

Land Back (or Getting Out of Bed)

Ray Wiedmeyer, Beloved Community Communications Team

I've been thinking a lot about land ownership the past couple years. Just a bit into the pandemic, I attended the Sacred Sites Tour in the Twin Cities led by Rev. Jim Bear Jacobs, a member of the Stockbridge-Munsee Mohican Nation. Jim Bear spoke clearly about the broken promises, the broken treaties that would remove the vast majority of Indigenous Peoples from the land that is now the Twin Cities, and efforts in the 19th century to banish them completely from Minnesota. All that after having been told, in fact promised, that the white colonizers would share the land.

Indigenous Peoples understood that land could not be owned, that no one could claim ownership. If anything, they were of the mindset that the land owned them; that humans were no more important than the land on which they lived and that gave them sustenance.

After Rev. Jim Bear's presentation, I realized that I was now part of the story. I own land in St Paul. And I own land in Wisconsin a mile or two from the scattered bits of the St Croix Chippewa reservation where 3.8 square miles is all the tribe has left of original homelands that once covered thousands of square miles. I am not someone disconnected from the past; I am part of the historical timeline.

To be perfectly honest, it totally changed how I see the land we own. Given the choice to see the land as a *commodity* or to see myself as the *caretaker* of that land was a choice I could make. I choose now to think of myself as caretaker. But I am caretaker of land that was taken from folks who lived here long before my white ancestors arrived.

With that in mind, how do I live with the principles of Unitarian

Universalism, the Unity Ends Statements that I was so excited about in 2018, and the ritualized land acknowledgment we espouse every Sunday? What was my next right action? What kind of discomfort, what kind of pain did I need to be willing to work through to see the change I wanted to see in the world?

I have been living with that discomfort for some time now. It was scary but I asked my partner if we could give the Wisconsin land we own back to the local St Croix Chippewa Tribe. It was scary because I feared she would say, "No." You see, it is our happy place. The place we go to disconnect, and we love it dearly. She said, "Of course we should give it back."

The next hurdle for me was fearing what our neighbors might think. Was there really a fear in me that the tribe would not be good neighbors? Surprisingly, I needed to move past those racist attitudes that bubbled up in me. I needed to give up on the idea that only I could be the perfect caretaker of that land.

Time passed. The inertia of white privilege can and will make one forget one's best intentions. But eventually we contacted Jessica Intermill of Minnesota Interfaith Power and Light. Jessica centers much of her legal work representing Native tribes and I am acquainted with her workshops on reparations. She let us talk through our questions and concerns about giving the land back. She introduced us to the concept of "rematriation," or restoring the matriarchal relationship between Indigenous Peoples and ancestral land.

Upon her recommendation, we contacted the St. Croix Tribal Historic Preservation Officer of the Chippewa Tribe of Wisconsin, who then consulted their lawyer, who then



approached their tribal council, who considered our request, and told us they would love to have the land back.

We then needed to find a Wisconsin real estate lawyer, preferably native, who would do the necessary legal work. Months passed. It is so easy to just move along in one's privilege and not to keep on task.

Needing to finish this story, literally, for this August newsletter was the additional push I needed. We met with Richard Lau, one of my recent associates on the Ministerial Search Team at Unity Church who practices real estate law in Wisconsin. We talked through various ways of giving the land back, and he has begun the work to transfer the land.

Recently I heard the phrase, "It is one thing to begin to be woke but eventually one needs to get out of bed." We moved from a place of awareness to the place of discomfort, and finally found the price we are willing to pay to be in right relationship with the world we wish to see. It has been a long journey but worth every step taken.

SUNDAY WORSHIP SERVICES | OFFERING RECIPIENTS

Sunday Worship Services

Summer Sunday services, from Memorial Day weekend through Labor Day weekend, are held at 10:00 a.m., both in the Sanctuary and via livestream. Sundays in the Garden for children and youth is held during the 10:00 a.m. service.

August 4: *The Danger of a Single Story: Thoreau, Jacobs and the Culture of Individualism*

Sara Ford | Betsy Hearn

Livestream: youtube.com/live/UoX-4rP4Z8c

We are all familiar with the story of Henry David Thoreau and his two-year experiment on a plot of land owned by his teacher, Ralph Waldo Emerson. We are less familiar with the story of Harriet Jacobs, Thoreau's contemporary, who also, alone, entered a space that cut her off from society, and who also wrote a book about that experience.

A look at these two experiences and the national appetite for one story, to be told in one, specific way in every school in the country for almost 200 years, and for the other not to be told at all gives us insights into the dangers of a single story, dangers that contort our history and uphold power in the same hands. Over, and over, and over again.

August 11: *A Time for Every Single Thing*

Rev. Victoria Safford | Lorelee Wederstrom, worship associate

Livestream: youtube.com/live/QK0mO8245hY

The life of the spirit is all about triage: attending to this thing and then that thing, each in its time, with care. But the planet spins beneath our feet, sometimes careening wildly, and our days are disjointed and dizzying. When the known world flies apart, what holds you in place?

Join us for pancake brunch after the service.

August 18: *What's Trust Got to Do with It?*

Rev. Karen Hering | Isaac Fried, worship associate

Livestream: youtube.com/live/0yWHyvLuGTM

In the uncertainties of our times, our mistrust — of the future, of ourselves and one another — might be justified. But we are called, as people of faith in a liberating love, to cultivate greater trust. Let's explore how to become more trusting and more trustworthy in the face of change.

Join us for a welcome picnic with Rev. Oscar and his family after the service (see back cover for details).

August 25: *Old Ships and New Traditions*

Matt Meyer | Rev. Lara Cowtan

Livestream: youtube.com/live/C4mkxp2mDsQ

We'll explore the depth of tradition and the benefits of renovation through a journey at sea. Join us for a service of song and story as we reflect on what makes a ship seaworthy and a heart courageous.

Matt Meyer is an itinerant troubadour and worship leader who has led hundreds of services for UU congregations across the country. He has a degree in hand drumming and serves as Director of Community Life for Sanctuary Boston, a vibrant worship community that meets on Wednesday evenings.

2

Integrity, service, and joy.

Offering Recipients

Each week, sixty percent of our Sunday offering is given to a community non-profit and forty percent supports the Community Outreach Ministry at Unity Church. Donations are gratefully accepted online at bit.ly/sundayoffering.

August 4

Leap Pediatric and Adolescent Care is an innovative, community-based clinic two miles northwest of Unity Church. Its mission is to advance healthcare equity and remove barriers to total child well-being by integrating families into the fabric of local wellness opportunities. Leap works with a three-pronged outreach: direct health care, health counseling, and collaboration with community-based public health. This collection will be used to cover unreimbursed care for patients who have limited health insurance or other means to pay.

August 11

Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA) is a statewide organization working with congregations to coordinate the UU the Vote initiative. This offering will be used to purchase postage for Unity's postcard writing campaign encouraging young voters in critical Minnesota cities to vote in November. MUUSJA's budget covers the printing of postcards and the acquisition of mailing lists, with congregations covering the cost of postage. To date the congregation has used \$900 in postage, a cost that will easily triple through this summer and fall campaign.

August 19

Pacem in Terris in Isanti, Minnesota, provides solitary and silent retreats for anyone who reaches out to them. Founded in the Franciscan tradition, Pacem is totally ecumenical in its scope and practice. The grounds offer many miles of carefully groomed trails and 23 individual hermitages where each person can savor their private space, surrender to the silence and the abundance of natural beauty, and slip into wonder, renewal, and reflection. Wholesome food is provided. Pacem exists entirely on donations and participants are asked to contribute what they are able. This collection will help cover the costs for those who cannot pay.

August 25

African American Survivor Services is an organization serving individuals and families in the Rondo neighborhood impacted by violence, trauma and addiction. Through outreach services, especially to the unhoused, they provide chemical assessments and harm reduction kits, professional and peer support services, recovery meetings, referrals to housing and mental health services, and a hand of understanding and friendship. Overdose from fentanyl is now the leading cause of preventable death for young adults, and this small organization plays a vital role in interrupting the crisis of overdose. During the week of International Overdose Awareness we can give generously in support of those suffering from substance abuse.

Wonder, open-hearted engagement, courageous action



The Waning Days of Summer

Marcia Hayes, Trustee

August is here, and with it is the temptation to scramble to finish all those things we told ourselves we would do this summer. I for one still have unpainted walls and a messy basement.

August 1st is a time to consider if we will hold fast to this season or hold fast to our expectations for this season.

We as a board are releasing this interim season, and preparing to embrace our next season. This month, we reviewed the Ministerial Search Team's (MST) final report to the board. We were struck time and again at how fully we lived into our faith formation — going deep quickly with each other and our End to “generously give and openly receive compassionate care in times of joy, sorrow, and transition.” The joy of the MST in serving was evident. They built a relationship ahead of doing hard work, and continued to show that relationship is a value by prioritizing checking in on well-being.

We continue to discuss reparations in the context of the Currier Fund. We have learned, and will continue to learn, about reparations from a variety of sources. We're developing more specific learning objectives for our use with the fund. We hope that this next phase will help us build relationships within and beyond the congregation so that we can plan for the disbursement of the fund.

The board has also begun the planning process to generate new Ends for our congregation. Our Ends envision the world we wish to create with the Beloved Community. Our Executive Team uses these Ends as their North Star during their daily work. We paint the picture, and they help us to bring our vision into this world. We usually revise our Ends every five years, though we elected to start this process with our new settled minister rather than during the extended transition period. There will be more to come on this effort over the next few months, including ways in which you can participate. We need to hear your dreams for our future.

In the more immediate future, we also ready ourselves to welcome Rev. Dr. Oscar Sinclair, and so we are asking for your help. Moving to a new place is exciting, and it has a learning curve. We want your help easing the transition by sharing your local “golden nuggets” with Rev. Oscar and his family. Who is your trusted mechanic? Where do you take your kids in the dead of winter when they must leave their wiggles elsewhere? Which coffee shop do you regret not finding sooner? Join us in sharing your favorites! We'll have a collection of note cards, with prompts, for you to fill out and attach to ribbons in the main lobby. We hope you will take a look at the suggestions, too. You might find a new adventure for your remaining summer.

Unity's Generosity Ministry — Wow!



Generosity Ministry came about in October 2006 as an expression of Unity's goal to become a more credible partner in the wider community. Theologically speaking, it's an expression of abundance extended in a gesture of trust and gratitude. Prior to its inception, the weekly Sunday collection — roughly \$38,000 annually — went into the church's general fund. The Generosity Ministry concept very quickly resulted in a huge increase in Sunday collections. For most of the years since its beginning, 30% of the offering has been kept by the church, and 70% has gone to non-profit organizations nominated by congregation members. (Recently, that has changed to a 40/60% split.)

A Generosity Ministry Team (GMT), made up of church members and a staff advisor, meets monthly to review and process these nominations. The Executive Team then gives final approval to the GMT's recommendations. The focus remains with smaller non-profits for which Unity's donation could make a significant impact. Often, some organizations have received donations more than once.

Over the years, the GMT has occasionally recommended emergency recipients, in which case 100% of the offering is approved. For example, in March 2022 our partner church in Romania was nominated for a special offering for Ukraine refugee relief support. In addition, some ongoing Unity programs such as Foote Music Sunday, the Hallman Ministerial Internship, and Chalice Camp, will usually receive a larger portion of the collection.

Between October 2006 and December 2023, an astonishing \$1,482,775 has been sent into the larger community, including some specially designated Unity and UUA funds! It feels good to share our abundance with our neighbors as part of our work to build Beloved Community.

A nomination form and monthly recipients and collection totals can be found on Unity's website: unityunitarian.org/sunday-offering.html.

Generosity Ministry Team: Dick Buggs, Andrea Bond, Laurel Lein, Karen Abraham, John Christiansen, and Collin Rust.

Archives Team: Pauline Eichten, Louise Merriam, Patt Kelly, Carol Miller, Betsy Moore, Fritz Hoehn, Eve Johnson, Deb Woodburn, and Susan Foote (emerita).

WELCOME NEWCOMERS | GET CONNECTED



Welcome Words

**Philippa Anastos,
Membership
Coordinator and
Program Assistant**

Joseph William
Krutch wrote,

“August creates as she slumbers, replete and satisfied.” August is a liminal time, when we begin our harvest even as the growing season continues. I hope we will all let the hot, sticky, lazy days lure us into just a bit more relaxation. September will be along soon enough in all of its productivity. For now, savor the summer!

Pathway to Membership Classes

The offerings below invite you to explore a deeper connection to Unity Church and the commitments and opportunities of membership. Contact Philippa Anastos, Membership Coordinator and Program Assistant, philippa@unityunitarian.org or 651-228-1456 x110.

Finding Yourself at Unity: For Visitors and Inquirers

Sundays 11:15 a.m.

Gannett Room or online via Zoom:
bit.ly/fyonline

Drop-ins welcome; childcare available

Join the repeating eight-session cycle at any time. Weekly church emails include the session topic or find the session schedule at the Welcome Table in Parish Hall. August offerings:

August 4: Faith Formation

August 11: Community Outreach

August 18: Q&A with the Minister

August 25: Building Tour

commUNITY is the monthly newsletter of Unity Church. Deadlines are the 15th of each month. Subscriptions are free to those who make pledges to Unity Church and are available to others for \$30/year.

Food Ministry Volunteers Needed

Use the links to sign up or email Heidi at heidi@unityunitarian.org.

Come and help Tom Zell **serve brunch** on Sunday, August 11.

Sign up: bit.ly/ucusummerbrunch.

Share your hospitality talents in the kitchen during **coffee hour on Sunday mornings**. No kitchen experience required — training provided on the spot.

Sign up: bit.ly/ucucoffeesunday.

Wellspring Wednesday returns September 11! Join us for some **deep cleaning in the kitchen** on Friday, August 16, and Saturday, August 17. Then helps us **prep meals to put in the freezer** during the week of August 20–23. Finally, volunteer to support Wellspring Wednesday meals this year!

Sign up: bit.ly/wwfood2425.

Lectio Divina

Wednesday, August 14 and September 11 | 7:10 p.m. | Zoom: bit.ly/Lectio2023-24

Participate in a centuries-old monastic practice of listening, contemplating, and responding to sacred texts; modified with poetry for Unitarian Universalist small group spiritual practice. Led by Lisa Wersal or Shelley Butler. A different poem at each session. Questions? Contact Shelley at library@unityunitarian.org.

UU Wellspring Sources Program

Register by August 16: bit.ly/uuwell2425

Retreat: Saturday, August 24, 9:00 a.m.-12:00 p.m., with potluck following

Meeting: Every other Tuesday, 6:30-8:30 p.m., September 2024–June 2025

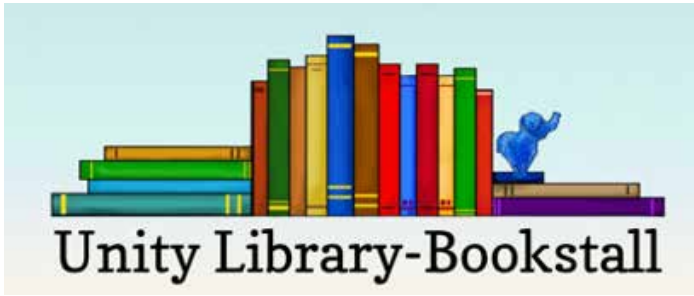
From the very beginning, the Wellspring readings and resources, reflection questions and group discussion filled a need I didn't realize I had... Creating a daily spiritual practice gave me permission to make time to reflect, to pause, to appreciate. I refined my own ritual as I learned how each of my fellow spiritual travelers designed their individual practices... Change starts with listening and learning — in my case, through the amazing Wellspring Program — and then follow the road wherever it leads.



UU Wellspring is a yearlong program of spiritual deepening connected to the Six Sources of our living Unitarian Universalist faith tradition. Through reading and reflection, daily spiritual practice, spiritual companionship, and small group process that holds space to hear our deepest truths, the UU Wellspring Sources program is a deeply meaningful way to explore what Unitarian Universalism means to you and how you want your faith to guide your life and your work for justice. For more information, contact Philippa Anastos at philippa@unityunitarian.org.

Upload your picture to Unity's database!

Help Rev. Oscar learn the names and faces of Unity's congregation! Voting members and pledging friends have access to Unity's database where they can manage their own demographic and giving information, view the calendar and directory, and upload a picture. Send an email to Martha at martha@unityunitarian.org if you need help logging in or would like someone to upload an image for you.

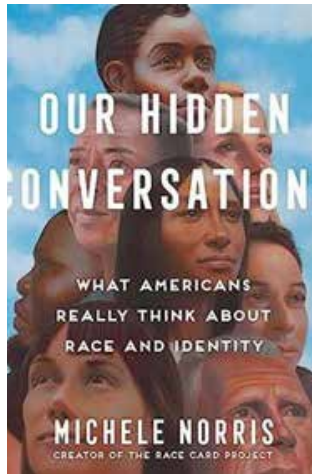


A Different Take on Race

Louise Merriam, Library-Bookstall Team

Our Hidden Conversations: What Americans Really Think About Race and Identity by Michelle Norris (Simon and Schuster, 2024), one of the new books in the Anderson Library, offers a novel way to think about one of the thorniest issues in the United States. This volume by Twin Cities-raised Norris, former host of the NPR program *All Things Considered*, is the result of her efforts to capture the nuances in the racial attitudes of Americans. She accomplished this by starting The Race Card Project™ (theracecardproject.com) which encouraged all people to submit postcards (and later to add to the project website) with the exhortation, “Your thoughts. Six Words. Please Send.” She began cautiously, printing and distributing two hundred postcards in 2010, and waited to see if any came back.

She need not have worried. More than 500,000 people returned actual and virtual postcards with six-word messages about race. *Our Hidden Conversations* is an analysis of the responses, wrapped in a compelling package of photos, selected longer essays by participants, and Norris’s introductory article for each section. This 528-page volume offers you every attitude about race in the United States; although you have certainly encountered most of these, there will be some that are new.



For example, two sections of the book focused on adoption and multi-racial families. The six-word summaries, “Why do Black babies cost less?” and “I am mom, not the babysitter,” speak to the pain that accompanies what one might have seen as evidence of greater toleration. Most readers will find something that reveals gaps in their understanding of race and identity in the United States.

The overall tone of the six-word stories reflects the writers’ hopes for something better. Norris ends with her own six-word summary, “Still more work to be done.” This book is a start.

August Parish Hall Artist

Richard Mittelstadt



Having taught 38 years of high school art education with a Masters degree, Richard has a diverse background in art materials and processes. During his earlier art-making years, he had focused on drawing, printmaking, jewelry making, and landscape watercolor painting. In the past 15 years, he has turned his attention to abstract and non-objective acrylic painting. Richard says, “As I immerse myself into each creative adventure, I often times find myself feeling transported into another dimension as if time no longer exists and my imagination and hands go about materializing a new image with color, line, texture, a sense of movement, and balance. With acrylic paints, I can enthusiastically play with inventive and expressive compositions. I think of my artwork as a theatrical production in which the viewer is allowed to temporarily suspend disbelief. For the viewer, my artwork becomes a momentary distraction — a gift of enchantment, amusement, delight, and emotional connection.”

Haven't You Always
Wanted to Edit a Magazine?
Now you can!



Help Wanted!

Editor-in-Chief of *Cairns*:

The Unity Church Journal of the Arts

Contact us: cairns@unityunitarian.org

COMMUNITY OUTREACH

What About the Climate Crisis? A Green Energy Morning

Paul Englund, Act for the Earth Team

I was disappointed when my new life in retirement was not shaping up to be a never-ending summer vacation — you know, like the last day of fifth grade with the euphoria of summer delights stretching out as far as my ten-year-old eyes could see!

These days, there is this persistent question dogging me, blocking my blissful transition to the life of the carefree retiree, and there seems no way around it: “What about this climate crisis?” At age 70, I’m still grappling with the challenges of being a “grownup” — the last day of fifth grade was a long time ago... So what do I do about this nagging question? Contemplating my response to the climate crisis often confounds me — I struggle with my personal fog of denial, overwhelmed by the whole mess. But as an aspiring adult, I thought I better *do* something, so I hooked up with Unity’s Act for the Earth (AFE) Team to see where that might take me. In AFE, I found a community where we begin our work with deep gratitude for the immense, mysterious gift of our lives, and for our home, the earth. A community where we honor the pain of our climate predicament, practice seeing the interconnected web of life with fresh eyes and with the wisdom and reverence of our indigenous siblings, and where we go forth into this amazing world with renewed energy to act, to advocate, to organize and to connect.

When I took a look at how I lived, I realized there were ways I could take action around my fossil fuel energy consumption. I already had solar panels, so I made arrangements to add more panels. I discovered there were great deals on high quality used electric vehicles, and I got one. My furnace and A/C were at the end of their lifespans, so I got a heat pump. If you want to know how you could take (and pay for) one or more of these energy efficient actions, or just gather more information, I invite you to **Green Energy Morning on August 17**, (details below) to learn about an array of energy saving options *and* about the dollar incentives now available that make them very attractive.

I am still often confused and conflicted about the way forward, and I can resent that after dutifully working for a living all these years I am rewarded with the nuanced retirement of an adult, not the unencumbered summer vacation of a ten-year-old. But I have found inspiration and meaning in joining with others to apply myself to this complex challenge, a challenge as great as any we humans have ever faced. And now, in my “re-wirement,” with a new measure of available time and energy, I can mix this vital work into my days, along with the joy of loving relationships, meditation, singing, laughter, good food, and awe in the beauty of the natural world. It’s what grownups do, I guess.

Obama/JJ Hill School Team



Join Nancy Heege in the library at JJ Hill this school year!

Plans are already underway for the new school year at JJ Hill Montessori Magnet Elementary School. Our volunteers have been invited to attend the all-staff orientation on Monday, August 26. We’ll meet with the staff, hear the principal’s annual overview, meet as a volunteer group to discuss how we can assist this year, and then spend time with the principal and volunteer coordinator to hear their hopes for our work.

We know that there will be a need for additional help in the school library. Their librarian has left and another staff person will take her place, but other duties that will leave less time for shelving books. Volunteers are needed for one-on-one support for young readers, meeting with them individually for 15-minute sessions. Classroom assistants are also needed for an hour or two a week, to work with individual children on math and reading. Our volunteers enjoy their interactions with the students and know that we are making a difference!

If you are interested in learning more about what we do, or thinking about joining us, watch for more information in the September newsletter.

Act for the Earth

The August 24 bike ride has been rescheduled for Labor Day, September 2. Find details about upcoming events at unityunitarian.org/act-for-the-earth.html.

GREEN ENERGY MORNING

SATURDAY AUGUST 17
9-NOON

Sign up for a home energy audit. Learn about heat pumps, insulation & solar panels.

Check out electric and plug-in hybrid vehicles. Find out about rebates & tax incentives.

Free and open to the public!

Go green and save money!

UNITY CHURCH • 732 HOLLY AVE, ST PAUL
MORE INFO AT UNITYUNITARIAN.ORG/ACT-FOR-THE-EARTH

COMMUNITY OUTREACH | FELLOWSHIP GROUPS

UU the Vote: Hold on to Hope

Priscilla Morton and Sheri Knuth, UU the Vote



This can be an “...unsettling, disturbing, chaotic, terrifying, sad, frustrating, confusing, and overwhelming time in our national politics,” said Katie Kline, Executive Director of the Minnesota Unitarian Universalist Social Justice Alliance (MUUSJA). Yes, it is. And yet, we cannot afford to remain overwhelmed, sad, terrified, or unsettled.

Katie goes on to say, “This is a time to gather yourselves! Gather your people! Hold on to hope. Start small. Start with your own heart. Start with your family, your block, your neighborhood, your congregation. ... Lean into love.”

One way to lean into love is to encourage everyone to vote, including new, young, or otherwise disenfranchised voters and to provide them with the tools and knowledge needed to participate in this important part of our democratic process.

At Unity Church, we are encouraging voting through a postcard project, coordinated by MUUSJA and designed to reach young voters in apartment buildings in districts in Minnesota where an increase in voter turnout may make a difference. The postcards direct recipients to MNVOTES.org, the Secretary of State’s website for registration and voting. As volunteers, we add a handwritten message of encouragement. We will mail the postcards in September — closer to the time of the November election.

As engaged Unitarian Universalists, all of us can help get out the vote. MNVOTES.org helps potential voters navigate voter registration, find sample ballots, apply for and return absentee ballots, and learn about early voting. MNVOTES.org also contains valuable information about voting for disabled or otherwise impaired people (e.g. you can request to vote from your car), finding your polling place and hours, voter eligibility, multi-state residence, election-day registration, and more.

If you need candidate information, VOTE411.org, offered through the League of Women Voters, provides responses to candidate surveys and live and recorded candidate forums.

Please join Unity’s voter outreach effort by signing up on Unity’s UU the Vote webpage at unityunitarian.org/uu-the-vote, or visiting us at the UU the Vote table in Parish Hall on Sundays. If writing postcards is not your thing, consider making a donation for stamps or helping with rides to the polls. You may also choose to support voter turnout through partner organizations on MUUSJA’s Issues of Focus webpage: muusja.org/issues-of-focus.

There are two upcoming elections: on August 13 and November 5, and both are important to our future.

We all belong to a larger community in which we aspire to live in harmony and with fairness and opportunity. Voting is our cross-cultural voice where we join together as one larger community. We vote, and then having voted we hold our elected officials accountable.

Fellowship Groups

For more information email Philippa at philippa@unityunitarian.org.

Afterthoughts offers time after the 10:00 service to discuss the service.

Caregivers Group meets on the third Thursday of the month at noon.

Evergreen Quilters: This quilting group meets the second Tuesday of the month, 7:00-9:00 p.m. and fourth Saturday of the month.

Families Living with Mental Health Challenges meets the third Saturday of each month, 9:30-11:30 a.m.

Living With Grief Group meets on the third Tuesday of the month.

Men's Coffee Group meets every Wednesday at 10:00 a.m. for light-hearted conversation.

Men's Conversation Group meets on Zoom August 5 and 19, from 7:00-9:00 p.m.

Men's Retirement Circle: Monday, August 12 and 26, 1:00-3:00 p.m.

New Look at the Bible meets the second Thursday of the month at 7:00 p.m.

Recovery from White Conditioning meets Wednesdays, 6:00-7:00 p.m.

Textile Arts Group Bring your knitting, embroidery, etc. Email Philippa for meeting times

Unity Book Club meets the second Tuesday of the month, 7:00-8:30 p.m.

August 13: *Tomorrow and Tomorrow and Tomorrow* by Gabrielle Zevin

September 10: *The Hidden Lives of Trees* by Peter Wohlleben

October 8: TBD (fiction)

November 12: *Saving Us: A*

Climate Scientist's Case for Hope and Healing in a Divided World by Katherine Hayhoe

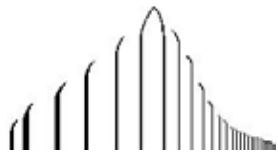
Women in Retirement meets on the second and fourth Thursday of each month, from 1:00-3:00 p.m., in the Center Room. Social hour at noon!

Young Adult Group (ages 18-35)
Email kp@unityunitarian.org

Food Shelf and School Supplies

Our friends and neighbors need our help during the summer. During June the congregation donated 158 pounds of food to Hallie Q. Brown. Let's do better during the month of August! Needs this month include granola bars, fruit bars, cereal boxes, bottled water, soup, ramen, boxed mashed potatoes and gravy. Hallie Q. is also holding a school supply drive through August 31! Please bring new school supplies and place them in the collection boxes (located at the Holly and Portland entrances).





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

Rev. Dr. Oscar Sinclair, Senior Minister
Rev. KP Hong, Minister of Faith Formation
Laura Park, Executive Director
Louise Livesay-Al, Chair, Board of Trustees

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**TIME SENSITIVE
MATERIAL**

Merging of Waters Service of Reunion

Remember to collect water this summer for our annual Merging of Waters service held on Sunday, September 8.

Summer Pick-Up Choir: August 11

Meet for rehearsal at 9:00 a.m., in the Foote Room, and sing during the 10:00 a.m. service. Bring a friend!

Picnic with Rev. Oscar

Join Rev. Oscar and his family for a get-to-know-you picnic after worship on Sunday August 18. The church



will provide meat and non-meat options to eat, and the buns to put them in, plus water, coffee, and tea to drink.

Please bring side dishes to round out your meal and to share with others. Bring a chair if you'd like to eat outside, or sit inside at a table in Parish Hall.

See you there!

Summer Fun: St. Paul Saints Game



A baseball game makes the perfect summer outing — so join us on Thursday, August 22, as we cheer on the St. Paul Saints! Tickets are \$22 each. Please contact Philippa Anastos at philippa@unityunitarian.org to reserve tickets.

In The Justice Database: The Collective PAC

The Black community is very much under-represented in the U.S. Congress, and in state legislatures and elected positions. The Collective seeks “to ensure our nation upholds its ideals and promises of a truly representative democracy” by supporting voters, donors and candidates in greater representation. bit.ly/JusticeData

