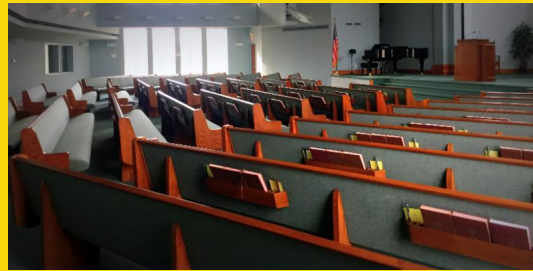


*First Unity Church
of
St. Louis*



2025 Volume VII

Issue 6

Minister's Corner

GRATITUDE, LOVE, AND LIGHT



It's hard to believe that November is already here! It seems like yesterday that we were planning a Spring Concert. Now we are focused on the Fall Family & Friends Bingo night, and before we know it, we will be hosting our friends from the area Unity churches for a Thanksgiving Eve service. In Unity, we see Thanksgiving as more than turkey, dressing, and pumpkin pie, even more than time with cherished family and friends. It is a time for us to gather in gratitude for all that we have and all we expect to have in the future. Like prayer, gratitude is causative energy. From the food we share around the table to the relationships we cherish, gratitude opens our hearts to receive more of God's goodness.

In the words of Melody Beattie: "Gratitude unlocks the fullness of life. It turns

what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

Jesus told us, *You are the light of the world. Let your light shine*. Gratitude is the perfect Divine energy that carries us into the season of light. In the midst of all our holiday preparations, we pause and give thanks for the birth of Jesus as we also celebrate the rebirth of our own Christ nature. This is the season for us to claim, nurture, and share our light and our power with the world.

Join us during this blessed time as we rejoice in the age-old Christmas story and contemplate the light of the four themes of Advent: Faith, Peace, Love, and Joy.

FAITH True faith is a spiritual power, a deep inner knowing that enables us to look beyond temporary outer appearances – from illness to wholeness, lack to abundance, discord to harmony.

PEACE The peace of God is always within. We only have to open our minds and hearts to feel its presence. In the midst of any earthly challenge, we can be the presence of peace.

LOVE Christ Love is our nature. During this sacred season, we cherish every opportunity to give and receive love. Love allows our light to shine.

JOY Joy is a gift from Spirit. It comes from deep within our hearts. During this busy time, we celebrate our innate joy in all we say and do.

Have a blessed holiday season and remember to LET YOUR LOVE AND LIGHT SHINE.

Love and prayers,
Rev. Jan

Rev. Jan Mourning

Licensed Unity Teacher

Hope Dodson

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**First Unity Church of
St. Louis Newsletter**

Nov/Dec 2025

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Platform Assistants

Hope Dodson
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Bookstore Managers

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Mary Grace

Webmaster

Carol Ellerman

Sound Engineer

Jeremiah Burcher

Photographer

Julie Goede

Newsletter Editor

Patricia Riess
riess@htc.net

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Core Values**Humor**

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 align with Spirit's Laws of Being.

First Unity Church Presents Its Outstanding Music Calendar for November 2025

November 2, 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 9, Dan Rubright, jazz guitar

Dan Rubright, jazz guitar. Dan recently received a prestigious 2019 Arts Fellow grant from the St. Louis Regional Arts Commission for his work as a composer and arts leader. In addition to composing and performing, Dan leads a workshop called The Hidden Jazz of Teams.



November 16, 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.

November 23, Mitzi MacDonald, vocals and piano.



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.

November 30, Scott Alberici, clarinet



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 Church Presents Its Outstanding Music Calendar for December 2025

December 7, Brian Clarke, 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 Best Musician.

December 14, 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 21, Scott Alberici, clarinet.



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.

December 28, Ashby Law, vocals.

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 OF ST. LOUIS
FALL FAMILY & FRIENDS FUN NIGHT

BINGO

FRIDAY, NOVEMBER 14

\$20. for Adults

\$10. for 12 and under

GRAND PRIZE

Doors Open @ 6:00 pm

Bingo Starts @ 7:00 pm

Bottled Water & Snacks Included

INVITE YOUR FRIENDS

PRIZES FOR EACH ROUND

50 - 50 Raffle
\$5 - 6
\$20 - arm's length

Bring
\$\$\$\$\$\$\$\$

**GAMES,
GAMES,
& MORE**

4753 Butler Hill Road St. Louis, MO 63128

ADVANCED TICKETS AVAILABLE:

VAL HARRIS @ 832.578.2306

FIRST UNITY CHURCH @ 314.845.8540

this is an alcohol - free event

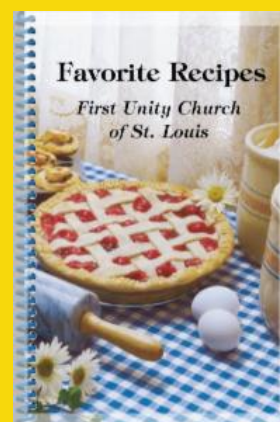
Holiday Happenings

Holiday Gifts on Sale in the Bookstore

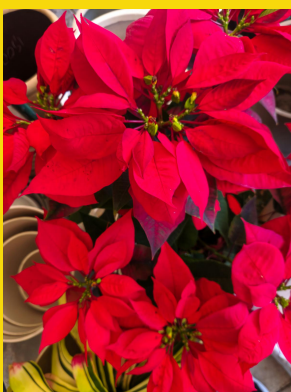
Stop by the First Unity Bookstore for some very special gift ideas.

Featured in the Unity Bookstore is our First Unity Cookbook for only \$15.00!

Favorite Recipes cookbook features 300 recipes and will make a great addition to one's cookbook collection.



Poinsettias



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

We will be taking orders from November 9 - December 7.

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**.



Holiday Concert Presented by

Route 66 Jazz Orchestra

Route 66 Jazz Orchestra will perform at First Unity Church of St. Louis on December 5, 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!

Thanksgiving Eve Service

First Unity Church of St. Louis is hosting the All-Unity Thanksgiving Eve Service this year! The service will be held on Wednesday, November 26, 2025, at 7:00 pm.



All Unity churches in the greater St. Louis area will be participating in this uplifting service. Invite your family and friends as well. Well-known jazz singer Kim Fuller will be the guest vocalist, accompanied by Dr. Steve Schenkel. Join us for this special event and stay for refreshments afterward.



First Unity Church of St. Louis 4753 Butler Hill Road St. Louis, MO 63128



Decorations for Christmas

Please join us for the annual Christmas decorating event on November 29, 2025, beginning at 9:30 am. All elves are welcome. Stay for pizza afterward.

Our Church decorations will be dismantled on January 3, 2026, starting at 9:30 a.m. Afterward, stay for pizza.

All helping hands will be appreciated.

Christmas Goodies Bake Sale

Sunday, December 21, 2025

We will be having our traditional Christmas Bake Sale.

Baked goods may be dropped off at the church on Saturday, December 20, 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



Christmas Candle Lighting Service

Sunday, December 21, 2025, 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 21, 2025

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 4, 2026, 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 11, 2026, 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 2026.

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



Souper Sunday

Sunday, January 11, 2026

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

Ladies' Night Out



November 17, 2025, at 5:30 pm.

Outback Steakhouse

5240 South Lindbergh Blvd.
Sappington, MO 63126

December 15, 2025

To Be Announced

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

Men's Night Out

November 17, 2025, at 6:00 pm.

Fitz's SoCo
5244 South Lindbergh Blvd.
Sappington, MO63126

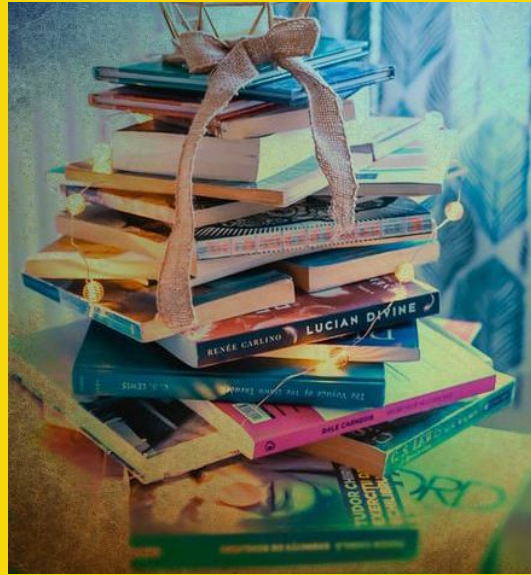
December 15, 2025, at 6:00 pm.

To Be Announced



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:

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

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

January 13, 2026 - *The God of the Woods* - Liz Moore

February 10, 2026 - *By Any Other Name* - Jodi Picoult

March 10, 2026 - *Lady Clementine* - Marie Benedict

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

Save the Date

November 14 - Fall Family & Friends Fun Night

November 16 - New Member Sunday

November 26 - Thanksgiving Eve Service

November 29 - Decorating the Church for Christmas

December 5 - Christmas Jazz Concert

December 21 - Christmas Bake Sale

December 21 - Christmas Service and Luncheon

January 3 - Take Down Christmas Decorations

January 4 - Burning Bowl

January 12 - White Stone Ceremony

January 12 - Souper Sunday

January 12 - Feed My People

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: 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

Q: When did the Pilgrims first say "God Bless America?"

A: The first time they heard America sneeze!

Q: Why can't you take a turkey to church?

A: Because they use such fowl language.

Q: What was Jesus' favorite part of the newspaper?

A: Three! Because it is written "And Noah went forth onto the Ark!"

Q: What do you call an elf who sings?

A: A wrapper.

Q: What do you get if you cross a snowman and a vampire at church?

A: Frostbite!

Visit our website



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](#)

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