

GET CONNECTED!

PREPARING YOUR HEALTHCARE DIRECTIVE

Join us after the service on Sunday, August 9, at 11:15 am in the Chalice Room for a presentation by Janet Conn, Minnesota president of Compassion & Choices, on "Preparing for the End of Your Life." This introduction will cover what to expect at the end of life and how best to prepare through conversations with family and by the completion of healthcare directives. The presentation is sponsored by the Congregational Care committee.

Please let us know if you plan to attend by emailing Kathy Coskran at kac1122@aol.com or by signing up at the Information Table in the Social Hall. (All are welcome—sign-ups help us know how many to expect—but please come even if you don't sign up!)

JOIN THE MOVEMENT TO RENAME LAKE CALHOUN

By pushing to change the name of Lake Calhoun, we begin to take responsibility for the harm done by John C. Calhoun, a Unitarian and an advocate of slavery. First Universalist is creating a team of people to have one-on-one conversations about this important change with other people of faith, and with residents and businesses around the lake. Sign up to join this team (and sign the petition supporting the name change) in the social hall after the service.

SUMMER WORSHIP THEME: SOURCES

Within the pores and cracks of the earth fresh water gathers. Sometimes source water rises to the surface on its own accord. Sometimes you have to dig to find it. In either case, water feeds the body and sustains the soul. So too, sources for our spiritual life act in much the same way, gathering in the pores and cracks of our lives. Sometimes, a source of strength is easy to access. Sometimes you have to dig to find the well of faith that will sustain. This summer we explore sources: sources of faith, love and hope.

FAMILIES MOVING FORWARD

As we prepare to welcome four families to First Universalist the week of Sept. 6–13, we're accepting contributions of new and gently used twin sheet sets, twin air beds, comforters and blankets, as well as cash donations and volunteer help. Stop by the FMF table in the Social Hall any Sunday between now and August 16 to learn more.

AUGUST 30 LAKE HARRIET WORSHIP & POTLUCK

Join us for an energizing worship service and potluck picnic at the Lake Harriet Bandshell on Sunday, Aug. 30 at 10:00AM. The Universalist Rock Band may just rock the top off the bandshell! This will be our only worship service that Sunday. This is an opportunity for the greater community to get to know us. We are looking for volunteers to offer a warm welcome and fun picnic. If you can lend a hand that morning, contact Sandy DiNanni at Sandy@firstuniv.org or 612-825-1701.

WELCOME!

We are so glad that you are here.

At First Universalist Church, in the spirit of love and hope, we give, receive, and grow.

We welcome, affirm, and protect the light in each human heart; 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.

HELPFUL INFORMATION

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, 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.

THE WEEKLY LIBERAL

The Weekly Liberal (our weekly newsletter) is on summer vacation; the next issue will be sent on August 13, 2015. Subscribe at: firstuniversalistchurch.org/the-weekly-liberal/

Do you have news or information that you'd like to see published in *The Weekly Liberal*? Visit our website and fill out the online submission form!

CELEBRATING OUR GENEROSITY

Offering plates from Sunday Service:

7/5 Rebuild the Churches \$569.38

7/12 Youth Cultural Exchange \$802.55

7/19 Habitat for Humanity \$480.00

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

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 612-825-1701) or any member of our Pastoral Care Team.

Are You Visiting?

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!

Meet us in the front of the Sanctuary immediately after the service. Find out more about our community in this 45-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 Director of Children, Youth & Family Ministries Lauren Wyeth at: lauren@firstuniv.org.



FIRST UNIVERSALIST CHURCH
OF MINNEAPOLIS

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



SOURCES OF TRANSFORMATION

ARIF MAMDANI

AUGUST 2, 2015

Music for Gathering

Dr. Jerrod Wendland

Words of Welcome

Rev. Justin Schroeder

Bellsound

Prelude

Invocation
-Jerrod Wendland

Dr. Jerrod Wendland

Call to Worship

Rev. Justin Schroeder

Opening Hymn #391 (Please remain seated)

Voice Still & Small

Lighting the Chalice

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)

Musical Interlude

Silence

Cycle of Life

Rev. Justin Schroeder

Hymn of Prayer #123 (please remain seated)

Spirit of Life

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)

Musical Offering

Mantra
-Jerrod Wendland

Dr. Jerrod Wendland

Readings

How to Love
-Thich Nhat Hanh

Rev. Justin Schroeder

The Transformative Power of Practice
-Ng'ethe Maina and Staci Haines

Sermon

Sources of Transformation

Arif Mamdani

Offertory

Light
-Jerrod Wendland

Dr. Jerrod Wendland

Closing Hymn #1008 (Please stand in body or spirit)

Our Heart is in a Holy Place

Closing Words

Arif Mamdani

Blessing in Song #413

Go Now in Peace

Music for the Journey

Dr. Jerrod Wendland

Worship Leaders

Arif Mamdani	Guest Preacher
Rev. Justin Schroeder	Senior Minister
Dr. Jerrod Wendland	Pianist

Chancel Flowers

Today's flowers were donated and arranged by Averil Bach of the Visual Arts Committee.

Offering: The Church of the Larger Fellowship (CLF)

Wherever you are in the world, wherever your truth takes you on your spiritual journey, the Church of the Larger Fellowship (CLF) is there to keep you connected with Unitarian Universalism (UU). Our 3,600 members, with their children, live all over the world. What brings us together is the desire to connect, seek, share and grow within Unitarian Universalism.

The CLF offers online worship and connection, a monthly worship publication, Quest, online classes, family ministry, and a prison ministry of more than 600 members.

The prison ministry offers Quest and UUWorld to incarcerated people all over the country along with pastoral care by mail, a letter-writing ministry, correspondence courses and our reading project. There are several ways that congregations can collaborate with CLF to assist in the prison ministry or reach out to local prisons in your area. Please contact us at QuestForMeaning.org/programs/prison-ministry for more information.

About Our Guest Preacher:

Arif Mamdani is a member of First Universalist and is a Master of Divinity Student at United Theological Seminary. He works for the Kaleo Center for Faith, Justice & Social Transformation, and serves on the boards of the Church of the Larger Fellowship and the Movement Strategy Center.

Musical Notes from Dr. Jerrod Wendland

This week, I decided to write some of my own music for the service. It is my attempt (worked out more-or-less subconsciously) to give an impression of how meditation feels. In *Invocation*, the deep bell-chords shift as we enter deeper levels of awareness, inspiring different reflections in the melody. *Mantra* portrays a single idea which somehow transforms while always staying the same. *Light* depicts an idea briefly glimpsed, but not quite understood. I would say this music sounds most like certain pieces by Lou Harrison or Charles Koechlin, but I borrowed the figuration in *Light* from Franz Liszt.