

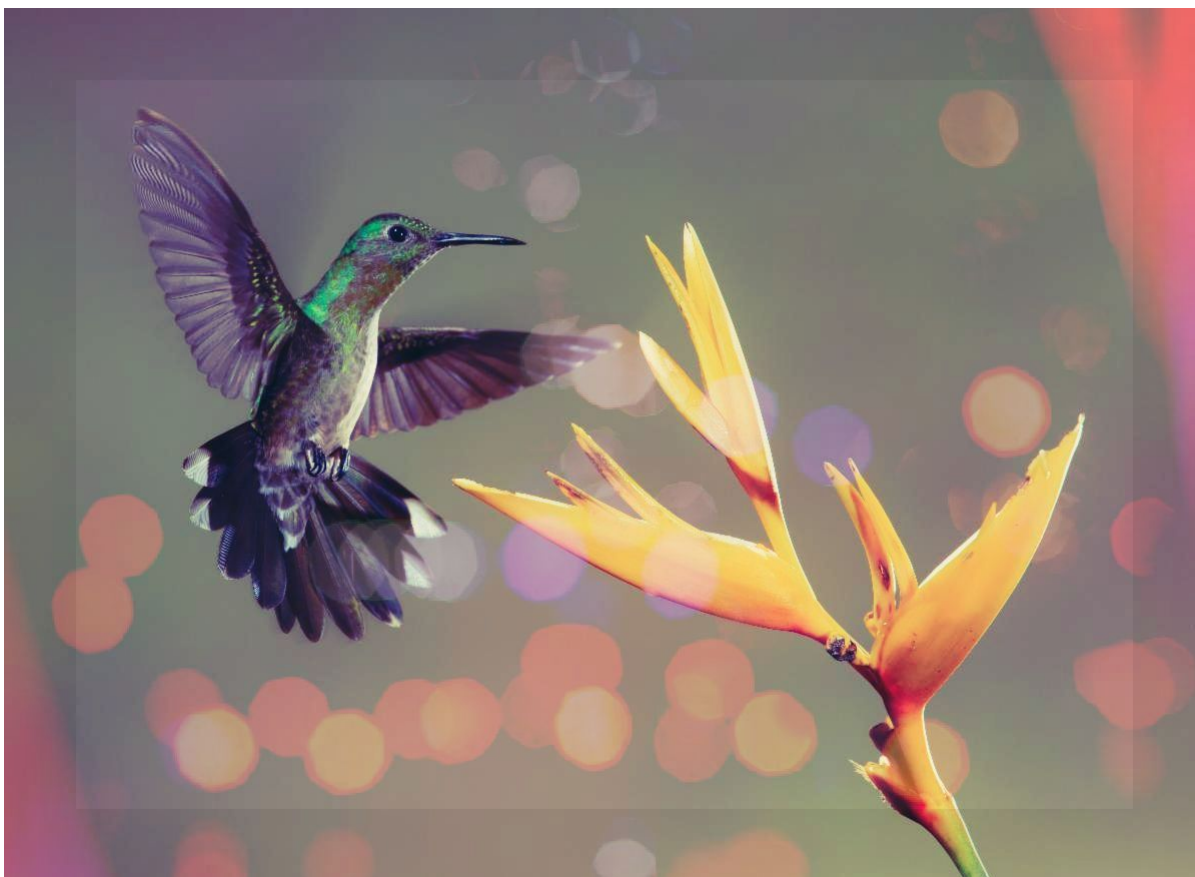


First Unity Church of St. Louis

2022 Volume IV

Issue 5

Minister's Corner



An Impossible Journey?

I have always been fascinated by hummingbirds. One of my favorite activities is watching these beautiful little birds hover over feeders and blooming hibiscus. Their bodies are no bigger than a large insect, yet their tiny wings beat more than 50 times per second, making the humming sound that gives them their name.

Some hummingbirds migrate thousands of miles, leaving cold climates in the fall and returning north in the spring. I always pictured them traveling together in communities, supporting one another on their long journeys like geese flying in formation. However, according to Kenn and Kimberly Kaufman in an article in *Birds & Blooms Magazine*, Sept. 2020, "Hummingbirds travel as loners; each individual navigates on its own. Even young

birds making their first southward migration fly solo, without any guidance from their parents.” The sheer impossibility factor of the hummer’s amazing feat holds powerful implications for our own spiritual journey.

Just think! The moment for a hummingbird to begin its unaccompanied southern migration and the route it will take come strictly from inner instinct. With no external navigators or maps, the hummer relies on its own internal guidance system. Likewise in the spring, these tiny creatures move north toward breeding grounds with no way of knowing exactly what the weather ahead will be like. Again following inner guidance, they sense when the coldest winter weather has passed and flowers have begun to bloom.

Endowed with rapid metabolism, quickly burning energy, the tiny travelers make frequent stops along the way to feed. While most migrating birds fly mainly at night, one by one, the hummer flies during daylight hours low enough to spot flowers and feeders. Its trip is really a series of relatively short flights interrupted by stops to refuel. Even so, some weaker ones have been known to land on offshore oil rigs & boats floating in the Gulf of Mexico to rest until they are strong enough to continue their flight across the gulf.

Ok, so this might be more than you wanted to know about hummingbirds! But I’m sure you have already noted the spiritual implications. The hummer’s journey is a testimony that all is possible in God’s universe. There is no challenge on this earth greater than the Power and internal Presence of Spirit. The hummer flying low, in the light, looking for food reminds us that God’s abundance, all that we need, is always available. We only have to expect and look for it. And at those times when we are tired, feeling like we cannot continue, we too can find the equivalent of a boat or rig to keep us afloat. Like the tiny hummingbird, we have all the insight & power *within* to do we are called to do.

When we consider that the tiny hummingbird in late summer has the wisdom and courage to leave full feeders and blooming flowers to begin a difficult journey, we remember that what God gives for the birds of the air, surely God gives to us. Our role is to trust and move forward as we are guided. Picturing the tiny hummer accomplishing its seemingly impossible Divine mission gives us the faith to realize that we are fully equipped to accomplish ours.

HAPPY FALL!

Rev. Jan

Minister
Rev. Jan Mourning

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

Sept/Oct 2022

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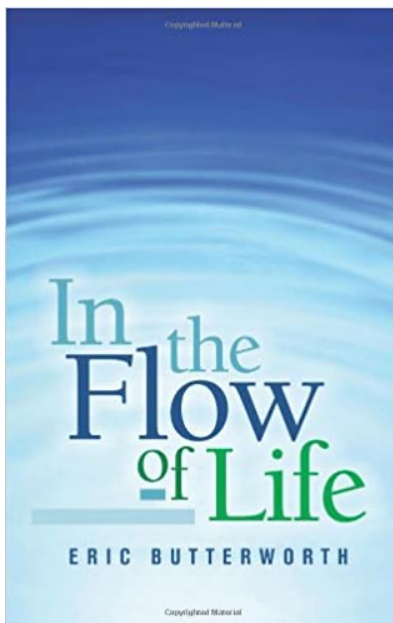
Photographs

FIRST UNITY BOOKSTORE

"Book of the Month."



Featured Book for September:



In the Flow of Life

by Eric Butterworth

The inlet and outlet of the infinite flow of God are within you. With extraordinary clarity, Eric Butterworth reveals life-transforming spiritual principles to keep you in the flow.

In the Flow of Life calls you to live from the exhilarating and empowering realization that you are the expression of God flowing forth into the world. Living in the flow of God will change your life forever!

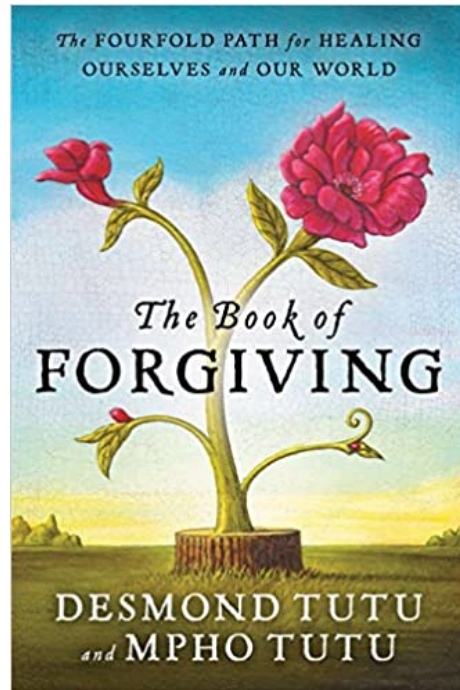
Featured Book for October:

The Book of Forgiving

By Desmond Tutu and Mpho Tutu

Each of us has a deep need to forgive and to be forgiven. After much reflection on the process of forgiveness, Tutu has seen that there are four important steps to healing: Admitting the wrong and acknowledging the harm; Telling one's story and witnessing the anguish; Asking for forgiveness and granting forgiveness, and renewing or releasing the relationship.

The Book of Forgiving is both a touchstone and a tool, offering Tutu's wise advice and showing the way to experience forgiveness. Ultimately, forgiving is the only means we have to heal ourselves and our aching world.



First Unity Church Presents Its Outstanding Music Calendar for September 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 September and October. 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 the Spirit's Laws of Being.

September 4, Kim Fuller, vocals, and **Carolbeth True**, 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 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.

September 11, Brian Clarke, vocals and guitar.

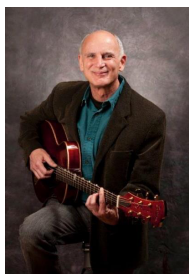


Brian Clarke is perhaps the most beloved New Thought musician in St. Louis. He is most recently the recipient of the *St. Louis Magazine* A-List Award as Best Vocalist and Best Musician. Yes, this is the same Brian Clarke who played at The Opera House, Train Wreck, and Dorsett Inn. Brian has toured the 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!

September 18, Dan Rubright, jazz guitarist, and **Steve Schenkel**, guitar.



Dan Rubright is a jazz guitarist and composer who 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.



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.

September 25, Jane Price, violin, and **Ruth Price**, piano.



Jane Price grew up in West Lafayette, Indiana. She holds a Bachelor of Music degree from Indiana University and a Master of Music degree from the New England Conservatory.

She has been an extra member of the Chicago Symphony, with whom she has toured internationally since 1994, and the St. Louis Symphony and St. Louis Opera Theater since 1996.

As a chamber musician, Jane has collaborated with members of the Cleveland Quartet, the New York Woodwind Quintet, and the Mark Morris Dance Company. Jane was a fellow at the Tanglewood Institute, the Norfolk Festival, and the Spoleto festival in Italy and the United States.



Dr. Ruth Price, an accomplished performer, teacher, and clinician, 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 performance analysis.

Her innovative presentations on behind-the-scenes aspects of music and performance inspire teachers, students, and general audiences.

Ruth also enjoys creating interdisciplinary arts experiences, collaborating with painters and art historians, and pairing classical music with children's books.

First Unity Church Presents Its Outstanding Music Calendar for October 2022

October 2, 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.

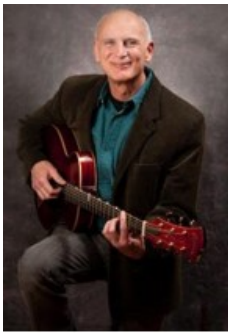
Joe also served as an adjunct professor at Webster University for 19 years. He accompanied choirs and vocalists, taught classes in counterpoint, choral arranging, and music aesthetics, and directed the New Music Ensemble. He provided individual instruction in solo and collaborative piano.

October 9, 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.



October 16, 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 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 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 serves as Music Director of First Unity Church of St. Louis.

October 23, Merry Keller, vocals and piano.



Merry Keller brings a professional choral background and extensive performing experience to her singing and teaching career.

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.

Mary Keller has been active in the 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 30, Special Music Sunday, The Bellissimo Brass.

St. Louis based Bellissimo Brass, made up of four nationally known virtuosi, make their First Unity debut.



Kurt Silver, leader of the Bellissimo Brass, has been one of St. Louis's leading trombonists and arrangers for three decades. Kurt has performed with the St. Louis Symphony, the Fox Theater Orchestra, and The Who at Hollywood Casino Amphitheater.



Trumpet virtuoso Randall Holmes has been St. Louis's leading jazz trumpet artist for almost 50 years. Mr. Holmes has played concerts and jazz festivals around the country. He is the leader of the remarkable jazz ensemble "Hard Bop Heritage."



Greg Grooms received his Bachelor's degree from the University of Central Missouri and his Master's degree from the University of Illinois - both in Trumpet Performance. He served as a trumpeter in the United States Air Force bands in the US and Pacific (1984-89). He performs in many groups as a freelance trumpeter in the Saint Louis area, including the Fox Theater Orchestra.



French Horn master Timothy Brooks is currently a band director and musician in the St Louis area. He holds degrees from New Mexico State University and Oklahoma State University in music and has also performed internationally with the El Paso Opera Company.

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See Hope Dodson or email Hope at hope_dodson@yahoo.co.uk

Upcoming Events

World Day of Prayer September 8, 2022



Welcome to the 29th annual World Day of Prayer!

Join Silent Unity® and thousands of people in Unity churches and spiritual centers around the world on September 7th and 8th, 2022, for Unity World Day of Prayer. The theme of World Day of Prayer 2022 is "Holding the High Watch". This year's affirmation for the event is:

I pray with an elevated mind and open heart.

How to Experience World Day of Prayer 2022

Make plans to join Silent Unity presenters on Zoom for the opening ceremony on Wednesday, September 7, at 7 p.m. (CT), as Revs. Linda Martella-Whitsett, Kathy Beasley, Tawnicia Ferguson Rowan, Chris Jackson, and Evin Wilkins share their experiences with the affirmation I pray with an elevated mind and open heart 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:

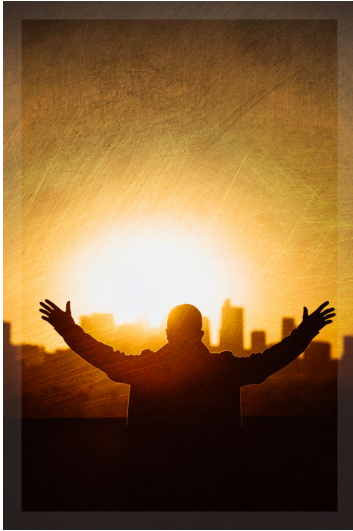
go.unity.org/wdop

When the web page displays, click on the 'Register Today' button. A second web page will display. Click on the red 'Tickets' button on the right side of the screen.

First Unity Church of St. Louis will be holding an all-day prayer vigil on **Thursday, September 8th**. Our sanctuary will be open from 8 a.m. until 4:30 p.m. for prayer and meditation. A 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 requests will be sent to Silent Unity® where they will be held in prayer for 30 days.

We look forward to supporting you with 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 18, or Sunday, September 25, after church to learn more about this

sacred service opportunity.

On Friday evening, October 14, and Saturday, October 15, 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 (2023). You do not need to make a final decision about becoming a Prayer Chaplain until after completing the annual training.

Please join us for:

Pancakes & More Brunch

October 2, 2022
Following Sunday Service

Please RSVP by:
September 15, 2022
UNITYSTL.ORG
314.845.8540



St. Louis Ukulele Group Concert & Dinner

Concert & Spaghetti Dinner



Thursday, November 3, 2022

**First Unity Church
of St. Louis
4753 Butler Hill Road
St. Louis, MO 63128**

Ticket Price \$17.50 each

**Doors Open at 5 pm
Dinner - 5:30 pm
Concert - 7 pm**

**Please purchase tickets
before or after church**

**starting on
September 25, 2022**

**or call Sara at the church office M - Th, 9 am - 3 pm
314.845.8540.**

See you there!!!

Up To The Minute News



Ladies Night Out



September 19, at 5:30 pm.

**Mike Duffy's Pub & Grill
124 W. Jefferson Ave
Kirkwood, MO 63122**

October 17, at 5:30 pm.

**Tuckers South
3999 Union Rd.
St. Louis, MO 63125**

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

Men's Night Out

September 19, 2022, at 6:00 pm.

**Chili's
1130 S. Kirkwood
Kirkwood, MO 63122**

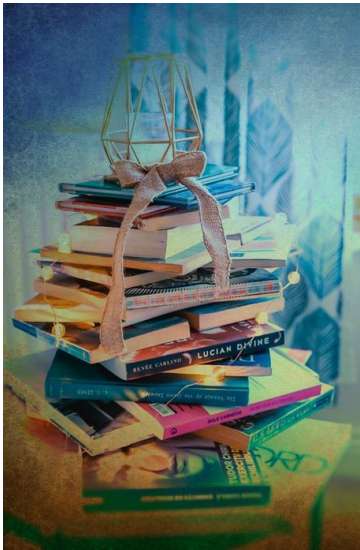
October 17, 2022, at 6:00 pm.

**Buffalo Wild Wings
570 South County Way
(Back of South County Mall)
St. Louis, MO 63125**



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

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:

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

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

**November 22, 2022 - *When Crickets Cry* -
Charles Martin**

**December 22, 2022 - *The Wrong Dog: A Rachael Alexander Mystery* -
Carol Lea Benjamin**

January 23, 2023 - *Lessons in Chemistry* - Bonnie Garmus

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.

Click Button to Donate



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.

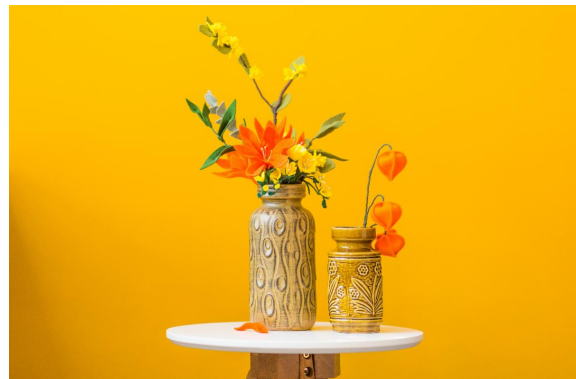
COMMUNITY BEHAVIORS

- 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

fall **HUMOR**



After pulling three double shifts in a row, my brother Billy, a hotel clerk, was worn out. On one of his few breaks, he went to the hotel restaurant to grab a bite. When his food came, Billy, his mind in a fog, bowed his head for the blessing and whispered these words to God: "Good evening, Holiday Inn, how can I help you?" —

At our weekly Bible study, the leader asked an elderly gentleman, Walt, to open the meeting with prayer. Walt did so in a soft voice. Another man, straining to hear, shouted, "I can't hear you!" Walt replied, "I wasn't talking to you."

In the foyer of a church, a young boy was looking at a plaque with the names of men and women who had died in various wars. He asked the pastor, "Who are these people?" The pastor said, "Those are members from our church who died in service." The boy asked, "The early service or the second service?"









Minister: Rev. Jan Mourning
Office: 314.845.8540
Email: firstunity@firstunitychurchstlouis.org
Website: unitystl.org
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1.800.NOW PRAY (669.7729)
uPray is a [free mobile download](#)

First Unity Church of St. Louis | 4753 Butler Hill Rd, St. Louis, MO 63128

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