



# *The* **AMBASSADOR**

SAINT LUKE'S BISHOP SPENCER PLACE

OCTOBER 2022

CELEBRATING  
**25**  
Years

 **Saint Luke's**  
BISHOP SPENCER PLACE





### Water Aerobics

**2nd and 4th Mondays;  
bus leaves at 12:30 p.m.**

Several BSP residents have been going to Kirmayer Fitness Center at KU Med for a water aerobics class every other week. The heated salt-water pool is kept at 82° F, just right for exercise and swimming. The 45-minute class gives us a thorough workout: leg and arm movements, walking in water, and weight exercises to strengthen arms and core. We go at our own pace and have rest periods between sets.

The activity doesn't seem strenuous, but when we finish, we're both tired and refreshed. If we don't swim laps, we don't even get our hair wet. I prefer to wear my bathing suit under my clothes, then shower and change into full clothing after exercise.

Water aerobics is one of the best exercises for seniors, as it is movement that doesn't put stress on arthritic joints. If you don't want to get wet, you can come along and use the other Kermayer facilities while we're in the pool. There is a track, basketball court, handball courts, exercise machines, and a free exercise area. BSP reimburses your membership when you turn in your receipt. Join us!

—Una Creditor

### A few words from the CEO



Welcome to fall! I hope the change in seasons has you embracing some cooler weather and the beginning of the beautiful color changes in our area.

Not only are the leaves changing, but our industry continues to change and evolve as well. We have and will continue to respond to the continuous changes we face in senior living. These changes include, but are not limited to, census challenges, recruitment and retention of staff, reimbursement model changes, increasing expense and staffing costs, regulatory changes, and more. It's truly a challenging landscape to navigate. While we—and the entire industry—face these challenges, at BSP we are humbled by the feedback we receive from families, residents, and surveyors, who report that we deliver top in class quality of care to our residents.

That being said, we remain committed to providing the best senior living experience for all of our residents. We value your input on how we can do things differently and remain nimble in our ability to pivot in the face of new challenges. You might say we're doing a daily ballet!

We will remain on our toes, and we will all get through these difficult times. . . together.

Warm regards,

*Dee Dunn*

### Tip of the Month!

#### From the BSP Environmental Committee



Unused medications should be disposed of in an environmentally safe way. Sun Fresh, CVS, and Walgreens are local places to do this.

### BSP Libraries



For those of you who are newer to the community, we want to remind you how fortunate we are to have outstanding libraries at BSP—Westport Room, Madison Library, Coventry,

and York—as well as alcoves with reading materials and puzzles. We also have an excellent collection of classical CDs in the Westport Room that can be checked out.



Dr. Jeffrey Weidman, curator of the Westport Library, would be happy to provide a tour of that space, and assist in check-outs if needed. You may reach him at 816-216-7031 or [jwopusone@gmail.com](mailto:jwopusone@gmail.com).



### Name That Resident!

- My grandsons call me Birdie.
- I helped foster a baby orangutan.
- I like the music of Jimmy Buffett and Leonard Cohen.
- I skippered a diesel trawler on the Erie Canal.
- I look forward to Louise Penny's next mystery.

(Last month's answer was Louise Nyberg!)



Don't miss the moonflower vine growing on the corner just as you enter the Memory Garden. Its beautiful white trumpet flowers only bloom at dusk. When the buds are ready, you can watch the blooms open slowly for only one night. An added bonus—the open flowers smell spectacular! Keep your eye out for a notice to watch this spectacle as a group.



In a wonderful book by Jetta Carleton called *The Moonflower Vine*, people sit together on their back porch and watch the flowers open each evening in late summer.

*If you are ever feeling lonely, look up at the moon.*

*Someone somewhere is also looking at the moon.*

—Susan Truog

### Bridge Lessons with Christie Thomas Collier

**Fridays | 10 a.m. | Pub  
October 7, 14, 21, & 28**

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



AC

Activity Center (above Bistro)

CH

Chapel

P

Pub

ART

Art Gallery

JLR

Jefferson Living Room

WR

Westport Room

BG

Bishop's Garden

MLR

Madison Living Room

Ch 1851

Channel 1851 on your Spectrum TV

CDR

Canterbury Dining Room

October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. <b>Saturday Night Movie: Fargo</b>—JLR</div>
<div> 7:20 p.m. <b>2</b></div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div><b>3</b></div> <div>10 a.m.. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. <b>Monday Movie—Ch 1851</b></div>	<div><b>4</b></div> <div>Yom Kippur</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11 a.m. <b>Blessing of the Animals</b></div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Blood Pressure Chk—WC</div> <div>2 p.m. <b>Moyers/Campbell: The Power of Myth—Ch 1851</b></div>	<div><b>5</b></div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses   Warriors, Queens, &amp; Intellectuals—Ch 1851</div>	<div><b>6</b></div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>2:30 p.m. <b>Dining Committee—CDR</b></div> <div>3 p.m. <b>Speaker   Aimee Marcereau DeGalan—WR</b></div>	<div><b>7</b></div> <div>10 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. <b>Bridge Lessons—P</b></div> <div>1 p.m. <b>Nina Irwin Art—AC</b></div> <div>4 p.m. <b>Lawrence Figg Cello Quartet—MLR</b></div>	<div><b>8</b></div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. <b>Saturday Night Movie: Dr. Strangelove</b>—JLR</div>
<div><b>9</b></div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div> 7:15 p.m. <b>10</b></div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>12 p.m. Bridge Luncheon—CDR</div> <div>12:30 p.m. <b>Bus to Kirmayer</b></div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. <b>Monday Movie—Ch 1851</b></div>	<div><b>11</b></div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Blood Pressure Chk—WC</div> <div>1 p.m. <b>Resident Council—WR</b></div> <div>3 p.m. <b>Goldenberg Duo—MLR</b></div>	<div><b>12</b></div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>11 a.m. <b>Resident Remembrance—CH</b></div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses—Ch 1851</div>	<div><b>13</b></div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>3 p.m. <b>Speaker   Sarah Goebel—WR</b></div>	<div><b>14</b></div> <div>10 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. <b>Bridge Lessons—P</b></div> <div>10:30 a.m. <b>Catholic Mass—CH</b></div> <div>3 p.m. <b>Betse &amp; Clarke &amp; Friends Singalong—MLR</b></div>	<div><b>15</b></div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. <b>Saturday Night Movie: The Manchurian Candidate</b>—JLR</div>
SAINT LUKE'S WEEK						
<div> 3:25 p.m. <b>16</b></div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div><b>17</b></div> <div>10 a.m.. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. <b>Garden Committee—WR</b></div> <div>2 p.m. <b>Monday Movie—Ch 1851</b></div>	<div><b>18</b></div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Blood Pressure Chk—WC</div> <div>3 p.m. <b>Speaker   Dr. Tracy Stevens—WR</b></div>	<div><b>19</b></div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses   Warriors, Queens, &amp; Intellectuals <b>FINAL</b>—Ch 1851</div>	<div><b>20</b></div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>2 p.m. <b>Pastor Ashley   Bible Study—CH</b></div> <div>4-6 p.m. <b>Marketing Event—BG</b></div>	<div><b>21</b></div> <div>10 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. <b>Bridge Lessons—P</b></div> <div>3 p.m. <b>Michael McClintock &amp; Jeff Freling—MLR</b></div>	<div><b>22</b></div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. <b>Saturday Night Movie: Robot &amp; Frank</b>—JLR</div>
<div> 3:25 p.m. <b>23</b></div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div><b>24</b></div> <div>10 a.m. Stretch—AC</div> <div>12:30 p.m. <b>Bus to Kirmayer</b></div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. <b>Monday Movie—Ch 1851</b></div>	<div><b>25</b></div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Blood Pressure Chk—WC</div> <div>2 p.m. <b>Movie   Robert Butler: Body Snatchers—WR</b></div>	<div><b>26</b></div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. <b>Town Hall—WR &amp; Ch 1851</b></div>	<div><b>27</b></div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>2-4 p.m. Country Club Bank—2nd Floor Madison</div> <div>3 p.m. <b>Speaker   George Guastello—WR</b></div>	<div><b>28</b></div> <div>10 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. <b>Bridge Lessons—P</b></div> <div>10:30 a.m. <b>Catholic Mass—CH</b></div> <div>4 p.m. <b>Happy Hour: Joe Cartwright—MLR</b></div>	<div><b>29</b></div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. <b>Saturday Night Movie: Chicago</b>—JLR</div>
<div><b>30</b></div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div><b>31</b></div> <div>10 a.m. Stretch—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2:30 p.m. <b>Annual Halloween Party—MLR</b></div>					

Group activities subject to community status

## Art Experience with Nina Irwin

Friday, October 7  
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).

## Art & Entertainment at BSP



**Bill Moyers interviews Joseph Campbell: *The Power of Myth* | Channel 1851  
Episode 1 | Tuesday, October 4 | 2 p.m.**

Mythologist and storyteller Joseph Campbell joins Bill Moyers to explore what enduring myths can tell us about our lives. In each of six

episodes, Moyers and Campbell focus on a character or theme found in cultural and religious mythologies. Campbell argues that these timeless archetypes continue to have a powerful influence on the choices we make and the ways we live.

Released shortly after Campbell's death in 1987, *The Power of Myth* was one of the most popular TV series in the history of public television and continues to inspire new audiences.

**Classic Movie with Robert Butler: *Invasion of the Body Snatchers*  
Tuesday, October 25 | 2 p.m. | Westport Room & Channel 1851**

We're gearing up for Halloween and our annual party with a classic movie from 1956 brought to us by our friend, Robert Butler!



*Invasion of the Body Snatchers* is a 1956 American science fiction horror film produced by Walter Wanger, directed by Don Siegel, and starring Kevin McCarthy and Dana Wynter. The film's storyline concerns an extraterrestrial invasion that begins in the fictional California town of Santa Mira. Alien plant spores have fallen from space and grown into large seed pods, each one capable of producing a visually identical copy of a human.

*Invasion of the Body Snatchers* was selected in 1994 for preservation in the United States National Film Registry by the Library of Congress for being "culturally, historically, or aesthetically significant."

## My Love Affair with Music

### Part 3 by Bernie Jones



One evening in 2005, a classical station was playing a new release of the most beautiful piece of music I'd ever heard—Mahler's *Symphony #10*. I began searching for anything by Mahler that had been recorded. (I recently found out that Mahler is Clark Achelpohl's favorite composer.)

Then I heard a new recording of Handel's *Messiah*. It was one of the first recordings played on original instruments. Now, except for the pure glory of the Kansas City Symphony version each year, I won't listen to anything but the version known to Handel. Listen to local group, the Spire Chamber Ensemble, perform it in Helzberg Hall: <https://tinyurl.com/3dh9zn52>.

I began buying CDs and, before Apple Music saved the day, collected about 12,000. Space became a big issue, and I began selling these CDs or donating them to charity. My collection has dwindled to around 2000, which I continue to prune.

Then, Apple released their music app, and I realized it has probably every recording made in the last few years. I started listening to Apple for \$10 a month and stopped buying CDs. I now download the CDs to my hard drive on my Apple MacBook for nothing—saving a lot of space and, better yet, money!

I do have favorite composers. From the Baroque, my first choice has to be Handel. From the Classical Period, Haydn and his 100 plus symphonies. From the Romantic Period, Mahler's symphonies are a slam dunk for me and for Clark! For an off-the-wall choice, English Composer Ralph Vaughan Williams.

Some people ask how I study and listen to classical music. I see it as a joy for my auditory senses and a transmission of the wonderful sounds to my brain. It then becomes a matter of how the brain captures the sound. Most people like jazz. I personally do not, but I do love a group in particular who performed during my recital series. One time a couple arrived later, and the group was already playing. The woman's remark was, "Have they already started performing or are they still tuning up?" I kind of agreed with her.

Every type of music is beautiful to someone. Just sit back and listen to it and see if you find beauty at some level of your listening. **Take it, listen to it, and enjoy as you respond to it.**



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

**Wednesdays  
October 5, 12, and 19  
3-4:30 p.m. | Ch 1851  
We'll continue with three classes per afternoon.**

**Final episode October 19.**

In this course, taught by Joyce E. Salisbury, 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.

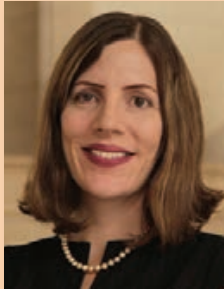
Joyce E. Salisbury is Professor Emerita of Humanistic Studies at the University of Wisconsin-Green Bay, where she taught history and served as associate dean of Liberal Arts and Sciences and director of International Education. She earned her PhD in Medieval History at Rutgers University, specializing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



## October Speakers

### Aimee Marcereau DeGalan

Thursday, October 6 | 3 p.m.  
Westport Room



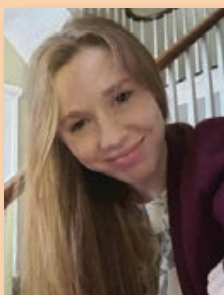
Dr. Aimee Marcereau DeGalan is the Louis L. and Adelaide C. Ward Senior Curator of European Art at the Nelson-Atkins Museum of Art. Aimee leads the European Arts division, which includes the departments of Ancient Art,

European Paintings & Sculpture and Architecture, Design, and Decorative Arts. She pursues senior-level research exhibition and catalogue projects, and is responsible for acquisitions, interpretation and presentation of the European collections.

Aimee was here last in 2018, thanks to the late BSP resident and friend, Ruth Moss. Aimee brought us a splendid (as Ruth would say) presentation on Napoleon. This month, she will discuss Degas and the exhibit: *Encore Degas! Ballet, Fashion, and Movement*.

### Sarah Goebel

Thursday, October 13 | 3 p.m.  
Westport Room



Sarah Goebel is the Volunteer Education coordinator from the Wornall/Majors House. Built in 1858, the Wornall House is one of the few surviving Kansas City homes from the Civil War era. It was used as a field hospital

during the Battle of Westport. Built in 1856, the Alexander Majors House originally served as the base of operations for Majors' overland shipping company, Russell, Majors & Waddell. Majors was instrumental in the opening of the west, both because of his freighting company and his co-ownership of the Pony Express. Sarah will present the history of Missouri during the Civil War as it relates to the Wornall House.

### Dr. Tracy Stevens

Tuesday, October 18 | 3 p.m. | Westport Room  
Rescheduled from August



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.

### George Guastello

Thursday, October 27 | 3 p.m. | Westport Room  
Rescheduled from August



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.



## Halloween Party

Monday, October 31 | 2 p.m.

Whatever you do this month, make sure you get your costume together for the party of the year! Get your decorations out, too!



## Bestselling BOOKS

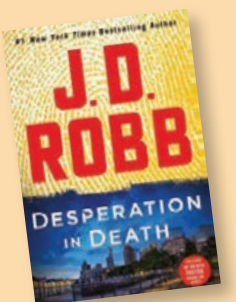
Check out the fiction and nonfiction books that top the latest *New York Times* Best Seller List.

### Fiction

**FAIRY TALE**  
Stephen King



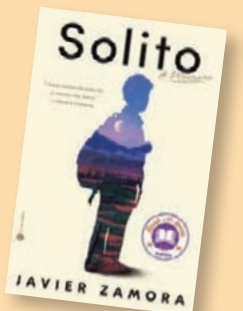
**DESPERATION IN DEATH**  
J.D. Robb



**CARRIE SOTO IS BACK**  
Taylor Jenkins Reid

**ALL GOOD PEOPLE HERE**  
Ashley Flowers

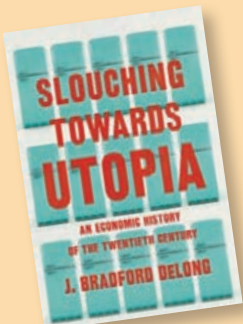
**Nonfiction**  
**SOLITO: A MEMOIR**  
Javier Zamora



**CRYING IN H MART**  
Michelle Zauner

**THE STORYTELLER**  
Dave Grohl

**SLOUCHING TOWARDS UTOPIA**  
J. Bradford DeLong





## Saturday Movies

7:15 p.m. | Jefferson Living Room

**October 1—*Fargo*** (1996)



Minnesota car salesman Jerry Lundegaard's inept crime falls apart due to his and his henchmen's bungling and the persistent police work of the quite pregnant Marge Gunderson. Stars William H. Macy, Frances McDormand, and Steve Buscemi.

**October 8—*Dr. Strangelove*** (1964)

An insane American general orders a bombing attack on the Soviet Union, triggering a path to nuclear holocaust that a war room full of politicians and generals frantically tries to stop. Stars Peter Sellers, George C. Scott, and Sterling Hayden.

**October 15—*The Manchurian Candidate*** (1962)

An American POW is brainwashed as an unwitting assassin for a Communist conspiracy. Stars Frank Sinatra, Laurence Harvey, and Janet Leigh.

**October 22—*Robot & Frank*** (2012)



In the near future, an ex-jewel thief receives a gift from his son: a robot butler programmed to look after him. But soon the two companions try their luck as a heist team. Stars Peter Sarsgaard (voice), Frank Langella, and Susan Sarandon.

**October 29—*Chicago*** (2002)

Two death-row murderesses develop a fierce rivalry while competing for publicity, celebrity, and a sleazy lawyer's attention. Stars Renée Zellweger, Catherine Zeta-Jones, and Richard Gere.

## Music

**Kansas City Symphony Quartet**

**Friday, October 7 | 4 p.m. | Madison Living Room**

Lawrence Figg, Allen Probus, Meredith McCook, and Matt Beckman will delight us with their virtuoso performance. We are so fortunate to benefit from another generous gift from the KCS outreach program..

**The Goldenberg Duo**

**Tuesday, October 11 | 3 p.m. | Madison Living Room**

We're thrilled Susie and Bill will join us once again! Susie is a first violinist with the Kansas City Symphony. Bill is a Distinguished Professor and chair of the piano department at Northern Illinois University. The Goldenbergs have performed together for more than 40 years.

**Sing-a-long and Jam Session  
with Betse & Clarke & Friends**

**Friday, October 14 | 3 p.m. | Madison Living Room**

Join Betse & Clarke, with Liz and Jeff Boyer, and Brandon Day on bass, for an informal and inclusive song circle. It's a re-visit of the session that took place in 2019! Song lyrics will be provided to sing along. Liz and Betse are daughters of BSP residents Harriet Kokjer and Bobbie Ellis.

**Michael McClintock and Jeff Freling**

**Friday, October 21 | 3 p.m. | Madison Living Room**

Michael received his B.A. in classical guitar performance from the UMKC Conservatory and is the founder-director of Cubanisms and a member of Iberica. Jeff Freling studied at the Berklee School of Music in Boston and the UMKC Conservatory. He is a composer, guitarist, and singer. Michael and Jeff will blend sounds of 50s jazz, gypsy swing, vintage Cuban, and modern pop. Don't miss out!

**Wine Happy Hour with Joe Cartwright**

**Friday, October 30 | 4 p.m. | Madison Living Room**

Enjoy some conversation and a glass of wine on us, while listening to the music of Joe Cartwright, bringing us his own style of standards on piano.

## Chaplain's CORNER

Bishop Spencer Place was founded on a promise to seniors, that it "would provide them with premier retirement living, a faith-based and family-oriented environment, and a unique blend of service-rich hospitality, plus health and pastoral care for the duration of their lives."

In October, we have the opportunity to celebrate our spiritual heritage during Saint Luke's Week. From October 16-22, we recognize Saint Luke the Evangelist. Many of us know him as the author of the Gospel of Luke and the Acts of the Apostles. He's also the patron saint of physicians and artists. The synthesis of Gospel love and care for others makes his work so profound.

We will celebrate in several ways. Residents and employees will join together in a community service activity. At the time of this writing, we do not yet know what that activity will be, but check CATIE and other media sources in order to be involved. Bishop Diane Jardin Bruce will also preside over a recommissioning service for our leadership team and chapel volunteers.

On Monday of Saint Luke's Week, we'll announce the winners of the HOPE Award. These are employees who have been nominated by a coworker for demonstrating spirituality, integrity, and compassion in their work. I will offer a blessing of hands during that week to employees, reminding them that their hands do the work of God.

In addition to the Saint Luke's Week activities, October will still be full of opportunities. On October 4th, we remember Saint Francis of Assisi with a blessing of the animals in the garden. All are welcome.

—Chaplain Ashley Masoni Huber

**October Remembrance Service**

**Wednesday, October 12 | 11 a.m. | Chapel**

This is a time to remember those who have passed here at BSP and other losses close to our hearts. We light candles for the saints and share stories of their lives. Most of all, it is a time for us to come together to support one another. Please make time to attend.

## 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)



