



GET CONNECTED

TREATS IN THE SOCIAL HALL TODAY

Thank you to all who “checked in” about annual giving over the past two weeks! Many people have responded with increases in financial commitments, new commitments, extra gifts, and have opted to make their commitment ongoing and/or switch from credit card to another payment method. Each one of these things is helping us to close the gap in our budget for this year and helping simplify the process of annual giving going forward. As a thank you, your annual giving team has treats for everyone! Please stop by the Social Hall after worship today for donut holes, bagels, fruit, and popcorn.

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.

12-STEP SPIRITUALITY: CENTERING PRAYER MEDITATION

New this year at First Universalist! These drop-in sessions, offered monthly October through May, are designed for those actively working a 12 Step program, as well as those wanting to explore & deepen their spirituality through meditation. Each session includes Centering Prayer meditation instruction, two 20-minute Centering Prayer sessions, reading from 12 Step literature, and presenters sharing personal experiences and sharing on selected topics. This month, the group meets on Saturday, Oct. 20, 9 a.m. to noon in the social hall.

YOUNG ADULTS FALL POTLUCK TODAY

Young Adults in their 20s and 30s are invited to a potluck today at 12:45 p.m. Join us for lunch, 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 if you can; all are welcome!

RACIAL JUSTICE AND OUR UU FAITH

Racial Justice and Our UU Faith is a regularly offered workshop that we encourage every member of our congregation to take. Please join us for this interactive, reflective workshop exploring a framework and tools for understanding race, racism, and whiteness and the spiritual imperative that drives our racial justice work. It’s a two-part workshop next offered on Saturdays, Oct. 27 & Nov. 3, 9:30–11:30 a.m. To register, contact Sandy at sandy@firstuniv.org or 612-825-1701.

DAYTIME CONNECTIONS: HOW TO COOK A WOLF

Through Daytime Connections, older adults empower each other to live intentional, joyful, purposeful, and spiritually fulfilled lives. At 11 a.m. every third Thursday, October through May, Daytime Connections offers a two-hour program on a topic specially geared towards older adults, followed by lunch. On Thursday, Oct. 18, the program is: “How to Cook a Wolf.” Learn how to reduce or eliminate “the wolf of fear”! Motivational speaker Jennifer Fernjack will share how emotional grit helped her conquer the biggest challenge of her life. RSVP to Sandy at sandy@firstuniv.org or 612-825-1701. A donation of \$5-15 for lunch is suggested.



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: 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. 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

Comfort Shawls

Do you like to knit? Contact Pat Foulkes, pfoulkes@hotmail.com, for directions for the comfort shawls that we distribute to congregants in times of need. If you know somebody who is in need of a Comfort Shawl; contact Susan Schonfeld at susanwschonfeld@gmail.com or Mary Ellison at maryellison2491@comcast.net.



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



OCTOBER WORSHIP THEME: WELCOMING IN JOY

THIS IS US

REV. JUSTIN SCHROEDER

OCTOBER 7, 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

Prelude*And the Skies Opened Up*
- David Lanz

Franco Holder

Wisdom Story

Rev. Elaine Aron Tenbrink

Opening Hymn #1000 (Please rise in body or spirit)*Morning Has Come***Lighting the Chalice**

Knut Remmem, Henry Mitchell-Crow

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)

Music for the Journey #168**(Children are excused to their classes, please remain seated)***One More Step***All In Check In****Musical Interlude**

Franco Holder

Voices from Our Community

Martha Bird

Silence**Cycle of Life**

Rev. 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)

Welcoming in Joy**Voices from Our Community**Gary Melom
Isha Caldwell**Anthem***Truly Brave*
- Arr. Mac HuffFirst Universalist Choir
Soul Band
Dr. Randal Buikema**Homily***This Is Us*

Rev. Justin Schroeder

Candle Lighting Ritual*Stand In the Light*
- Lauren Christy and Stephan Moccio
Arr. Roger EmersonFirst Universalist Choir
Soul Band
Dr. Randal Buikema**Offertory***Lean On Me*
- Bill Withers

Franco Holder

Closing Words

Rev. Justin Schroeder

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

Rev. Justin Schroeder	Senior Co-Minister
Rev. Elaine Aron Tenbrink	Minister
Isha Caldwell	Mental Health Connect Navigator
Martha Bird	First Universalist Member
Gary Melom	First Universalist Member
Dr. Randal Buikema	Director of Choral Arts
Fawzia Khan	Soloist
Ron Parker	Soloist
First Universalist Choir	
Zoe Olson	9:30 A.M. Chalice Lighter
Knut Remmem	9:30 A.M. Youth Reader
Henry Mitchell-Crow	11:15 A.M. Youth Reader

Soul Band

Franco Holder, Miguel Hurtado, Dean Magraw, Ted Olsen

Chancel Flowers

Today's flowers were arranged by Visual Arts Committee Members, Suzanne Anderson and her daughter Frances.

Offering: Mental Health Connect

Mental Health Connect (MHC) works to provide community-based resources, support, and education to improve access to mental health services and to connect individuals and families with the services they need. MHC is unique because of their Mental Health Navigator/Peer Specialist. The Mental Health Navigator has preparation and experience in social services to assess client resource needs and barriers to mental health care, develop a plan to meet desired outcomes, and participates in outreach activities. If extended support is indicated, the role of the Certified Peer Specialist (CPS) may be engaged. The CPS is an individual in recovery with a diagnosis of mental illness, has completed CPS training and is willing to share his/her experience of recovery. The CPS assists clients who could benefit from someone who may have experienced similar obstacles. The MHC team is mobile and can meet clients at their homes, community sites, their congregations, etc. MHC services are free of charge to the community.

October Worship Theme: Welcoming in Joy

“Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it (Hebrews 13:1-2).” One of the common messages of the world’s religions is the practice of radical hospitality, to move beyond the natural inclination to distrust, and instead, welcome. When we extend a hand on a Sunday morning, when we hold curiosity and wonder in our exchanges, when we view one another as Thou, a whole and holy human being with dreams, loves, and agency, we make room for the divine to enter and be within our midst. As a church committed to racial justice, we name the frameworks that hinder belonging, that constrict our humanity, and wound the soul. This month, we affirm and welcome the light in each human heart and commit ourselves to welcoming in joy.