

FIRST UNIVERSALIST CHURCH  
3400 DUPONT AVENUE SOUTH  
MINNEAPOLIS, MINNESOTA 55408

THE  
**liberal**

**January's Sermon Theme:  
Forgiveness**

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

**January 3**

"We Begin Again in Love"  
Led by Kelli Clement

**January 10**

"A Pattern So Vast"  
Led by Rev. Kate Tucker

**January 17**

"Beloved Community?"  
Led by Rev. Justin Schroeder

**January 24**

"Removing the Arrow"  
Led by Rev. Justin Schroeder

**January 31**

"7 x 70 = The Power, Limits, and  
Challenges of Forgiveness"  
Led by Rev. Justin Schroeder

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# Words from Justin

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## Turning Towards the New Year

As we move into the New Year, we engage the theme of "Forgiveness."

Although the Jewish New Year, Rosh Hashanah, doesn't happen until September, that High Holiday is about taking yourself and your relationships seriously, asking, "Where did I go astray in the past year? Who have I harmed? How can I return to the service of life, and be in right relationship with those around me?"

Rosh Hashanah concludes with Yom Kippur (the Day of Atonement), when Jews focus on making amends, acknowledging past wrongs, and seeking forgiveness, so that they can face the future with a clean slate (or at least as clean as possible!). These High Holy Days are a time for honest self-examination and a commitment to be a better person

Thus, the New Year, whether you celebrate it in January or September (if you're Jewish) can be a time of awakening, forgiving, and renewing your focus on right relationships and right living.

Forgiveness is rarely easy; often, it is more of a process, rather than an event. And there are some things that are nearly impossible to forgive or that we simply refuse to forgive. It is important to remember that there is always a cost of not forgiving, of not letting go of our hurt or wounded. Perhaps it's a cost worth paying; but often, it can be a poison that

causes even more pain. At its essence, however, forgiveness is a gift we give ourselves. Ultimately, it's not about others, it's about us.

Thankfully, First Universalist is a faith community that reminds us about forgiveness every Sunday when we say: "This is our great covenant: to dwell together in peace, to seek the truth in love, and to help one another." While "forgiveness" may not jump out of this statement, the truth is that the only way we can "dwell together in peace," and the only way this community can work at all, is if we continually practice forgiveness with one another. *Forgiveness is what makes dwelling in peace possible.*

As we move into the New Year, may we review the past, make amends where they are needed, and move toward a future filled with greater peace.

I'll see you in church,

Justin

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### Upcoming Sermon Themes

January:	Forgiveness
February:	Doubt
March:	Sustainable Living
April:	Success & Failure

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### 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.

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January 1-31, 2010  
ISSUE NO. 7

# Leadership Spotlight

## Question of the Month

By Kathy Coskran

*As a church, we believe in bearing witness to the Universal Love and underlying unity that holds and connects us all; and that invites us to become fully human, alive, and of service to something larger than ourselves.*

— the Reverend Justin Schroeder

The First Universalist Board of Trustees wants to hear from you! Board members are visiting various groups in the church to help inform and shape decisions by learning what people's hopes and dreams are not only for their group and their own life in the church at present, but for how the church wants to be in the future. At last count we identified 68 active committees and groups in the church, more than we can visit in one year!

To help us know how we are living our mission we will post a question each month in *The Liberal*, on Cyber Coffeeshour, and in the Social Hall and invite you to respond. You can write your response on paper provided near the Question Box in the Social Hall, directly on Cyber Coffeeshour, or by emailing a Board Connections Committee member.

**The question for January:** We know many groups are experiencing space problems with our building. How well is the building working for you? What are

the strengths of our current space? The drawbacks? What would be an ideal space for our church?

We look forward to hearing from you.

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

# 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.* January 3 and 17 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. Next Pathways date: **Saturday, February 6, 9 a.m. – 1 p.m.** RSVP: [sandy@firstuniv.org](mailto: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 January 10.
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](mailto:sandy@firstuniv.org). Childcare is available at no cost.

**Dates and topics for 2010:**

**Conversation begins at 12:30 p.m.**

**January 10**

Unitarian, Universalist, & UU History

**February 14** Pastoral Care

**March 14** Ask the Ministers

**April 11** Faith in Action &

Lifespan Faith Development

**May 2**

History of First Universalist Church

# All Church News

## Caring For Our Building

It takes all of us to care for our church building and grounds. If you notice something that needs attention: a damaged bench, a loose cupboard door, a crooked sign, a carpet stain, a weedy flower bed... PLEASE take a moment to fill out a "Caring for Our Building" form. The blue forms are available in the Welcome Center and on Chrystal Teachout's desk in the main office. Please return completed forms to the office for Chrystal.

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## Meet Your Pledge Team!

For 2010-2011, our annual stewardship campaign has been restructured and re-imagined. A three-person pledge team will work with the Reverend Justin Schroeder and Director of Administration Patti Frazee to lead the campaign. The new structure envisions overlapping three-year terms, so that each year's chair benefits from the experience of the past years and is familiar with the process. This year's pledge team:

Christa Anders, a member for 14 years, served as a co-chair of the Religious Education committee and on the All-Church Council, and was a team captain for last year's Go-Green Raffle. Christa will serve a two-year term.

Eric Cooperstein, a member for 15 years, currently serves as chair of the First Universalist Foundation and served for four years on the Stewardship Committee. Eric will serve on the Pledge Team for one year.

Lark Weller joined First Universalist two years ago and has been a Coming of Age mentor and is a greeter on Sunday mornings. Lark will serve on the pledge team for three years.

The Pledge Campaign will kick-off on Sunday, February 21, 2010. Watch *The Liberal* for more information!

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## Families for Fun and Congenial Adults

A multi-generational activity

### Ice skating, sledding, and board games

January 17, 3:30-5:30ish p.m.

Meet at Lyndale Farmstead Park, 39th and Bryant. The Warming House will be open, skates available to loan on a first-come, first-serve basis for free, and/or bring your own sled. Or, if you'd rather avoid the cold, stop by for board games at church.

Potluck will follow at 5:00 at church in the Social Hall. Food can be dropped off any time after 3:00. Bring a dish to share, cold-weather gear, and your favorite board game.

People of all ages are welcome to join in! Questions? Call Dinah at 612-822-3004.

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## Welcome Team Training

Did you miss the training this fall for ushers, greeters, coffee servers, and other Sunday morning volunteers?

Please save Saturday, February 27, 9:00-11:00 a.m. for a training session at church. You will learn about safety procedures, emergency management, and the ministry of radical hospitality, as well as information specific to your volunteer position. Questions? Would you like to volunteer for one of these teams? Contact Heidi, [heidi@firstuniv.org](mailto:heidi@firstuniv.org) / x124 in the church office.

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## First Steps:

### Becoming More Welcoming to Families of Color

In November we were inspired and challenged by Rev. Mark Morrison-Reed to honor the ethnic roots within our own Unitarian Universalist faith, to connect in meaningful ways with the communities around us, and to become more welcoming to families and communities of color.

We believe First Universalist is ready to embark on that intentional journey by deepening our relationship with Greater Friendship Missionary Baptist Church; by creating opportunities to explore racism and racial justice through a spiritual lens and by deepening our understanding of the role of our congregation in the lives of our individuals and families of color.

On January 24, from 12:30 - 2:00 p.m. individuals and families of color are invited to an informal gathering in the Cummins Room. Your life experiences, as well as, your commitment to this congregation are important and necessary bridges to a vision of a fully integrated church. We are not sure where this may lead, but know that we want to begin. Lunch and childcare will be provided. Please RSVP to Debra Rodgers, [debra@firstuniv.org](mailto:debra@firstuniv.org) by January 18 and designate any childcare needs.

In faith,

Justin Schroeder,  
Senior Minister

Debra Rodgers,  
Director of Faith in Action

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## Family Circle Suppers: Connect Your Family

By Cheryl Reiswig

Looking for a great family activity? What could be better than monthly dinners with other families with kids?

I am an introvert, but I decided to sign my family up for Family Circle Suppers last year. We were welcomed into friendly homes, and when we broke bread together, it felt like we were making real connections with other like-minded families. The kids played. The adults chatted. And now, when I see these families at church, I remember them!

Family Circle Suppers are group dinners held on the third Saturday of the month at the home of a host who will provide the main course. Groups typically are three families. Guests bring what is designated by the host – this could be an appetizer, salad, dessert, bread, or wine. As a participant, your family will host one time. Suppers will take place from February through April, and there will also be a large group event in May.

If you have any questions or you would like to sign up, check out the table in the Social Hall on January 10 and 17. You can also contact Cheryl Reiswig ([cheryl.reiswig@gmail.com](mailto:cheryl.reiswig@gmail.com) or 612-922-6705) or Lianne Knych ([lianneknych@msn.com](mailto:lianneknych@msn.com) or 612-824-4401). Sign-up closes January 24.

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## Health Directive Workshops in February

If you don't yet have a health care directive (and all adults should have one), you have a wonderful opportunity to develop one at consecutive workshops led by church member Rev. Suzanne Owens-Pike.

Suzanne is Lead Chaplain at Hennepin County Medical Center and understands the thought processes needed to complete the form that she will make available to all attendees. The workshops will be held on February 10 and 17 from 7:00 to 9:00 p.m. in the Cummins Room and are sponsored by Pastoral Care.

The first one will provide background information and, at the second one, you will complete your directive and get it witnessed. If you want to think about end-of-life care ahead of time, Jane Brody's book, "Guide to the Great Beyond" is very helpful. A copy is available in the church library. Call the church office to sign up, 612-825-1701, by February 8.

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## January Art Show

Artist Dick Graves uses his architecture training and love of travel to create bright and bold water colors of happy places... places you would like to be. Each invites you on a journey of discovery. His works will be on display in the Social Hall January 10 - February 14 and he will be available at a reception after both services on January 17. To purchase any painting contact Bette DeMars at 952-929-2536 or [jbdemars@aol.com](mailto:jbdemars@aol.com).



## Lifespan Faith Development

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

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## Sermon-Based Small Groups: New Groups in January

When asked to comment on her experience in a sermon-based small group, one member of our church said, *I signed up for a small sermon-based group anticipating an opinionated and largely intellectual discussion of the week's sermon, including individual takes on the basic premise, informed elaboration on the ideas presented, dispensing of expert knowledge relevant to the topic, etc.*

*As our first meeting unfolded I was astonished as the actual purpose and process of the group became clear. Reflecting on specific questions that probed deeply into how the sermon theme related to our most significant personal life experiences resulted in an entirely unexpected, immediate, and deeply satisfying sense of connection to those around me.*

*Participation in this group has been a priceless and spiritual experience, and a remarkable exercise in recognizing and appreciating the threads that tie our lives together.*

This winter/spring, groups of 8-10 people will meet every other week, January - April. We'll explore

content related to sermons, spirituality, and UU theology through telling about our own life experiences. This is a wonderful way to connect with other church members, and to your own spiritual self. At the end of the session, the group will say good-bye to its members and will reform before the next semester.

*To get more connected at the church and further my spiritual journey, I jumped at the invitation to join a small group. Sharing deeply and honestly with these people and hearing stories of pain and loss as well as joy and beauty has made me feel more connected here. Common threads of the human experience were unraveled and explored. We practiced really listening to one another on a deep level, which brought us closer as a group. I look forward to joining another!*

- Katie,

First U attendee for 6 months

A Sermon-Based Small Group is different from other small groups at First Universalist. It is a group where you can engage in the spiritual practice of deep listening, get to know a small number of people you might not normally meet, reflect on how your life experience informs your faith (and vice-versa), and act together to serve the larger community. It is not a forum for debate or a therapy group.

*By participating in a sermon-based small group this Fall, I have become more grounded, in both a practical and a spiritual sense. Sitting in silence with others — as we reflect upon questions and await one another's responses — has helped me to slow down my outer life, thereby grounding me in*

*a practical sense. Listening fully to others as they share their thoughts about significant issues and events in their lives — without trying to formulate a clever response or to give feedback or advice — has helped me to both expand and clarify my inner life, thereby grounding me in a spiritual sense.*

- David, member since 1999

This winter our groups will center their discussions around four themes:

- Forgiveness
- Doubt
- Sustainable Living
- Success & Failure

You're invited to sign up for a group that works for your schedule – weekday, weekend, day or night, and childcare will be available at no cost for most groups (with advance notice).

There are three ways to sign up:

1. Visit the Sermon-Based Small Groups table in the Social Hall on January 3, 10, or 17.
2. Call or email Heidi x124 in the church office January 3 or after.
3. Sign up online on or after January 3. Go to: [www.firstuniv.org/smallgroups](http://www.firstuniv.org/smallgroups)

**Space is limited, so sign up early!**

Questions?

Call or email Heidi Mastrud, x124 / [heidi@firstuniv.org](mailto:heidi@firstuniv.org).

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## No RE Classes January 3

On January 3, Religious Education classes will be on winter break. Instead we will offer childcare for ages 0-3 and a multi-age chapel for kids age 4 and up. Youth, 7th grade and up, are invited to join their families in the Sanctuary.

There will be two services that day. This is a great opportunity for older kids to join their parents in the service, or for parents to join their younger children in chapel.

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## RE Teachers and Advisors: SAVE THE DATE!

Mark your calendars for February 10 from 6:30-8:30 p.m. Nourishment will be provided for both your body and your spirit at a mid-year dinner. We will reflect on our ministry to the children and youth of this church, as well as connect with each other through a small group experience. Please plan to join us as we consider the role teaching and advising plays in our own spiritual development.

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## Children's Program (ages 0 – 6<sup>th</sup> Grade)

**Please Introduce Yourself!**

I have been serving as Children's Program Coordinator for three months now! It is such a large congregation, it's hard to meet everyone. If you see me in the Social Hall, or around the building, please come introduce yourself to me. I would love to meet you all! Thanks.

Marsha Partington,  
Children's Program Coordinator

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## Youth Program (for Grades 7-12)

### Senior High Overnight at First Unitarian Society

**What:** Youth overnight with rock climbing, delicious food, Coffee House talent show, movies, and more!

**When:** Saturday, January 16, 4:00 p.m. – Sunday, January 27, at 9:00 a.m.

**Who:** First Universalist Youth, Grades 10-12

**Where:** First Unitarian Society on Mount Curve Ave.

**How:** Bring sleepover stuff, your rock climbing permission slip, and sense of adventure!

### Youth Sledding Outing with First Universalist Church of Minnetonka!

**Where:** Theodore Worth Parkway

**Who:** First Universalist Youth, Grades 10-12

**When:** January 22, 6:00-9:00 p.m.

**How:** Dress warmly and bring the sledding vehicle of your choice. More details available on the First Universalist website.

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## 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 2<sup>nd</sup> and 4<sup>th</sup> 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. Here are January's events:

**January 14:** Mindful Gathering, 7:00-9:00 p.m. in the Arches

**January 24:** Potluck, bring a dish to share, 7:00 p.m. in the Cummins Room

**January 28:** Mindless Gathering, 7:00-9:00 p.m. in the Arches

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## 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 *Liberal*.

### Mostly Silence

On 1st and 3rd Thursdays, February 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.

### 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:** January 6, 13, 20, 27, February 3, 10 10:00-11:30 a.m., Narthex (upstairs, outside the Sanctuary)

### 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.



## Ethical Eating Group is Going Strong!

Twelve of us have gathered four times now to study the Northwest Earth Institute's curriculum "Menu for the Future" as part of the UUA study of Ethical Eating. We will submit our comments to the UUA at the end of January when we are done with our six meetings.

As we've gotten to know each other, we've shared our feelings of frustration in making food choices—is organic better than natural? Is local *always* the better choice? What can we do when we are so hungry we are tempted to stop at the golden arches? How about meat? Are there any ethical choices there? Seafood?

It is a wide topic, and a deep one. And even though we ultimately must make our own choices, it is intellectually and spiritually satisfying to meet in community and talk about it. I

know that there are others who are interested in this topic and couldn't make our Monday meetings. If you are interested in participating in an Ethical Eating study group, please contact me. If we can get a group of at least a few more people, we can start another discussion group. Please email Lauren Culbert at [lculbert@comcast.net](mailto:lculbert@comcast.net) (preferred) or call (612) 886-2969.

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## Call to Action in Washington

The call to action to go to Washington, D.C. for Pro-Choice Lobby Day was just too exciting and necessary to pass up, so I got a cheap ticket, packed some good walking shoes, and my trusty iPhone and headed out.

More than 500 activists from around the country showed up to lobby our Congressional representatives for full access to reproductive health care. As the co-chair of the Minnesota Religious Coalition for Reproductive Choice (MNRRC), I visited the offices of all eight Minnesota Representatives and both of our Senators, to let them know that, as pro-choice people of faith, we believe that robust reproductive health care must be available to all women. I consistently heard from pro-choice legislators that it is meaningful to them to receive such messages from people of faith as this debate rolls forward. Your prayers and good wishes on Cyber Coffeehour were with me like an energy boost during a very long day – thank you!

Please let me know if you would like more information on how to help keep restrictive language out

of the healthcare bill. Kelli Clement, [kjclement@comcast.net](mailto:kjclement@comcast.net), Prairie Star District rep and Board co-chair, MNRRC.

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## Joyce Food Shelf

Thank you for your food donations over the holidays. Please remember to keep donations coming in throughout the year. One in 10 people in the Twin Cities goes hungry each day. At least half of those needing help from food shelves have children at home.



## Labyrinth News & Views

### Open Walk:

Tuesday, January 5.

Come anytime from 6:00 to 7:45 p.m. Walk ends at 8:00.

**Come into the quiet** as you cross the threshold into the New Year. Listen to your heartmind while you meander the twists and turns of the labyrinth. Gift your spirit with the silence that moves toward inner peace.

### Calling all meeting members!

There are dozens of meetings each month at First Universalist. The Social Hall labyrinth is often available for walks. Consider asking your group to come 15 minutes before the meeting to walk the labyrinth. Start your meeting calmly and enhance your group's ability to create and problem solve.

**Calling Labyrinth Enthusiasts!** Deepen your knowledge of the labyrinth as a spiritual practice. Teach others what you learn. Host open walks and other labyrinth adventures. Bring your creative spirit and join the Labyrinth Circle (Team) for two hours once a month. Call Ann Hobbs, 763-546-3337 or Jan Wagener, 612-722-8906 for more information.

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## Under Northern Skies Women's Ritual Circle

There will be one open ritual on January 14 for those interested in joining the group. January 14 will be your chance to experience our group and then you will be able to decide if this is what you are yearning for. We gather at 7:15 p.m. in the Chalice Room and start ritual at 7:30 p.m. We're usually done by 8:30 and then we socialize and clean up. Contact Hannah Mitchell 612-824-0462, if you have any questions.

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## 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.

### **January 25, Strange As This Weather Has Been,**

by Ann Pancake  
HOST: Susan Schonfeld, 3215 E 24th St, Mpls 612-723-1676,  
co-host Julie Stewart

# The Sounding Board

By John Jensen

The annual Valentine's Dance is planned for February 13, at 7:30 p.m. in the Social Hall. This dance represents one of the high points of the musical part of our fellowship together. It is a melding of congregants and visitors that has always attracted an enthusiastic crowd ready to party to the nines. Musically speaking, the featured attraction is Universal Jazz: a conglomerate of jazzers numbering members and friends of the church. I think I can speak for all in the band that the Valentine's Dance is the highlight of the calendar year for them.

This February, I am limiting the vocalism to in-house folks and putting a lid on what could become a run-away affair for vocalists and the Usual Suspects who accompany them.

In the past, Kelli Clement and George Dow have offered their vocal talents. They will again do so in February. But, I would like to limit any other interested vocalists (from the congregation) to one song apiece. I know this policy will put happier faces on many in Universal Jazz—who, of course, are the backbone of the evening anyway.

Thanks for reading and digesting this. Not a huge sea-change, just a notice that I am trimming back extraneous offerings with the hope that the dance can be more inclusive of the jazz band proper. I welcome your response.

This is merely a change for this year — let's see how it works.

Sundays:

**January 3:** Brass Quintet.

**January 10:** First Universalist Choir. John Jensen and Schumann

**January 17:** Universal Rock Band and Children's Choir

**January 24:** First Universalist Choir and John Jensen with classical music

**January 31:** Usual Suspects

## About Our People

***Please Note: announcements written December 6 or earlier:***

**Waid Johnson:** The good news is that Doctors/Researchers are disregarding the projected life expectancy beyond the 14 months for Waid's type of brain cancer, but they do not know how much longer to think about.

**Delores Schroeder**, mother of member **Lori Schroeder**, died recently at the age of 87, after a long illness. Our love and sympathy go to Lori, her partner Jane Reynolds, and all of her family.

The Minneapolis St. Paul Business Journal announced the winners of its third annual CFO of the Year awards and our own **Nancy Gaschott** took home top honors in the Civic Involvement category for her work at the Loft Literary Center.

**Lynda and John Enright**, parents, and sister **Jamie** and brother **Spencer**, are pleased to announce **Erin Binius Enright**, born October 25, 2009!

**Ann Hobbs** had hernia repair surgery at Abbott Northwestern on December 3. We hold Ann and all the family in our thoughts and prayers.

**Pamela McInnes' husband Kevin Lee** is recovering from recent successful surgery. We hold Kevin and his family in our hearts and hope for a speedy recovery.

**Meg Sandifer's father** died of heart failure on November 15, and her mother has moved to the Pines living facility in Richfield. Our best wishes and prayers are with Meg, her partner Jane Miller, and all the family.

**Kit Ketchum** is beginning breast cancer treatment. We hold Kit, her partner Ginny McCarthy, and their daughters Sophie and Sanjana in our love and prayers.

**Abbie McMillan** is recuperating from ACL reconstruction surgery done on December 2. In order to convince herself it was all worth it, she chants "I love soccer" over and over waiting for her next pain pill. Abbie appreciates your healing wishes.

**Joy Throm** had an ablation procedure done at Abbott Northwestern Hospital on December 9, which is a treatment for her heart. Our love and prayers to Joy.

**Drusilla Cummins**, UU church leader and wife of First Universalist Minister Emeritus John Cummins, died November 29. A Celebration of Dru's life was held December 19. The family suggests if people wish to honor her, they might make a contribution to the Carl Olson Fund for ministerial education, in care of First Universalist Church of Minneapolis, 3400 Dupont Avenue S., Minneapolis, MN 55408.

# Calendar of Events January 1-31

available online at:  
[www.firstuniv.org](http://www.firstuniv.org)

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

\* Event is closed.

## Friday, January 1

*New Year's Day  
Church Office Closed*

## Saturday, January 2

*No Church Events Scheduled*

## Sunday, January 3

*Services at 9 and 11 a.m.  
No Religious Education Classes  
9 and 11 a.m. Children's Chapel  
(age 4 – grade 6)*

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, January 4

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

## Tuesday, January 5

6:00 p.m. Open Labyrinth~  
6:30 p.m. Membership Committee

## Wednesday, January 6

10:00 a.m. Chi-Gung~  
12:30 p.m. SPIFF Meeting  
7:00 p.m. Choir Rehearsal

## Thursday, January 7

7:15 p.m. Nominating Committee

## Friday, January 8

7:00 p.m. Drumming Group  
8:00 p.m. First Univ. Parents Group

## Saturday, January 9

10:00 a.m. 150th Archive Group

## Sunday, January 10

*New Member Ceremony: 9 and 11 am  
Services at 9 and 11 a.m.*

*Religious Education 9, 10, 11 a.m.*  
10:10 a.m. Children's Choir  
12:15 p.m. Foundations of Our Faith

## Monday, January 11

12:00 p.m. Career Transition Group  
7:00 p.m. Ethical Eating  
Study Group~  
7:00 p.m. Visual Arts

## Tuesday, January 12

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

## Wednesday, January 13

10:00 a.m. Chi-Gung~  
7:00 p.m. Choir Rehearsal

## Thursday, January 14

9:00 a.m. Liberal Collation Group  
5:30 p.m. Executive Committee  
6:30 p.m. Women's Ritual Circle  
Open Session~  
7:00 p.m. Young Adult Group~

## Friday, January 15

*No Church Events Scheduled*

## Saturday, January 16

*No Church Events Scheduled*

## Sunday, January 17

*Sharing Sunday  
Services at 9 and 11 a.m.  
Religious Education 9, 10, 11 a.m.*  
10:00 a.m. What We're About~  
10:10 a.m. Children's Choir  
12:00 p.m. What We're About~  
3:30 p.m. Families for Fun  
Open to All~

## Monday, January 18

*Church Office Closed  
Martin Luther King Day  
National Day of Service*  
12:00 p.m. Career Transition Group  
7:00 p.m. Rise Up Singing  
7:00 p.m. UU Stitchers

## Tuesday, January 19

7:00 p.m. Children and Youth  
Committee

## Wednesday, January 20

10:00 a.m. Chi-Gung~  
7:00 p.m. Choir Rehearsal

## Thursday, January 21

6:30 p.m. Board of Trustees

## Friday, January 22

7:00 p.m. Drumming Group

## Saturday, January 23

*No Church Events Scheduled*

## Sunday, January 24

*Services at 9 and 11 a.m.  
Religious Education 9, 10, 11 a.m.*  
10:10 a.m. Children's Choir  
7:00 p.m. Young Adult Group

## Monday, January 25

12:00 p.m. Career Transition Group  
7:00 p.m. Ethical Eating Study  
Group~

## Tuesday, January 26

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

## Wednesday, January 27

10:00 a.m. Chi-Gung~  
7:00 p.m. Choir Rehearsal

## Thursday, January 28

7:00 p.m. Young Adult Group  
7:00 p.m. Foundation Committee

## Friday, January 29

6:30 p.m. Women's Ritual Circle\*

## Saturday, January 30

*No Church Events Scheduled*

## Sunday, January 31

*Services at 9 and 11 a.m.  
Religious Education 9, 10, 11 a.m.*  
10:10 a.m. Children's Choir

*The Liberal* is Published  
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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. Check in to see what others are saying, or to express your opinion. Navigate to:

<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:

**Sunday, January 3**

Sermon-Based Small Group

Sign-up Starts (p. 4)

**Tuesday, January 5**

Open Labyrinth Walk

(p. 7)

**Sunday, January 10**

Foundations of Our Faith

(p. 2)

**Thursday, January 14**

Women's Ritual Circle

Open Session (p. 7)

**Sunday, January 17**

Families for Fun:

Open to All (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.

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