



# First Unity Church of St. Louis

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2022 Volume IV

Issue 6

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## *Minister's Corner*



## In All Things

On Nov. 28, 1922, during a Sunday message, Unity Cofounder Charles Fillmore said, "Someone came up to me this week and asked me if we were going to have a Thanksgiving service. That surprised me because I see every service we have as a Thanksgiving service. Every service, every day, every moment we give thanks." As we approach the holiday season, most of us experience a heightened awareness of the power of gratitude, perhaps keeping a gratitude journal, sharing the blessings for which we are grateful at the Thanksgiving table and/or giving Christmas gifts to those who bless our lives. Because gratitude, like prayer, is causative energy, these practices lead us to even greater blessings. In New Thought, we teach that energy goes where our focus flows.

However, modern New Thought metaphysician Rev. Dr. Michael Beckwith tells us there are three layers of gratitude:

1. Gratitude for the good
2. Gratitude for the seemingly "not good"
3. Gratitude independent of circumstance

Paul wrote to the Thessalonians, "Rejoice always, pray without ceasing, and give thanks in all circumstances, for this is the will of God in Christ Jesus for you." Give thanks *in all things?? Really?* Are we to give thanks for the pandemic, global warming, the war in Ukraine, and the serious illness of a loved one? That's a tall order! Unity legend Rev. Eric Butterworth reminds us this passage does not say *for* all things but *in* all things. Those life events we call challenges call us to activate our true potential. In the face of conflict, we ask, "What is this situation calling me to be?" *In all things* we understand that there can never be any place that God is not, and the Divine powers within us such as faith, strength and wisdom are greater than any problems in the outer world.

Finally, we learn to be grateful independent of circumstances. This has been called proactive gratitude, absolute appreciation, and authentic gratitude. It is a way of **being**, a deep inner knowing that our joy is not dependent on outer conditions, but from the consciousness of oneness with God through the indwelling Christ. Emilie Cady wrote, "Thanksgiving is the soul's recognition of its relationship with God." Gratitude is an inner state of mind that helps us awaken to our Divine nature and the understanding that we are always in Perfect, Creative Divine flow. Every day, every moment, we are grateful.

Thanksgiving and Christmas can be tender times for those of us who are facing loss or heartache. And yet, in the midst of challenges, we can always become still, turn within, and know that we are never alone. The Amazing Power we call God goes before us, strengthens us, and shows us the way. One with all the powers of the Christ, we prevail. In all things, we can find blessings.

Blessings,  
Rev. Jan

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**Minister**  
**Rev. Jan Mourning**

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**First Unity Church of  
St. Louis Newsletter**

**Nov/Dec 2022**

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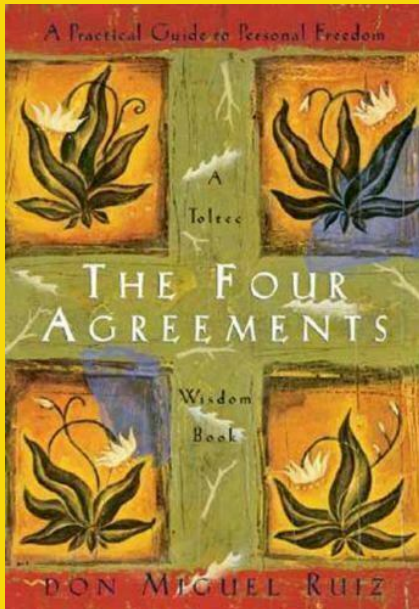
## FIRST UNITY BOOKSTORE

"Book of the Month."



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### Featured Book for November:



#### ***The Four Agreements***

by Don Miguel Ruiz

In *The Four Agreements*, bestselling author Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives into a new experience of freedom, true happiness, and love.

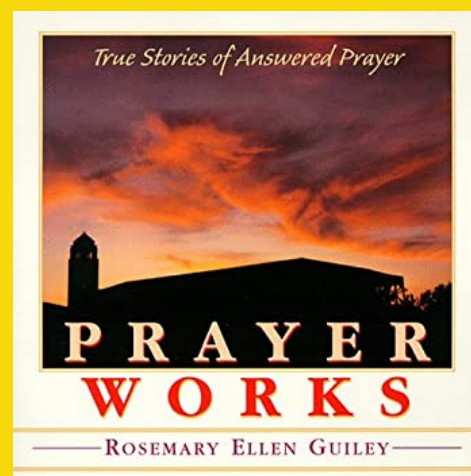
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### Featured Book for December:

#### ***Prayer Works***

By Rosemary Guiley

*Prayer Works* recounts over 150 stories of life's most stressful and challenging situations and the results that were delivered through prayer. These heartfelt stories are taken from the files of Silent Unity, a 24-hour-a-day prayer ministry that has continued unceasingly for a century. The book also includes information on topics such as prayer that works; how to pray; and healing body, mind, and soul.



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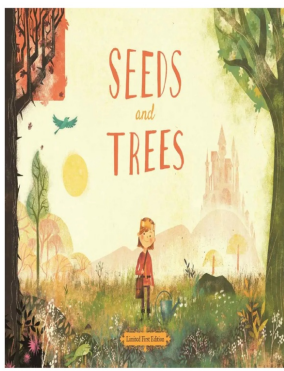
### Featured Book for Children: GREAT FOR A SPECIAL FAMILY TIME CHRISTMAS

#### ***Seeds and Trees***

by Brandon Walden

It's time to experience a special tale that will warm the hearts





of readers of all ages. *Seeds and Trees* revels in the power of words. It explores their effects on feelings and emotions. And it does so through the journey of two different seeds.

This book carries the key message of love and positivity supported by the many advocates of positive parenting solutions. *Seeds and Trees* will help encourage your children to offer kindness toward themselves and others.

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**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 **November** and **December**. All are truly welcome, 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 Spirit's Laws of Being.

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### **First Unity Church Presents Its Outstanding Music Calendar for November 2022**

**November 6 Brian Clark, 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 Musician.

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!

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**November 13 Kim Fuller, vocals, and Carolbeth True, piano.**



**Kim Fuller** has been performing for decades in the St. Louis area. She began singing at age 5 in the Angel Choir at church. Over the years she has sung in a variety of music genres. She has been 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-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 many talented musicians.

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**Carolbeth True** is perhaps the most significant St. Louis jazz pianist of the past 30 years. She is well-known in the 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.

Carolbeth 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.

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## November 20 Dan Rubright, guitar and Ted Rubright, percussion.



**Dan Rubright** recently received a prestigious 2019 Arts Fellow grant from the St. Louis Regional Arts Commission for his work as a composer and leader in the arts. In addition to composing and performing, Dan leads a workshop called The Hidden Jazz of Teams.



**Ted Rubright** is a brilliant percussionist who has played with the Colorado Philharmonic, the St. Louis Symphony, the Opera Theater of St. Louis, and the Nuclear Percussion Ensemble.

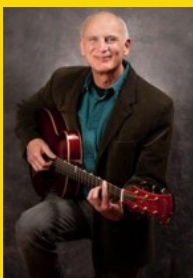
Since 2009 he has been a member of the jazz/world music/fusion group The Wire Pilots with his brother, guitarist Dan Rubright. Mr. Rubright serves as an adjunct instructor of percussion at St. Louis University.

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## November 27 Kim Portnoy, piano and Steve Schenkel, guitar.



**Kim Portnoy** is recognized as a versatile composer of 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.



**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 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.

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## December 4 The Hanser-McLellan Guitar Duo



**John McClellan and Kirk Hanser** began performing together in 1996 while working to produce an international conference and competition in St. Louis, MO. Very quickly, Hanser and McClellan became known for their choice of entertaining musical programs, their technical prowess, and their ability to connect with audiences. Over the years, they have become recognized by critics and audiences

alike as one of the most enjoyable and highly respected American chamber music groups. The Hanser-McClellan Duo has been heard on several CDs, with their most recent feature recording, *La Vida Breve*, receiving much critical and audience acclaim. Classical Guitar Magazine (U.K.) declared their performance on this recording as exhibiting *sheer swagger and verve*. Most recently, John and Kirk recorded and produced tracks with Vince Gill, Tommy Emmanuel, Mark Knopfler (Dire Straits), the Los Angeles Guitar Quartet, and many, many others to create a CD celebrating the musical life of their dear friend, Chet Atkins, on the CD release *Slightly Above Below Average*.

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## December 11 Let It Slide Trombone Quartet



This brilliant new trombone quartet is led by First Unity's own **Jeremiah Burcher**. The four members of the quartet, **Jeremiah, Dave Meseth, Andy Schiefelbein, and Ned Strebel** make up the trombone section of the renowned Route 66 Jazz Orchestra.

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## December 18 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. 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.

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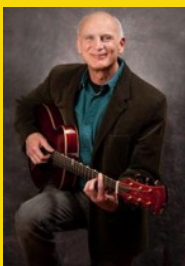
**Steve Schenkel** is the guitarist and orchestra manager for the Fox Theater, guitarist for the Muni Opera and the St. Louis Symphony, and a freelance jazz musician. He recently retired after 37 years at Webster University, where he founded the Jazz Studies program, the Webster Jazz Concert Series, and the Jazz Studies/Music Technology program. He serves as Music Director of First Unity Church of St. Louis.

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## December 25 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 and 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. 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.

## ***Holiday Happenings***



## **Feed My People Adopt-A-Family Christmas Program**

First Unity Church of St. Louis has partnered with Christian food pantry Feed My People for many years. In partnership with this organization, we have donated hundreds of pounds of non-perishable food items over the years to help feed families who are seeking help.

Feed My People operates out of two locations – one in South County and the other one in High Ridge. In addition



to providing help with food, they also provide clothing and shoes, household items, small electronics, and books through their thrift stores at each location.

Again this year, First Unity Church is participating in Feed My People's Adopt-A-Family program for Christmas. In previous years, this program provided food baskets for families in need. This year they are expanding the program to include gift cards for coats, socks, shoes, blankets, and other needed items. During the past few years, Feed My People has found that using gift cards is easier for the donor, the client, and the organization. They no longer need

as many volunteers to move and lift heavy boxes and their clients are able to purchase what they can use.

In the next few weeks, First Unity Church will be receiving an informational packet from Feed My People containing our assigned families who are requesting additional help this holiday season. Please stay tuned for more information about how you may share your blessings this holiday season. If you are not able to contribute financially, you might consider praying with the people served by this organization or volunteering time at one of their locations.

"Not all of us can do great things. But we can do small things with great love." ~ Mother Teresa

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## Thanksgiving Service

**Unity South** is honored to host the All Unity Thanksgiving Service this year! The service will be held on Wednesday, November 23, 2022, 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.



Unity South is located at 3701 Bayless Avenue, St. Louis, MO 63125. For more information, please call 314.631.2466.

Hope to see you there!



## Decorations for Christmas

Please join us for the annual Christmas decorating event on November 26, 2022, beginning at 10:00 am. All elves are welcome.

Our Church decorations will be dismantled on Dec. 29, 2022, starting at 1:00 pm.

All helping hands will be appreciated.

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## Christmas Goodies Bake Sale

Sunday, December 11, 2022

We will be having our traditional Christmas Bake Sale.

You can donate your favorite Christmas Goody and shop for 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.

\* If you need additional information you may e-mail Hope at [hope\\_dodson@yahoo.co.uk](mailto:hope_dodson@yahoo.co.uk) or Donna at [dillampert5@outlook.com](mailto:dillampert5@outlook.com)



## Christmas Luncheon

Sunday, December 18, 2022

Immediately following our Service we will have our Christmas Luncheon, downstairs in the Community Room.

Everyone is welcome, please join us.

## Christmas Candle Lighting Service

Sunday, December 25, 2022, 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 by 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.



## Burning Bowl Ceremony

Sunday, January 1, 2023, 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 8, 2023, 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 2023.



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

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## Souper Sunday

Sunday, January 8, 2023

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 signup 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!!

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## Feed My People

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 on the day of **Souper Sunday**.

Thank you in advance for your participation.



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## Up To The Minute News





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### Ladies Night Out



November 21, 2022 at 5:30 pm.

**Chevy's Fresh Mex**  
12466 Tesson Ferry Road  
St. Louis, MO 63128

December 19, 2022, at 5:30 pm.

**Celie Tatom's Home**  
1011 West Essex Avenue  
Kirkwood, MO 63122

Please bring a side dish or dessert and a White Elephant gift for a gift exchange.

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

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### Men's Night Out

November 21, 2022, at 6:00 pm.

**Dulany's Grille and Pub**  
9940 Kennerly Road  
St. Louis, MO 63128

December 19, 2022, at 6:00 pm.

**Billy G's Kirkwood**  
131 West Argonne Drive  
Kirkwood, MO 63122

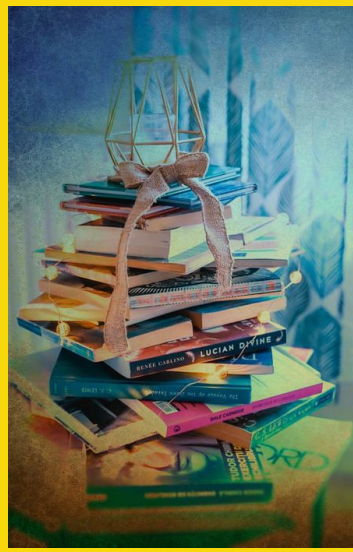


Please contact Roy at [fisherofbass@gmail.com](mailto:fisherofbass@gmail.com) for more information.

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### Book Club





Our Book Club meets on the second Tuesday of the month from 2 pm - 4 pm at:

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

#### **Future books:**

**November 8, 2022** - *Late Comer* - Jean Hanff Korelitz

**December 13, 2022** - *The Wrong Dog: A Rachael Alexander Mystery* - Carol Lea Benjamin

**January 10, 2023** - *Lessons in Chemistry* - Bonnie Garmus

**February 14, 2023** - *The Book Woman's Daughter* - Kim Michele Richardson

**March 14, 2023** - *Book of Lost Friends* - Lisa Wingate

**April 11, 2023** - *Still Life* - Louise Penny

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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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

## *Christmas Humor*



### Christmas Shopping

It was Christmas and the judge was in a merry mood as he asked the prisoner, "What are you charged with?"

"Doing my Christmas shopping early," replied the defendant.

"That's no offense," said the judge. "How early were you doing this shopping?"

"Before the store opened."

### Christmas Service

It was a cold and misty Christmas morning in the very depth of winter after a heavy fall of snow. Only one farmer and the minister managed to arrive at the church for the morning service.

"Well," said the clergyman "I guess there's no point in having a service today."  
"Well that's not how I see it," said the farmer. "If only one cow turns up at feeding time, I still feed it."

### A Miracle?

Father O'Malley was driving down to Boston on Christmas Eve when got stopped for speeding in Medford. The highway patrol officer smelled alcohol on the priest's breath and then saw an empty wine bottle on the floor of the car.

He said, "Father, have you been drinking?"

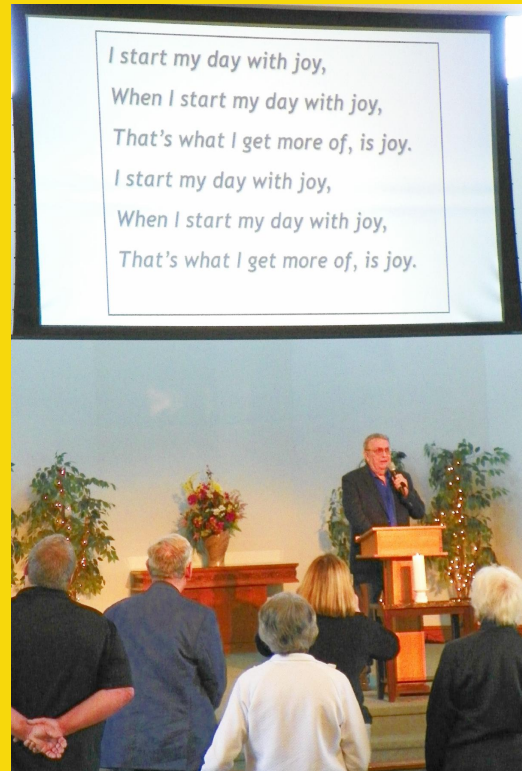
"Only water," replied Father O'Malley.

The policeman asked, "Then how come I can smell wine?"

The priest looked at the bottle and said, "Good Lord! He's done it again."















**Minister:** Rev. Jan Mourning  
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