

First Unity Church of St. Louis

2025 Volume VII

Issue 4

Minister's Corner

LOOKING FOR THE GOOD



David Young

It's hard to believe that we are close to the middle of summer *and* to the middle of 2025! This is a good time for us to check in on goals we set in January and reflect about what adjustments we want to make in the second half of the year.

Life is full of twists, turns, sunshine, and storms. Eric Butterworth reminds us, "Our job is not to set things right, but to see them rightly." Even in the midst of chaos, challenges, and disappointments, we can look for the good. This doesn't mean we deny our feelings or pretend all is well. It means we remember that the Perfect Energy we call God is always present; and if God is there, goodness is there. Blessings are often discovered in the shadows of

sadness and stress.

Recently, at the Unity Convention in Overland Park, Ks, a colleague from St. Louis asked if she could ride home with me. I told her I was happy to have the company. Little did I know how true that would be! We left Overland Park around 3:15 p.m. and were just 6 mi. west of Columbia when my car started vibrating. At first, I thought it was a flat tire. But immediately, emergency warnings flashed on the screen, and I was losing power. I navigated the car off the highway, but it died at the top of the exit ramp. There was no shoulder, leaving a serious possibility that a car could come flying off the exit ramp & slam into us. We made the decision to ignore the “do not drive” messages and try to restart the car. That worked, but my car went into “limp mode” going 10 mph tops.

With emergency flashers on, we were able to get the car to the nearby Midwest Auto-Truck Plaza which included a diner, Larry's boots and western wear, a tattoo parlor, and a Budget Inn. Despite all these amenities, I was not a happy camper! It was almost 6:00 p.m. when I called AAA to be told our wait for a tow would be well over an hour. The Toyoto dealer in Columbia was also closed. And we had to figure out how to get home! Eventually the AAA agent called back to say no tow trucks were available until morning. While I expressed my aggravation to him, my passenger tried other options. She found a local tow company, but the wait was at least an additional hour, and I had to pay for the tow.

Now, I have certainly had worse things than this happen in my life, but I admit I was not saying, “Thank you, God, for this blessing.” And I was sure that my companion was wishing she had chosen someone else to drive her home! Together, we decided that the diner was a better option than waiting in a hot car. My passenger's wife agreed to come rescue us, and she arrived from St. Louis before the tow truck! Finally, the tow arrived about 8:00 p.m. and we followed it to the Toyoto dealer to do the night drop-off.

During this whole episode, after a little processing time, my passenger and I discussed those things for which we were grateful. We were in a safe spot and unharmed. The diner was air-conditioned with large windows where we could view the car and get a bite to eat. Local residents and staff in the diner were extremely kind and concerned about us. Our waitress told us we could stay as long as needed & later moved us to a table where cell phones could be charged. She informed us that the diner was also a Greyhound bus stop, but it only went as far as Mexico, MO. Another woman with a walker came out into the heat to advise that maybe my insurance company would pay the tow. The Toyoto dealer was only six miles away which made the tow bill less expensive; and the tow driver, once he finally arrived, was also kind and competent.

Certainly, the greatest good that came of all this was that my passenger and I had lots of time to talk, share our life experiences, and build a relationship. She was such a good sport, and we agreed that someday we would laugh at this! Likewise, I will always be grateful for the person who drove all the way west of Columbia to rescue us. After we got all our luggage transferred to her car, she enjoyed a well-deserved piece of homemade apple pie buried in ice cream. And I was also able to get to know her better on the way home. I arrived home at 10:00 p.m., exhausted but grateful. Finally, in perfect Divine Synchronicity, it turned out a friend of mine was going to Jefferson City the

following Monday, and she offered to drop me off in Columbia to get my car!

Sometimes things do not go as planned and life takes us on detours. Whether these are minor aggravations or serious life crises, we always have a choice about how to respond. Linda Martella-Whitsett writes in *Divine Audacity*, “Even though our human tendency is to focus on the bad, the worst, the ugly, our spiritual nature can find ways to “see it rightly” and restore harmony. “ So for the rest of 2025, I’m setting the intention to **be** what I wrote on my white stone last January no matter what challenges arise—just another blessing from this adventure!

Abundant blessings to all~

Love & prayers,

Rev. Jan

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

July/August 2024

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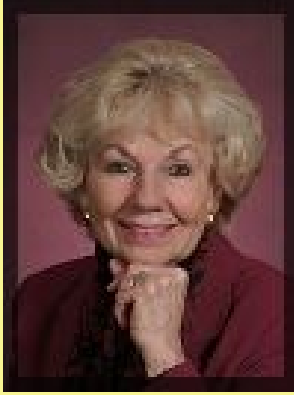
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New Members join the Board of Trustees

She's been blessed with Unity beliefs since she was about five years old and is very grateful for that.

Carol cares about the church and its members and wants to give back to First Unity in gratitude for all she has received. She has been a member of First Unity for almost 20 years and



Carol Ellerman

Carol grew up in Unity and gives thanks to her mom for the greatest gift she could have been given.

served on the Board in the past at varying times during her 20 years. She also currently serves as the Webmaster for the church and has been since 2008.

Carol was married for 45 years before her husband passed away several years ago. She has a dear son and daughter and six grandchildren. She retired from her dream job at Edward Jones as the online news editor 13 years ago when her grandson Chase was born and started her second dream job as Chase's "Granny Nanny" and has been caring for him since then. She also had great jobs at UMSL, TWA, and A.G. Edwards. Her hobbies include computers, reading, and writing, in her words, not-very-good mystery fiction, just for fun.

Valerie Harris

Valerie was raised as Lutheran and had stopped going to church for a long time. When she had her kids, she thought about how she missed the fellowship aspect of being a church member, and she wanted a framework for talking about God that didn't involve going to heaven or hell. Unity has answered a lot of questions for her, and it is a good fit for her family.

As a younger person, Valerie brings a new perspective to the board. She has the heart of a volunteer and is looking forward to working with the board to help First Unity reach more people. Valerie has been staying home with her kids since her oldest Oliver was born.



She is currently working through the process of growth as a fitness instructor and is excited to have something that isn't centered around her family. She is a bookworm and a gardener and says that this time of year in Missouri is the best time to be alive!



Ben Sauter

He feels like this is, indeed, the place where he can share his gifts and talents to empower others in Christ.

Serving on the board will give Ben further personal and spiritual development opportunities while at the same time play a critical role in nurturing prosperity and cultivating community growth for First Unity Church.

Ben leads with angel messages, divine guidance and positive affirmations which have returned him to his wholeness after a health crisis, and are conducive to Unity teachings. He has all the faith and confidence that these same principles will be helpful on the board and help each individual person at First Unity Church.

Ben shares his struggles, what he's gone through, and the breakthroughs he's learned through creative writing,

Ben came to Unity while he was actively searching for a community that shares his evolving spiritual values, especially the value that Christ lives in our humanity.

short stories and singing. He's currently working on a book based on the angel messages and divine wisdom he's received along his journey.

Saver's Fund-drive



On June 21, 2025 many from First Unity Church of St. Louis met at our church building to load up all of the items that we had collected for the Saver's Fund-drive. Many of our members and friends brought in items to donate to this fund raiser. We managed to collect 1,583 pounds of soft goods, 612 pounds of media and 1,121 pounds of books.

When I walked into the building to start loading the truck, I was a little overwhelmed. All of the items did not look like they would fit into the Budget Rental Truck that I ordered to take the items to the

Savers Store on Watson Road. I also thought it would take a long time to load the truck. However, we had many volunteers show up to help load the truck. It only took us about 30 to 40 minutes to load the truck. Every item fit in the truck!

Savers Value Village Inc. is a for profit thrift store. The stores' headquarters are in Bellevue, Washington.

A big thank you goes out to everyone who donated items, all those who helped organize the items and everyone who helped load and unload the truck. We appreciate each one of you!

If you are looking for a cool new article of clothing or an unusual item, go check out Savers Value Village, Inc. Buying items from Savers is a sustainable way to buy clothing and you don't have to pay for extra tariffs. Also, you might find a new treasure!

Julie Goede,
President, Board of Trustees

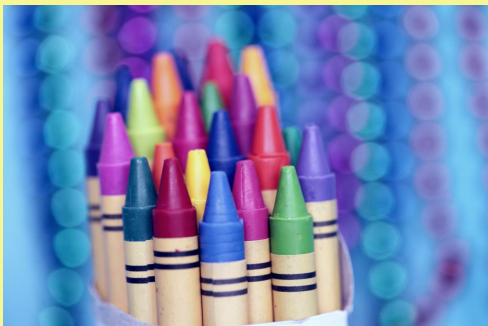
**There are So Many Ways to
Volunteer and express your
talents at**

First Unity Church of St. Louis

Check the table in the Foyer
for sign up!



School Days, School Days



Our Youth Ed Department is starting 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 6 – August 10, 2025.

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 1 through August 3, 2025.

First Unity Church Presents Its Outstanding Music Calendar for July 2025

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 6, 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 13, Snow Barnes, vocals. Snow is a vocalist and servant leader who uses her God-given gift to uplift and inspire through music. Rooted in gospel, jazz, and soul, her unique sound blends neo-soul, R&B, and heartfelt worship. With every note, she seeks to glorify God and connect with others in a spirit of love, healing, and praise.

July 20, 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 seats from the drop of the downbeat to the end of the performance.



July 27, 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 2025



August 3, 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 10, 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 17, 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 24, 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.



August 31, 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.

Save the Date

September 11 - World Day of Prayer

September 20 - All Unity Picnic - Simpson Park - Valley Park - 11 am - 3 pm

September 27 - 28 - Tower Grove Pride Event, Set-up on September 26

October 3 - Route 66 Jazz Concert - 7:30 pm



Up To The Minute News

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

Ladies' Night Out

July 21, 2025, at 5:30 pm.

Twisted Tavern
3606 W. Outer Road
Arnold, MO 63010



August 18, 2025, at 5:30 pm.

Session Taco
105 E. Jefferson
Kirkwood, MO 63122

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

Men's Night Out

July 21, 2025, at 6:00 pm.

Weber's Front Row
3930 Vogel Road
Arnold, MO 63010

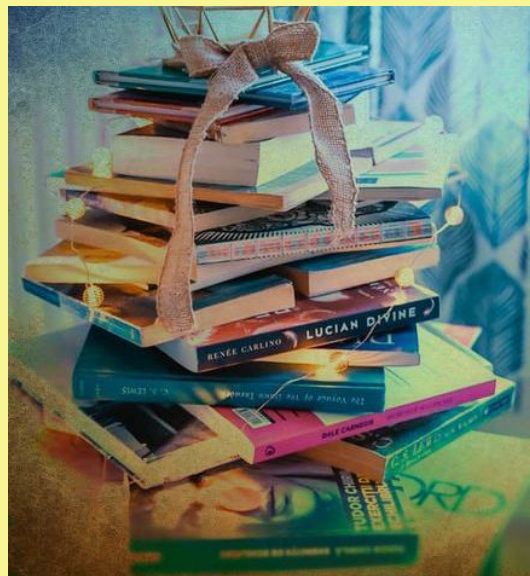
August 18, 2025, at 6:00 pm.

Mike Duffy's Pub and Grill
124 West Jefferson
Kirkwood, MO 63122

Please contact Eric at jcvond@aol.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 8, 2025 - Part Two - *The Covenant of Water* - Abraham Verghese

August 12, 2025 - *The God of the Woods* - Liz Moore

September 9, 2025 - *Catalina, the Novel* - Karla Cornejo Villavicencio

October 14, 2025 - *Pony Confidential* - Christina Lynch

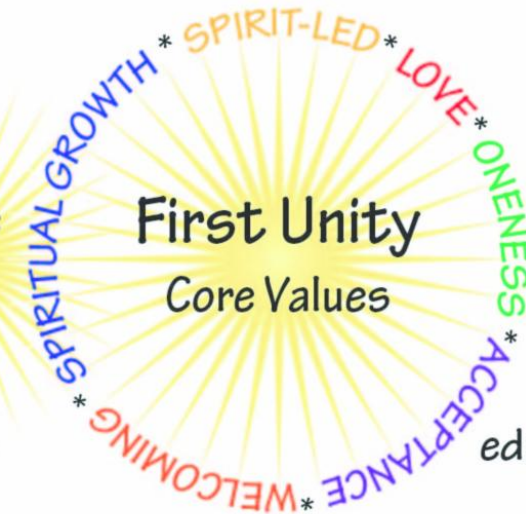
November 11, 2025 - *Sequel* - Jean Hanff Korelitz

December 9, 2025 - *The Wedding People* - Alison Espach

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

I don't want to go to church today!

A mother went to wake her son for church one Sunday morning. When she knocked on his door, he said, "I'm not going!" "Why not?" asked his mother. "I'll give you two good reasons," he said. "One, they don't like me. Two, I don't like them." His mother replied, "I'll give you two good reasons why YOU WILL go to church. One, you're 47 years old. Two, you're the pastor!"

The coin toss

By the time Bobby arrived, the football game had already started. "Why are you so late?" asked his friend. "I couldn't decide between going to church and going to the football game. So I tossed a coin," said Bobby. "But that shouldn't have taken too long," said the friend. "Well, I had to toss it 35 times."

The \$100 and \$1

Two well-worn bills arrived at the Federal Reserve Bank to be retired – a \$100 and a \$1. As they traveled down the conveyor belt, they struck up a conversation. The hundred reminisced about the interesting life he had, traveling all over the country. "I've been to the finest restaurants, Broadway shows, Las Vegas, and amusement parks," he said. "I even went on a Caribbean cruise once. Where have you been?" "Oh," said the one dollar bill, "I've been to a Methodist church, an Episcopal church, a Baptist church, and a Lutheran church." "What's a church?" asked the hundred.

[Visit our website](#)



PHOTOS

First Unity Church Spring Concert



Route 66 Jazz Orchestra





First Unity Church of St. Louis - Youth Ed





Louise's 100th Birthday Celebration



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](https://be.unity.org)

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