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## Ways to Get Involved at First UU

Contact the office at [office@uurochmn.org](mailto:office@uurochmn.org) to stay informed by signing up for our weekly newsletter (eNews).

### Bike-to-Beer or Stride for Ice Cream!

Saturday, August 20 ~ 3pm - 5ish ~ Cascade Lake Park  
Zumbro West Park, 88 23rd Ave SW, Rochester, MN 55902

### Young Adult Gathering

Wednesday, August 31 ~ 7pm ~ Commons

### Ingathering Picnic

Sunday, September 11th ~ Noon -2pm ~ Location TBD

### Wyblue at Forager

Friday, September 16 ~ 7-10 pm ~ Forager Brewery and Cafe  
1005 6th St NW, Rochester, MN 55901

### Carrie Newcomer Concert at First UU

Saturday, September 24~ 7 pm ~ First UU Sanctuary  
Tickets will go on sale to First UU members & friends beginning August 23.

Contact the office ([office@uurochmn.org](mailto:office@uurochmn.org)) or go to our website ([uurochmn.org](http://uurochmn.org)) for more information on these events.

## Building Our Future: Beyond Ourselves

If you're new to the conversation or need a refresher, check out our "Summer Quick Guide" with this QR Code (or go to [www.uurochmn.org/buildingourfuture](http://www.uurochmn.org/buildingourfuture)) about discerning the future of our building and grounds. Forums and updates will be available this coming fall.



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## FIRST UNITARIAN UNIVERSALIST CHURCH

Summer Theme: Celebrating Blessings

August 14, 2022 – *Blessing the Journey*

Gathering Music		Austin Ferguson
Welcome		Paul Trewartha-Weiner
Music		
Chalice Lighting		Rev. Karen Hering
*Hymn #12	<i>O Life That Maketh All Things New</i>	
Time for All Ages		
Interlude		
Prayer		
Music		
Readings	Excerpt from June Jordan <i>Be a Circle</i> by Mark Nepo	
Offertory Music		
Sermon	<i>Blessing the Journey</i>	Rev. Karen Hering
*Congregational Blessing of One Another		
*Hymn #348	Guide My Feet	
Benediction		
Postlude		

\* Please rise in body or spirit.

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**THIS MORNING'S PARTICIPANTS...**

***Blessing the Journey***

**Service Participants:**

Rev. Karen Hering, Paul Trewartha-Weiner, and music from Austin Ferguson and Joe Mish

Rev. Karen Hering, former associate minister of Unity Church-Unitarian in St. Paul, is the author of *Trusting Change: Finding Our Way through Personal and Global Transformation*, in bookstores this September and available for purchase at the church after the service on August 14. Karen leads retreats and programs and serves as a threshold guide to people and communities on the cusp of change. Her first book, *Writing to Wake the Soul: Opening the Sacred Conversation Within*, was named one of the best spiritual books of the year. [www.karenhering.com](http://www.karenhering.com).

**Offertory:**

***Monthly Justice Partner - Updated Offering Practice***

We donate our *entire* offering collection most Sundays to our monthly justice partners, instead of splitting the collection 50/50. We will hold occasional collections for the church itself throughout the year. We hope this practice will help increase the support we can offer to our justice partners, as we strive to deepen our practice of justice and generosity.

**August's Justice Partner is Channel One**

Channel One Regional Food Bank provides food assistance to low-income individuals and families, and rescues surplus donated food product from the food industry and distributes the food to area food shelves, meal programs, group homes, and shelters throughout Southeast Minnesota and Western Wisconsin.

Use the QR code to go directly to our giving page on our website:



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**WELCOME TO FIRST UNITARIAN UNIVERSALIST CHURCH OF ROCHESTER, MN**

*Nurturing Spiritual Growth & Practicing Justice since 1866*

**HEARING ASSISTANCE & LARGE-PRINT BULLETINS**

We have hearing assistant devices and large-print bulletins available for Sunday services. Please see an usher for these items or for assistance.

**FAITH DEVELOPMENT FOR CHILDREN & YOUTH**

New families are always welcome in classes. *Families can recess together after the Time for All Ages*, or can connect with Amy Nelson or Derik Robertson, listed below.

**NURSERY CARE**

Nursery care is available each Sunday, and for many church events, for ages 6 months – 5 years. The nursery is located up the small incline past the main lobby.

**LIVE VIDEO OF THE SERVICE OUTSIDE OF THE SANCTUARY**

If you or your children need more space or a coloring table, there are monitors with live video of the service near the lobby, and in the Commons below the Sanctuary.

**GETTING INVOLVED**

If you would like to find meaningful ways to serve in the church, get involved in classes or groups, or consider becoming a member, please contact Melissa Egglar, listed below.

**CARING CONCERNS**

If you have a joy or sorrow you would like to have shared during the service, or would like to connect with our caring committee, please contact Melissa Egglar, listed below.

**SOCIAL MEDIA & WEBSITE**

Find the church calendar, service videos, and other information about the life of the church on our website at [www.uurochmn.org](http://www.uurochmn.org) and on Facebook: *First Unitarian Universalist Church-Rochester, MN*.

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