

# 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

June 2009

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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Build a New Life

## Build a New Life by Casting out fear

By Charles Fillmore

It is the unanimous verdict of students of the mind that fear is a paralyzer of mental action; also that fear weakens both mind and body. This being so universally conceded, it certainly is not worthwhile to call attention to that enfeebling state of mind but rather, on the other hand, to show how to keep from falling into its shadows and also how to overcome its habits. The majority of people will resent the statement that fear is a habit, but close observation proves to us that our fears are governed by repeated thoughts, words, and experiences. All fear rests on thought, and if the thought foundation can be broken up the fear will vanish.

The mind imagines mountains of fears where no real cause for fear exists. We live in a world where fear is taught as essential to safety. To begin with, we are told from infancy to "fear" God; then to fear evil in all its forms. With our minds crammed with fear images working night and day, how can we expect anything but the multitude of disasters that follow?

"Perfect love casteth out fear." Jesus taught love of God as the first commandment and love of neighbor as the second; there was no need for any other commandment. These

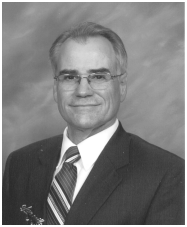
two round out the law. Then the one and only effective remedy for fear and its ills is love.

We have all been told again and again that we must love God and others in order to fulfill the law of our being. Doubtless most of us have done this and have had the experience of very pronounced demonstrations of peace and protection in our lives, yet we do not have that consciousness of love which we feel we should have when we think of God. There must be a reason for this deficiency, and there is. We have thought of love of God in terms of something of immense size, something that we must encompass as a whole, when the fact is that love is a composite. It is made up of attributes, as is made clear by Paul in I Corinthians.

According to Paul, love is the name of a great variety of little commonplace activities of everyday life. Are you patient and kind? "Love suffereth long, and is kind." Envious? "Love envieth not." Egotistical and proud? "Love vaunteth not itself, is not puffed up." Are you temperamental? Love "doth not behave itself unseemly." Are you grasping and selfish? Love "seeketh not its own." Do you give way easily to your temper? Love "is not provoked." Do you behold evil as real and agonize over the evils of the world? Love "taketh not account of evil." Do you rejoice when disaster overtakes evil persons and exclaim, "They got just what was coming to them"?

--Continued on page three





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## Wings

June 2009

On Sunday, June 14<sup>th</sup>, during the 11:00 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.

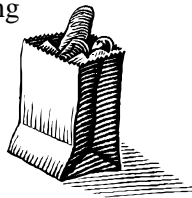


Join us at the second service on June 14 as we celebrate the youth of our church. Over the past year, our eight to twelve year-olds have been working on their Unity "God and Me" awards for Boy and Girl Scouts. This award requires an in-depth study of Unity and a community service project. Both classes made gifts and delivered them to the residents of Orchid Terrace. You will want to be there for the award presentations and to hear the children sing.



This month the Ladies' Night Out Group will be meeting on June 22<sup>nd</sup> at 5:30 at Growler's, 3811 South Lindbergh. 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](http://www.feed-my-people.org)

At our annual board election our officers were unanimously elected for a second term. Paul Henley remains president; Jim Harr, vice president; Mary Tumminello, treasurer; and Denise Halbert-Raggio, Secretary. We know that this team which has served us so well over the past year will continue to lead us to future successes and achievements.

**Imperial/swing Dance Classes** begin on **Thursday, June 4<sup>th</sup> at 6:30**, and will be on-going. Sandy Lowe, accomplished dancer, will teach the classes every Thursday evening from 6:30 to 7:45. She will begin with the basics first and will set a pace that allows everyone to feel comfortable before moving forward. It is not necessary to have a partner to take the class. Cost for the lessons is only \$35 for an entire month of weekly lessons.



**God bless fathers and guide them in loving and caring for children.**

Children learn so much from simply observing their own fathers and those who serve as father-figures.



**Blessing Fathers**

What fathers give day after day is an investment in a world in which all children have an opportunity to exceed their own high hopes and expectations and those of loving, caring parents and adults. We offer our prayer support to all the fathers of the world.



**June Affirmations**

**Inner Peace:** Trusting God in all ways, I have peace of mind and heart.

**Guidance:** Inspired and divinely directed, I am guided to my good.

**Healing:** With a growing awareness of Spirit within, I claim health and well-being.

**Prosperity:** I follow the path of my divine purpose and live a prosperous life.

**World Peace:** United in the love of God, we live in peace.

When on vacation, be with us in spirit.  
The rest of the summer, be with us in person.

## From page one . . .



"Love ... rejoiceth not in unrighteousness, but rejoiceth with the truth." Do you patiently bear "the whips and scorns of time"? "Love ... beareth all things." Are you open-minded and receptive to good, whatever its source? "Love ... believeth all things." Do you anticipate the future with fear and forebodings? "Love ... hopeth all things." Do you endure with trust and confidence in eternal justice? Love "endureth all things."

Paul says: "If I speak with the tongues of men and of angels, but have not love, I am become sounding brass or a clanging cymbal. And if I have *the gift of prophecy*, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but have not love, I am nothing .... But now abideth faith, hope, love, these three: and the greatest of these is love."

Nowhere in all literature do we find as clear an analysis of love as here in this 13th chapter of I Corinthians. Those who have taken it as a guide to character discipline -- that is, seeking to fashion their daily thinking by the standards set forth -- have attained results so pronounced that they have been convinced of its being a panacea for all who are suffering from the ravages of distorted, Godless love.

The one and only remedy for the crosscurrents of fear is the restoration of the peace and harmony of life by love and its combinations.

## Two wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two 'wolves' inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy,

peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

## How to plant the garden of your daily living:

Plant 3 rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant 4 rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant 4 rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude our garden we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love.

## Twenty things to remember

1. Faith is the ability to not panic.
2. If you worry, you didn't pray. If you prayed, don't worry.
3. As a child of God, prayer is kinda like calling home every day.
4. Blessed are the flexible, for they shall not be bent out of shape.

5. When we get tangled up in our problems, be still. God wants us to be still so He can untangle the knot.

6. Do the math. Count your blessings.

7. God wants spiritual fruit, not religious nuts.

8. Dear God: I have a problem. It's me.

9. Silence is often misinterpreted, but never misquoted.

10. Laugh every day -- it's like inner jogging.

11. The most important things in your home are the people.

12. Growing old is inevitable, growing up is optional.

13. There is no key to happiness. The door is always open. Come on in.

14. A grudge is a heavy thing to carry.

15. He who dies with the most toys is still dead.

16. We do not remember days, but moments. Life moves too fast, so enjoy your precious moments.

17. Nothing is real to you until you experience it; otherwise it's just hearsay.

18. It's all right to sit on your pity pot every now and again. Just be sure to flush when you are done.

19. Surviving and living your life successfully requires courage. The goals and dreams you're seeking require courage and risk-taking. Learn from the turtle, it only makes progress when it sticks out its neck.

20. Be more concerned with your character than your reputation. Your character is what you really are, while your reputation is... merely what others think you are.



## **BUILD A NEW LIFE**

### **. . . By Increasing your Love-Ability**

*By O. Aldrich Wakeford*

The world needs love. The world has advanced far in scientific discoveries and inventions and in material progress. But it lacks the main ingredient that is necessary for personal and world peace. Only when we have learned to love one another can our civilization live in peace and harmony.

You and I cannot change the world; we cannot change human nature en masse. But we can bring more peace and harmony into our own small world. We can become more loving and more lovable.

Love is the key to successful human relationships. It is also the essence of joyous living. Have you ever known a joyous person who was not loving? Joy and love seem to be part of each other. Love lifts the spirits, brightens the eyes, and kindles a smile. It energizes and renews the whole being. It gives purpose to living. Contrast the outlook of a person who feels neither loving nor loved with that of a person whose life is filled with the giving and the receiving of love. What a difference love makes! One person is desolate, bleak, withdrawn; the other glows with an inner light. He has joy, purpose, and vitality.

Love melts away suspicion, envy, selfishness, and inharmony. It opens the way to a better relationship with every person whom we meet. Moses gave us ten commandments by which to guide our life, but the one word *love* is the overall word that includes all of them. If we loved God and man enough we would automatically keep each commandment. If we love our neighbor we shall not steal from him, or kill him, or covet his possessions. In our daily associations with others we shall, if we love them, treat them

with honor and respect, and refuse to harm them in any way.

There is a story about a minister who in his Sunday service told how much he loved little children. The following day, one of the children in the minister's neighborhood walked on his new and still wet concrete sidewalk. He scolded the child soundly and sent her home. A few minutes later he received a telephone call from the child's irate mother. "From your sermon yesterday I thought you loved little children," the woman chided. "But from the way you scolded my child today--"

"I do love little children," the minister replied. "But I love them in the abstract, not the concrete."

Is this not true of many persons? They love others in the abstract sphere of mind, but not in the concrete world of action. They may feel kindly toward people in general during a church service on Sunday, but neglect to deal kindly with members of their family or with business associates on Monday and throughout the week. The grudge or resentment that they forgot temporarily during worship time springs into sharp focus as soon as the prayers are finished.

A Russian story tells of a poor peasant who, in ancient days, took home with him each Sunday after worship the candle from the church altar. He used this candle early the following morning to light his way for the tasks he had to do. Perhaps we should try to use more of the spiritual light that we gain in prayer and meditation in Sunday worship to brighten our way and to guide us in our relationships with other people.

Love is not just an abstraction. It is not something to be thought about occasionally and then shunted to one side as impractical and unrealistic. It is very practical. Indeed, it is often a lifeline.

To Lola Kovener, it was her 7th-grade teacher who held out the lifeline of love to her. Now an adult, Miss Kovener recalls her rebellious attitude as a youngster toward the whole

world. The love that she so desperately needed was denied her at home. She felt unwanted and unloved. She ran away from home several times. On the day that she met her 7th-grade teacher, Mr. Kelly, the truant officer had brought her to him with a warning that the teacher would probably have trouble with her. But Mr. Kelly offered her understanding and kindness. Slowly, patiently, he worked with her, showing her that it was useless to hate others and to let herself be filled with resentment. She stopped running away; instead, she took her problems to Mr. Kelly. With his guidance she gained respect for herself. She took more care of her personal appearance and more interest in her studies. Because of her deep gratitude she wished to repay Mr. Kelly. She says: "It took a year and a half of hard study and careful planning before I could do it. Then the day came. The big assembly hall was filled with the parents of the 8th-grade graduating students. It didn't matter that my father said he'd try to come and didn't, or that I had no flowers. I had Mr. Kelly whose belief in me was my greatest gift-and now I was able to return his gift of love in the only manner deserving of it. I told the story of Mr. Kelly in my valedictory address."

Within each person is the wish to love and be loved. This is a fundamental need, and it remains, regardless of how carefully the person may try to cover it up or to gloss over it casually with an "I don't care" attitude. Each one does care. He cares a great deal, for only love-the giving and the receiving of it-can give him the fulfillment that he seeks.

To love and be loved -- is that not the essence of life? I once read a story in a magazine in which the young wife and mother, when asked what she did, replied, "I love." The other persons she knew would say they were a housewife or an accountant or a secretary or name whatever they did to make a living. I was intrigued by her answer, because

it should be the answer of all of us. "I love." Here is the essence of our being. Regardless of the work we do, whether it is in the home, office, factory, or store, our real answer should be that we love. The pressure of time or work or something else may push love into the background. Such pressure may almost crush love. But love is the fundamental reason for our being here. When love is crushed entirely, then there is no hope or desire to live. To love abundantly is to live abundantly. Life is then filled with glorious hope and a great eagerness.

### **Increase Your Love-ability**

You can increase your love-ability. In so doing you will become not only more loving but also more lovable. A person usually responds to another in the same way he is treated. Treat a person lovingly, and you will usually be treated lovingly in return.

What are some of the ways in which you might become more loving? Love has many facets. Let us consider a few:

#### **Kindness**

Kindness: Love is kindness in action. Mr. and Mrs. James R. Bachman of Pennsylvania exercised this kindness when they gave a home to six children. The Bachmans had five children of their own, but when they learned of the dire straits of Mr. Bachman's friend, they opened up their hearts. The friend's wife had died, leaving the husband with six children. It was a struggle to take care of them. The father asked Mr. Bachman's help with one of the boys, and Mr. Bachman took him home. But later, when the father was informed that the other five children would be placed in an institution, the Bachmans took them also. This is not love in an ivory tower, but love that takes work and sacrifice. It is love in action.

Kindness is seeing a need and fulfilling it. Not long ago a woman wrote telling how unhappy she was

because she felt unneeded. We can marvel at the fact that anyone can live in the world and not feel needed. There are so many needs to be met that it seems that one must be careful that he is not overwhelmed by them! There is not enough time or energy to fulfill all the needs one can see if only he will open his eyes to the conditions around him.

Tom Dooley saw a need and spent his short lifetime trying to fulfill it. Albert Schweitzer spent many years of his life trying to fulfill the need that he recognized. The gray ladies in the local hospital have seen a need, and so has the neighborhood babysitter. The woman who boards homeless children is doing her part in fulfilling one need, a teacher is fulfilling another need. Wherever there are human beings there are many needs. You cannot fulfill them all, nor even a good portion of them. But there are a few that you alone, by training, experience, or inclination, are equipped to handle capably and well. Here you can put kindness into action. You can meet the need that you see.

#### **Understanding**

Understanding: Love is understanding. If you will try to look at each person you meet with compassion and understanding, you will never dislike any person. You will see beneath the outer shell of sophistication to the real self of the person. And basically his real self is not much different from yours. He has desires and frustrations, as well as goals and obstacles. He has a yearning for love and affection and approval. Sometimes his methods of gaining his desires may be irritating or unwise, or even lawless.

Many years ago I wrote an article on the Boys' Clubs of America. In order to get information I visited the Boys' Club in Tampa, Florida. As I approached the big white building I saw these words in foot-high letters emblazoned across the top of the entranceway: "It is better to build

boys than to mend men." These words, I learned from "Stretch" Murphy, the director at that time, are the working principle of the hundreds of Boys' Clubs which reach into the lives of hundreds of thousands of male members between the ages of seven and twenty.

Understanding is the keynote to the success of this organization. Many of the boys have problems, and some of them have tried to solve them in the wrong way. The directors, however, try to look beyond the outer actions to the underlying motives. They try to overcome insolence and rebellion with patience and understanding. Jim K--, for instance, wanted the approval of others. He did not receive it at home from his parents, who were too busy with their own affairs. It was natural that he turn to his associates. But they were tough. In order to win their approval Jim had to act tougher. Subsequently, he got into trouble--not serious trouble, actually, but bad enough to head him in the downward direction unless he changed his sights. It was only through curiosity that he visited a Boys' Club. But he went back again and again, and then became a regular member. There he discovered, through the understanding and guidance of the director, that he could win a better kind of approval -- the kind of which he himself could be proud --through constructive projects. He became the club's champion basketball player, and also won a few prizes with his unusual photography.

Understanding can also be our keynote to successful relationships with other people. Understanding wipes away the barrier of "false fronts." On Halloween we often see children, or perhaps adults, at a party wearing masks. If we know the child or person well enough we recognize him, even with his mask on. Should we not, all year long, try to recognize the real person behind the mask that the majority of persons wear, the front that they show to the world? Would we not feel more kindly toward the overbearing person if we realized that his bravado is merely a cover-up for

his inferiority complex, or that his aloofness is an exterior mask for his shyness? Under-standing is an insight into the inner world of the other person. With it you can see him as he really is and not as he appears to be.

## Forgiveness

Forgiveness: Love forgives, and in the forgiving it becomes stronger and deeper and more glorious. It is not easy to forgive when someone has done something to hurt or anger you. It is even more difficult to forgive when, through another's actions, it becomes necessary for you to adjust your whole life. But forgive you must, unless you want to be burdened with resentment and bitterness.

One couple lost their only son when he was killed by a teenage driver. They were grief-stricken, but added to the father's grief were bitterness and resentment. His wife tried to release him from the bitterness by reminding him that the driver had not deliberately killed their son. He had not seen the boy as he had stepped off the curb. The law had freed the driver from blame; should not the father also?

The mother, although empty from her loss, carried forgiveness and compassion in her heart for the young driver. She visited him each day in the hospital where he was recovering after the accident. She learned much about him -- that his parents were not living, that he was working for his room and board and trying to put himself through the last year of high school. The car that he had been driving had been borrowed, and he now had that debt of paying car damages plaguing him. He was not a bad boy. He was lonely and he was frightened. The woman continued to help him after his release from the hospital. She wanted to bring him home with her, but her husband would not listen. But after a few months he agreed to let the boy come and work for his room and board. In daily contact with him, the father's bitterness slowly began to

change to compassion and then to fondness.

## Appreciation

Appreciation: Love shows appreciation. Sincere words of appreciation to others can help to bring harmony into your environment. Let no day pass without showing appreciation to someone for something. By speaking a word of appreciation you brighten the other person's spirits and lift your own.

Praise the good in others. By praising them you bring out more of the good. Because you are conscious of the good in them, they become more conscious of it and try to bring forth more of it. Praise has much more power than criticism. People tend to resist criticism, but respond favorably to praise. The response, of course, is a result of our deep-rooted need to be loved. We want others to love us. When they praise us sincerely, they are showing love for us.

Words of appreciation do not need to be long and flowery. The words, "thank you" are two wonderful little words of appreciation.

"Thank you" -- such simple little words. But they mean so much not only to those to whom they are said but also to those who say them. I once heard of a doctor who, when a patient came to him depressed and feeling sorry for himself, would give him an unusual prescription. The prescription directed him to say "Thank you" with a smile and with as much sincerity as he could muster to each and every person who did anything for him during the following few weeks. To those who grumbled, "I don't know who that would be," the doctor would reply, "You'll find somebody."

And they always did -- as all of us always will. Many people do nice things for us every day, if only we will become aware of them. Closest to home, of course, are the members of our family. How often we neglect to show appreciation to them -- perhaps because they are so close! But they want appreciation as much as anyone,

and often they deserve it more than someone we do not know so well or who does not do so much for us.

Then there are the people who give us service at our home--the mailman, milkman, paper boy, and others. Some may say, "They receive salaries; why should I thank them?" Yes, they get paid in money, but that salary pays them only for doing the job of getting the milk delivered or the mail put in the box. It does not guarantee their friendliness or their interest. My mailman, for instance, toots his horn whenever I receive a letter that he knows I am looking forward to getting. He wants me to have it the moment he puts it in the box. His salary does not cover that, but maybe my "Thank you" helps to show him my appreciation of his interest.

Sometimes it is not possible to thank a person directly, so we have to do it indirectly. A woman who remembers how her own Christmases as a child were brightened by the generosity of a neighbor makes and buys toys for youngsters in her own neighborhood and invites them to a party at her home each year. A man who was given a blood transfusion while in the hospital later wanted to thank his donor. However, upon inquiry, he was told that the name of the donor was never divulged. As soon as he was able he began giving blood to the blood bank as a token of his appreciation to that unknown person.

There are many ways to show our appreciation and there are many things for which to show it.

Kindness, understanding, forgiveness, and appreciation are only a few of the facets of love. But by trying to practice these you will become more loving. By giving warmth and understanding to another, they will be reflected back to you. By being more loving, you will become more lovable.

*(This, along with the front page article by Charles Fillmore, "Casting out Fear," is the last in this "Build a New Life" series.)*

# June 2009

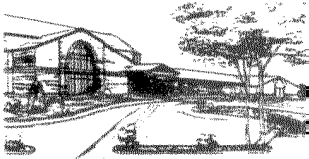
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i> <i>Stop, Think, Start!</i> Class 10:00 AM  OA 1:00 PM	<i>3</i> AA Men's Group 10:00 AM  CA 7:00 PM	<i>4</i> Dance Class 6:30-7:45 PM	<i>5</i>	<i>6</i> Choir Rehearsal 9:00 AM Bell Choir 10:30 AM
<i>7</i> Sunday Services 9:15 & 11:00 AM	<i>8</i>	<i>9</i> <i>Stop, Think, Start!</i> Class 10:00 AM  OA 1:00 PM	<i>10</i> AA Men's Group 10:00 AM  CA 7:00 PM	<i>11</i> Dance Class 6:30-7:45 PM	<i>12</i>	<i>13</i> Choir Rehearsal & Bell Choir In recess until August 15
<i>14</i> Sunday Services 9:15 & 11:00 AM  Healing Letter's Class 9:15 AM	<i>15</i> Ladies Night Out Growler's 5:30 PM 3811 S. Lindbergh	<i>16</i> <i>Stop, Think, Start!</i> Class 10:00 AM  OA 1:00 PM	<i>17</i> AA Men's Group 10:00 AM  CA 7:00 PM	<i>18</i> Dance Class 6:30-7:45 PM	<i>19</i>	<i>20</i> Choir Rehearsal & Bell Choir In recess until August 15
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# Wings

THE JUNE NEWSLETTER OF  
FIRST UNITY CHURCH OF ST. LOUIS

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## ADDRESS SERVICE REQUESTED

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

## Church Bulletin Bloopers . . .

*These actually appeared in church bulletins or were announced in church services:*

The Fasting & Prayer Conference includes meals.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Don't let worry kill you off - let the Church help.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

*-Thanks, Jim Petrovic*