

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

January 2010

❖ *Inspiration*

❖ *Information*

❖ *Illumination*

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The old must pass away

By Charles E. Jarvis

As fall comes to New England, one of the yearly rituals is to pot the outside plants that won't survive the winter and bring them inside until spring. Not long ago these plants were brought inside and placed on a stand in my kitchen window. This is a special window for me because I gaze out of it during my morning prayer and meditation time. It was during one of these times that I recently became more aware of a special process that plants and human beings have in common.

On this special morning I noticed that the newly transplanted plants were losing a lot of their lower leaves. My first thought was that they were dying from the shock of being transplanted. When I scrutinized the plants a little closer, though, I noticed new growth appearing higher on the stems and branches. My plants weren't dying - they were growing!

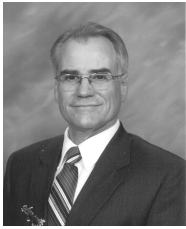
I realized that what I was seeing was a pattern, a process in action. The old was passing away so that the new could begin. This process was so like my spiritual growth. Habits change and ideas pass away to be replaced by newer, better ways of thinking and doing things. We shed some of our lesser selves so we can push forth to higher states

of being. As we move upward and inward toward the higher realization of ourselves as beloved children of God, old ways pass.

How like nature we are! As the apostle Paul stated, "And we all ... are being changed into his likeness from one degree of glory to another" (2 Cor. 3:18). As I watch the plants and trees change, I see them letting go of old growth so that next spring they will grow taller and stronger, and I am filled with gratitude that we can do the same. Although at times during this process of spiritual unfoldment we may feel as my plants looked - as if we are dying - this is not so. Anger, fear, guilt, remorse, resentment, greed, and envy pass away as we grow to the light. Just as my plants shed their lower growth so that they can grow stronger and taller, our lower human "foliage" gives way to new growth, to new ways of thinking and doing things, to new ways of forgiveness, compassion, faith, love, harmony, and peace until we are radiantly filled with God's blessings.



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Welcome 2010!

PANCAKE BREAKFAST "Bring a Friend" Sunday

Our new 10:30 service time provides the opportunity to schedule special events before church -- and our first of these will be a pancake breakfast and "Bring a Friend" Sunday on January 17th. A breakfast of pancakes, sausage, bacon, orange juice, and coffee will be served from 9:00 to 10:30 on a love offering basis. We invite you and your friends and family to join us for this special Sunday.



This month the **Ladies' Night Out Group** will be meeting Monday evening, January 18th at 5:30 at Michael's Bar and Grill, 7101 Manchester.



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, 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!

OUR SUNDAY SCHOOL IS GROWING!

We have openings for:

- volunteers willing to make a commitment to our teens
- infant and toddler caregivers one Sunday a month
- contributions of nursery items like Pack N Plays, swings, etc.

If you feel led to serve in one of these ways contact Sheila Wagstaff on Sundays or call her at 314-614-7656. *(For the protection of our children, we will do background checks.)*

JANUARY 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 I watch the plants and trees changing so that next spring they will be fuller and stronger, I thank God for the distinct advantage we have been given over the animals and plants. We can decide now to let go and let God. We have a choice to change. This ability to turn our lives over to the care of God is by no means easy, but because of the "Christ in you, the hope of glory" (Col. 1:27), it is much easier to change than ever before.

Holding on to old ways causes us to suffer needlessly. Letting go, as plants do, can cause us brief pain, but any such pain is always followed by unbounded joy, the joy of being a new creation.

As I sit by my kitchen window watching the plants and trees, I am reminded again of God's loving grace, which is provided through the process of renewal and rebirth. God's loving guidance will permeate all our lives if we will only let go of old ideas and old ways.

As I let go, my cares seem not to burden me quite as much as before, for I know that new growth is pushing itself into my consciousness just as God planned it all along.



Superconsciousness is the goal toward which humanity is working. Regardless of appearances there is an upward trend continually active throughout all creation. The superconsciousness is the realm of divine ideas. Its character is impersonal. It therefore has no personal ambitions; knows no condemnation; but is always pure, innocent, loving, and obedient to the call of God. (Charles Fillmore)

A statement of faith

A half century ago, Milward Simpson was the governor of Wyoming. He was a Christian who trusted God without question. He and his wife often shared this statement of faith, written by James Dillet Freeman:

The light of God surrounds us,
The love of God enfolds us,
The power of God protects us,
And the presence of God
watches over us;
Wherever we are, God is.

Governor Simpson once told of flying in an airplane that developed engine trouble. Instead of giving in to fear, he and his wife held hands and together recited the words they tried to live by. The plane landed safely.

Having a positive statement of faith can be helpful in many situations. Why not create one for yourself and your family — or use the prayerful statement the Simpsons recited.

A winning pattern for the New Year

Some anonymous wise person penned the following directions for living without bringing pain to others or oneself:

“You will never be sorry — for thinking before acting, for hearing before judging, for forgiving your enemies, for being candid and frank, for helping a fallen brother, for being honest in business, for thinking before speaking, for being loyal to God and the church, for standing by your principles, for refusing to participate in gossip, for holding your words when tempted to demean another, for

not entertaining impure or hateful thoughts, for sympathizing with the afflicted, for being courteous and kind to all.”

“Quotable Quotes”

Man's reach should exceed his grasp, or what's a heaven for? (Robert Browning)

The goal is to make your joys your job, your toys your tools. (Jennifer Leigh Youngs)

What you get by achieving your goals is not nearly as important as what you become by achieving your goals. (Zig Ziglar)

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. (Henry David Thoreau)

Enjoyment is not a goal, it is a feeling that accompanies important ongoing activity. (Paul Goodman)

Shoot for the moon. Even if you miss it, you will land among the stars. (Les Brown)

I am not interested in this phenomenon or that phenomenon. I want to know God's thoughts; the rest are mere details. (Albert Einstein)

Slight not what's near, while aiming at what's far. (Euripides)

The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream. It is not disgrace to reach the stars, but it is a disgrace to have no stars to reach for. Not failure, but low aim, is a sin. (Benjamin Mays)



The Game of Life (And How to Play It)

By Florence Scovel Shinn

The prodigal son said: "I will arise and go to my Father."

It is indeed, often an effort of the will to leave the husks and swine of mortal thinking. It is so much easier, for the average person, to have fear than faith; *so faith is an effort of the will.*

As man becomes spiritually awakened he recognizes that any external inharmony is the correspondence of mental inharmony. If he stumbles or falls, he may know he is stumbling or falling in consciousness.

One day, a student was walking along the street condemning someone in her thoughts. She was saying mentally, "That woman is the most disagreeable woman on earth," when suddenly three boy scouts rushed around the corner and almost knocked her over. She did not condemn the boy scouts, but immediately called on the law of forgiveness, and "saluted the divinity" in the woman. Wisdom's way are ways of pleasantness and all her paths are peace.

When one has made his demands upon the Universal, he must be ready for surprises. Everything may seem to be going wrong, when in reality, it is going right.

For example: A woman was told that there was no loss in divine mind, therefore, she could not lose anything which belonged to her; anything lost, would be returned, or she would receive its equivalent.

Several years previously, she had lost two thousand dollars. She had loaned the money to a relative during her lifetime, but the relative had died, leaving no mention of it in her will. The woman was resentful and angry, and as she had no written statement of the

transaction, she never received the money, so she determined to deny the loss, and collect the two thousand dollars from the Bank of the Universal. She had to begin by forgiving the woman, as resentment and unforgiveness close the doors of this wonderful bank.

She made this statement, "I deny loss, there is no loss in Divine Mind, therefore, I cannot lose the two thousand dollars, which belong to me by divine right. *"As one door shuts another door opens."*

She was living in an apartment house which was for sale; and in the lease was a clause, stating that if the house was sold, the tenants would be required to move out within ninety days.

Suddenly, the landlord broke the leases and raised the rent. Again, injustice was on her pathway, but this time she was undisturbed. She blessed the landlord, and said, "As the rent has been raised, it means that I'll be that much richer, for God is my supply."

New leases were made out for the advanced rent, but by some divine mistake, the ninety days clause had been forgotten. Soon after, the landlord had an opportunity to sell the house. On account of the mistake in the new leases, the tenants held possession for another year.

The agent offered each tenant two hundred dollars if he would vacate. Several families moved; three remained, including the woman. A month or two passed, and the agent again appeared. This time he said to the woman, "Will you break your lease for the sum of fifteen hundred dollars?" It flashed upon her, "Here comes the two thousand dollars." She remembered having said to friends in the house, "We will all act together if anything more is said about leaving." So her lead was to consult her friends.

These friends said, "Well, if they have offered you fifteen hundred they will certainly give two thousand." So she received a check for two thousand dollars for giving up the apartment. It was certainly a remarkable working of the law, and the apparent injustice was merely opening the way for her demonstration.

It proved that there is no loss, and when man takes his spiritual stand, he collects all that is his from this great Reservoir of Good.

"I will restore to you the years the locusts have eaten."

These adverse thoughts, alone, rob man; for "No man gives to himself but himself, and no man takes away from himself, but himself."

Man is here to prove God and "to bear witness to the truth," and he can only prove God by bringing plenty out of lack, and justice out of injustice.

"Prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour out a blessing, that there shall not be room enough to receive it."

Chapter 9: Perfect Self Expression or the Divine Design

There is for each man, perfect self-expression. There is a place which he is to fill and no one else can fill, something which he is to do, which no one else can do; it is his destiny!

This achievement is held, a perfect idea in Divine Mind, awaiting man's recognition. As the imaging faculty is the creative faculty, it is necessary for man to see the idea, before it can manifest.

So man's highest demand is for the *Divine Design of his life.*

He may not have the faintest conception of what it is, for there is, possibly, some marvelous talent, hidden deep within him.

His demand should be:
"Infinite Spirit, open the way for the Divine Design of my life to manifest; let the genius within me now be released; let me see clearly the perfect plan."

The perfect plan includes health, wealth, love and perfect self-expression. This is the *square of life*, which brings perfect happiness. When one has made this demand, he may find great changes taking place in his life, for nearly every man has wandered far from the Divine Design.

I know, in one woman's case, it was as though a cyclone had struck her affairs, but readjustments came quickly, and new and wonderful conditions took the place of old ones.

Perfect self-expression will never be labor; but of such absorbing interest that it will seem almost like play. The student knows, also, as man comes into the world financed by God, the *supply* needed for his perfect self-expression will be at hand.

Many a genius has struggled for years with the problem of supply, when his spoken word, and faith, would have released quickly, the necessary funds.

For example: After the class, one day, a man came to me and handed me a cent.

He said: "I have just seven cents in the world, and I'm going to give you one; for I have faith in the power of your spoken word. I want you to speak the word for my perfect self-expression and prosperity."

I "spoke the word," and did not see him again until a year later. He came in one day, successful and happy, with a roll of yellow bills in his pocket. He said, "Immediately after you spoke the word, I had a position offered me in a distant city, and am now demonstrating health, happiness and supply."

A woman's perfect self-expression may be in becoming a

perfect wife, a perfect mother, a perfect home-maker and not necessarily in having a public career.

Demand definite leads, and the way will be made easy and successful.

One should not visualize or force a mental picture. When he demands the Divine Design to come into his conscious mind, he will receive flashes of inspiration, and begin to see himself making some great accomplishment. This is the picture, or idea, he must hold without wavering.

The thing man seeks is seeking him - *the telephone was seeking Bell!*

Parents should never force careers and professions upon their children. With a knowledge of spiritual Truth, the Divine Plan could be spoken for, early in childhood, or prenatally.

A prenatal treatment should be: "Let the God in this child have perfect expression; let the Divine Design of his mind, body and affairs be made manifest throughout his life, throughout eternity."

God's will be done, not man's; God's pattern, not man's pattern, is the command we find running through all the scriptures, and the Bible is a book dealing with the science of the mind. It is a book telling man how to release his soul (or subconscious mind) from bondage.

The battles described are pictures of man waging war against mortal thoughts. "A man's foes shall be they of his own household." Every man is Jehoshaphat, and every man is David, who slays Goliath (mortal thinking) with the little white stone (faith).

So man must be careful that his is not the "wicked and slothful servant" who buried his talent. There is a terrible penalty to be paid for not using one's ability.

Often fear stands between man and his perfect self-expression. Stage-fright has hampered many a genius. This may be overcome by the spoken word or treatment. The individual then loses all self-consciousness, and feels simply that he is a channel for Infinite Intelligence to express Itself through.

He is under direct inspiration, fearless, and confident; for he feels that it is the "Father within" him who does the work.

A young boy came often to my class with his mother. He asked me to "speak the word" for his coming examinations at school.

I told him to make the statement: "I am one with Infinite Intelligence. I know everything I should know on this subject." He had an excellent knowledge of history, but was not sure of his arithmetic. I saw him afterwards, and he said: "I spoke the word for my arithmetic, and passed with the highest honors; but thought I could depend on myself for history, and got a very poor mark." Man often receives a set-back when he is "too sure of himself," which means he is trusting to his personality and not the "Father within."

Another one of my students gave me an example of this. She took an extended trip abroad one summer, visiting many countries, where she was ignorant of the languages. She was calling for guidance and protection every minute, and her affairs went smoothly and miraculously. Her luggage was never delayed nor lost! Accommodations were always ready for her at the best hotels; and she had perfect service wherever she went. She returned to New York. Knowing the language, she felt God was longer necessary, so looked after her affairs in an ordinary manner.

Everything went wrong, her trunks delayed, amid inharmony and confusion. The student must form the habit of "practicing the

Presence of God" every minute. "In all thy ways acknowledge him;" nothing is too small or too great.

Sometimes an insignificant incident may be the turning point in a man's life.

Robert Fulton, watching some boiling water, simmering in a tea kettle, saw a steamboat!

I have seen a student, often, keep back his demonstration, through resistance, or pointing the way.

He pins his faith to one channel only, and dictates just the way he desires the manifestation to come, which brings things to a standstill.

"My way, not your way!" is the command of Infinite Intelligence. Like all Power, be it steam or electricity, it must have a nonresistant engine or instrument to work through, and man is that engine or instrument.

Over and over again, man is told to "stand still". "Oh Judah, fear not; but tomorrow go out against them, for the lord will be with you. You shall not need to fight this battle; set yourselves, stand ye still, and see the salvation of the Lord with you."

We see this in the incidents of the two thousand dollars coming to the woman through the landlord when she became nonresistant and undisturbed, and the woman who won the man's love "after all suffering had ceased."

The student's goal is Poise! Poise is Power, for it gives God-Power a chance to rush through man, to "will and to do Its good pleasure."

Poised, he thinks clearly, and makes "right decisions quickly." "He never misses a trick."

Anger blurs the visions, poisons the blood, is the root of many diseases, and causes wrong decision leading to failure.

It has been named one of the worst "sins," as its reaction is so harmful. The student learns that in

metaphysics sin has a much broader meaning than in the old teaching. "Whatsoever is not of faith is sin."

He finds that fear and worry are deadly sins. They are inverted faith, and through distorted mental pictures, bring to pass the thing he fears. His work is to drive out these enemies (from the subconscious mind). "When Man is fearless he is finished!" Maeterlinck says, that "Man is God afraid."

So as we read in the previous chapters; man can only vanquish fear by walking up to the thing he is afraid of. When Jehoshaphat and his army prepared to meet the enemy, singing "Praise the Lord, for his mercy endureth forever," they found their enemies had destroyed each other, and there was nothing to fight.

For example: A woman asked a friend to deliver a message to another friend. The woman feared to give the message, as the reasoning mind said, "Don't get mixed-up in this affair, don't give that message."

She was troubled in spirit, for she had given her promise. At last, she determined to "walk up to the lion," and call on the law of divine protection. She met the friend to whom she was to deliver the message. She opened her mouth to speak it, when her friend said, "So and So has left town," This made it unnecessary to give the message, as the situation depended upon the person being in town. As she was willing to do it, she was not obliged to; as she did not fear, the situation vanished.

The student often delays his demonstration through a belief in incompleteness. He should make this statement:

"In Divine Mind there is only completion, therefore, my demonstration is completed. My perfect work, my perfect home, my perfect health." Whatever he demands are perfect ideas

registered in Divine Mind, and must manifest, "under grace in a perfect way." He gives thanks he has already received on the invisible, and makes active preparation for receiving on the visible.

One of my students was in need of a financial demonstration. She came to me and asked why it was not completed.

I replied: "Perhaps, you are in the habit of leaving things unfinished, and the subconscious has gotten into the habit of not completing (as the without, so the within)."

"I'll go home and finish something I commenced weeks ago, and I know it will be symbolic of my demonstration."

She sewed assiduously, and the article was soon completed. Shortly after, the money came in a most curious manner.

Her husband was paid his salary twice that month. He told the people of their mistake, and they sent word to keep it.

When man asks, *believing, he must receive, for God creates His own channels!*

I have been sometimes asked, "Suppose one has several talents, how is he to know which one to choose?" Demand to be shown definitely, Say: "Infinite Spirit, give me a definite lead, reveal to me my perfect self-expression, show me which talent I am to make use of now."

I have known people to suddenly enter a new line of work, and be fully equipped, with little or no training. So make the statement: "*I am fully equipped for the Divine Plan of my life,*" and be fearless in grasping opportunities.

--Continued in February

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	4	5 <i>"Discover the Power Within You"</i> Class 10:00 AM	6 <i>AA Men's Group</i> 10:00 AM CA 7:00 PM	7	8	9 <i>Choir Rehearsal</i> 9:00 AM <i>Bell Rehearsal</i> 10:30 AM
10 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	11	12 <i>"Discover the Power Within You"</i> Class 10:00 AM	13 <i>AA Men's Group</i> 10:00 AM CA 7:00 PM	14	15	16 <i>Choir Rehearsal</i> 9:00 AM <i>Bell Rehearsal</i> 10:30 AM
17 <i>Pancake Breakfast</i> 9:00 AM <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	18 <i>Ladies Night Out</i> <i>"Michael's Bar and Grill"</i> 7101 Manchester Ave. 5:30 PM	19 <i>"Discover the Power Within You"</i> Class 10:00 AM	20 <i>AA Men's Group</i> 10:00 AM CA 7:00 PM	21	22	23 <i>Choir Rehearsal</i> 9:00 AM <i>Bell Rehearsal</i> 10:30 AM
24 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	25	26 <i>"Discover the Power Within You"</i> Class 10:00 AM	27 <i>AA Men's Group</i> 10:00 AM CA 7:00 PM	28	29	30 <i>Choir Rehearsal</i> 9:00 AM <i>Bell Rehearsal</i> 10:30 AM
31 <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM						

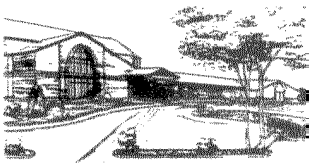
Wings

THE JANUARY NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side -- *Funny one-liners*

1. Ninety-nine percent of lawyers give the rest a bad name.
2. Borrow money from a pessimist -- they don't expect it back.
3. Time is what keeps things from happening all at once.
4. Lottery: A tax on people who are bad at math.
5. I didn't fight my way to the top of the food chain to be a vegetarian.
6. Never answer an anonymous letter.
7. It's lonely at the top; but you do eat better.
8. I don't suffer from insanity; I enjoy every minute of it.
9. Always go to other people's funerals, or they won't go to yours.
10. Few women admit their age; few men act it.
11. If we aren't supposed to eat animals, why are they made with meat?
12. No one is listening until you make a mistake.
13. Give me ambiguity or give me something else.
14. We have enough youth. How about a fountain of "Smart"?
15. He who laughs last thinks slowest.
16. Campers: Nature's way of feeding mosquitoes.
17. Always remember that you are unique; just like everyone else.
18. Consciousness: That annoying time between naps.
19. There are three kinds of people: Those who can count and those who can't.
20. Why is "abbreviation" such a long word?

