



LYRICS

Ain't No Grave Can Hold My Body Down

(Traditional Spiritual)

Ain't no grave can hold my body down.
There ain't no grave can keep a sinner underground.
Oh, I will listen for the trumpet sound.
Ain't no grave can hold my body down.

You know they rolled a stone on Jesus.
And then they tried to bury me.
But then the holy Ghost it freed us so we could live eternally.

Sister you better get your ticket if you wanna ride.
In the mornin' when Jesus call my number,
I will fly.

Ain't no grave is gonna hold me.
Ain't no man is gonna bury me.
Ain't no serpent gonna trick me.
Ain't no grave can hold my body down.

I will fly to Jesus in the mornin' when I die.
I know he will take me home to live with him on high.
I will fly with Jesus in the mornin'
Don't look here.
I'll be way up in the sky.
Soon one day he's gonna call me up to heaven for a chariot ride.

Ain't no grave dug deep enough to hold me.
Ain't no devil been slick enough to trick me.
Ain't no grave digger man enough to bury me.
You can't hold me down!

(used by permission, earthsongs)

A Note About Today's Music from Jerrod Wendland:

One of the threads running through this sermon series is the theme of personal transformation. To me, this brought to mind the music of Ludwig van Beethoven ("Louis" to his friends), who overcame years of abuse and chronic disability through the richness of his inner life. He was committed to exploring both the full experience of the individual and his quest for true equality for all people. (For example, his only opera, *Fidelio*, is about a woman who goes undercover to rescue a political prisoner (her husband) from the jail where he is being starved to death.) His late music, like the Sonata I'm playing part of today, moves between extremes – fast and slow, joy and sadness, calm and exultation – in an attempt to explore the inner life of the soul, and to make that journey accessible to everyone.



WELCOME!

CELEBRATING OUR GENEROSITY

Offering plates from Sunday service:

- 1/25 MN Religious Coalition for Reproductive Choice \$1,025
- 1/18 Racial Justice Work \$1,079
- 1/11 Simpson Shelter Meals \$1,442
- 1/4 Walk-In Counseling \$939

To nominate an offering recipient, go to:
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:
Sunday, February 15**

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.

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.

We are so glad that 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 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.

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.

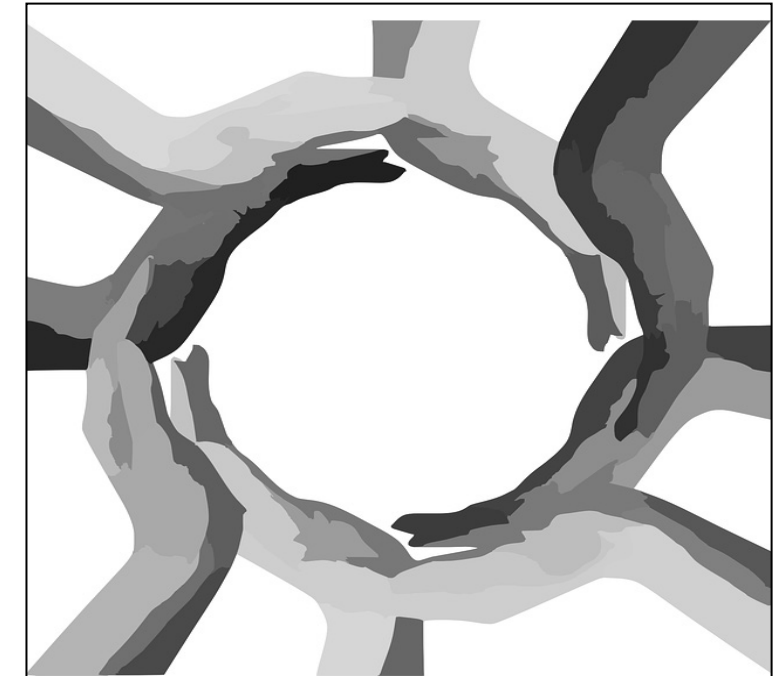
For more information about First Universalist, go to our website: www.firstuniversalistchurch.org, stop by our Information Center in the Social Hall downstairs after services, or call our church office, 612-825-1701.

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 or by scanning the QR code below. Please note, too, that paper copies of *The Weekly Liberal* will always be available in the office and at Sunday's services.



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



WHAT YOU WANT WANTS YOU!

BISHOP CARLTON PEARSON

FEBRUARY 8, 2015

Music for Gathering

Dr. Jerrod Wendland

Words of Welcome

Rev. Justin Schroeder

Bellsound

Prelude

Dr. Randal Buikema, Conductor
First Universalist Choir

*I'm Gonna Sing 'til the Spirit
Moves In my Heart*
-Moses Hogan

Call to Worship

Patsy Vinogradov

Opening Hymn #1010 (please rise in body or spirit)

Oh, We Give Thanks
Sing 2x through
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 Interlude

Dr. Jerrod Wendland

Silence

Cycle of Life

Rev. Justin Schroeder

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

Psalm 37:4 (Esv)

Bishop Carlton Pearson

Anthem

Ain't No Grave Can Hold My Body Down
-Caldwell/Ivory

Dr. Randal Buikema, Conductor
First Universalist Choir

Sermon

What You Want Wants You

Bishop Carlton Pearson

Offertory

Sonata in E Major
Op. 109 - I. Vivace Ma Non Troppo
-Ludwig van Beethoven

Dr. Jerrod Wendland

Closing Hymn #348 (please rise in body or spirit)

Guide My Feet

Closing Words

Rev. Justin Schroeder

Blessing in Song # 413

Go Now in Peace

Music for the Journey

Dr. Jerrod Wendland

Worship Leaders

Bishop Carlton Pearson Guest Speaker
Rev. Justin Schroeder Senior Minister
Dr. Randal Buikema Director of Choral Arts
Dr. Jerrod Wendland Pianist
First Universalist Choir

Chalice Lighters

Elizabeth Becher-Ingwalson 9:30
Olivia Dalby 11:15

Guest Speaker

Bishop Carlton Pearson's transformation from an evangelical celebrity preacher to a radically inclusive cyber-minister is nothing short of remarkable. A charismatic presence on the Trinity Broadcasting Network and an award-winning vocalist, the bishop was declared a heretic by more conservative Christians when he began to spread a new message of universalism. His newest book, *God Is Not A Christian, Nor A Jew, Muslim, Hindu... God Dwells With Us, In Us, Around Us, As Us*, was published by Simon and Schuster and released in the spring of 2010. He is presently working on his next book titled *You're Not In Trouble, You're In Transition: Making, Managing and Mastering Change*.

Worship Design and Coordination

Rev. Ruth Mackenzie Minister of Worship Arts

Chancel Flowers

Today's flowers are donated by Marion Dane Bauer in memory of her son, Peter, June 29, 1964--February 9, 2007

Offering: Habitat for Humanity

Founded in Americus, Georgia, USA in 1976, Habitat for Humanity today operates around the globe and has helped build, renovate and repair more than 800,000 decent, affordable houses sheltering more than 4 million people worldwide. A non-profit Christian housing ministry, Habitat invites people of all backgrounds, races and religions to build and repair homes together in partnership with families in need. First Universalist dedicated the "House That Love Built" in November 2014, a habitat house build sponsored by this congregation.

**Worship Theme:
We Are The Ones We've Been Waiting For**

This phrase is the final statement of a writing attributed to Hopi Elders (which is in doubt), referenced by President Obama in 2008, but probably originates with the poet June Jordan in a commemoration of South African women. Although no one is really certain about its origins, the statement rocks the spirit and challenges our understandings of how the world works and the part we play. The beloved community, the kingdom of God, a world of peace will not come about simply by following a great leader or praying for a messiah. *We are the ones we've been waiting for*. This month we address ourselves, and our place in the change we seek.