

First Unity Church of St. Louis

2025 Volume VII

Issue 1



[Evgeni Tcherkasski](#)

Minister's Corner

Happy New Year

The first month of our calendar year is named for the Roman God, Janus, the God of gates, passages, endings, & beginnings. Janus has 2 faces--one to look back & reflect about the past year, & one to look forward to the future. Because there is something about the new year that urges us to make a new beginning, many people traditionally make New Year's Resolutions. Unfortunately, research shows that just 9% of Americans keep their resolutions! In fact, Forbes reports that failing to keep resolutions is so common there are dates commemorating such failures, including *Ditch New Year's Resolutions Day* on January 17 and the second Friday in January as *Quitter's Day*.

Maybe the reason resolutions are so rarely successful is that we fail to release what does not serve before we move forward in the new year. It's been said, "You can't move into tomorrow if your hands are full of yesterday's old junk." In the mid 1800's, Alfred Lord Tennyson wrote:

Ring Out the Old, Ring In the New
Ring happy bells across the snow:

The year is going; let him go;
Ring out the false; ring in the true.
A New Year's Poem

In Unity, we engage in two powerful rituals to help us “ring out the false” and “ring in the true.” During *The Burning Bowl* ritual, we release an attitude, belief, or pattern of thinking that is blocking our good and sabotaging our freedom. This is followed by *The White Stone Ceremony*, during which we discern what we want to be in the New Year. May 2025 be filled with love, light, and Truth for everyone in our First Unity Community in the world.

HAPPY NEW YEAR

Holding on to what is spiritual and True,
As you know 2025 holds goodness for you.
Prayer and meditation are keys to success,
Positive thinking is your point of access.
Yes is the answer to claiming your power,

Never-ending possibilities unfold every hour.
Elevate your mind to embrace a new start,
With love and wisdom, follow your heart.

Yes, in 2025, you claim your birthright,
Emerging from darkness into the light,
And shining your light wherever you are
Reflecting God's love both near and far.

Love to all~
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 2025

In This Issue:

Minister's Corner

5 Basic Unity Principles

Poinsettias

Music For January

Prayer Chaplains

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Music For February**The Giving Tree****Holiday Happenings**

Burning Bowl Ceremony
White Stone Ceremony
Souper Sunday
Donations for "Feed My People"

Up To The Minute News

Ladies' Night Out
Men's Night Out
Route 66 Jazz Concert
Book Club

Core Values**Humor****Photos**

*Thanks to everyone who donated poinsettias for the
12 Living Lights Candle Lighting Ceremony
in honor and/or memory of loved ones.*

By: Jan Mourning

~In Memory of Bob Leonard

By: Nancy Davis

~In Memory of: Family Members

By: Marjorie LaRico

~In Honor of: Betty Jean Kofron

By: Lisa Wagner-Daegling

~In Memory of: Bill Greaves, Jane Greaves, Jeanne Rudman

By: Loyce Turan

~In Honor of: Betty Jean Kofron

By: Hope Dodson

By: Joan Rose

~In Honor of: Rosemary Stanglein

~In Memory of: Charles Stanglein

By: Jane & Eric Vondruska

~In Honor of: Our Families

By: Betty Jean Kofron

~In Memory of: Linda Kessler and Dorothy & Norma

By: Rick & Ruth Emmett

~In Memory of: The Vielhaber Family, The Emmett Family, Ruth Hubenschmidt

First Unity Church Presents Its Outstanding Music Calendar for January 2025

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



January 5, 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.



January 12, 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.



January 19, 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 listeners on the edge of their seat from the drop of

the downbeat to the end of the performance.

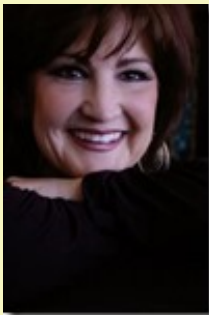


January 26, Mitzi MacDonald, vocals. Recording artist Mitzi MacDonald performs regularly at churches and concert venues throughout the St. Louis area. Her most recent album, "Higher Ground," is available on all major streaming services.

First Unity Church Presents Its Outstanding Music Calendar for February 2025



February 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.



February 9, 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.



February 16, 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.



February 23, 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.



The Giving Tree

For St. Patrick's Center



We will be helping our homeless community by keeping them warm this winter.

Collection:

- Gently used or new adult coats
- Hats, Scarves, gloves, mittens
- Socks,
- underwear (men's and women's)
- Warm blankets
- Hygiene products



If you choose to donate money, it will go to St. Patrick's Center for other necessities.

THANK YOU—UNITY KIDS
January 5-26, 2025





Mark Your Calendars for The Giving Tree!

Mark your calendars for the Unity Kids giving project, The Giving Tree. From January 5 to January 26, 2025, we'll be collecting items and monetary donations for The Giving Tree to benefit the homeless community supported by the St. Patrick's Center.

Holiday Happenings

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 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 2025.

Souper Sunday

Sunday, January 12, 2025

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!!



Donations for "Feed My People"

On **January 12, 2025**, 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.



Up To The Minute News

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

Ladies' Night Out



January 20, 2025, at 5:30 pm.

Bill Gianino's
4571 Chestnut Park Plaza, #3135
Oakville, MO 63129

February 17, 2025, at 5:30 pm.

Tucker's Place
3039 Union Road
St. Louis, MO 63128

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

Men's Night Out

January 20, 2025, at 6:00 pm.

Frankie G's
4565 Chestnut Park Plaza
Oakville, MO 63129

February 17, 2025, at 6:00 pm.

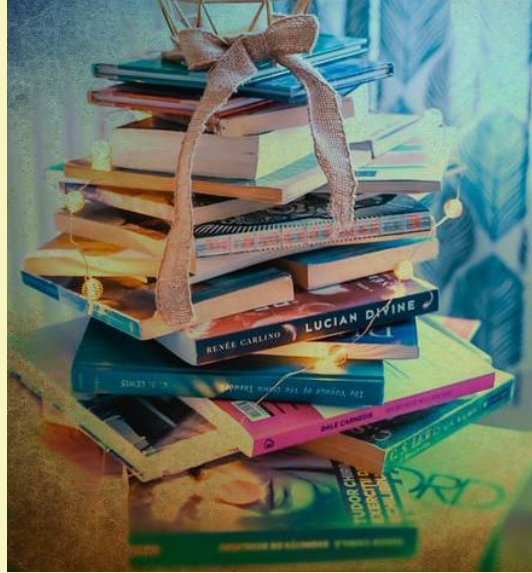
Pasta House
6214 South Lindbergh Blvd.
St. Louis, MO 63123

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



Route 66 Jazz Orchestra will perform at First Unity Church of St. Louis on February 7, 2025. The concert starts at 7:30 pm. Payment at the door is \$15.00 per person. Looking forward to seeing you at the concert!

Book Club



For more information on our church activities: Check our website, unitystl.org or call 314-845-8540.

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

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

March 11, 2025 - *The Women* - Kristen Hannah

April 8, 2025 - *The Radium Girls* - Kate Moore

May 13, 2025 - *The Guncle* - Steven Rowley

June 10, 2025 - *The Covenant of Water* - Abraham Verghese

July 8, 2025 - *The Only Woman in the Room* - Marie Benedict

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

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](#)



Santa's Little Helpers





Merry Christmas

from First Unity Church of St.Louis





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

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