



**Trusting the Miracle**  
**Rev. Sabrina Trupia**  
**March 23rd, 2025**  
**Order of Service**

**Ringing of the Bowl**

**Welcome**

Nita Penfold

**Prelude**

*Interlude* by William Boyce

Allen Hoffman, organ

**Call to Worship**

Rev. Sabrina Trupia

**Hymn #347 Gather the Spirit**

*Gather the spirit, harvest the power.  
Our sep'rate fires will kindle one flame.  
Witness the mystery of this hour.  
Our trials in this light appear all the same.*

*(Chorus)*

*Gather in peace, gather in thanks.  
Gather in sympathy now and then.  
Gather in hope, compassion and strength.  
Gather to celebrate once again.*

*Gather the spirit of heart and mind.  
Seeds for the sowing are laid in store.  
Nurtured in love, and conscience refined,  
with body and spirit united once more.  
(Chorus)*

*Gather the spirit growing in all,  
drawn by the moon and fed by the sun.  
Winter to spring, and summer to fall,  
the chorus of life resounding as one.  
(Chorus)*

**Lighting the Chalice**

Nita Penfold

**Sung Response**

*Come as we light this candle of memory.  
Come as we light this candle of hope.  
Come as we light this candle of reverence.  
Come into the flame. Come into the flame.*  
Words and Music by Tony Fathman

**Story for All Ages**

Steve Wilke

**Children's Recessional #118 This Little Light of Mine**

Allen Hoffman

*This little light of mine, I'm gonna let it shine.  
This little light of mine, I'm gonna let it shine.  
This little light of mine, I'm gonna let it shine.  
Let it shine, let it shine, let it shine.*

**Joys & Concerns**

Rev. Sabrina Trupia

Submit Joys and Concerns online at <https://forms.gle/WiHevqVTkCc3dWmC7>

**Pastoral Prayer**

Rev. Sabrina Trupia

**Sung Response #123 Spirit of Life**

Allen Hoffman

*Spirit of Life. Come unto me.  
Sing in my heart all the stirrings of compassion.  
Blow in the wind. Rise in the sea.  
Move in the hand giving life the shape of justice.  
Roots hold me close. Wings set me free.  
Spirit of life, come to me, come to me.*

**Canvass Update**

Emily Jaycox & Erin Milligan

**Canvass Affirmation**

Michael Hamtil

**Call for the Offering**

**Offertory**

*If I Needed You* by Townes Van Zandt

Vocal duet  
Jama Dodson and Pamela Geppert

**Gratitude**

Nita Penfold

**Readings**

Nita Penfold

**Reflection**

Trusting the Miracle

Rev. Sabrina Trupia

**Closing Hymn #20 Be Thou My Vision**

Allen Hoffman

*Be thou my vision, O God of my heart;  
naught be all else to me, save that thou art.  
Thou my best thought, by day or by night,  
waking or sleeping, thy presence my light.*

*Be thou my wisdom, and thou my true word;  
I ever with thee and thou with me God;  
thou my soul's shelter, thou my high tower,  
raise thou me heavenward, O Power of my power.*

*Riches I heed not, nor world's empty praise,  
thou my inheritance, now and always;  
thou and thou only, first in my heart,  
Sov'reign of heaven, my treasure thou art.*

**Closing Words**

Rev. Sabrina Trupia

**Postlude** *Postlude on Two Spirituals: Go Down Moses and I Want to be Ready -*

Arranged by Charles Callahan

Allen Hoffman, organ

**Serving Us This Morning**  
**Ushers: Stan and Claire Birge**  
**Greeters: Betty Neill and Chuck Eby**  
**A/V Assistant:**

**Music Notes**

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**Welcome to this religious community**  
**where we affirm the dignity, worth, and freedom**  
**of all who enter our doors.**

Here we seek to live together in relationship and respect so that we may embrace and celebrate our differences. Understanding that we need not think alike to love alike, our religious values invite us to a shared journey of truth and meaning. Sincerity and connection guide our religious community and call us into deeper association with ourselves and our world.

We welcome people of all ages, races, classes, ethnicities, abilities, sexual orientations and gender identities. First Unitarian Church of St. Louis is a *Welcoming Congregation* committed to the inclusion of LGBTQIAA+ individuals, families and communities in the life of our congregation. We are a *Green Sanctuary Church*, committed to sustainable practices and ethical consumption on our building and grounds.

# First Unitarian Church of St. Louis Yellow Pages

(314) 361-0595 5007 Waterman Boulevard, St. Louis, Missouri 63108 <https://www.firstuustlouis.org/>

Weekly E-News from First Unitarian Church of St. Louis

## **Worship Service**

**Sunday, March 23rd, 2025**

**Trusting the Miracle - Rev. Sabrina Trupia**

We conclude this sermon series by asking: What is a miracle and how can we trust it?

**Watch this Service on YouTube!**

<https://youtube.com/live/oVg1zupu4Bo>

**Join Virtual Coffee Hour After the Service!**

<https://us02web.zoom.us/j/81842582434?pwd=dThVUXR1clhTMVBFbmRYa0l3OVlKZz09>

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## **This Week at First UU STL**

**Sunday, March 23rd, 2025**

10:00 am - 11:00 am - Worship Service (in person and online)

11:30 am - 12:30 pm - Broken Bowl Ritual (Chapel)

11:30 am - 12:30 pm - Makers Ministry (C7)

12:30 pm - 2:30 pm - Spring Equinox (Chapel & Fellowship Hall)

**Monday, March 24th, 2025**

6:30 pm - 8:00 pm - Church Council

**Tuesday, March 25th, 2025**

12:00 am - 2:00 pm - Women's Alliance - (in person and online)

**Wednesday, March 26th, 2025**

7:30 pm - 9:00 pm - Choir Practice

**Friday, March 28th, 2025**

5:30 pm - 7:30 pm - Religious Education Leaders/Parents Meeting (Fellowship Hall)

**Saturday, March 29th, 2025**

9:00 am - 10:00 am - Human Rights Social Witnessing (Kingshighway)

**Sunday, March 30th, 2025**

10:00 am - 11:00 am - Worship Service (in person and online)

## **Upcoming Services**

**March 2025 Theme - Trust**

March 30th, 2025 - Trusting Our Voices - Nick Page

**April Theme – Joy**

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## **Joys and Concerns**

**Joys**

Congratulations to **Sarah and Joe Francois** who just celebrated their 25th Wedding Anniversary.

**Peter Crumpler** is celebrating having a new job.

### **Concerns**

Wishing **Joan Oliver** a speedy recovery who is home and recovering after an adverse reaction to a heart condition treatment.

It is with great sadness that we inform you that friend of the congregation **Reena Chesla** recently passed away. Reena is remembered for her kindness, quick wit and strong views. A gathering for friends was in Tower Grove Park on Sunday, March 16th.

As a church community, each of us is an integral part of the care and concerns network. SHARE a Joy or Concern with us by clicking the button below or email your joy or concern to [careandconcern@firstuustlouis.org](mailto:careandconcern@firstuustlouis.org)

Submit Joy or Concern Online

([https://docs.google.com/forms/d/e/1FAIpQLSdeSrfkA6h7HR77ZJfDI4K3Xr8IF17IBeY9tZgdzU\\_bjkTVw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdeSrfkA6h7HR77ZJfDI4K3Xr8IF17IBeY9tZgdzU_bjkTVw/viewform))

### **Religious Education for Children**

**This Sunday 3/23 10am-11am**

Children start in the service then go to classes after the Story for All Ages.  
Nursery is open for younger children.

### **Church News & Events**

## ***Our Vision - Our Future 2025 Canvass***

### **Our Vision - Our Future – 2025 Canvass Update**

*“Often in the waves of change, we discover our true direction.” – Andrew Pacholyk*

We are mid-way through our Canvass and are 75% of the way to reaching our goal! Have you made your pledge? Can you help us reach our goal and help fund our vision? Help build our staff which will support programming for all ages, sustain our building, and keep us in a healthy financial position. You can return a pledge card or pledge online. Everyone’s support is needed for the future of our congregation. Please contact Emily Jaycox or Erin Milligan if you have any questions.

As always – thank you for your support!

Thank you for your support -

**Erin Milligan and Emily Jaycox, Canvass Co-Chairs**

## **Broken Whole Bowl Ritual**

Are you interested in participating in a moment of reflection and ritual? Do you want to engage in a spiritual practice that honors both our confusion and wisdom? Do you like smashing things? If you have answered yes to any of these questions, then you may want to join Rev. Sabrina in a ceremony to hallow these uncertain times. Sunday March 23rd and April 6th we will be conducting "The Broken Whole Bowl Ritual" at 11:30 in the Chapel. Sign-up in the Fellowship Hall and [online here](#). Please let us know if you will need a ceramic/pottery bowl, a napkin or a hammer.

## **Human Rights Social Witnessing Resumes March 22nd**

Our Black Lives Matter vigil has for many years operated on the premise that our Black and Brown neighbors were under the most oppression in our community and therefore in most need of support. At this particular time the threats to members of our community have grown to include many more identities such as but not limited to: Immigrants, Women, Transgender lives!

Therefore we are expanding our vigil as a Human Rights Matter Vigil. That means you may come with signs that reflect our concern for those identities as well as Black Lives.

We want our signs to reflect our Values with Love at the center.

Examples:

Side with Love

Support Immigrant Rights

Women's Health Matters

Trans Lives Matter

The signs need to avoid violent language, partisan politics, personal attacks, or insults.

**There will be sign/poster making supplies in Fellowship Hall after the service on March 16 for anyone who wants to participate.**

**Please join us on March 22 at 9 am to 10 am in front of the church on Kingshighway.**

## **Please join us for a litter pick-up on**

### **Saturday, March 22 at 9:30 AM.**

First U. is responsible for doing litter pick-ups along Forest Parkway between Big Bend and Skinker Boulevards four times a year. You may have noticed the roadway "adoption" signs with our name on them along that segment of Forest Parkway!

This location is especially significant to us since the street is adjacent to the main campus of Washington University, which was founded by our Unitarian "ancestor," William G. Eliot.

We will gather in the parking lot north of Snarf's (360 N. Skinker Blvd.), where the sign specifies parking for Grace Methodist Church and Snarf's.

Those interested can enjoy lunch together after our work is complete. Snarf's has delicious sandwiches, soups, etc. available.

For liability reasons, this activity is limited to adults only.

Please let Tom Crouch know by Friday, March 21, if you can help. Thank you!

## **Spring Equinox Sunday March 23rd (12:30-2:30) in Hope Chapel**

### **sponsored by ERDE and STL Witches**

All are welcome!

Please dress for a short seed planting ceremony in the garden.

We will continue our event in Fellowship Hall with decorating craft cardboard eggs and a potluck lunch. ERDE (Earth Reverence Dedicants Extraordinaire) welcomes their new collaboration with STLwitches.

**The First Church Community Fund (FCCF) holds its annual bake sale and raffle, “Goodies for Good”, on Sunday, April 13th, following the church service.**

A wonderful selection of home baked breads, scones and desserts will be available for enjoyment during our Fellowship Hour or to take home. Beginning on Sunday, April 6th raffle tickets for a chance on a fun selection of gift baskets will also be available for purchase.

Treat yourself while doing good!

**The next meeting of the Love at the Center Book Club is on Sunday 4/27 at 7PM (Zoom).** Exploring the value of Pluralism, we are reading *Transcendent Kingdom* by Yaa Gyasi. Newcomers welcome.

**Facilitated by Sherry Bassi and Erin Milligan.**

**[If you are new to the book club please sign-up here \(no need to sign-up if you have already participated\).](#)**

## **Policy Board Meeting Summary**

**March 10, 2024 Virtual**

### **First Unitarian Church of St. Louis**

The Trump Administration recently rescinded a long-standing guidance policy that required Immigration and Customs Enforcement (ICE) agents to refrain from immigration enforcement actions in certain sensitive areas, including in and around places of worship. The Policy Board discussed and edited a draft policy to guide the Church minister, staff, leaders, and greeters should an ICE agent seek to enter the First U church building. The draft is being circulated to the Church Council, Sabbatical Committee, staff, and others for review and input before further discussion and a possible vote at the April Board meeting.

The Board also adopted a First U Conflict and Conduct Policy, an official statement reminding Policy Board members and other leaders that we must act with undivided loyalty to the Church and congregation. We will disclose any actual or potential personal or financial conflicts and recuse ourselves from discussions and votes if any conflicts arise.

We moved forward with the Vision Statement process. The next step in adopting a Vision Statement is to present three choices to the congregation through a Survey Monkey poll. The Board will discuss the results at the April meeting, allowing the final choice to be presented to the congregation at the Annual Meeting.

Sidney Watson, Secretary

## **Partner Church News**

The choir from the Janos Zsigmond Unitarian High School of Kolozsvar will be performing between April 14 and April 27 at East Coast locations such as UU churches in Washington, D.C., Philadelphia, New York, Boston, Concord (MA).

For further information please contact Robert Kokenyesi, Partner Church Committee member, at on Sundays at church, or through email.

## Sabbatical Message from Rev. Kim

Our bodies tell stories, and I don't mean like *Memento*, the 2000 mystery thriller film where a man unable to form short term memories tattoos himself with details he wants to remember. I mean more like *Bones*, the Fox mystery series where a Forensic anthropologist partners with the FBI to solve murders. The scientists on the show can look at a body and tell much more than what killed a person. The bodies have signs showing old injuries and repetitive habits, clues to diet and environment, evidence of pregnancy and even trauma. Our bodies tell stories, and not just when we're dead; at the chiropractor's office this week I learned that I clench my jaw in my sleep. How was I supposed to know that?? I'm asleep! But my body held the evidence.

Monday, March 17th is the one year anniversary of breaking my back. From the outside, I look fully recovered. Yet, the muscles of my back, abdomen and hips continue to tell the story of three months in a back brace. And under examination, my L1 vertebrae will always show the history of the fracture. More than that, my body continues to tell the story of the break when I feel a rush of fear while climbing a ladder, with each flashback as I pass the particular fence I tumbled off of.

We live in a culture hyper focused on the appearance of our bodies, but determined to suppress the messages we receive from them. How often are we expected to push through or ignore pain? How often do we dismiss feelings of unease or discomfort? How often do we silence both feelings of hunger as well as satiation? *All the time.*

For the past two and a half months I have been taking an improv class based on methods developed by Viola Spolin (mother of Paul Sills, the founder of Second City in Chicago). The goal of Spolin's improv methodology was to create from a settled nervous system. In her methodology, the goal is not to tell the audience things with words, but to show the audience things with our actions, with our bodies. Can you imagine communicating pain or unease without words? How about hunger or satiation? Of course you can because our bodies are telling stories all the time. So Spolin's methodology forces you to be present to your body. To exist in the moment and to feel. Easy, right?

No, of course not! To exist in the right now is to acknowledge all that is going on around us: mass deportations, economic uncertainty, international disputes, challenges to civil rights, and more. To feel is to experience fear and grief, loss and pain, trauma and disconnection. Our bodies hold all this for us even if we never say a word, even if we never admit it to ourselves. This week is the five year anniversary of the COVID-19 shutdown. Our bodies told a story then too, such as the increased number of broken toes from people not wearing shoes in the house. Our bodies tell stories even now from the pandemic, such as long COVID.

Jesuit priest and scientist Pierre Teilhard de Chardin famously said, "We are not human beings having a spiritual experience. We are spiritual beings having a human experience." To survive this time we must be present to this duality. To survive this time we need tools that settle our nervous system so we can be creative and powerful. To survive this time we need to be present to the fullness of humanity - which includes the bodies we inhabit.

As I continue to learn, I am focusing on my body. I am doing this by getting enough sleep, going to the gym, seeing health care providers, booking massages, spending time outdoors, eating well and more. This feels like privilege, but what part of caring for our bodies is privilege? It is a capitalist consumer mentality that says only some bodies deserve care. Until we live in a society that honors the care of all bodies, we help each other. When our friends and neighbors don't have the resources to focus on their bodies, we help: we defend Medicaid, we contribute to food banks, we volunteer at shelters, we advocate for public parkland.

We understand that "the body" isn't just our own body, but the community, the body of people that makes up this place. When we take care of "the body" we build strength and connection. When we take care of our bodies, all bodies, we have capacity in our heads and hearts for the work ahead. When we



take care of our bodies and “the body” we have the ability to think and feel our way forward into new ways of being. When we look back on this time at some future date, what story will your body tell?

## **Social Justice Opportunities Facebook Page**

The social justice committee has created a Facebook group page for sharing of information about social action opportunities in a timely fashion. The page is called First Unitarian St. Louis Social Action Opportunities

<https://www.facebook.com/groups/910632344477376/>

It Is a closed group, so you have to request membership, but membership is open to all members and friends of First Unitarian Church of St. Louis.

Margaret Weck for the Social Justice Committee

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## **Online Giving is Easier than Ever Before!**

Our online giving platform, Vanco, is now easier to use than ever before. You can easily set up regular pledge payments, donate to specific funds or purchase tickets to church events on our new web based site (<https://secure.myvanco.com/L-ZCVK/home>) or you can install the app on your phone (this is ideal for Sunday morning offering). Use the QR code below to download the app. Any questions – contact Administrator, Lynn Hunt.



## **Pastoral Appointments**

Rev. Kim is on Sabbatical until May 1st, 2025 and will resume taking appointments upon her return. You can reach the Caring Committee by emailing [careandconcern@firstuustlouis.org](mailto:careandconcern@firstuustlouis.org). Other church related questions can go to the Office staff at 314-361-0595.

Additionally, people contact Rev. Trupia for pastoral care through their email (see below).

## **Our Mission**

We strive to be a welcoming congregation, inspiring lives of loving kindness and integrity by nurturing spirituality, building community, and advancing justice

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\*\* Facebook (<https://www.facebook.com/FirstUnitarianSTL>)

\*\* [https://www.instagram.com/first\\_unitarian\\_stl/](https://www.instagram.com/first_unitarian_stl/) ([https://www.instagram.com/first\\_unitarian\\_stl/](https://www.instagram.com/first_unitarian_stl/))\*\*

Website (<https://www.firstuustlouis.org/>)

\*\* YouTube (<https://www.youtube.com/@FirstUnitarianSTL>)

\*\* TikTok (<https://www.tiktok.com/t/ZT84oXuQM/>)

Our mailing address is:  
5007 Waterman Boulevard, St. Louis, Missouri 63108  
(314) 361-0595

### **Staff**

Rev. Kim Mason, Minister (on Sabbatical)  
Rev. Sabrina Trupia, Sabbatical Minister ([strupia@firstuustlouis.org](mailto:strupia@firstuustlouis.org))  
Michele Grove, Interim Remote Director of Religious Education ([mgrove@firstuustlouis.org](mailto:mgrove@firstuustlouis.org))  
Lynn Hunt, Administration & Programs ([lhunt@firstuustlouis.org](mailto:lhunt@firstuustlouis.org))  
Augustine Underwood, Office Asst. ([aunderwood@firstuustlouis.org](mailto:aunderwood@firstuustlouis.org))  
Allen Hoffman, Organist  
Joel Knapp, Choir Director  
Moe Hurst, A/V Technician ([mhurst@firstuustlouis.org](mailto:mhurst@firstuustlouis.org))

### **Policy Board**

Board President – Chuck Eby  
Vice President – Larry Dusenbery  
Secretary – Sidney Watson  
Treasurer - Kathy Wilke  
Member – Becca McBride  
Member – Chris Kocher  
Member – Betty Neill

### **Church Council**

Sherry Bassi, Chair  
Tom Finan, Facilities  
Kathy Wire, Stewardship  
Lisa Ross, Outreach & Social Responsibility  
Erin Milligan, Outreach & Engagement  
Grace Munie, Programming Cluster