



Grateful for it All
Rev. Kim Mason
November 9th, 2025
Order of Service

Ringling of the Bowl & Welcome

Pam Geppert

Prelude *Simple Gifts* arr. by Wilbur Held

Allen Hoffman, organ

Call to Worship

Rev. Kim Mason

Hymn #326 Let All the Beauty We Have Known

Let all the beauty we have known illuminate our hearts and minds.

Rejoice in wonders daily shown, in faith and joy, and love that binds.

*We celebrate with singing hearts the loveliness of sky and earth,
the inspiration of the arts, the miracle of ev'ry birth.*

*Life's music and its poetry surround and bless us through our days.
For these we sing in harmony, together giving thanks and praise.*

Lighting the Chalice

Pam Geppert

Sung Response *The Source Enters Here*

The source of wisdom enters here.

The source of love,

The source of hope and justice

Enters here, enters here

By Chris Kocher

Allen Hoffman, piano

Connection Moment: Growing Kind

Rev. Sabrina Trupia

Children's Recessional #118 This Little Light

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

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.

Presentation of the First Church Community Fund Awards

Rosemary Lawton

Call for the Offering

Rev. Kim Mason

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

Offertory

Gracias a la Vida

First Unitarian Choir

Gratitude

Rev. Kim Mason

Reading

Practice Gratitude by Steve Garnaas-Holmes

Pam Geppert

Music Video

More of This

Sanctuary Boston

The Sanctuary Boston is a community of vibrant worship and real connection gathering between Boston and Cambridge as well as online. Visit them at sanctuaryboston.org.

Sermon

Grateful for It All

Rev. Kim Mason

Closing Hymn #331 Life Is the Greatest Gift of All

*Life is the greatest gift of all the riches on this earth;
life and its creatures, great and small, of high and lowly birth:
so treasure it and measure it with deeds of shining worth.*

*Mind is the brightest gift of all, its thought no barrier mars;
it seeks creation's hidden plan, its quest surmounts all bars;
it reins the wind, it chains the storm, it weighs the outmost stars.*

*We are of life, its shining gift, the measure of all things;
up from the dust our temples lift, our vision soars on wings;
for seed and root, for flower and fruit, our grateful spirit sings.*

Closing Words

Rev. Kim Mason

Postlude

Sortie by George Blake

Allen Hoffman, organ

*This morning's flowers are given by **Pamela Gempel** in recognition of World Adoption Day.*

Serving Us This Morning
Greeters: Kathy and Dan Wilke
Ushers: Sheryll Coulter and Sherry Bassi
A/V Assistant: Sarah Dashner

Music Notes

Simple Gifts, the old Shaker tune, is well known as Aaron Copland's song. This setting by Held is among many instrumental versions.

A Sortie is a closing voluntary.

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 9th, 2025

Grateful for it All - Rev. Kim Mason

"The gift of the world is our first blessing," wrote poet and priest John O'Donohue. Rev. Kim offers us a 'theology of more' that gives thanks for the ordinary and calls us to love the world everyday.

Designated Collection - First Church Community Fund



The First Church Community Fund (FCCF) was established as an endowed fund almost forty years ago to encourage our congregation's involvement in the community and leadership in addressing social problems. Each year income from the endowment supports micro grants to selected community nonprofits serving the poor, unhoused and marginalized populations. FCCF grants make a difference; they help support projects or programs otherwise undoable or by leveraging other funding.

Nominated by **Rosemary Lawton.**

In addition, this year's grants will be announced during our Sunday Service. Following the service, representatives from selected nonprofits will be available to talk informally about their organization's work and the populations they serve. They represent a wide spectrum of services including efforts to alleviate poverty, homelessness, crime and victimization, educational inequity, as well as a focus on ensuring children's access to specialized services and meeting the needs of marginalized populations. We invite you to join us in Fellowship Hall following the service and meet individuals working to create a stronger and healthier St. Louis.

Watch this Service on YouTube!

<https://youtube.com/live/wEs5ybMk1-Q>

Join Virtual Coffee Hour After the Service!

<https://us02web.zoom.us/j/81842582434?pwd=dThVUXR1clhTMVBFBmRYa0l3OVlKZz09>

This Week at First UU STL

Sunday, November 9th, 2025

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

11:30 am - 12:30 pm - Newcomer Chat (Fellowship Hall -- look for the designated table)

11:30 am - 12:30 pm - Feast and Festivals (C1)

11:30 am - 12:30 pm - Environmental Task Force (Clark Room)

Monday, November 10th, 2025

6:30 pm - 8:00 pm - Herzog Covenant Group (off site)

Tuesday, November 11th, 2025

12:00 am - 2:00 pm - Women's Alliance (Fellowship Hall & online)

4:00 pm - 5:00 pm - Human Rights Social Witnessing (Kingshighway & Waterman)

5:30 pm - 7:00 pm - Personnel (C1)

Wednesday, November 12th, 2025

7:30 pm - 9:00 pm - Choir Practice (choir room)

Thursday, November 13th, 2025

5:30 pm - 7:00 pm - Facilities Committee (Clark Room)

6:00 pm - 7:30 pm - Worship Committee (C1 and online)

Friday, November 14th, 2025

6:45 pm - 9:00 pm - Atomic Homefront Screening and Panel Discussion (Chapel)

Sunday, November 16th, 2025

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

10:30 am - 11:30 am - Sandwich Making (Fellowship Hall)

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

Save the Dates!

Hanging of the Greens - December 5th

Tibetan Bowls - December 7th

Solstice Spiral - December 19th

Upcoming Services
November Worship Theme
Nurturing Gratitude

November 16th, 2025 - Partner Church Sunday with Dr. Lehel Molnar

November 23rd, 2025 - Bread Communion - All ages with Rev. Kim Mason

November 30th, 2025 - Count Your Blessings with Rev. Dr. Nita Penfold (Worship Committee)

We Want Your (Family) Bread

Date: Sunday, November 23, 2025

Time: 9 am (we need time to cut and plate it)

Each year at First Unitarian we celebrate Thanksgiving with a bread communion. For a long time it was cornbread and cider - where our youngest UUs baked the bread. For two years during the pandemic when we did not gather for communal baking, members baked at home. It was a wonder to taste the variations of cornbread while sipping from our juice boxes. This year a new opportunity presents itself. In consultation with the RE program, we are once again inviting the whole congregation into the baking. We want you to bake a family bread (just one loaf/pan/batch) and bring it Sunday morning for bread communion. It can be cornbread. It can also be sourdough or challah or raisin bread. It can be Pillsbury crescent rolls or homemade chapatis or corn tortillas. Whatever "bread" is traditional for your family during the holidays. I am making gluten free cranberry muffins because every year my mother makes cranberry muffins for Thanksgiving dinner. What will you make? And yes, we'll still have apple cider. If you are willing to share your family bread with the congregation on November 23rd, please sign up here: <https://forms.gle/R7hSxqdvAzwzjFxf7>

Joys and Concerns**Joys**

Lawrence Barker and Teresa Jay are happy to share the marriage of their son, **Charles Barker**, to **Mason Sitek** October 3, 2025. He and she reside in St. Louis, in the Bevo neighborhood.

Happy 75th Birthday to **Pam Geppert**. Thanks to Pam and Tom for a joyous celebration Saturday evening to honor Pam's birthday and raise money for tornado relief.

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/1FAIpQLSdeSrftkA6h7HR77ZJfDI4K3Xr8lF17IBeY9tZgdzU_bjkTVw/viewform)

Religious Education for Children

This Sunday 11/9 10am-11am

Children and youth will go to their classrooms after the Connection Moment. This week we will talk about Generosity. Do you remember the last time you felt generous?

Nursery is open for younger children.

Click on the QR Code to register children and youth for Religious Education.



Church News & Events

TODAY - Newcomer Chat

Are you new to First U STL? Want to learn more?

Plan to attend the Newcomer Chat this Sunday after the service in Fellowship Hall (look for a designated table) at 11:30am.

Hope to see You!

Partner Church News

For the partner church Sunday service November 16, we will be welcoming Dr. Lehel Molnar to our pulpit. He is currently the archivist in residence at the Unitarian Church Headquarters in Kolosvár, Transylvania. He has been conducting archiving work at the Starr King School for the Ministry in Berkeley, CA. He is an ordained Unitarian minister and received his Ph.D. from the University of Szeged in Hungary. He will present a review of his research after the service. He will be in St. Louis for several days. Let Kimberly Perry know if you would like to participate in his visit. Please plan to attend the service and welcome our special guest.

Atomic Homefront Screening and Discussion Sponsored by the Environmental Justice Task Force November 14th (6:45 pm)

The City of St. Louis has a little known nuclear past as a uranium-processing center for the Atomic bomb. Government and corporate negligence led to the dumping of Manhattan Project uranium, thorium, and radium, thus contaminating North St. Louis suburbs, specifically in two communities: those nestled along Coldwater Creek – and in Bridgeton, Missouri adjacent to the West Lake-Bridgeton

landfill. Plan to attend a screening of the film and panel discussion. Donations accepted to support [Just Moms STL](#).

The initial viewing, in the documentary series, on November 14, 2025 will include Karen Nickle and Dawn Chapman, and a panel of community environmental advocates, connected with the Just Moms-Saint Louis Organization. Their efforts to inform the community, encourage cooperation with other US community organizations, and legislators and State agencies, has been remarkably effective.

Field of Dreams Fundraiser - postponed

CHANGE OF DATE FOR FUNDRAISER!!! We have moved the Building Fund FUNdraiser to February 7, just in time for the beginning of Spring Training!! The activities won't change, and if you have signed up to volunteer or donate something, we will keep those records and get in touch with you. We need volunteers; please sign up to help.

Love at the Center Book Club December 7th (7:00 - 8:30 pm - online)

The Love at the Center Book Club will meet on Sunday Dec. 7 at 7PM on Zoom. Exploring themes of justice and equity, the December book selection is *James* by Percival Everett. The book *James*, a recent Pulitzer Prize winner, retells Mark Twain's *Adventures of Huckleberry Finn* from the perspective of the enslaved character, Jim

Healing the Heart of Democracy Discussion Group If You Did Not Participate in the First Session You Can Still Sign-Up. Sign-Ups Will Close After the November Session.

**Monthly, October 23, November 20, December 18, January 22, February 26, March 26, April 23, May 28
6:30 pm Online
Facilitated by Rev. Kim Mason**

****You are required to have a copy of the book. It is available from all major bok sellers and the local public libraries****

Explore some of the key ideas in *Healing the Heart of Democracy* by Parker Palmer, including the Five Habits of the Heart. As Parker J. Palmer writes, "When we choose to engage, not evade, the tension of our differences, we will become better equipped to participate in a government of, by, and for the people . . ." We can take an important step in that direction by using this book to frame and focus conversations about politics with family, friends, neighbors, colleagues, and others. in the course of these conversations, we will learn more about what it means:

- To listen to each other openly and without fear, learning how much we have in common despite our differences
- To deepen our empathy for the alien "other" as we enter imaginatively into the experiences of people whose lives are radically unlike our own
- To hold what we believe and know with conviction and be willing to listen openly to other viewpoints, changing our minds if needed
- To seek out facts and explanations whenever we find reason to doubt our own truth claims or the claims made by others, thus becoming better informed
- To probe, question, explore, and engage in dialogue, developing a fuller, more three-dimensional view of reality in the process

We will grow in our ability to deal with political conflict, holding that complex force field in ways that unite "We the People" and allow us to hold our leaders accountable to the common good.

Sign up: <https://forms.gle/XBD9oLn51kUZyntT8>

October Food Drive a Success!

The Social Justice Committee thanks all of you who participated in the October food drive. We are grateful to those who donated and those who helped with logistics, it takes a village! We have delivered trunk loads of contributions to Trinity Food Pantry and the Food Bank of St. Louis and have reserved Little Pantry-appropriate supplies for the weeks ahead.

Food needs in our region are particularly acute because of the continued government shutdown and uncertainty surrounding SNAP benefits. We encourage you to continue to bring donations to the church, leaving them on the table in Fellowship Hall designated for food donations. We are grateful for your generosity.

Below is a list of resources if you are or someone you know is affected by the pause in SNAP benefits.

1. [Findhelp.org](https://findhelp.org), will give you a list of food banks.
2. 1 800 5hungry.
3. [Whyhunger.org](https://whyhunger.org)
4. [USDA.GOV](https://www.usda.gov), Fill out form, boxes will be shipped to your home for incomes up to 60k.
5. Text your zipcode to 800 548 6479 and you will receive a list of food banks.

Please share with anyone needing assistance.

Makers Ministry: Wrapped In Love Project 2026

Makers Ministry will again collect handmade and donated (new) scarves for a Wrapped in Love scarf give-away planned for MLK Day. Scarves will be draped on the church fence in a colorful “scarf bombing” display with a Wrapped in Love/ Free Scarves sign. Please look for a donation basket in Fellowship Hall during the months of Dec. and Jan. All are welcome to help us drape the scarves on the fence after church on Sunday Jan. 18th.

Our commitment to Tabernacle (Tabernacle Community Development Corporation) and how you can get involved.

Last year, we committed to a year of partnering with the Tabernacle Community Development Corporation, a non-profit organization dedicated to helping eliminate poverty, as well as social exclusion, by improving the social, educational, and economic infrastructure which leads to self-sufficiency.

Help is needed now for preparing the pantry (Wednesday) and working in the pantry when people come for food (Thursday).

If you are interested in volunteering, please sign up on the website. Go to <https://tabdev.org/volunteer/> and choose the "volunteer" option from the top menu. Choose the activity you want to sign up to do. Currently, you can choose "pantry preparation" on Wednesdays and "client choice pantry" on Thursdays. This will take you to a SignUpGenius page where you can pick the day and sign up.

Here's First U Member Fran Hoffmann's experience volunteering for Tabernacle:

I've volunteered for the Tabernacle food pantry and have been a reviewer for their “Valuable Scholarship,” a competitive scholarship program for area African American high school students seeking support for their college educations. I found the reviewing process to be particularly rewarding and inspiring — reading the aspirations and accomplishments of area students was a fascinating lens on student life today, and gave me hope for their futures. Tabernacle staff are welcoming, helpful and appreciative of our volunteer efforts and it is a pleasure to spend time there.

The Social Justice Committee

First Unitarian of St. Louis Human Rights Matter Vigil

The Human Rights Matter Vigil at First U. The vigil is held weekly on Tuesday from 4-5pm. Please join us at First UU along Kingshighway to witness human rights concerns. You may bring your own sign or hold one you choose at the vigil. Please keep the focus of signs on human rights matters and bring your energy and smile. All are welcome! Let's show the afternoon commuters what Love at the Center looks like!

Women's Alliance November Programming

November 11- 12:00 Thanksgiving Potluck- food set up 11:45

November 25 – 12:00 Brown bag lunch - All share reflections on holiday transitions

Flowers for Sunday Services

If you like fresh sanctuary flowers for Sunday services, please consider signing up to provide them for one (or more) Sunday this year. Donating is easy – Dottie Kinscherf can take care of ordering and arranging for delivery. People often choose to donate in memory of loved ones or in honor of a special occasion or person. If you are interested in learning more or signing up for a specific Sunday, talk to Dottie after services or contact her at flowers@firstuustlouis.org.

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.



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

Rev. Sabrina Trupia, Minister of Congregational Life

Lynn Hunt, Administration

Augustine Underwood, Office Asst.

Allen Hoffman, Organist

Joel Knapp, Choir Director

Moe Hurst, A/V Technician

Policy Board

Board President – Kathy Wilke

Vice President – Chris Kocher

Secretary – Sidney Watson

Treasurer - Margaret Weck

Member – Betty Neill

Member - Carl Bassi

Member - Mike Bray

Member - Deborah Cavanaugh-Grant

Member - Lisa Ross

Member - Chris Peterson

Church Council

Cathy Rauch, Chair

Tom Finan, Facilities

Kathy Wire, Stewardship

Fran Hoffman, Outreach & Social Responsibility

Erin Milligan, Outreach & Engagement

Grace Munie, Programming Cluster