

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

June 2011

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

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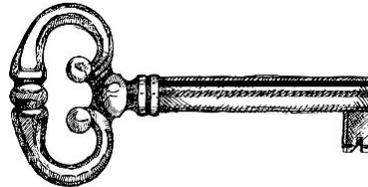
How to Use the Golden Key

By Emmet Fox

Scientific prayer will enable you to get yourself, or anyone else, out of any difficulty. It is the golden key to harmony and happiness.

To those who have no acquaintance with the mightiest power in existence, this may appear to be a rash claim, but it needs only a fair trial to prove that, without a shadow of doubt, it is a just one. You need take no one's word for it, and you should not. Simply try it for yourself.

God is omnipotent, and we are God's image and likeness and have dominion over all things. This is the inspired teaching, and it is intended to be taken literally, at its face value. The ability to draw on this power is not the special prerogative of the mystic or the saint, as is so often supposed, or even of the highly trained practitioner. Everyone has this ability. Whoever you are, wherever you may be, the golden key to harmony is in your hand now. This is because in scientific prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process. You are only the channel through which the divine action takes place, and



your treatment will be just the getting of yourself out of the way. Beginners often get startling results the first time, for all that is essential is to have an open mind and sufficient faith to try the experiment. Apart from that, you may hold any views on religion, or none.

As for the actual method of working, like all fundamental things, it is simplicity itself. All you have to do is this: Stop thinking about the difficulty, whatever it is, and think about God instead. This is the complete rule, and if only you will do this, the trouble, whatever it is, will disappear. It makes no difference what kind of trouble it is. It may be a big thing or a little thing; it may concern health, finance, a lawsuit, a quarrel, an accident or anything else conceivable; but whatever it is, stop thinking about it and think of God instead that is all you have to do.

It could not be simpler, could it? God could scarcely have made it simpler, and yet it never fails to work when given a fair trial.

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Rev. Sharon Allmond
Associate Minister

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Board Elections

At our May meeting we re-elected Paul Henley president, Tom Bullock vice president, Kit Whittington secretary, and Mary Tumminello treasurer for another year. We look forward to the continued service of our dedicated officers.

Race for the Cure – 2011

For the second year, First Unity Church is sponsoring a team at the Susan Komen Race for the Cure event. This year we have eight people who signed up on our team headed up by Virgil Tucker. The Race is being held the morning of June 11th. Last year, St. Louis had the distinction of being the largest Race for the Cure in the nation. We are proud to send our own team to be a part of such a worthy effort. Our prayers and blessings go with our team members!

Special Thanks

Our special thanks to Gloria at Kehrts Nursery for the donation of 8 maple trees to beautify our church grounds. This is a parting gift from our neighbor at the corner of Butler Hill and Tesson Ferry. They are closing their business after many years.

We offer a hearty thank you as well to Chuck Seger who tracked down this donation, picked up the trees, and along with Paul Henley, Joey Davis and our Sunday school children, planted them along the back of the church.

May Fashion Show

Our May fashion show was a great success! Everyone had a wonderful time, and between ticket sales and the silent auction, we raised \$1,400.00 for our church.

Tai Chi Workshop

On Saturday, June 4th Tai Chi instructor, Sue Steffen will present a half-day workshop from 9:00 to Noon. Tai Chi is a wonderful way to reduce stress, improve balance and over-all flexibility. Sometimes described as “meditation in motion,” it promotes serenity through gentle movements that help make a connection between mind and body. Originally developed as a martial art in ancient China, Tai Chi evolved into a graceful form of exercise that is now used for a variety of health conditions throughout the world and is considered by many to be a kind

of “fountain of youth” for the challenges of ageing. The cost for the class is \$25.



This month the **Ladies' Night Out Group** will be meeting Monday evening, June 20, at 5:30 at Cusanelli's, 705 Lemay Ferry Road. For more

information call Mary Tumminello - Home: 314-843-1807 Cell: 314-814-4530. All are welcome!

Feed My People

It may seem early to be talking about school supplies, but in order to distribute them in early August; collection must begin now to have an adequate supply. They already have plenty of white glue and crayons on hand, but could use markers, #2 pencils, pens, paper, binders, spiral notebooks, etc.



www.feed-my-people.org

Silent Unity June Affirmations

Inner Peace: I radiate peace with every thought, word, and action.

Guidance: The wisdom of God lives within me.

Healing: I claim my wholeness as a perfect child of God.

Prosperity: I am prospered by the infinite flow of divine ideas.

World Peace: I see the world through the eyes of love.



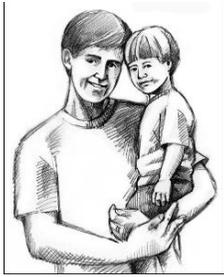
Quiet Space

Rest is not idleness,” said John Lubbock, “and to lie sometimes on the grass on a summer day listening to the murmur of water or watching the clouds float across the sky is hardly a waste of time.”

Most of us need more, not less, rest built into our daily routine. Only when we are quiet can we hear God's whisper.

Summer is a great time to find a peaceful, outdoor spot to read, rest and pray — even if only for a few minutes. God is eagerly waiting for us to make space for him.

Like father, like child



As we celebrate Father's Day, we likely see traits in our dads (or other father figures) that we hope

to be known for ourselves: integrity, gentleness, a great sense of humor, a love of learning, a humble spirit.

Amy Grant's song "Father's Eyes" tells of a young girl who wants nothing more than for others to recognize her father — and her heavenly Father — in her. "When people look inside my life, I want to hear them say, 'She's got her father's eyes.'"

What characteristics of God your Father are reflected in your eyes, heart and life? And what godly qualities would you like to cultivate?

May others see our heavenly Father in us!

A father's influence

Studies show that if the mother of a family attends worship, there's a 16 percent chance that the rest of the family will also attend.

Yet when a father attends worship, there's a 93 percent chance that other family members will be present, too.

Just think, Dad, of the clout you have. Hope to see you in church this weekend!

Life is an echo

A man and his young son were walking on a mountain trail when the boy tripped on a rock and twisted his ankle. "Ahhhhh!" he screamed in pain.

"Ahhhhh!" came a distant reply from the mountain.

The startled boy shouted

back, "Who are you?"

"Who are you?" replied the voice from the mountain.

This made him angry, so he shouted, "You're a big coward!"

"You're a big coward!" was the reply.

The puzzled boy looked at his father and asked, "Dad, what's going on?"

"Son," the father replied, "listen to this." He then shouted, "I admire you!"

"I admire you!" answered the voice.

"You are wonderful!" shouted the dad.

And the voice replied, "You are wonderful!"

The father turned to his son and explained, "People call that an echo, but it's really life. Life always gives back to you what you give to it. Life is a mirror of all your actions. If you want to be loved, give love. If you want respect, give respect. If you want people to be patient with you, be patient with them. This rule of nature applies to every part of our lives."

An enthusiastic faith

Fred Rogers, the gifted minister to children known as "Mister Rogers," said: "Attitudes are caught, not taught. The best way to cultivate faith in children is to share our own enthusiasm about what we believe."

God's precious earth

1854, as Chief Seattle transferred Indian lands to the federal government, he said: "This we know. The earth does not belong to the humans, humans belong to the earth. Whatever befalls the earth befalls children of the earth. The humans did not



weave the web of life; they are merely strands in it. Whatever they do to the web, they do to themselves. ... This earth is precious to God, and to harm the earth is to heap contempt on its creator."

"Quotable Quotes"

My father didn't tell me how to live; he lived, and let me watch him do it."

-Clarence Kelland

I have mixed emotions when I receive Father's Day gifts. I'm glad my children remember me, but I'm disappointed that they actually think I dress that way.

-Mike Dugan

Man wishes to be happy even when he lives as to make happiness impossible.

-St. Augustine of Hippo

The miracle is this — the more we share, the more we have.

-Leonard Nimoy

We must all work to make the world worthy of its children.

-Pablo Casals

Lord, make me see thy glory in every place.

-Michelangelo

The world is round, and the place which may seem like the end may also be the beginning.

-Ivy Baker Priest

Untilled ground, however rich, will bring forth thistles and thorns; so also the mind of man.

-St. Teresa of Avila

A father's words are like a thermostat that sets the temperature in the house.

-Paul Lewis

The Thirteen Commandments

By J. Sig Paulson

As I Have Loved You

As we grow up mentally and physically, we discover that life has more important and tougher assignments for us. This is true also as we grow spiritually.

The twelfth commandment – “Thou shalt love thy neighbor as thyself” – represents the highest attainment possible to our self-consciousness. When we can love our neighbor as ourselves, when we can desire peace and good will for our neighbor, when we can understand him as an individual and come into some comprehension of the deep urges and desires within him, we have taken a great stride in consciousness. But this is just the beginning; we have yet another assignment.

We might say that the first twelve commandments – the Ten Commandments of the Old Testament and the two commandments of love reiterated in the New Testament – constitute the call of duty. Every one of us has the responsibility to recognize the presence of God within himself and to love and recognize that same presence within his neighbor. But now we are moving into a new realm, a realm beyond the call of duty.

To move into this new realm, we must pass from self-consciousness to God-consciousness. This realm – we might call it the realm of joy of service – is one into which we enter consciously. It is a matter of choice. The fulfillment of the first twelve commandments has been a question of choice, too, to a great degree, but in fulfilling them we have merely discharged our duty. Through them we have reached the highest point at which the self-consciousness is able to

express itself. All of these steps in consciousness are important because they prepare us for the discipleship of the Christ.

Now we come to a great commandment (I like to think of it as the thirteenth commandment), the commandment of example, or demonstration, which was given to us by Jesus Christ. Only He could give us this commandment because He demonstrated it. He earned the right to make His life an example for us. He demonstrated the Truth of the Spirit of God within Him, and in His fellow men. This is the commandment as He gave it to us: “A new commandment I give unto you, that ye love one another; even as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another.”

This is not only a commandment; it is the very essence of religion. It is the acid test of our religion. It reveals to us and to the world whether we do or do not follow the Christ. You will notice that Jesus Christ does not say that if you subscribe to the doctrines of Unity, or of the Catholic Church or the Presbyterians or the Methodists, people will know that you are His disciples; He does not say that if you are members of a certain organization or a certain group, the world will know that you are His disciples. No! He says that if you love each other in the way that He has loved you, then will the world know that you are His disciples. This is the proving ground for our so-called Christianity: not how many doctrines or dogmas or theories we subscribe to, but whether we truly love one another. This is the foundation for the society of the disciples of the Christ.

A little further on in the gospel of John, Jesus expands this idea: “Herein is my Father glorified, that ye bear much fruit; and so shall ye be my disciples. Even as the Father hath loved

me, I also have loved you: abide ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in his love. These things have I spoken unto you, that my joy may be in you, and that your joy may be made full. This is my commandment, that ye love one another, even as I have loved you. Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends if ye do the things which I command you.... These things I command you, that ye may love one another.”

Here is the criterion by which we can judge our own consciousness, our own discipleship: that we love one another as Jesus Christ demonstrated that He loved His disciples. This brings us into a new consciousness. The first twelve commandments are our duty, and there is always a sense of burden when we do things out of a sense of duty, even if it is duty to God and to our fellow men. But here in the thirteenth commandment a new element appears. Jesus says that we are to keep His commandments and His words that His joy may be in us and that our joy may be full. Here is a commandment that we are going to enjoy keeping. We are going to discover a new sense of peace and joy as we come into an understanding of the nature of this wonderful commandment and apply it in our life.

How did Jesus love His disciples? He certainly did not bind them; He did not tie them to Him with human affection. Instead, He recognized something about them that came from the recognition of the Truth of His own being. This is the first step that we are to take in loving each other as Jesus loved His disciples. This step of recognition of the universal brotherhood of man in God – the Truth of our own being, the truth that the Spirit of God lives in us and in all men and women, our neighbors, our brothers, our sisters,

our employers, our employees, our associates – this is a joyous step, one that we take not from a sense of duty but from the joy of recognition of the Truth.

We can answer this call to the discipleship of the Christ by recognizing that the presence of God, the Spirit of God, is within us, that it is within our fellow men, that we are one, and that we no longer live from the limited sense of self. We are no longer using our love or understanding to bargain on the human level. We are no longer trying to get something by being loving. We have come into the realization that we already have all there is to have and this same great truth applies to our neighbor.

Jesus Christ said, “The kingdom of God is within you.” There is no quibbling here: “The kingdom of God is within you.” This is a recognition that we too must make, not only for ourselves but for our fellow men. “I am the light of the world,” Jesus said; but He followed it up with an equally powerful statement: “Ye are the light of the world.” You see, this thirteenth commandment can be fulfilled by us only when we come into the consciousness of the Truth of our being. We can no longer seek to obtain things, to hold things; we can no longer strive to “feather our own nests,” as it were. We are recognizing the truth of man’s oneness to God. Jesus recognized this oneness in His disciples; if we are truly to follow Him and keep His commandments, we must recognize this truth in our fellow men, particularly those who are close to us.

Jesus expected His disciples to live up to the Truth of their being. He expected them to live like the gods they were. But He did not just preach at them and tell them, “You are to do this, and believe this, and do this.” He demonstrated the truth of the kingdom of God within Himself.

This brings us to the second great step we must take if we are to keep this commandment: demonstration. We must demonstrate the fact that we believe the kingdom of God to be within us and within our fellow men. We must demonstrate the fact that we believe in the brotherhood of man under the fatherhood of God. We are not to enforce our ideas of unity or our ideas of oneness upon someone else. We are to demonstrate them in our own life. A unity, a oneness, a brotherhood that is enforced degenerates into conformity. Jesus recognized the presence of the kingdom of God, the Spirit of God within each man, and He respected it. He knew that each one had to express the Spirit in his own unique and wonderful way. He demonstrated in His own life that He really believed that mankind is one, that there is one God, that God is in each and every one of us.

We have the opportunity, too, to demonstrate this. This means less preaching and more doing. But we *have* to demonstrate it; we have to demonstrate that we believe that humanity is one, that the brotherhood of mankind is a reality, a truth by which we are willing to live. So we are willing to love our fellow men, whether they seemingly love us or not. We are willing to recognize the presence of God the divine potential, in each and every one of them: whether they know it or not. We are willing to encourage them by our demonstration of the Truth by our demonstration of the divine potential that we have within ourselves.

There is a third step, which is equally important: release. We must be willing to release our fellow men to the Spirit of Truth within them, without trying to enforce our concept of what is true on anyone. Jesus spent three years with His disciples, but when He left them He told them, in effect, “It is expedient for you that I should go away, because if I do not go you will never learn to depend on the

Spirit of Truth within you.” If we are to love our fellow men as Jesus Christ loved His disciples, we must be willing to release them to the guidance of their own Spirit. In that way we demonstrate our love for each other – by recognizing the Truth of our being, demonstrating this in our own life, and then releasing those who are in our life to their own guiding Spirit in order that they may become free and independent and strong and conscious of the presence of God within them.

This takes some doing. This is not for spiritual weaklings; this is only for those who are willing to grow, who are willing to be true to the Spirit of God within them. This is for those who are willing to live in accordance with their convictions and to let others live in accordance with the guidance of their own indwelling Spirit. This is the love that Jesus demands of His disciples. This is what discipleship of Christ means – the recognition of the universal brotherhood of man in God, and willingness to let that brotherhood be demonstrated in each person’s life. Now we are loving not to gain our own ends, not from a sense of duty, but to express that which we are. We are coming to the point where we can begin to learn to love as our Creator loves. We can give ourselves completely, lay down our life for our friends (which includes the whole universe) by living the Truth we know, by being willing to express and live up to our own divine potential and to encourage others to do the same, and then to release them, to let them go as they are guided to go.

We are called upon, then, not only to love our neighbors as ourselves, but to love because of our own divine nature – and there is no joy to compare with that which comes when we are true to our own nature. There is nothing that anyone can do that will bring him as much satisfaction, as much peace, as much joy, as being true to his own nature.

Your nature is the nature of God. God is love; your nature is love. Give free rein to your ability to love. Recognize who and what you are and let this power to love your world, your neighbor, your friends, your enemies, flow into joyous expression. Know that you are the Spirit of God, the love of God, coming into expression. You can love without being concerned about who is the object of your love, without being concerned about whether your efforts are going to be rewarded, praised, or criticized. You can love because of what you are: a son of the living God.

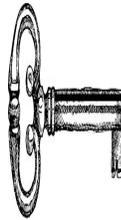
Jesus Christ said it in these words: "Ye have heard that it was said, Thou shalt love thy neighbor, and hate thine enemy; but I say unto you, Love your enemies, and pray for them that persecute you; that ye may be sons of your Father who is in heaven: for he maketh his sun to rise on the evil and the good, and sendeth rain on the just and the unjust. For if ye love them that love you, what reward have ye? Do not even the publicans the same? And if ye salute your brethren only, what do ye more *than others*? Do not even the Gentiles the same? Ye therefore shall be perfect, as your heavenly Father is perfect."

The time has come in the history of mankind when we must grow up, when we must be perfect as our heavenly Father is perfect; when we must be true to the Spirit of God, the Spirit of love within us. Can we do it? Yes, we can. By the grace of God and through the help of His Spirit within us, we can set aside the old, limited, mental outlooks, attitudes and habits of which we have been the victims, and we can let this sense of our oneness with God and our fellow men express itself in everything we think, feel, say, and do. A big assignment? Yes, but the One who gave it to us knows the capacity of our souls. God knows the stuff we are made of; He put His own Spirit into us.

ACTION AFFIRMATION

I am called to be a disciple of the Christ. I love my neighbor for the joy of it, not from a sense of duty. I free all men to the guidance of the Christ and I rejoice in their freedom and unfoldment.

This concludes the book, *The Thirteen Commandments*, by J. Sig Paulson.



From Page One ...

Do not try to form a picture of God, which is impossible. Work by rehearsing anything or everything that you know about God. God is wisdom, truth, inconceivable love. God is present everywhere, has infinite power, knows everything, and so on. It matters not how well you may think you understand these things; go over them repeatedly.

But you must stop thinking of the trouble, whatever it is. The rule is to think about God. If you are thinking about your difficulty, you are not thinking about God. To be continually glancing over your shoulder in order to see how matters are progressing is fatal, because it is thinking of the trouble, and you must think of God and nothing else. Your object is to drive the thought of the difficulty out of your consciousness, for a few moments at least, substituting for it the thought of God .

... If you are very frightened or worried, at first it may be difficult to get your thoughts away from material things. But by constantly repeating a statement of absolute Truth, such as:
There is no power but God; I am a child of God, filled and surrounded by the perfect peace of God; God is

love: God is guiding me now; or, perhaps best and simplest of all, God is with me – however mechanical or trite it may seem – you will soon find that ... your mind is clearing. Do not struggle violently; be quiet, but insistent. Each time you find your attention wandering, switch it back to God.

Do not try to think in advance what the solution to your difficulty will be Leave the question of ways and means to God. You want to get out of your difficulty – that is sufficient. You do your half, and God will never fail to do God's.

--Adapted from The Golden Key by Emmet Fox.



There is no power but God.

I am a child of God,
filled and surrounded by the
perfect peace of God.

God is love.

God is guiding me now.

God is with me

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>AA Men's Group</i> 10:00 AM <i>CA 7:00 PM</i>	2	3	4 <i>Choir & Bell Choir</i> <i>Rehearsal's</i> <i>In Recess</i> <i>Tai Chi</i> 9:00 AM – Noon <i>in fellowship</i>
5 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>	6	7 <i>Tai Chi</i> 10:00 AM	8 <i>AA Men's Group</i> 10:00 AM <i>CA 7:00 PM</i>	9	10	11 <i>Choir & Bell Choir</i> <i>Rehearsal's</i> <i>In Recess</i>
12 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>	13	14 <i>Tai Chi</i> 10:00AM	15 <i>AA Men's Group</i> 10:00 AM <i>CA 7:00 PM</i>	16	17	18 <i>Choir & Bell Choir</i> <i>Rehearsal's</i> <i>In Recess</i>
19 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>	20 Ladies Night Out Cusanelli's 705 Lemay Ferry Rd 5:30 PM	21 <i>Tai Chi</i> 10:00 AM	22 <i>AA Men's Group</i> 10:00 AM <i>CA 7:00 PM</i>	23	24	25 <i>Choir & Bell Choir</i> <i>Rehearsal's</i> <i>In Recess</i>
26 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>	27	28 <i>Tai Chi</i> 10:00 AM	29 <i>AA Men's Group</i> 10:00 AM <i>CA 7:00 PM</i>	30		

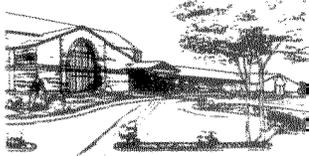
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THE JUNE NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side – Two little boys

Two little boys, ages 8 and 10, were excessively mischievous. They were always getting into trouble and their parents knew all about it. If any mischief occurred in their town, the two boys were probably involved. The boys' mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys.

The preacher agreed, but he asked to see them individually. So the mother sent the 8 year old first, in the morning, with the older boy to see the preacher in the afternoon. The preacher, a huge man with a booming voice, sat the younger boy down and asked him sternly, "Do you know where God is, son?"

The boy's mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open.

So the preacher repeated the question in an even sterner tone, "Where is God?"

Again, the boy made no attempt to answer. The preacher raised his voice even more and shook his finger in the boy's face and bellowed, "Where is God?"

The boy screamed and bolted from the room, ran directly home and dove into his closet, slamming the door behind him.



When his older brother found him in the closet, he asked, "What happened?"

The younger brother, gasping for breath, replied, "We are in BIG trouble this time."

"God is missing, and they think we did it!"

*-Thanks, Geri
Barton*

A short quiz:

Q: What time of day was Adam created?

A: A little before Eve.