

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

May 2010

❖ *Inspiration*

❖ *Information*

❖ *Illumination*

Inside this issue:

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The Thirteen
Commandments
By J. Sig Paulson

The Truth Student's ABC's

By Christine Mabry

I am Alert to the good that is around me.

I am bountifully Blessed at all times.

I am Conscious of the Christ
power within me.

I am divinely Directed in
everything I do.

I am Enlightened and enriched by
the study of God's word.

I am Free from all fear of lack or
limitation.

I am Guided by God always.

I am Heir to all that my Father has.

I am Illumined by infinite intelligence each
day.

I am Joyful under all circumstances.

I am Kind in thought, word, and deed.

I am Loving in my dealings with others.

I am Master of my life because God within me
is mighty.

I am Necessary to God now.

I am One with God at all
times.

I am divinely Protected.

I am Quickened into spiritual
activity.

I am Receptive to God's
gifts.

I am abundantly Supplied with
every need.

I am Thankful for each
manifestation of divine
goodness.

I am Useful to God just where I
am.

I am Valuable to God and
mankind.

I am Wise and make right decisions
easily.

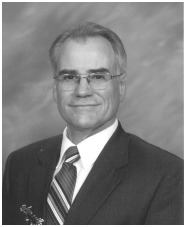
I am eXpectant of good each day.

I am eternally Youthful.

I am Zealous in my study of Truth.

Surely memorizing these ABC's of a Truth
student should fortify us with the right word
and the right affirmation for meeting any and
every situation or problem.





Rev.

Randy Schmelig
Senior Minister



Rev. Sharon Allmond
Associate Minister

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Jo Warren

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First Unity Fashion Show, Luncheon, and Silent Auction

Mark your calendar for Saturday, May 15! We've planned a Silent Auction from 11:00 to 1:00. Lunch, catered by Kenricks, will be served at 12:00, and a fashion show, featuring Don Rodgers, Ltd., will begin at 1:00. All this for only \$12 per ticket!



This month the **Ladies' Night Out Group** will be meeting Monday evening, May 17th at 5:30 at Hanley's, 79 West County Center (in the mall on the first floor next to J.C. Penney).



Feed My People

Did you know that Feed My People helps more people with food than any other pantry in the St. Louis area? Food is, of course, always appreciated, but so are non-food items such as bathroom tissue, bath and face



soap, shampoo, personal hygiene items, laundry powder, dish washing liquid and cleanser. Also useful are disposable diapers and baby formula for infants, as well as Ensure and Depends for the elderly.

eScrip Program: If you have an eScrip card with Schnucks, remember to use it - and if you don't, contact the church office or our e-Scrip coordinator, Ruth Emmett, at (314)487-4243 to get a card of your own.

Check it out!

The new 40th anniversary edition of **Discover the Power within You** by Eric Butterworth is now available in our bookstore. It is published by HarperCollins in partnership with Unity and has an interesting foreword by Maya Angelou telling how she came into Unity in 1955 and what it has meant to her. Oprah Winfrey and Norman Vincent Peal offer praise for the book on the back cover. This would make a perfect gift for friends and family who would like to know what Unity is all about.

Welcome New Board Members!



At our annual meeting we elected three members to our board. **Jim Harr** who is in our choirs, a member of the sound and lights crew, and our current board vice president was elected for a second term. Also re-elected for a second term is **Kit Whittington** who was recently one of the two presenters in our popular elder care workshops. Long time church member, **Cathy Zehner**, who sings in the choir and is very active on the planning committee (which is responsible for all the dinners, dances, parties, etc. which we enjoy) was elected for her first term. We know all three will be a great blessing to our church.

We also would like to thank especially out-going member **Denise Halbert-Raggio** for her excellent service as our board secretary. Denise, you will be missed!

Coming in June . . .

First Unity BBQ with ribs, pork steaks, chicken, and more -- with music by Bobbie and Joanie and the Ukulele Club. 11:00 'till dark on June 12th.



April Affirmations



Inner Peace: I affirm the peace of God within me.

Guidance: I turn to God within and know my path is directed.

Healing: I bless my mind and body with thoughts of perfect health.

Prosperity: My life is abundant, and I share my abundance by serving others.

World Peace: I promote harmony by being at peace.

My Mother's Garden

A mother is a gardener,
Planting the seeds
Of faith, truth and love
That develop into the fairest
flowers
Of character, virtue and happiness
In the lives of her children.

-J. Harold Gwynne

A High Standard

Beloved humorist
Will Rogers had
great appreciation
for his mother. Mary Rogers taught
her eight children God's laws, and
she loved and guided them with
wisdom and passion. She
performed endless works of
charity, thus setting an example for
them to follow.

So it was with Mary, the
innocent maid God chose to be
Jesus' mother. She witnessed
Jesus' cruel death and was present
at his glorious resurrection. As
proof of their unbreakable bond,
Jesus, from the cross, made sure
Mary would be cared for.

According to *The
Interpreter's Dictionary of the
Bible* (Abingdon Press): "Mary ...
represents all that was finest in
Jewish womanhood and
motherhood. Her deep spiritual
sensitivity; her purity, faith and
obedience to the divine will; her
scrupulous attention to the training
of her son in the religious
traditions of his people; her loyalty
to him, as evidence by her
presence at the Cross, even when
she did not fully understand him
— all mark her as a person of
remarkable qualities."

Thoughts on Memorial Day

"There never was
a good war or a bad peace."

-Benjamin Franklin



Mother's Day

"Ours is a world of nuclear giants
and ethical infants. We know more
about war than we know about
peace, more about killing than we
know about living. We have
grasped the mystery of the atom
and rejected the Sermon on the
Mount."

-General Omar Bradley

The Feather

The 12th-century mystic Hildegard
of Bingen told this parable:

"There was once a king sitting
on his throne. Around him stood
great and wonderfully beautiful
columns ornamented with
ivory, bearing the banners
of the king with great
honor. Then it pleased
the king to raise a small
feather from the ground, and he
commanded it to fly. The feather
flew not because of anything in
itself but because the air bore it
along. Thus, I am a feather on the
breath of God."



Mind your Manners

During the H1N1 flu
epidemic, a mother took her 4-
year-old daughter to get a shot.
When the child saw the needle, she
was frightened and began to
protest loudly.

Finally, the mother had a firm
talk with her daughter. "Calm
down!" she commanded. "You
have to have the shot. It's very
important for your health. So settle
down and be polite." Then the
mother nodded to the nurse to
proceed.

The nurse sweetly asked,
"Are you ready now for your
shot?" The child's answer was
certainly truthful — and polite.
"No, thank you," she said.

"Quotable Quotes"

UNITY: Love is our God; Life is
our religion; Humanity is our
church; Loving our neighbor as
our self is our joyful worship.

-J. Sig Paulson

Mothers write on the hearts of their
children what the world's rough
hand cannot erase.

-Author unknown

In the time of your life, live - so
that in that wondrous time you
shall not add to the misery and
sorrow of the world, but shall
smile to the infinite variety and
mystery of it.

-William Saroyan

Thank someone for something.
Go out of your way today to
acknowledge the generosity of a
person you know.

-Alan Epstein

When I stand before God at the
end of my life, I would hope that I
would not have a single bit of
talent left and could say, 'I used
everything you gave me.'

-Erma Bombeck

Your own mind is a sacred
enclosure into which nothing
harmful can enter except by your
permission.

-Ralph Waldo Emerson

We are here to add what we can to
life, not to get what we can from it.

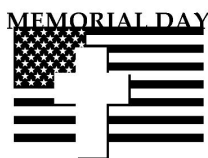
-William Osler

Happy surprises come to me each
day. I look with wonder at that
which is before me.

-Florence Scovel Shinn

Experience is not what happens to
you - it's how you interpret what
happens to you.

-Aldous Huxley



The Thirteen Commandments

By J. Sig Paulson

(This book was first published in 1964 by Unity.)

One God

In the Bible that marvelous history of the evolution and unfoldment of mankind, one can discern a process that is always taking place. A great idea strikes an open mind, revealing certain basic laws and principles, which are then unfolded through that mind. Then other minds open to the idea, and mankind enters a new era of experience, and reaps the benefits therefrom.

Recently we have entered what we call the Atomic Age . . . or (more accurately) the atomic era is entering into our experience. This too reveals the same process: an idea of the nature of the atom struck an open mind (or several open minds), revealing certain principles or laws by which the attributes of the atom could be used to bring forth benefits for mankind. As we act in accordance with these laws, a new experience unfolds in our life. We discover that as we follow these laws, we have to give up some of our cherished beliefs of long standing: beliefs about the nature of the universe, about the nature of man, about the nature of God. Great ideas always revolutionize our beliefs and concepts.

The Bible is concerned with a great idea, and with a set of laws or principles through which this idea can be unfolded in the experience of mankind. The idea is that of the kingdom of heaven, as we have named it: a kingdom in which there is no disease, no death, no strife, but good, and good only. This idea has already

begun to unfold in the experience of mankind, because certain minds have been open and receptive to it. Through these minds, the principles or laws by which this kingdom may be established in the experience of mankind (and in the experience of each individual) have been revealed.

One of the greatest and most receptive of these minds was that of the man named Moses. He brought to mankind certain commandments, certain revelations of principle which enable us as individuals and as a race to enter into the experience of heaven, to enter into the kingdom of God (or perhaps, to be more accurate, to let the kingdom of God enter into us).

Throughout the Bible (and throughout the sacred literature of many phases of human experience) we find these same ideas, because "God is no respecter of persons." God respects only an open mind. We are coming to a time when we will see that we must consciously lift ourselves, or allow ourselves to be lifted, to a new level of consciousness, a new experience of good. We must consciously enter the kingdom of God. In order to reap the benefits of the kingdom within us, we must obey its laws. It will not operate in our life on any other basis than that of our obedience to its laws.

The first thing we must do is accept the idea that there is one God, that the nature of God is good, that God is all-powerful, that there is nothing that can oppose the power of God in our life and our experience. Most of us have already come to this realization. However, the realization is of practical value in our life only when we *practice* the principles, so that this mighty idea will enter our experience and become a permanent, active part of our consciousness.

This idea is first presented in the Old Testament, as revealed in the Ten Commandments which were given through Moses. These commandments are actually a revelation, in the intellect of man, of the laws upon which the kingdom of God may be brought into expression. We can enter into the experience we call "heaven" only by co-operating with God's laws, and we co-operate by letting these laws operate in our experience.

In the twentieth chapter of Exodus, and also in the fifth chapter of Deuteronomy, we find words that outline these laws. This is the first commandment which we must observe if we truly want the kingdom of God to operate in our lives: "And God spake all these words, saying, I am Jehovah thy God, who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before me."

This is absolute principle. It is not theory; it is law. It is the law of the kingdom of God. If we want God to operate in our life, if we want to reap the benefits of the kingdom of God, we must obey this law; there is no other way. "Thou shalt have no other gods before me." This is not only a commandment, it is a promise . . . a promise that the time will come, in the development of mankind, when this law will be fulfilled completely. But it is enough now to begin with the *idea* of a perfect, omnipresent, omnipotent, omniscient God, a God whose will is good for all mankind, whose Spirit is present in every mind and heart.

"Thou shalt have no other gods before me." This does not mean that we are to have a first-class god, and second-class, third-class, and fourth-class gods! There is one God, and one God only. If we are to obey this commandment we must make some changes in our

beliefs and attitudes. We have to establish this realization of the oneness of God in our own mind and heart before we can demonstrate it in our life. Remember: the kingdom of God, like any other kingdom, enters the mind of man as an idea, revealing the principle upon which it operates, and then it flows through man into his experience and into the world in which he lives.

The first thing we have to do is to dissolve, or allow to be dissolved, some of the concepts we have had. We must get rid of some of the false gods and the false powers in which we have believed. The primary false god we have to get rid of is the god of opposition, of an opposing power of evil. There is one God, and there is no power that can oppose the one God. As long as we accept the belief that there is an opposing power, we live in a world of duality. We cannot reap the benefits of the kingdom of God, for in God's kingdom there is no opposing power of any nature. Evil has no reality in the kingdom of God. This is an attitude which we must establish in our own experience, and first of all in our own mind and heart. There is one God, who is all-good, all-powerful, everywhere-present; there is no power of evil to oppose Him.

We have called this false god of opposition by many names. Perhaps the best-known name is that of "devil." There are some systems of theology that rate the devil just one notch below God in power, holding that for the present at least the devil outwits and frustrates God on many occasions. We are even told by some that to deny the reality of the devil, to refuse to believe in him, is almost equal to denying God; that if we believe in God, we must believe in the devil also!

But the first commandment says very clearly, "Thou shalt have

no other gods [or powers, or opposition to Me, the one God]."The idea of the devil, or of some evil spirit or opposing power, is one of the relics of human limitation that we have to eliminate. *There is no such thing as a devil, or an evil spirit, or any power opposed to God.* The devil exists only in human belief, and when we stop believing in him, he will no longer exist! Thus we establish a state of consciousness, an attitude, a belief that is going to be embodied and brought into our experience.

Another false god that we must dispose of is the false god of division. This concept, too, comes from the idea of an opposing power. Sometimes men believe that God brings both good and evil; that God is good but that He works evil upon us, or brings us into evil experiences in order to make His good manifest. This is a false belief, a false god that we must lay to rest permanently. God is all good. God never works in any other way than that of perfect goodness.

It is true that God works in seemingly negative experiences, to heal them; but God does not cause these negative experiences to occur. It is only our belief in some opposing power of evil that brings such experiences into our life.

Let us, once and for all, dispose of this relic of human limitation, this belief in a god that is divided - a god that can countenance both good and evil. Let us take the stand, in our own minds, that there is one God, that God is good, that there is no evil or opposing power either outside God, working against Him, or inside God, working for a good purpose through evil experiences.

Another false god that we must deny out of existence is the false god of appearances. Sometimes we look at conditions in the world, circumstances around us, and we say: "This is bad. This is unhappy. This is diseased. This is

destructive." But if we are going to live in the kingdom of God, we must deny these false appearances. Jesus said, "Judge not according to appearance." The true judgment is that there is one God only.

Sometimes we are asked: "How do you explain the evil that is in the world? What is the reason for it?" Our answer should be that we are going to stop explaining evil. We are going to get rid of it by not believing in it, by refusing to believe in any power that is opposed to God. Looking for an explanation for evil is not going to get us into the kingdom of God. Taking a firm stand and refusing to judge by appearances and judging instead the righteous judgment that there is one God, one Power working through us, is the only way we can ever eliminate the appearance of evil conditions.

It is time for us to put this false god of appearances to rest with all the other relics of human limitations. We can do it. We do not have to judge by appearances. After all, the appearances are only the remnants of our past beliefs, and we are changing them. We are through with them.

Another false god that we must get rid of is the false god of suggestion-the belief that the suggestion of others can have any power over us. If we are firmly anchored in God, we know that the power of God is the only power at work; so we no longer are moved by suggestions. Suggestions no longer have any power at all in our experience, if we truly live in the kingdom of God.

We receive countless suggestions from those around us: suggestions as to the type of car we should buy, the kind of clothes we should wear, how many of us should lose our lives on the highways in a given period, the percentage of us who will succumb to various diseases, and so on. As residents of the kingdom of God we must turn a deaf ear to

all of these.

No more are we subject to these suggestions from outside. We are laying aside the false god of suggestion, along with the other relics of human limitation, and we are standing free. There is only one power at work in our life: the power of God. There is no power of suggestion in this divine kingdom. There is only the power of God expressing itself.

We are going to have to set aside another false god: the false god of a divided universe. We have often been told (and have believed) that the universe is made up of reality and illusion. But once we enter into the kingdom of God and live therein, there is no longer any such thing as illusion. There is no hypnotism or mesmerism that can penetrate the presence of God and produce illusion. Evil has no nature at all, not even an illusory nature.

Yes, men can point to experiences and statistics that seem to "prove" these things; but in our kingdom-of-God state we are no longer concerned with them. We are subject only to the law of God. In the kingdom of God there is no illusion; there is only the power of God, the nature of God unfolding it-self.

Another false god that we must lay away is that of the "little self." For too long, we have believed in ourselves as being composed of two entities: a good and an evil, a powerful one and one that is not so powerful but somehow unpleasant, always getting in the way of our good, blocking the power of God flowing through us. In the kingdom of God there is no "little self" - there is only the Self through which God is expressing His nature. So let us toss the "little self" on the scrap heap, with the other relics of human limitation. Let us take the stand that, as there is only one God, with no opposing power, so there is only one Self, with no opposing power, and that

there is nothing that can oppose our expression of the true nature of God in any situation.

Let us get back now to this basic principle: There is one God. His nature is good. He is not only all-powerful, He *is* all power. Let us have no other gods before Him. Let us relate this to ourselves as individuals, because the kingdom of God comes into expression through the individual man or woman, boy or girl. Regardless of outer surroundings, past experiences, and all the beliefs we have ever held before, let us know firmly: "There is one power at work in my life, the power of God, the Spirit of universal good, and I have no other gods before it. There is nothing to oppose the expression of God's good will and nature in my life."

Then let us look at ourselves and recognize that we are created specifically to express the nature of God. We have within us the infinite capacity to express His nature in our everyday experiences, and there is no opposing power that can affect us. There is no "little self" to stop us from expressing God's nature in our daily living. There is nothing to stop us from being loving, alive, alert, enthusiastic, faithful, beautiful, radiant, strong, and healthy.

Let us wipe out once and for all, in our own mind and in our own consciousness, any belief in two powers, in a god that is opposed by anything that is unlike God. Let us enter into the kingdom of God where only God operates, only God reigns. Let us take the stand that the power of God is the only power there is, that there is nothing to oppose it. It is expressing itself in and through us daily, in our thoughts, in our feelings, in our words, in our actions, in our attitudes, in our convictions. "Thou shalt have no other gods before me."

ACTION AFFIRMATION

There is one God, omnipresent, omniscient, omnipotent. I will have no other gods.

J. Sig Paulson became a Unity minister after a successful career in business. He was minister of Unity Christ Church in St. Louis and Unity in New York City before going to Unity's International Headquarters as director of the Unity Field Department and later the Department of World Unity.

He was a world traveler, author, and lecturer. He served for 16 years as minister of Unity Village Chapel. In 1978 he became co-minister with his wife, Jane, at Unity's Golden Pyramid of Light in Houston, Texas.

Mr. Paulson was the author of several books and hundreds of articles for newspapers, periodicals, and magazines all over the world. He lectured throughout the United States, the European continent, Africa, the West Indies, South America, Australia, New Zealand, Britain, and Canada.

May

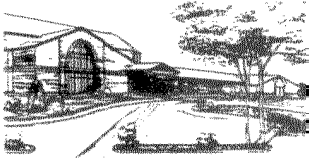
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>2</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>3</i>	<i>4</i> "Discover the Power Within You" Class 10:00 AM	<i>5</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>6</i>	<i>7</i>	<i>8</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>9</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>10</i>	<i>11</i> "Discover the Power Within You" Class 10:00 AM	<i>12</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>13</i>	<i>14</i>	<i>15</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM Fashion Show 11:00-5:00
<i>16</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>17</i> Ladies Night Out "Hanley's" 79 West County Center 5:30 PM	<i>18</i> "Discover the Power Within You" Class 10:00 AM	<i>19</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>20</i>	<i>21</i>	<i>22</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>23</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>24</i>	<i>25</i> "Discover the Power Within You" Class 10:00 AM	<i>26</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>27</i> Board Meeting 7:30 PM	<i>28</i>	<i>29</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>30</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>31</i>					

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THE MAY NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side - Jokes that can be told in church

A Sunday school teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem. A small child replied, "They couldn't get a baby-sitter."

An elderly woman died last month. Having never married, she requested no male pallbearers. In her handwritten instructions for her memorial service, she wrote, "They wouldn't take me out while I was alive, I don't want them to take me out when I'm dead."

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "Honor thy father and thy mother," she asked, "Is there a commandment

that teaches us how to treat our brothers and sisters?" Without

missing a beat, one little boy answered, "Thou shall not kill."

At Sunday School they were teaching how God created everything, including human beings. Little Johnny seemed especially intent when they told him how Eve was created out of one of Adam's ribs. Later in the week his mother noticed him lying down as though he were ill, and she said, "Johnny, what is the matter?" Little Johnny responded, "I have a pain in my side. I think I'm going to have a wife."

Two boys were walking home from Sunday school after hearing a strong preaching on the devil. One said to the other, "What do you think about

all this Satan stuff?" The other boy replied, "Well, you know how Santa

Claus turned out. It's probably just your Dad."

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?" He answered, "Call for backup."

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" The mother replied, "Because white is the color of happiness, and today is the happiest day of her life." The child thought about this for a moment then said, "So why is the groom wearing black?"

-Thanks, Bob Wilkes