

First Unity Church of St. Louis

2022 Volume V

Issue 1



Minister's Corner

More Than Enough

An intriguing story tells of long-ago sailors in South America who became trapped in the doldrums for days or even weeks, baking in the hot sun off the coast of what is now Brazil. Unable to move toward land to replenish their water, the sailors became dehydrated and sometimes yelled to passing local seamen begging for fresh water. Imagine their surprise when the local crew delivered the amazing news that they were sitting in the mouth of the Amazon adrift in fresh water! All they had to do was lower their buckets. They had believed they were in lack and peril when they were literally floating in exactly what they desired! What a lesson for all of us!

New Thought minister and author Dr. Michael Beckwith said, "There is a lie like a virus within the mind of humanity. And that lie is, 'There's not enough good to go around. There's lack and limitation and just not enough...' But the truth is there's more than enough for everyone – more than enough creative ideas, love, joy, prosperity. If you believe it, if you can see it, if you act from it, it will show up for you. That's the truth."

But why is this Truth so hard for us to grasp? Is it because our human minds have trouble wrapping our heads around ALL THAT GOD IS? Is it because we have been told we are unworthy of an abundant life - one full of love, joy, peace, wholeness, and prosperity? Is it because, like the ancient sailors, we believe in a Universe of scarcity? Rev. Catherine

Ponder & many other New Thought writers tell us the first step to prosperity is prosperous thinking. Even in this post-pandemic economy, we can turn from the collective consciousness of “less than enough” to “more than enough.” We can:

- Understand & trust that God, the Good, is our omnipresent source. In God there is no lack.
- Resolve to see all lack and limitation as temporary worldly conditions and know there is a greater Reality.
- Understand the spiritual law of giving and receiving. When we hold tight to what we have, we reinforce a belief in “not enough.” As we circulate the gifts of God in our lives, we put ourselves and others into the Divine Flow of abundance.
- Activate our Power of Imagination to trust in and visualize our good in every aspect of our lives. We attract ourselves to that which we imagine.
- Utilize the Power of the Word. Refuse to fall into language of lack and limitation. Affirm the Truth of abundance, wholeness, and joy. Name it and claim it!

In claiming abundance in our personal lives and in our beloved spiritual community, let us set the intention in 2023 to realize there is more than enough in every aspect of our lives. As we embrace the spiritual principles we know, join First Unity in a new prosperity initiative, Abundant and Free in 2023. Stay tuned! Together, we embrace unlimited possibilities of Godness and goodness. Blessings to all.

Enjoy a happy, healthy, peaceful and prosperous New Year.
Love,
Rev. Jan

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 2023

In This Issue:

Minister's Corner

5 Basic Unity Principles

Poinsettias

Music For January

Music For February

Mary Tumminello

Cindy Gibbs
Claire Gibbs

Holiday Happenings

Prayer Chaplains

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Up To The Minute News

Ladies' Night Out

Men's Night Out

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Community Service Ministry

Book Club

Core Values

Humor

Photos



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

Jan Mourning

~In Memory of Bob Leonard

Nancy Davis

*~In Memory of Deceased Loved
Ones*

Rick & Ruth Emmett

*~In Memory of Emmett & Vielhaber
Loved Ones*

Joan Rose

*~In Honor of Rosemary Stanglein
~In Memory of Charles Stanglein*

Roy Ems & Mary Tumminello

*~In Memory of John Tumminello
& Jackie Ems*

Skip & Anne Hartupee

*~In Honor of Our Loved Ones
~In Memory of John Hartupee*

Julie Goede

*~In Honor of Ann
~In Memory of Fred*

Valerie Harris

~In Memory of Bob Freedman

Hope Dodson & Paul Henley

Jane & Eric Vondruska

~In Memory of Our Parents

Marjorie LaRico

~In Honor of Betty Jean Kofron

First Unity Church Presents Its Outstanding Music Calendar for January 2023

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 1, 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 8, White Stone Service, **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 15, **Merry Keller** brings a professional choral background and extensive performing experience to her singing and teaching career.

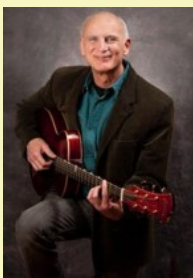
She continued with graduate studies in vocal performance, working with Stella Conway, professor of voice at West Chester. Merry Keller continues her vocal studies with Chris Armistead at Washington University in St. Louis and has collaborated with local pianists Neal Richardson, Ron Bryant, and Martha Shaffer.

Mary Keller has been active in the St. Louis' cabaret scene, presenting a holiday show at Gaslight Theater in December 2008. She 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.

January 22, **Joanna Serenko**, 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.



January 22, Steve Schenkel. 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.



January 29, Joe Neske. 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. It provided individual instruction in solo and collaborative piano.

First Unity Church Presents Its Outstanding Music Calendar for February 2023



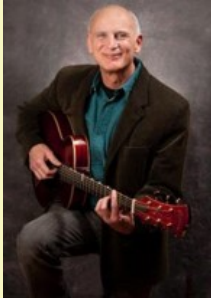
February 5, Brian Clarke, vocals and guitar. Brian is perhaps the most beloved New Thought musician in St. Louis. He is most recently the recipient of the St. Louis Magazine "A-List" Award as Best Vocalist and Best Musician.



February 12, Carolbeth True, jazz pianist. Carolbeth 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.

February 12, Steve Schenkel, 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.



February 19, Chuck Flowers, veteran singer/entertainer. He has recorded with the Gospel Symphonic Choir, The O'Neal Twins and the Interfaith Choir and the Golden Gospel Singers. Chuck performed in Porgy and Bess with Union Avenue Opera Theater.



February 19, Steve Schenkel, 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.



February 26, Mitzi MacDonald, vocals and keyboard. Mitzi performs at numerous churches, peace events, pubs, coffee houses, outdoor concerts, and special events. She has opened for authors Alan Cohen, and Neal Donald Walsh at Westport Playhouse, and has performed at the Sheldon Concert Hall with CD release concerts.

Holiday Happenings



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 you 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.

Souper Sunday

Sunday, January 8, 2023

Please join us in the downstairs community room after the White Stone Ceremony 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!!



Donations for "Feed My People"

On **January 8, 2023**, 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

Ladies and Men's Night Out meets on the third Monday of the month!

Ladies' Night Out

January 16, 2023, at 5:30 pm.

Three Margaritas
69 Fenton Plaza
Fenton, MO 63026

February 21, 2023, at 5:30 pm.

Outback Steakhouse



5240 South Lindberg Blvd.
Sappington, MO 63126

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

Men's Night Out

January 16, 2023, at 6:00 pm.

Viviano's Festa Italiano
55 Fenton Plaza
Fenton, Mo 63026

Feb 20, 2023, at 6:00 pm.

TGI Friday's
5262 South Lindberg Blvd.
Sappington, Mo 63126

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



Hospitality Ministry



The Hospitality Ministry will hold their
monthly meeting on **January 15, 2023**, at
12:30 pm in the Adult Classroom.

Please contact Linda at
lindaharr636@gmail.com for more
information.

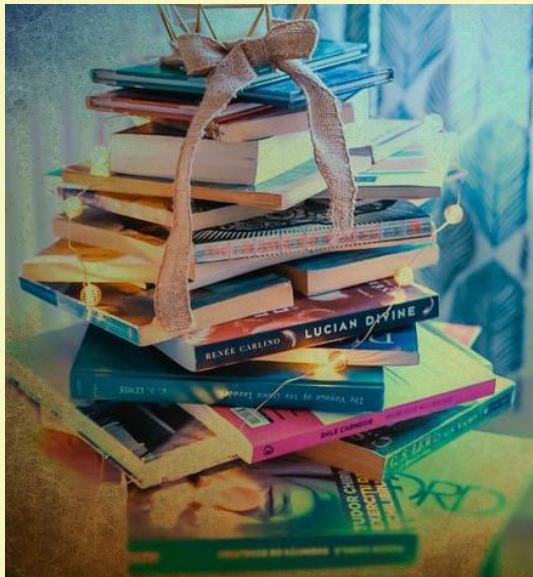
Community Service Ministry

The Community Service Ministry will hold their
meeting on **January 29, 2023**, at 12:30 pm in the
Adult Classroom.

Please contact Julie at juliegoede02@gmail.com
for more information.



Book Club



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

Panera Bread
9920 Kennerly Road
St. Louis, MO 63128

Future books:

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

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

SPIRITUAL GROWTH * SPIRIT-LED * LOVE * ONENESS * ACCEPTANCE * WELCOMING

**First Unity
Church
of
St. Louis**

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

Invisible Man

First Invisible Man: "Did you miss me when I was gone?"

Second Invisible Man: "Were you gone?"

Fishing Humor

When is fishing not a good way to relax?

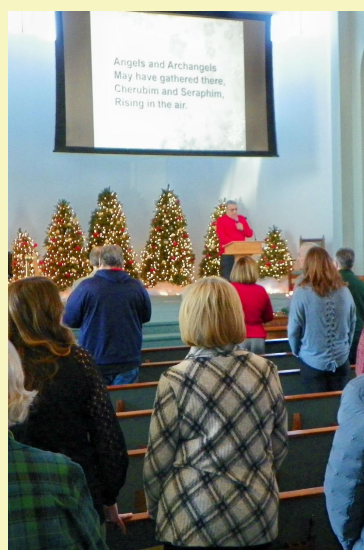
When you are the worm.

Boomerang

I used to know this hilarious joke about a boomerang.

I forgot it, but I am sure it will come back to me.

[Visit our website](#)





Santa's in the House





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Website: unitystl.org
SilentUnity prayer support
1.800.NOW PRAY (669.7729)
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