

# 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

September  
2010

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

#### Inside this issue:

News and events

Truth Thoughts

Quotable Quotes

Calendar

Humor

The 13  
Commandments

## God's Gift to You

By Rev. Alan A. Rowbotham

Each day is God's special gift to you. Great things can happen as you become open to its possibilities.

In the Book of Revelation we read, "Behold, I have set before you an open door, which no one is able to shut." (Rev. 3:8) You could say that this door represents your eternal relationship with the Infinite, a divine desire to guide you in the complete unfoldment of your inherent potential.

Ralph Waldo Emerson put it this way: "There is no screen or ceiling between our heads and the infinite heavens, so is there no bar or wall in the soul where man the effect ceases and God the cause begins. The walls are taken away; we lie open on one side to the depths of spiritual nature, to the attributes of God."

All of us experience exalted moments of inspiration, at which times we see greater possibilities for ourselves and resolve to pursue some course of betterment. But often this resolve and this course fade because we do not feel that we have enough to begin. Or perhaps we have just tried something new and are disappointed in the outcome.

If you announce, after a seeming disappointment, "Well, there go my chances of success," then that is the level of consciousness on which you will be working for the immediate future. Is that what you want to happen? You can close your heart and mind to life this way, but life never closes its doors to you!

No matter what happens in your life, do not forget the promise of the open door. No individual has the power to shut the door to the real source of your good; nothing can stand in your way. Feel the relentless spiritual power within you seeking to lead you to the perfect fulfillment of your uniqueness.

So, how will you spend this precious God-given day?

William James once advised: "Seize the very first possible opportunity to act on every resolution you make and on every emotional prompting you may experience in the direction of the habits you aspire to gain." When an urge to do or to have something comes to us, we must get

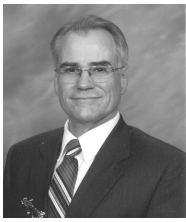
into our consciousness that it is but the vanguard of a train of ideas, abilities and substance – all that is needed to make the ideal a reality, the hope a fulfillment. The important thing is to get started; to begin is often half the battle.

Goethe wrote: "Are you in earnest? Seize this very moment; whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it."

If we want anything for ourselves we must accept it in our heart and mind now, today. Remember that there is no future tense in the eternal now of infinite mind. There will be no future time in which to know the truth or to make a demonstration. The only demonstration there is, ever was, or ever will be is God's . . . and that is right now! Determine for yourself that now is the time.

--Continued on page three





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Senior Minister



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Jan Mourning  
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## Wings

September 2010

Page 2

## Prayer Chaplain Program

We are looking for people who want to deepen their spiritual lives by becoming First Unity Prayer Chaplains. If you are interested, let Rev. Sharon know. There will be an orientation meeting on Sunday, Sept. 26, after church to explain the program.

### New Class

Rev. Sharon will offer a six-week class on the book *Do Greater Things* by Felicia Blanco Searcy beginning Wednesday, Sept. 8, from 7 to 9 p.m. This book examines who Jesus was, attempts to free us from old beliefs that keep us from identifying with Him, and outlines nine spiritual practices to help awaken our own Christ potential to do greater things. Books are available in our bookstore. The class will be offered for credit.



### World Day of Prayer Service

First Unity will join Unity people around the world on September 9 for World Day of Prayer. We will have a short service at 7:00 pm to add our prayers to all those of our Unity family. The affirmation this year is "We are living expressions of Divine light flowing forth into the world."

At Unity Village, the event will begin on Wednesday with an opening ceremony that will be live-streamed on [www.worlddayofprayer.org](http://www.worlddayofprayer.org). At the same time we are having our service on Thursday, there will be a fountain celebration in the Rose Garden at Unity Village, celebrating 120 years of Unity and the re-opening of the fountains. We have much to celebrate.

Prayer request forms are on the information table if you would like to have your prayers sent to Unity Village. We hope to see you September 9<sup>th</sup>!

### This month the Ladies' Night Out Group



will be meeting Monday evening, Sept. 20, at 5:30 at Ruby Tuesday's on Watson (10797 Sunset Hills Plaza). We would love to see some new faces! All are welcome!

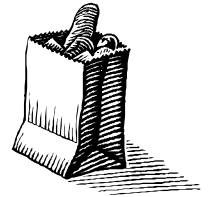


We have two new licensed teachers! Deb

Fry and Jan Mourning have completed their training at Unity Village. We will be blessed by their classes and service for years to come. Jan and Deb, we are all very proud of you!

### Feed My People

Your donations to **Feed My People** are always greatly appreciated. A much greater amount of food has been required to meet increased demands.



[www.feed-my-people.org](http://www.feed-my-people.org)

### Wanted



WANTED: Choir members and bell ringers — whereabouts unknown

LAST SEEN: Hiding out in the congregation

DESCRIPTION: Male and female, young and old, musical and cheerful, may be armed and desperate for a robe

REWARD: "Give and you shall receive."

SURRENDER TO: Your friendly choir director

### September Affirmations

Inner Peace: The peace of God fills my heart.

Guidance: I am inspired and guided by the light of God.

Healing: The healing power of Spirit renews me.

Prosperity: Spirit supplies my every good.

World Peace: I am at peace with God, myself, and all persons



## From Page One . . .

Print that on a card – “Now is the acceptable time!” – and place it where you will be sure to see it every day. Charles Fillmore, co-founder of the Unity movement, used to say that any time is a good time to start doing something about a good idea. Remember that there is nothing futuristic about your oneness with God.

Build on this realization; affirm your unity, your oneness – not as something you might have, but as the very foundation of your life right now! Affirm your wholeness now. Affirm that you are now in your right place. Affirm that you are right now God’s perfect child and are endowed with all the potentialities to be – right now – what you desire to be.

Whatever may be the problem confronting you, the door is open to the solution to it and to a greater good which no one can keep from you. Clear your mind of doubt and let God direct your steps.

## The beginnings of Sunday school

Englishman Robert Raikes, born in 1735, was a Christian layman who was pained to see unschooled children working six days a week in factories or mines. On Sundays, children roamed the streets, often getting into trouble. Most didn’t know how to read or write and knew nothing about Christ or the church.

As Raikes labored to reform England’s prison system, he noticed that many children were imprisoned, stirring him to action on their behalf. He arranged for halls and homes to be used for educational purposes on Sundays, the one day children didn’t have to work. He found volunteers to teach reading, writing and math, as well as the Bible and Christian beliefs.



The first Sunday school class was held in July 1780. Amazingly, by 1788 some 250,000 children were attending such schools. This occurred despite some people’s opposition to the education of lower-class children.

Countless boys and girls have attended Sunday school classes since then, thanks to Raikes, who brought Christ’s light and love to children around the world.

## Poem for laborers



Lives of great men all remind us  
We can make our lives sublime  
And, departing, leave behind us  
Footprints on the sands of time.  
Let us, then, be up and doing,  
With a heart for any fate;  
Still achieving, still pursuing,  
Learn to labor and to wait.

—Henry Wadsworth Longfellow  
from “A Psalm of Life”

## A prayer for perspective

A prayer written for use during the Jewish New Year (September 30–October 1) is pertinent for Christians, too:

Eternal God! Grant us gratitude enough to look backward and be thankful; courage enough to look forward and be hopeful; faith enough to look upward and be humble; kindness enough to look outward and be helpful.  
Amen.

## Something beautiful

Spread love everywhere you go; to show love for God and our neighbor we need not do great things. It is how much love we put in doing that makes our offering something beautiful to God.

—Mother Teresa

## “Quotable Quotes”

Autumn is a second spring where every leaf is a flower.

—Albert Camus

No job is boring if we can see God’s purpose in it.

The dignity of labor depends not on what you do but on how you do it.”

—E.O. Grover

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

—Martin Luther

The Bible tells us to love our neighbors, and also to love our enemies: probably because they are generally the same people.

—G.K. Chesterton

He who labors as he prays lifts his heart to God with his hands.

—St. Bernard of Clairvaux

Real success is finding your lifework in the work that you love.

—David McCullough

The greatness of God rouses fear within us, but his goodness encourages us not to be afraid of him. To fear and not be afraid — that is the paradox of faith.

—A.W. Tozer

Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.

—Stanley Horowitz

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

—Anais Nin

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

—Goethe

# The Thirteen Commandments

*By J. Sig Paulson*

## Honor Thy Father and Thy Mother

The first four commandments tell us how to enter the Kingdom of God, how to come into an understanding of our own true nature as the children of God, and how to establish and maintain our consciousness of our divinity. In the fifth commandment, there is a change in emphasis. It is not enough for us to know that we are divine, that the Spirit of God within us is our real Self, and that the treasures of the Kingdom of God belong to us. We must extend this understanding, this realization, until it includes the whole world.

The fifth commandment is this: "Honor thy father and thy mother, that thy days may be long in the land which Jehovah thy God giveth thee." This commandment tells us how to remain in the state of consciousness ("land") into which obedience to the first four commandments has brought us. In order to "prolong our days," that is, to extend our consciousness of the presence of God as the reality of our own being; in order that things may continue to go well and that our spiritual progress may be uninterrupted, we must honor our father and our mother. This brings us face to face with our concepts of human relationships.

This commandment has often been interpreted to mean that we are not to do anything that would bring disgrace or shame on father or mother; that we are to be obedient and respectful to them; that we are to be worthy children. All this is fine and true. But there is an even deeper meaning in this commandment. Its real message is that we are to extend our recognition of divinity to our parents, and eventually to all mankind.

We are to stop thinking of one another in human terms alone. We cannot continue to believe that we are descendants of a father and a mother in the human sense, members of a "flesh-and-blood" race with its limitations, and at the same time retain our understanding of ourselves as divine creatures. We must enter a whole new dimension of thinking about one another.

This commandment begins with father and mother because, of course, in our human relationships there is no one closer than our father and our mother. But this recognition, this honor that we are to render to father and mother, is to be extended to our sisters and our brothers, our friends, our employees, our employers, our neighbors, our enemies. We are to begin with this idea of honoring father and mother and then gradually extend it to include the whole world. Spiritually, honoring our parents is knowing the truth about them—knowing that the reality of our father is God, knowing that the reality of our mother is God. We honor father and mother when we attribute Godlike qualities to them. The true way to honor our parents is to recognize that they are spiritual beings, instruments of our heavenly Father and transmitters of His nature. As we recognize this truth, we find that our inheritance from parents does not consist of physical traits and human tendencies but is something spiritual.

Myrtle Fillmore, co-founder of the Unity movement, went to hear a Truth teacher who said that our Father is God; therefore our inheritance is from God. Before this Mrs. Fillmore had believed that her inheritance was from a human family and that certain diseases and the inclination toward diseases had been passed on to her. But when she recognized that her parents, her father and her mother, were instruments of God, and that her inheritance was directly from God, she changed that concept and began to honor her parents as this commandment instructs. She reasoned

that if her inheritance was from God she could not inherit disease or a tendency toward disease or human limitation of any kind, and so she began to be set free.

The first step in honoring our parents is recognizing their divinity, the great truth that the Spirit of God is their real Self, their real nature. As we do this, we find that our consciousness expands. We no longer look to the human scene for our inheritance. We stop claiming human limitations as our own. We have a direct line from God through our parents; and we inherit the riches of the kingdom of God—therefore we dissolve all belief in any tendency toward disease or limitation. We honor our father and our mother by recognizing the truth about them: that God is in reality our Father and our Mother.

Sometimes we may feel that our parents have put unfair restrictions upon us; that they are responsible for certain of our habits, certain limiting ways we have of looking at life. We must dissolve this completely by recognizing the truth about our parents. We must set them free by recognizing that they are spiritual beings. The only honor we can ever extend to our mother and our father is to know that they are free spiritual beings as we are free spiritual beings; and that we continue to grow and unfold, as they continue to grow and unfold. This is true, even if our parents are on the so-called invisible side of life. The Spirit of truth reaches through both the visible and the invisible. As we dissolve the beliefs in limitation that we have accepted in relation to ourselves and our parents, we discover that we are entering into a new land. We are reaffirming our own spiritual identity by extending it to our parents.

Honoring by knowing the truth is not limited to our parents. We extend the same recognition to our sons and our daughters, to our sisters and our brothers, to our fellow workers, our associates, our employees and our employers. We honor each one by

recognizing that he is the Spirit of God, awakening to his own identity and unfolding that identity in his own wonderful and unique way. The effect of this attitude is to set us free completely so that we may continue our own spiritual unfoldment, that we may continue to grow in understanding and in the realization of what it means to be a child of God. We are to honor every man and woman, every boy and girl in our life, on the visible side of life and on the invisible side of life, by recognizing them for what they are: the Spirit of God coming into expression; and then by extending to them the same rights and privileges as we demand for ourselves.

When we think of our loved ones who may have passed on, let us honor them by remembering the truth about them—not by trying to remember them as they were, as we experienced them in our life, but by recognizing the truth that they are spiritual beings, continuing to grow and unfold even as we are growing and unfolding. Let us release them completely as we would if they were in our physical presence. Let us set them free. Let us know that there is no separation in the love of God, and let us honor them by knowing the great truth about them.

Jesus said, "And everyone that hath left houses, or brethren, or sisters, or father, or mother, or children, or lands, for my name's sake, shall receive a hundredfold, and shall inherit eternal life. But many shall be last *that are* first; and first *that are* last." The message here is that if we will for His name's sake leave our old concepts of father and mother, of human parentage, of friends and family members, of the universe in which we live, we will receive a hundredfold and eventually we will inherit eternal life. We will inherit eternal life when we come to the recognition that each one is the Spirit of God and that his life is eternal; and when we honor each one by extending that recognition to him.

"But many shall be last *that are* first," we are warned in this message;

that is, many of us who come into the recognition of the Truth that the Spirit of God is the reality of our own being do not keep up with others who do this, because we refuse to extend the recognition to the rest of the so-called human race. We try to hang on to this truth, this realization of the Spirit of God within us, as being uniquely ours. We may not do this consciously, but deep down inside we think this is something so precious and so wonderful that we must hang on to it. We have seen this selfish attitude in the unfoldment of some of the religions of the world, which take the stand that "My idea of God is the only right one and you had better come into my group or you are outside the pale."

But we must extend our understanding of our divinity to include the universe, this commandment tells us. We must extend it to the members of our family, to the people with whom we associate each day. Our laboratories are right where we live. We demonstrate the great truth that is unfolding in our own consciousness, right where we are. We do not get up and leave our wives, our husbands, our sons, our daughters, or even our places of employment; rather we change our attitudes toward them, and we receive a hundredfold.

We begin to see, and appreciate, and understand the divinity that has always been there. Only our own limited viewpoint has blocked us from coming into this understanding before. Now our lives are becoming incomparably enriched. We discover that friendships and other human relationships -- between mother and son, husband and wife, sister and brother, and so forth -- become so rich and rewarding that we can hardly put the new realization into words; but we can feel it and we can demonstrate it.

This is the message of the fifth commandment. We are to honor our fellow men by extending to them the recognition of their own divinity, the recognition that within each and everyone is the Spirit of God. We can do this very simply every time we

think of or speak of another person by affirming silently: "*You are the Spirit of God coming into ever greater expression, even as I am.*" We can say this silently because there is a communication on a deeper level than that of verbal communication. The inner realization, the inner state of consciousness, communicates itself to our world.

Let us begin now to think in these terms. Whenever we speak to others directly, or whenever we think about them, let us recognize that each one is the Spirit of God coming into wonderful expression. We will discover that our world is enriched a thousand fold, a million fold. We will find that our days in this new land, this new state of consciousness, will be prolonged to eternity. We will actually have entered into the path that leads to eternal life, because it is eternal life.

Even if you have to open an old book of experience, think right now of your father and your mother, and honor them right now by affirming silently:

*"You are the Spirit of God, moving forward eternally, infolding the truth of your own being. I set you free to follow the guidance of your own inner Spirit. I honor you in thought, feeling, and action."* And affirm for everyone else in your life, even your so-called enemies: "*I honor you by recognizing that you are the Spirit of God coming into ever greater and more wonderful expression. I set you free to follow the guidance of your own divine Spirit.*"

#### ACTION AFFIRMATION

*I honor my father and my mother by recognizing their divine nature and source. I extend this recognition to all mankind.*

## The church is always asking for money

Sometimes you hear people say, "The Church is always asking for money." That statement is untrue. It is the world which is always asking for money, not the Church. When did you last go to the grocery store and the checker failed to ask you for money? Your mortgage company asks for money with unfailing regularity. If you are like most people, each month brings a new collection of bills. Are any of them from the Church? Who withholds a percentage of every dollar YOU earn? Your Uncle does that. Your Father does not!

There is no free lunch except at the Church. You can attend worship every week - there is no admission charge. If you are sick, the clergy will visit you in the hospital. Where else can you get free counseling when you need it? Where will your children be married? Several hundred people receive a newsletter each month for free.

What do you do when your loved one dies? What will it cost? The funeral home will certainly charge for its services. Your church will not. The Church building will always be there when you need it - clean, heated or cooled with nursery provided. You make full use of it and never pay one dime. No one will even know whether you contribute or not.

You have to pay taxes to provide your children "free" public education, but your Church operates a Sunday School which will give quality Christian education with absolutely no cost or obligation. The Church requires no membership fee, no annual dues. It never sends its members a bill. Is there any other organization in the world that functions that way? I don't know of any. You see, the truth is the Church "asks for money" LESS than anything else you can think of.

Consider this paradox. Compared to the government and the bill collectors, the Church almost NEVER asks for money. Yet of all the things

your money could be used for, very few are more important than what the church provides.

The Church is here to share the love of Jesus Christ himself. Our money goes to serve him. We will continue to provide ministry in Jesus' name to everyone, whether they can afford to contribute or not. Isn't that something you would like to be a part of?

-St. Paul's Church  
Kansas City, MO

## What does tithing do for me?

By Rev. Jack Graf

Question: *Is tithing really important, and if so, what does tithing do for me?* --D. S., Raleigh

Rev. Jack Graf:

Thank you for your question. Many Unity ministers (myself included) hesitate to talk about tithing on Sunday morning because most congregants, having come from traditional churches where they were scolded for not tithing, don't want to hear about it. Yet, as Unity ministers, we probably are remiss in not sharing the subject because it is really the key to building a prosperity consciousness.

Giving freely a tenth of one's income to the church or organization where one is receiving spiritual nourishment impresses on that person's mind his or her ability to give. By tithing, our mind says, in effect, "I can afford to give." That is all the mind needs to know to build a high prosperity consciousness. If we tell our minds, "I can't afford to tithe," then we are building a lack consciousness.

For years I didn't tithe because I thought the church was just trying to make money. That resentment, itself, kept me in lack consciousness, and I was barely able to make ends meet. In 1974, when I discovered Unity's understanding of spiritual principles, I learned that tithing wasn't for the

church's prosperity -- it was for my own! That put a whole new spin on it for me, and since then, Marsha and I have tithed on our gross income. Even when we had financial setbacks and found ourselves in debt, we continued to tithe. As a result, we didn't stay in debt very long.

Eric Butterworth, in his book, *Spiritual Economics*, says that tithing is "training wheels" to teach us how to give. We all like to receive, but the universal principle is that we have to give in order to receive. Whatever we want to receive, we must first cheerfully give. If we want love, we must cheerfully give our love. If we want time, we must cheerfully give our time. If we want support, we cheerfully give support. If we want money, we cheerfully give our money. That is the simple Truth.

To answer your question "Is tithing really important," Charles Fillmore, Catherine Ponder, Eric Butterworth, Edwene Gaines, and to all those who practice tithing, it is important in building one's prosperity consciousness. What will tithing do for you? It will help open up any clogged channels of fear, and in time, allow a free flow of good to come pouring through. If you are interested in more information, check the bookstore for Catherine Ponder's *Dynamic Laws of Prosperity*, Charles Fillmore's *Prosperity*, Eric Butterworth's *Spiritual Economics*, or Joseph Murphy's *Your Infinite Power To Be Rich*.

Cheerfully,  
Jack

--From Unity of Raleigh's  
newsletter, "Ask Jack" article

# September 2010

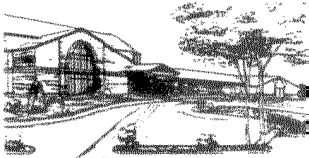
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <i>AA Men's Group</i> 10:00 AM  CA 7:00 PM	<b>2</b>	<b>3</b> <i>Zumba</i> 10:00 AM	<b>4</b> <i>Choir Rehearsal</i> 9:00 AM <i>Bell Choir Rehearsal</i> 10:30 AM
<b>5</b> <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	<b>6</b>	<b>7</b> <i>Tai Chi</i> 10:00 AM  <i>Zumba</i> 6:30 PM	<b>8</b> <i>AA Men's Group</i> 10:00 AM  CA 7:00 PM  <i>DO GREATER THINGS CLASS</i> 7:00 – 9:00	<b>9</b> <i>World Day of Prayer Service</i> 7:00 PM	<b>10</b> <i>Zumba</i> 10:00 AM	<b>11</b> <i>Choir Rehearsal</i> 9:00 AM <i>Bell Choir Rehearsal</i> 10:30 AM
<b>12</b> <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	<b>13</b>	<b>14</b> <i>Tai Chi</i> 10:00 AM  <i>Zumba</i> 6:30 PM	<b>15</b> <i>AA Men's Group</i> 10:00 AM  CA 7:00 PM  <i>DO GREATER THINGS CLASS</i> 7:00 – 9:00	<b>16</b>	<b>17</b> <i>Zumba</i> 10:00 AM	<b>18</b> <i>Choir Rehearsal</i> 9:00 AM <i>Bell Choir Rehearsal</i> 10:30 AM
<b>19</b> <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	<b>20</b> <i>Ladies Night Out "Ruby Tuesday"</i> <i>(on Watson)</i> 10797 Sunset Hills Plaza 5:30 PM	<b>21</b> <i>Tai Chi</i> 10:00 AM  <i>Zumba</i> 6:30 PM	<b>22</b> <i>AA Men's Group</i> 10:00 AM  CA 7:00 PM  <i>DO GREATER THINGS CLASS</i> 7:00 – 9:00	<b>23</b>	<b>24</b> <i>Zumba</i> 10:00 AM	<b>25</b> <i>Choir Rehearsal</i> 9:00 AM <i>Bell Choir Rehearsal</i> 10:30 AM
<b>26</b> <i>Sunday Service</i> 10:30 AM <i>Youth Ed</i> 10:30 AM  <i>Prayer Chaplain Orientation</i> 11:45	<b>27</b>	<b>28</b> <i>Tai Chi</i> 10:00 AM  <i>Zumba</i> 6:30 PM	<b>29</b> <i>AA Men's Group</i> 10:00 AM  CA 7:00 PM  <i>DO GREATER THINGS CLASS</i> 7:00 – 9:00	<b>30</b> <i>Board Meeting</i> 7:30 PM		

## Wings

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

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- If you no longer wish to receive this newsletter, check this box and mark return to sender, or call the church office.

## The light side

### GREAT TRUTHS ABOUT GROWING OLD

Growing old is mandatory; growing up is optional.

Forget the health food. I need all the preservatives I can get.

When you fall down, you wonder what else you can do while you're down there.

You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

It's frustrating when you know all the answers but nobody bothers to ask

you the questions.

Time may be a great healer, but it's a lousy beautician.

Wisdom comes with age, but sometimes age comes alone.

### SUCCESS

At age 4, success is not piddling in your pants.

At age 12, success is having friends.

At age 17, success is having a driver's license.

At age 35, success is having money.

### ADDRESS SERVICE REQUESTED

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At age 50, success is having money.

At age 70, success is having a driver's license.

At age 75, success is having friends.

At age 80, success is not piddling in your pants.

### THE FOUR STAGES OF LIFE

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

--Thanks Anne Hartupee