

Wings



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

The Newsletter of
First Unity Church
Of Saint Louis

August 2015

- ❖ Inspiration
- ❖ Information
- ❖ Illumination

Inside this issue:

- News and events
- Truth Thoughts
- Quotable Quotes
- Calendar
- Humor
- God Is the Answer
Dana Gatlin

Trust the Spirit Within

By Mary Kupferle

Trust the Spirit within, dear friend, to help you relax and let go.

Trust the Spirit within to increase your health, happiness, and contentment.

Trust the Spirit within to bring you refreshing rest, sleep, and renewal each night. Trust the Spirit within to reveal to you right companions and satisfying relationships. Trust the Spirit within to pave the way to effective action and enjoyable living.

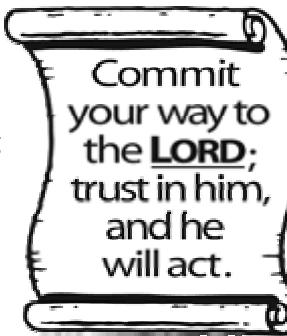
Trust, truly trust, the Spirit within.

Your trust frees you from burdens and releases you from feelings of excessive responsibility. To trust the Spirit within enhances the working of your intellectual processes and helps you perceive when the suggestions of others are wise and right for you. To trust the Spirit within brings you inner freedom from heaviness of thought and emotion and lifts you above the strain of difficult striving.

Practice momently trusting the Spirit within to reveal to you what you need to know. Trust the Spirit within to direct you in helping your body adjust to healing,

strengthening, rebuilding. Trust the Spirit within to guide you into the most helpful ways of communicating with your family, into relating successfully to any challenge in home or business. Trust the Spirit within to unfold your life plan, and trust the Spirit within those whom you love to unfold their life plan to them. ...

Trust the Spirit within to give you the right ideas to solve anything in your life that needs solving. Trust the Spirit within to illumine your mind. Trust the Spirit within to heal your body. Trust the Spirit within to release you from limiting relationships or habits. Trust the Spirit within to free you from agitation or irritation in regard to the attitudes of others. Trust the Spirit within to quiet your impatience and bring new peacefulness to your soul. Trust the Spirit within to show you how to handle your business, to give you guidance in making decisions, to fill you with a feeling of well-being. ...



Psalm 37:5, NRSV

--Continued on page six



Rev. Randy Schmelig
Minister

ASSISTANT MINISTER
Jan Mourning, LUT

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Deb Fry
Sharon Lindsey

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After 21 years of service at First Unity and over 40 years in the ministry, **Rev. Randy has announced his retirement**. The board has hired assistant minister, Jan Mourning, as our new spiritual leader. Please join us for a farewell party following his final service on Sunday, August 30th.

Prayer Chaplain Program

For those interested in becoming a Prayer Chaplain, orientation meetings will be held in the adult classroom after the Sunday service. Come to either of these meetings to learn more about the Prayer Chaplain program and the expectations, responsibilities, and future training. If you are feeling called to serve others and deepen your own prayer practice, please join us.

Prerequisites for becoming a Prayer Chaplain:

Orientation Meeting on either August 23 or September 13, 11:45 a.m. – 12:15 p.m.

Unity Basics Class - September 26, 9:00 a.m.-12:00 noon

Prayer Fundamentals Class - September 26, 1:00 - 4:00 p.m.

Fall Overnight Retreat - October 16-17 at Sisters of St. Joseph, Carondelet
Pre- and Post-Training Interviews - To be scheduled

First Unity Family Game Night

August 14th - 7:00 p.m.

Come join the fun! There will be games for all ages. Bring snacks to share. Soft drinks and water will be provided.

Ladies' Night Out Group:

Brisco in Holiday Inn at Lindberg and Highway 55 on August 20th at 5:30. For more information call Mary Tumminello – Home: 314-843-1807 Cell: 314-814-4530.

 **August 11:** Boston Girl by Anita Diamant

September 8: Far from the Madding Crowd by Thomas Hardy (*Note this change.*)

October 13: To Kill a Mocking Bird by Harper Lee

Laughter Yoga with Jodi

Simple stretching, breathing and guided meditation! Join in for a



positive spiritual experience on Thursdays, 4:00 - 5:00 PM, in Fellowship Hall.

Feed my people

Donations are often down for all food pantries during the summer months, and with children home from school, there are more mouths to feed, so your gifts of food are especially appreciated at this time of year. There is a table for donations provided in the bookstore.

www.feed-my-people.org



Our **bell choir** is looking for two new members. If you or someone you know loves music and knows how to read music, let them know about our bell choir auditions coming up on Saturday, August 1st. Auditions will be held from 9:30am - 11:30am. Any musician, high school age and older, can try out. Rehearsals during the year are on Saturday mornings at 10:30am from mid-August through May.

Our Youth Education

department is growing. We sure could use extra hands and hugs. If you could help just one Sunday a month, it would make a big difference for our church and our children.



LENDING LIBRARY

Our **Lending Library**, near the elevator, continues to grow. Stop by and check out an inspirational title from among a wide selection of books written by some of Unity's greatest authors and teachers.

There are also many other favorites for you to enjoy, written by other New Thought and spiritual thinkers.

August Affirmations



Inner Peace: I am one with Christ, and I am at peace.

Guidance: I act on my

guidance from God.

Healing: I am strong, healthy, and vigorous.

Prosperity: Divine ideas prosper and bless me.

World Peace: My peaceful presence contributes to peace in the world.



Teacher Appreciation

What is a teacher, if not a mirror in which we perceive the divine image hidden in the soul? What is a teacher, if not a sower of seed and a cultivator of young gardens? What is a teacher, if not a shaper of souls and a guide who gently shows the right path for the journey? What is a teacher, if not the most hopeful of dreamers, who plants and nurtures and sees the bright destiny and harvest of the work even when the student cannot? What is a teacher, if not a shepherd watching over the flock and leading it to abundant pastures?

Dreamers and sharers of dreams, sowers of seed and guides who chart the way, mirrors of goodness and shepherds of grace — it is for these teachers and this ministry that we give abundant thanks to God.

—Author unknown

Reverse Economy

In *Love Does* (Thomas Nelson), Bob Goff describes his childhood interactions with a storekeeper. Goff would choose some candy, spread his change on the counter and let the man count out what was owed. One morning, judging by the man's face, Goff could tell there wasn't enough money.

"We're one penny short," the storekeeper said. After a long pause, he took one of Goff's pennies, rubbed it with some vinegar and revealed a coin that looked brand new. Returning it to the pile, the man said, "In my store, shiny pennies are worth double."

Goff says that was an important lesson about Christians' role in Jesus' economy, where the poor are rich and we must give to receive: "We get to decide that people, including ourselves, are worth more than others might figure and that following Jesus means doing the math differently sometimes," he writes. "Because actually we're all on the same side of the counter when it comes to needing a little help and

grace and a shiny penny now and then."

The Road of Life

God of our life,
there are days when the burdens we
carry
chafe our shoulders and weigh us
down;
when the road seems dreary and
endless,
the skies gray and threatening;
when our lives have no music in
them,
and our hearts are lonely,
and our souls have lost their courage.
Flood the path with light,
turn our eyes to where
the skies are full of promise;
tune our hearts to brave music;
give us the sense of comradeship
with heroes and saints of every age;
and so quicken our spirits
that we may be able to
encourage the souls of all
who journey with us on the
road of life, to your honor
and glory.

—St. Augustine



The Memorial Rock

In a sermon, Baltimore pastor John Schmidt told of an experience from more than 30 years ago. While he was walking through the French Quarter in New Orleans, two men asked him for a handout. He offered to go buy them some food if they were hungry.

The men agreed they needed food, so the three of them walked to a grocery store. Schmidt bought bread, bologna, mustard and milk. When he gave the food to the men, one had tears in his eyes.

Reaching into a pocket, that man brought out a pretty rock. "Look," he said, "I have nothing to give you for doing this. But I've been carrying around this beautiful rock, and I want you to have it."

From the pulpit, Schmidt then held up the rock to show the congregation. He'd kept it for three decades as a reminder of the men and their gratitude for his kindness.

"I have to be concerned about the people around me," Schmidt said. "Even if they look like they aren't being responsible with their lives, I'm called to love them because God loves them."

"Quotable Quotes"

If you lack knowledge, go to school.
If you lack wisdom, get on your knees! Knowledge is not wisdom.
Wisdom is the proper use of knowledge.

—Vance Havner

I always wondered why somebody doesn't do something. Then I realized I am somebody.

—Lily Tomlin

Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.

—Langston Hughes

What I want is, not to possess a faith, but to have a faith that shall possess me.

—Charles Kingsley

If you find it in your heart to care for somebody else, you will have succeeded.

—Maya Angelou

Faith is essentially reasonable. It trusts in the character and promises of God.

—E. Chris Curvin

You never find yourself until you face the truth.

—Pearl Bailey

In the stillness, you will find your true being. In the silence you will hear the breathing of your soul.

—Neal Donald Walsch

Lord, walk beside me with your arm over my shoulder and your hand over my mouth.

—Unknown

God Is the Answer

By Dana Gatlin

Chapter XI

There Is a Place

You and I should feel grateful today, this moment, every moment of every day. For there is a place accessible to us where we may find tremendous, life-transforming help, whatever our seeming limitation, lack, or need. It is a place where we find our health and are sure of it, where we find ever-increasing happiness, confidence, ability, poise, and peace.

The negative situations and conditions that have caused you such turmoil and uncertainty are all based on fear. Insidiously interwoven into the human mind, human fear pertaining to all kinds of things and possibilities in the external world is the basis of every conceivable human ill. Human fear brings about physical sickness, injustice, weakness, poor performance, failure. There is but one way to counteract human fear and to do away with it utterly. This is simply to drop from your attention the things or conditions that have caused your dread. You cannot do this alone; the only way to do it is to become God conscious. There is a place in you where you can become aware of the living, active God, where you can give Him full credence and trust. This is the marvelous place I have mentioned from which seeming miracles emerge, from which marvelous things come forth and happen, in which amazing changes take place, in which you are made into a different person, in which your whole life is transformed.

God is with you!

Just how often do you think of that? What does the presence of almighty God really signify to you as you eat and think and plan and pray and play and carry on the various enterprises of every day? Are you really interwoven with the invisible

fabric of almighty God, warp and woof, when you yield your secret soul to dreads and shrinkings and to assaults from the external world? No! You have forgotten God, what He is, and what he indubitably can do for you.

Yet any moment you so decide, you can turn innerly and learn to abide in this wonderful place where you will be rebuilt and renewed. New strength, new courage, new confidence, new energy, new purpose--right where you are, under whatever circumstances, you can switch your attention to God, who is the ever-present, omnipotent Spirit of good. You can name and claim Him; in any situation you can practice giving your full credence to the supreme presence and power of the Almighty. You can practice abiding; fully expecting-knowing-that God is rightly and powerfully acting in and for you, and will adequately, victoriously, reveal Himself in your visible world in plenty of time. But you must yield yourself fully to the sense of His good now actively at work. This is the place of true prayer: a supreme and indestructible consciousness of God, of His love and your trust, and of divine co-operation, which you can carry with you wherever you go, into the humblest task or the highest undertaking.

It is not a question of being self-conscious or merely world conscious, but God conscious. God is with you. Any moment, increasingly every moment, you can feel this marvelous realization becoming more spontaneous, alive, and vivid within you. Suffusing your whole being, permeating your whole consciousness, flowing illimitably from beneath your consciousness, filling you with the sense of God, His unseen but infallible action, caring for, protecting, adjusting, and directing you and your whole world. No wonder you begin to feel better. Your human shackles, your bonds and irritations and frets and fears, whatever they may be, have lost their

power over you. God Himself is present and in charge. Let Him have full sway. In the soothing, electrifying sense of His nearness, directorship, and power you are willing to relinquish your personal strains and bothers, your human shortcomings, your prejudices, your petty annoyances, your weakness and dark emotional surges, your previously engulfing hardships and hatreds and fears.

God Himself, His mighty directive wisdom and love and power, is washing your life clean and pure and bright for you, is extending before you paths that are inspired of Him, paths that are sure, undefeatable, happy, and blessed. They cannot be other than blessed any moment of any day, no matter what your mind or hands may find to do; for at the very foundation of your being God is with you. Your sense of His presence and directive power, in all that you say and do and function with and are, grows and spreads through your whole being. His presence is in the midst of every thought and deed and aspiration, every physical functioning and external enterprise.

God is with you. And God is good. More and more you can feel His presence charging your own innermost being, coloring and changing it from doubt and weakness into glorious certainty and strength. You are willing to give up your anxious concentration on ways and means, on specified results, for God's results are bound to be good. The ills of your environment become less provocative to you as you loose yourself from the necessity of grappling with them personally. Your sole responsibility is to remember that God is ceaselessly with you. In this increasing realization you can even give over feeling responsible for yourself. What a blessed relief! God becomes responsible for you the moment you cease feeling responsible for yourself. Your responsibility to God is to give yourself over to Him so completely

that you feel surcharged with Him, with His ceaselessly active, illimitable, infallible good. This place where you come to feel intimately God's loving, powerful presence has no tangible location. You can take Him with you and unerringly find Him in any spot, condition, circumstance, or venture. Jesus said, "The kingdom of God is within you." We usually say that knowing God is a matter of consciousness. But the term *consciousness* seems too cold and abstract to have a vital meaning for many of us. Yet our consciousness is simply what we are aware of. In the complexities of life there is much that we are continuously, changingly aware of in various areas and fringes of our consciousness. Our thought stream is constantly being altered and colored by things that are happening to us, by various impressions we are constantly receiving and registering, often without our being definitely aware of the shifting and change. Our thought stream is so close to us that it is often difficult for us to analyze it, to name definitely its contents, or to exert control over it. But the thought stream can be controlled through vigilance and persistence, through refusing to give attention or allegiance to any power less than God. If we decide to let God rule our consciousness for us, He will help us in this task and bring it to a successful issue.

This is the place where the most important victory of our life will be won. Our practice of the loving, infallible presence of God must be kept up until it becomes an established verity to us, not just something that we think about once in a while, and frantically call on when we think ourselves in danger. If we have really found God and trust Him absolutely, we know that there is no danger. For we know that God is with us, in charge of every situation, bringing forth good only, every good outcome we can conceive or desire. This blessed knowledge

and all that it connotes has come to fill every whit of our conscious mind. We are the human receptacles, instruments, agents of the Almighty; we have become fit, perfected, protected channels in all that we think, aspire to, and do. This has become our habit of thought and feeling. We don't have to pump up the thought of God to rescue or to aid us. It springs to our aid and simply wipes out the fear of ill before the negative thought has had a chance to register or to make any impression. So deeply is our God consciousness established that it has blended with all our instincts and intuitions, inclining them toward absolute trust and dependence on God. We draw on Him as simply and spontaneously as our lungs draw breaths from the air. We cannot doubt or dread or fear; this has become an impossibility because we are magnified in God. We cannot worry, be suspicious, or feel anger or hate. Through the practice and establishment of God's presence we find that our attitude has changed, not only toward the Almighty but toward ourselves and our capabilities and toward the things and circumstances that combine to make up our external world. This altered attitude of confidence, absolute assurance, joy, enjoyment, and expectancy of good can be put into the humblest task. You will tingle with a new and unguessed sense of freedom as you shake off the old dreads and inhibitions. God is with you. God Himself, protecting, sustaining, leading you. Not only for yourself but for every associate and situation you can feel His actively beneficent presence. Why be craven, or inert, or unforgiving, or suspicious, or mean? Better, a million times better, to thrill with the gladsome upsurge of strength and conviction: "The omnipresence of God fills my whole world with good."

God works for us from within outward, and we cannot always calculate how His beneficence will be manifested, except that it is

dependent on full self-surrender to Him and absolute trust. During an intense spasm of physical pain a certain woman was trying to keep her attention on God. Prayer had helped her to endure previous attacks, and she had to a certain extent lost her fear that in the midst of one of them she might die. She was straining to remember that God was her life, her physical perfection, her invincible strength, but the contortions of her whole organism seemed to become more violent. Suddenly she ceased all personal trying: "You gave me my life," she thought, "and put it in this body, Father, and if You want to take it away I am not afraid. It is Your life-do what You will with it. I know whatever You do will be good." She felt first a soothing sense of peace in her full surrender. Then gradually she felt the terrific physical disturbances amazingly unknotting and smoothing themselves out. Her organism seemed to relax and adjust itself as if under the ministrations of a great, loving, infinitely skillful hand. It must have been that insidious and perhaps unsuspected fears were touched and erased away. "I must not ever forget this," thought the grateful woman. "O Father, teach me how to trust You more and more!"

Later she carried the lesson of this experience into other phases of her life. God would work in every department of her life if she would let Him. She must yield herself to His power and let Him erase whatever obstructions there might be, discouragements, bitterness, anxieties, and petty concern for self. She had to learn human forgiveness and the true meaning of trust and love. Her health improved steadily. A partial paralysis was cleared away as if certain parts of her organism had been freed at the same time that her mind was liberated from constricting fears. She tried not to entertain any thought that had previously caused antagonism or dread. She simply dropped it, remembering the presence and power

of God and putting every phase of her life in His keeping. It wasn't always humanly easy, but she must not forget.

Her health improved, her opportunities increased and her ability to meet them; her environment became happier, her attitude toward her associates, toward her work, and toward life was more friendly and optimistic, and one day she realized that her whole nature had changed. More resourceful, kinder, more tolerant and patient, more cheerful and courageous, more dependable, more confident of success and more successful, she had become a different person. In all her dealings, enterprises, situations, and in every smallest task she learned to include God by dropping the mere personal attitude. It was first a formulated prayer that helped her, then it grew into the very fiber of the being, whence it came forth spontaneously:

"I am a creation of the Most High and am now open to His fullest blessing!"

And veritably in her manifest world she walked with blessings; the most assured and dependable blessings in this changing world, for they came from the Most High.

"I am lifted up to the Christ consciousness. I am one with all love (good) everywhere. I am at peace with the world. I am free. I am free."

You build up your consciousness of God's presence not only by meditation and prayer, not only by changing your thought habits and controlling your wayward emotions. You build by means of the things you do all day long and through the spirit in which you do them; not strainingly, dubiously, or rebelliously, but freely, confidently, gladly. By your uplifted and gladly expectant attitude toward yourself, your God, and your world, you yourself are metamorphosed and your outer experience is bound to change.

Remember every moment of every day that in every fiber of your

being, in every contact and venture and situation, permeating, protecting, guiding, and blessing, *God is with you!*

From Page One

Trust the Spirit within—within yourself, within others, within any situation or circumstance confronting you. Trust the Spirit within your business ventures,

within everything around you, within the weather, the plane in which you fly, the car in which you drive, or the environment in which you live. If you think that your faith is not adequate or your belief not strong enough, start to build that faith and belief with these very words, saying them boldly and firmly: I trust the Spirit within.

Practice trusting God, practice trusting His presence in you, practice trusting God's presence in others. Practice and continue practicing. Repeat the words: I trust the Spirit within, then let go. Discipline yourself to affirm this at the very moment you become upset or disturbed about something. Use the wonderful tools of your mind and heart positively and constructively and stay with the affirmative attitude of trusting the Spirit within until you begin to feel an inner response. It will come. ...

No matter how deep your difficulty appears to you, trust the Spirit within to guide you to victory. It will. If at first you find it a struggle to trust, trust anyway. If you feel that it is impossible for you to trust, trust anyway. If you think you cannot make the grade, trust the more. If you doubt your own ability, potential, or capacity of faith, just be

the firmer and more insistent that you can trust the Spirit within. Trust again and again and again. Trust by the moment. Trust in the morning, trust every hour on the hour, trust at work and at rest. Trust yourself, trust others, trust life, trust the Spirit in everyone and in everything. The reality of the Spirit of God lies within all, worthy of trust. ...

You, dear friend, stand upon the brink of your good at this moment. It is there, right where you are now. Begin to accept and receive it, first mentally and within your heart by fully trusting the Spirit within. Declare often, to deepen this acceptance: I trust the Spirit within. You will be following the direction of the One who knew the way to receive the very best of the kingdom of good. You will be launching into the deep with greater awareness of the good that lies ready and waiting for your acceptance in faith.

Trust the Spirit within.

Mary L. Kupferle was an ordained Unity minister. Since 1944, her articles have appeared in Unity Magazine, Daily Word, and other Unity publications. She has inspired millions of readers through her writings, including this excerpt from her book, God Will See You Through.

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <i>Sunday Services 10:30AM Youth Ed 10:30AM</i>	3	4	5 <i>AA Men's Group 10AM CA 7PM</i>	6 <i>Yoga Class 4-5PM Ukulele Practice 7PM</i>	7	8
9 <i>Sunday Services 10:30AM Youth Ed 10:30AM</i>	10 <i>Prayer Chaplain Meeting 6:45PM</i>	11 <i>Book Club Boston Girl by Anita Diamant at Bread Co, 2PM</i>	12 <i>AA Men's Group 10AM CA 7PM</i>	13 <i>Yoga Class 4-5PM</i>	14 <i>Family Game Night 7PM</i>	15
16 <i>Sunday Services 10:30AM Youth Ed 10:30AM</i>	17 <i>Ladies' Night Out, 5:30PM at Brisco's in Holiday Inn at Lindbergh & Hwy 55</i>	18	19 <i>AA Men's Group 10AM CA 7PM</i>	20 <i>Yoga Class 4-5PM Ukulele Practice 7PM</i>	21	22
23 <i>Sunday Services 10:30AM Youth Ed 10:30AM</i>	24	25	26 <i>AA Men's Group 10AM CA 7PM</i>	27 <i>Yoga Class 4-5PM</i>	28	29
30 <i>Sunday Services 10:30AM Youth Ed 10:30AM</i>	31 <i>Retirement Party for Rev.Randy</i>					

Wings

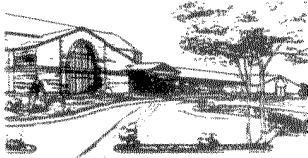
THE AUGUST 2015 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

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The light side — A little holy humor

An **oxymoron** is a contradictory word pair. George Carlin popularized Military Intelligence and Jumbo Shrimp in his stand-up comedy act, along with "Drive on the Parkway, Park in the Driveway."

Awful good
Bitter sweet
Civil war
Classic rock
Clean coal
Clearly misunderstood
Cool passion
Crash landing
Current history
Damaged goods
Deafening silence
Death benefits
Detailed summary
Divided loyalty

Elementary calculus
Exact estimate
Found missing
Freezer burn
Friendly takeover
Genuine imitation
Good grief
Growing smaller
Humane slaughter
Icy hot
Idiot savant
Ill health
Intense apathy
Larger half
Lead balloon
Loyal opposition
Minor miracle
Negative growth
Old news
One-man band

Only choice
Open secret
Paper towel
Peaceful conquest
Poor health
Pretty ugly
Random order
Recorded live
Resident alien
Sad smile
Same difference
Seriously funny
Small crowd
Soft rock
Steel wool
Student teacher
Terribly good
True fiction
Unbiased opinion