



Yes, And... with Rev. Kim Mason
February 19th, 2023
Order of Service

Ringing of the Bowl Tom Finan

Welcome and Announcements Tom Finan

Prelude *Improvisation on a Theme* by Bach Earl Naylor, Organist, Greg Hoeltzel, piano

Call into Worship Rev. Kim Mason

Hymn #6 Just As Long As I Have Breath

*Just as long as I have breath, I must answer, "Yes," to life;
though with pain I made my way, still with hope I meet each day.
If they ask what I did well, tell them I said, "Yes," to life.*

*Just as long as vision lasts, I must answer, "Yes," to truth;
in my dream and in my dark, always that elusive spark.
If they ask what I did well, tell them I said, "Yes," to truth.*

*Just as long as my heart beats, I must answer, "Yes," to love;
disappointment pierced me through, still I kept on loving you.
If they ask what I did best, tell them I said, "Yes," to love.*

Lighting the Chalice Tom Finan

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

Story Time for All Ages *Perfect Square*, by Michael Hall Danielle Kozemczak

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

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

Prayer

Rev. Kim Mason

Sung Response #86 Blessed Spirit of My Life

*Blessed Spirit of my life, give me strength through stress and strife;
help me live with dignity; let me know serenity.
Fill me with a vision, clear my mind of fear and confusion.
When my thoughts flow restlessly, let peace find a home in me.*

*Spirit of great mystery, hear the still, small voice in me.
Help me live my wordless creed as I comfort those in need.
Fill me with compassion, be the source of my intuition.
Then, when life is done for me, let love be my legacy.*

Reading

from *Bossy Pants* by Tina Fey

Tom Finan

Call for the Offering

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

Offertory *Gracias a la Vida*, arr. Zwozdesky

First Unitarian Choir, Palm Geppert, soloist

Reading

from *Year of Yes* by Shonda Rhimes

Tom Finan

Sermon

Yes, And...

Rev. Kim Mason

Closing 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.*

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

Closing Words

Rev. Kim Mason

Postlude

Improvisation on the tune Diademeta

Earl Naylor, Organist

Serving Us This Morning

Ushers: Stephany Kniep and Lisa Ross

Greeters: Kathy Wire and Norma Vogelweid

AV Assistant: Kurt Johnson

This morning's flowers are given by Kimberly Perry in gratitude for the Rev. Kim Mason and our wonderful church staff and volunteers.

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MUSIC NOTES

**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

Sunday, February 19th, 2023

Sunday February 19th 2023 10am

Yes, And... with Rev Kim Mason

There are no mistakes in improvised theater. Rev. Kim reflects on a year and half of improv training and how improv as a practice for life can make us more resilient

Read this Sunday's Order of Service (<https://tinyurl.com/325aapyw>)

Watch this service on YouTube!

"This morning's flowers are given by Kimberly Perry in gratitude for the Rev. Kim Mason and our wonderful church staff and volunteers."

Upcoming Services

February Theme - Resilience

Wednesday February 22nd 6:30pm - Ash Wednesday Service (Dodson Room)

Sunday February 26th 10am - Things We Learn Outside of School with Youth Group Members

March Theme - Trust

Sunday March 5th 10am - Sustain the Flame with Rev. Kim Mason

Sunday March 12th 10am - The Facts of Life and Dementia with Lay Leader Norma Vogelweid

Read the February 2023 Touchstones Project Journal

(<https://www.firstuustlouis.org/sites/default/files/Touchstones%20Journal%20February%202023%20Resilience%20nf.pdf>)

Wednesday February 22nd 6:30pm

Ash Wednesday Service (Dodson Room)

Join us for a contemplative start to the Lenten season. From the liberal Christian tradition, this service includes an optional imposition of ashes to invite you into a UU practice for the 40 days of Lent.

Joys and Concerns

Joys

We welcome new members Kimberly and Gary Parks, who signed the membership book on February 12th

Concerns

We are saddened to inform you that former longtime member Bob Jackson passed away on Feb. 11, 2023. He is survived by his wife Andie Jackson, children and grandchildren. The Jackson's joined the church in 1970 and were very active for two decades when they joined the Ethical Society. They still maintained their membership at First Church for many years until very recently.

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. SHARE a Joy or Concern with us by clicking the button below or email your joy or concern to careandconcern@firstuustlouis.org
(<mailto:careandconcern@firstuustlouis.org?subject=Joy%20and%20Concern>)
Joys and Concerns? (<https://forms.gle/YvVrdTYzdDuasJvo8>)

Church Events

Sunday, February 19 at 11:30 am

Young Adult Group Monthly Meeting

Put it on your calendar, the Young Adult Group will be holding the 3rd Sunday monthly meeting in the Clark Room & on Zoom on Sunday, February 19, 2023 at 11:30 am. Grab coffee & a bring money for a donut all from our fellowship hall.

The agenda will include:

- Open with a sharing circle/check-in/introductions for newcomers.
- Discuss the upcoming Griot Museum of Black History Trip & decide on a place for dinner afterwards
- Hear from Lisa Ross regarding the Active Hope Project & what participation opportunities may exist
- Also hear from Kevin Kellog regarding the upcoming Reproductive Justice Project
- Hear suggestions for possible upcoming events to complete as a group.

For our parents out there, please consider stopping by the meeting with littles in tow. You are welcome & wanted in the planning of this community! The next meeting will be held on March 19, 2023, in the Clark Room at 11:30 am. We look forward to seeing you there!!

Can't Make it In-Person? Join us on Zoom!

(<https://us02web.zoom.us/j/84491371998?pwd=Tml6My8rSFEydmE5cHJTOUfTNlpUdz09>)

UUA Common Read Book Discussion

Lead by Rev. Kim Mason and members of the Toward Justice Committee

In this book, co-authors Nancy Palmer Jones and Karin Lin—a white minister and a lay person of color—explore five UU congregations' journeys toward Beloved Community and share the joy, disappointment, and growth these congregations found. Join us for a discussion of some of the lessons learned and how they can inspire First Unitarian's journey toward Beloved Community.

Order the Hardcopy Book (<https://www.uuabookstore.org/Mistakes-and-Miracles-P18521.aspx>)

Purchase an Electronic Version

(https://www.amazon.com/Mistakes-Miracles-Congregations-Road-Multiculturalism-ebook/dp/B07Y5PF47L/ref=sr_1_1?crid=2RY6KHYWXV5CH&keywords=mistakes+and+miracles&qid=1675208371&srefix=mistakes+and+miracles%2Caps%2C85&sr=8-1.)

Listen to the Audio Version (<https://www.uua.org/read/mistakes-and-miracles-audio-book>)

Sign Up For the Discussion Group (<https://forms.gle/NM71ePNyUvF1Zuim7>)

Upcoming Volunteer Activity

Sunday March 5th - Trinity Hot Lunch

Our Central West End neighbor, Trinity Episcopal Church, operates an ongoing food ministry that includes both a food pantry and a Sunday hot lunch program. On Sunday, March 5th, First Church members and friends can support the Trinity Hot Lunch program by preparing a meal in our Fellowship Hall kitchen and then transporting and serving it at Trinity. This is a multi-generational activity open to all. Preparations usually begin at 11 am with the actual food service concluding by 2pm. If you plan on volunteering please RSVP by clicking the button below or sign-up in Fellowship Hall.

Sign Up to Help with Trinity Hot Lunch!

(https://docs.google.com/forms/d/e/1FAIpQLSfMS3H13X70Od9-S8crMWyaQzfptyduIH331Xrx2tG9erBpQ/viewform?usp=sf_link)

Unfish Fry - Friday March 10th

Tickets will be on sale Sunday February 19th in Fellowship hall after the service, at the church office, or at the door. Adult tickets are \$10 and children's tickets are \$6. Everyone is highly encouraged to attend and invite friends, relatives, or co-workers! This is a great opportunity to enjoy good food and fellowship and introduce people to Unitarian Universalism.

Volunteers needed!

The Unfish Fry needs you! If you are interested in helping in any way: from cooking at church or baking at home to selling tickets or helping wash dishes and cleaning up, please join us! Being part of the Unfish Fry crew is a great way for new or long-term members to have fun getting to know people. Please sign up in Fellowship Hall or click the button below to sign up online! There will be a meeting for volunteers after service on February 26th at 11:45AM in the Clark Room. Please come by to discuss our plan for this year!

Volunteer for the Unfish Fry!

(https://docs.google.com/forms/d/e/1FAIpQLSecGO30avVGMk0-4l250rfdXGF8zzDh8dmVVTM1nerEnMMtBg/viewform?usp=sf_link)

Save the Date!

Saturday April 15th 6pm

Boston Trip Trivia Night Fundraiser

Join us for a fun night of Trivia through the decades!

Tickets are \$25 or a table of eight for \$200.

Sign Up Coming Soon!

Please send photos, event details, announcements, etc. for this newsletter to dkozem@firstuustlouis.org

(<mailto:dkozem@firstuustlouis.org?subject=Enews%20Content>)

Deadline for Enews announcements: Thursday, noon

To view our regularly held events, including those sponsored by the church and other organizations please visit our calendar.

View our Calendar of Events! (<https://www.firstuustlouis.org/calendar/month>)

Upcoming Designated Collection

Sunday, February 26th

Robert Ford Haitian Orphanage & School

The Robert Ford Haitian Orphanage and School Foundation serves the people of Grison-Garde, Haiti. It began with the creation of an orphanage and primary school and has expanded to include secondary and technical schools, Elderly Village, wells, meals, and health care. Education is the key to emerging from poverty in Haiti. The school takes a holistic approach -education, clean water, food and health care. 100% of donated funds go to projects, and all projects are initiated and executed by the local community. Nominated by Lisa Ross.

Religious Education this Sunday...

This Sunday February 19th, 2023

Children and Youth are encouraged to attend service with their family. The Nursery will be open for childcare. After the story for all ages, they will proceed to their classrooms.

Time For All Ages: Perfect Square, by Michael Hall

A perfect square that is perfectly happy is torn into pieces, punched with holes, crumpled, and otherwise changed but finds in each transformation that it can be something new, and just as happy.

RE Classes This Sunday!

Preschoolers - Chalice Children: Wondering About the Moon

K-2nd Grade Wonderful Welcome: The Gift of Friends

3rd-6th Grade: History of Religion: Taoism

7/8/9th Grade: Our Whole Lives: Bullying and Bystander Responsibilities

10/11/12th Graders: Youth Group Meeting and Worship Assistant Training

Check out RE This Week! (https://mailchi.mp/firstuustlouis.org/re-this-week-sunday-02_19_23)

Announcements

First Unitarian Church of St. Louis

Policy Board Meeting Summary

13 February 2023 via Zoom

We began our meeting with a presentation by Clint Cruise, our Facilities Cluster Chair. Clint recently published an Update on Building Projects in the E-News (02/10/2023).

Among a number of pressing maintenance issues, the most urgent is repairing or replacing our roof. Clint reported that the Facilities Committee has contacted five different roofing companies and received two bids. The Board was able to review the bid from Bartch Roofing Company. The Facilities Committee prefers them because they prepared a custom proposal based on a well-thought-out analysis of our building's needs. In addition to Fred Baer of Bartch Roofing, they have consulted with Ron Unterreiner, the President of People of Construction, Inc., who has years of experience managing construction projects, and he agrees that the Bartch proposal is our best option.

Although the Committee is solidly behind the Bartch proposal, a member of the Facilities Committee is determined to look at repair options and has until March 03 to come up with a counter proposal. It is important to respect this deadline because bids can only be guaranteed for a limited period of time. In the meantime, the Facilities Committee cannot make a formal recommendation to the Board that we accept the bid. If we choose to do so, it will require us to take an amount of money from the endowment that will need to be approved by a congregational vote, preferably in late March.

Board members weighed in on whether our Board baked goods give-away during Fellowship on January 29 was a worthwhile event and what we might do to make it more successful. Suggestions included greater participation among Board members; using only one table as opposed to three in a u-shaped formation that served to wall us apart from the congregation; planning further in advance and establishing this as a regular, periodic event. On a positive note, we did engage with visitors and at least one said they were ready to sign the membership book afterwards!

The Board was reminded to submit their Canvass pledges early to help the Canvass Committee inspire the rest of the congregation to follow suit.

This month's Board training topic was From "Me" to "We": Healthy Communications. It was divided into the following sub-topics: 1) Speaking with One Voice; 2) Great Teams Make Great Boards; and 3) Keeping Meeting Minutes. Some important takeaways were:

- * Board members should strive to speak with one voice even when there has been some disagreement among committee members when making a decision. In the context of upcoming difficult decisions regarding building maintenance and how we finance it, it is important that we support a group decision even if we did not individually vote in favor of it.
- * Conflict need not be avoided at all costs and in fact it can lead to better and creative solutions. It is important (and perhaps something Unitarians are particularly good at) that we remain willing to have our assumptions challenged and to change our minds.
- * It would be helpful to share the content of the third sub-topic with incoming secretaries in the future.

Norma Vogelweid remarked on the success of our recent auction and wants to express the Board's gratitude to the Auction Committee co-chairs, Kathy Wilke and Emily Jaycox. She also attended the Welcoming Congregations Committee meeting on January 22 and noted that one participant expressed how pleased they were that a member of the Policy Board was present.

Steve reported that Lisa Ross of Towards Justice was requesting volunteers to assist making phone calls to members of the congregation as part of the process of discernment for the Active Hope Project. This entails calling and listening to how members view the church's role regarding social justice and social action. Joel Hickman has already been assisting with this endeavor and generally enjoys it.

The next Policy Board meeting will be held Monday, March 13, at 6:30 pm via Zoom.

Respectfully submitted, Alison Lamothe

Auction Success!

Our Rekindle the Flame auction was a huge success! Final figures are still being tabulated, but the amount raised will be well over the \$15,000 goal and will go a long way to support the budget and operations of the church.

Many thanks to co-chairs Kathy Wire and Emily Jaycox, and food and decorations coordinator, Jane Hoekelman. Many others helped as well – thank yous to: Margaret Weck, Karen Albin, Sarah Vaughn, Nan Hoffman, Clint Cruse, Andrea Berin, Joel Minor, Jim Wire, Joan Kindleberger, Lonnie Jaycox, Christian Cox, Robert Hunt, Sam Hunt, Judy Crouch, Cathy Rauch, Sam Rezanoff, Becca McBride, Lori Calcaterra, Hunter Hart, the Women’s Alliance and others.

This was our first experience with a combination live and online auction. Online participants were active bidders and Karen Siegrist (online) won the raffle! It was a great evening for all!

If you were unable to participate or missed bidding on an event or item there is still time! Watch for the After Auction Sale on Sunday, Feb. 26th after the service.

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

Staff

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 – 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