

FIRST UNIVERSALIST CHURCH
3400 DUPONT AVENUE SOUTH
MINNEAPOLIS, MINNESOTA 55408

THE
liberal

Upcoming Sunday Services
One 10:00 a.m. Service

August 1

"We Already Have Everything"
Led by Teresa Schwartz,
Summer Minister

August 8

"The Universal Springsteen:
From E Street to Dupont Ave"
Led by Pamela Vincent

August 15

"Groundless"
Led by Teresa Schwartz

August 22

"An Edge that Doesn't Cut:
the Yin/Yang of Borders"
Led by Rev. Karen Hering

August 29

"August Reflections"
Led by Rev. Kate Tucker

More Information at:
www.firstuniv.org/worship

Words from Teresa

My husband, David, and I have a 21-month old daughter, Josephine. The other day we were getting ready for naptime, and I had a bit of trouble getting her to bed. I tried to sweeten the deal by saying, "we'll do your diaper, a story, a nap, and then Daddy will be home!" That was a mistake. Instead of heading up to her room, she ran to the front door shouting, "Daddy, daddy, daddy!" Small children of Josie's age live purely in the present. She had only heard "Daddy" and "home." The ability to understand past, present, and future comes with development and time.

She continually offers me the reminder—at times gently, at times fiercely—that the only time we have is now. With my own schedules and goals, I can fall into the tyranny of the clock, and miss what is happening right now. Of course, our way of measuring time is useful—it allows us to divide and track our days and meet with one another, and to do so reliably.

Yet, it's easy for me to believe our culture's concept of time *is* reality in itself, and when I do that, I often live too much into the future. "We'll be there in five minutes," or "when Josie turns two," or "when family comes for Christmas." I've read that on the quantum level time behaves differently. Time is different across cultures, different across the lifespan; it's relative, I'm told. I try to remember this, particularly if I'm running late!

I have a spiritual practice of daily prayer and meditation. Typically, I do this as the first thing after I put Josie down for her nap. It helps

calm and center me; it helps me be a better parent for the rest of the day. It can slow me down enough that sometimes I can hear that still, small voice of the holy. It changes my concept of time. Before my meditation, time seems to fly, and I feel it's a scarce commodity. But, if you've ever sat trying to count your breaths one at a time, it can feel like an eternity. It can be frustrating, but my perception of time shifts from one of scarcity to one of abundance.

Our family moved in June, and in the chaos and work of a household move, I fell out of my meditation practice. I've been picking it back up again. Yet, once again, five minutes now seems to be an eternity, as it did when I started this practice. It is work. It is rest. It is hard. It is definitely worth it. As I continue trudging along in my practice, it does get easier; quietness starts to come more readily. My sense of time expands. My peace increases.

We are nearing the end of the summer. It can be a time of much anticipation and excitement for the new school year, the new church year, and all of the change that fall brings. As Minnesotans, we are very carefully tuned into the season's changes—summer is short and precious, and we notice its passing. Perhaps it's an invitation to notice its present. I hope this time of the year might be one of renewal and an abundance of good things—including time. The holy lives in the present. May it refresh you, mind, body, and soul.

Blessings,
Teresa Schwartz, Summer Minister

August 1-31, 2010
ISSUE NO. 2

All Church News

William Drew Washburn: Hear about one of First Universalist's Founders August 1 at 11:00 a.m.

On Sunday, August 1 Kerck Kelsey, author and Washburn descendent, will attend our church service. He has chronicled the Washburn family for the past nineteen years, and is a historian and story teller. He has agreed to stay after the service and discuss his latest book: *Prairie Lightning: the Rise and Fall of William Drew Washburn*. The book tells a dramatic story of a life that began on a hardscrabble farm in Maine and was lived at a fast pace in the 19th century.

William Drew Washburn was larger than life. In addition to convening the organizing meeting for First Universalist Church of Minneapolis, he was at the center of some of the largest enterprises in mid-western history. You see his name on the cornerstones of many of our historical building—including the gorgeous chapel at Lakewood Cemetery. He was instrumental in keeping our church going through its early days and into the 20th century.

Come to hear what Kerck has to share with us about our founding hero. Light refreshments will be provided, along with some juicy stories in the Cummins Room, after the service. Copies of this new book will be available, too.

Office Closings

In the June *Liberal*, Kate and Justin briefly mentioned that the office space would be renovated. You won't believe the changes afoot! The front office will be moved to the current RE office so the ministers will no longer be "off the front office" (and therefore, they may have meaningful conversations with congregants without a lot of white noise), staff will have cubicles and new office storage, and there will be new carpeting throughout.

When you walk into the new front office, there will be a reception desk, a water cooler, and comfortable furniture.

We expect the remodeling to begin around August 2. **This means there will most likely be days for the first couple of weeks in August when the office will be closed.** We realize this may be a hardship for some people wanting to conduct business during the week.

These steps may help you manage the disruption:

- 1) Contact the appropriate staff person to make prior arrangements to meet at the church. You may contact them by leaving a message at First Universalist or sending them an email. (Staff will check email and phone messages during this time, provided they are not on vacation.)
- 2) If you know you will need access to the building, contact Lily (ext 107, lily@firstuniv.org) with the dates and times so she can set up a PIN number for you to gain access.
- 3) Watch the weekly e-news and the website for the latest office closure information.

Additionally the church office **will be closed on Mondays from 8:30 a.m. – 4:30 p.m. for all of August** but will remain open in the evening for groups to meet.

We apologize for any inconvenience and thank you in advance for your patience.

The Sounding Board

By John Jensen

General Assembly was certainly a forceful event and a memorable experience for me. My role was to serve as accompanist for GA Choir, led with passion and conviction, by Ruth Palmer. We developed a good rapport, both musically, and emotionally from the get-go. Also on hand were some colorful folks populating the GA Choir—one fellow in particular from New Orleans. He related to me that he was a full-time trumpet player in a blues club in the Quarter. I found him a delightful conversationalist and a sophisticated musician who also happened to be raised in the UU tradition. His wife is a UU minister in New Orleans.

Sundays:

August 1: Paul Riedesel, guitar

August 8: David Lauth

August 15: Jill Oliveri

August 22: John Jensen, piano

August 29: Janice Hunton, soprano

Lifespan Faith Development

*UU Identity, Ethical
Development, and Spiritual
Practice for All Ages*

Two Registration & Volunteer Sign-Ups This Month!

Don't miss out on getting your children signed up for Religious Education classes for the 2010-2011 church year. Please mark your calendars for one of these dates. These events are the only way to register for 2 & 3 year-old through Senior High classes. If you need childcare for the meeting you choose, please contact Lily Franz at 612-825-1701 x107 or lily@firstuniv.org, at least one week in advance.

- Wednesday, August 11, 6:30-8:00 p.m.
- Thursday, August 19, 6:30-8:00 p.m.

Meetings will be held in the Cummins Room and will provide the same information. Thank you!

Mission Statement

We join together at First Universalist Church in a welcoming, spiritual community that affirms our liberal religious heritage. Our ministry is to bring the Universalist message of love and hope to one another, to our children, and to the work of social justice.

Adults Needed For Religious Education Teaching Teams in the Fall

Whether you are a parent, single, married, young or old, we need your help in guiding our children and youth in their spiritual growth. Teachers are still needed for the classes and times posted below. You will be in the classroom approximately once every three weeks and there will be training provided prior to September 19, the first day of class. Interested? Questions? Contact Marsha at 612-825-1701 x111 or email marsha@firstuniv.org.

- Nursery 9:30 and 11:15 a.m.
- 2&3 year-olds 11:15 a.m.
- 4&5 year-olds 11:15 a.m.
Kindergarten - 6th grade
(each grade level) 11:15 a.m.
- Grade 9-Coming of Age
9:30 and 11:15 a.m.
- Grades 10-11 11:15 a.m.

Cleaning Help Needed for Religious Education Classrooms

Do you like things sparkling clean? Do you enjoy doing minor repairs? If your answer is yes, then please plan to help us clean and prepare the Religious Education rooms on Wednesday, August 18 from 9:00 a.m. to 1:00 p.m. We will provide lunch for all once we are done. What a great chance to build relationships with fellow congregants! If you can pitch in, need childcare, have questions, call Marsha at 612-825-1701 x111.

Children's Program (ages 0 – 6th Grade)

Feeding Hungry Children
Around the World
August 8 at 10:00 a.m.

Please join our children and volunteers from *Food for Kidz* as we package meals to send to hungry children around the world. This project is made possible by the children's offering collected during the 2009-2010 church year. All are welcome to participate. Note: the *Food for Kidz* project will be concurrent with the service in the Sanctuary.

Youth Program (for Grades 7-12)

Summer Programming for Youth

All First U **Youth entering grades 7-12**, are invited to the **Minnesota Renaissance Festival** in August! No special curriculum, lessons, or content required. We'll hang out, eat some medieval-type food and spend some fun bonding time together...

When: Sunday, August 22
from 10 a.m.-5 p.m.

Where: meet in First U parking lot and car pool to the Fair near Shakopee.

How: *RSVP to Katie H., by Thursday, August 19!*

Cost: \$20.95 for admission +spending \$\$ for food, souvenirs, games (scholarships are always available).

*We also need a few **adults** to drive and chaperone. Please contact Katie H. if you can help at katie@firstuniv.org.

Young Adults (ages 18-35ish)

Have you graduated from the First U youth program and miss your church friends? Summer is the time to reunite! Come to the **First U Senior High Alumni Picnic**.

Who: All young adults who have ever graduated from the First U youth program.

When: Tuesday, August 10, 5:00-7:30 p.m.

Where: Lake Calhoun (near the beach volleyball courts at 36th St.)

How: *RSVP to Katie H., by Sunday, August 8!*

Bring a dish to share (veggies, chips, watermelon, etc.). We'll bring the grilling meat/non-meat and beverages.



Shared Interest Groups

Labyrinth News & Views

First Universalist Open Walks will be taking a hiatus this summer. Please rejoin us for Open Walks the **FIRST WEDNESDAY** (rather than the first Tuesday) of every month starting in September and continuing through December. Thank you for your continuing support!

Comfort Shawls

Thanks to the generosity of our Comfort Shawl creators, we have a

colorful abundance of shawls that are now being kept in the Chancel Room. If you know of a church member who would appreciate receiving one, please contact Margit Berg at 612-377-4776/ margitkb@comcast.net or Sue Schiess at 952-929-7311/ sschiess@alumni.princeton.edu in order to prevent duplicate gifting.



About Our People

Please Note: announcements written July 9 or earlier.

Sunday, June 13, the second group of our **First Universalist senior high youth and their adult advisors** departed for their UU Heritage trip to Boston. We sent them with love and a wish for them for a time rich with community building, spiritual exploration, and deepening of their UU identity. Youth and adults who went to Boston: **Megan Atwood, Hannah Berg, Stellan Christensen, Ross Heaton, Sage Coy, Emma Gerch, Katie Heaton, McKensy Lancette, Caroline Lauth, Sasha Morrison, Spectra Myers, Sally Peterson and Julia Rhees.**

Both **Jakob Christensen and Ian Powers** were not able to accompany their classmates on the UU Heritage trip to Boston. **Jakob Christensen, in 10th grade, son of Carina Jacobsson and Keith Christensen,** was in the hospital at the Mayo Clinic following decortication surgery from complications with heart surgery he had 1.5 years ago. **Ian Powers, in 11th grade, son of Jean Allan and brother of Sam Powers,** was in a serious bike accident. He broke both of his arms in the crash and needed surgery.

Seven-year-old **Bella Balabuszko-Reay's friend and classmate Grant Steensland,** passed away of brain

cancer. Bella's First Grade community at Highland's School in Edina is grieving the loss of their friend Grant with the support of parents and teachers. Grant showed unbelievable spirit and bravery as he experienced his illness. His classmates helped their friend with such compassion and grace. They stayed true friends until the end.

Bella's parents, Pamela and Jim ask for you all to keep Grant's family and friends in your prayers as they suffer the loss of their beautiful little boy.

Laura Wright, daughter of Judy and Ray Goebel and mother of Ariel, is recovering from surgery.

Paul Riedesel's wife, Joyce, had surgery to remove an artificial knee that had become infected. Paul reports that the surgery went well, but Joyce will be receiving IV antibiotics at home for a long time, after which she'll need another knee replacement.

Ann Hobbs had surgery on June 24. Surgery was followed by infection, but Ann is now recovering at home.

Richard Hadley's father, Harold Hadley, died in Fairfield, IA on June 13 at the age of 93. The family includes UU members - son: **Richard Hadley, daughter-in-law Laurie Pape Hadley, and grand-daughter Vivian.**

Lyle Johnson came through surgery to reverse a colostomy in good shape.

From Corky: "Thank you so much for all your words of support and encouragement. I wish I could express just how much your messages mean to me, Lyle and Waid."

Sue Scott started and finished the next round of chemo at the end of June.

Claire Richards, 20 year-old daughter of Gail Manning and David Richards, was recently diagnosed with malignant melanoma. Claire had surgery to remove the melanoma and is currently exploring treatment options.

Joy Throm was admitted to Abbott Northwestern Hospital with a severe strep-based infection in her left arm. She was sent home to recover.

Frank Blake was in Methodist Hospital with congestive heart failure. He was hoping to be well enough to attend the all-church picnic on July 18!

Calendar of Events August 1-31

available online at:
www.firstuniv.org

~ Denotes an event to which more information can be found in this issue of the Liberal.

* Event is closed.

Sunday, August 1

One Service at 10 a.m.

- 11:00 a.m. Washburn Talk with Kerck Kelsey
11:00 a.m. What We're About

Monday, August 2

- 12:00 p.m. Career Transition Group

Thursday, August 5

- 4:00 p.m. Unity Leadership Banquet

Friday, August 6

12:00 p.m. Liberal Deadline for September Issue

Sunday, August 8

One Service at 10 a.m.

Monday, August 9

- 12:00 p.m. Career Transition Group
7:15 p.m. Women's Ritual Circle*

Tuesday, August 10

Primary Election

- 7:00 p.m. Men's Support Group*

Wednesday, August 11

- 6:30 p.m. AUW Friendship Group
6:30 p.m. RE Sign-Up Event~

Sunday, August 15

One Service at 10 a.m.

- 11:00 a.m. What We're About

Monday, August 16

- 12:00 p.m. Career Transition Group
7:00 p.m. RiseUp Singing

Wednesday, August 18

- 9:00 a.m. RE Cleaning and Organizing Day~

Thursday, August 19

- 9:00 a.m. Liberal Collation Grp
6:30 p.m. RE Sign-Up Event~

Sunday, August 22

One Service at 10 a.m.

- 10:00 a.m. Jr/Sr High Trip to MN Renaissance Festival~

Monday, August 23

- 12:00 p.m. Career Transition Group

Tuesday, August 24

- 7:00 p.m. Men's Support Group*
7:15 p.m. Women's Ritual Circle*

Wednesday, August 25

- 6:30 p.m. AUW Friendship Group

Thursday, August 26

6:30 p.m. Board Meeting

Sunday, August 29

One Service at 10 a.m.

Monday, August 30

- 12:00 p.m. Career Transition Group

The Liberal is Published Monthly by First Universalist Church
The deadline for event submissions is the first Friday of the month.

Looking for Discussion?

The Cyber CoffeeHour is a great place to chat with other First U members and friends about various issues, both in our congregation and in the world.

<http://groups.yahoo.com/group/CyberCoffeehour/>

First Universalist Church Is Served By:

Senior Minister

The Reverend Justin Schroeder x102

Associate Minister

The Reverend Kate Tucker x103

On Call Summer Minister

Teresa Schwartz x127

Minister Emeritus

The Reverend John Cummins

Director of Congregational Life

Heidi Mastrud x124

**Youth and Young Adult
Ministries Coordinator**

Katie Heaton x109

Children's Program Coordinator

Marsha Partington x111

**Program Assistant and
Sunday Childcare Provider**

Lily Franz x107

Director of Faith in Action

Debra Rodgers x106

Director of Administration

Patti Frazee x104

Communications Coordinator

Kevin Watson x110

Membership Support

Sandy DiNanni x125

Sound System Operator

Ben Burger

Music Director

John Jensen

Choral Director

Janice Hunton

Cleaning Custodian

Mike Higgins

Custodian

Chris Azar

Upcoming Events:

Sunday, August 1

Washburn Talk with

Kerck Kelsey

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**Wednesday, August 11 &
Thursday, August 19**

Religious Education

Sign-Up Event

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Wednesday, August 18

Religious Education

Classroom Cleaning &

Organizing Day

(p. 3)

OFFICE HOURS

Monday-Thursday 8:30 a.m. to 8:00 p.m.
Friday 8:30 a.m. to 4:00 p.m.
Saturday Closed
Sunday 8:00 a.m. to 12:00 p.m.

Phone: 612-825-1701

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