

First Unity Church of St. Louis

2023 Volume V
July/August

Issue 4

Minister's Corner



Dragonflies & Divinity

Recently I noticed a sign in front of a neighborhood church, "JOIN US SUNDAY. GOD IS HERE." This reminded me of the belief of the early Hebrews that God resided only in the Holy Temple in Jerusalem. In Unity, we embrace the Truth that God is present everywhere. There is no place we can ever be that God is not. Yet, there may be some places where we *especially* feel the Presence of God. It might be in a sanctuary, a hospital room, or in our own backyard. For me, it is in nature. I love to observe God's beautiful bounty in vibrant trees, blooming wildflowers, and amazing creatures. This summer season brings unlimited opportunities to do just that.

Lately, I have been mesmerized by the elegant, graceful movement of dragonflies in and around my koi pond. After doing some research, I discovered interesting facts about these creatures. They are among the most ancient, adaptable insects; it is believed they have been around for over 180 million years! The dragonfly is endowed with two sets of wings but can fly with one set if necessary. Both its wings and bodies are iridescent, giving the dragonfly beautiful jewel-like coloring that reflects the sunlight. Known for their fast flight and dazzling aeronautical feats, they twist, turn, hover, move up, down, & backwards like a helicopter; change directions in a second; and fly 30 mph to capture mosquitos which they often eat in flight. Huge eyes enable the dragonfly to see insects forty feet away. During its life, the dragonfly inhabits two realms – water and air. It spends most of its life span as a nymph in the water, flying for only a fraction of its life.

Here's where it gets really interesting! We can gain great spiritual and metaphysical meaning from these ancient creatures. In fact, all over the world, the dragonfly symbolizes change, transformation, adaptability, and self-realization.

The young nymph lives in water for two years, preparing for the moment it will soar in the air. This shows us that every moment of our lives, every challenge we face, prepares us to become what we were created to be. This is a story of change and transformation, a symbol of our divine purpose to evolve beyond our limited sense of self to uncover our own innate abilities and true purpose.

The short time span of the adult dragonfly is a message to us to live in the moment & give life all we have. Aware of all our Divine worth, we make all moments count, use our creative imagination, stay open and receptive to new beginnings, and change directions according to what we want and don't want in our lives.

The beauty of the dragonfly's iridescence reminds us that we, too, are here to be the light of the world. The dragonfly is often depicted in Japanese paintings as light and joy. Its body and wings reflect the sunlight just as a rainbow does, showing us to reflect the light of the Divine in thoughts, feelings, words, and actions. And the result is beautiful! The dragonfly's gigantic eyes symbolize the power of the mind to see beyond human limitations and envision infinite possibilities for our lives.

The natural world and all the amazing creatures sharing our planet are proof of the omnipresence of God. Like the dragonfly, they teach us about the cycle of life and our place in it, help us look for deeper meanings, and to appreciate our Oneness with All That Is.

Happy Summer!
Love & prayers,
Rev. Jan

For more information about spiritual and metaphysical powers of animals:
Andrews, Ted. *Animal Speak: The Spiritual & Magical Powers of Creatures Great & Small*

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

July/August 2023

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Newsletter Editor

Patricia Riess
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Lynn Murphy Mark

There is a meditation from Richard Rohr that speaks of our aching need to believe in Something bigger than we are. There's Something that has more power than we ever dreamed of having, and that Something holds the key to personal growth. I'm reading a book called "Original Living" by Robert Brumet and another book called "Breathing Underwater" by Richard Rohr. Both books advocate learning to reach out of our small selves in search of Truth with a capital T. Moving beyond our simple ego's self-serving wishes is a pathway to transformation.

Not long ago, I came across a video of a 13-year-old boy playing a beautiful violin rendition of Leonard Cohen's iconic song, "Hallelujah". I believe any virtuoso, even this young boy, has the ability to lean into the Something, the sacred energy that powers the universe. It gives me hope to know that there are seekers looking for an opportunity to add beauty and peace to their surroundings, like the musicians in Ukraine who played their instruments in the bomb shelters as Russia rained terror on them aboveground.

It is crucial for me to believe in that Something. I choose to call it God on a good day. But if I'm not careful, I can fall into the trap of admiring the altars of what I call my "little-gods". They are usually things that, in the past, have brought me comfort, or have quelled some random anxiety, or have satisfied some temporary urge. Inevitably, once I've worshiped them, the outcome is that I am never satisfied or settled. Instead, I am uncomfortable in my own skin and not happy with my choices. Even though it takes energy to squash an impulse, it is worth the effort to me. Then with a clear mind, I can look for the best alternative action.

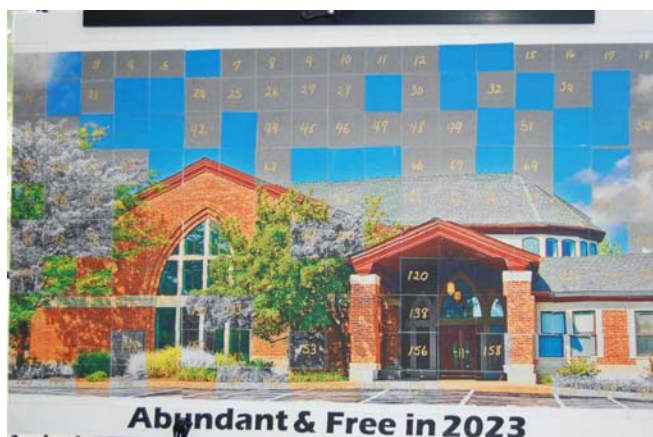
I remember a sermon from Anne Hartupée about how to live with people and get along in life. This was another message about getting out of my own way. I can do this by recognizing the sacred in another person and depending on God within and without to show me how to love another soul. She spoke of the effort to really listen to anyone who is a source of "irritation". So often, the source of my irritation is an unconscious or conscious recognition of something in me that I know I need to turn over to God.

Anyway, I am so grateful for all the insight and education that comes from belonging to Unity and reading books on spiritual matters. Both my books right now call me to pay attention to what really matters: any effort to improve the self that I live from. Life is so much better when I practice what I am learning.

New Initiative: Abundant and Free in 2023!

We are involved in an exciting fund-raiser to build up our reserves to care for our beautiful church and fulfill our mission to enrich lives through positive prayer, education, and service. A donation of \$10. a week will help us reach our goal.

In our lobby, we have a large black-and-white photograph of our church. As each person contributes a gift of any amount, he/she matches a numbered color piece with the corresponding number on the black-and-white photograph. As more and more people continue to give, the color photograph will come to life. At the end of this Initiative, all of the color puzzle pieces will fill the ENTIRE black-and-white photograph, and we will be **Abundant and Free in 2023!**



Come join us in the excitement of completing our Initiative. After donating your gift, take a puzzle piece of your choice, attach it to the black-and-white photograph, and let the fun begin!

Ways to give:

- Cash / Check (made payable to First Unity Church of St. Louis)
- Credit / Debit Card
- Online by clicking this link: [Donate to 2023 Initiative](#)
- By mail: 4753 Butler Hill Road, St. Louis, MO 63128. Please mark your check "2023 Initiative."

As your Board, we are visualizing this Initiative with an unwavering belief in the power of Abundance and Prosperity Consciousness. Thank you for helping make this Initiative become a reality!

Abundant and Free in 2023 Affirmation:

In the year 2023, we visualize prosperity and abundance for First Unity Church of St. Louis and in our personal lives. We trust God and affirm that our abundance is manifesting now.

First Unity Church of St. Louis, Board of Trustees:

Larry Gibbs, Julie Goede, Betty Jean Kofron, Lynn Mark, Patricia Riess, and Mary Tumminello.

Join the Fun at First Unity's Freedom Picnic on July 9, 2023



First Unity's Freedom Picnic will begin immediately following the Sunday, July 9, 2023, service and ends at 2:30 p.m. Be prepared to be amazed at the food, activities, games, and fun!

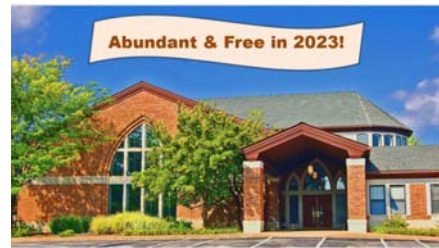
Refreshments include: hot dogs, lemonade, tea, water, ice cream, chips, and sundaes with toppings.

The Abundant & Free incentive prize will be awarded between lunch and dessert.

Two of the main activities at the picnic will be bingo and a cake walk. Games for adults and teens are a golf chipping game with plastic golf balls, corn hole games, and a washer game.

Our awesome children's games and activities feature a fish pond, face painting, picnic basket relay, water balloon toss, cup of water relay, obstacle course, and frozen dinosaur eggs. The little ones won't want to go home!

We'll see you on July 9!



School Days, School Days



Our Youth Ed Department has started its annual campaign for school supplies. See Claire Gibbs, Youth Education Teacher, for any additional information.

There will be a complete list of needed supplies located in the church foyer.


Donations will be collected from July 16 – August 20, 2023.

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 from August 4 through August 6, 2023.

Anne Hartupée's Ordination & Reception


Ordination Service
Saturday, July 29th, 2023 @ 2:00 pm



Anne Hartupée, Ordination Candidate

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

Rev. Jan Mourning, Minister



Rev. Becky Whitehead, Guest Speaker

[Click Here Anne Hartupée's Invitation for Ordination](#)

First Unity Church Presents Its Outstanding Music Calendar for July 2023

First Unity's Music Director, Dr. Steve Schenkel, has arranged for various renowned guest musicians, singers, and groups to be with us for Sunday Services. 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, to understand, love, and align with Spirit's Laws of Being.



July 2, Brian Clarke, vocals and guitar. Brian is perhaps the most beloved New Thought musician in St. Louis. He most recently received the St. Louis Magazine "A-List" Award as Best Vocalist and Best Musician.



July 9, Danny DuMaine, piano. Danny DuMaine is Minister of Music at St. Alphonsus "Rock" Church in St. Louis. Mr. DuMaine is a choir director, composer, and pianist. He is also the music director of the remarkable St. Louis band "Boom," which has entertained audiences around the country for almost 30 years.



July 16, Karen Fulks, vocals. 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."



July 16, Steve Schenkel, guitar. 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.

July 23, Mike Schrand, vocals. Mike Schrand has been writing songs solidly for about 30 years. He's been a part of the St. Louis music scene for 20 years and in public radio for about as long as he has been writing songs.

In 1996, Schrand was hired as St. Louis Public Radio Traffic Director and was promoted to Assistant Program Director in 1998 and Program Director in 2001. In his spare time, he



writes, sings, and plays bass in the local roots quartet Salt Of The Earth, and enjoys downtime with his family in St. Louis City.



July 30, 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.

First Unity Church Presents Its Outstanding Music Calendar for August 2023



August 6, 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.



August 13, Mitzi MacDonald, vocals and piano. Mitzi MacDonald 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.



University in St. Louis.

August 20, Jane Price, violin. 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 New England Conservatory. Jane has been a Fellow at the Tanglewood Institute, the Norfolk Festival, the Spoleto Festival in Italy and the United States, and spent one year as a member of the New World Symphony. Jane has performed recently with Chamber Project St. Louis and for several seasons at the Festival of Music (FeMUSC) in Santa Catarina, Brazil. She is currently an instructor of violin at Washington



August 27, Kim Fuller, vocals. Kim 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.



August 27, Steve Schenkel, guitar. Steve is 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.

First Unity Bookstore

**First Unity Bookstore
now has our very own
T-Shirts for sale.
Starting at \$15.**

**Stop by and order yours
today!**



Save the Date

September 9 - All-Unity Sacred Healing Service

September 12 - New Class, A Study of Our Twelve Powers - 7 - 9 pm

September 14 - World Day of Prayer

September 23-24 - Tower Grove Pride Event

October 6 - Route 66 Jazz Concert - 7 pm

October 15 - Scooby Doom Murder Dinner Theater



Up To The Minute News

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

Ladies' Night Out



July 17, 2023, at 5:30 pm.

Twisted Tavern
3606 West Outer Road
Arnold, MO 63010

August 21, 2023, at 5:30 pm.

Helen Fitzgerald's Irish Pub & Grill
3650 South Lindbergh
St. Louis, MO 63127

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

Men's Night Out

July 17, 2023, at 6:00 pm.

Webster's Front Row
3930 Vogel Road
Arnold, Mo 63010

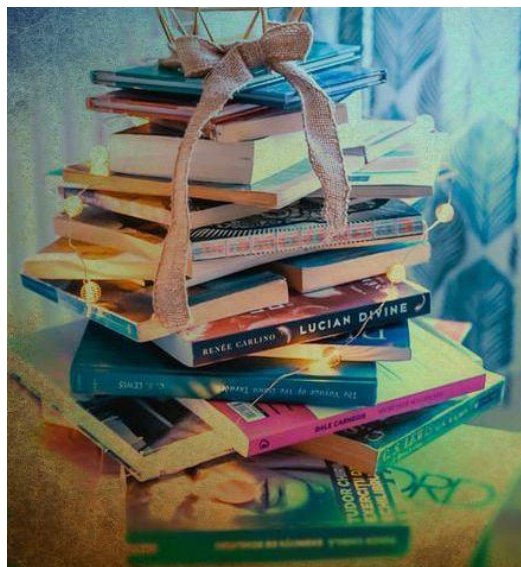
August 21, 2023, at 6:00 pm.

Walnut Grill
10797 Sunset Hill Plaza
St. Louis, Mo 63127



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

Book Club



Join the First Unity Book Club meeting on the second Tuesday of the month from 2 pm - 4 pm. Everyone is welcome. Looking forward to seeing you there!

The book club will be meeting at:

**Miss Sheri's Cafeteria
5406 Southfield Center
St. Louis, MO 63123**

Future books:

July 11, 2023 - *Christy* - Catherine Marshall

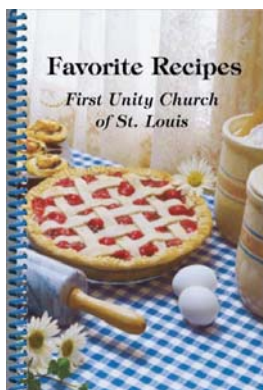
August 8, 2023 - *Redeeming Love* - Francine Rivers

September 12, 2023 - *A Separate Peace* - John Knowles

October 10, 2023 - *Master Slave Husband and Wife* - Ilyon Woo

For further information, please e-mail Carol at cabullock48@yahoo.com

First Unity Church of St. Louis Cookbook Deadline to enter your recipes: July 31, 2023



We want to thank all of you for the overwhelming support for our new First Unity Cookbook. We now have over 200 recipes! We want to feature as many contributors as possible, including some recipes from First Unity cookbooks of the past. **So, if you have submitted 15 or more recipes, we thank you for your entries and enthusiasm. Because of cost factors, we are now accepting recipes only from contributors with fewer than 15 current contributions.** Items from new contributors are welcomed and strongly encouraged. The deadline is **July 31**, but getting your submissions in earlier will be greatly appreciated.

We received a generous, anonymous designated donation to pay for the cost of 200 books with 300 recipes. We will sell as many as possible when they arrive and then keep them for sale in our bookstore after that. Many of you have indicated

that you would like to purchase copies for Christmas gifts. We hope to see them flying off the shelves.

This project is not only going to benefit First Unity financially, but it is also a great community builder. We appreciate all the planning and effort of the Cookbook Committee. The custom cookbook featuring favorite recipes from our community will be professionally published. It's certain to become a treasured keepsake. Submit your favorite recipe(s), and your name will be printed with each recipe. Please follow the instructions in one of the following documents:

- [Recipe Collection Sheet](#) (Microsoft Word version.)

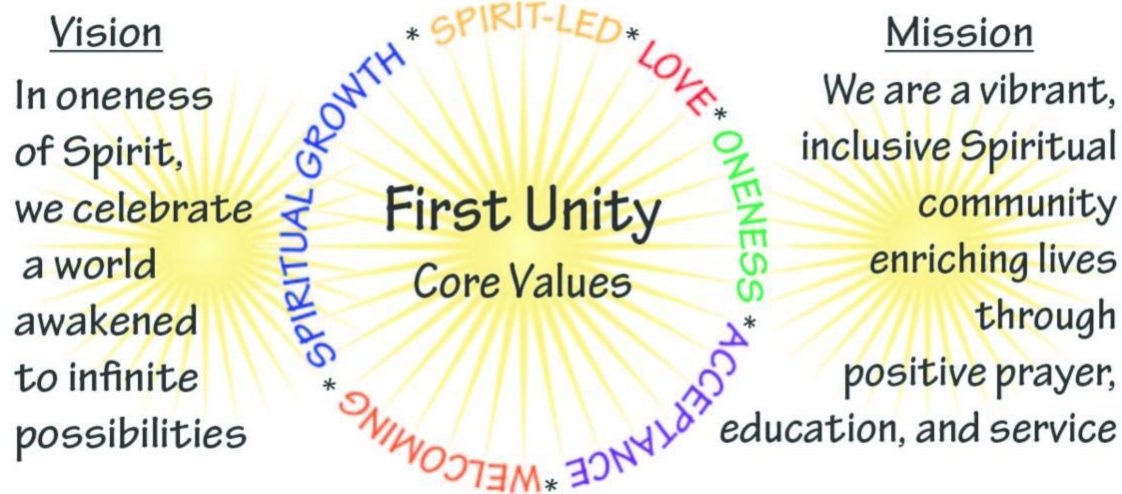
For Microsoft Word: Download the Word document, save it to your computer, and type your recipe. Email completed recipe sheets to baughga@gmail.com or drop them off in the recipe collection box in the lobby of First Unity Church of St. Louis. Deadline: July 31, 2023.

- [Recipe Collection Sheet](#) (PDF version for those who don't have Word)

For the PDF document: Download a PDF to your computer for each recipe you're submitting and print the PDF. Then write your recipe(s) on the PDF(s). Drop completed recipe sheets off in the recipe collection box in the lobby of First Unity Church of St. Louis. Deadline: July 31, 2023.

For further guidelines and details on how to write your recipes, see [Recipe Writing Tips](#). Using these tips will help make sure recipes are accurate, clear, and uniform throughout the cookbook.

Thank you for contributing your recipe(s) and helping to ensure that our cookbook is a great success! All submitted recipes require contact information in case of editing questions. If you have any questions about the cookbook, please contact Georgia Baugh at baughga@gmail.com.



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



HUMOR

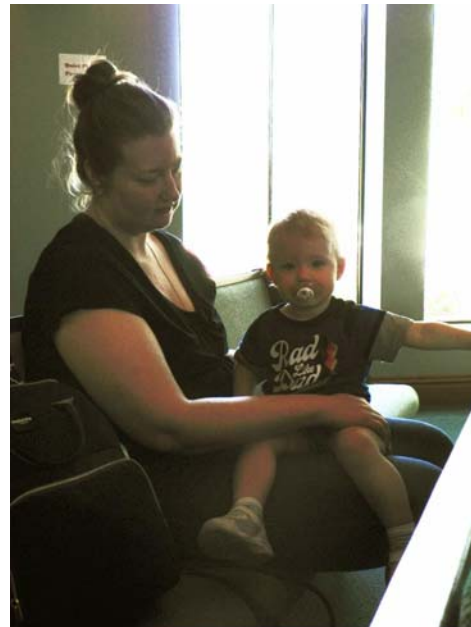
A couple took their four-year-old grandson to church, where the grandmother sang in the choir. She gave the boy \$1.00 to keep his grandfather awake during the sermon, but Grandpa slept through most of the service. After church, she asked the boy why he had not followed her instructions. He said, "Grandpa gave me \$5.00 not to wake him up."

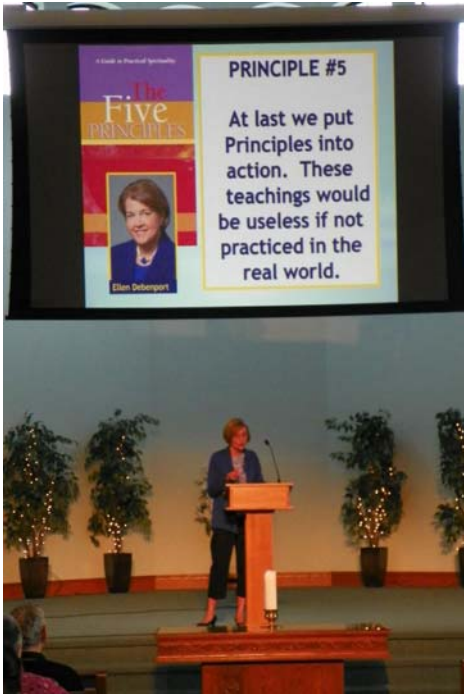
A mother who was feeling poorly one Sunday decided not to go to church with her family. She asked her little girl to remember what the sermon was about so she could explain it to her mother. When the child came home, she reported, "The preacher said, 'Don't be scared; you'll get your quilt.'" Of course, the mother didn't understand the child's explanation, so she called the minister. He explained that the message was, "Fear not, thy comforter will come."

Visit our website



PHOTOS









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

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

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