

The background of the entire page is a photograph of two glasses filled with water, ice, lemon slices, and fresh mint leaves. The glasses are on a wooden surface, and more lemons and mint are scattered around them, creating a fresh and inviting atmosphere.

# *The* **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

August 2022

CELEBRATING  
**25**  
Years

 **Saint Luke's**  
BISHOP SPENCER PLACE





### Exercise and the Brain

Exercise is good for our health, and what's good for our bodies is also good for our brains.

#### Exercise:

- increases blood flow to the brain
- pumps more oxygen to the brain
- releases hormones that help grow brain cells
- stimulates the growth of new connections between brain cells
- stimulates the growth of new blood vessels in the brain
- improves mood and sleep and reduces anxiety, stress, and depression

The physical changes exercise sparks in the brain reduce cognitive decline and make it easier to:

- absorb information
- recall information
- form long-term memories
- solve problems

The CDC recommends that most adults get at least 150 minutes of moderate-intensity physical activity per week. But any additional activity helps. So move more, sit less—it's good for your body AND your brain.

### A few words from the CEO



This time last year, we were still aggressively in the throes of the pandemic. Our spaces were still locked down, and we were consistently addressing masking, social distancing, and vaccinating.

Since then, largely due to the adoption rate of vaccinations, we have seen a gradual decrease in the adhering to these safety measures. I can't speak for our readers, but when I am out in public spaces, I rarely see individuals masked or using sanitization stations. Stores are no longer requiring people to socially distance, and restaurants look like the pandemic never happened.

Unfortunately, we are still very much in a pandemic. I'm seeing the highest positive public case rates since late 2020/early 2021 this week as I write this article. To continue keeping everyone safe, we need to remain diligent in the methods we use to keep COVID out of Bishop Spencer Place. Please continue to mask, keep a distance, and utilize sanitization stations both inside BSP and in public. It also helps to be aware of the vaccination status of people you are spending time with and take appropriate steps to keep everyone safe.

I hope as much as you do that at some point things will change, but for now, thank you for your continued adherence to our guidance and for your participation in taking the necessary precautions to keep us all safe.

Yours in health,

*Dee Dunn*

### Tip of the Month!

#### From the BSP Environmental Committee



Write your elected officials to ask them to help fight global warming. If you aren't sure of the names, you can Google the position, e.g., Missouri U.S. House/Senate members, Missouri State House/Senate members, or Kansas City Council members.

### Kemper Museum Trip

Thursday, August 4 | Bus leaves at 2 p.m.



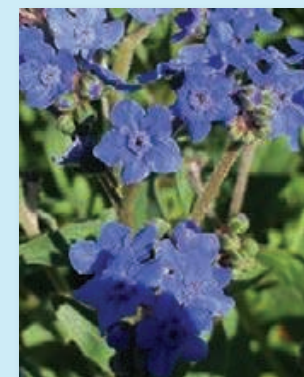
We'll head to the Kemper Museum of Contemporary Art to see the "The Regional," the first major multi-museum survey dedicated to contemporary artists based in the Midwest. "The Regional" brings together 23 artists working across painting, photography, installation, and performance, from a variety of backgrounds and based in cities such as Detroit, Cincinnati, Chicago, Cleveland, Columbus, Indianapolis, Kansas City, Madison, Minneapolis, and St. Louis. The exhibition provides a platform for a generation of artists who are shaping the current and future discourses of contemporary art and culture.

Sign up soon with Helen at 816-595-5015. Seats are limited on the BSP Bus!

#### Name That Resident!

- I attended a **ONE**-room country school in Milo, Missouri.
- I moved to BSP from **TWO** miles south.
- **THREE** of my former neighbors are BSP residents.
- I subscribe to all **FOUR** productions of the KC Lyric Opera.
- I was **FIVE** feet, five inches tall in my prime.
- I served on the KC Summerfest Board for **SIX** years.
- I have visited all **SEVEN** continents.

(Last month's answer was Dr. Jeffrey Weidman!)



Back in 2020, Janette and I had the good fortune of sharing gardening space. Gardening was a

creative outlet, and we ended up with a beautiful garden. I planted African marigolds and pink zinnias. Everything else came up from seeds dropped by plants.

The year before, Janette planted verbena, Queen Anne's lace, love-in-the-mist, rose mallow, and the show stopper—Chinese forget-me-not! Every day was like a new adventure, wondering what plant would emerge!

Then in mid-September, a flutter of monarch butterflies came by to sip nectar from our marigolds!

(If only we had milkweed for the butterflies to lay their eggs on.) This year I filled two large planters with butterfly weed (*Asclepius tuberosa*). I hope they're in bloom by September, just in case the monarchs return!

—Midori Houston



<b>AC</b>	Activity Center (above Bistro)	<b>CH</b>	Chapel	<b>P</b>	Pub
<b>ART</b>	Art Gallery	<b>JLR</b>	Jefferson Living Room	<b>WR</b>	Westport Room
<b>BG</b>	Bishop's Garden	<b>MLR</b>	Madison Living Room	<b>Ch 1851</b>	Channel 1851 on your Spectrum TV
<b>CDR</b>	Canterbury Dining Room				

# August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>2</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Blood Pressure Chk—WC 2 p.m. Great Art Explained—Ch 1851</div>	<div>3</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. NEW Great Courses   Warriors, Queens, &amp; Intellectuals—Ch 1851</div>	<div>4</div> <div>10:30 a.m. Strength &amp; Balance—AC 2 p.m. Kemper Museum Trip—BSP Bus 2:30 p.m. Dining Committee—CDR</div>	<div>5</div> <div>10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 10:30 a.m. Catholic Mass—CH 1 p.m. Nina Irwin Art—AC 3 p.m. Beau Bledsoe Trio—MLR</div>	<div>6</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7 p.m. Saturday Night Movie: The Green Book—JLR</div>
<div>7</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>8</div> <div>10 a.m. Stretch &amp; Strengthen—AC 12 p.m. Bridge Luncheon—CDR 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>Book Lovers Day 9</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Blood Pressure Chk—WC 1 p.m. Resident Council—WR 2:30 p.m. Target Trip</div>	<div>10</div> <div>10 a.m. Stretch &amp; Strengthen—AC 11 a.m. Resident Remembrance—CH 1 p.m. Tai Chi—AC 3 p.m. Great Courses—Ch 1851</div>	<div>11</div> <div>10:30 a.m. Strength &amp; Balance—AC 3 p.m. Speakers: Hallmark Artists Andy Newcom &amp; Marn Jensen—WR</div>	<div>12</div> <div>10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 10:30 a.m. Catholic Mass—CH 3 p.m. Melody &amp; Eman: Cello and Piano—MLR</div>	<div>13</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7 p.m. Saturday Night Movie: Dave—JLR</div>
<div>14</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>15</div> <div>10 a.m.. Stretch &amp; Strengthen—AC 1 p.m. Garden Committee—WR 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>16</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Blood Pressure Chk—WC 2 p.m. Movie   Robert Butler: Frida—WR</div>	<div>17</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   Warriors, Queens, &amp; Intellectuals—Ch 1851</div>	<div>18</div> <div>10:30 a.m. Strength &amp; Balance—AC 2 p.m. Pastor Ashley   Bible Study—CH 3 p.m. Speaker: The Rev. Sarah Pierce—WR</div>	<div>19</div> <div>10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 4 p.m. Tom’s Town Band—MLR</div>	<div>20</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7 p.m. Saturday Night Movie: East of Eden—JLR</div>
<div>21</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>22</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>23</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Blood Pressure Chk—WC 2 p.m. Tuesday Opera: Cinderella—Ch 1851</div>	<div>24</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   Warriors, Queens, &amp; Intellectuals—Ch 1851</div>	<div>25</div> <div>10:30 a.m. Strength &amp; Balance—AC 2–4 p.m. Country Club Bank—2nd Floor Madison 3 p.m. Speaker: George Guastello—WR</div>	<div>National Hot Dog Day 26</div> <div>10 a.m. Morning Fitness—Ch 1851 10 a.m. Bridge Lessons—P 10:30 a.m. Catholic Mass—CH 4 p.m. Happy Hour: Charles Williams—MLR</div>	<div>27</div> <div>10 a.m. Grocery Trip 11 a.m. Rosary—CH 7 p.m. Saturday Night Movie: All the President’s Men—JLR</div>
<div>28</div> <div>10 a.m. Holy Eucharist—CH 11 a.m. Brunch—CDR</div>	<div>29</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 2 p.m. Monday Movie—Ch 1851</div>	<div>30</div> <div>10:30 a.m. Strength &amp; Balance—AC 11:15 a.m. Grocery Trip 1 p.m. Blood Pressure Chk—WC 3 p.m. Speaker: SLHS Dr. Tracy Stevens—WR</div>	<div>31</div> <div>10 a.m. Stretch &amp; Strengthen—AC 1 p.m. Tai Chi—AC 3 p.m. Great Courses   Warriors, Queens, &amp; Intellectuals—Ch 1851</div>			

*Group activities subject to community status*



## Art Experience with Nina Irwin

Friday, August 5  
1-3 p.m. | Activity Center



Nina is back this month with another new project. Please reserve your spot with Helen at 816-595-5015 soon!

Nina works from her painting and ceramics studio in the historic stockyards of Kansas City. She received her B.A. in Studio Art from UMKC and is currently working on her M.A. in Art History. In addition to her studio work, Nina teaches unique art and art history classes at her West Bottoms Studio and also at the Nelson-Atkins Museum of Art. She is represented in collections regionally, nationally, and globally.

You can read more about Nina and her artwork at [ninairwin.com](http://ninairwin.com).

## Tuesdays at BSP



### August 2 | 2 p.m. | Channel 1851—Great Art Explained

Enjoy 15-minute segments on important and recognizable pieces of art, brought to you by Brits James Payne and Joanne Shurvell in their new series. Today we will learn more about *The Raft of the Medusa* by Théodore Géricault, *The Two Fridas* by Frida Kahlo, *The Arnolfini Portrait* by Jan Van Eyck, and *Water Lilies* by Claude Monet.



### August 16 | 2 p.m. | Westport Room & Channel 1851— Movies with Robert Butler: *Frida*



Nominated for six Academy Awards, including Salma Hayek for Best Actress, *Frida* depicts the life of Mexican surrealist artist Frida Kahlo. A product of humble beginnings, Frida earns fame as an artist with a unique vision. From her relationship with her mentor and husband, Diego Rivera (Alfred Molina) to her scandalous affairs, Frida's uncompromising personality would inspire

her greatest creations. Also starring Antonio Banderas, Ashley Judd, Edward Norton, and Geoffrey Rush.

### August 23 | 2 p.m. | Channel 1851—Opera: *Cinderella*

Enjoy the Met's performance of *Cinderella*, an abridged, English-language version of Massenet's enchanting fairy-tale opera, starring mezzo-soprano Isabel Leonard as the rags-to-riches title princess, with Emmanuel Villaume on the podium to lead a witty and whimsical production by Laurent Pelly. The cast also features mezzo-soprano Emily D'Angelo as the love-struck Prince Charming, soprano Jessica Pratt as the spunky Fairy Godmother, mezzo-soprano Stephanie Blythe as the wicked Madame de la Haltière, and bass-baritone Laurent Naouri as Cinderella's compassionate but meek father, Pandolfe.

## My Love Affair with Music

by Bernie Jones



In case you hadn't figured it out, I've been having a love affair with music—especially classical. I can't remember when that affair started nor how it changed over the years, but it isn't over.

My story begins in early childhood, and I have pictures to prove it! I played the prince in Miss Mary's kindergarten rendition of a Tchaikovsky ballet. It was held on the lawn of the Fort Scott Greenhouse and somehow incorporated a May pole dance.

It would take a few years before my parents decided that while I was in early school I should play an instrument in the orchestra. They talked with the maestro who put all this together (no wonder he was crazy), and he suggested I play the French horn. I didn't know until much later that the French horn was the only spare piece left. To this day, I will never figure out how I lasted more than a week. I doubt I ever played in tune, much less the right key, and my performances were followed by the maestro's public lectures about how terrible it was. I never would have known you don't play the French horn in tune ever, as you never know what is coming out of the horn, if not for the advice of noted historian Forrest Gump.

After six weeks of agony and the courtesy of our neighbor telling my dad he had a flute his daughter no longer played, I suddenly had a \$10 flute to play with the band. My dad was so proud that he bought a flute for my sister to play, too. He could then take us all over town to play our out-of-tune tunes. Thankfully, he didn't charge people to listen!

Next, we were both taking piano lessons, and the piano that had sat for years in our living room got dusted off so we could play it. My sister was not having any part in this, but I played on and became pretty good at it. By late high school, I was taking organ lessons, and I played two years for a church plus I subbed for others around town.

I was now beginning to hear something in my ear besides tinnitus. I was listening to great music and playing the organ with both hands and feet! It was time to get serious, though, about the rest of my life, and I left for KU for fame and fortune.

**What was going on here? It gets better, so stay tuned for this column next month!**



## NEW! The Great Courses— Warriors, Queens, and Intellectuals: 36 Women before 1400

Wednesdays

August 3, 10, 17, 24, 31  
3-4:30 p.m. | Ch 1851

In this course, taught by Joyce E. Salisbury, you will experience an often overlooked side of history. In these lectures, women step out from the footnotes and sidebars of history and into the spotlight. From thwarted daughters and ambitious wives to fearless revolutionaries and brilliant philosophers, you will see how women have played diverse roles throughout history and why their influence is so vital to a fuller understanding of the world we live in today. Beginning at the Roman Empire and carrying through the Middle Ages, Professor Salisbury will introduce you to dozens of influential women from across the globe.

Joyce E. Salisbury is Professor Emerita of Humanistic Studies at the University of Wisconsin-Green Bay, where she taught history and served as associate dean of Liberal Arts and Sciences and director of International Education. She earned her Ph.D. in Medieval History at Rutgers University, specializing in religious and social history.



# July Speakers

**Andy Newcom and Marn Jensen**  
Thursday, August 11 | 3 p.m. | Westport Room



"What would you wish for the world?" That's the question Kansas City artists Andy Newcom and Marn Jensen asked more

than 200 older adults across the country. From their conversations, they created works of art depicting these wishes for the world. Some BSP residents were fortunate to see the exhibit at the Leedy-Voulkos Gallery, but Andy and Marn were gracious to accept our invitation to come speak to BSP residents!

Artists Andy Newcom and Marn Jensen have been friends and creative co-workers for over 35 years. When an opportunity arose at their company to work on a passion-led project, they chose to interview elders across the country.

**Pastor Sarah Pierce**  
Thursday, August 18 | 3 p.m. | Westport Room



The Reverend Sarah Pierce (she/her/hers) is the pastor at All Saints Lutheran Church in Blue Springs. She is also the

director of clinic care management and remote monitoring at Mosaic Life Care in St. Joseph, Missouri. Her background in nursing and her willingness to engage with important issues of the day inform her ministry. She lives in Liberty with her wife, Rebecca, their two children, Charlie and Chris, and their four dogs.

During her seminary internship at St. James Lutheran Church in Kansas City, she developed a training for the members of St. James to become better equipped to be LGBTQIA+ allies. She will present part of this training, inviting residents

to explore vocabulary and language to develop an increased comfort level with talking and thinking about the issues that impact LGBTQIA+ people in our world today.

Our thanks to Barbara Buehrer for suggesting Sarah as our speaker.

**George Guastello**  
Thursday, August 25 | 3 p.m. | Westport Room



As President and Chief Executive Officer, George Guastello is responsible for the operation, management, and development of Union Station Kansas City. He oversees a staff of more than 50 employees and manages an annual budget of \$15 million. The Station features a science center, planetarium, rail museum, national traveling exhibits, one of the region's largest giant screen 3D movie theaters, live theater, shops, restaurants, and offices.

We are delighted to have George speak to us about this iconic historical landmark.

**Dr. Tracy Stevens**  
Tuesday, August 30 | 3 p.m. | Westport Room



Tracy L. Stevens, M.D., is a board-certified cardiologist with Saint Luke's Cardiovascular Consultants and is on staff at Saint Luke's Mid America Heart Institute in Kansas City, Missouri. Dr. Stevens is the Julia

Irene Kauffman Endowed Chair for Women's Cardiovascular Health, the Ben D. McCallister, MD, Community Ambassador, and a professor of medicine at the University of Missouri-Kansas City School of Medicine.

We are fortunate to have Dr. Stevens visit with us this month about general heart health.



**Bridge Lessons**  
with **Christie Thomas Collier**  
Fridays, August 5, 12, 19, & 26 | 10 a.m. | Pub

These bridge classes are at no charge to you! We hope to continue them into September, depending on interest. Christie brings her own cards and handouts. She does ask that beginner players purchase the Club Book by Audrey Grant at her cost of \$13 (which is less than Barnes & Noble).

Please call Helen at 816-595-5015 to book a spot.



## A Tip from a BSP Resident

**Did you know?** If you return used hearing aids, even if they are not in working condition, the audiologist can send them to people who repair and re-work them for those who cannot otherwise afford them. Even in-the-ear aids may be useful for parts. So if you or a loved one has an unused device, please return it to an audiologist. If they are in good condition, you may be able to take a tax deduction for a charitable donation.

**Book Lovers Day**  
Tuesday, August 9

Book Lovers Day is an unofficial international holiday that celebrates reading and literature. On this day, people are encouraged to put down their smartphones and other devices and open a book.

# Bestselling BOOKS

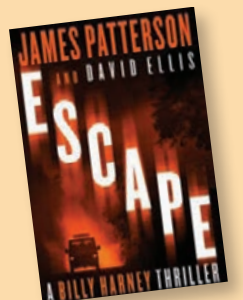
Check out the fiction and nonfiction books that top the latest New York Times Best Seller List.

**Fiction**  
**THE HOTEL NANTUCKET**  
Elin Hilderbrand



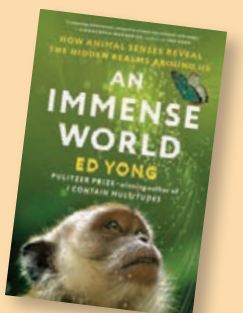
**SPARRING PARTNERS**  
John Grisham

**THE HOUSE ACROSS THE LAKE**  
Riley Sager



**ESCAPE**  
James Patterson and David Ellis

**Nonfiction**  
**AN IMMENSE WORLD**  
Ed Yong



**HAPPY-GO-LUCKY**  
David Sedaris

**JAMES PATTERSON: THE STORIES OF MY LIFE**  
James Patterson

**I'D LIKE TO PLAY ALONE, PLEASE**  
Tom Segura





## Random Musings

- Habit is far more dependable than inspiration. Make progress by making habits. Don't focus on getting in shape. Focus on becoming the kind of person who never misses a workout.
- When you forgive others, they may not notice, but you will heal. Forgiveness is not something we do for others; it is a gift to ourselves.
- Don't keep making the same mistakes; try to make new mistakes.
- Speak confidently if you are right, but listen carefully in case you are wrong.
- You will be judged on how well you treat those who can do nothing for you.
- Art is whatever you can get away with.
- About 99% of the time, the right time is right now.
- When introduced to someone, make eye contact and count to four. You'll both remember each other.
- You can achieve things way beyond your means simply by showing people that they are appreciated.
- For a great payoff, be especially curious about things you're not interested in.
- A wise man said, "Before you speak, let your words pass through three gates. At the first gate, ask yourself, 'Is it true?' At the second gate ask, 'Is it necessary?' At the third gate ask, 'Is it kind?'"

## Music

### Beau Bledsoe Trio

Friday, August 5 | 3 p.m. | Madison Living Room

Our frequent guest Beau Bledsoe performs and records classical, jazz, and folkloric music from around the world. He is currently artistic director and founder of Ensemble Iberica, which explores the music of Spain, Portugal, and other areas connected to the Iberian diaspora. This month we will be treated to a traditional Andean music program with Beau on guitar (and more), John Currey on percussion, and Amado Espinoza on flutes/percussion. We recommend you read more about these talented musicians on their websites:

BeauBledsoe.com  
JohnCurrey.com  
facebook.com/amadoespinozam

### Melody Stroth and Eman Chalshotori

Friday, August 12 | 3 p.m. | Madison Living Room

Please welcome back pianist Melody Stroth and cellist Eman Chalshotori with their new program, *Classically Global*. They will play Persian folk songs, tango, cavatina, and more.

### Tom's Town Band

Friday, August 19 | 4 p.m. | Madison Living Room

We love when Tom's Town comes to play for us! Tom's Town was formed to honor the legacy of Kansas City jazz and the amazing musicians who created it. Performing outrageously hot swing music of the Golden Era in KC, every song celebrates why KC is famous for jazz!

### White Wine Happy Hour with Charles Williams

Friday, August 26 | 4 p.m. | Madison Living Room



Enjoy some conversation and a glass of wine on us, while listening to the music of our new friend, Charles Williams! Charles is the pianist for The Kansas City Jazz Orchestra and is a regular at Eddie V's on the Plaza.

## Chaplain's CORNER

Bring on the heat. As a native Kansan, when I think of August I think of hot weather, the kind that makes us feel like we are in a sauna the minute we go outside.

This August, the heat is on in more ways than just the weather. Many have seen in the news COVID-19 numbers are gradually climbing, hitting again those who have already had it and have been vaccinated and boosted. The heat is on as we send in our ballots this month, deciding on our leaders and on important legislation. And the heat is on in the lectionary scripture we have for this month.

If you read along with the suggested texts each week, this month they will likely leave you thinking, "What? I thought Jesus was all about love and mercy?" and "What's with all of this fire and brimstone?" As one priest says, "This is not the Jesus we are used to and probably not the Jesus we want. Where is the waterwalking, miracle-working, dying-for-me Jesus? What happened to sweet baby Jesus asleep on the hay no crying he made? This fire bringing, family dividing Jesus makes us uncomfortable."<sup>1</sup>

It begs us to ask ourselves how we cope with all of this heat. In the midst of Jesus' words harsh and offputting, we hear a challenge to grow in our relationships with God and with each other. A few years ago, my husband planted basil in his garden. We learned the best way for the basil to thrive was to trim it often, making space for new branches and leaves to divide and grow as new vessels from the source.

The heat of August is our time to grow. It is our time to dive into tough Scripture and find hope, faith, and love in ways we never thought we could before. As a community, we continue to develop our faith together by building a community of support.

### Chapel Announcements

- Fr. Carlito Saballo will provide Catholic Mass the 2nd and 4th Friday of every month at 10:30 a.m. starting August 12.
- Starting August 10, we will have a monthly service in the chapel in remembrance of residents who have died.

—Chaplain Ashley Masoni Huber

<sup>1</sup>interruptingthesilence.com/2010/08/15/the-fire-bringing-family-dividing-jesus-luke-1249-56

## Livestreaming SUNDAY SERVICES

### St. Andrew's Episcopal

8 a.m., 10:15 a.m.

[standrewkc.org/live-worship](http://standrewkc.org/live-worship)

### All Souls Unitarian Universalist

11:10 a.m.

[bit.ly/3g7G62f](http://bit.ly/3g7G62f)

### Immaculate Conception

11 a.m.

[facebook.com/golddomekc](http://facebook.com/golddomekc)

### Community Christian Church

10:30 a.m.

[facebook.com/Community4KC](http://facebook.com/Community4KC)

### Conception Abbey

7:45 a.m., 10:30 a.m., 5:30 p.m.

[conceptionabbey.org/live](http://conceptionabbey.org/live)

### Grace and Holy Trinity Cathedral

10:15 a.m.

[kccathedral.org/worship](http://kccathedral.org/worship)

### St. Paul's Episcopal

10 a.m.; Wednesday, 6 p.m.

[facebook.com/StPaulsKCMO](http://facebook.com/StPaulsKCMO)

### Unity Temple on the Plaza

10:30 a.m.

[bit.ly/2yfspgE](http://bit.ly/2yfspgE)

### Village Presbyterian Church

9:30 a.m.

[villagepres.org/online](http://villagepres.org/online)



