



Getting Involved at Eliot Chapel



Eliot Chapel is a very active congregation. Getting involved is a great way to spend time with old friends and make new ones. If you are new to Eliot or would just like to get more involved, we have a group for you. This is the current list of opportunities available. Please check the calendar on the Eliot website, in This Week at Eliot, or in the order of service for meeting times – you will be warmly welcomed.

If you are a new member, we invite you to take some time to look through this booklet and consider the different opportunities. We are glad you are here!

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Adult Education & Enrichment

COVENANT GROUPS

In Covenant Groups, six to ten people come together in a circle of trust, in covenant, to be in right relationship with one another. We share openly and care for one another in the highs and lows of our individual lives. We cultivate deep listening as each person takes a turn in a sacred space to express what stirs in them about the topic of the session. The careful listening enriches our connection and insight as we interweave our views in the open interchange that follows.

In addition to the encouragement of personal growth and spiritual exploration, the Covenant Group promise contains an element of service, in which the group as a whole engages in a project serving the larger community and/or the church. Contact the Covenant Group Development Team for more information or to inquire about joining a group. Generally, groups meet once a month at Eliot or in people's homes.

Contact

Kathy McVoy & Toni Saunders

Email

covenantgroups@eliotchapel.org

BETTER MARRIAGES St. Louis Gateway Chapter

Better Marriages – it's not just for married folks! We welcome ALL loving committed couples, married or unmarried, who want to strengthen their relationship through learning and practicing communication skills and having fun.

Our goal is to help deepen personal relationships through enrichment opportunities and resources to strengthen couple bonds, increase intimacy, and to enhance personal growth, mutual fulfillment and family wellness.

The Better Marriages Gateway Chapter began in 1983 as part of the national Better Marriages organization which was founded in 1973. Both provide speaker forums, workshops, conferences, marriage enrichment groups, and other experiences to promote joyful, loving relationships.

Further information on Better Marriages can be found at www.bettermarriagesSTL.org. Follow us on Facebook and Twitter.

Contact

Linda Techner

Email

bettermarriages@eliotchapel.org

Adult Education & Enrichment

***A Course in Miracles* Study Group**

This interactive study group meets every Monday evening in Adams Hall from 7:00 to 8:30 pm. Its purpose is to learn about and discuss the principles and everyday application of the spiritual text, *A Course in Miracles*. This meeting is open to all. More information on ACIM can be found at www.acimstlouis.org.

Contact

Corinne Esneault

Email

miracles@eliotchapel.org

ATTITUDINAL HEALING

This spiritual curriculum is based on the book, *Teach Only Love*, by Dr. Gerald Jampolsky. It is taught via a 10-week series or a 1/2 day Saturday workshop. Both are offered 2-3 times a year. Those who complete either teaching session are then able to continue to learn more about the application of Attitudinal Healing in one's life through monthly meetings held at Eliot. More information on Attitudinal Healing is located online at www.ahstlouis.org

Contact

Corinne Esneault

Email

attitudinalhealing@eliotchapel.org

MEDITATION GROUP

Meditation is reported to have positive effects on physical and mental health by reducing anxiety and emotional-behavioral reactivity through fostering the ability to inhibit cognitive and emotional processes, such as rumination. Eliot Chapel has a meditation group meeting 7:00 to 8:00 pm on the third Sunday of the month in Adams Hall. Facilitated by Eliot member Jeanne Kloeckner, the group is structured towards exploring a wide variety of meditation styles. All are welcome as we explore these cost-effective and sustainable tools for fostering well-being. No prior experience is necessary.

Contact

Jeanne Kloeckner

Email

meditation@eliotchapel.org

FRIDAY FREETHINKERS

The Friday Freethinkers is a lively group that discusses religion, ethics, morality, philosophy, literature, film, and any other topic of interest. Drop by Friday morning at 10:00 am in Adams Hall for a couple of hours of stimulating conversation. Newcomers welcome.

Contact

Maryann Mace

Email

fridayfreethinkers@eliotchapel.org

Adult Education & Enrichment

GRIEF SUPPORT GROUP

The Grief Education and Support Program is open to anyone who has experienced the loss of a loved one or is dealing with anticipatory grief. Watch the Eliot calendar and announcements for scheduled meetings.

Contact

Rev. Jim Crawford,
Minister of Pastoral Care

Email

jcrawford@eliotchapel.org

MEN'S ADVANCE

The Men's Advance takes place every spring at Bergfried, Eliot Chapel's 600-acre site near Hermann, Missouri, and welcomes all individuals who identify at the male end of the gender spectrum. Traditionally held on the first weekend in May, participants gather for a weekend of fellowship, fun, relaxation, spirituality, and community. The group celebrates with a communal dinner on Saturday evening.

Contact

Shawn Cummings

Email

mensadvance@eliotchapel.org

WOMEN'S ALLIANCE

Women's Alliance provides the women of Eliot Chapel with an opportunity for fellowship, intellectual stimulation, involvement, and growth. The Alliance seeks to be of service to members, friends, the church, and the community. They meet on the first Tuesday of each month in Adams Hall for a book discussion. On the third Tuesday they host a speaker, and on the fourth Tuesday they typically go on a field trip. All women are welcome.

Contact

Ann Marie Hutson

Email

womensalliance@eliotchapel.org



The Women's Alliance hosts a variety of speakers. Recently, Dan Martin of Weatherbird fame came to talk about the place of St. Louis in the history of editorial cartooning and he showed off his drawing chops.

Adult Education & Enrichment

WOMEN'S WEEKEND

Women's Weekend is a retreat for women of Eliot Chapel along with their friends and family. Women from Unitarian churches in the surrounding area are also welcome to share this time to relax, have fun, and build community. We enjoy the beauty of nature and enhance spirituality through our Sunday morning worship service on-site. We provide a variety of activities which include workshops, white elephant sale, BYOB wine tasting, massage, Friday night icebreaker games, crafts, hiking, dancing, bonfire and songs, along with great food and comradery.

Contact

Jennifer Stewart & Karen Gottschalk

Email

womensweekend@eliotchapel.org

YOUNG ADULT GROUP

The Young Adult Group at Eliot serves as an outlet and resource for fellow young adults between ages 18 and 35. If you are interested in getting involved or have some great ideas for the group, please contact us then join in the fun!

Contact

Noel Burke & Tim Bubb

Email

youngadults@eliotchapel.org



Women's Weekend is an opportunity for relaxation and comradery.

Child/Youth Education & Development

RELIGIOUS EDUCATION (RE) VOLUNTEER

Volunteers are a vital component to the RE program and are essential to ensuring the program's continued strength. Parents and family members of enrolled children and youth are expected to actively support the program through volunteering. It takes over 50 volunteer teachers and advisors each year to teach the Sunday morning classes alone.

Teaching is a terrific way to meet other individuals in the church community, explore a variety of faith traditions and practices, enhance your own faith development and beliefs, and put values, such as love and service, into action. In addition to teaching, there are a variety of other ways to get involved in the program. These include, but are not limited to, the following:

- Substitute teaching
- Nursery volunteer
- Assisting with special fellowship events
- Carpool driver for youth events
- Greeting on Sunday
- Assisting the chalice lighter on Sunday

For additional information and a more complete list of ways to participate in the Religious Education program, please contact:



**Director of Religious
Education Scott Stewart**

scott@eliotchapel.org

**Assistant Director
of Religious Education
Christie Lee**

christie@eliotchapel.org

Volunteer Opportunities

BERGFRIED STEWARDSHIP TEAM

The Bergfried Stewardship Team organizes and coordinates programs and campouts at Eliot's Bergfried campus near Hermann, Missouri. The team also attends to the physical needs of the grounds and the cottage. Environmentally responsible stewardship of the property is a primary focus; the team coordinates with state agencies in efforts to sustainably manage Bergfried forests and meadows.

Contact

Shawn Cummings

Email

bergfriedinfo@eliotchapel.org

CARE TEAM

The Care Team works to assist members or friends of Eliot who are in need of meals, care cards, receptions for congregation memorial services, and transportation on an as-needed basis. This would apply to those recovering from illness or surgery, just home with a new baby, or in a period of bereavement following a death.

Main Contact

Rev. Jim Crawford

Email

careteam@eliotchapel.org

Meals

Mary Quinn and Mary Meihaus

Care Cards

Carolyn Burke

Transportation

Chuck Beargie

Receptions

Beth Rossow



Programs and campouts at Bergfried are a unique opportunity to experience nature.

Volunteer Opportunities

COFFEE TEAM

Sunday morning coffee hour in Adams Hall is a longtime Eliot tradition. Members, friends, and guests mingle after services and have time to catch up with each other and with what is going on at Eliot. It is a vital part of fellowship at Eliot and an important link to welcome visitors. And what is coffee hour without coffee?! We NEED volunteers who would like to set up, make coffee, replenish the supply, and help with clean-up. The time commitment for you is one Sunday a month.

Contact

Christie Lee, Administrative Assistant

Email

frontoffice@eliotchapel.org

COMMUNICATIONS PROOFREADERS

With a church as busy as Eliot, communication takes many forms. Given the volume of information and number of words that are processed each week and month, proofreading assistance is important and appreciated! Proofreaders primarily review the weekly order of service and monthly newsletters. Having more than one proofreader helps spread the work around and improves the quality of communication at Eliot!

Contact

Debby Lovell,
Communications Specialist

Email

news@eliotchapel.org

Volunteer Opportunities

FLOWER TEAM

The Flower Team delivers and displays one floral arrangement (cut, live, or artificial) for each Sunday worship service. The flowers help beautify the Sanctuary, and the team members get to offer their talents in floral design. Flower arrangements can also be a way to celebrate a life, milestone, anniversary or remembrance of a person or event. If you are interested in joining the team or have a Sunday you would like to provide flowers, please contact:

Contact

Carolyn Burke

Email

flowers@eliotchapel.org

GREETERS

Greeters welcome members and friends to Eliot on Sunday morning. They arrive early to offer orders of service and hymnals, and they record attendance and collect the offering during the service. Most important, they welcome people and help them feel at home – it's a great way to meet other members of the community. If you can't commit to a regular schedule, consider joining the substitute list for this rewarding volunteer position.

Contact

Betsey Comfort & Nancy Russell

Email

greeters@eliotchapel.org



Greeters are important to a smoothly-run Sunday.

Volunteer Opportunities

GUEST CENTER

This team offers a warm welcome and friendly face for visitors to Eliot on Sunday mornings. They volunteer time in the Guest Center in Adams Hall after every service, answering questions and providing informational handouts. Members of the team serve as the first connection for many visitors to Eliot Chapel. If this sounds like volunteer work you would enjoy, please do let us know.

Contact

Jeanne Olson

Email

frontoffice@eliotchapel.org

HISTORICAL SOCIETY

The Eliot Historical Society is a newly formed group dedicated to discovering and preserving Eliot's history. The team sorts and evaluates Eliot's historical documents and decides how to preserve and display them. If you love history, we'd love to have you join us.

Contact

Front Office

Email

eliothistorical@eliotchapel.org

LIBRARY TEAM

Eliot's Library Team maintains the DuBois Library in Adams Hall and the Barbara C. Nutt Children's Library located next to the Guest Center. The objective of the DuBois Library is to contribute to a strong religious community, with a collection focusing on liberal religion and Unitarian Universalism. The Children's Library supports the needs of the religious education program and serves as a resource and fun reading space for our children.

Contact

Sue Blandford

Email

library@eliotchapel.org

Volunteer Opportunities

MADRIGAL

Eliot's annual festival of theater, music, and merriment leading into the holiday season is typically held the first weekend in December. An original play, written and staged by members and friends of Eliot Chapel, is interwoven with music from the Greenleaf Singers and the local recorder society, all set in our beautiful Sanctuary decked out in Renaissance Christmas finery. Volunteers help with many different aspects of the weekend – from performing in the play to helping with decorating and serving guests.

Contact

Ken Denson

Email

madrigal@eliotchapel.org



The annual Madrigal transforms Eliot.

Music Program

All are welcome to participate in the music at Eliot Chapel!

We are a SINGING congregation and hope all will sing our hymns! Suggestions, questions and comments about the hymns and other special music are welcome!

Choirs: For teenagers and older, we have 3 choirs:

The Eliot Choir (SATB) which meets only on Sunday mornings, directed by Leon Burke,

the Women's Chorale which rehearses on Wednesday evenings, directed by Jan Chamberlin, and

the Chamber Singers (SATB by audition or invitation) which also gathers on Sunday mornings, directed by Leon Burke.

For children 1st-5th grade we have the Children's Chalice Choir which meets between services on Sunday mornings. Assistance with the children is welcome! If there's enough interest, we may have a Treble Choir for 5th-12th graders.

Musicians and soloists who like to make all kinds of music (classical, gospel, jazz, folk, contemporary, blue grass, rock) are needed for special service music each week: prelude, offertory, and postlude. Sometimes choir anthems call for instruments besides piano. Occasionally we have a small orchestra or band.

Handbells: Those who are age 10 and older are welcome to play in our Chalice Chimes handbell choir. They begin rehearsals on Tuesday, October 30 at 7:30pm and play on Christmas Eve.



Behind the scenes: Sometimes help is needed taking care of the choirs by filing music, providing food for Christmas Eve, or hosting a party. The right technically minded person could be our next sound tech!

Contact

Jan Chamberlin

Email

music@eliotchapel.org

Getting involved with the music program gives you a chance to collaborate with other artists and perform.

Social Action Outreach

PARTNER CHURCH LINK

For 25 years Eliot Chapel has had a partnership with a Unitarian church in the village of Nyaradszentmarton, a rural village in Transylvania in the Hungarian-speaking region of Romania. The Partner Church Link spearheads efforts at Eliot to provide assistance to the people of the church, including financial assistance for scholarships, the minister's salary, and bread for the elderly poor. The Link also maintains communication between the churches through emails, pictures, videos and visits. The Link tries to increase awareness of the Partner Church program through RE talks and yearly events such as dinners.

Contact

Bill Coalson

Email

partnerchurch@eliotchapel.org

ROOM AT THE INN

Room at the Inn has been served by Eliot Chapel for over 25 years. Room at the Inn (RATI) provides immediate, temporary shelter to homeless women and families in the St. Louis region and works with them to create an individualized plan back to self-sufficiency, including referrals to other human services agencies. Each Thursday evening (except the 4th of each month), members of Eliot Chapel transport guests from the headquarters facility for Room at the Inn in Bridgeton to our Chapel. While at Eliot, our guests are fed a nutritious hot meal and offered the comfort and safety of a warm place to sleep. Breakfast is served in the morning by the overnight hosts prior to returning our guests to the Bridgeton facility for their daytime activities and to transfer children to their respective schools. We are always in need of loving hands to prepare meals, do laundry, stay overnight with our guests, and transport them to and from Eliot. For more details, contact Karen at the email address below.

Contact

Karen Gender

Email

RATI@eliotchapel.org

SOCIAL JUSTICE IN ACTION

Eliot has a very active social justice organization with many opportunities to get involved. SJA is organized around five areas: Racial Justice, Economic Justice, Democracy and Government, Immigration Justice, and Environmental Justice. We especially welcome participation by our youth. Look for information in the order of service and the Eliot newsletter, on the bulletin board at church, in *This Week at Eliot*, attend an SJA Assembly (first Tuesday of the month in Adams Hall), or drop by the Social Justice table in Adams Hall any Sunday morning. We'd love to talk with you about your interests and how you might become involved in this enriching work.

Contact

Terry Jones

Email

socialjustice@eliotchapel.org



Eliot sides with justice.

KIRK CARE VOLUNTEERS

As a non-profit organization, Kirk Care was formed by the Kirkwood Ministerial Alliance in 1982 to reduce hunger and poverty by feeding the hungry and providing emergency utility assistance and other services to low-income families and individuals living in the Kirkwood R-7 School District. Eliot's active Kirk Care volunteers welcome you to join them.

There are at least three ways to help:

- **Contributions:** You can support with food donations and financial aid. Eliot has a basket outside Adams Hall for non-perishable food donations. A list of the most needed items is available there.
- **Deliverers:** Gather food and personal care items from the Kirk Care Pantry for delivery to clients during weekdays as needed. Volunteers are typically not called more than once per week.
- **Assessors:** Visit client homes and assess needs to determine how Kirk Care can help. A brief training is given. Calls are made during the day or evening in teams of two.

Contact

Karen Gender

Email

kirkcare@eliotchapel.org

Quick Contacts

ADULT EDUCATION & ENRICHMENT

Attitudinal Healing	Corinne Esneault	attitudinalhealing@eliotchapel.org
Better Marriages	Linda Techner	bettermarriages@eliotchapel.org
A Course in Miracles	Corinne Esneault	miracles@eliotchapel.org
Covenant Groups	Kathy McVoy & Toni Saunders	covenantgroups@eliotchapel.org
Friday Freethinkers	Maryann Mace	fridayfreethinkers@eliotchapel.org
Grief Support Group	Rev. Jim Crawford	jcrawford@eliotchapel.org
Meditation Group	Jeanne Kloeckner	meditation@eliotchapel.org
Men's Advance	Shawn Cummings	mensadvance@eliotchapel.org
Women's Alliance	Ann Marie Hutson	womensalliance@eliotchapel.org
Women's Weekend	Jennifer Stewart & Karen Gottschalk	womensweekend@eliotchapel.org
Young Adult Group	Noel Burke & Tim Bubb	youngadults@eliotchapel.org

CHILD/YOUTH EDUCATION & DEVELOPMENT

RE Volunteers	Scott Stewart	scott@eliotchapel.org
	Christie Lee	christie@eliotchapel.org

VOLUNTEER OPPORTUNITIES

Bergfried Stewardship Team	Shawn Cummings	bergfriedinfo@eliotchapel.org
Care Team	Rev. Jim Crawford	careteam@eliotchapel.org
Meals	Mary Quinn & Mary Meihaus	
Care Cards	Carolyn Burke	
Transportation	Chuck Beargie	
Receptions	Beth Rossow	
Coffee Team	Christie Lee	frontoffice@eliotchapel.org
Communications Proofreaders	Debby Lovell	news@eliotchapel.org
Flower Team	Carolyn Burke	flowers@eliotchapel.org
Greeters	Betsey Comfort & Nancy Russell	greeters@eliotchapel.org
Guest Center	Jeanne Olson	frontoffice@eliotchapel.org
Historical Society	Front Office	eliohistorical@eliotchapel.org
Library Team	Sue Blandford	library@eliotchapel.org
Madrigal	Ken Denson	madrigal@eliotchapel.org

MUSIC PROGRAM

Choirs	Jan Chamberlin	music@eliotchapel.org
Sound Tech Team	Jan Chamberlin	music@eliotchapel.org
Worship Musicians	Jan Chamberlin	music@eliotchapel.org

SOCIAL ACTION OUTREACH

Partner Church Link	Bill Coalson	partnerchurch@eliotchapel.org
Room at the Inn	Karen Gender	RATI@eliotchapel.org
Social Justice in Action	Terry Jones	socialjustice@eliotchapel.org
Kirk Care Volunteers	Karen Gender	kirkcare@eliotchapel.org



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