



First Unity Church of St. Louis

2024 Volume VI
November/December

Issue 6

Minister's Corner



Tis the Season: Remembering the Reason

THOUGHTS ABOUT THANKSGIVING – Myrtle Fillmore

Unity cofounder Myrtle Fillmore calls gratitude and thanksgiving *qualities of the soul*. She writes, "The practice of thanksgiving should be observed in the home every day of the year, not just on the national holiday. Heaven and earth listen and respond to the soul that is quickened (made alive) by praise and thanksgiving. Praise is gratitude in action."

Myrtle notes that giving thanks has in the past increased meager supply into *super-abundance*, and therefore it can again. "Elisha did it, Jesus did it, and the same power is latent in you. Why not bring it forth? If you have never practiced daily thanksgiving, you have left unused one of the most potent factors available to you."

Myrtle Fillmore reminds us that a day of national thanksgiving was originally begun as recognition of God as Source of the nation's supply and prosperity. Grateful, loving hearts transform discord and discontent into spiritual Truths. Truth frees us from all limitation. We do not have to be sick. We do not have to endure unpleasant experiences. When we dwell in the secret place of the Most High, Spiritual Truth is our guide. "Thanksgiving for good is like rain falling upon the ready soil, refreshing it and increasing its productiveness."

Adapted from *How to Let God Help You*.

And in the words of Emilie Cady, "True thanksgiving is knowing the good, seeking the good, speaking only good, expecting only good, and the result of these attitudes is to bring the fulfillment of our righteous desires." *Lessons in Truth.*

THE FILLMORE CHRISTMAS

Charles and Myrtle Fillmore saw Christmas as a season of joy and expectancy, and they also viewed it as a time for inner celebration that Christ is reborn in human hearts. The Fillmores enjoyed exchanging gifts and celebrating with family and friends, and they also understood Christmas metaphysically. As Charles wrote in 1919, "Christmas does not belong to the past; it is a vital, living, present Truth. The bringing forth of the Christ child is not a work that is finished in Bethlehem. It is taking place in our midst every day. It is this we celebrate."

Following is the Christmas letter Charles Fillmore sent in 1947--what would be his last Christmas on this earth.

<https://www.truthunity.net/people/charles-fillmore/christmas-greetings>

Dear Folks,

At the very beginning of this letter I was warned "But let your speech be Yea, yea and Nay, nay." There are so many things I would like to discuss with you! What does the Lord say about the signs of the times, will there be another war? How about the prophets who say that our civilization is about to end?, etc. Frankly, I have had no direct revelation on any of these points. I only know that our God, who controls this world through His people, is greater and far more powerful than all the destructive forces of the universe, and that if only a few of us stand steadfastly for truth and righteousness, they will prevail, and our civilization go right formed to its fulfillment in the Millennium.

United in this truth we shall have a Merry Christmas and Very Happy New Year.

In the Unity of the Spirit

Yours faithfully,

Charles Fillmore

And so it is! Join us for the first four Sundays in December as we celebrate the age-old story of Christmas that is as new as this now moment. Wishing you a wonderful, Spirit-Led Thanksgiving, Christmas, and New Year.

Love and prayers,

Rev. Jan

Minister, Jan Mourning

Board of Trustees

Mary Tumminello - President
Betty Jean Kofron - Vice - President
Patricia Riess - Secretary
Julie Goede - Treasurer
Larry Gibbs - Trustee
Hope Dodson -Trustee

Prayer Chaplain Team

Prayer Chaplain Trainers

Lynn Mark
Mary Tumminello

Prayer Chaplains

Mary Tumminello
Hope Dodson
Lynn Mark

Platform Assistants

Hope Dodson
Lynn Mark
Mary Tumminello

Bookstore Managers

Betty Jean Kofron
Mary Grace

Webmaster

Carol Ellerman

Facebook Admin

Eric Vondruska

Facebook Contributors

Carol Ellerman
Valerie Harris
Patricia Riess

Office Manager

Sara DeWitt

Music Director

Steve Schenkel

Song Leaders

Julie Goede
Kati Michalas
Chuck Seger

Youth Ministry Team

Glenda Gebhardt
Cindy Gibbs
Claire Gibbs

Technical Engineer

Jeremiah Burcher

Photographer

Julie Goede

Newsletter Editor

Patricia Riess
riess@htc.net

First Unity Church of St. Louis Newsletter

November/December 2024

In This Issue:

Minister's Corner

Music For November

Music For December

Autumn Luncheon

Voting Poll

Holiday Happenings

Up To The Minute News

Ladies' Night Out
Men's Night Out
Book Club

Core Values

Humor

Photos

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 **November** and **December**. 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 Spirit's Laws of Being.

First Unity Church Presents Its Outstanding Music Calendar for November 2024

November 3, Brian Clark, vocals and guitar.



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 Musician.

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!

November 10, Merry Keller, vocals and piano.



Merry Keller, vocals, and piano. Merry 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 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.

November 17, Joanna Serenko, vocals.

Joanna Serenko, vocals. Saint Louisan since 2010, Joanna 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.

November 24, Mitzi MacDonald, vocals.



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.

First Unity Church Presents Its Outstanding Music Calendar for December 2024

December 1, Brian Clarke, vocals and guitar.



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 Musician.

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. Brian has opened shows for The Little River Band, Poco, Leon Russell, David Crosby, The Outlaws, Tom Chapin, Donovan, and many others as a solo performer.

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 precisely what he intends for you, to have a great time every time!

December 8, Kim Fuller, vocals.



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.

December 15, Connie Pierce and Danny Dumaine, vocals and piano.



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.

December 22, Mitzi MacDonald, vocals.



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.

December 29, Scott Alberici, clarinet.



Scott Alberici, clarinet. Scott 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 his/her seat from the drop of the downbeat to the end of the performance.

Autumn Luncheon

November 3, 2024



A luncheon will be held on November 3 after the service to welcome our local streamers and community. Everyone is welcome. All are encouraged to bring a friend. See you then!

YOUR VOTE MATTERS



VOTE

November 5, 2024

First Unity Church of St. Louis.

Polls open from 6:00 am - 7:00 pm



Poinsettias

The cost is \$9 for each poinsettia, and it can be purchased in honor or memory of a loved one.

Our church will be taking orders from Nov 10 - Dec 8.

You can call the church at 314.845.8540 to place your



order, mail in your check, or pay by check at the church. All checks are made out to **First Unity Church of St. Louis.**

Route 66 Jazz Orchestra

All-Christmas Concert Presented by Route 66 Jazz Orchestra

Route 66 Jazz Orchestra will perform at First Unity Church of St. Louis on December 6, 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!

Thanksgiving Service

Unity Church of Light is hosting the All-Unity Thanksgiving Service this year! The service will be held on Wednesday, November 27, 2024, at 7:00 pm.

All area Unity churches are invited to attend, and we hope you will invite your family and friends to join us as well.



Unity Church of Light is at 2809 Yale Blvd., St. Charles, MO 63301.



Decorations for Christmas

Please join us for the annual Christmas decorating event on November 30, 2024, beginning at 9:30 am. All elves are welcome. Stay for pizza afterward.

Our Church decorations will be dismantled on December 28, 2024, starting at 9:30 a.m. Afterward, stay for pizza.

All helping hands will be appreciated.

Christmas Goodies Bake Sale

Sunday, December 22, 2024

We will be having our traditional Christmas Bake Sale.

Baked goods may be dropped off at the church on Saturday, December 21, 10 am, until 12 pm if desired. Otherwise, bring them with you on Sunday if it is more convenient.

You can donate your favorite Christmas Goody and shop for others' goodies to take home with you for your Christmas gatherings.

All our baked goodies will be sold on a Love Offering basis. There won't be a sign-up for the baked goods; just joyously bring them to the church.



* If you need additional information e-mail Hope at hope_dodson@yahoo.co.uk or Julie at juliegoede02@gmail.com



Christmas Candle Lighting Service

Sunday, December 22, 2024, at 10:30 am.

As we approach the Advent season, we look forward to our Christmas Candle Lighting Service.

The Candle Lighting service is to help us bring forth and celebrate the birth of Christ consciousness within our souls.

As Charles Fillmore taught, "The bringing forth of the Christ child is not a work that is finished in Bethlehem. It is taking place in our midst every day. It is this we celebrate."

The Candle Lighting service also celebrates the "12 Living Lights" within each of us as represented in the Christmas story. These twelve lights or powers are gifts from God for the purpose of unfolding our unique, individual Christ nature. As we unfold the Christ consciousness within, we also use these powers to express the eternal activity of God in all things and in all ways.

Christmas Luncheon with Santa



Sunday, December 22, 2024

Immediately following our Sunday Service, we will have our Christmas Luncheon downstairs in the Community Room.

The church will provide sandwiches. There will be sign-up sheets in the foyer for our community to bring side dishes, fruit, and desserts.

Family and friends are welcome; please join us.



Burning Bowl Ceremony

Sunday, January 5, 2025, at 10:30 am

Bridgett Nicole wrote, "One of the most courageous decisions you will ever make is to finally let go of what is hurting your heart and soul." The Burning Bowl Ceremony is a sacred and powerful ritual – a symbolic release to the fire – designed to let go of old wounds, false beliefs, and negative emotions that are blocking the flow of good in your life. Engaging in the burning bowl ritual allows you to consciously clear away the old in order to prepare for abundant joy and peace in the new year. As the fire

transforms the energy in the paper surrendered to the fire, so your soul will be transformed by the spiritual power of release.

White Stone Ceremony

Sunday, January 12, 2025, at 10:30 am.

Following the Burning Bowl ritual, the White Stone Ceremony prepares us to create the vision of what we 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 2025.



This powerful experience will be followed by our annual Souper Sunday luncheon.



Souper Sunday

Sunday, January 12, 2025

Please join us in the downstairs community room after the Burning Bowl Service 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.

When you arrive, please take your prepared items to the downstairs kitchen, and our helpers will handle the rest.

See you there!

Feed My People

Please donate a couple of cans of soup or chili for "Feed My People."

There will be a basket upstairs in the lobby to collect your donations on the day of **Souper Sunday**.

Thank you in advance for your participation.



Up To The Minute News



Ladies Night Out



November 18, 2024, at 5:30 pm.

**El Agave Mexican
10893 Sunset Hills Plaza
St. Louis, MO 63127**

December 16, 2024, at 5:30 pm.

**Jane Relich's House
46 West Lockwood Drive
Fenton, MO 63026**

Please bring an appetizer, side dish or dessert and a White Elephant gift for a gift exchange.

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

Men's Night Out

November 18, 2024, at 6:00 pm.

**Walnut Grill
10797 Sunset Hills Plaza
St. Louis, MO 63126**

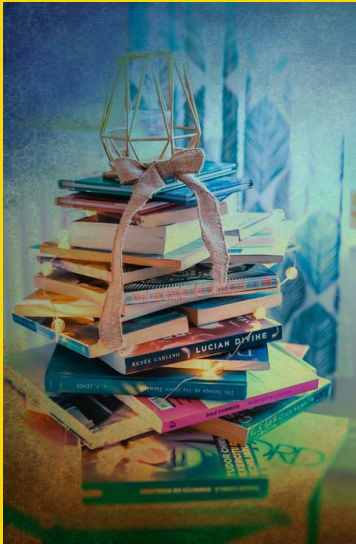
December 16, 2024, at 6:00 pm.

Grand Slam Restaurant
519 Mae Court
Fenton, MO 63026

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. 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:

November 12, 2024 - *Cabbage Requiem* - R. L. Paul

December 10, 2024 - *Tom Lake* - Anne Patchett

January 14, 2025 - *The Cruellest Month* - Louise Penny

February 11, 2025 - *Stand Your Ground* - Victoria Christopher Murray

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

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: **ACCEPTANCE**

Practicing Jesus' teaching of love and understanding, we unconditionally honor the Divine Essence of each person.

COMMUNITY BEHAVIORS

- We rejoice in the individuality of each person and the richness this diversity brings to our spiritual community
- As an inclusive community, we prayerfully support and consciously recognize the sacred worth of all people
- We celebrate life together knowing that we are all made in the image and likeness of the omnipotent, omnipresent, omniscient God

INDIVIDUAL BEHAVIORS

- I practice self-acceptance and monitor self-talk to ensure I am saying only affirming, loving Truths to myself
 - I challenge myself to reach out to others who appear different from me
 - I listen mindfully and extend appreciation for others' ideas and opinions
-

Christmas Humor



Christmas Shopping

It was Christmas and the judge was in a merry mood as he asked the prisoner, "What are you charged with?"

"Doing my Christmas shopping early," replied the defendant.

"That's no offense," said the judge. "How early were you doing this shopping?"

"Before the store opened."

Christmas Service

It was a cold and misty Christmas morning in the very depth of winter after a heavy fall of snow. Only one farmer and the minister managed to arrive at the church for the morning service.

"Well," said the clergyman "I guess there's no point in having a service today."

"Well that's not how I see it," said the farmer. "If only one cow turns up at feeding time, I still feed it."

Harry's Christmas Wish

It was the Sunday after Christmas at St Peter and St Paul's Church in Borden, Kent, England. Father John was looking at the nativity scene prior to packing away the figures when he noticed the baby Jesus was missing from the scene.

Immediately, Father John turned towards the vicarage in order to call the police. But as he was about to do so, he saw little Harry with a red wagon, and in the wagon was the figure of the little infant, Jesus. Father John walked up to Harry and said, 'Well, Harry, where did you get the little infant?'

Harry replied honestly, 'I took him from the church, Father John.' 'And why did you take him?' With a sheepish smile, Harry said, 'Well, about a week before Christmas, I prayed to little Lord Jesus. I told him if he would bring me a red wagon for Christmas, I would give him a ride around the block in it.'



100th Anniversary Celebration



Tower Grove Pridefest



Halloween Kids at First Unity



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 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!