

# GET CONNECTED

**GROW: A MEDITATION  
IN SOUND AND SILENCE  
TODAY AT 5:30 P.M.**

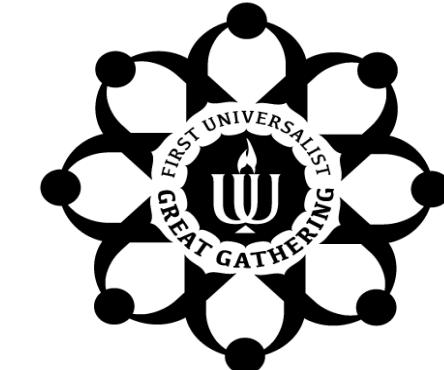
Please join us later today for a meditation on the spring outside our windows and the spring inside our hearts, and how we grow into experience and maturity. In this special evening contemplative worship service, we will be accompanied on the journey by the music of Beethoven, Killmayer, and Arvo Pärt, played by Dr. Jerrod Wendland and incomparable cellist Greg Byers, with spoken pieces by Rev. Ruth MacKenzie.

## VOLUNTEERS NEEDED FOR FAMILIES MOVING FORWARD HOSTING WEEKS

Families or individuals interested in hosting our guest families from Families Moving Forward, due to arrive for the weeks of May 22 and 29, are welcome to stop by the table in the Social Hall following today's services. Coordinators will be there to answer questions and assist in signing up. You can also sign up online through SignUpGenius by visiting: <http://tinyurl.com/FMFvolunteers>.

## SEE THE DESIGN OF THE NEW PULPIT

Over the past few months, the Chancel Group has been meeting with builder Richard Helgeson to create and craft a new pulpit for our chancel. Richard has done some beautiful work creating a trio of pieces (pulpit, bell stand, and chalice stand) that reflect our dreams. Members of the Chancel Group will be in the social hall after services today so that you can ask questions, see small replicas of the pieces, and learn more.



## GET YOUR GREAT GATHERING TICKETS TODAY IN THE SOCIAL HALL!

Come experience The Great Gathering, an exciting evening of fellowship and fundraising, on Saturday, April 23 beginning at 5:30 p.m.! Join us for a catered dinner, drinks, music, a live auction, and a chance to sign up for Great Gathering experiences, including An Evening with Kate Tucker and Ann Reed, a Women's Literary Retreat, activities such as Rock Climbing and Game Night, and more. All proceeds support First Universalist's social justice and youth ministry work and the new pulpit. Today is your last chance to purchase tickets in person! Stop by the table in the Social Hall to get your ticket; tickets are \$40 each and include a catered dinner and two drink tickets - not to mention a fabulous evening!

You may also purchase tickets online at <http://greatgathering2016.bpt.me>. The deadline to request free childcare (available 6-9 p.m.) is today.

## YOUTH SUNDAY AND EARTH DAY CELEBRATION NEXT SUNDAY

Next Sunday, April 24, join us for Youth Sunday - worship led by Senior High Youth - followed by an Earth Day Celebration in the Social Hall after both services.

# 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](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.

## 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. 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](mailto:lauren@firstuniv.org).

## CELEBRATING OUR GENEROSITY

Offering plates from Sunday Service:

3/27 Habitat for Humanity \$1,173.16

4/3 UUSC \$780.13

4/10 Habitat for Humanity \$1,643.81

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).

If you'd like to make a donation but don't have cash, use the Square Cash App. It takes no time at all to set up and use! First Universalist's cash tag is \$firstuniv. For more information, go to <http://firstuniversalistchurch.org/new-giving-option-square-cash/>.

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

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

## 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).

## THE WEEKLY LIBERAL

The Weekly Liberal 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: SACRAMENT

# EVERYDAY SACRAMENTS

**REV. JEN CROW**

APRIL 17, 2016

*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.*

## Music for Gathering

Dr. Jerrod Wendland

## Words of Welcome

Rev. Jen Crow

## Prelude

*Secret of Life*  
- James Taylor

Universal Rock Band

## Call to Worship

Jason Tenbrink

## Opening Hymn #1007 (Please stand in body or spirit)

*There's a River Flowin' in My Soul*

## 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

## 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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## Worship Leaders

Rev. Jen Crow  
Jason Tenbrink  
Dr. Jerrod Wendland  
Heidi Gegax

Executive Minister  
Worship Associate  
Pianist  
11:15 A.M. Chalice Lighter

## Universal Rock Band

David Lauth  
Larry LaVercombe  
Charlie Mac Luepke  
Alan Ware

## Reading

*Speech to the Young - Speech to the Progress Toward*  
- Gwendolyn Brooks

Rev. Jen Crow

## Musical Offering

*Holy Now*  
- Peter Mayer

Universal Rock Band

## Sermon

*Everyday Sacraments*

Rev. Jen Crow

## Offertory

*Beautiful Day*  
- U2

Universal Rock Band

## Offering: Youth Cultural Exchange

Youth Cultural Exchange (YCE) is part of First Universalist's Children, Youth & Family Ministries. Since 1993, approximately 100 youth from our church have participated in exchange programs with youth from Poland, Ecuador and Nicaragua. Currently, YCE partners with Project Minnesota-Leon (PML) to create an exchange program with youth from Leon, Nicaragua. Our youth are matched with a Nicaraguan teenager. Each is invited into authentic relationship as they travel to one another's country, stay in one another's homes, are welcomed into a family, and share activities of daily life.

## Closing Hymn #1040 (Please stand in body or spirit)

*Hush*

## Closing Words

Rev. Jen Crow

## Blessing in Song #413

*Go Now in Peace*

## April Worship Theme: Sacrament

The traditional definition of sacrament is an outward, visible sign of an invisible reality of good and grace. Our Protestant ancestors understood baptism and communion to be sacraments. But what would life look like if sacrament was more than a sign but an invitation to live the reality of good and grace into existence? The mystic poet Rumi writes, "I stood before a silkworm one day. And that night my heart said to me: 'I can do things like that, I can spin skies, I can be woven into love that can bring warmth to people; I can be soft against a crying face...So we began and will never cease.' This month we ask, how can our lives become sacraments? What does it mean to live invisible truth into being?

## Music for the Journey

*Going Down the Road*  
- Traditional

Universal Rock Band