



# THE liberal

## FIRST UNIVERSALIST CHURCH

*In the universalist spirit of love and hope, we give, receive and grow.*

Issue 4, Number 11

June 2013

### A Time of Transition

by Rev. Mary Bohman,  
Children's Music Coordinator

I am deeply grateful for the many years of support, encouragement and love I have received from the First Universalist Community. My recent ordination was the culmination of years of discernment, study, and training for the Unitarian Universalist ministry. It was an honor to be ordained by you, my church community. As you may have heard, I am leaving my position as Children's Music Coordinator at First Universalist. I started working at First Universalist ten years ago as a Religious Education Assistant, then as the Children's Program Coordinator in Religious Education. Now,

**A Time of Transition** (continued on page 2)

### The House That Love Will Build

by Rev. Jen Crow, Minister of Program Life

It is with deep joy and the appropriate amount of caution that always comes with a leap of faith, that we announce a new initiative for the 2013-14 church year. This coming church year, we will deepen our partnership with Habitat for Humanity and our commitment to housing justice, by becoming the primary financial (and labor) sponsor for the construction of a Habitat home. Together, we will raise \$60,000. In the first three months of construction, we will provide three full weeks of labor followed by additional work days until the home is completed.

This is an unusual commitment for a church to make. Sponsorships of this level are typically only taken on by larger corporations, but building on the dedication this congregation has already shown, we know that we can do it, and we are excited to deepen our partnership and our commitment to justice. We are excited to see what we can really do when we put our gifts of time and money and talent together to bless the world.

**Love Will Build** (continued on page 3)

### Giving Thanks

by Rev. Jen Crow  
Minister of  
Program Life



What an incredible gift it has been to have Sara Smalley with us this year as our Interim Director of Membership and Small Groups. Sara stepped in to guide us through a time of transition this fall, and she has done an amazing job. In our initial conversations, we asked her to simply hold the programs together. It was soon clear, however, that she could and would do so much more. Within her first two months in this position, Sara not

**Giving Thanks** (continued on page 12)

### Learning to Say Goodbye

by Laura Smidzik,  
Cummins Ministerial Intern 2012-2013

Thank you for the wonderful cake and mega-card send off on Memorial Day weekend. I hope my sermon on May 26 gave you a sense of how deeply I care about this church and how much I have learned over the year. Now it is time to learn to say goodbye to all of you.

The Unitarian Universalist Ministerial Internship Manual includes a paragraph about completing an internship and the process of saying goodbye to a congregation:

"The successful completion of the internship is cause for celebration for both the intern and the site. The internship committee can help recognize and thank the congregation for its willingness to



**Learning to Say Goodbye** (continued on page 11)

## Simpson Housing Services Won Congregational Care Changes Leaders

The Family Handyman magazine announced that Simpson Housing Services, where First Universalist serves meals, won the Rescue Remodel Contest and will receive a \$25,000 kitchen makeover sponsored by IKEA. This renovation will help Simpson better serve the 66 men and women who stay in the shelter every night of the year by providing updated appliances and new work spaces.

We couldn't have done it without you! Thank you for signing in to vote every day.

Simpson is working closely with The Family Handyman and IKEA to complete the updates in the coming months. The completed kitchen will be unveiled in The Family Handyman's September issue and on its website, as well as on [www.RescueRemodel.com](http://www.RescueRemodel.com).



### A Time of Transition (continued on page 1)

as you are aware, it is a time of personal and professional transition for me. As I enter ordained ministry I will focus on the work of my calling, hospice chaplaincy and ministry to people at the end of life and their families, at Allina Health-Hospice. Of course, I will never stop singing!

I am grateful for all I have learned at First Universalist and for the privilege to work with the beautiful and precious children in our community. I thank each of you for your love and support. This is not goodbye, as I will continue to be a member of this congregation and a community minister in affiliation with First Universalist. See you at church!

**SUMMER  
SMALL GROUPS  
SIGN UP NOW  
ONLINE  
[WWW.FIRSTUNIV.ORG/SIGNUP](http://WWW.FIRSTUNIV.ORG/SIGNUP)**

by Rev. Jen Crow, Minister of Program Life

Sometimes we are the ocean, and sometimes we need the ocean to hold us up. Through the gifts of so many of you — whether it is the gift of being vulnerable and sharing the challenges that you face, or the gift of support that comes in the form of a listening ear, a ride to church, flowers delivered, a comfort shawl wrapped around us, or a friendly face welcoming others to a memorial service — we have cared for one another this year. Margit Berg and Joyce Case — our Congregational Care Leaders, have served us well and we are so grateful for their dedication, thoughtfulness, and care. In this transition year, with Rev. Kate Tucker's retirement and my beginning, Margit and Joyce have been especially helpful -- sharing their depth of knowledge and relationships both within the church and the broader community. As this year ends, both Margit and Joyce will step down from co-leading our Congregational Care Team and Kathy Coskran will step into that leadership. Joyce will continue on, coordinating our memorial service receptions, and we know that Margit will enjoy the opportunity to follow her naturalist interests. Please take a moment to thank Margit and Joyce for their leadership and service, and to welcome Kathy, to this incredibly rewarding role.

### A Book Discussion for Our Racial Justice Journey

*Uprooting Racism: How White People Can Work for Racial Justice*

by Deb Rodgers,  
Director of Faith in Action

In 2008, the United States elected its first black president, and recent polls show that only 22 percent of white people in the US believe that racism is a major societal problem. On the surface, it may seem to be in decline. However, the evidence of discrimination persists throughout our society. Segregation and inequalities in education, housing, health care and the job market continue to be the norm. Post 9/11, increased insecurity and fear have led to an epidemic of scapegoating and harassing of people of color.

*Uprooting Racism* provides practical suggestions, tools, examples and advice on how white people can work as allies for racial justice. It acknowledges that while there is a long tradition of white people opposing racism, there are also many excuses given for not getting involved. Ultimately, *Uprooting Racism* is a supportive how-to book designed to help white people act on the conviction that racism is wrong without rhetoric, blame, or guilt.

We are excited to offer this summer book discussion opportunity as we continue on our journey to understand the dynamics of racism in our society, institutions and our daily lives. If you are interested in joining this group please contact Debra Rodgers, Director of Faith in Action at [debra@firstuniv.org](mailto:debra@firstuniv.org) or at 612-825-17-1 X106. The book will be for sale at the Information Center in the Social Hall or in the office for \$15.00. Discussions will be held Tuesday evenings, July 23, 30 and August 6, 6:30-8:00pm.

## The Many Gifts of AUW

by Tracy Yue

Each spring, after consulting with church staff and SPIFF committee, the Association of Universalist Women (AUW) gives a substantial gift to the church to improve our spiritual home. These are both useful and beautiful, from large decorative water urns for the water communion and hand-made ceramic chalices for all Religious Education classrooms, to the CD copier, dishwasher and floor polisher. These gifts have graced our space and ceremonies for many years.

This year, AUW is proud to present 30 large hand-made supportive cushions for pews. They should provide ample room on which to rest one's weary bones! Each has "gripper" fabric on the bottom to prevent sliding and a cloth handle on the side. These cushions are meant specifically for persons for whom the pews are not only uncomfortable but downright painful. Many thanks to Nora Page for overseeing this project!

Look for these cushions.



## Come Celebrate Love is the Law

by Rev. Jen Crow,  
Minister of Program Life

What a joy it is to celebrate marriage equality in Minnesota! Join us for a community celebration, reaffirmation of vows and blessing, and the opportunity for committed couples who have been waiting to get married to legally tie the knot on Sunday, August 11. At 4pm, we'll host a community-wide blessing of couples who have been married elsewhere, and who—as of August 1—will now be legally married in Minnesota. Following this blessing, we will open several chapels throughout our church - small sanctuaries where committed couples can come, meet with a minister, and be legally married or privately re-affirm their vows. And of course, all along the way, the social hall will be open, filled with joy and celebration—and chocolate and dancing—as we host a reception for everyone. We hope you will join us for some or all of this historic day. If you'd like to help with the planning or make a donation to the event, please be in touch with Rev. Jen Crow.

## Uptown Congregations Sustainability Network

Come and connect with other congregations who are making an impact for sustainability on their property and with their members. Our conversation on Tuesday, June 11, at First Universalist focused on launching activities around the sustainable impact of food. We learned how we can explore these topics in our congregation: where our food comes from, the impact on people, animals, and the earth, and alternatives we can support? Join us in the future with your ideas and help shape the conversation with sustainability topics and questions that interest our congregation.

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### Love Will Build (continued from page 1)

"How will we do this?" you may be asking. We will do it together. A wonderful team of folks — Chuck Coskran and Tom Saterstrom from our StoneCutters Habitat for Humanity leadership team, Geoff Lenox — chair of our Housing Justice Team, Peggy Leppik, Martha Moriarty, leaders from our 11th and 12th grade class, Lauren Wyeth - our Director of Children, Youth and Families Ministries, Debra Rogers - our Director of Faith in Action, and I — along with all of you — will work together to make this happen.

We will do it by changing our holidays this December. Some of you may remember a sermon I preached back in the fall of 2012, where I talked about something called The Greater Good project from my previous congregation, a project that invites church members and friends to cut their holiday spending in half, and give the other half to the church for a project to benefit the greater good. This project not only invites us to take a look at our spending — on everything from gifts to decorations to travel and special food — it also asks us to reflect on the deeper meaning of the holidays and on the part we can play in building the world of love and justice we dream about. This winter, we will ask for your donations and we will ask for your faith. May this project bring us together, show us our power, and bring a deeper sense of meaning to the holidays for each and every one of us; and may the result be a place of safety, a place to call home, and a restoration of dignity for a family just waiting to move in.

If you have any questions about this project, or suggestions, please don't hesitate to be in touch with any of The House That Love Built team members listed above.



## What a Joy to be Together

by Rev. Justin Schroeder  
Senior Minister

What a joy it is to be together. The drift of summer days, with their lengthy light-filled afternoons and evenings, have made space for travels of the body and spirit, for rest and renewal, for a return home greeted by the abundance of seeds and fruits now in bud.

Last July brought the gifts of our ever-talented Director of Worship Arts, Ruth MacKenzie, to our pulpit and our lives as our Summer Minister. Last August 1 brought my return after a time of study and vacation, and it also brought the beginning of a new ministry with Rev. Jen Crow as our Minister of Program Life.

What a joy it is to be together as a new ministry team -- what a joy it is to be together as a congregation, living and serving in the Universalist spirit of love and hope as we give, receive, and grow. What a full summer it is already!

As our summer continues to unfold, we are delighted to begin our working relationship together -- and to begin to discover all of the ways that we will change one another for the better. We are engaging in spiritual practices together, visioning, laughing, and sharing stories about who we are and what we care about. As we deepen our relationships with each other, our shared ministry deepens as well. We are busy at work, too, digging into our Strategic Plan (<http://firstuniv.org/strategicplan>) as we explore concrete ways to make it come alive this year and take deep root in the life of the church.

Together, we are thrilled and honored to work with such an outstanding, professional, dedicated staff. We genuinely care for one another, celebrate each other's gifts, challenge each other, and serve this wonderful faith community with love and gratitude.



# THE Liberal

## FIRST UNIVERSALIST CHURCH

In the Universalist spirit of love and hope, we give, receive and grow.

### Ministers

Senior Minister Rev. Justin Schroeder  
Program Life Rev. Jen Crow

Emeriti Rev. John Cummins  
Rev. Kate Tucker

### Worship Arts

Director Ruth MacKenzie  
Music Director John Jensen  
Choral Director Randal Buikema

### Operations

Director Diane Gavere  
Assist. Finance Admin. Brad Schmidt  
Interim Office Manager Julie Fredrickson  
Office Assistant Lily Franz  
Facility Manager Tracy Van Epps  
Sr. Cleaning Custodian Tim Ewing  
Evening Custodian Albert "Reed"  
Sound System Operator David Kellermann

### Faith in Action

Director Debra Rodgers

### Membership & Adult Ministries

Interim Director Sara Smalley  
Membership Support Sandy DiNanni

### Children, Youth & Families Ministries

Director Lauren Wyeth  
Program Assistants Emma Schlatter  
Emily Christie  
Children's Music Coordinator Rev. Mary Bohman

Communications & Information Systems Mgr. Craig Lindahl-Urben

If you want a print version of the Liberal, contact [sandy@firstuniv.org](mailto:sandy@firstuniv.org), 612-825-1701, or pick up a print copy at the Information Center. The online color version at [firstuniv.org/newsletter](http://firstuniv.org/newsletter) has live links. Our office hours are Mon-Thurs 8:30am-8pm; Fri 8:30am-4pm; Sat we are closed; Sun 8:00am-1pm. Church Services are 9:30am and 11:15am during the year and only 10am during the summer.

3400 Dupont Ave. So., Minneapolis, MN 55408  
Phone: 612-825-1701 Fax: 612-825-8879

[www.firstuniv.org](http://www.firstuniv.org)

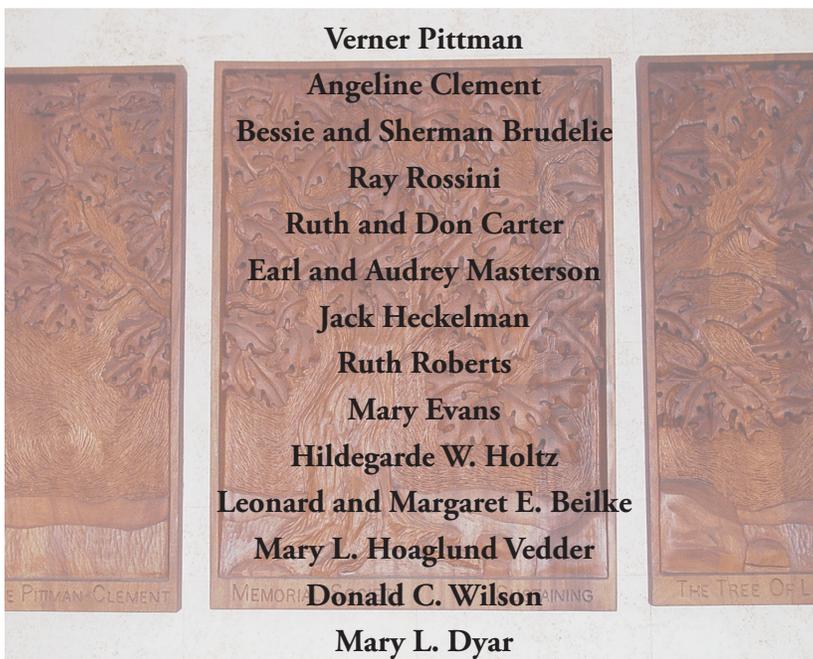
## Re-dedication of the Tree of Life

On Sunday, June 2 as we continued to live into our promise to Give, Receive and Grow, we re-dedicated the Tree of Life and soon after, moved it to its new home on the west wall at the front of the Sanctuary. This triptych was created in 1991 to commemorate those making memorial bequests to First Universalist Church. The Tree of Life symbolizes a feeling of warmth, community, strength and permanence. Funds from the Angeline Clement and Verner Pittman memorials were used to pay for the piece.

In addition to the Tree of Life, we will be creating and installing a perpetual plaque to recognize those from whom the church has received bequests, and the two founding donations to the Legacy Fund. These individuals truly know the meaning of our often-quoted phrase,

“It is for today, and for times we shall never see...”

We re-dedicate the Tree of Life and in so doing honor these individuals for their generosity:



**The Walter S. and Elsa M. Carpenter Family Foundation**  
(founding donation to the Legacy Fund)

**Pat and Larry Gottschalk**  
(founding donation to the Legacy Fund)

Going forward, individual names will be added to the plaque for bequest funds realized and donated to the church.

## History Hounds Remember

First Universalist ministers Susan Milnor and Terry Sweetser presided over our first same-sex marriage in 1989, as well as recommending 4 x 4 dinners mixing GLBT folks with straight people, and guiding the congregation to becoming one of the early welcoming congregations in the Unitarian Universalist Association.

In the 1990 Social Action Survey the congregation was asked to gauge its involvement in “UU Lesbian/Gay Concerns” and 95% of those who responded indicated that they weren’t currently involved, while 92% predicted that they wouldn’t be involved in the future.

Sweetser and Milnor left at the end of 1995. Rev. Frank Rivas was called as senior minister in 1997, and was the first settled minister who was openly gay.

Many felt that Rivas’s more introverted and reflective personality offered what the church needed most at the time—an ability to emphasize coming together while respecting differences. He felt particularly called to address issues of human rights, especially racism and homophobia.

Last month on Tuesday, May 14, 2013, Governor Mark Dayton signed a bill that makes it possible for same-sex couples to get married. We’ve come a long way.



## Our High School Seniors

# Our 2013 Graduating Seniors

compiled by Emma Paskewitz

### Dante Alberti



I've been attending First Universalist since I was born. I'm graduating from South High School in Minneapolis, and have been taking some classes at Minneapolis Community and Technical College during my senior year. Next fall, I'll go to the University of Wisconsin-Stout in Menomonie, where they have an Entertainment Design degree in their art department that sounds perfect for me—drawing anime, graphic novels and comics. I'll also possibly become a Luchador.

### Emma Berger



My name is Emma Berger and I'm graduating from St. Louis Park High School. I plan to attend the U of M Twin

Cities College of Liberal Arts next year. I've been attending this church since I was in fourth grade. This church helped me further realize my values and taught me how to act upon them. I'm excited to apply what I've learned from this UU community at college and in the future. I'd like to thank my moms and my younger sister Anna for being there for me during the tough times over the last four years.

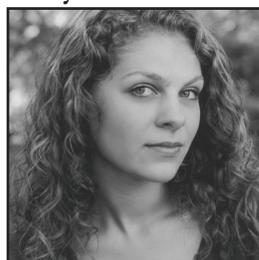
### Maddie Colbert



My name is Maddie Colbert and I am graduating from South High School. Next year I will be attending Uni-

versity of Wisconsin-Madison. I grew up at First Universalist and have participated in many youth events, such as traveling to Guatemala. This was also where my acting career started, and stopped, as Mary in the Christmas pageant. I will always treasure the value of acceptance I learned at First Universalist as well as the support and relationships. A big thank you to my after church coffee goers and my loving family for always being there.

### Haley DeParde



I'm Haley DeParde and I am graduating from South High school. In the fall I will be attending St. Lawrence

University in Canton, New York, where I am hoping to study English and communications. My past few years at First Universalist have been a bit of a roller coaster, but in that, I have discovered that this church means a lot to me. I was involved in reforming our senior high class structure and took on the role of President this year. Next year I will miss all of my church friends and, of course, Dunn Bros.

### Ani Lund



My name is Ani Lund and I'm graduating from South High School in Minneapolis. I'm going to Augsburg

College next year and I'll probably major in creative writing. My favorite memory of RE was the 7th grade bike trip. We really bonded when we lived through that tornado and lightning together. When I was diagnosed with scleroderma and arthritis in my sophomore year,

church was the one place I could really feel comfortable, and I knew that everyone there would listen wholeheartedly. The support I got was crazy amazing. It helped me come out of the closet about what I was going through and then helped me talk about it with people outside the church community with my head held high. After that I ended up volunteering a lot at church because that's what family does. It makes me happy to know that I can be there for somebody just like they were there for me.

### Haley Richter



My name is Haley Richter and I will be graduating from Perpich Center for Arts Education this spring. I plan

on attending Knox College in Galesburg, Illinois and double majoring in Music and Psychology. I have attended this church since seventh grade. I participated in the Coming of Age class as well as the Senior High group. I was a part of the mission trips to Guatemala in 2006 through First Universalist and Comida Para la Vida. During my time as a part of this congregation, I have learned to be appreciative of this strong healthy community. I would like to thank my peers in the Senior High group, my parents and sister, and my advisors for being such an important part of my life in these past years.

### Kloie Rush-Spratt



I'm Kloie Rush-Spratt, a 2013 graduate from South High School. On August 19 I am departing to Lugano,

Switzerland to attend Franklin College

# Our Vigil

by Ruth MacKenzie, Minister of Worship Arts

in Switzerland. Franklin is an American college, so the courses will be in English, however, the town speaks Italian, one of the only three languages Franklin teaches (the other two being German and French, you must become fluent in at least one). Being an International Relations school, I plan to study along the lines of cultures, politics, and maybe a bit of economics, but more on the domestic side. I have attended First Universalist for a year now and have been a regular member of the Youth Group. I attended the fall Zumbro Falls retreat and helped out at the Simpson's shelter preparing meals and connecting with people. I finished the year with a homily on spiritual change and, as a recent convert to Unitarian Universalism (I was a United Methodist), talked about bringing new perspectives while at the same time understanding the old. I love to say thank you to so many: my old church (youth group and friends), the ones who welcomed me in the new youth group, Ruth, my family, my great teachers, Fiona, and my true inspiration: Thor.



## Kate Wackett

I'm Kate Wackett and I am spending my senior year studying in Trujillo, Peru. In St. Paul, I attended Como Park Senior High School. Next year I am going to

Lewis and Clark University in Portland, Oregon, where I am planning to study Spanish along with Latin American Studies, International Relations or pre-Law. I grew up at First Universalist Church, and was especially grateful for my opportunities to visit Guatemala with Mary Kost and her organization Comida para la Vida, Nicaragua, through the Youth Cultural Exchange program, and the trip to Tanzania with Welcome Jerde. These experiences have really shaped my interest in other cultures and working internationally. I'd like to thank my Coming of Age mentor Tracy Jones, Katie Heaton, and all my classmates in the senior high group for these past few years of friendship and support.

It was a cool Sunday morning. I was hoping I had brought enough warm clothes for the vigil. I was pretty sure my young companion was not dressed appropriately for our two hours of sitting and silence by the small pond adjacent to Rebecca Lake. Warm, dry days were hard to come by this spring, and this Sunday was no exception. The earth was damp. The breeze was shaded with memories of winter. The water was stone cold to the touch. I had an extra pair of gloves stuck in my pocket, another hat, and scarf. If he decided he needed them later, I'd be prepared.

He found his spot tucked away behind the brush, a small hollow beneath a stand of young trees and tall grass. He spread out his tarp, kicked off his shoes, and smiled. I saw a thin pair of white socks covering his feet. "Boy, you're gonna freeze," I thought. I said, "Just hang the red flag, if you need something, and I'll help you out. Otherwise, I'll see you in two hours."

Our Coming of Age Nature Vigil is devised as part spiritual practice, part pilgrimage. The practice of sitting out in nature with just your thoughts, your own beating heart, for an extended period of time, is found in many religious traditions and ours is no exception. The Transcendentalists (from the Unitarian side of our family tree) talked about nature as a place to spark our awareness of the shimmering connective tissue running through all and every thing: the divine within, the divine among, and the divine beyond. "As there is no screen or ceiling between our heads and the infinite heavens, so there is no bar or wall in the soul where we, the effect, cease, and God, the cause begins" (Ralph Waldo Emerson).

That morning I thought I might write or draw a picture in my journal to pass the time. My pen never touched the page. As I sat in my own hollow of branches a hundred yards away from my young companion, my eye, my ear, my heart was continually called into the divine shimmering of connectivity. There was the swoosh of parting water as the blue teal duck made its landing, the cry of geese overhead, the wind moving my hair, the quirky dance of sandpipers, the silence within the sound. The world, and me within it, were one. This is the purpose of spiritual practice, to awaken the "non-dual knowingness of the heart" (Rev. Cynthia Bourgeault), that is, our capacity to see, feel, hear, sense the Oneness of all. God, or the divine movement of good and grace, is in me. God is in you. You are in God, and so am I. You and I are in each other.

This summer we will hear different approaches to spiritual practice, different experiences of pilgrimage but no matter the vantage point, the message will be the similar: a path to a non-dual knowingness of the heart. As Emerson says, "The soul's health consists in the fullness of its reception... Within us is the soul of the whole; the wise silence, the universal beauty to which every part and particle is equally related; the eternal One." Amen.

# Worship Themes for the Summer

by Ruth MacKenzie, Minister of Worship Arts

### *Spiritual Practice: June 9—July 14*

To know with the heart is more than understanding, or being in touch with emotions. Certainly, each of us has ways of being in the world, “thinking” and “feeling” preferences illuminated in the oh so popular Myers Briggs Indicator Test. “Are you a ‘T’ or an ‘F’?” we may ask as a conversation filler. Most of us approach the world through some kind of intricate mixture of the two, but neither one is knowing with the heart. Knowing with the heart is expanding our way of knowing beyond the dualism of thinking or feeling. Theologian and mystic Cynthia Bourgeault puts it this way: “The heart in the ancient sacred traditions, has a very specific and perhaps surprising meaning. It is not the seat of our personal affective life — or even, ultimately, of our personal identity — but an organ for the perception of divine purpose and beauty.” The heart is our antenna for the divine movement in, and around us, attuning our lives toward good and grace.



The first part of our summer sermon series focuses on Spiritual Practice. This is another way of saying, how do we attune or know with our hearts? How do we strengthen our abilities to access intuition, wisdom, a sense of unity, follow and increase our creative capacity, grow our compassion? Just like musicians, we will concentrate on particular modes of practice, look at the whole, learn about our strengths, and endeavor to “improve our chops.” To know with the heart takes practice. But it is the only way we open our lives, and begin to hear where Love is calling us next.

### *Pilgrimage: July 21—August 18*

Summer is a time of travel, but is every travel excursion a pilgrimage? Pilgrimage means traveling with intent, journeying with the purpose of finding something that matters, going deeper, accepting an invitation to be transformed. The notion of pilgrimage alters the travel model of checking one more monument, vista, or resort off your bucket list, with a mindful undertaking of focus, preparation, attention to the path, and respect for the destination. There are times when all we want from travel is to get away



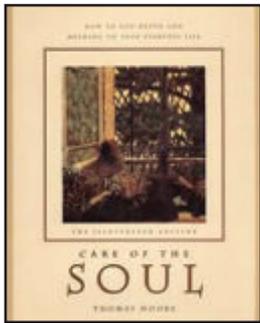
and unplug. Given this hurry up, never turned off, culture in which we live, this is legitimate. But the pilgrim understands that whenever we travel we are deciding to assume the role of the stranger, that travel invariably means not knowing how to do or be in a new place, a strange land. The pilgrim welcomes that uncertainty as a spiritual imperative to transformation. The pilgrim accepts discomfort, invites surprises, and journeys on, knowing hardship is often the opportunity to stretch our souls.

“Pilgrims are poets who create by taking journeys,” says Richard R. Niebuhr. In the second part of the summer we will explore the meaning and necessity of pilgrimage, whether to far flung places, or out the back door. We will explore the elements of pilgrimage: longing, the call, the way, the arrival. We will tell stories, and listen for the poetry emerging beneath our feet.

## Resources for Summer Worship

### Books

*Everyday Spiritual Practice: Simple Pathways for Enriching Your Life*, a collection edited by Scott W. Alexander, of forty inspiring authors, painters, theologians sharing their personal spiritual practices for making each day more meaningful and satisfying—from meditation and prayer, to recycling and vegetarianism, to quilting and art.



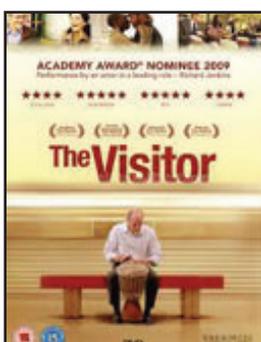
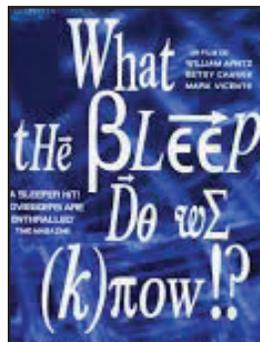
*Care of the Soul : A Guide for Cultivating Depth and Sacredness in Everyday Life* by Thomas Moore provides a path-breaking lifestyle handbook that shows how to add spirituality, depth, and meaning to modern-day life by nurturing the soul.

*The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred*, a book by Phil

Cousineau, is for the traveler who longs for something more than diversion and escape, for those searching for a path with heart.

### Movies

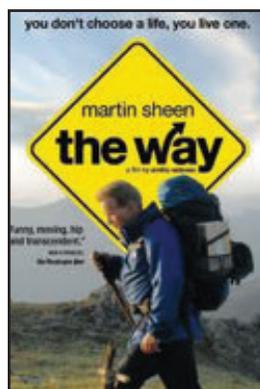
*What the Bleep Do We Know?* is a 2004 film that combines documentary-style interviews, computer-animated graphics, and a narrative that posits a spiritual connection between quantum physics and consciousness. <http://www.youtube.com/watch?v=ioONhpIJ-NY>



*The Visitor* is a 2007 film about a widowed college professor who travels to New York City to attend a conference and finds a young couple from Syria in his apartment. He learns to play the drum and much more.

*The Way* is a collaboration between Martin Sheen and his son Emilio Estevez to honor the Camino de Santiago, the pilgrimage route

to the Cathedral of Santiago de Compostela in northwestern Spain. An American ophthalmologist goes to France following the death of his adult son, killed in the Pyrenees during a storm while walking the Camino de Santiago. The father completes the pilgrimage in his son's honor.



## Exploring Wellspring

by Rev. Jen Crow

Have you ever longed to go deeper spiritually? Have you ever wanted to explore or strengthen your spiritual practice, to examine the intersection of your beliefs and your life, to journey with a group of committed seekers, to learn more about Unitarian Universalism — our history and theology — and how they shape us now? If you have ever longed for any of these things, the Wellspring program of spiritual deepening might be the right next step for you.

Wellspring is an adult spiritual development program created by me and shaped by a dedicated team of lay leaders from my previous congregation in Rochester, NY. An intensive 10-month program, Wellspring combines a commitment to a daily spiritual practice of your choosing, participation in monthly spiritual direction, meeting every other week with a small group for reflection, study of Unitarian Universalist history and theology, and a commitment to discovering and naming how our faith calls us to make choices in our lives. By bringing all of these components together, participants often experience a profound sense of grounding in their faith.

Exploring Wellspring (continued on page 13)

### Spiritual Practice Tool Box

Join Ruth MacKenzie after each Sunday service during the month of July and experiment with different tools of spiritual practice.

- July 7 – Lectio Divina (spiritual reading)
- July 14 – Mindfulness Practice using a body scan (bring a blanket and small pillow)
- July 21 – Painting a Prayer
- July 28 – Gentle Yoga (bring some comfortable clothing and a pillow to sit on)

### Legislative Update

#### *Homes For All*

compiled by Deb Rodgers,  
Director of Faith in Action Ministries

Many of you have been active in our Housing Justice work; either through Habitat for Humanity, Simpson Housing, Project Homeless Connect, or another avenue. We've also had people active in the Homes for All Campaign, a statewide alliance of over 40 housing and homeless organizations. The Campaign asked the Legislature for \$50 million for rental assistance, rehab loans, down payment assistance, as well as coordinated services and shelter for Minnesotans experiencing homelessness, and \$50 million in bonding.

The Homes for All Campaign successfully ended up with \$25.9 million for the Minnesota Housing Finance Agency and \$7 million for the Department of Human Services. Although we asked for housing to be included in the bond, after a long and complicated battle, in the end, when the bond was released there was no money for housing in it.

Despite these challenges, we are happy, ending up with a \$33 million increase in funding for housing and homelessness services. This money will go far in changing lives for thousands of Minnesotans and helping them find a safe, decent, affordable place to call home.

There is still a LONG way to go in order to address the housing and homelessness crisis in Minnesota. Next year is a bonding year and the Campaign is excited to head back to the Capitol and ask for investments in these important programs.

If you are interested in learning more about the Homes for All Campaign or the Ambassadors Advocacy program at Habitat for Humanity please contact Debra at [debra@firstuniv.org](mailto:debra@firstuniv.org).

Most importantly, thank you for all that you do. A great big Thank You to everyone who contacted your legislators, participated in action alerts, came to the Capitol, participated in Habitat on the Hill and more! Without your voices, this wouldn't be possible!

### Housing Justice Explores Youth Homelessness

by Shelley des Islets

As part of First Universalist's Housing Justice work, a new connection is being forged with Avenues for Homeless Youth. Avenues is a transitional housing program—a home—where youth can live as they stabilize, build trusting adult relationships and work toward their personal goals for independent living.

In addition to providing housing at the North Minneapolis shelter, Avenues recruits and supports volunteer households for Host Home programs. These community-based programs are coordinated by Avenues, but supported by a vast array of individuals and other youth-serving agencies. The host homes receive training and ongoing support from Avenues, while the youth receive case management by the referring agencies. There are three arms of the Host Home program: Minneapolis homes, suburban homes, and homes welcoming GLBT youth (any location). Explore their offerings and read the stories of youth positively impacted at their website, <http://www.avenuesforyouth.org>.

Homeless youth are disproportionately youth of color and victims of violence, sexual, physical or emotional abuse. They are young people who are on their own at too young an age. Wilder Research estimates that on any night in the state of Minnesota, 2,500 youth and young adults are homeless and unaccompanied by an adult. In any year, 10,000 youth experience homelessness in Minnesota. Right now, Avenues is able to provide transition housing for up to only 50 of these youth—20 at the Avenues shelter and 30 in host homes.

First Universalist volunteer coordinators Liz Permar and Shelley des Islets, together with Deb Rodgers, Director of Faith in Action, are connecting with Avenues to imagine ways in which First Universalist can help with some of Avenues' needs for supplies and support for their shelter, as well as connecting with and training congregants interested in hosting in their homes. We hope to have information panels and education meetings this summer, launch a collection drive for supplies to coincide with back-to-school shopping in August, and have host homes in place beginning this fall. If you have ideas or are interested in joining in this early effort, feel free to contact Deb Rodgers ([debra@firstuniv.org](mailto:debra@firstuniv.org)), Shelley des Islets ([shelleydes@gmail.com](mailto:shelleydes@gmail.com), 651-253-7212), or Liz Permar ([elpermar@gmail.com](mailto:elpermar@gmail.com)).



## Augsburg Fairview Academy's Hope Closet Wins Award

by Deb Rodgers,  
Director of Faith in Action Ministries

In recognition of young people who have worked together to increase civic engagement, improve academic achievement and show EXEMPLARY leadership in their community, Augsburg Fairview Academy's Hope Closet won the Red Wagon Award for 2013.

First Universalist has been involved in supporting the food shelf and clothing closet the AFA stu-



dents named The Hope Closet, since its inception! We helped out by putting together Snack Packs and laundry soap at the Holiday Service Project, the Senior High ran a successful clothing drive, setting up the closet was a project at the 2013 Day of Service, and congregants have continued to volunteer there to organize the clothing.

As we look forward to a second year of partnering with Augsburg Fairview Academy, we are exploring a tutoring/mentoring program, offering a work skills training program and, potentially, other classes.

As important as all these activities are, we know they do not address the root causes of the education related disparities faced by the students at Augsburg. Understanding the systems at play - those that result in the achievement gaps experienced by youth of color (Augsburg's primary student population), is critical as well. This year, we will offer more opportunities for us to learn about those root causes and what we can do - as a people of faith called to work for justice. For more information on Augsburg Fairview Academy, go to the website or contact Pat Gottschalk at [pat.gottschalk@yahoo.com](mailto:pat.gottschalk@yahoo.com).

The work with Augsburg Fairview Academy is a project of our Housing Justice Ministry.

## Be The Change

by Deb Rodgers, Dir. of Faith in Action

Often incorrectly attributed to Mahatma Gandhi, the quote "be the change you want to see in the world" resonates with us as a personal call to action. In keeping with that message, we continue to call our congregants into action—into change—as people of faith living their faith in the world.

In the last year we have heightened the awareness and impact of our social justice work, especially housing justice and marriage equality. In the coming year we have new opportunities to strengthen our work around racial justice, environmental justice, and youth homelessness.

Are you willing to be part of this deepened commitment to change? Faith in Action is looking for 4-6 people for our justice teams—to be the change agents needed to have an impact in the community. Currently we have three teams: our overarching Steering Committee, a Housing Justice Team and an Environmental Justice Team. So whether your interests are focused on a specific area (like housing) or you like the bigger picture, we have the opportunity for you.

For more information contact Debra Rodgers, Dir. of Faith in Action at [debra@firstuniv.org](mailto:debra@firstuniv.org) or 612-825-1701 X106.

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### Learning to Say Goodbye (continued from page 1)

host an intern. Having a clear and finite end to the internship is a significant, yet sometimes overlooked aspect of the intern's experience. Because interns need to encounter the emotions associated with saying goodbye, it is customary for the intern not to maintain any contact with members of the teaching site for at least a year. Ministry is fundamentally about service to a congregation or a community-based entity. When an intern has the opportunity to cope successfully with the grief that is a part of leaving, it enables them to gain that understanding of ministry as service. The other reason for making a clean break is that any incoming intern deserves to be welcomed by a congregation or constituency that is not still engaged in a relationship with a former intern, along with all the feelings and loyalties that might accompany that relationship."

A new intern, Terri Burnor, begins in the fall. She will be doing a United Theological Seminary internship which is for about twelve hours a week. My hope is that you will welcome her with the warmth I felt and support her on her journey toward ministry. Blessings as you live into your future together.

## Faith in Action

### Join a Strategic Conversation

by Deb Rodgers,  
Director of Faith in Action

For almost a year now we have been a partner of Augsburg Fairview Academy Charter School in South Minneapolis. In this year we have learned much about the school and the unique population of high school students it serves. Of the nearly 170 students at AFA, the majority of them are youth of color, a number are non-traditional or older students who have come back to finish high school after an absence, and approximately a third of the students at any given time are either homeless or precariously housed.

The Hope Closet (which provides clothes) and the Food Pantry that we helped create, are two of the ways First Universalist volunteers are helping AFA address the impact of poverty and homelessness on their students. But we know we are only scratching the surface in our attempts to understand the impact of poverty and homelessness on the lives of these youth. There is huge opportunity for us to do more, to build a deeper and broader relationship with the school and to explore other ways to address teen homelessness.

We invite you to join us in an exploratory yet strategic conversation with Jenny Andersen, the Social Worker at Augsburg Fairview Academy, on Thursday, June 13, from 12:00-2:30 at First Universalist. (Lunch provided) At this gathering we will learn more about the challenges these youth face when their home living situation is unsafe or unstable. We will begin to explore longer term options together and what we might be able to do together.

Please RSVP to Pat Gottschalk at [pat.gottschalk@yahoo.com](mailto:pat.gottschalk@yahoo.com). We hope you can join us for this important conversation.



### JUST IN!

#### Standing on the Side of Love T-Shirts

So many of you have asked about our gold Standing on the Side of Love, short-sleeved T-shirts that we ordered a new batch of short sleeved t's. All sizes are available from Youth Small to Adult Triple Extra-Large! Youth sizes sell for \$12.00 and adults sizes for \$15.00. Stop at the Faith in Action section of the Information Center in the Social Hall on Sundays to get yours!

#### Giving Thanks (continued from page 1)

only held our programs together seamlessly, she also re-designed our Pathway to Membership classes to make them more engaging, interactive, and inspiring. This involved a complete overhaul of the existing curriculum and the creation of an additional series geared especially toward seekers. Meanwhile, Sara also managed to increase support to our small group facilitators and inspire new leadership from the congregation. During her short nine months with us, Sara has welcomed hundreds of visitors to our congregation, inspired over a hundred visitors to become committed members, invited the involvement of countless lay leaders, and supported over three hundred individuals in their spiritual development through our small groups. She has done so much more than simply hold things together.

What a gift it has been to work together and to learn from her leadership. I hope you will join me in thanking Sara for her incredible dedication and vision, and in wishing her well on the next steps of her journey, as we welcome the Reverend Elaine Aron Tenbrink as our new Minister of Membership and Small Groups in August. You can learn more about Elaine in the April 2013 Liberal by following this link <http://www.firstuniv.org/newsletter>.

## Second Annual Family Camp Out

by Lauren Wyeth, Director of Children, Youth and Families Ministries

Come camp with other First Universalist families at the secluded Sacajawea Retreat Center in Apple Valley. Shared meals, campfires, games and plenty of unscheduled time. The Family Camp Out will be Labor Day weekend, Sat., Aug 31- Mon., Sept 2. For more information or to register, go to [www.firstuniv.org](http://www.firstuniv.org).



Exploring Wellspring (continued from page 9)

Wellspring is currently running in over 25 congregations around the country, and we are excited to offer it here, as well. This past year, we offered a pilot group, which consisted of Lucy Swift, Jennifer Schuster-Jaeger, Ginny McAninch, Arif Mamdani, Denise Konen, Eric Brown, Lauren Wyeth, Sara Smalley, and Laura Smidzik. We are delighted to say that several of these participants have agreed to be facilitators next year, and we hope that many of you will consider joining the program. This is an intensive program, requiring a significant commitment of time and energy. It works best as a next step for church members who already have experience in our small group program.

You learned more about the Wellspring experience on Sunday, June 9, as the Wellspring group led us in worship. An orientation session for those interested in considering participating in the program beginning in September was held immediately following the service. If you have any questions, or are interested in the program and weren't be able to attend the orientation session -- please contact Rev. Jen Crow.

You can also learn more by watching this short video about the program from a few years ago — <http://www.youtube.com/watch?v=87xX8Kqg45k> -- it's all still correct, except for where I serve!

## Summer Religious Education News

by Lauren Wyeth, Director of Children, Youth and Families Ministries

On Summer Sundays at 10am:

- Childcare is available for our youngest children: babies age 6-18 months are in room 101, and children age 18 months to 3 years are in room 100.
- Children age 4 years through entering 1st grade enjoy stories and activities inspired by Dr. Seuss, a.k.a. Theodore Geisel, a fellow UU. Class meets in room 104.
- Children entering grades 2-5 gather in the Chalice Room for themed sessions and active projects that stretch our minds and hearts, build community, and bless our world.

Please note: Summer registration is required, and is completed online along with registration for the 2013-2014 church year at <http://firstuniv.org/CYF/REregistration>.

## Small Groups Summer Schedule

by Sara Smalley,

Interim Director of Membership and Adult Ministries

Small groups are a primary way people connect with each other at First Universalist. To register, choose a group from the list below. All summer small groups will meet for four sessions.

If you have not been in a small group before and would like more information about what to expect, contact [sara@firstuniv.org](mailto:sara@firstuniv.org). Childcare is available with at least one week advanced notice by contacting the church office.

**Newcomers and new members:** Sundays, 6/16, 6/23, 7/7, and 7/14; 11:15 am to 12:45 pm; Marjorie

**Open to all:** Monday evenings, 7/8, 7/15, 7/22, 7/29; 7-8:30 pm; Stephanie

**Open to all (daytime):** Tuesday mornings, 7/9, 7/16, 7/23, 7/30; 10-11:30 am; Jerry

**For people interested in connecting worship themes to**

**Faith in Action work:** Tuesday evenings, 7/9, 7/16, 7/23, 7/30; 7-8:30 pm; Pat

**Open to all:** Wednesday evenings, 7/3, 7/10, 7/17, 7/24; 6:30-8 pm; Erin

**Newcomers and new members:** Thursday evenings, 7/11, 7/25, 8/8, 8/22; 7-8:30 pm; Jane (Already Full)

## The Gathering Needs Volunteers

by Julie Howard

The Gathering is looking for volunteers to prepare lunch for its Thursday sessions for June and after. The Gathering is a group respite program for individuals with early to mid-stage dementia and partially supported by First Universalist. Lunch is provided for the 24 or so participants and volunteers. Lunch can be sandwiches, casseroles, you name it. Gourmet cooking skills are not required. Two or three volunteers working together can make it happen and expenses are reimbursed by The Gathering. The Gathering is housed at Bethlehem Lutheran, 4100 Lyndale. Other volunteer opportunities are also available and several First Universalist members are involved. For more information, contact Julie Howard: [juliechoward@gmail.com](mailto:juliechoward@gmail.com) or 612-718-2304.

## Outrageous Bottled Water Facts

From the Minnesota Energy Challenge via Cecelia Newton

At the Minnesota Energy Challenge, we love recycling as much as the next person. Yet, what is even better than recycling is not having to at all! Here are a couple crazy facts about bottled water that I was inspired to share will you.

1. Bottled water can cost 1000 times that of tap water, .02¢ vs. \$1-10 per gallon.
2. About 85 million bottles of water are consumed in the U.S. every day.
3. Producing the plastic for the bottles of water we consume each year uses about 17 million barrels of oil—enough to fuel 1 million American cars for a year! This also produces 2.5 million tons of CO<sub>2</sub>.
4. The processing involved in making bottled water uses 3 liters of water to produce just 1 liter of bottled water.
5. A study by the Environmental Working Group found that 10 popular bottled water brands had an average of 8 different chemicals in the water. What do they recommend to drink? Simply filtered tap water!



Want to kick your bottled water habit? Start slowly and aim to use a reusable water bottle at least once a week instead of bottled, and increase from there. If you are a fan of filtered tap water, a great first step would be to invest in a faucet water filter or water bottle with filter insert.



## “I HAVE PRIDE”

“I HAVE PRIDE” is the theme for this years PRIDE festival in honor of the continued support for equality and inclusiveness in Minnesota for GLBT rights.

The 2013 PRIDE Celebration will be Friday, June 28 - Sunday, June 30 at Loring Park in Minneapolis. The Pride Festival is Saturday and Sunday with Pride in Concert followed by fireworks on Saturday night. The Ashley Rukes GLBT Pride Parade is Sunday, June 30, starting at 11am at 3rd Street and Hennepin Avenue in downtown Minneapolis. Wear your yellow Standing on the Side of Love t-shirt and join us marching in the parade. We will join White Bear Lake and other UU congregations in making a huge statement of people of faith. More detailed information about the location of the starting point and time to be there to march will be available on the church website.

For more information on First Universalist’s involvement contact Debra Rodgers, Director of Faith in Action at [debra@firstuniv.org](mailto:debra@firstuniv.org) or at 612-825-1701 X106. For more detailed information on the PRIDE Festival go to <https://www.tcpride.org/>.



# Summer Calendar

## June

10 Monday

Chalice Camp Begins



20 Thursday

Board of Trustees Meeting

30 Sunday

11:00am Pride Parade



## July

7 Sunday

11:30am (after service) Lectio Divina (spiritual reading)

13 Thursday

12:00pm-2:30pm Strategic Conversation about Augsburg Fairview Academy and First Universalist Church



14 Sunday

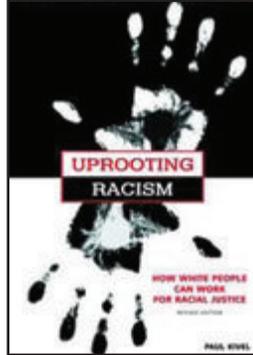
11:30am (after service) Mindfulness Practice using a body scan (bring a blanket and small pillow)

21 Sunday

11:30am (after service) Painting a Prayer

23 Tuesday

6:30pm - 8:30pm Book Discussion for *Uprooting Racism: How White People Can Work for Racial Justice*



28 Sunday

11:30am (after service) Gentle Yoga (bring some comfortable clothing and a pillow to sit on)

30 Tuesday

6:30pm - 8:30pm Book Discussion for *Uprooting Racism: How White People Can Work for Racial Justice*

## August

6 Tuesday

6:30pm - 8:30pm Book Discussion for *Uprooting Racism: How White People Can Work for Racial Justice*

11 Sunday

4:00pm Blessing of Couples and Marriages

31 Saturday

Family Camp Out Begins





March with First Universalist Church and other faith communities in the 2013 Ashley Rukes GLBT Pride Parade. Meet us at 3rd Street and Hennepin Avenue by 11:00am when the Parade starts. Wear your yellow Standing On The Side Of Love t-shirts. If you need a new t-shirt (or would like an extra) contact Debra Rodgers at [debra@firstuniv.org](mailto:debra@firstuniv.org).

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Service  
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First Universalist Church of Minneapolis  
3400 Dupont Avenue South  
Minneapolis, Minnesota 55408  
Phone: 612.825.1701 Fax: 612.825.8879  
Summer Sunday Service 10:00am