

GET CONNECTED

RACIAL JUSTICE AND OUR VISIONARY GOALS

The Board of Trustees is in the process of gathering feedback on how our racial justice work has impacted our four visionary goals. Please consider participating in a listening session or focus group, or filling out the online questionnaire to help us learn from the congregation. **Listening Sessions** take place on **Tuesday, May 17, at 6:30 p.m.** and **Saturday, May 21, at 8:30 a.m.** They will be conducted “world cafe” style and take approximately an hour and a half. No registration required but RSVPs appreciated to: communications@firstuniv.org. **Focus Groups** of about 10 people each will also be conducted on **Tuesday, May 17, at 6:30 p.m.** and **Saturday, May 21, at 8:30 a.m.** and will take an hour and a half. Email ericcooperstein@mac.com to sign up. If you cannot participate in person, please consider filling out the online questionnaire, which can be found at: <http://tinyurl.com/RJatFirstU>

DAYTIME CONNECTIONS: HOUSING OPTIONS AS WE AGE

Where and how do you want to live as your needs change? On Thursday, May 19 at 11 a.m., Diane Sprague, an expert on innovative housing, will provide a framework for considering your housing needs based on your values, health, family and financial situation. Four church members will talk about their housing choices: Rev. John Cummins, Cathy Apostle, Judy Young, and Stuart Hanson. Lunch (\$5 donation requested) at 1 p.m. following the program. RSVP to sandy@firstuniv.org or 612-825-1701.

WELLSPRING INFO SESSION TODAY

Wellspring offers spiritual deepening within our Unitarian Universalist tradition through a year-long small group experience. An information session will be offered in the Cummins Room today from 1-2 p.m. Attendance at an info session is required if you wish to participate. Two info sessions will be held in July. After an opening retreat on Sept. 17, 2016, Wellspring will meet every other week through May 2017.

SUMMER CIRCLE REGISTRATION NOW OPEN

Set some time aside this summer to engage with life's deeper themes: join a circle! These gatherings of 8-10 people are a great way to get connected at First Universalist and to stay spiritually grounded throughout the summer. Registration is now open at <http://firstucircles.weebly.com> through May 22. For more information, contact Rev. Elaine Aron Tenbrink at 612-825-1701 x124 or elaine@firstuniv.org.

FLOWER COMMUNION & ANNUAL MEETING SUNDAY, JUNE 5

Join us for our annual **Flower Communion** ritual on Sunday, June 5 at 10 a.m. (During the summer, we offer one worship service at 10 a.m.). Please bring a flower from your garden or a bouquet to worship. The **Annual Meeting of the Membership** will take place after worship, at 11:30 a.m. We will present the Annual Report, elect church leadership and approve the budget for the 2016-17 church year.

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: 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.

CELEBRATING OUR GENEROSITY

Offering plates from Sunday Service:

4/17 Youth Cultural Exchange \$670.99

4/24 First Universalist Youth Ministry \$1,126.11

5/1 Racial Justice Work \$1,126.82

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

MEAL SUPPORT

New baby? Illness? Accident? Let us know if you or somebody in our community would like us to create a meal train for you. Meal trains typically run two to six weeks depending on need and give congregants a way to help. Contact Kathy Urberg at kathyurberg@gmail.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.

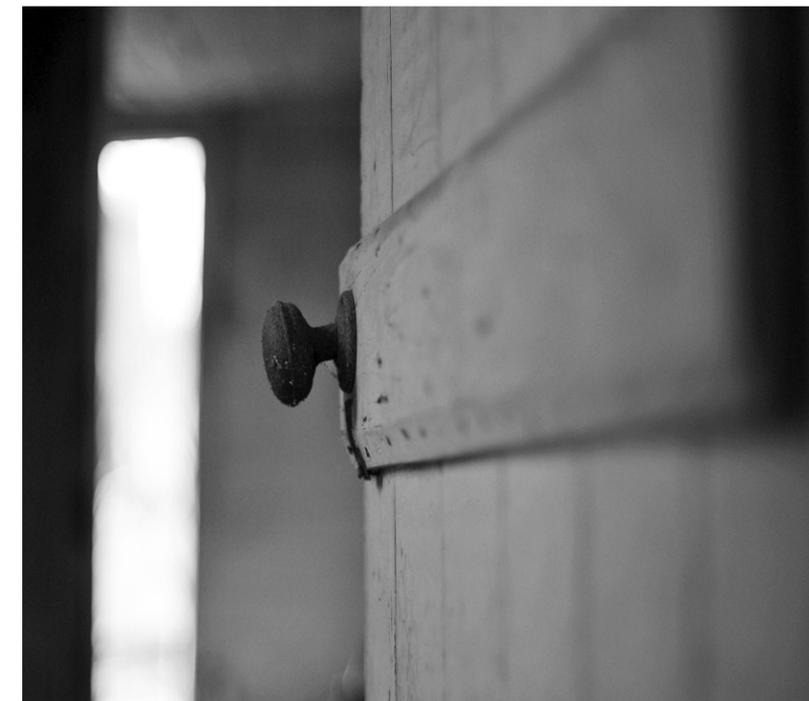
THE WEEKLY LIBERAL

The Weekly Liberal 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: DOORWAYS

WHEN LIFE CHOOSES YOU

REV. RUTH MACKENZIE

MAY 15, 2016

We welcome, affirm, and protect the light in each human heart; we act for justice 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. Elaine Aron Tenbrink

Bellsound

Prelude

Akanamandla
- Zulu freedom/church song

Give Get Sistet

The devil has no power. Freedom is coming.

Collage of Voices

Excerpts of Credos from Coming of Age Youth 2016

Muriel Ambrose
Adrian Ali-Caccamo
Molly Sheehan

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 Response

I'll Fly Away
- Albert E. Brumley

Give Get Sistet

Silence

Cycle of Life

Rev. Elaine Aron Tenbrink

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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Collage of Voices

Excerpts of Credos from Coming of Age Youth 2016

Muriel Ambrose
Adrian Ali-Caccamo
Molly Sheehan

Musical Offering

There's Another Train
-Pete Morton

Give Get Sistet

Sermon

When Life Chooses You

Rev. Ruth MacKenzie

Celebrating Coming of Age Graduates

Offertory

Improvisation on *Doorways*

Give Get Sistet

Closing Hymn #1028 (Please stand in body or spirit)

Fire of Commitment

Closing Words

Rev. Ruth MacKenzie

Blessing in Song #413

Go Now in Peace

Worship Leaders

Rev. Ruth MacKenzie	Minister of Worship and Coming of Age
Rev. Elaine Aron Tenbrink	Minister of Membership and Adult Ministries
Dr. Jerrod Wendland	Pianist
Charlie Poulter	11:15 A.M. Chalice Lighter

Members of the Coming of Age Class 2016

Muriel Ambrose
Adrian Ali-Caccamo
Molly Sheehan

Give Set Sistet

Aimee K. Bryant
Sarah M. Greer
Jayanthi Kyle
Mankwe Ndosu
Alicia Steele
Elizabeth “Libby” Turner

Chancel Flowers

Today's flowers were arranged by Pamela Vincent of the Visual Arts Committee.

Offering: Coming of Age Boston Trip

Every October members of the graduating class of Coming of Age set off on a pilgrimage to Boston. Youth have a chance to visit King's Church where Unitarian theology and practice began to take root in an Episcopal church and Arlington Street Church, where several of our Unitarian founders served as ministers; walk the freedom trail and place our religious tradition within the emergence of the United States, while taking on the genocide of native peoples and the enslavement of African peoples as part of our history; and visit Walden pond and walk the paths of Henry David Thoreau. This is an important trip which grounds youth in our achievements, our failures and our creativity as a faith tradition. Our offering today helps defray the expenses for all families wishing to have their children deepen their understanding and commitment to Unitarian Universalism.

About Today's Musical Guest

The Give Get Sistet is an expandable improvisational chorus of women based in the Twin Cities with ties around the world. Using a cappella singing and vocal improvisation, the Give Get Sistet entertains, educates and empowers audiences and communities from a wide variety of backgrounds and cultures. These women listen deeply and sing with great generosity and daring; the music they make is unlike any other ensemble you've heard.

May Worship Theme: Doorways

Alexander Graham Bell once said, “When one door closes, another opens.” Although it may sound a bit pollyannaish, there is a deep truth in this saying. Things come to an end. Experiments fail. Initiatives run their course. The truth of the matter is that life does not stop its unfolding. A door is always closing. A door is always opening. In this season of new life, graduations, coming of age, we mark and celebrate doorways.