

First Unity Church of St. Louis

2021 Volume III

Issue 6



Minister's Corner

Grateful Hearts

A man was walking down the street, head down, looking forlorn. In fact, he was almost on the verge of tears when his friend Howard approached him saying, "Sam you look like you lost your last friend. What has the world done to you?"

Sam said, "Well, let me tell you. A month ago, my uncle died and left me \$100,000."

"Wow! That's a lot of money," Howard responded.

"But you see," Sam cried, "a week after that a cousin I never even knew died, and she left me \$250,000."

"Oh, my, you sound abundantly blessed. Why are you so sad?" asked Howard.

"You don't understand. Two weeks ago, I invested some of the money in lottery tickets, and I, I ..."

"Go ahead, Sam. You can tell me. I won't judge you," Howard encouraged.

"Ok, then. I hit the big jackpot and won millions," Sam explained.

Now Howard was really confused. "Then why do you look so sad?"

"You don't understand," Sam cried. "This week – nothing!"

For many, gratitude can be conditional, a matter of perspective, and what Rev. Eric Butterworth calls “a typically exterior orientation to life.” We think we can be grateful *only* when we have something in our lives to be grateful about! But metaphysicians agree that having a grateful heart is an inside job, dealing with our inner Divine Flow. The question we can ask is not, “What do I have to be thankful *for*?” But “What do I have to be thankful *from*?” As spiritual beings having a human experience, we can always be thankful *from* the changeless, eternal Christ within. We can be thankful *from* our consciousness of our oneness with God and all humankind. We can be thankful *from* God’s love and peace.

Gratitude, like prayer, is creative, causative energy.

More than 2500 years ago, Plato said, “A grateful mind is a great mind which eventually attracts itself to good things.” With hearts full of gratitude for who and what we really are, we approach this holiday season knowing that Thanksgiving is much more than a response to what happens to us. It is a celebration of Truth that leads us to live in Divine expectation of goodness, wholeness, love, and joy.

Gratitude lifts our spirits, changes our perspective, and lifts our hearts. When we are grateful, we are humble. We are awake. We are filled with wonder.

May we approach this holiday season and 2022 with hearts full of gratitude.

Blessings,
Rev. Jan

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

Nov/Dec 2021

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Nearing completion, Watch the excitement as it builds!

We are so excited about the changes taking place in our bookstore! We welcome each of you to explore and view the vibrant new changes taking place in our bright and cozy bookstore. Spend some time

browsing through books ranging from Unity classics to modern New Thought authors along with the many resources that First Unity and Unity World Headquarters Publications have to offer.

We are featuring a new greeting card display and spiritually uplifting gifts... just in time for Christmas! More changes are on the way! We are still in transition and will be adding new items frequently, so visit us often.

Proceeds from the bookstore go to support our church. You are always welcome to stop by and visit on Sunday before or after service. See you soon!

A special thank you goes out to Hope Dodson for all her dedication, making our bookstore a reality.



Facilities and Grounds Ministry

October 9, 2021, was a scheduled workday for the Facilities and Grounds Ministry.

A few of their outstanding accomplishments included, window washing downstairs, adding a second railing on the sanctuary steps, and bookstore accomplishments.

Thank you to everyone who came out to help; your hard work and dedication are so greatly appreciated!

Below you will find some images from the work day.



**First Unity Church Presents Its Outstanding
Music Calendar for November 2021**



November 7
Robert Nelson,
vocals with



Eric Slaughter,
guitar



November 21
Tim Mead,
vocals and guitar



November 24,
Special
Thanksgiving
Service
Brian Clarke,
vocals and guitar



November 28
Kittie Moller,
vocals with
Vince Golonski,
piano



November 14
Kirk Hanser,
classical guitar

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 November. 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 ☐

° November 7, Robert Nelson, vocals with Eric Slaughter, guitar. Robert Nelson is one of St. Louis' busiest and most popular jazz singers. He is an extraordinary artist whose golden voice is a unique blend of standard jazz tones similar to Joe Williams and Johnny Hartman. Mr. Nelson writes, records, and performs music, and works as a consultant for the Heal the Arts Jazz Initiative. Eric Slaughter is one of the nation's finest jazz guitarists. He has worked with everyone from David Sanborn, Houston Person, and Donald Harrison to St. Louis legends Oliver Sain and Willie Akins.

° November 14, Kirk Hanser, classical guitar. Kirk Hanser is a stunning guitar virtuoso. Mr. Hanser has appeared throughout America and Europe as a soloist and ensemble member. Since 2002 he has directed the Mid-America Guitar Camp for young guitarists from around the U.S.

° November 21, Tim Mead, vocals and guitar. Guitarist and singer Tim Mead is one St. Louis' most active New Thought musicians. He regularly appears at Harmony Fellowship, The Mindful Spiritual Center, and Unity Church of Peace.

° November 24, Special Thanksgiving Eve Service, Brian Clarke, vocals and guitar. Brian Clarke 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. Yes, this is the same Brian Clarke who played at The Opera House / Train Wreck and Dorsett Inn. Brian has toured the U.S. many times as a bassist and vocalist with Kinky Friedman and Billy Swan. He has played with Willie Nelson, Jerry Jeff Walker, and many other well-known artists. As a solo performer, Brian has opened shows for The Little River Band, Poco, Leon Russell, David Crosby, The Outlaws, Tom Chapin, Donovan, and many others. Currently, Brian continues to confidently share the skills born of his tremendous experience. His stage presence is unique, spontaneous, fresh, alive, and of the moment. He connects with you. Brian works to see that you get exactly what he intends for you to have...a great time, every time!

° November 28, Kittie Moller, vocals with Vince Golonski, piano. The husband and wife

team of Kittie Moller and Vince Golowski has performed as “Fanfare” for 46 years, playing concerts across the globe. They are in constant demand for festivals, clubs, conventions, and educational events throughout the St. Louis area.

First Unity Church Presents Its Outstanding Music Calendar for December 2021



December 12
Marcia Erwin,
cello with



Joe Neske, piano



December 19
Christmas
Candle Lighting
Service
Deborah Sharn,
vocals with
Steve Schenkel,
guitar



December 5
Carol Beth True,
piano with



Glenn Smith, bass



December 26
Terry Langerak,
harp

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 December. 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 ☐

°December 5, Carolbeth True, piano with Glenn Smith, bass. Carolbeth True is perhaps the most significant St. Louis jazz pianist of the past 30 years. She is well-known in the St. Louis area as a performer and music educator. She is adjunct music faculty at Webster University and also has an extensive private piano studio. Carolbeth performs with Two Times True with her son Dave on drums; the Carolbeth Trio; the Oikos Ensemble; Wind of the Spirit Praise Band, and is an original cast member of “The Jazz Story”, the first educational program presented by The Sheldon. Her trio enjoyed extended runs at both the Adam's Mark Hotel and Jazz at the Bistro. She has been the pianist with Variety Children's Theatre for nine years, and the All-State Vocal Jazz Ensemble for seven years. Her awards include “Excellence in the Arts” from the Arts and Education Council; Riverfront Times and St. Louis Magazine Best Jazz Artist among others. Carolbeth is heard on many CDs, most recently “True Christmas” with Two Times True. Glen Smith is one of the finest bass guitarists in the Midwest. He regularly plays with Carol Beth True, and he has for many years been the first-call electric bassist for the St. Louis Symphony Orchestra.

° December 12, Marcia Erwin, cello with Joe Neske, piano. Marcia Erwin is the principal cellist at the Fox Theater. She regularly plays for the Bach Society of St. Louis, St. Louis Winter Opera, and Union Avenue Opera. She attended Interlochen Arts Academy where she was principal cellist her senior year. While there she studied with Denis Brott of the Orford String Quartet. Ms. Erwin moved to St. Louis to study with Yuan Tung on full

at the St Louis Conservatory of Music. At the Conservatory she participated in masterclasses with Yo-Yo Ma and Leslie Parnas and received extensive string quartet coaching by Michael Tree of the Guarneri Quartet. Ms. Erwin is formerly assistant principal of the Springfield Symphony Orchestra (Illinois Symphony Orchestra) and formerly principal cellist of the Webster University Symphony Orchestra. Ms. Erwin was the cellist of the Laclede Quartet for 19 years. She is currently a member of Opus38 Quartet, and the chamber groups Synergies and Trio Angelique. She also often performs with the St. Louis Municipal Opera, Winter Opera, the Repertory Theater of St. Louis, The Peabody Opera House Orchestra, and with area chamber music/choral groups such as The Masterworks Chorale. During his 20+ years as a St. Louis musician, Joe Neske has performed at the Fox, the Rep, the SLSO, the Muny (where he has participated in over 70 productions), and numerous other theatrical and educational venues. Joe also served as an adjunct professor at Webster University for 19 years, where he accompanied choirs and vocalists, taught classes in counterpoint, choral arranging, and music aesthetics directed the New Music Ensemble and provided individual instruction in solo and collaborative piano. He is a member of Musicians' Local 2-197.

° December 19, Christmas Candle Lighting Service, 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.

° December 26, Terry Langerak, harp. Terry Langerak is a renowned harpist and recording artist in the St. Louis area. Ms Langerak serves on the faculty of the University of Missouri St. Louis and Maryville University.

Holiday Happenings



Community Service Ministry

Nonperishable food items will be collected for "Feed My People" at First Unity Church, November 14 and 21, 2021.

With this donation, a blessed Thanksgiving will be made possible for many local families.

If you need additional information you may e-mail Donna at dlllampert5@outlook.com

Thanksgiving Service

First Unity Church of St. Louis is honored to host the All Unity Thanksgiving Service this year! The service will be held on Wednesday, November 24, 2021 at 7:00 pm.

All area Unity churches are invited to attend, and we hope you will invite your family and friends to join us as well.

Desserts, snacks, and conversation will follow, downstairs in the Community Room.

First Unity Church of St. Louis is located at 4753 Butler Hill Road, St. Louis, MO 63128.





Decorations for Christmas

Please join us for the annual Christmas decorating event on November 27, 2021, beginning at 10:00 am. All elves are welcomed.

Our Church decorations will be dismantled on Dec. 29, 2021, starting at 1:00 pm. All helping hands will be appreciated.

Christmas Goodies Bake Sale

Sunday, December 12, 2021

We will be having our traditional Christmas Bake Sale.

You can donate your favorite Christmas Goody and shop others' goodies to take home with you for your Christmas gatherings.

All our baked goodies will be sold on a Love Offering basis.

There won't be a sign-up for the baked goods, just joyously bring them to the church.

*** Baked items allowed for this activity may change due to the current CDC Guidelines at the time.**

* If you need additional information you may e-mail Hope at hope_dodson@yahoo.co.uk or Donna at dllampert5@outlook.com



Christmas Candle Lighting Service

Sunday, December 19, 2021, at 10:30 am.

As we approach the Advent season, we look forward to our Christmas Candle Lighting Service.

The Candle Lighting service is to help us bring forth and celebrate the birth of Christ consciousness within our souls.

As Charles Fillmore taught, "The bringing forth of the Christ child is not a work that is finished in Bethlehem. It is taking place in our midst every day. It is this we celebrate."

The Candle Lighting service also celebrates the "12 Living Lights" within each of us. These twelve lights or powers are given to us from our Divine Creator for the purpose of using them to unfold our unique, individual Christ nature. As we unfold the Christ consciousness within, we also use these powers to express the eternal activity of God in all things and in all ways.

Lunch with Santa



Sunday, December 19, 2021

After our Christmas Candle Lighting Service,

*** This activity may undergo changes due to the current CDC Guidelines at the time. We will keep you updated of any changes.**

If you need additional information you may e-mail Renee at renee.browne22@yahoo.com

Burning Bowl Ceremony

Sunday, January 2, 2022, at 10:30 am

Bridgett Nicole wrote, "One of the most courageous decisions you will ever make is to finally let go of what is hurting your heart and soul." The Burning Bowl Ceremony is a sacred and powerful ritual – a symbolic release to the fire – designed to let go of old wounds, false beliefs, and negative emotions that are blocking the flow of good in your life. Engaging in the burning bowl ritual allows you to consciously clear away the old in order to prepare for abundant joy and peace in the new year. As the fire transforms the energy in the paper surrendered to the fire, so your soul will be transformed by the spiritual power of release.



White Stone Ceremony

Sunday, January 9, 2022, at 10:30 am.

Following the Burning Bowl ritual, the White Stone Ceremony prepares you to create the vision of what we are called to be in the new year. In the time of Jesus, prisoners were given a new name as they were released to prove to society that all debts were paid and they were legitimately free. Through meditation, you will listen to Spirit within and your new name will be revealed to you. You will write your new name on a white

stone from Jerusalem that will be yours to keep as a reminder of what you have set the intention to be in 2022.

This powerful experience will be followed by our annual Souper Sunday luncheon.

Souper Sunday

Sunday, January 9, 2022

Please join us in the downstairs community room after the Burning Bowl Service for "Souper" Sunday!!

We will graciously accept food items prepared for this special occasion on the day of the event.

Please sign up for soup, bread, or dessert on the sign up sheets outside the sanctuary.

Upon arrival, take your prepared items to the downstairs kitchen and our helpers will handle the rest.

Hope to see you there!!



Donations for Souper Sunday



Please donate a couple of cans of soup or chili for "Feed My People".

There will be a basket upstairs in the lobby to collect your donations the day of Souper Sunday.

Thank you in advance for your participation.

Up To The Minute News



Ladies Night Out



November 15 at 5:30 pm.

Dulany's Grill and Pub
9940 Kennerly Rd
St. Louis, Mo 63128

In Kennerly shopping center (with St. Louis Bread Co)
facing Tesson Ferry

December 20, 2021, at 5:30 pm.

Donna Lampert has graciously offered her home

for the Ladies' Christmas Party.

Larry Lampert is making Lasagna.
Ladies, please bring a dish or dessert.

Also, bring a gently used white elephant gift for a gift exchange.

Donna will have directions if needed, closer to the party date.

Please contact Mary at jtpres5111@gmail.com for more information.



Men's Night Out

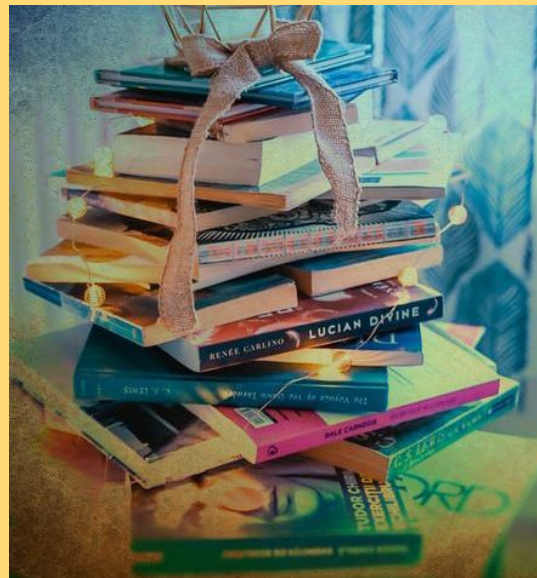


November 15, at 6:00 pm.

Tucker's Place
3939 Union Road
St. Louis, MO 63125

For additional information, please e-mail Paul at renee.browne22@yahoo.com

Book Club



Our Book Club meets on the 2nd Tuesday of the month from 2:00 pm – 4:00 pm. **Our meeting destination for November and December 2021, will be First Unity Church of St. Louis, 4753 Butler Hill Road, St. Louis, MO 63128.**

Future books:

November 9, 2021 - "*Four Winds*" - Kristan Hannah
December 14, 2021 - "*Giver of Stars*" - Jodo Moyers
January 11, 2021 - "*Fiddler Ghost*" - Mitch Jane

Looking forward to seeing you at the Book Club!

For further information, please e-mail Carol at cabullock48@yahoo.com

Annual Prayer Chaplain Training



Annual Training for all Prayer Chaplains in Unity churches in the St. Louis region. This is a two-day training session including all the prayer chaplains from First Unity Church, Unity St. Louis-South, Unity Church of Light and Unity Christ Church. We love getting together to learn, to deepen our own spiritual awareness so that we may better serve our communities... even during a pandemic!

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: ACCEPTANCE

Practicing Jesus' teaching of love and understanding, we unconditionally honor the Divine Essence of each person.

COMMUNITY BEHAVIORS

- We rejoice in the individuality of each person and the richness this diversity brings to our spiritual community
- As an inclusive community, we prayerfully support and consciously recognize the sacred worth of all people
- We celebrate life together knowing that we are all made in the image and likeness of the omnipotent, omnipresent, omniscient God

INDIVIDUAL BEHAVIORS

- I practice self-acceptance and monitor self-talk to ensure I am saying only affirming, loving Truths to myself
- I challenge myself to reach out to others who appear different from me
- I listen mindfully and extend appreciation for others' ideas and opinions



Holiday Humor

It was the Sunday after Christmas at St Peter and Saint Paul's Church in Borden, Kent, England. Father John was looking at the nativity scene prior to packing away the figures when he noticed the baby Jesus was missing from the scene.

Immediately, Father John turned towards the vicarage in order to call the police. But as he was about to do so, he saw little Harry with a red wagon, and in the wagon was the figure of the little infant, Jesus.

Father John walked up to Harry and said, "Well, Harry, where did you get the little infant?" Harry replied honestly, "I took him from the church, Father John."

"And why did you take him?"

With a sheepish smile, Harry said, "Well, about a week before Christmas, I prayed to little Lord Jesus. I told him if he would bring me a red wagon for Christmas, I would give him a ride around the block in it."

The Sunday School teacher was describing that when Lot's wife looked back at Sodom she turned into a pillar of salt, when Bobby interrupted. "My mommy looked back once while she was driving," he announced, "and she turned into a telephone pole."

[Visit our website](#)





Website: unitystl.org
SilentUnity prayer support
1.800.NOW PRAY (669.7729)
uPray is a [free mobile download](#)