

# February Wellspring Wednesday *Love* Main Events

Wednesday, February 3

## Beer 101

### Understanding and Appreciating Beer with an Introduction to Homebrewing

For the love of beer, even the Trappists testified! Since 1980, the number of large commercial U.S. breweries has dropped from 40 to 20, while the number of small craft breweries has increased from 8 to more than 1,600. This explosion in the craft brewing industry has brought with it a new respect for and appreciation of craft brewed beer. It has also led to a rekindled interest in homebrewing.



Beer enthusiast and homebrewer Brent Benrud will lead a discussion about beer, beer terminology, beer styles, and the local beer scene. He will also provide an introduction to homebrewing, including a discussion of the homebrewing process and the equipment used to make beer at home.

## Religious Education Parent Orientation

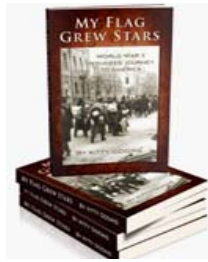
This orientation provides an important opportunity for new families to learn about the philosophy and vision that undergird our shared ministry with children and youth. Religious Education registration and adult volunteer roles will happen during this orientation. Supervised activities and childcare will be provided. Please contact Kerri Meyer at the Church Office if you plan to attend this orientation.

## Welcome to Unity

This class is geared to newcomers, visitors, and those seeking to learn more about Unitarian Universalists and Unity Church. To sign up, visit the Welcome Table in the Parish Hall on Sundays or contact Leon Dunkley at the Church Office.

*Dinner: to be announced*

Wednesday, February 10



## My Flag Grew Stars with Kitty Goggins

Their homeland destroyed in World War II, teens Olga Wagner and Tibor Zoltai fled Hungary—Olga minutes ahead of advancing Russian troops

and Tibor drafted by the Germans almost died as an American POW. After struggling to survive as refugees for several years, they separately immigrated to North America as indentured agricultural servants, united, and embarked on a cultural journey to become Americans. Through perseverance and creativity, they learned how to thrive, Tibor as a world-renowned professor and Olga counseling refugees, earning the title “area immigrants’ patron saint.” For over fifty years, Tibor and Olga took pleasure in helping new refugees successfully resettle in America.

Local author, Kitty Goggins, will talk about her parents’ journey from being refugees to helping refugees.

Kitty’s book, *My Flag Grew Stars*, follows her parents’ lives as refugees and new Americans. For more information on the book visit: <http://kittygoggins.books.officelive.com>.

*Dinner: potato gratin with tomatoes and olives, cheesy potatoes for the kids, arugula salad, Tunisian carrot and raisin salad, grainy bread, cherry jam tart*

## Kundalini Yoga and Meditation

### Offered every Wednesday

Cost for a single class: \$10.00. First time participants are encouraged to try class at no cost. Contact Joyce Paxton at 651-793-1908 or [jd\\_paxton@yahoo.com](mailto:jd_paxton@yahoo.com).

Wednesday, February 17

The Library Team Presents...

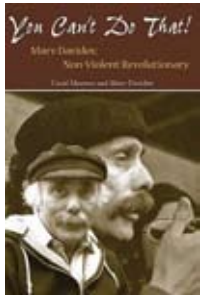
## Marv Davidov and Carol Masters

### *You Can't Do That: Non-violent Revolutionary*

In his career as a grassroots activist and a non-violent revolutionary Marv Davidov has been active for years for standing for love and for the dearest things we know.

Come hear the remarkable story of a man who has dedicated his life to effecting change through peaceful means. Book signing following talk.

*Dinner: spaghetti and meatballs, garlic bread, plain noodles, salad*



Wednesday, February 24

## A Course in Love with Mari Perron

Mari Perron is the author of a book entitled *A Course of Love*. It follows in the tradition of a book called *A Course in Miracles*. In fact, it can be understood as a “new” course in miracles—as a new course for a new time. *A Course of Love* is a prophetic work and calls our hearts out from complacency to newness.

The message of *A Course of Love* is simple. Each of us has love at our center. When we live from that center, joining mind and heart, we can live truly, and can come to sustain the awareness that we are not separate. We exist in unity.

*Dinner: baked pasta with cheese and cauliflower, Caesar salad, French bread, brownies*

# Love

The theme for February is love. The main Well-spring Wednesday events enrich the meaning of this theme until it flowers like a rose.

Love is at the heart of our very lives. Love invites us into the beauty and the joy and sorrow that is us. Love provides the way to see us through. This was as true for Paul of Tarsus as it was for Joni of Saskatchewan. Paul was the biblical figure who was known as the "Apostle of the Gentiles." Joni Mitchell was the famous singer/song writer from Canada who, like Paul of Tarsus, so often sang of love. She sang of loves lost and loves gained, of loves consummated and loves unrequited. She even made the poetry of Paul's well-known passage from Corinthians her very own.

Although I speak in tongues of men and angels

I'm just sounding brass and tinkling cymbals without love...

If I had the gift of prophecy and all the knowledge and the faith to move the mountains...

It was an act of love that led her to this endeavor. It was a desire to embrace the gesture of the poem, to love into its meaning and to see herself reflected without contradiction in its words.

It is one thing to argue with a text. I'm sure that she went through a stage or two of this. But it is quite another thing to embrace it—to love into both the consonance and the discord, to stand with love in both conflict and in consensus, to love with strength and honesty into what may seem like the bleak unknown.

*Love* continued on back  
→

Even if I understood all of the mysteries--  
If I didn't have love, I'd be nothing

Love is a gesture of individual maturity. This is why it is so beautiful and so painful. Love is the agreement to know the honest paths of one's own her, the nurture those honest paths and learn to thrive.

Love sees like a child sees

As a child I spoke as a child, I thought and I understood as a child

But when I became a woman, I put away childish things and began to see through a glass darkly

Where, as a child, I saw it face to face, now, I only know it in part

Fractions in me of faith and hope and love  
And of these great three, love is the greatest beauty

Love, love, love

Love is and love is what we do.

Come join us!!

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# Wellspring Wednesday

## February 2010 Main Events

Each Wednesday evening, the church community is invited to gather for a night at Unity. This is a time to engage in religious community, a time to cultivate our values and beliefs.

The evening begins at 6:00 p.m. with a hot, nutritious meal and a good conversation. After dinner programming begins at 7:00 p.m. Programs are offered for people of all ages. There are a range of lectures, crafts, music, films, theater, yoga, meditation, martial arts, OWL classes, OWL Parenting classes, classes on UU history... You name it. In fact, you are invited to "name it" by suggesting future programs or running one yourself! Check out the Wellspring Wednesday page at: [www.unityunitarian.org/wellspringwednesdays](http://www.unityunitarian.org/wellspringwednesdays) or contact Leon Dunkley at the Church Office for more details.

### Cost for Dinner

The cost for dinner is: \$6/adult, \$4/child ages 5 to 12, \$2/child ages 2 to 4, and \$18/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 Leon Dunkley.

### Childcare and Children's Programming

Each Wellspring Wednesday, preschool and school-aged children can join other Unity kids for fun and fellowship. Families should check their children in on the evening's sign-in sheet in the Parish Hall before heading to their program.

### Visit

[www.unityunitarian.org/WWprograms](http://www.unityunitarian.org/WWprograms) for program updates and information.