

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

December
2009

❖ *Inspiration*

❖ *Information*

❖ *Illumination*

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The Game of Life

The peace that is given to us

By Philip White

The greatest single cause of missing the good in our lives is jumping to negative conclusions. Like the time I thought I got another advertising envelope and ripped it in half, only to later discover it contained a large check made out to me. Even if we're wrong, maintaining a positive view has a way of making opportunities stand out. Nowhere is this truer than in our view of the world and the universe.

In the arid Egyptian desert along about sundown over 3000 years ago, women placed water in shallow clay trays on a bed of straw. As the sky lightened in the predawn hours, they awakened to trays of ice! The secret is a phenomenon that occurs in dry, temperate climates. The air's low humidity produces rapid evaporation which when combined with a drop in night temperature can freeze water, sometimes into a solid block of ice-though the air temperature never falls near freezing.

That such an unexpected principle exists in that seemingly barren environment is just one reminder of the opportunities in a universe teeming with undiscovered good. Before we even noticed them, fire was

already here, the wheel was already here, agriculture was already here, a spherical earth was already here! After their "discovery," we probably looked at each other and thought, Why didn't we notice them before? Makes you wonder what other undiscovered realities we miss seeing every day.

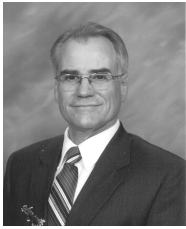
From a practical standpoint, the real issue is whether we can feel down to our toes that this universe is infinitely friendly and overflowing with abundant, yet undiscovered good. Our happiness, success, and peace depend on this awareness.

The One whose birth we celebrate this month came telling the "good news" of incredible life-giving resources that are here, present with us, now. "Your Father," said Jesus, "knows what you need before you ask him" (Mt. 6:8). "It is your Father's good pleasure to give you the kingdom" (Lk. 12:32). Then with great emphasis, He said, "The time is fulfilled, and the kingdom of God is at hand" (Mk. 1:15 RSV).



Peace

-Continued on page 3



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Senior Minister



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Associate Minister

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Jo Warren

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Glenda Gebhardt
Cindy Gibbs

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Candlelight Service



Join us for our annual
Candle Lighting
Service on **Sunday,**
Dec. 20th at 10:30
a.m. Come celebrate
the Christ's birth with

friends and family, our First Unity choir,
hand bells and chimes with Anne Hartupee,
and Dean Wiegert's special music. Plan to
stay for our **Christmas Party** immediately
following the Service..

New Service Time!

Every year after our Christmas service many
comment on how wonderful it is to be all
together in one service and ask why we don't
do it all year round. We have decided to
follow this suggestion. Beginning on Dec.
20th, we will have just one Sunday service at
10:30 a.m. One service will make it possible
to have before church breakfasts and after
church parties. Certainly it will make it easier
for our musicians and choirs, sound and
lighting technicians, ushers, chaplains, and
staff. It will also facilitate having after
church seminars. The 10:30 time will be late
enough to offer adult classes before the
worship service. But more than anything
else, it will renew our spirit of Unity, our
spirit of oneness and wholeness as a church
family. Having a fuller sanctuary every
Sunday will create a new energy and help
stimulate new growth for our church.

Christmas Eve Service



We will celebrate Christ's
birth with a special service at 7
p.m. on Christmas Eve. Please
join us!

Club Unity presents ...

Dean Christopher

Dean and his band will
once again present his
**Have Yourself a
Swingin' Holiday
Concert.** Tickets, available at church or at
the door, are \$20. Mark your calendar for
December 18 and 19 at 7:30 p.m. and join us
for a fun, funny, and fabulous musical
evening.



HOLIDAY BAKE & CRAFT SALE
Saturday, December 5, 8:00 - Noon

Six foot craft spaces are available on a love
offering basis. Contact Cathy Zehner at (314)
486-1173 to reserve your space.

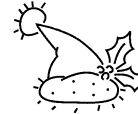


This month the **Ladies' Night Out Group**
will be meeting on December 21st for their
annual Christmas party at Mary Ann Coker's
home. Please bring a \$5 gift to exchange.
Mary Ann's phone: (314) 704-8851 or
Email: sewslikecrazy@aol.com



Prepare for the New Year right at our annual
Unity **Burning Bowl Service** on Sunday,
January 3rd.

Feed My People



In this Christmas season your
donations to Feed My People
are especially appreciated. You
can be Santa to make Christmas a little
happier for individuals and families this year.
www.feed-my-people.org

December Affirmations

Inner Peace: I am grateful for life. I am at
peace.

Guidance: Spirit guides and directs me in all
my choices.

Healing: I am open and receptive to the
divine healing power within me.

Prosperity: I am blessed by the goodness of
God.

World Peace: I see God in every face.

www.dailyword.com



MERRY CHRISTMAS

From page one...



Many of His listeners took issue with His logic. "Look around," they would have said, "and see that world conditions contradict what you say." But Jesus was insistent. And this is just the point. The very best chance of noticing those undiscovered realities is a positive look beyond our present experience. Waiting for the temperature in the Arabian Desert to drop below freezing in order to make ice will assure us that we will miss the real principle for making ice in the desert. And waiting for world conditions to get "right" will assure us that we will miss the real principle for universal peace.

"My peace I give to you," He said, "I do not give to you as the world gives" (Jn. 14:27). The peace given by the world says, "I can only be at peace if I get that job, if my son becomes a doctor, if my daughter gives me grandchildren."

But the peace that Jesus gives does not depend on my having achieved some goal, on the cessation of conflict, or the signing of some armistice. To get this peace, the stock market does not have to rise, the mortgage does not have to be paid, Christmas dinner does not have to be perfect, the balance of trade does not have to be balanced, our grade point average does not have to be 4.0, nor do we have to be physically healed.

Like the principle for making ice in the desert, peace is already here. Let's not miss it. It begins with us.

Family Photo

An 8-year-old girl was showing her 4-year-old sister some pictures from her Bible. The younger sister was fascinated by a picture of Mary and baby Jesus. After examining it intently, she

asked, "But where's Joseph?"

The older sister thought for a moment and replied, "He's taking the picture."

Evergreen tree

These trees, which keep their green leaves year-round, are symbolic of Christmas, eternal life and God's everlasting love. In the Bible, evergreen trees are called the "cedars of Lebanon," suggesting growth (Psalm 92:12), height (Amos 2:9), fragrance (Hosea 14:6) and steadfast faith.



Christ in you

Angelus Silesius (aka Johann Scheffler), born in Germany in the 17th century, was a physician, priest, hymn writer and poet. He knew Christ as far more than a historical figure. Silesius allowed Christ to dwell in his heart and to guide his life as completely as possible. He wrote this poem about allowing Christ to be born and live in each of us.

Though Christ a thousand times in
Bethlehem be born,
If he's not born in thee, thy soul is
still forlorn.
The cross on Golgotha will never
save thy soul;
The cross in thine own heart alone
can make thee whole.

Our hearts' desire

As his parents labored on a foreign mission field, their young son attended school in America. When Christmas Day came, the school's headmaster tried to cheer up the boy. The headmaster asked what he most wanted for Christmas.

For the boy, the answer came easily. He pointed to a framed picture of his father and said, "I would like most of all for my

father to step out of that frame."

The deepest meaning of Christmas is about God's stepping out of the "frame" of the universe, out of heaven, and revealing the greatest love ever seen among men.

John's account of this Good News sums it up: "And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth" (John 1:14, NRSV).

"Quotable Quotes"

Peace on earth will come to stay,
when we live Christmas every day.
-Helen Steiner Rice

At Bethlehem, God demonstrated
that to love is to give.

One can give without loving, but
one cannot love without giving.
-Amy Carmichael

Strive to be first: first to nod, first
to smile, first to compliment and
first to forgive.
-Anonymous

You can tell a lot about a person
by the way he or she handles these
three things: a rainy day, lost
luggage and tangled Christmas tree
lights.
-Maya Angelou

"You are what you eat" applies not
only to the physical world but also
to the spiritual. There is no way to
take in junk without becoming
junk.
-Anonymous

He who has not Christmas in his
heart will never find it under a tree.
-Roy L. Smith

How many observe Christ's
birthday! How few, his precepts!
O! 'tis easier to keep holidays than
commandments.
-Benjamin Franklin

The Game of Life (And How to Play It)

By Florence Scovel Shinn

Money is God in manifestation, as freedom from want and limitation, but it must be always kept in circulation and put to right uses. Hoarding and saving react with grim vengeance.

This does not mean that man should not have houses and lots, stocks and bonds, for "the barns of the righteous man shall be full." It means man should not hoard even the principal, if an occasion arises, when money is necessary. In letting it go out fearlessly and cheerfully he opens the way for more to come in, for God is man's unfailing and inexhaustible supply.

This is the spiritual attitude towards money and the great Bank of the Universal never fails!

We see an example of hoarding in the film production of "Greed." The woman won five thousand dollars in a lottery, but would not spend it. She hoarded and saved, let her husband suffer and starve, and eventually she scrubbed floors for a living.

She loved the money itself and put it above everything, and one night she was murdered and the money taken from her.

This is an example of where "love of money is the root of all evil." Money in itself, is good and beneficial, but used for destructive purposes, hoarded and saved, or considered more important than love, brings disease and disaster, and the loss of the money itself.

Follow the path of love, and all things are added, *for God is love, and God is supply*; follow the path of selfishness and greed, and the supply vanishes, or man is separated from it.

For example; I knew the case of a very rich woman, who hoarded her income. She rarely

gave anything away, but bought and bought things for herself.

She was very fond of necklaces, and a friend once asked her how many she possessed. She replied, "Sixty-seven." She bought them and put them away, carefully wrapped in tissue paper. Had she used the necklaces it would have been quite legitimate, but she was violating "the law of use." Her closets were filled with clothes she never wore, and jewels which never saw the light.

The woman's arms were gradually becoming paralyzed from holding on to things, and eventually she was considered incapable of looking after her affairs and her wealth was handed over to others to manage.

So man, in ignorance of the law, brings about his own destruction.

All disease, all unhappiness, come from the violation of the law of love. Man's boomerangs of hate, resentment and criticism, come back laden with sickness and sorrow. Love seems almost a lost art, but the man with the knowledge of spiritual law knows it must be regained, for without it, he has "become as sounding brass and tinkling cymbals."

For example: I had a student who came to me, month after month, to clean her consciousness of resentment. After a while, she arrived at the point where she resented only one woman, but that one woman kept her busy. Little by little she became poised and harmonious, and one day, all resentment was wiped out.

She came in radiant, and exclaimed "You can't understand how I feel! The woman said something to me and instead of being furious I was loving and kind, and she apologized and was perfectly lovely to me.

No one can understand the marvelous lightness I feel within!"

Love and good-will are invaluable in business.

For example: A woman came to me, complaining of her employer. She said she was cold and critical and knew she did not want her in the position.

"Well," I replied, "Salute the Divinity in the woman and send her love."

She said "I can't; she's a marble woman."

I answered, "You remember the story of the sculptor who asked for a certain piece of marble. He was asked why he wanted it, and he replied, 'because there is an angel in the marble,' and out it he produced a wonderful work of art."

She said, "Very well, I'll try it." A week later she came back and said, "I did what you told me to, and now the woman is very kind, and took me out in her car."

People are sometimes filled with remorse for having done someone an unkindness, perhaps years ago.

If the wrong cannot be righted, its effect can be neutralized by doing some one a kindness *in the present*.

"This one thing I do, forgetting those things which are behind and reaching forth unto things where are before."

Sorrow, regret and remorse tear down the cells of the body, and poison the atmosphere of the individual.

A woman said to me in deep sorrow, "Treat me to be happy and joyous, for my sorrow makes me so irritable with members of my family that I keep making more Karma."

I was asked to treat a woman who was mourning for her daughter. I denied all belief in loss and separation, and affirmed that God was the woman's joy, love and peace.

The woman gained her poise at once, but sent word by her son, not to treat any longer, because she was "so happy, it wasn't respectable."

So "mortal mind" loves to hang on to its griefs and regrets."

I knew a woman who went about bragging of her troubles, so, of course, she always had something to brag about.

The old idea was if a woman did not worry about her children, she was not a good mother.

Now, we know that mother-fear is responsible for many of the diseases and accidents which come into the lives of children.

For fear pictures vividly the disease or situation feared, and these pictures objectify, if not neutralized.

Happy is the mother who can say sincerely, that she puts her child in God's hands, and knows therefore, that he is divinely protected.

For example: A woman awoke suddenly, in the night, feeling her brother was in great danger. Instead of giving in to her fears, she commenced making statements of Truth, saying, "Man is a perfect idea in Divine Mind, and is always in his right place, therefore, my brother is in his right place, and is divinely protected."

The next day she found that her brother had been in close proximity to an explosion in a mine, but had miraculously escaped.

So man is his brother's keeper (in thought) and every man should know that the thing he loves dwells in "the secret place of the most high, and abides under the shadow of the Almighty."

"There shall no evil befall thee, neither shall any plague come nigh thy dwelling."

"Perfect love casteth out fear. He that feareth is not made perfect in love," and "Love is the fulfilling of the Law."

Chapter 8: Intuition or Guidance

There is nothing too great of accomplishment for the man who

knows the power of his word, and who follows his intuitive leads. by the word he starts in action unseen forces and can rebuild his body or remold his affairs.

It is, therefore, of the utmost importance, to choose the right words, and the student carefully selects the affirmation he wishes to catapult into the invisible.

He knows that God is his supply, that there is a supply for every demand, and that his spoken word releases this supply.

"Ask and ye shall receive."

Man must make the first move. "Draw nigh to God and He will draw nigh to you."

I have often been asked just how to make a demonstration.

I reply: "Speak the word and then do not do anything until you get a definite lead." Demand the lead, saying, "Infinite spirit, reveal to me the way, let me know if there is anything for me to do."

The answer will come through intuition (or hunch); a chance remark from someone, or a passage in a book, etc., etc. The answers are sometimes quite startling in their exactness. For example: A woman desired a large sum of money. She spoke the words: "Infinite Spirit, open the way for my immediate supply, let all that is mine by divine right now reach me, in great avalanches of abundance." Then she added: "Give me a definite lead, let me know if there is anything for me to do."

The thought came quickly, "Give a certain friend" (who had helped her spiritually) "a hundred dollars." She told her friend, who said, "Wait and get another lead, before giving it." So she waited, and that day met a woman who said to her, "I gave someone a dollar today; it was just as much for me, as it would be for you to give someone a hundred."

This was indeed an unmistakable lead, so she knew she was right in giving the hundred

dollars. It was a gift which proved a great investment, for shortly after that, a large sum of money came to her in a remarkable way.

Giving opens the way for receiving. In order to create activity in finances, one should give. Tithing or giving one-tenth of one's income, is an old Jewish custom, and is sure to bring increase. Many of the richest men in this country have been tithers, and I have never known it to fail as an investment.

The tenth-part goes forth and returns blessed and multiplied. But the gift or tithe must be given with love and cheerfulness, for "God loveth a cheerful giver." Bills should be paid cheerfully; all money should be sent forth fearlessly and with a blessing.

This attitude of mind makes man master of money. It is his to obey, and his spoken word then opens vast reservoirs of wealth.

Man, himself, limits his supply by his limited vision. Sometimes the student has a great realization of wealth, but is afraid to act.

The vision and action must go hand in hand, as in the case of the man who bought the fur-lined overcoat.

A woman came to me asking me to "speak the word" for a position. So I demanded: "Infinite Spirit, open the way for this woman's right position." Never ask for just "a position"; ask for the right position, the place already planned in Divine Mind, as it is the only one that will give satisfaction.

I then gave thanks that she had already received, and that it would manifest quickly. Very soon, she had three positions offered her, two in New York and one in Palm Beach, and she did not know which to choose. I said, "Ask for a definite lead."

The time was almost up and was still undecided, when one day, she telephoned, "When I woke up this morning, I could smell Palm

Beach." She had been there before and knew its balmy fragrance.

I replied: "Well, if you can smell Palm Beach from here, it is certainly your lead." She accepted the position, and it proved a great success. Often one's lead comes at an unexpected time.

One day, I was walking down the street, when I suddenly felt a strong urge to go to a certain bakery, a block or two away.

The reasoning mind resisted, arguing, "There is nothing there that you want."

However, I had learned not to reason, so I went to the bakery, looked at everything, and there was certainly nothing there that I wanted, but coming out I encountered a woman I had thought of often, and who was in great need of the help which I could give her.

So often, one goes for one thing and finds another.

Intuition is a spiritual faculty and does not explain, but simply *points the way*.

A person often receives a lead during a "treatment." The idea that comes may seem quite irrelevant, but some of God's leadings are "mysterious."

In the class, one day, I was treating that each individual would receive a definite lead. A woman came to me afterwards, and said: "While you were treating, I got the hunch to take my furniture out of storage and get an apartment." The woman had come to be treated for health. I told her I knew in getting a home of her own, her health would improve, and I added, "I believe your trouble, which is a congestion, has come from having things stored away. Congestion of things causes congestion in the body. You have violated the law of use, and your body is paying the penalty."

So I gave thanks that "*Divine order was established in her mind, body and affairs.*"

People little dream of how their affairs react on the body. There is a mental correspondence for every disease. A person might receive instantaneous healing through the realization of his body being a perfect idea in Divine Mind, and, therefore, whole and perfect, but if he continues his destructive thinking, hoarding, hating, fearing, condemning, the disease will return.

Jesus Christ knew that all sickness came from sin, but admonished the leper after the healing, to go and sin no more, lest a worse thing come upon him.

So man's soul (or subconscious mind) must be washed whiter than snow, for permanent healing; and the metaphysician is always delving deep for the "correspondence."

Jesus Christ said, "Condemn not lest ye also be condemned."

"Judge not, lest ye be judged."

Many people have attracted disease and unhappiness through condemnation of others.

What man condemns in others, he attracts to himself.

For example: A friend came to me in anger and distress, because her husband had deserted her for another woman. She condemned the other woman, and said continually, "She knew he was a married man, and had no right to accept his attentions."

I replied: "Stop condemning the woman, bless her, and be through with the situation, otherwise, you are attracting the same thing to yourself."

She was deaf to my words, and a year or two later, became deeply interested in a married man, herself.

Man picks up a live-wire whenever he criticizes or condemns, and may expect a shock.

Indecision is a stumbling-block in many a pathway. In order to overcome it, make the statement

repeatedly, "*I am always under direct inspiration; I make right decisions, quickly.*"

These words impress the subconscious, and soon one finds himself awake and alert, making his right moves without hesitation. I have found it destructive to look to the psychic plane for guidance, as it is the plane of many minds and not the "The One Mind."

As man opens his mind to subjectivity, he becomes a target for destructive forces. The psychic plane is the result of man's mortal thought, and is on the "plane of opposites." He may receive either good or bad messages.

The science of numbers and the reading of horoscopes, keep man down on the mental (or mortal) plane, for they deal only with the Karmic path.

I know of a man who should have been dead, years ago, according to his horoscope, but he is alive and a leader of one of the biggest movements in this country for the uplift of humanity.

It takes a very strong mind to neutralize a prophecy of evil. The student should declare, "Every false prophecy shall come to naught; every plan my Father in heaven has not planned, shall be dissolved and dissipated, the divine idea now comes to pass."

However, if any good message has ever been given one, of coming happiness, or wealth, harbor and expect it, and it will manifest sooner or later, through the law of expectancy.

Man's will should be used to back the universal will. "I will that the will of God be done."

It is God's will to give every man, every righteous desire of his heart, and man's will should be used to hold the perfect vision, without wavering.

--Continued in January

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> "Discover the Power Within You" Class 10:00 AM	<i>2</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>3</i> Dance Classes are postponed until the first of the year	<i>4</i>	<i>5</i> Bake and Craft Sale 8:00 - Noon No Choir or Bell Rehearsal 10:30 AM
<i>6</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM	<i>7</i>	<i>8</i> "Discover the Power Within You" Class 10:00 AM	<i>9</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>10</i>	<i>11</i>	<i>12</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>13</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM	<i>14</i>	<i>15</i> "Discover the Power Within You" Class 10:00 AM	<i>16</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>17</i>	<i>18</i> Dean's Concert 7:30 PM	<i>19</i> Dean's Concert 7:30 PM Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>20</i> Candle Lighting Service 10:30 AM Christmas Party after the Service	<i>21</i> Ladies Night Out Christmas Party Mary Ann Coker's House 5:30 PM	<i>22</i> "Discover the Power Within You" Class 10:00 AM	<i>23</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>24</i> Christmas Eve Service 7:00 PM	<i>25</i> Christmas Day	<i>26</i> No Choir Rehearsal or Bell Rehearsal
<i>27</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>28</i>	<i>29</i> No 10:00 AM Class	<i>30</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>31</i>		

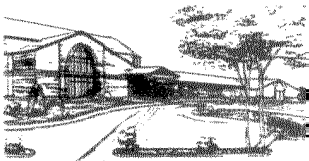
Wings

THE DECEMBER NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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- If you no longer wish to receive this newsletter, check this box and mark return to sender, or call the church office.

The light side -- 28 lines to make you smile

1. My husband and I divorced over religious differences. He thought he was God and I didn't.
2. I don't suffer from insanity; I enjoy every minute of it.
3. Some people are alive only because it's illegal to kill them.
4. I used to have a handle on life, but it broke
5. Don't take life too seriously; No one gets out alive.
6. You're just jealous because the voices only talk to me.
7. Beauty is in the eye of the beer holder.
8. Earth is the insane asylum for the universe.
9. I'm not a complete idiot -- Some parts are just missing.
10. Out of my mind. Back in five minutes.
11. NyQuil, the stuffy, sneezy, why-the-heck-is-the-room-spinning medicine.
12. God must love stupid people; He made so many.
13. The gene pool could use a little chlorine.
14. Consciousness: That annoying time between naps.
15. Ever stop to think, and forget to start again?
16. Being 'over the hill' is much better than being under it!
17. Wrinkled Was Not One of the Things I Wanted to Be When I Grew up.
18. Procrastinate Now!
19. I Have a Degree in Liberal Arts; Do You Want Fries With That?
20. A hangover is the wrath of grapes.
21. A journey of a thousand miles begins with a cash advance.
22. Stupidity is not a handicap. Park elsewhere!
23. They call it PMS because Mad Cow Disease was already taken.
24. He who dies with the most toys is nonetheless dead.
25. A picture is worth a thousand words, but it uses up three thousand times the memory.
26. Ham and eggs -- A day's work for a chicken, a lifetime commitment for a pig.
27. The trouble with life is there's no background music.
28. The original point and click interface was a Smith & Wesson.
29. I smile because I don't know what the heck is going on.