

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

October 2011

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

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A Guide to
Spiritual Growth

You Can Control your Future

By Charles Roth

Do you know that you can control your future?

In fact, you not only can but do! Today was the future last year and last month, and the seeds you planted then are bearing fruit now.

Unaware of our power to shape the future, most of us think of the future in the same way that one thinks of a roll of the dice. Maybe they will come up right, maybe wrong. Maybe we will hit it big; maybe we will get wiped out!

From my contacts with many people, I can sense that there is a gnawing fear of the future. How often I hear such statements as:

"How will my health be ten years from now?"

"How long will I be able to hold my job?"

"Will my children have to take care of me?"

Perhaps you don't think about these fears all the time, but nevertheless they are always there, clouding your mind—a depressing influence, even as a cloudy, overcast day projects a dampening, disheartening influence on your thoughts and feelings without your realizing it.

Sometimes we talk about the "burden of the past," but actually, to many people the future is much more of a burden—an invisible but painful burden.

But take heart! Let today be a turning point in your life. Open your mind to the realization that there is a way to insure your future, a policy that no worldly insurance company would dare write, but which is offered to you free of any pre-

miums except the obligation to take control of your thoughts and emotions.

What is this way?
What is this policy?

It is simply this:
"Strive to the best of your ability to live to your highest ideal in the present moment." This statement is based on

universal and immutable law—the law of cause and effect.

For every effect there must be a cause. Cause comes first, effect follows. Every condition that ever existed in your life, every condition that now exists, every condition that will exist in your life—is an effect. It had to have a cause.

Cause, then, is the key—the culprit, or the hero.

You can't do a thing about the past. Whatever causes and corresponding effects existed in the past are over, done with. So let's release, let go of, and forget the past.



-Continued on Page 4



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NEW! The Twelve Powers Class



Would you like to be more centered, more spiritually fulfilled, and better able to express your Christ nature in all areas of your life? Join us beginning Sunday, November 13 at 9:15 a.m. for a new class devoted to a study of The Twelve Powers. Deb Fry and Jan Mourning, Licensed Unity Teachers, will facilitate this study based on the concepts from Charles Fillmore's *The Twelve Powers of Man* written in 1930, describing the twelve spiritual powers with which God endowed us all.

In this class we will explore each of the twelve powers in detail, its significance, its location in the body, the disciple associated with it, and ways to put the power to work for your greater good. Understanding and consciously applying these "gifts from God" can raise your level of consciousness and change your life.

Books will be available in the bookstore. The primary text is *How to Use Your Twelve Gifts from God* by William Warch. Class handouts will also be provided. This class will be offered for credit.

LADIES' NIGHT OUT

Manhattan Café
Corner of Lin Ferry and Tesson Ferry
October 17th at 5:30 p.m.



MUSIC NOTES
from Anne ...

Choir practice is now being held on Wednesday evenings – choir at 6:00 p.m. and bell choir at 7:30.

The food pantry at **Feed My People** helps more people than any other pantry in the St. Louis area. If you would like to help by donating canned goods and other non-perishable items, just put your donations on the table provided in the bookstore. Opportunities are also available for volunteers in the Thrift Store and the food pantry. See the bulletin board in fellowship for more information.



Sermons around Us

William Shakespeare wrote of times when "our life ... finds tongues in trees, books in the running brooks, sermons in stones and good in everything."

The month of October can preach breathtaking sermons. It speaks in the glorious colors of leaves, the splendor of the abundant harvest, the grass whitened by the first frost, the honking birds flying to their winter haven and busy squirrels gathering nuts before snow covers their feeding ground.

How wonderful October's sermons are, and how they bless us. Thank you, God!



Ongoing change and growth are important for

individuals, but for many of us, change is hard. Use this prayer poem to embrace positive change, safe in the arms of our unchanging God.

Cradle to grave —
How shall my life flow?
Always the same,
Never daring to grow? Since
GOD is the same, always faithful and near,
I'm free to move forward in spite of my
fear. So...
Naming the Lord as my Power through
strife, I
Go forth braving newness — in faith and
in life!

-Heidi Mann

Silent Unity
October Affirmations



Inner Peace: The stillness is my sanctuary of peace.

Guidance: The answers I seek are found within.

Healing: Divine Life flows through me, healing my mind and body.

Prosperity: I expect my good and claim it now.

World Peace: I live in peace with all of humankind.

Pumpkin People

How is being a Christian like being a pumpkin?



God sees us, picks us out of the dirt, cleans us off, takes the yucky material out of us by forgiving us, puts a smile on our faces and places a shining light within us for others to see.

Jesus said: "Let your light shine before others, so that they may see your good works and give glory to your Father in heaven" (Matthew 5:16, NRSV).

Time to Step Down

Americans enjoy an abundance of freedoms. From what we'll pursue to what we'll eat for lunch, we're constantly making decisions about what we want out of life. So it's hard to find peace when our plans go awry and we lose control of our circumstances.

A wise person suggested, "For peace of mind, resign as general manager of the universe." What if we stepped down and let God be God? He created the universe, after all. Shouldn't we trust him to run it?

Blessings Count

Some years ago, a newspaper profiled the lives of an elderly Christian couple.

When the pair was first married, they decided to use their God-given gifts to help others. They focused primarily upon serving through their church and life-care retirement homes.

Their love and service down through the years prompted a foundation to honor them for their caring philanthropy. Upon receiving their award, Mr. and Mrs. Davis Illingworth spoke of the motto that had been the guiding rule of their lives: "Count your blessings, and make your blessings count."



The Paradoxes of Life

When I spend myself — body, soul and strength — I find replenishment within.

When I extend kindness freely, I find kindness growing abundantly within.

When I give abundantly to God and charity, I find my resources increasing instead of diminishing.

When I exhibit happiness, I find mostly happy responses.

When I give or serve or share or provide, I receive or am served or shared with or provided for in return.

When I offer peace of mind to another, I discover it growing within myself.

When I feel at peace with God, I discover I am at peace with the world.

-Charles Ferrell

A Far-reaching Touch

As we move around this world and as we act with kindness, perhaps, or with indifference or with hostility toward the people we meet, we are setting the great spider web atremble. The life that I touch for good or ill will touch another life, and that, in turn, another, until who knows where the trembling stops or in what far place my touch will be felt.

-Frederick Buechner



A Unique Proposal

At the celebration of their 50th wedding anniversary, Mr. and Mrs. Earl Calhoun of Tulsa told how he proposed and she accepted. They were attending a church service in Deepwater, Missouri, when Mr. Calhoun flipped through the hymnbook and pointed out the words, "Every Day I Need Thee More." Mrs. Calhoun took the hymnal, turned a few pages and showed him her answer: "Take Me as I Am." He did.

"Quotable Quotes"

From the cup of mid-October the spice of life is poured, and with the zest of autumn's noontide comes a welcomed sense of rest.

-Anonymous

I cannot imagine how the clockwork of the universe can exist without a clockmaker.

-Voltaire

No man ever got very high by pulling other people down.... Don't knock your friends. Don't knock your enemies. Don't knock yourself.

-Alfred, Lord Tennyson

Weeping may linger for the night, but joy comes with the morning.

-Psalm 30:5b, NRSV

God is in the business of taking old pieces of our lives, refinishing them and, at just the right time, surprising us with newfound beauty.

-Susan Duke

The greater perfection a soul aspires after, the more dependent it is upon divine grace.

-Brother Lawrence

God gave us life. What we do with it reveals our attitude toward the Giver.

-Charles Ferrell

Forgiveness can remarkably restore our relationships, renew our spirits and revitalize our lives.

-William Arthur Ward

Prayer is the place where burdens change shoulders.

-Unknown

Every day is a new beginning. Every morn is the world made new.



Angels can fly because they take themselves lightly.

-G.K. Chesterton

From Page One . . .



**You Can Control
your Future**
By Charles Roth

How about the present? There is a sense in which your hands are tied in the present, too. The conditions (or effects) that surround you now, this moment, are the results of previous causes- and you can't go backward in time to change those causes.

However, the present is not static; it keeps moving. It keeps moving into the future, and the contents of the present moment keep disappearing into the past.

Because of this obvious fact of life, there is something you can do about the future. There is something you can do so that as the present moment moves forward, it moves toward and into increasingly better conditions and circumstances.

What is it that you can do? You can simply start "causes" in the present moment which, through the immutable working of the universal law of cause and effect, must of necessity bring counterpart conditions of good-success, harmony, supply, health, youth, or whatever you choose.

This is exactly what the Bible means when it says, "You will decide on a matter, and it will be established for you."

To "decide" is cause; "established for you" is effect.

The law of cause and effect is one of the most basic and important laws of life. It states that every cause produces an effect that corresponds to the cause.

This law is evident throughout Jesus' teachings. The Golden Rule with which countless millions are familiar is based on this law: "Do unto others as you would have them do unto you." If you treat others unkindly, that is, initiate a cause that contains the seed of unkindness, then by immutable law an effect will be produced in your life of like nature. Somewhere,

sometime, through some circumstance you will experience unkindness.

The opposite is also true. Initiate a good cause from a right motive, and it is bound to return to you in some way, through some person or circumstance.

"Whatever a man sows, that he will also reap." What is this but a simple statement of the law of cause and effect! If you sow beans, you reap beans. If you sow abundantly, you reap abundantly. If you sow sparingly, you reap sparingly. The effect is always consistent with the cause.

Knowing this law you have the key to controlling your future. You have only to give your serious and loving attention to the present moment, to do your best to initiate right causes through right thinking, constructive thinking, prosperous thinking, and also to avoid any destructive emotional responses in each confronting moment.

Sometimes people are perplexed with the Unity teaching that "You are always in your right place!"

"My right place," they say. "What do you mean? I'm working in a job I dislike and that is draining my health. My marriage is floundering. The finance company is after me for overdue payments. What is right about that?"

What is meant is that it is your right place according to the law of cause and effect. You initiated the causes that resulted in the present effects in the conditions you are experiencing.

This isn't a universe of chance. It is a universe of law-from the predictable swing of the planets to the equally predictable orbits of the electrons in an atom. You can rationalize and make excuses for starting the wrong causes-but unfortunately universal law doesn't take excuses, even "good" ones, into consideration.

What is more likely, many persons aren't aware of when or where they planted a wrong cause that

resulted in the present distressing conditions.

They feel put out and unjustly treated because they don't know what they did wrong, but still have to suffer.

If we will be honest and fair, we can see that our response should be not one of self-pity, but an effort to study and understand the law so we won't make any more mistakes through ignorance.

It is like the time I was tinkering with a tape recorder and it stopped working. It would be foolish of me to think that just because I didn't know what I did wrong, the laws of electricity would overlook it. The laws of electricity are there, waiting for me to learn how to use them rightly so they can operate for me. Even so, God is there, waiting for us to learn how to use His universal laws of good rightly, so they can operate to bring us the good things God has prepared for us.

Live fully in the ever-present now. Continually strive to respond to the confronting moment in a way that is positive, constructive, loving, kind, just. Thus each response in the present establishes a right and productive cause that will out-picture in the future as a right, happy, successful, and productive effect.

This does not mean that you should not plan for the future. But make the plan flexible. What kind of a building would result if the architect didn't furnish plans? How would a ship ever reach a desired port if it didn't set a course?

Anyone who has been engaged in a building program knows that plans need to be changed as you go along. Things turn up that the architect didn't expect or had overlooked. A ship runs into squalls or other unanticipated conditions that call for evasive action.

After you have planned and set up the framework of your desired good, come back into the present moment and take the step at hand with constructive, positive, God-oriented thoughts and feelings, thus scattering seeds that will grow into your plan for

good as the future steals quietly into the present.

Many of us worry too much about final results. If you plant a good seed in good earth and see that it is faithfully watered and weeded, you don't have to worry about the result, do you? The law takes care of the results. The only time you have to worry is when you neglect to water it or to protect it from harmful insects or whatever-- in short, when you fail to provide the right conditions for the law of growth to operate.

So it all comes back down again to the present moment, what we might call the confronting moment. Take care of the confronting moment and the future will take care of itself.

The future is like a mound of unformed but plastic, moldable, pliant clay.

The future is like a field that is pregnant with a potential for abundance. Some say the future doesn't really exist -- you can't see it or touch it. But it is there, silent, waiting.

Remember when Jesus looked out at a freshly sown field and said, "Lift up your eyes, and see how the fields are already white for harvest."

Jesus saw the future. He saw that good seeds, good causes, were being sown and taken care of in the present. Therefore, with eyes of understanding faith, Jesus saw the field white for harvest.

If you are anything like me, the problem is not to become further convinced of the law of cause and effect, but to overcome the compulsive habit patterns of responding wrongly in the present moment.

Of course, this is something we each have to do for ourselves, with no excuses, no procrastinating. On the other hand, no self-recrimination is in order when we fall down or don't make the progress we demand of ourselves. Just work away at it, happily, and with frequent intervals of seeking God's help in prayerful meditation. In time your fields, too, will be white for the harvest.

Our Father God

By Frances W. Foulks

One of the first steps in spiritual unfoldment is to form a new concept of God, for most people have long had in their minds an idea of God as a big man in a faraway heaven, a jealous God, a mighty yet variable God, a wrathful God, one whom they could not understand and who was hard to please. This idea must be erased and the unknown God (whom we have so long worshiped) become to us a living, vital Presence, ever ready, ever able to help us when we call. We must, as Paul told the Athenians, "feel after him and find him. Yet he is not far from each one of us, for 'in him we live and move and have our being.' "

The true God must be discovered by each of us. We cannot convey to another our conception of God, for words are inadequate to express that which God reveals of Himself to us. Does the description of a lily reveal its beauty to one who has never seen a lily? Does the description of a rose convey the rose's rare perfume to one who has never been within its radius? All are word pictures of one trying to convey the known to the unknown. We who are so filled with the joy of finding Him know that all the words we can use in trying to describe to others the omnipresent, omnipotent, omniscient One are insufficient to tell what we feel and know of Him. We can only inspire others and stimulate their search for the answer to the question, "Who and where and what is God?" They will find a satisfactory answer only when they have ceased searching in the outer and searched their inmost self, their inner I. The God they find within will no longer be an unknown God, but a very near Father-

Mother-God, ready and willing and able to give to His child all the good things so long desired. Only one man, Jesus Christ, has truly described God in words, and He spoke to God and of God as Father. Only one man, Jesus Christ, has fully received from the one we call God the confirmation of Son-ship, and He called God "our Father." This One who so constantly declared that He of Himself could do nothing, that it was the Father within doing the mighty works through Him, was given all wisdom, all power, all dominion, in heaven and Earth, and He recognized always: "I and the Father are one."

Each one, through his concept of God, forms his own capacity to receive His gifts. A pint jar holds only a pint, a quart jar holds only a quart, and no more can be put in either, nor can more be taken from them. Neither can God give to us of health, happiness, or supply more than we conceive He can give us. We limit God in our thoughts, words, and acts, and by so doing we limit ourselves. The concept of God that has been ours in the past is now manifesting in our lives as beauty or ugliness, health or sickness, peace or strife, abundance or poverty. Our concept today will reproduce itself in the tomorrows, unless we take it in hand and erase it from our consciousness.

If our vision is downward and there is in it no conception of God as the Giver, the Guide, the Knower; if we are seeking in the material for our good, we are selling our birthright for a mess of pottage, and very poor pottage at that. Sooner or later we all come to a time when we find that the things for which we have so eagerly sought are "of the earth earthy," and will never satisfy, even if our lives overflow with that which the world calls happiness and success. Satisfaction can come only by

truly knowing our Father God, by changing our limited thoughts concerning this Giver of health, happiness, and abundance. To find this satisfaction we must keep seeking, keep glimpsing often and still more often the limitless One, until our very souls cry out, "I see, I see!" Then the outer manifestation will express the inner beauty which has become ours through such seeing, for "Your Father who sees in secret will reward you."

Examination of the mental realm will reveal to us what we are thinking of God, and a survey of the body and affairs will show the out-pictured inner thoughts. Is the God of our mind made in our own image and likeness, with our own frailties and short-comings? Watch the one who is stingy, selfish, and you will sooner or later find that the God in whom he believes is, to him, a penurious God. The body of such a one will be cramped, the life-stream running low; the pocketbook will be lacking, there being deprivation and lack and limitation in mind, body, and affairs. The one who believes in a generous God, an unlimited Giver, will be open-hearted and liberal, and the body and affairs of such a one, through realization and use of the law of giving and receiving, will admit freely of God's gifts, the supply being equal to the need, even overflowing. A loving person sees God as love, and much love is expressed in his life to and from others, and as protection and provision. A revengeful and cruel person, a critical person, will see these same characteristics in his God, and there will be much retaliation, much cruelty and criticism in his life. A just person has a just God and a freedom from injustice. One who scatters his forces and lives in his emotions will create a God who may or may not answer his call, who may or may not be within reach when

needed, both he and his God being unstable in all their ways. Our God will be to each of us, day after day, year after year, life after life, just what we think He is.

David knew this, for he said:

"With the loyal thou dost show thyself loyal; with the blameless man thou dost show thyself blameless; with the pure thou dost show thyself pure; and with the crooked thou dost show thyself perverse."

What are you thinking of God? Whatever your life is manifesting. Every thought of your mind opens the door for the expression of that which God is - life, love, opulence - or it puts up a barrier between you and God and the good which is ever in His mind for you. All the world is hungering for God, whether one is conscious of this or not. Every human need is a need for more of God (Good) or a lack of God (Good). The Father-Mother heart of God is eternally brooding over its own, which we are, until such a time as we are weary enough of seeking in the outer for our good, tired enough of the error manifesting from such seeking, to turn to Him and let Him have His perfect way in our lives. When we stop our search in the outer, from rushing to and fro seeking for something that is never satisfying, we will hear the invitation which is being eternally broadcast right out from the Father's own heart: "Come to me, all who labor and are heavy laden, and I will give you rest." "Ho, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. "There is not an error condition in life that will not be wiped out if we listen earnestly to these messages, become interested enough to seek the way, receptive enough to let our good in; for the One who extends the invitation to all, regardless of race, creed, or station, is God, the

omnipotent God, the same yesterday, today, and forever; who is no respecter of persons but welcomes all who come seeking, asking, knocking.

God is the great Knower, able to guide, direct, teach; that divine Intelligence to which we may turn any moment with any problem, and receive complete and satisfactory answer; the One who says: "I will instruct you and teach you the way you should go; I will counsel you with my eye upon you." He is the great Peacemaker, ready always to establish harmony, justice, divine order; the One to whom the Psalmist spoke when he said: "Great peace have those who love thy law; and nothing can make them stumble." He is a mighty Physician, always pressing out to us through the life-stream more of health and strength and vitality, always assuring those who cry out to Him in their pain: "I will restore health to you and your wounds, I will heal." He is a loving Father, a generous Giver, who holds the wealth of the world in His hands and pours out in an overflowing measure to whosoever is open to receive, "endowing with wealth those who love me, and filling their treasuries."

We will find when we lift our vision, and speak face to face with that "high and lofty One who inhabits eternity, whose name is Holy," laying before Him our needs, resting them in His loving hands, that no matter how impossible the way seems, He will say to us, "Is anything too hard for the Lord?" and in His rich giving of Himself to us, He will further say: "Will you command me concerning the work of my hands?" Over and over in the Holy Book this is told by precept and example; over and over we who put our trust in the Father find that it is also true to us.

-Continued next month

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> Dean's Cabaret Show 7:30 PM
<i>2</i> Sunday Services 10:30 AM Youth Ed 10:30 AM Dean's Cabaret Show 2:00 PM	<i>3</i>	<i>4</i> Tai Chi 10:00 AM	<i>5</i> AA Men's Group 10:00 AM CA 7:00 PM Choir – 6:00 Bell Choir – 7:30	<i>6</i> Ukulele Praticce 7:00-9:00 PM	<i>7</i>	<i>8</i>
<i>9</i> Sunday Services 10:30 AM Youth Ed 10:30 AM	<i>10</i>	<i>11</i> Tai Chi 10:00 AM	<i>12</i> AA Men's Group 10:00 AM CA 7:00 PM Choir – 6:00 Bell Choir – 7:30	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i> Sunday Services 10:30 AM Youth Ed 10:30 AM	<i>17</i> Ladies Night Out Manhattan Café' Corner of Lin Ferry & Tesson Ferry 5:30 PM	<i>18</i> Tai Chi 10:00 AM	<i>19</i> AA Men's Group 10:00 AM CA 7:00 PM Choir – 6:00 Bell Choir – 7:30	<i>20</i> Ukulele Praticce 7:00-9:00 PM	<i>21</i>	<i>22</i>
<i>23</i> Sunday Services 10:30 AM Youth Ed 10:30 AM	<i>24</i>	<i>25</i> Tai Chi 10:00 AM	<i>26</i> AA Men's Group 10:00 AM CA 7:00 PM Choir – 6:00 Bell Choir – 7:30	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i> Sunday Services 10:30 AM Youth Ed 10:30 AM	<i>31</i>					

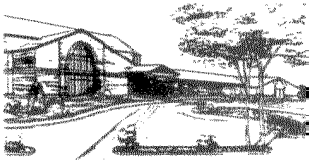
Wings

THE OCTOBER NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The light side – A little holy humor

Why does rain drop but snow fall?

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?

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?

We say, "It's Greek to me." What do the Greeks say?

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?

Can you drive in the car pool lane if you're driving a hearse with a corpse in it?

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?