



Paul Densmore marching for climate justice with other Minnesotans and UUs at the Rally in Washington, D.C.

UUs Rally in DC

by Cecelia Newton

In the middle of February, First U's **Paul Densmore**, his daughter Alexa, myself (**Cecelia Newton**), **Stan Sattinger**, and **Betsy Allis** participated in the largest Washington, D.C. climate rally in US history. In temperatures in the mid-20s over 40,000 people, including over 200 Minnesotans, poured into the streets of Washington, DC, to push President Obama to take our nation "Forward on Climate" and say no to the Keystone XL pipeline. Seventy Minnesotans departed on the "Earth Train" Friday, to enjoy two days of singing, storytelling, teaching and visiting on the train. Over 100 more boarded two buses on Saturday to arrive just in time for the big rally. Minnesota was represented with state signs, blue beanies, and good spirits all around. Included in Minnesota numbers were Marty Cobenais from the Indigenous Environmental Network, Winona Laduke from White Earth, Minneapolis Representative Frank Hornstein, and many other authors and artists who rode the Earth Train.



THE liberal

FIRST UNIVERSALIST CHURCH

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

Issue 4, Number 8

March 2013

Thank You for Successful Day of Service

by Deb Rodgers, Director of Faith in Action

In the spirit of love, hope and community we gave 1,627 hours of service to local organizations through our annual Pledge Day of Service. Twenty-five projects were planned and implemented for the Day and engaged over 400 members of the congregation - all ages included! Congregants volunteered their time and energy in many different ways... some people spent a few hours cleaning out the North Basement here at the church, others spent the whole day at Steven Be's Yarn Garage knitting hats for people living in homelessness, and still others labored outside moving buckthorn at the new Coldwater Spring Park.

The thank you note from Ascension Place (where we painted hallways on the second floor of their building) sums up the day so well, "Because of your support, we are able to keep providing women and children a home. We are so grateful to all of you for supporting our mission." Check out the pictures of the Day of Service on pages 10-11.

In one day, in so many ways we are making a tangible difference in the lives in our community. Thank you!

Openings for Lay Leaders

by Julie Howard

The Nominating Committee is actively recruiting candidates for leadership positions on the Board of Trustees, the Foundation Board, and the Nominating Committee for the next church year and will present a slate of candidates to be voted on at the Annual Meeting in June. The congregation is full of untapped talent and we encourage people to step forward to share their skills.

Our 154th year will be an exciting and important time to serve as we continue to build on the positive energy and growth of 2012. Serving as an elected member of one of these bodies provides unique opportunities to 1) Deepen and enrich your personal connection to the Church; 2) Expand your knowledge of Church and UU history and polity; 3) Broaden your circle of relationships with

Openings for Lay Leaders (continued on page 4)

Our Worship Theme Mar 10 - Mar 31

By Ruth MacKenzie

Calling

In one of the most memorable stories of calling, Moses turns from his work tending sheep, to witness a burning bush alive in flame, beyond the desert at a place named Mt. Horeb or God's mountain. When God sees that s/he has gotten Moses' attention, God calls his name from the flame: "Moses, Moses!" And Moses responds, "Here I am."

From there a famous conversation ensues. God calls Moses into a great plan to free the people of Israel from bondage under the Egyptian Pharaoh. Moses fumbles around with every personal uncertainty and excuse he can muster about why he is the wrong man for the job, many of which are absolutely legitimate: "*How will I answer people's questions when they ask me by what authority I act? No one will believe me anyway. I am not a very good public speaker. I am not eloquent. I don't think quickly on my feet.*" For every question, God answers. The story concludes with Moses taking a common enough tool of his trade, the shepherd's staff, and returning to Egypt. But earlier in the story God had commanded the snake living inside the staff to come alive, proving the divine alive in the common tools of our lives, ready and available for great works of justice and love.

Some may struggle with this personal, all-powerful concept of God in the narrative, others may think that these kinds of God stories are no longer helpful in a post-modern world, but this story holds little gems of what calling could mean for us as individuals and as a people of faith. In this month's sermon series of Calling, we will talk about paying attention, discernment, doubts and opening our hearts and minds to the flame alive in the bush, the snake alive in the staff, the divine living inside the mundane, all available to us, inviting us into lives set on fire for love and justice.

*A certain day became a presence to me;
there it was, confronting me--a sky, air,
light:
a being. And before it started to descend
from the height of noon, it leaned over
and struck my shoulder as if with
the flat of a sword, granting me
honor and a task. The day's blow
rang out, metallic--or it was I, a bell
awakened,
and what I heard was my whole self
saying and singing what it knew: I can.*

Denise Levertov

Variation on a Theme by Rilke

Circling Around God

*I live my life in growing orbits
which move out over the things of this
world.*

*Perhaps I can never achieve the last,
but that will be my attempt.*

*I am circling around God, around the
ancient tower,
and I have been circling for a thousand
years,
and I still don't know if I am a falcon, or
a storm,
or a great song.*

~Rainer Maria Rilke (trans. R. Bly)

Art Exhibit February 17 - March 24

Doug Abbott's art exhibit *Sacerdos* will be in the Social Hall February 17 - March 24. In 2010, Doug completed his MA with a dual program in Theology and Art and Leadership Towards Racial Justice at United Theological Seminary. This exhibit contains works he created during his graduate studies as well as new works.

It is a great pleasure to share this body of work with my home congregation. Yes, First Universalist is still one of my spiritual homes. This exhibit, simply titled SACERDOS, draws from work I created during my graduate studies at United Theological Seminary, as well as new works.

In 2005 I embarked on a journey to deeper understand the spiritual dimensions of my own creative process. I hope you enjoy the exhibit. You may contact me directly at dougmn@me.com with questions, inquiries or deeper conversation.

Drawing from words by Ori Z Soltes,

"Just as the sacer itself has various analogical aspects, so the sacerdos may be understood as a borders creature of various analogous aspects: a priest(ess), a prophet(ess), a hero(ine), a pharaoh, shah, an emperor, a king, a poet, an ARTIST. All of these are inspiring connections with the sacer that the rest of us lack. It is the sacerdos who, as ARTIST(prophet), presents us with behavioral guidelines prescribed by God, through which we can achieve God's blessing."

2013 Prairie Star District Award Nominees

The First Universalist Nominations Committee has nominated these members:



Keeping the Faith: Ginny McAninch

In 29 years as a member of First Universalist, Ginny has lived her faith in our principles, especially in the love and hope that grounds our church. She helped craft the first mission statement that incorporated the UU message of love and hope, and through leadership, mentoring and role modeling, she has truly helped us stay focused on that mission. Ginny has served in almost every capacity: usher, coffee server, Religious Education teacher, President of the Board of Trustees during two six-year terms, and President of the Foundation that funds community needs. Currently, Ginny serves on the core team that helps to recruit and train facilitators for our small groups, and is also a facilitator. She teaches a 2nd-3rd grade RE class and is on the Nominating Committee. Rev. Jen Crow invited her to join a facilitator training group that is preparing a new program, Wellspring. Ginny is a positive person who looks for, and finds, the good in every individual and situation. She brings her whole self—mind, heart, spirit, hands, feet—to the work of living by our UU principles and keeping the faith, thereby making our congregation and the world a better place.



Unsung Universalist Unitarian: Dan Bishop

Around First Universalist, Dan is truly an unsung hero. He knows every nook and cranny of the building, and is the go-to guy when a construction project or repair needs to be done. Dan is faithful, reliable, knowledgeable and humble, never seeking attention or praise for the work he does. He is a shining example of what it means to contribute to the cause of Unitarian Universalism. Dan joined the church in 1956. He has been an instructor for the Coming of Age program and spent six years on the Board of Trustees—two of them as treasurer. He served on two search committees: one found our current building, the other, our Senior Minister Justin Schroeder. Dan was on the Building Advisory Board during the 2000-2002 capital improvement campaign, and supervised construction projects: Cummins Room, library, downstairs storage area, new walls, and painting the social hall. Recently, he built a sound booth and enlarged the choir area in the sanctuary, repaired cracked pews, and replaced ceiling tiles in the 40-foot-tall front atrium—erecting his own scaffolding and climbing up to do the work. Dan does whatever it takes to create a building that works. That's real dedication.



Social Justice: Tracy Jay Jones

Minister Justin Schroeder: "It is nearly impossible to describe the generous and kind heart of Tracy Jones. When I think of Tracy Jones, I think of this line from Khalil Gibran: 'To give is to live, and to withhold is to perish.' In his work with Simpson Housing Shelter [for Homeless Adults, Minneapolis] and with other people experiencing homelessness, Tracy gives his full attention and compassion...He gives his heart to those around him." For six years, Tracy has volunteered at the shelter, spending 40-50 hours/month as overnight helper, meal preparer/server, new volunteer training assistant, and solicitor of needed items from our congregation. He also volunteers for Project Homeless Connect, speaks to youth about homelessness, volunteered every day at the Minneapolis 2010 UUA General Assembly, is featured on the church's "It Gets Better" video about GLBT issues, and speaks on the GLBT discussion panel for OWL classes. "Tracy reminds me what it means to truly be alive - simply put, it means serving others; it means serving needs greater than one's own. Through his humble presence, and grounded spirit, Tracy is one of my spiritual teachers. I can think of no one more deserving of this award," says Justin Schroeder.

(For more information about the Prairie Star District Annual Conference see the article on page 6.)

Faith In Action Focus Areas (Umbrellas)

by Deb Rodgers, Director of Faith in Action

Understanding that focus leads to impact, our Faith in Action leadership teams have been strategically digging into the areas of Housing and Homelessness, Environmental Justice and Immigration to explore where to focus our efforts AND have the greatest impact. As you can see from this edition of the Liberal we have been pretty successful in focusing our social justice efforts in the area of housing and homelessness! We actively partner with four organizations... Habitat for Humanity, Simpson Housing Services, Joyce Food Shelf and Project HomelessConnect/Heading Home Hennepin. We have an emerging partnership with Augsburg Fairview Academy around youth living in homelessness and have a group of congregants knitting hats and other items for people living in homelessness. Through this work we are providing service... by building homes, cooking meals, knitting hats and stocking food shelves. We are also educating ourselves about the need for solutions to homelessness and about the organizations that are working hard to address the day to day needs of the people who need a safe home to live in.

Faith in Action Focus Areas (continued on page 14)

Openings for Lay Leaders

(continued from page 1)

members, staff, and the community which we serve; 4) Collaborate with passionate ministers and lay leaders to advance the mission of the Church: To give, receive, and grow in the Universalist spirit of love and hope!

Board of Trustees: Trustees partner with the congregation and professional staff in shaping the vision and long-term goals of the church, articulate these aspirations through policy, and collaborate with the Senior Minister to see they are fulfilled.

Foundation Board: This board serves as steward for the Foundation endowment, which distributes grants to nonprofit organizations. Most recently the Foundation has provided critical support to the Unity Center for Youth Leadership.

Nominating Committee: The primary role of this committee is to screen and recommend candidates to the congregation for vacant positions on the Board of Trustees, the Foundation Board, and the Nominating Committee. At times the Nominating Committee recruits for special committees like Strategic Planning and Search/Selection committees.

Requirements: To qualify for election to any of these positions, a congregant must be a member in good standing of the church, which includes making and paying a yearly pledge of financial support. Elections occur at the Annual Meeting in June. Go online to view position descriptions and apply at www.firstuniv.org/leaderopenings. Deadline for applications is March 15.

Contact any Nominating Committee member to find out more: **Cindy Marsh** (chair), **Ginny McAninch**, **Ann Kay**, **Doug Smalley**, **Bob Albrecht**, and **Julie Howard**. Email nominations@firstuniv.org.

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
Cummins Intern	Laura Smidzik
Emeriti	Rev. John Cummins
	Rev. Kate Tucker

Worship Arts

Director	Ruth MacKenzie
Music Director	John Jensen
Choral Director	Randal Buikema

Finance & Administration

Director	Susan Claeys
Assist. Finance Admin.	Brad Schmidt
Office Manager	Trish Greene
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
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Membership & Adult Ministries

Interim Director	Sara Smalley
Membership Support	Sandy DiNanni
Communications Mgr.	Craig Lindahl-Urben

Children, Youth & Families Ministries

Director	Lauren Wyeth
Youth Ministries Coordinator	Katie Heaton
Program Assistants	Emma Schlatter Emily Christie

Children's Music Coordinator	Mary Bohman
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If you want a print version of the Liberal, contact sandy@firstuniv.org, 612-825-1701, or pick up a print copy at The Hub. The online color version at 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.

3400 Dupont Ave. So., Minneapolis, MN 55408
Phone: 612-825-1701 Fax: 612-825-8879
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Children's Choir Releases New CD

Cummins Room Chairs

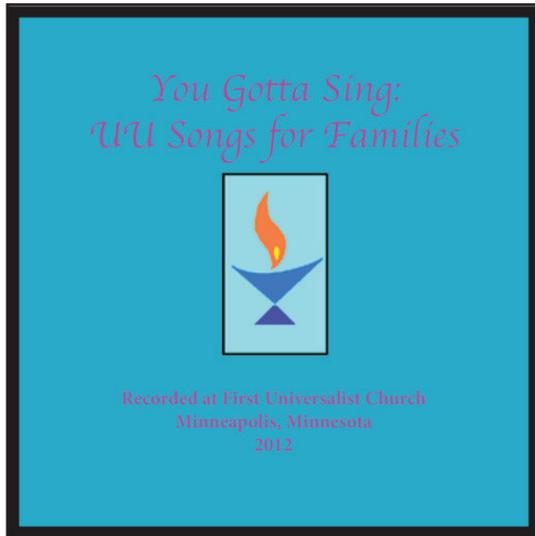
by Kristen Mengelkoch,
SPIFF Committee member

Have you noticed the new chairs in the Cummins Room? The members of the SPIFF committee hope you find them comfortable and attractive.

Many church members who have attended meetings there that lasted any more than 20 minutes had often commented on the lack of comfort provided by the metal backs and seats of the previous chairs. In addition, the staff found that the old chairs were limiting their ability to rent this space out to other users for memorial services, etc.

Thus began the search for new chairs that were reasonably priced, comfortable, sturdy and easy to stack. At first, the best price we were able to find for chairs that fit these specifications was around \$200. Then, SPIFF member **Janet Chandler** was visiting a UU church in Wisconsin and noticed the comfort of their sanctuary chairs. After some research she found that they were from a company that specializes in church chairs. Thanks to Janet's great sleuth work, we got the new ones for less than \$50 each!

Janet's service on the SPIFF committee recently came to a close. If you see her, please thank her for her many years of service in helping keep our building functional, well-maintained and attractive.



During worship on Sunday March 10, our Boys Choir will perform at both services and afterwards in the Chalice Room. Afterward, come one and all to celebrate the release of *You Gotta Sing: UU Songs for Families*. This CD was recorded at First Universalist Church and showcases the sweet sounds of our children and youth and the musical talents of our own Mary Bohman, Children's Music Coordinator. All families will receive a free CD to inspire singing beyond Sundays! Many thanks to Mary for her vision, leadership and dedication to this project, sure to harmonize our homes and Religious Education classrooms for years to come.

Recorded at First Universalist Church
Minneapolis, Minnesota
2012

Annual truffle sale!

These delicious truffles are made with Ghirardelli chocolate and beautifully wrapped with ribbons and gift tags (they would make great Easter gifts!). All proceeds benefit Youth Cultural Exchange and will help to bring 12 Nicaraguan youth to Minnesota to stay with our First Universalist youth for two weeks in the summer of 2015.

Quantities are limited, so please place your order by March 10th in the Social Hall after either service. Orders will available for pick-up in the Social Hall after both services on March 17th and March 24th. Questions? Contact **Sharon Balke** at Sharon.Balke@gmail.com.

- Box of four (Raspberry, Orange, Mint, and Sea Salt) - \$6
- Box of six (one of each flavor) - \$9
- Box of nine (assorted flavors) - \$12

Dark Chocolate with Sea Salt
Milk Chocolate Toffee
Raspberry Chocolate
Chocolate Mint
Almond Cappuccino
Chocolat a l'Orange



**Join Our
Office Volunteer
Team!**

Contact Lily at 612-825-1701 x123
or lily@firstuniv.org

General Assembly 2013 Legacy Legends

by Ginny McAninch



General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend.

We were fortunate to host General Assembly a few years ago so many were able to attend. Thus I believe more congregants know what an amazing experience it is to attend this annual conference of our association. But it would be great for even more to experience it.

General Assembly (continued on page 17)

Prairie Star District

Annual Conference 2013 Inspire the Future We Envision

by Sara Smalley,
Dir. of Membership and Adult Ministries

Attend the PSD annual conference April 5-7, 2013 in Cedar Rapids, IA and help shape the future of Unitarian Universalism in the Midwest – there are big changes underway!

The PSD Annual Conference is a weekend of coming together for enriching fellowship, inspiring lectures and workshops, and deepening worship. The conference opens at 7:00 p.m. on Friday with our traditional banner parade and keynote speech, but

Prairie Star District (continued on page 17)

Planned Giving at First Universalist

by Tom Saterstrom

A recent conversation with long time members **Gary and Barb Melom**, at their warm and welcoming home in south Minneapolis, revealed they care deeply about many things. Their standard poodle and golden retriever basked contently on the living room floor as we chatted. It was obvious that both dogs love where they live, and are pleased that they cared about so deeply by Barbara and Gary!

For the **Meloms**, caring does not stop in their heads, but moves them to action. Their chosen careers reflect this. Gary continues to work with mentally ill adults as a Social Worker for Hennepin County. Barb is retired from a 37 year career in Speech Therapy and Early Childhood Special Education.

Living into their values continues at First Universalist for them. The action-packed list is long and deep. Both Gary and Barbara were pioneers in getting Circle Suppers organized and running. Barb tutored Somali students at First U, and organized monthly dinners for their families. She was key to establishing our relationship with Simpson Shelter. Barb cares about others from top to toe, so she started a Sock Drive for Simpson, and Hats for the Homeless. Gary makes things happen as well. Using his group dynamics expertise, he worked with Kate Tucker to organize Welcome Home Wednesdays, Small Circles (the precursor to our current Small Group program), and a Story Telling Workshop. He also got down and dirty with **Dan Bishop** in remodeling the Library and Social Hall, and has participated in Habitat for Humanity and A Brush with Kindness.

Is there any doubt that Gary and Barb have figured out the answer to the equation Caring + Action = Positive Change and Personal Fulfillment? Gary and Barb have been Heritage Circle members for 2 years. The Heritage Circle is a group of First Universalist friends and members who have decided to include the church in their estate plans. When the **Meloms** were asked what was the impetus that brought them to inclusion of First Universalist in their wills, each had individual answers but there was a common thread. It was a hope that the First Universalist community would continue to grow its social justice commitment and efforts both inside and outside its walls into the future.

For more information about First Universalist's Heritage Circle and Planned Giving Program contact Susan Claeys in the church office (612-825-1701 X104) or email susan@firstuniv.org, or a member of your Planned Giving Committee: **Hal Schroer**, Chair, Rev. Jen Crow, **Marjie Smith**, **Martha Moriarty**, or **Tom Saterstrom**.

Join our Office Volunteer Team!
Contact Lily at 612-825-1701 x123
or lily@firstuniv.org

A Day Full of Music

by Pat Gottschalk

The Adult and Boys Choirs of 85 singers, spanning ages 7 to 70, will perform during both services on March 10 with our newly formed 16 piece First Universalist orchestra.

Going along with the March worship theme of **Calling** which entreats us to embark together on our sacred journey, 'The Distant Land' bids us 'help one another, share the heavy load'. Further, the text warns us that 'The journey may be long, no end in sight. There may be hills to climb, or giants to fight', as it calls us forward in our commitment to build a world with greater social and environmental justice.

Rutter, who experienced the sudden death of his college age son Christopher, focuses his composition on deeply spiritual but non-religious verse. A prolific composer and the Director of Music at Clare College, Cambridge, England, Rutter's music is widely performed internationally.

Our First Universalist Church talent in this performance includes Andrew Tralle as director of the Boys Choir, Randy Buikema as Adult Choir Director, boys from our church school, voices of our 75 member adult choir and these 16 instrumentalists:

Violin: Martha Moriarty, Graham Ransom

Bass: Brian Zais

Flute: Erica Bennett

Oboe: Gerhardt Robinson

Clarinet: Alan Koldrie,
Dave Thomas

Bassoon: Cate Calkins

French horn: David Kellermann

Trumpet: David Bach,
Steve Hilson

Trombone: Kevin Duggins, Scott
Smith, Kim Swarts

Harp: Hannah Bruce

Keyboard: John Jensen

Join our Office Volunteer Team!

Contact Lily at 612-825-1701 x123
or lily@firstuniv.org

Racial Justice: A Spiritual Imperative

by Deb Rodgers, Director of Faith in Action

Dr. Heather Hackman, a consultant we have identified to help begin our journey of becoming a racial justice church uses the title: *Racial Justice A Spiritual Imperative* in her trainings with faith communities. As Dr. Hackman explains it, "First, the word 'imperative' tends to stimulate curiosity among congregants and draws them to the training. And second, it is true. I explain it this way – in Karen Armstrong's recent publication, 'Twelve Steps to a Compassionate Life,' she states that every major world religion or system of faith has at its core love, compassion, and service to others. Importantly, the centrality of these issues is not limited to the monotheisms, or to the Eastern religions, but is evident in a wide range of examples within various systems of faith. Even "spiritual" (but patently not religious) organizations such as Alcoholics Anonymous have love and service at their core."

Dr. Hackman goes on, "And so, if love, compassion and service are at the heart of many of the world's systems of faith, then it stands to reason that the mere existence of something so hateful, so inhuman, and so toxic as racial oppression (or any form of oppression for that matter) is an affront, or even an impediment, to one actualizing their chosen spirituality. Conversely, and this is something that most congregants intuit, it is logical to presume that engaging in racial equity work draws one closer to the core principles of their faith or spiritual path. Putting all of this together, it does not seem too much of a stretch to assert that racial justice work is imperative to the lived experience of many of the world's faith systems. And this is exactly the approach I take when training communities of faith on these issues, especially communities of faith that are predominantly white: I help congregants understand the ways racial oppression undermines their faith, and in turn how racial justice work feeds and strengthens it."

As we begin this journey, these words and the sentiment behind them are important ones to remember. Engaging in racial justice or race equity work is not something we do for others but something we need to do for ourselves... to truly and authentically live out our faith in the world.

We are learning already the power language has to define this journey. Becoming a church committed to racial justice is going to be a lifetime endeavor for us, it's not a project or an initiative but a commitment to true and complete transformation. In that way only, will we be the community that provides a space for us to live out the spiritual imperative Dr. Hackman describes.

This winter and spring we will continue to offer opportunities for congregants to explore race and racial justice through movies, books and sermons. A new page dedicated to our Racial Justice journey will be added to the website and will contain resources to support your individual learning. The Liberal will continue to provide monthly updates. Our movement will be slow, deliberate and spiritually grounded and through it all, we are confident our faith and this community will sustain us in this challenging and necessary work.

A Light From The Chalice

The perspective of a Chalice Lighter

by Jennifer Schuster-Jaeger

My son Elliott is a high energy 9 year old boy and, yes, sometimes he can be a real handful. I was excited when Elliott told me that he wanted to be a Chalice Lighter, and I wondered why he had chosen such calm activity. When I asked him why, Elliott told me, "I like being being in front of crowds and I don't get scared. I like lighting stuff with fire. And it's a big part of the service -- because that light is like the tone or the heart of the service. Lighting that makes me feel special. Because it's like lighting the interconnected web. Everyone that lights the chalice is like putting a string on the web." I was impressed with his response and I also made a mental note to watch for that interest in lighting fires.

The first time Elliott was scheduled to light the chalice for the adult service, we all showed up early. Elliot sought out Ruth MacKenzie to talk to her about how the day would go and then went off to join the worship leaders and ministers in their quiet time and prayer before the service. The service went well. Only the Chalice was lit. And Elliott went off to his RE class. I was surprised how proud I was to see him on the Chancel with the ministers, in front of the congregation, lighting the chalice for our worship service. The second time Elliott was scheduled to light the chalice was a little different. He was on his own. Neither of us could be there, in the service. Knowing my son, and his energy level I had to ask him how he would get ready and behave. Elliot responded immediately, "Don't worry, praying with the ministers before puts me on the right channel for the service." Some of you may know that we have used the idea of a radio channel to describe different energy levels - for instance, a rock-and-roll channel or an easy listening channel. So it was natural for Elliot to answer me in the same language.

Last month, when Elliott and I showed up to pull buckthorn on our church's Day of Service at Cold Spring



Park, there was a group of about ten First Universalist adults gathered and waiting to begin the project. One of them recognized Elliott and said, "And here's our Chalice Lighter." That connection made us both feel good and put Elliot on the energy channel he needed for the task at hand.

Now that Elliot is a veteran Chalice Lighter (he's done it twice), I caught him in a reflective mood and asked him how he feels about the job:

"I love it. I just like it because it gets a good start of the day. It gets me calmed down and I like being in front of the church. And you won't misbehave because you know a lot of people are watching you and it helps you not misbehave in church.

"It's good because you're setting the inner light for the rest of the service and you're setting the tone for a calm nice tone that gets everyone connected. It's very spiritual."

Being a Chalice Lighter has given Elliott an opportunity to know he is an important part of our church and has a role to play. It has also connected him to adults beyond our family, the ministers and other adults who recognize and appreciate him. And it has made his parents very proud of him.



2012-2013 Chalice Lighters, L to R: Aidan Lindon, Elliott Jaeger, Monroe Chumklang, Owen Knych, Ethan Healy, Graham Krewinghaus, Anya Healy, Satya Mamdani, Rose Marshall, Edward Keller, Olivia Dalby

Chalice Camp This Summer



We celebrate the launch of our week-long summer day camp for kids entering 1st-5th grades at First Universalist. Many churches offer Vacation Bible School, recognizing that summer offers enough time for kids to really get to know each other and deepen their sense of belonging. Chalice Camp will deepen children's understanding of themselves as Unitarian Universalists and build their sense of community with one another. Campers will expand their knowledge of Unitarian Universalism and their capacity to be articulate about our faith through a variety of fun activities. We'll practice putting our Principles into action as we create an inclusive, joyful, exploratory and welcoming community of children, youth and adults. Chalice Camp will be directed by Lauren Wyeth, Director of Children, Youth & Family Ministries, and staffed by our experienced Program Assistants Emma Schlatter and Emily Christie. Youth entering 8th-12th grades are encouraged to apply to work as volunteer assistants or paid camp counselors. There are a few openings for parent helpers as well, who will receive tuition credit. For more information, go to firstuniv.org. Online registration will open March 15. June 10-14, Mon-Fri, 8:30am to 5:30pm. Tuition is \$200 per child



**March 16, 4:30pm through
March 17, 9:00am**

RE Family Overnight

This event is for kids in 1st-5th grade and their parents. We'll share a potluck dinner, play games, have family worship and a talent show, then "camp out" in one of the rooms at church! Wake up early for a family service project and bagel breakfast with a minister. Sign up online at firstuniv.org. Questions? Call parent organizer **Pam Berry** at 612-728-0200.

March 30, 9-11am at First Universalist

Young Families Easter Party

Families with children ages 0-5 years, join us for egg dyeing, games, crafts and, of course, an egg hunt! Hard-boiled eggs, bagels and fruit will be provided. Fun for all!



Sharing Sunday reminder- March 10

Second Sundays are Sharing Sundays—children ages 4 years through 6th grade join their families in the Sanctuary for a multigenerational worship experience during the first 20 minutes of the service. Please sign kids in at their classrooms, then accompany them to the Sanctuary. They will meet their teachers outside the Sanctuary doors when they are dismissed to classes.

Images and Thanks From The Day of Service This Year

Thanks again for organizing a great day! We worked hard with our volunteers outside moving buckthorn piles at Coldwater Spring, and it turned out to be a beautiful day and got tons of work done.

Anna Waugh
Mississippi River Fund





Dear Friends at First Universalist,

Thank you so much for once again choosing Ascension Place for a Day of Service site. From volunteering to donation drives, First Universalist members have been so very generous of their time, talents and gifts. Our partnership has meant a tangible increase in the quality of life for our residents in the form of more welcoming spaces and meaningful interactions.

As many of you know, last year saw a drastic increase in homelessness in our community. We are responding to the increasing need by providing even more safe, stable housing for people who desperately need it. Now more than ever, we are resolute that all people should have a decent place to live. Because of your support, we are able to keep providing women and children 'home'. We are so grateful to all of you for supporting our mission.

For more information about our programs visit our website at www.ascension-place.org or email me at juliannajanssen@stannesplace.org. Please note that we are a 501(c)3 non-profit organization, as such all donations are considered tax deductible to the fullest extent allowed by law.

Sincerely,
Julianna Janssen
Community Relations Coordinator
Ascension Place, Inc.

Augsburg Fairview Academy

A NEW project focused on Youth Living in Homelessness

by Deb Rodgers, Director of Faith in Action

We're helping build a new food shelf and clothing closet for youth! You may remember the Holiday Service Project in December... congregants repacking laundry detergent and rolling quarters, sorting the hundreds of clothing items, and joyfully assembling snack packs with granola bars, juice and fruit cups or taking the time to write "Enjoy" on the brown paper bag.

Most of these items were donated to Augsburg Fairview Academy, a charter high school just off Park and 25th in South Minneapolis that at any given time has about 1/3 of their students living in homelessness or precariously housed. Several of the students at the high school decided that it made sense and actually was critical that their classmates who were experiencing homelessness had easy access to food, clothes and toiletry items. So, First Universalist's donation of snack packs, coats, jeans, sweaters, and laundry detergent are the first items in the new "Hope Closet" launched by the students at Augsburg.

We're excited that the church has made a commitment to learn more about youth homelessness and to work directly to ameliorate some of the impact that homelessness has on youth. Continuing to stock the Hope Closet is a great first step... and there is lots more that can be done. Check out Augsburg Fairview Academy's website at <http://www.afa.tc/>. Consider attending a lobby day in April with the students who will be talking with their legislators about the need for more funding for youth homelessness. (Date TBD) Maybe you are interested in tutoring a high school student.. there are opportunities here as well. Learn about youth homelessness in Minnesota. To get you started here are a few facts you may not know....

On any given night, an estimated 2,500 Minnesota youth experience homelessness including an estimated 550 youth ages 17 and under; and 1,950 young adults age 18 through 21. Almost two-thirds of these youth are youth of color and over one fourth of them identify as GLBTQ.

Youth age 21 and under who are on their own represent the fastest-growing homeless population in Minnesota, increasing 46% between 2006 and 2009, according to Wilder Research:

- These young people remain invisible, often in informal shelter arrangements such as couch hopping due to extremely limited shelter and transitional housing beds.
- 30% of youth surveyed had stayed in an abusive situation because they had no other housing options.
- 34% have experienced parental neglect, 42% have experienced physical abuse, and 27% have been sexually abused.
- 64% have experienced an out-of-home placement

For information on Augsburg Fairview Academy and how you can get involved contact **Pat Gottschalk** at 612-861-4087 or pat.gottschalk@yahoo.com.

Upcoming Events

(for more information on these and other events check out our Spring Program Guide available online or in print at our Information Center in the Social Hall)

April 4th & 27

Habitat for Humanity Stonecutters

The Stonecutters of First Universalist Church support the building and rehabilitation of decent, affordable homes in the seven-county metro area. Once a month between November and April and typically on the first Thursday of each month, members and friends comprise a full crew of about 15 people that work on a house in the metro area. To sign up you can go online or stop at the Information Center. If you have any questions contact **Tom Saterstrom** at saterstromtom@yahoo.com.

May 20, 10am – 4pm

at the Minneapolis Convention Center

Project Homeless Connect

Based on a nationally implemented best practice, Project Homeless Connect is a one-stop-shop of comprehensive support services for people experiencing homelessness. First Universalist has provided over 600 volunteers to these bi-annual events since its beginning in 2005.

All first-time volunteers are required to attend a training and orientation session. The Tuesday, May 7th training will be held at First Universalist from 7-8:30pm. For more information contact **Barb Melom** at bjm@visi.com.

Simpson Shelter Meals

Join a group of First Universalist volunteers who prepare and serve a meal for guests (men and women who are homeless and seeking overnight shelter) at Simpson Housing. First Universalist has been providing meals several times a year for nearly 8 years. For information on the specific dates or to volunteer contact **Geoff Lenox** at glenox2003@yahoo.com.

March 11, 6 – 8:30pm

May 16, 9:30am – noon

Search for Home: An Introduction to Housing and Homelessness

Join us as we continue to deepen our understanding and commitment to housing and homelessness in Minnesota. First Universalist has identified Housing Justice as a key focus area for the next few years, building on our successful partnerships with Simpson Housing Services and Twin Cities Habitat for Humanity.

Search for Home is an educational and interactive training that covers the history of homelessness and low-income housing, the range of housing options available today, the cost of homelessness, and an examination of solutions. Congregants will leave the training with expanded knowledge of the systemic causes of homelessness and tools for working through First Universalist Church as an advocate for affordable housing in our community.

Monday, March 11, 6:00 - 8:30 pm
Twin Cities Habitat for Humanity
3001 4th St SE, Minneapolis, MN 55414

Tuesday, May 16, 9:30 am - noon
Children's Home Society
1605 Eustis Street, St. Paul, MN 55108

Please contact **Tom Saterstrom** at saterstromtom@yahoo.com for more information.

March 19, 6:30 – 9:30pm

Alliance for Sustainability

The leadership Team of the Environmental Justice Focus Area hosts the Alliance for Sustainability, an organization that brings together citizen, government and business leaders to work collaboratively to envision and build sustainable communities. We invite you to join us at this gathering where we will explore the opportunities the Alliance has for our congregation and our members around rain gardens, local food projects and more. For more information contact **Joanna Bakken** at jtolenohotmail.com

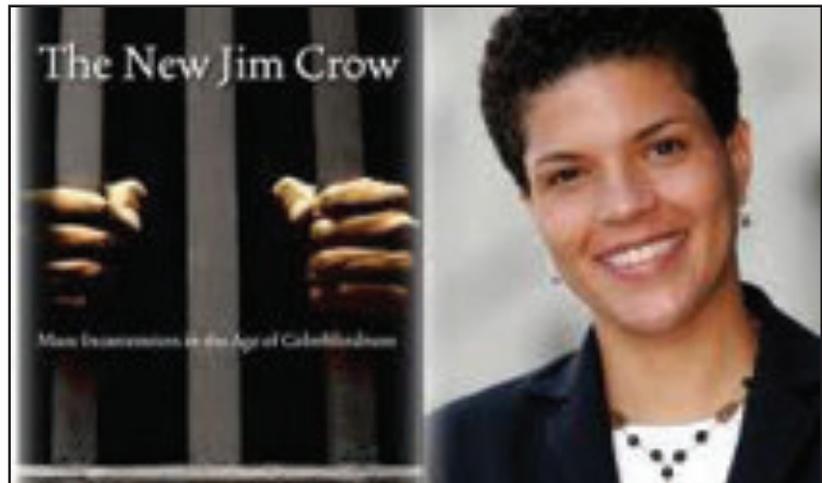
Summer Justice Camp

Are you looking for a way for your high school student to be more inspired to make service and justice a central component of their lives as a Unitarian Universalist?

This summer, from July 15th - 18th we are inviting incoming Freshman through graduated Seniors to join us at our Social Justice Camp. The camp will focus on the theme of Youth Living in Homelessness and is designed with the Unitarian Universalist values that call us to build a more just world, build community and work for racial and social justice.

The cost for the camp will be \$100 and will cover food and supplies. The camp will take place at First Universalist Church and will include field trips, work shops, guest trainers, fun and of course lots of good food!

Additional information will be available in the next Liberal and Program Guide and on the Church's website. For more information please contact Debra Rodgers, Director of Faith in Action at debra@firstuniv.org or 612-825-1701 X106



The New Jim Crow

Michelle Alexander, who is a highly acclaimed civil rights lawyer, advocate, legal scholar and New York Times Best-Selling Author of *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* will be at the University of St. Thomas campus on Monday, April 8, 2013.

The event, free and open to the public, will begin at 7:00pm in the Anderson Student Center – Woulfe North & South and will be followed by a book signing.

The doors for the lecture will open at 6:30pm. Books will be available for sale. Parking will be available at the Anderson Parking Facility located at the corner of Cretin Ave. and Grand Ave. Please go to <http://www.stthomas.edu/parking/visitors/visitoroptions/> for directions and hourly rates.

New to First Universalist? Considering Becoming a Member?

Join us for our First Step class. This is a short overview of Unitarian Universalism and First Universalist Church. Sessions run about half an hour and no sign up is necessary – just show up and learn more about our church community! First Step is offered the first and third Sunday of every month after each service. We meet at the front of the Sanctuary near the pulpit.

If you are a newcomer who is ready to learn more, Voices of Our Faith is for you! This class meets for three sessions. During the first session, we will watch a short video about Unitarian Universalism and then reflect on how this faith might match what you're looking for. During the next two sessions, you learn more about how First Universalist approaches religion – what our ministers believe church is for and how our community builds authentic connections. Thursdays, March 7, 14, 21; 7-8:30pm.

New Member Recognition Sunday

New members will be welcomed and recognized by the congregation during worship on Sunday, June 2, one service only at 10am (summer schedule). We hope you will participate in this celebration!

Class Sign Up and Childcare

To sign up for a class, please contact Sandy DiNanni at 612.825.1701 or sandy@firstuniv.org.

Childcare is provided free of charge with at least one week advance notice. Contact Emma Schlatter at 612.825.1701x107 or emma@firstuniv.org.

If you have any questions about these classes or about how to get connected at First Universalist, please contact **Sara Smalley**, Interim Director of Membership and Small Groups, at 612.825.1701x124 or sara@firstuniv.org.

by Sara Smalley, Interim Dir. of Membership and Small Groups

If you are ready to deepen your exploration of Unitarian Universalism and First Universalist Church, join us for The Path to Membership: Sharing our Journeys. This class includes meaningful reflection, lively conversation, and a more in depth exploration of the history of Unitarian Universalism and the community of First Universalist Church. After sharing a little about our personal religious journeys and learning about the journeys of Unitarian Universalism and First Universalist, participants are invited to imagine where our journey together might take us. This class is offered as a three weeknight series or in a full-day Saturday format and is a requirement for membership. Upcoming Classes: Thursdays, April 11, 18, 25; 6:30-8:30pm.

After taking the Path to Membership class, you are eligible to become a member of First Universalist and you are invited to celebrate becoming a member! Join Rev. Schroeder or Rev. Crow as we explore the deeper meanings and expectations of membership in our Celebration of Membership brunch. This class invites participants to discover how they will give, receive, and grow as they make a financial and personal commitment to the life of the congregation. The class will conclude with a celebration ceremony as participants sign the membership book and officially join the church! Upcoming Class: Saturday, June 1; 9:30-11:30am.

Faith in Action Focus Areas (continued on page 4)

As people of faith we are called to look at why there are so many people living in homelessness and take action to address the root causes as well as the symptoms. This work around advocacy and mobilizing is beginning to gain momentum here as well. Through Habitat for Humanity and their involvement in the Homes for All Campaign we have an unprecedented opportunity to help secure \$50 million in housing stability for Minnesota as part of the Homes for All 2013 Legislative Strategy. In case you are unfamiliar with Homes for All Campaign, this collective of 42 organizations from across the state supports proven programs that stabilize families, prevent homelessness, and create workforce housing. Habitat for Humanity, Downtown Congregations for Ending Homelessness, Heading Home Hennepin, Our Saviour's Housing and Wilder Foundation are just a few of the organizations involved.

Dinah Patrykus is leading the effort to become involved in the Homes for All Campaign. For more information on the campaign go to <http://mhponline.org/policy/policystate/homes-for-all>. To get involved at a legislative or advocacy level you can contact **Dinah** at 952-405-9799 or djpatrykus@comcast.net.

To learn more about Faith in Action and its Focus Areas contact Debra Rodgers at 612-825-1701 X106 or Debra@firstuniv.org. The April Liberal will highlight our Environmental Justice Focus Area...just in time for Earth Day!



Photograph by Janet Mills

*This shaking keeps me steady. I should know.
What falls away is always. And is near.
I wake to sleep, and take my waking slow.
I learn by going where I have to go.*

Theodore Roethke

We hold in our hearts and prayers:

Journeys

Jessie Wicks' mate, Robin, who was hospitalized after suffering from the flu and breathing difficulties. We wish her a speedy return to good health.

Our members and friends in nursing homes and assisted living: **Nadine Tornquist, Connie Stelson, Sarah Barber-Braun, Jean Roberts, and Arlene Jacobson**

Pamela Balabuszko-Reay's grandmother, Mary Balabuszko, who will be entering hospice care. Please hold in your care as well, Pamela's family, Jim, Bella and Isaac, who love Mary very much.

The Brenner-Mickman family, as Serai, Emeilia and Sophia, family and friends, tend to Jim's brain tumor hospice experience.

Passings

Longtime member **Bob Moe**, who died Thursday, January 31. Our love and support go to Bob's wife Carolyn and her family. Memorial services were held at the church on February 11.

New member **Melody Werner**, who mourns the loss of her father, Ed Hudgens, who died in January.

Blessings

Mary Weeks and **Phil Johnson**, who celebrate the birth of their first grandchild, Roxanne Komorovska-Johnson to parents Ania Komorovska and Steven Weeks-Johnson in Warsaw, Poland. Mary and Phil are especially grateful for Skype.

Jane Hallas, who proudly announces the birth of her first grandchild, Samantha June Muchow, on January 17. Samantha is the (beautiful, highly intelligent, developmentally advanced for her age, sparkling personality, etc.) daughter of Libby (Hallas) and Todd Muchow.

Congregational Care: What is it?

By Margit Berg

It's something we all do informally every time we reach out to listen to and care for a fellow congregant. But more formally, it's a program of the church whereby we make sure that people experiencing a life event or going through transitions, are recognized and supported.

How can we support people? First of all, we need to know about individual needs. You can call the church office and talk with the receptionist, 612.825.1701, talk with Jen Crow, our Minister of Program Life, Ext. 103, or contact **Margit Berg**, margit.berg7@gmail.com or 612.377.4776. You may call about yourself or on behalf of someone else, and we will contact that person. If you want to be listed in the Cycle of Life, we will initiate that.

We have a large cadre of volunteers that can provide: 1) transportation for special appointments or rides to church, 2) meals in time of illness, 3) hospitality at memorial services, 4) visits to people and delivery of flowers from the Sunday service or a comfort shawl, and 5) other miscellaneous help. The Congregational Care team also sponsors an annual blood drive, support groups, and speakers on issues of health and end-of-life planning.

Our TRUST parish nurse, Pat McLaughlin, 612.822.2394, is a good resource when there is a need for a referral to a community service. TRUST also has an important service that those in South Minneapolis may want to know about and that is a chore program for those over 55 or disabled people for indoor or outdoor chores. They charge on a sliding fee scale. Call TRUST at 612.827.6159. See their web site for other programs, www.trustinc.org.

The Choir



Singers who would like to join the choir on a regular basis are always welcome. Rehearsals are from 7:00-9:00 on Wednesday evenings. Prior experience and the ability to read music are helpful, but not required. Contact randy@firstuniv.org or visit the website at firstuniv.org/music/choir.

Children's Choir

All children in grades 1-5 are welcome to join First Universalist's Children's Choir, directed by Mary Bohman. No experience necessary. We sing music that reflects our Unitarian Universalist values, build music skills, and have loads of fun! Rehearsals are Sundays 10:35-11:10am in the Cummins Room. Come any Sunday to sign up, meet the director, and sing with the choir. For more information, contact Mary at mary@firstuniv.org.

Universal Folk Orchestra

Emphasizing folk songs and instrumental chamber music we use words and sounds to more fully express our spiritual values, and we have a lot of fun doing it. Our main purpose will be to make music together. We meet every Sunday 6-7:30pm in the Sanctuary. Bring instruments, musical scores, recordings. Contact Ruth MacKenzie (ruth@firstuniv.org) or John Jensen (pianojj@earthlink.net).

Rise Up Singing

Rise Up Singing: Community Song Circle at First Universalist Church is an informal group of musicians and singers who gather to sing for fun on the first Thursday of each month. They sing from the Rise Up Singing songbook.

And you only have to love to sing to join 'em...you don't even have to be very good!

Come and lift your voice in communal singing on the first Thursday of each month from 7-9pm in the Chalice Room. Contact the group leader, Allan Steinhauer, 612.309.5632 or arstein01@hotmail.com for more information.

We are open to all that want to have a good time, including children. We go around in a circle picking songs and singing them together. The Rise Up Singing songbook which has 1,200 songs to choose from is our primary songbook, and you are also welcome to bring your own song handouts. We have a piano and welcome all instruments, especially a guitar player to help lead us in song. We don't repeat a song in the same evening, and we always have fun. Come for just one song or a whole evening of singing. We hope to hear you there.

Remember to embrace your voice and lift it in joyous song!



Universal Jazz Band

There are so many ways to join the music at First Universalist Church. Along with opportunities in Jazz Band and Folk Band, we are assembling a list of brass, woodwind and string players to accompany hymns, and provide solo and ensemble work to accompany the choir. Please contact John Jensen, pianojj@earthlink.net, or Randy Buikema, randy@firstuniv.org, to express your interest.

General Assembly (continued from page 6)

Buddhist Meditation

Buddhist Meditation and Study group on Monday evenings – newcomers welcome! We will be revisiting Gil Fronsdal’s book, “The Issue At Hand: Essays On Buddhist Mindfulness Practice.” This book is a group favorite as we explore intentions in our lives.

During the winter session the group will be co-facilitated by Susan Hagler and Susan Nelson who are both Zen Buddhist priests in the Soto school. If you have any questions please direct them to Susan Hagler at susanhagler13@gmail.com or 612.825.7780. There is a session fee of \$45 for the nine weeks; please know the fee can be waived if need be. Mondays, Jan. 28—Apr. 1, 7-8:45pm, Cummins Room.



Housing reservations open March 1. The more reasonably priced accommodations go fast, so heads up!

For more details, please go to UUA.org and search GA 2013. There you will find the schedule, housing details, presenters, justice issues and more. Here are some helpful links for more information.

The General Assembly 2013 Schedule (<http://www.uua.org/ga/program/14599.shtml>); **Learn about Louisville** (<http://www.uua.org/ga/travel/index.shtml>)

For Registration (<http://www.uua.org/ga/registration/index.shtml>), **Housing Reservations** (<http://www.uua.org/ga/travel/index.shtml>), **Volunteer Applications** (<http://www.uua.org/ga/registration/financialaid/14930.shtml>) and **Scholarship Applications** (<http://www.uua.org/ga/registration/financialaid/15005.shtml>) will be available March 1.

Social Witness Process (<http://www.uua.org/ga/justice/15344.shtml>)—The Unitarian Universalist Association’s (UUA) justice work is shaped by GA Congregational Study/Action Issues, Statements of Conscience, and Actions of Immediate Witness.

Chi-Gung



Chi-Gung

All are welcome to join Chi-Gung at First Universalist. Chi-Gung is a centuries old form of meditative exercise that centers the mind, increases self awareness, builds internal energy, and develops a healthy, flexible body physically and spiritually. Chi-gung practice can diminish physical pain, stress, depression, and isolation. You may sit or stand as needed, so the class is suitable for people with physical limitation or illness. Instructor **Pat Gottschalk** is a member of First U and has an 18-year practice as a certified Shiatsu practitioner. Participants are encouraged to make a \$35 donation to First Universalist, but all are welcome to attend no matter your economic circumstance. Fridays, 10-11:30am, ten sessions Mar. 22—May 24, Chalice Room.

Prairie Star District (continued from page 6)

there are pre-conference activities earlier in the day.

On Saturday, we kick off the morning with the Arthur M. Judy Memorial Lecture, followed by your choice of workshops. At the annual business meeting in the afternoon, PSD delegates will vote on a proposal to join with the Heartland and Central Midwest Districts to create MidAmerica Region of the UUA, which would replace the existing three districts.

Saturday evening promises the popular youth-led worship service, followed by more celebration. The conference concludes at 10:30 on Sunday morning after our worship service, which features the always incredible all-conference choir.

For more information and to register for the conference, go to <http://www.psdoua.org/AnnualConference2013>

To apply to be a delegate from First Universalist, go to <http://www.firstuniv.org/signup>

Join our Office Volunteer Team!

Contact Lily at 612-825-1701 x123
or lily@firstuniv.org

1 Friday

10:00am - 11:30am Chi-gung
7:00pm - 9:00pm AUW-Friday Get Connected

2 Saturday

9:00am - 2:00pm Adult OWL

3 Sunday

First Step Class
New Member Recognition
5:15pm - 7:30pm Universal Folk Orchestra Rehearsal



4 Monday

7:00pm - 8:45pm Buddhist Meditation
7:30pm - 9:00pm Jazz Band Rehearsal

6 Wednesday

6:30pm - 7:45pm Open Labyrinth Walk
7:00pm - 9:00pm Choir Rehearsal

7 Thursday

Stonecutter's Build Day
7:00pm - 9:00pm Rise Up Singing Folk Group

8 Friday

10:00am - 11:30am Chi-gung

9 Saturday

9:00am - 2:00pm Adult OWL

March

10 Sunday

Sharing Sunday



Boys Choir Performance
5:15pm - 7:30pm Universal Folk Orchestra Rehearsal

11 Monday

6:00pm - 8:30pm Search for a Home
7:00pm - 8:45pm Buddhist Meditation
7:30pm - 9:00pm Jazz Band Rehearsal

13 Wednesday

7:00pm - 9:00pm Choir Rehearsal

14 Thursday

10:30am - Noon Elder Gatherings

15 Friday

Chalice Camp Registration Opens
10:00am - 11:30am Chi-gung

16 Saturday

4:30pm RE Family Overnight begins

17 Sunday

First Step Class
5:15pm - 7:30pm Universal Folk Orchestra Rehearsal

18 Monday

7:00pm - 8:45pm Buddhist Meditation
7:30pm - 9:00pm Jazz Band Rehearsal

19 Tuesday

6:30pm - 9:30pm Alliance for Sustainability

20 Wednesday

7:00pm - 9:00pm Choir Rehearsal

22 Friday

10:00am - 11:30am Chi-gung

24 Sunday

5:00pm - 7:00pm First Universalist Seder
5:15pm - 7:30pm Universal Folk Orchestra Rehearsal



25 Monday

7:00pm - 8:45pm Buddhist Meditation
7:30pm - 9:00pm Jazz Band Rehearsal

27 Wednesday

7:00pm - 9:00pm Choir Rehearsal

28 Thursday

6:30 - 8:30pm Skeletons in oUUr Closets: Unitarians and Slavery

30 Saturday

9:00am - 11:00am Young Families Easter Party

MARCH/APRIL



1 Monday

6:30pm - 8:30pm Dementia: What to Look For
7:00pm - 8:45pm Buddhist Meditation
7:30pm - 9:00pm Jazz Band Rehearsal

3 Wednesday

6:30pm - 7:45pm Open Labyrinth Walk
7:00pm - 9:00pm Choir Rehearsal

4 Thursday

Stonecutter's Build Day
7:00pm - 9:00pm Rise Up Singing Folk Group

5 Friday

10:00am - 11:30am Chi-gung

7 Sunday

Sharing Sunday
First Step Class
5:15pm - 7:30pm Universal Folk Orchestra Rehearsal



Everyone is invited to a Seder at First Universalist on Sunday, March 24, from 5-7pm in the Social Hall. Learn more and sign up at the Information Center after services or by e-mailing Alison Cerier at alisoncerier@visi.com. (For more information check out our Spring Program Guide online or in print at the Information Center.)

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