

# 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

July 2010

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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## Christ Unfoldment

By Martha Giudici

Where does Christ unfoldment begin? Webster defines unfold as “to bring out in the details, or by successive development; to display; disclose; reveal.” The word *unfoldment* carries with it the idea of bringing forth into view something that has not been fully evident. It is a “from-within-out” process.

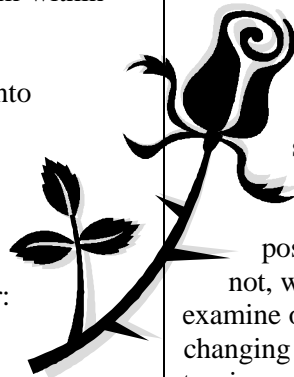
Bringing forth the Christ nature into expression begins within each individual. It is not a job that one person can do for another. Another may help or inspire, but it is truly a do-it-yourself job. It is like eating a good dinner: only the individual who is eating can enjoy and benefit from the dinner.

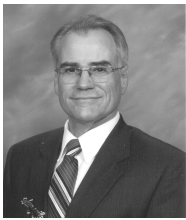
Christ unfoldment can be likened to the development of a flower. Within each flower is the perfect pattern of unfoldment, and each flower unfolds according to its nature. A rosebud becomes a full-blown rose by the successive stages of development with which we are familiar. So it is with us. Within each of us is the Christ pattern. This pattern of the Christ will unfold in and through us according to its nature of perfect good, but we determine the stages of its development by our ability to respond to the Christ, to the good that is within us.

No habit bursts full grown into our lives. Habits are formed by a succession of little acts. A look at nature gives us insight into this Truth: the rose unfolds in successive stages. Our task, then, is to form spiritual habits that will permit our Christ nature to unfold by successive steps into full expression.

We can begin to form these spiritual habits by taking a good look at the way we respond to things in general. If we respond positively we can feel good; if we do not, we can take a few moments to examine our responses to see what needs changing in our thinking. We do this by turning within and responding to the Christ nature of each of us, the part that beholds the good in every experience.

By responding in this way, we begin to make the negative situations in our lives positive. We build a habitual thought process that is based on response to our indwelling Christ. Every thought that is based on good becomes a part of our conscious awareness and must draw good into our lives. The Christ nature within each of us is unfolded by these successive acts or spiritual habits.





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## Wings

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### New Members

**Harold and Boots Ball** joined our church on June 13. We welcome them into our spiritual family!

### Dean's Summer Concert

On July 24<sup>th</sup> at 7:30 pm Dean will be presenting his tribute to classic Las Vegas performers. Tickets are now on sale for \$20 on Sunday mornings or in the church office. His concerts are not to be missed, so get your tickets early!

### Meet and Eat

We're planning a brunch for after church on July 18<sup>th</sup>. Mark your calendars and come hungry – the food is always great! See you there!

### Too Hot to be Outside? Exercise Indoors With Us!

We have two great ways to be in shape here at First Unity! We are offering Tai Chi on Tuesday mornings, and the new dance/exercise craze, Zumba on Tuesday evenings and Friday mornings.

Sue Steffen will begin Tai Chi classes on Tuesday, July 6<sup>th</sup>, at 10:00 am. Her classes will run for six weeks and cost \$45. Tai Chi is excellent for balance, coordination, flexibility, health and much more. It is a beautiful series of moves that are rhythmic and slow. It has been called a 'moving meditation', and Sue is patient and dedicated to teaching her students the ancient art of Tai Chi.

Kelly Story will be starting Zumba classes Tuesday evening, July 6 at 6:30. She'll also have a class on Friday mornings at 10:00am, the first one being July 9<sup>th</sup>. She will sell cards good for ten lessons for \$50. The cards are good for any place she teaches, and the cost reflects a discount for us at church. Zumba is a fun way of getting in shape, and it can be done by people of varying levels of fitness; in fact, it can even be done from a chair if desired! Zumba is like dancing, and the moves are designed to especially work the core muscles. It is a fun way to exercise, and the time flies by!

You will want to wear comfortable clothes and bring water. Plan to join us and get healthier in the company of fun people and fun exercises!

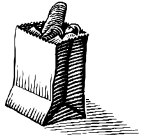
### Unity Village Trip

We're going to Unity Village on Tuesday, Sep 14, and returning Wednesday, Sept. 15. Activities include tours of the Village and Silent Unity, chapel service, optional golf, visit to the bookstore/coffee shop, time for exploring the grounds and much more. See the activity table for details of cost and contact Tom Bullock with your reservation.

**Ladies night out:** Monday, July 19, 5:30 pm, at Hodak's Restaurant, 2100 Gravois (314) 776-7292

### Feed my people

Donations are often down for all food pantries during the summer months, and with children home from school, there are more mouths to feed, so your gifts of food are especially appreciated at this time of year. There is a table for donations provided in the bookstore.



### Silent Unity celebrates 120 years of affirmative prayer

In recognition of this 120th anniversary Silent Unity has created a free CD—*Timeless Prayers from Silent Unity*. Among other enduring Unity classics, the CD includes:

- Myrtle's story, told by her granddaughter Rosemary Fillmore Rhea.
- "The Prayer of Faith," recorded by Myrtle Fillmore.
- "I Am There," written and recorded by James Dillet Freeman.

Go to the website to receive your free copy:  
[www.unity.org/prayer/index.html](http://www.unity.org/prayer/index.html)

### July Affirmations

**Inner Peace:**  
Centered in Spirit, I am at peace.

**Guidance:** The wisdom of God is revealed through me.

**Healing:** God renews every cell of my body.

**Prosperity:** I have all the time, energy and money needed to do what is mine to do.

**World Peace:** The world is awakening to the truth that divine love prevails.



## America the Beautiful



Katharine Lee Bates (1859-1929) wrote, edited and taught English

in her native Massachusetts. Occasionally, she wrote hymns, too.

On a trip to Colorado, Bates was greatly impressed by amber waves of grain, fruited plains and purple mountain majesties. She believed that God had definitely shed his grace all across this land. A visit to the summit of Pikes Peak inspired Bates to write her most famous poem-hymn, "America the Beautiful."

Bates also realized that patriotism was an important part of America. She was grateful for heroes "who more than self their country loved and mercy more than life." She wanted all Americans to realize how God had shed his grace on them and had crowned what was good "with brotherhood from sea to shining sea."

Bates embodied the spirit of thankfulness to God for all she had experienced and been given.

### Patriotic trivia

As we celebrate America's birthday, it's interesting to note that clergymen wrote both the Pledge of Allegiance and the hymn "My Country 'Tis of Thee." Rev. Francis Bellamy wrote the pledge in 1892. Rev. Samuel Francis Smith wrote the hymn in 1831. Both men were Baptist ministers.

The pledge was first used in public schools in 1892 during Columbus Day observances. "My Country 'Tis of Thee" was used as a national song before "The Star-Spangled Banner" was named America's national anthem in 1931.



## Righteousness exalts

The word righteous, according to the dictionary, means "acting in accord with divine or moral law." Self-righteous means "being convinced of one's own righteousness, especially in contrast with the beliefs of others."

Self-righteous people often ignore principles such as the Ten Commandments and act according to their own self-created standards — or no standards at all. Self-righteousness is an attitude, as well, causing people to feel morally superior to others.

For example, a certain man keeps two sets of business records. One "doctored" set is for the Internal Revenue Service. The man self-righteously justifies this practice to a pastor, saying, "A man can't make a decent living being honest. You have to cheat in order to have enough to live well."

The Bible says, "Righteousness exalts a nation, but sin is a reproach to any people" (Proverbs 14:34, NRSV).

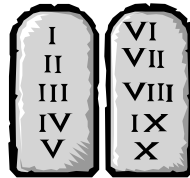
### A prayer for summer

A rippling sea of green and gold  
Is shimmering before us  
As wind stirs the tall corn,  
Wave after green wave rises high,  
Reaching for the summer sun.

Lord God,  
When you summon seeds  
From these furrowed fields,  
How readily they obey!

Like the myriad crops,  
Help us grow steadily:  
Help us stretch, ripen  
Round out, unfold.

In the warm rays of your strength,  
Help us yield goodness!



## "Quotable Quotes"

To fly the American flag, then to cheat another citizen — or anyone else — is to make a mockery of patriotism. A true patriot will be a person of integrity and honesty, a quite trustworthy American.

-Charles Ferrell

If you limit your actions in life to things that nobody can possibly find fault with, you will not do much.

-Lewis Carroll

Virtue is the doing good to mankind in obedience to the will of God, and for the sake of everlasting happiness.

-William Paley

Freedom fails when people decide that it is their right to take and not to give.

-Stanley Maxwell

The faces of children are proof enough of God.

The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service. The fruit of service is peace.

-Mother Teresa

Reason and experience both forbid us to expect that national morality can prevail in exclusion of religious principle.

-George Washington

No member of our family should be satisfied if any member of our American family is suffering or in need and we can do something about it.

-Colin Powell

No man will make a great leader who wants to do it all himself, or to get all the credit for doing it.

-Andrew Carnegie

# The Thirteen Commandments

By J. Sig Paulson

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

## The All-Powerful Name

In a kingdom, the name of the king is all-powerful, and one who goes forth in the name of the king finds every door open before him, every way prepared, and great good offered to him by all whom he contacts. One who goes forth in the name of the king also carries a responsibility. He must be true to the nature of the king or he will not have the privilege of carrying the king's name with him for long. This is true also in the kingdom of God. The name of God is all-powerful, and when we go forth in that name, it opens every door; it dissolves every obstacle; it prepares the way for us.

Moses outlines the third great commandment in these words: "Thou shalt not take the name of Jehovah thy God in vain; for Jehovah will not hold him guiltless that taketh his name in vain." It is our rare privilege to take (use) the name of the Lord our God, but we must not take it in vain. We must not use it for any false or destructive purpose, because of the responsibility that is ours. The Lord (law), we are told, will not hold us guiltless, if we take the name of God in vain.

Through the centuries we have been taught that this commandment means that we are not to use the name of God carelessly or falsely or disrespectfully, and this is true; but only rarely have we been told what it really means to "take the name"

of the Lord, and what the name of the Lord our God is. It is not the name of the Deity as we ordinarily think of it; it is not the name of a great prophet or a great sage -it is much closer to us than that. The truth is that we take the name of the Lord hundreds of times a day, mentally and verbally.

Listen to these words from the Book of Exodus, in which we are told what the name of the Lord our God is: "And Moses said unto God, Behold, when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What is his name? What shall I say unto them? And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you ... this is my name for ever, and this is my memorial unto all generations." This is the name of God in you: I AM.

We live under this third commandment every day. Every time we think or speak the words I AM, we are taking the name of the Lord our God, and we come under the provisions of this commandment. We are told that we shall not take this name, I AM, in vain; that is, we shall not use it for a destructive or false purpose, because the Lord will not hold us guiltless whenever we take His name. When we take this name, I AM, we lay hold of the handle of power and authority in the universe, and we are not held guiltless for the use we make of it. We always produce results in accordance with the way we use this name.

. Every time we say, every time we think, every time we feel, "I am," we have gripped the handle of power; we have taken the name of the King; we have taken the name of the Lord our God. I AM *is* not

only the name of God; as His children we have it as our family name. The name of the Lord I take when I am speaking of myself is "I am." But when we speak to others the name of the Lord is "you are." When we speak of ourselves or any group in which we are included, the name of the Lord *is* "we are." When we speak of someone else the name of God is "he is," or "she is," or "they are." And when we speak of the universe in a general sort of way, the name of the Lord our God is "it is." This is the seven fold name of God, and every single one of us takes this name in one form or another many times every day. Now we can begin to see what we are doing.

Every time we think or feel or say, "I am," we should remind ourselves: "I am taking the name of the Lord my God, and I am wielding power, the only power there is, the creative power of God." For too long we have allowed our religious beliefs to separate God from us, to put God somewhere outside of us. The truth is that God is Spirit. His nature is absolute love, absolute good. His expression is this universe. His instrument is mind, or consciousness. His temple is man. God is the very Spirit that is resident in every man and woman, every boy and girl, every atom and cell of this universe. When we take the name of the Lord our God, I AM, the whole universe springs to attention because it knows that the name of the King is going forth to perform its work.

We are told that we shall not take the name of the Lord our God in vain; we shall not use it for destructive or inferior purposes. We are to use the name of God in accordance with the nature of God, the nature of the King whose name we bear. Every time we think, feel,

or say, "I am," we must not add anything to this name or identify it with anything that is less than the Truth. When we say, or think, or feel, "I am sick," "I am tired," "I am weak," "I am getting old," "I am unhappy," or the like, we are taking the name of the Lord our God in vain, or falsely. But we are exercising a power that is going to produce results. There is no way we can avoid this, because the Lord, or the law of the universe, will not hold him guiltless who takes His name in vain. We have a great responsibility. We have been given the name of the King, this all-powerful name that we use, indeed must use; but full responsibility for its use belongs to us. We must learn to use this name, this divine identification tag, in such a way that it always works to bring forth the nature of God.

Let us get this fixed firmly in our consciousness now so that never again will we say, "I am," or think or feel it, without remembering that we are taking the name of the Lord our God, and that it is our purpose to fulfill this third commandment. Therefore we will always affirm that "I am the very presence of God." "I am the very nature of God." "I am wholeness; I am health; I am abundance; I am strength; I am wisdom; I am understanding; I am life; I am love; I am." "I am that point at which the light of God becomes the light of my world."

Let us begin to carry out this commandment now. As Jesus told His disciples: "In that day [and let us make it this day, this hour, this place] ye shall ask me no question. Verily, verily, I say unto you, if ye shall ask anything of the Father, he will give it you in my name. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be made full." Jesus knew very well what HIS name is. He said: "I am the light of the world," and "you are

the light of the world." "I am the way, and the truth, and the life." He told His disciples that in the past they had not asked anything in His name. No doubt they had asked many things in the name of Jesus, or whatever outer name they called Him. He had become their support and their strength, and He healed all their bruises and supplied them with much of what they needed. But He pointed out that it was time for them to awaken to the great Truth that His name, the name of God, I AM, is available to and within each and everyone.

It is indeed time that we begin to ask in the name of the Lord our God, the I AM of our own being- and we ask by keeping this third commandment, by identifying ourselves with that which is true of the nature of God. Let us make no mistake: man is divine, not because of what he has done but because of what he is. When we make or accept statements such as, "Man is a worthless sinner and a worm of the dust," we are trying to break this commandment, and we are not held guiltless; we are bound by this decree because we are using the name of the Lord our God in vain. It is true that man has often acted in a sinful way, in the sense that he has not lived up to his own capacity. It is true that while man is a god he has often acted like a devil -but the truth is that man and God are one. Our real identity and our true nature is the Spirit of God.

Let us begin now, this day, to ask in the name of God, in the all-powerful name "I AM"-through the process of identifying ourselves with the nature of God. And let us be sure that we keep this commandment, not fearfully or unhappily, but in a loving and wonderful way, because God is love. God is not a stern old man sitting up in the clouds, trying to catch us at something that is not

right; God is the Spirit of life and strength and love and wholeness that is within us and that desires ever greater expression in and through everything that we think, feel, say, and do.

You have been given a great privilege. You have been given the all-powerful name of the King, the name of the Lord your God, I AM. Every time you take that name, every atom and cell in your world springs to attention, waiting expectantly for what is going to follow. So it is wise for you to remember the commandment: "Thou shalt not take the name of Jehovah thy God in vain; for Jehovah will not hold him guiltless that taketh his name in vain."

Most important of all, remember to observe this commandment in the joyous way that Jesus Christ pointed out to His disciples. Formerly you have asked nothing in His name; you have been seeking outside yourself, from some outer source. Now ask joyously and confidently in His name, the name of God-I AM-in you, in accordance with the nature of God, and your Father in heaven will answer.

The name of the Lord our God is the unchangeable identity we have carried around with us throughout eternity: I AM.

#### ACTION AFFIRMATION

*There is one God. I remember that His all-powerful, ever-present name in me is I AM, and I take care not to use it in vain.*

## Ten Teachings Shared by All Religions

### 1. One God

The Lord is our God, The Lord is One." -Shema, Hebrew Prayer

"Allah is One." -Koran, 112: 1

"The One is Lord of all that moves." -  
Rig Veda III.54.8 (Hinduism)

"There is only One God." -Chief  
Seattle

## 2. God Is Everywhere

"I fill the Heaven and the Earth."  
-the Bible, Jer.23:24

"The whole world is Brahman."  
-the Upanishads (Hinduism)

"How majestic is your presence in all  
the earth." -the Bible, Psalm 8

We think of Tirawa (God) as in  
everything." -Lenape Indian interview

## 3. God Is Light

"God is Light, and in Him is no  
darkness at all." -the Bible, 1 John 1:5

"All things appear, illumined by  
Brahman's Light." -the Upanishads

"Allah's light illumines all Heaven and  
Earth." -Koran 24:35

## 4. The Existence of the Soul

"Fear not them which are able to kill  
the body but not able to kill the soul."  
-Bible, Matt. 10:20

"A soul will not die." -Koran 3:145

"For the soul there is never birth nor  
death. It is not slain when the body is  
slain." -Bhagavad Gita (Hinduism)

"And it came to pass, as her soul was  
departing, (for she died)"  
-Bible, Gen. 35:18

## 5. God Is Inside of Us

"We know that He dwells in us because  
he has given us of his Spirit." -Bible, 1  
John 13

"God dwelleth in all hearts." -Bhagavad  
Gita

"The One God is hidden in all living  
things." -the Upanishads (Hinduism)

"All animals have power because the  
Great Spirit dwells in all of them."  
-Lame Deer Sioux Chief

"The Kingdom of God is within you."  
-Jesus

"He to whom you pray is nearer than  
the neck of your camel." -Mohammed

## 6. Spiritual Knowledge is Obtainable

"Take heed of the Living One while  
you are alive, lest you die and seek to  
see Him, and be unable to do so."  
-Jesus, Gospel of Thomas

"All who dwell on earth may find you."  
-Jewish Prayer Book

"True knowledge can only be attained  
by a human being." -Krishna

"Seek knowledge from the cradle to the  
grave." -Mohammed

"The sage who is intent on yoga comes  
to Brahman without long delay."  
-Bhagavad Gita

"Search with sincerity and in the end  
you will find the truth." -Buddha

"If thou seekest hidden treasures, thou  
shall find the knowledge of God."  
-Bible, Proverbs

## 7. God's Name: "I AM"

Although all religions have different  
native languages, most contain similar  
teachings about God's name. Many of  
them tell us that God's name can't  
actually be pronounced, or that giving  
God a name is like putting a limit on  
something that is limitless. As well,  
many of the religions have several

names for God.

One name that the religions share is the  
phrase "I AM." This is shown in  
Exodus 3:14 and John 8:58 of the  
Bible, and in the Shatapatha Brahmana  
of the Hindu faith.

The sacred word *soham* for Hindus is  
translated as "I am that I am," the exact  
same phrase as in Exodus 3:14.

## 8. Compassion and Respect for Everyone

"All beings long for happiness.  
Therefore extend thy compassion to all.  
He who wishes his own happiness, let  
him cultivate goodwill towards all the  
world." -Buddha

"Love your enemies. Bless them that  
curse you. For if you love only those  
that love you, what reward have ye?"  
-Jesus

"Judge everybody favorably."  
-the Talmud (Jewish sacred book)

## 9. Morals: Don't Lie, Cheat, Steal, Commit Adultery, Covet, Murder

The Ten Commandments, the Ten  
Precepts of the Buddha, and verse 16:1  
of the Bhagavad Gita all clearly state  
these moralistic teachings.

## 10. All of Humanity Is United

"God hath made of one blood all  
nations that dwell upon the face of the  
Earth." -Bible, Acts 17:16

"All creatures are members of the one  
family of God." Mohammed

"Human beings, all, are as head, arms,  
trunk, and legs unto one another." -The  
Vedas

"All people are your children,  
whatever their belief, whatever their  
shade of skin." -Jewish prayer book

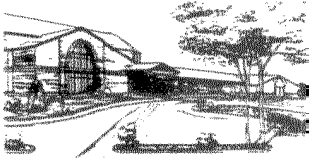
# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <i>Choir Rehearsal &amp; Bell Choir in Recess until August 14<sup>th</sup>.</i>
4 <i>Sunday Service 10:30 AM Youth Ed 10:30 AM</i>	5	6 <i>Tai Chi 10:00 AM  Zumba 6:30 PM</i>	7 <i>AA Men's Group 10:00 AM  CA 7:00 PM</i>	8	9 <i>Zumba 10:00 AM</i>	10 <i>Choir Rehearsal &amp; Bell Choir in Recess until August 14<sup>th</sup>.</i>
11 <i>Sunday Service 10:30 AM Youth Ed 10:30 AM</i>	12	13 <i>Tai Chi 10:00 AM  Zumba 6:30 PM</i>	14 <i>AA Men's Group 10:00 AM  CA 7:00 PM</i>	15	16 <i>Zumba 10:00 AM</i>	17 <i>Choir Rehearsal &amp; Bell Choir in Recess until August 14<sup>th</sup>.</i>
18 <i>Sunday Service 10:30 AM Youth Ed 10:30 AM  Brunch after service</i>	19 <i>Ladies Night Out "Hodak's" 2100 Gravois 5:30 PM</i>	20 <i>Tai Chi 10:00 AM  Zumba 6:30 PM</i>	21 <i>AA Men's Group 10:00 AM  CA 7:00 PM</i>	22	23 <i>Zumba 10:00 AM</i>	24 <i>Choir Rehearsal &amp; Bell Choir in Recess until August 14<sup>th</sup>.  Dean's Concert 7:30 PM</i>
25 <i>Sunday Service 10:30 AM Youth Ed 10:30 AM</i>	26	27 <i>Tai Chi 10:00 AM  Zumba 6:30 PM</i>	28 <i>AA Men's Group 10:00 AM  CA 7:00 PM</i>	29	30 <i>Zumba 10:00 AM</i>	31 <i>Choir Rehearsal &amp; Bell Choir in Recess until August 14<sup>th</sup>.</i>

## Wings

### THE JULY NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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## The light side - Jokes that can be told in church

After the service a young couple talked to a church member about joining the church. He hadn't met the husband before, and he asked what church he was transferring from. After a short hesitation, he replied, "I am transferring from the Municipal Golf Course."

Reverend Billy Graham tells of a time early in his ministry when he arrived in a small town to preach a sermon. Wanting to mail a letter, he asked a young boy where the post office was. When the boy had told him, Dr. Graham thanked him and said, "If you'll come to the Baptist Church this evening, you can hear me telling everyone how to get to heaven."

The boy replied, "I don't think I'll be there... You don't even know your way to the post office."

A minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17."

The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every hand went up.

The minister smiled and said, "Mark has only sixteen chapters. I will now proceed with my sermon on the sin of lying."

After a very long and boring sermon the parishioners filed out of the church saying nothing to the preacher. Towards the end of the line was a thoughtful person who always commented on the sermons. "Pastor, today your sermon reminded me of the peace and love of God!"

The pastor was thrilled. "No-one has ever said anything like that about my preaching before. Tell me why."

"Well, it reminded me of the Peace of God because it passed all understanding and the Love of God because it endured forever!"

A little boy walked down the beach, and as he did, he spied a woman sitting under a beach umbrella on the sand.

He walked up to her and asked, "Are you a Christian?" She said, "Yes."

"Do you read your Bible every day?" She nodded her head, "Yes."

"Do you pray often?" the boy asked next, and again she answered, "Yes."

With that he asked his final question, "Will you hold my quarter while I go swimming?"