



# *The* AMBASSADOR

SAINT LUKE'S BISHOP SPENCER PLACE

MAY 2023





## May: Blood Pressure Awareness Month

To keep your blood pressure in the healthy range and reduce risk of heart disease, stroke, and more, the American Heart Association recommends you:

- Eat a well-balanced, low-sodium diet
- Limit alcohol
- Enjoy regular physical activity
- Manage stress
- Maintain a healthy weight
- Don't smoke
- Take your medications properly
- Work with your doctor

### Blood Pressure Categories

#### Normal

Systolic (upper #): <120 and  
Diastolic (lower #): <80

#### Elevated

Systolic: 120-129 and  
Diastolic: <80

#### High Stage 1

Systolic: 130-139 or  
Diastolic: 80-89

#### High Stage 2

Systolic: 140 or higher or  
Diastolic: 90 or higher

#### Crisis (see doctor immediately)

Systolic: >180 and/or  
Diastolic: >120

**NOTE:** Blood pressure checks on Wednesdays will take place from 11 a.m. to noon (instead of 1 p.m.).

## A few words from the CEO



I write my final article for the *Ambassador* with very bittersweet emotions. I want to first thank all of our residents and family members for your kindness and support over the last four years. BSP has been my home away from home, and we've all been through a lot together. I'll certainly miss our conversations and the opportunities to get to know more about each of you.

I hope you will take the opportunity to stop in and introduce yourself to Rupal Mistry, your new interim CEO. She is excited to be here and will bring her extensive background to keep BSP moving in a positive direction.

I wish you all the best and will truly miss you—my friends.

Till we meet again,

*Dee Dunn*

## Tip of the Month!

### From the BSP Environmental Committee



Amazon-brand laundry detergent sheets use only eco-friendly ingredients, dissolve completely, and (based on personal experience) do a great job.

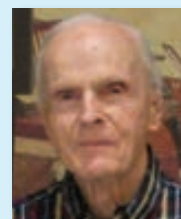
## Name That Resident!

- My wife and I were both born at Saint Luke's. We knew each other in high school.
- We lived in Seattle for 20 years, then moved back to Kansas City.
- We were awarded Couple of the Year for raising one million dollars for heart research.
- I was recognized in America's Top Lawyers.
- My late wife was awarded Miss Missouri in 1958.

(Last month's answer was Dave Zoller!)

## Kentucky Derby Party

Saturday, May 6 | 4 p.m. | Westport Room



Celebrate Derby Day complete with BSP resident Bill Buckner's famous mint juleps! Bill prepares them himself, steeping the 90-proof Kentucky bourbon with syrup and mint from the BSP herb garden.

Ladies are encouraged to wear outrageous hats!



## Ladies' and Men's Clubs

Ladies—Tuesday, May 9 | Men—Tuesday, May 23  
4:30-5:30 p.m. | Pub



By popular demand, our Ladies' and Men's Clubs return in May! Come visit with your fellow residents (sorry, this is not open to family/friends) and enjoy light appetizers and a glass of wine for a minimal charge of \$10, charged to your monthly bill.

Ladies Club will be on the second Tuesday of each month, Men's Club on the fourth Tuesday, both from 4:30-5:30 pm.

Let's make this the rousing success it was before the pandemic!



## Bridge Luncheon

Tuesday, May 2 | Noon | Canterbury Dining Room

Bridge Luncheon is now the first Tuesday of the month.



*Rough winds do blow the darling buds of May.*

—William Shakespeare (1564-1616)  
*Sonnet 18*

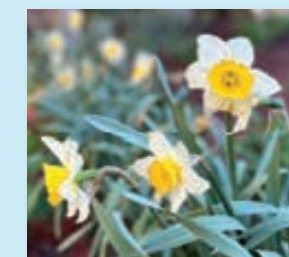
We are counting on beautiful weather from now on to complement the ever-increasing flowers in all of our gardens. Take a SPRING walk



to enjoy and revel in the colorful beauty. The gardeners are excited to bring to

our community many flowers from our past years and new additions as well. We will begin work soon after fun trips to the nurseries to purchase those blooming annuals we all enjoy for the whole summer.

Do you have a flower suggestion? Let a member of the garden committee know. We will try to add any flower you love!





AC Activity Center (above Bistro)

ART Art Gallery

BG Bishop's Garden

CDR Canterbury Dining Room

CH Chapel

JLR Jefferson Living Room

MLR Madison Living Room

MF2 Madison Second Floor

P Pub

WR Westport Room

Ch 1851 Channel 1851 on your Spectrum TV

\* Sign up with the concierge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>May Day1</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Monday Movie—Ch 1851</div>	<div>2</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>12 p.m. Bridge Luncheon—CDR</div> <div>3 p.m. Speaker: Corie Cutshall—WR</div>	<div>3</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Movie Committee—Bistro</div> <div>3 p.m. Great Courses: Forbidden Books—Ch 1851</div>	<div>4</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>1 p.m. IL Chorus Rehearsal—CH</div> <div>2:30 p.m. Dining Committee—CDR</div>	<div>Cinco de Mayo5</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge &amp; Games—P</div> <div>11 a.m. Resident Lunch for Staff—CDR</div> <div>4 p.m. Marimba Sol de Chiapas Band—MLR</div>	<div>National Nurses Day6</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>4 p.m. Kentucky Derby—WR</div> <div>7:15 p.m. Saturday Movie: Tinker, Tailor, Soldier, Spy (R)—JLR</div>
<div>7</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>8</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>9</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Resident Council—WR</div> <div>3 p.m. Dorothy Brandwein—MLR</div> <div>4:30 p.m. Ladies' Club—P</div>	<div>10</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: Banned, Burned, Forbidden Books—Ch 1851</div>	<div>11</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>1 p.m. IL Chorus Rehearsal—CH</div> <div>2 p.m. Nina Irwin Art Experience—AC</div>	<div>12</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge &amp; Games—AC</div> <div>10:30 a.m. Catholic Mass—CH</div> <div>11 a.m. Marketing Event</div> <div>4 p.m. Joe Cartwright &amp; Havilah Bruders—MLR</div>	<div>13</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>4 p.m. Clark's Book Club—WR</div> <div>7:15 p.m. Saturday Night Movie: Arsenic &amp; Old Lace—JLR</div>
<div>Mother's Day14</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>15</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>2 p.m. Garden Committee—WR</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>16</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>1 p.m. Kauffman Gardens Trip (weather permitting)</div>	<div>17</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>11 a.m. Resident Remembrance—CH</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: Forbidden Books—Ch 1851</div>	<div>18</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>1 p.m. IL Chorus Rehearsal—CH</div> <div>2 p.m. Bible Study: Pastor Ashley—CH</div>	<div>19</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge &amp; Games—P</div> <div>3 p.m. KC Symphony Trio—MLR</div>	<div>20</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. Saturday Night Movie: To Kill a Mockingbird—JLR</div>
<div>21</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>22</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Don Dagenais: Great Composers—WR</div>	<div>23</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>3 p.m. Speaker: Mark Spencer, KCI—WR</div> <div>4:30 p.m. Men's Club—P</div>	<div>24</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—AC</div> <div>3 p.m. Great Courses: Banned, Burned, Forbidden Books—Ch 1851</div>	<div>25</div> <div>10:30 Strength &amp; Balance—AC</div> <div>2–4 p.m. Country Club Bank—MF2</div> <div>2 p.m. IL Chorus Performance—MLR</div>	<div>26</div> <div>9 a.m. Morning Fitness—Ch 1851</div> <div>10 a.m. Bridge &amp; Games—P</div> <div>10:30 a.m. Catholic Mass—CH</div> <div>4 p.m. Happy Hour: Tim Whitmer—MLR</div>	<div>27</div> <div>10 a.m. Grocery Trip</div> <div>11 a.m. Rosary—CH</div> <div>7:15 p.m. Saturday Night Movie: Gran Torino (R)—JLR</div>
<div>28</div> <div>10 a.m. Holy Eucharist—CH</div> <div>11 a.m. Brunch—CDR</div>	<div>MEMORIAL DAY29</div> <div>Offices Closed</div>	<div>30</div> <div>10:30 a.m. Strength &amp; Balance—AC</div> <div>11:15 a.m. Grocery Trip</div> <div>2 p.m. Robert Butler   Movie: Brooklyn—WR</div>	<div>31</div> <div>10 a.m. Stretch &amp; Strengthen—AC</div> <div>11–noon BP Checks—MF2</div> <div>1 p.m. Tai Chi—WR</div> <div>3 p.m. Great Courses: Banned, Burned, Forbidden Books—Ch 1851</div>			

Group activities subject to community status



## Art Experience with Nina Irwin

Thursday, May 11  
2 p.m. | Activity Center



Nina is back again this month with another new project. She has been coming to

BSP with her art knowledge and her compassion for more than a year now, with classes at Independent Living, Assisted Living, and York. We are so incredibly fortunate to have her!

Please reserve your spot with Helen at **816-595-5015**. **Note the start time this month!**

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

**You need not have any artistic abilities to benefit from Nina's class. Come enjoy yourself with fellow novices!**

## Art & Entertainment at BSP



### Music and Lives of the Great Composers Mondays, May 8, 15, and 22 | 3 p.m. | Westport Room



In this series, Don Dagenais will discuss some of the great composers of classical music, focusing on their life histories as well as their compositions. We will learn about the times in which they lived and the locations where they worked, and how this influenced their compositions. Each one-hour class will feature two composers:

Week 1—Bach and Vivaldi

Week 2—Mozart and Chopin

Week 3—Mendelssohn and Gounod

*Don will present three more classes in June.*

Don Dagenais, a retired attorney and friend of past and present residents, has been a classical music and opera expert for more than 40 years. He has been on the board of directors of many performing arts groups, including the Lyric Opera of Kansas City, Opera Volunteers International, the Heart of America Shakespeare Festival, the UMKC Conservatory, Summerfest Concerts, and many others. He is currently the president of a national organization of symphony volunteers.

### Classic Movie with Robert Butler: *Brooklyn* (2015) Tuesday, May 30 | 2 p.m. | Westport Room

In *Brooklyn*, a 2015 romantic period drama directed by John Crowley and written by Nick Hornby, based on the 2009 novel by Colm Tóibín, Irish immigrant Eilis (Saoirse Ronan) lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

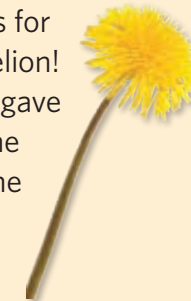
## Mother's Day

by Bernie Jones



When I think of Mother's Day, I think of the axiom "March winds and April showers bring May flowers and June bugs." That was the original in England—here, there were no bugs! Many mothers have enjoyed flowers for Mother's Day, even if it was a dandelion! I can't remember what my dad first gave

my mom from me, but in later years, it would be some kind of a trinket or a pinch from the flower garden. She loved them though! Mothers have a strange way of making any gift to her make you feel so good.



In America, a woman named Anna Jarvis had long advocated for a day to honor her mother—and all mothers—for the sacrifices they made for their children. On May 9, 1914, by a proclamation of President Woodrow Wilson designating the second Sunday in May for the holiday, we Americans celebrated our first Mother's Day. There were already places in the world where it was celebrated, such as England where it falls on a date based on when the day Easter falls. It is also known in England as Mothering Day; however in Australia, they follow the American tradition. Giving gifts started in 1924 as part of the English tradition also.

In our house, Mother's Day was always church first, with big corsages on the lapel of the mothers, the corsages becoming bigger and bigger to see who could outdo the other. Eating dinner out was always a natural. Theoretically all a mother had to do was just get out of bed and leave the rest of the day to those who didn't have a clue of what to do.

I give thanks for having such a great mom. She was always there for me if I skinned my elbow as she kissed it, bandaged it, and prayed it would get well. Almost always, she wished it could have been her. She kept us away from Dad, who thought a scrape was just "part of growing up." It was, but it really did need Mom's touch. It was a different world then, but I hope that we never stop honoring our mothers (and fathers) for helping us to make our way in life and dote on us about our accomplishments.



God really never made a greater gift to us than our mothers. God bless them always.



### The Great Courses: Banned Books, Burned Books: Forbidden Literary Works

Wednesdays | 3-4 p.m.  
Ch 1851  
May 3, 10, 17, 24, and 31

The Great Courses is back, featuring a look at book banning and forbidden literary works throughout the years.

We will consider some of the greatest works of literature ever and some literature that's considered. . . not so great. What these works have in common is that someone—a judge, vocal parent, government official, or a group of someones, like a PTA or school board—thought every one of these works was dangerous enough to challenge, or ban, or even burn.

Throughout these 24 lectures, author and book professor Maureen Corrigan of Georgetown University will take you on a tour of some of the most challenged and controversial works of literature, from the plays of Shakespeare to 21st-century best-sellers—even including the dictionary, classic fairy tales, and recent books nominated as "The Great American Novel."



# May Speakers

**Kirmayer Director Corie Cutshall**  
Tuesday, May 2 | 3 p.m. | Westport Room



Even though we offer several classes at BSP (stretch, tai chi, strength & balance, and *Meredith Moves* on Channel 1851), we also have access to the amazing Kirmayer Fitness Center at KU. Kirmayer is a 50,000-square-foot facility with strength equipment, cardio equipment, fitness studios, a basketball court, an indoor pool, an indoor track and racquetball/squash courts. Kirmayer offers general membership, group fitness classes, and personal training services.

Corie Cutshall, Department Director at Kirmayer, is returning to remind us of offerings for our residents. Corie holds a Bachelor's degree in Corporation, Community, and Hospital Wellness and a Masters in Human Performance and Wellness.



**National Nurses Day**  
Saturday, May 6

National Nurses Day is the first day of National Nursing Week, which concludes on May 12, Florence Nightingale's birthday. Yet the week was first observed in the U.S. in October 1954 to mark the 100th anniversary of Nightingale's pioneering work in Crimea. The celebration was observed thanks to a bill sponsored by Representative Frances P. Bolton for official recognition of the celebration. Twenty years later, President Nixon proclaimed National Nurses Week to be celebrated annually in May. Nursing organizations rallied for a "National Recognition Day for Nurses" on May 6, which was eventually proclaimed by President Ronald Reagan in 1982.

Remember to thank a nurse in your midst!

**KCI Arts Coordinator Mark Spencer**  
Tuesday, May 23 | 3 p.m. | Westport Room



Travelers visiting Kansas City International Airport will experience the largest public art project in Kansas City history. Artwork from local, regional, and international artists are featured throughout the terminal, parking garage, and concourses, from traditionally framed drawings, paintings, and photography to textiles, floor mosaics, ceramics, mixed-media, assemblage, digital and electronic art displays, reliefs, and sculptures.

Mark Spencer has been working in the arts in Kansas City for over thirty years. He was the Director of the Albrecht-Kemper Museum of Art, the Director of the Hallmark Art Collection, and a founding staff member of ArtsKC. Mark is currently the Arts Program Coordinator for the Kansas City International Airport.



**Memorial Day**  
Monday, May 29

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost in the Civil War. But after World War I, the holiday evolved and now commemorates American military personnel who died in all wars, including WWII, Vietnam, Korea, and Iraq and Afghanistan.

For decades, Memorial Day continued to be observed on May 30, the date General John A. Logan selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees; the change went into effect in 1971. The same law also declared Memorial Day a federal holiday.



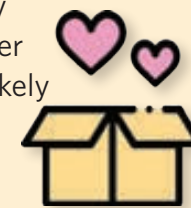
**Beginning Bridge + Games**  
Fridays | 10 a.m.-Noon | Pub

Beginning Bridge with Christie Collier and Games continues—with coffee and pastries. Come enjoy some time with fellow residents.

**Please note: On May 12 (only), we need to move to the Activity Center on the 3rd floor above the Bistro!**

**BSP Spring Cleaning!**  
Friday, May 12-Tuesday, May 16 | 1-3 p.m.

BSP has scheduled a pick-up with Big Brothers Big Sisters here on-site. We will provide an apartment where you can place your donations. More details will follow regarding items allowed, drop-off location, and drop-off assistance. A good rule of thumb is that donated items must be able to be carried by one person, so no large pieces of furniture or anything very heavy. We have a resident volunteer to help in the apartment, but will likely need more. If you're interested, contact Sami or Helen. Thank you!



**Remembrance Service**

Wednesday, May 17 | 11 a.m. | Chapel

Our monthly remembrance service is an opportunity to come together as a community to support one another through ritual. We light candles for our loved ones who have died and share memories of their lives. We'd love to have you attend each third Wednesday of the month.



# Bestselling BOOKS

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

**Fiction**  
**LESSONS IN CHEMISTRY**  
Bonnie Garmus

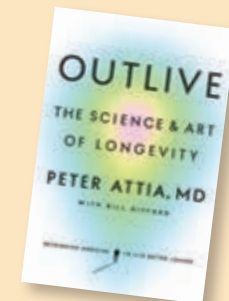


**HOMECOMING**  
Kate Morton



**ROMANTIC COMEDY**  
Curtis Sittenfeld

**HANG THE MOON**  
Jeannette Walls



**Nonfiction**  
**OUTLIVE: THE SCIENCE & ART OF LONGEVITY**  
Peter Attia, MD



**SPARE**  
Prince Harry

**CHOOSING TO RUN**  
Des Linden

**POVERTY, BY AMERICA**  
Matthew Desmond

**BSP Book Club**  
Saturday, May 13 | 4 p.m. | Westport Room  
Contact Clark with any questions.





## Saturday Night Movies

7:15 p.m. | Jefferson Living Room

May 6

**Tinker, Tailor, Soldier, Spy** (2011)  
Spy George Smiley (Gary Oldman) is forced from semi-retirement to uncover a Soviet agent in MI6. Rated R for graphic content and language.

May 13

**Arsenic and Old Lace** (1944)  
A Brooklyn writer (Cary Grant) learns on his wedding day that his beloved maiden aunts are habitual murderers.



May 20

**To Kill a Mockingbird** (1964)  
Atticus Finch (Gregory Peck), a widowed lawyer in Depression-era Alabama, defends a Black man against an undeserved rape charge, and tries to educate his young children against prejudice.

May 27

**Gran Torino** (2008)  
After a Hmong teenager tries to steal his prized 1972 Gran Torino, a Korean War veteran (Clint Eastwood) seeks to redeem the boy and himself. Rated R for adult language and violence.

## Music

**Marimba Sol de Chiapas with John Currey**  
Friday, May 5 | 4 p.m. | Madison Living Room

Marimba Sol de Chiapas, starring BSP favorites John Currey and Sam Wisman with Katie Garcia and Emily Schaeffer, is committed to the authentic performance of marimba from Mesoamerica. Schaeffer will entertain us with authentic tunes for our Cinco de Mayo celebration!



**Classical Pianist Dorothy Brandwein**  
Tuesday, May 9 | 3 p.m. | Madison Living Room

Don't miss Dorothy Brandwein's performance! Dorothy is a pianist, piano instructor, and music director at the Church of the Ascension in Overland Park.

**Joe Cartwright & Havilah Bruders**  
Friday, May 12 | 4 p.m. | Madison Living Room

A BSP favorite, Joe Cartwright plays a mean piano! This month he's joined by talented jazz vocalist Havilah Bruders.

**Michael Gordon's Kansas City Symphony Trio**  
Friday, May 19 | 3 p.m. | Madison Living Room

Come for an exceptional performance by Michael Gordon and his Symphony friends on flute, viola, and cello. Rescheduled from February. Don't miss out!

**Happy Hour: Jazz Pianist Tim Whitmer**  
Friday, May 26 | 4 p.m. | Madison Living Room

Enjoy conversation, drinks, and the music of our beloved Tim Whimer on piano. Tim learned from Jay McShann, Mary Lou Williams, and Count Basie. Under the tutelage of George Salisbury, he honed his unique style and has treated audiences from all over to a taste of Kansas City swing jazz.



## Chaplain's CORNER

In the month of May, the Gospel lessons center on a speech Jesus gives to the disciples a few hours before being arrested, tried, and put to death. Known by some as the "Farewell Discourse," there are familiar pieces that many of us know: "In my Father's house, there are many dwelling places" (John 14:2a), "I am the way, and the truth, and the life" (John 14:6a), and "peace I leave with you, my peace I give to you" (John 14:27a). Jesus's words give us comfort; they give us reassurance; they give us hope.

Those gifts—comfort, reassurance, and hope—are encompassed in the first words Jesus speaks in the 14th chapter of John: "Do not let your hearts be troubled." These words become comfort for us as we say goodbye to our CEO, Dee Dunn.

As staff and residents have come to my office to find comfort at a time of such change, I find myself reflecting on Dee's departure and think about what she has taught me personally about leadership and management. I also think of other places I have been in my twenty years as a professional, be it a congregation or hospital, and am honored that my path crossed with hers. She offered me my first professional experience that was not marred by a leader who tended toward over-control, where our team operates with complete trust and respect for one another.

During the pandemic, one of the greatest challenges that our healthcare system has endured, Dee epitomized grace and calm, demonstrating character that we can all be grateful for. Even in her departure, she is a rare example of humility in a top position.

"Do not let your hearts be troubled." The staff, the residents, and our loved ones need these words. This is a time when we bind together with confidence that together, we can do anything.

Not only that, with the power of the Holy Spirit, we can do even greater things, for even when Jesus ascends into heaven there is more work to do, and we are to do it. We are to love our neighbors, wholly and completely. It may not always be easy, but we know how to start, by trusting in Jesus's words: "Do not let your hearts be troubled." Let's welcome our new interim CEO Rupal Mistry by offering her the comfort, reassurance, and hope that each of us would love to have blanket our homes.

—Ashley Masoni Huber

## Livestreaming SUNDAY SERVICES

**St. Andrew's Episcopal**  
8 a.m., 10 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)

[youtube.com/channel/UCdz9K078zd-zcFBEUzWu18g](http://youtube.com/channel/UCdz9K078zd-zcFBEUzWu18g)

**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)





