

First Unity Church of St. Louis

2025 Volume VII

Issue 3



Minister's Corner

Rooted in Strength

After a long, cold, snowy winter, I love to look out my window and see the trees awakening from their winter slumber, turning green and spreading their branches through the woods until eventually I cannot see the house behind mine. More than any date on the calendar, the vivid trees signal that spring is here and summer will follow!

While we focus on what our human eyes behold, as always, there is more to a tree than what we see. Beneath the ground, hidden root systems that act as anchors and store water and nutrients often go unnoticed. Only recently did I realize that, depending upon the species, underground tree roots generally spread wider than the upper crown of the tree! Growing horizontally, they occupy an area typically 2 to 7 times the width of the tree's canopy! The deeper and more widespread the roots, the stronger the tree is in storms, floods, and droughts. The unseen roots are the source of a tree's stability, resilience, and growth.

And so it is with us as expressed in the poem A Silent Grace:

Beneath the earth, so still, so deep,
The roots of trees in silence sleep.
Yet from that dark, new life will rise
Through trunk and bloom toward the skies.

Though roots stay still, they still expand,
They shape the tree, they guide its stand.
And though we move from place to place,
Our roots become – a silent grace.

A quiet spiritual strength lies within us, deeply rooted, a foundation to keep us strong and steady in the face of outward challenges and uncertainty. No matter what shows up in the outer world, we are grounded in Divine Love and Truth that keep us reaching toward the light. We are rooted in strength, on this earth to express Godness and goodness.

As we move into this beautiful spring and early summer season, let us reflect about what roots we are allowing to nourish our lives.

We might ask:

- What keeps me grounded?
- What are my inward strengths?
- What am I growing toward?
- What beauty can I bring to the world?

Remember, like the trees, you are rooted in **STRENGTH!**

Abundant blessings,

Rev. Jan

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

May/June 2025

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You are invited to First Unity Church of St. Louis Annual Meeting



First Unity Church of St. Louis will hold its Annual Meeting on May 18 immediately following the Sunday Service.

After the meeting, a luncheon will be served downstairs - in the Community Room.

First Unity Church Presents Its Outstanding Music Calendar for May 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 during May and June. 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



May 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.



May 11, 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.



May 18, 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.



May 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.

First Unity Church Presents Its Outstanding Music Calendar for June 2025



June 1, Joanna Serenko, vocals. St. 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.



June 8, 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.

June 15, 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.



June 22, 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.



June 29, 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.

FIRST UNITY SACRED SERVICE MINISTRIES

There is nothing small in the service of God.

Frances de Sales

Prayer Chaplain Ministry – Offers individual prayer support on Sunday mornings, through monthly prayer calls, and in hospital and nursing home visits. Training required and provided.

Prayer Circle Ministry – Offers prayer support via a phone call chain. Prayer requests are held for 30 days and then sent to Silent Unity. Training required and provided.

Youth Ministry – “Touches tomorrow” by assisting the Sunday youth program. This requires a background check to protect our children.

Welcoming Ministry - Provides the “friendly first impression” of our spiritual community with a strategic welcoming plan. Greeters are part of this ministry. Training required and provided.

Bookstore Ministry – Assists Bookstore Manager in serving in the Bookstore on Sunday mornings.

Community Service Ministry – Identifies and coordinates meaningful community service projects in alignment with First Unity Vision, Mission, and Core Values.

Hospitality & Events Ministry - Plans and executes the spiritual community's social activities and fund-raising programs.

Lending Library Ministry – Assists in cataloging, shelving, and maintaining our extensive lending library.

Promotion Ministry - Creates and implements a multi-faceted plan of marketing and advertising to promote First Unity Church as an inclusive, vibrant spiritual community. Coordinates social media and First Unity newsletter.

Main Building & Grounds Ministry - Manages maintenance and repairs of the main building and grounds to ensure the building and property provide a safe, comfortable, aesthetically pleasing environment for the spiritual community.

Green Team Ministry – Creates and executes a plan for implementing environmentally friendly practices in our church, homes, and community.

Sunday Celebration Ministry – Prepares for and sets up weekly Sunday celebrations after church. Also does an abbreviated cleaning afterward.

Anyone seeking more information on a particular ministry, please check on the table in the lobby. Sign-up sheets will be available for those who want specific information.



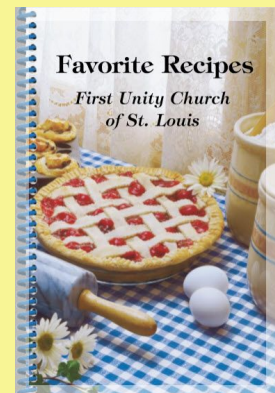
Up to the Minute News

First Unity Bookstore

Mother's Day is right around the corner. Feel free to browse in our bookstore anytime before or after our Sunday Service to find a gift for that special someone.

Unity Cookbooks are on sale for \$15.00 a book!!!

Our Lending Library is also available, with plenty of good books ready to be checked out!





*Thanks to everyone who donated Easter Lilies
In honor and/or memory of loved ones.*

Julie Goede

~In Honor of: Ginny Goede

~In Memory of: Lon Goede

Hope Dodson & Paul Henley

Nancy Davis

~In Memory of: Our Family Members

Loyce Turan

~In Memory of: Loved Ones

Rev. Jan Mourning

~In Memory of: Bob Leonard

Betty Jean Kofron

~In Memory of: Marie Locktrop

Jane and Eric Vondruska

~In Honor of: Our Loved Ones

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

Ladies' Night Out



May 19, 2025, at 5:30 pm.

Poor Richard's
960 Brookwood Center
Fenton, MO 63026

June 16, 2025, at 5:30 pm.

Viviano's Festa Italiano
55 Fenton Plaza
Fenton, MO 63026

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

Men's Night Out

May 19, 2025, at 6:00 pm.

The Post Sports Bar and Grill
568 Old Smizer Mill Road
Fenton, MO 63026

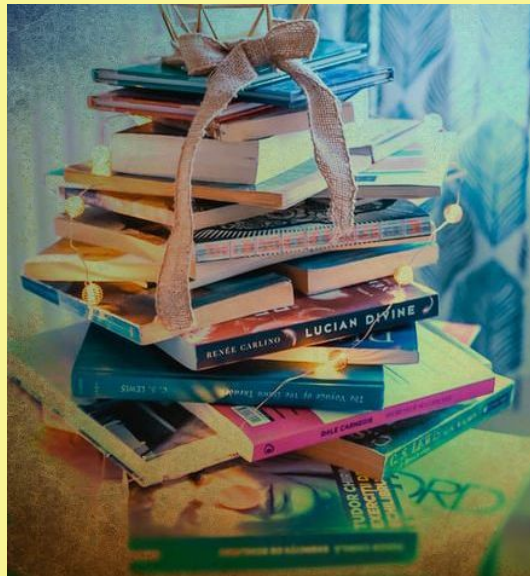
June 16, 2024, at 6:00 pm.

3 Margarita's Mexican Restaurant
69 Fenton Plaza
Fenton, MO 63026

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!

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

Future books:

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

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

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

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: **SPIRIT-LED**

We transcend our human identity and claim our spiritual identity by aligning with and living in awareness of Infinite Spirit.

COMMUNITY BEHAVIORS

- We begin all our gatherings with prayer
- Cultivating communion with the Divine, we teach spiritual principles and practice sacred service
- We consistently provide opportunities to deepen and expand understanding of Unity principles and how to align with them
- Guided by Spirit, we act from our Divine Identity

INDIVIDUAL BEHAVIORS

- I take life's celebrations and challenges into prayer
- I engage in daily spiritual practices that keep me conscious of Spirit
- I choose activities that deepen my relations with the Divine



HUMOR

After listening to a rather long and tedious sermon, a five-year-old boy asked his father what the preacher did the rest of the week. His father said, "He's very busy taking care of church business, visiting the sick and doing other similar work. He also needs to rest up because giving a sermon isn't easy." The little boy responded, "Well, listening to a sermon isn't easy either."

A Sunday school teacher asked her class, "Does anyone know what we mean by sins of omission?" A little girl raised her hand and said, "Aren't those the sins we should have committed, but didn't?"

A little boy asked his dad, "Did you go to Sunday school every week when you were a kid?" His father replied, "I sure did, son." The little boy responded, "I'll bet it won't do me any good either."

A three-year-old was excited to see an altar boy lighting candles during the church service. In the middle of the silent prayer that followed, he stood up and sang, "Happy Birthday to you, Happy Birthday to you."

A man brought his son to a grocery store...

A man brought his son to a grocery store, but as soon as they walked in the store the young child began to throw a temper tantrum. While they went down each aisle the child would yell, throw items in and out of the cart, and over all be an annoyance.

Despite the scene his son was causing, the father was cool and collected, slowly and calmly saying, "Don't worry, Donald. It'll be alright, Donald, we'll be home soon."

A nearby mother was very impressed with the father's self control, and wanted to express her gratitude for such calm parenting. "Sir, I'm amazed that you are able to be so calm! It's not every day I see such patient and gracious parenting. Now little guy, what seems to be the problem, Donald?"

"Oh no, ma'am, you're mistaken!" The father interjected, "This is my son, Henry. I'm Donald!"

Visit our website



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SilentUnity prayer support
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