



firstunitarian

church of rochester

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Our Monthly Worship Theme

*Summer 2017 Worship Theme:
Journey*

As UUs, how do we build spiritual connection through our Journey?

Each summer our church community engages in a summer spiritual exercise. We do this to keep our faith close to our heart, as we travel away with our minds or with our feet, committing to return to our home in the fall. **OUR SUMMER EXERCISE: Find a stone and bring it to church in September.**

As UU's and members of this church community, we covenant with one another to travel together on this journey of life and faith. And since our religion does not ask us to adhere to a creed but to live our faith in deeds, our tasks must include helping one another along this journey.

If you think over your life, I'm pretty sure you can identify the times when people stepped in to clear your path, to help remove obstacles and to walk beside you and be your "stepping stone." A stepping-stone is a sturdy flat rock on which to stand as you cross a rushing stream. It is also defined as something that helps you achieve a goal.

Our summer spiritual exercise then, is to find a stone that represents that time in your life where the stream was rushing, and that person who was your stepping stone, the sturdy rock on which you stood. Wander in the parks, the woods, the lake, the ocean or just your back yard. Allow yourself to remember and find the perfect rock or rocks and bring them to homecoming **Sunday, September 10** as we welcome one another home with Radical Hospitality.

In faith,
Rev. Tina