

# 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

December  
2011

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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Growth

## A Wonderful Life

*"Let the nations be glad and sing  
for joy. "*

-Psalm 67:4

In the Christmas classic, *It's a Wonderful Life*, George Bailey forgot how much happiness he had brought his family and friends throughout the years. He forgot the unconditional love they had for him and the difference his presence had made in his hometown of Bedford Falls.

George was given the unique opportunity to see what the world would have been like if he had never been born.

Imagine how many souls you have touched during your lifetime! Perhaps a simple act of kindness made the difference in another's life. Maybe with a handshake or a smile, you brought joy to someone who felt unwanted.

Unlike George, you may never know each person whose life you have

affected. But you and those you have reached out to have many reasons to "be glad and sing for joy."

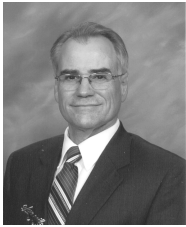
After George's journey to the past, he found that nothing in the present had changed.

But George had changed! He opened his heart to rich blessings and found that he did indeed have a wonderful life!

Take time today to be grateful for your wonderful life. "Be glad and sing for joy," for you are beloved of God.

My heart sings for joy, for I am beloved of God!





Rev. Randy Schmelig  
Senior Minister

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Silent Unity: 1-800-669-7729

Join us for our annual  
Candle Lighting  
Service on **Sunday,  
Dec. 25<sup>th</sup> at 10:30  
a.m.** Come celebrate  
the Christ's birth with  
your First Unity  
friends and family.



**Christmas Party:** Our children will be singing with the choir on **Dec. 18<sup>th</sup>** this year with our annual Pot Luck Party to follow the service. Come one, come all!

### Poinsettias

In keeping with our First Unity tradition, poinsettias will be available for purchase and dedication again this Christmas. The plants are \$8.00. Please get your orders in by Sunday, December 11<sup>th</sup>.



Prepare for the New Year right at our annual Unity **Burning Bowl Service** on Sunday, January 1<sup>st</sup>.

This month the **Ladies' Night Out Group** will be meeting Monday evening, December 19<sup>th</sup> at 5:30 at Tuckers Place South 3939 Union. Afterward we have been invited to Carol Bullock's home at 5303 South view Hills Ct. for a party and a \$5 Christmas gift exchange.



### Music Notes from Anne



Instead of saving all the special music for our Christmas celebration this year, Anne has planned something special for every Sunday in December! You won't want to miss the choirs, Dean, solos, duets, the children, and more – all beginning on December 4.



**Feed My People:** In this Christmas season your donations to Feed My People are especially appreciated. You can be Santa to make Christmas a little



happier for individuals and families this year.

See bulletin board for details of programs. Dean and his band will once again present his **Have Yourself a Swingin' Holiday Concert**. Tickets, available at church or at the door, are \$20. Mark your calendar for December 16<sup>th</sup> at 7:30 p.m. and join us for a fun, funny, and fabulous musical evening.

### Our New Prayer

**Chaplains:** On Sunday, December 11, we will introduce our chaplains for the coming new year.



The next meeting of the Book Club will be Tuesday, December 13 at Bread Co. (across from St. Anthony's Hospital) from 2:00 to 4:00. The book being discussed is

*The Help* by Kathryn Stockett.

Jan. 10 -- *The Faith Club* by Ranya Idliby, Suzanne Oliver, and Priscilla Warner  
Feb. 14 -- *Broken for You* by Stephanie Kallos.

If you see a book you would like to discuss, please join us for that meeting. There are no requirements to attend all the meetings. Contact Carol Bullock @ 314-894-2602 or (cell) 314-518-9598 with questions.

### Silent Unity December Affirmations



**Inner Peace:** I abide in deep peace, and Christ is born in me.

**Guidance:** As I quiet my mind, I access inner wisdom.

**Healing:** I radiate health in mind, body, and spirit.

**Prosperity:** I live in an abundant universe, and I am prosperous.

**World Peace:** I embrace all people in my prayers for peace.



## What's on your list?

A little smile, a word of cheer,  
A bit of love from someone near,  
A little gift from one held dear,  
Best wishes for the coming year...  
These make a Merry Christmas!  
-John Greenleaf Whittier



## What to give?

To your enemy, forgiveness.  
To an opponent, tolerance.  
To a friend, your heart.  
To a customer, service.  
To all men, charity.  
To every child, a good example.  
To yourself, respect.  
-Oren Arnold

## Dare to hope

If you've ever given up on a dream, then you have something in common with Zechariah. When an angel brought news that Zechariah and his wife, Elizabeth, would soon have a son, Zechariah had trouble believing it (Luke 1:13-18).

How long had it been since Zechariah first prayed for a son? More to the point, how long had it been since he'd given up praying for a son? With the couple's childbearing years long past, Zechariah likely felt compelled to emphasize the impossibility of the angel's proclamation.

Perhaps you know what it's like to lose hope. Zechariah's story reminds us that God's plans cannot be hampered, even when the laws of nature stand in the way. Hold on to your hope because God works miracles.

## A Christmas Tapestry

Christmas reminds us we are not alone. We are not unrelated



## Wish List

atoms, bouncing and ricocheting amid aliens, but are a part of something, which holds and sustains us. As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same. Christmas shows us the ties that bind us together, threads of love and caring, woven in the simplest and strongest way within the family.

-Donald E. Westlake

## The Christmas Heart

Let us remember that the Christmas heart is a giving heart, a wide open heart that thinks of others first. The birth of the baby Jesus stands as the most significant event in all history because it has meant the pouring into a sick world of the healing medicine of love which has transformed all manner of hearts for almost 2,000 years ... underneath all the bulging bundles is this beating Christmas heart.

-George Matthew Adams

## Let it shine

Whatever else be lost among the years,

Let us keep Christmas still a shining thing.

Whatever doubts assail us, or what fears,

Let us hold close one day, remembering

Its poignant meaning for the hearts of men.

Let us get back our childlike faith again.

-Grace Noll Crowell



## “Quotable Quotes”

Christmas, children, is not a date. It is a state of mind.

-Mary Ellen Chase

There is no ideal Christmas; only the one Christmas you decide to make as a reflection of your values, desires, affections, traditions.

-Bill McKibben

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

-Norman Vincent Peale

One can give without loving, but one cannot love without giving.

-Amy Carmichael

You can tell a lot about a person by the way he or she handles these three things: a rainy day, lost luggage and tangled Christmas tree lights.

-Maya Angelou

Peace on earth will come to stay, when we live Christmas every day.

-Helen Steiner Rice

He who has not Christmas in his heart will never find it under a tree.

-Roy L. Smith

How many observe Christ's birthday! How few, his precepts! O! 'tis easier to keep holidays than commandments.

-Benjamin Franklin

It is good to be children sometimes, and never better than at Christmas, when its mighty Founder was a child Himself.

-Charles Dickens

There has been only one Christmas — the rest are anniversaries.

-W.J. Cameron

## What can I do about the past?

By Sue Sikking,  
Unity Minister

Every living soul probably has asked at some time or other, "What can I do about the past?"

Let it go! There isn't anything we can do about it; it is water under the bridge—gone forever.

Many people suffer untold agony by going over and over the past in their minds, without any good effect in their lives. We must understand what the past is and the part it plays in the present.

Our past is the journey we have taken up to this day. It is all the experiences we have ever had. The pattern of life is made up of what we experience. Our first word, our first day of school, our first time away from home, and tens of thousands of other experiences make our past.

Each day of every person's life is filled with a myriad of experiences. Without them, life would be empty and unfulfilled. Some of these past experiences were simple and uncluttered, without fear or anxiety. Some of them gave us great joy and fulfillment; but some gave us no joy, no happiness, and no peace.

There have been days, months, and years of which we are ashamed. There are years that we would like to forget, years when we think we did not live up to the highest in us. Lots of people are ashamed of a past during which they were not successful or prosperous.

Some of the happiest days of one's life can be when one is building, creating, making plans, and starting a new venture. Yet I have known people who foolishly discarded such experiences as not good, not part of their lives. This is like denying one's grandparents or those who carried the torch before us.

All life is growth and unfolding. Life is an unfolding process, and it is all good. To have the

experience of babyhood is good. To be a student, to be beginning at any place along the way, is good.

We are always in our right place at the right time. If only we could learn the secret of *knowing* that we are in our right place; for every place is our right place for the time being. Life requires us to express and unfold every step of our way.

The pattern is always unfolding and each change belongs to the whole.

As the pattern of life begins to take shape, we will understand how important each moment is and why it came. We will find that what we thought was evil was really part of the pattern of good.

We may cry out and say, "Why did this happen to me?" But in a few days, or weeks, or months, as the pattern takes shape, we may find that it was for a very good reason. Many times when we cry out about losing something that seemed good to us, we do not realize that it is making way for higher good. We could not have the higher good, or the greater happiness, if it were not for the passing of the lesser.

Growth and unfolding come to every soul in different ways. Sometimes we think of experiences as "that challenge I had," or "that setback," or "that time I failed," or "that physical difficulty." None of these experiences can be changed - they did happen to us - but they can be recognized as part of the preparation for greater good in our next step in life.

Many times for one reason or another we may have to discard our plans, and we may feel we have failed. But we must have the courage to press on through each experience until it takes its place in the mosaic of life.

If we look back on the past with longing or with any kind of emotional feeling of failure, unhappiness, or condemnation of

ourselves or others, we cannot go forward. If we do not go forward, we are unfulfilled; we are not completing the purpose of our lives. This is our greatest drawback; if we do not go forward, we are holding back our own good, our happiness, and our eventual success and fulfillment.

We can't go in two directions at the same time. If we are going forward, we must quit looking back. We cannot go forward and at the same time look back. We can try it, but it cannot be done! If we believe we have wasted days or years that are now beyond recall, during which we have made mistakes, experienced failures, and known unhappiness—there is something we must do right now. If we find that we have empty dreams, unrealized ambitions, disappointments, and failures - there is something we must do right now.

We must know that these experiences are not any more important than the mush on our bibs when we were learning to eat, or blots on the paper when we were learning to write. Then we were learning to coordinate our minds and hands; and in our later experiences we were learning to coordinate our outer with the inner pattern.

We must not hold on to the past as a mistake. We must let it go—and we must each do this for our self. If we hold on, we will continue to carry the burden of our belief in wasted experiences. And it is this burden that keeps us from enjoying and experiencing fully the moment that is at hand. If in the past you have been sized up and cataloged by some other person's judgment of you - someone in your office, in your family, or in society in general - face yourself and *find the answer in yourself*. Why should you be judged by superficial standards that change from year to year, or

by people who do not understand the action of your heart or mind? No one has the right to judge you, so refuse to accept their judgment.

There is real danger in accepting other people's judgment and condemning yourself. Self-condemnation is almost inescapable if you listen to other people's thoughts about you; for if you cannot stand for yourself, who will stand for you?

Whatever you say or do, there is always someone who will disagree with you. You will never please everybody. When you step out on your own, someone is bound to ridicule, oppose, or be against you. But this does not make you wrong - so don't let it touch you.

Realize that the past is part of the present. Every seeming failure has contributed to the present *you*. You would not be the person you are, you would not have grown in love or understanding, if you had not come by the path that you may be condemning. You *are* the past.

Out of the past, we are shaped and built, and out of the past, we grow and unfold. We are endowed by experiences of the past.

Our past was a process of unfoldment. We unfold physically and mentally through experiences. We need not condemn hidden impulses, or anything we have done in the past. We need not deny what we call failure, or sadness. We need not say that we have not had them. We need not try to run away from these experiences at all, but to put them in their right place. They were experiences we came through to this, the present time; they molded and shaped us.

By our attitude of mind, we can control every circumstance in our lives. We need to respect and believe in ourselves - no matter what way we have come. We need to put away anxiety and

condemnation of ourselves, just as a child grown to adulthood puts away childish things.

We must reject all thought of escaping the past; we need not escape from anything. If we will simply stand still and meet our memories, we will know they are for good. Stand and meet and know.

We can only fail ourselves if we continue to condemn ourselves. Our destiny is in our own hands.

## **The Fullness of Time**

*By Charles Fillmore,  
Co-founder of Unity*

If we desire to demonstrate health when we receive more spiritual life, we must order this life rightly, for if it is not so ordered, mental and physical discord will ensue. This applies to all that we think and do. Everything must be brought into order.

If we affirm prosperity, that too must be brought into orderly relations to the rest of our thinking. We may be declaring life and prosperity and at the same time be holding some disorganizing thought. This will produce inharmony and discord in body and affairs. Lack of orderly arrangement of thoughts is responsible for many delayed demonstrations of healing.

We find in the Scriptures constant reference, in symbols and also in direct language, to order as a fundamental law of the universe. There must be order in the spiritual life as well as the material life. All peoples have observed this, and especially the people of God. Paul said, "Let all things be done decently and in order."

You want to know then the metaphysics of order as a means of demonstrating health. How can you order your life by the divine

plan? By accepting it as a truth that there is such a plan and by making this plan yours through affirming your oneness with the omnipresent Mind in which this plan exists in its righteousness.

Say, "*I am the offspring of God, and I am one with His perfect wisdom, which is now ordering my life in divine harmony and health.*" Ask for wisdom; then affirm divine order. Put yourself in unity with Spirit. Then you will come into the consciousness of a new world of thought and act, and find yourself doing many things differently because the orderly Mind that directs the universe is working through you. A harmonious relation will be established in all your ways. Whatever there was in mind, body, or affairs that was out of harmony will easily be adjusted when you open the way in your mind for the manifestation of divine order.

The bringing forth of man even in the material sense is an orderly process. The birth of Jesus is an example. His coming was foretold and arranged beforehand. It was not left to chance. His mother "magnified" the Lord before He was born. This illustrates that it is necessary to have order from the very beginning. The bringing forth of John the Baptist is an example of the coming of another state of consciousness and of the necessity of law and order in prenatal culture.

This spiritual law is operative in food and clothing. If we think about order and harmony our taste in material things will change. We shall desire the purest foods, and there will be more harmony in the colors we choose to wear.

"If God doth so clothe the grass of the field ... *shall he* not much more *clothe* you?" Some people think it is impossible for us to be clothed like the lilies. But if we stand above all creation,

have we not power to clothe ourselves in the richness and glory of Spirit?

Out of the air we may manufacture the things we eat and wear. This is not a flight of fancy. Chemists are already considering the possibility. It is not an assumption of theoretical metaphysics that we may be able to make our food and clothing from the air, but a logical conclusion that follows the understanding of God as the omnipresent source of all that appears.

So long as we believe in the slow processes of what we call nature we shall place ourselves under a law of slowness. But if we know the spiritual law of health and the power of the word, we shall bring into operation in our lives an entirely different law. Where is the limit to the power of thought?

Let us begin anew and lay down the law of order in all that we do. If there is a tendency to hurry, let us stop and affirm divine order and rest ourselves in its poise.

Geologists tell us that our world has been whirling around the sun for more than 500 million years. So you see there is no need to hurry. Remember that you live in eternity now. This thought of omnipresent eternity will alleviate nervous tension. Put every thought and act under the divine law.

If you are disorderly and indefinite along any line, put yourself at once under the order of Divine Mind by affirming daily that the same law that swings the stars in the cushioned ethers is operative in and through your life and all your affairs.

So if you find yourself disappointed because you do not at once demonstrate health or success, be at peace and know that your earnest prayers and meditations are working out in

you a soul growth that will yet become manifest beyond your greatest hopes.

It is easier to seek the Truth willingly and be watchful and obedient than it is to be forced by some severe experience. Hard experiences are not necessary if we are obedient to the Truth that saves us from them. Time should be given to prayer and meditation daily. We cannot grow without them, and no one who neglects them will successfully develop his spiritual powers.

We are receiving new truth in all fields, and if we are to use it, it seems most important that our religion be progressive, that we get new and higher concepts, and that we see deeper and more scientific relations in the lessons and experiences of those who have preceded us in study and demonstration of spiritual Truth.

If there is science in the universe, there must be science in the Mind that projected the universe. If there is mathematical accuracy and order in the material world, there is a like accuracy and order in the mental world. If there is science in the relation of atom to atom, if there is science in the current that flows over the wire and sets in motion the electric fan, there must be science in the Mind back of the manifestations.

God created all things by His mind, by His thought, by the power of His word. The divine fiat went forth, "Let there be," and there was. The one Mind is still projecting itself into the universe, and its law of health is expressed by us through thought rightly directed. The highest expression of divine thought is man.

God created man in His image, in the image of perfect health. How important then that we should study the science of mind and in every way seek to find the law lying back of the harmonious universe in which we function.

## Thoughts on Peace

*"Live in harmony with one another."*

-Romans 12:16

Christmas is the time when thoughts of peace, harmony, and goodwill naturally come to mind. One of Unity's favorite songs begins with the words, "Let there be peace on earth and let it begin with me." This song is a beautiful reminder that before we can attain world peace, we must first have peace in our hearts and in our homes.

As we prepare once again to celebrate the birthday of the Prince of Peace, we fill our minds with thoughts of love. We release any feelings of resentment we may have toward others and allow the Christ love to flow through us. As we let go of any negative emotions, our hearts become serene and we experience an inner peace that knows no bounds.

When all people look at each other with understanding and acceptance, differences are set aside, and the Christ love shines through for all the world to see.

If all of us take one small step toward peace, we come closer to standing united in a worldwide bond of friendship. Until the day when harmony reigns in the universe, let us send thoughts of peace to all people, knowing that by doing so, we are one step closer to the worldwide unity that is meant to be.

*My heart is filled with thoughts of peace, and I am serene.*



*Let it  
begin  
with me.*

# December 2011

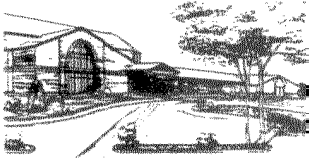
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Ukulele Practice</i> 7:00-9:00 PM	2	3
4 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>  <i>12 Power Class</i> 9:15 AM  <i>Choir- After service</i>	5	6 <i>Tai Chi</i> 10:00 AM	7 <i>AA Men's Group</i> 10:00 AM  <i>CA 7:00 PM</i>  <i>Choir – 6:00</i> <i>Bell Choir – 7:30</i>	8	9	10
11 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>  <i>12 Power Class</i> 9:15 AM  <i>Choir-After service</i>  <i>Poinsettia orders</i>	12	13 <i>Tai Chi</i> 10:00 AM  <i>Book Club</i> <i>Bread Company</i> 2:00 – 4:00	14 <i>AA Men's Group</i> 10:00 AM  <i>CA 7:00 PM</i>  <i>Choir – 6:00</i> <i>Bell Choir – 7:30</i>	15 <i>Ukulele Practice</i> 7:00-9:00 PM	16 <i>Dean's Concert</i> 7:30 PM	17
18 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>  <i>Christmas Party</i>  <i>No class</i>	19 <i>Ladies Night Out</i> <b>Tuckers Place</b> 3939 Union 5:30 pm	20 <i>Tai Chi</i> 10:00 AM	21 <i>AA Men's Group</i> 10:00 AM  <i>CA 7:00 PM</i>  <i>Choir – 6:00</i> <i>Bell Choir – 7:30</i>	22	23	24
25 <b>Candle lighting</b> <b>Service</b> 10:30 AM <i>Youth Ed 10:30 AM</i>  <i>No class</i>	26 <i>Office closed</i>	27 <i>Office closed</i>  <i>No Class</i>	28 <i>Office closed</i>  <i>AA Men's Group</i> 10:00 AM  <b>No Choir Practice</b>	29 <i>Office closed</i>	30	31  <i>Sunday,</i> <i>January 1</i> <i>Burning Bowl Service</i>

## Wings

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

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## The light side – *A Little Holy Humor*

Uncle Bill had the reputation of being a curmudgeon. He always seemed to have something to grumble about. Bill's friends and family were used to his demeanor and usually took it with a grain of salt.

One year, while Bill's relatives were decorating for Christmas, his young nephew wondered aloud, "Do you think Uncle Bill will put up a negativity scene again this year?"

\*\*\*\*\*

A Sunday school teacher asked her class of kindergarteners to draw pictures of the manger scene at Bethlehem. The children quickly and eagerly began to color. The teacher walked around the room observing each picture in progress. She was puzzled by something she saw in one little boy's picture. In one of its corners was a very plump, jolly-looking fellow.

"Bobby, who's this person?" she asked, pointing to the portly character.

"Why, that's Round John Virgin!" Bobby replied.

\*\*\*\*\*

A mother told her young daughter that they had to hurry to church to worship God. But the way she spoke the word "worship" confused the child. It sounded more like "waaship" rather than "wereship."

As the little girl approached the door to leave, the mother noticed the girl held a bar of soap and a washcloth.

"What's that for?" asked the mother.

"I want to 'wash up' Jesus in the manger," replied the girl.

\*\*\*\*\*

A Sunday school teacher was talking about some of God's creatures. She described a furry little animal who climbed trees, built nests in them, loved nuts and buried acorns. "What animal am I talking about?" she asked.

One little boy, very mindful of where he was, spoke up and said, "It sounds like a squirrel, but I know the right answer is Jesus."

Although very young, the boy had already figured out that "Jesus" is the right answer to many questions.

\*\*\*\*\*

Meeting a parishioner on the street, a pastor asked why he had not seen the fellow at worship very often.

"Well," the man complained, "it seems like every time I go to church you sing the same old hymns."

"Oh," replied the preacher.

"What hymns are those?"

"Christ the Lord Is Risen Today" and "O Little Town of Bethlehem."