

First Unity Church of St. Louis

2021 Volume III

Issue 2

Minister's Corner

Time for Transformation

Every season has its own energy and holds its opportunities and joys. However, after a long, dark winter of isolation, many of us cannot wait for the first signs of spring; longer days of sunlight, warmer weather, grass turning green, trees beginning to bud, and a chorus of songbirds remind us of renewed life.

Coincidental with spring comes the season of Lent, a time for inner reflection, renewal, a deepening awareness of our unlimited potential, and an invitation to prepare for the rebirth of Christ consciousness. The trees and flowers are not content with the foliage and blooming of last year; so in Divine discontentment, neither are we. The new spring season and the days before Easter call us to examine our lives in the light of our Divine potential. We are on this earth to grow, evolve, and **be** what we were created to be. Now is the time to release any attitudes, feelings, & behaviors that hold us back. Now is the time to accept, celebrate, and rejoice in the new. This is the message of spring; this is the message of Easter.

In a talk given on Easter Sunday in 1979, Rev. Eric Butterworth said, *I have a feeling that there is something in the Easter story that says to each of us, "I want to live in you. ... I want to raise you from death to life. I want to help you to find the way from*



The word Easter comes from the Anglo-Saxon word *Eastre*, the name of the Goddess of spring, in whose honor a festival was celebrated each April. In the end, this beautiful season of Lent, spring, and Easter is about a time of transformation. It's a time for us to understand that The Power Within Us is greater than any challenge in this world. This is the time for us to align with God Mind and to activate our Christ powers.

I know that we have all missed coming together physically for Sunday services. While we are closed, our sanctuary is also going through a time of

defeat to victory. I want to be a process in you from sickness to health, from failure to victory, to success. I want to live in you." ... Fundamentally, Jesus demonstrated for you, for me, and for all persons who have eyes to see and ears to hear, that if we lift our eyes and look out the right window, we can see allness in illness, we can see all sufficiency in insufficiency, we can see full potentialities even in limitations, and we find the key to overcoming and the key to victorious, transcendent life. This is what it's all about.

transformation. You will return to an improved sound system, state of the art visuals projected on a large motorized screen visible to all, and the ability to livestream the Sunday service. This gives us a new beginning as a spiritual community and an opportunity to reach beyond our walls to enrich more lives. Thanks to all who have made this possible. We are one.

Have a blessed spring & Happy Easter.
Love & prayers,
Rev. Jan

First Unity Church of St. Louis Newsletter

March/April 2021

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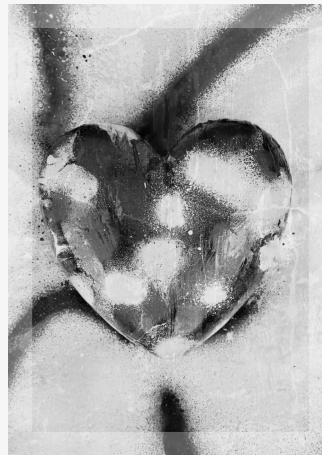
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Prayer Chaplain Team

First Unity Videography Team: A Journey to the Heart of Service

By Kathy Boyd



In mid-March 2020, Rev. Jan announced that all gatherings at the church would be suspended until further notice, in keeping with the COVID-19 guidelines established by St. Louis County. Since we would be unable to attend church in person during that time, Rev. Jan was inspired to record an abbreviated service which would be delivered electronically, and the idea came to fruition as a handful of folks made arrangements to meet in the sanctuary on a Friday afternoon.

The service was to be recorded straight through on a cell phone attached to a tripod, and then uploaded to the Internet for viewing. Rev. Le Remington's talk for that Sunday was aptly entitled, "Finding a Safe Harbor in a Turbulent Sea". For a group of amateurs who had never done anything like this before, it felt as if something miraculous had occurred when the recording was accomplished without mishap. Nearly a year later, that very first recording has now been viewed 193 times!!

Over the following weeks, COVID restrictions remained in place, and the church stayed closed. During each of those weeks, a small group of folks met in the sanctuary to record another Sunday service. We encountered issues with lighting and sound inside the sanctuary; cell phones going off during the recordings; microphone and projector failures; airplanes flying overhead; issues with editing and uploading the videos...you name it! But through it all, we continued to forge ahead, knowing that our mission to send these messages out into the world is vital.

During that initial closure, we recorded services for twelve weeks, and then the church re-opened on June 14. Because many of our congregants were still unable to attend in person, the decision was made to continue recording and publishing Sunday services. At that time, a Videography Team was formed, and some changes were made to the recording process. Here, I would like

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Prayer Chaplain Trainer

Mary Tumminello

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to express our thanks to Dennis and Patricia Riess for their generous gift to the church of a brand-new Canon camcorder, as well as a state-of-the-art tripod they supplied for the team's use.

The church remained open for the next 23 weeks, and our team published a recorded service for each of those Sundays. Then, in late November 2020, COVID cases escalated and the church closed its doors again. So, we switched gears once more and reverted back to recording during the week in an empty sanctuary. As of this writing, 47 Sunday service videos have been published online, with a total number of viewings for all videos at nearly 4,000. Absolutely stupendous!!

This team fulfills First Unity's vision by being open to the infinite resources for getting the job done. We contribute to the mission through educating and serving. The Core Values are observed as we work together to achieve success in our primary goal, supporting each other as we learn what works, and assuming goodwill in our interactions with each other.

This work has truly been a labor of love for everyone involved. Jan and Anne have worked tirelessly each week, coordinating all the pieces and parts, arranging for musical guests and prayer chaplains, preparing talks, decorating the podium table, and creatively conducting a Burning Bowl Ceremony and White Stone Ceremony in a mostly empty sanctuary. Jeremiah Burcher, our Lighting and Sound Engineer, is a tremendous asset to our staff, and his efforts have made marked improvements in the quality of the recordings. Our thanks to Dennis and Patricia Riess, and to Carol Bullock for volunteering to join the videography team and for sharing their unique gifts and talents in service to our congregation. We would also like to thank Steve Schenkel for volunteering to be interim editor and publisher for our videos. And we can't forget Bob Leonard, who is always available to assist in whatever way he might be needed.

As videography team leader, it is my honor and privilege to work with this group of individuals. From a spiritual perspective, I have received at least as much as I have given. I have learned new skills, made stronger connections within the congregation, and acquired a new appreciation for working as part of a team dedicated to a greater purpose. I am grateful for the opportunity to serve in this way.

When installation of the new audio-visual system for the church is complete, this will allow us to live-stream in real time. Until we are ready to "flip the switch" and Go Live, the videography team will continue to record and publish Sunday services each week. It will be a grand celebration and a bittersweet end to the videography team's work at the same time.

It is our hope and prayer that these efforts are a blessing to the First Unity congregation, as well as to all those outside our community who seek connection with the Light and Love of God that surrounds and enfolds us all. We appreciate your love, support and encouragement around this endeavor and ask you to continue holding our team in prayer as we carry on with the work of this holy undertaking. "There is nothing small in the service of God." Frances de Sales



The 12 Powers

Unity Co-Founder Charles Fillmore defined twelve fundamental powers of the Christ that compose our Divine Nature. It is part of our soul's evolution to awaken and utilize these powers, also called *faculties*, *gifts*, *abilities*, *attitudes*, *qualities*, and *freedoms*. Mr. Fillmore associated each power of the mind with one of Jesus' disciples, and he also correlated the powers with corresponding locations or nerve centers in the physical body. Later, colors were added to correspond to each power. Understanding these powers is the first step in activating them to enrich our lives.

Building on the work of Charles Fillmore as well as Julian Jaynes, Teilhard de Chardin, and Buckminster Fuller, Rev. Phillip presents the twelve powers as dyads in the chart.

THE 12 POWERS OF MAN

POWER	ABILITY TO	BODY LOCATION	DISCIPLE	COLOR
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UNIFYING DYAD

LOVE	Attract, Harmonize, Unify, Know Oneness	Back of Heart	John	Pink
WISDOM	Judge, Discern, Evaluate, Intuit	Solar Plexus	James (son of Zebedee)	Yellow

PRESENCE DYAD

LIFE	Energize, Vitalize, Enliven	Reproductive Organs	Judas	Spring
Green				
RELEASE	Release, Remove, Cleanse	Lower Abdomen	Thaddeus	Olive Green

STABLIZING DYAD

STRENGTH	Endure, Persist, Be Courageous	Small of Back	Andrew	Light Green
ORDER	Organize, Adjust, Evolve	Navel	James (son of Alphaeus)	Dark Green

THE EXECUTIVE DYAD

WILL	Choose, Command, Direct	Front Forebrain	Matthew	Silver
UNDERSTANDING	Know, Perceive, Realize	Front Forebrain	Thoma	Gold

THE MANIFESTING DYAD

FAITH	Believe, Intuit, Expect	Pineal Gland	Peter	Dark Blue
IMAGINATION	Conceptualize, Envision, Picture	Between Eyes	Bartholomew	Light Blue

THE ENERGIZING DYAD

ZEAL	Enthuse, Inspire, Be Passionate	Brain Stem	Simon	Orange
POWER	Master, Control, Dominate	Base of Tongue	Philip	Purple

Each power works individually, but in reality, they are all part of One Power working together as we direct them. The Twelve Powers have been called “tools of transformation” and “pathways to freedom.” Understanding the potential of these creative energies can enrich our lives.

Suggested Reading For Further Enlightenment:

Hasselbeck, Paul & Holton, Cher. *Power Up: The Twelve Powers Revisited as Accelerated Abilities*. 2010.

Hausmann, Winifred. *Your God-Given Potential: Unfolding the Twelve Spiritual Powers*. 1999.

Martella-Whitsett, Linda. *Divine Audacity: Dare to Be the Light of the World*. 2015.

Pierson, Phillip. *The Twelve Freedoms: An Understandable Path to Total Freedom*. 2015.

Book Club



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.

March 9, 2021 - "*Kiss Carlo*" - Adriana Trigiani

April 13, 2021 - "*Little Fires Everywhere*" - Celeste Ng

May 11, 2021 - "*The Vanishing Half*" - Britt Bennet

June 8, 2021 - "*The Extraordinary Life of Sam Hell*" - Robert Dugoni

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 for instructions on joining the Zoom meeting and future updates.

Looking forward to seeing you at the Book Club!

January 2021

FIRST UNITY SACRED SERVICE MINISTRIES

There is nothing small in the service of God.
Frances de Sales

Prayer Chaplain Ministry – Offers individual prayer support on Sunday mornings, through monthly prayer calls, and in hospital and nursing home visits. Training Required and provided.

Prayer Circle Ministry – Offers prayer support via a phone call chain. Prayer requests are held for 30 days and then sent to Silent Unity.

Youth Ministry – "Touches tomorrow" by assisting the Sunday youth program. To ensure our parents and protect our children, this requires a background check.

Music Ministry - Integrates the Sunday message into the worship experience through music, song, and instrumental performance.

Welcoming Ministry - Provides the “friendly first impression” of our spiritual community with a strategic welcoming plan. Greeters and ushers are part of this ministry.

Bookstore Ministry – Assists Bookstore Manager in serving in the Bookstore on Sunday mornings.

Community Service & Outreach Ministry – Identifies and coordinates meaningful community service projects in alignment with First Unity Vision, Mission, and Core Values. Participates in Unity Worldwide Ministries Outreach Program.

Hospitality & Events Ministry -Plans and executes the spiritual community's social activities and fund-raising programs.

Lending Library Ministry – Assists in cataloging, shelving, and maintaining our extensive lending library.

Promotion Ministry - Creates and implements a multi-faceted plan of marketing and advertising to promote First Unity Church as an inclusive, vibrant spiritual community. Coordinates social media and First Unity newsletter.

Technical & Visual Arts Ministry –Creates a long-range strategic plan for visual and technical support for Sunday worship services.

Main Building & Grounds Facilities & Maintenance Ministry - Manages maintenance and repairs of the main building and grounds to ensure the building and property provide a safe, comfortable, aesthetically pleasing environment for the spiritual community.

Green Team Ministry – Creates and executes a plan for implementing environmentally friendly practices in our church, homes, and community.

Sunday Celebration Ministry – Prepares for and sets up weekly Sunday celebrations after church. Also does an abbreviated cleaning afterward and follows guidelines for closing and locking the church.



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



EASTER LILIES

First Unity Church is offering Easter Lilies this year!

The cost is \$8.00 for each lily and can be purchased in honor or memory of a loved one.

The deadline for ordering is March 21, 2021.

You may call the church at 314-845-8540 to place your order, mail a check made out to First Unity Church of St. Louis, or pay by Paypal on our web, unitystl.Org.



SPRINGTIME HUMOR

Can February March?
No, but April May!

Why is everyone so tired on April 1?
Because they've just finished a long, 31 day March!

Why are trees very forgiving?
Because in the Fall they "Let It Go" and in the Spring they "turn over a new leaf".

Why is the letter A like a flower?
A bee (B) comes after it!

What did the tree say to spring?
What a re-leaf.

What does the Easter Rabbit get for making a basket?
Two points just like everybody!

Four high school boys afflicted with spring fever skipped morning classes. After lunch, they reported to

the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"



Visit our website to
donate





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SilentUnity prayer support
 1.800.NOW PRAY (669.7729)
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