

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

February 2015

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

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God Is the Answer
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Love Never Faileth

By Martha Smock

So much has been said and written about love that it would seem there is nothing more that can be added. And yet the subject of love, like the subject of life, is never exhausted, because love is something all of us are experiencing and laying hold of daily. We may have read many books explaining love; we may have heard many lectures and sermons extolling love, but the subject is always new and fresh to us, for love is not something to be read about or talked about but something to be expressed, experienced, and lived.

We can all agree generally with the commandment of Jesus to love our neighbor. We accept it as true and right, until we have a disagreeable, difficult person to deal with. Then this matter of loving is put to the test and we do not always find it easy to apply a general idea to a specific person. "Don't tell me to love him! I can't stand anything about him!" "She is a disagreeable, unpleasant person! How can I possibly love her?"

The other person may not be disagreeable. He may be most anxious to have us like him. He may try hard to please us, but we do not enjoy his company; we withhold our love, because we do not want him to be a part of our life. We want him to go his way while we go ours.

In all these instances what is being resisted is the idea of personal love. We are thinking in terms of personality; we are thinking in terms of human relationships. And if we stop at this level we may find it difficult indeed to love our neighbor. But the kind of love that lifts us out of petty,

personal feelings that helps us to overcome annoyance or resentment toward another is divine love, the love of God, which is in us, which can find expression through us.

It is only when we try to love from the level of divine love that we are able

to see other persons in a divine light. We are able to look past the personality to the child of God. We are able to love this child of God. We can in all sincerity say to anyone in silent prayer, "I love and praise the Spirit of God in you." We may resist doing this, we may not want to try to see anything good in someone who distresses or annoys us, but it is the only way to peace of mind for us; for when we feel unloving in any degree toward anyone, we are not free and happy within ourselves. We are bound by our own unloving thoughts, and only our thoughts of love, divine love, have power to release us, to set us free, to renew our heart.





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Wings

February, 2015

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We have a new office manager. Her name is Sara DeWitt, and we welcome her with open arms to our Unity family!

This month the **Ladies' Night Out Group** will meet at 5:30 on Feb. 16th at Rich and Charlie's, 9942 Watson Road, Crestwood.



For more information call Mary Tumminello – Home: 314-843-1807 Cell: 314-814-4530.



February 10: Unbroken by Laura Hillenbrand

March 10: The Unlikely Pilgrimage of Harold Fry by Rachel Joyce

April 10: The Red Tent by Anita Diamant

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

In addition to food, the following items are always welcome: warm blankets or heaters for those who have no way to keep warm, -- personal care items such as toilet paper, shampoo, soap, etc., -- items for the elderly such as Ensure and Depends, -- baby items such as diapers and wet wipes.

www.feed-my-people.org

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.



Our Lending Library has been given a new makeover and is now open for business at its new location near the elevator. 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.



February Birthdays and Pot Luck Lunch: Join us after the service on the 15th to enjoy a pot luck lunch and celebrate all those who have a birthday this month.



The Love You Seek

The love you seek is also seeking you. Love is in your heart, at the very center of your being – an inherent part of you because you had your beginning in God, and God is love. You are created by God's love, which is unconditional, all encompassing, and totally fulfilling.

How wonderfully reassuring to realize that your desire for happiness and fulfilling relationships is but the love of God in your heart seeking expression through you! Every moment of your life becomes an opportunity to prove God's love by expressing it in all your thoughts, words, and actions.

God's love will satisfy every need of your mind and heart. You may have found some experiences in your life difficult to understand, but in every season of trial or change, the love of God is with you to strengthen, sustain, and guide you.

"In all these things," the apostle Paul assures us, "we are more than conquerors through him who loved us. For I am convinced that neither ... things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God" (Rom. 8:37-39).

You live and move and have your being in God. Your acceptance of God's love is the determining factor between a barren life and a joyful, love-filled, victorious life. Whether or not you express love, God's love is always seeking you, always surrounding you.



February Affirmations

Inner Peace: My soul is centered in God.

Guidance: Divine guidance is always with me.

Healing: I trust in the healing power of God within.

Prosperity: God's good is ever present in my life.

World Peace: I share my peace with the world.

Commandment #11

During the 17th century, an archbishop traveling through Scotland met theologian Samuel Rutherford but kept his identity secret. Rutherford invited the man to stay with him. When Mrs. Rutherford gathered the servants on Saturday to prepare for worship the next day, the guest joined in and was asked a basic question: "How many commandments are there?"

When the guest replied "11," Mrs. Rutherford said, "What a shame it is for you, a man with gray hairs, in a Christian country, not to know how many commandments there are!"

The next morning, Rev. Rutherford went out in the woods to pray and heard his guest doing likewise. When he discovered the archbishop's identity, Rutherford invited him to preach that morning. The archbishop's topic? The 11th commandment, based on Jesus' words in John 13:34 — "A new commandment I give to you, that you love one another" (ESV).



Laws or Love?

Businessman John Barrier, unrecognizable in jeans and a T-shirt, cashed a check at his longtime bank. But the teller refused to validate his parking ticket, saying Barrier hadn't made an official transaction. A manager agreed, saying rules were rules.

Barrier then performed a major transaction: withdrawing \$1 million and taking it elsewhere. He got his parking ticket validated after all.

What a great illustration of the perils of legalism, when man-made laws become more important than people. Jesus repeatedly healed and "worked" on the Sabbath, much to the dismay of religious leaders. He was concerned about people's hearts, not their appearance.

What matters more to you: laws or love? appearance or substance? A heart examination may be in order!

Thoughts for Valentine's Day

Valentine's Day, a time when thoughts turn to love. But what is love? Is it a box of chocolates, or a pretty valentine? Is it a red rose, or maybe a dozen? Is it a peck on the cheek, a fond embrace, or a big bear hug?

Well, sometimes love is known in those ways. But love, real love, is how we relate to God and to one another if life is what it ought to be - beautiful!



An Every Day God

A missionary was telling a Native American about Christ, the Son of God, and how we gather every Sunday to worship our Creator. The man was curious why Christians worship together each week. "Does this God come only on Sundays?" he asked.

How would you have answered?

Valentines to Give your Children

- Acceptance – Teach kids that you love them for who and what they are. Give this gift with a kiss.
- Self-confidence – Help children understand that they can trust themselves. Give this gift with a hug.
- Life without needless fears – Don't let your kids see you as a worrier. Give this gift with laughter.
- Appreciation – Help children acquire a spark of gratitude and enjoy all of life. Give this gift as they go out the door.
- Faith – Introduce your children to God, the best friend they'll ever have. Give this gift by taking them to church every Sunday.

A Friend Inside

I desire so to conduct the affairs of this administration that if at the end, when I come to lay down the reins of power, I have lost every friend on Earth, I shall at least have one friend left, and that friend shall be down inside me.

-Abraham Lincoln

"Quotable Quotes"

Love is our true destiny. We do not find the meaning of life by ourselves alone — we find it with another.

-Thomas Merton

Do something wonderful; people may imitate it.

-Albert Schweitzer

All we have to decide is what to do with the time that is given us.

-J.R.R. Tolkien

The success of love is in the loving; it is not in the result of loving.

-Mother Teresa

One of the sanest, surest and most generous joys of life comes from being happy over the good fortune of others.

-Archibald Rutledge

Faith doesn't get us out of trouble; faith gets us through it.

-Anonymous

Love has nothing to do with what you are expecting to get, it's what you are expected to give — which is everything.

-Vittorio Alfieri

He who has a thousand friends has not a friend to spare; and he who has one enemy will meet him everywhere.

-Ralph Waldo Emerson

Though our feelings come and go, God's love for us does not.

-C.S. Lewis

A joy that is shared is a joy made double.

-John Ray

Let us raise a standard to which the wise and honest can repair; the rest is in the hands of God.

-George Washington

God Is the Answer

By Dana Gatlin

Chapter IV -- Continued

What Is the Kingdom of Heaven?

To put it a bit plainer and in terms of everyday usage, what does God mean to you when you are sick, when someone you love is in trouble, when you haven't money to pay your bills, when you can't find a job, when you are "in a jam," when you feel unhappy, unfairly dealt with, or defeated, discouraged, and weak? Do you believe that any of these outer ills, or even all of them combined, is stronger than omnipresent, omnipotent God? If so, you have allowed your own "kingdom of heaven," your own consciousness, that consciousness in which you are constantly aware of God as a living, active, and mighty presence, to become blurred over with the negative, adverse appearance of the material world. You yourself are denying Him entrance into His kingdom-within-you.

Until you yourself believe and know and feel Him there, ready and willing and powerful to aid you, your own inner "kingdom" will remain darkened and unavailing. As far as you are concerned it is nonexistent, for you have not experienced it. You are the prey of many annoyances, irritations, and misfortunes. You are still wondering just where and what the kingdom is, and you do not yet know that it is waiting right in your own mind and heart.

Once I heard a man say, "The surest thing I know is that worry doesn't get you anywhere, and that as long as you worry things won't get any better." This man had prayed himself out of sickness, failure, and many other troubles. He is now successful, and one of the staunchest, most courageous, cheerful, and optimistic persons I know; for he has found God and learned how to talk with Him and act together with Him.

He has found God's kingdom within his own heart infusing him with strength daily, and he intends to abide there.

To remove darkness from a room I must bring in the light. To remove dark and negative conditions from my own consciousness I must turn on the light of God, knowing that His mighty presence is in every part of my being. He is providing for all my needs. He is strengthening and equipping me to solve all my problems. He is taking care of me and my dear ones. We are held in His wise, loving arms. He is blessing every department of my body, filling it with His wholeness. He is in all my affairs, in my work—His work—inspiring, guiding, and filling every phase of my endeavor.

From this wonderful place within us where we have perceived the glory of God and our oneness with His living, never-ceasing flow of good, in this uplifted consciousness that forgives, disregards, transcends, and obliterates every adverse seeming of the outer world, we find that we ourselves have the power to bless.

What is the ill condition that you have feared, what circumstances have irked you, what persons have you resisted and disliked, what false omens have frightened you, what sense of human inability has paralyzed you? Here in God's kingdom all human ills lose their power, for what is stronger than almighty God? You have given yourself into God's keeping; you have given your whole consciousness to Him. God does not sanction these earthly ills, and in His presence within you they vanish. In their stead you feel the mighty tide of God-life and God-love pouring into you. You have a strong desire to let this transcendent good possess you, to let it flow through you unimpeded, to radiate it forth from yourself and to share it with others.

So from the happiness and gratitude of your enlightened heart you can say to the person who has

caused you anxiety: "I bless you with God's wisdom and courage and strength." To the business enterprise that has caused you misgivings: "I bless you with God's guidance and justice and prosperity." To the sick friend: "I bless you with God's wholeness and joy." To the one who has wronged you: "I bless you with God's loving-kindness and peace."

Your friends, your "enemies" (including your own ill nature and negative thoughts), your closest associates, your neighbors, the strangers you meet on the street, you can bless. Every condition and circumstance from this marvelous place within you, you can bless and bless and bless. Just try it, and feel something within you lift and soar. It is the very Spirit of God quickening within you, not by your paltry human will or your limited human strength, but by the presence and power released within you. "By my Spirit, saith Jehovah."

As you radiate from your innermost self the peace, love, health, joy, and plenty of God, you will feel a sense of blessing flow increasingly from within. There are no bounds to God's blessing. Uplifted into this consciousness of your loving, ever-present, all-powerful Father, you are in the omnipresence of good. All the good in the universe derives from God, and in His kingdom there is nothing unlike Him, no sickness, no weakness, no hatred, no inharmony, no lack. Nothing in the universe can stand against the spiritual might of God.

How clearly can you envisage Him, how much can you feel Him, how much can you experience His ineffable presence within your innermost heart? He who created you, who gave you the spark of life, and who invisibly sustains and supports you through every vicissitude of your earthly life: how great a demand do you make on Him? In your consciousness of Him as "our Father," how much of His illimitable, inexhaustible, ever-present good can you see? How

much of His invisible but unbounded and never-failing life and love and wisdom and power? How much of Him can you accept, lay hold of, and incorporate into yourself? For how long can you hold to Him as your one, inseparable resource? How true to God can you be?

There is nothing solemn or lugubrious about finding God's kingdom. Jesus said, "These things have I spoken unto you, that my joy may be in you, and *that* your joy may be made full." Jesus taught that from the kingdom of God is to be derived all that is required for successful living. From this kingdom are freely obtained the vital ingredients to make us stronger, healthier, happier, wiser, more capable and self-reliant. Not "Lo, here! or, There!" but within you is the kingdom of God. Jesus told us that we must believe more, rejoice more, and expect more of God. Jesus said that it is the Father's good pleasure to give to us. But God cannot give when we close our eyes, when we will not see, will not take, will not be. We must be together with God, united with Him in spirit. According as we magnify Him who is in us, so are we magnified.

"This is the work of God, that ye believe." Believe in what? In human inadequacies, ill appearances, inharmonies, difficulties, discord? No, that you believe in God and His insuperable good. This heavenly consciousness is not always easy to attain when things of the world seem to be going ill with you. Perhaps the best way to attain it is to declare to yourself, "With God it is easy," and then to fill your mind with the sheer thought of God. "God is the one presence and power in the universe. He is here—He loves me. He wants me to be strong, happy, successful. He wants to fill my mind, my heart, my body, my affairs, my world. He wants to fill my whole being to overflowing with Himself, so that I cannot help radiating Him to others in my every aspect, thought, feeling, touch, and deed. This is what God wants my life to be, so that I may

successfully express Him. Thus God wants to fill me, guide me, use me, for my greatest happiness and success and to His glory. God cares, God knows how, God can! In everything I think and do I submit myself to His great, loving presence, and He works in me for His perfect expression!"

This true thought of God will grow within you.

It will develop and take possession of your consciousness in a marvelous way that compulsory human methods cannot attain. It grows of itself like the mustard seed, like the lump of leaven in a loaf of bread. Your consciousness of God, your awareness of His unfailing co-operation in all that you are and think and do, your faithfulness in beholding His ever-present good and expecting it to "come to pass"—herein lies your own "kingdom of God" to which "all these things" will be added.

"No negative thought form can come between me and my realization of God's presence in every part of my being."

"I am increasing mightily in the power to express divine goodness."

"I stay my soul on the mighty God, and am thoroughly restored and strengthened. Father, I am here before Thee. Fill me, use me, guide me, work through me in Thine own way, to Thy glory."

"I acknowledge Thy presence and power, O blessed Spirit; in Thy divine wisdom now erase my mortal limitations, and from Thy pure substance of love bring into manifestation my world, according to Thy perfect law."

Chapter V

Make Room for God

It seems that one of the most difficult things for the human mind to do is to surrender, really surrender.

To surrender preconceived opinions, habits of thought, the race consciousness, personal tendencies,

and reactions to whatever may be going on around us. To surrender our sense of personal responsibility, the very human tendency to think that we have to get right after every unsatisfactory condition and that we must personally set things right. To surrender our right to fret and stew and strain and tax our human strength and wits and resources to the last notch. To surrender our awareness of duties, of quandaries, of problems. To surrender our notions about the need for haste, the pressure of time—a very prevalent human notion that is a veritable tyrant over the human mind, a ruthless despot, binding and enslaving us, and whipping us on and on in our heavy, dragging chains. To surrender our disappointments, our hardships, our perplexities and uncertainties. To surrender our personal prejudices, about things, occurrences, and about people. To surrender our very definite feelings of futility, frustration, and even despair. To surrender our emotions, our grudges, and grievances; our personal conception of our duty to others and of other people's duty to us; our notion of what is owed us by other people, and of how they have failed in their obligations; our convictions that things are going very hard with us, and that they'll probably get worse instead of better. To surrender the seemingly incontrovertible evidence that we don't feel well, that we are sick; to surrender our disabilities, our weakness, our pain.

In fact our mind is so taken up with all these things that are going wrong with us or with the world that there is little room left to think of God.

But we have read in the Bible that the Lord our God is a jealous God. We have read His explicit command "Thou shalt have no other gods before me."

This does not mean that He is a vainglorious or a cruel God. It means that He is all in all and that His will for us is all good. He is supreme, the

one presence and power, infallible, illimitable, omnipotent. But we must recognize Him. This is the law, and it is a law that we must obey. There is no evading it. The law never changes. We must change, bring ourselves into obedience to it; that is, recognize God. Then the law will work for us, work silently, harmoniously, and powerfully, and we shall cease running around in blind circles oblivious to it, wrapped up in our human struggles.

We must recognize God. It is the one demand that He makes of us. But how can we do this when our attention is so taken up with other things every hour and moment of the day? These things may not please us, may plague and torment us, but our mind is filled with them, they engross us. There is simply no room for thoughts of God. How can God operate in us, perform His good works and exercise His divine will in us when we will not even admit Him, when there is no room for Him in our crowded, rushing, circling, topsy-turvy thought world—a world that we ourselves have ordained and imposed upon ourselves. We may not like the conditions under which we are struggling to live, may not really like the thoughts that clutter and confuse our mind. But we are slow, loath to give them up. It may even seem, slaves to habit that we are, that we cannot give them up. So we do not. We keep on with them, though they harass and drive us. We don't rout them out. We don't clear a space for God. We don't make room for God.

Even God cannot do a thing for us when we act in this manner. He made us free agents, gave us the gift of choice. It is as if He had said to each human being whom He created: "Now, here is your mind. It is part of My Mind, indissolubly connected with it. But take it and use it. Use it, and fill it with thoughts, and remember that these thoughts have creative power that will shape and give form to your manifest life. I am leaving you with absolute control

over your own mind. You may fill it with whatever thoughts you please, and if at any time you find that you have been stampeded in a false direction, onto a wrong track, just remember that you are still connected with Me. You are still a part of My Mind. Return to Me, trust Me, and I will guide you. I will never fail."

Sometimes it would seem that God must become impatient with the foolish, misguided, sad carryings-on of men. It would seem that He must be sorry for having granted this freedom of mental action. When men forget God so completely and even will not make room for Him in the clutter of their thoughts, you would think that He might become a little angry, indignant. But He never does. He is still there, always there. He is waiting to be recognized, to be called on, waiting to help. God never changes. He never revokes His law, never fails to keep His promises. He is the one presence and power. He will never fail.

So it seems to me that the most important thing for us to do is to make sure that we do our part in the matter. Make sure that we leave a place in mind for God. Make room for Him. Clear a space for Him, in the midst of the human jumble. Do this every day, every time that things get confusing and beyond your human powers of direction or control. Do it even when things seem to be going well. Remember your connection with God and give thanks for His unfailing presence and power.

It may mean crowding out some other thoughts.

It may be necessary to throw them out. But this will probably be all for the best. These thoughts have probably been causing the trouble all along.

Perhaps you don't like somebody. You don't like his personality, his behavior, his point of view. He gets on your nerves. You can't possibly bring yourself to like him. Well, stop trying. But don't let your mind dwell

on his errors and shortcomings. Whenever you think of him or are thrown with him, whenever he does something that "jars on you," just try to put him out of your mind. This may seem difficult—but don't even try too hard. Just say to yourself, "This is a good spot to make room for God." So just think of God instead. Think of yourself as establishing connection with Him, with His ever-present, illimitable Mind. Don't get tense or strained over it. Just relax inwardly and remember that you are making room for God. Somehow of Himself He will enter in. You don't have to bother about when or how. You don't even have to think definitely about it, to remember set phrases, or to think quickly of some manufactured, praiseful thought for the other fellow. You need not even force yourself to try visioning him as God's child also. Just let go of him, of all thoughts and emotions concerning him. Just remember God, make room for God. God will handle the matter.

Somehow God will flow into you and do His work. You will feel Him, even though you can't find words to describe His presence or activity. Perhaps another kind of thought will presently spring up spontaneously regarding the other fellow—God Himself has given it to you. At all events you will presently find yourself feeling more peaceful; and each time you practice just making room for God, you will find your private feelings and reactions regarding other persons becoming more peaceful and poised. And God will guide you in what you say to them and do.

Give up the pesky little thoughts of irritation, the resentful thoughts. Give them up quickly at the moment of their intrusion. Make room for God.

--Continued in March

February 2015

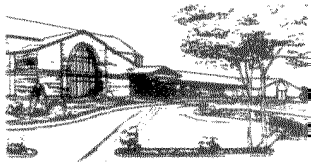
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Sunday Services</i> <i>10:30AM</i> <i>Youth Ed 10:30AM</i>	2	3	4 <i>AA Men's Group</i> <i>10AM</i> <i>CA 7PM</i>	5 <i>Yoga Class</i> <i>4-5PM</i> <i>Ukulele Practice</i> <i>7PM</i>	6	7 <i>Choir Rehearsal</i> <i>9AM</i> <i>Bell Choir</i> <i>10:30AM</i>
8 <i>Sunday Services</i> <i>10:30AM</i> <i>Youth Ed</i> <i>10:30AM</i>	9	10 <i>Book Club</i> <i>Unbroken</i> by <i>Laura Hillenbrand</i> <i>at Bread Company</i> <i>2-4PM</i>	11 <i>AA Men's Group</i> <i>10AM</i> <i>CA 7PM</i>	12 <i>Yoga Class</i> <i>4-5PM</i>	13	14 <i>Choir Rehearsal</i> <i>9AM</i> <i>Bell Choir</i> <i>10:30AM</i>
15 <i>Sunday Services</i> <i>10:30AM</i> <i>Youth Ed</i> <i>10:30AM</i> <i>Birthday/Potluck</i>	16 <i>Ladies' Night Out</i> <i>at Rich &</i> <i>Charlie's</i> <i>530pm</i>	17	18 <i>AA Men's Group</i> <i>10AM</i> <i>CA 7PM</i>	19 <i>Yoga Class</i> <i>4-5PM</i> <i>Ukulele Practice</i> <i>7PM</i>	20	21 <i>Choir Rehearsal</i> <i>9AM</i> <i>Bell Choir</i> <i>10:30AM</i>
22 <i>Sunday Services</i> <i>10:30AM</i> <i>Youth Ed</i> <i>10:30AM</i>	23	24	25 <i>AA Men's Group</i> <i>10AM</i> <i>CA 7PM</i>	26 <i>Yoga Class</i> <i>4-5PM</i>	27	28 <i>Choir Rehearsal</i> <i>9AM</i> <i>Bell Choir</i> <i>10:30AM</i>

Wings

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

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The light side — A little holy humor

When young Kelli said her prayers each night, she would bless every family member, every friend and every pet (current or past). Toward the end of her prayers, she'd say, "And all girls."

One night her father asked his daughter why she always ended that way.

"Because," she replied, "everybody else always finishes their prayers by saying, 'All men.'"

A woman called a newspaper office to complain that her Sunday paper hadn't arrived. Trying to calm her, the man at the office pointed out that the paper hadn't arrived because it was Saturday.

After a brief silence, the woman said meekly, "Well, that explains

why there was no one in church today."

Dr. Harry Emerson Fosdick was a preacher, scholar and teacher who served Riverside Church in New York City in the first half of the 20th century. While walking one day, he stopped to talk with a young woman and her 4-year-old daughter. As the conversation drew to a close, the preacher told the little girl to tell her father that she had spoken to Dr. Harry Emerson Fosdick.

The child responded by saying, "Tell your mother that you talked to Susie Smith."

Pastor Don Sprague tells about making a pastoral call at a home in rural Knox County, Ohio. When he knocked on the door, a child opened

it and, recognizing the pastor, called out "Mommy! Mommy! It's the Creature."

—With permission of
Rev. Sprague



A very embarrassed woman apologized to her pastor because her husband had gotten up and left the sanctuary during the sermon.

"My husband didn't leave because he disagreed with your sermon," she said. "Actually, he's been walking in his sleep since he was a child."