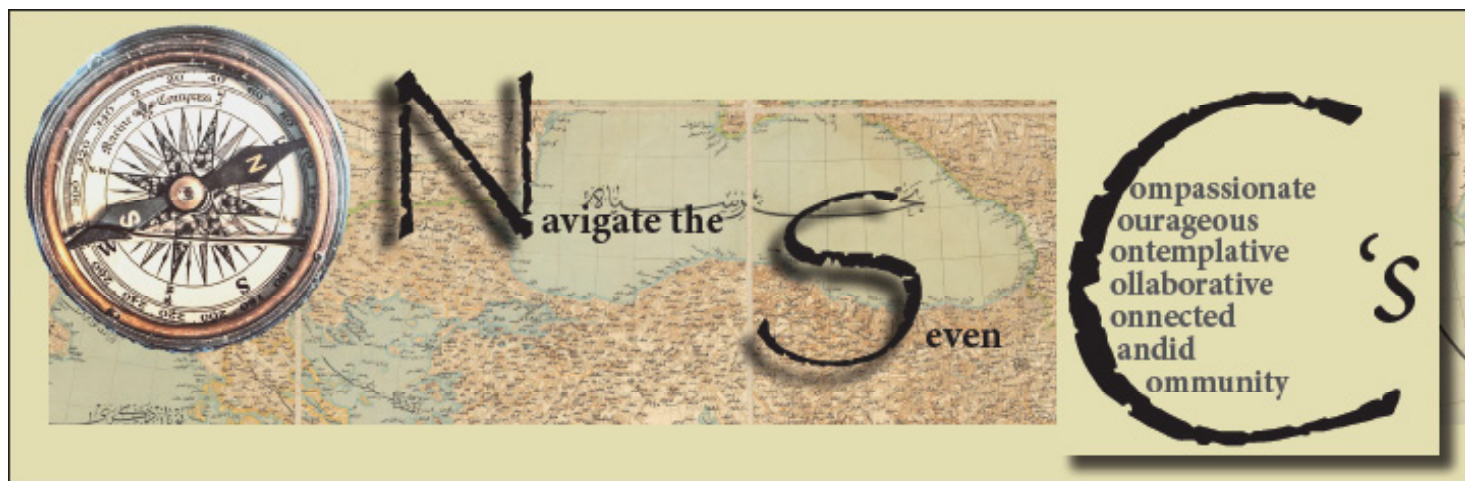


FIRST UNITY THEME FOR 2020

Compassionate, Courageous, Community



Which Wolf?

A wise, old Cherokee elder told his grandson, "My son, inside us all, a battle wages between two wolves. One is Evil (Error). It is anger, resentment, inferiority, fear, and lies. The other is Good. It is love, peace, joy, wisdom, & truth."

The boy thought about it, and asked, "Grandfather, which wolf wins?"

The old man quietly replied, "The one that you feed, son, the one that you feed."

Especially now when we are still in the midst of the worst pandemic the world has known, when there is so much social unrest and political division in our country, each one of us needs to ask ourselves, "Which wolf am I feeding – the wolf of fear or the wolf of faith?" Appropriately, "From Fear to Faith" is the 2020 theme of Unity World Day of Prayer.

Rev. Robert Brumet wrote, "Fear is faith turned inside out. Fear is having faith in certain images created by the mind rather than having faith in the creative power of the mind itself." Like all of our spiritual powers, faith must be directed. Our soul is pivotal. In our spiritual lives and in our blessed spiritual community, we can turn within and place our faith in loving compassion, courage, and connection with All That Is, or we can dwell on what we see in the outer world.

One acronym for FEAR is Feel Everything And Rise - meaning we have to acknowledge our human fear and then rise to the place where we can see things in spiritual perspective. We may come to bless our fear because it calls us to realize our true spiritual essence. In the words of the Persian poet Hafiz, "Fear is the cheapest room in the house. I would like to see you living in better conditions."

When we make the choice to turn within, we realize we have everything we need to navigate the current stormy seas. We use our Power of Faith to see beyond frightening conditions to a Greater Reality. Turning within, we claim power, strength, and order, and we feed the "good wolf."

Let us all join together as a compassionate, courageous, connected community taking into our hearts and souls the Unity World Day of Prayer affirmation:

**As we grow in faith, so grows our ability to trust
inner Divine wisdom, order, and strength.**

**Blessings to all~
Love,
Rev. Jan**

Sept/Oct 2020

In This Issue:

Minister's Corner

Unity World Day of Prayer

Updates For Events

LUT

Paths to Unity Ministry

Core Values

Humor

Photographs

Unity World Day of Prayer

Thousands of people will join Silent Unity®—an international, trans-denominational, 24/7 prayer ministry—and Unity churches and centers around the world on September 9 and 10, 2020, for Unity World Day of Prayer. The theme of this 24-hour prayer event is "From Fear To Faith".

This year's affirmation for the event is: Standing in truth, I move from fear to faith.

First Unity Church of St. Louis will be holding an all-day prayer vigil on September 10. Our doors will be open from 8:00 a.m. until 7:00 p. m. We welcome you to come by and either leave a prayer request in our sealed prayer box or pray with one of our prayer chaplains. Please be assured that we are strictly following social distancing guidelines. Be sure to bring a mask with you.

Our prayer chaplains are trained to hold all prayers in confidence. At the end of the day, all prayer requests will be sent to Silent Unity® where they will be held in prayer for 30 days. We also invite you to light a virtual candle at <https://www.unity.org/wdop/candle> to represent your light shining in prayer.

We look forward to supporting you with prayer.

"Prayer may seem at times to work wonders. But the wonder-working potential is always within you, waiting to be released."
Eric Butterworth

For more information visit: <https://www.unity.org/wdop>

Updates for Events

Ladies Night Out is scheduled for:
Oct. 19th, 2020 at 5:30 p.m.

Mike Duffy's Pub & Grill
124 W. Jefferson Ave.
Unit 104
Kirkwood, MO 63122

Please contact Mary at jtpres5111@gmail.com with any questions.

Our **Book Club** meets on the 2nd Tuesday of the month
from 2 – 4 pm. During this time we are meeting via the Zoom platform.

Sept 8 - *"The Boy Who Knew Too Much"* by Cathy Byrd

Oct 13 - *"These Is My Words"* by Nancy Turner

Nov 10 - *"When Crickets Cry"* by Charles Martin

Dec 8 - *"The Book Woman of Troublesome Creek"* by Kim Michele Richardson

Jan 12 - *"Olive Kitteridge"* by Elizabeth Strout

Please contact Carol at cabullock48@yahoo.com for instructions on joining the Zoom meeting and future updates.

Looking forward to seeing you at the Book Club!

What Is An “LUT” And Why Do We Need One?

We’ve all heard the term “LUT” bandied about at church in reference to some particular active members who teach classes, sometimes give lessons during Sunday service and seem to have other various duties and responsibilities... but what is an “LUT”? An LUT is a Licensed Unity Teacher who has gone through extensive training and spiritual growth over several years and is certified by Unity Worldwide Spiritual Institute and Unity Worldwide Ministries to teach Unity’s principles and practices and to take a leadership role in his/her Unity spiritual community. The main duties of the LUT are to assist the minister in spiritual aspects of the church and to teach classes. Since the LUT’s main purpose is to assist the Unity minister, LUTs cannot be voting members on the Board of Trustees. It is also not a paid position in the church, but LUTs do receive half of the love offerings from the classes they teach.

The training process for LUTs includes 25 classes taken online or in-person at their local Unity church / spiritual center followed by three week-long sessions of advanced classes at Unity Village; a year in Toastmasters (or equivalent); a psychological evaluation; active involvement in some leadership duties in their spiritual center; teaching at least three classes and a week-long Skills Demonstration Seminar (SDS). Classes include Old and New Testament History and Interpretation, Metaphysics, Prayer, Meditation, New Thought and Unity History and Fundamentals, Spiritual Personal Development, Twelve Powers, Prosperity and Conversation Skills. There are five areas of focus for LUTs: Adult Education, Administration, Pastoral Care, Music Ministry and Youth Education. Each LUT candidate works with his/her minister to choose an area of focus based on personal preferences and in service to the needs of his/her local Unity spiritual community.

So what motivates someone to become a Licensed Unity Teacher? I’ve asked several LUTs over the years and the answer I most often get is, “I loved the teachings so much and they improved every area of my life so greatly that I just felt called to learn everything I could and to teach others.” This is certainly true in my own life (I’m about halfway through the training program). Our very own LUT, Anne Hartupée, agrees with those sentiments and more. Anne has felt lead to pursue the ministerial path and when Reverend Jan took over as minister a few years ago, it became clear to Anne that she should obtain her LUT first since there is such a need for a teacher at First Unity Church of St. Louis. Anne also loves being of service to the church by assisting Jan and learning all she can from her great example. Some LUTs do act as a Unity church’s spiritual leader if they lack a minister, but only temporarily. They must enter the Field Ministry Program soon after becoming the spiritual leader. This is the path that Rev. Jan has taken.

So, Can I Take Classes Just for My Own Spiritual Growth and Understanding... Without Having to Become a LUT?

Yes! In addition to the classes taught by Anne, Unity Worldwide Spiritual Institute offers classes online and many are self-paced. The regular Unity classes are under the “Spiritual Education and Enrichment” (SEE) category. Learners may also choose some online classes or seminars that are beyond Unity Teachings under the “Spiritual Explorers” section.

Please visit <https://www.unityworldwideministries.org/uwsi/spiritual-education> to find out more.

Blessings,
Hope Dodson

Minister, Jan Mourning

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PATHS TO UNITY MINISTRY

Unity Worldwide Ministry offers different paths to ministry - all of which are designed to call forth the same standards of ministerial excellence. They are:

• Ministry and Religious Studies Graduate Program (M&RS)

This path with Unity Worldwide Spiritual Institute (UWSI) offers a graduate academic program featuring interactive online courses to build knowledge and skills in all aspects of ministry combined with face-to-face intensives and internships. Candidates in this program earn a Master of Divinity degree.

• The Field Path

This path is designed for the individual who is currently serving in a Unity ministry as a spiritual leader. The Field Path looks at each candidate's experience and education and designs a curriculum to fit individual needs. This includes working with a mentor, taking UWSI classes, attending yearly Intensives, and doing a community-based practicum.

• Unity Urban Ministerial School

This path offers a graduate-level online program through UWSI with emphasis on transforming communities, face-to-face and virtual connections, and a nine-month, mentor-guided internship. The focus is on the teachings of Unity that are presented in such a way as to be implemented for all socio-economic groups.

The prerequisite for entering these paths is a Bachelor's Degree plus completion of eighteen specific Spiritual Education & Enrichment courses.

In addition, Unity has a number of International Schools that guide individuals in other countries through the process of becoming Unity ministers. All programs are in alignment with UWM credentialing requirements and may lead to ordination by Unity Worldwide Ministries.

Becoming a Unity minister is rich and rewarding - and it can be very demanding. We are blessed to have these different paths to prepare ministerial candidates for the important work to which they have been called.

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Email: firstunity@firstunitychurchstlouis.org

Website: unitystl.org

SilentUnity prayer support

1.800.NOW PRAY (669.7729)

uPray is a free mobile download

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: **ONENESS**

God is the loving Source of all that is, and we are one with God and one another.

COMMUNITY BEHAVIORS

- Through our indwelling Christ nature, we express qualities of the Divine moment by moment
- We embrace all people as expressions of God
- Grounded in principles of Truth we are fully connected with all life

INDIVIDUAL BEHAVIORS

- I see myself as spiritually whole, expressing the creative life force
- My conscious awareness of oneness motivates me to help others achieve their highest good
- In Unity of Spirit, I continually seek ways to nurture my Spirit, mind, and body

HUMOR

A minister in a Georgia farming community convened a prayer meeting to pray for rain during a serious drought. On that cloudless morning the church was full to overflowing when he came to the pulpit and posed the following question to his flock. "You all know why we're here. What I want to know is, why didn't any of you bring umbrellas?"

A boy was watching his father, a pastor, write a sermon. "How do you know what to say?" he asked. "Why, God tells me." "Oh, then why do you keep crossing things out?"

A minister wound up the services one morning by saying, "Next Sunday I am going to preach on the subject of liars. And in this connection, as a preparation for my discourse, I would like you all to read the seventeenth chapter of Mark." On the following Sunday, the preacher rose to begin, and said, "Now, then, all of you who have done as I requested and read the seventeenth chapter of Mark, please raise your hands." Nearly every hand in the congregation went up. Then said the preacher, "You are the people I want to talk to. There is no seventeenth chapter of Mark."

An elderly couple admitted by St. Peter through the Pearly Gates found conditions there just heavenly. So the man turned to his wife and ruefully said, "We could have been here two years ago, if you hadn't fed us all that oat bran, yogurt and healthy food."

The Sunday School teacher asks, "Now, Johnny, tell me frankly: do you say prayers before eating?" "No sir," little Johnny replies, "I don't have to. My Mom is a good cook."

In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside. "Will I die?" she asks. God says, "No. You have 30 more years to live." With 30 years to look forward to, she decides to make the best of it. So since she's in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great! The day she's discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed. Up in heaven, she sees God. "You said I had 30 more years to live," she complains. "That's true," says God. "So what happened?" she asks. God shrugs, "I didn't recognize you."

