

# First Unity Church of St. Louis

2019 Volume 1

Issue 4

## Minister's Corner

### THE GREATEST GIFT

The fast-approaching holiday season can be a time of joy and celebration. We might envision a Hallmark Christmas -- a loving family enjoying a delicious gourmet meal expertly prepared and served in a tastefully decorated home. After dinner, they gather around a beautifully decorated Christmas tree and gaze out the window to unspoiled sparkling snow. Everyone eagerly anticipates opening gifts uniquely tailored to their interests and desires. This is a lovely picture; however unless we have "staff," it is going to take a lot of preparation and hard work to make this happen. What about the pressure to find that perfect gift for everyone on our list? I vividly remember last year standing in line to purchase a last-minute gift when the woman in front of me turned around and said, "I will be so glad when Christmas is over."

Maybe we need to stop, breathe, and follow the advice of that great philosopher, the Grinch, who thought, "Maybe Christmas doesn't come from a store. Maybe Christmas, perhaps, means a lot more." The Advent season, comprising the four weeks before Christmas, is a time of preparation, but it is about more than decorating, gift giving, and all our other holiday traditions. It's a time for us to rejoice in the 2,000-year old story of the birth of Jesus and a time for us to prepare for and celebrate the spiritual rebirth of our own Divine nature – the Christ within. Perhaps this sacred season, our focus needs to shift from doing to being. This is the time to contemplate, claim, nurture, and share those gifts that are more precious than anything we could purchase – the inner gifts that are the themes of Advent: Faith, Peace, Love, and Joy.

#### FAITH

True faith is a spiritual power, a deep inner knowing that allows you to look beyond illness to wholeness; beyond lack to abundance; beyond discord to harmony. You give this precious gift to others when you behold the Christ in them.

#### PEACE

The peace of God is always with you. You only have to open your mind and heart to feel its presence. In the midst of crowded stores, long lines, and family disharmony, you can surrender the details to The Divine within and be the presence of peace.

#### LOVE

Divine Love reaches into the depths of your being; Christ Love is your nature. During this sacred season, set the intention to savor every experience and look for every opportunity to give and receive love. Let all you do be done in love.

#### JOY

Joy is a gift from God; it comes from deep within your heart. As you express joy in all you do during this busy time, join in jubilant celebration of your oneness with the Divine and all humankind. Give your gift of joy.

Rev. Kelly Isola wrote, "Recognize you are a sparkling present from the cosmos. And it is time to unwrap yourself in order to share your magnificence with the world."

Join us the first four Sundays in December to explore the themes of Advent as we celebrate the age-old Christmas story that is as new as this now moment. Complimentary copies of the Unity Advent booklet, "Christmas in My Heart, Christmas in my Hands" are available. Have a blessed holiday season and remember,

**YOU ARE THE GIFT.**

Minister's Corner  
Unity Basic Principles  
Prayer Circle Ministry  
Save The Date

Upcoming Events  
Humor  
Core Values  
Calendars  
Photographs

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**Minister, Jan Mourning**

**Unity Basic Principles**

**Board Officers**

President, John Young  
Vice-President, Rick Emnett  
Secretary, Betty Jean Kofron  
Treasurer, Hope Dodson

We encourage you to explore and apply Unity teachings based on your own spiritual understanding. We believe this spiritual understanding is enhanced through reflective prayer and meditation.

**Board of Trustees**

Betty Ponzar  
Mary Tumminello

The five basic Principles that make up the Unity belief system are:

**Prayer Chaplains**

Lance Baugh  
Hope Dodson  
Linda Harr  
Anne Hartuppee  
Paul Henley  
Lynn Mark  
Betty Ponzar  
Mary Tumminello

**Principle One**

God is the source and creator of all. There is no other enduring power. God is good and present everywhere.

**Platform Assistants**

Hope Dodson  
Linda Harr  
Mary Tumminello

**Principle Two**

We are spiritual beings, created in God's image. The spirit of God lives within each person; therefore, all people are inherently good.

**Bookstore Manager**

Jane Vondruska

**Principle Three**

Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginnings in thought.

**Webmaster**

Carol Ellerman

**Principle Four**

Prayer is creative thinking that heightens the connection with God-Mind and therefore brings forth wisdom, healing, prosperity, and everything good.

**Office Manager**

Sara DeWitt

**Principle Five**

Knowing and understanding the laws of life, also called truth are not enough. A person must also live the Truth that he or she knows.

**Music**

Anne Hartuppee, Music Director  
Dean Wiegert, Soloist

**Youth Ministry Team**

Denise Halbert-Reggio, Director  
Glenda Gibhardt  
Cindy Gibb

**Newsletter Editor**

Patricia Riess  
riess@htc.net

## **Prayer Circle Ministry**

Our Unity movement began with one woman's prayers for healing. Following the example of Myrtle Fillmore, we pray in the consciousness that all we need and desire is already ours. Almost 100 years ago under the leadership of Rev. Hilda Eilers, our spiritual community established a Prayer Circle, then called A-S-K: Ask, Seek, Knock.

Today enriching lives through positive, affirmative prayer is part of the current mission at First Unity. We are currently seeking volunteers to revive the First Unity Prayer Circle. From the comfort of your own home, you can participate either by passing prayer requests and intentions along in a telephone chain or via email. If you are interested in participating in this sacred service, please sign the Prayer Circle Ministry sheet in the lobby or call the church office. We will have a brief organizational meeting on January 12 after service.

## **Save the Date**

### **Thanksgiving Eve**

Join the greater Unity community for our annual Thanksgiving Eve Service at 7:00 pm at Unity Church of Light, 2809 Yale Boulevard, St. Louis, MO, 63301.

### **Ladies Night Out**

The next Ladies Night Out will be November 21, 2019 at 5:30 pm at Syberg's Restaurant, 249 Arnold Crossroads Center, Arnold, MO 63010.

We will be having our Christmas Party on December 16, 2019 at 5:30 pm. Please bring a dish and a white elephant gift exchange to the party. Please contact Mary at [jtpres5111@sbcglobal.net](mailto:jtpres5111@sbcglobal.net) for more information.

### **Book Club**

Our Book Club meets on the 2nd Tuesday of the month from 2 pm – 4 pm at The St. Louis Bread Company on Tesson Ferry Road, St. Louis, MO.

Future books:

November 12, 2019 *"Still Life"* by Louise Penney

December 10, 2019 *"Breakfast With Buddha"* by Roland Merullo

January 14, 2020 *"Eleanor Oliphant Is Completely Fine"* by Gayle Honeyman

Looking forward to seeing you at the Book Club!

For further information, please e-mail Carol at [cabullock48@yahoo.com](mailto:cabullock48@yahoo.com)

### **The Art of Abundance: 10 Rules for a Prosperous Life**

On Thursday, November 7th at 6:45 p.m., we will have our last class on "The Art of Abundance" by Dennis Merritt Jones. This book helps readers open their eyes to the limitless abundance waiting just beyond their current belief system.

Books are available in the First Unity bookstore.

### **Decorations for Christmas**

We will decorate the church for Christmas on Nov. 30th, 2019, 10 am. All elves are welcomed. Our Christmas decorations will be dismantled on Dec. 28, 2019 10 am. All helping hands will be appreciated.

## **Upcoming Events**

### **Christmas Goodies Bake Sale**

Sunday, December 15 after service we will be having our annual Christmas Bake Sale.

Bring your favorite Christmas cookies, cakes, candies or treats and purchase a variety for your holiday gatherings.

All our baked goods will be sold on a Love Offering basis.

There won't be a sign-up for the baked goods, just joyously bring them to church.

If you need additional information, e-mail Hope at [hope\\_dodson@yahoo.co.uk](mailto:hope_dodson@yahoo.co.uk) or Donna at [dlllampert@hotmail.com](mailto:dlllampert@hotmail.com)

### **Christmas Candle Lighting Service**

As we approach the Advent season, we look forward to our Christmas Candle Lighting Service on Sunday, December 22, at 10:30 a.m. The candlelight service is to help us bring forth and celebrate the birth of Christ consciousness within our souls.

The Candle Lighting service celebrates the "12 Living Lights" within each of us. These twelve lights or powers are given to us from our Divine Creator for the purpose of unfolding our unique, individual Christ nature. As we unfold the Christ consciousness within, we also use these powers to express the eternal activity of God in all things and in all ways.

This special service is a great reminder about the true focus of Christmas. We look forward to seeing you this year at the Christmas Candle Lighting service.

### **Santa and Luncheon**

Join us after service on Sunday, December 22 for our annual Christmas luncheon. Invite family and friends. Santa and Mrs. Claus are expected to attend!

### **Burning Bowl Ceremony**

**December 29, 2019 10:30 a.m.,**

Bridgett Nicole wrote, "One of the most courageous decisions you will ever make is to finally let go of what is hurting your heart and soul." The Burning Bowl Ceremony is a sacred and powerful ritual – a symbolic release to the fire – designed to let go of old wounds, false beliefs, and negative emotions that are blocking the flow of good in your life. Engaging in the burning bowl ritual allows you to consciously clear away the old in order to prepare for abundant joy and peace in the new year. As the fire transforms the energy in the paper surrendered to the fire, so your soul will be transformed by the spiritual power of release.

### **White Stone Ceremony**

**January 5, 2020 10:30 a.m.**

Following the Burning Bowl ritual, the White Stone Ceremony prepares you to create the vision of what we are called to be in the new year. In the time of Jesus, prisoners were given a new name as they were released to prove to society that all debts were paid and they were legitimately free. Through meditation, you will listen to Spirit within and your new name will be revealed to you. You will write your new name on a white stone from Jerusalem that will be yours to keep as a reminder of what you have set the intention to be in 2020. This powerful experience will be followed by our annual Souper Sunday luncheon.

## **Souper Sunday**

Sunday, January 5, 2020 please join us in the downstairs community room after the Burning Bowl Service for “Souper” Sunday!!

We will graciously accept food items prepared for this special occasion on the day of the event.

Please sign up for soup, bread or dessert on the signup sheets in the foyer.

Bring a can or two of soup for Feed My People.

Hope to see you all there!!

## **Feed My People**

Feed My People is one of the community agencies our church supports. Those who attended the complimentary luncheon hosted by our Outreach Ministry last year had an opportunity to learn more about their mission, as well as how we may be of service to their organization. Place your donations in the basket just inside our church bookstore. We are also collecting clothing and coats. A bin is provided in the Book Store.

**“For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me...” Matthew 25:35**

## **HUMOR**

### **You Better Be Good**

Sarah and her thirteen-year-old sister had been fighting a lot this year. This happens when you combine a headstrong two-year-old, who is sure she is always right, with a young adolescent.

Sarah’s parents, trying to take advantage of her newfound interest in Santa Claus, reminded the two-year-old that Santa was watching and doesn’t like it when children fight. This had little impact.

“I’ll just have to tell Santa about your misbehavior,” the mother said as she picked up the phone and dialed. Sarah’s eyes grew big as her mother asked “Mrs. Claus” (really Sarah’s aunt; Santa’s real line was busy) if she could put Santa on the line. Sarah’s mouth dropped open as Mom described to Santa (Sarah’s uncle) how the two-year-old was acting. But, when Mom said that Santa wanted to talk to her, she reluctantly took the phone.

Santa, in a deepened voice, explained to her how there would be no presents Christmas morning to children who fought with their sisters. He would be watching, and he expected things to be better from now on.

Sarah, now even more wide eyed, solemnly nodded to each of Santa’s remarks and silently hung the phone up when he was done. After a long moment, Mom (holding in her chuckles at being so clever) asked, “What did Santa say to you, dear?”

In almost a whisper, Sarah sadly but matter-of-factly stated, “Santa said he won’t be bringing toys to my sister this year.”

### **At Grandma’s**

- Written by Tab Nettleton

Two young boys were spending the night at their grandparents. At bedtime, the two boys knelt beside their beds to say their prayers when the youngest one began praying at the top of his lungs.

“I PRAY FOR A NEW BICYCLE...

I PRAY FOR A NEW NINTENDO...

I PRAY FOR A NEW VCR...”

His older brother leaned over and nudged the younger brother and said, “Why are you shouting your prayers? God isn’t deaf.” To which the little brother replied, “No, but Gramma is!”



# *Dean Christopher*

*A Classic Vegas-  
Rat Pack & More*

## *Christmas*



Featuring:

Joe Dreyer-piano, Ric Vice-bass, Kevin Gianino-drums,  
Randy Holmes-trumpet, Paul DeMerath-trumpet,  
Aaron Lehde-sax, Steve Frioux-trombone

## December 14, 2019 - 7:30pm

First Unity Church 4753 Butler Hill Rd

For tickets (\$20) and info call Chuck at  
314-614-2950 or First Unity at 314-845-8540

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: **ACCEPTANCE**

Practicing Jesus' teaching of love and understanding, we unconditionally honor the Divine Essence of each person.

### **COMMUNITY BEHAVIORS**

- We rejoice in the individuality of each person and the richness this diversity brings to our spiritual community
- As an inclusive community, we prayerfully support and consciously recognize the sacred worth of all people
- We celebrate life together knowing that we are all made in the image and likeness of the omnipotent, omnipresent, omniscient God

### **INDIVIDUAL BEHAVIORS**

- I practice self-acceptance and monitor self-talk to ensure I am saying only affirming, loving Truths to myself
- I challenge myself to reach out to others who appear different from me
- I listen mindfully and extend appreciation for other's ideas and opinions

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Website: [www.FirstUnityChurchofSt.Louis](http://www.FirstUnityChurchofSt.Louis)  
SilentUnity prayer support  
1.800.NOW PRAY (669.7729)  
uPray is a free mobile download

# November

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AA, 7pm	2 Prayer Chaplain Training, 1pm-5pm
3 Singles Meeting, 12pm  Daylight Savings Time Ends	4	5 Knitting/Crochet Group, 11am	6 AA, 10am CA, 7pm	7 Art of Abundance Class, 645pm-845pm  Ukulele Practice, 7pm	8 AA, 7pm	9
10	11 Prayer Chaplain Mtg, 645pm	12 Book Club, 2pm	13 AA, 10am CA, 7pm	14	15 AA, 7pm	16
17	18 Ladies' Night Out, 530pm	19 Knitting/Crochet Group, 11am	20 AA, 10am  Hospitality Mtg, 6pm Board Meeting, 7pm  CA, 7pm	21 3 <sup>rd</sup> Thursday Quilters, 10am  Ukulele Practice, 7pm	22 AA, 7pm	23
24	25	26	27 AA, 10am CA, 7pm  All Unity Thanksgiving Service, Unity Church of Light, 7pm	28   Thanksgiving Day	29 AA, 7pm	30 Decorate for Christmas, 10am



# December

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Singles Meeting, 12pm	2	3 Knitting/Crochet Group, 11am	4 AA, 10am CA, 7pm	5 Ukulele Practice, 7pm	6 AA, 7pm	7
8	9 Prayer Chaplain Mtg, 645pm	10	11 AA, 10am CA, 7pm	12	13 AA, 7pm	14 Dean Christopher Concert, 730pm
15 Bake Sale	16 Ladies' Night Out, 503pm	17 Knitting/Crochet Group, 11am	18 AA, 10am CA, 7pm	19 3 <sup>rd</sup> Thursday Quilters, 10am  Ukulele Practice, 7pm	20 AA, 7pm	21
22 Candle Lighting Service  Lunch with Santa	23	24	25 AA, 10 AM CA, 7pm  Christmas Day	26	27 AA, 7pm	28 Remove Christmas Décor, 10am
29 Burning Bowl Ceremony	30	31				









**MINISTER  
APPRECIATION DAY**



**SANDY ETHERIDGE  
BACK FOR A VISIT**



**A RAINY DAY FOR  
THE FASHION SHOW**







