

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

September
2009

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

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How to talk to God

By Rev. Alan Rowbotham

When Jesus talked to God, he aligned himself with God. He said, "The Father and I are one," and "He who has seen me has seen the Father." To differentiate in a simple way between prayer and meditation, we often say that prayer is talking to God, and meditation is listening to God. But for Jesus, prayer was talking to God in a special way. He prayed and spoke not just to God, but from a consciousness of God presence, a consciousness of oneness with or in God.

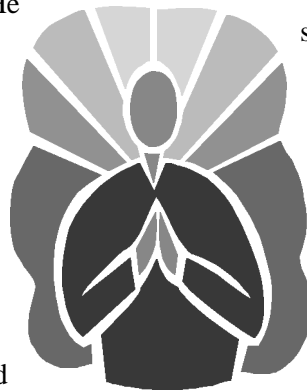
When Jesus gave us the guidelines for prayer, he helped us to focus upon that truth and he used affirmative prayer. He didn't use begging prayer. Any time you read the words of Jesus, you discover that he never begged God. He thanked God, and he believed in God. He believed the answer was already there, he gave thanks that the answer was already there. And when he was speaking from his Christ self, or God self, he said "I am the resurrection and the life. I am the bread of life. I am the true vine. I am the way, the truth, and the life." He focused on the "I am" presence of God within him.

Remember when Moses was in the wilderness and came upon the burning bush, he asked God's name. And God in response

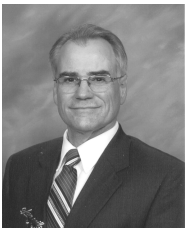
within Moses' own consciousness came to him, "I am that I am."

The "I am" is the very presence of God in us, and when Jesus spoke from his Christ self he affirmed the truth of his being, "I am the bread of life." In the scriptures, wherever you read those statements, you'll find that Jesus also performed some kind of miracle as an expression of that particular truth. When he said, "I am the bread of life," it was very close to the feeding of the five thousand. When he affirmed "I am the resurrection and the life," it was very close to the raising of Lazarus. He was focusing upon the truth of his being. And that's what affirmative prayer is all about. It's not making yourself into something that you're not, but it's affirming the truth of what you already are. And that's an important distinction and an important realization.

Jesus was not someone that God specialized in, but God was what Jesus specialized in. It's an important distinction. So often we think of Jesus being the special person that God ordained for this particular purpose. But as well as saying "I am the light of the world," Jesus said to us, "You are the light of the world." His whole focus was on us, realizing for us the truth of our own being and encouraging us to bring it forth into expression.



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World Day of Prayer Service

Please join us Thursday, September 10, at 7:00 p.m., as we observe Unity's annual World Day of Prayer here at First Unity Church. Our service will be a prayerful evening, designed to create a peaceful space of loving regard and prayer for ourselves, our families and friends, and for the world we live in.

Prayer request forms are available at the church, or they can be submitted online by visiting www.worlddayofprayer.org. (Prayer requests will be sent to Silent Unity, where they will remain for thirty days.)

We hope to see you there!

PosiPalooza!

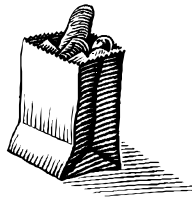
First Unity is proud to host PosiPalooza, brought to St. Louis through emPower Music and Arts, a national concert tour with some of the best musicians in the country. If you love positive, uplifting, empowering music, you will want to join us at **7:00 pm on Saturday, September 19**. Tickets are \$20 and are available at First Unity or on line at www.empowerma.com. For more information go to www.firstunitychurchstlouis.org

This month the **Ladies' Night Out Group** will be meeting on August 17th at 5:30 at



Tucker's Place West, 14282 Manchester Road (at 141 and Manchester). West County members, 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. A Manna March Fundraiser will take place on Sunday, Sept. 27, from 1 to 3 pm at Jefferson Barracks Park Walking Trail. The Soulard Blues Band will be playing for the walkers and helpers until 4:00.

www.feed-my-people.org

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, rootbeer 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!



Door-opener

When the book of Acts (see 16:25-26) reports that Paul and Silas sang in the Philippian jail at midnight, it doesn't record whether they were basses or tenors. It doesn't even report if they sang on key. It simply says they sang. And as they sang, there was an earthquake and the prison doors were opened.

Many of life's doors open more easily when we sing. So why not open some doors by joining the choir?

September 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

What do you see?

Take a look at this line of type:
GODISNOWHERE
Did you read it as "God is nowhere"? Or are you an optimist who read it as "God is now here"?

From Page One ...



So in our prayer time, if we can move away from some of the old ways of prayer and move toward the affirming of our oneness with God's good, then we'll begin to realize that good in our lives. . . .

My wife and fellow Unity minister, Kathryn, was counseling with a person who is now deceased, but when she was working with her the lady wanted an affirmation for healing. Kathryn wasn't going to be able to see her for two or three weeks, so she said to her, "Look, I'm going to give you this prayer for healing and I want you to keep repeating it every day." It was something like "Divine love is flowing through me now, healing me now, bringing me into wholeness, freedom and strength, right now." She had the lady repeat it several times.

Then Kathryn was away for a few weeks and met with the lady again when she came back and asked her, "Well, how are you doing?" She said, "Oh, I'm doing fine, thanks." "Oh," Kathryn said, "I see you must have used that affirmation then." She said, "No, I forgot the affirmation, so I just said: 'Oh, hell, I'm well!'"

But, you see, that came from her own consciousness, didn't it? That was her affirmation. And she was, indeed, well. So that was the truth of her being.

The idea is to practice the presence of God. Open yourself up to God's presence, and say "Here I am, use me. Live yourself through me with your healing power, your guiding presence, your prospering expression of rich abundance." Whatever it is: "Live yourself through me." And do that in every moment of every day. . .

That's how you to talk to God; you claim your inheritance of good that is already waiting for you. Instead of begging, coercing, making shopping lists, align

yourself with the cosmic flow of God's presence that is always seeking to be expressed in you and through you and as you. Then you talk to God and God talks through you, in all that you are and in all that you do.

God is blessing you right now!

-To read the complete article go to Rev. Rowbotham's website here: www.spiritualsolutionsblog.com

Be transformed

It's Labor Day weekend — a time to rest from our labors. But this is also an opportunity to reflect on our daily work and discern whether our effort is thankless and uninteresting or something that gives us deep and lasting satisfaction. God intends for our work to be much more than a job, much more than a daily grind. It should be, instead, a vocation — which means, quite literally, a "calling."

In Romans 12:2, Paul challenges us with the words: "Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God — what is good and acceptable and perfect."

The apostle's advice, then, is to be transformed by the renewing of your minds. Paul says be transformed by discovering what the Lord God is calling you to do.

Schweitzer's glad and willing heart

Albert Schweitzer (1875-1965) was a German-French physician, Christian theologian, musician, author and philosopher who spent many years as a medical missionary in West-Central Africa. In 1953 he received the Nobel Peace Prize.



When Schweitzer died, writer Norman Cousins penned a tribute to this Renaissance man. He mentioned Schweitzer's prolific use of his many talents. Toward the end of his article, Cousins wrote: "But beyond these explanations, it seems to me there is something else about Schweitzer. The best way I can say it is that somehow or other, he seemed to understand what God wanted from him, and he responded with a glad and willing heart."

As Schweitzer explained: "The only ones among you who will be really happy are those who have sought and found how to serve."

"Quotable Quotes"

It is impossible to enjoy idling thoroughly unless one has plenty of work to do.

-Jerome K. Jerome

God gives us the ingredients for our daily bread, but he expects us to do the baking.

-William Arthur Ward

Conscience is the perfect interpreter of life.

-Karl Barth

Education is an investment, not a cost.

-Eddie Basha

Be at peace with your own soul, then heaven and earth will be at peace with you.

-St. Jerome

We can't take any credit for our talents. It's how we use them that counts.

-Madelene L'Engle

Whatever you can do or dream you can, begin it; Boldness has genius, power and magic in it.

-Goethe

The Game of Life (And How to Play It)

By Florence Scovel Shinn

Man's only enemies are within himself. "And a man's foes shall be they of his own household." Personality is one of the last enemies to be overcome, as this planet is taking its initiation in love. It was Christ's message - "Peace on Earth, good will towards man." The enlightened man, therefore, endeavors to perfect himself upon his neighbor. His work is with himself, to send out goodwill and blessings to every man, and the marvelous thing is, that if one blesses a man he has no power to harm him.

For example: A man came to me asking to "treat" for success in business. He was selling machinery, and a rival appeared on the scene with what he proclaimed, was a better machine, and my friend feared defeat. I said, "First of all, we must wipe out all fear, and know that God protects your interest, and that the divine idea must come out of the situation. That is, the right machine will be sold, by the right man, to the right man." And I added, "Don't hold one critical thought towards that man. Bless him all day, and be willing not to sell your machine, if it isn't the divine idea." So he went to the meeting, fearless and nonresistant, and blessing the other man. He said the outcome was very remarkable. The other man's machine refused to work, and he sold his without the slightest difficulty. "But I say unto you, love your enemies, bless them that curse you, do good to them that hate you, and pray for them which spitefully use you and persecute you."

"Good-will produces a great aura of protection about the one who sends it, and "No weapon that is formed against him shall

prosper." In other words, love and good-will destroy the enemies with one's self, therefore, one has no enemies on the external!

"There is peace on earth for him who sends good-will to man!"

Chapter 4: The Law of Non-resistance

Nothing on earth can resist an absolutely nonresistant person.

The Chinese say that water is the most powerful element, because it is perfectly nonresistant. It can wear away a rock, and sweep all before it.

Jesus Christ said, "Resist not evil," for He knew in reality, there is no evil, therefore nothing to resist. Evil has come of man's "vain imagination," or a belief in two powers, good and evil.

There is an old legend, that Adam and Eve ate of "Maya the Tree of Illusion," and saw two powers instead of one power, God.

Therefore, evil is a false law man has made for himself, through psychoma or soul sleep. Soul sleep means, that man's soul has been hypnotized by the race belief (of sin, sickness and death, etc.) which is carnal or mortal thought, and his affairs have out-pictured his illusions.

We have read in a preceding chapter, that man's soul is his subconscious mind, and whatever he feels deeply, good or bad, is out-pictured by that faithful servant. His body and affairs show forth what he has been picturing. The sick man has pictured sickness, the poor man, poverty, the rich man, wealth.

People often say, "why does a little child attract illness, when it is too young even to know what it means?"

I answer that children are sensitive and receptive to the thoughts of others about them, and often out-picture the fears of their parents.

I heard a metaphysician once say, "If you do not run your subconscious mind yourself, someone else will run it for you."

Mothers often, unconsciously, attract illness and disaster to their children, by continually holding them in thoughts of fear, and watching for symptoms.

For example: A friend asked a woman if her little girl had had the measles. She replied promptly, "not yet!" This implied that she was expecting the illness, and therefore, preparing the way for what she did not want for herself and child.

However, the man who is centered and established in right thinking, the man who sends out only good-will to his fellow-man, and who is without fear, cannot be *touched or influenced by the negative thoughts of others.* In fact, he could then receive only good thoughts, as he himself, sends forth only thoughts.

Resistance is Hell, for it places man in a "state of torment."

A metaphysician once gave me a wonderful recipe for taking every trick in the game of life, it is the acme of non resistance. He gave it in this way: "At one time in my life, I baptized children, and of course, they had many names. Now I no longer baptize children, but I baptize events, but *I give every event the same name.* If I have a failure I baptize it success, in the name of the Father, and of the Son, and of the Holy Ghost!"

In this, we see the great law of transmutation, founded on nonresistance. Through his spoken word, every failure was transmuted into success.

For example: A woman who required money, and who knew the spiritual law of opulence, was thrown continually in a business-way, with a man who made her feel very poor. He talked lack and limitation and she commenced to catch his poverty thoughts, so she disliked him, and blamed him for

her failure. She knew in order to demonstrate her supply, she must first feel that she *had received* - a *feeling of opulence must precede its manifestation*.

It dawned on her, one day, that she was resisting the situation, and seeing two powers instead of one. So she blessed the man and baptized the situation "Success"! She affirmed, "As there is only one power, God, this man is here for my good and my prosperity" (just what he did not seem to be there for). Soon after that she met, *through this man*, a woman who gave her for a service rendered, several thousand dollars, and the man moved to a distant city, and faded harmoniously from her life. Make the statement, "Every man is a golden link in the chain of my good," for all men are God in manifestation, *awaiting the opportunity given by man, himself, to serve the divine plan of his life*.

"Bless your enemy, and you rob him of his ammunition." His arrows will be transmuted into blessings.

This law is true of nations as well as individuals. Bless a nation, send love and good-will to every inhabitant, and it is robbed of its power to harm.

Man can only get the right idea of nonresistance, through spiritual understanding. My students have often said: "I don't want to be a door-mat." I reply "when you use nonresistance with wisdom, no one will ever be able to walk over you."

Another example: One day I was impatiently awaiting an important telephone call. I resisted every call that came in and made no out-going calls myself, reasoning that it might interfere with the one I was awaiting.

Instead of saying, "Divine ideas never conflict, the call will come at the right time," leaving it to Infinite Intelligence to arrange, I commenced to manage things myself - I made the battle mine,

not God's and remained tense and anxious. The bell did not ring for about an hour, and I glanced at the 'phone and found the receiver had been off that length of time, and the 'phone was disconnected. My anxiety, fear and belief in interference, had brought on a total eclipse of the telephone. Realizing what I had done, I commenced blessing the situation at once; I baptized it "success," and affirmed, "I cannot lose any call that belongs to me by divine right; I am under *grace, and not under law*."

A friend rushed out to the nearest telephone, to notify the Company to reconnect.

She entered a crowded grocery, but the proprietor left his customers and attended to the call himself. My 'phone was connected at once, and two minutes later, I received a very important call, and about an hour afterward, the one I had been awaiting.

One's ships come in over a calm sea.

So long as man resists a situation, he will have it with him. If he runs away from it, it will run after him.

For example: I repeated this to a woman one day, and she replied, "How true that is! I was unhappy at home, I disliked my mother, who was critical and domineering; so I ran away and was married - but I married my mother, for my husband was exactly like my mother, and I had the same situation to face again." "Agree with thine adversary quickly."

This means, agree that the adverse situation is good, be undisturbed by it, and it falls away of its own weight. "None of these things move me," is a wonderful affirmation.

The inharmonious situation comes from some inharmony within man himself.

When there is, in him, no emotional response to an

inharmonious situation, it fades away forever, from his pathway.

So we see man's work is ever with himself.

People have said to me, "Give treatments to change my husband, or my brother." I reply, "No, I will give *treatments to change you*; when you change, your husband and your brother will change."

One of my students was in the habit of lying. I told her it was a failure method and if she lied, she would be lied to. She replied, "I don't care, I can't possibly get along without lying."

One day she was speaking on the 'phone to a man with whom she was very much in love. She turned to me and said, "I don't trust him, I know he's lying to me." I replied, "Well, you lie yourself, so someone has to lie to you, and you will be sure it will be just the person you want the truth from." Some time after that, I saw her, and she said, "I'm cured of lying."

I questioned: "What cured you?"

She replied: "I have been living with a woman who lied worse than I did!"

One is often cured of his faults by seeing them in others.

Life is a mirror, and we find only ourselves reflected in our associates.

Living in the past is a failure method and a violation of spiritual law.

Jesus Christ said, "Behold, now is the accepted time." "Now is the day of Salvation."

Lot's wife looked back and was turned into a pillar of salt.

The robbers of time are the past and the future. Man should bless the past, and forget it, if it keeps him in bondage, and bless the future, knowing it has in store for him endless joys, but live *fully in the now*.

For example: A woman came to me, complaining that she had no money with which to buy Christmas gifts. She said, "Last

year was so different; I had plenty of money and gave lovely presents, and this year I have scarcely a cent."

I replied, "You will never demonstrate money while you are pathetic and live in the past. Live fully in the *now*, and *get ready to give Christmas presents*. Dig your ditches, and the money will come." She exclaimed, "I know what to do! I will buy some tinsel twine, Christmas seals and wrapping paper." I replied, "Do that, and the *presents will come and stick themselves to the Christmas seals*."

This too, was showing financial fearlessness and faith in God, as the reasoning mind said, "Keep every cent you have, as you are not sure you will get any more."

She bought the seals, paper and twine, and a few days before Christmas, received a gift of several hundred dollars. Buying the seals and twine had impressed the subconscious with expectancy, and opened the way for the manifestation of the money. She purchased all the presents in plenty of time.

Man must live suspended in the moment.

"Look well, therefore, to this Day! Such is the salutation of the Dawn."

He must be spiritually alert, ever awaiting his leads, taking advantage of every opportunity.

One day, I said continually (silently), "Infinite Spirit, don't let me miss a trick," and something very important was told to me that evening. It is most necessary to begin the day with right words.

Make an affirmation immediately upon waking.

For example: *"Thy will be done this day! Today is a day of completion, I give thanks for this perfect day, miracle shall follow miracle and wonders shall never cease."*

Make this a habit, and one will see wonders and miracles come into his life.

One morning I picked up a book and read, "Look with wonder at that which is before you!" It seemed to be my message for the day, so I repeated again and again, "Look with wonder at that which is before you."

At about noon, a large sum of money, was given me, which I had been desiring for a certain purpose.

In a following chapter, I will give affirmations that I have found most effective. However, one should never use an affirmation unless it is absolutely satisfying and convincing to his own consciousness, and often an affirmation is changed to suit different people.

For example: The following has brought success to many:

"I have a wonderful work, in a wonderful way, I give wonderful service, for wonderful pay!"

I gave the first two lines to one of my students, and she added the last two.

It made a *most powerful statement*, as there should always be perfect payment for perfect service, and a rhyme sinks easily into the subconscious. She went about singing it aloud and soon did receive wonderful work in a wonderful way, and gave wonderful service for wonderful pay.

Another student, a business man, took it, and changed the word work to business.

He repeated, "I have a wonderful business, in a wonderful way, and I give wonderful service for wonderful pay." That afternoon he made a forty-one thousand dollar deal, though there had been no activity in his affairs for months.

Every affirmation must be carefully worded and completely "cover the ground."

For example: I knew a woman, who was in great need, and made a demand for work. She received a great deal of work, but was never paid anything. She now knows to add, "wonderful service for wonderful pay."

It is man's divine right to have plenty! More than enough!

"His barns should be full, and his cup should flow over!" This is God's idea for man, and when man breaks down the barriers of lack in his own consciousness, the Golden Age will be his, and every righteous desire of his heart fulfilled!

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.

--Continued in October

September 2009

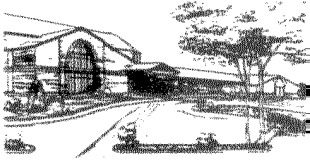
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> "Teach Us To Pray" Class 10:00 AM	<i>2</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>3</i> Dance Class 6:30 – 7:45 PM	<i>4</i>	<i>5</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>6</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM "Healing Letters" Class 11:00 AM	<i>7</i>	<i>8</i> "Teach Us To Pray" Class 10:00 AM	<i>9</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>10</i> Dance Class 6:30 – 7:45 PM World Day of Prayer Service 7:00 PM	<i>11</i>	<i>12</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>13</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM "Healing Letters" Class 11:00 AM	<i>14</i>	<i>15</i> "Teach Us To Pray" Class 10:00 AM	<i>16</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>17</i> Dance Class 6:30 – 7:45 PM Board Meeting 7:45 PM	<i>18</i>	<i>19</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM PosiPalooza! 7:00 PM
<i>20</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM	<i>21</i> Ladies Night Out 5:30 PM Tuckers Place West	<i>22</i> "Teach Us To Pray" Class 10:00 AM	<i>23</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>24</i> Dance Class 6:30 – 7:45 PM	<i>25</i>	<i>26</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>27</i> Sunday Services 9:15 & 11:00 AM Youth Ed 11:00 AM Feed My People's Manna March 1 to 3 PM	<i>28</i>	<i>29</i> "Teach Us To Pray" Class 10:00 AM	<i>30</i> AA Men's Group 10:00 AM CA 7:00 PM			

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THE SEPTEMBER NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- Grandparents according to children

She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Gramma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye.

A grandmother was telling her little granddaughter what her own childhood was like: "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking

this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 62. He was quiet for a moment, and then he asked, "Did you start at 1?"

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she

heard the three-year-old say with a trembling voice, "Who was THAT?"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

--Thanks, Mary McKenzie!
(To be continued)