



LYRICS

Al Shlosa D'Varim

*Al shlosa d'varim haolam kayam
Al haemet v'al hadin v'al hashalom*

The world is sustained by three things,
by truth, by justice, and by peace.

Text: Pirkei Avot (Mishnah)

A Note About *The Weekly Liberal*

This past week we kicked off our new publication, *The Weekly Liberal*, which we are very excited about! *The Weekly Liberal* is a hybrid of the best parts of the 'old' monthly *Liberal* newsletter and the current Weekly E-News, redesigned and formatted into a digital, user-friendly format. It is our hope to provide vibrant and devotional content--in addition to relevant news, events, and information--on a weekly basis through this new communication channel.

If you aren't already on the e-news distribution list and would like to be, simply email Sandy at sandy@firstuniv.org and ask to be on *The Weekly Liberal* mailing list. Please note, too, that paper copies of *The Weekly Liberal* will always be available in the office and at Sunday's services following the weekly Thursday publication.

If you are unable to access the internet and/or email, and would like a paper copy mailed to you weekly, email Administrative Assistant Chelsea Bertsch at chelsea@firstuniv.org or call the office at 612-825-1701 and give Chelsea your name and address to get on the hard copy mailing list.

The weekly deadline to submit content for *The Weekly Liberal* will always be Tuesday at 10:00 AM; any questions can be directed to communications@firstuniv.org. If you have content to submit, please fill out the online submission form on our website--www.firstuniversalistchurch.org--by the Tuesday deadline!



BULLETIN

Welcome!

We are so glad that you are here.

At First Universalist Church, in the spirit of love and hope, our mission is to practice giving, receiving, and growing. We welcome, affirm, and protect the light in each human hear; we act outside of our walls; we listen to where love is calling us next. We do all this as a faith community committed to racial justice. These spiritual practices and commitments are the ways we move in rhythm with the great love that is alive in the world.

Come to a brief orientation to First Universalist and Unitarian Universalism, the 1st and 3rd Sundays of the month. **Our next orientation takes place TODAY, October 5;** meet us in the front of the Sanctuary immediately after the service. Find out more about our community in this 30-minute overview. No sign up needed and coffee & childcare are provided.

The Visiting Families Welcome Station at the north end of the Religious Education wing has information about our Children, Youth & Family Ministries. Stop by if you are interested in learning more, or email our Director of Children, Youth & Family Ministries, Lauren Wyeth, at lauren@firstuniv.org.

Hearing Devices are available - please ask an usher. Cushions are available for the pews and are located next to the sound booth and at the entrance to the Sanctuary. Please return them to their home after the service.

We also have Fragrance-Free rows marked in the balcony.

For more information about First Universalist, go to our website: www.firstuniversalistchurch.org stop by our Information Center in the Social Hall downstairs after services, or call our church office, 612-825-1701.

CELEBRATING OUR GENEROSITY

Offering plates from Sunday service

9/14 Open Arms \$1,036
9/7 Freshwater Society: \$864
8/31 Youth Farm: \$465

To nominate an offering recipient, go to:
www.firstuniversalistchurch.com/offering-plate

First Universalist Choir

Have you thought about singing in the choir?

YOU are welcome to join us! Ability to read music and previous experience is helpful but not necessary. An open heart, eagerness to learn and the desire to be part of a large and dynamic choral ensemble are qualities we look for in new members. Rehearsals are Wednesday evenings from 7:00-9:00 PM. Contact randy@firstuniv.org for details.

Let Us Keep You In Our Thoughts & Prayers

If you are experiencing a crisis or transition, or celebrating a joy - please let us know. If you'd like to be included in our Cycle of Life each Sunday in worship, please contact Sandy diNanni at (sandy@firstuniv.org) or (612) 825-1701. If you would like support, please contact Rev. Jen Crow (jen@firstuniv.org or 825-1701) or any member of our Pastoral Care Team.

Circle Suppers

Looking for a great way to meet new people within the congregation and enjoy good food and conversation? Join Circle Suppers! Small groups of 6-8 people meet at a participant's home for dinner where the host provides the main course and guests bring other dishes that are needed. You are required to host one time. The deadline for sign up is Oct 31, 2014. Please contact Marybeth Hoelzer for any questions (612-824-1121 or mhoelzer@mac.com).



In the Belly of the Whale

Rev. Ruth MacKenzie

October 5, 2014

Music for Gathering

Sonatina, Movement I
-Paul Ben-Haim

Dr. Jerrod Wendland

Words of Welcome

Rev. Ruth MacKenzie

Bellsound

Prelude

Prayer
-Ernest Bloch

Greg Beyers, Cellist
Dr. Jerrod Wendland

Wisdom Story

Jonah and the Whale

Rev. Elaine Aron Tenbrink
Rev. Ruth MacKenzie

Opening Hymn #394

Hava Nashirah
(Congregation sings line 2)

Lighting the Chalice

Rev. Ruth MacKenzie

*Love is the spirit of this church,
and service is its law.
This is our great covenant:
To dwell together in peace,
to seek the truth in love,
and to help one another.*

-James V. Blake
(reprinted with permission by the UUA)

Hymn for the Journey #77

Seek Not Afar for Beauty (seated)

Children leave for their classes

Silence

Cycle of Life

Rev. Elaine Aron Tenbrink

Hymn of Prayer # 123

Spirit of Life (seated)

*Spirit of life, come unto me,
Sing in my heart all the stirrings of compassion
Blow in the wind, rise in the sea:
Move in the hand, giving life the shape of justice.
Roots hold me close. Wings set me free.
Spirit of Life, come to me. Come to me.*

-Carolyn McDade
(reprinted with permission by the UUA)

Reading

On Turning
-Rabbi Jack Reimer

Rev. Ruth MacKenzie

Anthem

Al Shlosha D'varim
-Allan Naplan

First Universalist Choir
Dr. Randal Buikema, Conductor

Sermon

In the Belly of the Whale

Rev. Ruth MacKenzie

Offertory

Kaddish
-Ravel

Greg Beyers, Cellist
Dr. Jerrod Wendland

A Litany on Atonement

-Rev. Rob Eller-Isaacs

Rev. Ruth MacKenzie
Rev. Elaine Aron Tenbrink

Repeat after each statement of admission:
*We forgive ourselves, and each other;
We begin again in love.*

Closing Hymn #215

Praise to the Living God

Closing Words

Rev. Ruth MacKenzie

Blessing in Song # 413

Go Now in Peace

Music for the Journey

“At Sea” from *Poems of the Sea*
-Ernest Bloch

Dr. Jerrod Wendland

Worship Leaders

Rev. Ruth MacKenzie Minister of Worship Arts & Coming of Age
Rev. Elaine Aron Tenbrink Minister of Membership & Adult Ministries
Dr. Randal Buikema Director of Choral Arts
Dr. Jerrod Wendland Interim Pianist
First Universalist Choir
Greg Beyers Cello, Musical Guest

Chalice Lighters

Katlyn Berry 9:30 & 11:15 a.m.

Worship Design and Coordination

Rev. Ruth MacKenzie

Chancel Arrangement

Today's flowers are donated by Jim and Rene Block in honor of their children's weddings; Greta Block married Matt Hartig in Bainbridge, WA on August 16th and Alex Block will marry Megan Zisser on Oct. 18 in Washington D.C. Jim and Rene currently reside in Utrecht, Netherlands.

Offering

Tubman

Tubman lights the way to hope for over 40,000 people each year by providing safe shelter, legal services, mental and chemical health counseling, youth programming, elder care resources and community education.

Their mission is to promote safe and healthy individuals, families and communities through promising and best practices in education, intervention and prevention.

Worship Theme: Keeping it Real

Every so often we need to clean out the spiritual closet. The stack of games we've played on ourselves or others have fallen on our heads just one too many times. It's time to make an accurate assessment of our disarray and discontent, keep what we need, and discard what we don't. In this way, we make room for the whole and the holy in our lives. This month we will be talking about the importance of taking spiritual inventory and keeping it real.