

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

August 2010

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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Now is the acceptable time

By Rev. Alan Rowbotham

Are you bogged down in the belief in sickness and impotence? Then right now bring yourself to the present moment, and become aware that you can use your God given dominion over all things. God's spirit of life, dynamic energizing life, dwells within you. It is there, and you have only to call it forth, put it into action, and you will begin to manifest perfect health in spirit, mind, and body.

Perhaps you have allowed yourself to be handicapped by fear and indecision. The first thing to do is to take your mind off the problem and perplexities and fix your faith in God. When you place your affairs in the Father's loving care, all anxieties cease. Worrying incapacitates us for meeting life's crises.

Use your faith, declare your dominion now. In II Corinthians 6:2 we read, "Behold, **now** is the acceptable time; behold, **now** is the day of salvation." And Jesus said, "Do you not say, 'There are four months, then comes the harvest'? I tell you, lift up your eyes, and see how the fields are **already** white for harvest." (John 4:35)

Instead of having faith that sometime in the future your healing might take place, you can exercise your faith now, give thanks that your healing is already taking place and

accept it now. "**This** is the day which the Lord has made; let us rejoice and be glad in it." (Ps. 118:24)

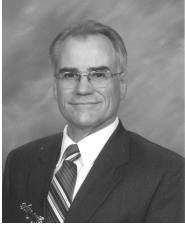
God is ever with you. Let Him quicken your mind, put the proper tools in your hands and lead you in the right decision. Through the guidance of the indwelling power of God you will be able to say the right word and do the right thing in every situation that may confront you.

If you seem to be weighed down by some circumstance, a steadfast faith in God will help you to lift up your head and to face the situation unafraid and confident. God's omnipotent power is yours. God's love surrounds you. His light is within you to guide you.

Perhaps you've allowed yourself to be fettered by hatred, resentment or suspicion. Turn your eyes instead upon the blessings of life and the blessedness of other human beings. If you feel that you've been treated unfairly, misused, or abused, it's time to exercise forgiveness. Then put it out of your mind. The only reality in any situation is the thought we have concerning it, the way we feel about it. This is the law of life.

--Continued on Page Six





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Have You Been to the Village?

We're visiting Unity Village in September, and whether you've been there before or not, you won't want to miss this opportunity! We're leaving September 14th and returning on the 15th. Activities include tours, exploring the beautiful grounds, the impressive library and archives, the labyrinth, the book store and much more. A group is planning to play golf on Tuesday afternoon if you want to join them. If there is enough interest, we'll look into hiring a bus to take us.

For more details see the information and sign up sheet in our lobby. We'll need your form and \$20 deposit by August 29th if you'd like to go. Tom Bullock is the chairperson for this, and he'll be happy to answer any questions you may have. We hope you'll join us for a wonderful trip!



Sunday School News

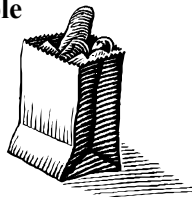
Our Unity children are sponsoring a school supply drive again this year for those in our area who may not have supplies for school. They have placed a box in the foyer to collect the contributions. In addition to the usual school supplies, lunch boxes, book bags, socks, underwear, flash drives - anything a child requires for school will be gratefully received. Thank you all in advance for your gifts love.

This month the **Ladies' Night Out Group** will be meeting Monday evening, August 16th at 5:30 at Smugala's Pizza, 10150 Watson. We would love to see some new faces! All are welcome!



Donations to **Feed My People** are especially appreciated during the summer months because children are out of school and no longer receive school lunches.

This requires a much greater amount of food to meet the increased demand.



www.feed-my-people.org

Potluck Dinner/Ice Cream Social

Plan to stay after church on August 19th for a potluck dinner and ice cream social. Bring a dish to share. The church will provide the ice cream for dessert and music for your enjoyment.

Choir Picnic

Our choir and hand bell choir are having a picnic at the church on August 14th from 11:00 to 2:00. Anyone in the choir – or anyone interested in joining – is welcome to come for some food and fun together. Bring a dish to share.

Choir rehearsals resume August 21st. Adult choir at 9:00 a.m. and hand bell choir at 10:30 a.m. Everyone is looking forward to getting back in the saddle.

Prayer Chaplain Program.

We are looking for people who want to deepen their spiritual lives by becoming First Unity Prayer Chaplains. Requirements for the program include a basic knowledge of Unity teachings, membership at First Unity, a sincere desire to serve in a prayer ministry, and a willingness to commit to one year of service. New chaplains will be installed in December and will begin their duties in January. Duties will include praying with people before and after service, hospital visitation, telephone prayer support, and attendance at monthly meetings.

We ask that you prayerfully consider becoming a chaplain and if you feel called, let Rev. Sharon know. You will need to attend one of the two orientation meetings which will be held after church on Aug. 15th and Sep. 26th.

August Affirmations

Inner Peace: The peace of God is now expressing in me.

Guidance: Divinely guided, I move forward with confidence.

Healing: I claim my innate health and wholeness.

Prosperity: I live in an abundant universe.

World Peace: I see peace; I speak peace; I live from a peaceful heart.

Finding true life

No one ever struggled more to find inner unity and, thus, real life than St. Paul. In chapter 8 of his letter to the Romans, Paul testified: “those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace” (Romans 8:5-6, NRSV).

Spirit-minded souls, Paul would say, will find the fruit of the Holy Spirit within: “love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control” (Galatians 5:22-23, NRSV).

Anger management

In *Wishful Thinking*, Frederick Buechner writes, “Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor the last toothsome morsel of the pain you are given and the pain you are giving back — in many ways, it is a feast fit for a king. The chief drawback is what you are wolfing down is yourself. The skeleton at the feast is you.”

God’s powerful word

The Bible contains about 800,000 words, depending on the translation. This is about four times as many words as are found in a book of average length.

Although the Bible is so long and deals with the greatest themes that can engage the human mind, its vocabulary is singularly limited. It uses only 6,000 different words, a very small number compared to the 20,000 words that Shakespeare employed while writing his plays.

Not only is the Bible’s vocabulary limited, but the average

word in it contains only five letters. However, many of these short words are full of the deepest meanings and are worthy of earnest study. For example, consider these five-letter words: grace, peace, faith, saved, serve, glory and Jesus.

The joy of coloring

In his book *Dangerous Wonder*, the late youth-ministry pioneer Mike Yaconelli debunks the idea that Christianity is “all about coloring within the lines and coloring well.” He writes: “God’s grace is so outside the lines of our understanding that we can only stand in awe and wonder.

Christianity is not about learning how to live within the lines; Christianity is about the joy of coloring. The grace of God is preposterous enough to accept as beautiful a coloring that anyone else would reject as ugly.

“The grace of God sees beyond the scribbling to the heart of the scribbler — a scribbler who is similar to two thieves who hung on crosses on either side of Jesus. One of the two asked Jesus to please accept his scribbled and sloppy life into the kingdom of God ... and he did. Preposterous. And very good news for the rest of us scribblers.”

Advice for happiness

“Happiness,” said Mahatma Gandhi, “is when what you think, what you say and what you do are in harmony.”

Did he achieve happiness? Only he would know. However, Gandhi’s secretary reported that “every day he held a silent court within himself and called himself to account for the littlest of his little acts.”



“Quotable Quotes”

Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith.

-Henry Ward Beecher

Breathe a prayer of gratitude. And give those you love an extra measure of affection. Life is fleeting, and love is precious. Cherish both.

-Galen Guengerich

Hope is always available to us. When we feel defeated, we need only take a deep breath and say yes, and hope will reappear.

-Monroe Forester

I find the great thing in this world is, not so much where we stand, as in what direction we are moving.

-Goethe

We don’t see things as they are; we see them as we are.

-Anais Nin

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

-Maori Proverb

Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find his right road.

-Dag Hammarskjold

Circumstances do not make the man, they reveal him.

-James Allen

Life’s most persistent and urgent question is, “What are you doing for others?”

-Martin Luther King, Jr.

An idea can turn to dust or magic, depending on the talent that rubs against it.

- Bill Bernbach

The Thirteen Commandments

By J. Sig Paulson

The Holy Rest

It has been pointed out that the first four commandments have to do with our relationship to God our Creator. The fourth commandment reminds us that after we have been making an effort to keep the first three commandments, the time comes when we are to rest from all our efforts. We are to set aside all the mental and emotional striving and we are to rest; we are to become quiet; we are to let our mental and emotional natures relax. These are the words from the Old Testament: "Remember the sabbath day, to keep it holy. Six days shalt thou labor, and do all thy work; but the seventh day is a sabbath unto Jehovah thy God: *in it* thou shalt not do any work, thou, nor thy son, nor thy daughter, thy man-servant, nor thy maid-servant, nor thy cattle, nor thy stranger that is within thy gates: for in six days Jehovah made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore Jehovah blessed the sabbath day, and hallowed it." "And thou shalt remember that thou wast a servant in the land of Egypt, and Jehovah thy God brought thee out thence by a mighty hand and by an outstretched arm: therefore Jehovah thy God commanded thee to keep the Sabbath day"

The importance of the sabbath day has been recognized in all great religions. The instruction has been that on a certain day

of the week, either a Saturday or a Sunday, in accordance with the particular philosophy or religious teaching to which he subscribes, man is to cease all his outer activities, the workaday activities of living, and take time to worship God. Of course, this has often precipitated dispute among various factions. Some have said that Saturday is the proper day, and that anyone who does not worship God on that day is not fulfilling the commandment. Likewise those who have insisted that Sunday is the proper day have said very nearly the same thing. Not only the day, but the place of worship and the method of worship have come in for a great deal of attention. It is natural that this should have been so because all these attempts to worship, to celebrate the sabbath, to observe the sabbath in an outer way, are part of our unfoldment, our growth. It is important that we should take a day of each week to withdraw from all entanglements of everyday living and consider the nature of God, and worship and sing praises to our Creator.

Jesus Christ pointed out something concerning the sabbath which had not been thought of much until His time. He said, "The sabbath was made for man, and not man for the sabbath: so that the Son of man is lord even of the sabbath." The sabbath is designed for us; we are not designed for the sabbath. This is true not only of the fourth commandment, but of all great laws, all great commandments. These commandments were made for man for his benefit. It is a mistake to suggest that man was created for the benefit

of any set of laws or any kind of government; yet we see such a philosophy in the world today.

There are those who insist that man is made for the state, that man is a puppet, a worthless thing that the state can manipulate for its own purposes. But the truth is that all systems of government, all states, are made for man. This is true of the great spiritual laws that we are considering. Man is not made for the law; the law is made and revealed to man in order that he may fulfill his true nature. And, of course, this is uniquely true of this law concerning the sabbath.

It is good that we should come together each Sunday to listen to words of Truth, to pray together, to sing together, to let our minds and our hearts be linked by the power of God working in and through us. But this is really only a preliminary; this is only the beginning of our proper celebration of the sabbath.

We know enough about the nature of man and the nature of God within man to draw certain conclusions concerning the sabbath. The first is this: the place of worship is the "temple not made with hands." The most convenient place of worship is that temple which you are - your mind and your body. This is the temple of the living God, and in your mind-body temple your worship is to take place. You will have a wonderful basis for a new and deepened understanding of the sabbath if you will say to yourself: "The place where I worship is in my own mind and in my own body. I do not have to be in a temple or a

synagogue or a church (wonderful as these may be), but right where I am I keep the sabbath."

Even when we come together as a group, each one of us is really worshipping in the temple of mind and body not made with hands, the temple of the living God. The church of God is man. Man is the true church, and as we come to recognize this, we can easily see that in order to keep the sabbath we must worship God within us, wherever we happen to be. The time of worship is not just Saturday or Sunday, important as those days may be; the time is now, wherever we happen to be. We are citizens of eternity. We live in eternity and eternity is always now.

The proper method of worship is to become quiet and to recognize that the nature of God, the Spirit of God, is within us. When we truly observe the sabbath, keeping this fourth commandment, we become quiet. We still our minds and our hearts. We stop our mental, emotional, and physical striving, and we listen. We become quiet so that the voice of God may speak through us. When we become quiet and really observe the sabbath within ourselves then the voice that we hear is the voice of God; it is the Spirit of God, the presence of God within us. The music that we hear comes from within our own consciousness. There is a sermon being preached within us eternally. That sermon is the voice of our true Self; it is the voice of the Spirit of God within making itself known to us. That is why it is so important for us to become quiet, to rest in accordance with the provisions of this fourth

commandment to set aside even our efforts to study, our efforts' to think positively, our efforts to lift our emotions our efforts to change our attitudes and our convictions and our desires.

We are created to work, to express; but from time to time --one hour out of seven perhaps, one minute out of seven, one thought out of seven, one day out of seven -- we must become quiet and recognize that what we have been struggling so hard to attain is that which we are. We must know quietly within our own minds and hearts that the heaven we have been striving to reach is where we have been living throughout eternity. We must become quiet and let go and know that the God we have been seeking to worship is the Spirit of God within us. It has always been within us; it always will be with us.

We study earnestly, consciously; we work hard; we want to be good; we want to express the nature of God within us-and sometimes we struggle and strain and worry and pray and work so hard that we forget that we are already that which we are seeking. We are the Spirit of God coming into expression, and we need to heed the voice of the Psalmist: "Be still, and know that I am God."

Be still; cease all your striving. Stop your struggling and your straining. Relax and let go. This does not mean that you are to go into a corner and collapse into a shapeless heap, hoping that something will take over. Rather, it means that you are to become quiet and receptive and open, to listen

for the voice of God that is forever speaking within you.

When you do this consciously, you will discover that your whole approach to life is changing; and you will discover that many of the things you have been trying to force yourself to accept, many of the things you have been trying to force yourself to think, come easily and naturally. It is no doubt true that if one could just relax completely in God for thirty seconds, every disease would be healed, every emotional knot would be untied, every outer inharmony would be dissolved and wiped away completely.

This is the great message of the fourth commandment: it tells you to relax, to let go and know that God is within; that the Spirit of God is your very nature. There is only one way to test this commandment and that is by obeying it, by practicing becoming quiet and relaxing and listening for God's voice. He will speak to you in His own unique and wonderful way, and you will come to the point where you will not only try to practice the presence of God, you will actually experience the presence of God flowing in and through you. Then you will stop trying to imitate other people (great souls though they may be), and you will begin to have a valid experience of the nature of God quickening, stirring, expressing through you. So often our struggles consist of trying to feel as someone else has said he felt, of trying to hear the voice of God in the way that someone else has said he heard it. This is a counterfeit approach to an experience with God.

Beginning right now, our religious experience, our experience of the presence of God, is just as valid, just as true, as that of any man or woman who has ever lived. So we are willing to rest, to observe the sabbath, to let the nature of God reveal itself to us and express itself through us in our thoughts, our feelings, our words, our actions, and our responses to life. It is well to study, to work, to pray earnestly, to seek; but let us also rest from our efforts. Let us rest and know that we are the children of God; that the Spirit of God is the reality of our own being, expressing itself in and through us. Let us consciously carry out this great commandment of the sabbath.

Say to your thoughts, to your feelings: *"Be still. Be still and know that I am God, mighty in the midst of you, the reality of your own being, your true Self."* You will discover for yourself that the sabbath becomes a permanent attitude of mind, an eternal state of consciousness, a state of knowing that God is the reality of your own being, that the nature of God is your nature, that the love, the life, the faith and the joy of your Creator find expression in and through you.

ACTION AFFIRMATION
There is one God. I relax, let go, and know that His nature is within me. In His presence I keep the holy sabbath.

From Page One ...



“Whatsoever things are true, whatsoever things are honorable, whatsoever things are pure, whatsoever things are lovely . . . think on these things.” (Phil. 4:8) Put the unpleasant thoughts right out of your mind by thinking of God’s goodness and greatness and love. Bless the person who has seemingly injured you. Behold the Christ in him or her.

Could it be that you have neglected the power of prayer? Prayer is the open sesame to the joys and riches of the kingdom, and yet we fail to use it.

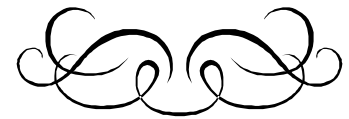
Many marvelous answers to prayer have been outlined through the spontaneous faith of persons utterly unlearned in theology, psychology or metaphysics.

Remember the woman who came to Jesus for healing, hoping to push through the crowd to touch the hem of his garment without speaking or even being blessed by him? She probably knew nothing about the working of faith, but she had the secret of prayer. She had absolute faith, the courage to act, and the simplicity to accept. She used the necessary means. She believed if she could but touch the master, the healing would follow. And, confident in that faith, she pressed on, touched him, and was healed.

Simplicity of faith is the thing that always gets an answer, sometimes in the form of immediate, even seeming miraculous results. Sometimes, it may come slowly. Sometimes we lose patience and our faith grows weak. If we become faint hearted and fall back in our faith, then we must try again. Long years of wrong thinking, of imperfect practice, have often made deep

grooves in the brain. It takes effort and continued practice before change.

Don’t be discouraged. Never give up. Keep faith in the latent powers within you. Remember those who have overcome insurmountable handicaps, and keep constantly in mind that you too can overcome. And you don’t have to wait. Whether your faith is small or great it is the key to riches of which you never dreamed. Remind yourself that “now is the acceptable time.” Remember, God is Blessing You, **Right Now!**



Christianity

All things whatsoever ye would that men should do unto you, do ye even so unto them.

Confucianism

To be in one’s own heart in kindly sympathy with all things; this is the nature of righteousness

Islam

Wherever you go, wherever you rest, may the peace of Good Allah keep you blest.

Judaism

What doth the Lord require of thee but to do justly and love mercy, and walk humbly with thy God?

Hinduism

As one may ascend to the housetop by ladder, rope, or bamboo, so there are many ways to reach God.

Buddhism

Hatred does not cease by hatred, but only by love. This is an old rule.

August 2010

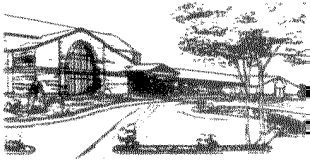
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	2	3 <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM	4 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM	5	6 <i>Zumba</i> 10:00 AM	7
8 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	9	10 <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM	11 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM	12	13 <i>Zumba</i> 10:00 AM	14 <i>Bell Choir & Choir</i> <i>Potluck Picnic</i> 11:00 – 2:00
15 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>Prayer Chaplain</i> <i>Orientation</i> 11:45	16 <i>Ladies Night Out</i> <i>"Smugala's"</i> 10150 Watson	17 <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM	18 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM	19 <i>Board Meeting</i> 7:30 PM	20 <i>Zumba</i> 10:00 AM	21 <i>Choir Rehearsal</i> 9:00 AM <i>Bell Choir Rehearsal</i> 10:30 AM
22 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	23	24 <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM	25 <i>AA Men's Group</i> 10:00 AM <i>CA</i> 7:00 PM	26	27 <i>Zumba</i> 10:00 AM	28 <i>Choir Rehearsal</i> 9:00 AM <i>Bell Choir Rehearsal</i> 10:30 AM
29 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM <i>Potluck, Ice cream</i> <i>Social & Music</i> <i>After Sunday Service</i>	30	31 <i>Tai Chi</i> 10:00 AM <i>Zumba</i> 6:30 PM				

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THE AUGUST NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side – Old farmer's advice

Your fences need to be horse-high,
pig-tight and bull-strong.

Keep skunks and bankers at a
distance.

Life is simpler when you plow
around the stump.

A bumble bee is considerably faster
than a John Deere tractor.

Words that soak into your ears are
whispered, not yelled.

Meanness don't jes' happen
overnight.

Forgive your enemies; it messes up
their heads.

You cannot unsay a cruel word.

Do not corner something that you
know is meaner than you.

It don't take a very big person to
carry a grudge.

Every path has a few puddles.

When you wallow with pigs, expect
to get dirty.

The best sermons are lived, not
preached.

Most of the stuff people worry about
ain't never gonna happen anyway.

Don't judge folks by their relatives.

Remember that silence is sometimes
the best answer.

Timing has a lot to do with the
outcome of a Rain dance.

If you find yourself in a hole, the
first thing to do is stop diggin'!

Sometimes you get, and sometimes
you get got.

If you get to thinkin' you're a person
of some influence, try orderin'
somebody else's dog around.

-Thanks, Phil Rimmer