# Wings



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

The Newsletter of First Unity Church Of Saint Louis

### August 2016

- Inspiration
- Information
- Illumination

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#### Act your Age

By V. Stanford Hampson

A few years ago, my wife, Helen, and I were privileged to be guests at a reception for two of our good Unity friends, who were celebrating their fiftieth wedding anniversary.

As is customary in
Hawaii, the program was a
delightful presentation by
the entire family. The
highlight was when the
beautiful "bride" sang for
us. And how beautifully
she sang! She prefaced her
song by modestly commenting, "Probably, I
should act my age, but, here goes."

Something in me wanted to stand up and shout, "You are acting your age!" For what is age but a state of mind, and our thoughts and actions in life are the secrets to the agelessness we express.

Think for a moment about your age. How old are you? It really isn't just the simple matter of remembering when you were born and applying the necessary mathematics. You do have a certain chronological age, to be sure; but you also have mental, emotional, physical, and spiritual ages.

You are probably a different age in each area of your being, so you see, deciding on your age really isn't simple. Mentally, you are as old as you think. Emotionally, you are as young as you feel. Physically, since your body is constantly renewing and rebuilding itself, you are never more than nine months old. Spiritually, you are the eternal life of God in expression, which is the same yesterday, today, and tomorrow.

Dr. Linus Pauling, Nobel prizewinner in chemistry, wrote, "Theoretically, a man is quite immortal. *His* bodily tissues replace themselves. He is a self-repairing machine. And yet, he gets old and he dies, and the

reasons for this are still a mystery." With no disrespect intended to Dr. Pauling, I don't think aging is really such a mystery. Because we are spiritual beings, children of God, expressions of His life, our basic nature is *life*. The number of years we live in

a particular body is immaterial, since the body is perfectly capable of constantly renewing itself. Thoughts and feelings are the key. How you are *acting* is your age. You and 1 are always acting our age. Age is the way we think, and feel, and consequently act.

"Act your age" is a fact and a command. You are constantly acting out age, so tune in to your spiritual source and act out *life*. Your every moment of prayer enables you to express more life. Square your shoulders. Hold up your head. With a twinkle in your eye, no one will notice the wrinkles around them, which may even go away! Forget the past. Go forward to new interests, new friendships, new joys, new life. As Charles Fillmore advised: Fairly sizzle with zeal and enthusiasm as you spring forth with a mighty faith to do the things that should be done by you. You are *life*. Act your age!





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#### Unity 101

Join us on Sept.10, 9:00 a.m.-12:00 p.m. for an interactive class on Unity's basic teachings. Whether you are new to the ideas of Unity or a longtime Unity student, this class will provide an opportunity to deepen your understanding of how Unity's principles and practices can transform your life.

#### The Power of Prayer

Join us to explore the fundamentals of prayer on Sept.10, 1:00-4:00 p.m. We will explore the purpose of prayer, ways to pray, and praying with others. This class is designed for all who wish to enrich their prayer lives. Unity 101 and The Power of Prayer are prerequisites for Prayer Chaplaincy.

eScrip News - Remember to use your eScrip card when shopping at Schnuck's. Also look for the link on the First Unity website or go to www.escrip.com to earn money for First Unity as you shop. Last month First Unity earned \$65 through the script program. Thank you!



Quilts for Kids Please join us on the first Thursday of each month at 10:00. We will be making charity quilts for children to

donate to hospitals, police, fire departments, or wherever children are in need. Bring a lunch with you. Donations of fabric welcomed. For more information, contact Jane Vondruska (636-226-4562) or Sandy Etheridge (314-309-8136). All are welcome.

The Ladies' Night Out Group will meet on Monday, Aug. 15th at 5:30. We will meet at Sesame Chinese Restaurant on 10500 Watson Rd. 63127. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



August 9: The Hundred Year Old Man Who Climbs Out the Window and Disappears by Jonas Jonasson September 13: The Glass Castle by

Jeanette Walls

October 11: The Girl on the Train by Paula Hawkins

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

#### **Save These Dates:**

August 21 - Pancake Breakfast immediately after service. Bring a friend! **August 27 – Apple Picking** at Eckert's Farm in Belleville, Il. Meet at church at 9:00 to carpool. We will depart for Eckert's at 9:15 a.m. sharp. Picking will be from 10:00 – 12:00.

Sept. 11 - Spaghetti Lunch & Apple Fest following Sunday Service

Sept. 24 - Mystery Dinner Theater Noted bootleg wine makers Bunny & Clyde have invited their closest friends to join them for an evening of interactive fun. Rumor has it that Clyde may meet his demise during the evening. Join us to help solve the mystery! 1930's period attire is welcome. Tickets available for \$20. Doors open at 6:00. Show begins at 6:30. Performance by Upstage Productions.

> This month **Feed my People** is holding a Back to School Supply **Drive.** Binders, notebooks, loose leaf paper, pencils, erasers, rulers, glue sticks, scissors, or

anything else students need in their backpacks are welcomed and greatly appreciated.

www.feed-my-people.org



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



#### **July Affirmations**

**Inner Peace:** I surrender to the peace of God within. Guidance: My light shines

as confidence and understanding.

Healing: The healing life of God renews and strengthens me.

Prosperity: As I give, I receive.

World Peace: I see the world encircled in

love and peace.

#### A Month of Sundays

"August is like the Sunday of summer," an online meme proclaims. But that means different things to different people.

If you see Sunday as the end of a week — a chance to sleep in, do "nothing," relax and play — then August might be your downtime at the end of a busy summer. If Sunday feels heavy because the onslaught of the workweek is approaching, then August may carry the dread of falling leaves and falling temperatures.

But if you view Sunday as a fresh start to the week, then August, with a new school year and new church programming around the corner, can be exciting. And if you honor Sunday as the Sabbath, indeed "August is like the Sunday of summer." God invites us to enjoy these holy days and give thanks to him, the Creator of all seasons.

- Heidi Mann

#### Second chance

Someone once asked the great British leader, Winston Churchill, how he had the persistence to lead his country so nobly against Hitler, especially when everything seemed somewhat hopeless. He said that he remembered the time he had to repeat a grade in elementary school.

Puzzled, his questioner asked, "Do you mean that you failed a year in grade school?"

Churchill replied with humorous candor, "I never failed anything in my life. I was given a second opportunity."

#### Try a small gesture of courtesy

Studies published in the Journal of Applied Social Psychology show that your restaurant servers who leave a piece of candy with the check will get a bigger tip than those who do not. If two pieces of candy are left, the tip is even more.

Researchers aren't sure why candy equates to big tips. They have known that big smiles, squatting to eye level during the initial introduction and light touching of customers all result in bigger tips. Some speculate that offering "unexpected food treats" has the same effect because it seems to increase the "perceived friendliness" of the server.

The most current data suggest another reason, however. It involves the simple principle of reciprocity. When a customer receives something gratis, he or she is more likely to respond by giving a larger than expected tip in order to provide a "friendly gesture" in kind.

This is instructive for friendship evangelism. People respond, we're human, to even the smallest gestures of courtesy and kindness.

-Homiletics

#### The horse that made a difference

Martin Buber, an important 20th century theologian, taught that our relationships with others take either of two forms.

They are either I-It, treating the other person as an object, seeing him only in terms of what he does, or I-Thou, seeing the other as a subject, being aware of the other person's needs and feelings as well as one's own. Buber tells the story of an incident which changed his life and led him to that formulation.

When he was young, his parents were divorced, and he went to live with his grandparents on a farm. He would feed the animals, clean the pens, and groom the horses. One day, when Buber was 11, he was caring for the horse that was his particular favorite. He loved to ride and groom and feed that horse, and he often brought it special treats. As Buber was stroking the horse's neck, a strange feeling came over him. He felt that he could not only understand what it felt like to be an 11-year-old boy patting a horse, he could understand what it felt like to be a horse patted by a boy.

The joy of that moment, of being able to go beyond the confines of his own soul and know what another soul was experiencing, was so much more satisfying than the sense of power to make someone else do his will, that years later, Buber founded his entire theology on the feeling.

-SourceBook of Wit & Wisdom

#### "Quotable Quotes"

The foliage has been losing its freshness through the month of August, and here and there a yellow leaf shows itself like the first gray hair....

- Oliver Wendell Holmes

Pray, and let God worry.
-Martin Luther

If we have no peace, it is because we have forgotten that we belong to each other.

-Mother Teresa

Youth is the gift of nature, but age is a work of art.

-Stanislaw Jerzy Lec

Just remember, once you're over the hill you begin to pick up speed.
-Arthur Schopenhauer

Let age, not envy, draw wrinkles on thy cheeks.

-Thomas Browne

Be on the alert to recognize your prime at whatever time of your life it may occur.

-Muriel Spark

Whenever I go to New York or any European country, they say: 'Nawal, why don't you get a facelift?' I tell them, 'I am proud of my wrinkles. Every wrinkle on my face tells the story of my life. Why should I hide my age?'

-Nawal El Saadawi

Age appears to be best in four things; old wood best to burn, old wine to drink, old friends to trust, and old authors to read.

-Francis Bacon

#### The Miracle of Prayer

By Dorothy Pierson

Behind "The Miracle of Prayer" is the surprise element and the complete joy that seem to come with the answers I get when I pray. I know that the word miracle has its aspects of mystery; but knowing too that a miracle is but the fulfillment of a higher law, I truly marvel at the way in which prayer works. It is like getting in an elevator on the ground floor and coming out on the top floor! From the higher view the entire perspective changes; and once having seen my world from such a height, I can return to the ground level of action and know that there is a pattern and an order which is valid and real.

As a Unity minister and teacher I am more and more convinced that prayer is Unity's most precious commodity! We can be and are, in fact, specialists in the product of prayer. The miracle of prayer is the magic of prayer, the joy of prayer, the unexpected-or unsuspected-good of prayer!

Of the prerequisites of prayer, complete acceptance of God, the Mind and Source of life, is fundamental. People who pray do so with an awareness of God as being a living, real, and vital Power. In our world of intellectual probing and reasoning, the idea of God has been almost explained away. But simply, and basically, the person who experiences dynamic and effective prayer must put aside all intellectual picking at pieces and accept the whole God-idea.

Prayer is an activated faith or acceptance of God as the one Presence and one Power. This implies, of course, total Source and Energy and Being. Not God *and* any other source. Knowing and feeling God as Mind helps us to gain this total concept. Mind as a synonym for God also helps us to know and feel the *within* of our relationship to the whole.

After stressing complete acceptance of God, we move to the premise: "It seems to me that if I'd left it to God ...." Here is a very valid thought and of course brings into focus the whole reason of Jesus' life and teachings. Jesus as man is the connecting point. Jesus as man is the exalted, glorified consciousness with the vital awareness of "I and the Father are one."

God is total Mind and as my consciousness meets this idea, that God-Mind is *my* mind. My consciousness is my dimension of awareness that experiences life in life (or living in life). I keep reminding myself over and over: I am in God as a fish is in water-as I am in this room, as I am in the air I breathe. Not a matter of going and getting, but a matter of knowing and being that which I am.

Prayer develops consciousness. The actual praying of a prayer expands our circumference of awareness. There is no other way. The prayer attitude has definite direction: from the inside, out. This is a point we must constantly keep reiterating. Not a reaching up and out, but a knowing within-from center to circumference. I have a habit of saying over and over to myself, "From within, out nothing happens to me; everything happens through me." Probably this single thought is the most vital point of prayer.

When I came into Unity, my first teacher made this statement in class: "Everything you will ever need for your eternal unfoldment is within you now." This made a tremendous impression on me-like microfilm condensed, refined, even finer, the invisible, formless seed of life and substance out of which all life evolves. To know this "design" of man is essential to productive prayer. Imagine driving a car backward always. What if you thought that was the way it really was designed! Always looking in the rearview mirror-always turning your head over your shoulder. In taking driving tests, we must prove that we can drive in a straight line backward, but imagine always driving in this way! Yet, we accept the direction of our busy lives from the outside, in, rather than the way of divine design, from the inside, out! No wonder we have the tensions and stresses of the physical world. The ideas come from inside, out-ideas that improve and evolve our world.

One man who has given a great blessing to my life, Dr. Bernard Wheatley, of Kauai, Hawaii, once said, "My life as it is derived out of inspiration is not too big for me." What a perfect expression of the inside, out concept of living. And doesn't life seem too big for us so often! We say, "It's too much for me." But if we learn to get our guidance and direction momently from within, we find that within every idea is the substance for its natural and right fulfillment.

This miracle attitude in action has another interesting concept-it changes the results from a matter of addition to a matter of multiplication. As man's consciousness deals with manifestation, he says, "It adds up" or "It doesn't add up." But as man's consciousness deals with God and the spiritual realm, he operates in the free, unbound realm of substance that increases in an ever-expanding way.

An illustration on the material plane: If I have a dollar and you have a dollar-I give you mine; you give me yours. After such a generous transaction we still have only one dollar each. But in mind, in the spiritual realm: If I have an idea and you have an idea, and we share them, we both gain.

As someone has said, "We multiply by dividing-we increase by sharing."

We talk a great deal about prayer and our need for it. We often feel guilty that we don't pray more. We even approach our prayer times with feelings of guilt that "Knowing so much, we do so little!" But this attitude of mind is unprofitable. Most of us know a great deal more

intellectually about lots of things than we are able to live up to. Let's not let this keep us from making a fresh start right now in our prayer life.

To pray we must first of all say to ourselves that we believe in God. We must approach this belief with complete acceptance. Much like a person first learning to swim must acknowledge his faith in the idea of swimming. I know what I'm talking about in this, because I just learned to swim some five years ago. I had lived more than a few years with complete disassociation with water for swimming! It's a great thrill to look at a lake or a pool now and to be able to relate myself to it in ways of joy and freedom and relaxation.

So it is with abandoning oneself in prayer: first, *believe!* Let go intellectual manipulation of outer affairs and just turn it all over to God. Say to yourself, "There is God! He is the one Presence and Power and He is mightily at work in His creation now to bring about rightness, goodness, order, and fulfillment." Just float in that assurance as you would float in water. ...

Second, *relax*. Relaxation follows this complete acceptance naturally and easily. Sometimes I think we make too much over the business of relaxing.

I remember a time when I was leading prayer in a crowded Easter service in a large auditorium in Seattle. Extra chairs were brought in, and the balcony was especially full that Sunday. When I asked the people to relax as we entered the time of prayer, one man was heard to say, "How does she expect us to relax when we're stuffed in here like this!"

As the prayer proceeded and the consciousness of prayer was generated, this very same man was soon sound asleep! Sleep is not the ideal of prayer, which should be an "awake" experience, but at least the man found relaxation! Relaxation is natural when we turn our attention

from the problem and begin to see possible answers.

Third, *feed*. To assure a vital, wide-awake experience in prayer, it is necessary that we feed our mind with ideas. Unity provides much inspirational literature for this very purpose. The Bible is filled with soaring, uplifting thoughts from cover to cover. Take time in prayer to feed on words that open the mind to avenues of strength and power and peace.

Fourth, *be still*. Most certainly, prayer must have a time of stillness. That stillness is not just being motionless; rather, it is an inner listening that becomes very active! I am reminded of the little story I heard on the radio the other day as I drove down the highway. The announcer said, "It is reported that schoolteachers make the best wivesthey know how to ask questions and then listen to the answers!"

We could say that about the best prayers too. It's a matter of asking, then listening to the answers. The inner answers come in assurance and peace. The inner answers are often direct, simple, and in themselves miracles! Miracles, once again, in the sense of surprises of good.

Praying, really praying develops into habit. And then comes the experience of the miracle of prayer!

## **Couriers of Courage** *By Richard Dale Billings*

It is during times like these, when many people are fearful, distressed, and disturbed, that we need to be couriers of courage. It is not easy but we can do it.

I would like to tell you about an example of courage that stands out as one of the rich experiences of my life.

Anna had lost a leg through amputation previous to the time I had the opportunity to meet her and share with her in prayer. Shortly after our first meeting, Anna called regarding a condition on her other foot that was resistant to healing. She asked that I

pray with her about it. Instantly, I joined with her in prayer, and our special prayer project began.

Weeks passed and it appeared our prayers were going amiss, since the condition gave every appearance of becoming increasingly worse. Daily, I concentrated my prayers on Anna, clothing her and the condition in prayers, but in spite of our active faith, the answer did not come through a healing of the ulcer on her foot.

Prayer, however, had readied us in consciousness to follow our guidance. We contacted a very fine physician who encouraged us to see a surgeon immediately. God had placed us on a dimension of understanding where faith would have to be the "rock" the foundation that would not be shaken by the outer appearance of adversity and opposing factors. Yes, faith, and more than that, courage, was born out of depth of soul, aware of the divine potential and power of life within the body temple.

The surgeon informed us that the leg must be amputated without delay, and I will have to admit a sense of defeat struck me for a moment. But Anna displayed such courage that my shadow of doubt was quickly dispelled by her radiant spirit and zest for life. I can hear her yet, as she said, "It's all right, I'll walk again."

Then something wonderful happened: The doctor inquired what Anna had been taking for the pain. She replied with smiling eyes, "Prayer." Suddenly, light began to glow in my own consciousness again. A deeper realization of the power of prayer in meeting pain was made real to me. I had almost forgotten my own past victory over pain when prayer was the only solution that could have mastered it. I rejoiced as I felt a new freedom from those binding conditions that seem sometimes to limit us in our spiritual growth.

Anna entered the hospital to meet the experience with a courage that I wish could be shown to all people. Following the operation, I stood by her bed, deeply moved at the sight of the sheet falling away where her legs had been. A wooden limb with stocking and shoe on stood against the wall. I wanted to cry, but Anna quickly stopped any flow of tears by telling me how good it was to see me and by asking how soon I thought she would be able to be fitted for another leg. We talked on and on-our minds were of one accord-and we decided then and there that she would walk again and it would be soon.

Our vision never dimmed in the passing days. Each day brought with it new hope and a deeper courage. I remembered the commission, "Go ... heal the sick," and I remembered that Jesus opened the eyes of the blind and made the lame walk. Could He be speaking to me? Could He be speaking to you now? Yes, 1 am convinced He is.

Life became a series of lessons in courage for Anna as the weeks brought new and unexpected challenges, adjustments, penetrating prayer, and deepening of conviction. Somehow Anna and I knew it would all work out. We did not question, but continued in believing and knowing. The healing seemed to take longer than we had planned, but life will not rush things. Life is generous in allowing for the unexpected.

Soon the time came that Anna was on her way to be fitted for two new legs, and then she would be learning how to walk again. Needless to say the days that followed were not easy for Anna, nor for her husband, who patiently helped, trusting and believing, along with us. There were anxious moments as Anna began her efforts to learn to walk again; but through it all, never so much as one tear flowed from her eyes, with their expectant vision. She continued seeing herself as walking, laughing, and being. She stood erect and free, courageous in God's love.

Then one day when the snow and winter had almost gotten the best of us, Anna called to tell me she would be in church the next Sunday. She had missed her visits so much. Caution suggested that maybe it would not be wise for her to attempt coming out at this time. But Anna said: "I'll be there, if I have to crawl." And she was! She stood erect and joyous. Anna had proved that there is no obstacle in life which can stop the work of God when we stand firm in faith.

This brave woman has not missed a Sunday attendance since. And somehow I wanted to tell you about her, so that when your own faith and courage are tested, you, too, can be reassured that with God, "All things are possible to him who believes." Courage – a quality that is birthless, deathless, and eternal! "Be of good courage." Be a courier of courage. Courage will bring its own increase as we use and apply our special gift of courage. I will always remember Anna – for she taught me a lesson in courage.

## The Goodness of the Law By James C. Lewis

It is a scientific fact that nothing happens by chance. We may not always fully understand what has caused certain things to happen to us, but we can be sure that they came about through the operation of spiritual law. Because of this basic fundamental truth, it is important for us to learn to apply the law so that we and others will benefit.

Usually when we think about the law of cause and effect, we do so from the negative point of view. That is, we think about what we might have done wrong and then get upset and wonder what the unpleasant reaction will be. Doing this only helps negation come about.

What we should do is to think about the law from the constructive point of view. To think about the good we have done, the good we can do, and the wonderful results that will come to us as a result of our good application of the law. If we cannot escape the unpleasant reaction

of the law, we cannot escape the good reaction of the law. Another important thing is that a good application of the law will offset any negative reaction.

How do we apply the law? Everyone is an expert at it already, for everyone works with the law every day. We apply the law either to our advantage or disadvantage through our thoughts, words, feelings, and deeds. This being true, we can therefore consciously and deliberately think, feel, speak, and act in a constructive way and bring forth anything good we desire – health, wealth, harmony, peace.

You must remember that the law is first applied within you. Many try to work first in the outer, by making all kinds of adjustments, as they seek to bring about some good they desire. If you have done this, work instead within your own consciousness. Apply the law in consciousness, and your good will come to you without fail; no one can stop it. Instead you will find that others will cooperate with you and help you achieve your good.

## Take Heart By Grace Noll Crowell

Heart, does the day seem endless; And the road too weary and long? Wait awhile in the silence, Rest, and you will grow strong In the strength of One who has traveled

This same road Long ago. He will come with His might and power,

He will give you the strength to go Through the deepest, darkest valley, And on up the steepest slope. His hand will be there to guide you, There will be faith and hope Like a lamp for you to carry, And courage will have a part In your valiant upward climbing. weary one, take heart!

## August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 AA Men's Group, 10 AM CA, 7PM	4 Quilts for Kids Group, 10 AM Ukulele Practice, 7PM	5	6
7 Sunday Services 10:30 AM Youth Ed 10:30 AM	Meeting, 6:45 PM	9 Book Club The Hundred Year Old Man Who Climbs Out the Window and Disappears by Jonas Jonasson at Bread Co. at 2 PM	, CA, 7PM	11	12	13
I 4 Sunday Services 10:30 AM Youth Ed 10:30 AM Chaplain Orientation, 1145 AM	15 Ladies' Night Out, Sesame Chinese, 10500 Watson Rd, 63127 at 5:30 PM	16	17 AA Men's Group, 10 AM  CA, 7PM  Planning Mtg, 6PM Board Mtg, 7PM	18 Ukulele Practice, 7PM	19	20
21 Sunday Services 10:30 AM Youth Ed 10:30 AM Pancake Breakfast	22	23	24 AA Men's Group, 10 AM CA, 7PM	25	26	27 Apple Picking at Eckerts in Belleville, IL Carpool meeting at 9am, picking apples 10am-12pm
28 Sunday Services 10:30 AM Youth Ed 10:30 AM Chaplain Orientation, 1145	29	30	31 AA Men's Group, 10 AM CA, 7PM			

## Wings THE AUGUST 2016 NEWSLETTER OF

FIRST UNITY CHURCH OF ST. LOUIS

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# The light side -- A little holy humor

A Sunday school helper was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children began discussing the dog's duties.

"They use him to keep crowds back," said one youngster.

"No," said another, "he's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrant."

\*\*\*\*\*

A little boy had just got home from Sunday school and mom was cooking lunch. "Mommy, is it true that before you're born you're just dust and after you die you go back to being dust?" "That's right son, why?"

"Well that's just what they said at church today."

"Run up stairs and wash your hands son, lunch will be ready in a few minutes."

About 10 minutes went by and she called out for him to come down. "I'll be there in a minute." As they were about to sit down at the table, the little boy asked again about being dust before being born and after you die. Once again mother said yes son.

The little boy looked at her and said, then you better get up to my room pretty quick, because something under my bed is either coming or going!!

\*\*\*\*\*

Mildred, the church gossip and selfappointed arbiter of the church's morals, kept sticking her nose in the other members' private lives. Church members were unappreciative of her activities, but feared her enough to maintain their silence.

She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his pickup truck parked in front of the town's only bar one afternoon.

She commented to George and others that everyone seeing it there would know what he was doing.

George, a man of few words, stared at her for a moment and just walked away. He didn't explain, defend, or deny; he said nothing.

Later that evening, George quietly parked his pickup in front of Mildred's house... and left it there all night!