



GET CONNECTED

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.

DAYTIME CONNECTIONS: TURNING POINTS

On **Thursday, Jan. 17** at 11 a.m., hear from members of the Peace and Social Justice Writers Group at The Loft Literary Center, who reveal riveting accounts of a generation touched by the turbulent winds of mid-century America. We will share our own turning points and turbulent times. Through Daytime Connections, older adults at First Universalist empower each other to live intentional, joyful, purposeful, and spiritually fulfilled lives. To register, contact Sandy DiNanni at sandy@firstuniv.org or 612-825-1701.

FIRST UNIVERSALIST FOUNDATION ACCEPTING NOMINATIONS

The First Universalist Foundation Board is now accepting nominations for a Foundation grant. The Foundation is particularly interested in organizations that address human rights at risk and those whose leadership includes people of color, women, and other underrepresented groups. The nomination form is available on our website, through January 31. Members of the Foundation Board will be in the **Social Hall on Sundays, Jan. 13 and 20** after services to answer questions.

ARTIST'S RECEPTION - TODAY!

A new art exhibit of work by church member Chris Willcox is on view in the social hall now through Feb. 10. You're invited to meet the artist at a reception in the social hall after services today! Chris's *Adrift* paintings deal with the global refugee and migrant crisis. Chris has used media photographs as inspiration and in some cases, actually fixed them directly to the canvas, allowing her to work within the conversation that already exists.

WINTER CIRCLES: SIGN UP NOW OPEN!

Enrich your spiritual life by joining a Circle this winter! Circles are groups of 8-10 committed participants who come together with a trained leader to nurture spiritual growth in community. Check out our winter/spring offerings in the Adult Programming guides in the Narthex and Social Hall and/or online at firstucircles.weebly.com. Sign up is open through Tuesday, Jan. 29.

RACIAL JUSTICE AND OUR UU FAITH WORKSHOP

On Saturday, **Jan. 26, 1-5 p.m.**, join us for an interactive, reflective workshop exploring a framework and tools for understanding race, racism, and whiteness and the spiritual imperative that drives our racial justice work. If you haven't taken this workshop yet, this is a great time to do so if a single-day workshop suits your schedule better! (Most-often, this is offered as a two-part workshop.) To sign up, contact Sandy DiNanni at 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: Jan. 20!

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:

- 11/25 Augsburg Fairview Academy \$1,085.88
- 12/2 Unitarian Universalist Service Committee \$1,861.40
- 12/9 Hiawatha/Franklin Encampment \$2,648.08

Know a charitable organization that shares our commitment to justice and equity? Nominate an offering recipient: firstuniversalistchurch.org/offering-plate. Thank you for your generosity!

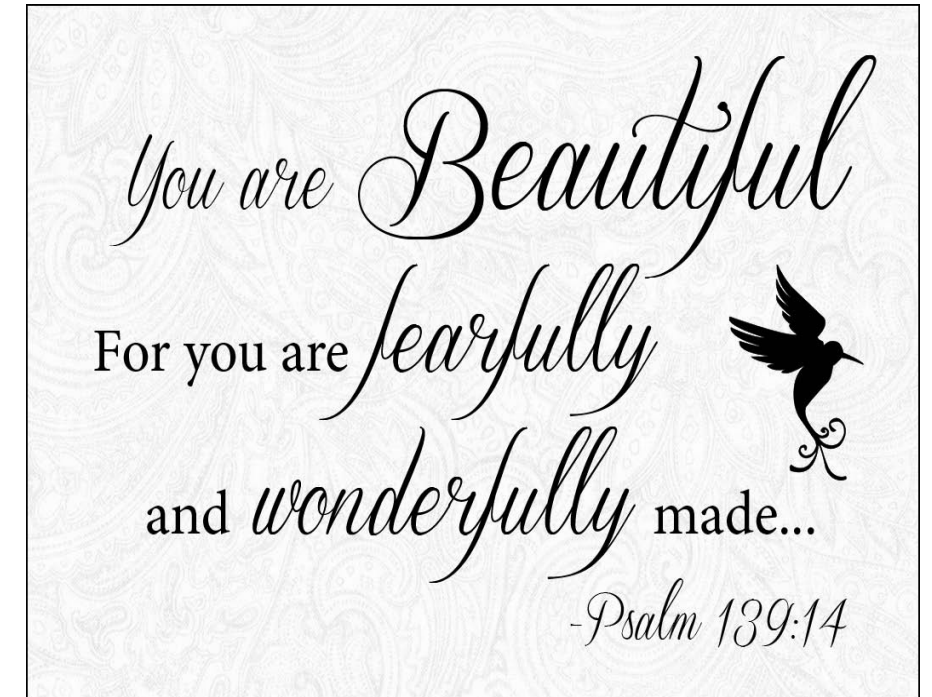
GET OUR NEWSLETTER

The Weekly Liberal, our email newsletter, is published on Thursdays. Subscribe at: firstuniversalistchurch.org/the-weekly-liberal

CONGREGATIONAL CARE

Pastoral Visitors

The Pastoral Visitors Team is a group of congregants, led by the Rev. Ruth MacKenzie, who provide confidential pastoral care to friends and members of our congregation in need of support. We visit people at homes, hospitals, and hospice, or at the corner coffee shop. Our goal is to offer compassionate presence to our fellow congregants in the knowledge that this too is a spiritual practice. If you are in need of a Pastoral Care team visit, please contact Rev. Ruth MacKenzie at ruth@firstuniv.org.



JANUARY WORSHIP THEME: OUR BEAUTIFUL BODIES

THE TEACHING BODY

REV. RUTH MACKENZIE

JANUARY 13, 2019

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. Elaine Aron Tenbrink

Prelude

Melodia Africana II
-Ludovico Einaudi

Franco Holder

Call to Worship

Jason Berry

Opening Hymn #1053 (teal hymnal)

How Could Anyone

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
(Reprinted with permission by the UUA)

Musical Interlude

Franco Holder

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

Centering Song

Where You Go, I Will Go
Where you go, I will go, Beloved,
Where you go, I will go. (Repeat)

Where you lie, I will lie, Beloved,
Where you lie, I will lie. (Repeat)

Chorus:
And your people are my people,
Your people are mine.
Your people are my people.
Your divine, my divine.

Reading

Footnote to Howl (edited)
- Allen Ginsberg

Rev. Ruth MacKenzie

Anthem

Beautiful
- Linda Perry
arr. Mac Huff

First Universalist Choir
Dr. Randal Buikema, conductor
Ella Dolynchuk, Soloist

Sermon

The Teaching Body

Rev. Ruth MacKenzie

Offertory

Melodia Africana I
- Ludovico Einaudi

Franco Holder

Closing Hymn #1018 (teal hymnal)

Come And Go With Me

Closing Words

Rev. Ruth MacKenzie

Blessing in Song #413

Go Now in Peace

Worship Leaders

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|---------------------------|-------------------------|
| Rev. Ruth MacKenzie | Minister |
| Rev. Elaine Aron Tenbrink | Minister |
| Jason Berry | Worship Associate |
| Franco Holder | Pianist |
| Dr. Randal Buikema | Director of Choral Arts |
| First Universalist Choir | |
| Ella Dolynchuk | Musical Guest |
| Zoe Olson | 9:30 Chalice Lighter |
| Matt Dalby | 11:15 Chalice Lighter |

Guest Musician: Ella Dolynchuk

Ella Dolynchuk has been performing in the Twin Cities since she was 7 years old. A Canadian native - she spent her middle school years training in Moscow, Russia and Kuala Lumpur, Malaysia. She is a current senior at Edina High School and serves as a Minnesota State Thespian Officer. Last year, she was one of Spotlight Education's Triple Threat Finalists. She would like to thank her parents for their undying love and support, as well as Randy Buikema for this opportunity and all of the wonderful training he has given her. She hopes to pursue a B.F.A in Theatre after high school.

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 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!

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.

January Worship Theme: Our Beautiful Bodies

In one of the most beautiful biblical passages, the psalmist writes: "For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. (Ps 139: 13-14)" This month we recognize, accept, and cherish that we have our being in a body- fearfully and wonderfully made. We grow. We age. We have gifts. We have limitations. We experience one another and ourselves in bodies that are beautiful and wondrous no matter their particular characteristics. This month we explore our being in a beautiful body.