmail.com](mailto:lindamandeville41@gmail.com)

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

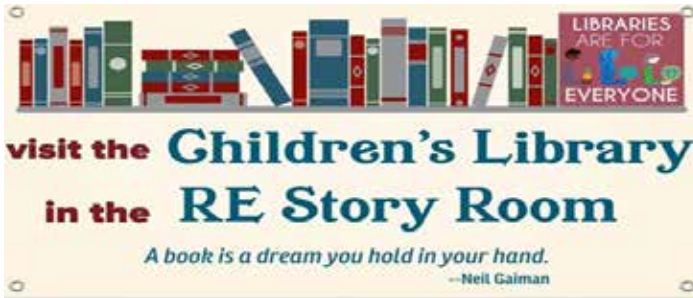
October 9: *Redbreast* by Jo Nesbo

**Women In Retirement:** Meets the second and fourth Thursday of the month (October 11 and 25), from 1:00-3:00 p.m. Contact Lisa Friedman, [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org)

**Young Adult Group** (ages 18-35, approximately) meets every other Thursday (October 11 and 25), from 7:00-9:00 p.m. (gather at 6:30 p.m. coffee/dessert "happy hour"). To be added to the Young Adults email list, please contact KP Hong, [kp@unityunitarian.org](mailto:kp@unityunitarian.org)

**Zen Meditation:** Find renewal and grounding. Tuesdays, 5:00-6:00 p.m., in the Ames Chapel. Instruction offered on October 2 at 4:30 p.m. Contact KP Hong, [kp@unityunitarian.org](mailto:kp@unityunitarian.org).

# LIBRARY AND BOOKSTALL / ART TEAM



## What's What in the Children's Library

From Shelley Butler, Library and Bookstall Team

I thought it was strange when we sang the hymn, “Oh Santa, Oh Santa, Oh Santa in the highest,” especially when it wasn’t even Christmas, but I liked to sing, loudly. Of course, I was a preschooler and had a few things yet to learn, just like Emma in *The Flower Girl Wore Celery* by Meryl G. Gordon. When cousin Hannah asks Emma to be a flower girl in her wedding to Alex, Emma first assumes that she will dress as a flower. When she hears about the ring bearer and her celery dress, she imagines dancing with a bear and wearing a dress made out of celery stalks.

The fact that she is also wrong about Alex’s gender is just one of many misunderstandings Emma clears up in the course of this easy-going story. While there are lots of picture books with lesbian and gay weddings, I don’t know of another about a traditional Jewish ceremony. This is just one of the many new books in the Whitman Children’s Library.

How many books were added to the Children’s Library this year, you ask? 95, so far!

What else is new?

- *The Goblin's Puzzle: Being the Adventures of a Boy with No Name and Two Girls Called Alice* by Andrew Chilton. A middle-grade fantasy-adventure story.
- *The Day You Begin* by National Ambassador for Young People’s Literature Jaqueline Woodson, and award-winning illustrator Rafael López. A picture book for K-grade 3 about feeling different and finding that “every new friend has something a little like you.”
- *Zoey and Sassafras: Dragons and Marshmallows* by Asia Citro, pictures by Marion Lindsay. A new science-mystery series for K–grade 5 that has won many awards.

Where is the Children’s Library located? In the Religious Education Story Room, lower level Eliot Wing. One room, two purposes; the Story Room = the Children’s Library.

Do I need a library card? No, you can check out one or many books with your name and phone number — it’s self-checkout and super easy.

When is the Children’s Library open? Sundays and anytime a Religious Education workshop is not in session. If the door is closed and the lights are off, go on in and help yourself. It’s *your* library after all.

## October Parish Hall Artists

Wonder...

### Unity's Children's Art and Their Spiritual Lives

The October Parish Hall art exhibit highlights the artwork of the children of Unity Church. There will be a combination of work done by the children and some documentation of the children’s work.

The theme of wonder is meant to be an invitation to wonder together about our children, who they are, who they yearn to become, and their spiritual lives and identities.

There will be an artists reception on Wednesday, October 10, at 7:15 p.m., to celebrate our children’s art. We look forward to entering into wonder together and examining how a relationship guided by wonder transforms us.



## Art Share: A Way to Get Acquainted

The space by the “coffee window” in the Parish Hall is where you can get acquainted with another member of Unity Church. There, you’ll find art, a statement about the art and a photo of the person who’s sharing the art. Art Share’s goal is to encourage members of the congregation to know each other better and to enrich the focus on art at Unity Church.

You could be the person others get to know!!! It’s easy. Everyone who has shared art since this project began in September 2017 has said it was meaningful to share.

Choose your favorite piece of art: your creation, your child’s creation, or something you love. Sign up on the calendar by the “coffee window.” A member of the Art Team will contact you with details. Your piece will be displayed for two Sundays along with your statement of why it’s a meaningful piece and your photo. Questions? Contact Marty Rossmann at [rossm001@umn.edu](mailto:rossm001@umn.edu).

The Unity Art Team also selects and coordinates the monthly exhibits in the Parish Hall Gallery and manages Unity’s Permanent Art Collection.



# COMMUNITY OUTREACH

## Sustainable Living Team

### *Caring for Our Planet: Wellspring Wednesday Events*

Come celebrate the joys of caring for our planet and each other by joining the Sustainable Living Team on October 10 and 24, at 7:15 p.m.. The first session will dig into a delicious discussion about food and will explore community food preparation with a fermentation workshop. The second session will offer a discussion on consumer culture and will set up a lend and trade system for goods and services here at Unity Church.

## Racial Justice Movie Night

### *The Doctrine of Discovery*

### *Unmasking the Domination Code*

**Friday, October 12 • 7:00 p.m. • Robbins Parlor**

*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. Popcorn will be served and there will be time for conversation.*

Directed by Sheldon P. Wolfchild, this film focuses on a little known subject traced back to Christopher Columbus's so-called "discovery" of the lands now commonly known as "the Americas." The "right of discovery" was adopted and used by the U.S. Supreme Court in 1823 in the case *Johnson & Graham's Lessee v. M'Intosh*. The first Christian people to discover lands inhabited by non-Christians or "heathens" had asserted the "ultimate dominion" to be in themselves. On the basis of that religiously premised argument, the Supreme Court defined the land title of the Indians as a "mere right of occupancy." The Christian power that claimed "ultimate dominion" could grant away the soil while yet in the possession of "heathens." And this doctrine remains the Supreme Law of the Land in the United States. ([www.38plus2productions.com](http://www.38plus2productions.com))

## Support the 13th Annual Q-Quest

### *Volunteers needed!*

Q-Quest is a two day event for lesbian, gay, bisexual, transgender, queer, and allied youth to enjoy workshops, food, dancing, conversation, and art with a couple hundred other LGBTQ youth from across the metro area! The first day of Q-Quest is Tuesday, November 13, for middle school students in grades 6-8. The second day is Wednesday, November 14, for high school students in grades 9-12. Both events are at Crosswinds School (600 Weir Dr. Woodbury, MN 55125). Volunteers are needed! Register online to volunteer and please note that you will be volunteering with Unity Church: <http://bit.ly/qquest2018>. Questions? Contact Kevin Ely at [kevin.m.ely@gmail.com](mailto:kevin.m.ely@gmail.com).



## Gun Sense Ministry Team

### *Upcoming Events*

### **The White Supremacist Roots of the Second Amendment A Public Lecture by Dr. Roxanne Dunbar-Ortiz**

**Thursday, September 27 • 7:00 p.m.**

**First Unitarian Society, 900 Mount Curve, Minneapolis**

Dr. Dunbar-Ortiz, scholar and human rights activist, will share a timely and deeply researched history of gun culture and how it reflects race and power in the U.S. She is the author of *Loaded: A Disarming History of the United States*. No registration necessary.

### **Protect Minnesota's Interfaith Alliance for Gun Safety Monthly Meeting**

**Tuesday, October 2 • 7:00 p.m. • Unity Church**

Congregations with active gun violence prevention groups and people interested in starting one are welcome to attend this monthly meeting led by Rev. Nancy Nord Bence, Protect MN's Executive Director. Come learn how much more we can accomplish working together as faith communities! Details and registration at [www.protectmn.org](http://www.protectmn.org).

### **Winds of Change**

### **Students Protect Minnesota: Rally Against Gun Violence**

**Saturday, October 6 • 1:00-4:00 p.m.**

**The Commons Park in Excelsior**

Live music by several groups, food trucks, voter registration, info and candidate booths, free t-shirts for those who register for the event. Rally begins at 2:00 p.m. The goal is to honor student activists and inspire students, teachers, families, and advocates to keep on working together to pass common sense gun laws. Details and registration at [www.protectmn.org](http://www.protectmn.org).

### **Voter Registration: October 7 and 14 at Unity Church**

Voting is more important than ever! We will offer an opportunity to register to vote after both Sunday services on October 7 and October 14. If you've moved or haven't voted in several years or if you just turned 18 years of age, stop by. It takes just a minute of your time.

## Winter CSA from Foxtail Farm

Foxtail Farm is now taking orders for winter CSA (community supported agriculture) shares. Winter shares include fresh and frozen produce as well as soups, quick breads and canned goods prepared in their certified kitchen. They also have a special bread share and offer a cheese share from Turnip Rock Farm!

Unity Church is one of the winter share drop sites. A 1-1/9 bushel box (25-35 lbs.) is delivered every three weeks from late October to mid April (taking a break in January). Eight boxes for only \$690. To learn more or become a member of Foxtail Farms winter CSA, please visit [www.foxtailcsa.com](http://www.foxtailcsa.com).

# COMMUNITY OUTREACH

## CircleOut

*A circle of support for women re-entering community after incarceration*

**From Maura Williams, CircleOut Coordinator**

If you attend the 4:30 service and stay for soup afterwards, you may find yourself sharing a table with women and children whom you didn't see at the worship service. The women, instead, gathered in a new Circle group which recently started meeting at Unity Church.

CircleOut is the name of a group formed specifically to meet the needs of women released from incarceration, who benefit from sharing about re-entry experiences and challenges in a Circle process. This program has been developed by Unity's Racial and Restorative Justice Ministry Team (RRJ) in partnership with AMICUS, a non-profit that serves individuals during and after their supervision by the criminal justice system. CircleOut is open to any woman who has been released from prison, recently or at any time, and to women from the wider community who wish to provide support by sitting in Circle with them. Trained Circlekeepers facilitate the group, and there is always a Unity host to help as needed.

Unity Church member Maura Williams has been co-facilitator of a Restorative Justice Circle of Healing class at the Minnesota Corrections Facility for Women at Shakopee for the last fourteen years. Women in the class have often asked if there's a similar circle group available to them on the outside. Unity's RRJ team stepped up to help make it happen.

Unity Church provides meeting space for this group on the second and fourth Sunday of the month, at 4:00 p.m., in the Robbins Parlor. Because the need to find childcare can prevent a woman from attending a support group, Unity Church provides nursery care for their young children along with Unity kids whose parents are at the 4:30 service, and the RRJ team provides someone to accompany older children as needed. We invite them all to join us for warm soup before heading home. If you meet them picking up their kids from childcare or getting soup in the Parish Hall, please help them to feel welcome.

For further information about CircleOut, please contact Maura Williams at [mauramwill@gmail.com](mailto:mauramwill@gmail.com), or Rev. Lisa Friedman at [lisa@unityunitarian.org](mailto:lisa@unityunitarian.org).

## Help Unity Cook for Kids at the Jeremiah Program

The Jeremiah Program is a non-profit that helps single moms finish college through the mission of transforming lives two generations at a time from poverty to prosperity. All residents are enrolled in post-secondary education and are single moms to children under the age of eight (8). By living at Jeremiah Program they have access to affordable housing, quality child care, and life skills and career development programming in addition to a supportive community.

Once a month, September-May, Unity volunteers organize a group to purchase, prepare, and serve meals for families on the evenings when moms attend Life Skills Programming. Volunteers come in at 4:00 pm to cook and prepare the meal and begin serving the meal at 5:15 pm. Unity is looking for volunteers for the following dates: 10/18/18, 11/13/18, 1/17/19, 3/19/19 and 4/18/19. Volunteers, including families, teenagers and children above the age of 6, are welcome to join us! Contact Karen Buggs at [buggs745@hotmail.com](mailto:buggs745@hotmail.com) for more information.

## Food Shelf Donations

Thank you for supporting the families served by the Hallie Q. Brown Food Shelf! Food shelf collection trunks are located at the Holly and Portland Avenue entrances. Non-perishable food, toiletries, and pet food are all gratefully accepted.

## Integrity, Service, and Joy at Obama School

**From Marty Rossmann,  
Obama School Ministry Team**

The Barack and Michelle Obama Elementary School is across the street from Unity Church. Unity members are invited to volunteer at Obama. The greatest need is to support scholars (what students are called) in math, writing, and reading. This requires as little as one hour, once a week.

There are many other ways to be involved that call for less commitment: The librarian wants help with books, refreshments are needed once a month for a staff meeting, Family Nights can use extra hands once a month, and occasional Book Fairs also need support. Finally, you may want to join the "Friends of Obama School - FOOS" and contribute to the \$20 Cub Foods gift cards given each month to 75 Obama Families who have signed up because their family could use help to cover their food purchases.

The Obama School Outreach Ministry Team members are: Nancy Heege, Beverly Heydinger, David Smith, and Marty Rossmann. Email [rossm001@umn.edu](mailto:rossm001@umn.edu) with questions or to sign up. Obama School is a one of the good places to experience Unity's values of integrity, service, and joy!



# MINISTRY WITH CHILDREN AND YOUTH



## Grow Up

From Drew Danielson

Coordinator of Youth and Campus Ministries

“Do you ever, like, feel where you can’t understand — like I know so much, but...what happened? And I don’t get it at all!”

This is my son, and he’s not looking at Snapchat, not wearing head phones, he is sitting shotgun and not chauffer style in the back, and I have not been pumping him for some scrap of information about the beginning of tenth grade. This is a rare, fragile moment, it occurs to me. The boy is attempting to communicate something TO ME! “Maybe...” I say, careful not to unwittingly cut off the bid. In fact I have no clue what he just said. “Can you give me an example of what you’re talking about?”

“I don’t know. It’s like, when I was eight, Aunt Candice gave me a big present, I remember getting it and being super excited and all, but then I can’t remember a thing after that! And that was so long ago! And I’m almost 16!” He speaks with the frustration only a teenager can really feel about the random stupidity of, well, everything.

I know it’s not forgetfulness he’s talking about. We actually keep it going pretty well, and it gets clear he’s talking about the passage of time, its speed, and the inability to hold a moment. “Humans never live in the present — our minds are literally too slow to experience the actual now.” I suspect he’s quoting Neil Degrasse Tyson.

“Yes!” Needing to interject wise understanding of him I add, “our minds exist in memories or anticipation of the future. We let go of the present, and so feel untethered to our lives.” We both sigh.

My daughter truly impresses me for her ability to articulate what she desires, and her resolve to go for it. I’m not talking about a greedy kid here, I’m talking about someone who says “This is what kind of friends I want, this is the attitude I think is healthy about food, exercise, screen time. That’s what I want, and what I intend to do.” She is largely successful, but of course she doesn’t always get to the ideal. Which makes her melancholy.

My kids are growing up, and I see that “longing” begins to take center stage. Atticus longs to get a handle on his existence (right, the year *after* COA!), and Harper is an idealist and romantic, longing for what could be. I know it’s inevitable, natural, part of being human. I understand that longing is part of having a pulse, and is what leads us to wonder, to seek. But I don’t want it to be hard, and I want to always be there to say, “there, there.”

And now you know why youth ministry at Unity Church always includes tater tots, macaroni and cheese, and listening!

## Tween Youth Group

Unity's Tween Group (grades 5-7) meets regularly during Wellspring Wednesday. This year they are exploring Collective Visionary Imagination through rotational themes of “Self and Relationship,” “Community,” and “Myth!”

The group gathers at 6:45 p.m. for worship in the Ames Chapel, then heads to Jr. High room 021 — the location for post-worship drop off (7:15 p.m.) and pick up after programming (8:30-8:45 p.m.). Guardians, please come and sign your kids in and out! Tweens is led by Ray Hommeyer, contact them with questions at [ray@unityunitarian.org](mailto:ray@unityunitarian.org).

## October Religious Education Calendar

Wednesday, October 3: New Family Orientation 7:15 p.m.

Friday, October 5: Teachers’ Night Out 6:00-8:30 p.m. (free child care for current RE volunteers, RSVP required to [michelle@unityunitarian.org](mailto:michelle@unityunitarian.org))

Sunday, October 7: Regular R.E.

Friday-Sunday, October 12-14: COA fall retreat at Camp St. Croix

Sunday, October 14 – Regular RE

Wednesday, October 17: No OWL (fall break)

Wednesday-Monday, October 17-22: High School Boston Pilgrimage

Sunday, October 21: No R.E. Classes (MEA weekend); activities for school-age kids, nursery care available

Friday, October 26: OWL party 7:00-11:00 p.m.

Sunday, October 28: Story Sunday (Grade school and junior high children in Sanctuary)

Wednesday, October 31: No OWL (Halloween) Come to church — in costume! — for a Halloween potluck!

## Save the Date to Celebrate Our Children's Art

Join us on the evening of Wednesday, October 10, for an artist reception to celebrate our children's art. Their art reveals and examines how they see themselves, this community, and their spiritual lives. We look forward to sharing this evening with you — come, let us wonder together.

## Boston Pilgrimage for 11th Grade Youth

This annual pilgrimage over MEA weekend offers our youth an invaluable opportunity to step into Unitarian Universalist history and place with a community of peers, and to begin to find their faith identity come alive. Please hold them in your thoughts and prayers as they journey further along their spiritual paths.



# MUSIC MINISTRY



## Music Notes

From Ruth Palmer, Director of Music Ministries

*Come ready and see me, no matter how late  
Come before the years run out, I'm waiting with a candle  
No wind will blow out, but you must haste  
By foot or by sky, for no one can wait forever  
Under the bluest sky, I can't wait forever  
For the years are running out.*

From *Mr. Evening, And Nine Poems* by James Purdy,  
Black Sparrow Press, Copyright 1968

In a recent meeting focusing on this month's theme of Longing, I was asked to suggest some music that met this topic. Well, here is where I admit to being absolutely unable to answer. The possibilities are too vast. I am sure that anyone reading this can immediately come up with a song or instrumental selection that met their need and longing at some point in their life. In fact, I have found through years of offering music in various shared communities, that any one piece of music can speak differently to each listener depending on their need at the moment. There are always far reaching undercurrents in even "specifically intended" compositions that awaken a range of responses. Who knows... is it vibrational? Music's ability to tap into a feeling level? Release of yet unarticulated emotion? Or even an unconscious sensitivity to the multitudinous influences in the lives of the creative sources and performing artists.

In a recent service, as I listened (which I get to do three times every Sunday), the song setting of "Come Ready and See Me" came to mind. I was actually worried that it was playing internally so loudly it might somehow be heard by those sitting close to me. So, I thought I would share it with you.

This ballad-like, somewhat haunting musical setting has become quite well known among devotees of American art song. The American song composer Richard Hundley composed many songs to poems of novelist and poet James Purdy, his friend of several decades in New York City. Some of his more magnificent works set to Purdy's poetry like "Come Ready and See Me," have been praised as true classics in the medium of the American song. I had the opportunity to premiere some works of Richard Hundley and to work closely enough with him to hear his own thoughts behind this composition. They were very personal and touched on that human longing of being seen, loved, and understood. Of course, a sentiment found in endless amounts of repertoire. However, this song taps into a wider sense, I think, due to its partnering with Purdy's poetry which carries so many levels of longing. "Through all his (Purdy's) work, he has dealt primarily with outsiders. Women, Black people, Native American Indians (his maternal grandmother was 1/8 Ojibway American Indian), homosexuals (living far outside the conventional gay community) — literally anyone who could be seen to be outside the circle of "normal" acceptability. Indeed, his final short story, *Adeline*, written at age 92, surprisingly and unpredictably, is a tale of transgender acceptance." (Wikipedia, of course) In an autobiographical sketch in 1984, Purdy stated, "My work has been compared to an underground river which is flowing often undetected through the American landscape." (Contemporary Authors, Gale Research Company)

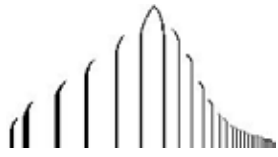
The words which prompted the memory of this song were those articulating our new Ends statements. What voices are longing to be heard in that "underground river which is flowing often undetected through the American landscape?" I am so grateful for this community which seeks to listen within, among and beyond.

"Come ready and see me whoever you are"... they sing..."come before the years run out."

**Uncommon Voices**  
**November 3, 2018 • 7:30 p.m.**

Minnesota Philharmonic Orchestra  
MINNESOTA'S LGBTQA ONEVOICE MIXED CHORUS

One Voice Mixed Chorus join forces with Minnesota Philharmonic Orchestra in a transcontinental program featuring Libby Larsen's *Fanfare for Humanity*, Florence Price's *Symphony No. 1*, and opera choruses by Verdi and Copland.



# UNITY CHURCH-UNITARIAN

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## Blessing of the Animals

Sunday, October 14

Bring Fido, Rover, Mittens, and all of their friends for this bounty of blessings.

1:00 PM  
GREENSPACE



## COME TOGETHER

Unity Church  
Live, Silent and  
Online Auction

5:30 PM to 9 PM  
Saturday, November 3, 2018  
Unity Church Parish Hall

Bid on gatherings of all sizes, fine art, treasures, and more.  
Enjoy great food and drink!

[www.unityunitarian.org/auction.html](http://www.unityunitarian.org/auction.html)

See page 10  
for details!



### Marathon Alert

The Twin Cities Marathon will wind its way along Summit Avenue the morning of Sunday, October 7. 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 is  
Pledge Drive Month

Turn to page five to learn about  
The Day of Prophetic Imagination!