

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

April 2016

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

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The Path We Must Take

By Robert Brumet

A crisis is, by definition, a turning point in our lives, yet through mindful awareness, we can often anticipate these turning points before they manifest themselves as major difficulties. As Lao Tsu has written, "Because the sage always confronts difficulties, he never experiences them."

Each crisis can be a turning point that leads to the death of an old way of being and to the birth of new life. Indeed, evolution proceeds through a process of deaths and rebirths, of endings and new beginnings. Out of [fear and ignorance, we often resist our endings, our deaths. Our human conditioning may lead us to believe that all is lost forever. Yet wisdom and faith allow us to see beyond the appearance of tragedy to the new life beyond. We then begin to see each ending, each death, not as a tragedy, but as a prelude to transformation.

In his book *Illusions*, Richard Bach writes: "The mark of your ignorance is the depth of your belief in injustice and tragedy. What the caterpillar calls the end of the world, the master calls a butterfly."

The divine plan is unfolding within each of us. And a question we often hear is, "What is

the divine plan for my life?" The answer can be found by simply looking at what is in front of us. Step by step, day by day, the plan unfolds before our very eyes. The path we must take is the path we are on.

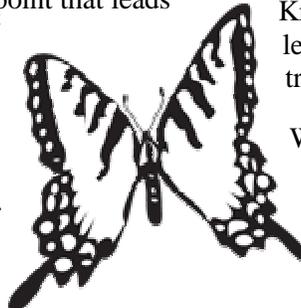
No one can walk this path for us. Others can, at best, serve as guides. Steven Levine writes: "Buddha left a road map, Jesus left a road map,

Krishna left a road map. Rand McNally left a road map. But you still have to travel the road yourself."

We have many inspired teachers and teachings to guide us; but the map is not the journey, the menu is not the meal, the finger pointing to the moon is not the moon.

The plan unfolds by means of "whatever it takes." This is how we got to where we are now, and this is how we will get to where we are going. We are reminded of this in the beautiful poem by Martha Smock:

- Continued on page 3





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Deb Fry

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Wings

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This year's **annual business meeting** will be held on Sunday, April 24th immediately following our worship service. We will review our church's progress over the past year and elect three board members who are up for reelection (2nd term). They are Carol Ellerman, Denise Halbert-Raggio, and Paul Henley.

There will be a **Pot Luck Lunch** following the meeting. Sandwiches will be provided. Salads and desserts would be greatly appreciated.



"The Lazarus Blueprint" Study Group
Ancient Secrets for Healing and Inner Peace." by Richard and Mary Alice Jafolla

April 7, 7:00 - 8:30 p.m.
Steps 3 & 4
April 21, 7:00-8:30 p.m.
Steps 5 & 6

The **Planning Committee** meets on
Wednesday, April 20 at 6:00 p.m.

The **Ladies' Night Out Group**
will meet on Monday, April 18
at 5:30 p.m. at Pietros, 3801
Watson Rd, 63109. For more
information call Mary Tumminello Home:
314-843-1807 Cell: 314-814-4530.



 **April 12:** The Man in the High
Castle by Philip Dick
May 10: Finding Peter by William
Peter Blatty
June 14: Still Alice by Lisa Genova
(Anyone who wants to attend the meetings are
welcome, male or female, whether they have
read the book or not.)

Feed My People
Every year Feed My People
gives out produce seeds and
encourages their clients to
grow some of their own food.
All types of produce seeds are appropriate,
although tomato seeds are especially popular.
Because everyone can use a little beauty in
their lives, flower seeds are also welcome.
Food is, of course, always useful and this
month protein items will be much
appreciated.



www.feed-my-people.org

Circuit Breaker

Larry Gibbs will hold an informational session on Sunday, April 3, immediately following the Sunday Service about Circuit Breaker, a government program for low income senior citizens (65 years and older). Beneficiaries who file can expect to receive at least \$400 for renters and \$800 for home owners. This is a rebate on the property taxes seniors have already paid in 2015. The definition of low income is \$27,500 for singles and \$29,500 for couples. Members of AARP are trained to file the appropriate forms at no cost to Senior Citizens.

Save These Dates:

April 10th - Bell Choir Performs at Sunday Service
April 17th - Adult Choir Performs at Sunday Service
May 7 – Dean's Concert
Sept. 24 - Murder Mystery Dinner Theater

Dean's Concert

Dean Christopher on Dean Martin
"Everybody Loves Somebody Sometime"
A Tribute to Dean Martin
Saturday, May 7th at 7:00 p.m.
First Unity Church
Tickets: \$20

Youth Education

 We sure could use extra hands and hugs. If you could help just one Sunday a month, it would make a big difference.

Stop by Our **Lending Library** and check out an inspirational title from among a wide selection of books written by some of Unity's greatest authors.



April Affirmations



Inner Peace: I am a radiating center of love. I am peaceful and free.

Guidance: Guided by divine wisdom, I soar to new heights of understanding.

Healing: Divine life renews every cell of my body.

Prosperity: Trusting the prospering power of Spirit, I open to new and infinite blessings.

World Peace: My expressions of love and compassion pave the way to peace.

From Page One

Could we but see the pattern
of our days,
We should discern how devious were
the ways
By which we came to this, the
present time,
This place in life; and we should see
the climb
Our soul has made up through the
years.
We should forget the hurts, the
wanderings, the fears,
The wastelands of our life and know
That we could come no other way or
grow
Into our good without these steps our
feet
Found hard to take, our faith found
hard to meet.
The road of life winds on, and we
like travelers go
From turn to turn until we come to
know
The truth that life is endless and that
we
Forever are inhabitants of all
eternity.

There is no other way for us to
arrive at this present point in our
life's journey, and we will arrive at
each destination by whatever it takes
to get there.

Are You a Christopher?

Do you know what the word
Christopher means? Well, it means
Christ-bearer.

There is a Christopher movement
made up of Christians who vow and
practice to be "little Christs" to
others and to make the world a better
place, one person at a time. They are
givers, servers, lovers and devout
souls who take Christ seriously.
Founded by Father John Keller, the
movement "encourage[s] each
individual to do something practical
and constructive to raise the
standards of private and public life
because ... in God's plan every
person has a part to play."

The personal responsibility of a
Christopher is to go into the



workplace, carrying truth, love and
light in the face of dishonesty, hatred
and darkness. There are neither dues
nor official membership to be part of
the Christopher movement, but we
can all ask ourselves, "Am I a
Christopher?"

The Lay Ministry of Lloyd Ware

Lloyd Ware knows that when
people stand in line before going
through airport security, many,
perhaps most, feel a bit tense.

And that's why Lloyd, a security
screener, does something about it.
Before checking each traveler's
identification and plane ticket, he
greeted that person with a smile.
When he's finished checking, he
calls each person by name and says,
"(Name), have a blessed day."

"People love to hear their name,"
Lloyd says. "Calling a person by
name eases their tension a little bit."
And the blessing is an added bonus.

Like everyone, Lloyd admits he
has his "down days," but he tries to
leave them at home, because "These
people deserve my cheerful heart."

Have you shared your cheerful
heart today? The cost is little, but the
rewards are great.

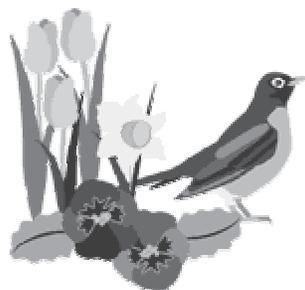
Refining Fire

Religion is not a
nagging parent, nor is it
a report card
keeping track of

our achievements and failures and
grading our performance.

Religion is a refining fire, helping
us get rid of everything that is not us,
everything that distorts, dilutes or
compromises the persons we really
want to be, until only our authentic
selves remain.

-Harold Kushner



"Quotable Quotes"

We are all spiritual beings having
a human experience.

-Dr. Vernon Barksdale

Hold fast to dreams, for if dreams
die, life is a broken bird that
cannot fly.

-Langston Hughes

If you judge people, you have no
time to love them.

-Mother Teresa

He that seeks God in everything is
sure to find God in everything.

-William Law

How wonderful it is that nobody
need wait a single moment before
beginning to improve the world.

-Anne Frank

Speak kind words and you will
hear kind echoes.

-Bahn

Life is like an onion: You peel it
off one layer at a time, and
sometimes you weep.

-Carl Sandburg

There is nothing harder than the
softness of indifference.

-Juan Montalvo

The strength of a country is the
strength of its religious
convictions.

-Calvin Coolidge

The greatest gift we can give back
to our great God is to let his love
make us glad.

-Ann Voskamp, *The
Greatest Gift*

Wisdom is oftentimes nearer when
we stoop than when we soar.

-William Wordsworth

Clouds come floating into my life,
no longer to carry rain or usher
storm, but to add color to my
sunset sky.

-Rabindranath Tagore

The Miracle Trap

By Eric Butterworth

Some time ago I received in the mail an adhesive backed poster printed in brilliant colors: "EXPECT A MIRACLE!" It was a handy gadget that could be affixed to a desk, a mirror, a bulletin board, or an automobile bumper. It seems that in a missionary venture, well-intentioned enthusiasts of the new insight in Truth have printed up thousands of these slogans to encourage faith in a positive outworking of things - a very worthy cause.

But however enticing it may be to think of some kind of divine intervention in your behalf, I say, "Don't expect a miracle!" This may go shockingly against the grain of a popular vogue in Truth teaching. It is intended to shock. For I believe this approach is a misleading trap.

You see, if you center your consciousness in the expectation of miracles in your behalf, you are playing Russian roulette with universal law, hoping for some cosmic sleight of hand to reach into your life and bring about changes. It is putting the full weight of your consciousness on the side of belief in a universe of caprice. It is spiritual naiveté. Charles Fillmore said that to expect a miracle is an attempt to excuse ignorance of divine law.

It is saddening to me that many people are persuaded by the appeal to look for miracle-solutions to their problems. Somehow I feel they are missing a vital dimension in their study of Truth. Despite the hope involved, to expect a miracle is a very subtle form of defeatism. For the implication is: "My only hope is to look for some magic abracadabra or 'open sesame.'" So I say, and sincerely, "Don't look for miracles. Don't reduce the practice of Truth to the naive effort to coax a magic showing from a reticent God."

Normally, to look for miracle-solutions is to expect to have something done for you in which you

have little or no responsibility. But the truth is, God can do no more *for* you than God can do *through* you. In some way you have participated in any problem that may manifest in your life. That is what consciousness is all about. Thus, to effect change, you must participate in the solution by changing your consciousness. Paul says: "Be transformed by the renewing of your minds" (Rom. 12:2). He does *not* say; "Be transformed by having a miracle power possess you from some outside source." No, "by the renewing of your minds."

A miracle is defined as a "violation of the laws of nature." Of course, this is an absurdity based on a lack of understanding of what we call natural law. Henry Drummond says: "Science can hear nothing of a great expectation."

Laws of Nature

There are no laws in nature, there are only laws of nature, which are descriptions we have made of our perception of the way the universe functions. Scientists do not "discover" laws of nature, they invent them to describe the facts they find. They are mere descriptions of what has occurred in the past, and what they have reason to believe will occur in the future. A book on chemistry or botany, or even astrophysics, is merely history.

There can be no violation of natural law. For, if it is truly law, there can be no exceptions. If there is an exception, then the so-called law must be revised. If the biblical account of the axe head floating on water (2 Kings 6:5) is literally true, then there are fundamentals of nature involved of which we are not as yet aware. That is all.

It is precisely because of the tendency to read magic into the stories of the Bible that any practical implication for today has been limited. This tendency to read supernatural phenomena into the accounts has often obscured the express

instruction about a perfectly natural cause.

For example, the parting of the Red Sea is quite clearly explained as being caused by "a strong east wind all night" (Ex. 14:21). The miracle, if such it was, was in the timing. The Israelites crossed at low tide, and the Egyptian forces were swept away by the onrushing return of the waters at high tide. The account clearly says: "... and at dawn the sea returned to its normal depth ... the Lord tossed the the Egyptians into the sea" (Ex. 14:27). However, the expect-a-miracle groups have perpetuated the myth of Cecil B. deMille's God reaching down from on high and damming up walls of water. A natural law is simply a statement of what happens under certain circumstances. If we drop a stone, it falls to the ground. The scientific way of stating it is that "the stone and the earth are drawn together by a force proportional to the products of their masses and inversely proportional to the square of the distance between them." Bible writers might say, "God puts the stone and the world together." Neither is an adequate explanation.

It is important to note that Jesus clearly says, "He who believes in me (in Truth), will also do the works that I do and in fact, will do greater works than these" (Jn. 14:12). While everyone was calling them miracles, He was calling His healings simply His "works." He knew and practiced the healing art because He understood the mental and spiritual laws governing healing. Jesus was the Christ principle in full expression. This Christ principle is the whole person of every one of us, truly our "hope of glory." When Jesus said "he who believes in me," He meant whoever believes in his or her own wholeness. And from this point of wholeness, all things are possible.

An aborigine in the bush sees an airplane flying overhead. It seems like a miracle. The pilot of the plane, checking the instruments, noting the

schedule, and marking the chart, calls it "work." There is no difference whatever in the phenomenon, only a difference in the knowledge, understanding, and laws involved.

It is so easy to speak of miracles, thinking of them as something that transcends all law. But the point to remember is that what we call miracles transcend only what we know of law. The so-called miracle of your healing depends not on some supernatural intervention, but only upon what, until now, has been a supernormal experience.

Many people pray for a miracle in a critical situation, when all that is needed is the acceptance of the truth that what they want *may* be beyond their normal experience but not beyond the power of the creative process within them. Why should it be a miracle or supernatural phenomenon for any of us to be healed of illness? Isn't that which created us and sustains us capable of making us whole?

All Is Possible

Now, we are certainly not expressing skepticism of the tremendous power to heal or prosper, or questioning the full implication of the statement "all things are possible." For, when we deal with changeless spiritual law, we have even greater faith in the wonder-working process. But we don't have to play games.

When the widow's oil was increased (2 Kings 4), it was not through divine intervention in human affairs, but by the exploitation of divine law on a higher level of awareness. Certainly all things are possible, not because God makes an exception for you by reason of your plea, but because your faith is the key to the kingdom of the power within you to apply the laws that transcend human limitation. Of course, when we work with divine law from the highest perspective, the unusual will become

common place, and wonderful things will begin to occur. But I say again, don't fall into the miracle trap, for by so doing you will tend to give up control of your life.

You may say, "But what about the miracles that occur at places like the Shrine of Lourdes?" Alexis Carrel, the renowned medical researcher, in writing of his personal observations of the instantaneous healings at Lourdes, said that the only explanation he could give as a medical doctor was that the body's own natural healing processes, which normally operate over a period of time to bring about healing, are somehow speeded up by intense faith.

But we quickly cry "miracle," thus failing to understand the deeper dimension of the healing process in time and transcendent to time. Whether a healing requires months or days or minutes, even if instantaneous, the same universal power is at work. Else there would be no universe of order, and everything would be chaos.

In my personal research in the phenomena of healing, working with countless cases for over forty years, I have come to the conclusion that the fundamental difference between normal and paranormal, different techniques aside, is one of time. Normal medical healing deals with the constant process of cell renewal (skin cells renew themselves in three to five days, heart cells every five months, etc.). On the other hand, spiritual healing deals with intense faith or highly charged consciousness which transcends time limitations, and which may achieve a rapid acceleration of the body's renewal process - appearing even to happen instantaneously - thus called a "miracle healing." One possible explanation of Jesus' healing power is that He had developed the ability to project His pure consciousness, which had a contagious influence on the ill person, reversing the pattern of deterioration and lifting the person out of the limitation of time.

But remember. He said: "Do not think that I have come to abolish the law or the prophets but to fulfill them" (Mt. 5: 17). So in every evidence of healing, the life process of "first the stalk, then the head, then the full grain in the head" (Mk. 4:28) must still have been applied. The mystery of paranormal renewal, then, is not a nullification of the law but its fulfillment by a variation of acceleration.

Not Limited to Time

A cardiac patient was informed that he could not be released from the hospital for another two weeks due to a condition indicated by his electrocardiograph readings. This man, an ardent student of Truth, refused to accept the prognosis. After some discussion, he finally talked the doctor into giving him one hour alone, after which he would be given another test, a kind of second opinion. He spent that hour in an intensive experience of inner prayer, during which he opened his mind to the inflow of the perfect heart-idea of infinite Mind. The later test revealed a "miraculous" return to normalcy. The doctor agreed to the man's release the next day.

This was no miracle, or deviation from the healing law. On the contrary, it was the *vis medicatrix naturae* in its most perfect manifestation. It simply demonstrates that healing is not limited to time, and that life is a spiritual force that flows in and through the conduit of a physical form governed by material laws. In a very real sense, it is like speeding up the playing of a symphonic recording so that a full hour symphony seems to be heard as one chord. It is interesting that this is precisely the experience that Beethoven tells of having, hearing that one chord of inspiration, which then required days and even weeks of composition.

A person in the clutches of an excessive dependency will often fall into the expect-a-miracle trap. It is a

way out of the problem without having to come to grips with the issues of self. Any person can overcome a weakness, but only by releasing his or her own innate overcoming power. To paraphrase Emerson, "Your power to overcome is the continuation of the divine effort that made you in the first place."

To one who has been obsessed with his own weakness, overcoming might seem like reaching for the moon. But then that cliché has lost its validity, hasn't it? Even to say "But it is simply the way I am" is simply not true. The weakness or limiting habit began as a tendency at some earlier time by a reaction to life, which in time became a habit pattern. However, if your subconscious mind could learn a pattern of negativity, it can also learn a new, positive one. No matter how long or how severely you have been in the clutches of alcoholism or some other addiction, no divine intervention is required for your healing. You can change. You don't have to be "that way."

So again, I say, "Don't expect a miracle!" Don't reduce the practice of Truth to playing games with divine law. If you really believe you are entitled to the fullness of the kingdom, the resulting manifestation may appear to be miraculous, for wonderful things can and will be done, but it is the natural fulfillment of divine law. The healing you long for, the overcoming you desire, the prosperity and success you have been spiritually working for do not call for miracles, but for the disciplined application of divine law and the steady effort to know God.

The great ideal of spiritual seeking is to be in tune with the Infinite. To traffic in such thoughts as "Only a miracle can save him" and "It is impossible, but I expect a miracle," is to be in tune with the indefinite. There are no miracles in an orderly universe. All things are possible.

Henry David Thoreau says it all in these lines from his classic essay "Walden":

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him; or the old laws be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings.



What Is Your Vision?

By Gregory Barrette

As you see it to be, so it will be. Even a simple vision, held briefly but clearly in your mind, will work powerfully to create success! As *you* begin to live *your* vision, take these steps with me:

1. Look back and see how your goals have turned out. Give thanks for what manifested, and redefine what did not. Perhaps the timing was not quite right, or the pictures you were holding in mind were not entirely in alignment with your highest good.

2. Look at the present moment, and let go all that keeps you from expressing yourself as the powerful, creative, alive person you are. What do you want to let go of?

3. Look into the future, and set goals that will create satisfaction for you. These goals will magnetize your success. Dream boldly! Your vision determines the size of cup God can fill with blessings.

"In the beginning was the Word, and the Word was with God" Jn. 1:1). Your word is your Godlike power to create. Envision today as an empty slate that is just waiting for your hand. You are a creator-a co-creator with God!

Imagine what it would feel like if you were the powerful, joyous, successful, and prosperous person you hope to be. Now imagine what it would look like. Let these visions be your first step in creating goals that express the magnificence that you are!

Irradiance

By Ernest C. Wilson

Oh, fill me with Thy presence, Lord,
That love may shine through me
To quicken that same presence, Lord,
In all whose eyes can see.

Oh, fill me with Thy presence, Lord,
That wisdom may be mine
To share Thy light with all who need
To let their own light shine.

Oh, fill me with Thy presence, Lord,
To guide what power I wield,
That it may ever strengthen good,
And be from ill a shield.

Oh, fill me with Thy presence, Lord,
But need I longer wait?
Thy presence hath been given me,
To live and radiate!



April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i>	<i>2</i> <i>Choir Rehearsal, 9AM</i> <i>Bell Choir, 10:30AM</i>
3 <i>Sunday Services 10:30AM</i> <i>Youth Ed 10:30AM</i> <i>Circuit Breaker with Larry Gibbs</i>	<i>4</i>	<i>5</i>	6 <i>AA Men's Group, 10AM</i> <i>CA, 7PM</i>	7 <i>Ukulele Practice, 7PM</i> <i>The Lazarus Blueprint Study Group, 7PM-8:30PM</i>	<i>8</i>	9 <i>Choir Rehearsal, 9AM</i> <i>Bell Choir, 10:30AM</i>
10 <i>Sunday Services 10:30AM</i> <i>Youth Ed 10:30AM</i>	11 <i>Prayer Chaplain Meeting, 6:45PM</i>	12 <i>Book Club The Man in the High Castle by Philip Dick at Bread Co. at 2PM</i>	13 <i>AA Men's Group, 10AM</i> <i>CA, 7PM</i>	14	15	16 <i>Choir Rehearsal, 9AM</i> <i>Bell Choir, 10:30AM</i>
17 <i>Sunday Services 10:30AM</i> <i>Youth Ed 10:30AM</i>	18 <i>Ladies' Night Out, Pietros, 3801 Watson Rd, 63109 at 5:30PM</i>	19	20 <i>AA Men's Group, 10AM</i> <i>CA, 7PM</i> <i>Planning Mtg, 6PM</i> <i>Board Mtg, 7PM</i>	21 <i>Ukulele Practice, 7PM</i> <i>The Lazarus Blueprint Study Group, 7PM-8:30PM</i>	22	23 <i>Choir Rehearsal, 9AM</i> <i>Bell Choir, 10:30AM</i>
24 <i>Sunday Services 10:30AM</i> <i>Youth Ed 10:30AM</i> <i>Annual Business Meeting & Potluck</i>	25	26	27 <i>AA Men's Group, 10AM</i> <i>CA, 7PM</i>	28	29	30 <i>Choir Rehearsal, 9AM</i> <i>Bell Choir, 10:30AM</i>

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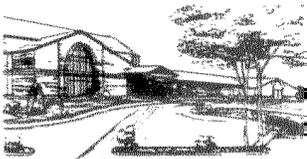
THE APRIL 2016 NEWSLETTER OF
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The light side -- A little holy humor

Two peanuts were walking down the street. One was a salted.

I've just opened a new restaurant called Karma. There's no menu, we just give you what you deserve.

I had a dream I was a muffler and I woke up exhausted.

Today I gave my dead batteries away....free of charge.

Never give up on your dreams, keep sleeping.

I'm going to stand outside. So if anyone asks, I am outstanding.

I'm so bright my mother calls me son.

I am going bananas. That's what I say to my bananas before I leave the house

I hated my job as an origami teacher. Too much paperwork.

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

One hat said to the other, "You stay here. I'll go on ahead."

What fits your schedule better...exercising 1 hour a day or being fat 24 hours a day?

I know some jokes about unemployment, but they need some work.

I have never seen a fruit punch and a cereal box.

A three legged dog walks in the bar and says, "I'm lookin' for the guy who shot my paw."

Silence is golden; Duct tape is silver.

I tried to catch some fog earlier. I mist.

Change is hard. Have you ever tried to bend a coin?

If money doesn't grow on trees why do banks have branches?

2 Pacs of Eminems for 50 Cents?
Man that's Ludacris.