

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

October 2009

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

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Tackling that bug bear

By Emmet Fox

When what seems an especially difficult problem, or a great emergency presents itself, many students of Truth handle it in the wrong way. They start by thinking "This is very serious," and then proceed to brace themselves mentally, so to speak, for a supreme effort; and plan to pray exceedingly "hard," or for a good many hours, in order to meet the difficulty. All this is quite wrong. It simply builds up the problem into something far bigger than it was originally. Then they proceed to make a great mental effort to put power into the prayer. This again is quite wrong, because their mental power cannot do anything -- only God can heal the condition -- and this effort is really to affirm that He may not act.

The right attitude, the one that brings Victory, is:

1. To think "God can and will solve this problem if I adopt the right mental attitude."
2. Instead of speaking the Word from the low altitude of fear and limitation, and trusting the effort to magnify the

Word; stop thinking of the problem altogether, and rise in consciousness. Take as long for this as may be necessary -- a few seconds, a few minutes, or hours, or even days.

3. Having now attained a higher level, speak the Word gently from that level, and your problem will be solved.

We rise in consciousness by thinking about God, until we become really interested in Him. The altitude will vary with different people, as will the time needed to attain it, and these things will differ at different times for the same person.

Ephesians 2:8, NRSV

Of course, this higher level of consciousness is not anything dreamy or abnormal. It is simply a healthy and rational interest in God.



For by **GRACE** you have been saved through **FAITH ...** it is the gift of **GOD ...**



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Senior Minister



Rev. Sharon Allmond
Associate Minister

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Silent Unity: 1-800-669-7729

Wings
October 2009

New Class

Beginning Wednesday,
October 14th at 7 PM,
Revs. Randy and Sharon
will team teach 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, then this is the
class for you.



Fifty's Diner Dance

On Friday, October 23, our
music department is
sponsoring an evening of
fun, food, and dancing in the
"diner" downstairs in
fellow-ship. There will be chili dogs, root
beer floats, a hoola hoop contest, and music
provided by Rick B Productions. A \$15
donation is suggested with all proceeds going
to our music department. Come twist and
shout and dance the night away!

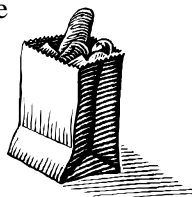


This month the Ladies' Night Out Group



will be meeting on October
19th at 5:30 at Nicoletti's, 1366
Big Bend Square at 141 and
Big Bend (SW corner). Please
join us!

Feed My People has been seeing a major
increase in people who are
turning to them for help.
They, in turn, must look
for more help from the
community. This
includes expanding the
food resources and the non-
food items, increasing the number of
volunteers, and increasing participation in
Christmas programs such as Adopt-A-Family
and the Giving Tree.



www.feed-my-people.org



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.

Welcome Home to Unity

If you are one of the "spiritual but not
religious" people who questions your
childhood faith or is looking for something
more, Unity may feel like a homecoming.

You may be one of the millions of people
who have embarked on their own spiritual
path. If so, you have discovered a whole
community of people like yourself. It is
Unity – a spiritual movement that honors all
paths to God; sees God as good and
everywhere present; and affirms the spark of
Divinity in all of us. Unity also offers a
positive, practical, progressive approach to
Christianity, regarding Jesus as the great
example rather than the great exception.
Unity interprets the Bible metaphysically
rather than literally. Have you ever imagined
that the Bible could be the story of your own
life? It is just one of the tools available for
powerful personal transformation.



October Affirmations

Inner Peace: I am one with God. I am one
with infinite peace.

Guidance: Divine guidance moves me to
new heights of wisdom and success.

Healing: I am a whole and holy being, an
expression of divine perfection.

Prosperity: I accept the abundance of God
flowing to me and through me now.

World Peace: United in divine love, we
walk a path of peace.

www.dailyword.com

Affirmation

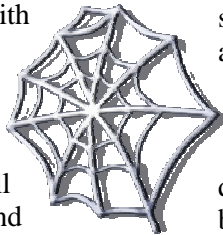
Divine Love now dissolves and dissipates every wrong condition in my mind, body and affairs. Divine Love is the most powerful chemical in the universe, and dissolves everything which is not of itself!

-Florence Scovel Shinn

A far-reaching touch

As we move around this world and as we act with kindness, perhaps, or with indifference or with hostility toward the people we meet, we are setting the great spider web tremble. The life that I touch for good or ill will touch another life, and that, in turn, another, until who knows where the trembling stops or in what far place my touch will be felt.

--Frederick Buechner



Are you God's wife?

While working at a shoe store in downtown Truro, Nova Scotia, I noticed a little boy standing on the hot-air register outside the bakery shop next door in his bare feet, trying to keep warm.

I was unsure whether to invite the boy into the store, or just what to do with him, when a woman came by. After a few words with the barefoot boy, she brought him into the shoe store. She bought him new shoes and heavy woolen socks, for which he tried awkwardly to thank her. "Are you God's wife?" he asked his benefactor.

Taken aback by the question, she took some time before replying, "No, son, I'm just one of his children."

"Well, I knew you must be some kin to him," he said as he thanked her again and ran out the door.

-Zelda Cornish

Tomorrow

Do not look forward to what might happen tomorrow.
The same God who cares for you today
Will take care of you and yours tomorrow and every day.
Either God will shield you from suffering
Or God will give you unfailing strength to bear it.
Be at peace then and put aside
All anxious thoughts and imaginations.

--St. Francis de Sales

Everyone can serve

Look for opportunities to serve; don't wait to be asked! Remember: You can serve without being a part of an "official" ministry. We all can:

- extend the word of welcome, whether or not we are official greeters;
- be listening, caring friends, whether or not we are official counselors;
- be enthusiastic participants and ready to give a hand, whether or not we are on the planning or cleanup committees.

What now?

God: "Whew! I just created a 24-hour period of alternating light and darkness on Earth."

Angel: "What are you going to do now?"

God: "Call it a day."



"Quotable Quotes"

Worry does not empty tomorrow of its sorrow; it empties today of its strength.

-Corrie Ten Boom

The greatest masterpieces were once only pigments on a palette.

-Henry Hoskins

It is never too late to be what you might have been.

-George Eliot

The greater perfection a soul aspires after, the more dependent it is upon divine grace.

-Brother Lawrence

Your temper will improve the longer you keep it."

-Anonymous

Turn your face to the sun, and the shadows fall behind you.

-Maori Proverb

The real voyage of discovery consists not in seeking new landscapes, but in seeing with new eyes.

-Marcel Proust

It is only with the heart that one can see rightly; what is essential is invisible to the eye.

-Exupery

Forgiveness can remarkably restore our relationships, renew our spirits and revitalize our lives."

-William Arthur Ward

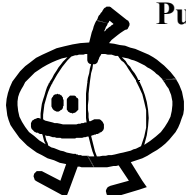
In my life's chain of events nothing was accidental. Everything happened according to an inner need.

-Hannah Senesh

There is no duty we so much underrate as the duty of being happy. By being happy we sow anonymous benefits upon the world.

-Robert Louis Stevenson

Pumpkin People



How is being a Christian like being a pumpkin?

God sees us, picks us out of the dirt, cleans us off, takes the yucky material out of us by forgiving us, puts a smile on our faces and places a shining light within us for others to see.

The Game of Life (And How to Play It)

By Florence Scovel Shinn

Chapter 5: The Law of Karma and The Law of Forgiveness

Man receives only that which he gives. The Game of Life is a game of boomerangs. Man's thoughts, deeds and words, return to him sooner or later, with astounding accuracy.

This is the law of Karma, which is Sanskrit for "Comeback." "Whatsoever a man soweth, that shall he also reap."

For example: A friend told me this story of herself, illustrating the law. She said, "I make all my Karma on my aunt, whatever I say to her, someone says to me. I am often irritable at home, and one day, said to my aunt, who was talking to me during dinner. 'No more talk, I wish to eat in peace.'"

"The following day, I was lunching with a woman with whom I wished to make a great impression. I was talking animatedly, when she said: 'No more talk, I wish to eat in peace!'"

My friend is high in consciousness, so her Karma returns much more quickly than to one on the mental plane.

The more man knows, the more he is responsible for, and a person with a knowledge of Spiritual Law, which he does not practice, suffers greatly, in consequence. "The fear of the Lord (law) is the beginning of wisdom." If we read the word Lord, law, it will make many passages in the Bible much clearer.

"Vengeance is mine, I will repay saith the Lord" (law). It is the law which takes vengeance, not God. God sees man perfect, "created in his own image,"

(imagination) and given "power and dominion."

This is the perfect idea of man, registered in Divine Mind, awaiting man's recognition; for man can only be what he sees himself to be, and only attain what he sees himself attaining.

"Nothing ever happens without an on-looker" is an ancient saying.

Man sees first his failure or success, his joy or sorrow, before it swings into visibility from the scenes set in his own imagination. We have observed this in the mother picturing disease for her child, or a woman seeing success for her husband.

Jesus Christ said, "And ye shall know the truth and the truth shall make you free."

So, we see freedom (from all unhappy conditions) comes through knowledge - a knowledge of Spiritual Law.

Obedience precedes authority, and the law obeys man when he obeys the law. The law of electricity must be obeyed before it becomes man's servant. When handled ignorantly, it becomes man's deadly foe. *So with the laws of Mind!*

For example: A woman with a strong personal will, wished she owned a house which belonged to an acquaintance, and she often made mental pictures of herself living in the house. In the course of time, the man died and she moved into the house. Several years afterwards, coming into the knowledge of Spiritual Law, she said to me: "Do you think I had anything to do with that man's death?" I replied: "Yes, your desire was so strong, everything made way for it, but you paid your Karmic debt. Your husband, whom you loved devotedly, died soon after, and the house was a white elephant on your hands for years."

The original owner, however, could not have been affected by her thoughts had he been positive

in the truth, nor her husband, but they were both under Karmic law. The woman should have said (feeling the great desire for the house), "Infinite Intelligence, give me the right house, equally as charming as this, the house *which is mine by divine right.*"

The divine selection would have given perfect satisfaction and brought good to all. The divine pattern is the only safe pattern to work by.

Desire is a tremendous force, and must be directed in the right channels, or chaos ensues.

In demonstrating, the most important step is the *first step, to "ask aright."*

Man should always demand only that which is his by *divine right.*

To go back to the illustration: Had the woman taken this attitude: "If this house, I desire, is mine, I cannot lose it, if it is not, give me its equivalent," the man might have decided to move out, harmoniously (had it been the divine selection for her) or another house would have been substituted. Anything forced into manifestation through personal will, is always "ill-got," and has "ever bad success."

Man is admonished, "My will be done not thine," and the curious thing is, man always gets just what he desires when he does relinquish personal will, thereby enabling Infinite Intelligence to work through him.

"Stand ye still and see the salvation of the Lord" (law).

For example: A woman came to me in great distress. Her daughter had determined to take a very hazardous trip, and the mother was filled with fear.

She said she had used every argument, had pointed out the dangers to be encountered, and forbidden her to go, but the daughter became more and more rebellious and determined. I said to the mother, "You are forcing your

personal will upon your daughter, which you have no right to do, and your fear of the trip is only attracting it, for man attracts what he fears." I added, "Let go, and take your mental hands off; *put it in God's Hands, and use this statement:*" "I put this situation in the hands of Infinite Love and Wisdom; if this trip is the Divine plan, I bless it and not longer resist, but if it is not divinely planned, I give thanks that it is now dissolved and dissipated."

A day or two after that, her daughter said to her, "Mother, I have given up the trip," and the situation returned to its "native nothingness."

It is learning to "stand still," which seems so difficult for man. I have dealt more fully with this law in the chapter on nonresistance.

I will give another example of sowing and reaping, which came in the most curious way.

A woman came to me saying, she had received a counterfeit twenty-dollar bill, given to her at the bank. She was much disturbed, for, she said, "The people at the bank will never acknowledge their mistake."

I replied, "Let us analyze the situation and find out why you attracted it." She thought a few moments and exclaimed: "I know it, I sent a friend a lot of stage money, just for a joke." So the law had sent her some stage money, for it doesn't know anything about jokes.

I said, "Now we will call on the law of forgiveness, and neutralize the situation."

Christianity is founded upon the law of forgiveness - Christ has redeemed us from the curse of the Karmic law, and the Christ within each man is his Redeemer and Salvation from all inharmonious conditions.

So I said: "Infinite Spirit, we call on the law of forgiveness and give thanks that she is under grace and not under law, and cannot lose

this twenty dollars which is hers by divine right."

"Now," I said, "Go back to the bank and tell them, fearlessly, that it was given you, there by mistake."

She obeyed, and to her surprise, they apologized and gave her another bill, treating her most courteously.

So knowledge of the Law gives man power to "rub out his mistakes." Man cannot force the external to be what he is not.

If he desires riches, he must be rich first in consciousness.

For example: A woman came to me asking treatment for prosperity. She did not take much interest in her household affairs, and her home was in great disorder.

I said to her, "If you wish to be rich, you must be orderly. All men with great wealth are orderly - and order is heaven's first law." I added, "You will never become rich with a burnt match in the pin-cushion."

She had a good sense of humor and commenced immediately, putting her house in order. She rearranged furniture, straightened out bureau drawers, cleaned rugs, and soon made a big financial demonstration - a gift from a relative. The woman, herself, became made over, and keeps herself keyed-up financially, by being ever watchful of the *external and expecting prosperity, knowing God is her supply.*

Many people are in ignorance of the fact that gifts and things are investments, and that hoarding and saving invariably lead to loss.

"There is that scattereth and yet increaseth; and there is that withholdeth more than is meet, but it tendeth to poverty."

For example: I knew a man who wanted to buy a fur-lined overcoat. He and his wife went to various shops, but there was none he wanted. He said they were all too cheap-looking. At last, he was

shown one, the salesman said was valued at a thousand dollars, but which the manager would sell him for five-hundred dollars, as it was late in the season.

His financial possessions amounted to about seven hundred dollars. The reasoning mind would have said, "You can't afford to spend nearly all you have on a coat," but he was very intuitive and never reasoned.

He turned to his wife and said, "If I get this coat, I'll make a ton of money!" So his wife consented, weakly.

About a month later, he received a ten-thousand-dollar commission. The coat made him feel so rich, it linked him with success and prosperity; without the coat he would not have received the commission. It was an investment paying large dividends!

If man ignores these leadings to spend or to give, the same amount of money will go in an uninteresting or unhappy way.

For example: A woman told me, on Thanksgiving Day, she informed her family that they could not afford a Thanksgiving dinner. She had the money, but decided to save it.

A few days later, someone entered her room and took from the bureau drawer the exact amount the dinner would have cost.

The law always stands back of the man who spends fearlessly, with wisdom.

For example: One of my students was shopping with her little nephew. The child clamored for a toy, which she told him she could not afford to buy.

She realized suddenly that she was seeking lack, and not recognizing God as her supply!

So she bought the toy, and on her way home, picked up, *in the street, the exact amount of money she had paid for it.*

Man's supply is inexhaustible and unailing when fully trusted,

but faith or trust must precede the demonstration. "According to your faith be it unto you." "Faith is the substance of things hoped for, the evidence of things not seen - " for faith holds the vision steady, and the adverse pictures are dissolved and dissipated, and "in due season we shall reap, if we faint not."

Jesus Christ brought the good news (the gospel) that there was a higher law than the law of Karma - and that that law transcends the law of Karma. It is the law of grace, or forgiveness. It is the law which **frees man from the law of cause and effect - the law of consequence. "Under grace, and not under law."**

We are told that on this plane, man reaps where he has not sown; the gifts of God are simply poured out upon him. "All that the Kingdom affords is his." This continued state of bliss awaits the man who has overcome the race (or world) thought.

In the world thought there is tribulation, but Jesus Christ said: "Be of good cheer; I have overcome the world."

The world thought is that of sin, sickness and death. He saw their absolute unreality and said sickness and sorrow shall pass away and death itself, the last enemy, be overcome.

We know now, from a scientific standpoint, that death could be overcome by stamping the subconscious mind with the conviction of eternal youth and eternal life.

The subconscious, being simply power without direction, *carries out orders without questioning.*

Working under the direction of the superconscious (the Christ or God within man) the "resurrection of the body" would be accomplished.

Man would no longer throw off his body in death, it would be transformed into the "body

electric," sung by Walt Whitman, for Christianity is founded upon the forgiveness of sins and "an empty tomb."

Chapter 6: Casting the Burden - Impressing the Subconscious

When man knows his own powers and the workings of his mind, his great desire is to find an easy and quick way to impress the subconscious with good, for simply an intellectual knowledge of the Truth will not bring results.

In my own case, I found the easiest way is in "casting the burden."

A metaphysician once explained it in this manner. He said, "The only thing which gives anything weight in nature, is the law of gravitation, and if a boulder could be taken high above the planet, there would be no weight in that boulder; and that is what Jesus Christ meant when he said: "My yoke is easy and my burden is light."

He had overcome the world vibration, and functioned in the fourth dimensional realm, where there is only perfection, completion, life and joy.

He said: "Come to me all ye that are labor and are heavy laden, and I will give you rest." "Take my yoke upon you, for my yoke is easy and my burden is light."

We are also told in the fifty-fifth Psalm, to "cast thy burden upon the Lord." Many passages in the Bible state that the *battle is God's* not man's and that man is always to "stand still" and see the *Salvation of the Lord.*

This indicates that the superconscious mind (or Christ within) is the department which fights man's battle and relieves him of burdens.

We see, therefore, that man violates law if he carries a burden, and a burden is an adverse thought

or condition, and this thought or condition has its root in the subconscious.

It seems almost impossible to make any headway directing the subconscious from the conscious, or reasoning mind, as the reasoning mind (the intellect) is limited in its conceptions, and filled with doubts and fears.

How scientific it then is, to cast the burden upon the superconscious mind (or Christ within) where it is "made light," or dissolved into its native nothingness."

For example: A woman in urgent need of money, "made light" upon the Christ within, the superconscious, with the statement, "I cast this burden of lack on the Christ (within) and I go free to have plenty!"

The belief in lack was her burden, and as she cast it upon the Superconscious with its belief of plenty, an avalanche of supply was the result.

We read, "The Christ in you the hope of glory."

Another example: One of my students had been given a new piano, and there was no room in her studio for it until she had moved out the old one. She was in a state of perplexity. She wanted to keep the old piano, but knew of no place to send it. She became desperate, as the new piano was to be sent immediately; in fact, was on its way, with no place to put it. She said it came to her to repeat, "I cast this burden on the Christ within, and I go free."

A few moments later, her 'phone rang, and a woman friend asked if she might rent her old piano, and it was moved out, a few minutes before the new one arrived.

--Continued in November

October 2009

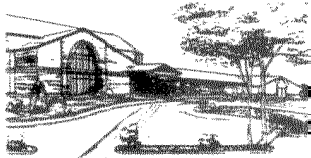
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i> Dance Class 6:30 - 7:45	<i>2</i>	<i>3</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>4</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM	<i>5</i>	<i>6</i> "Teach Us To Pray" Class 10:00 AM	<i>7</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>8</i> Dance Class 6:30 - 7:45	<i>9</i>	<i>10</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>11</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM	<i>12</i>	<i>13</i> "Teach Us To Pray" Class 10:00 AM	<i>14</i> AA Men's Group 10:00 AM CA 7:00 PM Unity A Quest for Truth Class 7PM	<i>15</i> Dance Class 6:30 - 7:45	<i>16</i>	<i>17</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>18</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM	<i>19</i> Ladies Night Out 5:30 PM Nicoletti's	<i>20</i> "Teach Us To Pray" Class 10:00 AM	<i>21</i> AA Men's Group 10:00 AM CA 7:00 PM Unity A Quest for Truth Class 7PM	<i>22</i> Dance Class 6:30 - 7:45	<i>23</i> 50's Diner Dance Doors open at 6 PM	<i>24</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>25</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM	<i>26</i>	<i>27</i> "Teach Us To Pray" Class 10:00 AM	<i>28</i> AA Men's Group 10:00 AM CA 7:00 PM Unity A Quest for Truth Class 7PM	<i>29</i> Dance Class 6:30 - 7:45	<i>30</i>	<i>31</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM

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THE OCTOBER NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- Grandparents according to children

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these, yourself!"

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised, "mine says I'm 4 to 6."

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said, "how do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

Children's Logic: "Give me a sentence about a public servant," said a teacher.

The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrant."