



## Welcome Visitors

After the service please stop by the Welcome Table in Parish Hall to introduce yourself. We would love to get to know you, answer your questions, and help you learn about Unity Church. If you are attending the service online, contact Philippa Anastos at [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org) for the link to join online coffee hour.

## Finding Yourself at Unity

### Topic: Unitarian Universalist History

Finding Yourself at Unity meets Sundays, 11:15 a.m.-12:15 p.m., in the Gannett Room and online at [bit.ly/fyuonline](http://bit.ly/fyuonline). For visitors, new members, and inquirers, this eight-week series is offered continuously during the year. Childcare is available in the nursery.

## Help Welcome Rev. Oscar and Family to St. Paul

Moving to a new place is exciting, and it has a learning curve. Unity's Board of Trustees is asking for 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! Find a collection of note cards, with prompts, for you to fill out and attach to ribbons in the main lobby. Thank you for sharing your thoughtful ideas!

## Bookstall Sale: Every Sunday in July

Books marked with **BLUE** dots are \$2, **RED** dots are \$5.

Markdowns will be taken at checkout.

## Parish Hall Exhibit

Meet and greet photographers Sarah Lilja and Ian Hanson in Parish Hall following the service. This is the last Sunday of their exhibit and your last chance to view these stunning nature photos. Learning about their techniques and what inspires them is an added bonus!

## Consider Joining Unity's Board of Trustees

There are many ways to support Unity Church — including board service! With nine trustees on the board serving three-year terms, three positions open each year. Next year will be a particularly exciting year as we

- get to know our new Senior Minister, Rev. Oscar Sinclair,
- work with the congregation to shape our next ends statements,
- and study how to engage in reparations.

Read more about the trustee role and the characteristics we're looking for in candidates at [unityunitarian.org/board-of-trustees.html](http://unityunitarian.org/board-of-trustees.html). The application link is posted there, too. **Application deadline is July 31!** Interested? Reach out to the recruitment committee: Jackie Boyd at [jduffboyd@gmail.com](mailto:jduffboyd@gmail.com), LauraSue Schlatter at [laurasueschlatter@gmail.com](mailto:laurasueschlatter@gmail.com), and John Steiner-Manning at [johnhsmanning@gmail.com](mailto:johnhsmanning@gmail.com).

## Food Shelf and School Supplies

In August the food shelf needs granola and bars, cereal, bottled water, soup, ramen, boxed mashed potatoes and gravy, and new school supplies for the Hallie Q. annual school supply drive! Collection boxes are located at the Portland and Holly entrances.

## Spirit of Water Celebration at Hidden Falls Park

**Saturday, August 10 | 5:00-8:00 p.m. | Register: [bit.ly/utswatercel](http://bit.ly/utswatercel)**

Join this wonderful community event on the Mississippi River with speakers, food, art, music and play areas for children. This event is designed to highlight how to care for our waters in gratitude and celebration. Co-sponsored by Minnesota Interfaith Power and Light, Union Theological Seminary, Friends of the Mississippi River and R.I.S.E coalition.

## Summer Pick Up Choir

Sing in Unity's summer pick up choir on Sunday, August 11. Come to the Foote Room at 9:00 a.m. and learn the music for that Sunday service. Friends and family are welcome!

## Food Ministry Volunteers Needed

Use the links to sign up or email Heidi at [heidi@unityunitarian.org](mailto:heidi@unityunitarian.org). Come and help Tom Zell **serve brunch** on Sunday, August 11. Sign up: [bit.ly/ucusummerbrunch](http://bit.ly/ucusummerbrunch).

**Share your hospitality** talents in the kitchen during **coffee hour on Sunday mornings**. No kitchen experience required!

Sign up: [bit.ly/ucucoffeesunday](http://bit.ly/ucucoffeesunday).

Wellspring Wednesday returns September 11! Help with **deep cleaning in the kitchen** on August 16-17, **prep meals to put in the freezer** from August 20-23, and volunteer to support Wellspring Wednesday meals all year! Sign up: [bit.ly/wwfood2425](http://bit.ly/wwfood2425).

## Unity Book Club

The Unity Book Club meets on the second Tuesday of the month, at 7:00 p.m., online via Zoom. On August 13 the group will discuss *Tomorrow and Tomorrow and Tomorrow* by Gabrielle Zevin. Contact Dave Kaminski at [kaminskibd@gmail.com](mailto:kaminskibd@gmail.com). All are welcome — even if you haven't read the book!

## Merging of Waters Service of Reunion

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

## Flowers for Worship

If you would like to bring flowers for a summer Sunday worship service, please email [martha@unityunitarian.org](mailto:martha@unityunitarian.org).

## 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. Find this and more in The Justice Database: [bit.ly/JusticeData](http://bit.ly/JusticeData).

## This Week in Religious Education

**Summer in the Garden** continues throughout summer during our **10:00 a.m. service**. Great for children ages 4-12. Please meet in our outdoor garden, next to the parking lot. No registration is necessary but drop-in capacity will be limited by the number of adult volunteers present. If you would like to help, please email [nelson@unityunitarian.org](mailto:nelson@unityunitarian.org).

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## This Week at Unity Church

Find the church calendar, along with links to participate in online offerings, at [unityunitarian.org/calendar.html](http://unityunitarian.org/calendar.html).

### Sunday, July 28

Sunday Service 10:00 a.m., Sanctuary and livestream  
Summer in the Garden 10:00 a.m., Children's Garden  
Coffee Hour 11:15 a.m., Parish Hall  
Afterthoughts 11:15 a.m., Lower level - Room 021/online  
Finding Yourself at Unity 11:15 a.m., Gannett Room, online  
Act for the Earth Monthly Meeting 11:30 a.m., Greenspace

### Monday, July 29

Circle of Peace 5:15 p.m., Center Room  
Men's Conversation Group 7:00 p.m., online

### Tuesday, July 30

Unity Sangha 4:30 p.m., Ames Chapel  
Threshold Choir Rehearsal 6:30 p.m., Ames Chapel

### Wednesday, July 31

Men's Coffee Group 10:00 a.m., Greenspace  
Summit Hill Alanon 5:00 p.m., Science Room  
Recovery from White Conditioning 6:00 p.m., online

### Thursday, August 1

Generosity Ministry Team 6:30 p.m., Center Room  
Fresh Air AA 7:00 p.m., Gannett Room

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## Lectio Divina

**Wednesday, August 14 and September 11 | 7:10 p.m.**

**Online via Zoom: [bit.ly/Lectio2023-24](https://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](mailto:library@unityunitarian.org).

## UU Wellspring Sources Program

**Register by August 16: [bit.ly/uuwell2425](https://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**

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 to explore Unitarian Universalism and how you want your faith to guide your life and your work for justice. Questions? Email Philippa at [philippa@unityunitarian.org](mailto:philippa@unityunitarian.org).

## Green Energy Morning: Go Green and Save Money

**Saturday, August 17 | 9:00-noon | Unity Church**

Come learn about home energy audits, insulation, heat pumps, rooftop solar, and more! Check out electric and plug-in hybrid vehicles. Find out how to get rebates and other ways to save.

## Help Wanted!

*Cairns: The Unity Church Journal of the Arts*, published annually, seeks an editor-in-chief. Interested? Please email [cairns@unityunitarian.org](mailto:cairns@unityunitarian.org) for more information.

## Upload a 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@unityunitarian.org](mailto:martha@unityunitarian.org) if you need help logging in.

## Picnic with Rev. Oscar and Family

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.

## 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](mailto:philippa@unityunitarian.org) to reserve tickets.

## UU the Vote

UU the Vote is a bold initiative created by the Unitarian Universalist Association's Side With Love team, engaging people in voter registration, education, get-out-the-vote drives, voter protection, and more. To get connected to Unity's UU the Vote effort, visit [unityunitarian.org/uu-the-vote.html](http://unityunitarian.org/uu-the-vote.html), stop by the table in Parish Hall on Sundays, or email Priscilla Morton at [prismorton@comcast.net](mailto:prismorton@comcast.net) to be added to the action alert email list.

## Board of Trustees Garden Party

***Spots are still available for this summertime fundraiser!***

**Saturday, August 24 | 4:00-6:00 p.m.**

Enjoy fellowship, live music, and refreshments, in Louise Livesay-Al's beautiful backyard! Appetizers and beverages (alcoholic and non-alcoholic) included. Music by trustee Debbie Cushman and friend. If inclement weather, this event will be held inside. Purchase and reserve your spot for \$50 or \$75 or \$100 (your choice) at [unityunitarian.org/make-a-gift.html](http://unityunitarian.org/make-a-gift.html). Select "fundraiser donation" and include "garden party" in the notes section.

## Wellspring Wednesday Programming

Is there a program or class you would like to see offered — or that you would like to offer — at Wellspring Wednesday this fall or winter? Tell us about it by completing the online proposal form: [unityunitarian.org/ww-proposal.html](http://unityunitarian.org/ww-proposal.html).

## Nominate an Organization to Receive a Sunday Offering

Each Sunday, 60% of the offering is shared with a community non-profit and 40% supports Unity's outreach ministry. Nominate your favorite organization at [unityunitarian.org/sunday-offering.html](http://unityunitarian.org/sunday-offering.html).

## Request Congregational Care

Do you have a concern or celebration you wish to have shared in the Embracing Meditation during Sunday worship? Would you like to request a call from a minister or a helping hand or listening ear of a Care Team member? Complete the online congregational care request form at [unityunitarian.org/congregational-care.html](http://unityunitarian.org/congregational-care.html) or send an email to [pastoralcare@unityunitarian.org](mailto:pastoralcare@unityunitarian.org). If you are experiencing an urgent need for pastoral support, call 651-300-9123.