

GET CONNECTED

CONTEMPLATIVE SERVICE: LAST DAY TO SIGN UP FOR STONE - A MEDITATION IN WINTER/SPRING CIRCLES SOUND AND SILENCE

In the cold and dark season of winter we ask: what wisdom is hidden in hard things, in stone, ice, darkness, sadness? We will invite love and mercy for where and what we are in this season of stone and spirit. Join us for a special contemplative service that focuses on personal reflection accompanied by poetry, music, and silence at 5:30 p.m. on Sunday, Jan. 31. Rev. Ruth MacKenzie and Dr. Jerrod Wendland will lead the service, assisted by the artistry of percussionist Dr. Jeremy Johnston. The music will include selections by Evelyn Glennie, John Luther Adams, and Peteris Vasks.

COMMUNITY PARTNER APPLICATIONS DUE FEB. 1

First Universalist works through external organizations to act on our justice values in the community. Earlier this month, the Faithful Action Leadership Council (FALC) announced a new partnership application process for First U members wanting to lead a partnership with a community organization. February 1 is the application deadline for all current and potential community partners. For more info and to access the application, visit firstuniversalistchurch.org

PLEDGE DAY SAVE THE DATE: MARCH 9

The Pledge Team is excited to announce that this year's Pledge Day is happening on Wednesday, March 9, from 8 a.m. to 8 p.m. This year's theme is *The Road We Walk Together*, and will celebrate both the wonderful steps we've taken as a community towards living our values in the world, and the new journeys that are opening before us. Put the date on your calendar now to make sure that you are part of the Pledge Day fun!

Join a Circle at First Universalist this winter! Circles are groups of 8-10 people who gather with a trained leader to nurture spiritual growth in community. Community Circles offer an opportunity for deeper reflection on Sunday services; some are open to all, and some allow you to connect with others who share a life experience, such as people living with grief and loss. Today is the last day to sign up for Winter/Spring Circles - do so online at firstucircles.weebly.com or in the Social Hall.

ARTIST RECEPTION TODAY

The Jewish Women Artists' Circle is having a reception today after the second service for the exhibit *Creation & The Beginning of Knowing*. *Creation* explores the first chapter of Genesis—the creation of heaven and earth, of light and darkness, of stars and water, and of living creatures. *The Beginning of Knowing* studies the next chapters, with the creation of man and woman and the tree of knowledge. Most of the artists will be present; you're encouraged to stop by and meet them!

STATE OF THE CHURCH MEETING IS FEB. 7

At our annual State of the Church meeting, the Board of Trustees and Staff will share updates on their respective goals for the year. This meeting will be a time to celebrate shared accomplishments, and to outline emerging opportunities and next steps in various ministry areas. We'll include a high level mid-year budget update, outline programming for the rest of the church year, and provide a preview of things to come.

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.

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.

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: Sunday, Feb. 7

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. Childcare is provided after the 11:15 service.

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:

1/3 Habitat for Humanity \$773.01

1/10 Trust \$936.59

1/17 TruArtSpeaks \$853.96

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!

COMFORT SHAWLS

Do you like to knit? Contact Pat Foulkes at pfoulkes@hotmail.com, for directions for the comfort shawls that we distribute to congregants in times of need. Or perhaps you know somebody who is in need of a Comfort Shawl; contact Congregational Care co-chairs Kathy Urberg, kathyurberg@gmail.com or Kathy Coskran, 612 202-9322, kac1122@aol.com.

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.

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: IMPERMANENCE

STEP BY STEP

REV. JUSTIN SCHROEDER

JANUARY 24, 2016

Music for Gathering

Dr. Jerrod Wendland

Words of Welcome

Rev. Justin Schroeder

Prelude

Prelude in G Major
-Nikolai Kapustin

Dr. Jerrod Wendland

Call to Worship

Rev. Jen Crow

Opening Hymn #157 (Please stand in body or spirit)

Step by Step the Longest March

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. 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

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Reading

For Nothing is Fixed
-James Baldwin

Rev. Justin Schroeder

Anthem

Peace Flows Into Me
-Jake Runestad

First Universalist Choir
Dr. Randal Buikema

Sermon

Step by Step

Rev. Justin Schroeder

Offertory

Prelude in F Major
-Nikolai Kapustin

Dr. Jerrod Wendland

Closing Hymn #131 (Please stand in body or spirit)

Love Will Guide Us

Closing Words

Rev. Justin Schroeder

Blessing in Song #413

Go Now in Peace

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

Elizabeth Becher-Ingwolson

9:30 A.M. Chalice Lighter

Kate Gegax

11:15 A.M. Chalice Lighter

Chancel Flowers

Today's flowers were arranged by Lena Vdakes of the Visual Arts Committee.

Offering: Exodus Lending

Exodus Lending provides trapped payday borrowers a just pathway to financial stability through an innovative lending program that also incorporates financial coaching and community support. Exodus pays off loans for clients, who are paying an average of 512% APR on small-dollar loans, and offers them a new loan at 0% interest with no fees. Clients repay their new loans in 12 monthly installments, supported by financial counseling and incentivized savings. The Exodus program is open to MN residents currently trapped in payday loan debt. All clients have income, although most are low-income workers. 2/3 of the clients are women, and 56% are people of color.

Musical Notes by Jerrod Wendland

Music making in the Soviet Union was fraught with difficulty and even danger. After a burst of creativity during the 1920s and early 30s, Joseph Stalin clamped down on all artistic production through two “purges,” one in the 1930s and the other in 1948. These purges saw composers publicly humiliated, denounced by friends and colleagues, deprived of their jobs and livelihoods, and even sent to the Gulag. By the time Nikolai Kapustin (born 1937) began his music career, Stalin was dead and the climate of terror had lightened somewhat, but all musical production was still controlled by a rigid hierarchy, subject to the political whims of an elite few. Though he worked in an area of music that had been branded as “bourgeois” and “decadent” just a few years before, Kapustin was allowed to write as he liked, albeit on the margins of Soviet musical life. Since the fall of the USSR, however, he has finally gotten the international reputation he deserves.

January Worship Theme: Impermanence

A disciple of Buddha felt great anxiety at the Buddha's imminent departure from his village. “I cannot bear life without you here,” he cried. “What will I do? I will be drawn into the extremes of suffering and joy and I will not be at peace.” The Buddha wrote some wise words on a paper. He said, “When you are pulled by life into the extremes of joy or the lows of pain and worry, read this.” The man opened the note. It read: “This will not last.” This month we examine the essential impermanence of life. This life is made of passages.