

First Unity Church of St. Louis

2025 Volume VII

Issue 5

Minister's Corner

SEEING CLEARLY



Early one evening just after sunset, I looked out my bedroom window and saw some kind of animal lying very still in the grass. I grabbed my binoculars, but it was hard to discern what it was. The only thing I could tell was that it still had not moved. It looked like it could be a large possum; I hoped it was playing dead. (My late husband & I had an agreement – I was in charge of living creatures & he was in charge of dead ones!) So, I did what any reasonable person would do in this circumstance; I procrastinated --telling myself it would be gone in the morning. But that's not what happened! I could see clearly in the morning light that it had not moved. So, I grabbed the largest shovel I could find, a large garbage bag, gloves, and a trash can and headed to the backyard to dispose of the poor possum. Imagine my surprise and relief as I got close and realized it was the end of my large pond net all bunched up masquerading as a possum! I had not seen the pole because it was hidden in high grass. I was delighted and embarrassed at the same time.

Afterwards, I spent some time reflecting about ways I sometimes fail to see

things clearly. I asked myself, “Am I seeing situations clearly? Do I need to step back and reflect about the accuracy of my perceptions?” In *The Book of Joy* by the 14th Dalai Lama and Desmond Tutu, the first Pillar of Joy is perspective. The authors remind us that a positive, spiritual perspective is the foundation of joy because the way we see the world is the way we experience the world. When we allow life’s minor aggravations & major challenges to take away our joy, we can ask, *How can I see this differently—with a wider perspective?* This involves stepping back, in our own minds, to look at the bigger picture--moving beyond our limited awareness to see a more complete view.

The Dalai Lama says we sometimes suffer from perspective myopia; we are nearsighted! When we confront a challenge, we often see only what is right in front of us. We automatically react w/fear or anger, making it difficult to step back and see other perspectives or solutions. The Archbishop adds, “That’s a natural, human reaction. However, we *can* learn to see that even in the most limiting circumstance we have choice and freedom – even if that freedom is ultimately what attitude we take.”

Among the unlimited possibilities of the Universe, we choose what becomes *real* for us. The way we see the world creates the world we see. So, as we approach the cooler temperatures and vibrant colors of this fall season, may we develop a quiet, reflective perspective. Let’s set the intention to see clearly the abundant beauty and blessings of September and October. The way we see the world creates the world we see.

Have a blessed fall.

Love & prayers,

Rev. Jan

Minister, Jan Mourning

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First Unity Church of St. Louis Newsletter

Sept/Oct 2025

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UNITY WORLD DAY OF PRAYER

SEPTEMBER 11, 2025

World Day of Prayer 2025

Welcome to the 32nd Annual World Day of Prayer

The 2025 affirmation is: *In the stillness, I awaken to divine wisdom.*

[Click Here for More Information](#)

First Unity Church of St. Louis will hold an all-day prayer vigil on **Thursday, September 11, 2025**. 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.



**Community Cleaning Day
Inside and Out
September 13, 2025
9:30 am - Noon**



**ALL ST. LOUIS
UNITY CHURCHES
INVITED !!**

**BRING A
FRIEND !**

ALL UNITY PICNIC

11:00am - 3:00pm

SATURDAY, SEPTEMBER 20, 2025

FOOD | GAMES | PRIZES | FAMILY | FUN

PLAYGROUND | 50-50 RAFFLE | FISHING | TRAILS

SIMPSON PARK, 1234 Marshall Rd, Valley Park, MO 63088

If attending, please sign up at your church

Questions? Contact Jackie at 425-239-2172

For your comfort, bring sunscreen, sunglasses, bug spray, lawn chairs.

Bottled water is provided, but bring your own beverages.

Made with PosterMyWall.com

No alcohol, Silly String or water balloons.



Tower Grove Pride Festival - September 27 & 28

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 27, 10 am - 6 pm & September 28, 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.

First Unity Church Presents Its Outstanding Music Calendar for September 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.



September 7, 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 14, 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.



September 21, Kati Michalas, vocals. Kati is one of First Unity's song leaders, and she and her husband Nick and two sons Niko and Braden, are regular attendees, with Nico and Braden attending Youth Education classes. Kati grew up in Unity, attending the Collinsville, Illinois church.

Kati's family was a musical one; both her grandfather and father played the guitar. She gained a passion for bluegrass and classic country music at a young age and says there was never a family gathering without music or a guitar.

Her post-college performances include a short stint with the Autumn Fling band, United Voices of United Way Choir, Metro Trans Umbrella Group Song Squad, performing the national anthem at various sporting events, and singing at multiple weddings and funerals.



September 28, 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.



Route 66 Jazz Orchestra will perform at First Unity Church of St. Louis on October 3, 2025. 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 October 2025**



October 5, 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 12, 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.



October 19, 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 26, 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.



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

Ladies' Night Out



September 15, 2025, at 5:30 pm.

Local House Restaurant & Bar
2236 Michigan Avenue
Arnold, MO 63010

October 20, 2025, at 5:30 pm.

Maggie O'Brien Restaurant
3838 South Lindbergh Blvd. #118
St. Louis, MO 63127

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

Men's Night Out

September 15, 2025, at 6:00 pm.

Sugarfire 55 - Arnold
2204 Michigan Avenue
Arnold, MO 63010

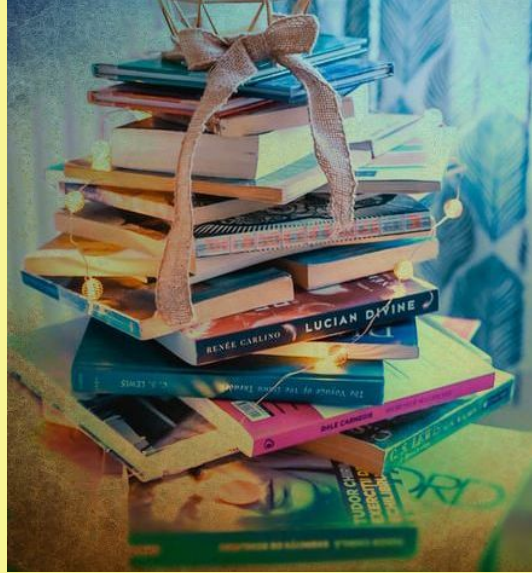
October 20, 2025, at 6:00 pm.

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



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:

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

January 13, 2025 - *The God of the Woods* - Liz Moore

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

Quilters and Crafters



Well, the quilters and crafters have been off to a very busy start in 2025. We have had two quilt shows in the foyer at First Unity Church on July 20th and 27th. This was our opportunity to show our wonderful ministry's work to the congregation.

Next, we delivered 16 baby quilts, some with matching bonnets to Mercy Hospital on Ballas for the NICU. They send the newborns home with their very own quilt!

Our group also makes larger quilts for the third district South County police station. So far, we delivered 30 quilts to the station! The officers carry them in their cars to give to children who might be going through a traumatic experience, such as a home fire or a domestic abuse situation. The police officers have stated how much our quilts help comfort the children in need.

If you would like to make a difference in a child's life, consider joining us on the third Thursday of each month in the adult classroom from 10:30 AM to 3 PM. Bring a lunch and stay the entire time or as much time as you can spare.

If you do other crafts and are looking for a group of friendly like-minded people to spend time with and engage in great conversation, please join us. We are always looking for newcomers to help grow our ministry and support our great cause.

If you are decluttering and want to get rid of extra sewing supplies or cotton fabric, we would be very grateful. We can always use it.

For more information, contact Jane Vondruska at jcvond@aol.com. Looking forward to seeing you soon.



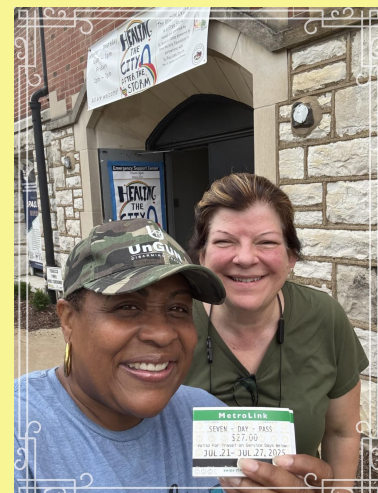
First Unity Serving the Community



So, what has our **Community Service Ministry** been up to lately? Several things actually... and with great participation and enthusiasm from many of you!

May 16, 2025 Tornado Response:

We started with an immediate response to the tornado that hit St. Louis on May 16. With help from two other local Unity churches, Unity St. Louis – South and Unity Christ Church, we raised \$2,682 which was used to purchase weekly and monthly bus passes for tornado victims. Bus passes were the number one item requested since people were displaced from their homes and often had cars destroyed. Our bus passes helped them get to work and live a more normal life in the midst of the chaos. We worked with a Red Cross designated response organization based at St. Paul AME Church to distribute them. Our contact person was Dr. Marty Casey, who was ever so grateful to us whenever we showed up with more passes. Tornado Response will be ongoing since the need is still there. Any monies donated for this cause will



be used to buy more bus passes.



Youth Ed's Annual School Supply Drive was so successful that we were able to provide 36 backpacks filled with school supplies to students also affected by the May tornado. Amazingly, our Youth Ed teacher Cindy Gibbs, discovered a contact on the local news for the delivery of backpacks, and it turned out to be Dr. Marty Casey! Dr. Marty arranged for students affected by the tornado to receive these backpacks.

Tower Grove Pride Fest! Coming up next month (September 27 and 28), we will once again have a booth at Tower Grove Pride Fest. This will be our third year to participate, and we're excited to be there and make contact with more people in the community to let them know we're an inclusive, welcoming spiritual community. Ben Sauter is our Pride Team leader and is doing a great job!



Ongoing Projects:

- Quilters and Crafters Group
- Food Drives for Feed My People
- Mitzi MacDonalds' Annual Toy Drive

Hope Dodson, Community Service Chair

Save the Date

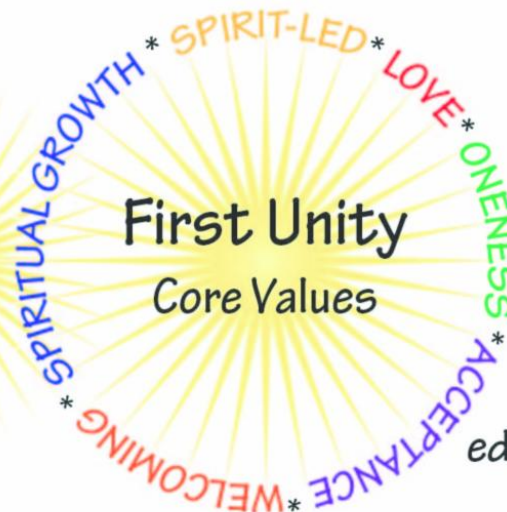
November 26 - Thanksgiving Eve Service
November 29 - Decorating the Church for Christmas
December 5 - Christmas Jazz Concert
December 21 - Christmas Bake Sale
December 21 - Christmas Service and Luncheon

Vision

In oneness
of Spirit,
we celebrate
a world
awakened
to infinite
possibilities

First Unity

Core Values



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



HUMOR

The Sunday School teacher asks, "Now, Johnny, tell me frankly: do you say prayers before eating?" "No sir," little Johnny replies, "I don't have to. My Mom is a good cook."

An elderly couple admitted by St. Peter through the Pearly Gates found conditions there just heavenly. So the man turned to his wife and ruefully said, "We could have been here two years ago, if you hadn't fed us all that oat bran, yogurt and healthy food."

Moses had the first tablet that could connect to the cloud.

Prayer: Don't give God instructions - just report for duty!

If God is your co-pilot - swap seats.

When you get to your wit's end, you'll find God lives there.

[Visit our website](#)



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Website: unitystl.org
SilentUnity prayer support
1.800.NOW PRAY (669.7729)
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