

FIRST UNIVERSALIST CHURCH
3400 DUPONT AVENUE SOUTH
MINNEAPOLIS, MINNESOTA 55408

liberal THE

March's Sermon Theme:
Sustainable Living

Upcoming Sunday Services
At 9:00 and 11:00 a.m.

March 7

"Living a Sustainable Life"
Led by Rev. Justin Schroeder

March 14

"Unexpected Gifts"
Led by Rev. Justin Schroeder

March 21

Sharing Sunday

"Go with What You've Got"
Led by Rev. Kate Tucker

March 28

"The Constant"
Led by Rev. Justin Schroeder

Words from Justin

The Unitarian Transcendentalist Henry David Thoreau once asked, "What is the use of a house if you haven't got a tolerable planet to put it on?" Indeed, having a healthy planet is a critical component of "Sustainable Living," which is our theme for March.

While "Sustainable Living" is connected to the planet, it is more than that. "Sustainable Living" is about discovering and connecting with people, values, and actions that bring us joy, meaning, and hope. Material goods satisfy on some level, but at the end of the day, it is friends, and living in accord with our deepest values that truly sustain us.

In my life, "Sustainable Living" manifests itself in the following ways: I take each Monday off as a Sabbath Day, to reconnect with my family and my own spirit. I also maintain a regular spiritual practice that helps me awaken to the fullness of life. As a young parent, I don't have time to meditate or journal like I used to, and so my primary spiritual practice these days is attentive and loving parenting as our son discovers and explores the world. I am also in a small group that meets monthly. And yes, "Sustainable Living" also means living with awareness of my "carbon/consumption footprint," and as a family, we do our best to live simply.

As we conclude our Pledge Campaign at the end of March, "Sustainable Living" feels like an

appropriate theme. It is your financial generosity that helps sustain and strengthen First Universalist Church and its mission to share the "message of love and hope" within and beyond these walls. After all, First Universalist offers the things that truly sustain us: community, love, spiritual growth, and the hope of a better world through putting our faith into action. My wife and I are committed to sustaining and growing this institution, and we feel blessed to be able to give 5% of our income to the church.

I feel privileged to serve as your Senior Minister, and this faith, church, and ministry truly excite and sustain me. I trust and hope that it sustains and inspires you as well!

I'll see you in church,



Justin

Upcoming Sermon Themes

March: Sustainable Living
April: Success & Failure
May: Friendship

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.

March 1-31, 2010

ISSUE NO. 9

The Welcome Table

Steps to Membership

(for anyone age 14 or older)

1. **What We're About**— overview of what UUs believe and what makes us different from other denominations. *Especially for visitors.* March 7 and 21, following each service (30-45 min.).
2. **Pathways to Membership**— potential members are expected to take this class before joining. Childcare is available at no cost, but please register early. Upcoming Pathways dates: Two Tuesdays, April 6 and 13 from 7:00 – 9:00 p.m. OR Saturday, May 1, 9:00 a.m. – 1:00 p.m. RSVP: sandy@firstuniv.org
3. **Application for Membership**— and the Board accepts you into the congregation.
4. **New Member Welcome Ceremony**—individuals and families are welcomed during a special ceremony. Next ceremony will be held March 7.
5. **Foundations of Our Faith**— a monthly class, with lunch, for new members. Childcare is available at no cost. See next article for more information.

Foundations of Our Faith

New members are invited to join the Foundations of Our Faith group for one year. This group meets monthly for lunch and topical conversation, meant to deepen your understanding of UUism and your membership at First Universalist.

You must sign up to participate in this class; please call Sandy in the church office, 612-825-1701 x125

or email, sandy@firstuniv.org.
Childcare is available at no cost.

Dates and topics for 2010:

Conversation begins at 12:30 p.m.

March 14 Ask the Ministers

April 11 Faith in Action & Lifespan Faith Development

May 2 History of First Universalist Church

Leadership Spotlight

Are We Growing?

By Barry Johnson

Like me, I'm sure you have noticed that there are more people around on Sunday mornings. Have you ever wondered just how many more there really are? Well, my calculation based on information given to the Board of Trustees at its monthly meeting is that the averages for the September to December period this year versus last year are:

	<u>2008</u>	<u>2009</u>
Services	462	544
Religious Ed.	<u>279</u>	<u>353</u>
Total	741	897

This is a short period and I wouldn't want to draw any conclusions based on this information but I thought it might be interesting to see the numbers since we have been asking the congregation what it feels about space issues.

With the many people who seem to be joining the church on the new member Sundays it would be natural to assume that a noticeable part of this attendance

increase is due to new members but it's not so. The report to the Board at the January meeting shows 816 members versus 814 in January of last year.

This is because the people who join are very visible while those who leave are much less so. Apart from the people who move, die, or leave the church in very visible ways there are many who simply drift away. For that reason each year we "clean up" the membership rolls and remove the names of any people who have not made a recordable financial contribution to the church in the last year. As a result of this action 34 members were removed by the Board in December. We do this not just for accuracy but because our financial contributions to the Unitarian Universalist Association and the Prairie Star District of the UUA are based on our membership.

If you are interested in these numbers you can follow them every month because they are on the church web site. Each month's Board of Trustees agenda and background information, including attendance and membership reports, are posted at www.firstuniv.org/aboutus/board.

Grow. Act. Love.

Pledge Campaign 2010-2011

Events Calendar

Attend any or all of these "no-ask" events.
For childcare contact Lily at ext. 107, or lily@firstuniv.org

March 12,
6:30-8:45 p.m. Event for
ages 7+. Showing of the
movie *Millions*, followed
by a discussion with
Rev. Justin Schroeder.
Popcorn and beverages served.

March 28, 12:15 p.m.,
Prize Drawing! Atrium
Sculpture Revealed!

Join us for the Final Celebration in the Social
Hall and Atrium. There will be a drawing
for all who have turned in their pledge cards
(need not be present to win).

Prizes include a Kindle, an iPod Shuffle, and a
massage gift certificate. The beautiful Atrium
Sculpture will also be revealed.

March 27,
9:30-11:00 a.m.
Your Money Life,
presented by
Ruth Hayden.

In this workshop, Ruth Hayden will
explore the emotional dynamics of
money, reflect on the core values that
drive your life and how those can be
applied to your money life, and much
more.



Atrium sculpture designed by
Kristen Mengelkoch.

For more information or to pledge online: www.firstuniv.org/pledge

All Church News

Question of the Month

- a. Radical hospitality, welcoming all who enter our doors, is a practice we would especially like to promote. We are interested in knowing how you, or a group you are a member of, welcome visitors or new members. In what ways do you integrate radical hospitality into the work of your group(s)? Are there ways in which you or your group would/could become more engaged in welcoming visitors and new members? What feedback have you received from visitors or new members about their experience at First Universalist?
- b. If you are a visitor or a new member, how has your welcome been? How could we improve?

We look forward to hearing from you.

Board Connections Committee:
Kathy Coskran, chair,
kac1122@aol.com,
Jane Johnson,
jjnijohnson@aol.com,
Candace McClenahan,
clmcclenahan@mac.com,
Kimon Swarts,
kimon@swarts.com

General Assembly is in Minneapolis! June 23-27

Don't miss the opportunity of a lifetime! Join friends from First Universalist as well as thousands of Unitarian Universalists from across the continent for the 2010 General Assembly (GA) in Minneapolis.

You'll experience wonderful and uplifting [worship services](#)—morning and night—led by some of our best worship leaders, with glorious music and inspiring messages. Worshipping together with thousands of fellow UUs at our Sunday Worship Service is an experience that should not be missed.

General Assembly is the way that our faith does [business](#). Actions of social witness are passed at GA, elements that make up future policies are discussed... and YOU have a voice in the discussion.

You'll hear [terrific speakers](#). There will be hundreds of entertaining [programs](#) and informative workshops, offering excellent support and learning for leaders in our congregations. You'll be able to join the [witness for our faith](#) and values, in moving and exciting ways.

[Registration](#) opens March 1. [Children's Programs](#), [Financial Aid](#), and [Accessibility Services](#) are available, as well as opportunities to volunteer.

www.uua.org/events/generalassembly/index.shtml

Member-to-Member Gift Fund

The Member-to-Member Gift Fund, used to purchase gift books for new members on the occasion of their joining the church, is running low. In fact, we have only enough money to purchase gifts for ten more new members!

For each \$6 contribution, we will inscribe a *UU Pocket Guide* with your name on a bookplate inside the cover, and present it to a new member before the New Member Welcome Ceremony. Please make your check out for a multiple of \$6 (i.e. \$12, \$18, \$24, \$30, etc.) to First Universalist Church and write "Member-to-Member Gift Fund" on the memo line.

We expect about 50 new members through June of this year, so please give generously. It is our hope that your gift will touch, move, and inspire our new members to share their time, talent, and treasure with our First Universalist community. Thank you!

Haiti Relief Fund

The call went out and this congregation responded, in a BIG way! First Universalist Church raised \$16,730 for the UU Service Committee (UUSC)-Unitarian Universalist Association (UUA) Haitian Relief Effort. According to uua.org, organizations receiving UUSC-UUA funding include Papaye Peasant Movement (MPP), the Lambi Fund of Haiti, Platform of Community Organizations of the Port-au-Prince Metropolitan Zone (COZPAM) in Port-au-Prince and Regional Coordination of Southeast Organizations (CROSE) in Jacmel. This is the work of our church, and our denomination.

Last Chances to Become a Member this church year!

There are only two Pathways to Membership classes left before the end of the church year in May. If you're interested in becoming a member before the summer recess, sign up for the required class by calling the church office. More information is available in the "Welcome Table" section of *the Liberal*.

Application Process for Leadership at First Universalist

The Nominating Committee announces openings on the First Universalist Board of Trustees, Foundation Board, and Nominating Committee for the 2010-2011 year. Roles on these critical groups offer opportunity for service and personal growth. While these roles involve dedication and a commitment of time, the rewards are great.

You can learn more about the positions and qualifications and apply online at:

www.amsurvey.com/nc10

If you have questions, you may contact a member of the Nominating Committee: Narissa Bach, Cindy Marsh (Chair), Ginny McAninch, Paul Riedesel, Kimon Swarts, Jeff Sylvestre, and Pamela Vincent. Although the deadline for application is **March 31**, we would appreciate learning about your interest as early as possible.

Board of Trustees. Trustees of First Universalist Church represent the congregation in decisions about church policies, governance, and oversight. Trustees are responsible for being in touch with the hopes, dreams, ideas, goals, fears, and complaints of the congregants and, as appropriate, turning them into governing policies that provide direction and priorities to the senior minister, and indirectly for church staff as supervised by the senior minister. Trustees are also responsible for monitoring church finances, for evaluating whether reasonable progress is being made toward congregational goals as communicated in the form of policies, and for evaluating the

administrative performance of the senior minister. In brief, theirs is the work of connecting, monitoring, and mentoring.

First Universalist Foundation Board. This Board serves as stewards for the First Universalist Foundation endowment. Each year, endowment income is distributed in the form of grants to nonprofit organizations. Members are expected to participate both in the evaluation of funding requests and in hands-on involvement such as site visits to grantee organizations, participation in seminars and workshops related to grant-making and social change, and attendance at events held or sponsored by grantee organizations.

Nominating Committee. The primary role of this committee is to screen and recommend candidates to the congregation for vacant positions on the Board of Trustees, First Universalist Foundation, and the Nominating Committee. Nominations are also made for which Trustees serve as President, Vice President, Treasurer, and Secretary. Relevant skills include a deep knowledge of the church and its members; discretion; networking; and organizational leadership.

All positions are normally for a three year term, with a second possible term. To qualify for any of the positions, a congregant must be a member in good standing of the church, which includes making and paying a yearly pledge of financial support to the church.

What's Hanging in the Atrium?

The Visual Arts Committee hopes you appreciate the colorful mobile which will soon be added to our church atrium. The design for this chalice mobile was created by Kristen Mengelkoch, an interior designer who is a member of SPIFF (Space, Planning, Improvement, Facilities, and Furnishings). Architect and Visual Arts member Steve Oakley along with other members of Visual Arts and SPIFF committees worked with Kristen on finalizing the design and installation.

When the model was presented to the church's management team they were excited about the project and felt that the design would be perfect for the pledge campaign graphic. An architectural model will be on display in the Social Hall during the campaign and the piece will be installed to celebrate the final weekend of the pledge campaign, March 28.

Works from Alsadu ("Moving Forward" in Kuwaiti dialect)

On Display February 21 - April 4

Reception with additional items for sale — March 14

Items in this exhibit, *Works from Alsadu* or "Moving Forward" in Kuwaiti dialect, are from Alsadu Inc, a member of the Fair Trade Federation. This Minneapolis store specializes in historic non-Western arts and crafts, including textiles, rugs, artifacts and architectural forms, jewelry, clothing, ceramics, and furniture. Alsadu is a member of Green America, which certifies it

as green and sustainable. These items were created in Oceanic, African, Asian and Middle Eastern regions. Sales help support economic independence in developing countries. Each piece is hand-picked and has its own story. Organizer, Donna Waldhauser, is a licensed social worker whose practice is carried into the countries where she finds items for Alsadu. For more information visit www.alsadu.com.

Blood for Our Neighbors and for Haiti

The January 31 Blood Drive at First Universalist was a success.

We had 32 people registered to donate, 2 no-shows, 3 walk-ins, 7 first-time blood donors, 5 deferrals and 27 UNITS DONATED (that's 4 above our goal of 23 units).

Thanks to all who participated and thanks to Mike our custodian for helping to get the Blood Mobile well situated on 34th Street.

This is the work of our church.



Lifespan Faith Development

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

Get Ready for the Youth Art Show: Collage! Textile! Sketch! Sculpture! Painting!

Young artists are invited to submit a piece of art that shows what you love about the church and represents your spiritual side! Children and teens will be judged in four age categories: pre-K-2nd Grade, 3rd-6th Grade, 7th-9th Grade, and 10th-12th Grade. A panel of First Universalist adult judges will award prizes to the winners. Art must be delivered to the church May 16-23. The show runs June 12-September 5, with an artist's reception on opening day. Create your art at home or school or work on it on the same day as other church friends, with Jane Johnson providing direction and materials. Watch the April *Liberal* for more information. Questions? Call/email Heidi in the church office: x124 / heidi@firstuniv.org.

Youth Program (for Grades 7-12)

Youth Musical March 5 and 6 "The Surfer Society, Finding Your Wave"

7:30 p.m. Friday and Saturday nights, March 5 & 6, watch and listen to First Universalist 5th through 9th graders as they perform a musical written by and for Unitarian Universalists. The Surfer Society, Finding Your Wave: Music and Lyrics by Sandy Waterman and Story by Elizabeth Wood.

The scenes take place on a beach in California. Jackie and her family, who are from Minnesota, go to California each year to spend the summer. There, she and her friends meet Randy, an old surfing legend, and learn to surf. Randy shares the legend of Kahanamoku, the surfing god, and tells the group that if they see her at the annual grunion bonfire, they will be great surfers. All except Jackie see the mythical Kahanamoku. Later, Jackie tries to prove that she can be just like Randy and surf a giant wave. A chorus of sea creatures provides a running commentary, and observes the events from below the pier. There are several references to the Hawaiian creation myth, Hawaiian terms, and surfing. The show's primary message is, be your own unique self.

This is a great outing for First U families and adults. Support our youth!

Young Adults (ages 18-35ish)

What's a FUYAG?

If you are a young adult age 18-35, we invite you to attend a First Universalist Young Adult Group (FUYAG) meeting this winter! The group gathers for food, activities, and conversation each 2nd and 4th Thursday of the month from 7:00-9:00 p.m. in the Arches. We also have a monthly potluck and meet occasionally for social justice projects.

Adult Faith Development Opportunities

Information about our Adult Faith Development Opportunity: "Foundations of Our Faith" can be found under The Welcome Table section of this issue of *the Liberal*.

Mostly Silence

On 1st and 3rd Thursdays through May you're welcome to join Rev. Kate Tucker and fellow church members for a quiet break from routine. From 5:00-6:15 p.m., we'll meet in the Chancel Room. After some brief words, we'll meditate together through seated silence, walking meditation, and simple chanting. It will be a restful and centering time, and all the sweeter for being shared. No sign-up required.

Buddhist Meditation and Study Group

Thursdays, 7:00 p.m.

Learn about Buddhism and engage in Zen meditation practice. We will continue studying the book *Sailing Home* by Norman Fisher. Each week there will be a short presentation and a discussion; we

will conclude our evenings with a 1/2 hour of sitting meditation and 10 minutes of walking meditation. Newcomers are welcome; the book is easy to pick up mid-way. Please try to commit to the whole course. There is a suggested class fee of \$45, fee waived or reduced upon request. There are a couple of copies of the books in Heidi Mastrud's office for purchase. Contact group leader, Susan, if you have any questions and to register, susanhagler@earthlink.net or 612-825-7780.

Introduction to Chi-Gung

You are invited to join our Chi-Gung Group, 11th year at First Universalist, for Health, Fellowship, and Peace of Mind.

Upcoming Sessions: Each Wednesday, from 10:00-11:30 a.m., Narthex (upstairs, outside the Sanctuary). There will be a break on March 10.

Visitors welcome!

\$5.00 Suggested donation to First Universalist per class.

Chi-Gung is a centuries-old form of meditative exercise, originating in China, which helps people increase self-awareness, build internal energy, and develop a healthy, flexible body physically and spiritually. Chi-Gung techniques include sustained breathing, body postures, focusing the mind, and vowel sounds. Pat Gottschalk will lead you through warming-up, stretching, centering, and filling with energy and affirmation. You may stand or sit as needed, so the class is suitable for people with physical limitations.

Come as you are—stiff, limber, happy, sad, clumsy, or nimble.



Faith in Action

40th B[earth]day Sunday, April 25

- Exhibits on First Universalist's Green Sanctuary All Church Initiatives.
- Sing-a-long earth songs with Rise Up Singing group.
- Art projects for Kids
- 40 years of sustainable earth successes.
- Sustainable re-gifting sale.

Re-Gift for Earth Day

Sustainability, fun, and funds for good causes—all in the same event. Remember to save your unused or indistinguishable from new items for our re-gifting Earth Day event. Bring a gift valued between \$10 and \$25 and receive a tax deduction. Buy a gift for \$10 and enjoy it. All proceeds will go to First Universalist social justice groups. Brought to you by EcoMinds and the Green Sanctuary folks.



Shared Interest Groups

Labyrinth News & Views

Open Walk: Tuesday, March 2. Anytime from 6:30 to 8:00 p.m.

The Open Walk will feature a special CD of harp music composed for grieving and healing. Simple journaling and art supplies will be available. All are welcome.

If you're new to First Universalist, the Labyrinth Circle (Team) invites you to experience the labyrinth meditation during the first Tuesday Open Walks. Your host will show you what to do. It's easy!

A Bit of History, starting with a 36' canvas labyrinth in 1998, First Universalist's labyrinth has welcomed thousands of walkers from Religious Education, Coming of Age, Open Walks, Winter Solstice, Wheel of the Year, AUW Retreats, Prairie Star District conferences, and more. In 2002, an 18' canvas Water & Beach labyrinth was created for the Cummins Room and is available for your use. In 2004 a three circuit labyrinth was installed in the church garden, next to the playground. The etched labyrinth in the social hall was dedicated in 2005. A finger labyrinth pastoral ministry began in 2007. This rich history continues...

Women Who Read

Women Who Read meet in members' homes or at church the fourth Monday of the month at 6:30 p.m. We eat potluck contributions, socialize, and THEN discuss, in a casual manner, books written by women! New members *always* welcome. PLEASE contact the host in advance to RSVP.

March 22, Oryx and Crane, by Margaret Atwood
HOSTS: Nancy Browne -
1480 Applewood Ct W, #121.
RSVP via email or call Nancy Browne, 651-636-6002.

Balancing on the Verge of Spring

Use your body to explore the idea and experience of *balance* at the Wheel of the Year Spring Equinox celebration on **Friday, March 19 at 6:30 p.m. in the Social Hall**. People of all ages are invited to participate in this life-giving ritual, enjoying an obstacle course, seed planting, and an egg hunt in a sacred context.

AUW Friday Get Connected

March 12, 7:00-9:30 p.m.

Phyllis Stenerson will lead a discussion on Spiritual Progressives. Phyllis has long been involved with this movement and is working on writing a book about the group. The group will meet from 7:00-9:00 p.m. Light refreshments will be served. For questions, call Jeni Klotz at 612-721-1483 or email jklotz1@cs.com

The Sounding Board

By John Jensen

Looking ahead into March and further into the spring months I want to note several items: I will be away for most of the month of March, touring with flutist Linda Chatterton. In my absence, Martha Mathewson will provide music for March Sundays. You will be in good hands. I return for April commitments.

Several other dates ahead: Thursday, April 29 at 5:00 p.m. in the Sanctuary, an open rehearsal of the University of Minnesota Health Sciences Orchestra, conducted by our own James Riccardo with me as piano soloist in the Beethoven Fourth Piano Concerto, this in preparation for a public concert on May 8 in Ted Mann Concert Hall with the same forces. There will be another performance on Sunday, May 16 at 3:00 p.m. in the Sanctuary.

Sundays:

March 7: First Universalist Choir

March 14: Universal Rock Band

March 21: Children's Choir and First Universalist Choir

March 28: TBA. Dana and Martha Mathewson.

About Our People

Please Note: announcements written February 5 or earlier:

First Universalist member **Jim Block**, has been named one of 31 new Fellows by the American Meteorological Society, the nation's leading professional society for scientists in the atmospheric and related sciences. The honor of Fellow is given to an individual for recognition of outstanding contributions to the atmospheric or related oceanic or hydrologic sciences, or their applications, during a substantial period of years.

Garden Work with Emily Grey Receives Award

All-America Selections® awarded the Minneapolis Park and Recreation Board - Lakes District Lyndale Park Gardens, the Category III Exemplary Education Award.

Multidisciplinary and interdepartmental events were held at the Lyndale Park AAS Display/ Butterfly and Hummingbird gardens on May 9, May 22, and October 9 for students of three Minneapolis schools. At the May 9 event 140 students of the Emily Grey Charter School enjoyed a lecture by plant ecologist and First Universalist member Douglas Owens Pike before proceeding to the AAS garden site.

Jan Saxhaug, son of John Saxhaug and Lynn Rabinovitch, has been deployed by the U.S. Army to Afghanistan for

approximately seven months. His family asks for thoughts and prayers for him, all service members in Afghanistan and Iraq, and the people of those countries.

Jim Mickman and Sarai Brenner are back home from Greece, where Jim experienced a seizure and spent five days in a Greek hospital. An MRI done January 11, showed no sign of a return of his brain tumor. The seizure may have been caused by a blip in his medication. Jim will postpone going back to his office for a month, just to rest and recuperate. We hold Jim, Sarai, and daughters Emelia and Sophia in our hearts, as they recover from this frightening experience.

Alexander Holt Kimball, born December 27 to proud parents **Peter and Laura Kimball and proud big sisters, Sophia (5) and Ariana (3).**

The Rev. Sarah Barber-Braun, spent a week in HCMC for tests and has now moved to the Benedictine Health Center for renal failure rehab, where she will be for some time. Then she will need to move to live with one of her children, either in California or Montana. We hold Sarah in our hearts and prayers.

Marion Gordon, had major surgery at Abbott Northwestern Hospital on January 21. She will be recuperating at home for several weeks. We send prayers for a speedy recovery.

Joyce Berdie, had hip replacement surgery January 28 at Fairview Riverside Hospital. She will be joining other First Universalist "Hipsters," who have been encouraging her and providing the tools to recovery.

Ben Sklaney's LEFT arm was broken in January while snowboarding. The doctor is taking extra precautions with repairs (long cast and longer recovery period) to guard against second breaks and the nightmare of pins and surgery! (He broke his RIGHT arm last year, and then re-broke it when the cast came off!). We send Ben and his mom, **Mary Helmin**, healing thoughts. Hooray for Ben's brother, Wyatt, who is staying healthy!

Former member **Beth Brownfield** wrote to say that her husband, **Jerry**, suffered a stroke on January 14. While he's expected to recover, his vision and balance are impaired right now and he'll be in rehab for another two weeks before he can go home. Beth is quite sure that Jerry would appreciate cards and notes from folks who remember him. (She also said they miss First Universalist very much!)

Alan Steinhauer, had cataract surgery on January 26 which led to corrective surgery on February 9. We wish Alan all the best as he heals from these surgeries.

Jerry Brownfield, suffered a stroke in January, is off machines now for feedings! He is progressing in walking, coordination and vision. They are hoping his swallowing reflexes will return with time. We send our love and prayers of support to Jerry, as he recovers in Washington State.

Waid Johnson, continues to deal with a brain tumor. The days are long for Waid. If any of you have the time, Waid would enjoy some company, activity in the daytime. He would enjoy going for a walk, going downstairs to the spa for a workout with someone, just

visiting, and, if someone was so inclined, he could use some help getting his place cleaned up. His mom, **Corky Johnson**, thanks those of you who have been so thoughtful and have included Waid in your activities. Please call her to schedule a time with Waid, because she keeps his appointments for him.

Congratulations to **Rob Machalek and Patrice Kloss**, the proud parents of twins, **Luke Patrick, and Jake Robert**, born January 30. **Tess Sophia** is the very proud big sister. **Jerry Machalek** wants everyone to know that these are his 13th and 14th grandchildren.

A grand "Welcome Home" to **Lewis Bishop**, arrived home after serving a tour in Iraq! Tricia reminds us that Lewis has been in an environment where he is used to keeping a 3-foot perimeter at all times and that it is best not to crowd him or come up from behind. Hugging without warning might be an issue, too. She hasn't seen any evidence of serious Post Traumatic Stress Disorder in Lewis, but won't know until he's home for a while. Our hearts celebrate with **Tricia and Grace**, as their family is reunited once again.

Calendar of Events March 1-31

available online at:
www.firstuniv.org

Monday, March 1

12:00 p.m. Career Transition Group
7:00 p.m. UU Stitches

Tuesday, March 2

6:30 p.m. Open Labyrinth Walk~

Wednesday, March 3

12:30 p.m. SPIFF Meeting
7:00 p.m. Choir Rehearsal

Thursday, March 4

5:00 p.m. "Mostly Silence"
Contemplative Group~
7:00 p.m. Buddhist Meditation ~
7:15 p.m. Nominating Comm. ~

Friday, March 5

7:30 p.m. Youth Musical
Performance ~

Saturday, March 6

9:00 a.m. Racial Justice Training at
Greater Friendship
10:00 a.m. Archival Group
10:00 a.m. MUUSJA/AUW
Voting Rights Group
7:30 p.m. Youth Musical
Performance ~

Sunday, March 7

New Member Ceremony at
9 am and 11 am
9:00 a.m. All Grade Assembly
10:00 a.m. Comfort Shawl Group
10:00 a.m. What We're About ~
10:10 a.m. Children's Choir
12:00 p.m. What We're About ~

Monday, March 8

12:00 p.m. Career Transition Group
7:00 p.m. Visual Arts

Tuesday, March 9

7:00 p.m. 150th Steering Comm.
7:00 p.m. Men's Support Group*

Wednesday, March 10

7:00 p.m. Choir Rehearsal

Thursday, March 11

5:30 p.m. Executive Committee

Friday, March 12

6:30 p.m. Family Movie Event:
"Millions" 6:30 p.m. ~
7:00 p.m. AUW Friday
Get Connected ~

Saturday, March 13

Unity Leadership Retreat

Sunday, March 14

Daylight Saving Begins
10:10 a.m. Children's Choir
12:15 p.m. Foundations of Our Faith

Monday, March 15

12:00 p.m. Career Transition Group
6:30 p.m. Women's Ritual Circle*
7:00 p.m. Rise Up Singing
7:00 p.m. UU Stitches

Tuesday, March 16

6:00 p.m. Project Homeless
Connect Training
7:00 p.m. Children and Youth
Committee
7:00 p.m. Library Committee

Wednesday, March 17

7:00 p.m. Choir Rehearsal

Thursday, March 18

5:00 p.m. "Mostly Silence"
Contemplative Group ~
6:30 p.m. Board of Trustees

Friday, March 19

6:00 p.m. Wheel of the Year:
Spring Equinox ~
7:00 p.m. Drumming Group

Saturday, March 20

1:00 p.m. Sandwich Making
for Simpson

Sunday, March 21

Sharing Sunday
10:00 a.m. What We're About ~
10:10 a.m. Children's Choir
12:00 p.m. What We're About ~

Monday, March 22

12:00 p.m. Career Transition Group

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

* Event is closed.

Tuesday, March 23

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

Wednesday, March 24

7:00 p.m. Choir Rehearsal

Thursday, March 25

9:00 a.m. Liberal Collation Group
7:00 p.m. Young Adult Group ~
7:00 p.m. Foundation Committee

Friday, March 26

Senior High Boston Trip (off-site)

Saturday, March 27

Senior High Boston Trip (off-site)
8:00 a.m. Unity Leadership Retreat
9:30 a.m. Your Money Life:
Ruth Hayden Event ~

Sunday, March 28

Senior High Book Sale
Senior High Boston Trip (off-site)
10:10 a.m. Children's Choir

Monday, March 29

Senior High Boston Trip (off-site)
12:00 p.m. Career Transition Group
6:30 p.m. Women's Ritual Circle*

Tuesday, March 30

Senior High Boston Trip (off-site)

Wednesday, March 31

7:00 p.m. Choir Rehearsal

The Liberal is Published
Monthly
by First Universalist Church

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/](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

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

Music Director

John Jensen

Choral Director

Janice Hunton

Director of Faith in Action

Debra Rodgers x106

Director of Administration

Patti Frazee x104

**Facilities Coordinator and
Financial Assistant**

Chrystal Teachout x100

Communications Coordinator

Kevin Watson x110

Membership Support

Sandy DiNanni x125

Cleaning Custodian

Mike Higgins

Sound System Operator

Wesley Full

Upcoming Events:

**Friday, March 5 &
Saturday, March 6**

Youth Musical
(p. 7)

Friday, March 19

Wheel of the Year:
Spring Equinox
(p. 8)

Saturday, March 27

Your Money Life,
Presented by Ruth Hayden
(p. 3)

Sunday, March 28

Pledge Campaign Wrap-up
Atrium Sculpture Revealed &
Prize Drawing!
Grow. Act. Love. (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

Fax: 612-825-8879

firstuniversalist@firstuniv.org

www.firstuniv.org

FIRST UNIVERSALIST CHURCH

3400 DUPONT AVENUE SOUTH
MINNEAPOLIS, MINNESOTA 55408

DATED MATERIAL
PLEASE DELIVER PROMPTLY
RETURN SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
MINNEAPOLIS
MINNESOTA
PERMIT NO. 875

