

GET CONNECTED

PATHWAY TO MEMBERSHIP

Feeling like First Universalist could be your spiritual home? Join us for The Pathway to Membership, a class exploring Unitarian Universalism, the history and mission of this congregation, and the experience of membership. Participants are invited to share and reflect on their own spiritual journeys and values. We'd love to welcome you as a new member! We ask that all who wish to become members take this class, which is next offered as a two-part series on Wednesdays, Nov. 30 and Dec. 7 from 6:30 to 8:30 p.m. To register, contact Sandy DiNanni at 612-825-1701 or Sandy@firstuniv.org.

A GOOD TIME FOR THE TRUTH: RACE IN MINNESOTA BOOK DISCUSSION

In this provocative book, sixteen of Minnesota's best writers provide a range of perspectives on what it is like to live as a person of color in Minnesota. They bring us generously into experiences that we must understand if we are to come together in real relationships. For the upcoming discussion on Thursday, Dec. 1 (7-8:30 p.m.), participants are asked to prepare by reading the last five essays (pages 157-223) of *A Good Time for the Truth: Race in Minnesota*.

GLOBAL GIFT FAIR 11/27

This year's Global Gift Fair will be held in the Social Hall next Sunday, Nov. 27, from 9 a.m. to 1 p.m. Come and purchase handmade items from organizations that help people in need. Gift responsibly! Vendors this year include: Under One Roof, Mano a Mano, Native Harvest, Books for Bassodawish, Unitarian Universalist Service Committee, and Frybread Love/Project Offstreets.

PEOPLE OF COLOR COMMUNITY CIRCLE

Today's service has been planned and presented by members of the People of Color (POC) Community Circle. The POC Circle is a radically inclusive group of Unitarian Universalists who identify as People of Color. They meet regularly to reflect on the spiritual content and messages from the Sunday morning sermon. "We understand People of Color to include many racial identities, and welcome people of all sexual orientations and genders. We understand the important role of white allies in our lives and also hold dearly the safe community spaces where our POC communities can be in UU fellowship together." Contact Michael Dotson at mdotson904@att.net if you're interested in joining or would like to learn more.

CONTEMPLATIVE EVENING WORSHIP AT 5:30 P.M.

This month's Contemplative Evening Service asks us to re-imagine our place in the universe, and to contemplate the stars - the tiny, constant beams of light that suffuse our world. Vast empty spaces and intense celestial flames will be evoked by the mysterious resonances of the piano, played by Dr. Jerrod Wendland. Rev. Ruth MacKenzie will lead us in silent meditation and read poetry. This service brings us music by the Estonian composer Urmas Sisask. Inspired equally by astronomy and by folk legends, Sisask has written volumes of music decorated by his own drawings of the constellations, nebulae, and galaxies that span the heavens.

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 listen deeply to where love is calling us next; and we act with humility, bravery, and compassion in service to justice. 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 the church office at 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 during the session after the 11:15 a.m. 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:

- 10/30 Augsburg Fairview Academy \$1,611.65
- 11/6 Beacon Interfaith Housing Collaborative \$1,433.49
- 11/13 Standing Rock Sioux Tribe DAPL Fund \$4,332.36

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/>.

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.

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.

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: MAKING SPACE FOR DISCOMFORT

MAKING SPACE FOR DISCOMFORT

MEMBERS OF THE PEOPLE OF
COLOR CIRCLE AND COMMUNITY

NOVEMBER 20, 2016

We welcome, affirm, and protect the light in each human heart; we listen deeply to where love is calling us next; and we act with humility, bravery, and compassion in service to justice. We do all this as a faith community committed to racial justice.

Music for Gathering

Cradle Song from *Home*
- Isak Roux

Dr. Jerrod Wendland

Words of Welcome

Rev. Ruth MacKenzie

Bellsound

Prelude

Bow Song from *Home*
- Isak Roux

Dr. Jerrod Wendland

Call to Worship

Veda
- Ancient Hindu scripture, hymns, philosophy, and guidance

Rama Hart

Opening Hymn #126 (Please rise in body or spirit)

Come, Thou Fount of Every Blessing

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

Homilies

Lena K. Gardner
Keven Ambrus

Musical Offering

Senzenina (What Have We Done?)
- South African anti-apartheid folk song

Vocal Ensemble
Dr. Jerrod Wendland
Sarah Lindsay

Silence

Cycle of Life

Rev. Ruth MacKenzie

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)

Homilies

Frederic MacDonald-Dennis
Rama Hart

Hymn of Affirmation

True Colors
- Cyndi Lauper, arr. Matthew Brown

Sarah Lindsay
Vocal Ensemble
Dr. Jerrod Wendland

Homilies

Bobby Gillespie
Channing McKinley

Offertory

On the Farm from *Home*
- Isak Roux

Dr. Jerrod Wendland

Closing Hymn #360 (Please rise in body or spirit)

Here We Have Gathered

Closing Words

Rev. Ruth MacKenzie

Blessing in Song #413

Go Now in Peace

Worship Leaders

People of Color Community Circle

Keven Ambrus
Lena K. Gardner
Bobby Gillespie
Rama Hart
Frederic MacDonald-Dennis
Channing McKinley

Organizers

Richard Spratt
Lillie Pang
Sarah Lindsay

Rev. Ruth MacKenzie

Minister of Worship and Coming of Age

Dr. Jerrod Wendland

Pianist and Vocal Ensemble Director

Sarah Lindsay

Soloist

Vocal Ensemble

Halee Durkee

9:30 A.M. Chalice Lighter

Zo Spratt

Henry Mitchell-Crow

11:15 A.M. Chalice Lighter

Sharon Mandel

Chancel Flowers

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

Offering: Million Artist Movement

The Million Artist Movement (MAM) is a collective of black, brown, and radical artist revolutionaries and activists. We believe in the role of art in the campaign to dismantle oppressive racist systems against black, brown, indigenous and disenfranchised peoples. Its mission is to be a network of committed artists and activists that speak out as survivors of oppression and a system that dehumanizes people, particularly black bodies. Their primary goals are to create art that speaks powerful messages of resistance to oppressive systems and institutions, imagine true justice, and support the liberation of black people. Much of their art is made in public spaces such as the Juneteenth events, Rondo Days, Open Streets West Broadway; with specific focus on creating art in black liberation spaces. MAM's monthly Power Series is currently rotating around the Twin Cities through May 2017 and is open to all.

Musical Notes from Dr. Jerrod Wendland

Isak Roux (b. 1959) is a South African composer now teaching at the Waldorf School in Stuttgart, Germany. His piano cycle *Home* was inspired by his love for Zulu guitar music. Roux sees his work not only as bridge between African and European traditions, but as a cultural contribution towards reconciliation in view of South Africa's turbulent past.

November Worship Theme: Making Space for Discomfort

M. Scott Peck writes: "The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers." Most of us want to get to the end of an uncomfortable situation, or an unfulfilled time as soon as humanly possible. We often will choose a questionable equilibrium over a generative imbalance any day. But what if we placed the mantle of discomfort squarely upon our shoulders, and embraced it as our greatest spiritual teacher. This month, we practice making space for discomfort and the truer answers it has to teach.