

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

November
2009

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

Inside this issue:

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Thanksgiving

By Emmet Fox

Thanksgiving Day is a purely American Festival. It dates back to the early settlers who gave thanks for the bountiful crops that meant health and well-being during the coming winter. And so down through the years a day has always been set aside so that Americans of all faiths might acknowledge to God the many blessings they have received.

Now, no one needs to wait for Thanksgiving Day to give thanks to God. Indeed, we should make praise and thanksgiving a regular part of our prayers.

You will remember that Jesus said, "What things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them." It is quite obvious from this, that if you really believe that you shall receive them, then you should not only give thanks after your good is at hand, but you should constantly show your faith in God by giving thanks for the blessings you expect to receive.

Indeed, this is the royal road to demonstration, because we are not only confirming to ourselves our complete faith in the power and goodness of God, but we are

acknowledging the receipt of that good from the Giver of all perfect gifts, God Himself.

With praise and thanksgiving all obstacles can be overcome. "Offer unto God thanksgiving; and pay thy vows unto the Most High (Psalm 50:14)."



Count your blessings

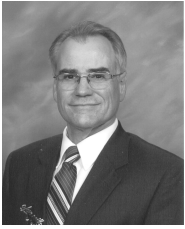
When the year is nearing its close, it is a good time for us to take stock of the blessings we have received

during the year.

As we look back over the year, we can see that there were many a blessing "in disguise" which we would have recognized at the time had we gotten behind the appearance to the reality of God.

Now, in taking stock of your demonstrations, do not rehash old difficulties, problems, and grievances. Remember this is to be an inventory of the good you have received, not a rehearsal of past mistakes. Then, when you have counted your blessings, if you feel that you could have done better, take it a step further.

-Continued on page 3



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Senior Minister



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Associate Minister

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Continuing Class

On Wednesdays at 7 PM, Revs. Randy and Sharon are team teaching a six-week class on Eric Butterworth's book **Unity, A Quest for Truth**. Eric Butterworth was a Unity minister in New York City where he conducted services at Avery Fisher Hall in Lincoln Center. If you are on a spiritual quest for a greater understanding of God and desire a happy, joyous life through practicing practical Christian principles, feel free to join this on-going class.



ALL-UNITY Thanksgiving Worship



Wednesday
November 25
7:00 p.m.

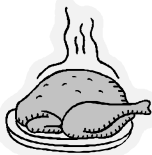
This year the All-Unity Thanksgiving Service will be hosted by

Unity Christ Church, 33 N. Skinker Blvd. Come join area Unity ministers and friends as we joyously praise God and give thanks for our bountiful blessings through music and inspirational messages. (We hear that Anne has something special planned from our music department!)

This month the **Ladies' Night Out Group** will be meeting on November 16th at 5:30 at Bandana's Bar-B-Q at 11750 Gravois Road near Lindbergh in Sunset Hills. Please join us for a fun evening and a great meal!



Feed My People



In this Thanksgiving season your donations to Feed My People are especially appreciated. Both food and non-food items such as bath and personal hygiene supplies, baby formula, diapers, laundry powder, dish washing liquid and cleanser, Ensure and Depends for the elderly, etc. are most useful. We will also be participating in the Giving Tree program for December which provides gifts for each family member.

www.feed-my-people.org

On Saturday, November 28th we will be decorating our church home for Christmas.

Won't you join us at 10:00 and stay for a pizza party after our church is all decked out in its Christmas best?



Coming in December

Dean and his band will once again present his **Have Yourself a Swingin' Holiday Concert**. Mark your calendar for December 18 and 19 at 7:30 p.m. and join us for a fun, funny, and fabulous musical evening.

The **Pastor Appreciation Day** celebration was wonderful. We are blessed, indeed, to serve a congregation like you! Thank you for the gifts, for the party, and for your generous and loving support. We are truly grateful!

Rev. Randy and Rev. Sharon

November 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



O give thanks to the Lord, for he is good; for his steadfast love endures for ever!
- Psalms 107:1

We increase our vitality by blessing and giving thanks in spirit.

- Charles Fillmore

From page one...



In the commercial field, a firm takes an inventory not

only to find out what goods it has on hand, but also to see if it cannot improve its business through more judicious merchandising. Likewise in your spiritual inventory, you should use it as a basis for making further progress.

You can take a step forward by asking yourself:

1. When a problem arises do I "Golden Key" the situation by seeing God where the trouble seems to be?
2. Have I gotten rid of anger, fear and resentment?
3. Have I forgiven everyone whom I think has injured me? Jesus made this one of the cardinal points in the great Lord's Prayer. We are to ask God to forgive us as we have forgiven others.

If you put these things into practice, then next year at this time your spiritual inventory will reflect the differences, for there will be many more blessings to count.

The discipline of gratitude

Gratitude ... goes beyond the "mine" and "thine" and claims the truth that all of life is a pure gift. In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.

A Guest at the table

For, after all, put it as we may to ourselves, we are all of us from birth to death guests at a table which we did not spread. The sun, the earth, love, friends, our very

breath are parts of the banquet. Shall we think of the day as a chance to come nearer to our Host, and to find out something of him who has fed us so long?

An example of caring

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child.

The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his Mother asked what he had said to the neighbor, the little boy said,
"Nothing, I just helped him cry."

Veteran's Day

Veteran's Day has its roots in what was called Armistice Day, the day when a peace agreement was signed with Germany ending World War I. Armistice Day was established with a proclamation by President Woodrow Wilson which reads in part: "Armistice Day will be filled with solemn pride in heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations." On June 1, 1954, Armistice Day was renamed Veterans Day to honor all U.S. veterans.

On Veterans Day this year, let us remember and honor those men and women who gave of

themselves, and let us continue to pray for our men and women currently serving in the military.

Three kinds of giving

There are three kinds of giving: grudge giving, duty giving and thanksgiving. Grudge giving says, 'I have to'; duty giving says, 'I ought to'; and thanksgiving says, 'I want to.' The latter comes from a full heart. Thanksgiving is an open gate into the love of God.

-Robert N. Rodenmayer

"Quotable Quotes"

Thanksgiving was never meant to be shut up in a single day.

-Robert Caspar Lintner

When I give, I give myself.

-Walt Whitman

A coincidence is God's way of remaining anonymous.

-Unknown

The person who sends out positive thoughts activates the world around him positively and draws back to himself positive results.

- Norman Vincent Peale

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.

- John Homer Miller

Your aspirations are your possibilities.

- Samuel Johnson

It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.

- Charles Darwin



VETERANS
Day

The Game of Life (And How to Play It)

By Florence Scovel Shinn

Chapter 6: Casting the Burden - Impressing the Subconscious

(Continued from October)

I knew a woman, whose burden was resentment. She said, "I cast this burden of resentment on the Christ within, and I go free, to be loving, harmonious and happy." The Almighty superconscious, flooded the subconscious with love, and her whole life was changed. For years, resentment had held her in a state of torment and imprisoned her soul (the subconscious mind).

The statement should be made over and over and over, sometimes for hours at a time, silently or audibly, with quietness but determination.

I have often compared it to winding-up a victrola. We must wind ourselves up with spoken words.

I have noticed, in "casting the burden," after a little while, one seems to see clearly. It is impossible to have clear vision, while in the throes of carnal mind. doubts and fear poison the mind and body and imagination runs riot, attracting disaster and disease.

In steadily repeating the affirmation, "I cast this burden on the Christ within, and go free," the vision clears, and with it a feeling of relief, and sooner or later comes *the manifestation of good, be it health, happiness or supply.*

One of my students once asked me to explain the "darkness before the dawn." I referred in a preceding chapter to the fact that often, before the big demonstration "everything seems to go wrong," and deep depression clouds the

consciousness. It means that out of the subconscious are rising the doubts and fears of the ages. These old derelicts of the subconscious rise to the surface, to be put out.

It is then that man should clap his cymbals, like Jehoshaphat, and give thanks that he is saved, even though he seems surrounded by the enemy (the situation of lack or disease). The student continued, "How long must one remain in the dark" and I replied, "until one *can see in the dark*, and *"casting the burden enables one to see in the dark."*

In order to impress the subconscious, active faith is always essential.

"Faith without works is dead." In these chapters I have endeavored to bring out this point.

Jesus Christ showed active faith when "He commanded the multitude to sit down on the ground," before he gave thanks for the loaves and fishes.

I will give another example showing how necessary this step is. In fact, active faith is the bridge, over which man passes to his Promised Land.

Through misunderstanding, a woman had been separated from her husband, whom she loved deeply. He refused all offers of reconciliation and would not communicate with her in any way.

Coming into the knowledge of Spiritual law, she denied the appearance of separation. She made this statement: "There is no separation in Divine Mind, therefore, I cannot be separated from the love and companionship which are mine by divine right."

She showed active faith by arranging a place for him at the table every day; thereby impressing the subconscious with a picture of his return. Over a year passed, but she never wavered, and one day he walked in.

The subconscious is often impressed through music. Music has a fourth dimensional quality

and releases the soul from imprisonment. It makes wonderful things seem *possible, and easy of accomplishment!*

I have a friend who uses her victrola, daily, for this purpose. It puts her in perfect harmony and releases the imagination.

Another woman often dances while making her affirmations. The rhythm and harmony of music and motion carry her words forth with tremendous power.

The student must remember also, not to despise the "day of small things."

Invariably, before a demonstration, come "signs of land."

Before Columbus reached America, he saw birds and twigs which showed him land was near. So it is with a demonstration; but often the student mistakes it for the demonstration itself, and is disappointed.

For example: A woman had "spoken the word" for a set of dishes. Not long afterwards a friend gave her a dish which was old and cracked.

She came to me and said, "Well, I asked for a set of dishes, and all I got was a cracked plate."

I replied, "The plate was only signs of land. It shows your dishes are coming - look upon it as birds and seaweed," and not long afterwards the dishes came.

Continually "making-believe," impresses the subconscious. If one makes believe he is rich, and makes believe he is successful, in "due time he will reap."

Children are always "making believe," and "except ye be converted, and become as little children, ye shall not enter the Kingdom of Heaven."

For example: I know of a woman who was very poor, but no one could make her feel poor. She earned a small amount of money from rich friends, who constantly reminded her of her poverty, and

to be careful and saving. Regardless of their admonitions, she would spend all her earnings on a hat, or make someone a gift, and be in a rapturous state of mind. Her thoughts were always centered on beautiful clothes and "rings and things," but without envying others.

She lived in the world of the wondrous, and only riches seemed real to her. Before long she married a rich man, and the rings and things became visible. I do not know whether the man was the "Divine Selection," but opulence had to manifest in her life, as she had imaged only opulence.

There is no peace or happiness for man, until he has erased all fear from the subconscious.

Fear is misdirected energy and must be redirected, or transmuted into Faith.

Jesus Christ said, "Why are ye fearful, O ye of little faith?" "All things are possible to him that believeth."

I am asked, so often by my students, "How can I get rid of fear?"

I reply, "By walking up to the thing you are afraid of."

"The lion takes its fierceness from your fear."

Walk up to the lion, and he will disappear; run away and he runs after you.

I have shown in previous chapters, how the lion of lack disappeared when the individual spent money fearlessly, showing faith that God was his supply and therefore, unailing.

Many of my students have come out of the bondage of poverty, and are now bountifully supplied, through losing all fear of letting money go out. The subconscious is impressed with the truth that *God is the Giver and Gift*; therefore as one is one with the Giver, he is one with the Gift. A splendid statement is, "I now

thank God the Giver for God the Gift."

Man has so long separated himself from his good and his supply, through thoughts of separation and lack, that sometimes, it takes dynamite to dislodge these false ideas from the subconscious, and the dynamite is a big situation.

We see in the foregoing illustration, how the individual was freed from his bondage by *showing fearlessness*.

Man should watch himself hourly to detect if his motive for action is fear or faith.

"Choose ye this day whom we shall serve," fear or faith.

Perhaps one's fear is of personality. Then do not avoid the people feared; be willing to meet them cheerfully, and they will either prove "golden links in the chain of one's good," or disappear harmoniously from one's pathway.

Perhaps one's fear is of disease or germs. Then one should be fearless and undisturbed in a germ-laden situation, and he would be immune.

One can only contract germs while vibrating at the same rate as the germ, and fear drags men down to the level of the germ. Of course, the disease laden germ is the product of carnal mind, as all thought must objectify. Germs do not exist in the superconscious or Divine Mind, therefore are the product of man's "vain imagination."

"In the twinkling of an eye," man's release will come when he realizes *there is no power in evil*.

The material world will fade away, and the fourth dimensional world, the "World of the Wondrous," will swing into manifestation.

"And I saw a new heaven, and a new earth - and there shall be no more death, neither sorrow nor crying, neither shall there be any more pain; for the former things are passed away."

Chapter 7: Love

Every man on this planet is taking his initiation in love. "A new commandment I give unto you, that ye love one another." Ouspensky states, in "Tertium Organum," that "love is a cosmic phenomenon," and opens to man the fourth dimensional world, "The World of the Wondrous."

Real love is selfless and free from fear. It pours itself out upon the object of its affection, without demanding any return. Its joy is in the joy of giving. Love is God in manifestation, and the strongest magnetic force in the universe. Pure, unselfish love *draws to itself its own*; it does not need to seek or demand. Scarcely anyone has the faintest conception of real love. Man is selfish, tyrannical or fearful in his affections, thereby losing the thing he loves. Jealousy is the worst enemy of love, for the imagination runs riot, seeing the loved one attracted to another, and invariably these fears objectify if they are not neutralized.

For example: A woman came to me in deep distress. The man she loved had left her for other women, and said he never intended to marry her. She was torn with jealousy and resentment and said she hoped he would suffer as he had made her suffer; and added, "How could he leave me when I loved him so much?"

I replied, "You are not loving that man, you are hating him," and added, "*You can never receive what you have never given. Give a perfect love and you will receive a perfect love.* Perfect yourself on this man. Give him a perfect, unselfish love, demanding nothing in return, do not criticise or condemn, and *bless him wherever his is.*"

She replied, "No, I won't bless him unless I know where he is!" she said.

"Well," I said, "that is not real love."

"When you *send out real love*, real love will return to you, either from this man or his equivalent, for if this man is not the divine selection, you will not want him. As you are one with God, you are one with the love which belongs to you by divine right."

Several months passed, and matters remained about the same, but she was working conscientiously with herself. I said, "When you are no longer disturbed by his cruelty, he will cease to be cruel, as you are attracting it through your own emotions."

Then I told her of a brotherhood in India, who never said, "Good Morning" to each other. They used these words: "*I salute the Divinity in you.*" They saluted the divinity in every man, and in the wild animals in the jungle, and they were never harmed, for they *saw only God in every living thing*. I said, "Salute the divinity in this man, and say, 'I see your divine self only. I see you as God see you, perfect, made in His image and likeness.'"

She found she was becoming more poised, and gradually losing her resentment. He was a Captain, and she always called him "The Cap."

One day, she said, suddenly, "*God bless the Cap wherever he is.*"

I replied: "Now that is real love, and when you have become a 'complete circle,' and are no longer disturbed by the situation, you will have his love, or attract its equivalent."

I was moving at this time, and did not have a telephone, so was out of touch with her for a few weeks, when one morning I received a letter saying, "We are married."

At the earliest opportunity, I paid her a call. My first words were, "What happened?"

"Oh," she exclaimed, "a miracle! One day I woke up and all suffering had ceased. I saw him

that evening and he asked me to marry him. We were married in about a week, and I have never seen a more devoted man."

There is an old saying: "*No man is your enemy, no man is your friend, every man is your teacher.*"

So one should become impersonal and learn what each man has to teach him, and soon he would learn his lessons and be free.

The woman's lover was teaching her selfless love, which every man, sooner or later, must learn.

Suffering is not necessary for man's development; it is the result of violation of spiritual law, but few people seem able to rouse themselves from their "soul sleep" without it. When people are happy, they usually become selfish, and automatically the law of Karma is set in action. Man often suffers loss through lack of appreciation.

I knew a woman who had a very nice husband, but she said often, "I don't care anything about being married, but that is nothing against my husband. I'm simply not interested in married life."

She had other interests, and scarcely remembered she had a husband. She only thought of him when she saw him. One day her husband told her he was in love with another woman, and left. She came to me in distress and resentment.

I replied, "It is exactly what you spoke the word for. You said you didn't care anything about being married, so the subconscious worked to get you unmarried."

She said, "Oh yes, I see. People get what they want, and then feel very much hurt."

She soon became in perfect harmony with the situation, and knew they were both much happier apart.

When a woman becomes indifferent or critical, and ceases to be an inspiration to her husband, he misses the stimulus of their

early relationship and is restless and unhappy.

A man came to me dejected, miserable and poor. His wife was interested in the "Science of Numbers," and had had him read. It seems the report was not very favorable, for he said, "My wife says I'll never amount to anything because I am a two."

I replied, "I don't care what your number is, you are a perfect idea in divine mind, and we will demand the success and prosperity which are already planned for you by that Infinite Intelligence."

Within a few weeks, he had a very fine position, and a year or two later, he achieved a brilliant success as a writer. No man is a success in business unless he loves his work. The picture the artist paints for love (of his art) is his greatest work. The pot-boiler is always something to live down.

No man can attract money if he despises it. Many people are kept in poverty by saying: "Money means nothing to me, and I have a contempt for people who have it."

This is the reason so many artists are poor. Their contempt for money separates them from it.

I remember hearing one artist say of another, "He's no good as an artist, he has money in the bank."

This attitude of mind, of course, separates man from his supply; he must be in harmony with a thing in order to attract it.

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.

-Continued in December

November 2009

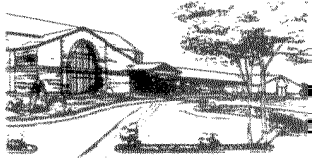
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Sunday Services 9:15 & 11:00 AM</p> <p>Youth Ed 11:00 AM</p>	<p>2</p>	<p>3</p> <p>"Teach Us To Pray" Class 10:00 AM</p>	<p>4</p> <p>AA Men's Group 10:00 AM</p> <p>CA 7:00 PM</p> <p>"Unity A Quest for Truth Class 7:00 PM</p>	<p>5</p> <p>Dance Classes are postponed until the first of the year.</p>	<p>6</p>	<p>7</p> <p>Choir Rehearsal 9:00 AM</p> <p>Bell Rehearsal 10:30 AM</p>
<p>8</p> <p>Sunday Services 9:15 & 11:00 AM</p> <p>Youth Ed 11:00 AM</p>	<p>9</p>	<p>10</p> <p>"Teach Us To Pray" Class 10:00 AM</p>	<p>11</p> <p>AA Men's Group 10:00 AM</p> <p>CA 7:00 PM</p> <p>"Unity A Quest for Truth Class 7:00 PM</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>Choir Rehearsal 9:00 AM</p> <p>Bell Rehearsal 10:30 AM</p>
<p>15</p> <p>Sunday Services 9:15 & 11:00 AM</p> <p>Youth Ed 11:00 AM</p>	<p>16</p> <p>Ladies Night Out 5:30 PM</p> <p>Bandana's Bar-B-Q 11750 Gravois, near Lindbergh</p>	<p>17</p> <p>"Teach Us To Pray" Class 10:00 AM</p>	<p>18</p> <p>AA Men's Group 10:00 AM</p> <p>CA 7:00 PM</p> <p>"Unity A Quest for Truth Class 7:00 PM</p>	<p>19</p>	<p>20</p>	<p>21</p> <p>Choir Rehearsal 9:00 AM</p> <p>Bell Rehearsal 10:30 AM</p>
<p>22</p> <p>Sunday Services 9:15 & 11:00 AM</p> <p>Youth Ed 11:00 AM</p>	<p>23</p>	<p>24</p> <p>"Teach Us To Pray" Class 10:00 AM</p>	<p>25</p> <p>AA Men's Group 10:00 AM</p> <p>CA 7:00 PM</p> <p>All-Unity Thanksgiving 7:00 PM at Skinker</p>	<p>26</p> <p>Thanksgiving Day</p>	<p>27</p>	<p>28</p> <p>Choir Rehearsal 9:00 AM</p> <p>Bell Rehearsal 10:30 AM</p> <p>Decorating for Christmas 10:00 AM</p>
<p>29</p> <p>Sunday Services 9:15 & 11:00 AM</p> <p>Youth Ed 11:00 AM</p>	<p>30</p>					

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THE NOVEMBER NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- What love means to 4 to 8 year-olds

A group of professional people posed this question to a group of 4 to 8 year-olds: "What does love mean?" The answers they got were broader and deeper than anyone could have imagined. See what you think:

When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore.

So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.

-Rebecca, age 8

When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.

-Billy, age 4

Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.

-Karl, age 5

Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.

-Chrissy, age 6

Love is what makes you smile when you're tired.

-Terri, age 4

Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.

-Danny, age 7

Love is what's in the room with you at Christmas if you stop opening presents and listen.

-Bobby, age 7

If you want to learn to love better, you should start with a friend who you hate.

-Nikka, age 6

Love is when you tell a guy you like his shirt, then he wears it everyday.

-Noelle, age 7

You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.

-Jessica, age 8