

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

March 2011

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

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Creation through Mind Action

By Martha Giudici

Charles Fillmore taught that everything is first an idea in mind, and that this law holds good, not only in the creations of God, but in the forms made by man as well.

People, strictly speaking, do not create; they form. We exist in a universal medium that is creative and that responds to our demands and expectancy. We simply use, direct, mold, and shape this creative medium, utilizing the same power of mind, our thought-words, that divine intelligence used to create the universe. In this sense, then, in the use and direction of mind power, we are creative.

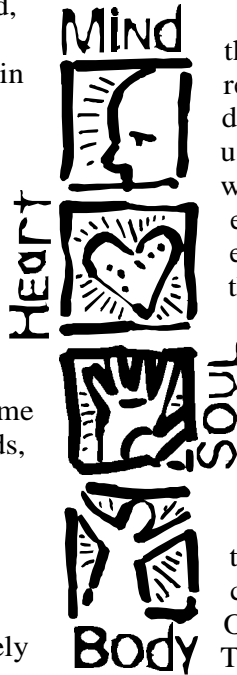
All of us are endowed innately with the ability to "create" our worlds by using our minds. Because our minds have the quality of ceaseless activity, it is obvious that we are "creating" something at every moment. With our mind power, we constantly are molding and shaping substance into a form that will out-picture in our experience. It is an automatic, unchanging principle—the law of mind action—and

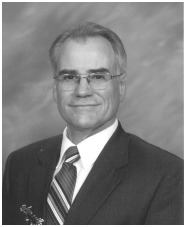
nothing can change or reverse this fundamental working of creative law.

Just as artists use tools to create their works, we have the responsibility and privilege of directing and shaping our lives by using our mental tool, our thought-words, to bring new life into expression. Our new lives (the effect) will reflect exactly the thoughts, beliefs, and attitudes that we have held in mind (the cause). This is where every manifest thing is "created," and these creations express as the greater or lesser good in our lives.

Our greatness lies in our power to take control of our thoughts and create the kind of lives we desire. Our purpose in life is to glorify God. To this end, let us dedicate ourselves by creating lives in which God is expressed fully and freely. We then can say with Jesus:

"For this I was born, and for this I have come into the world, to bear witness to the truth." -In.18:37





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Senior Minister



Rev. Sharon Allmond
Associate Minister

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Jan Mourning
Jo Warren

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A Warm Welcome to our New Members!

Duane Cox
Joyce Mogab
John Hartupee
Bret Renee Nelson
Bret Daniel Nelson



Celtic Concert and Pot Luck

We will once again be hosting the beautiful Irish music of Colleen McNally-Harris, soprano and Harper Kirk, harpist. The Ohio based duo's concert last year had rave reviews, and we're happy to announce their return. They have a new program this year, containing some of the songs from last year and adding some new. This year they will present their concert **Sunday, March 20 at 1:30 pm**, following a 'Luck of the Irish' pot luck lunch.

Plan to see them in the service, enjoy a pot luck lunch, and then join us for the concert that afternoon. There is no charge for admission, but a freewill offering will be received. Their CD's will be on sale after the concert.

New Adult Class



New Class Starting

Rev. Sharon will be starting a new class this month, a ten week exploration of the history of Unity. Using the book, *The Unity Movement* by Neal Vahle, the class will explore the history of the co-founders, the early beliefs that influenced the movement, the development of the organization, and more. Viewed through the eyes of an objective historian, we can trace the origins, evolution and resulting recent status. Neal Vahle holds a Ph.D. in American History. He is the author of *Torchbearer to Light the Way: The Life of Myrtle Fillmore* and has written a book about Ernest Holmes, *Open at the Top: The Life of Ernest Holmes*.

There are tentative plans to make another visit to Unity Village this summer, and won't it be more interesting to see the Village with our new knowledge of its history? The first class will begin **Wednesday, March 30 at 7 pm**, and books are available in the bookstore. It is offered on a love offering basis. Hope to see you there!

Alternatives

Deb Fry and Jan Mourning, Licensed Unity Teachers, begin their 10-session class on the book *Alternatives: New Approaches to Traditional Christian Beliefs* by William L. Fischer on Sunday mornings from 9:15 to 10:15.

This month the **Ladies' Night Out Group** will be meeting



Monday evening, March 21st at 5:30 at Senorita's Pique, 3730 S. Lindbergh. For more information call Mary Tumminello - Home: 314-843-1807 Cell: 314-814-4530. All are welcome!

Feed My People

With the arrival of spring, tomato seeds and other common seed packets are requested. The following canned or packaged items are always useful: protein items, vegetables, fruit, and dry milk.

www.feed-my-people.org

New Photo Directory

In April Olan Mills will once again be taking individual and family portraits for a new edition of our church directory. All photos are taken at no cost or obligation, and each participating family will receive, at no charge, a professional, full color, 8x10, along with a free copy of the new 2011 directory. Sign-up sheets are available in the lobby.



Silent Unity March Affirmations

Inner Peace: I am centered in the peace of God.

Guidance: Divine guidance gives me clear direction.

Healing: I am a living expression of God's perfection.

Prosperity: I am a worthy and powerful co-creator.

World Peace: The spirit of God moves through all people to manifest peace on earth.

Daylight savings time begins on Sunday, March 13th.



Time to Spring Ahead

Beloved lyrics



At a women's retreat in Arizona, the leader discussed the subject of passing faith to the next generation. She divided the women into groups of five and asked each group to choose and then sing a cherished hymn. The women were surprised to hear an overwhelming favorite: the Sunday school standard "Jesus Loves Me."

Most of us probably can sing the first and last verses of that beloved song. But do you know the other verses? Here are the lyrics:

Jesus loves me! This I know,
As he loved so long ago,
Taking children on his knee,
Saying, "Let them come to Me."
(Refrain)

Jesus loves me still today,
Walking with me on my way,
Wanting as a friend to give
Light and love to all who live.
(Refrain)

Bully for Teddy

Theodore Roosevelt used his life in many profitable ways. TR, as he was fondly called, was one of the very first national leaders to see the need to treat Mother Earth with great care. Here is how he put his belief regarding the environment:

"To waste, to destroy, our natural resources, to skin and exhaust the land instead of using it so as to increase its usefulness, will result in undermining in the days of our children the very prosperity which we ought by right to hand down to them."

According to Psalm 115:16, NRSV, "The heavens are the Lord's heavens, but the earth he has given to human beings." We are ALL stewards of that earth that God gave to us.

Giving is healthy for us

Abraham Brunk, a professor and researcher in the Netherlands, found that people oriented toward giving and sharing are more physically and emotionally fit than their self-focused and less generous peers.

Brunk's study showed that givers use 50 percent fewer sick days. They also have lower blood pressure and higher self-esteem.

Instant giving

After Hurricane Katrina hit the Gulf area, a Catholic priest at Auburn University learned that people in Bayou La Batre had an urgent need for shoes. The following Sunday at a worship service, he told the students about the need and asked them - if they could - to bring shoes as soon as possible. He would deliver the shoes himself.

Guess what? At the end of the Mass approximately 200 students brought the shoes they were wearing to the altar and left them. They walked back to their dormitories barefooted.

Sounds like something saints would do, doesn't it?

Refining fire

Religion is not a nagging parent, nor is it a report card keeping track of our achievements and failures and grading our performance.

Religion is a refining fire, helping us get rid of everything that is not us, everything that distorts, dilutes or compromises the persons we really want to be, until only our authentic selves remain.

—Harold Kushner



"Quotable Quotes"

The world is but a canvas to the imagination.

— Henry David

Thoreau

Creativity is contagious. Pass it on.

— Albert Einstein

Creativity is... seeing something that doesn't exist already. You need to find out how you can bring it into being and that way be a playmate with God.

— Michele Shea

A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.

— Antoine de Saint-

Exupéry

An invasion of armies can be resisted, but not an idea whose time has come.

— Victor Hugo

To live a creative life, we must lose our fear of being wrong.

— Joseph Chilton Pierce

You can't use up creativity. The more you use, the more you have.

— Maya Angelou

The difficulty lies not so much in developing new ideas as in escaping from old ones.

— John Maynard Keynes

There is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost.

— Martha Graham

Every artist dips his brush in his own soul, and paints his own nature into his pictures.

— Henry Ward Beecher

The Thirteen Commandments

By J. Sig Paulson

The Old and the New

I ask you now to join me in an exercise of imagination. We have considered the Ten Commandments given to man by Moses. Now let us visualize ourselves standing at the foot of the mountain on which Moses delivered these commandments. Let us assume that we have never heard of Jesus Christ; that we have never heard that the kingdom of God is within us. And let us try to imagine what our reaction would be if Moses had given the Ten Commandments to us when we were in the state of consciousness in which we did not know anything about the Christ; in which we had no understanding at all of the kingdom of God within us; in which we felt that God was a powerful being somewhere off in the universe, and Moses a special representative who had just talked to Him and brought these commandments down to us. What do you suppose our reaction would be?

Here are some words that describe the reaction of the people of Israel at that time: "And all the people perceived the thunders, and the lightnings, and the voice of the trumpet, and the mountain smoking: and when the people saw it, they trembled, and stood afar off. And they said unto Moses, Speak thou with us, and we will hear; but let not God speak with us, lest we die. And Moses said unto the people, Fear not: for God is come to prove you, and that his fear may be before you, that ye sin not."

The Ten Commandments of the Old Testament came to mankind when men were in that

state of consciousness, holding a belief in a God separate from man. So the commandments were seen as steps by which man could make peace with this absentee God. They were interpreted as moral commandments, as outer rules and regulations that would somehow bring man back again into the good graces of God. We too have been and to some extent still are in the state of consciousness of the Old Testament: We have believed that there are certain rules and regulations we can follow that will make us acceptable in the sight of God. This is an intellectual approach to the Truth, and it is the beginning of our freedom.

As we probe deeper and deeper into the nature of God and of our own being, we realize that it is not only what we do in an outer way that is important. Certainly we have to be good morally, but what we do inside ourselves is also important. So we learn certain mental regulations and rules which we describe as positive thinking, and which we try follow. Gradually we come a little bit further from this idea of a God who is removed from us who punishes us for our transgressions, who looks down at us to see that we are not doing anything He would not like to have us do.

We have been able to consider the Ten Commandments from a spiritual viewpoint simply because we have entered a new understanding. We have heard of the birth and the life and the teaching of Jesus Christ. We have accepted mentally and intellectually (*to* some extent at least) the truth that the kingdom of God is within us, and we discover that the old commandments have a new meaning. They have new application. They have new significance for each and every one of us.

Paul says about this new attitude: "And such confidence

have we through Christ to Godward: not that we are sufficient of ourselves, to account anything as from ourselves, but our sufficiency is from God; who also made us sufficient as ministers of a new covenant; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life." We can see as we study the development of the religious life of mankind that this is true. The code that came down to us in the form of the Ten Commandments is a wonderful, indispensable code.

But Jesus came to teach us something else: It is not enough just to be moral, to follow written codes of conduct; we must do something more than this. We must have a new understanding or experience -as He put it, "a new birth." In the Gospel according to Matthew, Jesus outlined His relationship to the commandments of Moses: "Think not that I came to destroy the law or the prophets: I came not to destroy but to fulfill. For verily I say unto you, till heaven and earth pass away, one jot or one tittle shall in no wise pass away from the law, till all things be accomplished. Whosoever therefore shall break one of these least commandments, and shall teach men so, shall be called least in the kingdom of heaven: but whosoever shall do and teach them, he shall be called great in the kingdom of heaven. For I say unto you, that except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no wise enter into the kingdom of heaven."

The Ten Commandments as revealed to us in the Old Testament are extremely important, and the Truth, or the Christ Spirit, does not come to us to abolish the Ten Commandments, but to fulfill them; that is, to bring us into a new understanding of their true

nature. As we come to understand their true nature we realize that they apply not only to outer action but to the inner man. Jesus tells us that unless our righteousness or our understanding exceeds that of the Pharisees and the scribes, we cannot get into the kingdom of heaven at all. The Pharisees and the scribes are usually extremely righteous men and women, very moral; but Jesus points out that this is not enough to insure their entering into the kingdom of heaven. It is not enough to belong to a certain race or to a certain religious group. Important as these things may seem in themselves and on the human scene, they do not constitute a passport to the kingdom of heaven.

Formerly religion was thought to be the particular province of the church or religious organizations, and the priests and religious leaders were always formulating laws and rules and regulations by which other people were supposed to live. When Jesus came and revealed the new covenant, in effect He took religion out of the hands of the Pharisees and the scribes, the rabbis and the preachers, the religious leaders and the churches, and put it back where it belongs: in the hands of the common man and the common woman. He gave it back to us; He said, in effect, that religion is not an institution. It is more than a written code of law. It is Truth that applies to the individual, and it is up to the individual to discover and live religion. This is the new covenant, the application of the religious truth of all times to the individual. No one else can be religious for us; no one else can prescribe religious rules and regulations for us. We must awaken to the Truth that is within ourselves.

Indeed, the Bible itself, important and wonderful and inspired though it be, is only a report of an inner Bible. It is the

story of the Truth of our own being. When we come to know this, we stop trying to follow outer rules and regulations in the hope that somehow this will get us into the kingdom of heaven. We realize that the commandments apply to the unfoldment of the kingdom of God that is within us.

We do not become Godlike by following moral codes and rules and regulations. The more we try to follow outer codes of conduct, in the hope that somehow this will make us Godlike, the more frustrated and unhappy and unhealthy we become. We are still in the Old Testament state of consciousness which believes that man and God are separate. There is nothing we can do in an outer way to overcome a belief in separation from God. Jesus showed us that it is not enough to try to be good in the hope that through this process we will become Godlike. The very belief that we are not of God, that the Spirit of God is not within us, is the source of our difficulty. We cannot be "good" enough to overcome that belief.

Jesus told us that there is nothing we can do to enter the kingdom of God, because the kingdom of God is within us. That is perhaps the most tremendous revelation in the Bible: the kingdom of God is within us. As long as we believe we can enter it by doing something, we are as the Pharisees and the scribes. There must be a change in belief, a new birth, an acceptance of this great truth that the kingdom of good, or God, which we have been seeking is in us right now. Then we accept the new covenant and the new commandments that show us how to bring this kingdom of God into expression.

Jesus gave us these two commandments: "Love the Lord thy God." "Love thy neighbor." However, these did not originate with Jesus. We find them in the

Old Testament in Deuteronomy and Leviticus. These two commandments had been revealed, mentally at least, to the prophets of old. But Jesus showed us how to fulfill them. He came not to abolish the Ten Commandments but to fulfill them. And He told us that we too can follow Him and fulfill them.

Let us now dissolve whatever remnants of the Old Testament philosophy we still hold—the belief that God is a power outside ourselves and that we are worthless sinners struggling to get back into His good graces. Let us accept the new covenant, the new understanding that the kingdom of God is within us, and that our work is to let that inner kingdom of good unfold and express itself in and through our thoughts and feelings and words and actions. Our thoughts, feelings, words, and actions will never get us into the kingdom of God; but they can *express* the kingdom of God when we come into the realization that it is already within us.

Jesus also gave us these words: "Ye are the light of the world. A city set on a hill cannot be hid. Neither do *men* light a lamp, and put it under the bushel, but on the stand: and it shineth unto all that are in the house. Even so let your light shine before men; that they may see your good works, and glorify your Father who is in heaven." This is another and beautiful way of saying, "Express the wonderful, inner gift of God that each of you has."

We can be free forever from any sense of burden imposed by the letter of the law. We do not abolish the law; we begin to fulfill the law. Even in our metaphysical movements we find a great deal of the Pharisaical approach—the belief that certain regulations, certain diets, certain outer things that we can do are somehow going to get us into the kingdom of heaven. But such an approach is hopeless.

There is no way we can work ourselves into the kingdom of heaven. We can accept it right now. We can give thanks that the kingdom of God is within us, not as something we have earned but as a gift from our Creator, and then we can begin to let this inner kingdom express itself.

Right here and now, let us set ourselves free from the burden of the past—from any belief that we have to keep a lot of rules and regulations, and that by keeping them we are somehow going to become more spiritual. There is not a single thing that anyone of us can do to become more spiritual. We are just as spiritual as we ever have been or ever will be, but we can accept this truth and begin to let our spirituality express itself now.

ACTION AFFIRMATION

My life is up to date. I am no longer dependent upon written codes or the letter of the law. I respond to the direct guidance of the inner Spirit of wisdom and love.



Christ Life

By Marlene F. Abdulky

In quiet confidence the rose gives forth each petal from within its depths, perfectly formed in grace and love.

Much like the rose, the Christ is found within then blossoms out, reflecting forth God's glory in our lives.



Created for Creativity

By Frank Giudici

One of the common complaints of people today is that they are tired and bored. They are tired of hearing about budget difficulties and global unrest. They are bored with everything from their jobs to what they see on television and in movie theaters. Many people are just plain bored with their lives and tired of making the effort to find happiness and fulfillment in a seemingly difficult world. As a result, many are becoming apathetic, and this is obviously not a healthy trend.

What are the reasons for these attitudes? Of course, it would be easy to place the blame on outer conditions, but that would be assigning them a power they do not have. There is nothing in the outer that can cause us to think or feel one way or another. While external factors may seem to weigh heavily on us at times and even to influence our thought processes, the truth is that at all times we are the ones who determine how we think and feel. So, tempting as it may be, it is fruitless to look outside ourselves for the cause of any weariness or unrest we are experiencing because we will never find the reason there. The only place we can look effectively is within ourselves, within our own thought processes.

As we look into our own consciousness, we may find a number of reasons for feeling tired and bored. However, lying behind any surface reason we may come upon is one that is the true cause of all tiredness, boredom, apathy, unhappiness, and lack of fulfillment: lack of creativity. The life-force that constantly moves in and through us (and that, in essence, we are) is a creative force. It always is seeking expression through us. When we

stifle its expression, we feel frustrated and unhappy. This soon leads to tiredness, boredom, and apathy. The only way to overcome these debilitating feelings is to stop repressing this creative activity and let it come through us under the direction of the indwelling Christ, which is its source. When we do this, we soon find that life once again has become the exciting, fulfilling, joyous experience it is intended to be.

The truth about us is that we are created for creativity. Through our minds and the power of the spoken word (which is the power to give form and expression to ideas), we have been given the ability to create our world. Actually, we always are involved in this process of creativity, but we are not always aware of it consciously. When we become aware of this activity consciously and use it in a constructive manner, then we fulfill our reason for being, and happiness results.

I can recall vividly one of the first lessons I received regarding our creative nature. It came from the first Unity minister with whom I had ever spoken. One day during the course of a conversation we were having, she made the following statement: "There is but one mind, the mind of God, which created everything. You are part of that one mind. So what are you going to create?" I never have forgotten those words.

If you find that you are giving way to tiredness and boredom, remind yourself that you are created for creativity. Ask yourself: "What am I going to create?" Then have a talk with the Lord of your being and let yourself be guided divinely into a creative endeavor that will bless you with a sense of fulfillment and well-being and that will make you a blessing to others.

MARCH - 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><i>1</i></p> <p><i>Tai Chi</i> 10:00 AM</p> <p><i>Zumba</i> 6:30 PM</p>	<p><i>2</i></p> <p><i>AA Men's Group</i> 10:00 AM</p> <p><i>CA</i> 7:00 PM</p>	<i>3</i>	<i>4</i>	<p><i>5</i></p> <p><i>Choir Rehearsal</i> 9:00 AM</p> <p><i>Bell Choir Rehearsal</i> 10:30 AM</p>
<p><i>6</i></p> <p><i>Alternative Class</i> 9:15-10:15</p> <p><i>Sunday Service</i> 10:30 AM</p> <p><i>Youth Ed</i> 10:30 AM</p>	<i>7</i>	<p><i>8</i></p> <p><i>Tai Chi</i> 10:00 AM</p> <p><i>Zumba</i> 6:30 PM</p>	<p><i>9</i></p> <p><i>AA Men's Group</i> 10:00 AM</p> <p><i>CA</i> 7:00 PM</p>	<i>10</i>	<i>11</i>	<p><i>12</i></p> <p><i>Choir Rehearsal</i> 9:00 AM</p> <p><i>Bell Choir Rehearsal</i> 10:30 AM</p>
<p><i>13</i></p> <p><i>Alternative Class</i> 9:15-10:15</p> <p><i>Sunday Service</i> 10:30 AM</p> <p><i>Youth Ed</i> 10:30 AM</p> <p><i>Daylight Savings</i> Time begins</p>	<i>14</i>	<p><i>15</i></p> <p><i>Tai Chi</i> 10:00 AM</p> <p><i>Zumba</i> 6:30 PM</p>	<p><i>16</i></p> <p><i>AA Men's Group</i> 10:00 AM</p> <p><i>CA</i> 7:00 PM</p>	<i>17</i>	<i>18</i>	<p><i>19</i></p> <p><i>Choir Rehearsal</i> 9:00 AM</p> <p><i>Bell Choir Rehearsal</i> 10:30 AM</p>
<p><i>20</i></p> <p><i>Alternative Class</i> 9:15-10:15 AM</p> <p><i>Sunday Service</i> 10:30 AM</p> <p><i>Youth Ed</i> 10:30 AM</p> <p><i>Irish Potluck</i> after Service</p> <p><i>Celtic Concert</i> 1:30 PM</p>	<p><i>21</i></p> <p><i>Senorita's Pique</i> 3730 S. Lindbergh 5:30 PM</p>	<p><i>22</i></p> <p><i>Tai Chi</i> 10:00 AM</p> <p><i>Zumba</i> 6:30 PM</p>	<p><i>23</i></p> <p><i>AA Men's Group</i> 10:00 AM</p> <p><i>CA</i> 7:00 PM</p>	<i>24</i>	<i>25</i>	<p><i>26</i></p> <p><i>Choir Rehearsal</i> 9:00 AM</p> <p><i>Bell Choir Rehearsal</i> 10:30 AM</p>
<p><i>27</i></p> <p><i>Alternatives Class</i> 9:15-10:15</p> <p><i>Sunday Service</i> 10:30 AM</p> <p><i>Youth Ed</i> 10:30 AM</p>	<i>28</i>	<p><i>29</i></p> <p><i>Tai Chi</i> 10:00 AM</p> <p><i>Zumba</i> 6:30 PM</p>	<p><i>30</i></p> <p><i>AA Men's Group</i> 10:00 AM</p> <p><i>CA</i> 7:00 PM</p> <p><i>The Unity Movement</i> <i>Rev. Sharon's Class</i> 7:00 PM</p>	<i>31</i>		

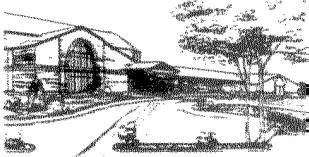
Wings

THE MARCH NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side — Enjoy these paraproverbs

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

If I agreed with you, we'd both be wrong.

How is it that one careless match can start a forest fire, but it takes a whole box to start a campfire?

Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.

War does not determine who is right - only who is left.

The last thing I want to do is hurt you. But it's still on the list.

I didn't say it was your fault, I said I was blaming you.

Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

I discovered I scream the same way whether I'm about to be devoured by a great white shark or if a piece of seaweed touches my foot.

Hospitality: Making your guests feel like they're at home, even if you wish they were.

The voices in my head may not be real, but they have some good ideas!

I always take life with a grain of salt, plus a slice of lemon, and a shot of tequila.

When tempted to fight fire with fire, remember that the Fire Department usually uses water.

I thought I wanted a career; turns out I just wanted pay checks.

You're never too old to learn something stupid.

—Thanks, Sandy Etheridge