

# GET CONNECTED

## YOUNG ADULTS LUNCH TODAY

Are you in your 20s or 30s? Join the First Universalist Young Adults group **today** for lunch at a nearby restaurant! This is a casual “come when you can” social opportunity meets every 3rd Sunday of the month- no sign up required! Meet by 12:45 p.m. at the info desk in the Social Hall before heading out. Email Gordon Loery at [gloery945@gmail.com](mailto:gloery945@gmail.com) with questions.

## PATHWAY TO MEMBERSHIP

Is First Universalist feeling like your spiritual home? Join us for our next Pathway to Membership class on **Thursdays, Feb. 20 & 27**, 6-8 p.m., to explore 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. Register online at [firstuniversalistchurch.org/pathway-registration/](http://firstuniversalistchurch.org/pathway-registration/)

## BETTER ANGELS: CONVERSATION SKILLS WORKSHOP

In our current political environment, many people avoid or dread political conversations with friends or family members whose politics differ from their own. In this interactive Better Angels workshop (offered twice - choose **Saturday, Feb. 22** or **March 14**, 9 a.m. to noon), you will learn skills for having respectful conversations that clarify differences, search for common ground, and affirm the importance of the relationship. Better Angels is a national nonprofit that has developed and pioneered concrete, structured practices for dialogue across political divides. Sponsored by the First Universalist Church Peace Circle. Register online at [firstuniversalistchurch.org/better-angels/](http://firstuniversalistchurch.org/better-angels/)

## LAST DAY: "KARIBU TANZANIA" EXHIBIT

Today is the last day to view "Karibu Tanzania" in the Social Hall. The exhibit by Debbie Cash is a collection of mosaic art pieces and photos featuring animals, people, and landscapes encountered during two trips to Tanzania, in 2016 and 2018.

## WORKSHOP: TAKING DIRECT ACTION FOR THE CLIMATE

Join the First Universalist Environmental Justice Team (EJT) on **Tuesday, Feb. 18** at 7 p.m. for a discussion of a wide variety of climate resolutions and tactics to push them as policy: 100% Campaign, Green New Deal, Carbon Fee and Dividend, ISALAH. Learn the nuts and bolts of precinct caucus actions and holding representatives accountable.

## DAYTIME CONNECTIONS: NUTRITION

Are you looking for healthy eating and sustainable nutrition tips? Join Daytime Connections on **Thursday, Feb. 20** at 10:45 a.m. for a presentation by a registered dietitian. The presentation will include fun facts and games. Lunch follows at 1 p.m. Registration requested: <https://firstuniversalistchurch.org/daytime-connections/>

## GENDER: BEYOND THE BINARY

Join us for a class led by Forrest Mainville on **Saturday, Feb. 29**, from 10 a.m. to noon in the Cummins Room, to define the social construction of gender, learn about a constellation of gender options, and discuss ways our gender assignment at birth has impacted us. There will be opportunities to ask questions and share personal stories.

# 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](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, or if you would like support, contact Rev. Ruth MacKenzie at [ruth@firstuniv.org](mailto:ruth@firstuniv.org) or 612-825-1701.

## 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)

## ACCESSIBILITY

Hearing devices are available; ask an usher. Cushions for the pews are located near the entrances to the Sanctuary. Please return them to their home after the service. Designated **fragrance-free rows** are located in the balcony.

## OPEN HEARTS AND SPIRITUAL CARE

We know that worship can take 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.

## OFFERING PLATE

Recent offering plates from Sunday Service:

1/19	Exodus Lending	\$808.19
1/26	Simpson Housing Services	\$1,036.40
2/2	ISALAH	\$1,010.13

To make a donation to the offering plate via credit card, use your smartphone to text **firstuniv** to **73256**. Or, use the Square Cash app using our cash tag, \$firstuniv.

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

## CONGREGATIONAL CARE Caring Corner

Write a note to a congregant who is celebrating or could use support. Cards are available in the library, located off of the Social Hall. You may use the weekly Cycle of Life flyer to address the card, or simply leave it in the basket, and we'll address and mail it for you.



FIRST UNIVERSALIST CHURCH  
OF MINNEAPOLIS

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



FEBRUARY WORSHIP THEME: BREAKING DOWN AND BUILDING UP

# WHEN THINGS FALL APART

REV. RUTH MACKENZIE

FEBRUARY 16, 2020

*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

## Preparing our Hearts

*Come, Come Whoever You Are*

Though you've broken your vows a thousand times,  
you've broken your vows a thousand times...

*(Melody joins when invited)*

Come, come, whoever you are  
Wanderer, worshiper, lover of leaving.  
Ours is no caravan of despair.  
Come, yet again, come.

## Words of Welcome

Rev. Ruth MacKenzie

## Prelude

*Étude No. 6*

- Philip Glass

Franco Holder

## Wisdom Story

*Strictly No Elephants*

Seth Matz

## Opening Hymn #389

*Gathered Here*

## 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

## Silence

## Cycle of Life

Seth Matz

## 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

*Where You Go* (rise in body or spirit when you hear the music start)

Where you go I will go, Beloved

Where you go I will go. *(Repeat)*

And your people are my people. Your people are mine.

Your people are my people. Your Divine, my Divine.

- Shoshana Jedwab

(Printed by permission)

At this time, children in pre-K through 5th grade  
are welcome to attend childcare.

## Reading

Excerpts from *Radical Hope*:

*Letters of Love and Dissent in Dangerous Times*

- ed. Carolina De Robertis

Rev. Ruth MacKenzie

Seth Matz

## Musical Offering

*Étude No. 16*

- Philip Glass

Franco Holder

## Sermon

*When Things Fall Apart*

Rev. Ruth MacKenzie

## Offertory

Franco Holder

## Closing Hymn #1008

*When Our Heart is in a Holy Place*

## Closing Words

Rev. Ruth MacKenzie

## Blessing in Song #413

*Go Now in Peace*

## Worship Leaders

Rev. Ruth MacKenzie

Seth Matz

Franco Holder

Elanor Bialostosky

Elizabeth Haugen

Minister

Young Children's Program Coordinator

Pianist

9:30 Chalice Lighter

9:30 Youth Reader

## Chancel Flowers

Today's flowers are in memory of Claire Richards, who would have  
celebrated her 30th birthday today.

## Offering: Nawayee Center School

Nawayee is an Ojibwe word that means "the center." For over 40 years,  
Center School, in the heart of the Minneapolis Native American  
community, has provided educational resources for students struggling  
in a traditional academic environment. Nawayee Center School provides  
a transformative education, grounded in indigenous life-ways and a love  
of learning. Native American cultural values are modeled and integrated  
throughout the entire 7th-12th grade curriculum. Our donation will help  
fund Nawayee's Healthy Choices program, which helps Native students  
strengthen their health, allowing them to be young people who do what  
they love and love what they do.

## February Worship Theme: Breaking Down and Building Up

What we know about this life is that it is transitory: everything is falling  
apart and coming back together in some related but different configuration,  
all at the same time, over and over again. We are part and parcel of an  
ever-creating creation. What helps us navigate this journey of life's breaking  
down and building up? Do we hide in a shell, wary of what's out there, or  
what's next? Or do we venture out into the vulnerability and creativity of  
this flowing life, leaving the shell by the shoreline? Are there currents and  
patterns that are reliable and trustworthy in an ever-changing world? This  
month, we explore the dynamics of this impermanent life, and the bonds of  
community and faith that keep us strong and supple for what's ahead. "For  
each generation, the challenge is the same." writes Mark Nepo, "How to  
leave our shell, and to help each other live once out of their shell."