

# The St. Louis Unitarian

October 2016 Vol. 47 No. 4

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

## OCTOBER 2016 WORSHIP INFORMATION

**October 2**

**“A Sacred Voice Is Calling”**

Rev. Gary James

There are many people who have vivid experiences of the sacred and who become mediators of the sacred to others. Many ministers speak of being “called” to the ministry. But what about the rest of us? Where do we listen to the voice of the sacred today? To what or to whom should we direct our attention? How do we listen for the sacred in a secular age in our contemporary world? Behold, a sacred voice is calling . . . .

**October 9— High Holy Sunday: Practicing a Sacred Therapy  
“Now Is the Time for Turning – Love and Truth Shall Meet”**

Rev. Gary James

This the Sunday that falls between the two most solemn and significant Jewish holy days, Rosh Hashanah - the Jewish New Year, and Yom Kippur - the Day of Atonement. We recognize that our Unitarian Universalist roots go back over two thousand years and begin in ancient Judaism, and so on October 6 we will celebrate High Holy Sunday. In the Jewish tradition it is taught that the fate of the nation and the future of the people – the outcome of history itself in the long run – depends upon the righteousness of individuals and their willingness to live by God’s law. To do so they must regularly come into the presence of God in their own minds and hearts and gather, each to acknowledge where they have failed, to repent their errors, and make right their wrongs, to keep themselves growing into goodness.

**October 16**

**Race, Grace, and the Quest to be Human**

Stefan Bradley, Ph.D., Director of African American Studies,  
Saint Louis University.

Dr. Bradley, First Unitarian Clark Lecturer (2015) and nationally recognized figure on social justice, returns to our pulpit to speak to the critical need for human understanding in an age of racial trials.

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**Designated  
Collections  
See page 4**



**Member  
Profiles  
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**Auction  
News  
page 11**



**FAIR  
TRADE  
COFFEE  
SALES**

**OCTOBER 2  
& OCTOBER 16**

# Minister's Muse

MINISTER, REV. GARY JAMES

The words of our opening hymn on Homecoming Sunday, *Here We Have Gathered*, remind us why we come to church. We come - each and all - bringing with us the many stories of our lives. We gather "side-by-side" forming a "circle of kinship," inviting one another to "come and step inside." Sharing our stories we come to "know each other's pain," and in time, we learn to sing in new found "friendship this, our heart's own song".

At a minister's retreat many years ago I was invited to write a mission statement that expressed the deeper meaning of my ministry. After completing and sharing the statement we were asked to revise the mission statement and make it simpler. And then to do so yet again. Eventually I arrived at a single sentence describing the three essential activities of the church and my ministry: ***Building the Free Church – To Liberate the Spirit – To Create the Beloved Community***. That is - simply put - what I believe church is really all about. One could spend many hours unpacking all of its significance.

This morning, while trying to gather my thoughts in preparation for writing a column for the church newsletter, I contemplated the notion of vision, as in both the act of seeing and in what is described as the exercise before formulating a mission statement. With the flick of my "mouse" I also discovered how incredibly rich are the multiple meanings of the word vision. There is vision as in the ability to see or eye sight, but there is also vision as in dream-idea-image-visualization-revelation-prophecy-concept (also hallucination and apparition); there is vision as in foresight-farsightedness-imagination-forethought-prediction-prescience. "Vision" provides a rich metaphor for describing the purpose of the religious community and the

role of the church.

The First Unitarian Church of St. Louis was created to teach us how to see with both our mind and our heart and in doing so, to see anew what already exists. We come to be awakened through the experience of worship and have our original sense of being alive restored. Church reminds us that how we see truly matters.

I have been rereading a wonderful collection of short spiritual stories gathered into a book written by Mark Neppo, *As Far as the Heart Can See*. He writes in the introduction that "our ability to see with our mind and heart is the only window we have on life". He goes on to share the story of his dear grandmother who at the age of ninety-four was living in an assisted-living facility. One day, while looking out the window on what she perceived to be a gloomy gray day, she was informed it was in fact a beautiful afternoon and her problem was that she was looking at the world through a dirty window. She shrugged and said, "Got a dirty eye, see a dirty world."

The mission of the First Unitarian Church of St. Louis is to restore our vision by cleaning all the dirty windows in our lives. We come to church, with our spray bottle of spiritual Windex in hand, to help each other clean our minds and hearts so we don't keep seeing a dirty world. Our work is to help each other break the habits of mind that prevent us from seeing at all. Ken Patton describes in one of the responsive readings in our hymnbook how we come to church. "We arrive out of many singular rooms . . . We come to be reassured that brothers and sisters surround us, to restore their images on our eyes." Sounds like window cleaning time to me!

See you in church,  
—Gary



## PRESIDENT'S COLUMN

TIFFANY SEWELL, POLICY BOARD PRESIDENT

### Welcome Back!

I love Homecoming Sunday – and not just because I'm guaranteed a delicious pancake breakfast! I love the feeling of walking into church and knowing that I'm going to see friends that I haven't seen all summer, and those I've seen regularly throughout the season. It's great to see so many faces – many I recognize and some new ones I don't yet know – joining together in our community of memory, reverence and hope.

This weekend was especially fun for me because not only did I get to usher for Homecoming Sunday, but I had the pleasure of leading the Board & Council Retreat the Saturday before – talk about a busy weekend! It turns out that being a member of the Policy Board or the Church Council comes with responsibilities other than attending monthly meetings. The members of our Board and Council serve as weekly greeters, lead committees and clusters of teams performing the work of our church and yes, even attend an annual Leadership Retreat. It's a day for us to spend time getting to know one another while planning out some of the bigger priorities for the coming church year.

We started the day with an exercise in appreciative inquiry – sharing our stories about church and what brought us here, what we have learned from the past and what we hope the future holds. In small groups, we discussed questions like “What was it that first brought you to church?”, “What was your most moving moment at church?” and “What would you like to say about this church in a year from now?” Although everyone had their own stories and interpretations of these questions, the common themes that emerged were ones of community, building relationships, and supporting one another. It was an exercise that helped to ground us, and to get us ready for the rest of our day.

We spent time finalizing an organizational chart, showing how each of us fits into the governance structure of our church, which will be posted soon. We discussed expectations of board and council members, had a lesson on meeting facilitation and heard from the Peace Building Team representative, Kathy Wire, about how that team functions. The majority of our afternoon was spent working to rank a list of priorities provided to us by the Long Range Planning team, to determine where our focus for 2017 should be. More work will be done on the newly-prioritized list, but it was a great exercise to help determine where each goal fits with our church's mission.

Overall, it was a fun and energizing day for us, and we left with a greater appreciation of each other and the work ahead of us. Before leaving, each participant was asked two important questions, which I'd like to put to each of you reading this:

- (1) What 1-2 things would make our church life work better?
- (2) What 1-2 issues, concerns or projects will you personally work on – and recruit others to work on – this church year?

I'd love to hear your answers!

## 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. October's designated collections are UU Sandwich Making (October 16th) and the Unitarian Universalist United Nations Office (October 23rd).

UU Sandwich Making is a multigenerational social justice activity that informs and promotes the issue of hunger in St. Louis. Project volunteers (our adults, teens, and children) gather twice monthly in Fellowship Hall before and during services to prepare bag lunches for the homeless in downtown St. Louis. The lunches are distributed through Gateway 180, the largest Missouri shelter serving women and children, and the Centenary Methodist Church Bridge Program. All First Church members and newcomers are invited to join in the Sandwich Project which springs into action each second and fourth Sunday of the month year-round. This recipient was nominated by church member Rosemary Lawton.

October 23rd is UN Sunday. United Nations Day is October 24th. The 2016 theme is "The Colors of Inequality: Costs and Consequences." The Unitarian Universalist United Nations Office engages in advocacy work at the United Nations based on Unitarian Universalist values. "From involvement in the drafting of the Universal Declaration of Human Rights, to leading the faith caucus to establish the International Criminal Court, to overcoming UN apathy about sexual orientation & gender identity issues, the UU-UNO has a long history of

providing strong leadership in all aspects of human rights at a policy level through UN consultative status. For more information, see church member Donald Stahl who is our UU-UNO Envoy. Also, you can refer to the literature at church or to the website [www.uua.org/international/un](http://www.uua.org/international/un). This recipient was nominated by Donald Stahl.

### 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

**Flower signups.** Have you thought about honoring a special person or celebrating a special occasion by donating the sanctuary flowers for a Sunday service? Many dates are available throughout the year; talk to Dottie Kinscherf for more information. You can contact her by phone (314-727-0740), e-mail ([dottiek@att.net](mailto:dottiek@att.net)), or look for her in Fellowship Hall after services.



-Continued from page 1 –sermons-

**October 23—  
"The Joy of Laughter"  
Rev. Gary James**

*Beware of the man [or woman] who will not laugh. For they take themselves seriously, and therefore there is no health in them. A sense of humor is a sense of proportion, of balance, of relative values, and the wise man [or woman] knows that few things matter much in life and most don't matter at all . . . Away, then with solemnity, for life is fun, an ever-renewed beginning, and all our suffering, our own, our neighbor's and our friends, is only the tragic element in a show which without [humor and laughter] would be very dull. Christmas Humphreys*

**October 23 will be dedicated to the joyful celebration of comedy and laughter, providing a balance to our reflections on Halloween and All Souls Sunday. The last Sunday of October will be dedicated to Halloween and the facing of our fears. The following first Sunday of November will be dedicated to All Souls Sunday and the offering of our prayers for our beloved dead, a day on which we remember all those in the family of the church, as well as friends and loved ones, who died in the past year.**

**October 30—  
March of the Goblins  
[Children & Adults Process in Costume]  
Learning to Play in the Dark  
Shadows of our Earthen Cellars**

Rev. Gary James

I love the celebration of Halloween and as a minister I am happy that we have not altogether lost the symbols and rituals that helped our ancestors cope with their fears. It may seem odd that your minister so joyfully relishes this dark holiday when children wear masks which prominently display "the jaws that bite, the claws that snatch."

Let me assure you, it is not some perverse inclination on my part. Cross my heart and hope to die! I have no desire to frighten children or any of you for that matter, at least not too much. The truth is I find the elaborate display on Halloween of ghoulish masks to be an important antidote to the misguided notion on the part of some parents, teachers and social workers alike, to try and create a Terror-Free Halloween.

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**Holy Ground Collaborative (HGC)  
Micro Lending Program.**

The HGC, in partnership with M-SLICE (Metro St. Louis Coalition for Inclusion and Equity), has been drafting one of its most ambitious programs, over the past year, that will eventually allow low-income St. Louis residents to obtain small (\$500 max.) no-interest loans. The hope is that the loans will help people in poverty to survive emergencies, build credit, become 'banked', pay off their Pay Day Lending loans, and develop financial responsibility.

The focus of the program will be on three zip codes, north of Delmar, that are adjacent to the area of the Central West End that our 6 HGC congregations have defined as their 'holy ground'.

A local nonprofit, Justine Peterson, is our partner in this program. They will make the loans, and ensure repayment of the amounts (over a maximum loan period of 18 months), plus handle all the paperwork.

In order for this program to obtain the desired initial funding (\$30,000), HGC is requesting donations from the 6 member congregations -- First Unitarian; Trinity Episcopal; Cornerstone Institutional Baptist; Central Reform Congregation; First Church of Christ, Scientist; and Second Presbyterian.

-continued on page 9-



## FAIR TRADE COFFEE SALES

### October 2 & 16

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.

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## WOMEN'S ALLIANCE

On Tuesday, Oct 11, the Women's Alliance will hold a business meeting at 11:00 in the John Lerner Library. At noon we'll eat lunch in Fellowship Hall, followed by a discussion of a short story led by Tom Archer. All women of the church are invited to join us. Bring your own sandwich or other lunch, and dessert and coffee or tea will be provided. For information on the short story please contact Jeanne Morrell-Franklin at [jean-nemfra@msn.com](mailto:jean-nemfra@msn.com) or 314-962-2548.

On Tuesday, Oct 25, all women of the church are invited to join the Women's Alliance for lunch in Fellowship Hall. Bring your own lunch and dessert and coffee or tea will be provided. Lunch will be followed by Liz Zelman speaking on "Beyond Tribalism". For further information, contact Judi Crouch at [judithcrouch06@gmail.com](mailto:judithcrouch06@gmail.com) or 314-725-7095.

Please join us for these fun and information programs.

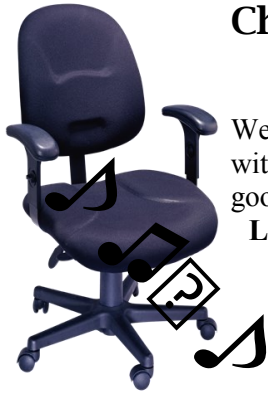
## Meet Susan Novak-Tibbet

Susan Novak-Tibbet joined our church in the fall of 2015 after OD'ing on Catholicism. She first visited after finding us online and for the first time in years, left church feeling happy. She has been quietly working behind the scenes ever since making sandwiches and helping with kitchen chores before church. However, Susan is now stepping out of the shadows on Sundays as the newest singer in our choir. She has enjoyed an interesting and varied life which defies attempts to summarize here but can be understood in reading her mottos for living: *live and let live, believe in possibilities, and give more than you take*. You'll enjoy meeting this member.

A brief recounting of her life story is as follows. Susan was 'made in Korea,' her words not mine, a few years after the war and was left on the steps of a Catholic Church and lived in an orphanage with 200 other children until her 8<sup>th</sup> year when she was adopted by a couple from Oshkosh, Wisconsin. She attended Catholic grade school and high schools, and was planning to be a nun until as she says, "I discovered boys." Susan began singing in the church group that recorded and toured around the state. Three years as a barber followed high school and then enlistment in the Navy. A long career ensued, first as an enlisted seaman and nine years later as a commissioned officer, eventually rising to the rank of Commander. This career lasted 37 years, some in the Reserves, many on active duty, including tours of Afghanistan and Kuwait. Along the way Susan obtained a husband, a son and advanced degrees in Education, teaching English as a second language. Susan and her son have lived and traveled all over the world. She ended her military career at Newport, Rhode Island, and is currently living in O'Fallon, Illinois, working toward her PhD.

You will recognize her as the shortest member of the choir with the best smile and the longest beautiful black hair. Do yourself a favor and introduce yourself to Susan at coffee hour. You will be thankful you did. -- *penned by Tony Fathman, Spotlight Team*

—Norma Vogelweid



## Church Council Chair Notes

Jaycox imme-  
church, so don't

We RETREAT in order to ADVANCE...after spending 8 hours in retreat with 16 or so excellent companions, I can assure you that the church is in good hands. Thanks to **Tiffany Sewell, Rev. James, and**

**Larry Dusenbery**, who worked hard to pull this year's Leadership Retreat together. And thanks to those of you who shared your time, bright ideas, and cheerful companionship throughout the day.

Lots of work lies ahead of us, most immediately, making a rousing success of the **Home Sweet Home Auction**, to be held November

5 NOW IS THE TIME TO FINALIZE DONATIONS – see Emily

diately, if not sooner! This auction is VITAL to the financial life of our  
hesitate to contribute.

**The next Church Council meeting** is scheduled for Tuesday, Sept. 27. We will be talking with Larry Dusenbery about implementing Long Range Planning goals; choosing directions and specifics for publicity over the next months; and deciding if and how to re-group our clusters. We are moving in the direction of Teams to support each cluster of committees; we encourage you to engage with the area of church life that your talents fit best, not for committee meetings (although you can do that as well), but to be on tap for larger projects and events. We need to tap into YOUR energy this year.

**Random thoughts**...thanks to **Andi Berin** and her helpers for hanging the beautiful autumn banners that **Karen Albin** helped us craft many years ago...and thanks to **Lisa Ross** and her fellow gardeners and harvesters, and to **Lynn Hunt** and the RE kids who planted in the spring and harvested over the summer. That takes hard work and dedication, but the harvest yields far more than veggies. The fresh food from our garden goes directly to the Trinity Food Pantry, into the lives of struggling families in our community. It truly makes a difference.

Now that the vegetables are being harvested for this year, and as we start a new church year together, how about if each of us, man, woman, and child, adds a new habit to our Sunday routine: **I resolve to come to church with a can every Sunday. One person, one can. Keep the food pantries full all year long!** Who will join me?

Join Tiffany and me at the Talk Table on Sunday, Oct. 2 and tell us what you REALLY think. Oh, and Bon Voyage to our Transylvania pilgrims!

Share the love,  
—Carole Watson  
Council Chair

# LIFESPAN FAITH DEVELOPMENT

LYNN HUNT,  
CREDENTIALLED RELIGIOUS EDUCATOR

## Faith Development

Fall Religious Education classes have begun for children, youth and adults! Many thanks to all of you who are leading classes in our Sunday morning program – be sure to thank these people when you see them: **Karen Siegrist, Sue Fazio, Lynda Mueller Drendel, Claire Weichselbaum, Steve Wilke, Michelle Green, Joel Minor, Shannon O’Boyle, Kathy Wilke, Dan Wilke, Nick Bannin, Jess Green, Noah Durham, Vicky Bonvento, Sara Park and Ben Rosensweig!** Thanks to all of you for creating our Sunday Morning Community for children and youth. Also, special thanks to our Religious Education support staff – **Augustine Underwood and Rhonda Buerger** who support the program in a myriad of ways. Our year is off to a wonderful start – be sure to plan ahead so you and your family can participate fully!

## Religious Education Dates

October 2nd – **Family Chapel** – 10:00am – Children will gather for their first Chapel of the year (this program replaces the Sunday morning classes for PreSchool – 5<sup>th</sup> Grade).  
October 9<sup>th</sup> – **Religious Education Families Potluck Brunch** – 11:30am – Hope Chapel – Bring a breakfast dish to share with other families as we discuss our RE program and the coming year.  
October 30th – **Halloween Party and UNICEF Collection** – 10:00am

## Adult & Family Faith Development in October

Our program strives to provide opportunities for members and friends to deepen their connection with other members, explore Unitarian Universalist theology, history, spirituality and values; to understand our connection to other faith traditions and the expression of religious and ethical values through the arts; develop leadership skills; and discover our connection and responsibility to the world around us.

You can sign-up for these sessions in Fellowship Hall or call Lynn Hunt in the Faith Development office (314-361-0595 ext 25)

## 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 Covenant Group Coordinator, at [covenant-groups@firstuustlouis.org](mailto:covenant-groups@firstuustlouis.org) or call the Faith Development Office (314-361-0595 ext 25).



**Buddhism Book Discussion Group**  
**Second Tuesday of the month (first meeting October 11th – 6:30 – 8:00pm)**

Want to learn more about Buddhism? Have you read about Buddhism and would love to discuss the concepts with others? We partner with The Pragmatic Buddhist group (that meets on Thursday evenings) with a Buddhism book discussion group. October's selection is *The Wholehearted Way: A Translation of Eihei Dogen's Bendowa with Commentary by Kosho Uchiyama Roshi*. *The Wholehearted Way* is a translation of Eihei Dogen's *Bendowa*, one of the primary texts on Zen practice. Transcending any particular school of Buddhism or religious belief, Dogen's profound and poetic writings are respected as a pinnacle of world spiritual literature. *Bendowa*, or *A Talk on the Wholehearted Practice of the Way*, was written in 1231 A.D. and expresses Dogen's teaching of the essential meaning of *zazen* (seated meditation) and its practice (description from Amazon.com). Sign up in Fellowship Hall for more information.

**Toward Justice Forums**  
**Oct. 2<sup>nd</sup>, 23<sup>rd</sup> and November 13**  
**(11:30 in the Chapel)**

The Toward Justice Group has planned a series of Sunday morning forums to explore the St. Louis region post-Ferguson. Some of these forums will feature speakers from the local community.

**October 2<sup>nd</sup>** – Come find out about the work of the **Toward Justice Group**. We will review activities and initiatives in which we have participated and future plans. Also will discuss ways in which you can participate in this important work.

**October 23<sup>rd</sup>** -- **Mae C. Quinn** has been a public interest lawyer for approximately 20

years. Most recently she served as Director of the Juvenile Law and Justice Clinic and a tenured Professor at Washington University School of Law. She left that position to become the inaugural Director of the new Roderick and Solange MacArthur Justice Center office in St. Louis. Ms. Quinn, a well-known criminal and juvenile law expert, has represented adult and child clients in trial-level and appellate courts across the country over the last two decades. She has also helped lead juvenile and criminal justice reform efforts in the region. She will be discussing juvenile criminal justice issues in St. Louis County.

**November 13 – Arch City Defenders** – watch for details of program.

—continued from page 5 *Holy Ground*—

In addition to requesting donations from the member congregations, the Micro Lending Program is requesting that each congregation generate up to four volunteer "companions", who will work with the borrowers, encouraging them to construct budgets and better allocate their resources.

The main point of this article is to inform the First Unitarian congregation about the basic outline of the program, and make them aware of the social activist focus of the program. As the Program is finalized in the coming months, we hope to have Policy Board agreement for the program objectives. Once that is secured, we will request congregational involvement, both with financial contributions and a willingness to volunteer as a "companion".

Donald B. Jeffries, Co-Liaison  
Holy Ground Collaborative

## Partner Church News

The UU Partner Church Council is excited to announce a UUPCC Regional Conference at the First Unitarian Church in St. Louis from 9:00 am to 3:30 pm on October 22.

The conference will include worship and workshops. The conference's theme, "Keeping Your Partnerships Strong," will focus on concrete ways to keep partnerships strong, vibrant, and dynamic. All partnerships naturally have an ebb and flow. The challenge is to figure out how to have more flow than ebb. There are lots of strategies that will help you face this challenge. The UUPCC's new Executive Director, Rev. Roger Bertschausen, and members of the UUPCC Board will lead the conference.

Lunch is included. A small registration fee of \$20 will finance lunch and refreshments. Details follow:

Saturday, October 22, 2016 from 9:00 am to 3:30 pm

First Unitarian Church of St. Louis (5007 Waterman Blvd., St. Louis, MO 63108)

All are welcome--people from congregations with an international partner church and from congregations thinking about entering into a partnership.

Click the "Register Now" button below or copy and paste the following URL into your web browser: <http://www.uupcc.org/get-involved/online-store>. Both will take you to the UUPCC website. From there, click the "Go To Store" button midway down the page and follow the prompts.

## Join Us For Circle Suppers!

Sunday, October 16 is this year's first Circle Supper. Circle Suppers give members and friends a chance to share potluck dinners in the homes of people who volunteer to host. It's a good opportunity to meet & socialize with other church goers ("Hi - I've seen you in Fellowship Hall, but we've never met").

Jeff & Lisa Cary will be taking sign-ups during coffee hour on the 3 Sundays before. Don't miss a chance to make a new friend!

### October 30—Garden Day

Help put our gardens to bed for winter! We'll meet from 11:00-12:30 on Sunday the 30th. Garden tools and snacks provided. See you there!



# Save the Date -

## The auction is coming!

Save the date: Saturday November 5 for an evening of fellowship, feasting, and fundraising for the church.  
What do these things have in common?

- -Pie-of-the month club
- -In-home child care from our beloved Miss Augie
- -“Carpe Diem,” (a children’s boat party on the Mississippi to watch the carp jumping)
- -Airline miles
- -Tickets to the Fox
- -A baby quilt made with your choice of colors

They’re all things you’ll be able to bid on at the 2016 Church Auction!  
Celebrate and support our Home Sweet Home! (Our congregation has been in this building for 100 years!)

At the auction, you’ll be able to sign up for additional fundraiser/fellowship events including:

- -Wine tasting
- -Group bike rides
- -Adult coloring party

To learn more about the auction, suggest auction activities/services, or find out how you can help make the auction a success:

- -Stop at the Auction table in Fellowship Hall
- -Contact Emily Jaycox or email [auktiondonations@firstuustlouis.org](mailto:auktiondonations@firstuustlouis.org)



## 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](mailto: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.

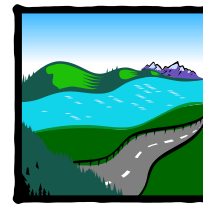
Each month, GoodSearch sends the church a check!



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*

## JOYS AND CONCERNS FROM OCTOBER 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.

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

—**Carolyn Nolan is in hospice care.** 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

—Congratulations to **Dan and Kathy Wilke** who just celebrated their 45th wedding anniversary!

—**Ronan Wallace** recently became an official citizen of the United States -- congrats!

—**Mary Broida** — is at home and receiving home health services following a stroke. Cards and calls are welcomed.

## MEMORIALS AND SPECIAL GIFTS TO THE CHURCH

THANK YOU FOR THE FOLLOWING  
SPECIAL DONATIONS:

- A total of \$327.75 was donated to Designated Collections on August 28 for **Pathways to Independence.**

## Meet Brian Blosser

Brian has attended First Unitarian Church for the last five years and been a member since last year. This 30 year old has done a lot of things since his boyhood in suburban Fenton, MO. Educated at De Smet Jesuit High School, Washington University (Electrical Engineering), and Georgia Tech (graduate studies in Music Technology), he then pursued a variety of jobs, including organic farming in Quebec, New Jersey and the Gateway Greening Urban Farm just northwest from Union Station, and an internship at the Washington University Catholic Student Center. Currently he serves as a Web Developer/Data Analyst at SLAM, a marketing and advertising firm on Tower Grove Avenue in the Botanical Heights neighborhood (formerly McCree Town). Brian is also a former Vista volunteer.

Brian discovered the importance of meditation after being introduced to the philosophy promoted by the Vietnamese Buddhist monk Thich Nhat Hanh. This has helped him balance his strong interests in social and environmental justice, with the recognition that only so much can be done in a given day, and that, despite the suffering, many aspects of the world are beautiful. Brian was raised Catholic and sees himself as a recovering perfectionist. He enjoys the sense of community provided by our Church, and the importance of Towards Justice and other social initiatives. -- *penned by*

*Charlie Kindleberger, Spotlight Team*

—*Norma Vogelweid*

# 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.

## Sunday, October 2

### **Fair Trade Coffee**

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

## Tuesday, October 4

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

## Wednesday, October 5

7:30 p.m. - Choir Rehearsal

## Thursday, October 6

5:00 p.m. - Facilities Meeting (C1)

## Sunday, October 9

9:00 a.m. - Sandwich Making for the Homeless  
10:00 a.m. - Worship Service (S)  
11:15 a.m. - Family Brunch (CH)  
11:30 a.m. - Knitting Ministry (C7)  
11:30 a.m. - LGBTQIA Allies Group

## Tuesday, October 11

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

## Wednesday, October 12

7:30 p.m. - Choir Rehearsal

## Thursday, October 13

6:30 p.m. - White Privilege Dinner Event (FH)

## Sunday, October 16

### **Newsletter Deadline, Fair Trade Coffee Circle Suppers**

10:00 a.m. - Worship Service (S)  
11:15 a.m. - Care and Concern Meeting (CLK)  
11:30 a.m. - Kelley/Veyhl Covenant Group (C8)  
11:30 a.m. - Feinberg Covenant Group  
7:00 p.m. - Toastmasters (CLK)

## Tuesday, October 18

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

## Wednesday, October 19

7:30 p.m. - Choir Rehearsal

## Saturday, October 22

UUPCC Regional Conference (CH)

## Sunday, October 23

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

## Tuesday, October 25

10:00 a.m. - Newsletter Fold (C1)  
2:00 p.m. - Qigong Class (CH)  
7:00 p.m. - Church Council Meeting (C1)

## Wednesday, October 26

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

## Friday, October 28

7:00 p.m. - Young Adult Vespers & Fellowship (CH)


## Saturday, October 29

9:00 a.m. - Juvenile Justice Training (CH)

## Sunday, October 30

10:00 a.m. - Worship Service (S)

For updates to the church calendar visit  
[firstuustlouis.org](http://firstuustlouis.org)

Don't Miss the  
DEADLINE!

**Newsletter  
Deadline:  
Sunday,  
October 16**

**Newsletter  
Folding  
Tuesday, October 25**

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

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Date Mailed: Tuesday, September 20

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Member, Unitarian Universalist Association

**The St. Louis Unitarian  
Volume 47, Number 4  
October 2016**

November newsletter deadline: Oct. 16

Fold: October 25 @ 10:00 a.m.

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

**Minister**

**Rev. Gary James**

☎ ext. 27

[gjames@firstuustlouis.org](mailto:gjames@firstuustlouis.org)

**Minister Emeritus**

**Earl Holt**

**Religious Education Team**

**Lynn Hunt**, Credentialed Religious Educator

☎ ext. 25

[lhunt@firstuustlouis.org](mailto:lhunt@firstuustlouis.org)

**Rhonda Buergler**, Sunday Assistant

**Augustine Underwood**, RE, Admin. Assistant

**Music Team**

**Joel Knapp**, Choir/Music Director

[music.director@firstuustlouis.org](mailto:music.director@firstuustlouis.org)

**Earl Naylor**, Organist/Accompanist

**Administrative Team**

**Yvette Clemons**, Church Administrator

☎ ext. 23

[yclemons@firstuustlouis.org](mailto: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