

# WELCOME!

## Let Us Keep You In Our Thoughts & Prayers

If you are experiencing a crisis or transition, or celebrating a joy - please let us know. If you'd like to be included in our Cycle of Life each Sunday in worship, please contact Sandy diNanni at (sandy@firstuniv.org) or (612) 825-1701. If you would like support, please contact Rev. Jen Crow (jen@firstuniv.org or 825-1701) or any member of our Pastoral Care Team.

## CELEBRATING OUR GENEROSITY

*Offering plates from Sunday service:*

10/12	Racial Justice Work \$872
10/5	Tubman \$987
9/28	Center for Victims of Torture \$928
9/14	Open Arms \$1,036

To nominate an offering recipient, go to:  
[www.firstuniversalistchurch.com/offering-plate](http://www.firstuniversalistchurch.com/offering-plate)

## The Pathway to Membership

Feeling like First Universalist could be your spiritual home? Join us for The Pathway to Membership, which invites you into an exploration of Unitarian Universalism, the history of this congregation, our racial justice commitment, and the experience of membership. The Pathway to Membership is required for joining the church.

The next class will be held on:  
**Saturday, October 25, 9AM-3PM**

To sign up, contact the Rev. Elaine Aron Tenbrink at [Elaine@Firstuniv.org](mailto:Elaine@Firstuniv.org) or 612-825-1701x124. Childcare available with at least 7 days advance notice at [www.firstuniversalistchurch.org/childcare-request-form/](http://www.firstuniversalistchurch.org/childcare-request-form/)

*We are so glad that you are here.*

At First Universalist Church, in the spirit of love and hope, our mission is to practice giving, receiving, and growing. We welcome, affirm, and protect the light in each human hear; we act outside of our walls; we listen to where love is calling us next. 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.

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, October 19;** 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](mailto: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](http://www.firstuniversalistchurch.org)** stop by our Information Center in the Social Hall downstairs after services, or call our church office, 612-825-1701.

# BULLETIN

## Upcoming Concert

*Longing for the return of the big, beautiful sounds of the First Universalist Jazz Band?*

Come join John Jensen and his Big Band, singers George Dow and Kira Berglund on **Saturday, November 8th at 7:30 PM** for a rousing, free concert in the First Universalist Sanctuary.

## THE WEEKLY LIBERAL

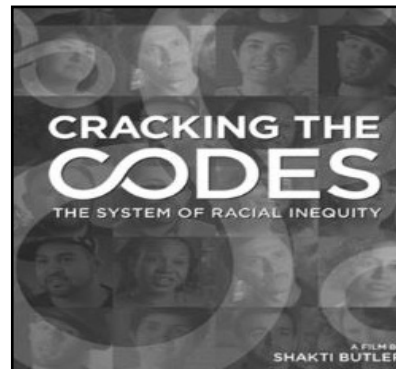
*The Weekly Liberal* is our weekly news and information source at First Universalist: a hybrid of the best parts of the 'old' monthly *Liberal* newsletter and Weekly E-News, redesigned and formatted into a digital, user-friendly format. To opt in to our email mailing list, check out our website at [www.firstuniversalistchurch.org](http://www.firstuniversalistchurch.org) and follow the sign-up instructions. Please note, too, that **paper copies of *The Weekly Liberal* will always be available in the office and at Sunday's services** following the weekly Thursday publication. If you are unable to access the internet and/or email, and would like a paper copy mailed to you weekly, email Administrative Assistant Chelsea Bertsch at [chelsea@firstuniv.org](mailto:chelsea@firstuniv.org) or call the office at 612-825-1701 and give Chelsea your name and address to get on the hard copy mailing list.

## Environmental Justice Gathering Monday, October 20th at 7pm

Join our environmental justice lay leaders and Rev. Jen Crow for a conversation about our environmental justice priorities for the year and some initial planning on how to make them happen. All are welcome. Contact Rev. Jen Crow ([jen@firstuniv.org](mailto:jen@firstuniv.org)) with any questions.

## Circle Suppers

Looking for a great way to meet new people within the congregation and enjoy good food and conversation? Join Circle Suppers! Small groups of 6-8 people meet at a participant's home for dinner where the host provides the main course and guests bring other dishes that are needed. You are required to host one time. The deadline for sign up is Oct 31, 2014. Please contact Marybeth Hoelzer for any questions (612-824-1121 or [mhoelzer@mac.com](mailto:mhoelzer@mac.com)).



## Racial Justice Movie Discussion: Cracking the Codes, Part I

Created by Shakti Butler, this film examines the causes and consequences of systemic inequity. *Cracking the Codes: The System of Racial Inequity* features moving stories from racial justice leaders including Amer Ahmed, Michael Benitez, Barbie-Danielle DeCarlo, Joy DeGruy, Peggy McIntosh, Rinku Sen, Tilman Smith and Tim Wise. Discussion facilitated by Brian Eshult, Margaret Manderfeld, and Lark Weller

Sunday, October 26 from 1:00-2:30pm  
in the Cummins Room  
-OR-  
Tuesday, October 28 from 7:00-8:30pm  
in Room 203

This is a drop-in group; no registration is required. Childcare available with at least 7 days advance notice at <http://firstuniversalistchurch.org/childcare-request-form/>



## LETTERS TO OURSELVES

REV. JEN CROW

MUSICAL GUEST AND SLAM POET,  
GUANTE

*OCTOBER 19, 2014*

Music for Gathering

Dream  
-John Cage

Dr. Jerrod Wendland

Words of Welcome

Rev. Justin Schroeder

Bellsound

Prelude

Excerpt from *Four Walls*  
-John Cage

Dr. Jerrod Wendland

Call to Worship

REACH  
-Guante

Guante

Opening Hymn #1015

*I Know I Can (please stand if you are able)*  
Teal Hymnal

Lighting the Chalice

Youth Representatives

*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 Interlude

Dr. Jerrod Wendland

Silence

Cycle of Life

Rev. Justin Schroeder

Hymn of Prayer # 123

*Spirit of Life (seated)*  
*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)

Spoken Word

*A Pragmatist’s Guide to Faith*  
-Guante

Guante

Musical Offering

Excerpt from *Four Walls*  
-John Cage

Dr. Jerrod Wendland

Sermon

*Letters to Ourselves*

Rev. Jen Crow

*Starfish*

Guante

Offertory

No. 2 from *Trois Etudes Blanches*  
-Wilhelm Killmayer

Dr. Jerrod Wendland

Closing Hymn #1008

*When Our Heart is in a Holy Place (please stand if you are able)*  
Teal Hymnal

Closing Words

Rev. Jen Crow

Blessing in Song # 413

*Go Now in Peace*

Music for the Journey

No. 6 from *Etudes Transcendentales*  
-Wilhelm Killmayer

Dr. Jerrod Wendland

Worship Leaders

Rev. Jen Crow	Minister of Program Life
Rev. Justin Schroeder	Senior Minister
Dr. Jerrod Wendland	Interim Pianist
Guante	Guest Artist

GUANTE is a hip hop artist, two-time National Poetry Slam champion, social justice activist, educator and writer. He and/or his work has appeared on Upworthy, MSNBC, Racialicious, Feminist-ing, MPR, the Progressive, City Pages’ “Artists of the Year” list and URB Magazine’s “Next 1000” list, and he’s shared bills with Talib Kweli, Saul Williams, Brother Ali, Dead Prez, Sage Francis, Andrea Gibson, Doomtree, Zion I and more. Guante’s work explores the intersections of art, media and social justice education; to that end, he facilitates workshops on identity, power and privilege, founded the MN Activist Project and Hip Hop Against Homophobia concert series, writes essays and op-eds, and works with COMPAS, TruArt-Speaks and others to engage in artist residencies around writing and performance for youth.

Chalice Lighters

Bailey Colerin	9:30 AM
Amelia Richter	11:15 AM
Sage Crannell	11:15 AM

Worship Design and Coordination

Rev. Ruth MacKenzie

Chancel Arrangement

Today’s flowers were donated by Kathy Urberg in memory of her parents, Leonard and Marcella Youngquist. The flowers were arranged by Meredith Sims.

Offering

Northside Achievement Zone

The NAZ Promise Neighborhood leads a collaboration of organizations and schools who work with children and families in a geographic “Zone” of North Minneapolis to build a culture of achievement--so that all youth graduate from high school ready for college. Their purpose is to end multigenerational poverty within North Minneapolis.

NAZ describes its values this way: Our children will succeed; Families are leaders; High expectations with high supports; Driven by data; Relationships are the “work;” Collaboration creates prosperity; Diversity and cultural responsiveness; Starting early and staying long-term.