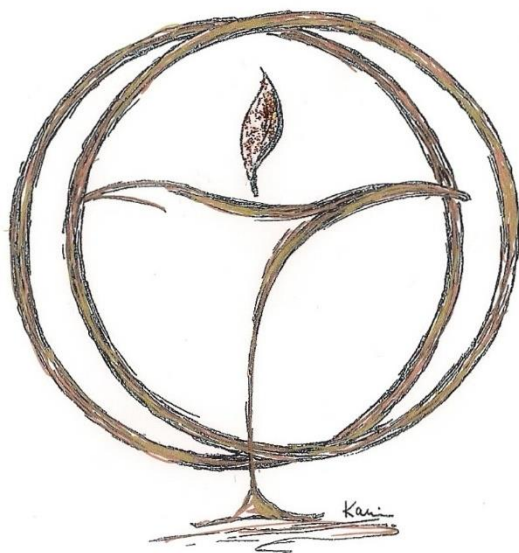


FIRST UNITARIAN UNIVERSALIST CHURCH

Nurturing spirituality and practicing justice
uurochmn.org



Get
Involved

Minister's Message

Welcome to First Unitarian Universalist Church!

This is a congregation and a tradition of big hearts. We are a church built on long histories of justice, inclusion, service, pluralism, beauty, and wonder.

Ours is a faith that believes wisdom speaks from many sources: ancient scripture, modern poetry, science, and the arts. We seek wisdom from many teachers, including the wisdom from our own lived experience.

And those sources and those teachers call us to live lives of justice and radical hospitality in the wider world, beginning right here in our church. We strive to live in right relationship with marginalized communities, with the earth, and with one another for the health and flourishing of our world.

I want you to know that wherever you are on your spiritual journey, and however you identify yourself, we will hold your story here with compassion and reverence. I would be glad to hear your story, and how together, we might practice justice and grow our spirits. It is my hope you find a home here for your soul.

In faith,
Rev. Luke Stevens-Royer

Staff

Minister	Rev. Luke Stevens-Royer revluke@uurochmn.org
Office Administrator	Erika Fetterman office@uurochmn.org
Congregational Administrator	Connie Schuelka administration@uurochmn.org
Co-Directors of Music	Joe Mish music@uurochmn.org Rose Mish musicdirector@uurochmn.org
Coordinator of Congregational Life	Melissa Egger congregationlife@uurochmn.org
Director of Faith Development	Amy Nelson dre@uurochmn.org
Youth Program Coordinator	Derik Robertson youthprogram@uurochmn.org
Assistant Dir. Faith Development	Chantelle Feddersen dre@uurochmn.org
Property Steward	Nick Woolums custodian@uurochmn.org

What You Can Expect from First UU

Being Part of Our Community



When you become a part of our church, you become a part of a living, growing institution. Our church community is one of giving, supporting, nurturing, exploring, and growing.

Opportunities for Growth



You can expect any number of social, educational, and spiritual opportunities as ways to broaden friendships and self-understanding. You can expect to be challenged in your theological assumptions, nudged to explore beyond the accepted and everyday religious "sound bites," urged to deepen your spirituality, and to be supported in your search for a meaningful faith.

Faith Development for All Ages



Faith Development is a life-long, personal journey. Our children and youth programs encourage participants to explore their questions through our 6 Sources and 7 UU Principles. But it doesn't stop there. Adults are also encouraged explore and reflect on their personal faith development, be it in small groups or individual studies.



Sunday Services

Many people walk through our doors feeling that their life is missing something very important. Once here, they discover what it is they are lacking a sense of belonging to a spiritual community.

Unitarian Universalism is a religion that celebrates diversity of belief and is guided by seven principles. Our congregations are places where we gather to nurture our spirits and put our faith into action through social justice work in our communities and the wider world.

You will find that very few of us were born Unitarian Universalists. Some of us were raised in families who worshiped in the Abrahamic or Buddhist faiths, others among us were raised as humanists, agnostics, or atheists. We are a congregation of people with diverse spiritual orientations. We seek to share a journey of spiritual growth and work together to find ways to live our faith in the world and cultivate a diverse, justice-seeking, spirit-growing community.

September – May at 9 am & 11 am

May – September at 10 am

Live Stream Services on YouTube at [FirstUUChurch](#)

Our minister leads most services from September through May. During the summer months, we have occasional guest ministers, or speakers.

Each Sunday, musicians participate in our worship services. Our choir, the Walden Hill Vocal Ensemble, sings about once a month. On other Sundays, music is offered by members of the congregation, our children's choir, or paid performers.

Social hour – After the first service, we gather to chat with old friends and welcome new ones. Coffee and tea are available.

Attending with Children - Sunday mornings are bustling and vibrant. We are delighted to offer faith development opportunities for our children and youth throughout the entire year. Childcare is available but if you prefer your child can attend the service with you in the sanctuary.

7 Principles

- Each person is important
- Be kind in all you do
- We are free to learn together,
- and search for what is true
- All people need a voice
- Build a fair and peaceful world
- Care for the planet Earth



Raising children to build bridges, not walls. UUs believe in teaching children about all the great religions of the world, about social justice, the wonders of nature, and ethical decision making. Through our Faith Development classes, children learn about who they want to become and the world they want to help create. Unitarian Universalist congregations are places for fun, learning, and affirmation – places where your values are supported by a loving open-minded spiritual community.

Faith Development is a life-long, personal journey. Our children and youth programs encourage participants to explore their questions through our 6 Sources and 7 UU Principles. But it doesn't stop there. Adults are also encouraged explore and reflect on their personal faith development, be it in small groups or individual studies.

Faith Development is for all ages, and we have several adult and youth classes. Click below for more information.

Sunday Classes for Children

Faith Development classes for children PreK (4 years old) through 5th Grade are held at 9am and 11am September through May and 10am June, July, & August.

Classes focus on our 7 principles and 6 sources through the lens of the monthly theme.

Sunday Classes for Youth

Faith Development classes for youth grades 6th-12th are held on Sundays at 10:10 am. Youth are encouraged to attend either the 9 am or the 11 am service with their adults.

Navigators are grades 6-8 and Seekers are grades 9-12.

Walden Hill Youth

Walden Hill Youth (WHY) is for grades 6-12, bringing our youth together in fellowship, service, and spiritual practice. WHY typically meets on Wednesday evenings during the school year.

Coming of Age for Youth

Unitarian Universalist Coming of Age extension program is for high school age youth. Participants in Coming of Age explore their beliefs about religion, spirituality, and being in the world.

Our Whole Lives (OWL)

Our Whole Lives is a relationship and sexuality class designed to help our youth make informed and responsible decisions about their sexual health and behavior. OWL classes form when there is sufficient interest to form a class and facilitators for that class level are available.

Chalice Camp

Learn about Chalice Camp, a week-long summer day camp that deepens children's identity as Unitarian Universalists and provides a huge amount of fun!

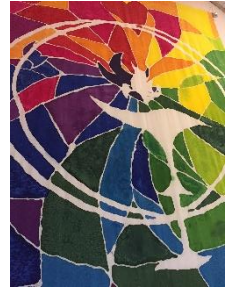
Adult Faith Development

Religious learning and growth is a life-long process at the First Unitarian Universalist Church of Rochester. We learn not only from books and "experts," but by coming together to discuss, explore, and discern.

If you have any questions about our programs for children and youth, please contact Amy Nelson, Director of Faith Development.

Exploring Membership

Whether you are new to Unitarian Universalism or grew up in the faith, the decision to become a member of our church is an important one. We are a non-creedal religious community and members are not required to profess certain beliefs, but membership does mean that you have entered into covenant with our community. We govern ourselves and make choices about our educational programs, ministerial staff, and facilities. Becoming a member enables you to participate in congregational decisions and expresses a personal commitment to share your talents, resources, and energy with others in the congregation.



How do I become a member?

- Talk with our Coordinator of Congregational Life if you would like to find out more about all our Congregation has to offer or information about Unitarian Universalism.
- Attend Pathway to Membership Classes in person or online
- Sign the membership book at a New Member Sunday
- Complete a Financial Pledge Form

Pathway to Membership

Pathway to Membership at First Unitarian Universalist Church includes a course to take you from newcomer to member. Courses are available both in person and online. Below is some of what is included in the course.

Welcome to First Unitarian Universalist of Rochester

If you have been a visitor to our church and would like to explore more, we invite you to join us for this enlightening evening of conversation. We will meet others who are exploring our church as their spiritual home.

Finding Yourself and Committing to First UU of Rochester

During this time together we will view a video on our rich history (over 150 years). You will hear from a member of our Stewardship team as we explore the deeper meanings and expectations of membership and shared ministry.

For more information about these steps, contact Melissa Egger, Coordinator of Congregational Life, congregationlife@uurochmn.org

Ways to Connect at First UU

We create change: in ourselves, in the world.

Seven days a week, Unitarian Universalists (UUs) live their faith by doing. Whether in community with others or as an individual, we know that active, tangible expressions of love, justice, and peace create a beloved community. Embracing peace, love, and understanding that goes beyond individual belief systems, we are creators of positive change in people and in the world. Contact office@uurochmn.org, visit our website at www.uurochmn.org, or call 507-282-5209 for more information.

The ways we do it:

- Worship & inspiration - Sunday mornings and beyond.
- Learning & growth - spiritual and educational programs for all.
- Action & service - volunteering and work for justice.
- Connection - caring outreach, mutual support, and small groups ministry.
- Celebrations & rites of passage - weddings, memorials/funerals, baby blessings, coming-of-age, and child dedications.

How to Become Involved

The following pages give details on the various groups, classes, fellowship, social justice opportunities, and other ways you can become involved at First UU.

Compassionate Congregation

- Caring Coordinator
Provide on-call support for members and friends in need; check-in with those who recently received care; send cards of support or congratulations; communicate with Coordinator of Congregational Life and Minister about pastoral care needs.
- Provide meals for church members (as needed)
Cooking and delivery of a meal to a member or friend in need when asked by the Caring Coordinator.

- Provide rides or run errands (as needed)
Temporary arrangement providing a member or friend a ride to Sunday services, or another errand when asked by the Caring Coordinator.
- Write cards of support and cheer
Join with others to send cards of support or holiday cards throughout the year to members and friends in need.
- Caring Crafters - 2nd Tuesday 1:00-3:00 pm
Caring Crafters is a gathering of like spirits who have a love of crafting and fiber arts. We get together once a month to work on projects and chat. We have, over the years, made caring shawls and lap blankets for pastoral care and fleece blankets for Coming of Age and graduations. Facilitated by Anne Black-Sinak.

Fellowship, Fundraising, and Fun

- Auction Fundraising
Help plan our annual auction fundraiser; set-up items and refreshments the day of the auction; solicit donations for the silent and live auctions.
- Social Activities & Fellowship Events Planning
Share ideas for events and outings; plan opportunities for our members and friends to connect and participate in; host events for families, adults, or all ages!
- Christmas Eve Reception Volunteer
Organize a Cookie Reception to be held between Christmas Eve services. The Fellowship Team will be assisting as well!
- Handcrafted Bazaar Assistance (October)
Assist with setting up our lower parking lot for art booths and food trucks; welcome community members as they arrive at the event.
- Tupper Supper Cook Team Leader
Recruit team members; communicate with the Cook Team to coordinate the meal.
- Tupper Supper Wednesday Night Cook Team Member
Collaborate with a team to cook and serve a meal for our members and friends.

- Women's Retreat Planning Team
Assist in planning and brainstorming for our annual UU Women's Retreat.

Small Group Ministry

- Chalice Circle Facilitator
Training Provided, Facilitate a gathering of members and friends as we discuss topics from our Soul Matters Curriculum.
- Chalice Circle Member
Join a Chalice Circle gathering with other members and friends as we discuss topics from our Soul Matters Curriculum.
- "Good Cheers" (Age 20-50 suggested)
Good Cheers is a monthly gathering for folks generally under 50, with snacks, drinks (alcoholic and non), time for getting to know each other and casual conversation around a monthly theme.

Faith Development*

- Play or Craft Specialist - Sundays during 9:00am or 11:00am service Recess with the children after Time for All Ages to join them for a staff or youth led lesson in the Chapel. The Specialist's role is to get to know our youngest congregants, PreK through 5th Grade, by volunteering in activity rooms on Sunday mornings.
No prep work required!
- Lesson Facilitator for Youth - Sundays at 10:10am (between services)
Lead discussions around a weekly topic. Youth in 6th-8th grades will be learning about the Bible as literature. Grades 9th-12th will be learning about our UU roots in New England. Ideally, a team of 4-6 adults per class would rotate facilitating these lessons.
- WHY (Walden Hill Youth) Group - Wednesdays at 6:45pm & various other times
Get to know our youth, grades 6th-8th and 9th-12th, by joining them in fun activities throughout the year. Activities could include social justice projects, game nights, fundraisers, etc.

- Coming of Age (COA) Facilitator – up to 6 meetings from October through May.
Work with our high school youth while they move through their Coming of Age year. Please scan the QR Code in the commons or eNews to complete the interest form.
- Adult UU Pilgrimage (Summer 2024, tentative)_
Participate in self-reflection, spiritual practices, and community building by joining this pilgrimage to discover the roots of Unitarian Universalism in Massachusetts
- Adult Faith Development
Have an idea for a class you would like to take? Please contact Amy Nelson with your thoughts – dre@uurochmn.org.

*All volunteers will need to complete a background check prior to working with children and/or youth. Go to this page - <https://uurochmn.org/classroom-volunteers/> - to find the form.

Groups for Adults

- A Course in Miracles - Every Monday at 10:00am
This group is a resource for those who are interested in or students of the book, "A Course In Miracles," a remarkable, complete, self-study spiritual thought system. (<https://acim.org>). Facilitated by Peggy Marchesani
- Buddhist Interest Group - 1st Monday of the month at 7:00 - 9:00pm
Explore Buddhism from a UU perspective. Each session will start with a short meditation period, followed by a discussion. Facilitated by Frank Druktainis
- Chosen Faith Study Group - 4th Tuesday of the month at 7:00pm
Read and discuss Unitarian and Universalist leaders' views of the past and present, as well as other significant liberal theologies and major topics in Unitarian Universalism. Facilitated by Anne Black-Sinak.
- Creative Art Series Classes - One Saturday per month from 10:00am-12:00pm
Create with friends in a class to nourish your creativity. Each month has a different artistic or creative outlet for participants to experience and learn more about. Facilitated by Melissa Egler

- Great Books Book Club – 1st & 3rd Tuesday of the month from 9:30-11:30am
Great Books welcomes readers to meet and discuss stories and sometimes book-length works. We are currently meeting on Zoom and mostly reading from The Oxford Book of American Short Stories edited by Joyce Carol Oates. Facilitated by Sandy Ramage
- Mah Jongg - Tuesdays from 9:30-11:30am
This group is open to all church members and friends. Attendees only need to bring a current Mah Jongg card as the racks and tiles will be provided. New to the game? Come by and learn!
- Principle 4 Study Group - 4th Sunday of the month at 7:00 - 9:00pm
The study group is centered around our 4th Principle: a free and responsible search for truth and meaning. Discussion focuses on the meaning and role of spirituality, language, beliefs, and faith in our lives as UUs. We do this by choosing a "hot-button" word from our cookie jar each month, living and/or researching the word during the month and then discussing our experience and learning. Facilitated by Anne Black-Sinak.
- SoulCollage® - 2nd Saturday of the month from 10:00am-12:00pm
Join us in the Commons on the second Saturday as we explore SoulCollage together. Using intuition and imagination, you will create a deck of cards which can serve as a tool for self-exploration and creative expression. This fall we will begin with the suits: Committee, Community, Companion and Council, one each month. Facilitated by Anne Black-Sinak.
- UU Book Club - 3rd Tuesday of the month from 5:30 - 8:30 pm
We gather before each meeting in the Commons for a potluck dinner, followed by discussion of the book selected for the month. We select a variety of literature based on recommendations from the group. Recommendations are gathered in time for the September meeting and at that meeting, we determine our monthly selections for the year, establishing the schedule with hosts/discussion facilitator for each month. Facilitated by Linda Thompson
- UU Creative Spirits - 2nd Tuesday of month at 6:30 - 8:30pm
Exploring spirituality through the creative arts; artistic skills not a prerequisite, only openness to explore and experiment. Facilitated by Anne Black-Sinak.

- [UU Zen Meditation](#) - Every Tuesday at 7:- 8:30 pm
Zen Buddhist practice and study in the Soto Zen tradition. Open to all. Our purpose is to encourage each other to live lives of wisdom and compassion. We begin with 30 minutes of silent meditation. We then chant the Heart Sutra together in English. We follow this by reading and discussing a text about Buddhist practice. We finish with a brief period of silent meditation before finishing at 8:30. Meditation instruction available. Facilitated by Darin Podulke-Smith
- [Walden Hill Vocal Ensemble](#) - Wednesdays at 6:00pm for rehearsal
Sing with members and friends of the congregation.

Side With Love ~ Social Justice Groups

- [The Disability Inclusion Group](#)
The primary goal of The Disability Inclusion Group is to enable our congregation to become engaged, educated, and informed advocates for members, their families, and for others living with disabilities. We provide hands-on experiences that will enrich the lives of congregants and help them understand and appreciate the needs of people living with disabilities. These experiences will help our congregants support and be more sensitive to issues of inclusiveness and hospitality toward our members and their families who are living with disabilities.
- [Family Promise \(Interfaith Hospitality Network\)](#)
www.fprochestermn.org is an organization whose mission is "to help low-income families and families experiencing homelessness achieve sustainable independence through a community-based response." Emergency shelter for families with children under 18 is provided at the North Star House. Volunteers provide meals and assist in other ways as the families regroup, rejuvenate and get back on their feet with dignity.
- [Hawthorne Helps: A UU Social Justice Outreach Program](#)
Hawthorne Helps is a partnership between Rochester Public School's Hawthorne Education Center and First Unitarian Universalist Church, with support from local faith, service, and business groups.
Hawthorne Education Center provides classes for 500 learners, ages 17 and older, 85% live at or below the poverty level. Many students are recent immigrants. Most are people of color. All are struggling to make a better life for themselves and their families.
Hawthorne Education Center programs include English as a second language, literacy, GED high school diploma, college prep, job

training, and citizenship.

Services: Volunteers distribute essential items twice monthly that cannot be purchased with SNAP in addition to providing recyclable shopping bags of school supplies to all students enrolled throughout the school year.

Hawthorne Help's Mission is to offer support that affirms personal dignity, welcomes newcomers to our community and encourages all students' educational success.

- Racial Justice Task Group

We seek to understand our own role in oppression and injustice, create opportunities to explore the dynamics of racism, support, and partner the wider community. All are welcome to take part and encouraged to participate in scheduled events.

- Riverside Central Elementary Reading Program

Looking for a way to make a difference in a child's life? Do you have 30-60 minutes a week to support a child in his/her reading development? Volunteers at Riverside listen to students read books and talk with the students about their books. Students are expected to read 30 minutes at home; however, some students need to do their 30 minutes of home reading at school because of circumstances beyond their control. The goal is to pair volunteers with the same students in order to build relationships.

- Tax Assistance Program

The Volunteer Income Tax Assistance (VITA) Program helps lower income individuals and families fill out their tax returns – enabling them to meet their tax obligations and obtain the maximum refund for which they are eligible. It is under the umbrella of the IRS and works closely with the Minnesota Department of Revenue. Volunteers are provided with detailed training and mentoring. Positions are available to: Assist taxpayers in the preparation of tax forms and electronically file the completed forms. Schedule appointments after discussing options with callers. Serve as a receptionist at one of our sites, welcoming and signing-in people with appointments. Help check in people at sites, sorting their documents and determining whether they have everything they need for the prepared to be able to complete their returns with them.

- Welcoming Congregation Task Group
Use love's power to end oppression and biases; maintain a commitment to LGBTQ community and raise awareness of economic inequality; facilitate a timely response when situations call for united UU actions.

Sunday Morning Hospitality

- Hospitality Circle Leader - Coordinate one Sunday per month
Recruit hospitality volunteers; assist in hospitality roles; encourage fellowship with the Circle members; interact with visitors and new members.
- Hospitality Circle Member (1 hour/signup)
Serve on one Sunday Hospitality Circle per month; assist on Sunday mornings by signing up to be a greeter, host the welcome table, or usher in the sanctuary. Engage in fellowship events with the Circle members as well as other Hospitality Circle Teams.
- Sunday Morning Greeter 9am/11am (45 min/signup online, training provided)
Participate in informational gathering with the Hospitality Team at 8:30am/10:30am. Greet members and friends as they arrive.
- Welcome Table Host (45 min/signup online)
Participate in informational gathering with the Hospitality Team at 8:30am/10:30am, Offer a welcoming presence to visitors as they arrive for 9am or 11am Sunday services. Share helpful information, direct to sanctuary.
- Usher (45 min/sign-up online)
Participate in informational gathering with the Hospitality Team at 8:30am/10:30am, Greet members and friends of the congregation as they come into the sanctuary, assist with seating and passing the offertory plates.
- Hospitality Volunteering
Help with setup/serving/cleanup of various events such as a New Member reception, potlucks, or outdoor event on church grounds.

Other Opportunities

- Clara Barton Group
The Clara Barton Guild and its former versions have been a part of our church's history since the early 1900's. The group promotes & advances justice for women, children, and families through service to the Church and the greater community. The activities of the Guild support the spiritual, service, and social missions of the church.
- Memorial Service Assistance
Assist with volunteer roles such as greeting, ushering, and preparing for reception and service for members of the congregation. It is preferred that family members do not serve in these roles during a loved one's Celebration of Life.
- Property Workdays - 3rd Saturday of the month (May - October)
9:00am - 12:00pm
Join members and friends of the church to care for and maintain outdoor grounds.

Interested in any of these opportunities? Please fill out the form on these next two pages, tear them out and return them to Melissa Egler or the church office.

Compassionate Congregation

- Caring Coordinator
- Provide meals for church member(s)
- Provide rides or run errands
- Write support & holiday cards
- Caring Crafters

Fellowship, Fundraising, & Fun

- Auction Fundraising
- Social Activities & Fellowship Events Planning
- Christmas Eve Reception Volunteer
- Handcrafted Bazaar Assistance
- Tipper Supper* Cook Team Leader
- Tipper Supper* Wednesday Night Cook Team Member
- Women's Retreat Planning Team

Small Group Ministry

- Chalice Circle Facilitator (training provided)
- Chalice Circle Member
- "Good Cheers" Young Adult Group

Faith Development

- Play or Craft Specialist
- Lesson Facilitator for Youth
- WHY (Walden Hill Youth Group)
- Adult UU Pilgrimage

Groups for Adults

- A Course in Miracles
- Bible as a Historical Document
- Buddhist Interest Group
- Chosen Faith Study Group
- Creative Art Series Classes
- Great Books Book Club
- Mah Jongg
- Principle 4 Study Group
- Soul Collage®
- "The Magic" Fall Book Study
- UU Book Club
- UU Creative Spirits
- UU Zen meditation
- Walden Hill Vocal Ensemble

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- Disability Inclusion Group
- Family Promise (Interfaith Hospitality Network)
- Hawthorne School Help Project
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- Riverside Central Elementary Reading Program
- Tax Assistance Program
- Welcoming Congregation Task Group (LBGTQ)

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- Hospitality Circle Member
- Sunday Morning Greeter
- Welcome Table Host
- Usher
- Hospitality Volunteering

Other Opportunities

- Clara Barton Group
- Memorial Service assistance
- Property Workdays

I'd be interested in:

- Virtual Sunday Morning Coffee Hour
- Becoming a Member
- Subscribing to eNews
- First UU Facebook Page
- First UU Instagram
- Class/Group Ideas (list below)

- Other (list below)

Name: _____

Email: _____

Phone Number: _____

Other talents, areas of interest, or notes about volunteering at the church:



FIRST UNITARIAN UNIVERSALIST CHURCH

Nurturing spirituality and practicing justice

1727 Walden Ln. SW
Rochester, MN 55902
507-282-5209
office@uurochmn.org
uurochmn.org