



Seeds of Healing

Rev. Kim Mason

November 10th, 2024

Order of Service

Ringling of the Bowl

Mike Lunter

Welcome

Mike Lunter

Prelude

Land of Rest Appalachian Tune arranged by Wilber Held Allen Hoffman, organ

Call to Worship

Rev. Kim Mason

Hymn #142 Let There Be Light

Let there be light,

let there be understanding,

let all the nations gather,

let them be face to face.

Open our lips,

open our minds to ponder,

open the door of concord

opening into grace.

Perish the sword,

perish the angry judgment,

perish the bombs and hunger,

perish the fight for gain.

Let there be light,

open our hearts to wonder,

perish the way of terror,

hallow the world Love made.

Lighting the Chalice

Mike 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

The Rabbit Listened by Cory Doerrfeld

Rev. Kim Mason

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 #1002 Comfort Me

*Comfort me, comfort me,
comfort me, oh my soul.
Comfort me, comfort me,
comfort me, oh my soul.*

Sing with me, sing with me...

Rest with me, speak for me...

Rise with me, dance with me...

Reading

When it Really is Just the Wind, and Not a Furious Vexation
by Kyle Tran Myhre

Mike Lunter

Call for the Offering

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

Rev. Kim Mason

Offertory

Come Healing
By Leonard Cohen

MUUses

Gratitude

Rev. Kim Mason

Reading

Survivor/ship by Julian Jamaica Soto

Mike Lunter

Hymn #1015 I Know I Can

*Though days be dark with storms
And burdens weigh my heart;
Though troubles wait at ev'ry turn,
I know I can go on.*

*When sorrow heals my soul
And burdens make me strong,
Though troubles wait at ev'ry turn,
I know I can go on.*

*My siblings in my heart,
My kindred in my song,*

*Though troubles wait at every turn,
I know I can go on.*

*And though the journey is long,
The destination is near,
Though troubles wait at every turn,
I know I can go on.*

*So siblings take my hand,
And kindred sing my song,
When hope awaits at every turn,
I know we will go on.*

Reading from *What it Takes to Heal* by Prentis Hemphill Mike Lunter

Reflection Seeds of Healing Rev. Kim Mason

Hymn #95 There is More Love Somewhere

*There is more love somewhere.
There is more love somewhere.
I'm gonna keep on 'til I find it.
There is more love somewhere.*

There is more hope somewhere...

There is more peace somewhere..

There is more joy somewhere...

Closing Words Rev. Kim Mason

Postlude *Voluntary* by Douglas Wagner Allen Hoffman, organ

*Today's flowers are in memory of **Women's Alliance** members **Dori Miller and Kim Parks.***

Serving Us This Morning
Ushers: Layne Simpson & Lisa Ross
Greeters: Betty Neill & Chuck Eby
A/V Assistant: Sarah Dashner

Music Notes
One License reprint and podcasting license #731812-A
WORSHIPcast License 12857

**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 November 10th, 2024

Seeds of Healing - Rev. Kim Mason

In time of struggle and loss, we plant seeds of healing for the future. Join the First Unitarian community for readings, songs and community this Sunday.

Watch this Service on YouTube!

<https://youtube.com/live/oAMsv-3wsOM>

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, November 10th, 2024

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

11:30 am - 12:30 pm - Sabbatical Info Session (Sanctuary and online)

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

2:00 pm - 5:00 pm - Climate Revival (multiple rooms)

Monday, November 11th, 2024

11:00 am - 12:30 pm - Grief Circle (Dodson Room)

Tuesday, November 12th, 2024

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

6:00 pm - 7:30 pm - Personnel Committee (online)

Wednesday, November 13th, 2024

6:30 pm - 8:00 pm - First Church Community Fund (online)

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

Thursday, November 14th, 2024

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

Sunday, November 17th, 2024

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

11:30 am - 1:00 pm - Membership Orientation (C1)

11:30 am - 12:30 pm - Young Adult Group (Clark Room)

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

Upcoming Services

November 2024 Theme - Repair

November 17th - Partner Church Sunday - Partner Church Committee

November 24th - Cornbread Communion - Rev. Kim Mason

Joys and Concerns

Concerns

We are sending healing thoughts and prayers to choir director **Joel Knapp** who is recovering from a broken ankle.

Our sympathy to **Moe Hurst** (A/V Tech) whose grandmother, Bobbie Bridgland, recently passed away.

Wishing Sunday Schooler **Amory Henderson** a quick recovery with his arm that he broke last week.

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/1FAIpQLSdeSrfikA6h7HR77ZJfDI4K3Xr8IF17IBeY9tZgdzU_bjkTVw/viewform)

Religious Education for Children

This Sunday 11/10 10am-11am

Children will go to worship service first and then to their classes after the Story for All Ages.

Nursery is open for younger children.

Church News & Events

Reimagine Together: A Climate Justice Revival

TODAY! Sunday, November 10, 2024 (2 – 5pm)

Join congregations from across the St. Louis region to collaboratively create a representation of the challenges of climate change -- and the possibilities for liberation within our communities. Together we will identify a vision for a flourishing future and actions we can take to make that vision a reality.

RSVP here: <https://forms.gle/vzcEKpP9oxm1dgoCA>

TODAY! Meet with the Sabbatical Committee

If you read last Friday's eNews, you saw that Rev. Kim will be on sabbatical January 1st through April 31st, 2025. For more information or questions, visit with the Sabbatical Committee this Sunday, November 10th at 11:30 AM in the Sanctuary or online at:

Join Zoom Meeting

<https://us02web.zoom.us/j/82599149098?pwd=WmFIveIvg58uuwe2MJb9GjDQA8cGiy.1>

Meeting ID: 825 9914 9098

Passcode: 463198

Visioning Sessions - Save the Date! Nov. 17th & 24 and Dec. 8th & 15th

SAVE the DATES for small group sessions with Board members to reflect on the congregation member's VISION for the church. Feedback from these sessions will be the foundation for revising our Church's VISION STATEMENT in early 2025 during Reverend Kim's sabbatical.

We will meet in Hope Chapel on the following Sundays, starting at 11:30 and ending at 12:30.

November 17, November 24, December 8, December 15

Look for the Partner Church Committee Information table in Fellowship Hall this Sunday. The table will have information about the activities of the committee, and about the history of the Csokfalva Unitarian church in Transylvania.

Sabbatical Message from Rev. Kim Mason

In the Hebrew bible, the concept of sabbatical is first introduced in the book of Exodus as a seventh year when fields lie fallow, after six years of cultivation and harvest. Fallow here means to refrain from planting a crop and harvesting from that particular piece of land. The root is from the word “Sabbath,” meaning the day of rest after 6 days of labor. In several professions there is a tradition of sabbatical, a period of rest when the professor, minister, leader, is excused from their work duties. Even as we trace the idea of sabbatical back to the bible, we see such patterns in nature, when winter is a time for rest.

We know from science that fallow periods are good practice. A field left fallow for a season or cycle begins to rebuild. It is replenished and restored, better able to produce again later. It is the same for people. We need periods of rest to heal, recover, restore, and re-energize us. For folks working in the healing professions or creative arenas, these fallow periods are necessary to refill the well from which we serve and create.

In our UU tradition, ministers earn one month of sabbatical for each year served and can take sabbaticals starting anywhere between their fourth and seventh year. Then the cycle starts again. Having served with you for the past five years, I have earned five months of sabbatical. I am choosing to take four months so that I might return and finish the church year with you.

During my sabbatical I am doing both some personal travel and some professional development. I am taking a class called Improv for Educators, designed for professionals using Improv tools and techniques at work. I hope to bring some of my Improv training and experience to our ministry here at First Unitarian. I am also taking part in a program at The Center for Lived Faith and Organizing at Eden Theological Seminary with the goal of earning a Certificate for Organizing and Social Transformation.

Just as rest and nurturing practice re-energizes a minister, a sabbatical period is good for the congregation as well. The Rev. Dr. Megan Foley of the UUA’s Central East Region explains, “Clergy sabbaticals aren’t just for the clergy – they help the congregational system renew itself. Taking time away requires ministers to share duties with others, which expands the skill set of the leadership and invites new leaders. It forces them to document their work, creating institutional knowledge in the process. Sabbaticals can also help break down power and knowledge silos, allowing everyone to see congregational systems with fresh eyes.”

I am excited about the ways that this sabbatical period will reinvigorate our shared ministry. While I am away you are continuing your work on the vision of the congregation. This is transformational work and it is so very valuable to have you doing during this time. I am looking forward to the ways that the sabbatical period will open a new future for this congregation and our work together.

Upcoming Women's Alliance Programming

Nov 12 - 12:00 - Thanksgiving Potluck

Nov 26 - 12:00 – Brown Bag lunch

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

Social Justice Needs in Our Community

- Tabernacle CDC needs volunteers to stock their food pantry 11/13 & 11/14 - 8AM-12PM. Sign up here: <https://tabdev.org/volunteer/> (Indicate Pantry Days or Maintenance)
- Room at the Inn is renovating their Bridgeton site and is leasing a Drury Inn for the coming year. They need help getting it ready for their clients and staff. There are shifts 11/11, 13 and 16. Sign up here: [Room at the Inn Service Days Sign Up November 2024](#)

Tabernacle CDC Update

On Oct. 7 Tabernacle Community Development Corporation(TCDC) celebrated 10 years of redeveloping the Jeff-Vander-Lou neighborhood at their Evening of Hope. Partners, including members of First Unitarian, celebrated newly built and rehabilitated homes with music, appetizers, and lots of positive energy.

We were able to tour both new and restored homes, both of which were beautiful, and built with quality construction, including 95% energy efficient appliances, double pane windows, custom cabinetry and noise insulation. TCDC sells the homes at ½ the cost of construction, and ~ \$40,000 less than appraised value, so owners start out with that much in equity. In addition, they have created over 150 construction jobs for those in the community, and recruited neighborhood youth to work on rehabbing the homes, providing productive activity and skill development.

TCDC members and partners shared stories of lives changed by the opportunity to own and live in an affordable home built with integrity by members of the community. Pastor Andre Alexander shared his enthusiasm for the families in the neighborhood and his experience of the consequences of the project. In rebuilding the neighborhood, businesses have partnered at the CDC space entitled The Hub. The Hub provides a community center with services that include medical, legal, photo ID, banking, pathways to progress, and free speech pathology for preschoolers.

Following the home tours, the evening program focused on reflections with some of the original partners of the corporation. Highlights of the reflections included completion of the first home and filling all the space in The Hub with organizations that want to be part of the re-emerging neighborhood.

It was an inspiring evening, and we are grateful that First Unitarian is part of this work in our community.

Submitted by Annette & Chris Peterson and Lisa Ross

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

** 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:

5007 Waterman Boulevard, St. Louis, Missouri 63108

(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)

Allen Hoffman, Organist

Joel Knapp, Choir Director

Moe Hurst, A/V Technician (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