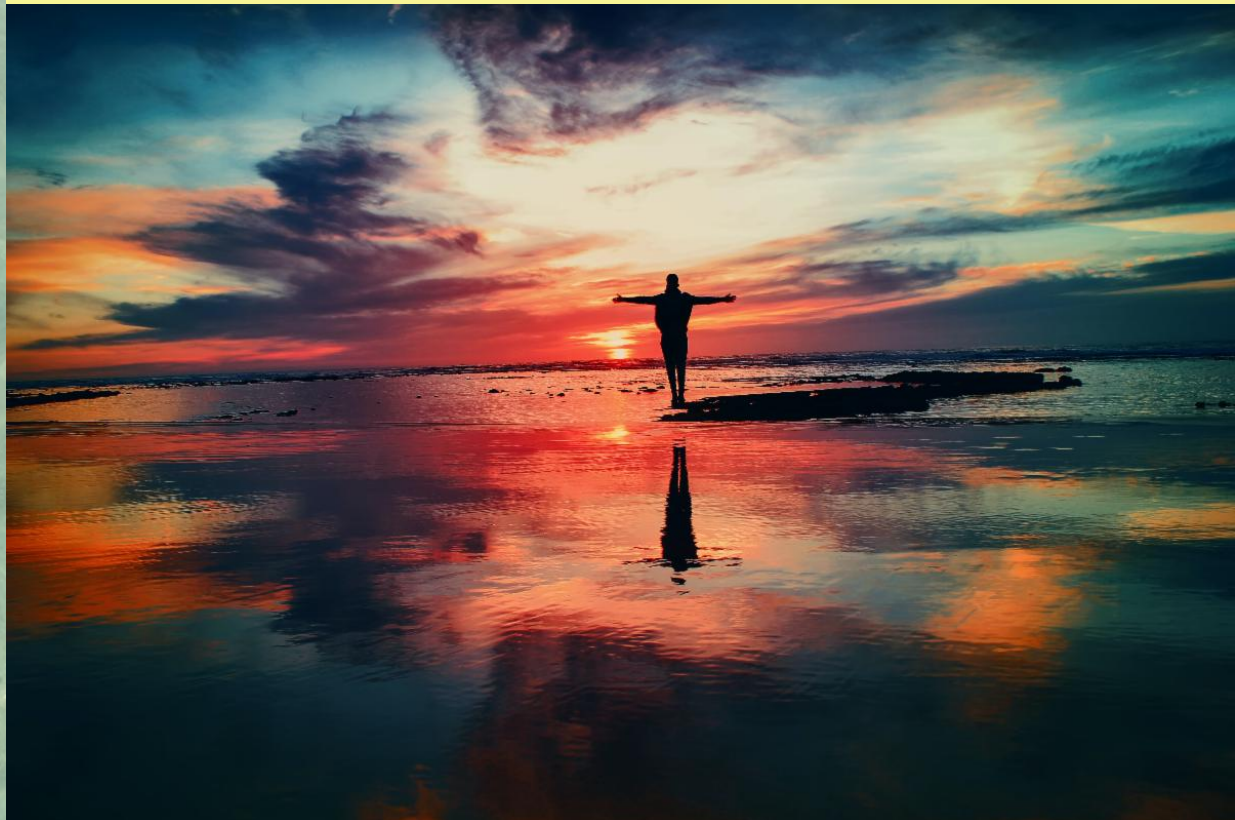


## First Unity Church of St. Louis

2021 Volume III

Issue 4



### *Minister's Corner*

#### Freedom from and Freedom to

How would you define freedom? Obviously, freedom has multiple facets including political, social, religious, and personal freedom. I spoke with a woman recently who grew up in Communist China. She shared her story about her family having a hidden box under the floor where they stored religious artifacts because practice of any religion was not tolerated by the government. Any time the religious items were out, a family member stood watch at the front window on the lookout for authorities who might burst in without notice. Yet, she has beautiful memories of her family secretly gathering to pray, meditate and celebrate the presence of God.

didn't leave my bitterness and hatred behind, I'd still be in prison."

We achieve *freedom from* as we release thoughts of resentment, less than, guilt and unworthiness. As we let go of these limited and binding thoughts, we understand that outer circumstances and conditions have no power over us. Unity cofounder Charles Fillmore defines freedom as "The quality or *state of being* without thought or restraint, bondage, limitation or repression; having a sense of well-being. It is the result of regulating one's life according to Principle, not according to what anyone else may think, (do), or say." Releasing error thinking opens our hearts and souls to the *freedom*

In the book *This Is Your Life: Discover Your Power, Claim Your Wholeness, and Heal Your Life*, the authors mention, "There is **freedom from** .... and there is **freedom to**... *Freedom from* can mean freedom from slavery and oppression; it might also mean freedom from addiction, societal expectations, past regrets, and negative thinking. Too often, we serve as judge and jury as we hand ourselves long sentences in the prison of our minds. When Nelson Mandela was released from prison, he said, "As I walked out the door toward the gate that would lead to my freedom, I knew if I

to be all that we were created to be. Aligned with the Christ of our being, we move forward with courage and confidence. As Martha Smock writes, "There is a Spirit in you that is unfettered, unbound, triumphant, splendid, glorious, free."

So, let us set the intention to declare our independence from anything that might be holding us back as we joyfully embrace what is ahead. We allow inner freedom to ring in our lives and serve as a beacon of light and love to the world.

In gratitude,  
Rev. Jan

## Minister, Jan Mourning

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## First Unity Church of St. Louis Newsletter

### July/Aug 2021

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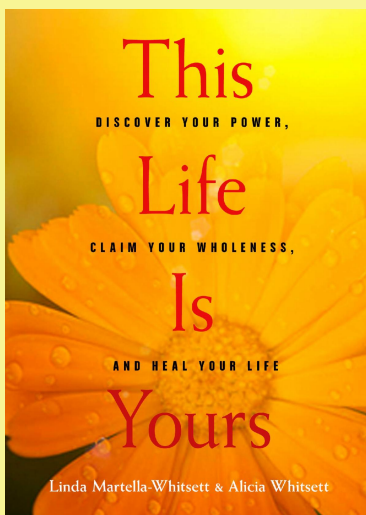
Our wings have a new home on the outside wall of the Community Room. The winged globe emblem first appeared in June 1891 on the cover of the first issue of what is now called *Unity Magazine*. Unity cofounders Charles and Myrtle Fillmore chose the wings symbol to represent an awareness of our spiritual origin and power. In Chaldean and Egyptian cultures, the symbol meant “the perfect soul,” symbolizing the soul’s flight back to God, its Original Source of Absolute Love and Wisdom.

In April 1923, Charles Fillmore stated that the winged globe or sun disc represents the relationship between spirit, soul, and body. Soul (symbolized by the wings) gives wings to the body (symbolized by the globe). Spirit is the enveloping Principle from which soul and body draw their original inspiration. Through the years, other Unity thinkers have expressed their understanding of the winged globe. Some have seen it as the presence and power of God surrounding & enfolding the earth, and others have interpreted it as rising to spiritual consciousness. Former *Daily Word* editor Martha Smock reminded readers in November 1967, “Wings have always been a symbol of freedom, of the ability to soar above the world.”

Unity Worldwide ministries adopted a new logo in 2011, which incorporates a stylized suggestion of wings.



## Sunday Series - Talk by Rev Jan Mourning - This Life Is Yours



At First Unity Church of St. Louis, beginning June 20 at 10:30 a.m., we will feature a Sunday talk series by Rev. Jan Mourning based on the powerful book *This Life Is Yours: Discover Your Power, Claim Your Wholeness, and Heal Your Life* by Linda Martella-Whitsett and Alicia Whitsett.

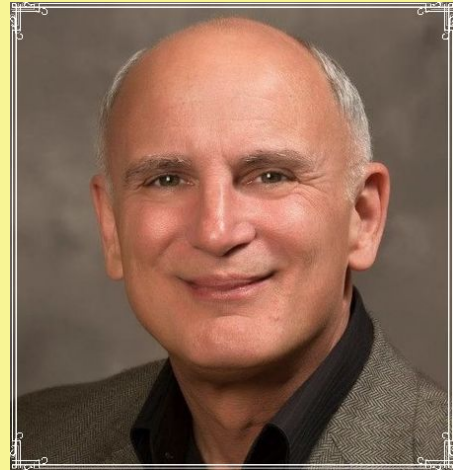
This series will focus on healing your whole self - becoming conscious about your life, questioning your beliefs, and discovering the eternal, unbreakable you. From Rev. Linda and Alicia Whitsett, you will gain powerful perspectives on wholeness and healing as a framework for self-discovery and self-mastery. Join us to embark on a journey to discover your innate wholeness – the original, real, absolute you.

Filled with spiritual insights and practical exercises, *This Life Is Yours* shows the ways in which you can claim your innate wholeness and power and create a life that is light-filled, fulfilling, and joyous. All are welcome!

## New Music Director

I am delighted to announce that Dr. Steve Schenkel has accepted the position of Music Director for First Unity Church of St. Louis. In that role, he will be arranging for various guest musicians, singers, and groups to be with us for Sunday Services. In addition, he and Deborah Sharn will perform for us one week per month, and Steve will appear periodically as guest musician on guitar.

Steve has a Ph.D. in Music from Washington University and a Masters Degree in Religious Studies from Webster University where he has served as an Adjunct Professor of Religious Studies for 16 years. Dr. Schenkel founded the Jazz Studies program and the Jazz Concert Series at Webster University where he has taught music, media, and religion since 1980 and is now a professor emeritus. His music is heard nationally on the PBS program "Breaking Bread," as well as by millions of visitors each year in the multimedia show under the Gateway Arch. Steve works at The Fox Theater as Orchestra Manager and plays for the Muny. He has also played for the Opera Theater of St. Louis and worked with The Rep and St. Louis Symphony. This puts him in touch with hundreds of area vocalists and musicians in the St. Louis area.



I know we will all come together to give Steve a warm, First Unity welcome.

Love and prayers,  
Rev. Jan

## First Unity Church Presents Its Outstanding Music Calendar For July 2021



Mark your calendars for First Unity's special Sunday service music for the month of July, featuring performances by distinguished members of the St. Louis musical community. July's schedule was developed by Steve Schenkel, First Unity's newly appointed Music Director. We hope you will join us in the sanctuary or online as we celebrate in Oneness of Spirit a world awakened to infinite possibilities



°July 4, Carolbeth True, Jazz piano. Carolbeth True is perhaps the most significant St. Louis jazz pianist of the past 30 years. Ms. True was cited by the Arts and Education Council for "Excellence In The Arts."

°July 11, Adrian Walker, violin, with Ruth Price, piano. Violinist Adrian Walker is the concertmaster of the Fox Theater Orchestra and former member of the St. Louis Symphony. Webster University faculty member Dr. Ruth Price has performed across the nation. Her playing has been described by the Boston Globe as "...never less than first class and a balm to the ears."

°July 18, Deborah Sharn, vocals, with Steve Schenkel, guitar. Deborah Sharn has been singing in St. Louis for many years and is a guest vocalist at various places of worship each Sunday. She is also an actress who has worked with the Black Rep, New Line Theatre, The New Jewish Theatre, and the Mustard Seed Theatre. Winner of two JUDY Awards, Deborah has performed her cabaret show, "An Evening With Deborah Sharn" several times at the Kranzberg Art Center to sold out audiences. By day Deborah is the Company Manager for The Repertory Theatre of St. Louis. Steve Schenkel is the guitarist and orchestra manager for the Fox Theater, guitarist for the Muny Opera and the St. Louis Symphony, and a freelance jazz musician. He recently retired after 37 years at Webster University, where he founded the Jazz Studies program, the Webster Jazz Concert Series, and the Jazz Studies/Music Technology program.

°July 25, Carol Schmidt, piano. Pianist and recording artist Carol Schmidt is a faculty member of Webster University. She is very active as a performer and music director in the St. Louis cabaret scene.

## First Unity Church Presents Its Outstanding Music Calendar For August 2021



First Unity's Music Director, Dr. Steve Schenkel, has arranged for a variety of renowned guest musicians, singers, and groups to be with us for Sunday Services during the month of August. All are truly welcome here, and we hope you will join us in the sanctuary or online as we seek together to know God, to unfold spiritually, and to understand, love, and align with Spirit's Laws of Being ☐

°August 1, Dan Rubright and Steve Schenkel, jazz guitars. Dan Rubright recently received a prestigious 2019 Arts Fellow grant from the St. Louis Regional Arts Commission for his work as composer and leader in the arts. In addition to composing and performing, Dan leads a workshop called The Hidden Jazz of Teams. Steve Schenkel is the guitarist for the Fox Theater, The Muny Opera, and the St. Louis Symphony. He serves as Music Director of First Unity Church of St. Louis.

°August 8, Marcia Erwin, cello, with Cathy Benton, piano. Cellist Marcia Erwin is principal cello at the Fox Theater. She regularly plays for the Bach Society of St. Louis, St. Louis Winter Opera, and Union Avenue Opera. Dr. Cathy Benton is Professor of Music at Missouri Baptist University. She performs as a soloist and accompanist on the piano, organ, and harpsichord, and has been an adjudicator and clinician for numerous keyboard festivals and workshops.

°August 15, Brian Clarke, vocals and guitar. Brian is perhaps the most beloved New Thought musician in St. Louis. He is most recently the recipient of the St. Louis Magazine "A-List" Award as Best Vocalist and



Best Musician.

°August 22, Kim Fuller, vocals, with Carolbeth True, piano. Kim Fuller has been performing for decades in the St. Louis area. She began singing at age 5 in the Angel Choir at church. Over the years she has sang a variety of music genres. She has served as an opening act for the Jazz Crusaders, Randy Lewis, Pieces of a Dream, The Neville Brothers and countless others. She is a member of 'The Jazz Story', a group that promotes Jazz Education to grades K thru 12. She is also a member of Oikos, a Jazz group that uses jazz as a catalyst to promote the gospel. She frequently performs around the St. Louis area with a plethora of talented musicians. Carolbeth True is perhaps the most significant St. Louis jazz pianist of the past 30 years. Ms. True was cited by the Arts and Education Council for "Excellence In The Arts."

°August 29, Ron Bryant, Old Time Gospel Piano. Ron Bryant is a very active member of the St. Louis musical community. With a career spanning 40 years Ron is heard regularly in clubs and concert venues throughout the St. Louis area and in concert with some of the finest vocalists in the area. Ron has appeared on stage at Powell Symphony Hall with members of the St. Louis Symphony Orchestra, at the Blanche Touhill Performing Arts Center, the Sheldon Concert Hall and the Fabulous Fox Theater.

## Becky Whitehead

Rev. Becky is the Senior Minister at Unity of Omaha in Nebraska. She moved from Nashville, Tennessee in 2009 to serve Omaha as the Assistant Minister. She utilized her talents in Leadership and Organizational Development and established the Enlightened and Empowered Leadership Academy (generated from 30 years of management in the Healthcare industry).

Her passion, around seeing others step into all they are here to be, has created a dynamic opportunity for growth and empowerment at Unity of Omaha. Rev. Becky became Senior Minister in June of 2012.

Rev. Becky has served the Unity movement in many ways. She currently serves on the Credentialing team of Unity Worldwide Ministries, as a Mentor to new and upcoming Unity Ministers, as a panelist for the Licensed Unity Teachers Skills Seminar, on the leadership team of Unity's Field Ministerial Program and supports the Hot Springs Unity community through web-based services and discussions. Rev. Becky is a certified HeartMath Mentor/Coach; she is developing a program called Heart-Centered Living, a program based on a merging of HeartMath techniques with spiritual principles.

Recently Rev. Becky has been described as a Global minister and teacher, due to her desire to support as many people as possible in creating an amazing life beyond the limitations of societal beliefs.



## Discussion Series on *This Life Is Yours*

This Life Is Yours: Discover Your Power,  
Claim Your Wholeness, and Heal Your Life



On Sunday morning, July 11, at 9:00 a.m., we will begin a new seven-week book discussion series. In their book, *This Life Is Yours: Discover Your Power, Claim Your Wholeness, and Heal Your Life*, Linda Martella-Whitsett and Alicia Whitsett share concepts, anecdotes, and practical exercises about healing your whole self. This is a book about becoming conscious and discovering the eternal and unbreakable you. The authors will take you on a journey of discovery. It is a journey in which you will discover who you really are and what you can really be.

Books are available for purchase in the church bookstore or you may order one online. Anne Hartupee, Licensed Unity Teacher, will be facilitating the discussions. These will be held in a hybrid format using Zoom. You may choose to attend online or come to church.

Please send an email to [anne@firsttunitychurchstlouis.org](mailto:anne@firsttunitychurchstlouis.org) to register, if you wish to attend online.

Dates for each discussion are:

- o Sunday, July 11, 9:00 a.m. to 10:00 a.m.
- o Sunday, July 18, 9:00 a.m. to 10:00 a.m.
- o Sunday, July 25, 9:00 a.m. to 10:00 a.m.
- o Sunday, August 1, 9:00 a.m. to 10:00 a.m.
- o Sunday, August 8, 9:00 a.m. to 10:00 a.m.
- o Sunday, August 15, 9:00 a.m. to 10:00 a.m.
- o Sunday, August 29, 9:00 a.m. to 10:00 a.m.

\* Note: There is no book discussion Sunday, August 22.

Love offerings gratefully accepted.



## Up To The Minute News



## Ladies Night Out

The next Ladies Night Out will be July 19, 2021 at 5:30 pm at Mike Duffy's Pub and Grill, 124 West Jefferson Avenue, Unit 104, Kirkwood, MO 63122.

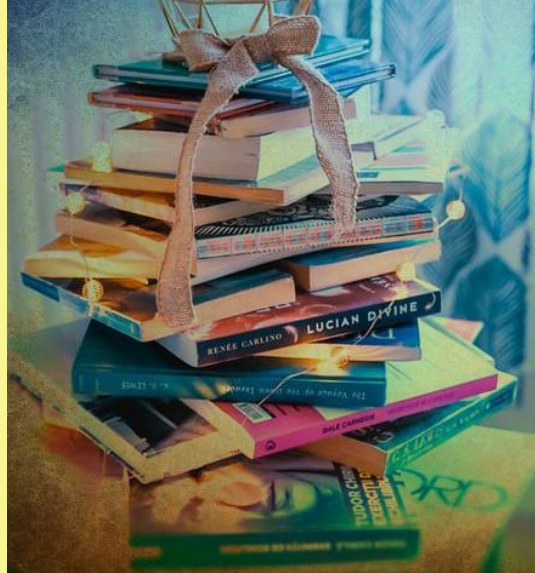
On August 16, 2021, at 5:30 pm we will be meeting at Fitz's SoCo, 5244 South Lindberg Blvd, Sappington, MO 63126.

Please contact Mary  
at [jtpres5111@sbcglobal.net](mailto:jtpres5111@sbcglobal.net), for more  
information.



## Book Club





Our Book Club meets on the 2<sup>nd</sup> Tuesday of the month from 2 – 4 p.m. During this time we are meeting via the Zoom platform.

July 13, 2021 - *"Fried Green Tomatoes of Whistle Stop Cafe"*- Fannie Flag

August 10, 2021 - *"Five Wishes of Mr. Murray McBride"*- Joe Siple

September 14, 2021 - *"Behind the Scenes"* - Elizabeth Keckley

Please contact **Carol** at [cabullock48@yahoo.com](mailto:cabullock48@yahoo.com) for instructions on joining the Zoom meeting and future updates.

Looking forward to seeing you at the Book Club!



## ANNUAL MEETING

First Unity Church will hold its Annual Meeting on July 25, 2021, after Sunday Service.



A







**Fillmore Festival**  
**August 19–22, 2021**

The Fillmore Festival will be held in person at the Village. This is an interesting exploration of the Fillmore Legacy and practical metaphysics.

**Price:**

- Full price: \$399 starting June 2, 2021
- Price includes retreat experience and five meals. Accommodations and transportation not included.

**Registration information:**

- Call our Customer Care team at [816-251-3540](tel:816-251-3540).
- Monday - Friday, 7:30 a.m.-4:30 p.m. (CT).



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

**As expressions of Spirit, we reflect and nurture Divine in all. Love is the nature of who we are.**

### 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



Jesus, Moses, and an old man go golfing. The first one to tee off is Moses. He smashes the ball and it is heading right for the water hazard before the green. Moses raises his club, the water parts, and the ball makes it to the green. Jesus gets up to swing, cranks it out, and it is headed for the water hazard. Jesus closes his eyes and prays. The ball skips



across the water and lands on the green two feet from the hole. The old man's turn comes and he drives the ball. The ball looks like it is going to drop directly into the water. A fish jumps from the water hazard swallowing the ball, as an eagle drops from the sky, grabbing the fish. As the eagle flies over the green, a bolt of lightning strikes the eagle, making it drop the fish. As the fish hits the green, it spits out the ball and the ball falls into the hole, making a hole in one. Jesus looks at Moses and says, "I really think I'm leaving Dad at home next time!"

**Q:** What kind of car does Jesus drive?

**A:** A Christler.

One night a lady came home from her weekly prayer meeting, found she was being robbed, and she shouted out, "Acts 2:38: 'Repent & be baptized & your sins will be forgiven.'" The robber quickly gave up & the lady rang the police. While handcuffing the criminal, a policeman said, "Gee mate, you gave up pretty easily. How come you gave up so quickly?" The robber said, "She said she had an axe and two 38's!"

A husband and wife are in church. The preacher notices that the husband has fallen asleep and says to the wife, "Wake your husband up!" The wife answers, "You're the one who made him fall asleep, you wake him up!"

Three religious leaders (a rabbi, a priest, and a minister) were all discussing how they divide up tithing income between themselves and God. The minister said, "I draw a line in the sand, throw the money up in the air, and what lands on the left side of the line goes to the good Lord and what lands on the right side goes to me." Then the priest said, "I draw a circle on the ground, throw the money up in the air, and what lands inside the circle goes to the good Lord and what lands outside goes to me." Then the rabbi said, "You got it all wrong! I throw the money up in the air and what the good Lord catches is his and what lands on the ground is mine."

**Q:** What did Gandhi say to the British, after they asked him to move?

**A:** Nah, mastay.



**Visit our website to  
donate**







*As we reopen*

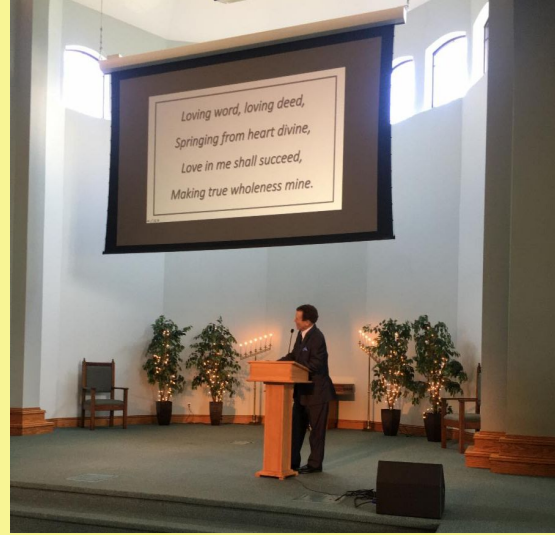






**Dean, You will always remain in our hearts**









**Minister:** Jan Mourning  
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**Website:** [unitystl.org](http://unitystl.org)  
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 1.800.NOW PRAY (669.7729)  
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