



GET CONNECTED

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! There are still spots available for Thursday (wait lists for the other days). 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.

SENIORS HIKE WITH DAYTIME CONNECTIONS

Join us for our next seniors nature hike with Daytime Connections on Thursday, July 27! Meet at 10 a.m. at Minnehaha Falls, adjacent to Sea Salt Eatery. The group will descend about 100 steps to the creek and hike about 30 minutes on a somewhat rustic trail along the creek to its mouth at the Mississippi River. The return hike includes an ascent of the ravine to the campus of the Mpls VA home and dramatic views over the bluff of Mississippi River Lock & Dam #1 below. RSVP to Tom Saterstrom: saterstromtom@yahoo.com or 952-239-3629.

LAKE HARRIET BANDSHELL OUTDOOR WORSHIP & PICNIC

Join us for an energizing worship service and potluck picnic at the Lake Harriet Bandshell on Sunday, Aug. 20 at 10 a.m.! We'll enjoy music, an inspiring message from Rev. Justin, and a delicious potluck picnic together afterwards. *Please note: this will be our only worship service on Sunday, Aug. 20.* For the potluck, please bring a dish and/or beverage to share, chairs or blankets to sit on, and plates, cups and eating utensils for everyone in your party.

THE PATHWAY TO MEMBERSHIP

If First Universalist is feeling like your spiritual home, if our mission moves you, then we hope you'll take part in the Pathway to Membership! This new member class is a great chance to build community, explore Unitarian Universalism and our church's unique history, and learn how to get involved. This class is offered as a two-part series, the next of which takes place on Wednesdays, Aug. 9 & 16, 6:30-8:30 p.m. To register, contact Sandy DiNanni at sandy@firstuniv.org or 612-825-1701. Childcare is available free of charge with at least seven days advance notice.

SUBSCRIBE TO *THE WEEKLY LIBERAL*

Our email newsletter, *The Weekly Liberal*, is published on Thursdays. To make sure you're in the know about all that's going on at First Universalist, subscribe at: firstuniversalistchurch.org/the-weekly-liberal/. Would you like to write about your experience at a recent church event or volunteer activity? Do you have photos to share? Are you on a church committee that has news or information to communicate to the congregation? Contributions from members of our community are welcome; submit your news using the form on our website at the link above or email communications@firstuniv.org.

SUMMER SUNDAYS AT FIRST UNIVERSALIST

Worship Services are held at 10 a.m. during the summer. We ask that you please bring your own mug to the social hour after the service. This helps save on water, labor, and keeps the kitchen cool during the hot summer months. See you in church!



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.

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.

CELEBRATING OUR GENEROSITY

Offering plates from Sunday Service:
6/11 CAIR-Minnesota \$394.90
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.

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.

NEW BABY WELCOME

Having a baby? Want to help welcome a new baby? Contact co-chairs of our new baby welcome team, Ann Terlizzi at 612-728-7232 or annterlizzi@visi.com, or Jody Beresford at 952-828-9977 or spice777@aol.com.

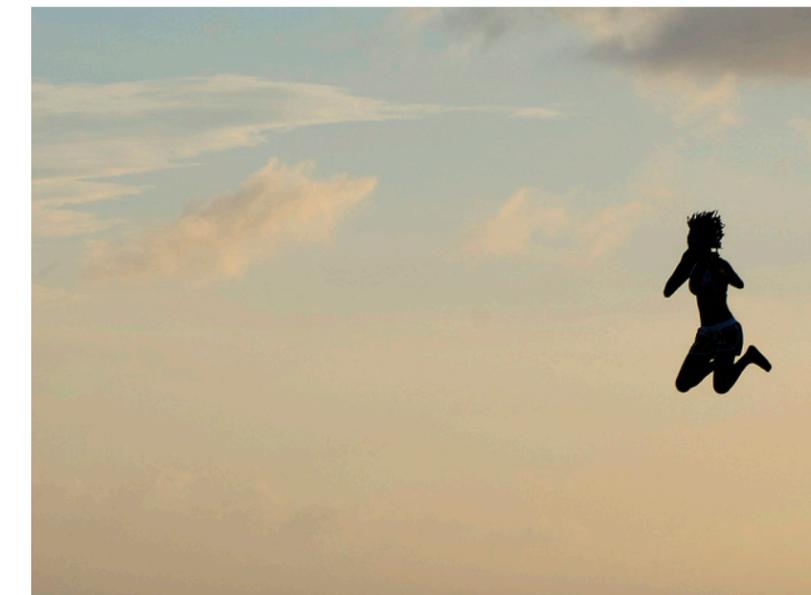
THE WEEKLY LIBERAL

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: MEETING THE MOMENT

GETTING COMFORTABLE WITH GRIEF

REV. RUTH MACKENZIE

JULY 16, 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. Elaine Aron Tenbrink

Bellsound

Prelude

David Lauth

Why Shouldn't We

- Mary Chapin Carpenter

Call to Worship

Rev. Elaine Aron Tenbrink

Opening Hymn #315 (Please rise in body or spirit)

This Old World

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

Excerpt from *Wild Comfort*

- Kathleen Dean Moore

Rev. Ruth MacKenzie

Musical Offering

The Lake in the Mountains

- Ralph Vaughan Williams

Dr. Jerrod Wendland

Sermon

Getting Comfortable with Grief

Rev. Ruth MacKenzie

Offertory

Beautiful City

- Stephen Schwartz

David Lauth

Closing Hymn #1020 (Please rise in body or spirit)

Woyaya

Closing Words

Rev. Ruth MacKenzie

Blessing in Song #413

Go Now in Peace

Worship Leaders

Rev. Ruth MacKenzie

Minister

Rev. Elaine Aron Tenbrink

Minister

Dr. Jerrod Wendland

Pianist

David Lauth

Musical Guest

Chancel Flowers

Today's flowers were arranged by Suzan Klein of the Visual Arts Committee.

Offering: Augsburg Fairview Academy

Due to the recent break-in at Augsburg Fairview Academy (AFA), in which valuable equipment and computers were stolen, this week's collection goes to our social justice partner to help purchase and restore the resources for this important and vital learning center. AFA offers a teen-friendly, and family-friendly, atmosphere in which students are deeply respected and everyone is held to a high standard of personal honor. Students find their place among people who care a great deal about them and their future. They encounter adults who use positive, strength-based approaches to help them succeed. Students are given a great deal of trust and independence with the expectation that they will, in turn, conduct themselves as responsible and self-directed learners.

About Today's Musical Guest

David Lauth is a long time member of First Universalist and was a member of our former Universal Rock Band. Trained as a classical musician, he traded his oboe for a guitar and piano and now sings frequently for the services of Unitarian Universalist congregations in Minnesota and elsewhere.

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.