

GET CONNECTED

RACIAL JUSTICE AND OUR UU FAITH WORKSHOP OCT. 24

We hope that all First Universalist members and friends will join us for the interactive “Racial Justice and our UU Faith” workshop, which explores a framework and tools for understanding race, racism, and whiteness and the spiritual imperative that drives our racial justice work. Offered on Saturday, Oct. 24 from 9 a.m. to 1 p.m., this is a distilled experience of the 24-hour training offered by Dr. Heather Hackman, and it is the first of several such workshops that will be offered this year. To register, contact Sandy DiNanni at 612-825-1701 or Sandy@firstuniv.org.

CONTEMPLATIVE EVENING WORSHIP

TURN - A MEDITATION IN SOUND & SILENCE, OCT. 25 AT 5:30 P.M.

At the changing of the seasons and the light, our paths through life also change. We reach a crossroads: The leaves turn, and we must also turn. What will change? What will remain? And where are we going? Join us for a special worship service that focuses on personal reflection accompanied by poetry, music, and silence at 5:30 p.m. on Sunday, Oct. 25. Rev. Ruth MacKenzie and Dr. Jerrod Wendland will lead the service, assisted by the artistry of Dr. James DeVoll, a flutist who has taught and performed across two continents. The music will include selections by Michio Miyagi, Howard Hanson and Don Pullen.

FAITHFUL ACTION FAIR IS NEXT SUNDAY, OCT. 25!

Learn how you can get involved! On Sunday, Oct. 25, 10 a.m.–1 p.m. we invite you to our first Faithful Action Fair to celebrate the newly formed Faithful Action Leadership Council, meet with community social justice organizations, and learn about social and racial justice initiatives at First Universalist. Representatives from participating organizations will be on hand to share information and invite you to sign up for a variety of volunteer opportunities.

JOIN US FOR THE PATHWAY TO MEMBERSHIP TODAY!

Explore the history of this faith tradition and this congregation, our racial justice commitment, and the experience of membership. The Pathway to Membership is required for joining the church. The class is a two-session experience on Sundays, today and Oct. 25 from 1-4 p.m.

CHURCH DIRECTORY & CALENDAR ON YOUR SMARTPHONE

Imagine: With a few simple taps on your phone, you could:

- *Call, text, or email your friends from church
- *Check the church calendar
- *Make a financial gift

This is now available for members and friends of First Universalist through the Church Life app. Head to the social hall after the service today to find out more.

WELCOME

We are so glad 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, stop by our Information Center in the Social Hall downstairs, call 612-825-1701, or visit our website: firstuniversalistchurch.org.

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.

CELEBRATING OUR GENEROSITY

Offering plates from Sunday Service:

9/20 Habitat for Humanity \$981.90

9/27 Honor the Earth \$1,035.95

10/4 Second Stork \$972.65

Know a charitable organization that shares our commitment to justice and equity? Nominate an offering recipient at: firstuniversalistchurch.org/offering-plate

You can give online through the Square Cash App. Our cashtag is \$firstuniv. Thanks!

LET US KEEP YOU IN OUR THOUGHTS & PRAYERS

If you are experiencing a crisis or transition, or celebrating a joy—please let us know. To be included in our Cycle of Life each Sunday in worship, contact Sandy DiNanni at sandy@firstuniv.org or 612-825-1701.

If you would like support, contact Rev. Jen Crow (jen@firstuniv.org or 612-825-1701) or any member of our Pastoral Care Team.

NEED TRANSPORTATION TO CHURCH OR TO A DOCTOR'S APPOINTMENT?

We can help with at least two weeks' notice. Contact Anne McBean (952 938-2897, mcbea001@yahoo.com) if you need help with a ride or would like to offer a ride to a congregant.

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 you'd like published? Fill out the submission form on our website!



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



WORSHIP THEME: HUMILITY

CHOICES, CHOICES, CHOICES

REV. JUSTIN SCHROEDER

OCTOBER 18, 2015

Music for Gathering

Dr. Jerrod Wendland

Words of Welcome

Rev. Justin Schroeder

Bellsound

Prelude

I Still Haven't Found What I'm Looking For
– U2

Universal Rock Band

Call to Worship

Rev. Justin Schroeder

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

When Our Heart is In a Holy Place

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

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Musical Interlude

Dr. Jerrod Wendland

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
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Reading

Between the World & Me
– Ta-Nehisi Coates

Rev. Justin Schroeder

Musical Offering

How?
– John Lennon

Universal Rock Band

Sermon

Choices, Choices, Choices

Rev. Justin Schroeder

Offertory

Doctor, My Eyes
– Jackson Browne

Universal Rock Band

Closing Hymn #1015 (Please stand in body or spirit)

I Know, I Can

Closing Words

Rev. Justin Schroeder

Blessing in Song #413

Go Now in Peace

Music for the Journey

Dr. Jerrod Wendland

Worship Leaders

Rev. Justin Schroeder Senior Minister
Dr. Jerrod Wendland Pianist
Henry Saarinen (11:15) Chalice Lighter
Universal Rock Band Musical Guests

David Lauth
Larry LaVercombe
Alan Ware
Grant Foster

The Racial Equity Choice Point Model (that Rev. Justin Schroeder refers to in his sermon today) includes these five steps:

- 1. Identify a Choice Point
- 2. Assess the Impacts of Possible Choices
- 3. Generate Options for Alternative Choices
- 4. Decide upon on Action
- 5. Change Habits for Future Choices

For more information about the Racial Equity Choice Point Model, check out

<http://tinyurl.com/nmay3th> or scan:



Chancel Flowers

Today's flowers were arranged by Cheryl Anderson of the Visual Arts Committee.

Offering: Augsburg Fairview Academy

Augsburg Fairview Academy (AFA) is a public charter school which provides the opportunity to complete high school and prepare for college or post-secondary education for students who have not been successful in the public school system and/or seek the positive and supportive learning culture provided by AFA staff. The 140 students are African American, Somali and Native American; many are homeless or marginally housed at least part of the year. Funds from today's offering will be used to support the Hope Food Closet and Hope Clothing Closets, to provide school supplies and backpacks, and to provide other support as needed. Donations of food and clothing are also welcome; lists of desired items are available at the HUB.

October Worship Theme: Humility

Three treasures of human existence are outlined in the Tao Te Ching, the holy book of Taoism. They are compassion, moderation, and humility. Each feeds the divine spark, the Tao alive in the human heart. When we are compassionate we can truly live into bravery. When we are moderate we can give with generosity. When we are humble we become useful servants. This month we explore humility and its importance in becoming more whole and more useful.