



**Pray Without Ceasing  
with Rev. Kim Mason  
October 15th, 2023**

**Ringing of the Bowl**

**Welcome and Announcements**

Adam Lunter

**Prelude**

*Prelude on "St Columba" by Healey Willan*

Earl Naylor, organ

**Call to Worship**

Rev. Kim Mason

**Hymn #44 We Sing of Golden Mornings**

*We sing of golden mornings, we sing of sparkling seas,  
of prairies, valleys, mountains, and stately forest trees.  
We sing of flashing sunshine and life-bestowing rain,  
of birds among the branches, and springtime come again.*

*We sing the heart courageous, the youthful, eager mind;  
we sing of hopes undaunted, of friendly ways and kind.  
We sing the roses waiting beneath the deep-piled snows;  
we sing the earth's great splendor, whose beauty 'round us glows.*

**Chalice Lighting**

Adam Lunter

**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 for All Ages**

*Henry David Thoreau and the Still, Small Voice*  
by Lynn Ungar

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 and Concerns**

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

Rev. Kim Mason

**Pastoral 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**

*Meditation* by Margaret Fuller

Adam Lunter

**Call for the Offering**

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

Rev. Kim Mason

**Offertory**

*The Oneness of Everything* by Jim Scott

Caitlyn Hill

**Gratitude**

Rev. Kim Mason

**Sermon**

Pray Without Ceasing

Rev. Kim Mason

**Hymn #187 *It Sounds Along the Ages***

*It sounds along the ages, soul answering to soul;  
it kindles on the pages of every Bible scroll;  
the psalmist heard and sang it, from martyr lips it broke,  
and prophet tongues outrang it till sleeping nations woke.*

*From Sinai's cliffs it echoed, it breathed from Buddha's tree,  
it charmed in Athens' market, it hallowed Galilee;  
the hammer stroke of Luther, the Pilgrims' seaside prayer,  
the oracles of Concord one holy word declare.*

*It calls — and lo, new justice! It speaks — and lo, new truth!  
In ever nobler stature and unexhausted youth.  
Forever on resounding, and knowing nought of time,  
our laws but catch the music of its eternal chime.*

**Closing Words**

Rev. Kim Mason

**Postlude**

*Prelude in Classic Style* by Gordon Young

Earl Naylor, organ

*This morning's flowers are given by **Dottie Kinscherf and Gene Rubin** in celebration of the birth of their youngest granddaughter Finley earlier this month. Some may remember Finley's mom Beth from her years as a member of the First U Youth Group.*

**Serving Us This Morning**  
**Ushers: Cathy Rauch & Steve Wilke**  
**Greeters: Kathy Wire & Kevin Kellogg**  
**AV Assistant: Tom Finan**

**Music Notes**

**Healey Willan**, (1880 –1968) was an Anglo-Canadian organist and composer. He composed more than 800 works including operas, symphonies, chamber music, a concerto, and pieces for band, orchestra, organ, and piano.

**Gordon Young** (1919 –1998) was an American organist and composer of both organ and choral works. Young received 18 consecutive composition annual awards from ASCAP. His published works total over 800, and a number of his church anthems such as his *Now Sing We Joyfully unto God*, and his organ compositions such as his *Prelude in Classic Style*, have become standard repertoire.

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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 ground.

# **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

**Sunday October 15th, 2023**

## **10am Pray Without Ceasing with Rev Kim Mason**

On October 15, 1826, Unitarian minister Ralph Waldo Emerson preached his first sermon, "Pray Without Ceasing." Emerson left the ministry in 1832, yet the impact of his writings on Transcendentalism shape Unitarian Universalism to this day.

Watch this Service on YouTube ([https://youtube.com/live/T\\_z8TYJk4MY](https://youtube.com/live/T_z8TYJk4MY))

*Sunday's flowers are given by Dottie Kinscherf and Gene Rubin in celebration of the birth of their youngest granddaughter Finley earlier this month. Some may remember Finley's mom Beth from her years as a member of the First UU Youth Group.*

## **\*\* Designated Collection**

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### **The First Church Community Fund**

The Designated Collection this Sunday benefits the First Church Community Fund (FCCF), a church endowment established almost forty years ago to support direct service and social action projects in our community. Income from the Fund is used to award microgrants to nonprofits addressing the issues of homelessness, poverty, and marginalized populations in St. Louis. During Sunday's service, our 2023 grant recipients will be announced; they are a diverse group, but all share a common goal of making our community stronger and more equitable.

The FCCF Committee thanks you for your continuing support!

## **\*\* This Sunday After Service**

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11:00 am to 12:30 pm RE Bake Sale - Fellowship Hall

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

11:30 am to 12:30 pm Young Adult Group (Clark Room)

## **Baked Goods and Fair Trade Coffee and Chocolate Sale**

### **Sunday 10/15 11am**

Our Coming of Age and Youth Group participants are holding a Bake Sale and selling fair trade coffee, chocolate, tea, and hot cocoa on Sunday 10/15 after service! This fundraiser will benefit our Boston Trip Fund. Sign up to donate baked goods today!

## **Newcomer Chat**

**Sunday October 15th**

**11:15am Dodson Room**

Are you new to the First Church Community? Want to learn more about Unitarian Universalism and this congregation? Plan to attend the Newcomer Chat after service and meet with Rev. Kim and members of the congregation. This meeting will be in-person. Hope you can make it!

## **\*\* This Week at First UU STL**

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**Monday October 16th**

1:00 pm to 2:30 pm Crouch/Feinberg Covenant Group (Dodson Room)

**Tuesday October 17th**

12:00 pm to 1:00 pm Women's Alliance (online only)

**Wednesday October 18th**

7:30 pm to 9:00 pm Choir Practice

**Thursday October 19th**

6:30 pm to 8:00 pm Siegrist/Milligan Covenant Group (online)

**Saturday October 20th**

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

4:30 pm to 6:00 pm Metro UU Trunk or Treat (parking lot)

**Sunday October 21st**

10:00 am to 11:00 am Worship Service - In Person & Online

11:30 am to 12:30 pm Welcoming Congregations (Clark Room)

11:30 am to 12:30 pm Makers Ministry (C7)

## **Joys and Concerns**

Concerns

We send healing thoughts to all those recovering from COVID-19

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/1FAIpQLSdeSrftkA6h7HR77ZJfDI4K3Xr8lF17lBeY9tZgdzU\\_bjkTVw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdeSrftkA6h7HR77ZJfDI4K3Xr8lF17lBeY9tZgdzU_bjkTVw/viewform)

## **Religious Education This Sunday**

All RE Classes Meet This Sunday!

Children and Youth are encouraged to start in service with their families.

After the story for all ages children and youth will head to their classes.

The Nursery will be open for childcare.

### **Story for All Ages**

#### **Henry David Thoreau and the Still, Small Voice, by Lynn Ungar**

This Sunday's story is about the power of stillness, the idea of prayer and finding a higher power in nature. How do you feel when everything around you is quiet? For Henry David Thoreau, the quiet sounds of nature were more inspiring than a sermon.

### **RE Classes This Week!**

PreK/K - Beauty of Nature - planting bulbs

1-3 - Garden Day! planting bulbs

4-7 -Garden Day! planting bulbs

8-12th - Prep and work RE Fundraiser

### **First UU RE Halloween Party**

#### **Save the Date! Sunday October 29th**

Children and youth are encouraged to wear their costumes for our party, plus our annual trick or treat for Unicef. They will enter the sanctuary at the end of service to collect donations and show off their costumes!

### Church Events

#### **St. Louis Area TrUUnk or Treat!**

##### **Saturday October 21 4:30-6 pm**

Get on your costumes, decorate your vehicle, fill the trunk with goodies and head over to the First Unitarian Church of St. Louis for our first ever ALL Congregation TrUUnk or Treat! 5007 Waterman Blvd. St. Louis MO. Please sign up if you plan on decorating your trunk!

Sign Up to Decorate Your Trunk!

([https://docs.google.com/forms/d/e/1FAIpQLSdOBqzjmKr8PmsT8Srkv2B5uG-NFk0W0zHas7H4sIEFu\\_iW3bA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdOBqzjmKr8PmsT8Srkv2B5uG-NFk0W0zHas7H4sIEFu_iW3bA/viewform))

#### **New Member Orientation**

**Oct. 25th, Nov. 8th, Dec. 6th**

**In person – 6:30 – 8:00 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.

Sign Up Online!

([https://docs.google.com/forms/d/e/1FAIpQLSfnscQTjNriv\\_a3GzJCgv19HzeY7I1e-0pRvC07Qz5eJ4nXBw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfnscQTjNriv_a3GzJCgv19HzeY7I1e-0pRvC07Qz5eJ4nXBw/viewform))

## **Church News**

### **Social Responsibility Committee Fall Food Drive**

Thank you to those who have generously donated to our Fall Food Drive for Trinity's food pantry! The pantry currently serves between 450 and 550 individuals each month and is struggling to keep up with demand.

If you have not yet donated, or wish to donate additional items, please see below for a list of ALWAYS NEEDED ITEMS. Please remember to check expiration dates; we encourage donations of unexpired canned or boxed items only due to safety and health considerations.

#### **ALWAYS NEEDED ITEMS**

Ravioli, canned meats, Ramen Noodles, Peanut Butter, Boxed Cereals, Bar Soaps

Toothpaste, Toothbrushes (individually wrapped or in packages of four), Condiments (salt, pepper, spices), Flour, Sugar, and Cooking Oils

## **First Unitarian Church of St Louis**

### **Policy Board Meeting Summary**

#### **October 9, 2023 Virtual**

The Policy Board unanimously and enthusiastically approved member Kevin Kellogg's request to display a sign in support of the UAW strike against the Big 3 automakers. Kevin explained the historic significance of this strike which will likely set the pace for the American labor movement over the next decade. The union is asking the automakers who reported a 44% increase in corporate profits over the last four years to share with their workers. During the economic downturns in the 1980s, workers agreed to several wage and benefit concessions to help the companies stay afloat. Now workers are asking for their fair share during good times. Rev. Kim noted that the UUA 2017 Statement of Conscience on Escalating Economic Inequity (<https://www.uua.org/action/statements/escalating-economic-inequity>) supports worker protections and rights and worker organizing efforts. President Steve Wilke is writing an e-news story and fact sheet to share more information about the strike and the labor movement with the congregation.

The Policy Board also decided to sponsor a truck (with decorations and lots of treats) for the upcoming Metro UU Trunk or Treat in the church's parking lot on Saturday, October 21, 4:30-6:00 p.m. in the church parking lot. The Board looks forward to seeing the kids in costume and hearing lots of good jokes!

In other business the Policy Board continued to study, with Rev. Kim's guidance, the proposed revision of Article II of the UUA Bylaws, Principles, and Purposes, the covenant to which all UU congregations and communities pledge themselves when they become members of UUA. We did a close reading of the present text and the proposed revision. As Trustee Chris Kocher noted, "Much of the revision is a



rewording, it is not foreign or new.” As Rev. Kim explained, “Some of the desire for a revision was to have more poetic and accessible language.”

For more information, read the full minutes for the September meeting

(<https://www.firstuustlouis.org/sites/default/files/September%2011%202023%20Policy%20Board%20Minutes.docx.pdf>)

### **Flowers for Sunday Services - Donations Needed!**

If you enjoy having fresh flowers for Sunday services, please consider signing up to donate them one Sunday this year. Donating is easy – Dottie Kinscherf can take care of ordering the flowers and arranging for delivery. 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](mailto:flowers@firstuustlouis.org) (<mailto:flowers@firstuustlouis.org>)

### **Upcoming Worship Services**

#### **October Theme: Heritage**

Sunday October 22nd

Perspectives on Heritage with lay Leader Pam Geppert

Members of the First U worship team explore "The Gifts of Heritage"

Sunday October 29th

Life in Plastic (It's Fantastic) with Rev. Kim Mason

This summer's blockbuster hit "Barbie" was written and directed by UU Greta Gerwig. On this Sunday before Halloween we'll examine the history and heritage of Barbie and the impact of the movie.

### **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

### **Staff**

Rev. Kim Mason, Minister ([kmason@firstuustlouis.org](mailto:kmason@firstuustlouis.org))

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

Lynn Hunt, Administration & Programs ([lhunt@firstuustlouis.org](mailto:lhunt@firstuustlouis.org))

Augustine Underwood, Office Asst. ([aunderwood@firstuustlouis.org](mailto:aunderwood@firstuustlouis.org))

Earl Naylor, Music Director/Organist ([enaylor@firstuustlouis.org](mailto:enaylor@firstuustlouis.org))

Joel Knapp, Choir Director

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

**Policy Board**

Board President – Steve Wilke

Vice President – Alison Lamothe

Secretary – Sidney Watson

Treasurer – Jeremy Colton

Member – Becca McBride

Member – Chris Kocher

Member – Susan Lammert

**Church Council**

Sherry Bassi, Chair

Tom Finan, Facilities

Kathy Wire, Stewardship

Lisa Ross, Outreach & Social Responsibility

Kevin Kellogg, Outreach & Engagement

Grace Munie, Programming Cluster