



Life in the Balance

Rev. Kim Mason

September 22nd, 2024

Order of Service

Ringing of the Bowl

Sarah Dashner

Welcome

Sarah Dashner

Prelude

Quiet Now by Dennis Zeitlin

Greg Hoeltzel, piano

Call to Worship

Rev. Kim Mason

Hymn #299 Make Channels for Streams of Love

*Make channels for the streams of love where they may broadly run;
and love has overflowing streams to fill them every one.*

Greg Hoeltzel, piano

*But if at any time we cease such channels to provide,
the very founts of love for us will soon be parched and dried.*

*For we must share, if we would keep this gift all else above;
we cease to give, we cease to have — such is the law of love.*

Lighting the Chalice

Sarah Dashner

Sung Response #362 Rise Up, O Flame

*Rise up, O flame,
by thy light glowing,
show to us beauty,
vision, and joy.*

Story for All Ages

Teacher Dedication

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 #123 Spirit of Life

Reading *The Magic of an Empty Palm* by Julian Jamaica Soto Sarah Dashner

Call for the Offering Rev. Kim Mason
Text the dollar amount you wish to give to this number: 833-649-0088

Offertory *The Road Home* by Stephen Paulus First U Choir

Gratitude Rev. Kim Mason

Reading *My People's Hands* by Sean Parker Dennison Sarah Dashner

Sermon Powered by Love Rev. Kim Mason

Closing Hymn #311 Let It Be a Dance Greg Hoeltzel, piano

(Chorus)

Let it be a dance we do.

May I have this dance with you?

Through the good times and the bad times, too,

let it be a dance.

Let a dancing song be heard.

Play the music, say the words,

and fill the sky with sailing birds.

Let it be a dance.

Let it be a dance. Let it be a dance.

Learn to follow, learn to lead,

feel the rhythm, fill the need

to reap the harvest, plant the seed.

Let it be a dance.

(Chorus)

Everybody turn and spin,

let your body learn to bend,

and, like a willow with the wind,

let it be a dance.

Let it be a dance. Let it be a dance.

A child is born, the old must die;

a time for joy, a time to cry.

Take it as it passes by.

Let it be a dance.

(Chorus)

*Morning star comes out at night,
without the dark there is no light.
If nothing's wrong, then nothing's right.
Let it be a dance.
Let it be a dance. Let it be a dance.
Let the sun shine, let it rain;
share the laughter, bear* the pain,
and round and round we go again.
Let it be a dance.*

Closing Words

Rev. Kim Mason

Postlude

Quiet Stars (Cocavado) by Carlos Antonio Jobin

Greg Hoeltzel, piano

Serving Us This Morning

Ushers: Patrick McCormick & Kathy Wire

Greeters: Sherry Bassi & Betty Neill

A/V Assistant: Tom Finan

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 September 22nd, 2024

Life in the Balance - Rev. Kim Mason

On the Fall Equinox we observe the cycle of light and dark as the earth pauses and we have equal hours of day and night. How does this natural phenomenon invite us into a practice of balance?

Watch this Service on YouTube!

<https://youtube.com/live/ebwpo7H1EzQ>

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.

Sunday's Designated Collection

Welcome Neighbor

Welcome Neighbor St. Louis serves newly arrived immigrants to St. Louis. It helps them to successfully assimilate into our community by matching them with mentors who assist them in understanding our community norms and challenges, finding and maintaining housing, mastering basic day to day living skills and linking with needed services. In addition, another component of the program focuses on teaching cooking skills as a way of developing a sense of community and purpose while earning needed income and giving back to the St. Louis community. <https://welcomeneighborstl.org/> (Nominated by **Rosemary Lawton**)

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

Sunday September 22nd, 2024

9:00 am - 1:00 pm - T. S. Eliot Society (Chapel)

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

11:30 am - 12:30 pm - Membership Committee (C1)

Monday, September 23rd 2024

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

Tuesday September 24th, 2024

11:00 am - 2:00 pm - Women's Alliance (in person trip to Eckerts)

Wednesday September 25th, 2024

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

Thursday September 26th, 2024

7:00 pm - Finance Committee (online)

Saturday September 28th, 2024

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

Sunday, September 29th, 2024

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

Upcoming Services

September 2024 Theme - Invitation

- **September 29th - Imagination - Rev. Kim Mason**

Joys and Concerns

Joys

Happy thoughts for **Karen Siegrist** who is home from the hospital after being treated for cellulitis.

Concerns

Healing thoughts and prayers to **Mike Lunter** who had back surgery this week.

Condolences to **George Grimm-Howell** whose grandmother, Frances Leffler, passed away on Sept. 16th after 102 years of life.

Kevin Kellogg is home from the hospital after several tests. He appreciates phone calls.

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/1FAIpQLSdeSrftkA6h7HR77ZJfDl4K3Xr8lF17lBeY9tZgdzU_bjkTVw/viewform)

Religious Education This Sunday for Children

This Sunday 9/22 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.

Church News & Events

Staff Updates

First Unitarian is pleased to announce we've hired **Michele Townsend Grove as our remote Interim DRE** for the next year. Michele is a religious educator who brings almost 30 years of experience. She began her career as a Christian Educator in the United Methodist tradition and then joined the Unitarian Universalists in 2003. She developed a passion for interim religious education in 2016 and has served this specialized vocation ever since. Michele has served as an interim religious educator with congregations in Manassas, Virginia; Bethesda, Maryland, Stephens City, Virginia; Cherry Hill, New Jersey and Urbana-Champaign, Illinois. Michele served as one of the interim religious education trainers for the UUA from 2008-2016. As a lifelong learner, she earned her Doctor of Ministry in the Spring of 2019.

During the interim period, Michele will work in relationship with all the members and friends, children and adults in the congregation as we determine our values, vision and needs for religious education. We hope you will be a part of this exciting process!

First Unitarian is excited to welcome the **Rev. Sabrina Trupia as our Affiliated Community Minister**. You may recall Sabrina from their time with us as a Contextual Education student. Rev. Sabrina graduated from [Eden Seminary](#) in 2022 and was ordained in April 2024 by the congregation in [Montclair](#), New Jersey where they also did their ministerial internship. Back in the St. Louis area, Rev. Sabrina is working part-time long distance for the UU Congregation of the Quad Cities, in Davenport, Iowa.

Rev. Sabrina is a middle-aged, nonbinary person and their pronouns are they / them. They live in Edwardsville, IL with a spouse (Ed), a teenager (Isabella), and two adopted cats (Bo and Cap'n). As an affiliated community minister Rev. Sabrina will preach for us once a year and provide an annual adult RE opportunity. In their spare time they like to walk, read, do yoga and meditation, and take naps.

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

We Need You To Share About UUism at Tower Grove Pride!

Saturday, September 28th and Sunday, September 29th

St. Louis area UUs are collaborating on a booth at Tower Grove Pride! We have slots to sign up for staffing the booth - it's as simple as handing out swag and answering questions! If you're planning to attend, it would be easy to tack a 2 hour shift on before or after you enjoy the festivities!

Sign up for a shift here: We have slots to sign up for staffing the booth as well as helping out with set up and take down. If you're planning to attend, it would be easy to tack a 2 hour shift on before or after you enjoy the festivities!

Morning and Afternoon Shifts Available. Sign up for a shift here: [Metro STL UUs: Tower Grove Pride 2024 \(signupgenius.com\)](https://www.metrostlouisuu.com/tower-grove-pride-2024)

The First Unitarian Church of St. Louis seeks an energetic staff member to work part-time coordinating onsite activities for our children's Religious Education program. The coordinator will work in partnership with an offsite Director of Religious Education who will plan programming. First Unitarian Church of St. Louis is an historic congregation in the urban St. Louis neighborhood of the Central West End. We are a small mid-size congregation with 210 members and approximately 40 children and youth. See the full job posting here:

<https://www.firstuustlouis.org/sites/default/files/Sunday%20RE%20Coordinator%20.pdf>

Would you like to help improve voter participation in our neighborhood?

The Social Justice group has four ways you can participate.

1. Write postcards encouraging voting. There is a sample you can use as a guide.. **You can do this in Fellowship Hall on Sundays after church September 22 & 29** OR there are packets of 10 you can write at home.
2. Decorate postcards. They are more likely to be read if they are colorful.
3. Apply return address stamps and postage stamps to postcards.
4. We have 6,000 names and addresses and are short on funds to make this happen . . . So you can donate plain 4" X 6"

postcards. . . OR

You can donate postcard stamps for this effort.

Bring either to the postcard writing table in Fellowship Hall on the 8th or to the church office.

See us in Fellowship Hall after the service or contact the church office for more information.

Thanks for your support!

New Member Orientation

Sept. 29th, Oct. 20th, Nov. 17th

In person – 11:30 am – 1:00 pm

Facilitated by Members of the Membership Committee

Are you interested in becoming a member of First U? Want to learn more about the congregation and how to get involved? Want to get to know other people in the congregation? Then this 3 session orientation is for you! [Sign up online here](#) or on Sunday mornings in Fellowship Hall. Hope you can join in.

Tabernacle Community Development Corporation empowers St. Louis communities by building people, eliminating poverty, and social exclusion, and improving the social, educational, and economic infrastructure - which leads to self-sufficiency.

An Evening of Hope continues the support for the amazing work TCDC engages in North City. Join us for a night of inspiring stories and learn about the progress TCDC has made!

5:00pm - Cocktails, Appetizers, Tours of The Hub and New Homes.

Attendance is Complimentary! Register here:

<https://e.givesmart.com/events/CXo/>

text TCDC2024 to 76278

We hope to see you there!

Metro UU Adult Religious Education

Area ministers of Unitarian Universalist congregations are making their Adult Religious Education offerings available to all UUs in the area. Here are the current offerings.

UU Crash Course Series with Rev. Krista Taves (Eliot Chapel)

Dive into UU history and theology with this 4 session class. [More information here.](#)

Parents as Spiritual Guides (offered by Eliot Chapel)

Topics include Exploring your Own Spiritual Journey and Ways to Provide Spiritual Experiences for Children [More information here.](#)

Rev. Dr. Claudia Hall (Metro East UU Congregation) is offering

The Bible for Liberal Religious People

In this class students will learn the following:

1. October- The history and development of the Bible Canon itself, including the variety of texts that comprise what is considered Scripture by various Jewish and Christian sects, and the texts that were left out
2. January- The various ways these texts have been interpreted by Jewish and Christian leaders over the centuries, within various historical contexts.
3. February- The rise of Historical-Critical method and how that changed the way the Bible was interpreted and understood.
4. March- The impact of various sciences on biblical interpretation and the ongoing adaptations for progressive Judaism and Christianity based on these impacts.
5. April- How to exegete and interpret Biblical texts in context, with specific attention given to 'hot topics' such as women in ministry, LGBTQIA equality, Immigration, Abortion, and salvation.
6. May- How to use the Bible (with its flaws and problems) as part of our spiritual heritage as progressive religious people.

Class will meet from 6:30-8 PM Central on Zoom, on the 3rd and 4th Tuesdays of the month in Oct, Jan, Feb, March, April and May. You can choose to attend only certain months if you prefer, as each topic is mostly independent, although they all do integrate with each other. Contact Administrator Lynn Hunt for the zoom link for the classes.

SPARC (Spiritual and Progressive Adults' Recreational Collective)

Where busy, young(ish) Unitarian Universalist spiritual seekers come together for good vibes once a month. Join us for captivating conversations about spirituality, ethics, and social justice, mixed with laid-back banter and chats about local goings-on, all while exploring new, enriching activities together. From nature hikes to sound baths to wine bars, we blend small talk with serious talk...and serious fun! It's all about exploring spirituality, forging friendships, and sparking deeper connections.

We were finding at Eliot that we have a small number of people who attend our Young Adult gatherings, and that we have plenty of retirees who engage in various activities/groups, but there really wasn't much for the folks in between. Our target demographic for this group is people in their 30's/40's/50's, who want to connect to other UU's and having meaningful conversations and experiences.

We plan to kick off the group with a potluck lunch outside of Eliot Chapel on September 22 at 12:30. Please join us. More information at: <https://www.eliotchapel.org/sparc>

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)

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

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Member – Chris Kocher

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