

Wings



FIRST UNITY CHURCH – Serving the spiritual needs of the St. Louis community for over eighty-five years.

The Newsletter of
First Unity Church
Of Saint Louis

May 2009

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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Jesus: A Way- Shower for our time

By Mary-Alice and Richard Jafolla
Reprinted from the Unity book *The Quest*

When Benjamin Franklin wanted to introduce street lighting to the people of colonial Philadelphia, he did not lobby politicians, he did not publish editorials, he did not argue with those who disagreed with him. Instead, he simply hung a brilliant lantern on a long bracket in front of his own house.

Every evening, as dusk approached, he faithfully lit the wick. People out in the dark night could see Franklin's streetlight from blocks away and were grateful to walk in its friendly glow.

Soon Franklin's neighbors started putting lanterns on brackets in front of their homes, and it wasn't long before the entire city was illuminated each night with street lamps.

This is pretty much the way Jesus has influenced humankind, by example, by showing us what to do and how to do it. By letting his own light shine, he not only lighted the way for us but gave us the idea that we, too, have lights that should be shining.

The Boy Who Saw a Brighter Light

Who is this Jesus, and why has he had more of an impact on humanity than any

other person who ever lived? He wrote no great books and created no important works



of art. He was not an international financier. He never commanded a powerful army, and he never ruled so much as a tiny nation. His death caused scarcely a ripple, other than among the relatively few followers he had attracted during his short public life.

If a time machine could take us back to the hills of Nazareth at the time of Jesus' childhood, we might see a young boy who looked and acted the same as any other boy his age. He ate, drank, laughed and cried. It's likely that he caught colds, had stomachaches, played hard, got angry, worried about his studies and thought about girls. He probably attended Hebrew school in his hometown with all the other boys.

However, no matter where or what he studied, his *real* learning came not by tuition but by *intuition*—not from any outer reading or lectures but from an inner knowing. At some point, a great revelation came to this seemingly ordinary youth. He may not have grasped it totally at first, but there came a time in his spiritual growth when he was aware of the extraordinary power within him.

This was the true beginning of The Age of Christ. At that moment, Jesus of Nazareth, the carpenter's son, began his quest for Jesus, "the anointed One," Jesus "the Christ."

--Continued on page three



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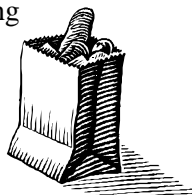
New member
Mark Whittington

On Sunday, June 14th, during the 2nd service, Jan Mourning and Deb Fry will begin a new class based on the Unity classic, **Myrtle Fillmore's Healing Letters**. Myrtle Fillmore (1845-1931), author, editor, teacher, and spiritual advisor, was co-founder of Unity with her husband Charles. This book has been a help to countless souls in times of need throughout the years and we know it will be an inspiration to you.



This month the Ladies' Night Out Group will be meeting on May 18th at 5:30 at the Berix Restaurant at the corner of Lemay Ferry Road and Reavis Barracks. (2201 Lemay Ferry). All women are welcome to join in the fellowship!

The number of people coming to **Feed My People** continues to grow, so your donations are especially appreciated at this time. They have also begun a Seeds Program so the people we help can grow some of their own food. Seed packets, especially tomato seeds, are most welcome.



www.feed-my-people.org



Have you noticed how beautiful our church grounds look? We owe a huge debt of gratitude to Bud McKenzie, the husband of our wonderful office manager, Mary. Bud has been volunteering his time and talent to weed, plant, clean and beautify our church and it really shows! Bud, we cannot thank you enough! We are also grateful to St. Louis County for donating nine new plants and trees to make up for all the mess caused when the new sidewalk was put in.

We give thanks in abundance!



God bless mothers.

Dear God, we give thanks for mothers - our own and all others. With love, patience, and dedication, they nurture and guide their children. With tenderness and affection, mothers hold the future of the world in their arms and help shape it into something of promise for generations to come.

Our prayer, dear God, is that all mothers give thanks for the gift of life that You have given them. May they love and nourish their children so that they reach their full potential as Your magnificent creations.

Put on Your Dancing Shoes!

There will be a meeting at the church on **Thursday, May 28th at 6:30**, for those interested in learning the Imperial/swing. Sandy Lowe, accomplished dancer, will demonstrate and explain her class, which will begin the following week. She teaches the basics first and sets a pace that allows everyone to feel comfortable before moving forward. It is not necessary to have a partner to take the class.



www.firstunitychurchstlouis.org/
Have you visited our website lately? You can listen to the Sunday talks and meditations, read Rev Sharon's weekly messages and our up-dated history, and even send in your tithes and love offerings. We recently received a generous gift of \$1,500 through Pay Pal, for which we are deeply grateful.

May Affirmations

Inner Peace

With unwavering faith, I release all to God.
Peace fills my soul.

Guidance

I act with divine wisdom and rise to new heights of understanding.

Healing

As a child of God, I am healthy and whole.
I live a complete and balanced life.

Prosperity

Divine love is my source of abundance.
My life overflows with good.

World Peace

With loving thoughts and actions,
we open new avenues of peace.

From Page One ...



The Divine Role Model

When we study Jesus' life, we see a perfect example for us to follow. After all, was there ever anyone more spiritually centered? Was there ever anyone whose words and actions so exuded love? Was there ever anyone more at peace with himself and with his life than Jesus? Business students study the lives of great entrepreneurs so they can emulate their successful careers. Actors study other great actors to find more creative techniques. Writers read other great writers to improve their own writing skills. It is only natural that many on a spiritual quest turn to the study of Jesus' life and teachings.

Many of these people call themselves Christians, but the word Christian is not important. The objective is to reconnect with the divinity within—to find God. The divine relationship between us and God is the only thing that counts. Our ultimate purpose is to experience the presence of God daily. If we do that, then no matter what's going on in our lives, everything will be all right.

An unforgettable date

A woman told her husband, George, that she wanted him to take another woman on a date. "I love you," she said, "but the woman I have in mind loves you, too, and needs to spend some time with you. It's your mother."

Dutifully, George called his mom and made a date. For the special evening, she chose the dress she'd worn to the last anniversary she and her late husband had celebrated. Mother and son enjoyed chatting so much that they missed their movie. Both left feeling joyous and fulfilled.

Sadly, George's mother died only a few days after their date. He was so happy he'd been able to spend that special time with her.

Right before she died, George's mother sent him this note: "Enclosed are two prepaid tickets for you to have dinner where we had such a pleasant evening together. You'll never know what that night meant for me. I love you, Son."

Memorial Day

Over the years, Memorial Day has become a big holiday weekend. It's now the unofficial start of summer, rather than a day of tribute to the departed it was originally meant to be.

Even if we plan fun events for Memorial Day weekend, it's important to stop long enough to bow our heads and pay respect to our departed loved ones — especially those who fell in battle while helping preserve America's liberties.

Let us take time to make the pilgrimage to various cemeteries and pause long enough to say, "Thank you, Father, for these special lives, for sacrifices made and for friendships we have shared."

Let the sun set ... and rise



Two boys watched the sun set off the California coast.

The 6-year-old found it so captivating that he said, "Please, God, don't let it go down."

The older boy said to him, "Stevie, it has to go down so it can come up again on the other side of the world. The people there need it, too."

As Ecclesiastes 1:5 (NRSV) says, "The sun rises and the sun goes down, and hurries to the place where it rises."

"Quotable Quotes"

Who takes the child by the hand takes the mother by the heart.
-German proverb

The most important thing a father can do for his children is to love their mother.
-Theodore M. Hesburgh

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, 'I used everything you gave me.'
-Erma Bombeck

A story, as told by Jesus, is a sunrise that casts a golden light upon the truth which it contains.
-Peter Marshall

God uses every small act of love for larger purposes.

Thank someone for something. Go out of your way today to acknowledge the generosity of a person you know.
-Alan Epstein

All of God's people are ordinary people who have been made extraordinary by the purpose he has given them.
-Oswald Chambers

I've learned that if love isn't taught in the home, it's difficult to learn it anywhere else.
-Anonymous

To get what you want, give others what they need.
-Michael Bryant

A good marriage is the union of two forgivers.
-Ruth Bell Graham

No one is rich enough to do without a neighbor.
-Danish proverb

BUILD A NEW LIFE ... By Saying "I Can and I Will"

By Charles Roth

After years of dealing with people who have problems, I have discovered that one of the most frequent obstacles to demonstration of health, to fulfillment of a need, or to realization of a desire is an excuse consciousness!

At times, in counseling with people, I have felt like a chess player whose king is constantly placed in check by his opponent.

For instance, I would suggest to a person a quiet time of meditation--and quickly get placed in check by the airtight excuses that there was no time for meditation.

Or I would suggest beholding the Christ in a person difficult to love--and quickly be placed in check by a long explanation of how it was just impossible behold the Christ in that particular person. The excuse would be spelled out in a fashion resembling an attorney making his summation to the jury.

As long as we make excuses to ourselves or to others, we are operating in an excuse or "I can't" consciousness, and in so doing, we won't accomplish our goal.

The quick way of overcoming the excuse consciousness is to start saying to yourself, "I can and I will!"

How long has it been since you read the story of the healing of the paralytic at the pool of Bethesda? It is a classic example of an excuse consciousness and how it was overcome.

"After this there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethzatha [Bethesda], which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed. One man was there, who had been

ill for thirty-eight years. When Jesus saw him and knew that he had been lying there a long time, he said to him, 'Do you want to be healed?' The sick man answered, 'Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me!' Jesus said to him, 'Rise, take up your pallet, and walk!' And at once the man was healed, and he took up his pallet and walked." Did you see the excuse consciousness showing when Jesus asked the man, "Do you want to be healed?" Instead of a "Yes, yes, what must I do?" the spontaneous reply was a recital of airtight excuses as to why he couldn't possibly be healed. Humanly, he felt that there was only one way his healing could come about, and if that way seemed blocked, he raised the white flag of surrender with its slogan of defeat, "I can't!"

Jesus, however, didn't "play chess" with the paralytic by dealing with his excuses. In fact, Jesus ignored his excuses and went right to the point, saying, "Rise, take up your pallet, and walk!"

Now, just as excuses form an "I can't" consciousness, even so, positive words such as, "I am a child of God, and God's all conquering Spirit indwells me," or "Through the power of my indwelling Christ I am made whole!" build a consciousness of accomplishment based on the words, "I can."

In other words, what Jesus did was to trigger a change in the consciousness of the paralytic from "I can't" to "I can!"

The change in consciousness must always come first, then the body responds. The real healing occurred when, in the consciousness of the man, the dominating belief was changed from "I can't" to "I can! and I will!"

This is an all-important point for every earnest Truth student to

know, to remember, and to practice. Our healing begins the moment we start saying within ourselves, "I can!"

Through such a consciousness we get in tune with God's will so that the life forces are given greater expression in us. It is God's will that harmony, order, and adequate supply be established in our lives!

So when we say, "I can and I will," we are opening the sluice gate of divine power and riding with the current of God's will!

Try saying, "I can, I can, I can!" Tension drains from your being. You feel strong and free!

A Truth teacher once told me that the words "I can" will dissolve a headache faster than any pill. He said, "Just center your attention on the painful spot and say, 'I can, I can, I can.' "

Headaches are usually caused by tension, he explained, and the tension is caused by your consciously or subconsciously thinking or feeling, I can't, in regard to some problem or experience in your life.

If only we would capture the "I can" consciousness of childhood. But we must become as a little child, Jesus said, before we can enter the kingdom of heaven consciousness. The feeling, I can! and I will! opens our entire being to the influx of divine energy and strength.

If you say with conviction and confidence, "I can and I will!" you cannot remain in a negative condition very long. Keep at it, and you will discover that you can do the thing that you thought impossible for you.

Let's break through the barrier of the excuse consciousness. The excuses, the reasons, the things you've tried without success--these all present a formidable barrier that adds up to, I can't; and I can't means I never will. You can reverse the current of your consciousness.

Picture the scene of Jesus looking down at the man by the pool of Bethesda. Visualize Him as saying, "Rise, take up your pallet, and walk!" Then feel what the man must have felt as he looked up at Jesus. Deep within you the feeling of God's life and power will rise to permeate your consciousness with the thought-I can and I will.

BUILD A NEW LIFE ... With the Science of Affirmations

By Joel Baehr

Why is it so hard to make real changes in our individual lives? If we understand just a little of the mechanics of our consciousness, it will be easier to bring about some real changes.

The first thing we must face is this: we are operated by our subconscious. Our life is actually under the control of a subjective part of us, a part with which we have no direct communication.

Not that this isn't good. The subconscious phase of the mind is a servant that keeps everything operating throughout the body-the heart and all the other organs; and when we learn certain activities, like walking, talking, eating, and so forth, the subconscious phase of our mind will allow us to do them automatically.

There are areas in our subconscious, however, that have been fed wrong information. The subconscious, not knowing right from wrong, feeds us that wrong material. It is these subconscious habit-patterns that limit us. They're difficult to change because they're so at home with us; they've been with us for such a long time. But they can be changed. Indeed, they must be changed if we want to change our lives.

The mental procedure from the without to the within is basically this: any picture

perceived by the conscious mind is immediately recorded by the subconscious. If there is feeling to accompany that mental picture, the effect increases in direct proportion to the degree of the feeling.

Whether the picture or image taken into the imagination is bad or good is incidental. The procedure is the same. It is the responsibility of the imager to say yes or no, good or bad. This point of judgment determines the type of total consciousness the individual will have.

For example, you have just heard that Mr. Z--, an executive in the company where you work, has been devaluing you to other executives, or that Mrs. W--, the woman next door, has referred to you as a negative old crank. You have been trying to use Truth and be positive, but you are infuriated!

The subconscious phase of you, without reason or question, accepts the feeling you have formed: mainly, that you are a furious person! It is not the slightest concerned about Mr. Z-- or Mrs. W--; it only knows that you have established a deep feeling of hostility and fury. It is now the responsibility of your subconscious to see that you live up to this image. It will attract furious people and furious conditions to you. It will even seek to implant that fury in your very body in some form of "dis-ease."

Now, all of us meet situations that are comparable to the oversimplified illustrations above. It may relate to our children, our spouse, our employer. The saving grace is that we can reverse the process and use it for our personal advantage and, in turn, be a benefit to all involved.

First, remember that Mr. or Mrs. Who-ever-it-is is acting out of his or her own subconscious. Each one is trying to be and to protect the person he feels he is, and he is trying to improve.

Regardless of appearances, that person *is not trying to hurt you*; he is really trying to build himself up.

When you understand this, you can see that the other person is offering you an opportunity to give yourself a real boost in consciousness. At this point you should affirm: *Mr. Who-ever-it-is, I really enjoy seeing you happy and succeeding.* Don't just say it. You must get this into your subconscious or it will not be effective. Create a mental picture of him; see him succeeding and happy in all his ways. Feel that he is really a good person trying to do his best, according to his own understanding.

The tendency is to think that he doesn't deserve it and isn't worth the effort. The point is that we aren't really talking about Mr. Z-- or Mrs. W--. We are talking about your consciousness. If you want to wreck yourself over somebody else's lack of judgment, that's up to you!

When you develop a positive feeling for that person, your subconscious will bring you positive experiences. You will be on the way toward developing a more imperturbable consciousness and being the kind of person that everyone enjoys.

Here are two affirmations that can be used daily:

I really enjoy being myself.

I really enjoy seeing others happy and succeeding.

This is a way of saying, in the vernacular, the commandments: "Love the Lord your God [the Lord being your true self]" and "Love your neighbor as yourself."

With every unkind thought or word, every time we reject someone else, we reject and wrong ourselves. With the above affirmations, we can shatter the feelings of hostility and inadequacy that have formed in

our subconscious; we can build a feeling for others, all others, that always sees them happy and succeeding in all their ways.

ASSIGNMENT:

AFFIRMATION NO. 1

Mentally relive and feel an experience wherein you were successful. This picture is the power-key to your subconscious mind. Use it each time you use the affirmation. Get the feeling of success; otherwise you'll not impress the subconscious. (1) Read the affirmation. (2) Visualize the key picture. (3) Get the feeling.

I REALLY ENJOY BEING MYSELF.

AFFIRMATION NO. 2

Recall an experience when you selflessly did something for someone else. Re-experience the feeling you felt then. When you have that good feeling you can slip Mr. Z--- or Mrs. W--- into the affirmation and effectively change your consciousness. Remember, you are not trying to change them, but your reaction to them. Mr. Z--- I really enjoy seeing you happy and succeeding.

I REALLY ENJOY SEEING OTHERS HAPPY AND SUCCEEDING.



The Secret to Affirmative Prayer

When most people think of prayer, they think of "asking God for something."

Not so in Unity.

Unity uses "affirmative prayer." Rather than begging or beseeching God, this method involves connecting with the spirit of God within and asserting positive beliefs about the desired outcome.

If, for example, one were to pray traditionally, one might say: "Please God, help me find a job." By contrast, an affirmative prayer might be: "I am now guided to my right and perfect employment."

Affirmative prayer reflects the certainty that we are each being led to our highest good, despite any temporary appearances.

Rosemary Ellen Guiley, author of *Prayer Works*, states that affirmative prayer "sets into motion the forces that enable us to manifest what we pray for."

She adds, "Prayer is ineffective when it is accompanied or followed by negative thinking, or the endless repeating of affirmations. We have to put power and intensity into our thought, change our thought, and believe in the guidance we are receiving. If we spend energy on negative beliefs and feelings, we will get negative results, even if we and others pray daily for us. For example, if you pray for a job and then complain to others that you have no job or can't find one, you are undermining your prayer."

Metaphysicians believe that thoughts transmit magnetic energy and this energy attracts other energy of the same frequency. Whether you are conscious of it or not, your thoughts are transmitting energy that is attracting more of the same. When you remain focused on your intentions, you will draw those things into your life.

The hit film and book *The Secret* reflected some of these principles in talking about our ability to manifest what we want by maintaining a steady focus on it. However, the element of connecting with Spirit for right guidance was not part of that discussion.

"In Unity, we believe that all things work together for our highest good," says Lynne Brown, vice president of Unity's 24/7 prayer ministry called Silent Unity. "We pray to align ourselves with God and to allow ourselves to be inwardly guided to that good. Through affirmative prayer, we help co-create the good that is possible in our lives."

Through Life's Complexities

By Dorothy Pierson

Loving Presence,
Thank You for Your flow
Of life and joy and good,
And thank You
For helping me know
That I have a place and purpose
In Your infinite plan ...
That You forever take me
By the hand and lead me
To and through life's complexities.

I talk to You, God. I listen within.
You speak with bright inspiration
In my mind—so natural—
So simply, I find
I think it is my own thinking!
But then as I look back
I see it wasn't me;
It was You all the time!
I realize anew
That I am guided and directed
by You
When I listen.

May 2009

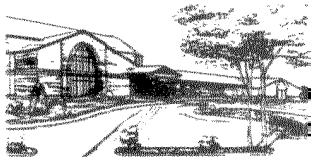
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 No Rehearsal
3 Sunday Services 9:15 & 11:00 AM	4	5 <i>Stop, Think, Start!</i> Class 10:00 AM OA 1:00 PM	6 AA Men's Group 10:00 AM CA 7:00 PM	7	8	9 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
10 Sunday Services 9:15 & 11:00 AM	11	12 <i>Stop, Think, Start!</i> Class 10:00 AM OA 1:00 PM	13 AA Men's Group 10:00 AM CA 7:00 PM	14	15	16 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
17 Sunday Services 9:15 & 11:00 AM	18 Ladies Night Out Berix Restaurant 5:30 PM	19 <i>Stop, Think, Start!</i> Class 10:00 AM OA 1:00 PM	20 AA Men's Group 10:00 AM CA 7:00 PM	21	22	23 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
24 Sunday Services 9:15 & 11:00 AM	25	26 <i>Stop, Think, Start!</i> Class 10:00 AM OA 1:00 PM	27 AA Men's Group 10:00 AM CA 7:00 PM	28 Dance Class 6:30 PM	29	30 Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
31 Sunday Services 9:15 & 11:00 AM						

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THE MAY NEWSLETTER OF
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You know you are living in 2009 when . . .

1. You accidentally enter your password on the microwave.
 2. You haven't played solitaire with real cards in years.
 3. You have a list of 15 phone numbers to reach your family of 3.
 4. You e-mail the person who works at the desk next to you.
 5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
 6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries.
 7. Every commercial on television has a web site at the bottom of the screen.
 8. Leaving the house without your cell phone, which you didn't have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.
 9. You nodding and laughing.
 10. You get up in the morning and go on line before getting your coffee.
 11. You nodding and laughing.
 12. You're reading this and nodding and laughing.
 13. You are too busy to notice there was no #9 on this list.
 14. You actually looked back up to check that there wasn't a #9 on this list.
 15. Did you notice #11 is missing too?
- . . . and now you are laughing at yourself.

-Thanks, Jackie Dieteman