

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

September
2015

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

Inside this issue:

News and events

Truth Thoughts

Quotable Quotes

Calendar

Humor

God Is the Answer
Dana Gatlin

I Have No Fear

By Dana Gatlin

What would be about the greatest boon you could possibly imagine? Would it not be to be absolutely without fear?

Psychologists say that fear, deeply imbedded and of long standing in the minds of men, is at the bottom of most of the ills that human flesh is heir to. Fear among nations causes war. Fear among individuals causes hatred and violence, weak tremblings and shrinkings, vain, ostentatious pretensions, and covert, underhanded dealings. Fear causes us to live in a world of confusion and uncertainty, of desperate striving, of ceaseless battle against that which threatens to pull us down; until finally fear shatters the very cells of the body itself.

Ugly, destructive fear! No one really wants it in his life. But how to get rid of it? In the first place and in the ultimate analysis it is for his very life that man fears. And wedged into his life span is the full category of other fears, big ones and small ones, petty ones and terrific ones, clouding, spoiling, and marring his chance for happiness and content. What are you afraid of? Are you sick and afraid that you will not get well? Are you afraid of the future, of the vicissitudes and insecurities of life? Are you afraid that the welfare of your loved ones is in jeopardy?

Are you afraid you cannot find a job or that you lack ability to fill the one you have? Are you afraid of the world's opinion or of the moods and tempers of other persons? Are you afraid that you will not get your just deserts - or perhaps that you will get them?

Are you afraid of long, sleepless nights, and even more afraid of the day-break that brings with it the necessity of carrying some decision through?

A thousand and one fears are so interwoven in the warp and woof of our life that it would seem

impossible to overcome them. Yet there is a method - Christ's method. Fear is a very human trait, but where God is there can be no fear. Then the one sure antidote for human fear is to remember our connection with God. "Be still, and know that I am God." How many of us have the simple directness and courage of Christ?

-Continued on Page Four

For God hath not given us the spirit of fear,
but of power,
and of love,
and of a sound
mind.
2 Timothy 1:7



MINISTER, Jan Mourning, LUT

Randy Schmelig, Minister Emeritus

LICENSED UNITY TEACHERS
Deb Fry
Sharon Lindsey

BOARD OF TRUSTEES
Paul Henley, President
Marilyn Milonas, Vice President
Chuck Seger, Treasurer
Roy Vaisvil, Secretary
Carol Ellerman
Sandy Etheridge
Denise Halbert-Raggio
Mark Whittington
Linda Harr

PRAYER CHAPLAINS
Tom Bullock
Sandy Etheridge
Linda Harr
Anne Hartupee
Judie Henley
Paul Henley
Jan Mourning
Elise Reid
Mary Tumminello

BOOKSTORE MANAGER
Jane Vondruska

OFFICE MANAGER
Sara DeWitt

MUSIC
Anne Hartupee, Piano/Organ
Dean Wiegert, Soloist

YOUTH MINISTRY TEAM
Denise Halbert Reggio,
Director
Glenda Gebhardt
Cindy Gibbs

WINGS NEWSLETTER
Faye Schmelig, Editor
Email: fayeschmelig@aff.net

OFFICE HOURS
Mon. - Thu. 9am - 3pm
Church phone: 314-845-8540
Minister's home: 314-5203440
Fax: 314-845-0022

www.firstunitychurchstlouis.org/
Silent Unity: 1-800-669-7729

Wings

September, 2015

Page 2

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 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 - 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

This month the **Ladies' Night Out Group** will be at The Local House, 3946 Jeffco Blvd. in Arnold on Sept. 21st at 5:30. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



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

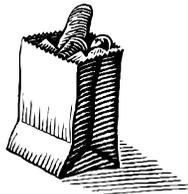
October 13: To Kill a mocking Bird by Harper Lee

(Anyone who wants to attend the meetings are welcome, male or female, whether they have read the book or not.)

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 ... for I was hungry and you gave me food; I was thirsty and you gave me something to drink; I was a stranger and you welcomed me.



-Matthew 25:35

www.feed-my-people.org

Unity's World Day of Prayer will be held on Thursday, September 10. In this 125th anniversary year of Silent Unity, we continue to pray and celebrate the power of prayer expressing in individual's lives and in the world. Our sanctuary will be open from 12:00 - 7:00 p.m.

We are planning **A Day at Grant's Farm** on September 19. Meet at the church at 9:00 a.m. to enjoy this unique St. Louis landmark.

Coming Soon:

Parking Lot and Bake Sale: October 24, 8:00 a.m. - 1:00 p.m. We will begin taking donations on Sept. 26.

Dean Wiegert in Concert: November 21, 7:00 p.m.

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**, 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.

Special Dates:

- Labor Day, *September 7*
- Patriot Day, *September 11*
- National Grandparents Day, *September 13*
- Hispanic Heritage Month, *September 15*
- First Day of autumn, *September 23*

September Affirmations



Inner Peace: I am at peace in the present moment.

Guidance: I act on divine guidance with confidence and faith.

Healing: The light of truth illumines my mind and body. I am whole and well.

Prosperity: I embrace abundant living and give thanks.

World Peace: My thoughts and actions contribute to peace in the world.

Grandparents Are Great

"What a bargain grandchildren are," said comedy writer Gene Perret. "I give them my loose change, and they give me a million dollars' worth of pleasure."

When it comes to family heritage, grandparents are worth their weight in gold. They serve as storehouses of history and wisdom, helping children see how they fit into a family's legacy. Christian grandparents also provide a faith heritage that passes from generation to generation.

The apostle Paul acknowledged this important role of family elders when he wrote to young Timothy: "I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you" (2 Timothy 1:5, NRSV).

The Smile of God



A wealthy Texas businessman told a pastor this story about his childhood. He said that when he was a little tot, he saw the sun shining through the old roof on the porch where his mother was standing. He asked his mother what the light spot on the floor was. His mother knew that it was sunlight, but decided to relate the sunny spot to God. "That," she answered, "is God smiling down on us."

The boy walked over to stand in the light. "What are you doing?" the mother asked.

"I'm standing in God's smile," he joyfully replied.

The little boy grew up, went into business, gained success, but drifted away from God.

After his mother died, he had the task of selling the old home and dealing with all of his mother's possessions. One day he was in her attic looking around, when he noticed a pair of children's shoes. He picked them up and discovered a folded piece of paper inside one of them. When he unfolded the paper,

he saw these words written in his mother's handwriting: "These are the shoes my little boy wore the day he stood in God's smile."

That was the day the man was challenged to change his pattern of living. Tears welling up in his eyes, the man told the minister that the experience prompted him to begin getting right with God.

The Joy of Work

How do we know if we are doing the work we are meant (or called) to do? The clue is whether we feel joy when we carry out our daily duties. There is no joy, if we agonize daily because our particular laboring leaves us unfulfilled and restless. Our mental and spiritual health might demand a change.

Christians believe that God has a plan for our lives. God has given us talents to do certain work. When we are not doing the tasks we are suited for, we will probably be in some misery.

Workers who delight in their jobs can hardly wait to be productive. Many who love their work find joy in what they accomplish and are able to say, "I'm glad that I'm able to serve God through my work."

—Charles Ferrell

Honor Teachers

James Michener, the author of books such as *The*

Source and *Hawaii*, was once invited by President Eisenhower to a dinner at the White House. He answered the president with these words:

"Dear Mr. President: I received your invitation three days after I had agreed to speak a few words at a dinner honoring the wonderful high school teacher who taught me how to write. I know you will not miss me at your dinner, but she might at hers."

President Eisenhower answered Michener by saying, "In his lifetime a man lives under 15 or 16



presidents, but a really fine teacher comes into his life but rarely."

Sunday school is now in full swing, so let us honor all of our teachers. They sacrifice their time to prepare lessons, decorate classrooms, teach with loving care, and most importantly, to be "there" for their students.

"Quotable Quotes"

The day the power of love overrules the love of power, the world will know peace.

—Mahatma Gandhi

Don't find fault. Find a remedy.
—Henry Ford

God made you as you are in order to use you as he planned."
—J.C. Macauley

The ultimate aim of the human mind, in all its efforts, is to become acquainted with Truth.
—Eliza Farnham

The life of the nation is secure only while the nation is honest, truthful and virtuous.
—Frederick Douglass

Have great hopes, and dare to go all out for them. Have great dreams, and dare to live them. Have tremendous expectations and believe in them.
—Norman Vincent Peale

When a man is wrapped up in himself, he makes a very small package.
—John Ruskin

Ordinary riches can be stolen, real riches cannot. In your soul are infinitely precious things that cannot be taken from you.
—Oscar Wilde

Our quest in life is to glorify God by simply being who we were created to be at the core of our humanity.
—Mac Schafer

God Is the Answer

By Dana Gatlin

Chapter XII

I Have No Fear

How many of us have the faith to remember God and what God stands for in relation to His creation; to put God first and keep Him first in the face of every adverse seeming; to put ourselves and everything that concerns us in the Father's keeping, and keep them there in an absolute fullness of personal surrender, confidence, and trust? "Not my will, but thine, be done," prayed Jesus, knowing the omnipotence, omnipresence, and loving-kindness of the Father. "I speak not from myself: but the Father abiding in me doeth his works," said Jesus, as He was teaching His disciples concerning the Father.

What a wonderful feeling of relief and freedom begins to steal over us once we have caught even the faintest perception of the presence and willingness of almighty God. God Himself is helping us. God, who is stronger than any of my difficulties, against whom nothing else can stand. How it eases us just to hand over to Him our problems, all the snarls and perplexities that have been too much for us. We can feel our taut, strained nerves gratefully relax. God is here; He will see us through; He will tell us what to do.

We should be thankful that our mind is so constituted as to make it impossible for us to think more than one thought at a time. While we are thinking of God's presence and power we cannot simultaneously think of our personal inadequacies, hardships, and dreads. But we ourselves must direct our thoughts toward God and establish them there. Whether we do this is entirely up to us. Even God cannot do this for us.

What we think about—the nature and trend of our thoughts—colors and directs the trend of our life. What we react to and the way we react constitute for us the emotional structure in which we daily and hourly live. What we believe in by virtue solely of our belief is true for us. Whatever we think may or can hurt us can hurt us by virtue of our mere belief that it may or can! Through our own belief that it can we give it that power. If we really believe that a thing cannot injure or affect us, if we really believe that a higher power is working for us against which nothing adverse can stand - as long as we believe thus with respect to our individual vulnerability no adverse thing in the world can touch or affect us.

In what are you putting the strength of your belief? In the ugly, undesirable things or possibilities that are making you miserable and unhappy, or in a higher power, a power transcendent of every adverse earthly seeming, a power intangible yet unailing, inviolable? Infallible, illimitable, omnipotent! Just what does God mean to you?

It seems to me that the best prayer for any of us is the one that serves best to soothe, assure, and strengthen the human side of us. In our human need and anxiety we turn to the Father. "Father, of my own efforts I have failed. I now turn to Thee. Not by my might, Father; not by my puny, personal might, but by Thy grace. Take care of this, Father." And the sense of peace that comes after this giving over is the first proof that God has heard and is answering our prayer.

You are more peaceful. Have you ever stopped to think

exactly what has happened? In your mind and heart, which were formerly filled with doubt and fear, room has been made for peace. There is less room for fear. Powerful, restful, joyful, healthful, plentiful, trustful, all these are good-sounding words. They are words we should all like to feel are descriptive of us, of our inner self. And as our mind and heart becomes more and more filled with God, with a consciousness of His peace and plenty and joy and power, less and less room is left for the dreads and uncertainties by which we have been previously tormented.

Whatever serves best to aid and fortify your crippled human forces is your best prayer: "Lo, I am with you always." "The battle is Jehovah's." "Stand still and see the salvation of Jehovah." Give yourself over to the sheer, glorious comfort to be found in these assurances, the feeling that it is not your puny, human strength that is now being tested but the illimitable strength and power of almighty God. Yield yourself. Taste and experience to the full the joy of your human release. "It is not I, but God." Whatever your problem, your fear, your nagging anxiety, just hand it over. Comfort yourself with this divine assurance: "God is here. God is working in and for me. Nothing can stand against God." Know that—feel it. The last thing, before you go to sleep at night, relax and thrill to the joyous realization of it. Put everything else aside, every evidence to the contrary, every adverse evidence, every up-springing uncertainty or doubt or dread. Wake up with it, or if you waken with a gloomy pall of anxiety seeming to hang over you, push through it and call to that thought of divine assurance and support which previously has given you peace. Call to it—call it forth.

God is here. God in the midst of me is mighty. God rules. In every smallest thing I am relying on God. Father, I thank Thee for Thy unseen presence, and for Thy protection, peace, and power which fills my entire world."

Do not be afraid to ally yourself with God. Hand over to Him every thought, every fact and condition that causes you dread and worry that is too much for you to handle. Do not hesitate—hand them over. Know that God is regulating these worrisome matters and conditions for you now. Know this as a blessed truth. Thrill to it. Whatever thought gives you assurance, whatever it is that assures you that the presence and power of God is now working mightily in you and your affairs, take hold of it. Take hold of it fearlessly and let it be assimilated into and throughout your being. God is helping you now. God Himself! Almighty God, with His power and love and wisdom. Who or what in the world can stand against God? Over and over send the glad message to your tired, fretted brain cells, to the darkest, gloomiest, most shrinking corner of your mind, to every frayed, straining, quivering nerve of your body. Send it again and again. God is here. He is now doing His mighty work. God Himself, omnipotent, infallible, omnipresent! What can there possibly be for you to fear? Charge your mind with this glorious, freeing, electrifying thought; Charge and fill your whole being with it. It is true. It is true for you in proportion as you fill yourself with it and know it and feel it through every atom of your being, in proportion as you know and feel it to the exclusion of everything else, of every dull, dire, negative factor opposed to God. God's will for you is good: everything that is harmonious and right. What is not good He does not wish to have come forth in your life. He can and will bring good forth if you give Him a chance. But even He cannot bring it forth if you do not

make room for Him, if you clutter your mind, which should be receptive to God and God's Truth only, with doubts and ugliness and fears. Say to yourself, "Today I will give God a chance by putting myself and my affairs wholly and unreservedly in His hands."

Claim God's mighty help, do not delay or shrink from it. God is reliable. Feed your mind with thoughts of the reliability of God. Let your mind be trustful, hopeful. You cannot go too far in picturing or conceiving the reliability of God. God doesn't care how high you build your conception of Him or how much and how far you depend on Him. He wants you to build Him to the utmost. He wants you to depend on Him; He wants to express Himself through you, wants you to be more and more a perfect expression of Him. He wants you to be filled to the utmost with His own life and love and wisdom and power. He wants these to flow harmoniously through you. He wants you to be healthy, happy, and abundantly supplied. He wants you to be undaunted, intrepid, and free. He wants you to partake of His own divine, illimitable assurance and strength. He wants to bless you.

Do not let your human doubts or timidities hold you back. Do not let the opinion of anyone in the world hold you back. Make your first claim on God in whatever terms best satisfy your individual need. Let your courage manifest itself in daring to approach and claim God, the power that works within you and that is stronger than any force that can threaten or assail you from without. Claim God, ally yourself with Him. Identify yourself with those of His blessings of which you feel the most vital need. Life, love, peace, joy, plenty - of these God has an inexhaustible abundance.

"I am unified with God. By my faith I am unified with His life and power and all the good there is."

Send the message to your mind, to its farthest corners, again and again. The last thing before you go to sleep, the first thing when you waken, a dozen times daily, a thousand times if need be. As you perform your daily tasks, as you go forth to meet a problem, build a sense of your alliance with almighty God into your deepest consciousness. Live in the mighty omnipresence of God.

God is here. Even though results do not come instantly, be steadfast. Though outward conditions and circumstances appear unchanged, let your own changed, thrilling sense of God co-operation uphold you. God cannot fail. "I speak not from myself: but the Father abiding in me doeth his works." Be inwardly confident and serene. "The battle is Jehovah's." In the face of any adverse situation or trial say to yourself, "This doesn't matter; it doesn't disturb me. Nothing can disturb the peace of mind of God's creation." Even if calamity should threaten - and especially then - refill yourself with peace and trust. Say to yourself, "God rules, and He is working everything out just right." You may not see just how He will work it out, may not see just how the salvation can come to pass, but if you have filled your heart and mind with trust, you know that it surely will. You are kept calm and steady by the strength of your confidence, your inner conviction. You are filled with your confidence in God instead of nervous, panicky fears. When you are filled with trust in God, you trust Him to disclose all the hows and whys in their proper time. You trust Him to reveal to you in plenty of time what you of your own part must humanly do. And God will!

Most of us are slaves to our human conception of time, we drive ourselves desperately, we fret and moil and stew lest our

deliverance arrive too late. It is when we lift up our eyes and put our reliance in God first and solely that we finally perceive that there are no desperate urgencies in Spirit. In God's realm of order, beauty, and harmony there are no desperate urgencies of any nature. In Spirit "the time is fulfilled." Remind yourself, reassure your own human mind regarding all your earthly emergencies. Live in a continuous state of divine reassurance: "I am Spirit. ... Nothing can hurt me or make me sick or afraid, for Spirit is God. . . . God works in me to will and to do whatsoever He wishes me to do, and He cannot fail."

God cannot fail. God does not change. No, it is you and I who must change, so as to open our heart and our mind and make room for Him, and be filled to the brim with His good.

But even when we desire to receive Him, to cast off everything else and open ourselves to Him fully, it is our own mind that presents the worst difficulties. The human mind with its intricacies and longtime habits and deep-rooted sense beliefs can play us such unwanted and sorry tricks. We want to believe; we want to live and have our being in the full freedom of our glorious belief, but hidden little kinks and twists in our mind keep cropping up and thrusting themselves in the way.

In the pamphlet *The Substance of Faith* Charles Fillmore has written, "The intellect grasps Truth first. The next step is the bringing forth, in the sub consciousness, of substance and life."

We must not fight the mind and the human concepts stored away in it, because such embattlement sets up resistance and causes increased tension, disquiet, and disorder. We cannot fight the mind, but we can give it into the keeping of God. We can bless it and let the blessing seep into every nook and cranny. "Be still, and know that I am God." We can first soothe, pacify, and assure it; then we can deliberately, patiently, lovingly do our part in building up our consciousness to a fuller realization of God until He fills us, every nook and cranny. This task is not always easy. It requires vigilance, diligence, and patience on our part, but it can be done. It is done by replacing every adverse or "not-good" thought instantly with a thought of God. We have fortified and coaxed our mind along but we must be true to God. We must not any longer; we dare not think thoughts that are weak, cringing, ugly, cramped, mean, ungenerous, or unkind. We have called on God for help. Every adverse, unworthy, dragging-down thought in the mind and heart must be surrendered if God is to enter in and rule supreme.

God will surely help us, but we have our own part in the matter. He created us free agents, masters of our own mind. Some years ago I read an impressive article to the effect that we are human magnets and attract to ourselves that to which we are mentally attuned. It is easy to see what a valuable lesson there is for us in this. Sometimes we get so enmeshed in and saturated with our fears and despondencies that we can attract only what is negative - more troubles and miseries. We certainly do not want to do this, and it should be a great comfort, encouragement, and incentive to us to know that it is a condition we can remedy. We can choose to tune in with what is positive, constructive, and happy, with what is uplifting; we can identify ourselves with all great, unseen forces instead of those that are lesser. Sometimes it may seem difficult to control our thoughts and emotions but it can be done. God Himself will help us do it, for in every constructive, uplifting undertaking we are after all really seeking to identify

ourselves more closely with God. Surely it is more pleasant to ally our mental world with what is good and desirable than with what is undesirable.

Do not say you cannot do this. You can! You can identify yourself with health instead of sickness, with love instead of hate, with good cheer instead of pessimism, with good fortune instead of misfortune. Jesus bade, "Let not your heart be troubled, neither let it be fearful." These words clearly indicate that we alone are responsible for the conditions in our heart. If you so choose, you can fill your heart with cheer, joy, hope, trust, and peace, instead of dismal fear. Persevere. Do not wait for an outer "demonstration" before you start rejoicing. In the sheer blissful realization that you are now mentally unified with every good and happy thing and in your increasing certitude that everything is working out well for you, give thanks and rejoice. Soon your mental load will lift, and you will begin to feel better. And when you feel better, when you become peaceful and poised; you do your work better; you act differently, and other persons act differently toward you. If you are faithful in your inner practice, nothing is surer than that outer benefits will result.

God-good outweighs everything else, is present in everything here and now, whatever the seeming. Believe in the good; call to it, "Come forth!" Call to the good, the beautiful thing of God that you desire. A certain woman, who undertook to heal herself of "heart trouble" and various other troubles through prayer, noticed how she was weighed down with fear. Her fears were so many and so deep-rooted that she did not see how she could grapple with them. At first she did not try - simply surrendered them to God. The pain of her heart attacks led her to use as an assuring prayer: "Let not your heart be troubled, neither let it be fearful." "Lo, I am with you always." She virtually lived with this prayer. One day she noticed the significance of the word fearful - "full of fear." She started envisioning her heart filled with all the things that she would like to have instead of fear - faith, trust, peace, beauty, joy, and power. Her "heart trouble" soon became so much better that she practically forgot about it in the other delightful occupations that had come to her hand to do. It was about this time that she noticed that her other troubles were vanishing and that her fear had vanished too.

Fears having to do with the human self, preoccupation with this self, cause most of our troubles. It is said that most "mental cases" are caused from various kinds of straining, self-interested anxiety. A truly big, generous, loving, trusting, magnanimous mind never goes smash. The life of a person who frees himself humanly and fears not for his life never goes smash. One of the most inspiring Truth stories I have ever heard is that of a woman who had been given up to die. She asked that her bed be rolled to a window and she lay looking up at the stars. A tremendous sense of the life and power controlling the universe came upon her, and she felt that she would soon be one with it, when her spirit presently would pass out among those stars. As she surrendered herself to the one illimitable power, the power itself came and flowed into her body with a renewal of life and strength, and she was instantaneously healed. Such miracles occur when we release ourselves and everything that humanly concerns us to God.

God is here now - in everything. Though your body cries out with pain, though the people around you seem cranky, events discouraging nevertheless draw them, together with yourself, into the invisible but everywhere present realm of

God's love. When we pray, "God is my all; I know no fear," we gradually realize more and more deeply that God is not only our "all" but also the spiritually potential, powerful "all" of everybody else. God is all. We cannot shut Him out of anybody or anything. God rules supreme, but He rules in the realm of Spirit, which is everywhere existent. Even in the situation that may seem so adverse, in the people we have dreaded and disliked, in the very conditions that have caused us panic and distress we find God, and His illimitable blessings are there also.

So do not waste time in fear and doubt but lift up your heart and your mind. Rejoice, give thanks, be generous in your outlook, be warmhearted and kind toward all people, let your every thought be a blessing. God will come forth out of the invisible and fill your mind and your body and heal you of all disorders. He will come into your environment and into all your undertakings and affairs. He will restore your whole world. You may not understand by just what process the miracle has been worked, but that makes no difference. "The Father abiding in me doeth his works." When you are filled with God, with His thoughts, His ways, His works, and His blessings, there will be no room left for fear. You will be without fear.

"I will fear no evil: for thou art with me."

"There is but one Presence and one Power in the universe, God, the good omnipotent."

"I acknowledge Thy presence and Thy 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."



Affirmations

Illumination

The Truth sets me free from doubt and indecision. I am guided by God's love and wisdom.

General

In Truth I am a spiritual being, free to seek and to find the good God has prepared for me.

Healing

In truth I am a spiritual being – strong, whole, and well.

Prosperity

In Truth I am free Spirit. My judgment is sound and my way is prosperous.

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 AA Men's Group 10AM CA 7PM	3 Yoga Class 4-5PM Ukulele Practice 7PM	4	5
6 Sunday Services 10:30AM Youth Ed 10:30AM	7 Labor Day	8 Book Club Far From the Madding Crowd by Thomas Hardy at Bread Co. 2PM	9 AA Men's Group 10AM CA 7PM	10 Unity World Day of Prayer, Church Open 12pm-7pm Yoga Class 4-5PM	11	12 Choir Rehearsal 9AM Bell Choir 10:30AM
13 Sunday Services 10:30AM Youth Ed 10:30AM Prayer Chaplain Orientation, 11:45AM	14 Prayer Chaplain Meeting 6:45PM	15	16 AA Men's Group 10AM CA 7PM	17 Yoga Class 4-5PM Ukulele Practice 7PM	18	19 Grant's Farm Trip, 9AM Choir Rehearsal 9AM Bell Choir 10:30AM
20 Sunday Services 10:30AM Youth Ed 10:30AM	21 Ladies' Night Out 5:30PM at The Local House, 3946 Jeffco Blvd	22	23 AA Men's Group 10AM CA 7PM	24 Yoga Class 4-5PM	25	26 Unity Basics, 9AM-12PM Prayer Fundamentals, 1PM-4PM Choir Rehearsal 9AM Bell Choir 10:30AM
27 Sunday Services 10:30AM Youth Ed 10:30AM	28	29	30 AA Men's Group 10AM CA 7PM			

Wings

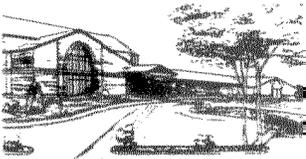
THE SEPTEMBER 2015 NEWSLETTER OF
FIRST UNITY CHURCH OF ST. LOUIS

First Unity Church
4753 Butler Hill Road
St. Louis, MO 63128

Phone: (314) 845-8540
Fax: (314) 845-0022
Email: firstunity@firstunitychurchstlouis.org
www.firstunitychurchstlouis.org

Non-Profit
Organization
U.S. Postage
PAID
St. Louis MO
Permit 909

ADDRESS SERVICE REQUESTED



- If you no longer wish to receive this newsletter, check this box and mark return to sender, or call the church office.

The light side -- A little holy humor

More Puns

Becoming a vegetarian is a huge missed steak.

Scarecrows are outstanding in their field, but hay, it's in their jeans.

BREAKING NEWS: Corduroy pillows are making headlines.

It was a very emotional wedding; even the cake was in tiers.

There was a big paddle sale at the boat store. It was quite an oar deal.

I'm reading a book on anti-gravity; I can't put it down!

This weekend a girl came up to me and said we'd met at that vegetarian restaurant, but I swear I'd never met herbivore.

How did I get out of Iraq? Iran.

I was addicted to the Hokey Pokey, but I turned myself around.

What do you call an alligator in a vest? An investigator.

What do you call a snobbish criminal walking down stairs?
A condescending con descending.

I just stepped on a cornflake.
Now I am officially a cereal killer.

The problem with autocorrect is that you can post some thong you didn't Nintendo.

The past, present, and the future walked into a bar. It was tense.

What's the definition of a will?

It's a dead giveaway.

Cat puns freak meowt. Seriously, I'm not kitten.

Did you hear about the guy whose whole left side was cut off? He's all right now.

I'd tell you a chemistry joke, but I know I wouldn't get a reaction.