



# LYRICS

## Salmo 150 (Psalm 150)

Praise the Beloved!  
 Praise be to You in earth's sanctuary;  
 praise be to You in the mighty firmament!

Praise the mighty works of Love;  
 praise the glory and extol the greatness of Love Divine!

Praise with trumpet sound;  
 praise with lute and harp!

Praise with tambourine and dance;  
 praise with strings and pipe!

Praise with clanging cymbals;  
 praise with loud clashing cymbals!

Let everything that breathes praise the Beloved within their lives!

### An Invitation to First Universalist Choir

Have you thought about singing in the choir? YOU are welcome to join us! Ability to read music and previous experience is helpful but not necessary. An open heart, eagerness to learn and the desire to be part of a large and dynamic choral ensemble are qualities we look for in new members. Rehearsals are Wednesday evenings from 7:00-9:00 PM. Contact [randy@firstuniv.org](mailto:randy@firstuniv.org) for details.

### Music at First Universalist Church:

Updates and Conversation  
 TODAY at 12:30 in Sanctuary

Wondering how our music program is moving forward? Wondering about directions? Want to throw out an idea or two? Join Rev. Ruth MacKenzie in the sanctuary, today at 12:30 after the second service. All are welcome!

### ANNUAL WINTER SOLSTICE

Once again, we will honor and celebrate the turning of the year, during the longest nights in December. Our Solstice ritual this year is Friday, Dec. 19 (please note the date change). The evening features chants, a story that leads us into darkness, time spent in the dark, and celebrates the return of the light.



# WELCOME!

## CELEBRATING OUR GENEROSITY

Offering plates from Sunday service:

11/2 Clare Housing \$1,140  
 10/26 Main Street Project \$877

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

### 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:  
 TODAY, November 16th**

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).

## 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 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.

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

Sunday, November 16 from 1:00-2:30 PM -OR-  
 Tuesday, November 18 from 7:00-8:30 PM

In the Cummins Room

*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 heart; 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.

## 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](mailto:sandy@firstuniv.org)) or (612) 825-1701. If you would like support, please contact Rev. Jen Crow ([jen@firstuniv.org](mailto:jen@firstuniv.org) or 825-1701) or any member of our Pastoral Care Team.

### The Weekly Liberal

Want to know what's going on at First Universalist Church? *The Weekly Liberal* (our weekly newsletter) is for you! If you aren't already on the e-news distribution list and would like to be, simply sign up online by visiting our website and following the prompts. Please note, too, that paper copies of *The Weekly Liberal* will always be available in the office and at Sunday's services. [www.firstuniversalistchurch.org](http://www.firstuniversalistchurch.org)

### HOUSE THAT LOVE BUILT CELEBRATION

Please join us in the social hall today after both services as we celebrate The House That Love Built and look toward our future partnership opportunities with Habitat for Humanity. Join us at this dedication for a powerful reminder of what we can do when we work together in love.



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



## LOVE AND THE BODY

REV. JUSTIN SCHROEDER

NOVEMBER 16, 2014

**Music for Gathering**

Fugue from *Madras Sonata* Op. 176  
-Alan Hovhaness

Dr. Jerrod Wendland

**Words of Welcome**

Rev. Jen Crow

**Bellsound**

**Prelude**

*Salmo 150*  
-Ernani Aguilar

First Universalist Choir  
Dr. Randal Buikema, Conductor

**Call to Worship**

Frederic MacDonald-Dennis

**Opening Hymn #10 (please rise in body or spirit)**

*Immortal Love*

**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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**Psalm of Love and Body (please sing when invited)**

**PSALM 139**

Hal H. Hopson



Love, you have searched me; you know me through and through.

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**Silence**

**Cycle of Life**

Rev. Jen Crow

**Hymn of Prayer # 123 (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**

Excerpt from *Love 2.0*  
- Barbara L. Fredrickson

Rev. Justin Schroeder

**Anthem**

*Dravidiam Dithyramb*  
-Victor Paranjoti

First Universalist Choir  
Dr. Randal Buikema, Conductor

**Sermon**

*Love and the Body*

Rev. Justin Schroeder

**Offertory**

Allegretto from *Madras Sonata* Op. 176  
-Alan Hovhaness

Dr. Jerrod Wendland

**Closing Hymn #126 (please rise in body or spirit)**

*Come Thou Fount of Every Blessing*

**Closing Words**

Rev. Justin Schroeder

**Blessing in Song # 413**

*Go Now in Peace*

**Music for the Journey**

Presto from *Sonata* Op. 145  
-Alan Hovhaness

Dr. Jerrod Wendland

**Worship Leaders**

Rev. Justin Schroeder	Senior Minister
Rev. Jen Crow	Minister of Program Life
Dr. Randal Buikema	Director of Choral Arts
Dr. Jerrod Wendland	Interim Pianist

**Chalice Lighters**

Elizabeth Haugen	9:30 AM
Kate Gegax	11:15 AM

**Worship Design and Coordination**

Rev. Ruth MacKenzie

**Chancel Arrangement**

Today's flowers were donated and arranged by Pam Vincent in honor and memory of her late husband, Denny Vincent. She is also a member of the Visual Arts Committee.

**Offering: Racial Justice Work at First Universalist**

First Universalist is deeply committed to becoming a community that lives and practices racial justice. We offer opportunities through workshops, discussion groups, trainings, and events to learn more about race, racism, and whiteness and to turn our hearts toward compassion and justice.

**Worship Theme: Fearfully and Wonderfully Made**

In one of the most beautiful biblical passages, the psalmist states: "For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. (Ps 139: 13-14)" This month we recognize, accept and cherish that we have our being in a body, fearfully and wonderfully made. We age. We have limitations. We have gifts. We experience one another and ourselves in body and spirit.

This month we explore our being in a body.

**Upcoming Sunday Worship**

November 23: Rev. Justin Schroeder  
New Member Ceremony

November 30 Rev. Jen Crow  
Multi-generational Worship  
Guest musician: Larry Long