

GET CONNECTED!

WELLSPRING INFORMATION SESSION TODAY!

The Wellspring program offers spiritual deepening and an opportunity for learning more about ourselves and our faith through a year-long small group experience. After a day-long opening retreat on September 19, Wellspring will meet every other week through May 2016. Join us today at 11:30 AM in room 203 to learn more. Attending the orientation is required if you wish to participate in Wellspring. Bring your questions and an open heart. We look forward to seeing you there!

FAMILIES MOVING FORWARD

As we prepare to welcome four families to First Universalist the week of Sept. 6–13, we're accepting contributions of new and gently used twin sheet sets, twin air beds, comforters and blankets, as well as cash donations and volunteer help. Stop by the FMF table in the Social Hall any Sunday between now and August 16 to learn more.

SUMMER WORSHIP THEME: 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.

JOIN US IN THE SOCIAL HALL FOR AN ARTIST RECEPTION

An impressive calligraphy exhibit by Diane von Arx is now on view in the Social Hall through August 23. Making letters, in expressive and informative ways, is Diane von Arx's passion. She takes great pleasure in collaborating with, and expanding upon, the words of others by offering visual enhancement to echo the author's message. She will be available to talk about her work at a reception Sunday, July 26 after the service until 1:30 that day.

APPLY TO SERVE ON THE FAITHFUL ACTION LEADERSHIP COUNCIL

Over this past church year, Rev. Jen Crow has worked with a dedicated group of lay leaders and our Social Work Intern to restructure and formalize the processes of our Faithful Action Ministry. Going forward, a newly-created Faithful Action Leadership Council will set the direction of the faithful action ministries of our church, balancing our efforts for systemic change and serving immediate needs. The Faithful Action Leadership Council will ensure that our guiding principles of racial justice and faithful action inform all that we do. We are currently accepting applications to join the Faithful Action Leadership Council and anyone interested is encouraged to apply. The application deadline has been extended to July 31, 2015. Learn more and apply on the home page of our website.

WELCOME!

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, 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

The Weekly Liberal (our weekly newsletter) is on summer vacation. 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 13, 2015.

Do you have news or information that you'd like to see published in *The Weekly Liberal*? Visit our website and fill out the online submission form!

CELEBRATING OUR GENEROSITY

Offering plates from Sunday Service:

6/14 Racial Justice Work \$420.67

6/21 Families Moving Forward \$684.30

6/28 Youth Cultural Exchange \$519.90

To nominate an offering recipient, go to:
www.firstuniversalistchurch.com/offering-plate

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. Elaine Aron Tenbrink (elaine@firstuniv.org or 612-825-1701) or any member of our Pastoral Care Team.

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!

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



FIRST UNIVERSALIST CHURCH
OF MINNEAPOLIS

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



CULTIVATING A HEART OF COMPASSION

REV. MARY BOHMAN

JULY 19, 2015

Music for Gathering

Nocturne in E-Flat Major Op. 9 No. 2
–Frédéric Chopin

Dr. Jerrod Wendland

Words of Welcome

Pamela Vincent

Bellsound

Prelude

Prelude in G Major, Op. 28 No. 3
–Frédéric Chopin

Dr. Jerrod Wendland

Call to Worship

Pamela Vincent

Opening Hymn #34 (Please stand in body or spirit)

Though I May Speak With Bravest Fire

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

Silence

Cycle of Life

Rev. Mary Bohman

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)

Musical Offering

Prelude in F-sharp Major, Op. 28 No. 11
-Frédéric Chopin

Dr. Jerrod Wendland

Sermon, Part I

Cultivating a Heart of Compassion

Rev. Mary Bohman

Reading

Tokyo Train Story
-Terry Dobson, American Akido Teacher

Jeff Sylvestre

Sermon, Part II

Love Matters

Rev. Mary Bohman

Offertory

Étude in E Major, Op. 10 No. 3
-Frédéric Chopin

Dr. Jerrod Wendland

Closing Hymn #131 (Please stand in body or spirit)

Love Will Guide Us

Closing Words

Rev. Mary Bohman

Blessing in Song #413

Go Now in Peace

Music for the Journey

Étude in A-flat Major, Op. 25 No. 1
–Frédéric Chopin

Dr. Jerrod Wendland

Worship Leaders

Rev. Mary Bohman Affiliated Community Minister
Dr. Jerrod Wendland Pianist
Pamela Vincent Worship Associate

Chancel Flowers

Today’s flowers were arranged by Averil Bach of the Visual Arts Committee.

Offering: Habitat For Humanity

Twin Cities Habitat is a nonprofit committed to building the quality of life, health and prosperity of the 7-county metro region through the production and preservation of homeownership – because homes and families are the foundation of successful communities.

About Rev. Mary Bohman

Rev. Mary Bohman is a Unitarian Universalist Community Minister in affiliation with First Universalist Church; she works as a hospice chaplain. For 10 years she directed the Children’s Choir and helped coordinate the children’s religious education program at First Universalist.

Musical Notes from Dr. Jerrod Wendland

I chose music by Frédéric Chopin [show-PAN] for this service for two reasons: first, because of his complex and subtle understanding of human emotion; and second, because so much of his life was lived in acute illness (the tuberculosis that ended his life at age 39.) His was a life lived “between.” Between composition and performance, France and Poland, illness and health. Like his idol, Mozart, Chopin explored the half-shades between joy and sadness, and for this reason, paints a full and compelling picture of life.