



# GET CONNECTED

## FINAL WELLSPRING INFO SESSION IS JULY 9

Wellspring offers spiritual deepening within our UU tradition and is an opportunity to learn more about ourselves and our faith through a year-long small group experience. Join us for a final info session on Sunday, July 9 at 11:30 a.m. in Room 203 to learn more! Attendance at an info session is required if you wish to participate next year.

## RACIAL JUSTICE & 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 **Tuesdays, July 11 & 18, 6:30–9 p.m.** To register, contact Sandy at [sandy@firstuniv.org](mailto:sandy@firstuniv.org) or 612-825-1701.

## HABITAT FOR HUMANITY WORK WEEK

One of the best weeks of the whole year is just around the corner - First Universalist's Habitat for Humanity summer work week, Monday, Aug. 14 – Friday, Aug. 18! We need 60 volunteers in all (12 per day). Volunteers must be over sixteen years of age, and sixteen- and seventeen-year-olds must be accompanied by an adult. The work day is from 8:15 a.m. until 4 p.m., and lunch will be provided. Please consider joining in! Sign up online at [firstuniv.weebly.com/habitat-for-humanity-sign-up.html](http://firstuniv.weebly.com/habitat-for-humanity-sign-up.html).

## REGISTRATION FOR 2017-2018 RELIGIOUS EDUCATION

RE registration for the 2017-2018 church year is now open online at: <http://1stureligiouseducation.weebly.com/>



# 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.

## 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 10 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:  
**6/11 CAIR-Minnesota \$394.20**

**6/18 RECLAIM! \$639.37**

**6/25 OutFront MN \$515.07**

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).

## COMFORT SHAWLS

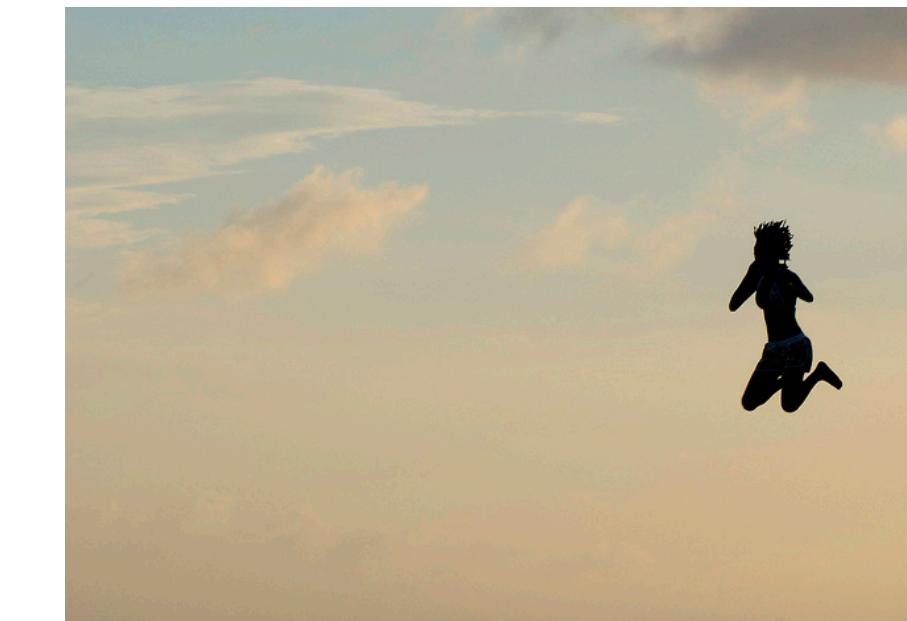
Do you like to knit? Contact Pat Foulkes, [pfoulkes@hotmail.com](mailto:pfoulkes@hotmail.com), for directions for the comfort shawls that we distribute to congregants in times of need. Or perhaps you know somebody who is in need of a Comfort Shawl; contact Congregational Care co-chairs Kathy Urberg at [kathyurberg@gmail.com](mailto:kathyurberg@gmail.com) or Kathy Coskran at 612-202-9322 or [kac1122@aol.com](mailto:kac1122@aol.com).

## THE WEEKLY LIBERAL

Our email newsletter, *The Weekly Liberal*, is published on Thursdays. Subscribe at: [firstuniversalistchurch.org/the-weekly-liberal/](http://firstuniversalistchurch.org/the-weekly-liberal/) Contributions from members and friends are welcome; submit your news or information using the form on our website!



*In the Universalist spirit of love and hope,  
we give, receive, and grow.*



WORSHIP THEME: MEETING THE MOMENT

# TRANSMOGRIFY, BREATHE, REPEAT

REV. JIM FOTI

JULY 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. Ruth MacKenzie

## Bellsound

## Prelude

*Variations on a Theme of Chopin*  
- Federico Mompou

Dr. Jerrod Wendland

## Call to Worship

Rev. Ruth MacKenzie

## Opening Hymn #298 (Please rise in body or spirit)

*Wake, Now, My Senses*

## 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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## Blessing of YCE Youth

## Musical Interlude

Dr. Jerrod Wendland

## 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)

## Reading

Rev. Ruth MacKenzie

## Musical Offering

*Variations on a Theme of Chopin*  
- Federico Mompou

Dr. Jerrod Wendland

## Sermon

*Transmogrify, Breathe, Repeat*

Rev. Jim Foti

## Offertory

*Variations on a Theme of Chopin*  
- Federico Mompou

Dr. Jerrod Wendland

## Closing Hymn #1017 (teal hymnal) (Please rise in body or spirit)

*Building a New Way*

## Closing Words

Rev. Ruth MacKenzie

## Blessing in Song #413

*Go Now in Peace*

## Worship Leaders

Rev. Jim Foti  
Rev. Ruth MacKenzie  
Dr. Jerrod Wendland

Guest Minister  
Minister of Worship and Coming of Age  
Pianist

## Chancel Flowers

Today's flowers were arranged by Dick Rueter of the Visual Arts Committee.

## Offering: Walk-In Counseling Center

The Walk-In Counseling Center's mission is to provide free, easily accessible mental health counseling to people with urgent needs and few service options. Its overarching goal is to help people stabilize during a time of crisis and resolve problems before they become severe. The center achieves this goal by involving approximately 180 volunteer mental health clinicians each year who provide the services. It estimates the value of its volunteer clinic services at more than \$24 million over the past 47+ years.

## About Today's Guest Minister

Rev. Jim Foti has been an assistant minister at the First Unitarian Society of Minneapolis since 2014. Jim is a 2013 graduate of Meadville Lombard Theological School in Chicago and served as a ministerial intern at Unity Church-Unitarian in St. Paul and the St. Croix Unitarian Universalist Fellowship in Taylors Falls, MN. Jim was ordained by FUS in April 2015. He and his partner, Ralph Wyman, live in Minneapolis and are members of First Universalist.

## Musical Notes from Dr. Jerrod Wendland

An intensely private man, Federico Mompou (1893–1987) seldom performed publicly, and often polished works for years or decades before publishing them. In fact, when his apartment in Barcelona was finally cleared out in 2008, dozens of unknown pieces were discovered and performed for the first time. The *Variations on a Theme of Chopin*, begun in 1938 in a version for cello and piano, were completed nearly twenty years later. He once told a friend: "My only aim is to write works in which nothing is lacking or superfluous. The most important thing is to limit oneself to the essential."

## Summer Worship Theme: Meeting the Moment

Sometimes it happens in a small room, when your mind quiets, and the rhythm of your breath begins to lead. Sometimes it happens in a conversation, when you take a leap of faith and step into a hard conversation. Sometimes it is that crazy notion that will not be pushed aside, and you make an about turn that leads into an unimaginable freshness of life and purpose. Sometimes it's showing up in the streets, in a rotunda, in a meeting, in covenantal community. Sometimes it's showing up for yourself. The religious life is meeting the moment over and over again. Join us this summer as ministers and speakers from all different walks of life and contexts tell of their spiritual grounding, and stories of meeting the moment.