



GET CONNECTED

THIS EVENING: PEACE ACTIVIST PAUL K. CHAPPELL

First Universalist's Peace Circle has welcomed author and peace activist Paul K. Chappell to the Twin Cities for its second annual Peace Forum. The final event of the weekend is a talk this evening, 7-9 p.m., which relates Racial Justice to Peace Literacy - a concept developed by Paul that offers a new paradigm for gaining a deep and practical understanding of extremism, trauma, and the nature of human happiness. Growing up a racial outcast in Alabama, the son of a half black and half white father and a Korean mother, Paul has worked through the trauma of racism and mistrust to hold a new vision for Racial Justice, which he'll share this evening. Free and open to the public.

ART SALE SUNDAY, OCT. 13

In an effort to follow the practice of the three R's...Reduce, Reuse, Recycle... the Visual Arts Committee is offering you an opportunity to purchase fabrics, vases, holiday décor, art prints and more from our collection. Cash or checks only. Stop by the social hall stage before or after services on Sunday, Oct. 13

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.

"ALL ON ONE PLATE" WITH DR. SOLVEIG BROWN

On Saturday, Oct. 6, 10-11:30 a.m., come hear the latest research on what today's parents are dealing with, such as safety, managing screen time, keeping kids healthy, work-life balance, and feelings of pressure and guilt while managing everything on their plate. Speaker Dr. Solveig Brown is the author of the anthropological study "All On One Plate: Cultural Expectations on American Mothers." This free event is a wonderful opportunity for parents to talk together about the joys and challenges of parenting.

YOUNG ADULTS FALL POTLUCK NEXT SUNDAY

Young Adults in their 20s and 30s are invited to a Fall Potluck on Sunday, Oct. 7 at 12:45 p.m. Join us for good food, a chance to meet other young adults, and an opportunity to dream together about what we might do this year. Bagels and coffee provided. Bring something yummy to share, some good ideas, and a smile!

JOIN THE FIRST UNIVERSALIST CHOIR

The choir is open to anyone who has a love for singing and wishes to participate in this ensemble during worship services. Prior experience and ability to read music are helpful but not necessary. The choir rehearses Wednesday evenings from 7-9 p.m. and sings in worship two times a month. Email randy@firstuniv.org for more information.



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.

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 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.

OFFERING PLATE

Recent offering plates from Sunday Service:

- 9/2 Ready Set Smile \$282.00
- 9/9 Perspectives \$1,611.52
- 9/16 Beacon Interfaith Housing Collaborative \$1,144.41

Know a charitable organization that shares our commitment to justice and equity? Nominate an offering recipient: 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

CONGREGATIONAL CARE

Caring Corner: Send a Card!

Write a note to a congregant who could use support. Cards are available in the library, located off of the Social Hall. Leave the card in the basket and we'll mail it for you.



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



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

THIS IS WHAT DEMOCRACY LOOKS LIKE

REV. KAREN HUTT

SEPTEMBER 30, 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. Jen Crow

Prelude

First Universalist Choir

Testament of Freedom, Mvt. I

Dr. Randal Buikema

"The God that gave us life"

- Randall Thompson

The God who gave us life gave us liberty at the same time;
the hand of force may destroy but cannot disjoin them.

- *A Summary View of the Rights of British America*, Thomas Jefferson (1774)

Call to Worship

Richard Lopez

Opening Hymn #287 (Please rise in body or spirit)

Faith of the Larger Liberty

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

Franco Holder

Silence

Cycle of Life

Rev. Jen Crow

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)

Welcoming In Joy

Rev. Jen Crow

Readings

Rev. Jen Crow

Excerpt from an essay

- Rev. Susan Browning

Quote from Alice Oswald

Rev. Karen Hutt

Anthem

First Universalist Church

Testament of Freedom, Mvt. IV

Dr. Randal Buikema

"I shall not die without hope"

- Randall Thompson

I shall not die without a hope that light and liberty are on steady advance...

And even should the cloud of barbarism and despotism again

obscure the science and liberties of Europe, this country remains to

preserve and restore light and liberty to them...

The flames kindled on the fourth of July, 1776, have spread over too much

of the globe to be extinguished by the feeble engines of despotism; on the

contrary, they will consume these engines and all who work them.

- Letter to John Adams from Thomas Jefferson, Monticello (September 12, 1821)

Musical Interlude (Second service only)

Franco Holder

Sermon

Rev. Karen Hutt

This Is What Democracy Looks Like

Offertory

Franco Holder

Piano Etude No. 6

- Phillip Glass

Closing Hymn #6 (Please rise in body or spirit)

Just as Long as I Have Breath

Closing Words

Rev. Karen Hutt

Blessing in Song #413

Go Now in Peace

Worship Leaders

Rev. Karen Hutt

Adjunct Minister

Rev. Jen Crow

Senior Co-Minister

Richard Lopez

Worship Associate

Franco Holder

Pianist

Dr. Randal Buikema

Director of Choral Arts

First Universalist Choir

Katy Carberry

9:30 A.M. Chalice Lighter

Kennion Hammer

11:15 A.M. Chalice Lighter

Chancel Flowers

Today's flowers were arranged by Bette DeMars of the Visual Arts Committee.

Offering: Residents of the Franklin/Hiawatha Encampment via The Metropolitan Urban Indian Directors

The Metropolitan Urban Indian Directors (MUID) is a coalition of Minneapolis Native organizations and urban Tribal offices and embassies. They write:

“In recent weeks many of our relatives have come together and moved into tents in the area along a soundwall on the east side of Highway 55. This community has become known as the Franklin/Hiawatha Encampment, or for some, the Wall of Forgotten Natives. Our community faces significant challenges to housing and many have been “forgotten” and erased by those systems that were set up to assist them.

“In response, a broad coalition of government, non profit, and community partners and stakeholders are coming together to address the short-term, mid-term and long-term barriers to housing for the residents of this camp, as well as those in other camps not so visible. Working together, we hope to find housing options for the camp’s population by the end of September, certainly before the weather turns cold.”

Our offering plate will go to support the residents of the Franklin/Hiawatha Encampment, via the MUID.

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.”