

First Unity Church of St. Louis

2024 Volume VI
July/August

Issue 4

Minister's Corner

JOY



Photo by Jill Wellington

In the book *Build the Life You Want: The Art and Science of Getting Happier*, Dr. Author C. Brooks shares research that shows America is in a happiness slump. In fact, over the last decade, the percentage of Americans who report they are “not too happy” rose from 10% to 24%, and this pattern is seen all over the globe.

This caught my attention because recently I set the intention to become involved in more activities that activate my joy. And of course, the Universe responded! In the past six weeks, I was able to go to Nashville for a Unity workshop, to Cancun to officiate at my niece’s wedding, and to one of my favorite places in the world, Unity Village, for an annual convention. At Unity

Village, I discovered a booklet entitled *Truth be Known*, a collection of articles from legendary Unity writers. I randomly opened the booklet and discovered the following piece by May Rowland:

MAKE JOY A HABIT

From Dare to Believe

We know that the majority of people are eager to find happier ways of life. Many persons are unhappy because they have not yet learned the art of living happily and joyously in spite of conditions and circumstances in their lives. But true happiness can be attained by anyone. Every one of us can learn to make joy a habit.

...It does not matter so much what our experiences are as how we react to them. This is what is definitely important to our well-being, to our health, happiness, and success.

What are your reactions to life?

Do trivial things bother you?

Are you in control of your emotions?

Do you dramatize the negative aspects of your experience?

What, then, keeps us from being joyous? It is our reactions to occurrences in our life that cause us to be happy or unhappy. No matter what happens, let us "count it all joy." Let us be joyous in every experience and pray to find the blessing in that experience.

When you are enshrouded in gloom, you can do something about it. If you have been unhappy, anxious, hurt, or disappointed, you do not need to wait for a certain turn of events in order to become joyous again. The change can come through a change in your thinking. Even in the midst of gloom, drop a thought of joy into your mind and you will begin at once to get a joyous reaction. Like the ripples that extend out and out when a stone is dropped into a pool, even one thought of joy reaches out into your life and starts a joyous reaction.

When we touch the inner spring of joy, we feel the strength of it constantly sustaining us, no matter what may seem to go wrong in the external world... True happiness is an outgrowth of developing the habit of joy. All of us can learn to transcend conditions. As we take even one idea of Truth and live with it, work with it, and refresh our mind daily through prayer, we awaken our Divine nature and a transformation begins to take place in us.

Life is yours to enjoy. You can make joy a habit.

Joy & abundant blessings,
Rev. Jan

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

July/August 2024

In This Issue:

Minister's Corner

Prayer Chaplain Team

Prayer Chaplain Trainers

Mary Tumminello
Lynn Mark

Prayer Chaplains

Mary Tumminello
Hope Dodson
Lynn Mark

Platform Assistants

Hope Dodson
Lynn Mark
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Music Director

Steve Schenkel

Music Soloists

Julie Goede
Chuck Seger

Youth Ministry Team

Glenda Gebhardt
Cindy Gibbs
Claire Gibbs

Sound Engineer

Jeremiah Burcher

Photographer

Julie Goede

Newsletter Editor

Patricia Riess
riess@htc.net

School Days

Music For July

Music For August

Save the Date

First Unity 100 year Anniversary
World Day of Prayer
Tower Grove Pride
Route 66 Jazz Concert

Up To The Minute News

Ladies' Night Out
Men's Night Out
Book Club

Core Values

Humor

Photos

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 7 – August 11, 2024.

Collect 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 2 through August 4, 2024.

First Unity Church Presents Its Outstanding Music Calendar for July 2024

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 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.



July 14, Scott Alberici, clarinet. Scott Alberici is one of America's finest clarinet virtuosos. Known for his superbly rich and warm tone, lyrical phrasing, and command of the American songbook, Mr. Alberici has developed a personal style that is instantly recognizable. His rare ability to capture the moment with the subtlety of expression mixed with brilliant and melodic improvisations will keep the listener on the edge of

their seat from the drop of the downbeat to the end of the performance.



July 21, Chuck Seger, vocals. Chuck Seger began singing when he was 10 years old. He sang in the high school choir and then took professional singing lessons for several years.

For many years, he has soloed at weddings, funerals, anniversaries, and community centers.

Chuck began performing at First Unity Church around the year 2000. His favorite memory is singing "Little Drummer Boy" with Dean Christopher.



July 28, 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.

First Unity Church Presents Its Outstanding Music Calendar for August 2023



August 4, 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 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 the Minister of Music at St. Alphonsus "Rock" Church in St. Louis. He is a choir director, composer, and pianist. Danny Dumaine is also the music director of the St. Louis band "Boom," which has entertained audiences around the country for over 30 years.



August 18, Kim Fuller, vocals and Carol Beth True, piano. 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.



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.



August 25, 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.

Save the Date

September 7 - First Unity 100th Anniversary Celebration - 1 - 4 pm

September 12 - World Day of Prayer

September 28-29 - Tower Grove Pride Event, Set-up on September 27

October 4 - Route 66 Jazz Concert - 7 pm



Up To The Minute News

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

Ladies' Night Out



July 15, 2024, at 5:30 pm.

Dulany's Grille & Bar
9940 Kennerly Road
St. Louis, MO 63128

August 19, 2024, at 5:30 pm.

Firehouse Bar & Grill
3500 Lemay Ferry Road
St. Louis, MO 63125

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

Men's Night Out

July 15, 2024, at 6:00 pm.

Chevys Fresh Mex
12466 Tesson Ferry Road
St. Louis, MO 63128

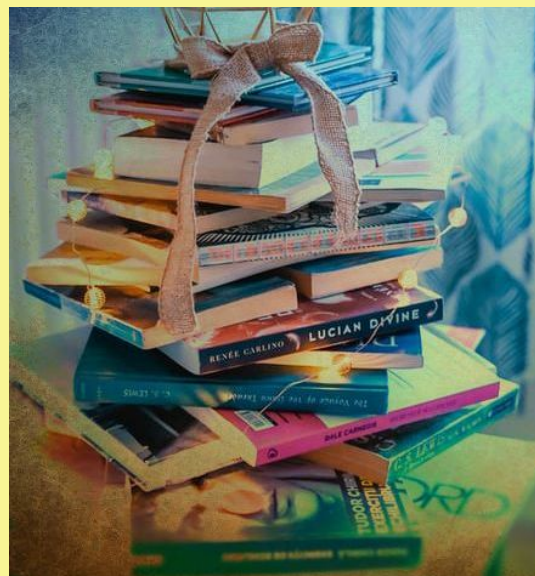
August 19, 2024, at 6:00 pm.

Rich and Charlie's
4487 Lemay Ferry Road
St. Louis, Mo 63129

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 9, 2024 - *Five Star Weekend* - Elin Hilderbrand

August 13, 2024 - *The Nickel Boys* - Colson Whitehead

September 10, 2024 - *The Stars are Fire* - Anita Shreve

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

Vision

In oneness
of Spirit,
we celebrate
a world
awakened
to infinite
possibilities



Mission

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: 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

Q: What kind of car does Jesus drive?

A: A Christler.

One night a lady came home from her weekly prayer meeting, found she was being robbed, and she shouted out, "Acts 2:38: 'Repent & be baptized & your sins will be forgiven.'" The robber quickly gave up & the lady rang the police. While handcuffing the criminal, a policeman said, "Gee mate, you gave up pretty easily. How come you gave up so quickly?" The robber said, "She said she had an axe and two 38's!"

A husband and wife are in church. The preacher notices that the husband has fallen asleep and says to the wife, "Wake your husband up!" The wife answers, "You're the one who made him fall asleep, you wake him up!"

Three religious leaders (a rabbi, a priest, and a minister) were all discussing how they divide up tithing income between themselves and God. The minister said, "I draw a line in the sand, throw the money up in the air, and what lands on the left side of the line goes to the good Lord and what lands on the right side goes to me." Then the priest said, "I draw a circle on the ground, throw the money up in the air, and what lands inside the circle goes to the good Lord and what lands outside goes to me." Then the rabbi said, "You got it all wrong! I throw the money up in the air and what the good Lord catches is his and what lands on the ground is mine."

Q: What did Gandhi say to the British, after they asked him to move?

A: Nah, mastay.

[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](#)

