

## Sunday Worship Service

Please **turn off your cell phones**, so you can give yourself and others the gift of this sacred hour. Thank you.  
Volume control headsets are available in the Garden Court.

Prelude .....The Music Team  
Announcements.....Board Member  
Welcome & Opening Prayer ..... Rev. Pat Williamson

### Our Core Values

*We are Loving, Transforming, Welcoming,  
Spirit-Filled, Prosperous and Joyful.*

### Our Vision

*Centered in Spirit, we celebrate a world transformed  
by love, peace and compassion.*

### Our Mission

*We are a vibrant, inclusive, prosperous, spiritual community,  
inspiring and empowering full expression of the Divine within  
through prayer, education and service.*

Prayer Chaplain Acknowledgment ..... Rev. Pat Williamson  
Opening Song - *God Is My Source*..... Congregation  
Greet Our Guests ..... Rev. Pat Williamson  
Greet Your Neighbors..... Congregation  
Hymn - *Give Yourself To Love* ..... Congregation  
The Daily Word - *In The Moment* ..... Member of the Congregation  
*Inside* ..... Congregation  
Meditation ..... Rev. Jeanette Byington  
Musical Interlude ..... The Unity Choir and Band  
Lesson ..... Rev. Phil Smedstad

### Living In Time

Special Music ..... The Unity Choir and Band  
Offertory Blessing

*Divine love, flowing through me, blesses and multiplies all that I give,  
all that I receive and all that I am.*

Welcome our Youth ..... Congregation  
Prayer for Protection..... Congregation

*The Light of God surrounds us; I AM light. The Love of God enfolds us; I AM  
love. The Power of God protects us; I AM power. The Presence of God  
watches over us; I AM presence. Wherever we are, God is. I AM Divine.*

Peace Song..... Congregation

## UNITY MINNEAPOLIS

4000 Golden Valley Road | Minneapolis, MN 55422  
763-521-4793 | 763-522-4441 — Inspiration Line

Watch the livestreamed and archived services on our website.

www.unityminneapolis.org

Unity Minneapolis Wi-Fi Password: Minneapolis

**REV. PAT WILLIAMSON, SENIOR MINISTER**  
**REV. JEANETTE BYINGTON, ASSOCIATE MINISTER**  
**REV. PHIL SMEDSTAD, INTERIM ASSOCIATE MINISTER**

Nancy Maiello, Youth & Family Ministry Director  
Lori S. Dokken, Music Director | Judi Vinar, Choir Director  
Lori Dokken, Dave Berget & Peter Hennig, Unity Band  
Lisa Harper, Steve Traen, Ico Ahycodae, Jonathan Schaffer, ASL

### Sunday Youth Education

9:30 Service - Nursery (birth to 2 years), Y.E.S. (3 yrs-5th grade)  
11:30 Service - Nursery, Y.E.S., Uniteens and Y.O.U. (all ages)

### Credentialed Unity Leaders

Reverend David Belton, Reverend Melody Martin

### Board of Trustees

Teresa Belden, Judy Kilian, Jim Nepp, Margie Oleson,  
Gregg Peterson, Michael Showalter, Rev. Pat Williamson

**For the health and consideration of others, please refrain from  
using any fragrances. Thank you for your compassion.** ♦ This  
service is being audio recorded. Copies are available in our bookstore. ♦ Overflow  
parking is available in the Courage Kenny lots across the street. Our Unity shuttle  
bus is available to take you to and from the overflow parking lots before and after  
the 9:45 and 11:30 AM services.

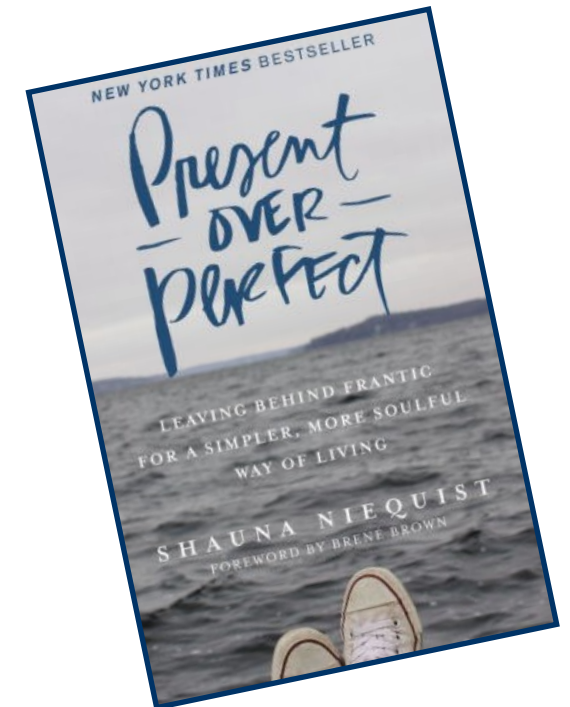
## NOTES

Scan, click, donate!



# FALL PROGRAM 2018

## September 30-November 10



## OCTOBER 28, 2018

### “Living In Time”

  
unity  
Minneapolis

*Wherever you are on your spiritual journey,  
you are welcome here.*

## GOD IS MY SOURCE - by Karen Drucker

God is my source. God is my power  
God gives me everything I need  
So I give thanks For all my blessings  
God gives me everything I need

Substitute "God" with "Love," "Joy," "Peace"

## GIVE YOURSELF TO LOVE - Kate Wolf

Kind friends all gathered 'round, there's something I would say:  
That what brings us together here has blessed us all today  
Love has made a circle that holds us all inside;  
Where strangers are as family, loneliness can't hide  
You must give yourself to love if love is what you're after;  
Open up your heart to the tears and laughter  
And give yourself to love, give yourself to love

I've walked these sidewalks in the rain and learned to love the wind;  
I've been up before the sunrise to watch the day begin  
I always knew I'd find you, though I never did know how;  
Like sunshine on a cloudy day, you stand before me now  
So give yourself to love if love is what you're after;  
Open up your heart to the tears and laughter  
And give yourself to love, give yourself to love

Love is born in fire; it's planted like a seed  
Love can't give you everything, but it gives you what you need  
And love comes when you're ready, love comes when you're afraid;  
It will be your greatest teacher, the best friend you have made  
So give yourself to if love is what you're after;  
Open up your heart to the tears and laughter  
And give yourself to love, give yourself to love  
Give yourself to love, if love is what you're after;  
Open up your heart to the tears and laughter  
And give yourself to love, give yourself to love

## INSIDE (TO FIND MY GOD) by Daniel Nahmod

I will leave this world as it is, Go inside to find my God  
I will leave this world as it is, Go inside to find my God. (repeat)  
*Inside there is peace, Inside there is joy,  
Inside there is more than enough.  
Inside there is peace, Inside there is joy. Inside there is sacred love.*

# CALENDAR

<b>Sun, Oct 28</b>	Sunday Celebrations   Sanctuary .....9:30 & 11:30 AM Personal Visioning Meditation   Meditation Room .. 1:00 PM Membership Class   Fillmore Room ..... 2:00 PM
<b>Mon, Oct 29</b>	Chair Yoga   Fillmore Room ..... 10:45 AM Twin Hearts Meditation   Sanctuary..... 7:00 PM A Course in Miracles   Meditation Room ..... 7:00 PM CoDA   Fillmore Room..... 7:00 PM
<b>Tue, Oct 30</b>	Tai Chi Chih   Fillmore Room ..... 10:30 AM Spenders Anonymous   Meditation Room ..... 6:30 PM
<b>Wed, Oct 31</b>	A Course in Miracles   Fillmore Room ..... 10:30 AM Silent Unity Prayer Service   Meditation Room..... 12:00 PM Prosperity Plus   Fillmore Room ..... 7:00 PM
<b>Thu, Nov 1</b>	Minister's Book Group   Fillmore Room ..... 10:30 AM AA   Meditation Room..... 5:30 PM Choir Rehearsal   Sanctuary ..... 6:45/7:00 PM
<b>Fri, Nov 2</b>	Office Closed
<b>Sat, Nov 3</b>	Women of Unity   Friendship Hall ..... 9:30 AM OA   Sanctuary ..... 10:00 AM
<b>Sun, Nov 4</b>	<b>New Member Sunday</b> Sunday Celebrations   Sanctuary .....9:30 & 11:30 AM "Throwing Candy"   Rev. Pat Williamson Music: Anna Christy and the Unity Band Meet the Healers   Garden Court .....After each service Personal Visioning Meditation   Meditation Room .. 1:00 PM The Homecoming Celebration   Brookview ..... 1:00 PM

### Twin Hearts Meditation | Mondays, 7:00 PM in the Sanctuary

Join Nancy Robinson for this powerful meditation. \$10 suggested love offering.

### Fool Moon Drum Circle | Monday, October 29, 6:30-9:00 PM

Join Youth Music Coordinator David Lind for an evening of drumming. Families and interested adults are welcome to arrive and depart whatever time works best for you. Bring your own drum if you have one. \$10 per person, \$25 max per family. Also, try our Sunday morning drumming experience with David and the kids in the Fillmore Room between services.

### Women of Unity | Saturday, November 3, 9:30-11:30 PM | Friendship Hall

Paula Caldwell gives tips for a stress-free holiday season. All women are welcome. There will be check-in, snacks, presentation, and connection!

### The Homecoming Celebration | Sunday, November 4, 1:00-5:30 PM

This "homecoming" celebrates the conclusion of our Fall book program. Meet at Brookview in Golden Valley and spend the afternoon mingling and sharing what we have learned through this book study. *Everyone is welcome - but please sign up TODAY so we can order your complimentary box lunch!*

### Meet the Healers | Next Sunday, following each morning service

Stop in the Garden Court for a mini-healing and experience the energy work done by our Healing Ministry. Like it? Attend the Healing service Tuesday, November 6, at 7:00 PM.

### Tai Chi Chih | Tuesdays, November 6-December 18, 10:30 - Noon -

Missed the first series? Here's another chance to learn this gentle, flowing set of 19 meditative movements and one pose that help you circulate and balance your inner energy (Chi). Facilitated by Jeanne Hamlin. Suggested love offering: \$50 for the 7-week series; \$10 drop-in.

### The Spiritually Connected Man | Monday, November 5, 7:00-8:30 PM

Dr. Michael Obsatz leads this workshop about overcoming traditional dysfunctional male stereotypes using Unity principles. Explore messages that many boys and men receive from the American culture about the meaning of masculinity and examine Unity's antidotes to these messages, encouraging a more holistic, spiritually-connected, compassionate, loving and generous concept of masculinity. *Open to all men and women (16 and older)! \$20 suggested love offering.*

### Beginning Meditation | Sunday, November 11, 1:30-3:30 PM

Join Nea Clare about the benefits and obstacles of creating a meditation practice and explore ways to find greater comfort and ease in the stillness and silence. \$20 suggested love offering.

### Peace Candle Fundraiser for Unity Minneapolis

The unscented soy wax Peace candle is a delightful treat for yourself, and it comes in gift box for a wonderful Thanksgiving and Christmas gift for others. One design, two Colors to choose from: Silver (represents Divine Masculine) or Rose (Divine Feminine). Only \$15. Purchase in the Garden Court today by cash, check, credit card for pick up November 11th.

### The Power of the Breath | Saturday, November 10, 2:00-4:30 PM

This is the last of four sessions led by Rev. Lura and Dr. Janet. \$50 love offering. You do not need to have taken the previous sessions.

### Emotional & Spiritual Maturity - Part 2 | November 17, 9:00 AM-Noon

Rev. Phil leads this last segment of our 2018 leadership training. You do not have to have attended the September 29th session. Open to all at no charge. Childcare available with preregistration.

### All Together Now Service | November 18, 9:30 & 11:30 AM

Join us for Gratitude Sunday with a twist as we introduce our new "All Together Now" services. Our youth Ministry takes the day off and our spiritual community comes together with an adapted order of service to accommodate all ages. Don't miss it!

### Town Hall Meeting | Sunday, November 18, 1:15-2:15 PM

Save the date for this meeting and get up to date on what's happening at Unity Minneapolis.

### Thanksgiving Eve Service | Wednesday, November 21, 6:30 PM

### Simple Supper | Wednesday, November 21, 7:30 PM

Join us for this annual Communion service followed by a shared meal of soup and bread.