

## GET CONNECTED

### FAITHFUL ACTION FAIR IS TODAY!

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.

### ART QUILTS BY SUSAN STEIN: ARTIST RECEPTION NEXT SUNDAY

The work of quilter Susan Stein reflects a love for saturated color, a warm color palette, a variety of textures, a connection to traditional patterns, and an interest in all kinds of mixed media. An exhibition of her art quilts will be on view in the Social Hall at First Universalist Church from Nov. 1 through 29, 2015. Artist Susan Stein will be in the Social Hall for an artist reception after both services on Sunday, Nov. 1.

### SQUARE CASH

You can now easily donate right from the pew using your phone! Download the free Square Cash app (iPhone or Android), set up your account using your debit card, and use our cashtag \$FirstUniv to make your donation (be sure to indicate “Offering Plate” in the “For” space). Offering Plate donations are tax deductible, and gifts made through Square Cash are recorded in our database. You may also donate online at [cash.me/\\$FirstUniv](http://cash.me/$FirstUniv). Thank you for your generosity!



### CONTEMPLATIVE EVENING WORSHIP

#### TURN - A MEDITATION IN SOUND & SILENCE, TODAY 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.

### CONVERSATIONS WITH THE AUTHOR: DEBBY IRVING, WAKING UP WHITE

All are welcome to a discussion with author Debby Irving on racial justice, current events in America, and how we can create a better tomorrow on Friday, Nov. 6 from 7 to 9 p.m. “Waking Up White” is Debby Irving’s powerful memoir about her journey in understanding what it means to be “White” and her struggle to understand racism and racial tensions. No registration required.

## 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](http://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: Nov. 1, 2015

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](mailto: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](http://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](mailto:sandy@firstuniv.org) or 612-825-1701.

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

### SUNDAY FLOWER DISTRIBUTION

Would you like to help distribute flowers after the Sunday service to a congregant who could use support? Or suggest somebody to receive flowers? Contact Pamela Vincent (612 615-6085) [pbvincent1@comcast.net](mailto:pbvincent1@comcast.net). (If you want to donate flowers for a Sunday service, you can pick up a form in the church office that explains the procedure.)

### THE WEEKLY LIBERAL

*The Weekly Liberal* (our email newsletter) is published on Thursdays. Subscribe at: [firstuniversalistchurch.org/the-weekly-liberal/](http://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

## NURTURE YOUR SPIRIT, HEAL THE WORLD

REV. JUSTIN SCHROEDER

OCTOBER 25, 2015

**Music for Gathering**

Dr. Jerrod Wendland

**Words of Welcome**

Rev. Jen Crow

**Bellsound**

**Prelude**

*Bonkers*  
– John Browne

First Universalist Choir  
Dr. Randal Buikema

**Call to Worship**

Rama Hart

**Opening Hymn #299 (Please stand in body or spirit)**

*Make Channels for the Streams of Love*

**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**

Dr. Jerrod Wendland

**Silence**

**Cycle of Life**

Rev. Jen Crow

**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**

*Excerpt From an Interview With Terry Tempest Williams*

Rev. Justin Schroeder

**Anthem**

*Seasons of Love*  
– Jonathan Larson

First Universalist Choir  
Dr. Randal Buikema

**Sermon**

*Nurture Your Spirit, Heal the World*

Rev. Justin Schroeder

**Offertory**

*A Change Is Gonna Come*  
– Sam Cooke

Dr. Jerrod Wendland

**Closing Hymn #151 (Please stand in body or spirit)**

*I Wish I Knew How*

**Closing Words**

Rev. Justin Schroeder

**Blessing in Song #413**

*Go Now in Peace*

**Music for the Journey**

*Gavriilo Princip*  
– John Browne

First Universalist Choir  
Dr. Randal Buikema

**Worship Leaders**

Rev. Justin Schroeder	Senior Minister
Rev. Jen Crow	Executive Minister
Dr. Jerrod Wendland	Pianist
Dr. Randal Buikema	Director of Choral Arts
First Universalist Choir	
Charlie McKinstry-Luepke	Drums
Ann Marie McIntire	Bass
Elizabeth Haugen	9:30 Chalice Lighter
Neela Hammer	11:15 Chalice Lighter

**Chancel Flowers**

Today’s flower arrangement was created by Dick Reuter of the Visual Arts Committee.

**Offering: The UUSC-UUA Refugee Crisis Fund**

The UUSC-UUA Refugee Crisis Fund has raised more than \$94,000 so far. Through UUSC’s Rights at Risk Program, these funds will make it possible to address human rights violations against refugees and asylum seekers that are fueled by border restrictions, shortsighted immigration controls, and other nationalistic policies. In the Middle East and Europe, UUSC’s response to the Syrian refugee crisis examines critical areas along the Syrian refugee migration route, where there is a lack of international protection, cooperation, burden sharing, and upholding the basic human rights of the displaced.

You can now easily donate right from the pew by using your smart phone! See the back page for details.

**About Today’s Music**

Today’s Prelude and Music for the Journey, *Bonkers* and *Gavriilo Princip* respectively, are drawn from *The Events*, a musical theater piece that will be presented by the First Universalist Choir at the Guthrie Theater on October 30 and November 1. Tickets are available online on the Guthrie’s website; get them while they last!

**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.