

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

August 2009

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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To a lonely heart

By Lowell Fillmore

If you feel lonely it is because you have a great undeveloped capacity within you that is calling for expression. Therefore do not be sad, but rejoice. Do not dwell upon the negative aspect of this undeveloped capacity and feel sorry for yourself, but instead look for a way to make use of it. Your loneliness may now seem to be a liability but you can turn it into an asset that will bring you much joy, success, and happiness.

Think of your loneliness as an empty boat that you are rowing among many struggling people in the water who are reaching out to you for help. You are sad because you are alone in the boat. Why not share your boat with those who need your help? Your boat represents your capacity to love people.

You have a big heart capable of holding much love. This is capacity, but capacity must be filled with something. A big grain elevator is good but it should be full of grain. An electric generator is good but it should not stand idle.

God has placed within you a great yearning to appropriate and use more of His love, His power, His life. Realize that the loneliness that you feel is a soul hunger for more of God's love. Because this soul

hunger comes from God it is a blessing. You can promote the process of appropriating more of God's love by giving thanks to Him for His love even before you feel it. Bless your loneliness and thank Him for giving you such a great capacity for receiving and giving out His love.

You may have thought that you must first receive love from other persons before you can love them, but God has already given you His love in abundance and therefore you have an abundance to give. "We love, because he first loved us." Begin today to radiate the love God has given you and you will start the circuit of giving and receiving, and as a result you will experience more love and happiness than you ever dreamed could be crowded into your life.

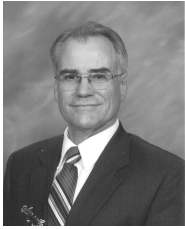
Realize that it is really God that you are yearning for and not mere personal friendship. When you love God you will not want for friends. Therefore open your soul with thanksgiving to the realization that God is truly closer to you "than breathing, and nearer than hands and feet." But you must begin expressing the God qualities that are already in you if you would get their benefits.

Remember that Jesus Christ said, "Lo, I am with you always." God acting through His perfect Son, the Christ, is with us always. How can anyone be lonely when he realizes that the Christ of God is with him always?

--Continued on page three



GALATIANS 5:13, NIV



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On-going classes

On Tuesday, August 4th
at 10:00 Jo Warren will
begin a new class called
“Teach Us To Pray”.

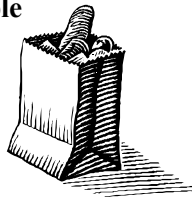
Jan Mourning and Deb
Fry continue their class based on the Unity
classic **Myrtle Fillmore’s Healing Letters**
every Sunday during the 11:00 service. All
are welcome!



This month the **Ladies’ Night
Out Group** will be meeting on
August 17th at 5:30 at Penny’s
BBQ House, 4265 Reavis
Barracks Road (314-544-
1661). All women are welcome to join in the
fellowship!

Donations to Feed My People

are especially appreciated
during the summer months
because children are out of
school and no longer
receive school lunches.
This requires a much greater
amount of food to meet the increased
demand.



www.feed-my-people.org



Sunday School News

Our Unity children
are sponsoring a school supply drive again
this year for those in our area who may not
have supplies for school. They have placed a
box in the foyer to collect the contributions.
In addition to the usual school supplies,
lunch boxes, book bags, socks, underwear,
flash drives - anything a child requires for
school will be gratefully received. Thank you
all in advance for your gifts love.

October Dance Party

We are planning an October party
with a DJ, so it’s a perfect time to
brush up on your dancing. It isn’t
too late to join **Imperial/swing
Classes on Thursdays from
6:30 to 7:45**. Our teacher, Sandy Lowe, sets
a pace so that everyone feels comfortable.
The classes are great fun and good exercise!
Cost for the lessons is only \$35 for an entire
month of weekly lessons.



Prayer Chaplain training to be offered

If you have ever considered wanting to
deepen your spiritual life, support your
church, help your ministers, and receive more
than you give, you may want to explore the
idea of becoming one of our First Unity
Chaplains. To find out more about this
opportunity, you can attend one of the
orientations in August on the 9th at 10:25 or
the 23rd at 12:15 in our classroom.

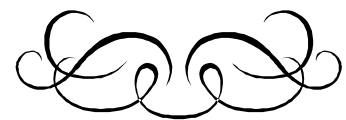
Requirements for this sacred program
include: a knowledge of Unity’s basic
teachings, membership at First Unity, a
sincere desire to serve in a prayer ministry,
and a willingness to commit to one year of
service.

Duties will include praying with people
before and after services, hospital visitation,
telephone prayer support, and attendance at
monthly chaplain meetings. This program is
NOT a counseling service or a support group.
Chaplains are there to pray with people –
period.

Interviews will be held this summer, and
Saturday training sessions will occur in the
fall.

Installation as a First Unity Church
prayer chaplain will be accepted in
December, after training has been completed
and sincere commitment has been made.

Duties as a new chaplain will begin in
January, 2010.



August Affirmations

Inner Peace: I feel the peace of Spirit in this
moment.

Guidance: Divine light illumines my way.

Healing: I am whole and well in mind and
body.

Prosperity: I live an abundant life and claim
my good now.

World Peace: We are peacemakers,
expressing God’s love in the world.
www.dailyword.com

From Page One . . .



When we seek first for the kingdom of God then all things needful will be added to our store of good things. It may be stated thus:

"Seek first the kingdom of God and a host of friends will be added."

Many persons crave human friendship, praying that others may be friendly, when their greatest need is to express the love and friendship that is already within their heart.

Loneliness cannot be overcome by getting something; it must be remedied by giving something. The world is searching for men who have positive faith in God's living presence, who have living faith in His omnipresent love and power. Such persons are magnets that draw to them many souls who are seeking for God. Those who have not yet strengthened their faith in God feel that they must find God through some personality. A person like you could be of great help to many of these little ones by helping them find God for themselves. Your association with such as these would be a true remedy for your loneliness.

You can be of great service to God and mankind by showing many who are of uncertain faith the way to find fellowship with God within themselves. Thus you can develop a new appreciation of friendship and never again know the negative side of loneliness. You will then realize that your loneliness was only an unsatisfied hunger or need for expression and not a human wail for coddling, flattery, pity, and personal attention. God in you is the answer to all your needs: not God in the other fellow.

"The only way to have a friend is to be one." This is one way of saying, "Use the friendly powers that God has given you and you will find a response to them in other people. Do not bottle up your friendly feelings and wait for

someone to come along and uncork the bottle. Loneliness is friendship in reverse.

There may be someone who is lonely; in fact there are doubtless many who are lonely in your vicinity, waiting for someone to come and cheer them up. How can you and they get together to have a mutual cheering up if each sits back and waits for someone else to start? I suggest that you fill yourself so full of God's love and good will that you cannot help showing by your every thought, word, and action the joy of fellowship. Friendship and good will begin in the heart and then transform the world without. This is the law of expression and growth.

The lonely heart is a big, loving heart locked up in a mental prison where it cannot express itself. All the wonderful energy, opportunities, and possibilities are turned earthward toward the self instead of heavenward toward God. As soon as love is turned toward God its mighty power begins to unfold and expand, transforming one's whole life and all one's association.

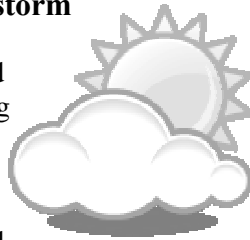
The teacher called experience

The knowledge we gain from the teacher called Experience is hard to forget and the most valuable kind of learning. The trouble is that the teacher called Experience gives us the test first and the lesson we needed to learn after the test.

God and the storm

Sometimes God calms the raging storm and lets nature rest for awhile.

Sometimes God allows the storm to rage and calms those who ask for inner peace and courage.



"Quotable Quotes"

You can't assume that kindness is an inherited trait. It is learned behavior.
-Katie Couric

People see God every day; they just don't recognize him.
-Pearl Bailey

When you arise in the morning, think of what a privilege it is to be alive - to breathe, to think, to enjoy, to love.
-Marcus Aurelius

Man needs difficulties; they are necessary for health.
-Carl Jung

When a friend speaks to me, whatever he says is interesting.
-Jean Renoir

The doors of wisdom are never shut.
-Benjamin Franklin

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon seem inevitable.
-Christopher Reeve

Live as if you were to die tomorrow. Learn as if you were to live forever.
-Mahatma Gandhi

In the stillness, you will find your true being. In the silence you will hear the breathing of your soul.
-Neal Donald Walsch

No act of kindness, no matter how small, is ever wasted.
-Aesop

God's gifts put man's best dreams to shame.
-Elizabeth Barrett Browning

God is at home; it's we who have gone out for a walk.
-Meister Eckhart

The Game of Life (And How to Play It)

by Florence Scovel Shinn
Chapter 2, continued

If one asks for success and prepares for failure, he will get the situation he has prepared for. For example: A man came to me asking me to speak the word that a certain debt would be wiped out.

I found he spent his time planning what he would say to the man when he did not pay his bill, thereby neutralizing my words. He should have seen himself paying the debt.

We have a wonderful illustration of this in the bible, relating to the three kings who were in the desert, without water for their men and horses. They consulted the prophet Elisha, who gave them this astonishing message:

"Thus saith the Lord - Ye shall not see wind, neither shall ye see rain, yet make this valley full of ditches."

Man must prepare for the thing he has asked for, *when there isn't the slightest sign of it in sight.*

For example: A woman found it necessary to look for an apartment during the year when there was a great shortage of apartments in New York. It was considered almost an impossibility, and her friends were sorry for her and said, "Isn't it too bad, you'll have to store your furniture and live in a hotel." She replied, "*You needn't feel sorry for me, I'm a superman, and I'll get an apartment.*"

She spoke the words: "*Infinite Spirit, open the way for the right apartment.*" She knew there was a supply for every demand, and that she was "unconditioned," working on the spiritual plane, and that "one with God is a majority."

She had contemplated buying new blankets, when the "tempter," the adverse thought or reasoning mind, suggested, "Don't buy the

blankets, perhaps, after all, you won't get an apartment and you will have no use for them." She promptly replied (to herself): "I'll dig my ditches by buying the blankets!" So she prepared for the apartment - acted as though she already had it.

She found one in a miraculous way, and it was given to her although there were over *two hundred other applicants.*

The blankets showed active faith.

It is needless to say that the ditches dug by the three kings in the desert were filled to over-flowing. (Read, II Kings)

Getting into the spiritual swing of things is no easy matter for the average person. The adverse thoughts of doubt and fear surge from the subconscious. They are the "army of the aliens" which must be put to flight. This explains why it is so often, "darkest before the dawn."

A big demonstration is usually preceded by tormenting thoughts.

Having made a statement of high spiritual truth one challenges the old beliefs in the subconscious, and "error is exposed" to be put out.

This is the time when one must make his affirmations of truth repeatedly, and rejoice and give thanks that he has already received, "Before ye call I shall answer." This means that "every good and perfect gift" is already man's awaiting his recognition.

Man can only receive what he sees himself receiving.

The children of Israel were told that they could have all the land they could see. This is true of every man. He has only the land within his own mental vision. Every great work, every big accomplishment, has been brought into manifestation through holding to the vision, and often just before the big achievement, comes apparent failure and discouragement.

The children of Israel when they reached the "Promised Land," were afraid to go in, for they said it was filled with giants who made them feel like grasshoppers. "And there we

saw the giants and we were in our own sight as grass-hoppers." This is almost every man's experience.

However, the one who knows spiritual law, is undisturbed by appearance, and rejoices while he is "yet in captivity." That is, he holds to his vision and gives thanks that the end is accomplished, he has received.

Jesus Christ gave a wonderful example of this. He said to his disciples: "Say not ye, there are yet four months and then cometh the harvest? Behold, I say unto you, lift up your eyes and look on the fields; for they are ripe already to harvest." His clear vision pierced the "world of matter" and he saw clearly the fourth dimensional world, things as they really are, perfect and complete in Divine Mind. So man must ever hold the vision of his journey's end and demand the manifestation of that which he has already received. It may be his perfect, health, love, supply, self-expression, home or friends.

They are all finished and perfect ideas registered in Divine Mind (man's own superconscious mind) and must come through him, not to him.

For example: A man came to me asking for treatments for success. It was imperative that he raise, within a certain time, fifty-thousand dollars for his business. The time limit was almost up, when he came to me in despair. No one wanted to invest in his enterprise, and the bank had flatly refused a loan.

I replied: "I suppose you lost your temper while at the bank, therefore your power. You can control any situation if you first control yourself."

"Go back to the bank," I added, "and I will treat." My treatment was: "You are identified in love with the spirit of everyone connected with the bank. Let the divine idea come out of this situation."

He replied, "Woman, you are talking about an impossibility. Tomorrow is Saturday; the bank closes at twelve, and my train won't

get me there until ten, and the time limit is up tomorrow, and anyway they won't do it. It's too late."

I replied, "God doesn't need any time and is never too late. With Him all things are possible." I added, "I don't know anything about business, but I know all about God." He replied: "It all sounds fine when I sit here listening to you, but when I go out it's terrible."

He lived in a distant city, and I did not hear from him for a week, then came a letter. It read: "You were right. I raised the money, and will never again doubt the truth of all that you told me."

I saw him a few weeks later, and I said, "what happened? You evidently had plenty of time, after all." He replied, "My train was late, and I got there just fifteen minutes to twelve. I walked into the bank quietly and said, 'I have come for the loan,' and they gave it to me without a question."

It was the last fifteen minutes of the time allotted to him, and Infinite Spirit was not too late. In this instance the man could never have demonstrated alone. He needed someone to help him hold to the vision. This is what one man can do for another.

Jesus Christ knew the truth of this when he said: "If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven." One gets too close to his own affairs and becomes doubtful and fearful.

The friend or "healer" sees clearly the success, health, or prosperity, and never wavers, because he is not close to the situation.

It is much easier to "demonstrate" for someone else than for one's self, so a person should not hesitate to ask for help, if he feels himself wavering.

A keen observer of life once said, "No man can fail, if some one person sees him successful." Such is the power of the vision, and many a

great man owed his success to a wife, or sister, or a friend who "believed in him" and held without wavering to the perfect pattern!

Chapter 3: The Power of the Word

A person knowing the power of the word becomes very careful of his conversation. He has only to watch the reaction of his words to know that they do "not return void." Through his spoken word, man is continually making laws for himself.

I knew a man who said, "I always miss a car. It invariably pulls out just as I arrive."

His daughter said: "I always catch a car. It's sure to come just as I get there." This occurred for years. Each had made a separate law for himself, one of failure, one of success. This is the psychology of superstitions.

The horse-shoe or rabbit's foot contains no power, but man's spoken word and belief that it will bring good luck creates expectancy in the subconscious mind, and attracts a "lucky situation." I find however, this will not "work" when man has advanced spiritually and knows a higher law. One cannot turn back, and must put away "graven images."

For example: Two men in my class had had great success in business for several months, when suddenly everything "went to smash." We tried to analyze the situation, and I found, instead of making their affirmations and looking to God for success and prosperity, they had each bought a "lucky monkey." I said: "Oh I see, you have been trusting in the lucky monkeys instead of God." "Put away the lucky monkeys and call on the law of forgiveness," for man has power to forgive or neutralize his mistakes.

They decided to throw the lucky monkeys down a coalhole, and all went well again. This does not mean, however, that one should throw away every "lucky" ornament or horse-

shoe about the house, but he must recognize that the power back of it is the one and only power, God, and that the object simply gives him a feeling of expectancy.

I was with a friend, one day, who was in deep despair. In crossing the street, she picked up a horse-shoe. Immediately, she was filled with joy and hope. She said God had sent her the horseshoe in order to keep up her courage.

It was indeed, at that moment, about the only thing that could have registered in her consciousness. Her hope became faith, and she ultimately made a wonderful demonstration. I wish to make the point clear that the men previously mentioned were depending on the monkeys, alone, while this woman recognized the power back of the horseshoe.

I know, in my own case, it took a long while to get out of a belief that a certain thing brought disappointment. If the thing happened, disappointment invariably followed. I found the only way I could make a change in the subconscious, was by asserting, "There are not two powers, there is only one power, God, therefore, there are not disappointments, and this thing means a happy surprise." I noticed a change at once, and happy surprises commenced coming my way.

I have a friend who said nothing could induce her to walk under a ladder. I said, "If you are afraid, you are giving in to a belief in two powers, Good and Evil, instead of one. As God is absolute, there can be no opposing power, unless man makes the false law of evil for himself. To show you believe in only One Power, God, and that there is no power or reality in evil, walk under the next ladder you see."

Soon after, she went to her bank. She wished to open her box in the safe-deposit vault, and there stood a ladder on her pathway. It was impossible to reach the box without passing under the ladder. She quailed

with fear and turned back. She could not face the lion on her pathway. However, when she reached the street, my words rang in her ears and she decided to return and walk under it. It was a big moment in her life, for ladders had held her in bondage for years. She retraced her steps to the vault, and the ladder was no longer there! This so often happens! If one is willing to do a thing he is afraid to do, he does not have to.

It is the law of nonresistance, which is so little understood.

Someone has said that courage contains genius and magic. Face a situation fearlessly, and there is no situation to face; it falls away of its own weight.

The explanation is that fear attracted the ladder on the woman's pathway, and fearlessness removed it.

Thus the invisible forces are ever working for man who is always "pulling the strings" himself, though he does not know it. Owing to the vibratory power of words, whatever man voices, he begins to attract. People who continually speak of disease, invariably attract it.

After man knows the truth, he cannot be too careful of his words. For example: I have a friend who often says on the 'phone, "Do come to see me and have an old-fashioned chat." This "old-fashioned chat" means an hour of about five hundred to a thousand destructive words, the principal topics being loss, lack, failure and sickness.

I reply: "No, I thank you. I've had enough old-fashioned chats in my life, they are too expensive, but I will be glad to have a new-fashioned chat, and talk about what we want, not what we don't want." There is an old saying that man only dares use his words for three purposes, to "heal, bless or prosper." What man says of others will be said of him, and what he wishes for another, he is wishing for himself.

"Curses, like chickens, come home to roost."

If a man wishes someone "bad luck," he is sure to attract bad luck himself. If he wishes to aid someone to success, he is wishing and aiding himself to success.

The body may be renewed and transformed through the spoken word and clear vision, and disease be completely wiped out of the consciousness. The metaphysician knows that all disease has a mental correspondence, and in order to heal the body one must first "heal the soul."

The soul is the subconscious mind, and it must be "saved" from wrong thinking.

In the twenty-third psalm, we read: "He restoreth my soul." This means that the subconscious mind or soul must be restored with the right ideas, and the "mystical marriage" is the marriage of the soul and the spirit, or the subconscious and superconscious mind. They must be one. When the subconscious is flooded with the perfect ideas of the superconscious, God and man are one, "I and the Father are one." That is, he is one with the realm of perfect ideas; he is the man made in God's likeness and image (imagination) and is given power and dominion over all created things, his mind, body and affairs.

It is safe to say that all sickness and unhappiness come from the violation of the law of love. A new commandment I give unto you, "Love one another," and in the Game of Life, love or good-will takes every trick.

For example: A woman I know, had, for years an appearance of a terrible skin disease. The doctors told her it was incurable, and she was in despair. she was on the stage, and she feared she would soon have to give up her profession, and she had no other means of support. She, however, procured a good engagement, and on the opening night, made a great "hit." She received flattering notices from the critics, and was joyful and elated.

The next day she received a notice of dismissal. A man in the cast had been jealous of her success and had caused her to be sent away. She felt hatred and resentment taking complete possession of her, and she cried out, "Oh God, don't let me hate that man." That night she worked for hours "in the silence."

She said, "I soon came into a very deep silence. I seemed to be at peace with myself, with the man, and with the whole world. I continued this for two following nights, and on the third day I found I was healed completely of the skin disease!" In asking for love, or good will, she had fulfilled the law, ("for love is the fulfilling of the law") and the disease (which came from subconscious resentment) was wiped out.

Continual criticism produces rheumatism, as critical, inharmonious thoughts cause unnatural deposits in the blood, which settle in the joints. False growths are caused by jealousy, hatred unforgiveness, fear, etc. Every disease is caused by a mind not at ease. I said once, in my class, "There is no use asking anyone 'What's the matter with you?' we might just as well say, 'Who's the matter with you?' "Unforgiveness is the most prolific cause of disease. It will harden arteries or liver, and affect the eye-sight. In its train are endless ills.

I called on a woman, one day, who said she was ill from having eaten a poisoned oyster. I replied, "Oh, no, the oyster was harmless, you poisoned the oyster. Who's the matter with you?" She answered, "Oh about nineteen people." She had quarreled with nineteen people and had become so inharmonious that she attracted the wrong oyster.

Any inharmony on the external, indicates there is mental inharmony. "As the within, so the without."

--Continued in September

August 2009

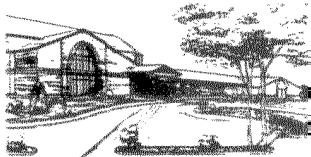
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Choir Rehearsal & Bell Choir In recess until August 15
2 Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM "Healing Letters" NO CLASS TODAY	3	4 "Teach Us To Pray" Class 10:00 AM	5 AA Men's Group 10:00 AM CA 7:00 PM	6 Dance Class 6:30-7:45 PM	7	8 Choir Rehearsal & Bell Choir In recess until August 15
9 Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM "Healing Letters" NO CLASS TODAY	10	11 "Teach Us To Pray" Class 10:00 AM Dance Class 6:30-7:45 PM	12 AA Men's Group 10:00 AM CA 7:00 PM	13 ** Dance Class moved to Tuesday	14	15 Choir Rehearsal & Bell Choir In recess until August 15
16 Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM "Healing Letters" Class 11:00 AM	17 Ladies Night Out 5:30 PM PENNY'S BBQ HOUSE 4265 Reavis Barrack Roads	18 "Teach Us To Pray" Class 10:00 AM Dance Class 6:30-7:45 PM	19 AA Men's Group 10:00 AM CA 7:00 PM	20 ** Dance Class moved to Tuesday Board Meeting 7:45 PM	21	22 Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
23 Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM "Healing Letters" Class 11:00 AM	24	25 "Teach Us To Pray" Class 10:00 AM	26 AA Men's Group 10:00 AM CA 7:00 PM	27 Dance Class 6:30-7:45 PM	28	29 Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
30 Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM "Healing Letters" Class 11:00 AM	31					

Wings

THE AUGUST NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The Light Side

Not Quite Clear

A Sunday school teacher asked each of her children to write a short note to a missionary to tell him they were praying for him. "The missionary," the teacher said, "is a very busy man, so tell him that he is not expected to answer the class."

When they were finished, the teacher went over the letters to see what the children had written. One little girl had written, "Dear Brother Brown, we're praying for you. We don't expect an answer."

Answer Requested

South Carolina, the Greenville
County Department of Social Services

sent the following letter to a man named Philip Fleming:

"Dear Mr. Fleming, your food stamps will be stopped because we have received notice that you passed away. May God bless you. You may reply if there is a change in your circumstances."

Hay, there!

An elderly farmer was finishing his haymaking one Sunday afternoon when his pastor drove by. "I noticed you weren't in church this morning," said the pastor. "Don't you know that the Creator made the world in six days and then rested on the seventh?"

"Yes," replied the farmer, as he looked uneasily at the rain clouds gathering in the sky. "I know all about that. But he got done and I didn't."

A fishy excuse

Two men were in a boat fishing on a Sunday morning. "I suppose we should have gone to church this morning," said one man. "Don't you feel a wee bit guilty about it?"

"Nope," said the other, "besides, I couldn't have gone anyway. My wife's sick in bed today."

