



# GET CONNECTED

## TWO TALKS WITH PEACE ACTIVIST PAUL K. CHAPPELL

First Universalist's Peace Circle welcomes author and peace activist Paul K. Chappell to the Twin Cities this coming weekend. Two free public talks, on Thursday 9/27 and Sunday 9/30 from 7 to 9 p.m. each evening, are can't-miss opportunities for anyone interested in peace, social justice, and hope for progress in these challenging times. Thursday's talk will introduce Chappell's concept of Peace Literacy, a new paradigm for gaining a deep and practical understanding of extremism, trauma, and the nature of human happiness. Sunday's talk relates Peace Literacy to Racial Justice. Growing up a racial outcast in Alabama, Paul has worked through the trauma of racism and mistrust to hold a new vision for Racial Justice, which he'll share at this second talk.

## WORKSHOP WITH PAUL K. CHAPPELL

Join us for a one day workshop on Saturday, Sept. 29 (8:30 a.m.-3:30 p.m.) with Paul K. Chappell that will delve further into his concept of Peace Literacy by examining our human needs, trauma, aggression, and technology as they all relate to his vision of a new paradigm for peace. \$40 (includes breakfast, lunch, and a copy of one of Paul's books); \$20 student scholarship tickets available. Learn more and register at: [firstuniversalistchurch.org](http://firstuniversalistchurch.org).

## OPEN HEARTS AND SPIRITUAL CARE

We know that worship takes us into deep and surprising places. If you find yourself needing to talk with someone about what is stirring for you on a Sunday morning, please speak with one of our pastoral visitors sitting in the narthex during and after the service. This is how we care for one another.

## TODAY IS SIGN UP SUNDAY

From the choir, to visual arts, to congregant-led social activities, to volunteering as an usher or with congregational care, there are so many great ways to find your "community within the community" at First Universalist! Join us in the social hall after both services today to learn more about various ways to get connected and to sign up.

## CIRCLE & ADULT PROGRAMS REGISTRATION OPEN

One of the core spiritual practices of this community takes place in circles: groups of 8-10 committed participants who gather to reflect on their lives and contemplate our worship themes. Circle offerings this fall include 3-month and year-long Soul Matters Circles, Newcomer Circles, and a variety of Spiritual Deepening Circles. New this year is Beloved Conversations, a small group curriculum for exploring the role of race/ethnicity in individual and congregational lives. Descriptions, schedules, and registration are available online at [firstucircles.weebly.com](http://firstucircles.weebly.com) and in program catalogs that can be picked up outside the sanctuary. Registration will be open through Tuesday, Sept. 25.

## PATHWAY TO MEMBERSHIP: NEXT CLASS BEGINS SEPT. 25

Is First Universalist feeling like your spiritual home? Join us for The Pathway to Membership, a class exploring Unitarian Universalism, the history and mission of this congregation, and the experience of membership. We ask that all those who wish to become members take this class. We'd love to welcome you as a new member! Our next Pathway to Membership class will take place on: Tuesdays, Sept. 25 & Oct. 2, 6:30-8:30 p.m. To register, contact Sandy DiNanni at [sandy@firstuniv.org](mailto:sandy@firstuniv.org) or 612-825-1701.



# WELCOME

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.

## Are You Visiting?

Come to First Step, a brief orientation to First Universalist Church and Unitarian Universalism. First Step is generally offered on first and third Sundays.

## Our next orientation takes place: *Sunday Oct. 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. 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).

## CYCLE OF LIFE

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.

## 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 info**, stop by our Information Center in the Social Hall downstairs, call 612-825-1701, or visit our website: [firstuniversalistchurch.org](http://firstuniversalistchurch.org).

## OFFERING PLATE

Recent offering plates from Sunday Service:

- 7/29 Habitat for Humanity \$325.36
- 8/5 Habitat for Humanity \$377.40
- 8/12 Pillsbury United Crisis Nursery \$519.20

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

## 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 info. You may also use the Square Cash app using our cash tag, \$firstuniv. Thank you for your generosity!

## GET OUR NEWSLETTER

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

## CONGREGATIONAL CARE

### Home Chore Help

If you would like help with simple tasks—changing filters, light bulbs, installing window air conditioners, etc., chores that don't require professional expertise—contact Mary Ellison at [maryellison2491@comcast.net](mailto:maryellison2491@comcast.net).



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



SEPTEMBER WORSHIP THEME: HERE... NOW... START

# LOVING AND LOATHING A MIRACLE

REV. JUSTIN SCHROEDER

SEPTEMBER 23, 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***John Coltrane*

- Bill Lee

Soul Band

**Words of Welcome**

Rev. Ruth MacKenzie

**Prelude***Naima*

- John Coltrane

Soul Band

**Call to Worship**

Pamela Reed

**Opening Hymn #126 (Please rise in body or spirit)***Come Thou Font of Every Blessing***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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**Musical Interlude**

Soul Band

**Silence****Cycle of Life**

Rev. Ruth MacKenzie

**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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**Welcome In Joy**

Rev. Ruth MacKenzie

**Reading***Pangaea*

- Clint Smith

Rev. Justin Schroeder

**Sound Poem***Psalm*- Spoken word from *Pangaea* and excerpts of prayer by John Coltrane

Soul Band

**Sermon**

Rev. Justin Schroeder

*Loving and Loathing a Miracle***Offertory***Acknowledgement*

- John Coltrane

Soul Band

**Closing Hymn #1001 (Please rise in body or spirit)***Breaths***Closing Words**

Rev. Justin Schroeder

**Blessing in Song #413***Go Now in Peace***Worship Leaders**

Rev. Justin Schroeder

Senior Co-Minister

Rev. Ruth MacKenzie

Minister

Pamela Reed

Worship Associate

**Soul Band**

Fraco Holder

Pianist

Dean Magraw

Guitar

Miguel Hurtado

Drums

Ted Olsen

Bass

**Chancel Flowers**

Today's flowers were arranged by Rita Franchett of the Visual Arts Committee.

**Offering: First Universalist Church**

One hundred percent of today's offering will support First Universalist Church and our ministries, including such efforts as our Soul Band (playing today), Beloved Conversations: A Curriculum for Exploring the Role of Race/Ethnicity in Individual and Congregational Lives, paying all of our adult employees a living wage of at least \$15 per hour, and making sure that our Religious Education Programming is accessible to all (we don't charge any additional fees). Your offering today helps us further our efforts to be a beacon of love, hope, and justice in our community. Thank you!

**Soul Band**

The Soul Band is the next iteration of our Artist in Residence program. It is comprised of four talented and innovative musicians from the Twin Cities. It is led by guitarist and composer Dean Magraw, and includes drummer Miguel Hurtado, bass player Ted Olsen, and Franco Holder who also serves as pianist for First Universalist Church. If you want to find out more about this talented foursome, please go to our web page.

**September Worship Theme: Here... Now... Start**

In the Buddhist tradition there is a concept called “maitri.” Buddhist nun and writer Pema Chödrön calls it the basis of compassion and the seed of joy. Maitri is a sanskrit word meaning an unconditional friendship with oneself. We spend so much of our time wishing we were someplace other than where we are, wishing we were something other than what we are. What if we made a steadfast commitment to be in friendship with where, what, and how we are, right now? When we are not so preoccupied with getting rid of our “bad” traits, or denigrating our ways of being, perhaps we would be able to see our defense mechanisms more clearly, or the ways in which our negative beliefs about ourselves manifest in our lives and the lives of others. Perhaps we would be able to acknowledge with more clarity and compassion our place in frameworks of oppression and life-denying practices individually and communally. Perhaps, we would also see our wisdom, our bravery, our resilience, and our kindness. What if we said: “Here is where we are. Now is what we have. This is how we start.”