



Cornbread Communion

Rev. Kim Mason
November 24th, 2024
Order of Service

Ringing of the Bowl Steve Wilke

Welcome Steve Wilke

Prelude *Come, ye Thankful People, Come*, Arranged by John Scriveyner Allen Hoffman,
organ

Call to Worship Rev. Kim Mason

Hymn #349 We Gather Together

*We gather together in joyful thanksgiving,
acclaiming creation, whose bounty we share;
both sorrow and gladness we find now in our living,
we sing a hymn of praise to the life that we bear.*

*We gather together to join in the journey,
confirming, committing our passage to be
a true affirmation, in joy and tribulation,
when bound to human care and hope — then we are free.*

Introduction to the Thanksgiving Address Rev. Kim Mason

Chalice Lighting Steve Wilke

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

Part I : Haudenosaunee Thanksgiving Address

Spoken Response: *For this we give thanks; now our minds are one.*

Hymn #203 Alternate Lyrics - see insert Part I

Part II : Haudenosaunee Thanksgiving Address

Spoken Response: *For this we give thanks; now our minds are one.*

Hymn #203 Alternate Lyrics - see insert Part II

Introduction of Guest at Your Table

Rev. Kim Mason

Part III : Haudenosaunee Thanksgiving Address

Spoken Response: *For this we give thanks; now our minds are one.*

Hymn #203 Alternate Lyrics - see insert Part III

Prayer

Rev. Sabrina Trupia

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.

Part IV : Haudenosaunee Thanksgiving Address

Spoken Response: *For this we give thanks; now our minds are one.*

Hymn #203 Alternate Lyrics - see insert Part IV

Part V : Haudenosaunee Thanksgiving Address

Spoken Response: *For this we give thanks; now our minds are one.*

Hymn #203 Alternate Lyrics - see insert Part V

Call for the Offering

Rev. Kim Mason

Use the Online Giving QR Code on your pew QR codes card to make an online offering

Offertory

Grace before Sleep by Susan LaBarr

First Unitarian Choir

Gratitude

Rev. Kim Mason

Part VI : Haudenosaunee Thanksgiving Address

Spoken Response: *For this we give thanks; now our minds are one.*

Hymn #203 Alternate Lyrics - see insert Part VI

Cornbread Communion

Hymn #21 For the Beauty of the Earth

For the beauty of the earth, for the splendor of the skies,

for the love which from our birth over and around us lies:

Source of all, to thee we raise this, our hymn of grateful praise.

*For the joy of ear and eye, for the heart and mind's delight,
for the mystic harmony linking sense to sound and sight:
Source of all, to thee we raise this, our hymn of grateful praise.*

*For the wonder of each hour of the day and of the night,
hill and vale and tree and flower, sun and moon and stars of light:
Source of all, to thee we raise this, our hymn of grateful praise.*

*For the joy of human care, sister, brother, parent, child,
for the kinship we all share, for all gentle thoughts and mild:
Source of all, to thee we raise this, our hymn of grateful praise.*

Closing Words

Rev. Kim Mason

Postlude

Harvest fanfare by Gilbert M. Martin

Allen Hoffman, organ

*This morning's cornucopia was created by **Cathy Rauch**.*

*This morning's script was adapted by the **Rev. Dr. Kendyl Gibbons** with text from the **Haudenosaunee people of upstate New York** and Northern North America and the writer and biologist **Robin Wall Kimmerer**, an enrolled member of the Citizen Potawatomi Nation, in her book Braiding Sweetgrass.*

*This morning's guest readers, in order of appearance: **Mike Nolan, Rachel Webb, Cordelia Wagner, Caitlin Hill, Kira Hill, Jasmine Ratliff, Beverly Ratliff, Josie Hamtil, Joel Minor, Eli Minor, Christian Cox, Grayson Vaughn, Ellis Garrison, Deborah Cavanaugh Grant, Caleb Hunt, Kimberly Perry, Theo Hamtil, Amory Henderson***

Serving Us This Morning
Ushers: Chuck Eby and Lisa Ross
Greeters: Kathy and Dan Wilke
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 November 24th, 2024

Cornbread Communion - Rev. Kim Mason

Our annual Cornbread Communion is a ritual of Thanksgiving for the ways the world nurtures us and how we come together as a community. This is an all ages service.

Watch this Service on YouTube!

<https://youtube.com/live/cXvgmU1ruBM>

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.

Designated Collection - Nov. 24th - St. Louis Area Foodbank

[The St. Louis Area Foodbank](#) partners with over 500 other groups to ensure successful hunger relief programs. Partnering means providing the groups with a stable, reliable source of nutritious food (including fresh produce) that supplements what they get from other sources, and providing training to maximize the groups' success. **Nominated by Kimberly Perry.**

You can make your donation in several ways. In the collection plate put cash or a check made out to First Unitarian Church (designated collection in the memo line). Or use the online payment system vanco -- just scan the QR code and select Designated Collection. Thank you!

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

Sunday, November 24th, 2024

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

11:15 am - 12:00 pm - Newcomer Chat (Dodson Room)

11:30 am - 12:30 pm - Maker's Ministry (C7)

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

Monday, November 25th, 2024

6:30 pm - 8:00 pm - Church Council Meeting (Online)

Tuesday, November 26th, 2024

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

6:00 pm - 8:00 pm - Office Hours with Michele Grove (online)

Thursday, November 28th, 2024

Thanksgiving -- Office Closed

Friday, November 29th, 2024

Office Closed

Sunday, December 1st, 2024

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

11:15 am - 12:30 pm - Sabbatical Committee (Hosmer Room)

11:30 am - 12:30 pm - Welcoming Congregations (Hosmer Room)

6:00 pm - 8:00 pm - Office Hours with Michele Grove (online)

Upcoming Services

December 2024 Theme -Presence

December 1st, 2024 - What is this Thing Called Inspiration? - Dwight Homer, Member of the Worship Committee

December 8th, 2024 - Pageant Sunday

December 15th, 2024 - Music Sunday

December 22nd, 2024 - Restful Presence - Rev. Kim Mason

December 24th, 2024 - Christmas Eve (4:30 pm) - Rev. Kim Mason

December 29th, 2024 -- Fire Communion - Rev. Kim Mason

Joys and Concerns

Joys

Congratulations to **Wanda Manhanke** who became a grandma on November 3rd. Baby Isabelle came into the world weighing 5lbs. and 13 ounces. Parents (dad - **Nathan**) are doing well.

Concerns

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 for Children

This Sunday 11/24 10am-11am

Children and youth participate in the morning service.

Nursery is open for younger children.

Church News & Events

TODAY*Newcomer Chat – Sunday, November 24th (11:15 am)**

Are you new to First Unitarian? Want to learn more? Plan to attend this Sunday's Newcomer chat (right after the service) to meet with members and Rev. Kim and learn more about this church.

Hope you can make it!

TODAY*Visioning Sessions - Only Three Sessions Left - Nov. 24th 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

IT'S POINSETTIA TIME!

Help decorate the sanctuary for the holidays by ordering one or more holiday poinsettias.

Talk to Dottie Kinscherf either by email (flowers@firstuustlouis.org) or in Fellowship Hall after services on Nov. 24, Dec. 1, or Dec. 8. The deadline for orders is December 8.

Cost is \$10 per 6" pot, payable at signup. You may take your poinsettias home with you after Christmas Eve services if you wish.

New Member Bio -- Lisa Richter and Bob Mai

Lisa Richter and Bob Mai have been married for 49 years and together joined First Unitarian of St. Louis last month. They live on Waterman Boulevard near the church in the Central West End and originally moved to St. Louis in the 1970's from the east coast. They are getting involved in First Unitarian's Social Justice committee and its activities.

Bob Mai is interested in how a church and its congregation can work to strengthen a community. Bob has worked in academia as well as business. With a doctorate in education (EdD), he designed and led an experimental program in staff support for the St. Louis Public Schools, worked at KETC Channel 9 to develop alternative revenue streams and built an on-air program "Growing Together" with the late Kathryn Nelson and developed a training business at Maritz. At Saint Louis University he taught courses in education and organizational development. At the Brown School at Washington University, he taught courses in management for social workers. He's written two management books; one is titled *Leader as Communicator*. Bob was also in the Peace Corps in Nigeria for two years.

Lisa Richter and the couple's two adult daughters (now in their '40's, each married with two children) were members of Eliot Chapel in Kirkwood from 1987-2000. At Eliot, Lisa taught Sunday School, served on the board and participated in volunteer activities including Room at the Inn. Like Bob, she is interested in once again joining a religious community to meet new people and find ways to serve our community and the congregation. She owns a market research business, Stakeholder Insights, LLC, and previously worked in marketing, PR and market research at FleishmanHillard and the United Way of Greater St. Louis. Lisa began her Unitarian experiences in the Washington, D.C. area at Cedar Lane Unitarian Universalist Church in Bethesda, MD in the 1960's as a teenager. Her parents were originally raised Lutheran, moved to a Congregational church in Minneapolis and joined the Unitarian church when the family moved to Washington.

Welcome to First U Lisa and Bob!

SANCTUARY SOUND JOURNEY with Mark Biehl

Dec. 8th 6:00 - 7:30 pm

Celebrate the joyfulness of the season with a deeply relaxing and enlightening experience. Join Mark Biehl, Certified Vibrational Sound Coach and Licensed Spiritual Health Coach in a blissful journey of sound healing. Allow the vibrational energies of over twenty Himalayan singing bowls, gongs, chimes, melodious flute and soothing vocals to transport you into deep relaxation and remove stress. **Please**

bring your own yoga mat, blanket, pillow, and eye covering (optional). Dress comfortably, bring some water to drink, and prepare for a very peaceful experience! Free for members. Tickets required for the general public (watch for details).

Mark Biehl, CVSC, LSHC lifelong musician and composer, is the founder of Acuity Soundworks®, dedicated to the development and presentation of music and sound to inspire creative thought and action. Mark is a Certified Vibrational Sound Coach and Licensed Spiritual Health Coach. He has received training in Primordial Sound Meditation with Deepak Chopra, traditional shamanic sound practices with Zacciah Blackburn of the Center of Light Institute, and Certification in Sound Healing with Himalayan Singing Bowls from Nepalese Master Teacher Suren Shrestha. He has twenty years' experience in sound healing, and offers both private and group sound sessions. Mark believes in the idea that sound creates a gateway into deeper levels of consciousness, the heart, and soul. As a result, he utilizes various sound tools and the voice in conjunction with his spiritual health coaching skills and positive intention to gently support beneficial shifts in our perspective on life.

Guest at Your Table (GAYT) is the Unitarian Universalist Service Committee's

annual intergenerational program to raise support for and awareness about key human rights issues. Since UUSC works in more than 20 countries, with over 50 grassroots partners, there are thousands of individuals involved in and who benefit from the work that our members make possible. The program is an opportunity to celebrate grassroots partnership, support human rights, and learn about just four of these individuals—the “guests” in Guest at Your Table.

On Sunday morning pick up a GAYT box. Each time you have a meal or snack drop some coins into the box. We will collect the boxes on Sunday, January 19th, 2025. All monies collected will be contributed to the UUSC in order to support their programming.

Upcoming Women's Alliance Programming

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 October 14, 2024 Virtual

The Policy Board had a packed agenda and productive meeting in October.

The Board had a thoughtful conversation about creating a process to engage a broad and diverse group of church members in developing a vision statement for the church. Board members designed a two-phase process. Phase 1 begins now! Please see the church e-blasts for details and join Board members for one of four small group visioning sessions during November and December.

The Board approved a motion to alter the terms of our building insurance policy for 2024. Our insurance carrier proposed a 138% increase in the church's building insurance premium, from \$25,000 to \$51,780. The Board voted to make several changes to our building insurance policy that will reduce the 2024 premium to \$36,067. The changes include reducing our co-insurance to 80%, increasing the deductible to \$75,000, reducing the personal property coverage to \$750,000, and reducing the business income coverage to \$125,000. However, these changes still mean a premium of about \$11,000 more than we budgeted for 2024. We will be considering additional changes for 2025.

The Board also voted to accept the Church Council's recommendation to convert the bookstore into a children's/family creative space. Stay tuned for more details.

Our new Remote Interim DRE, Michelle Townsend Grove, joined us for the Board meeting. She shared her ideas for her time with us, and Policy Board members shared some of their expectations, questions, and concerns about the future of our children's RE program.

Respectfully submitted,
Sidney Watson, Secretary

Social Justice Learning Opportunities

As many of you know, the Social Justice committee has been involved with the WashU and Slavery Project, in collaboration with several other St. Louis Congregations. We are investigating slavery in St. Louis, and specifically First Unitarian and William Greenleaf Eliot's relationship to slavery. The following events may be of interest in that regard:

- There is an exhibit at the Law Library of St. Louis on Freedom Suits in St. Louis, through Dec. 3: <https://lastl.org/slavery-freedom-suits>
- There is also a talk Dec. 4 regarding Archer Alexander, who folks may remember was an enslaved man who William Greenleaf Eliot took in and protected, and then attempted to purchase, reportedly in order to emancipate him. Archer was later emancipated by the courts for his services to the Union army (informing on a plot against the Union). It is his likeness that the Emancipation Memorial in D. C. is modeled on. Here is the info about the talk:

In December, learn more from historian and author Dorris Keeven-Franke about the issue of Confiscation and Contraband during the Civil War, as demonstrated by the case of Archer Alexander, a freedom seeker buried in St. Louis. For more on the **December 4 CLE**, click [here](#)."

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:

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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

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Church Council

Sherry Bassi, Chair

Tom Finan, Facilities

Kathy Wire, Stewardship

Lisa Ross, Outreach & Social Responsibility

Erin Milligan, Outreach & Engagement

Grace Munie, Programming Cluster