



Greenleaves

The Newsletter of Eliot Unitarian Chapel



April 2020

Eliot Unitarian Chapel
100 South Taylor Ave.
Kirkwood, MO 63122
314-821-0911
frontoffice@eliotchapel.org

Office hours:
Monday - Friday
10:00 am to 3:00 pm

Sunday
9:00 am to 1:00 pm

**Our Mission:
Bound by
courageous love,
growing in spirit,
and inspiring
compassionate
action.**



Leap of Faith MAINTAINING

How's it going for everyone? Ask me at different times during the day, and I'll give you a different answer. My sister asked her granddaughter Siri how it was going, being quarantined with her 2 brothers. She said, "Ohhh, I'm maintaining." Right on.

Most of us have never experienced anything like this before. And just when we get used to one "new normal" (though no one asked our permission to change everything) another one comes along. The thing I've been finding most helpful is to listen to people in places where the virus has already landed. The things they tell us are what they wished someone had told them. A lot of wisdom is coming from Seattle and New York City.

From Seattle: they tell us to not be so concerned with getting stuff done, with maintaining deadlines, doing things at exactly the pace we would if we were out and about, or at our jobs. Rest, they say. Be gentle with yourself and others. The most important thing is to connect, connect, connect. They are also the people who tell us how important it was to practice social distancing now. To take it seriously, if you have any doubts, and stay home. Don't work too much. Take

time for beauty. Find things that absorb your attention, like puzzles. Rest some more.

From New York:

I especially appreciate the words of Gov. Andrew Cuomo: yes, there is and will be financial fallout. We have to think now about how to save the most lives. And as we have with other disasters, when this passes, we will figure out how to get back. The good news, he said, is that it's happening to everyone. You won't get left at the curb. That gave me heart. Saving lives is what we must do now.

Also from New York: I especially like the advice of psychologist Eileen Feliciano. She has about 24 things she tells people to maintain mental health, but that got a little overwhelming (pun completely intended) so I've picked a few.

"Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone."

Continued on next page



*Rev. Barbara H. Gadon
Lead Minister
bgadon@eliotchapel.org*

www.eliotchapel.org

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“Lower expectations and practice radical self-acceptance. We are doing too many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call “radical self acceptance”: accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.”

We at Eliot are finding a variety of ways to connect. Eliot kids are making art for people who are isolated. Our youth are coloring beautiful chalice art and mailing it to folks. Covenant groups are meeting more often. Pastoral care is reaching out. How about you? Your generosity and love for each other and the world is a balm to my soul. My hope, my prayer is that we will take this challenging lesson about what is really important that we are learning now when we are on the other side of all this. And we will be, loved ones. We will be.

In Faith



Sharing Our Bounty

In April, we will share our offerings with [Welcome Neighbor STL](#). Welcome Neighbor STL supports immigrants and refugees as they begin a new life in St. Louis. Services offered include family partnering to help read mail, schedule doctor appointments, navigate insurance, and create a support system for those newly relocated to America. WNSTL also offers English classes, driving lessons, group outings, holiday celebrations, and donation drives to help families in need.

Most recently, WNSTL has been focused on helping refugees and immigrants start



their own businesses to be able to earn a meaningful income and give back to the St. Louis economy. To date, WNSTL has hosted over 100 interfaith supper club events, the proceeds of which go to the refugee cooks who prepared the food. These cooks give back to the community by preparing meals for veterans and homeless members of the St. Louis community. To learn more visit, welcomeneighborstl.com.

How to Give

Our building may be closed but Eliot Chapel’s mission and ministry continue. Your donations are important to keep them going. If you can give, we appreciate it. If you can’t give at this time, we love you and want you to be here.

The easiest way to donate to our shared plate program to benefit Welcome Neighbor STL this month is to text “ELIOT SHAREDPLATE \$3” (or a higher dollar amount) to 73256. Indicate “Welcome Neighbor STL” in the memo to ensure appropriate allocation. Checking the box next to “Contribute an extra \$X.xx to help offset processing fees” helps cover the fees Eliot pays to offer this text service.

You can also donate through your EliotConnects account on Realm. Log in to your account at onrealm.org then click on “Giving” in the sidebar to get started.

Of course, you can send a check to the church at 100 South Taylor Ave., Kirkwood, MO 63122. Please indicate in the memo line where you’d like your donation to go.

In February, Eliot Chapel collected \$1,832.00 for Metropolitan Congregations United.

Eliot Chapel Religious Education

RE at Eliot Chapel

In this time of physical distancing, religious education continues at Eliot Chapel via Zoom meetings. At the end of March, we were hosting three Zoom meetings on Sundays: one for children (preK through 8th grade) and families, a Junior High Youth Meetup (7th and 8th grade), and a Senior High Youth Group. These groups are hosted by RE staff and volunteers. Connection and community are paramount at this time. Zoom links are sent out each week.

Events Suspended at Bergfried

Group events at Bergfried are currently suspended as a precaution to help limit the spread of Covid-19. Individuals and families are welcome to visit Bergfried on their own, but the cottage will not be open for rentals while these restrictions are in place. These restrictions will continue until at least mid-April. As always, anyone intending to visit Bergfried should contact the office to make sure plans are compatible with other scheduled activities at the property.



COVID-19 also brings some uncertainty to our spring events. This year the annual Men's Advance (bringing together Eliot members and friends of the male persuasion) would be held May 1-3. At this time, it is unlikely the event will be held, but we are holding until mid-April to make a final decision. Please watch for updates in the Eliot's weekly email or contact bergfriedinfo@eliotchapel.org for updates.

–Shawn Cummings for the Bergfried Stewardship Team

A Virtual Coffeehouse: Saturday, April 11

Come one, come all! Well, on second thought, come one hundred households because that's the maximum capacity of a Zoom event. Come in your pajamas or in your finest attire. Show off your talents at Eliot Chapel's first Virtual Coffeehouse! Have you been seeking an outlet of expression in these trying times? Possibly rediscovering old hobbies or interests? Whatever the form of expression, come share with your church family. Meet us online on April 11 from 6:00 to 8:00 pm.



Register by [clicking this link](#) and entering your name, the title of your act, and the length of your act. If you would like to attend as an audience member, you can indicate that on the sign-up genius. After you register, you will receive a link to join the event.

For more information, or if you have questions, please contact Cayla Suter via the [Sign-Up Genius link](#) OR send an email to eliotchapelre@gmail.com.

222 Deck Wood Available

If you're a member or friend of Eliot Chapel and would like to dismantle the deck at 222 for its wood, please [contact Rev. Barbara](#).

Working for Eliot, Our Community, and Our World

Eliot Gardens Spring to Life

Spring is bringing the Eliot gardens to life again. Please take some time to enjoy our lovely gardens. The shady Memorial Garden along Argonne suffered mightily last Summer with multiple utility digs, but is recovering nicely. We plan to install many more shade-loving plants this year. The raised bed in front of the RE wing, along the front of our building, will be undergoing a transformation this year, as we plant a number of sun-loving native plants and prune the bushes. The bank along E. Madison has been partially cleared of honeysuckle and euonymus. We plan to put some less invasive plants along here, though there is still much more clearing to be done. And the meadow in front of the parking lot is ripe for planting. Want to be part of the team which is doing this work? We'd love to have you join us for an hour or a year.

Email environmentjustice@eliotchapel.org or just stop by on one of our work days that will be listed in the calendar in TWAE.

To hear about upcoming and late-breaking social justice opportunities, keep an eye on "This Week at Eliot" and be sure to sign up to receive emails in your interest area:

eepurl.com/QlcFv

You will always be given the chance to update your profile and subscription preferences at the bottom of each email.

Social Justice in Action at Eliot Chapel

UU the Vote – Update and What's Coming Next

Here's a report on the Medicaid Expansion signature collection:

- Eliot's Team with MCU - 150 signatures
- MCU's Total Collections - Goal of 15,000 surpassed - the 2nd largest collection in Missouri
- Overall, in Missouri - enough VALID signatures in each Congressional District to get this on the ballot!
CONGRATULATIONS!!

Write Here, Write Now

Just because we aren't having services doesn't mean we can't write postcards/emails/letters each week. Don't quit now! The Social Justice Team will include suggestions for letter-writing each week in This Week at Eliot. Since you won't be driving to Eliot once (or 2 or 3 times) each week, please take that time to write or call your legislators on issues that concern you!

DeMarco Davidson at MCU was excited to hear how members at Eliot Chapel have stepped up to send postcards to their legislators about Medicaid Expansion and other issues with our Write Here, Write Now table. Here's how we can continue to partner with MCU, now and in the near future:

You can continue to send postcards to your legislators from your home, and your SJA team will help you do that with lists of addresses and topics just like at our Write Here, Write Now table that we had in Adams Hall. You'll just have to provide your own postcards and stamps now. You can also find addresses and issues on-line yourself.

MCU has used a strategy to send postcards to voters in other areas to encourage them to vote on important issues. They may develop this strategy for Medicaid Expansion and for CLEAN Defense.

While we're waiting, your SJA team can share our postcard writing program with other UU churches across Missouri.

MCU is also testing out some new programs for phone banking from home. Eliot's SJA/UU the Vote teams will partner with MCU and share this opportunity as soon as they have it perfected.

Keep watching in TWAE and email blasts for details of how to stay involved while you're staying at home!

The United States Census 2020

Fill out and return your 2020 census in one of the ways available. If you have questions or want additional information, look here: US Census 2020 Website.

Keep watching TWAE and email blasts for how to become a Community Ambassador for the 2020 Census as your Eliot SJA/UU the Vote teams creates a partnership with MCU.

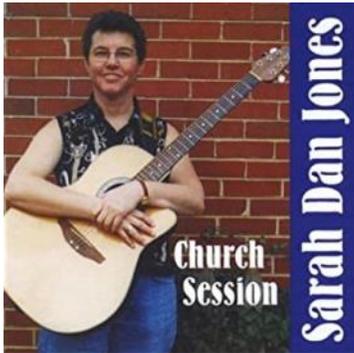
Music Notes

Breathe in - Breathe Out - When I Breathe in - I Breathe in Peace - When I Breathe Out - I Breathe Out Love...

– Sarah Dan Jones

These words from one of our favorite UU hymns (#1009) have become a meditation for many of us. They remind us to just keep breathing and keep positive thoughts, no matter what's going on. In other words, keep the faith that everything's going to be alright.

I met Sarah Dan in the late 90s at a UU musicians' conference at The Mountain UU retreat center in North Carolina. It was her first and since then, she has been active in



the UU Musicians Network (UUMN, now the AUUMM), and has served in many capacities there including as president. She was the GA music coordinator for two years and in 2016, Sarah Dan was the first UU musician elected to the UUA Board of Directors!

Born and raised in south Georgia, she became aware of UUism in the late nineties when she became pianist for Georgia Mountains UU Church, in Dahlonega, Georgia. Jones, who holds degrees in history and in piano performance, lives in Concord, New Hampshire, with her wife, Abby Charbeneau, and serves as director of music at Starr King UU Fellowship in Plymouth, New Hampshire. In response to the events of 9/11, she composed “Meditation on Breathing”—also known as “When I Breathe In”—

which is sung in congregations around the globe and at social justice and peace rallies worldwide.

Sarah Dan is ministering to us all by posting a morning musical meditation each weekday during the Covid-19 crisis. I have chosen to post these for us in our Eliot Chapel – UUers Facebook group. But you might go a step further and see what else Sarah Dan has written. If you search for her on YouTube, you'll find her [original version of “When I Breathe In”](#) with 3 verses she wrote for the song.

Another UU musician I'd like to share with you is Sarah Jebian. She's the music director for the UU Congregation of Rockville, Maryland. Sarah and her band have a new album out called *Not Your Mama's Hymns*. These are fresh new takes on some of our favorite old hymns and I LOVE to listen to them! I just know a lot of Eliot (younger) folks will too! If you [visit her website](#), you can order a CD or a digital download of it. (Check out her song “Rising For Our Lives” under sheet music!)

As we have time on our hands this month, I hope you will explore music as a healing power. If you find an artist or song that speaks to you, please share with the rest of us. If you have not already done so, please sign up for the Eliot Chapel – UUers Facebook group. It's a great way to keep in touch with the rest of the congregation!



Jan Chamberlin,
Music Director

music@eliotchapel.org



Virtual Worship

Rev. Barbara is leading our virtual Sunday worships from her home and that's what we'll be doing with our music as well. Whatever our musicians can produce at home, that's what we'll be sharing with you. Obviously many of our music plans have had to change. Please watch the Eliot website (www.eliotchapel.org), the [Facebook page](#), and the weekly emails for information about services. I hope to share some brand new hymns for on-line worship! I'll do my best to maintain the Eliot Chapel music quality and variety throughout this virtual time. KEEP CALM AND SING ON!!

– Jan Chamberlin

Women's Alliance

Women's Alliance provides the women of Eliot Chapel with an opportunity for fellowship, intellectual stimulation, involvement, and growth. Meetings are usually held on the first and third Tuesdays of each month at 9:30 am in Adams Hall to discuss books and provocative topics. On the fourth Tuesday, there is usually an outing to a local destination. **At this time, Women's Alliance is meeting by Zoom.** All women are welcome. Contact them at womensalliance@eliotchapel.org.

April Meetings

Tuesday, April 7 – *Where the Crawdads Sing* by Delia Owens.

Discussion Leader – Janis Cox.

Tuesday, April 21 – Speaker has been cancelled.

The Women's Alliance book selection process for next year will take place via email.

Eliot History & COVID-19

What does COVID-19 have to do with Eliot Chapel's history?



Simply that we are living through it – history. Nothing like this has ever happened in Eliot Chapel's sixty years. As we go through this time, remember to connect and tell your stories to each other. Our stories become our history.

Do you have a story to tell about Eliot's history?

Email news@eliotchapel.org.

A Big Sendoff for Rev. Jim

Rev. Jim Crawford, our minister of pastoral care, will be leaving Eliot Chapel in mid-April and we will miss him so much! We would love to throw him a big party on a Sunday during coffee hour, but times being what they are, that isn't possible. We want to give you a chance to let him know how much he's meant to you and we wanted Rev. Jim to have something to take away with him so we've set up [a page on our website](#) where you can leave a message. Please share your thanks and farewells for him there and sign your name. We'll combine them into a document for him. Please plan to send a message by April 15.



Please Remember

Jill and Dominic Pioter and their family as they mourn the recent loss of Jill's father.

June Crowther as she mourns the death of her daughter Jill, who passed away on March 2.

Roz Marx as she deals with health issues as well as caring for family members.

Kathy Vice who is recovering from facial surgery.

How We Meet in Groups

After weighing carefully the different factors of preparing for COVID-19, Eliot Chapel decided to suspend all gatherings at the church through at least the end of April. We will not be able to use the building for group meetings in that time but many groups are now meeting online.

The [Zoom app](#) is an easy way to connect to people and see faces. We have a Zoom Pro account that allows up to 100 people to meet for an unlimited time. Group leaders will need to look up the meeting schedule to see if the time they want is available. Zoom has a teleconference option for participants who would rather use their phone for audio-only. See the video link on page 8 to get started. And if you would like someone to guide you through the process, please email Christie Lee at frontoffice@eliotchapel.org. She will be glad to help you but be sure to give her some advanced notice.

Recognizing Eliot's Stewardship Superheroes

Each month Eliot recognizes individuals who have done something to inspire us with their faithfulness, hard work, and committed joyful spirits! For April, we planned to recognize the volunteers of the stewardship campaign – and then Rev. Helen sent us a thank you list on behalf of the stewardship team for the newsletter! We decided to share that here and recognize ALL the superheroes who participated.

If you have someone to nominate for Volunteer of the Month, let us know at frontoffice@eliotchapel.org.



To the early responders who said YES! when asked to make their commitment in February,

To everyone who has turned in a pledge,

To everyone who worked to make the Dream With Me! Stewardship Campaign successful,

To the staff and leadership at Eliot Unitarian Chapel,

To all of you – thank you.

And especially “Thank You” to the 19 folks who came to a planning session in November, who shared their thoughts, ideas, questions, hopes and dreams, and gave us direction for the Dream with Me! Campaign.

To the folks who stepped up to lead this year’s campaign – especially the Oversight Team (Steve Mennerick, Ken Denson, and Louise Bradshaw) who, from the early stages to the very end, were helpful in the planning and monitoring every aspect.

To the March 7 and 8 weekend event teams – to the Board (Steve Harvey and David T. Cox and their fellow Board members, Brian Krippner, Nancy Rubin, Ken Denson, Jordi Pratts, Cathy Converse and Paula Fulks) for recruiting Chris Cakes and offering the Pancake Breakfast on Saturday morning.

And to the Young Eliot Adults (Beth Curtiss, Noel Burke, Mel Priese, Nadia Decker, Kevin Eggert, and Matthew Villarreal) for transforming the sanctuary (and then putting it back for Sunday morning). Thank you for enlisting the Yard Darts and offering the pasta buffet and evening of entertainment on Saturday evening.

And to Joanne Prats and Betsey Comfort for co-hosting the Swanky Soiree on Sunday evening.

To the organizers Jordi Prats (emcee), Gerry Mandel, and Ann and Pete Ruger. Thank you to their team of willing workers and helping hands, including but not limited to Jan Erdman, Mary Quinn, Karen Gender, Jim Gender, Stephen Bain, Rich Heuermann, and Cody Bordeleau. With a special thank you to the “mystery comedian” who made us laugh and Ken Denson for technical support. Thank you to Emma Prats for snapping pictures. And grateful thanks to Kevin Mitchell and his band for the fabulous music.

To the teams who competed – thank you for taking part in a little friendly competition to see who could return their pledge first and be acknowledged as the BEST! This year’s winner is the Combined Choirs! All 34 members responded – you ROCK!

To the follow-up team – Pete Ruger, Steven Bain, and Louise Bradshaw. This dedicated crew called, emailed, and sent notes to folks who missed the March deadline. Without their hard work many of this year’s pledges would still be outstanding.

To the staff, thank you to Debby Lovell, who kept us connected and created delightful graphics for the Dream with Me! Stewardship Campaign. To Camille Novak and Christie Lee for administrative support and making sure that the supplies we needed were available. To Jan Chamberlin for her guidance and leadership with the Combined Choirs as they became the first group to turn in all their pledge responses. To Scott Stewart for his help in reaching out to RE families. To Myron Simms and Ed Liebman for making sure that the sanctuary was set up for entertainment and then set for worship.

And one last heartfelt thank you to everyone who is making the future of Eliot Unitarian Chapel more than just a dream.

Thank you for letting me be part of the vision.

– Rev. Helen Carroll

We would also like to thank Rev. Helen for her work with the stewardship team. She brought us a new vision and involved everyone at Eliot Chapel in caring for our church community.

SUNDAY SERVICES

**9:30 and 11:00 am
September – May**

**10:00 am only
Memorial Day through
Labor Day**

Eliot Chapel Clergy

Rev. Barbara Gadon,
Lead Minister

Rev. Helen Carroll,
Targeted Interim Minister

Rev. Jim Crawford,
Minister of Pastoral Care

Rev. John Robinson,
Minister Emeritus

Eliot Chapel Staff

Scott Stewart,
Director of Religious Education
Christie Lee, Asst. Director of
Religious Education

Religious Education Staff:

Noel Burke
Tim Bubb
LaTosha Crayton
Anna Beck

Jan Chamberlin,
Music Director

Pianists:

Dr. David Nalesnik
Gail Hintz

Camille Novak, Director of
Finance and Operations

Christie Lee,
Administrative Assistant

Debby Lovell,
Communications Specialist

Myron Simms,
Facilities Manager

Ed Liebman,
Sunday Custodian

Heather Flick,
Sunday Front Office Assistant

Jeanne Olson,
Volunteer Office Assistant

APRIL WORSHIP

April's worship theme is Liberation.

Sunday, April 5 – 10:00 am

“In Need of Beauty” – Music & Poetry

Join us for a service filled with music and poetry presented by members of the Eliot Chapel community.

Featured Musician: Dr. Flo Reaves, violin

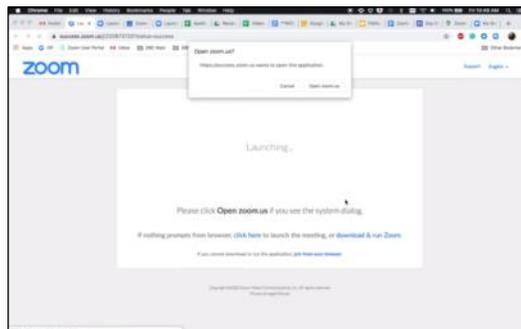
We have scrapped the planned worship schedule for April. We wish to reserve the ability to respond to our changing situation and provide relevant sermons.

How We Do Sunday Mornings Now

At 10:00 am on Sunday, we will post this week's service on the [homepage](#) of our website. The video will also be on the [Eliot Chapel Facebook page](#) which allows you to comment and interact. We welcome your participation there. You can find our recent virtual services on [Eliot's YouTube](#) account.

We are hosting Zoom meetings for Religious Education. RE Director Scott Stewart sends out Zoom links ahead of these meetings.

At 11:30 am, you are invited to “walk down the hall” so to speak and come to our Zoom Coffee Hour! The link for this is shared in a church-wide email. We'll take about 10 minutes or so to gather and let people settle in. Rev. Barbara will say a few words of welcome and then create break-out rooms – random groupings of 5 or 6 people. Everyone will likely make a new friend at Eliot from this exercise! You'll have the chance to introduce yourself and then share your answers to a few questions, like “How has this week been for you?” and “What feelings has it brought up for you?” Each person has about 5 minutes to speak; you are welcome to pass if you like. In half an hour, everyone will return to the big group and we'll say our goodbyes for the week. Remember: this is an experiment! We promise at least some technical glitches and awkward moments, but also laughter and maybe a few tears. Just like church.



[Watch this video](#) to find out how to join a Zoom meeting like coffee hour at Eliot Chapel.