

GET CONNECTED

INTRODUCING OUR FAITHFUL ACTION COMMUNITY PARTNERS AND THE FAITHFUL ACTION COUNCIL

Faithful Action is how we describe our justice ministry. The term "Faithful Action" recognizes that there are hundreds of ways to act faithfully as we work for a more just and equitable world. We can advocate, write letters, learn about issues, cook and serve meals, build a home, mentor students, protest, stand in sacred witness, and so much more.

Here are the Faithful Action Community Partners you'll meet on upcoming Sundays, both during the service, and in the Social Hall afterwards:

Today: Beacon Interfaith Housing Collaborative

December 4: Habitat for Humanity

The Faithful Action Council guides our ministry of Faithful Action and provides opportunities for church members and friends – of all ages and interests – to act for justice. We act with a racial justice lens and through Community Partners, as we address systemic inequity and create positive change through education, advocacy, direct service, and generosity. Contact co-chairs Rev. Justin Schroeder at justin@firstuniv.org and Joan Naymark at jnaymark@gmail.com to learn more.

BARBARA HARMAN ARTIST TALK TODAY

Barbara Harman will give an artist talk about her series *Stitch by Stitch*, currently on view in the Social Hall, today at 1 p.m. in the Cummins Room. Barbara's talk (with props and treats) will focus on how art practice changes over the life of an artist, often including issues of aging and physical challenges but also the need to enliven the practice.

RACIAL JUSTICE AND OUR UU FAITH WORKSHOP

Join us for a workshop exploring a framework and tools for understanding race, racism, and whiteness and the spiritual imperative that drives our racial justice work. This two-part workshop will be held on Saturdays, Nov. 12 & 19, 9–11:30 a.m. To register, contact Sandy at Sandy@firstuniv.org or 612-825-1701.

"KINDS OF LIGHT: STARS" CONTEMPLATIVE EVENING WORSHIP 11/20

This month's Contemplative Evening Service, "Kinds of Light: STARS," on Sunday, Nov. 20 at 5:30 p.m., brings us music by the Estonian composer Urmas Sisask. Inspired equally by astronomy and by the folk legends and idioms of the Estonian people, Sisask has written volumes of music decorated by his own drawings of the constellations, nebulae, and galaxies that span the heavens. The vast empty spaces and intense celestial flames are evoked by the mysterious resonances of the piano, played by Dr. Jerrod Wendland.

Interspersed with silent meditation and poetry read by Rev. Ruth MacKenzie, this service asks us to re-imagine our place in the universe, and to contemplate the tiny, constant beams of light that suffuse our world.

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:

10/16 Coming of Age Boston Trip \$919.15

10/23 MN Interfaith Power & Light \$769.86

10/30 Augsburg Fairview Academy \$1,611.65

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.

CARING CORNER

Write a note to a congregant who could use support! There are cards available in the library, which is located off of the Social Hall. You are welcome to stop by and write a card at any time. Just leave it in the basket and the church will mail it for you.

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

THE SPIRITUAL CLASSROOM OF DISCOMFORT

REV. RUTH MACKENZIE

NOVEMBER 6, 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

Liz's Porch

- The OK Factor

The OK Factor

Words of Welcome

Rev. Elaine Aron Tenbrink

Bellsound

Prelude

One More Step

- Joyce Poley

Chalice Singers

Tony Meysenberg

Ron Parker

Wisdom Story

Rev. Elaine Aron Tenbrink

Opening Hymn #151 (Please rise in body or spirit)

I Wish I Knew How

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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Child Dedication

Rev. Ruth MacKenzie

Rev. Elaine Aron Tenbrink

Music for the Journey

Across the Sky

- The OK Factor

The OK Factor

Faithful Action Spotlight

on Beacon Interfaith Housing Collaborative

John Fritz

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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Reading

Rev. Ruth MacKenzie

Excerpt from *The Authority of Those Who Have Suffered*

- Richard Rohr

Musical Offering

Tiny Towns

- The OK Factor

The OK Factor

Sermon

Rev. Ruth MacKenzie

The Spiritual Classroom of Discomfort

Offertory

Switchback

- The OK Factor

The OK Factor

Closing Hymn #1007 (teal hymnal) (Please rise in body or spirit)

There's a River Flowing in My Heart

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

Tony Meysenberg

Song Leader

Ron Parker

Guitar

Chalice Singers

Olivia Diercks

The OK Factor

Karla Dietmeyer

The OK Factor

John Fritz

Guest Speaker, Beacon Interfaith Housing Collaborative

Kendra Andrews

9:30 A.M. Chalice Lighter

Matt Dalby

11:15 A.M. Chalice Lighter

Chancel Flowers

Today's flowers were arranged by Maren Ahlberg of the Visual Arts Committee and her daughter, Margaret.

Offering: Beacon Interfaith Housing Collaborative

Beacon Interfaith Housing Collaborative, through its Families Moving Forward program, provides temporary housing for families experiencing homelessness. Over 60 congregations in the Twin Cities rotate on a weekly basis to create shelter space at their sites, providing a safe place to sleep, meals, and the kindness and compassion of the congregation's volunteers. Up to 16 families are provided shelter at one time through four groupings of up to four families each. Completing the circle of support, Beacon's professional staff works closely with each family to address their unique barriers to stability so they may leave the shelter program for permanent housing.

About Today's Guest Musicians

With Olivia Diercks on cello, and Karla Dietmeyer on violin, The OK Factor is a progressive folk duo based in Minneapolis, Minnesota. Olivia and Karla couple their classical training with genre-bending techniques and musical ideas, creating all original music that has earned them such honors as composing and performing a piece for the 5Point Film Festival in Colorado, and being chosen as Minnesota Public Radio 2016-2017 Class Notes Artists. <http://www.theokfactor.com/oandk/>

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.