

## GET CONNECTED



**Not for Ourselves Alone:  
Building an Inclusive Future**  
First Universalist Church Capital Campaign

### CAPITAL CAMPAIGN UPDATE: \$3,658,297

Thank you to all those who have generously given as of March 29! Thus far, we have received \$3,658,297 in pledges from fewer than 100 members toward our capital campaign, *Not for Ourselves Alone, Building an Inclusive Future*. We look forward to meeting with all First Universalist members and friends this spring to discuss our vision for the future of our church!

### MOVING WITH HEAVY-HEARTEDNESS CIRCLE

In periods when we experience “heavy-heartedness” we risk being overwhelmed and “shutting down,” or perhaps responding with anxiety, anger, and/or lashing out. In February we held a powerful ritual to help us counter these reactions and to ground ourselves in a third way to be: one in which we feel what we feel, but remain conscious and connected. Join us on **Tuesday, April 4** from 7-8:30 p.m. in the Cummins Room for a session led by Patrick Dougherty and Michael Dotson, when we will deepen and practice what was begun in the February ritual. We will reconvene the larger ritual on **April 13** to reconnect and continue to access our heart/mind center, making promises for our faithful action moving forward.

### LEND-A-HAND & SPRING CLEAR OUT DAY APRIL 6

In an effort to tidy up our storage areas, the next Lend-A-Hand will be dedicated to clearing things out. If you are a group or committee that stores things here, please email Bree at [bree@firstuniv.org](mailto:bree@firstuniv.org). We won't get rid of anything you want to keep, but we'll need to know before April 6. Everyone is welcome to join Lend A Hand and SPIFF on Thursday, April 6 at 9 a.m. to help. The morning will start with bagels and coffee and then we'll get to work. To participate, please email Sandy at [sandy@firstuniv.org](mailto:sandy@firstuniv.org) to sign up.

### PLEDGE DAY IS APRIL 26

Our Annual Campaign is happening alongside the Capital Campaign this year, and the Pledge Day tradition continues! Please join us on Wednesday, April 26, 4-8 p.m. here at church for a free celebration of our community, including dinner, games (bingo!), a bouncy house, prizes, and more. Our goal is to have all pledges made by Pledge Day so that the budget for the coming year can be finalized.

### 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 is a two-part workshop offered on Saturdays, April 22 & 29, from 9-11:30 a.m. To register, contact Sandy at [sandy@firstuniv.org](mailto:sandy@firstuniv.org) or 612-825-1701.

### FINAL DAY: PHOTO EXHIBIT

If you haven't yet, make sure to view the photographs by Richard Birger in the Social Hall. Today is the last day this exhibit will be on view!

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

### CELEBRATING OUR GENEROSITY

Offering plates from Sunday Service:

3/12 Honor the Earth \$1,178.09

3/19 Simpson Housing Services \$1,192.05

3/26 Youth Cultural Exchange \$1,117.90

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/>.

### 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).

### PASTORAL CARE TEAM

The Pastoral Care Team is a group of congregants, led by the Rev. Jen Crow, who provide confidential pastoral care to friends and members of our congregation in need of support. We offer compassionate presence to our fellow congregants in the knowledge that this too is a spiritual practice. If you are in need of a Pastoral Care team visit, please contact Rev. Jen Crow at [jen@firstuniv.org](mailto:jen@firstuniv.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: TRANSFORMATION

## SEEKING TRANSFORMATION?

REV. JUSTIN SCHROEDER

APRIL 2, 2017

*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

Dr. Jerrod Wendland

## Words of Welcome

Rev. Justin Schroeder

## Bellsound

## Prelude

*Mantra*

- Dr. Jerrod Wendland

Dr. Jerrod Wendland

## Wisdom Story

Rev. Justin Schroeder

## Opening Hymn #352 (Please rise in body or spirit)

*Find a Stillness*

## 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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## Hymn for Journeying #301 (Please remain seated, children are excused

*Touch the Earth, Reach the Sky!*

to their classes)

## Silence

## Cycle of Life

Rev. Justin Schroeder

## 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. Justin Schroeder

## Musical Offering

*Heroes*

- David Bowie

Dr. Jerrod Wendland  
Ricky Morisseau, soloist

## Sermon

*Seeking Transformation?*

Rev. Justin Schroeder

## Offertory

*Light*

- Dr. Jerrod Wendland

Dr. Jerrod Wendland

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

*Come, Thou Fount of Every Blessing*

## Closing Words

Rev. Justin Schroeder

## Blessing in Song #413

*Go Now in Peace*

## Worship Leaders

Rev. Justin Schroeder Senior Minister

Dr. Jerrod Wendland Pianist

Ricky Morisseau Soloist

## Chancel Flowers

Today's flowers were donated by Zoe Beck in memory of her brother, Paul Beck age 61, a geophysicist and outdoorsman, and her son David Kempa, age 51, an engineer who built a successful construction company hiring felons and addicts. They were arranged by Meredith Sims of the Visual Arts Committee.

## Offering: Joyce Uptown Food Shelf

Joyce Uptown Food Shelf is a 501(c)(3) organization with a mission to distribute food to those in need with respect and dignity as an expression of the love of God. It uses donated money to purchase food at less than 20 cents per pound and provides clients with a 3-day supply of food once a month. Joyce helps approximately 1,400 people each month.

## Musical Notes from Dr. Jerrod Wendland

Today's pieces (besides the David Bowie) were written by me as a sort of portrait of the process of meditation. *Mantra* consists of a simple melody played over and over again with increasingly elaborate branchings-out, with bell-like echoes at the end. *Light* consists of a simple idea and the struggle to figure out what it means. For a moment, everything seems to be clear, but that evaporates like a dream upon waking, leaving only an impression and wonder at what it was we saw.

## April Worship Theme: Transformation

Karen Armstrong writes: "religion is not about accepting twenty impossible propositions before breakfast, but about doing things that change you. It is a moral aesthetic, an ethical alchemy. If you behave in a certain way, you will be transformed." When we dare to move beyond the known patterns and perceptions of our lives, letting the alchemy of love, listening and justice do its work, then we will be more than changed. The base metals of our lives will be transformed into something precious and flourishing. This is the purpose of religion, and the meaning of a religious life: to be transformed.