

# Wings



FIRST UNITY CHURCH – Serving the spiritual needs of the St. Louis community for over eighty-five years.

The Newsletter of  
First Unity Church  
Of Saint Louis

January 2011

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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## A new tempo for your life

By Eric Butterworth

It is midnight on December 31st of any year. There is an explosion of celebration and the babble of "Happy New Year!" One could logically inquire, "What happened?" Of course, our calendars and clocks tell us that a year has happened. But what is a year? What is time? They are little more than convenient means of keeping track of the footprints in the sands. But the winds of change soon blow them away, leaving only the Allness of eternity.

So, what is New Year's Eve all about? It's a good excuse to celebrate, which is not all that bad. But it can be an empty exercise if we simply celebrate the celebration. How easily the holiday can become a "hollow" day! On the other

hand, it can be a joyous commitment to the principle and the process of new beginnings. Certainly one can begin again at any moment, and yet one particular moment can be very special if it is the point in time when we take the first step.

Time is a great illusion. The only difference between one year and the next is what one makes of it. There is great naiveté in the anticipation and expectation of New Year's Eve, the wonder of what the coming

year will be like, and the wishing of good luck to friends, hoping that things will be better for them. The sobering thought that few persons dare to think at that happy time is this: The New Year will be no different than the old one unless they are different.

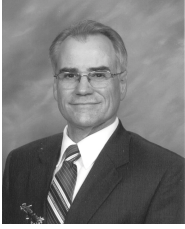
Carlyle says: *Every day that is born into the world comes like a burst of music, and rings itself all the day through; and thou shalt make of it a dance, a dirge, or a life-march, as thou wilt.*

Thus, you can make of New Year's Day, or any day, whatever you want. You can, if you wish, stand Janus-like, looking nostalgically into the past, or peering apprehensively into the future. Or you can consider the present moment as the midpoint in eternity. It is the most important time of your life, for it is *now*, which is truly

the only time. You can start from where you are, build on the accumulated benefits of the past, and go forward in the awareness that you can achieve anything you can conceive and believe.

Celebrate the *now* of your life today and every day. Life is not yesterday. Life is not tomorrow. Today is where it's at! Now is the time! And you make the difference!





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*Wings*

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**Ann Johnson**  
became a  
member of our  
church on  
January 2. Ann,  
we welcome  
you into our  
hearts and into our spiritual family.



### New Prayer Chaplains

This month we welcome our new prayer chaplains for 2011. Tom Bullock, Deb Fry, Anne Hartupee, and Jan Mourning are continuing in their service, and long time member, Laura Akers, is joining the team for the first time this year. They will be available to pray with you on Sundays and will be making prayer calls to anyone who would like to receive them. Our prayer chaplains are a blessing to us all. We are grateful for their loving devotion.



Praying  
with You



This month the **Ladies' Night Out Group** will be meeting Monday evening, January 17<sup>th</sup> at 5:30 at Rizzo's, 4460 Lemay Ferry Road. For more information call Mary Tumminello – Home: 314-843-1807 Cell: 314-814-4530. All are welcome!

### Feed My People

On Sunday February 6<sup>th</sup>, 140 million Americans will tune in to the Super Bowl football game. There will be parties with abundant food, friendship and fellowship. At the same time, there will be people worrying about staying warm, finding shelter and a warm meal. Please join Feed My People and others around the country as they demonstrate God's love by loving their neighbors through the Souper Bowl of Caring. Bring your gifts of soup throughout the month of January and we will deliver them to Feed My People. Here is the simple prayer of a young boy that inspired this movement to help hungry and hurting people around the world: "Lord, even as we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat."



www.feed-my-people.org

### Beginning Again By Frank B. Whitney

It matters not what may befall;  
Beyond all else I hear the call  
"You can begin again."  
My courage rises when I hear  
God's voice allay the thought of fear  
And when He whispers gently, near,  
"You can begin again."

When once quite all the world seemed wrong  
Throughout its din I heard His song,  
"You can begin again."  
An inner joy within me stirred,  
I treasured each assuring word,  
My heart was lifted when I heard,  
"You can begin again."

Begin again? Another chance?  
Can even I make an advance?  
"You can begin again."  
Begin at once by taking heart  
And knowing God – of you He's part!  
New life to you He will impart!  
"You can begin again."

*(Frank B. Whitney was a popular Unity author in the first half of the 20<sup>th</sup> century and was the creator and first editor of Daily Word magazine.)*

### Silent Unity January Affirmations



**Inner Peace:** In the silence of the Christ Presence within, I find peace.

**Guidance:** Spirit guides my way. I know

what to do and when to do it.

**Healing:** Health and wholeness are expressing in me now.

**Prosperity:** I claim my good. The Universe is boundless!

**World Peace:** As I know peace within my heart, peace prevails in my world.

Happy  
New  
Year!

## Reason for Cheer

A psychologist has determined that the Monday in the last full week of January is the most depressing day of the year. This year, “Blue Monday” falls on January 24.

Cliff Arnall calculated this date based on a combination of bad weather, Christmas debts, broken New Year’s resolutions and the end of the holiday break.

But no matter how bleak things seem — regardless of the time of year — Christians always have reason for hope. Thankfully, we can look beyond our earthly circumstances to the promise of new life with God forever.

As Martin Luther King Jr. said, “We must accept finite disappointment, but we must never lose infinite hope.”

## Brand New

I am the new year. I am an unspoiled page in your book of time.

I am your next chance at the art of living. I am your opportunity to practice what you have learned about life during the last 12 months.

All you sought and didn’t find is hidden in me, waiting for you to search it but with more determination. All the good you tried for and didn’t achieve is mine to grant when you have fewer conflicting desires.

All you dreamed but didn’t dare to do, all you hoped but did not will, all the faith you claimed but did not have — these slumber lightly, waiting to be awakened by the touch of a strong purpose.

I am your opportunity to renew your allegiance to him who said, “See, I am making all things new” (Revelation 21:5, NRSV).

—*Author unknown*



## From Humble Beginnings

In 1804, William, a 21-year-old from a poor family, decided to go to New York City to find a job. He told a neighbor his plans, saying he knew how to make soap and might work in a soap factory.

The neighbor said, “Just remember to be a good man, give your heart to Christ and pay the Lord all that belongs to him. Give a dime of every dollar you make, make an honest soap and you will be a happy and wealthy man.”

Sure enough, William found a job making soap. Later, he became part owner and then sole owner of the business. His product line — and giving — expanded greatly. He gave many millions of dollars to the Lord’s work throughout the world, far more than 10 percent of his wealth.

William Colgate died in 1857 at age 74, but his legacy and company, Colgate-Palmolive, still thrive.

## Missing Pronouns

You cannot pray the Lord's Prayer and even once say I.

You cannot pray the Lord's Prayer and even once say My.

Nor can you pray the Lord's Prayer and not pray for one another,

To ask God for “our” daily bread, you must include your brother.

For others are included ... in each and every plea,

From the beginning to the end of it, it does not once say Me.

God be in my head  
and in my understanding;  
God be in my eyes  
and in my looking;  
God be in my mouth  
and in my speaking;  
God be in my heart  
and in my thinking;  
God be at my end  
and at my departing.

## “Quotable Quotes”

• Remember and never doubt it: With God’s help you can do incredible things. Never think down; always think up.  
—Norman Vincent Peale

• A Christian should be an alleluia from his head down to his feet.  
—St. Augustine

• The object of a New Year is not that we should have a new year. It is that we should have a new soul.  
—G.K. Chesterton

• The good neighbor looks beyond the external accidents, and discerns those inner qualities that make all [people] human and, therefore, brothers [and sisters].  
—Martin Luther King Jr.

• We must alter our lives in order to alter our hearts, for it is impossible to live one way and pray another.  
—William Law

• You must do the thing you think you cannot do.  
—Eleanor Roosevelt

• Be at war with your vices, at peace with your neighbors, and let every new year find you a better [person].  
—Benjamin Franklin

• The question is not “Is God leading?” but rather “Are we following?”

• If you want to travel fast, travel alone. If you want to travel far, travel together.

• Lord, put your arm around my shoulder and your hand over my mouth.



## The Thirteen Commandments

*By J. Sig Paulson*

### **Thou shalt not bear false witness**

Many times as we grow and develop, we discover that we must loose and let go old beliefs, old patterns, old surroundings-mentally, emotionally, and physically-in order that the new may come forth. Sometimes we are disturbed when something we have taken for granted turns out to be something quite different from what we believed it to be. Perhaps you have been a little disturbed at the spiritual interpretation of the commandments that we have been considering. We rarely grow unless we are disturbed a little, at least humanly. So often we have been given an interpretation of a commandment, of words, and we have just assumed that that was all there was to it.

The commandments have been with us for a long time, but we have not really paid much attention to their significance. If we find that a commandment means not only what we have heard that it meant, but also something more, soul-disturbing and even upsetting as far as our mental and emotional patterns are concerned, we may be amazed, and find it difficult to accept the new interpretation. When we are faced with something that disturbs us, we have work to do: we have to pray about it, take it to that inner, secret place and find out what it holds for us. The interpretation of each commandment must become real within you, and prayer will make it real.

These commandments are not just something handed down from generation to generation in the church; they have to do with our everyday living, with the way we

think, the way we feel. They have to do with our relationship to God, with each other, with the people with whom we associate, the people with whom we work, our employers and our employees. These commandments have a direct bearing on our finances, on our moral, sexual, political, and business ethics and practices-on every single thing that we do or think or feel.

It is a little disturbing sometimes to find that there is no area of life that we can withhold from God. God must enter into our entire consciousness take over our thinking, our feeling, all our relationships. Sometimes we feel like saying: "God, this isn't really Your business. I'd like You to stay out of this. I'd like to keep this to myself." Sometimes we tell ourselves that there is a material part of the universe, where spiritual laws do not really have any application. But the only material part of the universe is that part in which we refuse to believe that spiritual laws work. The only thing that is material in our experience is that area of life from which we try to exclude God. Once we let God move into that area of life, we discover that it becomes spiritual; it changes. What we have thought was material was not so at all. It was only our attitude toward it that made it appear that way.

We come now to another of these remarkable commandments: "Thou shalt not bear false witness against thy neighbor." Obviously this has a very real application in outer life. It tells us that we are not to say anything false or untrue about our neighbor, no matter who he is. But the commandment has a much deeper meaning than this. We are discovering a new universe, a spiritual universe. We are coming to see that behind everything that appears, there is a spiritual reality in which all Truth

is. We have discovered (or at least we are in the process of discovering) that we are spiritual beings. We are not merely that which we appear to be. We have within us an inner Source of power and life and love that is capable of transforming our lives when we become aware of it and let it express itself in and through us. We are discovering that the only thing that is really true about us is our spiritual nature. We are Spirit, and as Spirit we are eternal, immortal, whole, rich, strong-regardless of outer appearance, regardless of what we have believed.

Once we come into recognition of the reality of our own being, we discover that there is something about us that never began and is never going to end; something that is eternal; something that will continue to unfold through the experience of everyday life. We are learning to hold this vision; we are learning that anything that says we are less than spiritual, less than the image of God, is a lie. We are recognizing and we are willing to accept more and more this great truth that we are spiritual beings; that we have within us an unlimited Spirit, that there is no boundary whatever to that Spirit or to the good that we can bring into expression. We are learning to be careful about our thinking, about our emotions, about the words that we speak, about our responses to life. We are being true to the integrity that is within our own soul. We are discovering that these commandments of the Old Testament are, in reality, an outline of the method and the procedure that we can use to bring ourselves into a deeper realization and understanding of our spiritual identity.

The ninth commandment says, in effect: "You have recognized the spiritual truth

about yourself. You have recognized that you are created in the image and after the likeness of God, and now you are to extend that recognition to your fellow men. You are to recognize in every man and every woman, in every boy and every girl, this great central and abiding truth that they are spiritual beings. The truth of their nature is spiritual. They are deathless, eternal. They are unfolding into an ever greater recognition and understanding of the truth of their own being."

We must hold to this truth completely. It is important for us as unfolding spiritual beings to tell the truth, the whole truth, and nothing but the truth concerning our fellow men. Many of the things that we have accepted as true about our fellow men are not true at all, and if we hold to them we are (in a very real sense) bearing false witness against our fellow men.

For instance, we say that a man is a certain age-fifty, for example. In absolute Truth that is not true; we are bearing false witness against him, because he is eternal, ageless. It is *apparently* true that he has lived a certain number of years in this particular state of consciousness, but this is not the whole truth about him. The whole truth is that he is eternal, ageless; he is unfolding, through his present set of experiences, a spirit that neither begins nor ends, a spirit whose nature is God the Creator.

We must recognize and extend this recognition of divinity to our neighbors; otherwise we are bearing false witness against them. We cannot know this truth for ourselves alone. Every time we use the two words "I am" we are really saying, "My true (God) nature is" and we must be very careful how we complete that sentence. When we are talking about our neighbor we must be careful with the words "You are."

We must learn to be just as careful about the words, the thoughts, and the feelings we add to those words as we are about what we add to "I am." Otherwise we are bearing false witness against our neighbor. We are saying, thinking, feeling, or acting out something that is not true of his real nature.

As we come to recognize this great truth and begin to practice it, we will discover a remarkable change taking place in our understanding, our consciousness, and our life. As we bear true witness for our neighbor, regardless of who he is or what he seems to be doing, the first blessing comes to us. Someone once said to me: "I don't see how you can take the kind of work you do, listening to people's troubles all day long. It seems to me that by the end of the day you'd be like a dishrag." The truth is that after a full day of consultations, I feel wonderful. I never feel so powerful and full of life as I do at the end of such a day.

Why? Because I have been bearing true witness for my neighbors. I have spoken words of Truth again and again and again. Regardless of the evidence that a person may present to try to convince me that he is sick, or poor, or unhappy, or on the way out of life, I have to come right back to the Truth and be a true witness. I have to testify to the presence of the Spirit of God within that individual. When I do this, the Spirit begins to rise within me. The power, strength, life, joy, and love that I bear witness to over and over become established in my own consciousness.

When we testify to the truth of the Spirit of God within each and every person, we are lifted up. We are brought into a new realization of the power of the Spirit in ourselves. So let us begin right now to bear true witness for our neighbors. Let's realize that

even though we have borne false witness about our neighbors in the past by thinking of them as sick, or aging, or unhappy, or weak, or tired, or cross, or bitter, we can change our testimony right now. Let us affirm, as of this moment: "I bear true witness for my neighbor. I testify to the Spirit of God within him regardless of outer appearances, regardless of what he may seem to be doing to me. I take the stand that he is a spiritual being, fully capable of dissolving old, limited ways of belief, thought, and behavior, and capable of becoming a new creature. I see him as being free and coming into the recognition of his true spiritual identity." Let us agree on this, that within our neighbor as within ourselves is the Spirit of God; that the Spirit of God is the truth of his being as it is of ours.

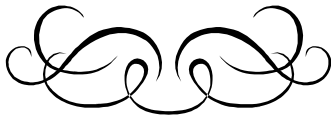
We are on the witness stand. We testify to life. Every time we think, feel, respond to, or speak about another human being, let us not react too quickly. Before we say anything, even before we think (we can catch our thoughts, too!) let us ask ourselves: "Am I bearing false witness against my neighbor? Am I thinking, feeling, saying, or acting out something that is not true of his spiritual nature? If I am, I change right now. I testify to his spiritual identity. I testify to the presence of the Spirit of God within him. I declare that he is a spiritual being, free and strong and whole; that God within him is his strength, his supply, his understanding, his ability to live and to love, his ability to become a new creature."

Make this resolution right now: "The next time I think about a fellow human being (whether it is my wife, my husband, my daughter, my son, my father, my mother, my friend, my enemy), I am going to testify to the truth of his being. I am going to identify him as a child of God, blessed

with the kingdom of God. I am going to see him as a new creature awakening to his own Godhood and expressing it in his life." This practice will produce results that you can measure and prove in your own experience.

#### ACTION AFFIRMATION

*I no longer bear false witness against my neighbor. I behold him as he truly is - a son of God.*



### Years of Learning

I've learned that I like my teacher because she cries when we sing "Silent Night." - Age 6

I've learned that you can't hide a piece of broccoli in a glass of milk. -Age 7

I've learned that when I wave to people in the country, they stop what they are doing and wave back. -Age 9

I've learned that just when I get my room the way I like it, Mom makes me clean it up. -Age 13

I've learned that if you want to cheer yourself up, you should try cheering someone else up. -Age 14

I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me. -Age 15

I've learned that silent company is often more healing than words of advice. -Age 24

I've learned that brushing my child's hair is one of life's great pleasures. -Age 26

I've learned that wherever I go, the world's worst drivers have followed me there. -Age 29

I've learned that if someone says something unkind about me, I must live so that no one will believe it.

-Age 39

I've learned that there are people who love you dearly but just don't know how to show it. -Age 41

I've learned that you can make someone's day by simply sending them a little card. - Age 44

I've learned that the greater a person's sense of guilt, the greater his need to cast blame on others. -Age 46

I've learned that children and grandparents are natural allies. -Age 47

I've learned that singing "Amazing Grace" can lift my spirits for hours. -Age 49

I've learned that motel mattresses are better on the side away from the phone. -Age 50

I've learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. -Age 52

I've learned that keeping a vegetable garden is worth a medicine cabinet full of pills. - Age 52

I've learned that regardless of your relationship with your parents, you miss them terribly after they die. - Age 53

I've learned that making a living is not the same thing as making a life. - Age 58

I've learned that if you want to do something positive for your children, try to improve your marriage. - Age 61

I've learned that life sometimes gives you a second chance. - Age 62

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. -Age 64

I've learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you. -Age 65

I've learned that whenever I decide something with kindness, I usually make the right decision. -Age 66

I've learned that everyone can use a prayer. - Age 72

I've learned that it pays to believe in miracles. And to tell the truth, I've seen several. -Age 73

I've learned that even when I have pains, I don't have to be one. -Age 82

I've learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug, or just a friendly pat on the back. -Age 85

I've learned that I still have a lot to learn. - Age 92

### Determining God's Will

Sometimes we're in a quandary about God's plan for our lives. For example, one young man felt led to enter the forestry service because God needs people to protect and care for his creation.

The man worked in a forest for six months and was fascinated by nature's beauty. But he was dreadfully lonely. Only as he worshiped with others on Sundays did he feel at ease. When the man enrolled in a seminary, he immediately found his comfort zone. Today he's a minister and loves serving God through the church.

God's will is evident when we feel fulfilled and joyous in our vocation. That's what God desires for each of us as we serve him.

# January 2011

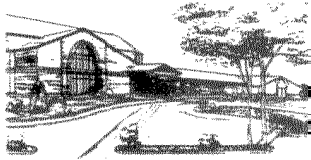
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 No Choir or Bell Choir Rehearsal Today
2 Burning Bowl Service 10:30 AM Youth Ed 10:30 AM	3	4 Tai Chi 10:00 AM  Zumba 6:30 PM	5 AA Men's Group 10:00 AM  CA 7:00 PM	6	7	8 Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM  Taking Christmas Decoration down at Church 10:00 AM
9 Sunday Service 10:30 AM Youth Ed 10:30 AM	10	11 Tai Chi 10:00 AM  Zumba 6:30 PM	12 AA Men's Group 10:00 AM  CA 7:00 PM	13	14	15 Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
16 Sunday Service 10:30 AM Youth Ed 10:30 AM	17 Ladies Night Out Rizzo's 5:30 PM	18 Tai Chi 10:00 AM  Zumba 6:30 PM	19 AA Men's Group 10:00 AM  CA 7:00 PM	20	21	22 Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
23 Sunday Service 10:30 AM Youth Ed 10:30 AM	24	25 Tai Chi 10:00 AM  Zumba 6:30 PM	26 AA Men's Group 10:00 AM  CA 7:00 PM	27	28	29 Choir Rehearsal 9:00 AM Bell Choir Rehearsal 10:30 AM
30 Sunday Service 10:30 AM Youth Ed 10:30 AM	31					

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# The light side – Questions no one can answer

Why does rain drop but snow falls?  
What disease did cured ham have?  
We put in our two cents, but only get  
a penny for our thoughts. Who  
gets the extra penny?  
When do you become important  
enough to be considered  
assassinated and not just  
murdered?  
Can you cry under water?  
Who decided that a round pizza  
should be put in a square box?  
Why did we put a man on the moon  
before we realized it would be a  
good idea to make luggage with  
wheels?  
Why are actors IN movies but ON  
television?  
Why do toasters always have a setting  
that burns the toast?

Why does grass grow where you do  
not want it and not grow where  
you do?  
Why do we say we slept like a baby  
when they wake up every two  
hours?  
Why do we pay to get to the top of tall  
buildings, then pay to use  
binoculars to look at things on  
the ground?  
If a deaf person goes to court, do they  
call it a hearing?  
What is a Japanese maple tree called  
in Japan? (Ans: Baby's Palm)  
We say, "It's Greek to me." What do  
the Greeks say? (Ans: It's  
Chinese to me.)  
If we don't care that Jimmy cracked  
corn, why do we still sing about  
it?

Why does Goofy stand upright and  
Pluto stand on all four feet?  
They're both dogs.  
Do "Twinkle, Twinkle Little Star" and  
"The Alphabet Song" have the  
same tune?  
On Gilligan's Island, the professor  
could make a radio out of a  
coconut. Why couldn't he fix the  
hole in the boat?  
If Wile E. Coyote has enough money  
to buy all that stuff from ACME,  
why doesn't he just buy himself  
dinner?  
Why does a dog get mad at you if you  
blow in his face, but then stick  
his head out the window when  
you take him for a car ride?