

GET CONNECTED

JOIN US AFTER THE SECOND SERVICE FOR PICTURES FROM A HIROSHIMA SCHOOLYARD

Join us for a reception and screening of the inspiring documentary, *Pictures from a Hiroshima Schoolyard*, today at 12:15 p.m. in the Social Hall. Following the 30-minute reception, the film will be screened at 12:45 p.m. Producer Shizumi Shigeto Manale, director Bryan Reichardt, and All Souls' Mel Hardy will introduce the film and also take questions after the showing. A second film screening (no reception) will be offered at 4 p.m. today.

SIGN UP SUNDAY IS NEXT WEEK!

Join us Sept. 27 for Sign Up Sunday, an opportunity to learn more about the groups and committees at First Universalist. Information, friendly conversation, and sign up sheets will be available in the social hall after both services. With a variety of opportunities you will find great ways to contribute to the life of this vibrant community. Questions? Contact Sandy DiNanni, Membership Support Staff, at Sandy@firstuniv.org or 612-825-1701.

LAST DAY TO SIGN UP FOR A CIRCLE

Circles are groups of 8-10 committed participants who come together with a trained leader to nurture spiritual growth in community. These groups are grounded in the spiritual practices of deep listening and open-hearted reflection. Registration is open through Sept. 20 at firstucircles.weebly.com and available in the social hall today from 10:30-11:15am. Questions? Contact Rev. Elaine Aron Tenbrink at elaine@firstuniv.org.

NEW OFFERING OPTION: SQUARE CASH

You can now easily donate right from the pew using your phone! First, download the Square Cash app (iPhone or Android) for free. Then, set up your account - you'll need your debit card, on some phones you'll need to make up a \$cashtag (your user name), and you'll choose to create either a personal or business account.

Once your account is set up, simply

- 1) Enter the amount you want to donate
- 2) Click "pay"
- 3) In the \$cashtag space, enter \$FirstUniv
- 4) In the For space, enter "offering plate"
- 5) Click "pay"

Money from your bank account is deposited directly into First Universalist's account. You may also donate online at [cash.me/\\$FirstUniv](http://cash.me/$FirstUniv). Thank you for your generosity!

RACIAL JUSTICE VIDEO AND DISCUSSION

Created by Shakti Butler, this film uses personal stories to examine the causes and consequences of systemic inequity. *Cracking the Codes: The System of Racial Inequity* features racial justice leaders including Amer Ahmed, Joy DeGruy, and Tim Wise. Join us for a viewing, followed by discussion facilitated by Brian Eshult, Margaret Manderfeld, and Lark Weller, on Tuesday, Sept. 22 from 7-8:30 p.m. in the Cummins Room. (The viewing for this Sunday has been cancelled.) This is a drop-in group; no registration is required.

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 email newsletter) is published on Thursdays.

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:

8/30 Pillsbury United Crisis Nursery
\$862.12

9/6 Families Moving Forward \$625.39

9/13 UUSC Crisis Fund for Refugees
\$2989.64 (100% donated to the recipient.)

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.

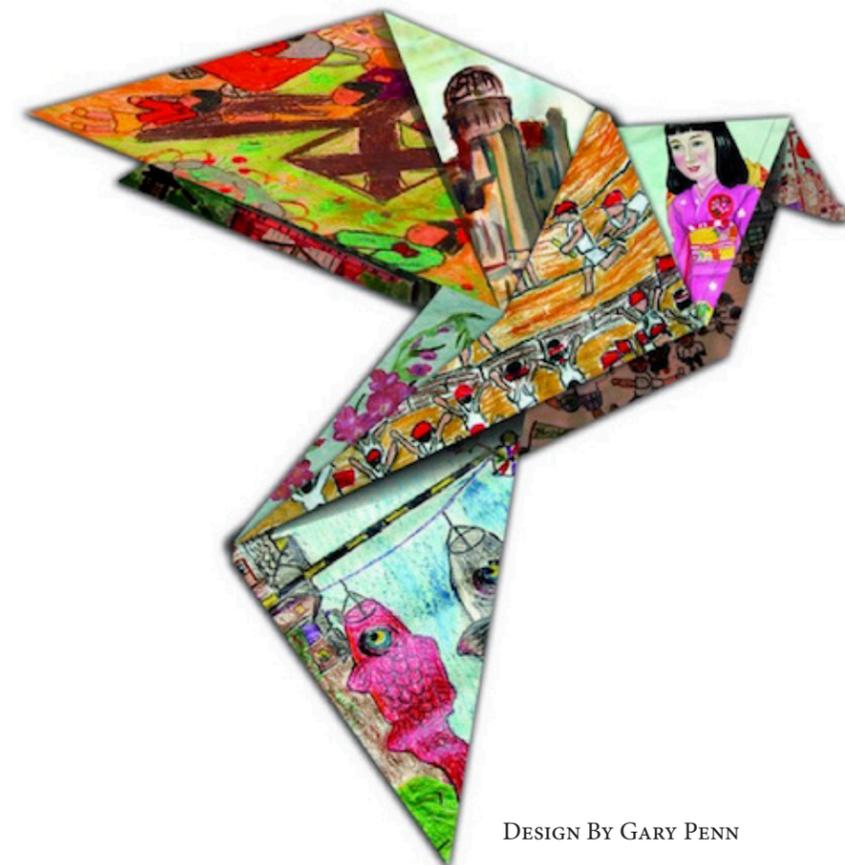
Our next orientation takes place: Today!

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.



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



DESIGN BY GARY PENN

SEEDS OF HOPE

REV. JEN CROW

SEPTEMBER 20, 2015

Music for Gathering

Pastorale from *Stone Tales*
– Tohru Aki

Dr. Jerrod Wendland

Words of Welcome

Rev. Justin Schroeder

Bellsound

Prelude

Honshirabe

Leo Hansen

Call to Worship

Jason Tenbrink

Opening Hymn #177 (Please stand in body or spirit)

Sakura

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)

Moving Meditation

Akebono no Shirabe

Shizumi Shigeto Manale

Leo Hansen

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)

Reading

Walkers With the Dawn
– Langston Hughes

Rev. Jen Crow

Musical Interlude

Tamuke (Hands Folded Together in Prayer)

Leo Hansen

Sermon

Seeds of Hope

Rev. Jen Crow

Offertory

Prelude No. 6
– Makiko Kinoshita

Dr. Jerrod Wendland

Closing Hymn #159 (Please stand in body or spirit)

This Is My Song

Closing Words

Rev. Jen Crow

Blessing in Song #413

Go Now in Peace

Music for the Journey

Dr. Jerrod Wendland

Please bring your hymnals to the back of the sanctuary after the 2nd service and welcome Shir Tikvah into our sanctuary during the Jewish High Holy Days.

Worship Leaders

Rev. Jen Crow	Executive Minister
Rev. Justin Schroeder	Senior Minister
Dr. Jerrod Wendland	Pianist
Shizumi Shigeto Manale	Dancer/Film Producer/Activist
Leo Hansen	Shakuhachi

Worship Design & Coordination

Rev. Ruth MacKenzie Minister of Worship Arts

Chancel Flowers

Today’s flowers were donated by Judy Ostendorff and Ron Jensen in honor of the *Pictures from a Hiroshima Schoolyard* film reception and art exhibit, and particularly, Caren Stelson, who brought this story to our church and made it all happen. The Ikebana arrangement was created by Candace McClenahan of the Visual Arts Committee.

About Our Guest Artists

Shizumi Shigeto Manale is a dancer, performing artist, choreographer, director, author, and film producer born in Hiroshima and raised in Osaka, Japan. She has received numerous awards for her works, including the 2010 Maryland State Montgomery County Executive’s Excellence in the Arts and Humanities Outstanding Artist and Scholar Award and a Cable ACE Award. She has danced and lectured at the Smithsonian Institution for President Obama’s 2009 Inauguration and her children’s group, Kodomo Dance Troupe, performed before President Clinton and Senator Clinton at the White House Millennial Celebrations in 2000.

Leo Hansen is a shakuhachi player who performs and teaches in Minneapolis, Minnesota. While enthusiasm for shakuhachi is concentrated on either coast of America, Leo holds up the middle and is a fixture in the “frozen tundra” of the North Country. He will soon be releasing his first recording of shakuhachi honkyoku and folk songs appropriately entitled *Snow Blower*.

Offering: Habitat for Humanity

Twin Cities Habitat is a nonprofit committed to the production and preservation of homeownership.

Musical Notes from Dr. Jerrod Wendland

The Shakuhachi is a traditional flute of Japan with a singular purpose. The Fuke sect of Buddhism came to Japan from China in the middle ages. Its monks, the Komuso (priests of nothingness) practiced a type of zen based not on sitting, but on breath control, acquired by playing the Shakuhachi while wandering the countryside. Their heads were hidden by a straw basket, obscuring their individuality. The repertoire of Honkyoku (original pieces) has remained the same for centuries. The Komuso were abolished in 1871, but the instrument (and its meditative music) has been preserved.