

Wings



FIRST UNITY CHURCH – Serving the spiritual needs of the St. Louis community for over eighty-five years.

The Game of Life

Affirm Life

By Deborah L. Cameron

When he was 94 years old, Charles Fillmore wrote the following affirmation: “I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought to be done by me.” How wonderful to affirm such energy and vibrancy!

Affirmative prayer is a useful tool for focusing our thoughts on the truth that we are spiritual beings, filled with vibrant energy and renewing life. We, too, can use this tool in our daily lives. When we pray affirmatively about a health challenge, we are recognizing the life of God within.

The act of affirmation can be thought of as “the mental movement that asserts confidently and persistently the Truth of Being in the face of all appearances to the contrary.” As we pray affirmatively, we assert our confidence in God's healing power within our minds and bodies. We affirm daily, even momentarily, that we are one with God and that the life of God is flowing freely within us.

Affirmations can be used anytime we feel the need to focus our thoughts on God and become aware of the strength and health that are inherent within the body temple.

If we desire increased energy, we can affirm: *I am energized through the healing life of God within me.*

If we are concerned about a loved one, we can affirm: *You are healed and strengthened through God's healing life within.*

Or if we want to become more spiritually attuned to the healing activity of God within every part of the body temple, we can use an affirmation such as: *I am one with God. The healing life of God within me gives me strength, heals my body temple, and brings me peace.*

Each time we pray positively and faithfully, we are calling forth the divine activity that is always within us. By affirming life within, we are allowing the healing activity of God to flow freely and to do its healing, revitalizing work.

How do we learn to use affirmative prayer in our daily lives? Through persistence and faith. Our faith guides us to use positive statements that instill a sense of peace and an awareness of the rejuvenation process. The more we use the tool of affirmative prayer, the more conscious we become of God's loving presence in our lives and of the healing activity of God at work. By attuning ourselves mentally and spiritually to divine life within, we bless ourselves and those for whom we pray.

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The Newsletter of
First Unity Church
Of Saint Louis

February 2010

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- ❖ Illumination

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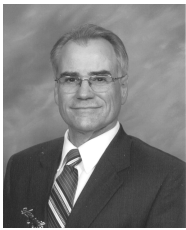
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Wings

February 2010

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RHONDA BRITTEN IS COMING TO FIRST UNITY ON FEBRUARY 23! 7:00 - 9:00 PM

She has been on "Oprah," "Starting Over," and "Celebrity Fit Club." Now, you can see her LIVE -- here at First Unity -- as part of her Fearless America Tour.

If you are being held back, feel stuck, overwhelmed or just plain frustrated, mark your calendar and attend this once-in-a-lifetime event. Cost for the workshop is \$20 per person. For more information on Rhonda and her workshops, visit her website at www.RhondaBritten.com

ELDER CARE SEMINAR

By popular request Larry Gibbs and Kit Whittington will present a three-part seminar on issues senior citizens and their families face. The sessions will be offered after church on Sundays at 12:15.

Session I: Feb. 7, Medicare

Session II: Feb. 21, Medicaid

Session III: Feb. 28, care giver burnout

You will come away with many useful methods, ideas and phone numbers to support elders and their caregivers. Baby sitting will be provided and all guests are welcome. You may want to bring a sack lunch.

Larry has an M.S. in gerontology, is a licensed nursing home administrator, and for the last 12 years has been with the State of MO, Dept. of Senior Service, as a social worker and long term specialist.

Kit is an R.N. with a B.S. in Nursing. She founded Seniors Home Care in 1987 to provide professional, compassionate in-home care for senior adults in the St. Louis area. She received the Better Business Bureau's 2009 Torch Award.

This month the **Ladies' Night Out Group** will be meeting Monday evening, Feb. 15th, at 5:30 at Helen Fitzgerald's, 3650 South Lindbergh.



FEED MY PEOPLE



Sunday, February 7, is Super Bowl Sunday. It is also **Souper Bowl Sunday!** Last year 14,000 churches, including ours, participated in this program. Your donations of cans of soup to

help our local food pantry is especially appreciated at this time of year.

www.feed-my-people.org

SWEETHEART SOCK HOP



On Saturday, February 6, from 7:00 to 11:00 p.m., we will all kick up our heels for a fun evening of dancing, with music provided by Bobbi and Joan, in celebration of Valentine's Day.

There will be an "ugly sock contest," photo opportunity with your valentine, and by popular demand, ice cream sodas. Table snacks and soft drinks will be provided. Suggested donation is \$10 per person. For more information call Bobbi at 314-842-2377 or Joan at 314-849-7205.

NEW CLASS BEGINNING



On Sunday, February 14, teachers Jan Mourning and Deb Fry will start a ten-week class inspired by the book *The Concentric Perspective* by Eric Butterworth. The class will meet in the lending library from 9:15 to 10:15 a.m. Eric Butterworth writes, "You are a spiritual being, and life can only flow from within - outwards." When viewed from the concentric perspective, or from within-outward, all the various aspects of living -- loving, giving, receiving, forgiving, meeting challenges -- take on new meaning, bringing greater satisfaction, deeper understanding, and a zestful sense of living life to the fullest.

All are welcome!

FEBRUARY AFFIRMATIONS

Inner Peace: In the quiet of this moment, I am at peace. All is well.

Guidance: I am divinely inspired to right action.

Healing: I am an ever-renewing expression of divine life.

Prosperity: I am successful and fulfilled, realizing the power of God in me.

World Peace: Let there be peace on Earth, and let it begin with me.

www.dailyword.com

From page one...



As we affirm the activity of God in our minds and bodies, we also use the tool of denial to eliminate fear, apprehension, or doubt. A denial is a form of release, a cleansing away of obstruction. We do not deny the negative condition; we deny the power it has over us and affirm our ability to overcome it and attain perfect health. A denial helps us disassociate ourselves from any condition that may hinder the flow of God's activity within.

Denials such as: "I release stress or anxiety" and "The appearance of illness has no power over me" are cleansing tools that open the way to God's healing life within. As we deny the negative appearance, we are free to focus our thoughts and prayers on the positive. Through the use of affirmations and denials, we pave the way for perfect health to become manifest.

As you pray, remember that you were created to be healthy and strong. Affirm this truth, become aware of your oneness with God, and be enthusiastic about the healing that is taking place within your mind and body. "Spring forth with a mighty faith" today to do all that you are capable of doing and be all that you were created to be.

100th anniversary of the Boy Scout movement



100 YEARS
of
SCOUTING
1910-2010

Lord Robert Baden-Powell (1857-1941) was a lieutenant-general in the British Army who loved hiking and camping in the wilderness. He wrote a small handbook for soldiers called Aids to Scouting. It became so popular among teachers and youth leaders that he rewrote it with young people in mind.

Scouting for Boys was immediately a best seller and led to the establishment of many Boy Scout groups in England.

Soon afterward, scouting groups began popping up across America. Churches were so supportive of the movement's values that many churches sponsored Scout troops - and still do.

The official beginning of Scouting in America was February 8, 1910. Each year, many churches recognize their Scouts on the Sunday before February 8.

The leaders of Boy Scouts of America have designated September 1, 2009, through December 31, 2010 as "A Year of Celebration." The year's highlight will be Jamboree 2010 (July 26–August 4, 2010), which promises to be the largest celebration of Scouting in America. More than 43,000 scouts and leaders are expected to attend the event at Fort A.P. Hill, a 76,000-acre camp outside Washington, D.C.

An everyday God

A missionary was telling a Native American about Christ, the Son of God, and how we gather every Sunday to worship our Creator. The man was curious why Christians worship together each week. "Does this God come only on Sundays?" he asked.

Equal opportunity

When young Kelli said her prayers each night, she would bless every family member, every friend and every pet (current or past). Toward the end of her prayers, she'd say, "And all girls."

One night her father asked his daughter why she always ended that way.

"Because," she replied, "everybody else always finishes their prayers by saying, 'All men.'"

"Quotable Quotes"

Love has nothing to do with what you are expecting to get, it's what you are expected to give - which is everything.

-Vittorio Alfieri



Though our feelings come and go, God's love for us does not.

-C.S. Lewis

Fear imprisons, faith liberates; fear paralyzes, faith empowers; fear disheartens, faith encourages; fear sickens, faith heals; fear makes useless, faith makes serviceable - and, most of all, fear puts hopelessness at the heart of life, while faith rejoices in its God.

-Harry Emerson Fosdick

Faith doesn't get us out of trouble; faith gets us through it.

-Anonymous

One of the sanest, surest and most generous joys of life comes from being happy over the good fortune of others.

-Archibald Rutledge

Our economy, peace and lives depend upon a healthy sustainable environment. If we are out of sync with creation, we are out of sync with the Creator.

-Doug Bland

He who has a thousand friends has not a friend to spare; and he who has one enemy will meet him everywhere.

-Ralph Waldo Emerson

Many things I have tried to grasp and have lost. That which I have placed in God's hands, I still have.

-Martin Luther

Let love be genuine; ... hold fast to what is good; love one another with mutual affection.

-St. Paul

The Game of Life (And How to Play It)

By Florence Scovel Shinn

Some people are cheerful givers, but bad receivers. They refuse gifts through pride, or some negative reason, thereby blocking their channels, and invariably find themselves eventually with little or nothing. For example: A woman who had given away a great deal of money, had a gift offered her of several thousand dollars. She refused to take it, saying she did not need it. Shortly after that, her finances were "tied up", and she found herself in debt for that amount. Man should receive gracefully the bread returning to him upon the water - freely ye have given, freely ye shall receive.

There is always the perfect balance of giving and receiving, and though man should give without thinking of returns, he violates law if he does not accept the returns which come to him; for all gifts are from God, man being merely the channel.

A thought of lack should never be held over the giver.

For example: When the man gave the one cent, I did not say; "Poor man, he cannot afford to give me that." I saw him rich and prosperous, with his supply pouring in. It was this thought which brought it. If one has been a bad receiver, he must become a good one, and take even a postage stamp if it is given him, and open up his channels for receiving.

The Lord loveth a cheerful receiver, as well as a cheerful giver.

I have often been asked why one man is born rich and healthy, and another poor and sick.

Where there is an effect there is always a cause; there is no such thing as chance.

This question is answered through the law of reincarnation. Man goes through many births and deaths, until he knows the truth which sets him free.

He is drawn back to the earth plane through unsatisfied desire, to pay his Karmic debts, or to "fulfill his destiny."

The man born rich and healthy has had pictures in his subconscious mind, in his past life, of health and

riches; and the poor and sick man, of disease and poverty. Man manifests, on any plane, the sum total of his subconscious beliefs.

However, birth and death are man-made laws, for the "wages of sin is death"; the Adamic fall in consciousness through the belief in *two powers*. The real man, spiritual man, is birthless and deathless! He never was born and has never died - "As he was in the beginning, he is now, and ever shall be!"

So through the truth, man is set free from the law of Karma, sin and death, and manifests the man made in "His image and likeness." Man's freedom comes through fulfilling his destiny, bringing into manifestation the Divine Design of his life.

His lord will say unto him: "Well done thou good and faithful servant, thou has been faithful over a few things, I will make thee ruler over many things (death itself); enter thou into in the joy of thy Lord (eternal life)."

Chapter 10: Denials and Affirmations

"Thou shalt decree a thing, and it shall be established unto thee."

All the good that is to be made manifest in man's life is already an accomplished fact in divine mind, and is released through man's recognition, or spoken word, so he must be careful to decree that only the Divine Idea be made manifest, for often, he decrees, through his "idle words," failure or misfortune.

It is, therefore, of the utmost importance, to word one's demands correctly, as stated in a previous chapter.

If one desires a home, friend, position or any other good thing, make the demand for the "divine selection."

For example: "Infinite Spirit, open the way for my right home, my right friend, my right position. I give thanks *it now manifests under grace in a perfect way.*"

The latter part of the statement is most important. For example: I knew a woman who demanded a thousand dollars. Her daughter was injured and they received a thousand dollars indemnity, so it did not come in a "perfect way."

The demand should have been worded in this way: "Infinite Spirit, I give thanks that the one thousand dollars, which is mine by divine right, is now released, and reaches me under grace in a perfect way."

As one grows in a financial consciousness, he should demand that the enormous sums of money, which are his by divine right, reach him under grace, in perfect ways.

It is impossible for man to release more than he thinks is possible, for one is bound by the limited expectancies of the subconscious. He must enlarge his expectancies in order to receive in a larger way.

Man so often limits himself in his demands. For example: A student made the demand for six hundred dollars, by a certain date. He did receive it, but heard afterwards, that he came very near receiving a thousand dollars, but he was given just six hundred, as the result of his spoken word.

"They limited the Holy One of Israel." Wealth is a matter of consciousness. The French have a legend giving an example of this. A poor man was walking along a road when he met a traveler, who stopped him and said: "My good friend, I see you are poor. Take this gold nugget, sell it, and you will be rich all your days."

The man was overjoyed at his good fortune, and took the nugget home. He immediately found work and became so prosperous that he did not sell the nugget. Years passed, and he became a very rich man. One day he met a poor man on the road. He stopped him and said: "My good friend, I will give you this gold nugget, which, if you sell, will make you rich for life." The mendicant took the nugget, had it valued, and found it was only brass. So we see, the first man became rich through feeling rich, thinking the nugget was gold.

Every man has within himself a gold nugget; *it is his consciousness of gold, of opulence, which brings riches into his life.* In making his demands, man begins at his *journey's end*, that is he declares *he has already received.* "Before ye call I shall answer."

Continually affirming establishes the belief in the subconscious.

It would not be necessary to make an affirmation more than once if one had perfect faith! One should not plead or supplicate, but give thanks repeatedly, that he has received.

"The desert shall rejoice and blossom as the rose." This rejoicing which is yet in the desert (state of consciousness) opens the way for release. The Lord's Prayer is in the form of command and demand, "Give us this day our daily bread, and forgive us our debts as we forgive our debtors," and ends in praise, "For thine is the Kingdom and the Power and the Glory, forever. Amen." "Concerning the works of my hands, command ye me." So prayer is command and demand, praise and thanksgiving. The student's work is in making himself believe that "with God all things are possible."

This is easy enough to state in the abstract, but a little more difficult when confronted with a problem. For example: It was necessary for a woman to demonstrate a large sum of money within a stated time. She knew she must *do something* to get a realization (for realization is manifestation), and she demanded a "lead."

She was walking through a department store, when she saw a very beautiful pink enamel paper cutter. She felt the "pull" towards it. The thought came. "I haven't a paper cutter good enough to open letters containing large cheques."

So she bought the paper cutter, which the reasoning mind would have called an extravagance. When she held it in her hand, she had a flash of a picture of herself opening an envelope containing a large cheque, and in a few weeks, she received the money. The pink paper cutter was her bridge of active faith.

Many stories are told of the power of the subconscious when directed in faith.

For example: A man was spending the night in a farmhouse. The windows of the room had been nailed down, and in the middle of the night he felt suffocated and made his way in the dark to the window. He could not open it, so he smashed the pane with his fist, drew in draughts of fine fresh air, and had a wonderful night's sleep.

The next morning, he found he had smashed the glass of a bookcase and the window had remained closed during the whole night. He had *supplied himself with oxygen, simply by his thought of oxygen.*

When a student starts out to demonstrate, he should never turn back. "Let not that man who wavers think that he shall receive anything of the Lord."

A colored student once made this wonderful statement, "When I asks the Father for anything, I puts my foot down, and I says: Father, I'll take nothing less than I've asked for, but more!" So man should never compromise: "Having done all - Stand." This is sometimes the most difficult time of demonstrating. The temptation comes to give up, to turn back, to compromise.

"He also serves who only stands and waits."

Demonstrations often come at the eleventh hour because man then lets go, that is, stops reasoning, and Infinite Intelligence has a chance to work.

"Man's dreary desires are answered drearily, and his impatient desires, long delayed or violently fulfilled.

For example: A woman asked me why it was she was constantly losing or breaking her glasses.

We found she often said to herself and others with vexation, "I wish I could get rid of my glasses." So her impatient desire was violently fulfilled. What she should have demanded was perfect eye-sight, but what she registered in the subconscious was simply the impatient desire to be rid of her glasses; so they were continually being broken or lost.

Two attitudes of mind cause loss: depreciation, as in the case of the woman who did not appreciate her husband, *or fear of loss*, which makes a picture of loss in the subconscious.

When a student is able to let go of his problem (cast his burden) he will have instantaneous manifestation.

For example: A woman was out during a very stormy day and her umbrella was blown inside-out. She was about to make a call on some people whom she had never met and she did not wish to make her first appearance with a dilapidated

umbrella. She could not throw it away, as it did not belong to her. So in desperation, she exclaimed: "Oh God, you take charge of this umbrella, I don't know what to do."

A moment later, a voice behind her said: "Lady, do you want your umbrella mended? There stood an umbrella mender.

She replied, "Indeed, I do."

The man mended the umbrella, while she went into the house to pay her call, and when she returned, she had a good umbrella. So there is always an umbrella mender at hand, on man's pathway, when one puts the umbrella (or situation) in God's Hands.

One should always follow a denial with an affirmation.

For example: I was called on the 'phone late one night to treat a man whom I had never seen. He was apparently very ill. I made the statement: "I deny this appearance of disease. It is unreal, therefore cannot register in his consciousness; this man is a perfect idea in Divine Mind, pure substance expressing perfection."

There is no time or space, in Divine Mind, therefore the word reaches instantly its destination and does not "return void." I have treated patients in Europe and have found that the result was instantaneous.

I am asked so often the difference between visualizing and visioning. Visualizing is a mental process governed by the reasoning or conscious mind; visioning is a spiritual process, governed by intuition, or the superconscious mind. The student should train his mind to receive these flashes of inspiration, and work out the "divine pictures," through definite leads. When a man can say, "I desire only that which God desires for me," his new set of blueprints is given him by the Master Architect, the God within. God's plan for each man transcends the limitation of the reasoning mind, and is always the square of life, containing health, wealth, love and perfect self-expression. Many a man is building for himself in imagination a bungalow when he should be building a palace.

If a student tries to force a demonstration (through the reasoning mind) he brings it to a standstill. "I will hasten it," saith the Lord. He should act only through intuition, or

definite leads. "Rest in the Lord and wait patiently. Trust also in him, and he will bring it to pass."

I have seen the law work in the most astonishing manner. For example: A student stated that it was necessary for her to have a hundred dollars for the following day. It was a debt of vital importance which had to be met. I "spoke the word," declaring Spirit was "never too late" and that the supply was at hand.

That evening she phoned me of the miracle. She said that the thought came to her to go to her safe-deposit box at the bank to examine some papers. She looked over the papers, and at the bottom of the box, was a new one hundred dollar bill. She was astounded, and said she knew she had never put it there, for she had gone through the papers many times. It may have been a materialization, as Jesus Christ materialized the loaves and fishes. Man will reach the stage where his "word is made flesh," or materialized, instantly. "The fields, ripe with the harvest," will manifest immediately, as in all of the miracles of Jesus Christ.

There is a tremendous power alone in the name Jesus Christ. It stands for *Truth Made Manifest*. He said, "Whatsoever ye ask the Father, in my name, he will give it to you."

The power of this name raises the student into the fourth dimension, where he is freed from all astral and psychic influences, and he becomes "unconditioned and absolute, as God Himself is unconditioned and absolute."

I have seen many healings accomplished by using the words, "In the name of Jesus Christ."

Christ was both person and principle; and the Christ within each man is his Redeemer and Salvation.

The Christ within, is his own fourth dimensional self, the man made in God's image and likeness. This is the self which has never failed, never known sickness or sorrow, was never born and has never died. It is the "resurrection and the life" of each man! "No man cometh to the Father save by the Son," means, that God, the Universal, working on the plane of the particular, becomes the Christ in man; and the Holy Ghost, means God-in-action. So daily, man is manifesting

the Trinity of Father, Son and Holy Ghost.

Man should make an art of thinking. The Master Thinker is an artist and is careful to paint only the divine designs upon the canvas of his mind; and he paints these pictures with masterly strokes of power and decision, having perfect faith that there is no power to mar their perfection and that they shall manifest in his life the ideal made real.

All power is given man (through right thinking) to bring *his heaven* upon *his earth*, and this is the *goal of the "Game of Life."*

The simple rules are fearless faith, nonresistance and love!

May each reader be now freed from that thing which has held him in bondage through the ages, standing between him and his own, and "know the Truth which makes him free" - free to fulfill his destiny, to bring into manifestation the "*Divine Design of his life*, Health, Wealth, Love and Perfect Self-Expression." "Be ye transformed by the renewing of your mind."

Denials and Affirmations

For Prosperity

God is my unfailing supply, and large sums of money come to me quickly, under grace, in perfect ways.

For Right Conditions

Every plan my Father in heaven has not planned shall be dissolved and dissipated and the Divine Idea now comes to pass.

For Right Conditions

Only that which is true of God is true of me, for I and the Father are ONE.

For Faith

As I am one with God, I am one with my good, for God is both the *Giver* and the *Gift*. I cannot separate the Giver from the gift.

For Right Conditions

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!

For Health

Divine Love floods my consciousness with health, and every cell in my body is filled with light.

For the Eyesight

My eyes are God's eyes, I see with the eyes of spirit. I see clearly the

open way; there are no obstacles on my pathway. I see clearly the perfect plan.

For Guidance

I am divinely sensitive to my intuitive leads, and give instant obedience to Thy will.

For the Hearing

My ears are God's ears, I hear with the ears of spirit. I am nonresistant and am willing to be led I hear glad tidings of great joy.

For Right Work

I have a perfect work
In a perfect way;
I give a perfect service
For perfect pay.

For Freedom from all Bondage

I cast this burden on the Christ within, and I go free!



This concludes the book, *The Game of Life* by Florence Scovel Shinn.

Florence Scovel Shinn graduated from Art Academy, married Everett Shinn and moved to New York where he built her a small theater next to their studio at 112 Waverly Place. He created the Waverly Players and wrote her three plays in which she played the title role.

Prior to World War I, Florence worked as illustrator of children's magazines and books. In 1912, her marriage failed, upon which Everett requested a divorce.

This led her to a more intense examination of her life, whereupon she turned to New Thought and soon became a New Thought teacher and wrote: **The Game of Life and How to Play It**. In 1925, having been unable to find a publisher for it, she published it herself. This was followed by "Your Word is Your Wand" in 1928. "The Secret Door to Success" was published shortly before her death on October 17, 1940. The "Power of the Spoken Word" is a student's compilation of her notes, which was published after her death in 1945.

Florence Scovel Shinn's ability to explain success principles and their application in an entertaining and easy-to-read style via sharing real-life stories has delighted readers around the world.

February 2010

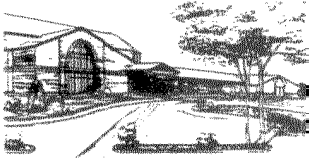
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i> "Discover the Power Within You" Class 10:00 AM	<i>3</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>4</i>	<i>5</i>	<i>6</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM Sweetheart Sock Hop 7:00-11:00
<i>7</i> Sunday Service 10:30 AM Youth Ed 10:30 AM Elder Care Seminar I 12:15 "Souper Bowl"	<i>8</i>	<i>9</i> "Discover the Power Within You" Class 10:00 AM	<i>10</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>11</i>	<i>12</i>	<i>13</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>14</i> Sunday Service 10:30 AM Youth Ed 10:30 AM Concentric Perspective Class 9:15-10:15	<i>15</i> Ladies Night Out "Helen Fitzgeralds" 3650 So. Lindbergh 5:30 PM	<i>16</i> "Discover the Power Within You" Class 10:00 AM	<i>17</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>18</i> Board Meeting 7:30 PM	<i>19</i>	<i>20</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>21</i> Sunday Service 10:30 AM Youth Ed 10:30 AM Concentric Perspective Class 9:15-10:15 Elder Care Seminar II 12:15	<i>22</i>	<i>23</i> "Discover the Power Within You" Class 10:00 AM Rhonda Britten "Fearless Living" 7:00 - 9:00 PM	<i>24</i> AA Men's Group 10:00 AM CA 7:00 PM	<i>25</i>	<i>26</i>	<i>27</i> Choir Rehearsal 9:00 AM Bell Rehearsal 10:30 AM
<i>28</i> Sunday Service 10:30 AM Youth Ed 10:30 AM Concentric Perspective Class 9:15-10:15 Elder Care Seminar III 12:15						

Wings

THE FEBRUARY NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- *Do you know these St. Louis facts?*

St. Louisians consume more barbecue sauce per capita than any other city in the U.S.

The soft drink, Dr. Pepper, was introduced at the 1904 World's Fair in St. Louis. 7-Up also was invented in St. Louis.

St. Louis was the site of the demonic possession treated by a Jesuit priest from St. Louis University and the theologian that inspired the book, and later the movie, "The Exorcist."

The ice cream cone was invented at the 1904 World's Fair. So was iced tea. Hot dogs and hamburgers were popularized to a wide audience at the Fair.

The first lung cancer operation and first lung transplants were performed in St. Louis.

St. Louis was once the largest shoe-manufacturing center in the world - home of Buster Brown and other famous brands.

The largest collection of mosaic art in the world graces the walls and ceilings at the Cathedral Basilica of Saint Louis is on Lindell in the Central West End.

St. Louis is home to the oldest institution of higher learning west of the Mississippi River - Saint Louis University.

Hawken Rifles and Murphy wagons, used by the western pioneers, were

made in St. Louis.

The cocktails Planter's Punch, Martini, Bloody Mary, and Tom Collins, were invented at a St. Louis Planter House hotel.

The custom of placing chocolates on hotel pillows began here when the actor Cary Grant stayed at the Mayfair and used chocolate to woo a woman friend.

The first Jewish congregation west of the Mississippi was founded in St. Louis, as was the first library west of the Mississippi.

-Thanks, James Petrovic