

# 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

July 2009

- ❖ *Inspiration*
- ❖ *Information*
- ❖ *Illumination*

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Humor

The Game of Life  
by Florence Scovel Shinn

## Be Not Dismayed

*By William A. Clough*

There is a solution for every problem. There is a cure for every ill. There is nothing in your life, absolutely nothing, that cannot be changed, corrected, and cured. There is no difficulty anywhere on earth that cannot be set right.

Truly this is a tremendous thought, but it is more than a thought. It is the Truth. If you know and accept the Truth, the Truth

will make you free. You may not be able to understand or believe it now, but it is absolutely true that the present condition of your circumstances, your mind or body can be completely changed.

Your misery can become happiness. Your fear can become faith. Your confusion can become clear understanding. Your illness can become health. Your trouble can be taken away, dissolved. Though you cannot possibly see any way out, there is a way. Though you are certain your trouble is beyond any possible cure, there is a cure.

Whoever you are, wherever you are, whatever your difficulty may be, to you this is the word of truth: Be not dismayed; there is help for you. You may be plunged into the deepest despair. You may be engulfed in a depth of depression into which no flicker of light shines. You may be torn by the terror of

one great fear or a multitude of fears. There are hope, and light, and assurance, and sweet peace for you. There is an unailing cure for you.

You have done something that you believe cannot be undone? Someone you love has hurt you seemingly beyond any possible mending? You have an illness of mind or body that has been pronounced incurable? Still the answer comes with all the force of Truth behind it: there is change, mending, cure complete and utter for you. Lift up your head; lift up your heart. There is a dawning light, there is a safe and sure retreat, there is a victory, there is happiness, and there is peace for you.

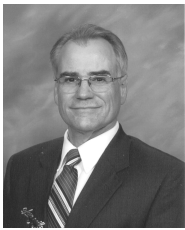
No empty, idle promise is this, no illusion, no mirage to lead you toward still deeper despair. It has the power and reality of the universe behind it. It rests on

the one great law of life. It is the word of God.

You want to be free from the difficulties in which you find yourself? You have cried out in agony of spirit for relief, but the darkness does not lift, the sorrow does not go away? You cannot get away from it? Try this method then.

*--Continued on page three*

AND YOU SHALL KNOW THE  
AND THE TRUTH  
SHALL MAKE YOU FREE!  
JOHN 8:32



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## Wings

July 2009  
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**Kimberly Mills, Vern and Marilyn Milonas, Bob and Joan Mueller, and Bobbi Wenchell** all became members of our church on June 28<sup>th</sup>. We welcome each of you into our hearts and into our spiritual family!

### On-going classes

Jan Mourning and Deb Fry are teaching a class based on the Unity classic **Myrtle**

#### Fillmore's Healing

**Letters** every Sunday during the 11:00 service. On Tuesdays at 10:00 Jo Warren is teaching **Stop, Think, Start!** a book by Rev. Stan Hampson. All are welcome!



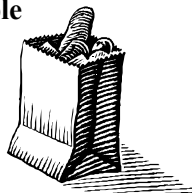
This month the **Ladies' Night Out Group** will be meeting on July 20<sup>th</sup> at 5:30 at Arcobasso's, 4339 Telegraph at Forder. All women are welcome to join in the fellowship!

We are beginning our second month of **Imperial/swing Dance Classes**. Our teacher, Sandy Lowe, sets a pace so that everyone feels comfortable. The classes are great fun and good exercise! We are still working on the basics, so come join us on **Thursdays from 6:30 to 7:45**. Cost for the lessons is only \$35 for an entire month of weekly lessons.



#### 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

**Our Church History** is progressing. We have completed scrap booking 70 years of our story from its beginning in 1924 to



1994 when Rev. Randy arrived. If you have photos of events, classes, parties, workshops etc. that you could share, Faye would love to include them. We could copy your photos and return them to you if you want them back. Just give them to Rev. Randy.



We send a great **"Thank You"** to **Carol Ellerman** for her time, talent, and willingness to keep our website updated. Carol, we know it is no small effort, and we greatly appreciate you and all that you do!

### July 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.

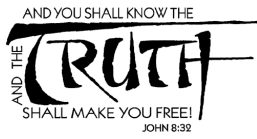
**World Peace:** We are peacemakers, expressing God's love in the world.

#### Five steps to a friendlier church



1. Speak to the other person first. Don't wait for him or her to take the initiative.
2. If there is someone you don't know, introduce yourself to him or her.
3. Be pleasant in your words and expressions. A great church cannot be built with frowns.
4. Invite newcomers to a worship service or to a church event and introduce them to other members.
5. Encourage people to participate in those church activities that interest them.

## From page one . . .



Start with the premise that you have been created

by God, the Father Spirit of all life. Believe that God is infinitely good, that there is no wrong of any sort in Him. He created you, and gave you life from Himself. He made you in His own image. The life in you is God's life. Therefore, it is good, just as He is good. The real you, the spirit that God created, is good and perfect. Try to believe that.

God took the real you, the spirit, and gave it a body and a mind. He left your mind free to direct it. Whether you realize it or not, it is your mind now that is causing you your trouble, and it is your mind reaching inward to the true you and bringing it out that can cure it.

No longer blame any other person or circumstance for your condition. No longer blame yourself. Have done with making your problem the center of your thinking. Think instead that actually God is the center of your life, the core, the primary reality. The circumstances that surround you, the thoughts that twist and tear you are not the true reality at all.

If you can get to the real you, which is God in you, and start expressing your true self in your thinking, you will slowly but surely see the change coming. Thought by thought, step by step, day by day you will see your mind changing. And miracle of miracles, as your mind changes, conditions change, other people change for you, your whole life changes. That is the amazing truth.

Cease to say to yourself: "I am unhappy. I am miserable. I am ill. I am in the grip of conditions and circumstances from which there is no release. I have been injured beyond healing. I am unable to rise above my fears and troubles."

Say rather: "I am made for happiness. I am made for health. The

Spirit of God within me is perfect in every detail. I am that Spirit. I am the conqueror of all things through God who is in me. I am not weak. I am immeasurably strong. I am able through realization of the God power within me to rise above difficulties, whatever they are. I am able, and I will."

Do not dismiss this as something you cannot understand. Do not say it is foolish theorizing. Try it. Give it an honest trial. It will work. It is God's everlasting Truth.



### "America"

Samuel Francis Smith, a Baptist pastor, wrote the hymn "America" in 1831. Smith was studying a tune he had never heard, although he knew the British used it for the hymn "God Save the King." The British had borrowed the tune from the Germans, who gave it patriotic lyrics.

Smith described what happened as he contemplated the tune: "I instantly felt the impulse to write a patriotic hymn of my own, adapted to the tune. Picking up a scrap of waste paper which lay near me, I

wrote at once, probably within half an hour, the hymn 'America,' as it is now known everywhere."

Smith's friend and classmate Oliver Wendell

Holmes once told him, "Your name and fame will live when I and my works are forgotten."



### Declaration of interdependence

Let it be declared, announced and hereby celebrated . . .

- That all people everywhere are dependent upon one another.
- That everyone needs everyone else for freedom, life, love and happiness.
- That all things in the natural order are dependent upon everything else.
- That our little planet and all the planets and stars in the solar systems are in a state of mutual dependence upon one another.

- That this universally shared dependence comes from God and is of God.
- And that each individual part of this relationship has its own part to play — its own destiny to fulfill in God's plan.

### "Quotable Quotes"

The road of life twists and turns, and no two directions are the same. Yet our lessons come from the journey, not the destination.

~Don Williams Jr.

Those who deny freedom to others deserve it not for themselves.

~Abraham Lincoln

I wish that every human life might be pure transparent freedom.

~Simone de Beauvoir

We on this continent should never forget that men first crossed the Atlantic not to find soil for their ploughs but to secure liberty for their souls.

~Robert J. McCracken

No one is free when others are oppressed.

~Author Unknown

Most people want security in this world, not liberty.

~H.L. Mencken, *Minority Report*, 1956

Freedom is that instant between when someone tells you to do something and when you decide how to respond.

~Jeffrey Borenstein

They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety.

~Benjamin Franklin

# The Game of Life (And How to Play It)

by Florence Scovel Shinn

Florence Scovel Shinn graduated from Art Academy, married Everett Shinn and moved to New York where he built her a small theater next to their studio at 112 Waverly Place. He created the Waverly Players and wrote her three plays in which she played the title role.

Prior to World War I, Florence worked as illustrator of children's magazines and books. In 1912, her marriage failed, upon which Everett requested a divorce.

This led her to a more intense examination of her life, whereupon she turned to New Thought and soon became a New Thought teacher and wrote: **The Game of Life and How to Play It**. In 1925, having been unable to find a publisher for it, she published it herself. This was followed by "Your Word is Your Wand" in 1928. "The Secret Door to Success" was published shortly before her death on October 17, 1940. The "Power of the Spoken Word" is a student's compilation of her notes, which was published after her death in 1945.

Florence Scovel Shinn's ability to explain success principles and their application in an entertaining and easy-to-read style via sharing real-life stories has delighted readers around the world.

## Chapter 1: The Game

Most people consider life a battle, but it is not a battle, it is a game.

It is a game, however, which cannot be played successfully without the knowledge of spiritual law, and the Old and the New Testaments give the rules of the game with wonderful clearness. Jesus Christ taught that it was a great game of *Giving and Receiving*.

Whatsoever a man soweth that shall he also reap." This means that whatever man sends out in word or deed, will return to him; what he gives, he will receive.

If he gives hate, he will receive hate; if he gives love, he will receive love; if he gives criticism, he will receive criticism; if he lies he will be lied to; if he cheats he will be cheated. We are taught also, that the imaging faculty plays a leading part in the game of life.

Keep thy heart (or imagination) with all diligence, for out of it are the issues of life." (Prov. 4:23.)

This means that what man images, sooner or later externalizes in his affairs. I know of a man who feared a certain disease. It was a very rare disease and difficult to get, but he pictured it continually and read about it until it manifested in his body, and he died, the victim of distorted imagination.

So we see, to play successfully the game of life, we must train the imaging faculty. A person with an imaging faculty trained to image only good, brings into his life "every righteous desire of his heart" - health, wealth, love, friends, perfect self-expression, his highest ideals.

The imagination has been called, "The Scissors of The Mind," and it is ever cutting, cutting, day by day, the pictures man sees there, and sooner or later he meets his own creations in his outer world. To train the imagination successfully, man must understand the workings of his mind. The Greeks said: "Know Thyself."

There are three departments of the mind, the *subconscious*, *conscious* and *superconscious*. The subconscious, is simply power, without direction. It is like steam or electricity, and it does what it is directed to do; it has no power of induction.

Whatever man feels deeply or images clearly, is impressed upon the subconscious mind, and carried out in minutest detail.

For example: a woman I know, when a child, always "made believe" she was a widow. She "dressed up" in black clothes and wore a long black veil, and people thought she was very clever and amusing. She

grew up and married a man with whom she was deeply in love. In a short time he died and she wore black and a sweeping veil for many years. The picture of herself as a widow was impressed upon the subconscious mind, and in due time worked itself out, regardless of the havoc created.

The conscious mind has been called mortal or carnal mind.

It is the human mind and sees life as it *appears to be*. It sees death, disaster, sickness, poverty and limitation of every kind, and it impresses the subconscious.

The *superconscious* mind is the God Mind within each man, and is the realm of perfect ideas.

In it, is the "*perfect pattern*" spoken of by Plato, *The Divine Design*; for there is a *Divine Design* for each person.

*There is a place that you are to fill and no one else can fill, something you are to do, which no one else can do.*"

There is a perfect picture of this in the *superconscious mind*. It usually flashes across the conscious as an unattainable ideal - "something too good to be true."

In reality it is man's true destiny (or destination) flashed to him from the Infinite Intelligence which is *within himself*.

Many people, however, are in ignorance of their true destinies and are striving for things and situations which do not belong to them, and would only bring failure and dissatisfaction if attained.

For example: A woman came to me and asked me to "speak the word" that she would marry a certain man with whom she was very much in love. (She called him A. B.)

I replied that this would be a violation of spiritual law, but that I would speak the word for the right man, the "divine selection," the man who belonged to her by divine right.

I added, "If A. B. is the right man you can't lose him, and if he isn't, you will receive his equivalent." She saw A. B.

frequently but no headway was made in their friendship. One evening she called, and said, "Do you know, for the last week, A. B. hasn't seemed so wonderful to me." I replied, "Maybe he is not the divine selection - another man may be the right one." Soon after that, she met another man who fell in love with her at once, and who said she was his ideal. In fact, he said all the things that she had always wished A. B. would say to her.

She remarked, "It was quite uncanny."

She soon returned his love, and lost all interest in A. B.

This shows the law of substitution. A right idea was substituted for a wrong one, therefore there was no loss or sacrifice involved.

Jesus Christ said, "Seek ye first the kingdom of God and his righteousness; and all these things shall be added unto you," and he said the Kingdom *was within man*.

The Kingdom is the realm of *right ideas*, or the divine pattern.

Jesus Christ taught that man's words played a leading part in the game of life. "By your words ye are justified and by your words ye are condemned."

Many people have brought disaster into their lives through idle words.

For example: A woman once asked me why her life was now one of poverty of limitation. Formerly she had a home, was surrounded by beautiful things and had often tired of the management of her home, and had said repeatedly, "I'm sick and tired of things - I wish I lived in a trunk," and she added: "Today I am living in that trunk." She had spoken herself into a trunk. The subconscious mind has no sense of humor and people often joke themselves into unhappy experiences.

For example: A woman who had a great deal of money, joked continually about "getting ready for the poorhouse."

In a few years she was almost destitute, having impressed the subconscious mind with a picture of lack and limitation.

Fortunately the law works both ways, and a situation of lack may be changed to one of plenty.

For example: A woman came to me one hot summer's day for a "treatment" for prosperity. She was worn out, dejected and discouraged. She said she possessed just eight dollars in the world. I said, "Good, we'll bless the eight dollars and multiply them as Jesus Christ multiplied the loaves and fishes," for He taught that *every man* had the power to bless and to multiply, to heal and to prosper.

She said, "What shall I do next?"

I replied, "Follow intuition. Have you a 'hunch' to do anything, or to go anywhere?" Intuition means, INTuition, or to be taught from within. It is man's unerring guide, and I will deal more fully with its laws in a following chapter.

The woman replied: "I don't know - I seem to have a 'hunch' to go home; I've just enough money for carfare." Her home was in a distant city and was one of lack and limitation, and the reasoning mind (or intellect) would have said: "Stay in New York and get work and make some money." I replied, "Then go home - never violate a hunch." I spoke the following words for her: *Infinite Spirit open the way for great abundance for --. She is an irresistible magnet for all that belongs to her by divine right.* I told her to repeat it continually also. She left for home immediately. In calling on a woman one day, she linked up with an old friend of her family.

Through this friend, she received thousands of dollars in a most miraculous way. She has said to me often, "Tell people about the woman who came to you with eight dollars and a hunch."

There is always *plenty on man's pathway*; but it can only be *brought into manifestation* through desire,

faith or the spoken word. Jesus Christ brought out clearly that man must make the *first move*.

*Ask*, and it shall be given you, seek, and ye shall find, knock, and it shall be opened unto you. (Mat. 7:7).

In the scriptures we read: "Concerning the works of my hands, command ye me."

Infinite Intelligence, God, is ever ready to carry out man's smallest or greatest demands.

Every desire, uttered or unexpressed, is a demand. We are often startled by having a wish suddenly fulfilled.

For example: One Easter, having seen many beautiful rose-trees in the florists' windows, I wished I would receive one, and for an instant saw it mentally being carried in the door.

Easter came, and with it a beautiful rose-tree. I thanked my friend the following day, and told her it was just what I had wanted.

She replied, "I didn't send you a rose-tree, I sent you lilies!"

The man had mixed the order, and sent me a rose-tree simply because I had started the law in action, and *I had to have a rose-tree*.

Nothing stands between man and his highest ideals and every desire of his heart, but doubt and fear. When man can "wish without worrying," every desire will be instantly fulfilled.

I will explain more fully in a following chapter the scientific reason for this and fear must be erased from the consciousness. It is man's only enemy - fear of lack, fear of failure, fear of sickness, fear of loss and a feeling of *insecurity on some plane*. Jesus Christ said: "Why are ye fearful, oh ye of little faith?" (Mat. 8:26) So we can see we must substitute faith for fear, for fear is only inverted faith; it is faith in evil instead of good.

The object of the game of life is to see clearly one's good and to obliterate all mental pictures of evil. This must be done by impressing the subconscious mind with a realization

of good. A very brilliant man, who has attained great success, told me he had suddenly erased all fear from his consciousness by reading a sign which hung in a room. He saw printed, in large letters this statement - *Why worry, it will probably never happen.*" These words were stamped indelibly upon his subconscious mind, and he has now a firm conviction that only good can come into his life, therefore only *good can manifest.*

In the following chapter I will deal with the different methods of impressing the subconscious mind. It is man's faithful servant but one must be careful to give it the right orders. Man has ever a silent listener at his side - his subconscious mind.

Every thought, every word is impressed upon it and carried out in amazing detail. It is like a singer making a record on the sensitive disc of the phonographic plate. Every note and tone of the singer's voice is registered. If he coughs or hesitates, it is registered also. So let us break all the old bad records in the subconscious mind, the records of our lives which we do not wish to keep, and make new and beautiful ones.

Speak these words aloud, with power and conviction: "I now smash and demolish (by my spoken word) every untrue record in my subconscious mind. They shall return to the dust-heap of their native nothingness, for they came from my own vain imaginings. I now make my perfect records through the Christ within - The records of *Health, Wealth, Love and perfect self-Expression.*" This is the square of life, *The Game completed.*

In the following chapters, I will show how man can *change his conditions by changing his words.* Any man who does not know the power of the word, is behind the times.

*Death and Life are in the power of the tongue.*" (Prov. 18:21.)

## Chapter 2: The Law of Prosperity

One of the greatest messages given to the race through the scriptures is that God is man's supply and that man can release, *through his spoken word*, all that belongs to him by divine right. He must, however, have *perfect faith in his spoken word.*

Isaiah said, "My word shall not return unto me void, but shall accomplish that where it is sent." We know now, that words and thoughts are a tremendous vibratory force, ever molding man's body and affairs.

A woman came to me in great distress and said she was to be sued on the fifteenth of the month for three thousand dollars. She knew no way of getting the money and was in despair.

I told her God was her supply, and *that there is a supply for every demand.*

So I spoke the word! I gave thanks that the woman would receive three thousand dollars at the right time in the right way. I told her she must have perfect faith, and act her *perfect faith.* The fifteenth came but no money had materialized.

She called me on the 'phone and asked what she was to do.

I replied, "It is Saturday, so they won't sue you today, your part is to act rich, thereby showing perfect faith that you will receive it by Monday." She asked me to lunch with her to keep up her courage. When I joined her at a restaurant, I said, "This is no time to economize. Order an expensive luncheon; act as if you have already received the three thousand dollars."

"All things whatsoever ye ask in prayer, *believing*, ye shall receive." "You must act as if you *had already received.*" The next morning she called me on the 'phone and asked me to stay with her during the day. I said "No, you are divinely protected and God is never too late."

In the evening she 'phoned again, greatly excited and said, "My dear, a miracle has happened! I was

sitting in my room this morning, when the doorbell rang. I said to the maid: 'don't let anyone in.' The maid however, looked out the window and said, 'It's your cousin with the long white beard.'

So I said, 'Call him back. I would like to see him.' He was just turning the corner, when he heard the maid's voice, and he came back.

He talked for about an hour, and just as he was leaving he said, 'Oh, by the way, how are finances?'

I told him I needed the money, and he said, 'Why, my dear, I will give you three thousand dollars the first of the month.'

I didn't like to tell him I was going to be sued. What shall I do? I won't receive it till the first of the month, and I must have it tomorrow." I said, "I'll keep on 'treating.'"

I said, "Spirit is never too late. I give thanks she has received the money on the invisible plane and that it manifests on time." The next morning her cousin called her up and said, "Come to my office this morning and I will give you the money." That afternoon, she had three thousand dollars to her credit in the bank, and wrote checks as rapidly as her excitement would permit.

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.

--To be continued in August

# July 2009

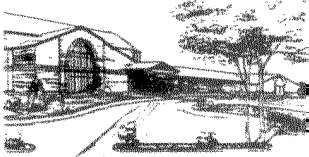
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> AA Men's Group 10:00 AM  CA 7:00 PM	<i>2</i> Dance Class 6:30-7:45 PM	<i>3</i>	<i>4</i> Choir Rehearsal & Bell Choir In recess until August 15
<i>5</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM  "Healing Letters" NO CLASS TODAY	<i>6</i>	<i>7</i> Stop, Think, Start! Class 10:00 AM	<i>8</i> AA Men's Group 10:00 AM  CA 7:00 PM	<i>9</i> Dance Class 6:30-7:45 PM	<i>10</i>	<i>11</i> Choir Rehearsal & Bell Choir In recess until August 15
<i>12</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM  "Healing Letters" Class 11:00 AM	<i>13</i>	<i>14</i> Stop, Think, Start! Class 10:00 AM	<i>15</i> AA Men's Group 10:00 AM  CA 7:00 PM	<i>16</i> Dance Class 6:30-7:45 PM  Board Meeting 7:45 PM	<i>17</i>	<i>18</i> Choir Rehearsal & Bell Choir In recess until August 15
<i>19</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM  "Healing Letters" Class 11:00 AM	<i>20</i> Ladies Night Out 5:30 PM <b>ARCOBASSO'S</b> 4339 Telegraph at Forder	<i>21</i> Stop, Think, Start! Class 10:00 AM	<i>22</i> AA Men's Group 10:00 AM  CA 7:00 PM	<i>23</i> Dance Class 6:30-7:45 PM	<i>24</i>	<i>25</i> Choir Rehearsal & Bell Choir In recess until August 15
<i>26</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM  "Healing Letters" Class 11:00 AM	<i>27</i>	<i>28</i> Stop, Think, Start! Class 10:00 AM	<i>29</i> AA Men's Group 10:00 AM  CA 7:00 PM	<i>30</i> Dance Class In recess this week only	<i>31</i>	

# Wings

## THE JULY NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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## On the light side

A Spanish Teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. House, for instance, is feminine: *la casa*. Pencil, however, is masculine: *el lapiz*.

A student asked, "What gender is *computer*?"

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether "computer" should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that "computer" should definitely be of the feminine gender, *la computadora*, because:

1. No one but their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even the smallest mistakes are stored in long term memory for possible later retrieval.
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be masculine, *el computador*, because:

1. In order to do anything with them, you have to turn them on.
2. They have a lot of data but still can't think for themselves.
3. They are supposed to help you solve problems, but half the time they ARE the problem.
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

--Thanks, Mary Kruse