

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

September
2011

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

Inside this issue:

News and events
Truth Thoughts
Quotable Quotes
Calendar
Humor

Reflections on Truth

By Eric Butterworth

THERE IS NO AIM in life higher than that of seeking Truth, and there is no reward in life greater than that of finding the Truth. Unity is called "the study of Truth," and its advocates are called "Truth students." Unity magazines print a continuous flow of articles dealing with how Truth can set you free.

And yet ... the great question is still as relevant today as when Pilate asked it 2,000 years ago, "What is Truth?"

Truth is the whole of things.

The universe as the whole of manifest and unmanifest creation is the Truth. But, of course, we have come to know only an infinitesimally small part of the whole. Truth is infinite and immeasurable. No one can know the whole Truth. Those who claim that they have found the absolute Truth or the perfect path to its full realization are simply giving evidence that they have lost their way and have settled for partial answers. Montaigne rightly says, "We are born to inquire after Truth; it belongs to a greater power to possess it."

Definitions are usually limiting, but even though Truth cannot be finally stated, the word *Truth* may be defined as a point of reference. You should note that

we are using the word in a capital-letter sense. We are not thinking about truthfulness as opposed to dishonesty. However, the same meaning does apply, but *the Truth* is in a higher realm of application.

AND YOU SHALL KNOW THE
AND THE
TRUTH
SHALL MAKE YOU FREE!
JOHN 8:32

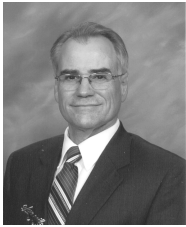
To understand this usage of the word *Truth*, we must first introduce the word *fact*. A fact is that which has existence and can be proved because it is apparent to the

senses. We can see it, hear it, feel it, taste it, and/or smell it.

A man came into my office in deep despair. When I refused to join in his lament and expressed my faith that there are no insurmountable problems, that in the higher realms of his own mind he could release the means of dissolving the apparent obstacles, he promptly dismissed me with, "That sounds good, but you gotta' face facts."

That seems reasonable, but the problem is that we do not have all the facts. We confuse facts with appearances.

--Continued on Page 4



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Senior Minister



Rev. Sharon Allmond
Associate Minister

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Jan Mourning
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Wings

September 2011

Page 2

Rev. Sharon's New Church

Rev. Sharon Allmond has been selected as the new minister of the Unity church in Jefferson City. In her years here with us as Associate Minister, she has blessed us all in many, many ways, and we will miss her. We know that she will be a great blessing to the people in her new church. Please join us after the service on Sunday, September 11th for a farewell celebration for Sharon.



Unity Basics

Join us on Saturday, September 24 from 9:00 a.m. to 12:00 p.m. for an interactive class on *Unity Basics*, facilitated by Jan Mourning, Licensed Unity

Teacher. We will review and explore the history of the Unity Movement and the history of First Unity Church, Unity's Five Principles, and fundamental understandings on the nature of God, humankind, and practical Christianity. Whether you are new to the ideas of Unity or a longtime Unity member, this class will provide an opportunity to deepen your understanding of how Unity's principles and practices can transform your life. *Unity Basics* is a prerequisite for becoming a Prayer Chaplain.

Prayer Fundamentals



Prayer is the cornerstone of Unity. We will explore the power of prayer on Saturday, September 24 from 1:00 to 4:00 p.m. in

the *Prayer Fundamentals* class, facilitated by Jan Mourning, Licensed Unity Teacher. True prayer goes beyond words; it is an attitude of heart and mind, a lifting of consciousness. We will engage in in-depth discussion of true prayer, ways to pray, affirmative prayer, the five-step prayer process, and praying with others. This interactive class is a prerequisite for becoming a Prayer Chaplain and is designed for all who wish to enrich their prayer lives.

A Book Discussion Group is now being organized. The

books that we will read and discuss will not necessarily be Unity books, but other spiritual books, or books agreed on by the group. The first book we will discuss is *Conversations with God* by Neale



Donald Walch. We will meet after church on September 11 to work out details on where and when to meet along with other guidelines. If you are interested please plan to attend the meeting after service on September 11. If you will not be able to attend the initial meeting or have other questions, call Carol Bullock @ 314-894-2602 (H) or 314-518-9598 (C). Every one is invited.



**Club Unity Presents
Dean Christopher's
Great American Songbook
Cabaret Show**

Saturday, Oct. 1 at 7:30 pm
Sunday, Oct. 2 at 2:00 pm

First Unity's Fellowship Hall
Adult Tickets - \$15; \$10 - 16 and under



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

Monday evening, Sept. 19th at 5:30 at Hunan Royal Restaurant, 12456 Tesson Ferry Road at 5:30 PM. For more information call Mary Tumminello - Home: 314-843-1807 Cell: 314-814-4530. All are welcome!



Your donations to **Feed My People** are always greatly

appreciated. A much greater amount of food has been required to meet increased demands.

www.feed-my-people.org

**Silent Unity
September
Affirmations**



Inner Peace: In the silence, I touch the presence of God within and find perfect peace.

Guidance: Spirit leads me on a level path to my highest good.

Healing: I am whole and well through the healing power of God within me.

Prosperity: I give generously and receive abundantly.

World Peace: Today I speak only words of peace.

Why attend church?



There are many reasons people attend church and

many reasons some people do not attend church. It is a matter of choice, but numerous studies and surveys, including the 2009 study by the Barna Research Group, continue to show a statistical connection between happier, healthier, and longer life and regular church attendance.

In addition to spiritual nourishment, church helps to provide fellowship with others. Church is there to serve you, but it is also important that you be there to help serve and support the church. If you have been missing church, we want you back. Church feels good, and we miss you if you are not there. See you this Sunday!

-Thanks, Tom Bullock

Labor of Love

From painting to parenting, from truck driving to teaching, from farming to pharmaceutical research, work is honored as holy.



Some might believe that certain jobs — pastor, missionary, bishop — are holier than others. But in his classic book *The Practice of the Presence of God*, Brother Lawrence, a 17th-century Carmelite monk, tells of performing even the most common, tedious tasks as holy service to God: "I turn the cake that is frying on the pan for love of [God]," he wrote. "It is enough for me to pick up but a straw from the ground for the love of God."

No matter your field of work, remember that any task done in God's name and to his glory is holy.

Disability □ Handicap

Whenever we start something new - a school year, a church programming year, a job, a journey - we meet people of different abilities and disabilities. With new experiences come new fears.



In *Chicken Soup for the Soul: Children With Special Needs*, social worker Jo Clancy writes about John, who became a quadriplegic at age 17 after a diving accident. When Clancy shared her own fears of becoming disabled, John said, "A person can be more disabled by their fears than I will ever be by my physical challenges." He defined a disability as loss of ability in part of one's body but a handicap as an obstacle set in one's path by others or oneself.

Throughout Scripture, God, Jesus and angels tell people, "Do not be afraid." Paul writes that in his weakness, God's power is made known (2 Corinthians 12:9). Don't let fear handicap you — and don't handicap others with your fears. As God strengthens you, may others see his power!

A Clean Slate

One of the best things about heading back to school is the chance for a fresh start. A new year, new teachers, perhaps even a new school offer students the opportunity to try a little harder and do a little better than the year before.



Praise God that he allows us to always start over. Jeremiah writes that the Lord's mercies "are new every morning" (Lamentations 3:23a). With God's help we can begin each day with a clean slate and a new attitude, determined to make some changes for the better.

"Quotable Quotes"

The greatest good you can do for another is not just share your riches, but reveal to them their own. - Benjamin Disraeli

Anything that does not measure up to the Christ pattern of perfection can be changed. - Myrtle Fillmore

Get out of the way and let God take care of you. - Alan Cohen

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. - Thich Nhat Hanh

Any idea, plan, or purpose may be placed in the mind through repetition of thought. - Napoleon Hill

You have to believe in happiness, or happiness never comes . . . Ah, that's the reason a bird can sing - on his darkest day he believes in Spring. - Malloch

Believe in your strength, not your weakness; in your goodness, not your shortcomings; in your divine heritage of abundance, not in appearances of lack. - Ernest C. Wilson

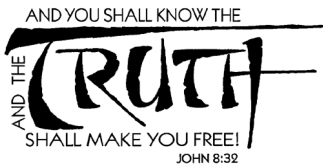
Creative minds have always been known to survive any kind of bad training. - Anna Freud

And the day came when the risk it took to remain tight in a bud was more painful than the risk it took to blossom. - Anais Nin

To forgive . . . means to give-for, that is, to give some definite positive good in place of the evil received. - H. Emilie Cady

That which you resist stays. - Dr. David Hawkin

From Page One . . .



Reflections on Truth

By Eric Butterworth

When we look out our window in the morning and see the sunrise, we may say, "It is a fact that the sun is rising." And yet, at another point on the Earth another person at the very same moment may be facing a beautiful sunset at the *end* of his day. He too may insist, "It is a fact that the sun is setting."

The Truth is that the sun is neither rising nor setting. And let us give thanks that it never does, or the whole solar system would be tragically disrupted. The sun shines eternally. The rising and setting are simply what we see from our particular vantage point. The sunrise and sunset are changing experiences. But the sun is a changeless reality.

This gives us a clue to the meaning of Truth -- that which is a changeless reality. In a changing world we feel insecure. We yearn for stability, for something to hold to. Obviously this changeless reality is non-material, is not a matter of time/space, comes not with observation, and can only be spiritually discerned -- for it *is* Spirit.

We are not implying a dualism. We are not suggesting the idea of Spirit and matter, God and man, or good and evil. This is a unitary universe. There is only one great Mind, one cosmic plan, one Presence and Power that is in all and expresses through all. The dualism is an appearance; it is the two extreme degrees of the existence of anything.

We may refer to water and

ice as two different forms, but they are actually the same form in two different levels of expression. We may see the wave and the ocean as two different things; but a wave *is* the ocean expressing at that particular place *as* a wave.

I am seated at a desk, holding in my hand a book of "Truth." You may observe the book, the desk, and the man. Yet the book is the wisdom of infinite Mind manifesting in the form of a spiritual philosophy. The desk is the substance of the universe manifesting in the form of a useful piece of furniture. And the man is the life of Spirit manifesting as the person that I am. The book may be lost or destroyed. The desk could be consumed in fire. The physical man could deteriorate and die. But there is a changeless reality behind each. This is the Truth.

Sometimes what the senses report may be extremely convincing. It is hard not to accept these reports as complete and final. But Jesus says, "Do not judge by appearances, but judge with right judgment."

The important thing is that there is an inner and an outer side to everything. Everything is a symbol of that which constitutes its inner being.

I have on the desk before me an orange. This is what we have named it. But what is an orange? Is it a gold nugget? Is it a ball? Superficially it could be almost anything that the imagination might see it as being -- until we know its inner side. We may not really know what it is until we eat it. "O taste and see that the Lord is good!"

Our great problem is the tendency to rest content with the outside only. There is always another side; Truth is the key to the inner side -- it *is* the inner side. This would seem

to indicate a dualism again. Even facts seem to be on two different levels, e.g.: (1) the sunrise or sunset, and (2) the sun that simply shines.

You may watch a television program some evening; you see movement, you hear voices, you can even sense emotion. It is a fact that these things exist through your television set right at that moment. But there is another fact that the senses do not take into account. It is a fact that the program you are watching is on videotape, and the performers are not even in the studio at that moment. They may be off relaxing, or even working on other television programs.

So, when we say, "You have to face facts," we might add, "But there are facts ... and there are facts." The materialist may say: "I accept as reality only things that are solid and substantial. I want to keep my feet on the ground." The trouble is that sometimes we don't know when our feet are on the ground.

An Air Force colonel who had not had much flying practice recently took over the controls of a transport plane. Given the "all clear" signal to land, he swooped down on the runway. "One of the best landings I ever made," he said proudly. The junior officer (and real pilot of the plane) nervously cleared his throat and said, "If you don't mind my saying so, sir, you are still fifteen feet off the ground."

The desk on which I am writing appears solid and substantial, but it is what the physicist might call a "macroscopic illusion." It is actually energy in motion, with an infinitely greater degree of empty space than there is solid material. The only reality of this desk is the non-material forces that hold the subatomic

particles in place. So the man who says, "I want to stick to the facts, to things that are solid and substantial," may well be "fifteen feet off the ground."

What we are calling Truth is the reality beyond the facts. The Truth about the desk is the force that causes the electrons and protons and neutrons to do as they do and thus collectively to form the appearance of this stable piece of furniture. There is a force or presence that causes the substances of life to act as they do and to work together to make the body and the man what he seems to be. "But it is the spirit in a man, the breath of the Almighty, which makes him understand." This is the Truth.

Emerson defines prayer as "the contemplation of the facts of life from the highest point of view." It is an interesting observation, for it reminds us that facts and Truth are not really contradictory. They only seem to be. It is only that we do not see far enough, completely enough. We see "in part."

Let us look through an imaginary telescope out into the depths of the universe. To know ourselves we must know our oneness with the whole, with the All-Principle of the universe. Reflecting on the breathtaking sight of the vault of the sky veritably studded with points of light, each of which may well suggest the presence of a whole galaxy of billions of other stars, is mind-boggling. What does it all mean? If you look into a microscope and see the subatomic particles acting for all the world like planets in orbit around the sun, you may realize that it all has meaning simply because you who observe it have meaning. You are an important conflux of creation, the bridge between the world of the

microcosm and the macrocosm.

But here you may begin to suspect what most scientists today believe -- that the true reality of the universe is not in what we see, but in what we cannot see; not in the planets or the particles, but in the forces that hold them in their courses. And the important thing: you know the universe is alive because *you* think, *you* see, *you* experience, *you* are alive.

This universe that you live in and which lives in you is abundant and unlimited in every respect. If it were limited in any sense it would have long since depleted itself. Life, love, health, happiness, beauty, and intelligence, are everywhere. There is always enough to go around. Ideas abound in the mind as do grains of sand on the seashores and stars in the heavens. You can never run out of ideas, only out of the faith to accept them and the vision to use them.

Dave Brubeck, an unbelievably versatile improvisational jazz musician, sits with his band night after night, playing hour after hour, moving from melody to melody and rhythm to rhythm -- never repeating, always flowing forth with original musical forms. One night he was driving in a snowstorm. Into his mind came the fear that one night his mind would go blank, that the original music would come to an end. He felt the cold wave of anxiety sweep over his whole body. Suddenly his attention was caught by the snowflakes falling on his windshield. He realized that in all this storm, and in all the storms of the world throughout history, there had never been two snowflakes alike. How could the unlimited universe fail to have an abundance of variations in musical themes for him?

The continued use of a basic principle never exhausts the principle. Charles Fillmore says, "He [God] must be just as accessible as a principle of mathematics and fully as free from formalism." Consider the simple problem in arithmetic, two plus two equals four. If every mature person in all the world were to simultaneously work this problem out on paper, there would be no strain on the principle to provide the answer. I drop a book to the floor; it is drawn inexorably by the force of gravity. If many people drop many books at the same time, we still cannot affect the power of gravity.

Like the principle of arithmetic and the force of gravity, there is no depletion in God or in the universe when we draw upon Him. What we call life is not a substance that takes up space. It is an animating Principle. It takes no more effort for God to give life to every man, woman, and child on Earth than it does to give life to just one person. There is no quantity to life.

It takes no more effort on the part of the healing activity of life to heal a cancer than it does to heal a cut. God can heal a million people as easily as one. We do not consume life by living, we do not consume substance by spending, we do not dissipate ideas by putting them into action. We are channels through which the Infinite flows limitlessly. It can only be limited by our consciousness.

We need to get out of the consciousness of God as something separate from man, a being "out there" in the heavens. God is the underlying reality behind everything that manifests. There may be a distortion in the manifestation through consciousness, but the

reality is changeless.

What we call "the presence of God" is the activity of God that is present. It is present, not separate and apart from you. It is not present *in* you from the standpoint of being something different from you. It is present *as* you. It is a dimension of you. When we say, as we often do in Truth, that man is an expression of God, we are implying that man is God expressing Himself *as* man.

At this point one might logically ask, "But are you saying that people are expressions of God, and thus there are no bad people?" I am not saying that at all. If I put the problem two plus two on the blackboard and come up with the answer five, this is wrong. It would be ridiculous for me to say that I did not get five for an answer, or to say that there are no wrong answers on the test papers in school. It is equally ridiculous to say that there are no bad conditions in the world.

But what is evil? What is that answer five? Is it purely and simply faulty addition? If I add the figures correctly, I will get the correct answer. The two plus two is a formula that implies four. Man is a spiritual being no matter what answers he is getting in life. Truth is above the line, the facts are below the line. It is a fact that I could have added the figures and come up with the answer five. It is the Truth that the answer is four no matter what conclusion I have reached.

There is no point in denying the fact that a person is sick, that he feels inferior, that he is out of work and hungry, for these are the answers he is getting out of life's experience. But there is a reality beyond the appearances. There is a Spirit beyond the fact of his illness, an all-sufficiency within his

insufficiency, and a potential for effectiveness and success even within his limitations and frustrations. There is more to the person than he is demonstrating and expressing.

To know the Truth means to turn on the light, open the windows, and see yourself in the context of wholeness. One man was taken to the hospital for observation, and after many tests the doctors told him that he had a rare condition that was considered to be incurable. His reply: "Gentlemen, if you are unable to do anything for me, then certainly I have no further need of you." He dismissed them, not with any feeling of bitterness, but with the feeling that he was free to reach for a higher experience. In the uplift of a great faith he recalled Gibran's thought, "For what is prayer but the expansion of yourself into the living ether?" In this consciousness he had the expansive feeling of unity with the whole of infinite life. This simple thought came to him, and he affirmed it repeatedly until he dropped off to sleep: "As the water blends with water, as air blends with air, so does my Spirit, Father, blend with Thine."

He slept restfully for a full twenty-four hours. On awakening he knew that he was healed. He called a nurse, who in turn called the doctor on duty, who in turn called in a specialist. After further tests, it was confirmed: the condition had somehow disappeared. He was indeed healed.

Jesus said, "In the world you have tribulation; but be of good cheer, I have overcome the world." This means that the three-dimensional world is replete with facts and changing conditions, but there is always a transcendent quality through which overcoming and healing

and victory are available. Through the indwelling Christ we can do all things.

We must learn to "tell the Truth" about ourself and our experiences. Until we do this we will be only half living, and half using the potentialities of our being. No matter what the condition of the physical body, we must tell the Truth: *My body is the temple of the living God, dynamically alive with the wholeness of Spirit.*

Regardless of the condition of our finances, we must tell the Truth. *I am always in the free flow of substance. There is abundance with which to do all the things that need to be done by me.*

No matter the conflicts or estrangements in our relationships with people, we need to tell the Truth: *God loves me with an everlasting love, and His whole Spirit of love is in me. I am in love with all persons, and I relate easily, lovingly, and harmoniously with everyone.*

The Truth is always an underlying reality. To tell the Truth is not just a moral duty. It is a dynamic technique by which we get in tune with the greatness of life and give continuity to the divine creative process.

There is always a choice: whether or not to deal with the changeless reality of Spirit. Why go through life limited or impoverished when the universe is abundant with all things? Life is not just to be endured. Life is for living! Tell the Truth and experience it!

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Ukulele Practice</i> 7:00-9:00 PM	2	3
4 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>	5	6 <i>Tai Chi</i> 10:00 AM	7 <i>AA Men's Prayer</i> 10:00 AM <i>CA 7:00 PM</i>	8	9	10
11 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i> <i>After the Service:</i> <i>Farewell Celebration</i> <i>for Rev. Sharon</i> <i>Book Discussion Group</i>	12	13 <i>Tai Chi</i> 10:00 AM	14 <i>AA Men's Prayer</i> 10:00 AM <i>CA 7:00 PM</i>	15 <i>Ukulele Practice</i> 7:00 – 9:00 PM	16	17
18 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>	19 <i>Ladies Night Out</i> Hunan Royal Restaurant 12456 Tesson Ferry Road at 5:30 PM	20 <i>Tai Chi</i> 10:00 AM	21 <i>AA Men's Prayer</i> 10:00 AM <i>CA 7:00 PM</i>	22	23	24 <i>Unity Basics Class</i> <i>By Jan Mourning</i> 9:00 AM – Noon <i>Prayer Fundamentals</i> <i>By Jan Mourning</i> 1:00 – 4:00 PM
25 <i>Sunday Service</i> 10:30 AM <i>Youth Ed 10:30 AM</i>	26	27 <i>Tai Chi</i> 10:00 AM	28 <i>AA Men's Prayer</i> 10:00 AM <i>CA 7:00 PM</i>	29 <i>Ukulele Practice</i> 7:00 – 9:00 PM	30	October Dean's Cabaret Show October 1: 7:30 PM October 2: 2:00PM

Wings

THE SEPTEMBER NEWSLETTER OF FIRST UNITY CHURCH OF ST. LOUIS

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The light side – A little holy humor

ACTUAL NEWSPAPER HEADLINES

Something Went Wrong in Plane
Crash, Expert Says

Cold Wave Linked to Temperatures

Typhoon Rips through Cemetery;
Hundreds Dead

Juvenile Court to Try Shooting
Defendant

War Dims Hope for Peace

Miner Refuses to Work after Death
If Strike Isn't Settled Quickly, It May
Last Awhile

Enfield (London) Couple Slain; Police
Suspect Homicide

Red Tape Holds Up New Bridges!

Local High School Dropouts Cut In
Half

Astronaut Takes Blame for Gas in
Spacecraft

Hospitals are sued by 7 Foot Doctors

Police Begin Campaign to Run Down
Jaywalkers

Man Struck By Lightning: Faces
Battery Charge

Vaccine May Contain Rabies

Panda Mating Fails; Veterinarian
Takes Over

New Study of Obesity Looks for
Larger Test Group

Kids Make Nutritious Snacks

Two Convicts Evade Noose, Jury
Hung.

Drunk Gets Nine Months in Violin
Case

Iraqi Head Seeks Arms

Reagan Wins on Budget, But More
Lies Ahead

College Opens Doors to Hearing