



GET CONNECTED

STATE OF THE CHURCH MEETING IS SUNDAY, FEB. 7 AT 12:30 P.M.

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.

BDE/MDE MAKI SKA CONVERSATION

Please join us on Tuesday, Feb. 9 from 6 p.m. to 9 p.m. for an exciting conversation about giving form to expressions of spirit and values that emanate from Bde/Mde Maka Ska (currently called Lake Calhoun). Explore ways to bring out the best in people. Come and collectively re-imagine our community beyond its current norm in unique and more desired forms of interaction. First Universalist has previously hosted two other community conversations about Bde/Mde Maka Ska, in October and December 2015.

DO WE HAVE YOUR CURRENT EMAIL ADDRESS?

Next week, we'll be sending out a survey to help us learn more about your experiences of engagement and membership at First Universalist. Please watch for the survey in your email inbox next week. If we don't have your email address on file, or if you've recently changed your email address, please let us know! Send us a quick note at communications@firstuniv.org with your name and current email address.

CONTEMPLATIVE SERVICE THIS EVENING: STONE - A MEDITATION IN SOUND AND SILENCE

When the temperature falls and the roads ice over, we don't venture out thoughtlessly; we stay put and look inwards. We become stone-like: still, silent, strong. What secrets live in the heart of a stone? What hidden fires burn in our own hearts, warming us through the winter? Join us today at 5:30 p.m. for "Stone - A Meditation in Sound and Silence," an evening contemplative service that explores these questions through music, poetry, and silent meditation. Rev. Ruth MacKenzie and Dr. Jerrod Wendland will be assisted by the artistry of percussionist Dr. Jeremy Johnston. The service includes musical selections by John Luther Adams, Evelyn Glennie, Peteris Vasks, and others.

DAYTIME CONNECTIONS GENEALOGY WORKSHOP

Through Daytime Connections, older adults empower each other to live intentional, joyful, purposeful, and spiritually fulfilled lives. We live in a golden age for amateur genealogists. Online tools help you quickly document and extend your family history knowledge. In this workshop on Wednesday, Feb. 3 from 1-3 p.m., presenter Michael Day will share his personal family research using ancestry.com to illustrate how you could get started in uncovering valuable and interesting information about the last few generations of your family. Registration: Contact Sandy DiNanni at sandy@firstuniv.org or 612-825-1701.



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

LETTING GO

REV. ELAINE ARON TENBRINK

JANUARY 31, 2016

Music for Gathering

Dr. Jerrod Wendland

Words of Welcome

Rev. Jen Crow

Prelude

Denn alles Fleisch, es ist wie Gras
from *Ein Deutches Requiem*
-Johannes Brahms

For all flesh is like grass,
and the glory of humanity
like flowers.
The grass withers
and the flower falls.

Call to Worship

Rama Hart

Opening Hymn #360 (Please stand in body or spirit)

Here We Have Gathered

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

Excerpt from *Wishful Thinking*
- Frederick Beuchner

Rev. Jen Crow

Excerpt from *On Beginnings*
- John O'Donohue

Rev. Elaine Aron Tenbrink

Anthem

Freedom Come
-Ben Allaway

First Universalist Choir
Dr. Randal Buikema

Sermon

Letting Go

Rev. Elaine Aron Tenbrink

Offertory

But I Want the Harmonica
-Stuart Greenbaum

Dr. Jerrod Wendland

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

I Wish I Knew How

Closing Words

Rev. Elaine Aron Tenbrink

Blessing in Song #413

Go Now in Peace

Worship Leaders

Rev. Elaine Aron Tenbrink	Minister of Membership & Adult Ministries
Rev. Jen Crow	Executive Minister
Dr. Jerrod Wendland	Pianist
Dr. Randal Buikema	Director of Choral Arts
Rama Hart	Worship Associate
First Universalist Choir	
Amanda Carlson	Soloist
Tony Meysenburg	Soloist
Charlie McKinstry-Luepke	Drummer
Luca Knych	9:30 A.M. Chalice Lighter
Neela Hammer	11:15 A.M. Chalice Lighter

Chancel Flowers

Today's flowers were arranged by Rita Franchett of the Visual Arts Committee.

Offering: Beacon Interfaith Housing Collaborative

Beacon Interfaith Housing Collaborative, this year's Holiday Giving recipient, is an organization committed to ending homelessness through advocacy, alternative housing, and temporary shelter. We are just shy of our goal of \$70,000 for this year's holiday giving campaign. During the weeks of May 22 and May 29, First Universalist will be hosting families from Families Moving Forward. Beacon's Families Moving Forward program offers families experiencing homelessness hospitality, emergency shelter and a path to home with support for stability.

Musical Notes by Jerrod Wendland

When Australian composer Stuart Greenbaum was a young boy, he was asked by a school librarian which item he would most like to have if stranded in a boat by himself: a fishing rod, a cake, a book, or a harmonica? He found himself unable to answer because he couldn't yet find the words to explain that, with the harmonica, you can not only play it over and over (unlike the cake, which can only be used once), but you can also make up the tunes yourself. I include this piece as a reminder that as we think about what to let go of, we're also making decisions (intentional or not) about what to take with us.

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.