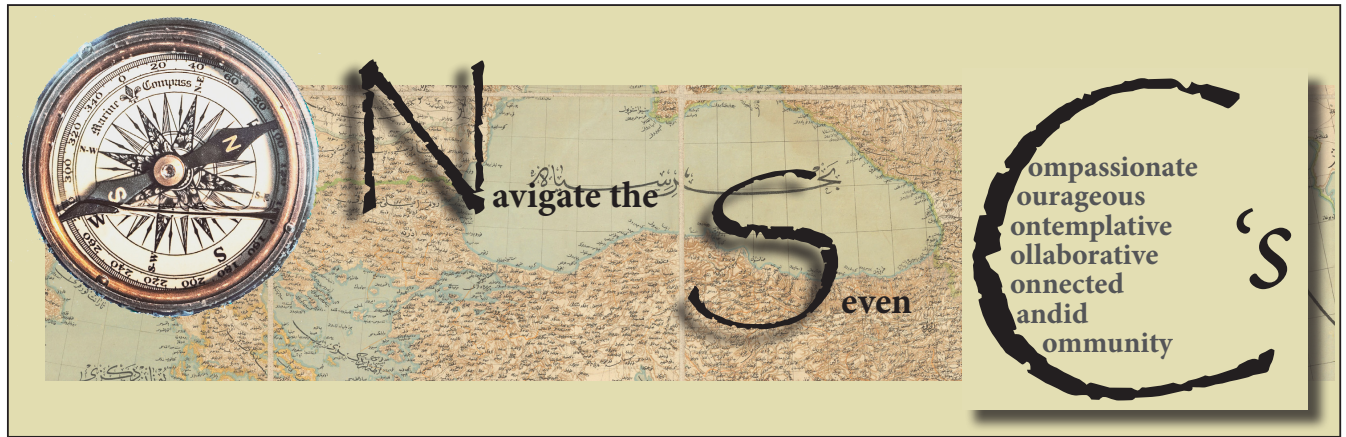


# First Unity Church of St. Louis



2020 Volume II

## After the Pandemic

Issue 3

In 2020, we at First Unity set the intention to sail the seven C's together as a COMPASSIONATE, COURAGEOUS, CONTEMPLATIVE, COLLABORATIVE, CONNECTED, CANDID COMMUNITY. Little did we imagine how choppy, unpredictable, and frightening the current seas would be! We have been adrift in uncharted waters – where none of us has sailed before. Forced to depart from the life we have known, we might feel unsure about our destination.

Yet, never has compassionate community been so important; never has living in spiritual principle been so essential. While no one welcomes a pandemic, this global challenge calls us to come together as a spiritual community in oneness of Spirit to support one another, pray for all humankind, and live the Truth we know.

In the midst of the pandemic, we can ask ourselves, “What will be the grace in moving forward?” What will life be like after the pandemic?” As American Buddhist monk Pema Chodron wrote, “When things fall apart, we can use it as an opportunity to be open and inquisitive about what has just happened and what will happen next.”

Crisis often leads to positive change, and it is my prayer that we remember:

1. WE ARE ALL CONNECTED. Realizing that people all over the globe are facing the same challenges and fears is a striking reminder of our Oneness. We have grieved together and we have joined together to celebrate victories along the way, discovering that there is more to unite than to divide us. As Jack Kornfield wrote, “The veils of separation are parting and the reality of interconnection is apparent to everyone on earth.”

2. ACTS OF GOODNESS, COURAGE AND COMPASSION MAKE A DIFFERENCE. Around the world, we've witnessed acts of heroism in health care workers and first responders putting their lives at risk to care for the sick, and we've seen others work tirelessly to feed us and to provide essential supplies and services. We've been entertained by quarantined people singing from their balconies, and our hearts have been touched by teddy bears displayed in windows. Mother Teresa said, “Not all of us can do great things. But we can do small things with great love. But we can do small things with great love.”

3. WE ARE HERE TO BE ALL WE CAN IMAGINE GOD TO BE. This is the time to realize that the Power and Presence of God is greater than any worldly challenge. We are all individualized expressions of the same God, endowed with all the powers of the Christ including Love, Strength, Faith, and Wisdom. We set the intention to use our Christ powers for the good of all humankind. One loving thought, one affirmative prayer, one positive action at a time, we come together as a compassionate, courageous community to hold the highest possible consciousness as we set the intention to create a better world together.

Holding all in prayer.

Love,  
Rev. Jan

**May/June 2020**

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Our Bookstore Ministry was created to provide invaluable resources to the First Unity Church of St. Louis community.

Our entire Sunday service is available for purchase on CD in the bookstore immediately following the service. It includes introductions, the selection of hymns for the service, Dean Christopher's solo performances and Rev Jan Mourning's inspirational message.

In addition to the CDs, our bookstore has books and pamphlets to support everyone's spiritual journey. Reading materials are available for children and adults.

To supplement our ongoing classes and Sunday messages, books may be purchased or ordered at the front desk of the bookstore.

Greeting cards are presently available and with the evolving design to the bookstore, many more resources and other inspirational gifts will soon be available. Our bookstore encourages all to celebrate being a part of this wonderful spiritual community.

If you would like to help in this effort, please contact Mary at [mapgrace1960@gmail.com](mailto:mapgrace1960@gmail.com) or Betty Jean at [bettykofron@cbgundaker.com](mailto:bettykofron@cbgundaker.com) to join in the growth of our First Unity's bookstore.

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**First Unity Crocheting/Knitting Group**

The First Unity Crocheting/Knitting Group meets the first and third Tuesday of the month from 11 am until 1 pm.

We make baby items for the St. Louis Chapter of Newborns in Need who delivers items to hospitals and group homes that help infants in need. The St. Louis Chapter of NIN delivers items throughout the eastern half of Missouri.

Virginia and Joan deliver all finished items to the monthly NIN meeting on the first Saturday of the month.

Other items NIN collects are diapers and infant clothing, both new and gently used.

If you want to help but don't crochet or knit, we are always pleased to receive donated yarn. We will turn your donation into a lovely baby item to be donated.

For more information, email Joan at [joanmueller46@att.net](mailto:joanmueller46@att.net)

## Minister, Jan Mourning

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riess@htc.net

## Upcoming Events

### Ladies Night Out

The next Ladies Night Out will be May 18th at Mike Duffy's  
124 W. Jefferson Kirkwood, Mo 63122 at 5:30 pm.

Presently our June outing is scheduled for June 21th at Lazy River  
631 Big Bend Rd, Ballwin, Mo 63021 at 5:30 pm.

Please contact Mary at [jtpres5111@gmail.com](mailto:jtpres5111@gmail.com) for more information on  
modifications for the upcoming events.

### Book Club

Our Book Club meets on the 2nd Tuesday of the month from  
Book Club

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

The April meeting was canceled due to the Stay-at-Home order in effect.

We will continue with our original schedule and read *"Tattooist of  
Auschwitz - and his secret love"* by Heather Morris in May,

We will reschedule *"Flash"* by Rachael Anne Ridge at a later date.

We are in a wait-and-see mode at the present time. Please contact Carol  
at [cabullock48@yahoo.com](mailto:cabullock48@yahoo.com) for future updates.

Looking forward to seeing you at the Book Club!

### Shopping On-line with IGive.com

Many of us have resorted to shopping on line during the coronavirus  
pandemic. So, let's use that to our advantage and earn money for our  
church!!

You can do this by enrolling in IGive.com.

IGive is an organization that coordinates giving to thousands of charities  
from a network of stores with online purchasing options.

Here are the steps to follow:

Go to IGive.com and complete the form.

Search for "First Unity Church of St. Louis" when asked for your school  
or nonprofit.

You can do this from your desktop or download the IGive app to your  
mobile device.

Contact Rick at [rrrrj2006@sbcglobal.net](mailto:rrrrj2006@sbcglobal.net) if you need assistance.

## IN GRATITUDE

Heartfelt thanks goes out to all those who are making it possible for us to post abbreviated Sunday messages during this time when we cannot hold our usual Sunday services.

Gratitude to:

Kathy Boyd – Videographer, Facebook Admin  
Carol Ellerman – Webmaster  
Linda Harr – Prayer Chaplain  
Anne Hartupée – Licensed Unity Teacher, Music Director  
Bob Leonard - Lighting and Sound  
Mary Tumminello – Prayer Chaplain  
Dean Wiegert – Soloist  
Victoria Wiegert – Dean's Videographer  
Gladys Young – Prayer Chaplain

It is our dream and intention to upgrade our network, sound, and projection capabilities in order to begin Live Streaming so that our Sunday services can be simultaneously recorded and broadcast in real time and then made available as Podcasts. Join us in seeing that intention realized. In the meantime, we are grateful to be able to provide abbreviated Sunday services. Kathy Boyd reports that our six abbreviated Sunday services published on YouTube have 100 -180 views each, averaging 145 views per service.

## SAVE THE DATE

For the most current updates concerning our church, please refer to Rev. Jan Mourning's Mid-Week Update, our website at [Unitystl.org](http://Unitystl.org), and First Unity Church of St. Louis Facebook Page.

## HUMOR

Kids in Church

3 year old Reese said his daily prayers, "Our Father, Who does art in heaven, Harold is His name. Amen."

After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys."

Six year old Angie and her four year old brother Joel were sitting together in church. Joel giggled, sang, and talked out loud. Finally, his big sister had enough. "You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those two men standing by the door? They are hushers."

I had been teaching my three year old daughter, Caitlin, the Lord's Prayer. For several evenings at bedtime, she would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us some E-mail".

A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am".

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: **SPIRIT-LED**

We transcend our human identity and claim our spiritual identity by aligning with and living in awareness of Infinite Spirit

### **COMMUNITY BEHAVIORS**

- We begin all our gatherings with prayer
- Cultivating communion with the Divine, we teach spiritual principles and practice sacred service
- We consistently provide opportunities to deepen and expand understanding of Unity principles and how to align with them
- Guided by Spirit, we act from our Divine Identity

### **INDIVIDUAL BEHAVIORS**

- I take life's celebrations and challenges into prayer
- I engage in daily spiritual practices that keep me conscious of Spirit
- I choose activities that deepen my relations with the Divine

**Minister: Jan Mourning**

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**Email: [firstunity@firstunitychurchstlouis.org](mailto:firstunity@firstunitychurchstlouis.org)**

**Website: [unitystl.org](http://unitystl.org)**

**SilentUnity prayer support**

**1.800.NOW PRAY (669.7729)**

**uPray is a free mobile download**



# BURNING BOWL CEREMONY





# "SOUPER" SUNDAY

