



# First Unity Church of St. Louis

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2022 Volume IV

Issue 4

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## *Minister's Corner*





# TIME TO BE

I know every season has its joys and drawbacks, but I am a fan of summer! I love waking up to the sun streaming through the trees & the chorus of chirping birds. Summer is a time of longer days, more sunlight, blue skies, blooming flowers, hummingbirds, and butterflies. For me, it's a time to enjoy The Muny, backyard barbeques, the Cardinals, and my koi pond. Summer is a season of hope and new life.

F. Scott Fitzgerald wrote, "And so with the sunshine and the great bursts of leaves growing on the trees..., I had the familiar conviction that life was starting over again in the summer." As we embrace the beauty around us, Summer invites us to take time to slow down, relax, and experience that which feeds our souls.

The ancient Greeks distinguished two different concepts of time - *Chronos* and *Kairos*. *Chronos*, the root word for *chronological* reference to clock and calendar time, time that can be measured in seconds, minutes, hours, and years. Philosophers and mystics refer to *Kairos* as "deep time," experienced time - those moments so perfect that everything seems to stop. *Kairos* time cannot truly be measured; it must be experienced by deep breaths, the joy of the present moment, love, laughter, and a state of flow.

It's the simple difference between measuring time by minutes and experiencing life by moments. Franciscan Priest Fr. Richard Rohr tells us *Kairosian* moments are epiphanies, moments of wonder & joy. We live in *Kairos* time when we stop rushing around, turn away from our clocks & calendars, become still, and experience profound joy in the moment. It's the moments that matter! Whether it's watching a five-year-old run barefoot through the tall grass, snorkeling in the Caribbean, or sitting on your front porch enjoying the sunset, these are all God-moments.

Jesus told us that the Kingdom of Heaven is within. Awakening to our Divine Essence, we realize that the joys we are searching for are waiting for us. We just have to stop rushing and take *TIME TO BE*. Have a beautiful summer full of *Kairosian* moments.

Blessings~  
Rev. Jan

## Minister, Jan Mourning

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## First Unity Church of St. Louis Newsletter

### July/August 2022

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riess@htc.net

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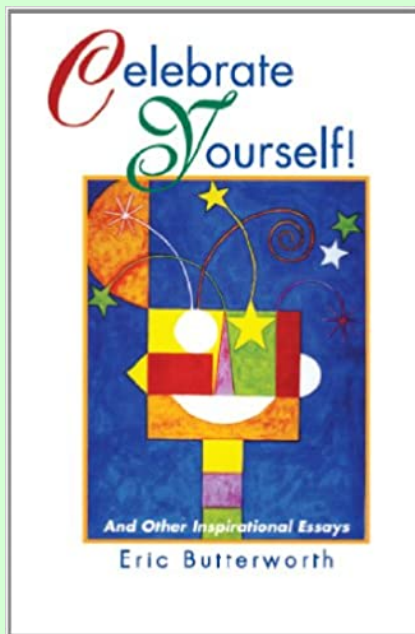
**FIRST UNITY BOOKSTORE**

"Book of the Month."



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**Featured Book for July:**



***Celebrate Yourself!***

by Eric Butterworth

*Celebrate Yourself* joyously embraces the concept that "every person is an eachness within the allness of God, an integral part of a dynamic universe."

Jesus said, "It is your Father's good pleasure to give you the kingdom." (Lk. 12:32).

Renowned minister and educator Eric Butterworth makes this interpretation of the above quotation from Luke: "When the ties that bind the mind are broken and a person is introduced to his real self that has no limitations, the bells of heaven ring for joy... As the universe rushes and streams into you from all sides, it is a veritable cosmic celebration of ecstasy. It could be said, and should be, that you are the universe celebrating itself as you."

Reverend Butterworth shares knowledge and insights regarding our inborn possibilities for limitless growth.

The universality of Eric Butterworth's insights is timeless and clearly revealed in this collection of classic essays.

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**Featured Book for August:**

***Adventures in Resilience: Ignite the  
12 Powers in You to Create a***

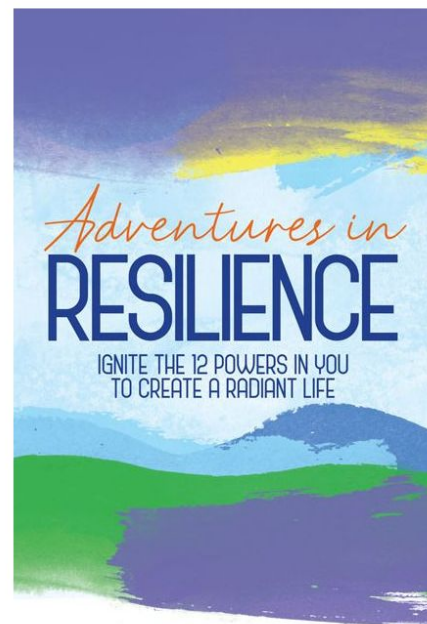


## ***Radiant Life***

**By Rev. Sharon Connors**

*"Adventures in Resilience: Ignite the 12 Powers in You to Create a Radiant Life"*, explores the Unity 12 powers (the 12 spiritual capabilities inherent in each of us) through personal storytelling and practical tools.

You have an opportunity to tap into your inherent spiritual capabilities to create the rich, meaningful life you were born to lead! Rev. Sharon Connors shares her own journey with the Unity 12 powers and how you can explore these gifts and abilities in your own life.



SHARON CONNORS

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### **First Unity Church Presents Its Outstanding Music Calendar for July 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 May and June. All are truly welcome here, and we hope you will join us in the sanctuary or online as we seek together to know God, unfold spiritually, and understand, love, and align with the Spirit's Laws of Being.

**July 3, Kim Fuller**, vocals, and **Carolbeth True**, jazz piano.

Kim Fuller has been performing for decades in the St. Louis area. She began singing age 5 in the Angel Choir at church. Over the years she has sung in 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. Kim 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. She is well-known in the St. Louis area as a performer and music educator. She is an adjunct music faculty member 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.

**July 10, 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

from 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!

**July 17, Chuck Flowers, vocals, and 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 Muni Opera and the St. Louis Symphony, and a freelance jazz musician. Steve has a Ph.D. in Music from Washington University and a Master's Degree in Religious Studies from Webster University where he has served as an Adjunct Professor of Religious Studies. Steve now serves as the Music Director for First Unity Church of St. Louis

**July 24, 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. 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.

**July 31, Special Music Sunday, 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.



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**First Unity Church Presents Its Outstanding  
Music Calendar for August 2022**

**August 7 Jacob Lassetter, baritone with Ruth Price, piano.**

Jacob Lassetter enjoys an exciting and vibrant career on both the operatic and concert stage. Critics have praised his dignified characterizations, his soaring high range, and his



deep, rich tone quality. A frequent recitalist, he made his debut at New York City's Carnegie Hall in 2008 alongside his wife, soprano Karen Kanakis. He is an alumnus of the Young Artist Programs of Chautauqua Opera, Des Moines Metro Opera, and Utah Festival Opera, and holds degrees from Louisiana State University, the University of North Texas, and the University of Cincinnati College-Conservatory of Music.

Dr. Ruth Price has performed across the nation. An accomplished performer, teacher, and clinician, Dr. Price teaches piano at Webster University in Saint Louis. In addition to maintaining an active private studio, she is an avid researcher and writer on the subject of piano music, specializing in performers' analysis. Her innovative presentations on behind-the-scenes aspects of music and performance inspire teachers, students, and general audiences. She also enjoys creating interdisciplinary arts experiences, collaborating with painters and art historians, and pairing classical music with children's books.

**August 14, Karen Kanakis**, soprano with **Ruth Price**, piano.

Karen Kanakis is hailed for her fine vocal technique and dramatic flair. Her bright-timbered, powerful voice conveys rich emotion, displays brilliant agility, and soars to a thrilling high extension. She is a frequently sought-after solo recitalist and made her Carnegie Hall debut in the Weill Recital Hall in a joint recital program with her husband, baritone Jacob Lassetter.

Dr. Ruth Price has performed across the nation. An accomplished performer, teacher, and clinician, Dr. Price teaches piano at Webster University in Saint Louis. In addition to maintaining an active private studio, she is an avid researcher and writer on the subject of piano music, specializing in performers' analysis.

**August 21, Deborah Sharn**, vocals, and **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.

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. He serves as Music Director of First Unity Church of St. Louis.

**August 28, Joanna Serenko**, vocals, and **Tyler Dale**, guitar.

Joanna Serenko, a Saint Louisan since 2010, has been exploring her outlets for pursuing her passion from a young age. She has been involved in Jazz U, Sofar Sounds performances, won first place in St. Louis Teen Talent Competition, and in February 2020 she wowed all four judges during the season premiere of NBC's "The Voice." About her experience singing on national television, Joanna says, "This show has given me a whole new confidence. It's taught me that I could make it in the music industry." Her most recent release, *"Best Of Me"*, is available on all major streaming services.

Tyler Dale is a graduate of Southern Illinois University at Edwardsville. His most recent recording, *"Last Goodbye"*, is available on all major streaming services.



**August 21**  
**Deborah Sharn,**  
**vocals with**  
**Steve Schenkel,**  
**guitar**



**August 7**  
**Jacob Lassetter,**  
**baritone with**  
**Dr. Ruth Price**



**Dr. Ruth Price,**  
**piano**



**August 14**  
**Karen Kanakis,**  
**soprano with**  
**Dr. Ruth Price**



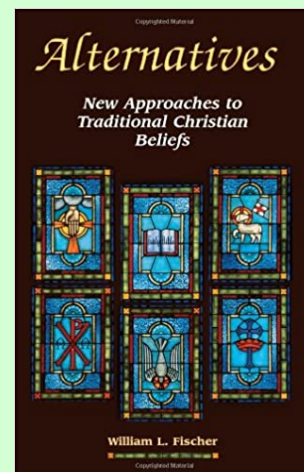
**August 28**  
**Joanna Serenko,**  
**vocals with**  
**Tyler Dale,**  
**guitar**

## **Come Join Us!**

### **Sunday Morning Class**

#### ***"Alternatives: New Approaches to Traditional Christian Beliefs"***

Join us on Sunday mornings in the adult classroom from 9:00-10:00 am through Aug 28, 2022, with LUT Candidate, Hope Dodson. Each week we explore Unity's perspective on different topics such as, "heaven", "hell", "Satan", "sin", "communion", "baptism", and "life after death". You are welcome to join us as we continue to explore these new topics.



***"Alternatives: New Approaches to Traditional Christian Beliefs"*** by Rev. William Fischer (Available in First Unity Bookstore – Free copy to those who attend the class.)

The class is offered on a Love Offering basis.

## **Quilts for Kids**

**Quilts for Kids** is a service organization getting together at First Unity Church at 10:30 am on the 3<sup>rd</sup> Thursday of the month. They meet in the Adult



Classroom perfecting their quilts, laughing, and just having a great time enjoying each other's company. Bring a lunch or a snack, if desired, and join in the fun.

Once the quilts are completed, they are given to the South County 3<sup>rd</sup> District Police Department and to the NICU, Mercy Hospital on Ballas Road.

In November 2021, **Quilts for Kids** service organization supplied the Police Department with an outstanding 13 quilts and the NICU with 22 quilts. An amazing gift of love from this organization!



Besides quilting, they sew, knit, and crochet. If you don't know how to do any of these, don't worry, come to the meeting and they are more than willing to teach you! **Quilts for Kids** is a small, friendly group always looking for new members.

They are always in need of cotton fabric or monetary donations for supplies.

For more information, please contact Jane at [jcvond@aol.com](mailto:jcvond@aol.com). Looking forward to seeing you at the next get-together!

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## Upcoming Event

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### Fillmore Festival August 4 - 7



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

During this year's Fillmore Festival, you will learn healing principles from a variety of Unity and New Thought ministers. There will be tours of Unity Village and time to explore the Unity Archives, too.

**Price:**  
**\$399**

Price includes retreat experience and five meals. Accommodations and transportation not included.

If you're interested in learning more about Unity healing principles, metaphysics, the 12 powers, and other Fillmore healing teachings, please register today.

#### **Registration information:**

Call our Customer Care team at **816.251.3540**, Monday – Friday, 7:30 – 4:30. (CT).  
Email unity retreats at **[Unityretreats@unityonline.org](mailto:Unityretreats@unityonline.org)**

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## ***Up To The Minute News***

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### **School Days, School Days**

Our Youth Ed Department has started its annual campaign for school supplies.

A complete list of supplies needed may be found on the table outside the sanctuary.

**Donations will be collected from  
June 19 – August 14, 2022.**



Collect your school supplies and place them in the little school bus located in the foyer.

~ A special bonus, St. Louis will sponsor a tax-free weekend August 5 through August 7, 2022.

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### **Ladies Night Out**



**July 18, 2022, at 5:30 pm.**

Location to be determined.

**August 15, 2022, at 5:30 pm.**

Location to be determined.

Please contact Mary at  
**[jtpres5111@gmail.com](mailto:jtpres5111@gmail.com)**  
for more information.

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### **Men's Night Out**

**July 18, 2022, at 6:00 pm.**

Location to be determined.

August 15, 2022, at 6:00 pm.

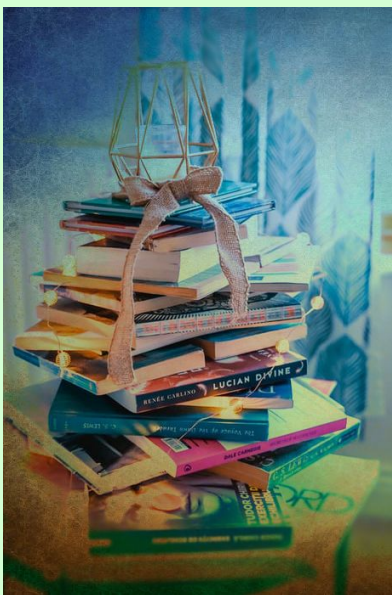
Location to be determined.

Please contact Roy at  
[fisherofbass@gmail.com](mailto:fisherofbass@gmail.com)  
for more information.



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### Book Club



Our Book Club will meet on Tuesday, July 12, 2022,  
2 pm - 4 pm at:

**Panera's**  
**130 South County Center Way**  
**St. Louis, MO 63129**

#### Future books:

July 12, 2022 - *The Plot* - Jean Hanff Korelitz

August 9, 2022 - *The Wrong Dog* - David Elliot Cohen

September 13, 2022 - *The Other Black Girl* - Zakiya  
Dalila Harris

October 11, 2022 - *Once There Were Wolves* -  
Charlotte McConaghy

Looking forward to seeing you at the Book Club!

For further information, please e-mail Carol at [cabullock48@yahoo.com](mailto:cabullock48@yahoo.com)

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For more information on our church activities: Check our website, [unitystl.org](http://unitystl.org) or  
call 314-845-8540.

[Click Button to Donate](#)

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## 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



A four-year-old boy was asked by his mother what he had learned in Bible school where the theme was Discipleship and Saving Mother Earth. He said, "It was all about Jesus and the 12 recycles."

Jesus and Satan are having a competition on who can finish an essay first. 1, 2, 3, GO. Jesus starts and takes his time while Satan is typing up a storm. Satan is typing so fast that the power goes out and both computers are shut off. They start back up, and Jesus states that he is done with the essay. Riddled, Satan asks how he wrote that fast. Jesus turns to him and simply says, "Jesus saves."

**Q:** What do you call batman skipping church.

**A:** Christian Bale



Q: Who was the smallest man in the Bible?

A: King David because he was only 12 inches tall as he was a ruler.

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**Minister:** Jan Mourning  
**Office:** 314.845.8540  
**Email:** [firstunity@firstunitychurchstlouis.org](mailto:firstunity@firstunitychurchstlouis.org)  
**Website:** [unitystl.org](http://unitystl.org)  
**SilentUnity** prayer support  
1.800.NOW PRAY (669.7729)  
**uPray** is a [free mobile download](#)