

The St. Louis Unitarian

September 2016 Vol. 47 No. 3

Worship, RE and Nursery 10:00 a.m.

SEPTEMBER 2016 WORSHIP INFORMATION

**September 4—
TBD**

**September 11— Homecoming Sunday Service
– Intergenerational**

“Building Our Temple in Time: Remember the Sabbath”

Rev. Gary James

On the seventh day God made all the work he had been doing into a vessel and breathed a soul into it. According to the biblical story, the world created in the first six days is not the end of creation, there is another day – a day on which to bring the six days of creation - filled with expectation and longing - to their destination. On the seventh day God makes the world into a vessel ready to contain the infinite God within the finite world – the world of the moment opening to the sky of the eternal. We long to transcend our separated self and be one with the great-chain-of-life. On the seventh day we make our journey home into the fascinating mystery at the heart of all things.

**September 18— Water Ceremony & Communion
“Gathering the Water of Life & Keeping the Flow Clear”**

Rev. Gary James

We, in our modern sophistication, have forgotten how to care for the wellspring from which we draw the clear pure refreshing spring waters with which to cleanse and nurture our lives. Many have even come to doubt the very existence of such a wellspring. But when we find ourselves in the middle of the desert, or lost in the wilderness - at the bottom of our toughest troubles - there flows the eternal stream. Water, one of the four western classical elements (the others being earth, air and fire) symbolizes purity healing and cleansing. Water is also the source of all life. Water scatters into rain and streams and clouds and springs and ponds and puddles and yet flows together again and again gathering into a great planetary ocean.

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**Designated
Collections
See page 4**



September 11



**Auction
News
page 11**



**FAIR
TRADE
COFFEE
SALES**

**SEPTEMBER 4
& SEPTEMBER
18**

Minister's Muse

MINISTER, REV. GARY JAMES

The long hot summer of 2016 is almost over, thank God! Fall, with its cool breeze and turning leaves, is just around the corner. Praise to those pagan deities overseeing the turning of the seasons. Returning to the mid-west after three years in Eugene, Oregon, where air conditioners are rarely needed and never at night, I have struggled to adjust to the sweltering heat of summer in St. Louis. Julie and I have not turned off our air conditioner, nor the ceiling fan since we first moved into our apartment. Except for that one terrible night it suddenly stopped working and I awoke from a horrible dream where I had fallen into one of the inner rings of Dante's Inferno. The landlady didn't appreciate my desperate call in the wee hours of the morning complaining that it was "hot as hell and she better do something right away!" I am exaggerating, but just a little.

I hasten to add, in compensation for the heat, I get to witness other things I have missed while living in the Pacific Northwest. I love the lightening bugs that return in summer to compete with the night time stars. Better than stars, they flash on-and-off while dancing to the ultra-surround sound of the cicadas with their high pitched cosmic hum. Sometimes I join in with my own cosmic Ooommmm... Which helps me to feel the oneness of it all as-I-slip into-a-reverie and recall boyhood summer nights long ago in Ohio ... and for a moment forget how hot it is. If that doesn't work, I have come to enjoy the traditional summer beverages of ice tea and lemonade, or better yet, gin and tonic and a new one for me, a Moscow Mule. Did I mention that there are no mosquitos in Oregon.?

The truth is Julie and I are happy to be back in St. Louis after three decades away. We are finally settled and moved in! If you are wondering where we are living I am happy to say it is in short walking distance - less than two blocks - from the church, on the corner of McPherson and Euclid, across from Left Bank Books above the Kitchen Tavern. We have fallen in love with the Central West End urban scene and the summer sidewalk cafes. Dressel's and Café Osage are our favorite restaurants. We like to hang out at Left Bank Books and watch films at the Plaza movie theatre. It is truly a homecoming for Julie and I. In a few more months I wonder if we will feel as if we never left St. Louis thirty-one years ago.

Speaking of homecomings, *Homecoming Sunday*, September 11, is only two weeks away for all of us. It will be a special intergenerational service to welcome our larger church family back from summer recess and to celebrate the beginning of a new church year and my ministry with you. Those of us who have attended summer services have enjoyed a rich variety of speakers and wonderful music. Thank you to John Knoll and the Worship Committee, the speakers and the great musicians.

For many summer is a time to retreat from the busyness of church life and reclaim a more personal reflection, so that in September we can return renewed and more appreciative of the purpose of the church and our worship life together. There is an old and beautiful tale that speaks to me of my need for both a summer vacation from church and welcoming the new church year. The story tells of a rabbi's child who

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PRESIDENT'S COLUMN

TIFFANY SEWELL, POLICY BOARD PRESIDENT

Stepping Up to Help

If you were at church on August 14th, you may have noticed Steve Smidowicz and I puzzling about the entry door to the foyer. As Steve was serving as greeter, a screw fell out of the door closer, leaving it to either swing open or slam shut. Try as we might – flashlight, screwdriver, adjustable wrench and all – we couldn't get it fixed. But that didn't stop us from trying.

The “jump in and help” spirit is one of the things I love about our congregation. Whether it's folks agreeing to pass the plate at collection time, showing up to mulch and weed our landscaping, serving on committees or making sandwiches: our congregation is full of people who are willing, able and happy to give of their time and talents to make our church successful. It's energizing for me to come to church and see what folks are up to, and what new volunteer opportunities have sprung up. Here are a few that have caught my eye recently:

The Policy Board is going to be assembling a **transition team to work with Rev. James during his interim ministry** with us. The UUA describes the role of this team as providing “insight, organizational and facilitative talent, and willing hands as the ministry proceeds.” This group of folks will provide a “brain trust” to Rev. James, providing operational insight, historical context and an understanding of the components of our congregation – both above and below the surface. The folks we are seeking should be well-known to the congregation and widely respected for their knowledge and big-picture perspective of our congregation. If you, or someone you know, is interested in serving on this team, please reach out to **Tony Fathman, Joan Kindleberger** or **Kathy Wilke**.

An **auction** is being planned for November of this year. Many thanks to **Emily Jaycox** for offering to spearhead this in-depth effort which is expected to be a major FUNdraiser for our church this year. If you have ideas or offers of items for the auction, please send them to auctiondonations@firstuustlouis.org, or speak to Emily or **Dan Livengood**.

I'd also like to thank the members of the **Policy Board** and **Church Council**, along with Rev. James and members of our staff for volunteering to give up one of their very precious Saturdays on September 10 for our yearly Board and Council Retreat. This day will provide an opportunity for these two groups to meet and discuss the priorities for our church for the coming year.

Lastly, I'd like to add a brief note of thanks for all those who step up regularly to support our congregation through pledging. **Pledges** make up the lion's share of our annual operating budget, and without them our church would be unable to fulfill its mission. If you're submitting your pledge payment via the offering plate on Sunday, please remember to either place it in an envelope marked “pledge” or to write “pledge” on the memo line of your check, to make sure it gets to the right place. Your donations are what enable us to continue the good work of our congregation.

There you have it – whether a door, a transition team, an auction or one of the multitude of other options available at First UU, the opportunities abound for each and every one of us to step up and help. Take a moment and if you're asking yourself – the words would be, how will you contribute?

SOCIAL RESPONSIBILITY

DESIGNATED COLLECTIONS—As a way of putting our faith into action, we as a church periodically dedicate one of our collections to a worthy non-profit or church program. September's designated collections are Gateway 180: Homelessness Reversed and the Trinity Hot Meals Program of the Holy

Ground Collaborative.



Gateway 180 is focused on ending homelessness in St. Louis and serves primarily St. Louis City and County families with children under 11 years of age and single

women. Annually, more than 1300 individuals benefit from its programs. Gateway is distinguished by its programming that permits families experiencing homelessness to remain together until housing is secured and by its support services and psycho-educational programming offered to the adults and children it serves in its Emergency Shelter. Gateway is a prime partner in the City of St. Louis' effort to end chronic homelessness and advocates a rapid re-housing approach focused on case management and support services to ensure that its clients are successfully and stably housed. This recipient was nominated by church member Rosemary Lawton.

First Church's other September designated collection helps fund the Trinity Hot Meals Program of the Holy Ground Collaborative, which consists of eight Central West End congregations of various faiths. This group

promotes community action and social justice issues within the Central West End area of St. Louis. On a rotating monthly basis, member congregations provide meals for the homeless population via the Hot Lunch program at Trinity Episcopal. The Holy Ground Collaborative website is <http://www.holyground-cwe.org> This recipient was nominated by church member Donald Jeffries.

Get Ready for an Exciting Fall

We have some fantastic music planned for this fall. Mark your calendars for September 18th. Leah Park-Haynes is presenting her violin pieces that she will use at auditions for a fall scholarship. Leah has given her talents to the church many times over the last few years. And her younger brother, Aiden, is a very talented percussionist who has shared with us as a soloist and supported the choir. I can't forget their mother, Yoanna Park-Haynes, who has contributed and supported the music program of the church in seen, and unseen, ways. This is a gifted family who deserves our thanks.

On September 18th, Leah will be accompanied by Sue Thomas, Harp professor at Wash U. Sue will also be supporting the choir on December 11th, as we present Benjamin Britten's Ceremony of Carols. That will be a delight.

Even though our budget was cut in half, we will do our best to continuously provide you with a variety of quality music.

This is going to be a great year.

—Joel Knapp, Music Director

Amy's Movie Group

The House lights are dimmed, you have your soda and popcorn. You're settled in, the movie starts, let the magic begin.

The 5th annual edition of Amy's movie group begins in September. So all you movie critics, now is the time to sign-up down in Fellowship Hall. Space is limited so act fast!

We meet monthly at a member's house, to discuss the film that the host chose. That film can be current or a classic. We meet on Friday or Saturday night. Members bring beverages and/or snacks.

These meetings are great fun and we've been known to get off subject which adds to the entertainment.

First Church Food Project

Your donation of canned meats, fish and stews as well as jars of peanut butter and boxes of powdered milk can help individuals in need feed themselves and their loved ones. Donations of personal care products: soaps, body washes, toothpaste and toothbrushes, as well as deodorant and shampoos, are also welcome.

Donated items are taken to the Trinity Food Pantry, CRC, or Gateway 180. Please help us reach out to our local community and make an impact. All donated items may be left in the collection baskets in our Ramp room outside of Fellowship Hall.

-First Church SRC

Great Partnership News!

The Unitarian Universalist Partnership Committee Council has recently relocated to St. Louis! The new address is UUPCC, 483 E. Lockwood, Suite 109, St. Louis MO 63119. They can be reached by phone at 314-918-2618. Welcome to St. Louis!

(continued from front page—Sermons)

[Everyone is invited to bring a small amount of water from a special location such as the family home, an ocean, a river, a small spring, maybe even gathered after one of the summer rain storms. The water will be gathered together into a single vessel and used to bless our church garden and the beginning of a new church year.

**September 25—"Let the Beauty We
Love Be What We Do
Building the Free Church To
Liberate the Spirit To Create the
Beautiful Beloved Community**

People are looking for inspiration and vision with which to order and build their lives. The beautiful stirs passion and urgency in us and calls us forth from aloneness and isolation into the warmth and wonder of some eternal embrace. Beauty unites us again with the neglected and forgotten grandeur of life. The beautiful unifies feelings, thoughts and dreams. When we neglect beauty as the ground of the religious, the work we do in church will lead to burnout, the consequence of too many meetings and not enough joy and delight, not enough beauty. The cry of our time is to awaken to beauty.



FAIR TRADE COFFEE SALES

**September 4 and
September 18**

Remember that we now accept *credit and debit cards* as payment through PayPal, in addition to cash and checks. All Fair Trade products sold at First Church support small-scale farmers and their local cooperatives in the authentic Fair Trade model. Thank you for being a part of this. It matters.

Don't Miss the
DEADLINE!

**Newsletter Deadline:
Sunday, September 11**

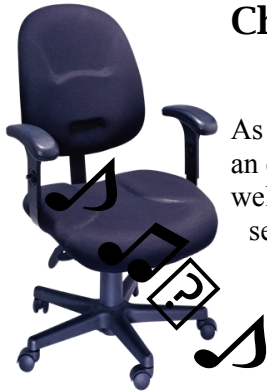
**Newsletter Folding
Tuesday, September 20**

WOMEN'S ALLIANCE

The Women's Alliance will begin the new church year with a potluck in Fellowship Hall on Tuesday, September 13. Join us at noon and bring your favorite dish to share. All women in the church are welcome. If you have any questions, please contact Cathy Reszinski at 314-696-0420 or jerico1945@sbcglobal.net. On Tuesday, September 27, we will meet for lunch at 12:00. Bring your own sandwich; dessert and coffee or tea will be provided. At 1:00 PM, join us for a presentation by church member Sharon Deem, on the topic "The One Health Initiative: Examining the Intersection of Human Animal and Eco-System Health." All women of the church are welcome. If you have any questions, please contact Deborah Richie at 314-481-4449 or deborah.richie@gmail.com.

Toward Justice Anti-Racism Community Forums

The Toward Justice Group is planning a series of Sunday morning forums to explore the St. Louis region post-Ferguson. These forums will feature speakers from the local community. Save the dates of Sept. 25th, Oct. 23rd, and Nov. 20th (11:30 in the Chapel). List of speakers will be available shortly.



Church Council Chair Notes

As the steamy days of a St. Louis summer wane, the church is gearing up for an exciting year. We have the awesome opportunity and responsibility of welcoming **Rev. Gary James and his wife Julie** into our midst – and I do see this as the responsibility of each member of the congregation. They are our newest members, two people who have uprooted their lives to come here and get to know us. Reach out to them; invite them out and about with you; include them in a committee event; let them know how much we look forward to and appreciate working with them over the coming church year. Be not shy - be proactive!!

Your Church Council is tackling a number of issues this fall (visualize many plates spinning on top of long sticks). Foremost among them are the following:

- “finalizing” the clusters and helping each group of committees find the best ways to interact in harmony to reach our goals;
- focusing on growing church membership and getting the word out about First UU’s Beloved Community;
- supporting **Yvette Clemons**, our Church Administrator, and **Kathy Wilke** as they work with **Randy Speck** and **Jim Wire** to render our finances clear and accessible;
- jumping into the Dinner/Dance? Talent Show? Gala/ Extravaganza/ Auction (yet to be determined) in mid-November, lead by **Emily Jaycox**; and
- attending the Board/Council Retreat on Saturday, September 10. Through all of this, Tiffany and I and the Board and Council will listen to each other and to the congregation, working closely with Rev. James to strengthen our church and make this world a better place. Phew! We WILL be calling on you to help.

Finally, **a RESOUNDING SHOUT OUT to Yvette, Lynn, Augie, Rhonda, all summer sermonizers, worship associates, musicians, Earl the Faithful & Talented, greeters, ushers, hospitality and maintenance helpers who have carried us through this summer of transition.**

I’m looking forward to **Homecoming Sunday, September 11**, a bittersweet day to celebrate the new church year while remembering the lives lost to terrorism on 9/11 and since. Get ready to let your light shine forth – let it shine, let it shine, let it shine!

—Carole Watson
Council Chair

LIFESPAN FAITH DEVELOPMENT

LYNN HUNT,
CREDENTIALLED RELIGIOUS EDUCATOR

Faith Development

The foundational religious educator in the Unitarian, Sophia Lyon Fahs, said:
One of the tragic ironies of history is that such original and creative geniuses as Buddha and Jesus have been extolled as perfect patterns for all to emulate. In the very struggle to be like someone else rather than to be one's own true self, or to do one's own best in one's own environment, a child is in danger of losing the pearl that is really beyond price - the integrity of his (or her) own soul.

Certainly there is much wisdom to learn from the religious giants of yesteryear. Also, they are exemplars of how to live one's own life. Yet, the key here that Fahs notes is that the context of one's time is also a key life decisions – *to do one's best in one's own environment*. That is the underlying understanding of a Living Faith: that the answers are not set in stone (prophecy is not sealed), rather the religious imagination is always developing and encountering the new.

This is the heart of our Religious Education program. To help young people develop into mature adults who are capable, competent, empathetic moral agents in an ever changing world. We learn from the past and teachers of the past, we develop deep listening skills, we discuss moral

dilemmas, we create and engage our imaginations, we reflect, we support one another and work to build a fair, compassionate and just world for all.

None of this easy, but it is the call of our Unitarian Universalist faith and it was what we nurture in our RE program. It is that time of year again when we re-gather from our summer sojourns and come together again to nourish and sustain one another in this soul work.

Classes and activities start for children and youth in September. Looking forward to year of building beloved community here, in our community and in the world with all of you.

With peace – Lynn Hunt, Credentialed Religious Educator

Dates to Remember

August 28th – Last Day of Summer RE
September 4th – Child Care Only (no RE classes)

September 11th – Ingathering – Multi-Generational Service and Pancake Breakfast – Children will take part in a multi-generational service celebrating Creation. Plan to enjoy a hearty pancake breakfast between services and support the Boston Trip fundraising efforts of the & 8th grade class.

September 18th – Water Ceremony and Religious Education Class – Remember to bring in water from summer travels or from your own backyard for our Water Ceremony.

Registration materials for the Religious Education program will be mailed by August 30th. If you have not received materials by then, please contact Lynn Hunt.

**Adult & Family Faith
Development in September
Covenant Groups**

In Covenant Groups people come together in a circle of trust, in covenant, to be in right relation with one another with respect and care. We cultivate deep listening as each person takes a turn in a kind of sacred space to express what stirs in them about the topic of the session. The careful listening enriches the lively back and forth interchange that follows. Some groups have specific themes and others are general in nature. This is a wonderful way to further your connections with others in the congregation. If you would like more information about joining a group you can: sign up in Fellowship Hall, contact the Covenant Group Coordinator, at covenant-groups@firstuustlouis.org or call the Faith Development Office (314-361-0595 ext 25).

**Toward Justice Anti-Racism
Community Forums**

The Toward Justice Group is planning a series of Sunday morning forums to explore the St. Louis region post-Ferguson. These forums will feature speakers from the local community. Save the dates of Sept. 25th, Oct. 23rd, and Nov. 20th (11:30 in the Chapel). List of speakers will be available shortly.

Great Books Discussion Group

September 25th – noon – at the Church

‘Civil Disobedience’ by Henry David Thoreau

The Great Books Foundation is a nonprofit educational organization whose mission is to advance the critical, reflective thinking and social and civic engagement of readers of all ages through Shared Inquiry™ discussion of works and ideas of enduring value.

Join the organizing meeting for this year at noon on September 25th at the church. Then join the discussion of ‘Civil Disobedience’ in which Transcendentalist Thoreau argues that the individual must resist the governments pull to have citizens become agents of injustice.

Discussion **Facilitated by Margaret Weck.**

Sign-up in Fellowship Hall for more information or call Religious Educator Lynn Hunt (314-361-0595 ext. 25).

Toward Justice Book Discussion Group

September 28th i– 7:00pm

**‘Between the World and Me’ by Ta-Nehisi
Coates and**

‘The Fire Next Time’ by James Baldwin

The Toward Justice Anti-Racism group sponsors book discussions that look at racism, the African-American experience and white privilege. The upcoming discussion will be of Coates’ 2015 ‘Between the World and Me.’ This book is written as a letter to his teenage son in which Coates ‘shares the story of his awakening to the truth about his place in the world . . . Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage [this book] clearly illuminates the past, bracingly confronts our present, and offers a transcendent vision for a way forward.’ (text from book jacket cover). In addition, we will discuss Baldwin’s ‘The Fire Next Time.’ *It contains two essays: My Dungeon Shook — Letter to my Nephew on the One Hundredth Anniversary of Emancipation, and Down At The Cross — Letter from a Region of My Mind.* The first essay, written in the form of a letter to Baldwin’s 14-year-old nephew, discusses the central role of race in American history. The second essay deals with the relations between race and religion, focusing in particular on Baldwin’s experiences with the Christian church as a youth, as well as the Islamic ideas of others in Harlem.

Sign-up in Fellowship Hall and please let Lynn Hunt know if you need any assistance in obtaining copies of the text.

Partner Church News

As you read this, the First Church travel contingent may be about to depart for, are already in Transylvania! When we return we will have great adventures to share with you.

The foregoing is only the first of a series of events we have planned for the coming year, however. At our committee's meeting on August 28, we established some important dates. Please consider participating in the following:

Saturday, 10-22-2016: First Church will host a day-long regional conference for Partner Church committee members and others interested in learning more about the international UU Partner Church program. The new Executive Director of the UUPCC will be leading this event. Ideas will be shared by participating churches and Partner Church Council board members.

Sunday, 12-11-2016: Our annual, highly-popular PC Holiday Bake Sale (also Music Sunday!) will be held in Fellowship Hall. This is an important fund-raiser for us.

Sunday, 1-22-2017: This year's Partner Church Sunday will feature Rev. Roger Bertschausen, the new Executive Director of UUA Partner Church Council. He will be our special guest and preacher in the morning worship service.

Saturday, 1-28-2017: This is the date for our Partner Church Dinner and Program. This year's trip participants will be sharing their pictures and experiences with the attendees, plus who knows what surprises may be in store!

Finally, an appeal to your generous spirits:

As indicated in a previous newsletter, the UUPCC is now located in St. Louis at the Eden Seminary campus in Webster Groves. The UUPCC Board (unpaid volunteers from all over the U.S.) will be coming to town for three days of meetings starting on Wednesday, October 19 and ending on Friday, October 21. Could anyone with an extra bedroom in their house or apartment, in fairly close proximity to Eden (< 10 miles), host a visitor for these nights? The main requirement would be to provide a place to sleep, although transportation to and from the meetings in the morning and evening would also be very helpful. If you cannot provide the latter, however, our First Church PC committee will assist with their transportation needs.

Thanks for considering this request! As you may have already concluded, this is an opportunity to not only do a "good turn" for fellow UU's, but to also become acquainted with some very active, involved church leaders from other parts of North America.

If you can help, please contact Tom Crouch (tcrouch26@gmail.com or 314-608-5560) or the church office (314-361-0595).

—Tom Crouch

Save the Date - Church Auction

WHO: You!

WHAT: Church Auction - the theme is "Home Sweet Home"

WHEN: Saturday evening, November 5

WHERE: First Unitarian Church

WHY: See below!

WHAT IT IS:

- A way to raise money for the church
 - A gathering to celebrate the centennial of our 100 year-old building
 - A fun evening with friends old and new
- A focus on intangibles, learning, service, and sustenance - things we love about our church community

WHAT IT IS NOT:

- A formal fancy dinner
 - An opportunity to clean out your closets
- This event's focus will be on "intangibles" (services, trips, event tickets) and sustenance (food and drink)

HOW CAN YOU BE A PART?

- Buy a ticket to the event. Invite a friend. (Maybe someone you haven't seen in awhile!)
- Donate a service, a trip, event tickets, restaurant certificates, etc.
- Lead or host a sign-up event (tour, hands-on activity, wine tasting, pool party) - or provide refreshments
- Help make the event a success and meet others by serving on a team. (P.S. You will be eligible for discounted admission) Examples of teams include:
 - o Appetizer team: Contribute appetizers
 - o Beverage team: Contribute wine/beer/soft drinks; serve drinks

- o Dessert team: contribute/set up dessert buffet and coffee
 - o Blurb writing team: write up enticing descriptions for donated items
 - o Paperwork team: make bid sheets, certificates, auction paddles, etc.
 - o Check-in / ticketing team: Help with ticket sales, check-in
 - o Silent auction set up team
 - o Live auction team: help with recording bids, event flow
 - o Kitchen cleanup team: Bus and load dishes, set up Fellowship Hall for church the next morning
 - o Musicians: provide 1/2 hour of incidental music during silent auction (you will still have an hour to eat and attend silent auction)
- QUESTIONS? IDEAS? Contact Emily Jaycox or email auctiondonations@firstuustlouis.org

Homecoming Gathering/ Welcome!!

Homecoming! Welcoming Gary and Julie! Those are just two of the reasons to celebrate with a potluck on Saturday, September 17, starting at 5pm in Fellowship Hall.

Kids! Bring your parents!! And your favorite food :-). We'll have some activities for kids of all ages, so come join the fun!

If you're able, please sign up on the sheet in Fellowship Hall OR online via the link on the event notice. This way we'll know roughly how many of us will be coming that evening and to help ensure we have a good spread of dishes from appetizers and salads to main dishes and desserts.

We hope to see you there!

—Dan Livengood

RECYCLING



Don't forget....the church belongs to a recycling program with **Quill**, our office supply company. The church receives rebates for recycling inkjet cartridges. Recycle bins are found in the copy area of the church office.



**DON'T FORGET
TO LIKE US,
FOLLOW US
AND CHECK-IN
ON
FACEBOOK**

OPPORTUNITIES FOR FITNESS: BODY, MIND AND SOUL....

QIGONG OFFERED AT FIRST UU

- **Qigong** combines mindful, gentle, physical postures and movements with meditation, breath-work, sounds (mantras) and self-massage techniques to revitalize your Vital Life Force energies and to enhance physical, emotional, mental, and spiritual healing.
- **Qigong** techniques help to dissolve accumulated stress and fatigue, increase energy, and strengthen the immune system.
- Accumulated daily practice of **Qigong** movements and meditation build up a storehouse of Qi energy and also lead to enhanced concentration, improved mental focus, and greater intuitive functioning.



*Hour long Qigong classes on Tuesdays
at 2pm in Hope Chapel.*

These are pay-as-you-can classes.



TOASTMASTERS CLUB

Join us each first and third Sunday at 7 p.m. in the Clark Room. For information contact Stan Veyhl at (314) 863-3229 or sveyhl@earthlink.net.

DO YOU SHOP ON-LINE?



When making your on-line purchases be sure to log on to GoodSearch.com. Search for your items through Good Search, each search earns money for First Unitarian Church. The potential is SO MUCH higher...cost to you...ZERO!

Simply go to the GoodSearch website, log-on and input "First Unitarian Church of St. Louis" into the field that asks for what group you want to support. It's that easy.

It's a free and easy way to raise money for our church and get some of your shopping finished.

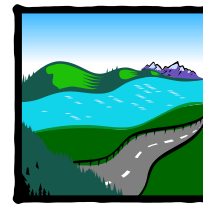
Each month, GoodSearch sends the church a check!



Don't forget to use your eScrip card when shopping at Schnucks. The church receives a percentage each time you shop. Don't have an eScrip Card? Stop by the sign-up table in Fellowship Hall and pick up one this Sunday. Simply register on-line and you are ready to earn money for First Unitarian Church.

ROAD TO MEMBERSHIP

Please join us in celebrating our 6 new members! The following people have signed the membership book in the last month:



Anyone who wishes to join our congregation as a member may sign the membership book on the last Sunday of each month shortly after the service.

The minister or a board officer (President, Church Council Chair, Secretary or Treasurer) will meet you on the Sanctuary chancel.

We welcome you to our religious community

This summer, we have enjoyed many sermons from members and guests of First UU. In addition to the podcasts (when available), Ron Glossop, Rick Childs and John Knoll have shared the script or highlights from their sermons and are available on the First UU website at <http://firstuustlouis.org/worshipping/guest-sermons-2016>. Others will be added here as the summer comes to a close. Thanks to all who have given us a great summer of guest sermons!

JOYS AND CONCERNS FROM SEPTEMBER 2016

Let us keep in our minds all who live with grief or joy this day, those who are healing from illness or surgery and those who have family members who are ill.

—**Shirley Bassett** a longtime member of the church died on June 21. Her daughter Sarah is planning her mother's memorial service on Saturday, September 3. Shirley is best remembered for her involvement with the West End Players Guild.

—**William Allen's** wife, Rose, is recovering at home from surgery. Calls and meals would be welcome.

—**Carolyn Nolan** continues to undergo chemotherapy treatments and would appreciate cards. She and Mike do not need food at this time.

—**Lorraine Wallis** has returned to her residence at Sunrise in Clayton, 7920 Clayton Road, 63117, Room 124. She is recovering from hip surgery and trying to get stronger. She loves to see visitors.

—**Chase Doctor**, youth member and daughter of Allan and Dahven Doctor, was elected to the board of the Southern Unitarian Universalist Summer Institute! SUUSI is an annual gathering that offers families education, relaxation and nature experiences. During her campaign, Chase touted her experience of attending the UU Mid-West Youth Leadership School a year ago. Congratulations, Chase!

—We send our healing and caring thoughts and prayers to the new grandson (Remi - born August 1st) of members **Grace and Tony Munie**. Remi is the son of Chris and Mandi Munie. Chris is a graduate of our Religious Education program and now lives in the Chicago area. Grace says Remi is a beautiful baby who needs lots of care and attention at this time.

MEMORIALS AND SPECIAL GIFTS TO THE CHURCH

THANK YOU FOR THE FOLLOWING SPECIAL DONATIONS:

- A total of \$270.00 was donated to Designated Collections on August 7 for **Payback Inc.**

(continued from page 2 Minister's Muse)

used to wander the woods. At first her father let her wander, but over time he became concerned. The woods were dangerous. The father did not know what lurked there.

He decided to discuss the matter with his child. He took the daughter aside and said, "You know, I have noticed that each day you walk into the woods. I wonder, why do you go there?" The daughter said to the father "I go there to find God." "That is a very good thing," the father replied gently. "I am glad you are searching for God. But my child, don't you know, that God is the same everywhere?"

"Yes," the daughter answered, "but I'm not." Like the daughter in the story we feel the need to change our "spiritual location." I hope with the summer's close you too are feeling the need to change your "spiritual location" and return to church. I look forward to greeting you, seeing your shining faces, hearing your voices sing the opening hymn, refreshing and renewing our spirits together. See you in church,

—Gary

CALENDAR AT A GLANCE

Please keep in mind that the calendar is updated daily and does not show outside rentals. Refer to the Web Site calendar for up-to-date information.

Thursday, September 1

5:00 p.m. - Facilities Meeting (C1)
6:30 p.m. - Toward Justice Meeting

Saturday, September 3

1:00 p.m. - Bassett Memorial Service (S)

Sunday, September 4

Fair Trade Coffee

10:00 a.m. - Worship Service (S)
11:30 a.m. - Young Adult Planning Meeting (DR)
7:00 p.m. - Toastmasters (CLK)

Tuesday, September 6

2:00 p.m. - Qigong Class (CH)

Saturday, September 10

8:30 a.m. - Board and Council Retreat

Sunday, September 11

Newsletter Deadline

Homecoming Sunday

9:00 a.m. - Sandwich Making for the Homeless
10:00 a.m. - Worship Service (S)
11:30 a.m. - Canvass Meeting (C1)
11:30 a.m. - Knitting Ministry (C7)
11:30 a.m. - Feinberg Covenant Group
11:30 a.m. - LGBTQIA Allies Group

Tuesday, September 13

2:00 p.m. - Qigong Class (CH)
6:00 p.m. - Policy Board Meeting (C1)

Wednesday, September 14

7:30 p.m. - Choir Rehearsal

Saturday, September 17

Welcoming Potluck

Sunday, September 18

Fair Trade Coffee

10:00 a.m. - Worship Service (S)
11:30 a.m. - Kelley/Veyhl Covenant Group (C8)
11:30 a.m. - Feinberg Covenant Group
7:00 p.m. - Toastmasters (CLK)

Tuesday, September 20

9:30 a.m. - Newsletter Fold (C1)
2:00 p.m. - Qigong Class (CH)
7:00 p.m. - Men's Wellness Ministry

Wednesday, September 21

7:30 p.m. - Choir Rehearsal

Thursday, September 22

7:00 p.m. - Music Program Fundraiser (S)

Friday, September 23

7:30 p.m. - Young Adult Vespers (FH, CH)

Sunday, September 25

9:00 a.m. - Sandwich Making for the Homeless
10:00 a.m. - Worship Service (S)
11:30 a.m. - Canvass Meeting (C1)
11:30 a.m. - Toward Justice Forums (CH)
12:30 p.m. - Great Books Discussion

Tuesday, September 27

2:00 p.m. - Qigong Class (CH)
7:00 p.m. - Church Council Meeting (C1)

Wednesday, September 28

6:00 p.m. - Long Range Planning Meeting (C1)
7:00 p.m. - Toward Justice Forums (L)
7:30 p.m. - Choir Rehearsal

For updates to the church calendar visit
firstuustlouis.org

New to First U

Anyone new to our church in the last year or so is welcome to join the New to First U covenant group. The new covenant group will give newcomers the opportunity to become connected with one another and the church community and to share topics of meaning and spirituality. The structure of a covenant group fosters Deep Listening with care and respect for each person. The group of 6 –10 members will meet on the 1st Sunday of the month after the 10:00 service, from 11:15 – 12:30. Susan Novak-Tibbet will facilitate. A sign up sheet is in the Fellowship Hall on the Covenant Group table, or you can email Susan at susantibbet@aol.com.

—Susan Novak-Tibbet

The St. Louis Unitarian
First Unitarian Church
5007 Waterman Blvd.
St. Louis MO 63108

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Submit news to office@firstuustlouis.org
(314) 361-0595/96 • fax: (314) 361-0712

Minister

Rev. Gary James

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Minister Emeritus

Earl Holt

Religious Education Team

Lynn Hunt, Credentialed Religious Educator

☎ ext. 25

lhunt@firstuustlouis.org

Rhonda Buergler, Sunday Assistant

Augustine Underwood, RE, Admin. Assistant

Music Team

Joel Knapp, Choir/Music Director

music.director@firstuustlouis.org

Earl Naylor, Organist/Accompanist

Administrative Team

Yvette Clemons, Church Administrator

☎ ext. 23

yclemons@firstuustlouis.org

Membership

Dan Livengood, Membership Coordinator

Mary Thompson, Sunday Sexton

Elliott Smith, /Darrius Salisbury Custodian

Donald Jeffries, Newsletter Proofreader

Office Hours

Mon — Fri. 8:00 a.m. to 3:00 p.m.

Saturday & Sunday Closed