



Minister's Corner

Climate Control

The old axiom, "If you don't like St. Louis weather, just stick around and it will change" proved true in mid-May. One day we were enjoying temperatures in the 50's -- and the next day it was almost 90 degrees, sending most of us rushing to our thermostats to turn on our air conditioners. We like to be comfortable! And scientists tell us that it will only be a matter of time before we are all wearing smart, thermo-regulated clothing that can help us feel cool and comfortable all day long!

We may be getting better at controlling the climate in our outer world, but we seem less successful controlling our internal guidance system! In Letter from the Birmingham Jail, Dr. Martin Luther King, Jr. made the distinction between being a thermometer or a thermostat. A thermometer is a reactionary instrument that reads and reflects the outer environment. It doesn't change the temperature; it is designed to be influenced by it. In contrast, a thermostat sets the desired temperature without regard to the current environment. It doesn't react; it regulates. So, the question for each of us is, "Am I a thermometer or a thermostat?"

Too often we seem to be thermometers, reading and reacting to outside stimuli. If someone asks, "How do you feel today?" we might say, "I don't know. I have to check the weather forecast, the stock market and/or the traffic report." Or, "I have to see what my partner's mood is, or wait until I get to work to see how my boss treats me." In this consciousness we become happy, sad, fearful, or angry based on what others do and say. And sometimes we hear people say, "He made me SO mad" or "She really upset me." The truth is no one can affect our mood without our consent! Unity legend Reverend Eric Butterworth wrote, "No one ever makes you mad. No one gets you upset. You are upset because you are 'up-set-able.'"

When we choose to live as thermostats, we take our cues from our internal guidance system. We control the climate wherever we are. When a friend or colleague hurls hurtful comments at us, we refuse to take them personally. When someone is unkind or angry, we respond with love. When chaos surrounds us, we respond with peace.

During the Sermon on the Mount, Jesus tells us, "But if anyone slaps you on the right cheek, turn to him the other cheek also." Metaphysically turning the other cheek means turning our pivotal souls away from negativity and hurt to a higher form of energy. Aligned in the peace of the indwelling Christ, we control the climate. And our positive energy goes out into the world and does its mighty work -- establishing harmony and joy. So, through the hot St. Louis summer, let's all set the intention to be thermostats.

Happy Summer!

Rev. Jan



**First Unity Church
of St. Louis Newsletter**

July/Aug. 2019

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***We welcome the following new members
of the Board of Trustees:***

Rick Emmett has been a member of First Unity for about ten years, but he has been attending services much longer. Serving on the Board of Trustees provides an opportunity for Rick to support the church that his family has been a big part of dating back to its beginning. Rick has been serving on the Board of Trustees for the last ten months taking the position of a trustee who moved out of state.

Professionally, Rick enjoyed a long career at Boeing Company. He retired to spend more time playing golf and enjoying his grandchildren.

Betty Jean Kofran is willing to serve on our Board of Trustees at this time because she believes that New Thought voices are needed now more than ever. She hopes to bring to the Board new opportunities and possibilities for our continued growth and expansion of our outreach program in the community.

Betty Jean grew up in Unity and as a young adult taught in the Wee Wisdom Sunday School. She attended and has been active in New Thought most of her life and has been a Spiritual Mentor for 15 years.

She served on the board of a New Thought Church from 1996 - 1999 as treasurer.

Mary Tumminello came to Unity New Thought in January 1997, looking for some place to express her gratitude for everything she had and still has throughout her life. She attended as many classes as she could, reaching for and learning the New Thought ideas. She served on the board for 6 years, and in 2012 was guided to the Prayer Chaplain program, which she says has given her much more than she thinks she has given. In her words, "First Unity Church has given me so much through the teachings and the people; it is now time to step forward and serve again."

Mary and her husband built, along with some wonderful people, their business Lucia's Pizza and Distributing Company and successfully operated it for 22 years. She believes this experience helps her bring something special to the church and the board.

Thank you to our new Board of Trustee members for saying "yes" to this important sacred service for First Unity.



Like Dining Out??

Kill two birds with one stone; dine out and earn money for your church. EScrip has a fantastic program where restaurants will donate 2.5% of your dining bill to our church. AND, if you complete a survey on your dining experience, they will donate an additional 2.5%! That's 5% for the church for simply dining out!!

It is really simple to use. First, setup an account at EScrip.com. Make sure you search for "First Unity Church of St. Louis" when filling in the form for your nonprofit. Provide EScrip your credit or debit card information. Then, you simply use that card to pay your restaurant bill. That's it. You don't have to say anything to the waiter or host that seats you. A couple days later you will receive an email asking you to complete a survey on your experience with the restaurant.

We were in Dayton Ohio last year and ate at a Mexican restaurant in a strip mall. When we returned home, lo and behold, we earned money for our church. In March we took our family to Rizzo's, used our card and completed the survey. That earned over \$8 for our church. Maybe it doesn't seem too significant, but it adds up. Last year the church earned almost \$600 from EScrip.

More information in church lobby or contact Rick, rrrrj2006@sbcglobal.net He can also provide you a list of participating restaurants near your home. There are over 60 within 10 miles of the church.

Main Building & Grounds Facilities & Maintenance Ministry

The purpose of the Main Building & Grounds Facilities & Maintenance Ministry is to manage maintenance and repairs of the buildings and grounds. By doing this we will ensure the buildings and property will be safe, comfortable and providing an aesthetically pleasing environment for the spiritual community.

The team of individuals who make up the Ministry meet once a month on the last Sunday after service. We review projects that are in process and list new items as they arise. Teams of people volunteer for projects. We are required to obtain Board Approval for items requiring expenditures. If the project is small we will be given approval by the Board to proceed. If the project is major, a team will obtain bids from contractors for projects.

The Ministry will also provide workers to handle setup for events and breakdown for church events. If you are interested in being part of the Building Ministry contact either Chuck, chuckseger3@sbcglobal.net or Jim, jimpetrovic62@yahoo.com



Minister, Jan Mourning

Board of Trustees

Hope Dodson
Rick Emnett
Betty Jean Kofron
Betty Ponzar
Mary Tumminello
John Young

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Anne Hartuppee, Music Director
Dean Wiegert, Soloist

Youth Ministry Team

Denise Halbert-Reggio, Director
Glenda Gibhardt
Cindy Gibb

Newsletter Editor

Patricia Riess

Monte Carlo Night



August 23, 2019

6 p.m. – 11 p.m.

Royale Orleans

2801 Telegraph Road

South County, MO

First Unity Church of St. Louis presents its first Monte Carlo Night!

All proceeds will benefit First Unity Church of St. Louis and Visions for Vets.

Included in the evening's activities are:

\$20 raffle tickets for a Trip to Marco Island, FL

Silent Auction Items

Ongoing Attendance Prizes throughout the evening

50/50 Raffle

Raffle Baskets

\$35 entrance ticket will include:

Open Bar

Hors d'oeuvres

A full evening of gaming

The games will include 7 full size blackjack tables, craps, roulette and big wheel. All games will be run by professional dealers and a Pit Boss!

For more information or tickets, please email Paul at paul.montecarlonight@yahoo.com

Must be 21 to attend.

In oneness
of Spirit,
we celebrate
a world
awakened
to infinite
possibilities



We are a vibrant,
inclusive Spiritual
community
enriching lives
through
positive prayer,
education, and service

One of our core values for First Unity Church is: **LOVE**

COMMUNITY BEHAVIORS

- We express God's unconditional Love as we affirm good everywhere and in everyone
- Our spiritual community comes together regularly to create an environment of Love and compassion
- We commit to heart-based collaboration and cooperation as we share our ideas, gifts, and talents

INDIVIDUAL BEHAVIORS

- I behold the Christ in others as I practice unconditional forgiveness
- As I love myself, I radiate love- drawing myself to more love
- I take the Love I experience at First Unity out into the world



SINGLES OPEN HEARTS GATHERING TOGETHER

A new singles group has started. The singles group is open to everyone who is single, divorced, or widowed.

We meet on the first Sunday of each month at 11:45 AM in the Community Room. We will be meeting at 11:45 a.m. Please come with your ideas in planning future events. We look forward to seeing you.

The singles group will be meeting for lunch on July 11 at 11:00 a.m. at the restaurant, Sisters Tea House, 505 Main Street in Fenton, Mo. Please let Jeanette know if you will be attending by June 30.

Looking forward to meeting and seeing you. Questions, contact Jeanette: **Jeanette.burton12@yahoo.com**

Save The Date



Dairy Queen Fund Raiser

Wednesday, July 10, 2019
6070 S. Lindbergh Blvd
5:00 PM - 8:00 PM

Our church will receive credit of anyone participating during these hours, including the drive-thru.

The best part no one has to work. Just come and enjoy the food - especially the ice-cream.

Hope everyone can attend. We have a great time.

Donna

Any questions please e-mail:
dilllmpert@hotmail.com



Lynn Mark Workshop

July 13, 2019
1:00 PM - 4:00 PM

The Psalms can be both comforting and confounding. They were written in times not unlike our own - times with war, strife and confession. When reframed using Unity language and concepts, the Psalms have a more contemporary feel to them. Come experience these ancient poem/songs revisioned using metaphysical concepts.

Bring your personal Bible with you to compare the Psalms as you know them with the Psalms in Lynn Mark's book, Writing With the Psalms.

Books will be available at the workshop for \$10.00. All proceeds go to First Unity Church.

Lynn
Synkop8@aol.com

Sign up by July 10th, 2019



Youth & Family Ministry

A training event entitled "Metamorphosis of Youth Training" by Regional Youth Consultant Rev. Chase at First Unity Church of St. Louis.

The time will be Saturday, July 27, 2019, from 10 AM until 4 PM. This training event will help Youth Directors, Teachers, Uniteen Leaders, YOU Sponsors, Certified Spiritual Educator Credentialing Candidates, Parents, Board Members and Ministers in creating the environment for the rapid change of the metamorphic process of youth ministry.

This training will help participants understand ways to reach Generation Z and explore fresh ways to attract and interact with youth.

Please join us for this all inspiring journey into the next generation.

Contact: jan@firstunitychurchstlouis.org

Registration by: July 10, 2019



First Unity Book Club

First Unity Book Club meets at Bread Co. across from Mercy South on the second Tuesday of the month from 2:00 p.m. to 4:00 p.m.

Everyone really enjoyed the book "Where The Crawdads Sing". We had a really good discussion of the characters and the events in the book.

We have chosen the books for the next few months:

July -- Catch 22 by Joseph Heller

August -- The Hate You Give

by Angie Thomas

September -- The Underground Railroad

by Colson Whitehead

October -- Educated by Tara Watson

Look forward to reading these books and hope to see you there!

Have a good summer!

Carol

Any questions you may contact Carol,
cabullock48@yahoo.com

HUMOR

A kindergarten teacher was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without looking up from her drawing, the girl replied, "They will in a minute."

The secret of a good sermon is to have a good beginning and a good ending and to have the two as close together as possible. George Burns

A Sunday school teacher asked the children just before she dismissed them to go to church, "And why is it necessary to be quiet in church?"

Annie replied, "Because people are sleeping"

Visiting his grandparents, a small boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out. He picked it up and found that it was an old leaf that had been pressed flat between the pages. "Mama, look what I found," he called out.

"What have you got there, dear?" his mother asked.

With astonishment in his voice, the boy answered, "I think it's Adam's underwear!"

This edition of **The First Unity Church of St. Louis Newsletter** is dedicated to **Faye Schmelig** for all her years of dedication and service to Unity Worldwide Ministry and First Unity Church of St. Louis. Faye, you will be dearly missed but the memory of you and all you have accomplished will live on.

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SilentUnity prayer support

1.800.NOW PRAY (669.7729)

uPray is a free mobile download

July

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹	² Knitting/Crochet Group, 11am	³ AA, 11am CA, 7pm	⁴ Independence Day	⁵ AA, 7pm	⁶
⁷ Singles Meeting, 12pm	⁸ Prayer Chaplain Mtg, 6:30pm	⁹ Book Club, 2pm	¹⁰ AA, 11am Dairy Queen Night, 5pm-8pm CA, 7pm	¹¹	¹² AA, 7pm	¹³ Writing With the Psalms Workshop, 1pm
¹⁴	¹⁵ Ladies' Night Out, 5:30pm	¹⁶ Knitting/Crochet Group, 11am	¹⁷ AA, 11am Hospitality Mtg, 6pm Board Meeting, 7pm CA, 7pm	¹⁸ 3 rd Thursday Quilters, 11am Ukulele Practice, 7pm	¹⁹ AA, 7pm	²⁰
²¹	²²	²³	²⁴ AA, 11am CA, 7pm	²⁵	²⁶ AA, 7pm	²⁷ Youth Ed Training, 11am
²⁸	²⁹	³⁰	³¹ AA, 11am CA, 7pm			

August

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Ukulele Practice, 7pm	2 AA, 7pm	3
4 Luncheon with Jan's Mentor Singles Meeting, 11am	5	6 Knitting/Crochet Group, 11am	7 AA, 11am CA, 7pm	8	9 AA, 7pm	10
11	12 Prayer Chaplain Mtg, 6:45pm	13 Book Club, 2pm	14 AA, 11am CA, 7pm	15 3rd Thursday Quilters, 11am Ukulele Practice, 7pm	16 AA, 7pm	17
18	19 Ladies' Night Out, 5:30pm	20 Knitting/Crochet Group, 11am	21 AA, 11am Hospitality Mtg, 6pm Board Meeting, 7pm CA, 7pm	22	23 Monte Carlo Night, 7pm AA, 7pm	24
25	26	27	28 AA, 11am CA, 7pm	29 Ukulele Practice, 7pm	30 AA, 7pm	31

EASTER REHEARSAL



EASTER BAKE SALE





