

First Unity Church of St. Louis

2022 Volume IV

Issue 1



Minister's Corner

A Transformative New Year

In the January/February 2021 issue of the newsletter, I wrote, “Even though we yearn for new beginnings, realistically we understand that New Year’s Day will not magically erase the pain and heartache of the previous year, nor will it *immediately* bring the changes we desire.” As we enter 2022, this even seems even more true. Here we are, facing yet another variant, still wearing masks and facing a high percentage of our population still not vaccinated. Yet despite all the current challenges, there is something about moving from December 31 to January 1 that gives us hope & the urge to make a new beginning.

The month of January is named after the Roman God Janus, the God of gates, passages, endings, and beginnings. Janus has two faces -- one to look back and reflect about the past year, and one to look forward to the future. We look back over 2021 asking ourselves the essential questions, “How can I grow from the past year? What can I learn from it? What have the experiences of the past year called me *to be*?” Notice these compelling questions do not ask about changing our outer habits such as losing weight, becoming more organized, or curtailing procrastination. Instead, they ask, “What changes will I make in my consciousness?” The New Year is the perfect time to start a new way of thinking. In Revelation 21:1, we read, “Then I saw a new heaven and a new earth; for the first heaven and the first earth have passed away...” The new heaven and new earth are within us – new thoughts and feelings, a new past and present.

Unity minister, Rev. Kelly Isola, shares the following “New Year To-do List” to help us develop great expectations about transforming ourselves and the world:

CHECKLIST FOR COCREATING A TRANSFORMATIVE NEW YEAR

- I recognize that I am a sparkling gift from the cosmos. It is time to unwrap myself and share myself with the entire world.
- I sing love songs to my soul. It’s not about carrying a tune; it’s about playing the symphony that is me.
- I treasure my loved ones, even when they seem unlovable. It is in those toughest moments they are saying most loudly, “Somebody, please love me.”
- I look each day in the mirror knowing: I am love made visible.
- I am an angel and an ancestor with this planet. My presence makes a difference—and also leaves **an echo of perfection** for those who are yet to be born.
- I find adventure every day. I have the courage to do new things, big and small, and know this inspires others to unwrap themselves for the world too.
- I recognize with every sadness I am blessed to have a heart cracked wide open. One of the great mysteries in life is that by feeling my suffering we also invite in the possibility of feeling great joy. Suffering and joy are my partners in wholeness.
- I delight in knowing my light has already illuminated darkened paths. My gaze has lifted broken spirits. My gentle life has changed the destiny of all I have touched.
- I carry the peace of the world within myself.

To help release what no longer serves you and create a future world that works for all, join us on January 2 for the Burning Bowl ritual and again on January 9 for the White Stone Ceremony, both at 10:30 am at First Unity or online.

Have a blessed, transformative New Year.
Love & prayers,
Rev. Jan

For the links regarding each item on the checklist, click on the link listed below. There you will find the list and each link is highlighted in blue. Click on the blue link that interests you and find more information on that topic.

[Visit Unity.org](https://www.unity.org)

5

Basic Unity Principles

1. God is all there is and present everywhere, the force of love and wisdom that underlies all of existence.
2. Human beings are divine at their core and therefore inherently good.
3. Thoughts have creative power to determine events and attract experiences.
4. Prayer and meditation keep us aligned with the one great power in the universe.
5. It is not enough to understand spiritual teachings. We must live the Truth we know.

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

Jan/Feb 2022

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*Thanks to everyone who donated poinsettias for the
12 Living Lights Candle Lighting Ceremony
in honor and/or memory of loved ones.*

Chilton Workman
~Jane Vondruska

Our parents.
~Lance & Georgia Baugh

John Tumminello
Jackie Ems
~Mary Tumminello

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Charles Stanglein
~Joan Rose

Rev. Jan Mourning
Everyone at 1st Unity Church
~Marjorie LaRico

Elise Grace Mueller
~Mary Grace

Dorothy Huntge
Marie Loehtrap
~Betty Jean Kofron

Davis Family
Larry Davis
~Nancy Davis

Fred Goede
~Julie Goede

Hope Dodson
Carolyn Dodson-Grimm
~Paul Henley

All our loved ones.
~John & Gladys Young

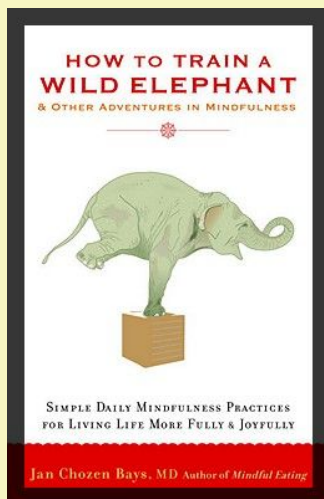
Our parents
Ruth Hubenschmidt
Frank & Ruth Vielhaber & brothers
Elmer & Cecilia Emnett
~Rick & Ruth Emnett

FIRST UNITY BOOKSTORE

Beginning in 2022, The First Unity
Bookstore will be highlighting a
"Book of the Month."



Featured Book for January:



"How To Train A Wild Elephant"

by Jan Chozen Bays M.D.

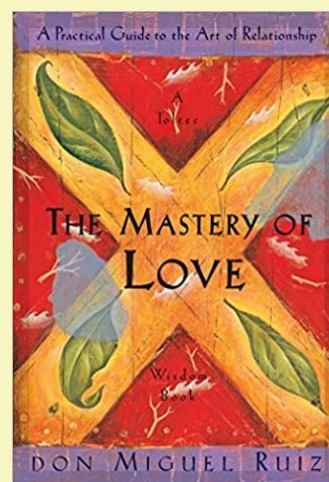
A Guided Program for Bringing Mindfulness and Meditation into Daily Activities to Reduce Stress and Get More Out of Life.

The Featured Book for February:

"The Mastery of Love"

by Don Miguel Ruiz

"Happiness can only come from inside of you and is the result of your love. When you are aware that no one else can make you happy and that happiness is the result of your love, this becomes the greatest Mastery of the Toltec: The Mastery of Love."



First Unity Church Presents Its Outstanding Music Calendar for January 2022

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 months of January and February. 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

January 2, Burning Bowl Ceremony, Brian Clarke, vocals and guitar. **Brian Clarke** is

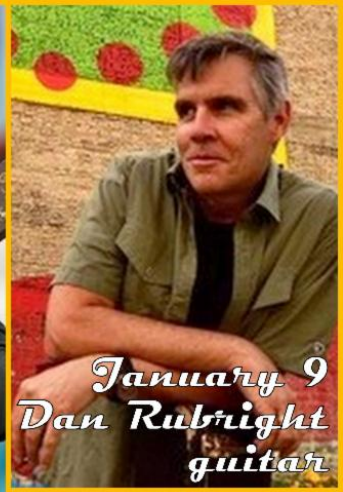
perhaps the most beloved New Thought musician in St. Louis. He is most recently the recipient of the St. Louis Magazine “A-List” Award as Best Vocalist and Best Musician.

January 9, White Stone Service, Dan Rubright, guitar. Guitarist and recording artist **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.

January 16, Chuck Flowers, vocals with Steve Schenkel, guitar. **Chuck Flowers** is a veteran singer/entertainer. He has recorded with the Gospel Symphonic Choir, The O'Neal Twins & the Interfaith Choir and the Golden Gospel Singers. He performed in Porgy and Bess with Union Avenue Opera Theater. 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. 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. 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. He 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.

January 23, Kim Portnoy, piano with Steve Schenkel, guitar. Pianist and Webster University faculty member **Kim Portnoy** is recognized as a versatile composer in the classical and jazz idioms. His compositions have been featured nationally and internationally at the Eastman Summer Trombone Institute in Rochester, New York; the Choral Music Experience Institute in Arvika, Sweden; the Guitar Foundation of America Conference at Oberlin Conservatory of Music in Ohio and two International Association of Jazz Educator's conferences: New Orleans and Atlanta.

January 30, Opus 38 String Quartet. Opus 38 is one of St. Louis’ most innovative and virtuosic string quartets. Violinist **Hannah Frey**, originally from Clinton, South Carolina, received both her Bachelor and Master of Music degrees in Violin Performance from the Cleveland Institute of Music, where she studied with Linda Cerone and William Preucil. **Carolina Neves** is a Brazilian-American violinist living in the St. Louis area. She is concertmaster of the St. Louis Civic Orchestra and plays with the Missouri Symphony Orchestra, Illinois Symphony Orchestra, and the Rosewood Ensemble. She holds degrees in violin performance from the University of Missouri. Violist **Sarah Borchelt** was a long time member of the Laclede Quartet. She maintains an active teaching studio and performs in orchestras and chamber ensembles throughout the midwest. 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.



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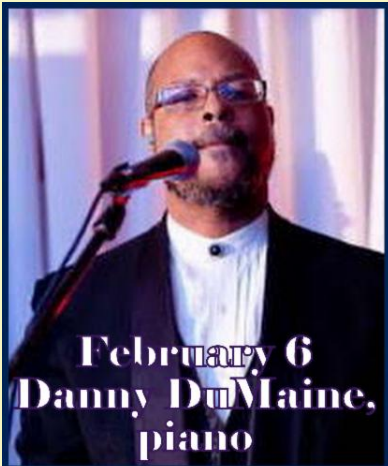
February 6, Danny DuMaine, piano. **Danny DuMaine** is Minister of Music at St. Alphonsus "Rock" Church in St. Louis. Mr. DuMaine is a choir director, composer, and pianist. He is also the music director of the remarkable St. Louis band "Boom," which has entertained audiences around the country for almost 30 years.

February 13, Jeffrey Carter, baritone and Carolbeth True, piano. Dr. **Jeffrey Carter** just completed 13 years as chair of the Webster University Department of Music. His performance experience and training range through nearly 1000 years of the Western musical tradition, with performing and educational endeavors taking him to the continents of Asia, South America, and Europe, in addition to the continental United States. **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."

February 20, Eric Slaughter, guitar and Ben Wheeler, bass. **Eric Slaughter** is a prolific and eclectic performer who grew up in a musical family in St. Louis and honed his skills at the Berklee College of Music in Boston. He has since toured around the country with a variety of Jazz and Blues acts. Mr. Slaughter is the most in-demand jazz guitarist in St. Louis. Bassist **Ben Wheeler** is a Kranzberg Foundation Music Artist in Residence. In addition to his busy performing schedule, Wheeler teaches at St. Louis Community College, Webster University, Washington University, and Jefferson College.

February 27, Karen Fulks, vocals and Ron Bryant, piano. Singer and actress **Karen Fulks** is a St. Louis mainstay in the jazz, gospel, and musical theater fields. She was the winner of the Arts For Life "Best Performance" Award for her work in the musical "Hairspray." **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.

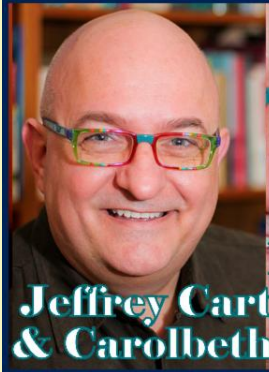
Louis area and in concert with some of the finest vocalists in the area. Ron has appeared on stage at Powell Symphony Hall with members of the St. Louis Symphony Orchestra, at the Blanche Touhill Performing Arts Center, the Sheldon Concert Hall, and the Fabulous Fox Theater.



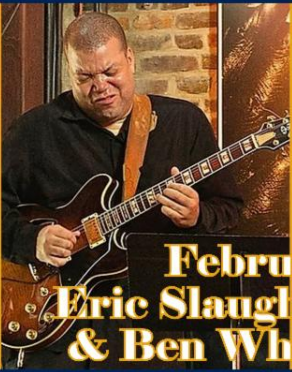
February 6
Danny DuMaine,
piano



February 27
Karen Fulks vocals
& Ron Bryant, piano



February 13
Jeffrey Carter, baritone
& Carolbeth True, piano



February 20
Eric Slaughter, guitar
& Ben Wheeler, bass



Holiday Happenings

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.

Community Service Ministry



Following the White Stone ceremony on January 9, 2022, the **Community Service Ministry** will meet in the Adult Classroom at 12:00 pm.

Donations for "Feed My People"

On January 9, please donate a couple of cans of soup, chili and/or boxes of crackers for "Feed My People".

There will be a basket upstairs in the lobby to collect your donations.

Thank you in advance for your participation.



Up To The Minute News

Winter Wear Drive

During the month of January, please bring new and gently used coats, hats, gloves, and socks for

kids and teens to our church.

Your donations will be greatly appreciated and will keep area children warm for the winter.



Ladies Night Out



January 17, 2022, at 5:30 pm.

Bartolino's South
5914 S. Lindberg Blvd.
St. Louis, Mo 63123

February 21, 2022, at 5:30 pm.

Las Fuentes Mexican Restaurant
6025 Telegraph Road
Oakville, MO 63129

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

Men's Night Out

January 17, 2022, at 6:00 pm.

Mike Duffy's Bar and Grill
124 W. Jefferson
Kirkwood, Mo 63122

Feb 21, 2022, at 6:00 pm.

Crusoe's
5591 Oakville Shopping Center
Oakville, Mo 63129



Please contact Roy at fisherofbass@gmail.com. for more information.

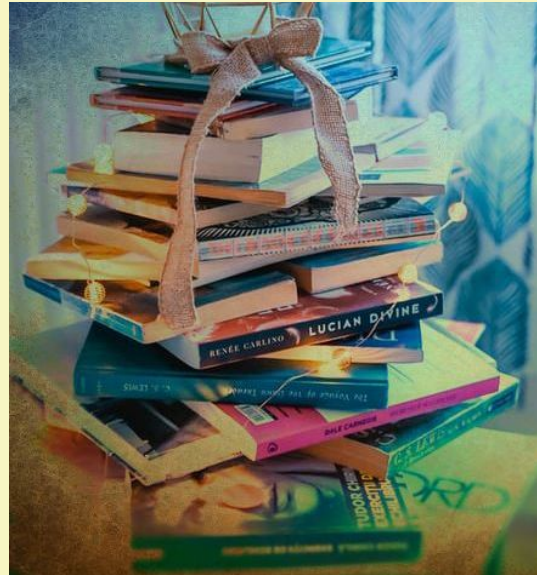
Hospitality Ministry

The Hospitality Ministry will hold their monthly meetings on the 3rd Wednesday of every month in the Adult Classroom from 6 - 6:50 pm.



Please contact Renee at renee.browne22@yahoo.com for more information.

Book Club



Our Book Club meets on the 2nd Tuesday of the month from 2:00 pm – 4:00 pm. **Our meeting destination for January and February 2022, will be First Unity Church of St. Louis, 4753 Butler Hill Road, St. Louis, MO 63128.**

Future books:

January 11, 2022 - *"Fiddler Ghost"* - Mitch Jane

February 8, 2022 - *"The Girl on the Carpathia"* - Eileen Enwright Hodgetts

March 8, 2022 - *"Midnight Library"* - Matt Haig

April 12, 2022 - *"Glass Lake"* - Maeve Binchy

Looking forward to seeing you at the Book Club!

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

For more information on our church activities: Check our website, unitystl.org or call 314-845-8540.

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: WELCOMING

We celebrate the Divine Essence of every human being by joyfully inviting all into our spiritual home.

COMMUNITY BEHAVIORS

- With extended hands and open hearts, we provide a compassionate atmosphere where everyone is fully included
- Our Sunday messages are positive and uplifting, affirming the sacred goodness in each person
- As a welcoming spiritual community, we encourage all to share their spiritual gifts in sacred service

INDIVIDUAL BEHAVIORS

- Suspending judgments, I receive with goodwill and kindness everyone who enters my spiritual community
- I actively participate in First Unity's social activities in order to build and nurture relationships
- I invite acquaintances, friends, and family members to attend services and social activities at First Unity



HUMOR

A Man Goes to a Job Interview

A man goes to a job interview and presents himself well. The interviewers are really impressed by how professional he is.

"Wow! You have an amazing resume and you present yourself fantastically but you seem

to be missing 5 years on this part of your resume, What happened there?" asked an interviewer.

"Oh that's when I went to yale," says the man and the interviewers are even more impressed and offer him a job on the spot.

The man shows his gratitude by saying "Thank you for the job."

A Woman Selling Pretzels

A woman was selling pretzels on the street corner for fifty cents each. Every day, a young lawyer would exit his office building at lunch, and as he passed her pretzel stand, he'd leave two quarters. However, he never took a pretzel.

This went on for nearly five years.

Even though they never spoke, every day he'd leave fifty cents, they'd make eye contact, and she would nod her gratitude as he walked away without a pretzel.

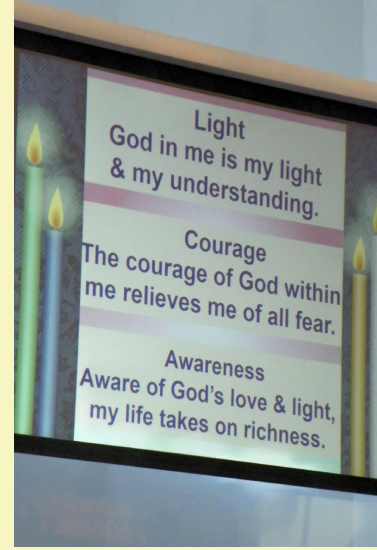
Finally, one day, as the lawyer passed her stand and laid down his two quarters, the pretzel woman spoke to him.

"Sir, I appreciate your business. You are my best customer, but you need to know something. The price of pretzels has gone up to seventy-five cents."

[Visit our website](#)











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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](#)