

# GET CONNECTED

## FIRST U CO-SPONSORING SELMA SCREENING

Lake Harriet United Methodist Church, in collaboration with the Southern Poverty Law Center, is hosting a free community screening of the film *Selma: The Bridge to the Ballot* on Wednesday, July 20 at 7 p.m. Following the film, there will be a 40-minute panel discussion with Richard Cohen, SPLC president; Rep. Keith Ellison (D-Minn.); Mark Ritchie, former Secretary of State for Minnesota; and Pam Horowitz, attorney. The event is free but attendees are requested to RSVP at: [www.splcenter.org/rsvp-mn](http://www.splcenter.org/rsvp-mn). Lake Harriet UMC is located at 4901 Chowen Ave. S. in Minneapolis. First Universalist is proud to co-sponsor this event.

## LEND-A-HAND

Lend-A-Hand is an opportunity to help care for our building and grounds as part of a volunteer team. In coordination with our facilities staff, this team undertakes various projects to continue keeping our church clean, orderly and attractive. It's a chance to help our church, complete satisfying projects, and get to know others in our community. Beginning **this Thursday, July 14**, Lend-A-Hand will meet on the second Thursday of the month through the end of 2016. Volunteers will gather at 8:30 a.m. for bagels, juice and coffee and will end their activities by noon. If you'd like to be a part of the first Lend-A-Hand volunteer group on Thursday, July 14 (8:30 a.m.-noon), please email Sandy at [sandy@firstuniv.org](mailto:sandy@firstuniv.org) to sign up. Thank you!

## REGISTRATION FOR 2016-2017 RELIGIOUS EDUCATION

RE registration for the 2016-2017 church year is now open online at: <http://1stureligiouseducation.weebly.com/>

## WELLSPRING INFO SESSIONS TODAY AND THURSDAY IN THE CUMMINS ROOM

This past year, more than 50 members of our church participated in Wellspring, which offers spiritual deepening within our Unitarian Universalist tradition through a year-long small group experience. Two info sessions will be offered: **today at 11:30 a.m. or Thursday, July 14 at 7 p.m.** in the Cummins Room. Attendance at an info session is required if you wish to participate.

## HABITAT SUMMER WORK WEEK

First Universalist is sponsoring a Habitat for Humanity Summer Work Week once again this year. We need to provide 15-18 volunteers per day during the week, which is scheduled for Monday, Aug. 15 through Friday, Aug. 19, 8:15 a.m. – 4 p.m. each day. We'll be working in the early stages of the build at a site in south Minneapolis. Sign up online at: <http://tinyurl.com/1stUhabitat>.

## SUMMER SUNDAYS AT FIRST UNIVERSALIST

Worship Services are held at 10 a.m. during the summer. We ask that you please bring your own mug to the social hour after the service. This helps save on water, labor, and keeps the kitchen cool during the hot summer months.

## LAKE HARRIET BANDSHELL OUTDOOR WORSHIP & PICNIC

Save the date for our annual worship service and potluck picnic at the Lake Harriet Bandshell: Sunday, Aug. 14 at 10 a.m.

# WELCOME

## We are so glad 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.

## LET US KEEP YOU IN OUR THOUGHTS & PRAYERS

If you are experiencing a crisis or transition, or celebrating a joy—please let us know. To be included in our Cycle of Life each Sunday in worship, contact Sandy DiNanni at [sandy@firstuniv.org](mailto:sandy@firstuniv.org) or 612-825-1701.

If you would like support, contact the church office at 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: Sunday, July 17

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. Childcare is 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](mailto:lauren@firstuniv.org).

## CELEBRATING OUR GENEROSITY

Offering plates from Sunday Service:

**6/19** Battered Women's Legal Advocacy Project \$561.01

**6/26** MAD DADS \$414.73

Know a charitable organization that shares our commitment to justice and equity? Nominate an offering recipient at: [firstuniversalistchurch.org/offering-plate](http://firstuniversalistchurch.org/offering-plate).

If you'd like to make a donation but don't have cash, use the Square Cash App. It takes no time at all to set up and use! First Universalist's cash tag is \$firstuniv. For more information, go to <http://firstuniversalistchurch.org/new-giving-option-square-cash/>.

## HELPFUL INFORMATION

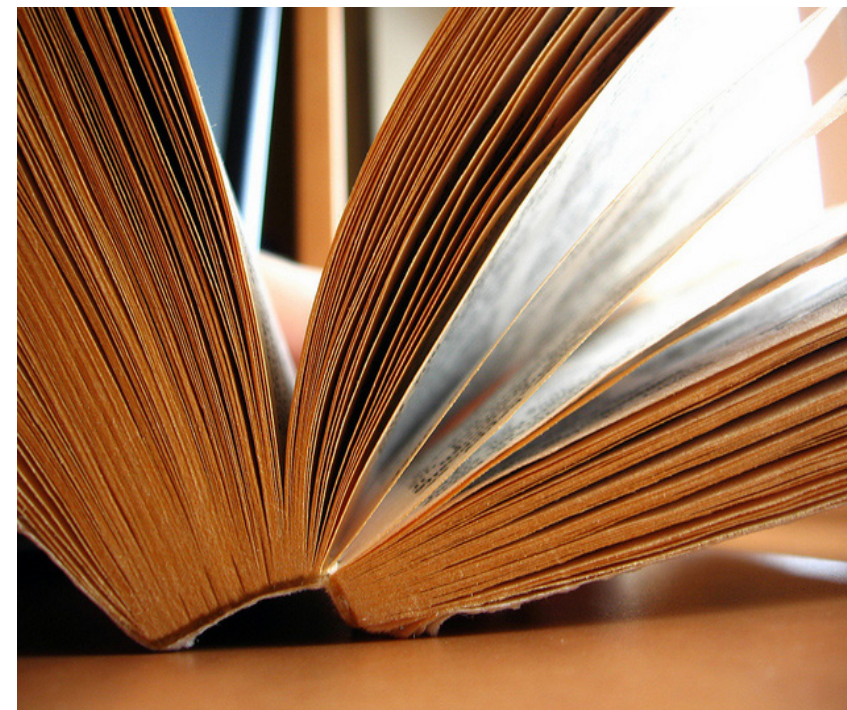
**Hearing devices** are available; please ask an usher. **Cushions** are available for the pews and are located next to the sound booth and at the entrance to the Sanctuary. Please return them to their home after the service. We also have **fragrance-free rows** marked in the balcony. **For more information**, stop by our Information Center in the Social Hall downstairs, call 612-825-1701, or visit our website: [firstuniversalistchurch.org](http://firstuniversalistchurch.org).

## COMFORT SHAWLS

Do you like to knit? Contact Pat Foulkes, [pfoulkes@hotmail.com](mailto:pfoulkes@hotmail.com), for directions for the comfort shawls that we distribute to congregants in times of need. Or perhaps you know somebody who is in need of a Comfort Shawl; contact Congregational Care co-chairs Kathy Urberg at [kathyurberg@gmail.com](mailto:kathyurberg@gmail.com) or Kathy Coskran at 612 202-9322 or [kac1122@aol.com](mailto:kac1122@aol.com).

## THE WEEKLY LIBERAL

The Weekly Liberal is published on Thursdays. Subscribe at: [firstuniversalistchurch.org/the-weekly-liberal/](http://firstuniversalistchurch.org/the-weekly-liberal/)  
Do you have news or information you'd like published? Fill out the submission form on our website!



WORSHIP THEME: TELLING A NEW STORY

# CHOOSING HOPE

REV. ELAINE ARON TENBRINK

*JULY 10, 2016*

*We welcome, affirm, and protect the light in each human heart; we act for justice 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.*



Music for GatheringDr. Jerrod Wendland

Words of WelcomeRev. Elaine Aron Tenbrink

Bellsound

PreludeCarnage the Executioner  
Improvisation

Call to WorshipAdrian Ali-Caccamo  
Ben Jaeger  
Enilda Vanegas González

Opening Hymn #347 (Please rise in body or spirit)  
Gather the Spirit

Lighting the ChaliceRev. Elaine Aron Tenbrink

Love is the spirit of this church  
El Amor es el espíritu de esta iglesia  
And service is its law.  
Y el servicio es su ley  
This is our great covenant:  
Este es nuestro gran pacto  
To dwell together in peace,  
Vivir juntos en paz  
To seek the truth in love,  
Buscar la verdad con amor  
And to help one another.  
Y ayudarse uno al otro  
  
-James V. Blake  
(reprinted with permission by the UUA)

Musical InterludeDr. Jerrod Wendland

Silence

Cycle of LifeRev. Elaine Aron Tenbrink

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 OfferingCarnage the Executioner  
Addict

ReadingsExcerpt from Retorno (Return) Aaron Sarria Talavera  
- Rubén Darío  
  
HopeRev. Elaine Aron Tenbrink  
- Lisel Mueller

SermonRev. Elaine Aron Tenbrink  
Choosing Hope

OffertoryCarnage the Executioner  
Hustle the Struggle

Closing Hymn #1004 (Please rise in body or spirit) Carlos Antonio Saldaña  
Busca el Amor

Closing WordsRev. Elaine Aron Tenbrink

Blessing in Song #413  
Go Now in Peace

Music for the JourneyDr. Jerrod Wendland

Worship Leaders	
Rev. Elaine Aron Tenbrink	Minister of Membership and Adult Ministries
Dr. Jerrod Wendland	Pianist
Terrell Woods aka Carnage the Executioner	Musical Guest
Adrian Ali-Caccamo	YCE Participant
Ben Jaeger	YCE Participant
Enilda Vanegas González	YCE Participant
Carlos Antonio Saldaña	Soloist and Church Member

Chancel Flowers

Today’s flowers were arranged by Lena Vdakes of the Visual Arts Committee.

Offering: Youth Cultural Exchange (YCE)

The Youth Cultural Exchange is a program of First Universalist Church. Since 1993, 95 youth from our church have participated in this exchange program with youth from Poland, Ecuador and Nicaragua. In 2005, YCE partnered with Project Minnesota-Léon (PML) to create an exchange program with youth from Léon, Nicaragua. Our youth are matched with a Nicaraguan teenager and they stay in their home so they can develop an authentic relationship and learn from each other. The youth from our church then raise money over a 2-year period to pay for their Nicaraguan exchange students to fly to Minnesota and stay with their Minnesotan exchange student and family. Participants in the program are in grades 7 – 9. At the heart of this program is a mission of deepening understanding and friendships between people and cultures, as well as expanding the worldview of our youth.

About Today’s Musical Guest

Terrell Woods aka Carnage The Executioner is widely recognized for his lyrical dexterity, abnormal freestyling ability, and uncanny knack to compose musical symphonies with his mouth through human beat boxing. He teaches both private and group beat boxing lessons to youth in community and school settings, extensively covering the fundamentals of beat boxing while adding in components of basic rhyme/rap-writing structure. Carnage graduated from Hamline University, where he received a Bachelor of Arts degree in Psychology. Today, he is not only a father, but is also a freelance social worker, mentor, community volunteer, motivational speaker and counselor to youth and adults in Minneapolis. “A lot of kids have feelings of hopelessness; I set an example that you can make a difference in your own life and make it better with lots of determination, regardless of how negative your surroundings are. I feel I have a responsibility to give something positive back to the community that helped me become the man that I am today.”

Summer Worship Theme: Telling a New Story

At the intersection of what is holy and what is human is a willingness to change; to shed old habits, old ways of thinking, old frameworks, old skin; to cast off what no longer functions; and dare to do a new thing, to tell a new story. This ability to change is at the heart of creation and creator. In the book of Isaiah, God says: “Forget about what’s happened; don’t keep going over old history. Be alert, be present. I’m about to do something brand-new. It’s bursting out! Don’t you see it?” In these summer months we will endeavor to be alert and present, to see and tell the new story emerging from within, among, and beyond.