

# First Unity Church of St. Louis

2024 Volume VI

Issue 1



## *Minister's Corner*

### Gems of Wisdom for the New Year

Begin the New Year with great enthusiasm because you know the Truth. Forget the things that are past. Rejoice in the opportunities of the present. Many blessings are yours. Pile up those blessings in your consciousness, and they will multiply and increase until your joy will be full. -Charles Fillmore,  
Sunday talk, late 1920's

As you set out on a journey, the direction in which you are pointed at the outset makes a huge difference as to where and when you arrive at your destination... Be clear on where you want to go and you will get there more rapidly and efficiently than if you harbor mixed intentions or take actions that are out of alignment with your true choices. -Alan Cohen

Cheers to a new year and another chance for us to get it right. -Oprah Winfrey

The object of a New Year is that we should have a new soul and a new nose; new feet, new backbone, new ears, and new eyes. -G.K. Chesterton

I want to make a New Year's prayer, not a resolution. I'm praying for courage.  
-Susan Sontag

Write it on your heart that every day is the best day of the year. -Ralph Waldo Emerson

The first step toward getting somewhere is to decide you're not going to stay where you are.  
-J.P. Morgan

Your present circumstances don't determine where you can go. They merely determine where you start."  
-Nido Qubein

It is never too late to be who you might have been. -George Eliot

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."  
-Hal Borland

Never underestimate the power you have to take your life in a new direction."  
-Germany Kent

There is something about the new year that calls us to a new beginning. May one or more of these gems of wisdom help you set your intentions for 2024. Visualizing peace, prosperity, and joy for all. Happy 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

January/February 2024

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**Up To The Minute News**

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*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*

Roy Ems & Mary Tumminello

*~In Memory of John Tumminello  
& Jackie Ems*

Julie Goede

*~In Memory of Dean Christopher  
Wiegert*

Hope Dodson & Paul Henley

Donna Wiegert Massara

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

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Elise Reid

~In Memory of Chuck Reid

Carrie Lucas

~In Memory of Naomi Brewer

In Memory of Jim Harr

Marjorie LaRico

~In Honor of Betty Jean Kofron

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## First Unity Church Presents Its Outstanding Music Calendar for January 2024

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

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**January 7, 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.

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**January 14, 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".

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**January 21, Kim Fuller, vocals.** Kim Fuller has been performing for decades in the St. Louis area. She is a member of "The Jazz Story" group at the Sheldon and the "Oikos Ensemble." Her recent performances honoring singer Nancy Wilson at "Jazz At The Bistro" were completely sold out.

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**January 28, Mitzi MacDonald, vocals.** Recording artist Mitzi MacDonald performs regularly at churches and concert venues throughout the St. Louis area. Her most recent album, "Higher Ground," is available on all major streaming services.

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## First Unity Church Presents Its Outstanding Music Calendar for February 2024



**February 4, 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.

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**February 11, Connie Pierce and Danny Dumaine.** Connie Pierce grew up in Washington, MO, singing in church choirs from the age of 10. She attended the University of Notre Dame, singing in the Voices of Faith Gospel Choir and performing as a National Anthem soloist for various sporting events. Upon her return to the St. Louis area, she has been a member of the Voices of St. Alphonsus, both sharing and growing her faith through gospel music.

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 St. Louis band "Boom," which has entertained audiences nationwide for over 30 years.

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**February 18, Julie Goede, vocals.** Julie Goede is a long-time member of First Unity Church of St. Louis. She sings with The St. Louis Metro Singers, The St. Louis Vocal Project, and The Statesman Singers.

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**February 25, 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.

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## Holiday Happenings

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### White Stone Ceremony

**Sunday, January 7, 2024, 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 2024.

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## Souper Sunday

**Sunday, January 7, 2024**

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!!



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## Donations for "Feed My People"

On **January 7, 2024**, 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.



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## Up To The Minute News

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



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## Ladies' Night Out



**January 15, 2024, at 5:30 pm.**

Tucker's Place  
3939 Union Rd  
St. Louis, MO 63125

**February 19, 2024, at 5:30 pm.**

54th Street Grill  
5310 South Lindbergh Blvd.  
Sappington, MO 63126

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

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## Men's Night Out

**January 15, 2024, at 6:00 pm.**

Firehouse Bar and Grill  
55 Fenton Plaza  
Fenton, Mo 63026

**February 19, 2024, at 6:00 pm.**

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

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

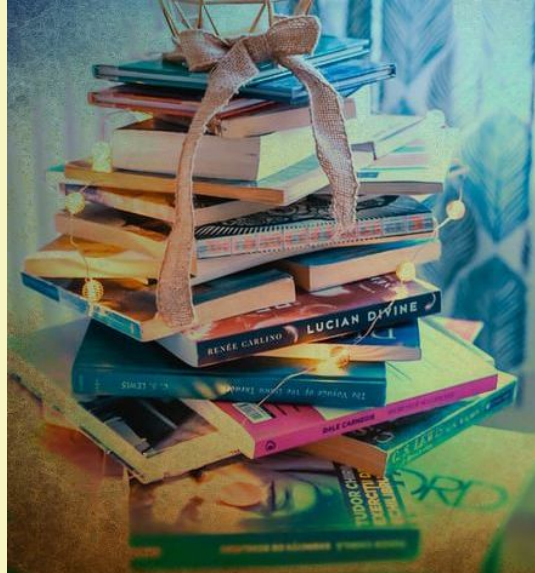
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Route 66 Jazz Orchestra will perform at First Unity Church of St. Louis on February 23, 2024. The concert starts at 7:30 pm. Payment at the door is \$15.00 per person. Looking forward to seeing you at the concert!"

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## Book Club



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

The book club will be meeting at:

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

**Future books:**

**January 9, 2024** - *Remarkably Bright Creatures* - Shelby Van Pelt

**February 13, 2024** - *The Magnificent Lives of Marjorie Post* - Allison Pataki

**March 12, 2024** - *The Personal Librarian* - Marie Benedict, Victoria Christopher Murray

**April 9, 2024** - *Horse* - Geraldine Brooks

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.

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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: 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



## ***NEW YEAR HUMOR***

Q: Where do you go to practice math on New Year's Eve?

A: Times Square

Q: What do snowmen like to do on New Year's Eve?

A: Chill out.

Q: What did the little champagne bottle call his father?

A: Pop!

Q: What's a cow's favorite holiday?

A: Moo Year's Eve.

Q: Why should you put your new calendar in the freezer?

A: To start the new year in a cool way.

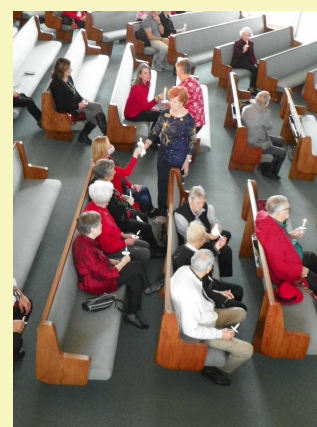
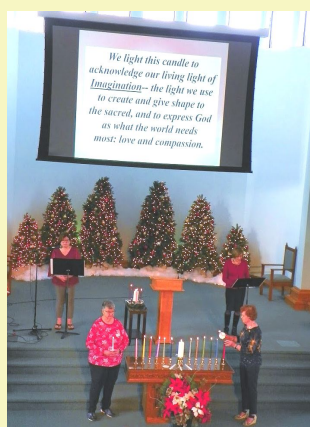
Q: What do you tell someone you didn't see on New Year's Eve?

A: I haven't seen you for a year!

Q: What happened to the man who shoplifted a calendar on New Year's Eve?

A: He got 12 months!

**Visit our website**



Mr. & Mrs. Claus  
make their appearance  
at  
First Unity Church of  
St. Louis







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**SilentUnity** prayer support  
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