

First Unity Church of St. Louis

2026 Volume VIII

Issue 5

Minister's Corner

THE POWER OF AFFIRMATIVE PRAYER



As we move into September and October, dramatic changes unfold in nature. Leaves create a canvas of burnt red and fiery orange, days grow shorter, and cooler air all announce a new, fall season. This is the perfect time for us to pause and reflect about changes we want to make in our lives. It is no coincidence that Unity celebrates World Day of Prayer in September.

As I reflect about all the amazing Unity teachings that changed my life, I realize the most impactful for me has been the practice of Affirmative Prayer. Back in the days when I considered God to be an old man in the sky, separate and distant, I became a champion prayer beggar, prayer bargainer. My prayers were about presenting my earthly needs and desires to a God who had to be convinced to “grant” my requests.

Now, thanks to Unity, instead of asking a distant deity to grant my wishes, I pray affirming the goodness and abundance of God and my own Divine nature. Instead of trying to pray away human conditions, I pray knowing that the powers in me are greater than the powers in the world.

Infinite Spirit is as close to us as our very breath, no beginning or bargaining necessary. Affirmative prayer is more than asking the Divine for what we desire. It is a deeper awareness, knowing that Godness & Goodness are already ours. So instead of praying from a consciousness of lack, we pray from an awareness of spiritual Truth. Instead of asking for guidance because we think we are

helpless, we affirm: Divine guidance guides me. I am open to knowing my next right step.

Words of Wisdom about Affirmative Prayer from Unity leaders:

Prayer, then, is to change our minds and hearts so that God's omnipresent good may fill our minds and hearts and manifest in our lives.

Fillmore, Myrtle. *Healing Letters*

Prayer is a deliberate activity – one of seeking to recognize our oneness with God, of opening ourselves up to the power of God.

Jafolla, Richard & Mary-Alice. *Quest for Prayer*

Prayer is alignment with what is. Butterworth, Eric. *The Universe Is Calling*

Prayer is the art of bringing our one-to-one connection with God into our consciousness.

St. Luke's Hospital

Join us on September 10 for World Day of Prayer. The theme this year is **LOVE IS ALIVE**.

The sanctuary will be open from 8:30 am. – 6:30 p.m.

HAPPY FALL,

Rev. Jan

Minister, Jan Mourning

LUT - Hope Dodson

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Photographer

Julie Goede

Newsletter Editor

Patricia Riess
riess@htc.net

First Unity Church of St. Louis Newsletter

Sept/Oct 2026

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World Day of Prayer 2026



LOVE IS ALIVE

Welcome to the 33rd Annual World Day of Prayer

Our theme this year is, **Love Is Alive.**

Affirmation

As we unite hearts and minds with people from around the globe, we are affirming together this year: **Love leads me. Faith steadies me. Prayer carries me forward.**

[Click Here for More Information](#)

First Unity Church of St. Louis will hold an all-day prayer vigil on **Thursday, September 10, 2026**. Our sanctuary will be open for prayer and meditation from **8:30 am until 6:30 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.



Tower Grove Pride Festival - September 26 & 27

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 26, 11 am - 6 pm & September 27, 11 am - 5 pm. This festival honors 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 2026

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 6, 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 14, 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 20, 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.



September 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.



Route 66 Jazz Orchestra will perform at First Unity Church of St. Louis on October 2, 2026. 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 2026**



October 4, Ashby Laws, vocals. Ashby Laws is a born-and-raised St. Louis musician. Since she was five years old, she has studied and performed traditional Irish and classical music. Her primary instruments include piano, accordion, voice, guitar, tin whistle, and bodhrán. She has been to the world competition of traditional Irish music (Fleadh Cheoil na hÉireann) three times, coming home with a bronze medal in 2016. She has grown up performing with her mother, Mitzi MacDonald, and her siblings in their band, Keltic Reign. She received a B.S. in music therapy from Maryville University, where she studied piano privately with Dr. Peter Henderson, a pianist with the St. Louis Symphony Orchestra.



October 11, 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.



October 18, Erin Bode, vocals. Erin, in the decade-plus since beginning her professional recording career, has garnered considerable critical praise for her pure voice, impressive phrasing, and style. It is this talent, coupled with her reluctance to accept classification as a purely jazz vocalist, that has led to reviews hailing her as "someone you won't forget" and comparing her sound to Eva Cassidy and Norah Jones.

Bode's recorded works run the gamut between standard jazz and decidedly more pop-based pieces. 2008's *Little Garden* and 2010's *Photograph* feature all-original material by Bode and showcase her love of poetry with songs rich in harmonic and timbral texture.



October 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.

Maggie O'Brien's

PLEASE JOIN US FOR:

An Evening at: Maggie O'Brien's

Tuesday

October 27, 2026

Anytime between 5 pm - 9 pm

Hosted by:

First Unity Church of St. Louis

4753 Butler Hill Road

St. Louis, MO 63128

**Please invite family and friends
to enjoy an Evening at Maggie O'Brien's**

20% of all proceeds go to
First Unity Church of St. Louis



Maggie O'Brien's

3828 South Lindbergh Blvd.

Suite 118

St. Louis, MO 63127



Up To The Minute News

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

Ladies' Night Out



September 21, 2026, at 5:30 pm.

Joey B's Food & Drink Concord
189 Concord Plaza Shopping Center
St. Louis, MO 63128

October 19, 2026, at 5:30 pm.

Dulaney Grill and Pub
994 Kennerly Rd.
St. Louis, MO 63128

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

Men's Night Out

September 21, 2026, at 6:00 pm.

54th Street Scratch Grill & Bar
5310 S. Lindbergh Blvd.
St. Louis, MO 63126

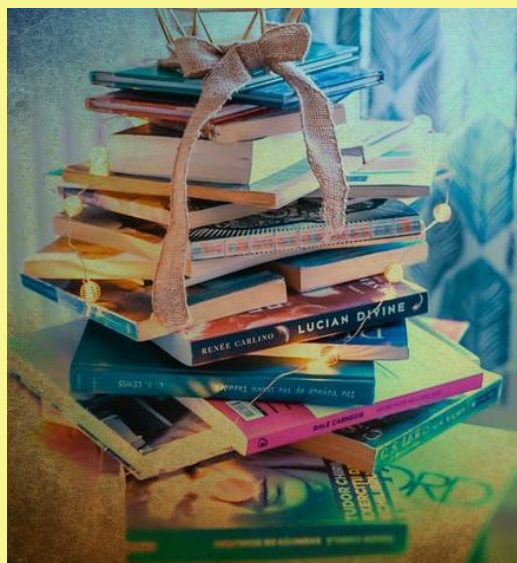
October 19, 2026, at 6:00 pm.

Rich and Charlie's South County
4487 Lemay Ferry Rd.
St. Louis, MO 63129



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:

McAlister's Deli
4000 Lemay Ferry Road
St. Louis, MO 63125
(Corner of Lemay Ferry and Lindbergh)

Future books:

September 8, 2026 - *Plain Truth* - Jodi Picoult

October 13, 2026 - *Blade* - Wendy Walker

November 10, 2026 - *Don't Let Him In* - Lisa Jewel

December 8, 2026 - *James* - Percible Everett

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

Save the Date

November 25 - Thanksgiving Eve Service
November 28 - Decorating the Church for Christmas
December 4 - Route 66 Holiday Jazz Concert
December 20 - Christmas Bake Sale
December 20 - Candle Lighting Service and Luncheon
January 3 - Burning Bowl
January 10 - White Stone Ceremony

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: 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

A Back-to-School Blessing



At our Sunday service today, some of the Youth Ed children came to the sanctuary for Rev. Mourning's Back-to-School Blessing. We wanted to share that blessing with you:

"As a new school year begins, we come together to lift you up along with your teachers and everyone at your school. We bless you with unity, love, and safety. We know that God is always with you and within you. You are never alone. May this year be filled with new learning, excitement, and joy. We know you will make good decisions and be kind to all your classmates in class, in the hallways, at recess, and on the bus. We join together in our Unity blessing: "We love you, we bless you, we behold the Christ in you."

"Let's give our wonderful Unity kids and teachers a hand."



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



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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