

First Unity Church of St. Louis

2022 Volume IV

Issue 2



Minister's Corner

YEAR OF THE TIGER

Happy New Year! I know this seems like a belated greeting, but February was actually the beginning of the Lunar New Year which means it's the perfect time to embrace and lean into the full potential of 2022.

This is the Year of the Tiger in the Chinese zodiac, symbolizing power, confidence, courage, and authoritative energy. Specifically, 2022 is the year of the water tiger, an animal that represents the ability to keep calm in the midst of conflict, maintain an open mind, and experiment with new ideas. The water tiger is also known as an animal that

expels all evil.

Unity Co-Founder, Charles Fillmore, defined evil as “that which is not of God, error thought.” He considered the upcoming Lenten season to be a time for spiritual transformation, rebirth, and renewal.

This sacred time leading up to Easter calls us to release negative thoughts, feelings, and habits to live joyously and free. As Rev. Mark Anthony Lord writes in *The Seven Living Words*, “Our true spiritual evolution is calling us to be happier, more fulfilled, and more on-purpose.”

Jesus fully expressed the eternal Christ, the individualized Godness in us all. He had to endure the cross before he could experience the resurrection. Like Jesus, our spiritual power is not of this world. The Easter story holds profound insights about our recognizing, reawakening, and reconnecting to the living Christ spirit within. We, too, are born to a new life, a new vision, and a new way of *being*.

So, what will that new way of *being* look like for you in 2022? Like the magnificent tiger, you have all the power and strength to prevail. You were created to be all you can imagine God to be. This is your Divine mission. So have a happy, healthy New Year, a glorious spring, a joyous Easter, and a year filled with infinite possibilities of goodness.

Love & prayers,
Rev. Jan

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

March/April 2022

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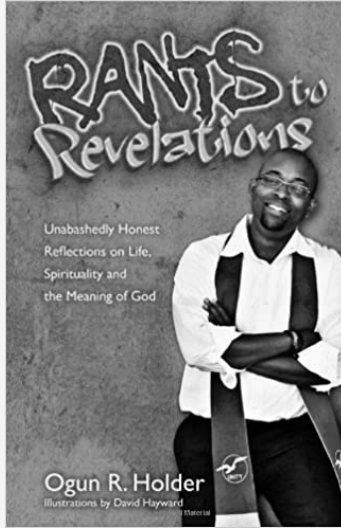
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Featured Book for March:



"Rants to Revelations"

by Ogun R. Holder

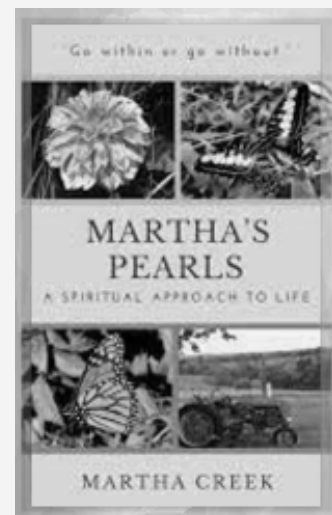
Readers will relate to the honesty and humor to the mash-up of emotions, ideas, and experiences Holder shares about parenting, spirituality, relationships, and theology. When taken to heart, these "rants" might, in fact, lead you to your own revelations.

The Featured Book for April:

"Martha's Pearls"

by Martha Creek

This book will provide you with wondrous insights to facilitate your journey to awakening. Martha invites you to live in the now moment, seeking and trusting what is possible. This profound, simple book needs to be read slowly and savored for higher understanding, and remembrance.



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

March 6, Zoe Vonder Haar, vocals with Carolbeth True, piano. **Zoe Vonder Haar** is one of St. Louis' most acclaimed musical theater performers, with nationally touring roles and awards for her work at Stages St. Louis, The Repertory Theater of St. Louis, and The Muny to her credit. Ms. Vonder Haar was in the original cast of A Chorus Line on Broadway from 1976-1983. **Carolbeth True** is perhaps the most significant St. Louis jazz pianist of the past 30 years. Ms. True is cited by the Arts and Education Council for "Excellence In The Arts."

March 13, Scott Alberici, 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 the rare ability to capture the moment with the subtlety of expression mixed with brilliant and melodic improvisations 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 Muny Opera and the St. Louis Symphony, and a freelance jazz musician. 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.

March 20, 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.

March 27, Anita Jackson, vocals with Eric Slaughter, guitar. **Anita Jackson** is a native of St. Louis, Missouri who returned home after living in New York City for twelve years. She is a graduate of the American Music and Dramatic Academy in New York and has performed extensively nationally and internationally in theater productions, concerts, and workshops. She has recorded and performed as a background vocalist for such artists as Bette Midler on her Grammy Award-winning song for Song of the Year in 1991, "From a Distance"; Patti Austin on "I Can Move this Mountain"; Mariah Carey on "Anytime You Need a Friend"; recording artists Chico DeBarge, Erykah Badu, and most notably Cissy and Whitney Houston. She is a vocalist on Cissy Houston's Grammy award-winning "Face to Face" album, as well as her 1997 Grammy award-winning "He Leadeth Me" album. **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.



Zoe Vonder Haar
vocals



March 6

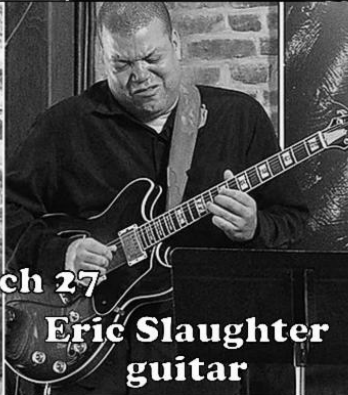
Carolbeth True
piano



March 20
Brian Clarke
vocals & guitar



Anita Jackson
vocals

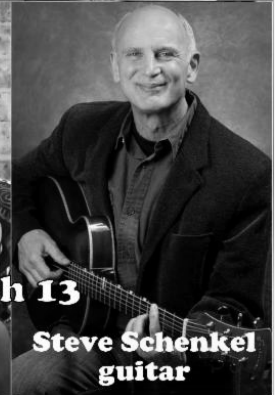


March 27

Eric Slaughter
guitar



Scott Alberici
clarinet



March 13

Steve Schenkel
guitar

First Unity Church Presents Its Outstanding Music Calendar for April 2022

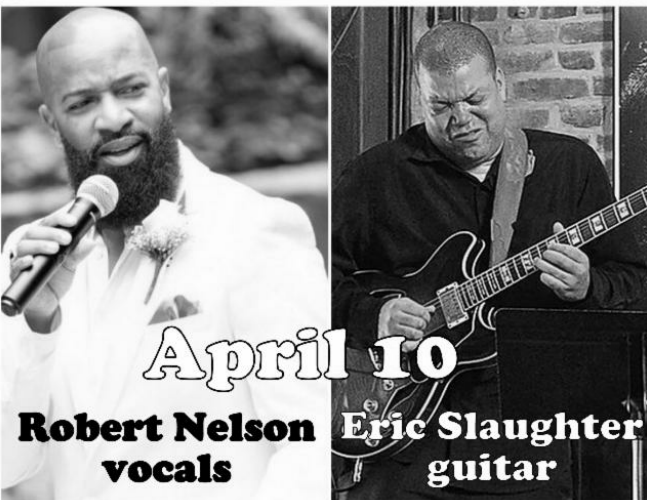
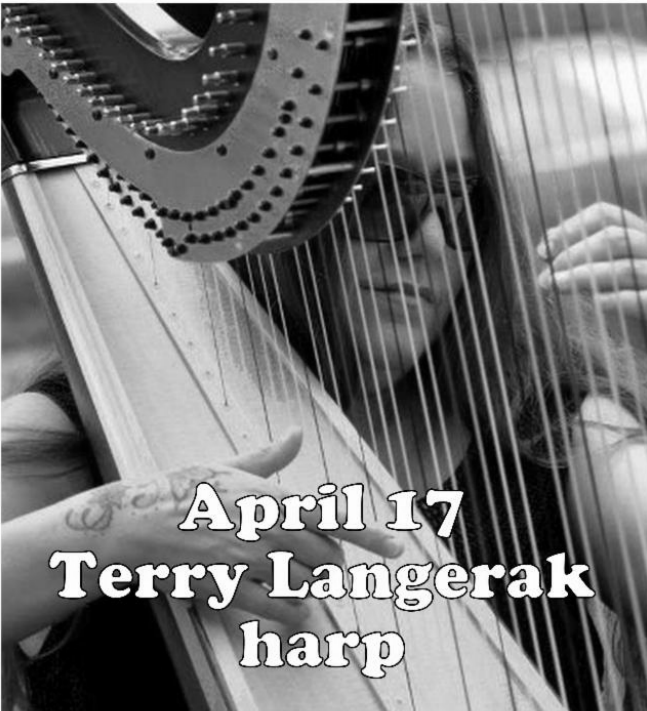
April 3, Norah Wolters, vocals and Joe Neske, piano. **Norah Wolters**, 12 years old, comes to us from Jefferson City, MO. She is an active musical theater performer, with a variety of significant roles already on her resume, including the leads in Matilda and Annie. Miss Wolters is the great niece of our own Jane and Eric Vondruska. 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), as well as 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, music aesthetics, directed the New Music Ensemble, and provided individual instruction in solo and collaborative piano.

April 10, 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.

April 17, 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.

April 24, 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. 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. Steve □
□chenkel 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 serves as
Music Director of First Unity Church of St. Louis.



Exciting Community Service Events for First Unity

March and April

Household Goods Drive for Afghan Refugees

As many already know, First
Unity Church of St. Louis has
partnered with The
International Institute of St.
Louis, helping the Afghan
Refugees entering our area.

Here is a little background information for those of you curiously asking:

"What is The International Institute?"

"The Afghan Refugee Center in St. Louis?"

The International Institute of St. Louis (IISTL) is one of the larger providers of services to our immigrant community. IISTL believes that all St. Louisans benefit from living in a community with residents of diverse races, religions, and national origins.

Their mission is to help immigrants and their families become productive Americans and champion ethnic diversity as a cultural and economic strength.

The Afghan Resource Center features content on visa options and benefits for Afghan newcomers.

Additionally, practical information is provided on U.S. laws, finding a job, family reunification and immigration, understanding American culture, setting up finances, healthcare, education, and more.

Starting in September 2021, 350 refugee families entered the St. Louis area. This number is expected to reach 500 families by the end of February 2022 and 1,500 families by the end of the year. To date, during this short time the families have been in St. Louis, five babies have been born.

What is First Unity Church doing to help?

Our church is collecting household goods for the Afghan Refugees:

- New and used blankets
- Comforters
- 60-watt light bulbs
- Kitchen trash cans and liners
- Plastic clothes hangers
- Schnucks and Walgreens gift cards

Drop off your items before or after service on Sundays or during the week, Monday – Thursday 9 am – 3 pm during the months of March and April.

You may prefer to donate monetarily instead of shopping. Checks may be written and mailed to:

First Unity Church of St. Louis

4753 Butler Hill Road
St. Louis, MO 63128

Please note in the comment section of your check "*Afghan Refugees*".

For additional information, please contact: **Donna at dlllampert5@outlook.com**





A group of caring neighbors dreamed about ways they could make a long-term difference for working families who lived in substandard housing, and Habitat for Humanity Saint Louis (HFHSL) was born. By 1988, thanks to countless helping hands from businesses, places of worship, and individual volunteers, HFHSL's first two homes were built. In the first twenty-five years of operation, HFHSL helped over 1,000 parents and children realize the American Dream of homeownership, all while growing to be one of our region's most recognized and successful charities. Each year, more than 3,200 active volunteers contribute tens of thousands of hours of labor to build houses and hope.

With your help, in the years ahead, each of the volunteers and all Habitat staff will have a tool in hand. By giving to this first-ever tool drive, you're supporting efforts to make homeownership affordable, and achievable, across St. Louis city and county.



On behalf of the entire Habitat family, I say THANK YOU! Want to give in other ways? Consider a donation of gently used furniture or appliances to our ReStore. Or make a contribution online at www.habitatSTL.org.

Hope to see you on a build site soon,

Michael Powers

Real Estate Development Manager
Habitat for Humanity Saint Louis

HABITAT SAINT LOUIS TOOL DRIVE

YOUR OLD (or new) TOOLS WORKING FOR NEW BEGINNINGS!

Donations used to build homes or sold at one of Habitat's ReStores.

Some examples of tools needed:

Miter or Circular Saw	Hammers / Nail Gun	Level
Tape Measure	Utility Knife	Cats Paw
Air Compressor	Cordless Drill	Drill Bits
Sawzall	Lawn and Garden Tools	Hand Tools



Breakthrough!

We're very excited to announce a new book discussion opportunity that will be based on the book *Breakthrough!* by Unity minister Rev. Victoria Loveland-Coen. Rev. Jan has been sharing ideas from this book as part of a Sunday message series that began on January 30 and will wrap up on April 10.

Breakthrough! examines the beliefs and practices that get in the way of living our best life. It asks and proposes answers to deep questions such as "What does it take to break out of repeated patterns of lack, limitation, and loneliness?" or "Why is healing so elusive for so many?". If you're engaged in practical spirituality but are frustrated that your expanded awareness is not translating into an experience of loving relationships, increased prosperity, success, and peace in your life, then this book discussion may be for you. If you are new to a spiritual path, or to this way of thinking, then this book discussion

may be for you, too.

The book reveals a comprehensive, step-by-step program for effectively releasing stuck energy that has choked off the growth of your authentic self, so you can embrace radical self-acceptance.

Anne Hartuppee, Licensed Unity Teacher, will be facilitating this book discussion. It will be held on Tuesday evenings at 7 pm in the Adult Classroom at First Unity church. The first session is planned for Tuesday evening March 8, 2022.

Books for this class are available in the Bookstore.

A love offering of \$5 per session is suggested. The discussion group will meet for 9 weeks. We look forward to seeing you on Tuesday nights!



Up To The Minute News

Brian Clarke



Standing before his audience with a microphone and a guitar, Brian Clarke presents a collage of influences ranging from James Brown to James Taylor. Brian Clarke's music is best described as Acoustic Soul. His is a message of hope drenched in the joy of playing it in the moment.

Thirty years ago, Brian began writing songs that tell the story of his deep spiritual journey, using contemporary music to express an age-old message of faith.

A Note From Brian:

It was 1992 when Royal Satterlee asked me to provide music for an upcoming service. For that service, I wrote the song "As You Believe." My path was suddenly clear. I would ask every minister what they were talking about on Sunday, and then write a song to match the message. I wrote for Unity ministers Blaine Tinsley, Sharon Almond, Vernetta Holmes, Le Remington, Marty Thurman, Reverends Dana Winter, Phylis Sparks, and the Mindful Spiritual Center. All the songs played today have their origins in an actual message delivered.

I am honored and delighted to be a part of First Unity Church of St. Louis. Thanks to Reverend Jan Mourning and the community for the amazing support and welcome.

Join us on March 20, 2022, to celebrate Brian Clarke's 30 year Anniversary of performing in New Thought churches in the St. Louis area.

Easter Lilies

First Unity Church is offering Easter Lilies this year!

The cost is \$9.00 for each lily and may be purchased in honor or memory of a loved one.

The deadline for ordering is April 3, 2022.



The Easter Lilies will decorate the sanctuary and may be taken home after the Easter service for you to enjoy.

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.

Visit our website

Ladies Night Out



March 21, 2022, at 5:30 pm.

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

April 18, 2022, at 5:30 pm.

Las Fuentes Mexican Restaurant
Oakville, MO 63129

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

Men's Night Out

March 21, 2022, at 6:00 pm.

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

April 18, 2022, at 6:00 pm.

Crusoe's
5591 Oakville Shopping Center
Oakville, Mo 63129

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



Book Club



Our Book
Club will
meet on
Tuesday,
March 8,
2022,
2 pm - 4 pm
at:

The St. Louis
Bread
Company
9920
Kennerly
Road
St. Louis, MO
63128.

The book to be discussed is "*Midnight Library*" - Matt Haig.

Future books:

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

May 10, 2022 - "*The Last Thing He Told
Me*" - Laura Dave

June 14, 2022 - "*Big Little Lies*" - Lane
Moriarty

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

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.

Visit our website

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: **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



HUMOR

A Minister's Story

A minister wound up the services one morning by saying, "Next Sunday I am going to preach on the subject of liars. And in this connection, as a preparation for my discourse, I would like you all to read the seventeenth chapter of Mark."

On the following Sunday, the preacher rose to begin, and said, "Now, then, all of you who

have done as I requested and read the seventeenth chapter of Mark, please raise your hands." Nearly every hand in the congregation went up. The preacher said, "You are the people I want to talk to. There is no seventeenth chapter of Mark."

A Father and Child

A father often read Bible stories to his young children, One day he read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned to salt." His son asked, "What happened to the flea?"

A Pastor's Story

A boy was watching his father, a pastor, write a sermon. "How do you know what to say?" he asked. "Why, God tells me." "Oh, then why do you keep crossing things out?"

Basketball Game

One day the devil challenged God to a baseball game. Smiling, God proclaimed, "You don't have a chance. I've got Babe Ruth, Mickey Mantle, and all the greatest players up here." "Yes," laughed the devil, "but I have all the umpires."



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