

Wings



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

The Newsletter of
First Unity Church
Of Saint Louis

July 2011

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

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Of Freedom and Fences

By James Dillet Freeman

Freedom! The word rings like a bell, doesn't it? It lifts the heart and stirs the passions. But just what is freedom? How free is free?

I have a large, beautiful, extremely active dog. My dog has free access to the yard at all times, and in house and yard she lives a very free life, for the most part doing only what she wants to do.

My yard is fenced, but the fence is more of a mental limit than a physical obstacle. Any time she wishes, she could be over it like the wind. Not the fence, but only her own acceptance of the fence keeps her in the yard.

My dog and her fence have made me think about freedom in very different terms than I had ever thought about it before. I have come to realize that the fence does not keep her in bondage; it keeps her free!

Suppose she did jump the fence and go wandering off? Would she be free? How free would she be skittering frightened and bewildered through the unfamiliar maze of the city's streets?



The fence does not limit her freedom as much as it guarantees it. Freedom is and always must be a relative matter. I may be free to step out of a window, but the moment I do, I lose my freedom. I am made captive and plummeted to earth by

forces over which I have no control. I have asserted my freedom beyond my power to maintain it. I have gone beyond my fence.

I built my dog's fence. In the case of human beings, they themselves may have to build their fences. Not all, of course. Many of our fences have been built by wise and loving people who lived before us, examined the world—as I have for my dog—and realized where fences were needed if they were to preserve, and not lose, their liberty. If we are wise, we accept the fences raised for us by laws ... tradition ... religious belief ... the moral code ... good manners and consideration.

For if we go too far beyond the fences of reasonable restraint, we may find we have not extended our freedom, we have lost what freedom we had. To go too far is to come up short.

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WINGS NEWSLETTER

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John Mogab,
Chris and Heather
Rhodes and Alex,
Michael, Brian, &
Robby Rhodes

July - A Month for Giving

Our Unity Sunday school kids are collecting school supplies for the Division of Family Services Foster Children. Boxes will be inside the church doors in July and August. Some ideas are: pencils, pens, markers, crayons, scissors, paper, folders, binders, glue, notebooks, calculators, combination locks, umbrellas, lunch boxes, thermoses, white tee shirts for PE or other items suitable for school.



This month the **Ladies' Night Out Group** will be meeting Monday evening, July 18th at 5:30 at Golden Corral, 6110 South Lindbergh. For more information call Mary Tumminello - Home: 314-843-1807 Cell: 314-814-4530. All are welcome!

Freedom from Hunger Food Drive:



Summer can be a challenging time for all food pantries. Donations go down at a time when needs go up.

Children from low income families usually get lunch and often breakfast for little or no charge during the school year. Meanwhile, organizations which collect most of the food for the pantries either don't meet or have much less participation during the summer – so now is a good time to bring in food to help!

www.feed-my-people.org

First Unity Prayer Line

If you have a prayer request, wish a chaplain to call and pray with you, or would like to hear the prayer of the week, call our 24-hour prayer line at (314) 845-6936.



FREE

I express my true self
and enjoy life to the fullest.

Many years ago, Marlo Thomas wrote the book *Free to Be ... You and Me*, which celebrated the importance of the individual and challenged society's stereotypes. As I remember that premise, I give thanks for the freedom to be the unique person God created me to be.

All people "live and move and have our being" in God. Knowing that I am a spiritual being, that I am divinely guided and blessed, brings me peace and freedom. It reminds me that I have a unique place in this world and a special role to fulfill.

Today and every day, I celebrate the truth of who I am – a unique and precious child of God. I embrace and give thanks for the freedom to be me!

You will know the truth,
and the truth will make you free.

Silent Unity
May Affirmations



Inner Peace: I am calm and serene.

Guidance: Spirit inspires my decisions.

Healing: The energy of God revitalizes me.

Prosperity: I live in an abundant universe.

World Peace: My inner peace contributes to a peaceful world.



It is
for
FREEDOM
that
CHRIST
has set
us
FREE.

Galatians 5:1

Beliefs

It is hard to let old beliefs go. They are familiar. We are comfortable with them and have spent years building systems and developing habits that depend on them. Like a man who has worn eyeglasses so long that he forgets he has them on, we forget that the world looks to us the way it does because we have become used to seeing it that way through a particular set of lenses. Today, however, we need new lenses. And we need to throw the old ones away.

- Kenichi Ohmae



What attracts people to church?

Why do people select a particular church? A convenient location? Yes. A good speaker in the pulpit? Yes. Inspiring music? Yes. An attractive building? Yes.

But a more essential element in attracting visitors, newcomers and prospective members is friendliness — both in the pew and throughout the community. Where there is a warm, dynamic congregation with an enthusiasm that's contagious, visitors will usually be found, and will return.

A church can buy many advantages with money, such as nice buildings, trained leadership, effective advertising and an abundance of supplies for spiritual and social use. But old-fashioned friendliness, of which the world is sorely in need, can't be purchased with money. It comes only from the hearts of dedicated people who love God and enjoy helping others feel at home in their church.

Spiritual Insomnia

Studies show that most Americans don't get adequate sleep. Whether an overcrowded schedule or insomnia is to blame, the short- and long-term effects are alarming. It's tough to maintain a healthy mind and body when

you're sleep-deprived.

Likewise, we require sufficient, regular quiet time with God to stay spiritually healthy. Even Jesus needed time alone with God. Luke 5:16 says Jesus withdrew to deserted places to pray. Think how much more we need to listen for God's voice and learn from his Word!

A True Friend

According to an Arabian proverb, "A friend is one to whom one may pour out all the contents of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keep what is worth keeping and with a breath of kindness blow the rest away."

That's why it's so important to have Christian friends. We can share the good and bad, confident that our friends won't judge us as a result. Instead, true friends celebrate our successes and encourage us during disappointments.

As the Bible says, "A friend loves at all times" (Proverbs 17:17, NRSV).



"America"

Samuel Francis Smith, a Baptist pastor, wrote the hymn "America" in 1831. Smith was

studying a tune he had never heard, although he knew the British used it for the hymn "God Save the King." The British had borrowed the tune from the Germans, who gave it patriotic lyrics.

Smith described what happened as he contemplated the tune: "I instantly felt the impulse to write a patriotic hymn of my own, adapted to the tune. Picking up a scrap of waste paper which lay near me, I wrote at once, probably within half an hour, the

hymn 'America,' as it is now known everywhere."

Smith's friend and classmate Oliver Wendell Holmes once told him, "Your name and fame will live when I and my works are forgotten."

"Quotable Quotes"

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

-Stanley Maxwell

For what avail the plough or sail, or land or life, if freedom fail?

-Ralph Waldo Emerson

Nothing is more difficult, and therefore more precious, than to be able to decide.

-Napoleon Bonaparte

Those who deny freedom to others deserve it not for themselves.

-Abraham Lincoln

I wish that every human life might be pure transparent freedom.

-Simone de Beauvoir

My definition of a free society is a society where it is safe to be unpopular.

-Adlai Stevenson

It is easy to take liberty for granted, when you have never had it taken from you.

-Author unknown

We on this continent should never forget that men first crossed the Atlantic not to find soil for their ploughs but to secure liberty for their souls.

-Robert J. McCracken

We must be free not because we claim freedom, but because we practice it.

-William Faulkner

The Miracle Consciousness

By Eric Butterworth

What is "consciousness"? In the larger context, it does not mean simply to be awake or alert. It means all your ideas and beliefs, the things that have come to you and have been accepted by you. It is your feeling about life, about God, about yourself. You are a spiritual being, living in a limitless spiritual world, but you manifest only as much of that limitlessness as you feel at one with. This is consciousness.

A salty old fisherman was studying the barometer in his boat at a dock in a Florida harbor. He sighed, "We're in for it this time-storm's sure to hit us and right soon."

He was asked, "But how do you know the storm won't strike somewhere else up the coast?" He replied, "This here instrument has been dropping steadily all day, and when the barometer drops the storms come in. Hurricanes and storms are choosy. They travel over the water for miles, ignoring places where the pressure is high, and all of a sudden they come blasting in where the glass is low."

What a wonderful illustration of the work of consciousness! When our consciousness is high, the storms of life pass by. When our thoughts are positive and our emotions are under control, when we are aware of God's presence and power and are quietly attuned to the . . . *still small voice* (I Kings 19: 12) of Spirit, then it seems that ... in everything God works for good (Rom. 8:28) We attract good things and experiences to us in seeming miraculous ways.

But when our consciousness is low, if there is any trouble in the air, it comes to us. When we are depressed and fearful, when we dwell on the

negative things we see and hear, then trouble comes "blasting in." Things happen to us, and they seem so unjust. But we simply create our own troubles.

Keeping Out Storms

Consciousness is a good barometer of life. One who has trained himself to be alert to such things can with some accuracy forecast success for one person and failure for another, radiant health for one person and an unending series of bouts with illness for another. It is likely that the fortune-teller and clairvoyant are helped by this alertness to consciousness.

This has far-reaching implications. It means that sickness, poverty, economic crises, and inharmony are not simply bad luck, or "just one of those things." They are the out-picturing of a consciousness of limitation, which, when long held to, made the result inevitable. And, when the consciousness is low, stormy problems come in.

This also implies a tremendous truth—that getting what we want in life does not require strenuous spiritual, mental, or even physical effort. The need is not so much for great effort, as great thought. It is not simply work that makes for success. There are many who work hard and never succeed. They fail because their thought is stayed on limitations, on obstructions, on excuses. You do not make wealth. Wealth is. Wealth becomes a manifest reality in the life of the person who most strongly believes that he can be successful and wealthy. He, thus, accepts wealth. And this acceptance is the consciousness that prepares the way.

Key to Consciousness

In the same sense, to demonstrate health need not be a strenuous experience. As a matter of fact, if you are working terribly hard to

demonstrate health, it is likely that you are working in the consciousness of fear and of sickness. You may be working for health, but you are working in the thought of sickness. Your consciousness is low, and the storm of physical crisis swoops in. Health is not something you must chase after and catch up with. Health *is!* The need is to dwell in the thought of perfect and limitless life and wholeness. Rest quietly and prayerfully in the contemplation of this truth: *God is life, infinite and eternal. I am one with God's whole and perfect life. I am alive forevermore. I am whole. I am healed!*

Jesus revealed the key to consciousness when He said: "*Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father.*" (John 14: 12) This last statement, usually omitted in the quotation, is the key. To "go to the Father" is to move triumphantly from the human to the Christ consciousness. It is to rise out of the thought of problems and the difficulty of their solution into the consciousness of all-sufficiency, into the miracle consciousness.

Thus, Jesus said in effect, "The works that I do, I do because I am in the miracle consciousness. If you attain this consciousness, you can do all that I have done and even greater things." In this consciousness "all things are possible," you can "remove mountains," "whatsoever ye shall ask ... ye shall receive," and "nothing shall be impossible unto "you."

"Now just a minute," you might be thinking, "that is covering a lot of ground. This talk of miracles sounds good, but we do have to face the fact that they are some things that are impossible, some physical conditions that are incurable."

No Limits

If you accept the "fact" that a particular physical condition is incurable, that some problem is beyond solution, or that peace on Earth is impossible, you may as well face it, either you do not believe in God, or you have accepted a God who created all things, and who then became trapped by His creation. If you know of a single condition that cannot be entirely healed, adjusted, or eliminated by the power of God, then you had better face it, you are limiting God.

Either God is the one Presence and the one Power, or He is not. Either He is the source of all creative life, all-sufficient substance, and transcending intelligence, or He is not. Which do you really believe? Before you can do much about demonstrating the good you desire, or about raising your consciousness, you may well need to reform and reshape your concept of God. For if consciousness is anything, it is the thought and feeling you harbor about God, and about yourself as a child of God.

Limits have always been placed on the span of life, which the Bible said should be ... *threescore and ten* (Psalms 90: 10) We have seen these limits extended to the point where today, many gerontologists state that a life span of 120 years is possible in the foreseeable future. Some even hint at the idea that we should never die, that there is no such thing as death by natural causes.

Is there, then, no limit to our possibilities or to the universe in which we live? Yes. There is no limit. To admit to a limit would be to ascribe limitation to God. We live in a limitless universe, and we are limitless expressions of the universe.

However, and here comes that word again, we live in a world of consciousness. We set limits for ourselves. Our problem is not now,

nor has it ever been, the sound barrier, the age barrier, or the barrier of physical ultimates (which scientists keep setting for athletes). The only hindrance is the "consciousness barrier." You are limited, you are handicapped, you are beyond help, if you think you are.

The truth is that there is no law of limitation. There is only the law of life everlasting. *"And I know that his commandment is eternal life "* (John 12:50) There is only the law of infinite supply: ... *you may always have enough of everything* (II Cor. 9:8) We do not grow old or get sick by natural or spiritual law. We do not fail or experience lack by natural or spiritual law . The ideas of universal Mind are as countless as the sands of the seashore. If there is any limitation it is that which we ascribe either to ourselves or to the source of our good. If there is sickness, or poverty, or inharmony, it is due to our limited consciousness.

Again you may object, "But the things I desire, the healing I am hoping for, the goals I have set for myself, are apparently beyond reach. I have been told they are impossible, that it would take a miracle."

Fulfilling the Law

So it will take a miracle! It took a miracle for the first airplane to fly. It took a miracle for a poor immigrant boy like Andrew Carnegie to become a great industrialist and philanthropist. Actually anything is a miracle to one who does not understand the laws that govern it. A hundred years ago, radio, television, radar, and atomic power would have been miracles. So would jet airplanes, talking pictures, and manned orbital flights around the Earth.

The healings that Jesus and the prophets did are usually referred to as miracles, as are Jesus' many other marvelous demonstrations. Jesus clearly taught that He did these things,

not by any abrogation or setting aside of the law, but by fulfilling the law—the same law that is available today. The day will come when everyone will know that there were no miracles in Bible times, in the context in which the word is usually used, and that everyone today can attain the same "miracle consciousness."

I remember a time, a few years ago, when I was waiting in a railroad station for a train quite early in the morning. Sitting with me in the station were ten or twelve persons, all of them glum and unfriendly. After all, it was an early hour, and it was a rather dull day, and train stations have always been rather grim places. But then a miracle happened! A mother came in with a little child. He wandered about from one person to another, smiling, chattering, climbing onto chairs and laps. And almost as if a strange force had entered, everyone began talking, smiling, laughing. And when the train came, about twenty minutes later, people shook hands and said "goodbye" to one another. A glum and unfriendly group suddenly became friendly and warm. A miracle? Oh, it can be explained easily—the catalyst of the spirit of the little child. But it did happen! In a sense we could say that the little child had a "miracle consciousness" in terms of joy and friendliness.

Unlimited Universe

A man may take over the reins of a failing business enterprise and lead the company to great heights of prosperity and success. Where others had failed, he succeeds in getting things done, getting workers to produce more, discovering new potentialities in executives, and generally transforming the entire operation. A miracle? Again, it can be explained leadership, faith, vision, and hard work. But he succeeded where others had failed. He has a "miracle consciousness" in terms of business and employee relations.

Yes, you can explain miracles, in the sense that reason will invariably show how they were done, but not why they were done. In every case there is the action of consciousness working through an individual or group of individuals. It is this consciousness that we want to recognize and to emulate.

No matter what your state of mind or station in life, no matter what barriers may stand between you and the good that you desire in life, hold to the Truth. The universe is unlimited, and you, as a child of God, are unlimited. No one has the right to tell you that you cannot be cured, that you cannot succeed, that you cannot do what you want to do or be what you want to be. If anyone tells you it cannot be done, he is simply speaking of his own consciousness of life. Say to him, "Speak for yourself, but don't speak for me." Then speak for yourself. Speak the word of power, of life, of wholeness, of success, of fulfillment. It will be as you will it, as your consciousness decrees.



Miracle Quotes

This life you are living right now, with all its energy and possibility, is the greatest miracle of all time.

-Randolph Schmelig

Speedy answers to prayer have always been experienced and always will be when the right relations are established between the mind of the one who prays and the spiritual realm, which is like an electrical field. The power to perform what seems to be miracles has been relegated to some God-selected one; but now we are inquiring into the law, since God is no respecter of persons, and we find that the fulfillment of the law rests with man or a group of men, when they quicken by faith the spiritual forces latent within them.

-Charles Fillmore

In reality miracles are events that take place as a result of the application of a higher law to certain conditions.

-Charles Fillmore

Miracles do not just happen. They are attracted into actuality by someone's consciousness.

-Russel W. Lake

The difference between what we call a natural process and what we call a miracle is largely a matter of the time required to reach the desired end. But doing a "miracle" is merely a matter of understanding the laws by which it is done.

-Gardner Hunting

The miracle of changing the negative elements in consciousness into spiritual forces is performed in us when, by prayer, we unify our minds with Christ.

-Elizabeth Sand Turner

We look for miracles in the outer, forgetting that the divine miracle worker of all time resides within us. Life is a miracle.

-Donald Curtis

The wonderful principles that Jesus used in performing His so-called miracles are working here and now for all those who have faith in God as the source of their blessings and who are making the teachings of the Master practical in their daily thinking and living.

-Myrtle Fillmore

When we alter the way we think, we open ourself to God's healing law, and seeming miracles occur.

-Margaret Ponders

Miracles have occurred, and will occur again, "out of the blue," when seemingly one has done nothing to attract them. But an analysis will reveal that right conditions invariably were present, including a corresponding consciousness, self-image, and faith.

-Russel W. Lake

From Page
One



I wonder if we as a nation are still here after [234] years because the founding fathers were as aware of fences as they were of freedom when they wrote the Declaration of Independence.

...God made us to be free, for He made us in His image. That is why in the heart of every person stirs the desire freely to express his God-potential. That is why we feel a discontent with anything less than freedom. But we misinterpret it when we feel that it tells us to throw off every restraint, every limitation.

There are two kinds of freedom in the world. We have to be free from and free to. ...For to be free means to be free from everything that keeps us from achieving our maximum potential, everything that weakens us. ... And it means to be free to grow, to achieve dominion over our self and all the forces at work in us, to develop and express our creative powers.

We are, all of us, freest when we have the maximum control over ourselves and our lives, when we can say to ourselves, "Go!" and we may go, and when we can say, "Stay! and we stay.

The Fourth of July is a great opportunity to reflect on what it really means to be free. James Dillet Freeman, Unity's poet laureate, wrote the excerpt above called "Of Freedom and Fences." The essay is included in the Unity House® book Angels Sing in Me: The James Dillet Freeman Memorial Book, a collection of Freeman's poems, essays and stories.

July 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|-----------------------------------|--|--|-----|---|
| | | | | | 1 | 2 <i>Choir & Bell Choir Rehearsal's In Recess</i> |
| 3 <i>Sunday Service 10:30 AM Youth Ed 10:30 AM</i> | 4 | 5 <i>Tai Chi 10:00 AM</i> | 6 <i>AA Men's Group 10:00 AM CA 7:00 PM</i> | 7 <i>Ukulele Practice 7:00-9:00 PM</i> | 8 | 9 <i>Choir & Bell Choir Rehearsal's In Recess</i> |
| 10 <i>Sunday Service 10:30 AM Youth Ed 10:30 AM</i> | 11 | 12 <i>Tau Chi 10:00 AM</i> | 13 <i>AA Men's Group 10:00 AM CA 7:00 PM</i> | 14 | 15 | 16 <i>Choir & Bell Choir Rehearsal's In Recess</i> |
| 17 <i>Sunday Service 10:30 AM Youth Ed 10:30 AM</i> | 18 <i>Ladies Night Out Golden Corral 6110 S. Lindbergh 5:30 PM</i> | 19 <i>Tau Chi 10:00 AM</i> | 20 <i>AA Men's Group 10:00 AM CA 7:00 PM</i> | 21 <i>Ukulele Practice 7:00-9:00 PM</i> | 22 | 23 <i>Choir & Bell Choir Rehearsal's In Recess</i> |
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THE JULY NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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ADDRESS SERVICE REQUESTED

- 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 – Sending my thanks to . . .



Whoever sent me the email about rat poop in the glue on envelopes, because I now have to use a wet towel with every envelope that needs sealing.

Also, now I have to scrub the top of every can I open, for the same reason.

I no longer have any savings because I gave it to a sick girl (Penny Brown) who is about to die in the hospital for the 1,387,258th time.

I no longer have any money at all, but that will change once I receive the \$15,000 that Bill Gates/Microsoft and AOL are sending me for participating in their special e-mail program.

Because of your concern, I no longer drink Coca Cola because it can

remove toilet stains.

I no longer worry about my soul because I have 363,214 angels looking out for me, and St. Theresa's novena has granted my every wish.

I no longer eat KFC because their chickens are actually horrible mutant freaks with no eyes or feathers.

I no longer use cancer-causing deodorants, even though I smell like a water buffalo on a hot day.

I no longer can buy gasoline without taking a man along to watch the car so a serial killer won't crawl in my back seat when I'm pumping gas.

I no longer drink Pepsi or Dr. Pepper since the people who make these products are atheists who refuse to put "Under God" on their cans.

I no longer use Saran wrap in the microwave because it causes cancer.

And thanks for letting me know I can't boil a cup of water in the microwave anymore because it will blow up in my face, disfiguring me for life.

I no longer check the coin return on pay phones because I could be pricked with a needle infected with AIDS.

I no longer go to shopping malls because someone will drug me with a perfume sample and rob me.

I no longer receive packages from UPS or FedEx since they are actually Al Qaeda in disguise.

Thanks to you, I have learned that my prayers only get answered if I forward an email to seven of my friends and make a wish within five minutes.