

Welcome Visitors

We are so glad that you are here. Please join us regularly for Sunday morning worship service at 10:00 AM.

Come to a brief orientation to First Universalist and Unitarian Universalism, the 1st and 3rd Sundays of the month. Our next orientation takes place next week; meet us in the front of the Sanctuary immediately after the service. Find out more about our community in this 30-minute overview. No sign up needed and coffee & childcare are provided.

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 our Director of Children, Youth & Family Ministries, Lauren Wyeth, at lauren@firstuniv.org.

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 about First Universalist, go to our website: www.firstuniversalistchurch.org stop by our Information Center in the Social Hall downstairs after services, or call our church office, 612-825-1701.

Tilling the Soil for Racial Justice

Monthly Discussions about Racial Justice

This week, join us for episode three of the film Race: The Power of an Illusion. “The House We Live In” is the first film about race to focus not on individual attitudes and behaviors but on the ways our institutions and policies advantage some groups at the expense of others.

All are welcome! You do not need to have seen previous episodes to attend.

Film showings and conversation will take place in room 203 at these times:

TODAY, June 8 at 11:30am
Tuesday, June 10 at 6:30pm

For more information, contact Clemma Muller (clemmaj@gmail.com) or Kayci Rush (kayci.rush@gmail.com).

SUMMER CHOIR
NEXT WEEK

Sunday, June 15
9:00 AM rehearsal
10:00 Service

All interested singers are welcome!

For more info, contact:
randy@firstuniv.org

Wellspring Orientation Today

Have you heard about Wellspring? This year, more than 50 members of our church have participated in this amazing journey. Wellspring offers spiritual deepening within our Unitarian Universalist tradition, an opportunity for learning more about ourselves and our faith through a year-long small group experience.

There are five interconnected components: commitment to a daily spiritual practice, monthly spiritual direction (self-reflection with a guide), small group meetings, reading about the theological and historical foundations of our faith, and putting our faith into action.

After a day-long opening retreat in September 2014, Wellspring will meet every other week through May 2015.

You are invited to an information session to learn more and to help you decide whether Wellspring is a commitment you want to make. Attending the orientation is required if you wish to participate in Wellspring next year.

Please join us on TODAY in the Cummins Room at 11:30am. Bring your questions and your open hearts. We look forward to seeing you there!

Raffle Tickets for Sale

This Sunday after Service, Food Justice Ministries is selling raffle tickets to support funding CSA share for Joyce Food Shelves. We are just a few dollars away from our goal!

We will be in the Social Hall at the Hub. Tickets are \$5 and it will be entered into a drawing for prizes.

Art Exhibit in Social Hall

Today’s art exhibit features Samantha Johnson (Carol and Warren Johnson’s granddaughter) and other students from Perpich Center for the arts.

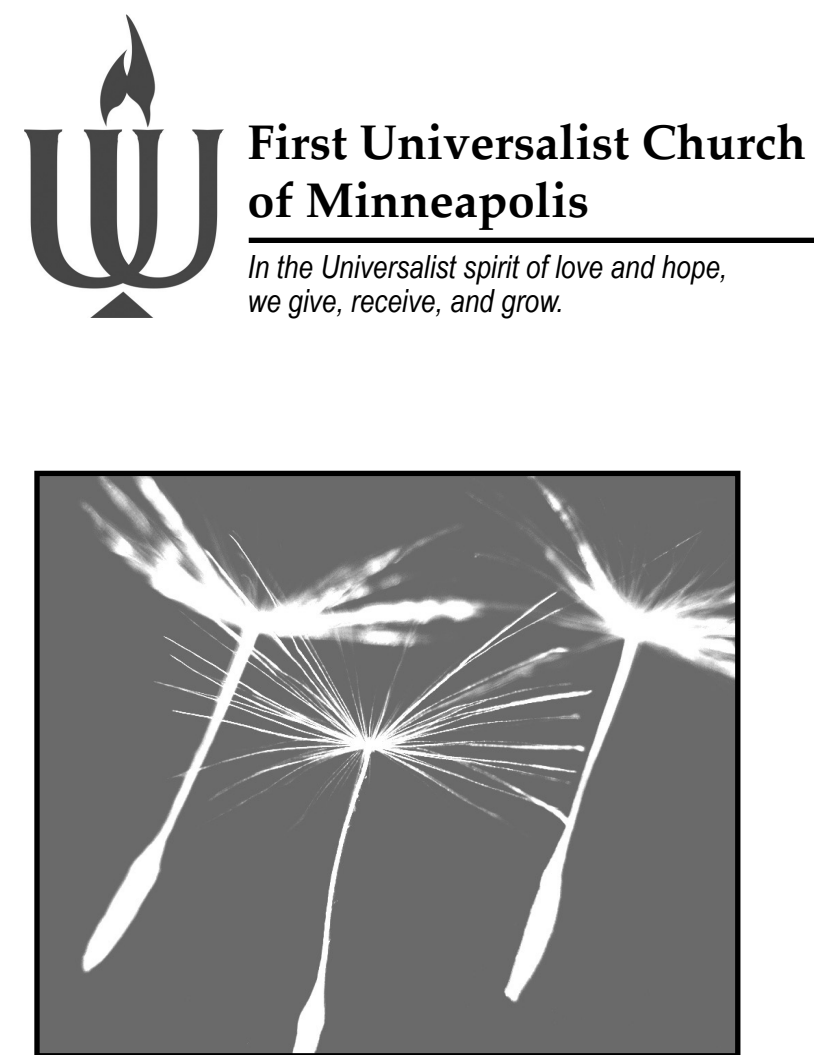
First Universalist Church is now on TWITTER!

Check out:
twitter.com/FirstUniv
to follow us



Deadline Reminder

If you’d like to submit an announcement for the weekly Sunday Bulletin, please email communications@firstuniv.org by 10:00 AM Wednesday for inclusion in the upcoming Sunday’s publication. Submissions should be around 50 words, and may be edited for length and content.



Wellspring Sunday

Rev. Jen Crow
and
Members of the
Wellspring Program

June 8, 2014

Music for Gathering

Words of Welcome

Bell Sound

Prelude

Call to Worship

Opening Hymn 1008

When Our Heart Is In A Holy Place
(teal hymnal)

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
(reprinted with permission by the UUA)

Musical Offering

Homily

Going Fast or Going Far

Offertory

Swimming to the Other Side
-Pat Humphries

Silence

Cycle of Life

Rev. Jen Crow

Nicole Holzhauer

Jeremy Korpi

David Lauth & Alan Ware

Rev. Jen Crow

Hymn of Prayer 123

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

Sanctus I
-Carol Siemerling

Homily

Praying With the Dog

Musical Offering

Six Miles to Petaluma
-David Lauth

Homily

Parenting as Soul Work

Closing Hymn 1017

Building a New Way
(teal hymnal)

Closing Words

Blessing in Song 413

Go Now in Peace

Music for the Journey

Deborah Talen

Pamela Vincent

David Lauth & Alan Ware

Andrea Johnson

Rev. Jen Crow

Worship Leaders

Rev. Jen Crow	Minister of Program Life
Nicole Hozhauer	Wellspring Speaker
Deborah Talen	Wellspring Speaker
Jeremy Korpi	Wellspring Speaker
Pamela Vincent	Wellspring Speaker
Andrea Johnson	Wellspring Speaker
Martha Mathewson	Guest Pianist
David Lauth	Guest Musician
Alan Ware	Guest Musician

Worship Design
and Coordination

Rev. Ruth MacKenzie	Minister of Worship Arts
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Offering

First Universalist Church

Chancel Flowers

Today’s flowers were arranged by Mary Johnson of the
Visual Arts Committee.

Summer Worship Theme:
Seeds

Hidden in the seed is wonder: the possibility of prairie grass, the manifestations of marigolds, the surprising turn of events when we plant hope in our lives. Whether we plant seeds in our backyard or in gestures of social justice, we enter the divine amplification system that deeply connects our actions to the creative energy of Spirit. As a wise man once said, a world of justice, and peace is like a mustard seed, that when planted grows up to become the greatest of all shrubs, so great that the birds of the air can make nests in its shade. This summer we will explore the theme of seeds. What seeds are we planting to grow a more whole and holy world? What seeds are you planting to grow a more whole and holy life? What is our part in the divine amplification system?

