

GET CONNECTED

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: being present, conscious, connected and moving forward despite heavy heartedness. Join us even if you didn’t attend the original ritual – a recording can be accessed on our website. 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.

TODAY: LIBRARY OPEN HOUSE

The Library Committee invites you to join them today after services at 10:30 a.m. and 12:15 p.m. for cake with your coffee. The library is located off the northwest corner of the Social Hall. Check out (pun intended) a book and review it for other readers. Try your hand at stress-reducing coloring (kids and adults alike). Expand your community and service by signing up to volunteer in the library. Recommend a book you would like to see in the library. There will be games, stickers and prizes for the kids.

CONTEMPLATIVE WORSHIP THIS EVENING

Please join Rev. Ruth MacKenzie and Dr. Jerrod Wendland this evening at 5:30 p.m. for a meditative hour of music and poetry for opening the heart and deepening the spirit. “Kinds of Light: SKY” is the fourth and final service in our 2016-17 Contemplative Evening Worship Series. Light divides our world into two hemispheres: land and sky. One is where we live and work; the other represents our hopes, aspirations, and dreams. The second illuminates the first, just as the dreams we have at night illuminate our waking life. What happens when we build a bridge between them? We’ll explore these themes through the piano trio *Ladders to the Sky*, by Gwyneth Walker, as well as piano music by Gareth Farr and John Psathas, with the help of violinist Ginna Watson and cellist Corey Grossman.

PLEDGE DAY IS APRIL 26 - SAVE THE DATE!

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.

LEADERSHIP POSITION APPLICATIONS DUE APRIL 1

The Nominating Committee is recruiting candidates for leadership positions on the Board of Trustees, the Foundation Board, and the Nominating Committee itself for the next church year. Elections occur at the Annual Meeting in June. Position descriptions and application can be found at firstuniversalistchurch.org.

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: Sunday, April 2

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:

- 3/5 Augsburg Fairview Academy \$1,049.45
- 3/12 Honor the Earth \$1,178.09
- 3/19 Simpson Housing Services \$1,192.05

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.

SUNDAY FLOWERS

Donating Sunday flowers, an opportunity to honor and celebrate an individual or event. A Visual Arts Committee member will create a unique arrangement for you and the congregation to enjoy. Once services are over you can take the flowers home. Contact Visual Arts Flower Chair Dick Rueter at dick.rueter49@usinternet.com or 612-280-4186 to reserve your date.

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: RISK

RISKING HOPE

REV. JEN CROW

MARCH 26, 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. Jen Crow

Bellsound

Prelude

Windmill
- Yukiko Nishimura

Dr. Jerrod Wendland

Call to Worship

Conrad Carlozzi

Opening Hymn #1014 (Please rise in body or spirit)

Answering the Call of Love
- Jason Shelton

First Universalist Choir
Dr. Randal Buikema

(congregation joins on stanza three)

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

Dr. Jerrod Wendland

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. Jen Crow

Musical Offering

Rise
- Katy Perry and Savan Kotecha, arr. Mac Auff

First Universalist Choir
Dr. Randal Buikema
Alix Dvorak, soloist

Sermon

Risking Hope

Rev. Jen Crow

Offertory

Daydream
- Yukiko Nishimura

Dr. Jerrod Wendland

Closing Hymn #1064 (Please rise in body or spirit)

Blue Boat Home

Closing Words

Rev. Jen Crow

Blessing in Song #413

Go Now in Peace

Worship Leaders

Rev. Jen Crow	Executive Minister
Rev. Elaine Aron Tenbrink	Minister of Membership and Adult Ministries
Conrad Carlozzi	Worship Associate
Dr. Jerrod Wendland	Pianist
Dr. Randal Buikema	Director of Choral Arts
First Universalist Choir	
Alix Dvorak	Soloist
Bobby Gillespie	Drums
Ann Marie McIntire	Bass
Lilia Yorkhall	9:30 A.M. Chalice Lighter
Amelie Vdakes	11:15 A.M. Chalice Lighter

Chancel Flowers

Today's flowers were arranged by Rita Franchett of the Visual Arts Committee.

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.

March Worship Theme: Risk

Risk is a dance with danger. It is stepping into a moment, unsure of what lies ahead. We may enter risk of our own accord or be pushed into risk-taking by life circumstances. Risk stands on the precipice of a failed attempt, a generative opening, or maybe a little of both. Whether we are comfortable with risk-taking or not, it is central to a whole and thriving life. There is no way to avoid it. In this month, we explore the nature of risk, and the spiritual muscles we need to develop in order to meet it.