

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 Bookstore.

Prelude The Music Team
Announcements A Board Member
Opening Prayer Rev. Jeanette Byington
Opening Song - One Power Congregation

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.*

Greet Our Guests Rev. Phil Smedstad
Greet Your Neighbors Congregation
Hymn - Namaste Congregation
The Daily Word - Spiritual Being Member of the Congregation
Hymn - Surely the Presence Congregation
Meditation Rev. Lura Smedstad
Musical Interlude Unity Choir & Band
Lesson Rev. Phil Smedstad

Relationships

Special Music Unity Choir & Band
Offertory Blessing

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

Prayer Chaplain Acknowledgment Rev. Phil Smedstad
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
Postlude Music Team

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

Nancy Maiello, Executive Director
Youth & Family Director - Position Open
Lori S. Dokken, Music Director | Judi Vinar, Choir Director
Lori Dokken, Liz Draper & Jendeen Forberg, 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, Judith 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 9:30 and 11:30 AM services.

NOTES

Scan, click, donate!



THE ART OF LIVING YOUR DREAMS



FEBRUARY 10, 2019

“Relationships”

unity
Minneapolis

100th
ANNIVERSARY

Honoring our Past, Creating our Future
1919-2019

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

“ONE POWER” - WORDS & MUSIC BY DANIEL NAHMOD

One Power, One Power, One Power (repeat)

There's One Power, invisible,
And you see it everywhere and every day.
One Power, indescribable,
And you speak of it with every word you say.
Mysterious, until you know the truth,
As simple as the love inside of you.
Call it God, call it Spirit, call it Jesus, call it Lord.
Call it Buddha, Ba'ha'ulla, Angel's Wings or Heaven's Door.
But, whatever name you give it, It's all One Power, can't you see.
It's the power of the love in you and me.

One Power, One Power, One Power (repeat)

We speak so many languages,
Different clothing, different colors, different names,
But, different is only dangerous,
When we forget that in the heart, we're all the same.
We'll remember once we close our eyes to see,
That such distances were never meant to be.
Call it God, call it Spirit, call it Jesus, call it Lord.
Call it Buddha, Ba'ha'ulla, Hashem or Heaven's Door.
It's Muhammad, it's your mind, It's your soul, it's your sign
It's the universe, it's music, Mother Earth or Father Time,
But, whatever name you give it, It's all One Power, can't you see
Whatever name you give it, It's the very air we breathe.
It's the power of the love in you and me.

One Power, One Power, One Power (repeat)

It's the moment of creation. It's an everlasting peace.
It's the freedom of forgiveness. It's the sweetness of release.
It's the joy of inspiration. It's the sunshine on your face.
It's the birthright of all nations. It's the boundlessness of space.
It's the beauty of a baby. The serenity of sleep.
It's the anger we abandon. For it's love that's most deep. It's One Power.
One Power, One Power, One Power (repeat)

“NAMASTE”

The God in me beholds the God in you. Namaste
The God in me beholds the God in you. Namaste
All is beautiful; all is well. All is beautiful; all is well.

“SURELY THE PRESENCE”

Surely the presence of God is in this place.
I can feel the mighty power and grace.
There's a holy hush around us; I see glory on each face.
Surely the presence of God is in this place.

CALENDAR

Sun, Feb 10	Meditation Service Meditation Room..... 8:30 AM Sunday Celebrations Sanctuary.....9:30 & 11:30 AM Personal Visioning Meditation Meditation Room .. 1:00 PM OWL Fillmore Room 1:00 PM
Mon, Feb 11	Twin Hearts Meditation Sanctuary..... 7:00 PM CoDA YOU Room..... 7:00 PM A Course In Miracles Meditation Room 7:00 PM
Tue, Feb 12	Men's Group Friendship Hall 6:30 PM Prosperity Plus III Fillmore Room 7:00 PM
Wed, Feb 13	Silent Unity Prayer Service Meditation Room..... 12:00 PM Breathwork Fillmore Room 5:30 PM Spender's Anonymous Meditation Room 6:30 PM Illusions YOU Room 7:00 PM
Thu, Feb 14	Minister's Book Group Fillmore Room..... 10:30 AM AA Meditation Room..... 5:30 PM Choir Rehearsal Sanctuary 6:45/7:00 PM
Fri, Feb 15	<i>Office Closed</i> Valentine's Dance Brookview Golden Valley..... 7:00 PM
Sat, Feb 16	Stitches Prayer Shawl Group Meditation Rm 10:00 AM OA Sanctuary 10:00 AM
Sun, Feb 17	Meditation Service Meditation Rm..... 8:30 AM Sunday Celebrations Sanctuary.....9:30 & 11:30 AM “Tools & Techniques” Rev. Pat Williamson Music: Patty Peterson and the Unity Band CommUnity Meal Friendship Hall 12:30 PM Personal Visioning Meditation Meditation Room .. 1:00 PM Annual Meeting Sanctuary 1:30 PM

MEDITATION OPPORTUNITIES

- **Sunday Meditation Service | Sundays, 8:30-9:00 AM**
Begin your Sunday with beautiful affirmations of peace, healing, gratitude and time in the silence. Meet in the Meditation Room.
- **Personal Visioning Meditation | Sundays, 1:00 PM**
This meditation, developed by Michael Beckwith, is a process of relaxing, connecting with the field of unconditional love, asking questions to guide our lives and listening for answers/guidance.
- **Twin Hearts Meditation | Mondays, 7:00 PM**
Nancy Robinson leads this meditation that brings peace, love, joy and good will to the meditator and Mother Earth. \$10 suggested love offering.
- **Silent Unity Prayer Service | Wednesdays, 12:00 Noon**
Join Rev. Jeanette Byington for this 15-minute prayer service each Wednesday in the Meditation Room. A lovely break during the day!

Unity Men's Group | Tuesday, February 12, 6:30 - 8:00 PM

Facilitated by Bob Olson and Larry Hause

All men are welcome to attend this spiritual support network that meets the 2nd and 4th Tuesdays of each month.

Illusions Book Group | Wednesdays, February 13-27, 7:00-8:30 PM

Join Rev. Jeanette for a great experience as you explore Richard Bach's *Illusions - The Adventures of a Reluctant Messiah*. \$30 suggested love offering for the 3 weeks. Books are available in the bookstore.

Stitches Prayer Shawl Ministry | Saturday, February 16 | 10 AM-Noon

All are welcome to join the prayer shawl ministry in the Meditation Room as we knit and crochet comforting prayer shawls. If you know of someone who could benefit from a prayer shawl, please contact Rev. Jeanette.

Annual Meeting | Sunday, Feb 17 | 1:30PM

It's our 100th year! All are invited to the Annual Meeting to learn about our centennial activities in 2019. We'll also review 2018, elect 3 members to our Board of Trustees, and hold an open forum following the meeting. Support your spiritual community by attending the Annual Meeting. See the insert for more info. Come early for the Uniteen CommUnity Meal!!

Facilities & Accessibility Meeting: Transform our Space

Sunday, Feb 24 | 1:30PM

Change is coming! We want your input as we begin to envision our transformed space. Hear our plan for partnering with an architect to assist us in this process. More details on the insert.

“Infinite Possibilities” Video | Thursday, February 28, 10:30 AM-Noon

All are welcome to join Rev. Pat and the Minister's Book Group for this video by Mike Dooley as we wrap up our current series, “The Art of Living Your Dreams.” Come for the movie and short discussion, then stay for a potluck lunch!

PRISM - People Responding in Social Ministry - You are always invited to

bring non-perishable food, personal hygiene or cleaning supplies for PRISM's food shelf. Donations may be left on the cart in Friendship Hall. Thank you!!!

DID YOU KNOW?

- Wearing fragrances may prohibit others from enjoying or even coming to church. For the health & consideration of others, please refrain from using fragrances. Thank you for your compassion.
- For those among us who are sensitive to electromagnetic frequencies, turning off or setting your cell phone to airplane mode, makes the service much more comfortable.
- Volume control headsets are available in the 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 9:30 and 11:30 AM services.
- Coffee, tea, hot chocolate and chocolate-covered espresso beans are for sale in the bookstore. Thank you for supporting our teens.
- When you can't be here on Sunday, watch the live-streaming or archived services at www.unityminneapolis.org. There's even a “donate” button!