



# GET CONNECTED!

## Wellspring Information Session TODAY

Could Wellspring be the next step on your spiritual journey? Learn more at an information session with Well-spring creator Rev. Jen Crow and leader Andrea Johnson today at 11:30am in the Cummins Room. Attending an info session is a requirement for participating in Wellspring. See you there!

## DEATH CAFE

Wednesday, June 17

7:00 PM, Cummins Room  
Led by Rev. Justin Schroeder  
and Colleen McCann

An evening of tea, cake, and honest, open discussion about death and dying. Our aim is to increase awareness of death to help people make the most of their (finite) lives. Come and share about how death has touched your life. Please drop in; no registration required.

## Artist Reception Today in Social Hall

Join us for an artist reception after the service with local artist, Cynthia Starkweather- Nelson, whose art is on display in the Social Hall. Cynthia Starkweather-Nelson recently expanded the focus of her paintings. Along with paintings from her "waterscape" series years there will be two recently initiated series exhibited at First Unitarian. She is excited to have these new ideas exhibited together for the first time here. Finding new visual possibilities for her creative voice has been extremely exciting!

## Join Us On Our Racial Justice Journey! Fall 2015

By the Racial Justice Leadership Team

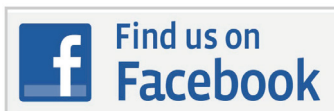
You're invited to apply to participate in the next 24 hour racial justice training led by Dr. Heather Hackman this fall!

Dr. Hackman's approach is multi-faceted, and provides a foundation for shifting our entire "lens" toward racial justice, as we understand the ways that race, racism, and whiteness work in the world around us.

We'll be partnering with members from Judson Memorial Baptist Church in this training, as they deepen their commitment to becoming a faith community committed to racial justice. There is room for 30 First Universalist participants in this training, and we expect these spots to fill up fast.

For additional information, visit our website at:

[firstuniversalistchurch.org](http://firstuniversalistchurch.org)



# WELCOME!

## CELEBRATING OUR GENEROSITY

Offering plates from Sunday service:

- 05/10 Youth Cultural Exchange \$1003
- 05/17 50/50 Split MN Power and Light/Honor the Earth \$791
- 05/24 Witness for Peace \$293

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! Sunday, June 7

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 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).

## 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.

*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](http://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

*The Weekly Liberal* (our weekly newsletter) is on summer vacation starting May 29th. For the months of June and July, monthly issues will be published on the 15th of each month. The regular, weekly production schedule of *The Weekly Liberal* will resume on August 15th, 2015.

Do you have news or information for the summer editions that you'd like to see published in *The Weekly Liberal*?

Visit our website and fill out the online submission form!



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



# WELLSPRING: SPIRITUALITY IN THE EVERYDAY

REV. ELAINE ARON TENBRINK

WELLSPRING PARTICIPANTS

JUNE 7, 2015

**Music for Gathering**

Dr. Jerrod Wendland

**Cycle of Life**

Rev. Elaine Aron Tenbrink

**Words of Welcome**

Rev. Elaine Aron Tenbrink

**Bellsound**

**Prelude**

*The Freedom We Seek*  
-Lynn O’Brien

Lynn O’Brien

**Call to Worship**

Sarah Heuser

**Opening Hymn #346 (Please stand in body or spirit)**

*Come, Sing a Song With Me*

**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)

**Reading**

*A Gift*  
-Denise Levertov

Lillie Pang

**Homily**

*Are You That Kind of Person?*

Kristi Fuller

**Musical Interlude**

**Silence**

**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)

**Homily**

*God Has No Hands But Ours*

Jack Daniels

**Musical Offering**

*O How Things Change*  
-Lynn O’Brien

Lynn O’Brien

**Homily**

*So What?*

Denise Konen

**Offertory**

*Light Everywhere*  
-Lynn O’Brien

Lynn O’Brien

**Closing Hymn #128 (Please stand in body or spirit)**

*For All That Is Our Life*

**Closing Words**

Rev. Elaine Aron Tenbrink

**Blessing in Song #413**

*Go Now in Peace*

**Music for the Journey**

*Peace, Right Here*  
-Lynn O’Brien

Lynn O’Brien

**Worship Leaders**

|                           |   |
|---------------------------|---|
| Rev. Elaine Aron Tenbrink | Minister of Membership & Adult Ministries |
| Dr. Jerrod Wendland       | Pianist                                   |
| Lynn O’Brien              | Guest Musician                            |
| Sarah Heuser              | Wellspring Speaker                        |
| Lillie Pang               | Wellspring Speaker                        |
| Kristi Fuller             | Wellspring Speaker                        |
| Jack Daniels              | Wellspring Speaker                        |
| Denise Konen              | Wellspring Speaker                        |

**Worship Design and Coordination**

|                           |   |
|---------------------------|---|
| Rev. Elaine Aron Tenbrink | Minister of Membership & Adult Ministries |
| Rev. Justin Schroeder     | Senior Minister                           |

**Chancel Flowers**

Today’s flowers were arranged by Meredith Sims of the Visual Arts Committee.

**About Wellspring**

Wellspring is a 10-month program of distinctly Unitarian Universalist spiritual development. Participants engage in Wellspring’s 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
- \* Putting our faith into action

To learn more, visit [www.uuwellspring.com](http://www.uuwellspring.com).

**Offering: Wellspring Scholarships for Spiritual Direction**

One of the core aspects of Wellspring is working together with a spiritual companion (known as a “spiritual director”). As you’ll hear this morning, this is often a big part of what makes the journey particularly deep and meaningful. Spiritual directors create a space for listening to the spirit, calling our attention to our continual transformation, and deepening our lived experience. Our offering today goes towards scholarships for spiritual direction for future Wellspring participants.

**Worship Theme for Summer: Sources**

Within the pores, and cracks of the earth fresh water gathers. Sometimes source water rises to the surface on its own accord. Sometimes you have to dig to find it. In either case, water feeds the body and sustains the soul. So too, sources for our spiritual life act in much the same way, gathering in the pores and cracks of our lives. Sometimes, a source of strength is easy to access. Sometimes you have to dig to find the well of faith that will sustain. This summer we explore sources: sources of faith, love and hope.