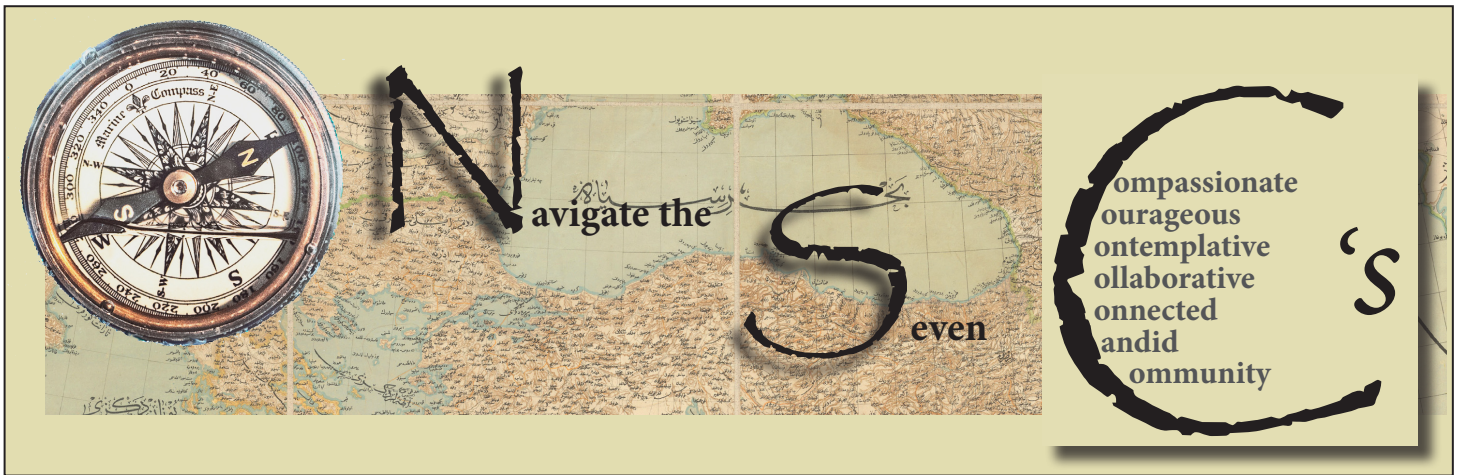


First Unity Church of St. Louis



2020 Volume II

Issue 2

Spring Forth

O.k., I admit it! As much as I try to remain positive, I am not a winter person! I am just not a fan of the cold and darkness. This year a good friend and I set the intention to shift our consciousness about winter. We began by generating a list of the good we could find in the season. We came up with: 1. Hot soup 2. A blazing fire 3. Soft, warm, sweaters -- and that was it!

Throughout this winter season I have tried to embrace the season, visualizing that beneath the frozen ground, seeds are quietly waiting to burst into new life with the spring sun. Soon, all around us we will see nature's awakening. Spring is season for renewal, new growth, new beginnings. Appropriately, this is the time when Christians throughout the world celebrate the season of Lent. The word "Lent" comes from the Anglo-Saxon word for spring -- "lecten" meaning "to lengthen" -- highlighting longer days of sunlight. Traditionally, the period between Ash Wednesday and Easter is a time of fasting and abstinence. In Unity, we consider the days before Easter to be a season of spiritual preparation and awakening. Instead of giving up chocolate or other life pleasures, we give up negative thinking and judgments that create a sense of separation from God and envelop us in the darkness of misunderstanding about our true essence.

As we weed our gardens, plant seeds in the earth, and wait for them to spring forth, we are reminded that the most important weeding and seeding is in our own consciousness. Before we plant seeds for spiritual growth, we must pull the weeds of negative judgments about ourselves and others. In the words of Mark Nepo, "If you are caring for a potted plant, you eventually have to repot it or the roots get bound and it dies. Each self, within a lifetime, needs to be repotted if we are to grow and serve our purpose."

So, as we prepare for the Easter reawakening of Christ consciousness, may we all ask, "What weeding, seeding, and repotting do we need to do in our own minds?" If we are holding fear-based beliefs, resentments, or thoughts and agreements about being less than, unworthy, or unable; we can use our power of renunciation to say "no" and let go of these false ideas. The old dirt must be thrown out; the weeds of error must be pulled. They are not the Truth of our being. We are all individualized expressions of the Divine, and we can release what needs to be released in order to claim and live from our True Christ Identity.

As we emerge from the darkness of winter, let us turn from the darkness of old, limiting beliefs to the understanding that the light within us can never be dimmed -- except in our own consciousness. In this blessed Spring season, we come together in compassionate, courageous community to lovingly support and behold the Christ in ourselves and one another. As we plant seeds of love and compassion for all humankind, they will spring forth to enrich our lives, our spiritual community, and the world.

Happy Winter's End ~~ Happy Spring ~~ Happy Easter
Rev. Jan

March/April 2020

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The Third Thursday Quilters is a group of women getting together to do community service projects in alignment with the vision, mission and core values of First Unity Church.

They have fun making quilts to give to the 3rd District South County Police Department. The quilt donations are carried by the officers in their squad cars and given to traumatized children as needed.

Another part of their community service is to make smaller quilts to donate to the Neonatal Intensive Care Unit at Mercy Hospital on Ballas Road.

In December, The Third Thursday Quilters were able to deliver 24 quilts to the South County Police Department and 12 quilts to the Neonatal Unit at Mercy Hospital.

This group always needs and welcomes people to participate. If you do not know how to quilt or sew, they can teach you.

There are always plenty of other ways to help if you desire, such as donations of cotton fabrics, fleece, baby yarn and other sewing supplies. Monetary donations for supplies are also welcome.

The gatherings are held in the adult classroom on the third Thursday of every month from 10 AM - 3 PM. Brown bag lunches are recommended. Everyone is welcome.

For more information please e-mail Jane at jcvond@aol.com or Margaret at mistahl@swbell.net

Prayer Chaplain Program

Ever wonder what Prayer Chaplains do beyond reading from the Daily Word and praying with people one-on-one before and after Sunday services?

First Unity is blessed with our Prayer Chaplain Ministry. This is a group of dedicated, heart-centered people who support our spiritual community with prayer and assist Rev. Jan with some of her pastoral duties such as hospital and nursing home visits and monthly prayer calls to members who request them.

There are 9 chaplains this year (listed in the left column of this newsletter). Chaplains are well-trained prior to beginning their duties. Every chaplain goes through intensive training each October and November. They attend monthly meetings to review training, connect with one another and to deepen their own spiritual understanding and practice.

All prayers are kept in strictest confidence and it is an honor and privilege to pray with you.

Minister, Jan Mourning

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Newsletter Editor
Patricia Riess
riess@htc.net

Upcoming Events

Ladies Night Out

The next Ladies Night Out will be Joey B's, in Concord Plaza on March 16th at 5:30. p.m. On April 20th at 5:30 p.m. we will meet at Saffron India Restaurant on Barrett Station Road and Manchester. Please contact Mary at jtpres5111@gmail.com for more information.

Book Club

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

Future books:

March - "*Lila*" by Marilyn Robinson

April - "*Flash*" by Rachael Anne Ridge

May - "*Tattooist of Auschwitz*" by Heather Morris

June - "*Bear Town*" by Fredrick Backman

For information on the Book Club, please e-mail Carol at cabullock48@yahoo.com

Looking forward to seeing you at the Book Club!

Easter Bake Sale Sunday, April 12

You can donate your favorite baked goods and shop others' goodies to take home!

Items are sold on a Love Offering basis.

No need to sign up. Just bring your baked items with you to Sunday service

If you prefer, you may drop off your baked goods at the church on Sat., April 11th from 10:00 a.m. - 2:00 p.m.

Contact Hope at, hope_dodson@yahoo.co.uk or Donna at dillampert@hotmail.com

Dean Wiegert

Dean Christopher Wiegert has been the vocalist at First Unity Church since 1987.

He has been a performer for nearly all of his adult life working under the name Dean Christopher.

When he moved back to St. Louis from New York, Dean saw an ad in the paper for a vocalist at First Unity. What started out as a part time “gig” turned into an journey of spiritual fulfillment which he found and continues to find through Unity.

Professionally, during his occasional appearances as an actor he received a St. Louis Theatre Circle Award.

As a singer and impressionist, Dean was a favorite opening act for the late legendary comedian Don Rickles, and he has traveled the world as a guest entertainer on Royal Caribbean, Celebrity, Azamara and Oceania cruise lines.

Dean is certain that if it weren't for Unity, he may never have understood how truly blessed he really is!

Save The Date

March 8	Promotion Ministry - 12 p.m.
March 21	Welcoming Ministry Training - 10:15 a.m.
March 22	New Member/Unity Review Class - 12 p.m.
April 4	Community Cleaning/Work Day
April 5	New Member Sunday
April 12	Easter & Bake Sale
April 26	Annual Meeting & Luncheon - 12 p.m.
May 16	Ordination - 4 p.m.
May 17	Guest Speaker - Russell Heiland - Unity of Fairfax. Community Luncheon to follow.
June 13	Martha Creek Workshop 1:30 p.m. - 4:00 p.m. Registration Fee \$25
June 14	Martha Creek Workshop 12:30 p.m. - 2:30 p.m. Registration Fee \$25
	Registration Fee for both workshops \$40

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: **SPIRITUAL GROWTH**

Spiritual growth is a life-long practice of bringing one's mind into harmony with the Absolute Goodness of God

COMMUNITY BEHAVIORS

- Embracing the wholeness, abundance, and wisdom that we all have within, we open a space to support everyone on his/her individual path toward ever-expanding spiritual growth
- We teach and practice spiritual principles that inspire us to look beyond human conditions and claim our greater good
- As a spiritual community, we make decisions from our inner Christ, contributing to the well-being of one another and the world

INDIVIDUAL BEHAVIORS

- I engage in metaphysical Bible interpretation, seeing my own soul's evolution in the characters, places, and events in the Bible
- To develop increased spiritual understanding, I read and listen to spiritual material, engage in daily prayer and meditation, and attend classes
- As the realization of my Divine identity evolves, I align my thoughts, words, and actions with the Absolute Goodness of God

HUMOR

Q and A

Q. When was meat first mentioned in the Bible?

A. When Noah took Ham into the ark.

Q. At what time of day was Adam created?

A. A little before Eve.

Q. Where is the first math homework problem mentioned in the Bible?

A. When God told Adam and Eve to go forth and multiply.

Q: Where is medicine first mentioned in the Bible?

A: When God gave Moses two tablets.

Q. What kind of man was Boaz before he married Ruth?

A. He was Ruthless.

Q. Who was the greatest investor in the Bible?

A. Noah: He was floating his stock while everyone else was in liquidation.

Q. What kind of motor vehicles are in the Bible?

A. Jehovah drove Adam and Eve out of the Garden in a Fury. David's Triumph was heard throughout the land. Also, probably a Honda, because the apostles were all in one Accord.

Q. Which servant of God was the biggest lawbreaker in the Bible?

A. Moses. He broke all 10 commandments at once. (throwing the stone tablets)

Q. Which area of Palestine was especially wealthy?

A. The area around Jordan where banks were always overflowing.

Q. Why didn't they play cards on the Ark?

A. Because Noah was standing on the deck.

March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Knitting/Crochet Group, 11am	4 AA, 10am CA, 7pm	5 Ukulele Practice, 7pm	6 AA, 7pm	7 Choir Practice, 9am
8 Promotion Ministry Meeting, 12pm	9 Prayer Chaplain Meeting, 645pm	10 Book Club, 2pm	11 AA, 10am CA, 7pm	12	13 AA, 7pm	14 Choir Practice, 9am
15	16 Ladies' Night Out, 530pm	17 Knitting/Crochet Group, 11am	18 AA, 10am Hospitality Mtg, 6pm Board Meeting, 7pm CA, 7pm	19 3 rd Thursday Quilters, 10am Ukulele Practice, 7pm	20 AA, 7pm	21 Choir Practice, 9am Welcoming Ministry Meeting, 1015am
22 New Member Class, 12pm	23	24	25 AA, 10am CA, 7pm	26	27 AA, 7pm	28 Choir Practice, 9am
29	30	31				

April

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ AA, 10am CA, 7pm	² Ukulele Practice, 7pm	³ AA, 7pm	⁴ Choir Practice, 9am Community Work Day, 1030am
⁵ Palm Sunday New Member Sunday	⁶	⁷ Knitting/Crochet Group, 11am	⁸ AA, 10am CA, 7pm	⁹	¹⁰ AA, 7pm	¹¹ Choir Practice, 9am
¹² Easter Sunday Easter Bake Sale	¹³ Prayer Chaplain Meeting, 645pm	¹⁴ Book Club, 2pm	¹⁵ AA, 10am Hospitality Mtg, 6pm Board Meeting, 7pm CA, 7pm	¹⁶ 3 rd Thursday Quilters, 10am Ukulele Practice, 7pm	¹⁷ AA, 7pm	¹⁸ Choir Practice, 9am
¹⁹	²⁰ Ladies' Night Out, 530pm	²¹ Knitting/Crochet Group, 11am	²² AA, 10am CA, 7pm	²³	²⁴ AA, 7pm	²⁵ Choir Practice, 9am
²⁶ Annual Meeting & Lunch	²⁷	²⁸	²⁹ AA, 10am CA, 7pm	³⁰ Ukulele Practice, 7pm		

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SilentUnity prayer support

1.800.NOW PRAY (669.7729)

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**PAUL'S
PANCAKE
SHIRT
AND
SOCKS**