

First Unity Church of St. Louis

2024 Volume VI
September/October

Issue 5



Minister's Corner

Mountain Moving Faith

Unity teachings have enriched my life in so many ways, it's hard to choose the most impactful. High on the list would definitely be the concept of Affirmative Prayer. I don't like to brag, but for much of my life, I was a *champion* prayer beggar and bargainer, beseeching an old-man-in-the-sky God to grant my desires. In Unity, I began to see the Perfect Energy we call God not as a distant superhuman judge but as omnipresent Love, Perfect Principle, All that Is, Pure Goodness. And I came to embrace the Truth that Godness and Goodness manifest **fully** and **completely** at every point in the universe within me and all humankind. What could be more liberating than that? It has been said, "You are not a beggar at the banquet of life. You are its honored guest."

September 12 is Unity's World Day of Prayer: the theme this year is *Moving Mountains*. In Matthew 11:22-23, Jesus tells us, "Have faith in God. Truly, I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them." Faith that moves mountains sees that there is a Greater Reality than the challenges, conflicts, and chaos in this outer world. Metaphysicians teach that thoughts transmit magnetic energy, and this energy attracts other energy of the same frequency. What we believe, we achieve!

I recently heard an interview with American swimmer Jamal Hill, who is participating in the 2024 Paralympic Games in Paris. When he was 10 years old, Jamal was diagnosed with a rare neurological disease that destroys peripheral nerves in the arms and legs. When Jamal was told he would soon be unable to walk, his response was, "I will walk, and I will run." His family never verbally uttered the name of his diagnosis. They did not want to give it power. Jamal says, "If we do not acknowledge it, it does not exist. Right? He persevered through pain, never making excuses for his tripping, falling, and dropping things. In fact, he hid his condition so well that he earned a college swimming scholarship. Hill competed in the 2020 Paralympics in Tokyo, where he earned a bronze medal in the 50-meter Freestyle. With the goal of saving lives, he created a foundation called Swim Uphill to teach low-income people of color in the U.S. and around the world to swim. His dream to save one million people from drowning has been exceeded. Jamal Hill's story is a message that Faith does move mountains!

Join us in the sanctuary on Sept. 12 for World Day of Prayer from 8:30 a.m. to 6 p.m. As you unite your heart with others worldwide, affirm *Fueled by faith, I can move mountains*.

Love and prayers,
Jan

Minister, Jan Mourning

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September/October 2024

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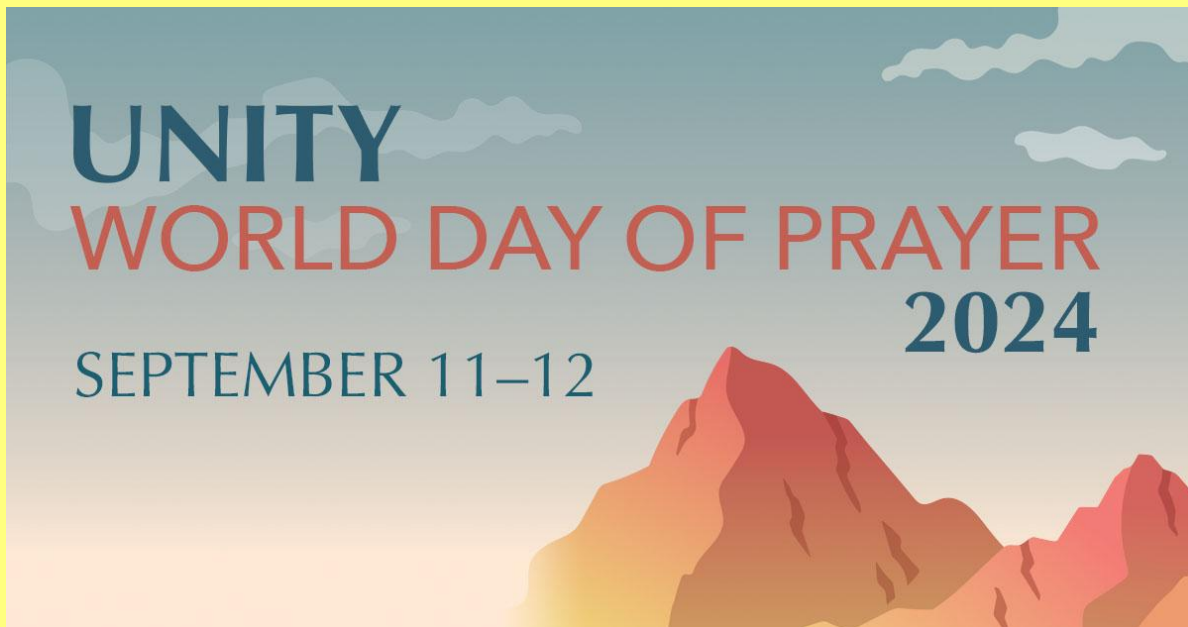
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World Day of Prayer 2024



Welcome to the 31st annual World Day of Prayer!

This year's Theme is Moving Mountains. The 2024 affirmation is: *Fueled by faith, I can move mountains.*

[Click Here for Information on World Day of Prayer 2024](#)

First Unity Church of St. Louis will hold an all-day prayer vigil on **Thursday, September 12, 2024**. Our sanctuary will be open for prayer and meditation from **8:30 am until 6 pm**. A prayer service will be held at the top of each hour. Come by to leave a prayer request in our sealed prayer box and/or pray with one of our prayer chaplains. All prayers are held in strict confidence. At the end of the day, all written prayer requests will be sent to Silent Unity, where they will be held in prayer for 30 days.

We look forward to supporting you with prayer.

YOU ARE INVITED

FIRST UNITY CHURCH OF ST. LOUIS

100TH ANNIVERSARY CELEBRATION

1:00 PM - PROGRAM

2:00 - 4:00 PM - RECEPTION

SEPTEMBER 7, 2024

4753 Butler Hill Road
Saint Louis, Missouri 63128

314.845.8540



Tower Grove Pride Festival - September 28 & 29

As part of our mission as an inclusive spiritual community, First Unity Church of St. Louis will participate in the Tower Grove Pride Weekend. This event will occur on September 28, 10 am - 6 pm & September 29, 11 am - 5 pm. This festival exists to honor the LGBTQIA+ community and showcases LGBTQIA+ businesses, artists, and performers. There will also be booths with food and drink. First Unity Church will have a booth and we hope to have several congregants who will volunteer to "person" the booth in shifts. So, if you are interested, please save the dates. We will also need help setting up our booth on Friday afternoon. More information will be available closer to the date.



Route 66 Jazz Orchestra will perform at First Unity Church of St. Louis on October 4, 2024. The concert starts at 7:30 pm. Admission is \$15.00 at the door. Looking forward to seeing you at the concert!

First Unity Church Presents Its Outstanding Music Calendar for September 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.



September 1, 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.



September 8, Chuck Flowers, vocals. Chuck Flowers is a veteran singer/entertainer. He has recorded with the Gospel Symphonic Choir, The O'Neal Twins and the Interfaith Choir, and the Golden Gospel Singers. He performed in Porgy and Bess with Union Avenue Opera Theater.



September 15, 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.



September 22, 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.



September 29, Ashby Laws, vocals. Our musician for Sunday will be Ashby Laws. Her talents are many as a vocalist, guitarist, and accordion player. Ashby is a member of the recording group "Keltic Reign."

First Unity Church Presents Its Outstanding Music Calendar for October 2024



October 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.



October 13, 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.



October 20, 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.



October 29, 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.



Up To The Minute News

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

Ladies' Night Out

September 16, 2024, at 5:30 pm.

Mellow Mushroom
3811 South Lindbergh Blvd
Sunset Hills, MO 63127



October 21, 2024, at 5:30 pm.

Syberg's
55 Fenton Plaza
Fenton, MO 63026

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

Men's Night Out

September 16, 2024, at 6:00 pm.

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

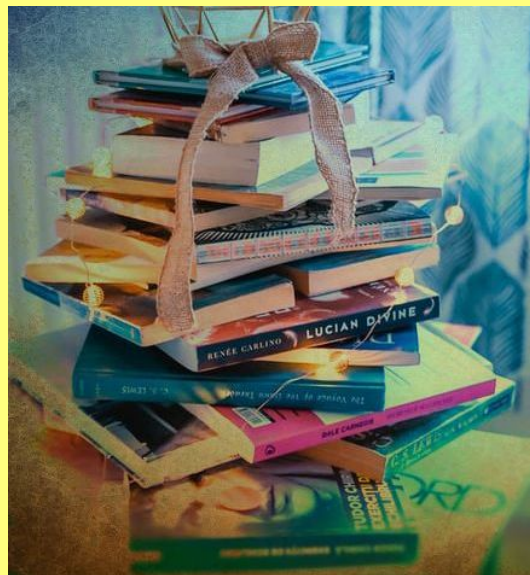
October 21, 2024, at 6:00 pm.

The Post Sports Bar & Grill
568 Smizer Mill Road
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 there!

The book club will be meeting at:

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

Future books:

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

October 8, 2024 - *Hello Beautiful* - Anne Napolitano

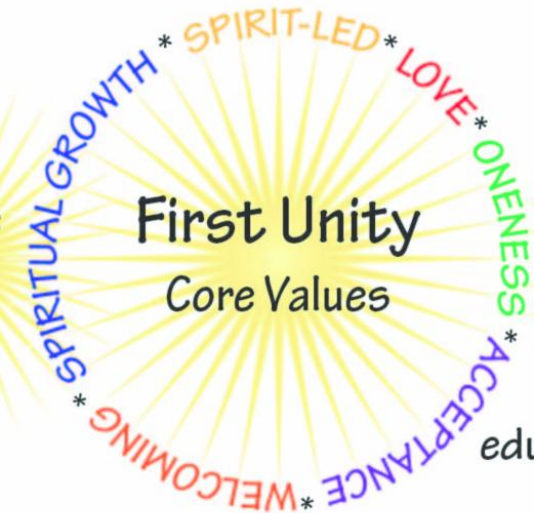
November 12, 2024 - *Cabbage Requiem* - R. L. Paul

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

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: ONENESS

God is the loving Source of all that is, and we are one with God and one another.

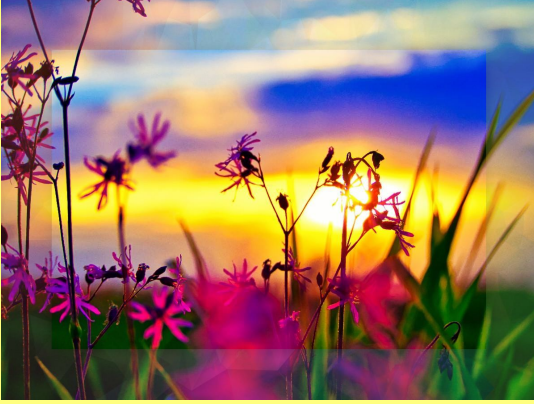
COMMUNITY BEHAVIORS

- Through our indwelling Christ nature, we express qualities of the Divine moment by moment
- We embrace all people as expressions of God
- Grounded in principles of Truth we are fully connected with all life

INDIVIDUAL BEHAVIORS

- I see myself as spiritually whole, expressing the creative life force
 - My conscious awareness of oneness motivates me to help others achieve their highest good
 - In Unity of Spirit, I continually seek ways to nurture my Spirit, mind, and body
-

Life is



an Echo

A man and his young son were walking on a mountain trail when the boy tripped on a rock and twisted his ankle. "Ahhhhh!" he screamed in pain.
"Ahhhhh!" came a distant reply from the mountain.
The startled boy shouted back, "Who are you?"
"Who are you?" replied the voice from the mountain.
This made him angry, so he shouted, "You're a big coward!"
"You're a big coward!" was the reply.
The puzzled boy looked at his father and asked, "Dad, what's going on?"
"Son," the father replied, "listen to this." He then shouted, "I admire you!"
"I admire you!" answered the voice.
"You are wonderful!" shouted the dad.
And the voice replied, "You are wonderful!"
The father turned to his son and explained, "People call that an echo, but it's really life. Life always gives back to you what you give to it. Life is a mirror of all your actions. If you want to be loved, give love. If you want respect, give respect. If you want people to be patient with you, be patient with them. This rule of nature applies to every part of our lives."

Previously published by Faye Schmileg, Wings Edition: June, 2018.

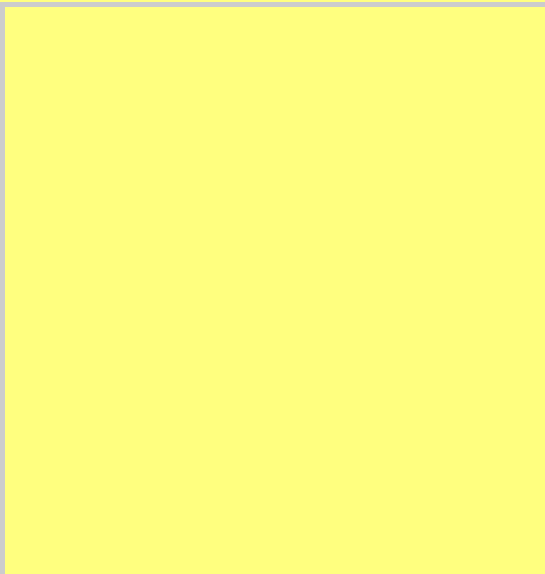
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PHOTOS



"Work Day at First Unity Church of St. Louis..."







AND
WHAT A
WONDERFUL
DAY IT WAS!!!

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

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