

# 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

October 2010

- ❖ *Inspiration*
- ❖ *Information*
- ❖ *Illumination*

## Inside this issue:

News and events

Truth Thoughts

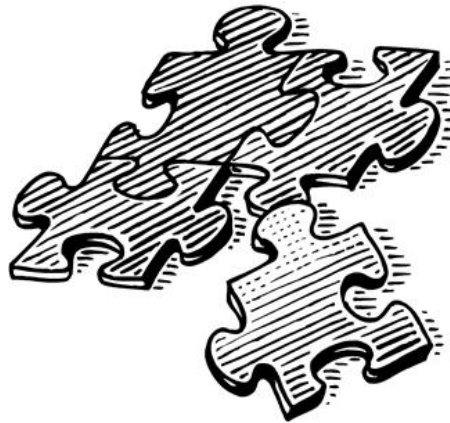
Quotable Quotes

Calendar

Humor  
The 13  
Commandments

## Divine Order

Life can seem tough, and often we get to the point where it all feels out of control—as if you're scrambling around trying to pick up pieces of a puzzle that just keeps falling apart. But in letting go and surrendering to divine order, we find that the pieces miraculously seem to arrange themselves, and suddenly we see the big picture.



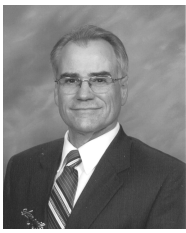
Divine order touches every single part of our lives. It is the flow of the Universal Mind as it leads each of us to our personal fulfillment. Often, as divine order works its wonder, things can seem hectic and incomprehensible. But once we surrender to the idea that everything happens for a reason—every mishap and success can lead to something better—we find peace and acceptance.

As you begin to accept divine order as the reality behind all life, a sense of calm will enfold you, even in the face of adversity. Your relationships will grow more meaningful and rich as you affirm that Spirit leads the way and you no longer need to control people or situations. You will even look at financial difficulties with renewed optimism as you surrender to the truth that all you'll ever need will be provided as you need it.

When you begin to accept divine order as truth and wisdom and align yourself with the harmony of the universe, you may want to leave yourself little "letting go" reminders. In your car, at your desk, in your purse or wallet, or anywhere you may need a reminder at times to allow divine order

to direct the flow of your life, post a note with the simple words "Divine Order" on them. The next time you encounter a difficult situation, glance at the note and remind yourself of the power of divine order.

*I consciously work  
with the law of divine order,  
and my life is orderly and harmonious.*



Rev. Randy Schmelig  
Senior Minister



Rev. Sharon Allmond  
Associate Minister

LICENSED UNITY TEACHER  
Jo Warren

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## Wings

October 2010  
Page 2

### Want to Know More?

Ever wondered how Unity got started? Do you know Unity's core beliefs? If not, we have just the thing for you!

On October 9<sup>th</sup>, we'll be having two classes; Unity Basics and Prayer Fundamentals. Unity Basics will be at 9 am and will be finished by noon. Prayer Fundamentals begins at 1 pm, and it will conclude before 5 pm. Both classes are offered on a love offering basis.

We'd love to have you join us! If you're interested, it would be very helpful to let Rev Sharon know so that we can have materials for everyone.

### New Class Begins

Deb Fry and Jan Mourning, Licensed Unity Teachers, will offer a 10-session class on the book *The Five Principles* by Rev. Ellen Debenport. Join us beginning Sunday, October 31, from 9:15 – 10:15 a.m.

*The Five Principles* offers an intelligent, accessible, probing explanation of the essential teachings of the Unity movement founded in 1889 by Charles and Myrtle Fillmore. The author encourages every reader to explore and apply the five principles to his/her life. *The Five Principles* promises to inspire its readers and to become the starting point for fascinating and illuminating discussions.

Books will be available in our bookstore. This class will be offered for credit.

### YOUTH SWIM PARTY



On Sunday afternoon, October 24<sup>th</sup>, from 2:00 to 4:30, our older kids are invited to swim. Kids 4<sup>th</sup> grade and above will meet to swim at Mehlville High School. Parents can join the kids for \$5 per family, or kids are \$2 each. We'll have pizza afterwards for the kids, and we know it will be a lot of fun! If you're interested, please let Cindy Gibbs know.



### Quilted Sweatshirt Jacket Class

Thursday, Oct. 14<sup>th</sup> -- 9:00 to 3:00

The weather is about to turn cool and you're going to need to throw on a comfy jacket. How about bringing a bag lunch and joining Sandy Etheridge & a few friends for a one day quilted sweatshirt jacket class. Dust off your sewing machine, recycle a sweatshirt, and create an easy, one-of-a-kind garment. If you are up for some creative fun, call Sandy @ 314-638-8542. Look in the book room for the sample jacket and your supply list. A \$20 donation is suggested.

### Halloween Party

Sunday, Oct. 31, we will celebrate Halloween together. There will be special fun activities for the children and after church we will all enjoy a pancake brunch and entertainment by a magician. We know you will all want to be with us for this fun time.

**Feed My People** has run out of canned goods at a time when more people than ever are counting on them to keep their families from going hungry. In addition to donations through our church, several fund raisers are planned: Meal-A-Month, Adopt-A-Family, Christmas Basket, Giving Tree, Volunteer Help. Please see the bulletin board in the fellowship hall for more information on these programs.



**Canned-Food**  
Greatly Appreciated



This month the **Ladies' Night Out Group** will be meeting Monday evening, Oct. 18<sup>th</sup> at 5:30 at El Pollo Loco, 4103 Lemay Ferry.

### October Affirmations

**Inner Peace:** With each breath I breathe, I am aware of God's peaceful presence.

**Guidance:** My way is made clear as I move forward in faith.

**Healing:** I am energized with perfect life.

**Prosperity:** I rejoice in the full expression of God's good in my life.

**World Peace:** In everything I do, I express peace.

## Sermons around us

William Shakespeare wrote of times when "our life ... finds tongues in trees, books in the running brooks, sermons in stones and good in everything."

The month of October can preach breathtaking sermons. It speaks in the glorious colors of leaves, the splendor of the abundant harvest, the grass whitened by the first frost, the honking birds flying to their winter haven and busy squirrels gathering nuts before snow covers their feeding ground.

How wonderful October's sermons are, and how they bless us. Thank you, Lord!

## All is forgiven

In his short story "The Capital of the World," Ernest Hemingway writes of a young man named Paco who had been kicked out of his home. Paco was wandering Madrid's streets, hoping to become a bullfighter.

Paco's father, desperate to mend the rift between them, resorted to putting an ad in the local newspaper. It said, "Paco, meet me at the Hotel Montana at noon on Tuesday. All is forgiven!"

On Tuesday, 800 young men named Paco showed up at that hotel, longing for restoration and forgiveness.

## A far reaching touch

As we move around this world and as we act with kindness, perhaps, or with indifference or with hostility toward the people we meet, we are setting the great spider web atremble. The life that I touch for good or ill will touch another life, and that, in turn,



another, until who knows where the trembling stops or in what far place my touch will be felt.

-Frederick Buechner

## Smile

She smiled at a sorrowful stranger. The smile seemed to make him feel better.

He remembered past kindnesses of a friend

And wrote him a thank you letter.

The friend was so pleased with the thank you

That he left a large tip after lunch.

The waitress, surprised by the size of the tip,

Bet the whole thing on a hunch.

The next day she picked up her winnings,

And gave part to a man on the street.

The man on the street was grateful; For two days he'd had nothing to eat.

After he finished his dinner, He left for his small dingy room. He didn't know at that moment That he might be facing his doom.

On the way he picked up a shivering puppy, And took him home to get warm. The puppy was very grateful To be in out of the storm.

That night the house caught on fire.

The puppy barked the alarm. He barked till he woke the whole household And saved everybody from harm.

One of the boys that he rescued Grew up to be President. All this because of a simple smile That hadn't cost a cent.

-author unknown



## "Quotable Quotes"

**Unity is...** a link in the great educational movement inaugurated by Jesus Christ. Our objective is to discern the Truth, to prove it and to experience it. Our purpose is to help, teach and facilitate mankind to use, prove and experience the eternal Truth taught by the Master.

-Charles Fillmore

Co-founder of Unity

Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.

-Rev. Dr. Martin Luther King, Jr.

What is more unwise than to mistake uncertainty for certainty, falsehood for truth?

-Cicero

Spirituality is attention to the life of the Spirit in us. It is contemplating the unspeakable beauty of our loving God.

-Henri Nouwen

Joy is the most infallible sign of the presence of God.

-Teilhard de Chardin

Mind is the one and only creative power. All attempts to account for creation from any other standpoint are futile... Our most important study, then, is our own consciousness.

-Charles Fillmore,

Do everything with a mind that lets go. If you let go a little, you will have a little peace. If you let go a lot, you will have a lot of peace. If you let go completely, you will know complete peace and freedom. Your struggles with the world will have come to an end.

-Achaan Chah

Sacred cows make the best hamburger.

-Mark Twain

# The Thirteen Commandments

*By J. Sig Paulson*

## Thou Shalt Not Kill

As we consider the commandments of the Bible, we discover that we have to give up old ideas, old beliefs, old attitudes. We find that new revelations of Truth and new ideas of their application keep moving in and through our thinking and feeling, breaking up old, crystallized patterns of belief and forcing us to enlarge our vision. This is good, because we should not be too comfortable in our spiritual unfoldment. Sometimes when we are too comfortable, it is because we have just become accustomed to a certain thing, which may or may not be true. God has guaranteed to grow us, to keep us expanding, but He has not guaranteed to keep us comfortable.

The sixth commandment is very brief and to the point; it says simply, "Thou shalt not kill." There are those who think that the Ten Commandments are negative; but there is great therapeutic value in being told what we shall not do, because often we have done things that are destructive to our spiritual consciousness and unfoldment without being aware of it. When these things are called to our attention, we can begin to change our whole approach. "Thou shalt not kill." Of course, the outer application of this commandment is easily understood. We are not to take the life of another individual; we are not to kill or to put to death another person. We can expand that idea indefinitely: Not only are we forbidden to take a knife or gun or some other weapon and put a man to death; we are

likewise forbidden to kill him "by inches," as it were, by killing out his strength, his faith in God, his happiness, his understanding, his capacity to live.

As Truth students we must forever seek for deeper meanings in the commandments. Most of us have passed the state where we really need to be warned against killing our fellow man, in the sense of putting him to death. Very few of us are ever tempted to that sin. On the other hand, we are all members of a society that is making preparations to kill and to destroy on a colossal scale. Whether we like it or not, we need to take a good look at ourselves. We have to be honest with ourselves, to look into our approach to life and our attitudes, to see what our contribution is to this society in which we live and move.

The only right approach is the optimistic approach: the Spirit of God in us is going to see us through. But we, as individuals, must awaken to our own responsibilities as citizens of the kingdom of God and be willing to accept those responsibilities, to live as the gods we are created to be. This is no time for puny living. This is no time for small thinking or small feeling. This is a time for greatness of soul; it is a time for greatness of thought; it is a time for greatness of feeling; it is a time for greatness of action. As we come to discover the tremendous potential for good that lies within us as individual men and women, we seek always to live in such a way that we express our true nature.

So we turn to the New Testament for an elaboration of this commandment, "Thou shalt not kill," and we find it in the words of Jesus Christ: "Ye have heard that it was said to them of old time, Thou shalt not kill; and whosoever shall kill shall be in

danger of the judgment: but I say unto you, that everyone who is angry with his brother shall be in danger of the judgment; and whosoever shall say to his brother, Raca, shall be in danger of the council; and whosoever shall say, Thou fool, shall be in danger of the hell of fire."

You see, we are moving from the realm of outer action into the realm of underlying causes. No one, whether individual or nation, kills unless there is an underlying cause for such drastic outer action. Jesus puts His finger on the causes of murder and killing in this world. Everyone who is angry with his brother, everyone who is resentful, irritated, unhappy, antagonistic, comes under the judgment of this commandment. Every single person who allows himself to be upset, to be irritated, to be resentful, to be unhappy, to be antagonistic, to be bitter toward his brother, contributes to the destructive potential of the society in which he lives.

This applies to each and every one of us. Few if any of us are so perfect in spiritual unfoldment that we have not felt a sense of resentment, or irritation, or antagonism toward other people. Oh, we may have a very justifiable reason for our feeling, on the human level. We may be participating in what we call "righteous indignation," which means that we can find an excuse that seems to be adequate for us; but nevertheless we are participating in building up the destructive potential of the society in which we live.

"Whosoever shall say to his brother, Raca, shall be in danger of the council." Anyone who enters into argument and strife with his brother is adding to this destructive potential within mankind. "And whosoever shall say, Thou fool, shall be in danger

of the hell of fire." Here we have the old sin of self righteousness, exemplified in the one who believes that his religion or his politics or his approach to life or his understanding or his education is the only right way; who looks down at the rest of humanity and says in effect: "What a stupid bunch of people I live with! What a group of fools I've gotten myself in with!" Such a one is adding to the destructive potential of the society in which he lives.

Now the killing that comes from an angry state of consciousness does not always express itself in outer acts of violence; at least, not immediately. But anger, insult, self-righteousness have an immediate, deadly impact on the individual indulging in them. Anger, resentment, insults, strife, battle, self-righteousness are all forms of death from the spiritual viewpoint. In Truth, life is consciousness of God. To know God aright is eternal life, the Bible assures us. What happens when we allow these deadly states of mind, these violent attitudes, to rule in our consciousness? They kill out, or destroy, our unity with God! Is there anything that destroys our consciousness of God, our sense of oneness with God, any more quickly than becoming angry, resentful, irritated, antagonistic? Is there anything that ruins our spiritual consciousness any more quickly than entering into a bitter argument or a battle with someone else of a different philosophy or a different religion? Is there anything that erases our sense of the universal presence of God any more quickly or completely than self-righteousness, the feeling that we alone know the answer, that we are right and everyone else in the universe is wrong?

Entering into these vicious attitudes, indulging in these destructive emotions, kills out our

sense of the joy and the presence and the life and the power of God in our world. It is a form of personal suicide. We are literally killing our own consciousness of the presence of God; therefore, we are literally destroying ourselves. "Thou shalt not kill" - that is, you shall not enter into any destructive attitudes and states of mind and heart. You shall not entertain these emotions that destroy, not only the outer world in which you live but first of all your own consciousness of the presence of God.

How do we overcome these unhappy attitudes and tendencies? We all have them. They are part and parcel of the human consciousness, of the human experience, and we cannot overcome them completely by struggling with ourselves, by trying to exert our will power (although that is helpful, and is certainly a step in the right direction). We can overcome in only one way: by returning to our oneness with God, by returning in faith to the great truth that God is the source of all our good; that God is our life, our strength, our health, our supply. Why do we become resentful, or angry, or irritated? Why do we argue and battle? Why do we become self-righteous? Because we have forgotten the great truth that God is the source of all our good. We become angry with others because we feel they can take, have taken, or may take something away from us--our investments, our money, our health, our life, our friendship, our joy, our peace--so we have given to outer circumstances and individuals the power to stand between us and good. We feel that others can block Our good because somehow we have believed that outer sources could bring us good. When these sources do not deliver in the way we think they should, destructive

emotions rise up within us and take over in our consciousness. There is only one way to wipe out these destructive emotions that kill our consciousness of oneness with God: by wiping out the base on which they are founded, the roots from which they grow. We must return to God, as we are told over and over again through the enlightened prophets, in the words of the Bible and the other great spiritual writings of all times. We must know that God is the source of all there is and that there is nothing in the outer world that can either take anything away from us or give it to us. We must come back to the realization that we are completely God-integrated and God-centered beings, that the Source of all good is within us, and then extend this realization to the whole world, to all mankind, so that there is no reason to be angry or resentful or antagonistic or warring and striving with one another.

We are going to have some real work to do, for we have sunk deeply into the human consciousness. As a result of our experiences and our beliefs, we have accepted the concept that the outer world is capable of standing in the way of our good. We must remind ourselves that we will not allow any individual, any group of individuals, or any outer circumstance to reach in and upset us emotionally. We must refuse to give power to outer things to destroy us by upsetting us, by pulling the trigger that makes us lose control over Our emotional nature. We do this most effectively by reminding ourselves that there is one Power in this world, and this Power is the only activity taking place in and through us; that no individual, group of individuals, nation, group of nations, or anything else in the outer world has the power to destroy our consciousness of

God, to break our connection with our divine Source.

In the life of Jesus we find a marvelous example, one that we can relate to ourselves as individuals and put into practice in our everyday experience. Before the Crucifixion Jesus stood in the presence of Pilate who was the virtual embodiment of the world power, and Pilate said to Him, in effect: "Why aren't you afraid? Why do you stand here before me, silent? Don't you know that I have the power of death over you, that I can set you free or that I can put you to death?" And Jesus said something like this: "You would have no power over me unless it came to you from my Father, who is in heaven."

We can adopt this attitude toward outer circumstances and relationships until we regain the consciousness of oneness with God that is our protection. We may say, "Well, Jesus was crucified." Yes, He was crucified, but He did not lose His life. He was not put to death. He was crucified into a demonstration of eternal life--the manifestation or expression of life that cannot be killed in the individual who retains his sense of oneness with God.

We have identified ourselves so completely with the outer forms of life that we have thought them to be life itself. We can change form, but we cannot kill life. The one who lives in this consciousness of his oneness with God has a foundation from which he may move, step by step and event by event, into the demonstration of eternal life; from which he can demonstrate that there is within him the Spirit that cannot be destroyed.

The truth is that we cannot be destroyed by any individual, by any outer circumstance. The only thing that can ever destroy us is our reaction to individuals and

outer circumstances. When Our reaction is that there is one Presence and one Power, and that nothing in the outer universe can have any power or control over us even for a moment unless it comes through God (and then it must work for good), we can look confidently at all outer circumstances and situations. We can face conditions that seem to deprive us of certain outer goods--of money, of health, of joy, of strength--and we can stand firm and say: "You would have no power over me unless it came from the Father who is in heaven, and I know then that it must work for good. I need not enter into any destructive state of consciousness or become angry or irritated or frightened or hateful. I need not fight or wage battles on the human scene. I need not become self-righteous or defensive; I no longer need to enter into these destructive states of consciousness. I can stand firm and know that the power of God is the only power at work in my life, and that it works through every circumstance, every experience, every relationship to bring forth good."

As we study these commandments we agree that we are going to return to the kingdom of God and live in it permanently; that we are going to assign no power to anything outside ourselves; that we are not going to become upset or disturbed by anything that goes on in the outer world. We are going to stand firm in the faith that there is one power, one action: the power and activity of God.

Now we can begin to keep this sixth commandment in a positive way. We are always going forward and upward. We can go through any experience, any circumstance, any condition because our minds and hearts are open to the divine Source. We do not commit spiritual suicide.

Through every experience we keep ourselves open to this inner source of power, and it inevitably sees us through every challenge that we are called upon to face.

#### ACTION AFFIRMATION

*I no longer contribute fuel to the war potential of mankind. Anger, resentment, fear, bitterness are now washed out of my mind and heart.*



#### Shining Words

These affirmations were chosen for display in the lobby of the Administration Building at Unity Village because they were the favorite affirmations of Charles Fillmore. Each is etched on clear Plexiglas and lit up from above so that they appear to shine. We enjoyed seeing this beautiful room on our recent trip to the Village.

The joy of the Lord is your strength.

God in me is infinite wisdom.  
He shows me what to do.

In all thy ways acknowledge him,  
and he will direct thy path.

I can do all things through Christ  
which strengtheneth me.

Naught can disturb me, for Christ  
is my peace and my poise.

All things work together for good.

In quietness and in confidence  
shall be your strength.

Faith is the strength of the soul inside,  
and lost is the man without it.

The greatest teaching ever given is --  
"Christ in you, the hope of glory"  
(Col. 1:27).

God is my help in every need.

# October - 2010

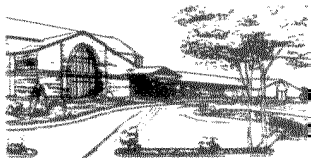
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> Zumba 10:00 AM	<i>2</i> Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
<i>3</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>4</i>	<i>5</i> Tai Chi 10:00 AM  Zumba 6:30 PM	<i>6</i> AA Men's Group 10:00 AM  CA 7:00 AM  Do Greater Things Class 7-9	<i>7</i>	<i>8</i> Zumba 10:00 AM	<i>9</i> Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM  Unity Basics, 9:00AM Prayer Fundamentals 1:00 PM
<i>10</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>11</i>	<i>12</i> Tai Chi 10:00 AM  Zumba 6:30 PM	<i>13</i> AA Men's Group 10:00 AM  CA 7:00 AM  Do Greater Things Class 7-9	<i>14</i> Quilted Jacket Class 9:00 – 3:00	<i>15</i> Zumba 10:00 AM	<i>16</i> Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
<i>17</i> Sunday Service 10:30 AM Youth Ed 10:30 AM	<i>18</i> Ladies Night Out El Pollo Loco	<i>19</i> Tai Chi 10:00 AM  Zumba 6:30 PM	<i>20</i> AA Men's Group 10:00 AM  CA 7:00 AM	<i>21</i>	<i>22</i> Zumba 10:00 AM	<i>23</i> Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
<i>24</i> Sunday Service 10:30 AM Youth Ed 10:30 AM  Youth Swim Party	<i>25</i>	<i>26</i> Tai Chi 10:00 AM  Zumba 6:30 PM	<i>27</i> AA Men's Group 10:00 AM  CA 7:00 AM	<i>28</i>	<i>29</i> Zumba 10:00 AM	<i>30</i> Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
<i>31</i> Sunday Service 10:30 AM Youth Ed 10:30 AM  Halloween Party  The 5 Principles Class 9:15 – 10:15						

## Wings

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

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## The light side – Is proofreading a dying art?

### NEWSPAPER HEADLINES

Man Kills Self before Shooting Wife and Daughter (*This one took two or three readings before the editor realized that what he was reading was impossible! They put in a correction the next day.*)

Something Went Wrong in Jet Crash, Expert Says  
*Really? Ya' think?*

Police Begin Campaign to Run Down Jaywalkers  
*Now that's taking things a bit far!*

Panda Mating Fails; Veterinarian Takes Over  
*What a guy!*

Juvenile Court to Try Shooting Defendant  
*See if that works any better than a fair trial!*

Miners Refuse to Work after Death

*Good-for-nothing' lazy so-and-so's!*

War Dims Hope for Peace  
*I can see where it might have that effect!*

If Strike Isn't Settled Quickly, It May Last Awhile  
*Ya' think?!*

Cold Wave Linked to Temperatures  
*Who would have thought!*

Enfield (London) Couple Slain; Police Suspect Homicide  
*They may be on to something!*

Red Tape Holds Up New Bridges  
*You mean there's something stronger than duct tape?*

Man Struck By Lightning: Faces Battery Charge  
*He probably IS the battery charge!*

New Study of Obesity Looks for Larger Test Group  
*Weren't they fat enough?!*

Astronaut Takes Blame for Gas in Spacecraft  
*That's what he gets for eating those beans!*

Kids Make Nutritious Snacks  
*Do they taste like chicken?*

Local High School Dropouts Cut in Half  
*Chainsaw Massacre all over again!*

Hospitals are sued by 7 Foot Doctors  
*Boy, are they tall!*

Typhoon Rips through Cemetery; Hundreds Dead  
*Did I read that right?*

--Thanks, Deb Fry