



# GET CONNECTED

## CONGREGATIONAL MEETING WITH THE ARCHITECTS - TODAY!

Meet the architects and see what they have developed as the preferred design direction for our renovations and construction, made possible by our recent capital campaign. Join us today at 12:45 p.m. in the sanctuary —there will be a short presentation by the architects followed by time for questions.

## SEEKING CANDIDATES FOR CHURCH LEADERSHIP

The Nominating Committee is recruiting candidates for leadership positions on the Board of Trustees and Foundation Board for the next church year. We encourage you to step forward and share your time and skills! Position descriptions and application are available online: <https://tinyurl.com/NomCom1U>. Applications are due April 2.

## NEW EXHIBIT: QUILTS BY GAIL HANSON

On display in the Social Hall now through April 22 is a selection of quilts by First U member Gail Hanson. Gail has been quilting for almost 25 years and has made more than 200 quilts. Meet Gail at an Artist's Reception after services on Sunday, April 8.

## SPRING SOUL MATTERS GROUP

Ready to deepen your experience of Sunday services? Bring our monthly worship themes into your everyday life by joining a Soul Matters group. This circle of 8-10 people, led by Jane Jordan, will reflect on themes of forgiveness, creativity, and more. The group meets on Thursdays, April 19, 26, May 17, 31, and June 14, 28 from 7-8:30 p.m. All are welcome. Register by April 10 at <https://firstucircles.weebly.com>.

## THE AGING BRAIN WORKSHOP: TODAY AT 1 P.M.

Join us for a workshop about the aging brain today at 1 p.m. in the Cummins Room. The workshop will focus on how to identify cognitive changes as the brain ages, what to do when you notice changes in yourself or others, and strategies for communication, behavior management, and continuing a rich and meaningful life. Presented by Carol Stephens, PsyD, Licensed Psychologist.

## GATHERING IN GRATITUDE APRIL 18, 4:30-7:30 P.M.

Join us on Wednesday, April 18 for a community enchilada dinner, fellowship, and family-friendly fun *in celebration of our community, and in gratitude for your generosity and timely response to our annual giving campaign!* All gifts AND responses will be entered into a drawing that evening for one of several cash gift cards. If you haven't responded before April 18, bring your giving card to the event to receive your entry into the drawing. Annual giving packets (with cards) that weren't picked up are in the mail - watch for yours early this week!

# 19% In

*\$292,183 in committed annual gifts as of 3/21/18*



**Annual Giving 2018-2019**  
[firstuniversalistchurch.org/annual-giving](http://firstuniversalistchurch.org/annual-giving)



# 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 listen deeply to where love is calling us next; and we act with humility, bravery, and compassion in service to justice. 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 or Rev. Ruth MacKenzie at 612-825-1701 or any member of our Pastoral Visitor Team.

## Are You Visiting?

Come to a brief orientation to First Universalist and Unitarian Universalism.

## Our next orientation takes place: Sunday, April 1

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 during the session after the 11:15 a.m. service.

**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:  
3/4 Mni Ki Wakan \$925.95  
3/11 Habitat for Humanity \$1,107.90  
3/18 Tech Dump \$914.41

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).

## New: Text to Give!

To make a donation to the offering plate via credit card, use your smartphone to text **firstuniv** to **73256**. You'll receive a link to a secure form where you can enter your information. You may also still use the Square Cash app using our cash tag, \$firstuniv. Thank you for your generosity!

## 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).

## SUNDAY FLOWERS

Donating Sunday flowers is an opportunity to enhance the beauty of our worship service or celebrate an individual or event. A Visual Arts member will create a unique arrangement. Once services end, you can take the flowers home, or have them delivered to congregants who could use a caring gesture. Contact Dick Rueter at [dick.rueter49@usinternet.com](mailto:dick.rueter49@usinternet.com) or 612-280-4186 if you are able to provide flowers or help deliver them after worship.

## THE WEEKLY LIBERAL

*The Weekly Liberal*, our email newsletter is published on Thursdays. Subscribe at: [firstuniversalistchurch.org/the-weekly-liberal/](http://firstuniversalistchurch.org/the-weekly-liberal/).



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



WORSHIP THEME: WRESTLING WITH JOY

# FINDING JOY IN THE NARROW PLACES

REV. ELAINE ARON TENBRINK

MARCH 25, 2018

*We welcome, affirm, and protect the light in each human heart; we listen deeply to where love is calling us next; and we act with humility, bravery, and compassion in service to justice. We do all this as a faith community committed to racial justice.*

## Music for Gathering

Franco Holder

## Words of Welcome

Rev. Justin Schroeder

## Bellsound

## Call to Worship

Excerpt from the essay *High Tide in Tucson*  
- Barbara Kingsolver

Rev. Elaine Aron Tenbrink

## Prelude

*Humming Joy First*

The Give Get Sistet

## Opening Hymn #38 (Please rise in body or spirit)

*Morning Has Broken*

## 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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## Song of Prayer

*Breaths*

- Ysaye M. Barnwell, adapted from the poem by Birago Diop

The Give Get Sistet

## 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

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## Musical Response

The Give Get Sistet

*Invitation to Hum Joy Together*

## Reading

Excerpt from the essay *High Tide in Tucson*  
- Barbara Kingsolver

Rev. Elaine Aron Tenbrink

## Improvisations

The Give Get Sistet

## Sermon

*Finding Joy in the Narrow Places*

Rev. Elaine Aron Tenbrink

## Offertory

*Joyful Mash Up*

*Joy to the World* - Hoyt Axton; *Symphony No. 9 in D minor, Op. 125 IV. Finale (Ode to Joy)* - Ludwig van Beethoven, lyrics by Friedrich Schiller;  
*Joy and Pain* - Maze/Frankie Beverly; *Cherish* - Kool & the Gang;  
*Joyful, Joyful* - Henry J. van Dyke Jr.; *You Bring Me Joy* - David Lasley

The Give Get Sistet

## Closing Hymn #108 (Please rise in body or spirit)

*My Life Flows On in Endless Song*

## Closing Words

Rev. Elaine Aron Tenbrink

## Blessing in Song #413

*Go Now in Peace*

## Postlude

*This Joy That I Have*  
- Shirley Caesar

The Give Get Sistet

## Worship Leaders

Rev. Elaine Aron Tenbrink	Minister
Rev. Justin Schroeder	Senior Minister
Franco Holder	Pianist
Knut Remmem	9:30 a.m. Chalice Lighter
Andie Gegax	11:15 a.m. Chalice Lighter

## The Give Get Sistet - Artists in Residence

Aimee K. Bryant, Sarah M. Greer, Jayanthi Kyle, Elizabeth “Libby” Turner

## Chancel Flowers

Today's flowers were arranged by Linda Bormann of the Visual Arts Committee.

## Offering: Indigenous Youth Ceremonial Mentoring Society

Indigenous Youth Ceremonial Mentoring Society (IYCMS) is a program of Guadalupe Alternative Programs, a St. Paul-based charitable organization whose mission is to benefit challenged communities through education and enrichment opportunities, social emotional support, and career training. IYCMS is currently participating in an effort to have Papal decrees that have been devastating to Indigenous communities worldwide revoked, rescinded and/or repealed. These decrees date back to 1493 and form the basis of the Doctrine of Discovery, which has been cited by the Canadian and U.S. Governments to justify the violent subjugation of First Nation people and the theft of their lands and resources. Today's offering will be used to help fund a trip to the Vatican by youth and adult members of IYCMS to meet with the Pope and/or his representatives to address the historical and intergenerational trauma caused by this doctrine.

## About Today's Musical Guest

The Give Get Sistet are our Artists in Residence for 2017/2018. They are collaborating with our worship team to create and curate several services throughout the year. On Wednesday, May 23rd, at 7PM, Give Get Sistet will be hosting a workshop on Afrocentric singing and composition with the choir and all other interested congregants. This will be an exciting opportunity to learn from master singers and cultural workers, and participate in creating a new song for our congregation to be performed on June 3 for Flower Communion. The Give Get Sistet is an improvisational chorus of women based in the Twin Cities with ties around the world. First Universalist is honored to have these fine artists/activists in our midst.

## March Worship Theme: Wrestling with Joy

What purpose does joy serve? What is its function? Joy has no utilitarian use, so why is it so necessary? Why does life feel so flat without it? In Jack Gilbert's poem, *A Brief for the Defense*, he states: “We must risk delight. We can do without pleasure, but not delight.” Joy lightens the heavy lifting of justice work, or the difficulty of simply living. Joy is about experiencing life welling up, of lithe spirit having its way with us even in the midst of sadness. This month we wrestle with the meaning of joy, something that serves no practical purpose but is absolutely necessary. We cannot make it come to us, nor can we corral it into staying. Still we can invite it, become more prone to its appearance. Most certainly, it takes some wrestling with all the ways and means by which we tell ourselves and one another, that joy is frivolous.