

First Unity Church of St. Louis

2021 Volume III

Issue 5



Minister's Corner

A Season of Change

Almost a decade ago I was reflecting about all the good in my life at that particular moment in time. Our granddaughter Ellie was four, at the age when she loved to curl up on my lap to read books together and to create magical colored chalk kingdoms on the driveway. My parents were still in good health and able to drive out to our house for Sunday dinners. I had just become a Licensed Unity Teacher and loved my new role. My husband and I were enjoying our new home and the peace and solitude of the surrounding woods. I was teaching at Maryville University as an adjunct professor, and that was rewarding and fun. Life was so good. I was happy. I was fulfilled. I remember wishing I could freeze this moment in time so that nothing would change. Of course, I knew that was impossible and probably equally undesirable. The words "It came to pass" are found more than 450 times in the

Like everything in the natural world, we are on this earth to grow, change, and evolve. After so many months dealing with all the turmoil and restrictions of the pandemic, maybe we thought that when we moved into the light of a new beginning, the world would be the same. But out of crises come changes for greater good. As spiritual beings, we are intended to move forward, explore the unexplored, and embrace the new. As we turn within and connect to Divine wisdom and faith, we are guided to "let go" of the way things have always been and become receptive to new, innovative ideas in order to create a world awakened to infinite possibilities.

The following poem is from the book
Keeping Close in Prayer
by Dorothy Pierson:

Bible. Not once does it say, "It came to stay." All things in this relative world are temporary. As the Greek philosopher, Heraclitus, said, "Change is the only constant." Yet, in our human skins, sometimes we resist it.

The season of fall is a beautiful metaphor for embracing change in our lives. It's a time of transition. Soon the trees will become brilliant canvases of fiery red, orange, and gold. And then, as the days become shorter and cooler, we will see the beautifully-colored leaves willingly drop to the ground where they will decay, die, and crumble. This release looks like an ending, and we all know endings can be painful. But this release is the pathway to new beginnings, creating space for new leaves to bud and grow in the spring.

Changes

Changes come that we may grow,
Sometimes fast, sometimes slow.
We don't want to change, we say,
We like our life in its patterned way.
But wise are we to let it be
A growing time of good,
A time to see that
God governs the universe in love
Supporting large and small.
Trusting in God's guidance now
Let there be grace at change's call.
For life is change and change we must,
So let us grow and change with trust.

Happy Fall,
Love,
Rev. Jan

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

Sept/Oct 2021

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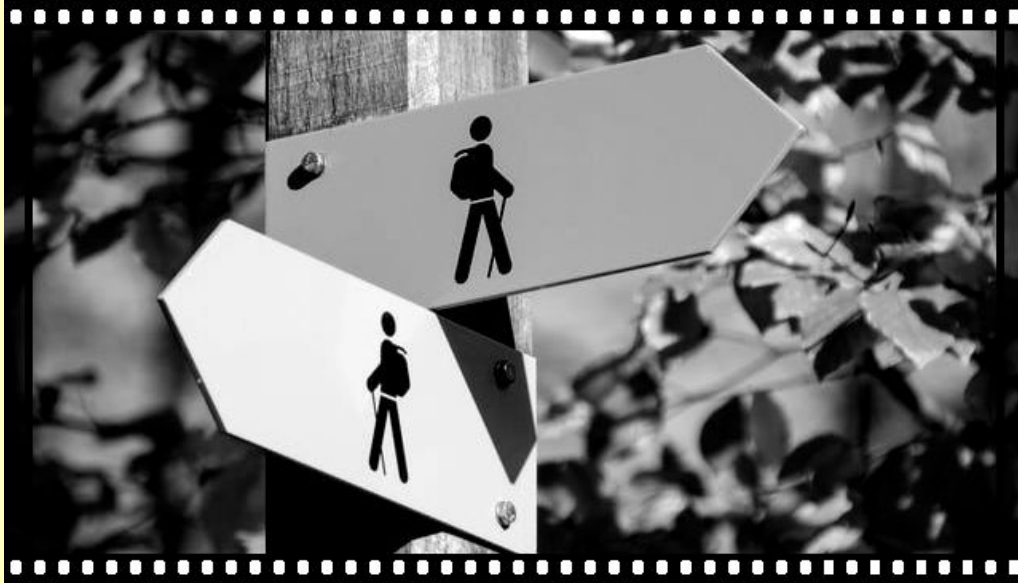
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Which Way Do I Go?

Have you ever been in this situation? I want to go to church but Joey's birthday party starts at noon. I don't know what to do!

Worry no longer.

First Unity Church of St. Louis is now live streaming.
You can watch the service in real-time or if it is more convenient to tune in later, now you can.

We are providing you with three different options to do so.

Pick the one that works the best for you!

1. **Our Website**
2. **Our Facebook page**
3. **Our YouTube Channel**

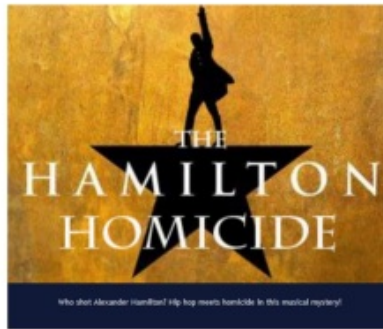
Visit our website

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Text Patricia at riess@htc.net with any questions.

Murder Mystery Dinner Show



Based on the Hamilton Musical

Sponsored by First Unity Church of St. Louis

September 19, 2021 at 5:00 pm

\$50 per ticket

Includes Buffet Dinner, Open Bar, and Show

Andre's South, 4254 Telegraph Road, St. Louis, MO 63129

Get your family and friends together for a great time!

Tickets must be purchased in advance

For Tickets:

Call First Unity Church of St. Louis at 314-845-8540

or email Chuck at chuckseger3@sbcglobal.net



Deadline for Tickets - September 7, 2021

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



September 19
Joe Neske, piano



September 12
Salt of the Earth



September 26
Deborah Sharn, vocals
with Steve Schenkel, guitar



September 5
Jennifer Adams, flute



with Cathy Benton,
piano

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 September. 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 ☐

°September 5, Jennifer Adams, flute with Cathy Benton, piano. Jennifer Adams received her BM at the New England Conservatory of Music and her MM at the St. Louis Conservatory of Music. You can see her perform with The Metropolitan Orchestra of St. Louis and with the FOX Theatre Orchestra. Along with her chamber music engagements with Synergies (flute and string trio), Metro Winds (woodwind quintet), Clover Isle (flute, violin and piano), Trio Angelique (flute, cello and piano) and Gatewood (flute, clarinet and piano), Jennifer teaches private lessons in her home. 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.

° September 12, Salt of the Earth. A roots group with a straightforward and unassuming style, a sound that is stripped down to its core, and songs that come straight from within, Salt of the Earth hails from St. Louis, Missouri. The members are Lynne Reif on vocals and rhythm guitar, Mike Schrand on bass and vocals, Jake Brookman on cello, and Jim Hieger on lead acoustic guitars and banjo.

° September 19, Joe Neske, piano. 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.

° September 26, 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.

First Unity Church Presents Its Outstanding Music Calendar for October 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 October. 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 ☐

°October 3, Scott Alberici, jazz clarinet with Steve Schenkel, guitar. Scott Alberici is one of America's finest clarinet virtuosos. Known for his superbly rich and warm tone, lyrical phrasing, and command of the American songbook, Mr. Alberici has developed a personal style that is instantly recognizable. His rare ability to capture the moment with the subtlety of expression mixed with brilliant and melodic improvisations will keep the listener on the edge of their seat from the drop of the downbeat to the end of the performance. Steve Schenkel is the guitarist and orchestra manager for the Fox Theater, guitarist for the Muncy 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. Steve serves as the Music Director of First Unity Church of St. Louis.

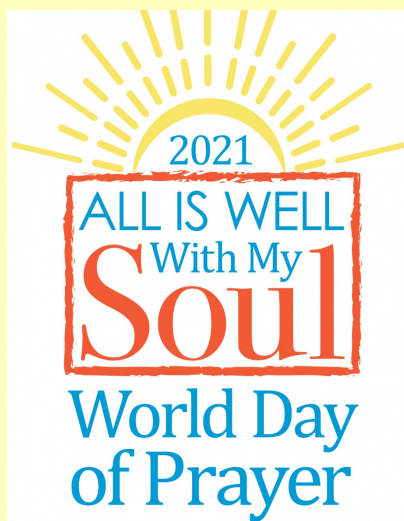
° October 10, Mary Weber, trumpet with Ruth Price, piano. Trumpet virtuoso Mary Weber is regularly heard with the St. Louis Symphony, St. Louis Philharmonic, American Kantori, and the Bach Society. Mary is actively engaged in recordings, competitions, recitals, and lectures while managing the Clarion Brass, a professional brass quintet. Ms. Weber is the trumpet instructor for Washington University. 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."

° October 17, Hannah Frey, violin with Joe Neske, piano. Violinist Hannah Frey, originally from Clinton, South Carolina, received both her Bachelor's and Master of Music degrees in Violin Performance from the Cleveland Institute of Music, where she studied with Linda Cerone and William Preucil. Hannah is an active chamber and orchestral musician. She is currently concertmaster of the Winter Opera St Louis Orchestra, the first violinist of the

Perseid Quartet, and recently was a featured soloist with the Metropolitan Orchestra of St Louis. She plays regularly with the Union Avenue Opera Orchestra, with visiting shows at the Fox Theatre and the St Louis Repertory Theatre, and with the experimental folk group Third Millennium World's Fair. She has performed with many other groups in the area including the St Louis Symphony, the MUNY Orchestra, and Chamber Project St Louis. In addition to her position at Washington University, Hannah is on the faculty at Lindenwood University as the Violin and Viola Professor and the String Ensemble Director. She also has a large private studio at her home, teaching students of all ages. 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.

° October 24, Merry Keller, vocals and piano. Merry Keller brings a professional choral background and extensive performing experience to her singing and teaching career. With a double major in voice and piano, Merry received a B.S. Music degree from West Chester University, School of Music in Pennsylvania. She continued with graduate studies in vocal performance, working with Stella Conway, professor of voice at West Chester. Merry Keller continues her vocal studies with Chris Armistead at Washington University in St. Louis and has collaborated with local pianists, Neal Richardson, Ron Bryant, and Martha Shaffer. Merry Keller has been active in St. Louis' cabaret scene, presenting a holiday show at Gaslight Theater in December 2008, and premiered her original show, Love in Four Seasons, at the Sheldon Concert Hall in October 2009. A Love in Four Seasons CD has been released that includes twelve numbers from the show. Other solo shows include Songs of the Silver Screen at The Sheldon and Wade In the Water at The Chapel in St. Louis.

°October 31, Mitzi MacDonald, vocals and piano. Pianist and vocal Mitzi MacDonald performs at numerous churches, peace events, pubs, coffee houses, outdoor concerts, and special events. She has opened for authors Alan Cohen, and Neal Donald Walsh at Westport Playhouse, and has performed at the Sheldon Concert Hall with CD release concerts.



Welcome to the 28th Annual World Day of Prayer!

Join Silent Unity® and thousands of people in Unity churches and spiritual centers around the world on September 8 and 9, 2021, for Unity World Day of Prayer. The theme of World Day of Prayer 2021 is "All Is Well With My Soul". This year's affirmation for the event is:

No matter the circumstances, all is well with my soul.

How to Experience World Day of Prayer 2021

Make plans to join Silent Unity presenters on Zoom for the opening ceremony on **Wednesday, September 8, at 7 p.m. (CT)**, as Revs. Linda Martella-Whitsett, Eric Donaldson, Sherri James, and Elizabeth Longo share their experiences with the affirmation "No matter the circumstances, all is well with

my soul and how it emerges when the focus is on one's heart, mind, and life." This event is free online but will require registration.

You may register using this link: <https://www.unity.org/wdop>

When the web page displays, scroll down and click on the 'Register Now' button. Registration help will be provided at First Unity Church on Sunday, September 5 before and after the service.

Registration

First Unity Church of St. Louis will be holding an all-day prayer vigil on Thursday, September 9. Our sanctuary will be open from 8:00 a.m. until 7:00 p.m. for prayer and meditation. A short prayer service will be held at the top of each hour. Come by to leave a prayer request in our sealed prayer box and/or pray with one of our prayer chaplains.

All prayers are held in strict confidence. At the end of the day, all written prayer intentions will be sent to Silent Unity® where they will be held in prayer for 30 days. We look forward to supporting you in prayer.

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



Prayer Chaplain Orientations/Training

The Prayer Chaplain Program, founded by Reverend Lei Lanni Burt of Light & Love Ministries, is a unique sacred service program for members of our church who desire to take the next step in their spiritual development. During ministerial school, Reverend Lei Lanni had a vision of inviting and empowering congregants into holding spiritual space and praying with each other. This ministry also extends the heart, hands, and feet of the ministry's leadership by supporting our church community with prayer, home and hospital visits, and monthly Wellness Calling.

If you are feeling the call to go deeper in your spiritual journey, members of our Prayer Chaplain ministry will be hosting two orientation sessions in September. We invite you to join us on Sunday, September 12, or Sunday, September 19, after church to learn more about this sacred service opportunity.

On Friday evening, October 15, and Saturday, October 16, the annual Prayer Chaplain training will be held at First Unity Church of St. Louis. Whether you are a Prayer Chaplain currently serving in this ministry, or someone new who is feeling called to this spiritual service, it is mandatory to attend this training if you wish to serve as a Prayer Chaplain next year (2022). You do not need to make a final decision about becoming a Prayer Chaplain until after completing the annual training.

Up To The Minute News





Ladies Night Out

The next Ladies Night Out will be Sept 20, 2021 at 5:30 p.m. at Risso's Restaurant, 4460 Lemay Ferry Road, St Louis Mo 63129.

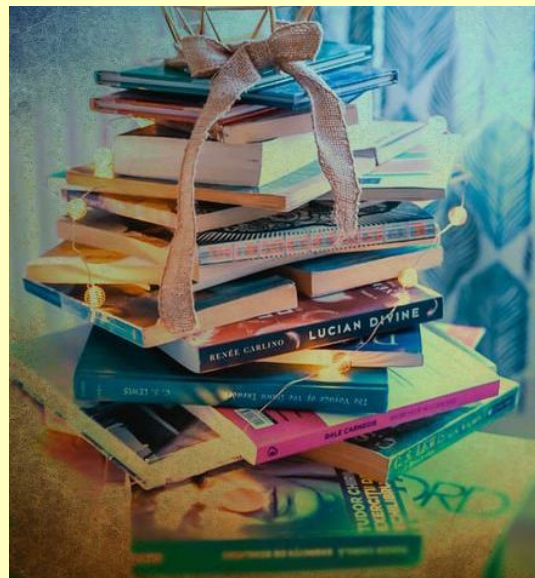
(Located In the corner of the shopping center with Ashley Furniture and Old Navy store.)

On Oct.18, 2021, at 5:30 p.m. we will be meeting at 54th Street Bar and Grill South County, 5310 S Lindbergh, St Louis, Mo 63126.

Located in Ronnies Plaza.

Please contact Mary at jtpres5111@sbcglobal.net, for more information.

Book Club



Our Book Club meets on the 2nd Tuesday of the month from 2:00 p.m. – 4:00 p.m. at The St. Louis Bread Company on Tesson Ferry Road, St. Louis, MO.

Future books:

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

October 12, 2021 - "*A Gentleman in Moscow*" - Amor Towles

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

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

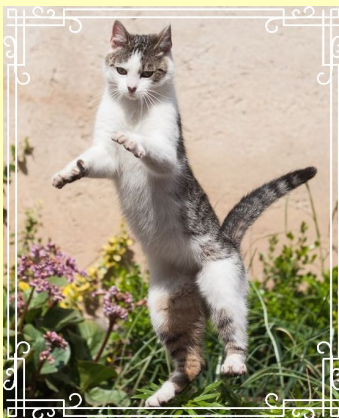
God is the loving Source of all that is, and we are one with God and one another.

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 priest buys a lawnmower at a yard sale. Back home, he pulls on the starter rope a few times with no results. He storms back to the yard sale and tells the previous owner, "I can't get the mower to start!" "That's because you have to curse to get it started," says the man. "I'm a man of the cloth. I don't even remember how to curse." "You keep pulling on that rope, and it'll come back to you."

Our fourth grader celebrated his birthday on crutches, so he couldn't carry the cupcakes into school without help. I asked our sixth-grader, Noah, to help his brother carry them in. "I could," he said, "but I'd prefer not to." Spotting a teaching moment, my husband asked

Noah, "What would Jesus do?" Noah answered, "Jesus would heal him so he could carry his own cupcakes."

Six-year-old Ned's mother was looking through an old family Bible when an oak leaf fell out. Ned said, "I guess that must be Adam's shorts."

Q. How can you make God laugh?

A. Tell God your plans.

The last time we changed from daylight saving time, a preacher friend posted, "For those who habitually show up 15 minutes late to church, allow me to remind you that tonight is the night you set your clock back 45 minutes."

[Visit our website](#)













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