



**Ghost, Spirits, Specters, and Shades and the Spaces Between Here and There
With Lay Leader Pamela Geppert
October 30th, 2022
Order of Service**

Welcome and Announcements

Pam Geppert

Prelude

Earl Naylor, organ

Call to Worship

Rev. Kim Mason

Opening Hymn #324 Where My Free Spirit Onward Leads

*Where my free spirit onward leads, well, there shall be my way;
by my own light illumined I've journeyed night and day;
my age, a time-worn cloak I wear as once I wore my youth;
I celebrate life's mystery; I celebrate death's truth.*

*My family is not confined to mother, mate, and child;
but it includes all creatures be they tame or be they wild;
my family upon this earth includes all living things
on land, or in the ocean deep, or borne aloft on wings.*

*The ever spinning universe, well, there shall be my home;
I sing and spin within it as through this life I roam;
eternity is hard to ken and harder still is this:
a human life when truly seen is briefer than a kiss.*

Chalice Lighting

Pam Geppert

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

Special Music

First Unitarian Choir

Joys & Concerns

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

Pastoral 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

Enduring Blessing, Jan Richardson

Pam Geppert

First Church Community Fund Grant Presentation

Rosemary Johnston Lawton

Call for the Offering

Rev. Kim Mason

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

Offertory

First Unitarian Choir

Reading

from *Lost & Found* by Kathryn Schulz

Pam Geppert

Homily

Bittersweet

Rev. Kim Mason

Ritual of Remembrance

Hymn #336 All My Memories of Love

All my memories of love hang upon high stars.

All the souls I've lost to tears now the autumn jars;

and the air around me here thickens with their song;

sing again their nameless tunes, sing again, and strong.

Willows in September touch the water clear,

set among the rushes tall of the flowing year.

Rising up from sunlit past comes the shadowed sigh

running toward me silently, love to fortify.

Many are the graceful hearts hung upon this tree.

*And it seems there's room for mine on these branches free;
and the sky above the tree, whether wet or bright,
is my ease and comforting, my good news and light.*

Closing Words

Rev. Kim Mason

Postlude

Earl Naylor, organ

*Today's flowers are provided by Danielle Kozemczak in memory of her mother,
Carol Kozemczak, who passed away on September 20th, 2017.*

Serving Us This Morning
Ushers: Roy Cole and Kathy Wire
Greeters: Steve Wilke and Kurt Johnson
AV Assistant: Margaret Weck

Music Notes

Bach's Toccata and Fugue in D Minor is possibly the most famous organ composition in the world, and has been transcribed to almost every other musical medium. It is often heard around Halloween because of the dramatic beginning. This opening descending motif is also the theme for the fugue, each note alternating with a repeated note.

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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

At Church This Week!

Sunday October 30th

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

10:00am to 11:00am RE Halloween Parties

Tuesday November 1st

11:00 am to 12:00 pm Women's Alliance (online)

Wednesday November 2nd

7:30 pm to 9:00 pm Choir Rehearsal (Sanctuary)

Thursday November 3rd

6:30 pm to 8:00 pm New Member Class (site tbd)

7:00 pm to 8:30 pm Covenant Group - Herzog (Dodson)

Saturday November 5th

10:00 am to 11:00 am Black Lives Matter Social Witnessing

Sunday November 6th

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

10:00 am to 2:00 pm Trinity Hot Lunch (Kitchen)

12:00 pm to 3:00 pm Making Meaning after Disaster (Dodson Room)

Please check the Church Calendar on the website for more information about gatherings

Deadline for announcements: Wednesday, noon

Send items to dkozem@firstuustlouis.org

Our Mission

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

Upcoming Services

November Theme - Remembrance

Sunday, November 6th - Remembrance Sunday with Rev. Kim Mason

Sunday, November 13th - The Land Has Memory with Rev. Kim Mason

Sunday, November 20th - Cornbread Communion with Rev. Kim Mason

Joys and Concerns

Concerns

*We send our condolences to **Cathy Rauch**, as she grieves the loss of her partner Bob Pierce*

*We send our condolences to the family and friends of **Alexzandria Bell** and **Jean Kuczka**, who were killed in Monday's shooting at CVPA High School*

Former member **Julie Oyen Keller** who moved to Ohio after her husband Warren passed away is comfortably settled in an assisted living community after recovering from a fall and several other conditions. She would welcome cards and they can be sent to:

Julie Oyen Keller
c/o David Oyen
31 Johnson Ave.
Mt. Sterling, KY 40353

As a church community, each of us is an integral part of the care and concerns network. Not only do we show up and care for one another, we can make sure people get care by sharing with the care and concerns team when health and other concerns arise. Contact the Care and Concerns team by calling or emailing careandconcern@firstuustlouis.org

Next Designated Collection

Sunday November 6th, 2022

First Church Community Fund

The First Church Community Fund (FCCF) is an endowment established by the late Rennie Shuter, a FUSTL member and community activist, to support the involvement of church Members and Friends in addressing important issues in our community. The Fund does this through annual microgrants to smaller nonprofits and by highlighting their work to the congregation to encourage both volunteerism and financial support.

Nominated by Rosemary Lawton

As a way of putting our faith into action, our church periodically dedicates Sunday collections to worthy non-profits or church programs.

Church Events

Making Meaning After Disaster

Trauma Recovery Workshop led by Rev. Kim Mason

Sunday, November 6, 2022 - 12:00pm to 3:00pm

Dodson Room Light refreshments will be available

Public tragedies tend to “shake up” deeply-held religious assumptions, challenging the outlooks of victims, emergency responders, and even those who experience the event from a distance. We have been through the trauma of a global pandemic and experienced a localized climate disaster. This workshop honors the theological questions that emerge after tragedy, providing a space for Unitarian Universalist adults to grapple with meaning and thus develop their ever-evolving faith.

Minister's Column

October 2022

After two plus years of successfully avoiding COVID, on September 9th I tested positive. My first reaction was shock. How many times previously had I taken the test and it turned out negative? An untold number of times... I was so surprised that I waited two hours and tested again. Still positive.

Testing positive prompted a weird combination of emotions. First there was stress at all the plans I would have to cancel or reconfigure, like the wedding I was scheduled to perform the very next day, and water communion which was scheduled for that Sunday. Then there was relief – I could stop playing hide and seek with the virus. I was found.

Initially, my case was very mild. I had a sore throat and congestion which quickly became fatigue and chest tightness. With the mild case, I resolved to continue working. I attended a board meeting and I went to the Women's Alliance (all on Zoom). Yet each day I would find myself completely exhausted. So I took a nap every day. After five days I tested negative and returned to the office, managing only a half day before I went home for another nap. One week progressed into two and I was still napping, canceling plans with friends, only getting through some of my email. Realizing I was getting behind, I upped my caffeine consumption in an effort to power through, only to crash the next day with symptoms again. The chest tightness returned and my doctor put me on an inhaler and reminded me to rest.

I've talked to others who had COVID, and by most accounts, this was all normal. It would take several weeks to return to my normal energy levels, they said. It would take several weeks to feel like myself. I was reminded that mental work was just as taxing as physical work, that I needed to go slowly with physical activity and that I might need extra sleep. It will surprise no one that I have spent most of my life in high gear - doing *all the things* by going fast and saying yes. This is literally the antithesis of who I am.

Some of you reading this have also had COVID. Some of you got much sicker and have lingering complications. Some of you recovered quickly and well. This disease is a mystery. As I have contemplated my own recovery, I can't help but compare it with the church's COVID recovery. We have come from our prolonged shutdown thirsty for companionship and longing for a return to normal. Yet as we begin our regeneration, some things are taking longer because we don't have the same pool of volunteer resources. The interest and energy for some activities has changed. Our needs post-COVID have changed. Our capacity post-COVID has changed. I find myself wondering, what if recovering from COVID is just as challenging for the church as it is for the human body? That would mean that thinking through *how* we do things is just as taxing as actually doing them. It would mean that some things may have to wait until we have more energy, or more time. It would mean we need to go slowly and take time to rest. It could mean saying no to some things in order to say yes to other things.

My ministry mentor has introduced a slogan for the 2022-23 program year at his congregation: Do less, better. I am not very good at saying No. My COVID recovery has been frustrating and I am disappointed about the

things I missed. However, I do not want to develop long COVID, so I am determined to say no to some things now, that I might say yes to other things in the future. How can we do that at the church? How can we “do less, better,” that we might “do more, well,” in the future?

In My Octopus Teacher, which I referenced in last month’s column, the octopus took time to regenerate its severed tentacle. My COVID recovery is taking time. The congregation’s COVID recovery is going to take time. I want to come out of this fully recovered. I want our congregation to grow back well. It is so hard when things are different and slower - it can feel like the antithesis of who we are. It’s going to take patience and a long-term vision for our congregation, however, we can do this together.

Sincerely,

Rev. Kim Mason

Religious Education This Week

Sunday October 30, 2022

Childcare for children birth to 3 years old available in the Nursery

NO RE Classes This Sunday!

RE Halloween Party

Sunday October 30th 10am

Pre-K-6th (Chapel)

7th-12th (Dodson Room)

Announcements

Active Hope Project

We are beginning the process of reaching out to congregants to get your input on the idea of congregational social action, and what that might look like, as we explore what we mean by "advancing social justice" in our mission statement. There are 2 ways you can participate, and we encourage you to take part in both.

The first is a series of facilitated listening circles which will be held on

Sunday November 13th 11:30am

Sunday December 11th 11:30am

Sunday January 15th 11:30am

The second is an individual conversation with one of us. We are hoping to talk to as many of you as possible, and will be reaching out by phone to schedule a time. This will be an opportunity to have a more in-depth conversation, in order to get to know you better, learn what you really care about, and find what interests our members have in common.

We hope you will join us on this journey of discovery as we explore what justice and social action mean to us as individuals and as a congregation.

First Unitarian Church of St. Louis
Policy Board Meeting Summary
16 October 2022 in Hope Chapel

Board Committees Update. Becca McBride has agreed to serve as the Board liaison for the Nominations and Leadership Development Committee. Norma Vogelweid has agreed to serve as the Board liaison for the Personnel Committee.

Update on Active Hope Project. Rev. Kim revisited a topic from her sermon October 09, 2022, during which she announced the launch of the Active Hope Project, a name inspired by Joanna Macy, an environmental activist, author, and scholar of Buddhism, general systems theory, and deep ecology. Kim and Steve decided this was a better designation than the original Social Action Discernment Project due to its unfortunate abbreviation.

Last fiscal year the Board discussed the role of social activism in the church. As Steve Wilke summarized in the Saturday, October 19, 2022 E-News:

After many, many discussions, the board determined we should seek input from the congregation to determine if we should be focusing on specific social action issues, and, if so, what issue or issues we should be focused on.

By focusing on a particular social action issue, our hope is we can make a bigger impact working together and making a stronger impact. Much like our focus on themes within our worship services, by focusing on specific social action issues, we can take more time to look at an issue in depth....

In the coming weeks and months, we will be conducting focus groups, listening circles, and direct contact from our taskforce looking into this issue.

The Board has enlisted the help of the Outreach and Social Action cluster to include the whole congregation in this discernment process.

Auction Update. Rev. Kim reminded us that the Board usually collaborates to provide some sort of offering to the Auction, which occurs prior to our next Board meeting and therefore required us to come up with some ideas immediately.

Prior to our meeting Kathy Wire inquired in writing about incorporating paddle raise events within our auction, where supporters pledge amounts for a specific purpose. She mentioned landscaping as a possibility and in fact our funding reserves for this are depleted.

The Board can determine or approve what a paddle raiser can fund. Becca observed that younger donors were more likely to donate to specific projects. She has extensive experience with fundraising and offered to work with the Auction Committee.

We were reminded that the auction takes place on November 12 and has as its theme the Roaring Twenties. Governance Basics. Prior to this month's Board members received the second installment in our leadership training, entitled "In the Room Where It Happens: Why We Have Meetings" (<https://www.uua.org/leaderlab/programs/board-training/board-meetings>).

We already incorporate a number of suggestions to distinguish church Board meetings from typical business meetings. We discussed other ideas we might like to incorporate into our meetings like briefly checking in with one another at the beginning of meetings; labeling agenda items as action, discussion or information, and summarizing our actions and discussions briefly before moving on.

The next Policy Board meeting will not be held on its regularly scheduled second Monday night of the month but rather will be held Thursday, November 16, at 6:30 pm via Zoom.

Respectfully submitted,

Alison Lamothe

Social Responsibility

Black Lives Matter Social Witnessing

Join us every Saturday at 10am

The weekly Black Lives Matter Social Witnessing will restart on Saturday March 12th. Gather on Kingshighway alongside our church building. Bring signs, water and sunscreen. Masks and social distancing required. Kevin Kellogg is the on-site coordinator. This event is coordinated by the Toward Justice Group.

The Little Free Pantry Needs You!

We need people who can check on the pantry and make sure it's stocked! Please consider grabbing something for the pantry when you do your shopping. Pop top cans are preferred. Plastic utensils, bottled water, and personal care items like deodorant, sunscreen, and soap are needed. Remember that you or a group you are in can support our parking lot pantry. Visiting once during the week is fine - including on a Sunday. Thank you in advance for your support of this effort to feed our neighbors!

You can schedule pastoral appointments with Rev. Kim at your convenience. Click on this link <https://calendly.com/kmason-7> and choose the date that works best for you - no account necessary.

UUA News

General Assembly 2023

Faithfully Becoming

Pittsburgh, PA

June 21st - 23rd, 2023

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Participants worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to have voting delegates.

First Unitarian Church of St. Louis

314-361-0595

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

Danielle Kozemczak, Director of Religious Education & Communications (dkozem@firstuustlouis.org)

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

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

Earl Naylor, Music Director/Organist (enaylor@firstuustlouis.org)

Joel Knapp, Choir Director

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

Policy Board

Board President – Steve Wilke

Vice President – Erin Milligan

Secretary – Alison Lamothe

Treasurer – Jeremy Colton

Member – Becca McBride

Member – Norma Vogelweid

Member – Luke Steffen

Member – Joel Hickman

Member – Susan Lammert

Church Council

Cathy Rauch, Chair

Clint Cruse, Facilities

Kathy Wire, Stewardship

Lisa Ross, Social Responsibility

Kevin Kellogg, Outreach & Engagement

Sue Herzberg, Programming Cluster