



Hello, I'm Anxiety

Rev. Kim Mason

October 13th, 2024

Order of Service

Ringling of the Bowl

Adam Lunter

Welcome

Adam Lunter

Prelude *Early Autumn* by Ralph Burns, Woody Herman & Johnny Mercer

Greg Hoeltzel, piano

Call to Worship

Rev. Kim Mason

Hymn #112 Do You Hear?

*Do you hear, oh my friend, in the place where you stand,
through the sky, through the land, do you hear, do you hear?
In the heights, on the plain, in the vale, on the main,
in the sun, in the rain, do you hear, do you hear?*

*Through the roar, through the rush, through the throng,
through the crush, do you hear in the hush of your soul, of your soul?
Hear the cry fear won't still, hear the heart's call to will,
hear a sigh's startling trill in your soul, in your soul?*

*From the place where you stand to the outermost strand,
do you hear, oh my friend, do you hear, do you hear?
All the dreams, all the dares, all the sighs, all the prayers —
they are yours, mine, and theirs — do you hear, do you hear?*

Lighting the Chalice

Adam Lunter

Sung Response : Come Into the Flame

*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

What Do You Do With a Problem? by Kobi Yamada

Michele Grove

Children's Recessional #118 This Little Light of Mine

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. Kim Mason

Prayer

Rev. Kim Mason

Sung Response #123 Spirit of Life

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.

Reading

Election Year by Richard Blanco

Adam Lunter

Call for the Offering

Text the dollar amount you wish to give to this number: 833-649-0088

Rev. Kim Mason

Offertory

Kol Nidre

Esley Hamilton, tenor

Earl Naylor, organ

Gratitude

Rev. Kim Mason

Reading

Election Day, November, 1884 by Walt Whitman

Adam Lunter

Sermon

Hello, I'm Anxiety

Rev. Kim Mason

Blessing the Postcards

Rev. Kim Mason

Hymn #83 Winds Be Still

Winds be still.

Storm clouds pass and silence come.

Peace grace this time with harmony.

Fly, bird of hope, and shine, light of love,

and in calm let all find tranquility.

Bird fly high.

Lift our gaze toward distant view.

Help us to sense life's mystery.

Fly high and far, and lead us each to see

how we move through the winds of eternity.

Light shine in.

Luminate our inward view.

Help us to see with clarity.

*Shine bright and true so we may join our songs
in new sounds that become full symphony.*

Closing Words

Rev. Kim Mason

Postlude *Autumn Leaves (Les Feuilles Mortes)* by Joseph Kosma & Johnny Mercer
Greg Hoeltzel, piano and Dwight Homer, soprano sax

*This morning's flowers are given by **Carole and John Watson**, who dedicate them to people of all faiths
who work for peace and justice throughout the world.*

Serving Us This Morning
Ushers: Nadine Vlietstra & Kathy Wire
Greeters: Betty Neill & Lisa Ross
A/V Assistant: Pamela Geppert

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 October 13th, 2024

Hello, I'm Anxiety - Rev. Kim Mason

As we approach another presidential election, the stress we feel is real. How do we manage our election anxiety in a season of what if? How do we counter fear based campaigning in the face of legitimate concerns? Join Rev. Kim as we ground ourselves ahead of the election.

[Watch this Service on YouTube!](#)

<https://youtube.com/live/ip4hA0n8gbE>

Join Virtual Coffee Hour After the Service!

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

Worship Service starts at 10 AM. We've said that for years - yet we begin with announcements and announcements aren't worship! In recognition of this distinction, announcements will start before the service and end by 10 am when the service begins.

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

Sunday, October 13th, 2024

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

11:00 am - 12:00 pm - Postcard Writing (Fellowship Hall)

11:30 am - 12:30 pm - Safety Session (Chapel)

11:30 am - 1:00 pm - Young Adult Covenant Group (Youth Group Room)

11:30 am - 12:30 pm - Worship Assistants Training (Sanctuary)

Monday, October 14th, 2024

6:30 pm - 8:00 pm - Policy Board (online – all Board Meetings are open to the membership – if you would like to attend as an observer contact Administrator, Lynn Hunt, for the zoom link)

Tuesday, October 15th, 2024

11:00 am - 2:00 pm - Women's Alliance (online only)

Wednesday, October 16th, 2024

7:30 pm - 9:00 pm - Choir (Choir Room)

Thursday, October 17th, 2024

9:00 am - 10:00 am - Care and Concern Committee (online)

6:30 - 8:00 - Siegrist/Milligan Covenant Group (online)

Friday, October 18th

1:30 pm - 3:00 pm - Tea with Michele Grove, Interim Director of Religious Education

Saturday October 19th, 2024

9:00 am to 10:00 am - Black Lives Matter Social Witnessing (Kingshighway & Waterman)

Sunday, October 20th, 2024

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

11:15 am - 12:00 pm - Newcomer Chat

11:30 am - 12:30 pm - New Member Class (C1)

11:30 am - 1:00 pm - Young Adult Group (Clark Room)

Upcoming Services

October 2024 Theme - Deep Listening

October 20th, 2024 - REflections: A Conversation on Religious Education - Rev. Kim Mason & Interim DRE Michele Grove

October 27th - Only a Fool Would say That - Pamela Geppert, Worship Committee Chair

Joys and Concerns

Joys

Karen Siegrist is happy to be home after her second hospitalization for cellulitis.

We are happy to announce that **George and Betsy Grimm-Howell** are safe in their new home in the aftermath of hurricane Helene.

Concerns

We are saddened to learn of the death of **Elliott Smith, Jr.** the son of the late **Elliott Smith** (former church custodian). Services will be held at the William C. Harris Funeral Home on October 15th at 11:00am.

Healing thoughts to **Judi Crouch** who is recovering from a retinal tear.

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

Submit Joy or Concern Online

https://docs.google.com/forms/d/e/1FAIpQLSdeSrftkA6h7HR77ZJfDI4K3Xr8IF17IBeY9tZgdzU_bjKTVw/viewform

Religious Education This Sunday for Children

This Sunday 10/13th 10am-11am

Religious Education classes in Session this Sunday. Children begin in church and then will proceed to classes.

Nursery is open for younger children.

You are Invited to Tea and Conversation

Michele Grove, our interim religious education consultant is hosting a tea on Friday, October 18th at 1:30 PM at the First Unitarian Church of St. Louis. This is a time of sharing and storytelling about your experience, your joys, and your challenges with the First Unitarian Church of St. Louis. It will also include sharing about your direct and indirect experience with children and youth religious education. If you have been connected to this congregation for 15 years or more, Michele hopes you will come! Your perspective is needed as we discern our present and future direction.

If you have any questions, you are welcome to reach out to Michele at mgrove@firstuustlouis.org

Church News & Events

Stay Safe Discussion

October 13th in the Chapel (11:30)

Join a discussion and training about various safety issues. Friend of the congregation Greg Boal (First Responder Outreach Coordinator, Addiction Science Team, MIMH-UMSL) will present a training that will explain how to save a life with naloxone (Narcan) and how to refer someone struggling with addiction to free assistance/treatment. Free naloxone will be available.

In addition we will discuss various safety procedures around the church (AED, Fire Blankets, etc.) and personal safety strategies. Greeters, ushers, RE teachers are especially encouraged to attend.

Voter Turnout Postcard Initiative

Using research-based best practices, First Church has been writing postcards to increase the vote in our neighborhood. Thanks to everyone who has written, decorated, or stamped postcards or donated supplies for this effort.

Please bring all postcards, completed or not, to church this Sunday, October 13, for a postcard blessing. Please include the cards and the list of names if possible.

If you cannot attend Sunday, postcards can be dropped off at the church on Tuesday, October 14, between 10 and 4. If this is not possible, please call the church to make other arrangements.

Thanks, everyone, for the amazing effort . . . AND YES, you can write a few more at the table after church. We have 250 left.

Social Justice Committee

Newcomer Chat -- October 20th -- 11:15am (Dodson Room)

Are you new to the church? Want to learn more? Plan to attend this informal gathering and meet with Rev. Kim and other members of the congregation. Hope you can make it.

Please join us for a litter pick-up on Saturday, October 26 at 9:30 AM.

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

As you can see from the sign, First U. is the adopter of this segment of Forest Parkway. Pursuant to our "adoption," we are obligated to have four pickups annually to keep it as litter free as possible! The location is significant to us since the street is in the shadow 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!

Please let Tom Crouch know by Friday, October 25, if you can help.

Upcoming Women's Alliance Programming

Oct 22 -12:00 -- Brown bag lunch

1:00 -- Kimberly Perry -- "Recital of Kimberly Perry's Favorite Songs"

Nov 12 - 12:00 - Thanksgiving Potluck

Nov 26 - 12:00 -- Brown Bag lunch

1:00 -- All -Share Reflections on grandmothers or older women mentors

First Unitarian Church of St. Louis
Policy Board Meeting Summary
September 16, 2024 Virtual

The Board spent most of this meeting discussing and agreeing that First U should begin developing a vision statement that incorporates our mission and values. A vision statement is aspirational, looking to the future, and grows out of our mission statement.

Board members agreed that developing a First U vision statement would be healthy and positive, generate enthusiasm, and help members envision a future church. We need to visualize what is next for us as a church and what we are working towards. We have already adopted the phrase "inspire, imagine, invest" to describe this church year, and that phrase also describes the goals of a visioning process.

Please read the minutes to learn more about a vision statement. They include Rev. Kim's PowerPoint that she shared with the Board:

- What is vision?
- How are vision, mission, values, and covenant separate but interrelated?
- What are the criteria for a good vision statement?
- What processes might a church use to create a vision?

Full copy of the minutes will be posted on the website once they are approved by the Policy Board.

Respectfully submitted,
Sidney Watson, Secretary

Ushers Needed!

With a new church season upon us, we are in need of people to help with Sunday morning ushering. This is a great way to meet fellow members of the church and helps to create a welcoming atmosphere for our worship services. Please consider being a part of the usher team! Contact Lynn Hunt (Administrator) at lhunt@firstuustlouis.org or sign-up in Fellowship Hall.
Thanks!

Many Thanks to the Great Team who Currently Serve as Ushers

Eliot Chapel's Living Legends series presents "The Year to Save the Earth" – A Multimedia Experience by Jim Scott.

The concert will take place at Eliot Chapel on Saturday, October 12 from 3PM-4:30PM. Tickets are \$20 adults / \$5 students. [Register and purchase tickets here](#). Proceeds benefit Eliot Chapel.

Mixing powerful songs and beautiful projected images, "The Year to Save the Earth" takes us from grieving to celebration and from protest to positive vision for the planet. Jim's lyrical melodies and outspoken poetry celebrate what's beautiful, amazing, and fragile. As well as some hard reality, the program's message is one of optimism with many invitations to join in the singing. Facing the urgency of the environmental crisis, the songs challenge us to feel, to learn and to act.

Prolific composer guitarist Jim Scott was awarded an NEA grant to present this multimedia concert in Worcester MA with band and chorus. Jim brings warmth and humor with his jazz and world music influenced songs. He's visited over 700 UU Churches in 4 decades of travels and his songs are in our hymnbooks (Gather the Spirit). Formerly a member of the Paul Winter Consort, Jim was composer of their celebrated Missa Gaia/Earth Mass and sang their anthem song Common Ground. He has toured the world, recorded nine CDs of original music, published a growing line of choral works, and created the Earth and Spirit Songbook, an anthology of over 100 songs of Earth by many contemporary composers.

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

You can schedule pastoral appointments with Rev. Kim at your convenience. Click the button below and choose the date that works best for you - no account necessary.

Schedule an Appointment with Rev. Kim Mason (<https://calendly.com/kmason-7>)

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/)**

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

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

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

Our mailing address is:

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(314) 361-0595

Staff

Rev. Kim Mason, Minister (kmason@firstuustlouis.org)

Michele Grove, Interim Remote Director of Religious Education (mgrove@firstuustlouis.org)

Lynn Hunt, Administration & Programs (lhunt@firstuustlouis.org)

Augustine Underwood, Office Asst. (aunderwood@firstuustlouis.org)

Joel Knapp, Choir Director

Moe Hurst, A/V Technician (mhurst@firstuustlouis.org)

Policy Board

Board President – Chuck Eby

Vice President – Larry Dusenbery

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Member – Chris Kocher

Member – Betty Neill

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Tom Finan, Facilities

Kathy Wire, Stewardship

Lisa Ross, Outreach & Social Responsibility

Erin Milligan, Outreach & Engagement

Grace Munie, Programming Cluster