

First Unitarian Church of Louisville

~ A Member of the Unitarian Universalist Association of Congregations ~

(502) 585-5110

www.firstulou.org

We are grateful for those who serve this morning, including:

Service Coordinator: Rev. Dr. Kathy Hurt

Worship Associate: Claudia Runge

Chancel Decoration: Claudia Runge



August 19, 2018

IT'S COMPLICATED

SPEAKER: REV. DR. KATHY HURT

~ GATHERING ~

Gathering Music

Ethan McCollum

Bell Sound

Welcome

Brittany Blau

Prelude

Prelude
Maurice Ravel

Ethan

Chalice Lighting

Claudia Runge

Call to Worship

Rev. Kathy Hurt

+ **Hymn**

Let It Be a Dance

#311

~ AFFIRMING ~

Declaration of Mission and Covenant (*unison*)

Rev. Kathy

We are a church of reason and spirit
that witnesses for progressive faith,
Nurtures our community and transforms our world.

Love is the spirit of this church, and service is its law.
This is our great covenant: to dwell together in peace,
to seek the truth in love, and to help one another.

Joys and Sorrows (*unison*)

There is more love somewhere.
There is more love somewhere.
I'm gonna keep on 'til I find it.
There is more love somewhere.

2. Hope 3. Peace 4. Joy

Moment of Prayer and Meditation

Sung Response *(unison)*

Make us aware we are a sanctuary,
each made holy loved right through
With thanksgiving we are a living sanctuary anew.

There's a truth beyond our knowledge.
There's a compassion beyond our pain.
There's a spirit burning brighter; There's a love to guide our way.

Invitation to Generosity

Brittany

*With gratitude for the abundance in our lives, we give to the life
of this congregation and to the life of the surrounding community.*

Offertory

Improvisation

Ethan

~ **EXPLORING** ~

Sermon

It's Complicated

Rev. Kathy

+ **Hymn**

Ubi Caritas

#1048
(3 times)

~ **RETURNING** ~

Extinguishing the Chalice *(unison)*

We extinguish this flame, but not the light of truth,
The warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Closing Words

Rev. Kathy

Postlude

Improvisation

Ethan

Benediction for Linette

+ *Please Rise in Body or in Spirit*

Infant and Toddler Care in the Nursery is available in room 214. The service is piped in to the library (the door by the organ) if you need to step out with your child. "**Busy Bags**" are available on the Usher Table or ask an Usher.

Join Us Next Week: Sunday, August 26

Suicide Prevention

Speaker: Barbara Kaminer

The most recent statistic from 2016 states 44,965 people in the US died by suicide. It is the tenth leading cause of death in the U.S. Kentucky had 756 suicide deaths ranking the state as twentieth in the nation. Firearms account for over half of the suicides, suffocation (predominantly hanging) makes up about one fourth, and poisoning (predominantly drug overdose) stands at about one sixth. The rate of suicide has risen in the past decade. Despite these facts SUICIDE IS PREVENTABLE. How? Let's talk!

Barb Kaminer is currently serving as the Executive Director of Kentucky Suicide Prevention Group, a non-profit focused on raising public awareness of suicide and promoting effective services that address suicide prevention. In 2015, Barb retired from the Louisville VA where she oversaw similar efforts with Veterans and their families. She is no stranger to UU having attended Thomas Jefferson in prior years. Barb joined First U last year and serves on the First U Worship Ministry.

FYI

Social Justice and First U Join us August 26. In July, a social justice "summit" was held to review our present social justice projects to determine whether we are focused on what matters most to us, and to look at new ways of working. A follow-up to that summit is scheduled for August 26 after the service in the library, where participants will be asked to make some decisions about justice priorities and possible organizational changes to enhance our effectiveness. All are welcome (whether you attended the first summit or not).

Chalice Lighters Wanted If you're entering third grade or above, we'd love to have you learn how to light our chalice at the beginning of our Celebration of Life services. This is an important role in our service, and we want all children and youth to have an opportunity to participate in this way. Please contact Linette Lowe (dre@firstulou.org) before September 1 if interested!

Churchyard Friends Saturday, August 25 Like to garden? Want to make friends with some nature-lovers? The Churchyard Friends are an informal group of First U volunteers who work on church green spaces to maintain and beautify our church home. Come join us on Saturday Aug 25, 8am(weather permitting), for an hour or 2, will be focusing on weeding in the courtyard and butterfly garden. No skills necessary, instruction provided. Questions? Contact Kathy Gapsis (kgapsis@gmail.com).

Rise for Climate, Jobs, and Justice Louisville Saturday, September 8, at 10:00am on the steps of Metro Hall, citizens of Kentuckiana will present Louisville Metro Council with a draft resolution that will call for a community-wide goal of 100% renewable energy by a certain date. We will join thousands of rallies in cities and town across the world to demand our local leaders commit to building a fossil free world that works for all of us. For more information, contact Roger Ohlman (rohlman@twc.com or 502-635-1572).

Recycling & Food Reminder Don't put anything in the recycling bins with food on it. If there's food in the bin, the city won't take it and we will have to throw everything – including the recycled materials –in the trash. Thank you. House and Grounds

Fresh Stop Market Contact www.newroots.org or Barbra Justice (velma2720@yahoo.com or 502-234-0607). Next delivery: Wednesday, August 29. Order deadline: Friday, August 24

Renew or Sign-Up for Kroger Community Rewards Kroger gives money to non-profit groups each quarter. Be sure to designate First U to receive a percentage of your spending at Kroger at no cost to you. Sign up online by going to Kroger.com/communityrewards and click *Enroll*. Search for First Unitarian by name or by the NPO number, CN305, and link your Kroger Plus Card by selecting "enroll." Individual purchases will begin counting towards First Unitarian within 7-10 days of registering your Kroger Plus Cards online. Every time you shop for groceries and scan your card, First U automatically starts earning a rebate. Please note that all supporters must re-enroll each August.

Moms Demand Action Against Gun Violence The group normally meets on the third Sunday at First U. In August, they will be meeting at Central Presbyterian (318 W. Kentucky St.) instead due to a scheduling conflict. See Trish Ramey for more information.

REminder *(if not room for full announcements)*

* Register your child for RE

* Sign up to Volunteer!

* Sign up for Middle School Youth Retreat

Go to: www.firsttulou.org. Under the Learning tab, choose Children's RE for the link. .See your midweek update for details.

Fall 2018 Religious Exploration Offerings
August 19 - December 10, 2018

Adult RE Classes

Building Your Own Theology (BYOT) Rev. Kathy will lead participants in this classic Unitarian Universalist program based on the assumption that everyone is their own theologian. Participants will work on developing their personal credos, the fundamental religious or spiritual beliefs, values and convictions that inform and direct the living of their lives. Areas of focus include coming to terms with human nature, ultimate reality, history, ethics, and religious meaning. Class will meet on the first and third Sundays in the Library, Room 103.

Popcorn Theology James Jeffries will lead this exploration of faith, truth, meaning-making, and choice through popular films from the 1980s and 90s. Excerpts will be viewed in class to spark discussion. Fourth Sundays in the Library, Room. 103.

Tending the Flame: The Art of Unitarian Universalist Parenting Attendees will participate in a discussion based on Michelle Richards' book of the same title. Copies will be available for purchase, but are not necessary to participate. Come with a journal and an open mind, and discuss topics such as incorporating spiritual practices into family life, teaching the UU Principles in age-appropriate ways, answering difficult questions on religious matters, and dealing with religious disagreements, among many others. Weekly in Room 203.

Multigenerational One Room Schoolhouse (MORSH) On the second Sunday of the month, adults, children and youth gather to explore the ministry theme through a song, story, mindfulness practice, and activity stations. There will be activities suitable for adults and children. This is a great opportunity to get to know our community members of all ages--you never know when you will make a new friend. Please plan to join us and support our efforts to grow community through religious exploration--together! Second Sundays in the Social Hall.

Women's Spirituality Group In Part II of the *Cakes for the Queen of Heaven* program, we will continue our journey into the past to reclaim the stories of powerful women to be found in ancient Judaism and in early Christianity. We will also look at the global silencing and brutalization of women that accompanied the rise of patriarchal religion and society. Finally, we will celebrate the exciting new world-view and theology that has emerged in our time, and explore the personal and social changes that may be suggested by that new world-view and theology. Weekly in the Parlor, Room 101. (In order to facilitate the spiritual deepening and sharing of participants, this will be a closed group, so plan to register in class during the month of August.)

Children's RE Classes

Important Note on Communications: All communications for Children's RE will be through Remind. Please text your child(ren)'s class code(s) found below to 81010 to join Remind. Help us save paper and stay in the know!

Nursery (Sprouts) Nursery care is available during the RE hour (9:30-11:00) for children infants to Preschoolers every Sunday. Infants and toddlers in the nursery will be engaged with an age-appropriate chalice-lighting, story, activity and snack each week, as well as ample time for play. Elena Meeks and NaQueesha Puckett, Leaders. Nursery care continues during the service as well, though all children are welcome in the service. Room 214. *Class code: @1stunurs*

Preschool—Kindergarten (Explorers) *We Are Many, We are One* offers young children the opportunity to learn about their religious community and tradition, as well as the freedom to discover and express their uniqueness. The four units in this program encourage children to develop their sense of identity and self-esteem within their Unitarian Universalist community and their world. The themes of "Many" and "One" – community and individuality, alike and different, humankind and me – provide a focal point. Room 212. *Class code: @1stuexpl*

1st - 4th Grade (Seekers) *Faithful Journeys* participants embark on a pilgrimage of faith, exploring how Unitarian Universalism translates into life choices and everyday actions. Through sessions structured around our UU Principles, we demonstrate that our Principles are not a dogma, but a credo that individuals affirm with many kinds of action. All sessions include hands-on activities as well as guided discussion, reflection, and self-expression to engage participants with various learning styles. Room 207. *Class code: @1stuseek*

5th - 8th Grade (Questers) *Learn-MORSH-Serve-Fun Rotation* First Sunday: Learn! Second Sunday: Multigen One Room Schoolhouse in the Social Hall! Third Sunday: Serve! Fourth Sunday: Fun! Join us to learn, participate in Multigenerational faith development, serve our church and our neighbors, and have fun together! Ideas generated by the class will take us out into the community to visit other faith traditions (and our own), serve our neighbors, and build community among ourselves by having fun together. Room 202. *Class code: @1stuales*

Senior High (Individual Apprenticeships) Senior high students will work with the Director of RE to find meaningful and fun involvement in the life of the church. Opportunities might include assisting in a classroom, learning a skill such as working tech deck, or working directly with the DRE. *Class code: @1stusrhi*

Multigenerational One Room Schoolhouse: See Adult Classes.

Welcome to First Unitarian!

If you are a visitor to our congregation today, we trust you will find meaning in our service. First Unitarian Church is a liberal, self-governing, self-supporting church in covenant with the Unitarian Universalist Association.

Children of all ages are welcome to remain with their caregivers. Childcare is also available upstairs in room 214. If you find you need to step out of the service with your child, the service is piped into the library (the door by the organ).

Free Parking: The lot off 4th Street next to the church is free all day Sunday. The lot off York Street, across from the library, is free until 1:30pm.

Calendar of Events <http://firstulou.org/calendar>

~ We Are a Welcoming Congregation ~

We welcome all persons to participate fully, openly, and equally, in all aspects of our congregational life, in ever-widening circles of inclusion. We respect and affirm diversity and its gifts in race, ethnicity, national origin, affectional or sexual orientation, family or relationship structure, gender identity, gender expression, sex, abilities, neurodiversity, age, socio-economic class, political views, religious belief, creed, or interpretation of religion.

Our Ministry Staff

Rev. Dr. Kathy Hurt, Interim Minister
Linette Lowe, Dir. Religious Exploration

Support Staff

Barbara Creasy, Office Administrator	Ethan McCollum, Choir Director
Michael Purintun, Bookkeeper	Brytner Evangelista, Accompanist
Vantreasea Jones, Custodian	Elena Meeks, Childcare staff
	NaQueesha Puckett, Childcare/RE Asst.

ZOOM Into First U

Members and friends can sign into Zoom and access the service in real time. Go to the website www.firstulou.org. Click on the “Worship” tab. Then select “Livestreaming our Sunday Service” and follow the directions. You can also go to firstulou.org/online-service. Enjoy the service.