

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

June 2016

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

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Take your Thinking
in Hand
By Emmet Fox

How to Control your Thinking

By Eugene Sorensen

I recall an interesting conversation I had with a man at a Unity center in Texas as we stood near the literature racks, discussing Emmet Fox's "Seven-Day Mental Diet." This is the diet for getting rid of negative thoughts rather than pounds. The idea is that for seven days a person does not allow his mind to think on the negative side of life, but rather, he determines to think on that which is positive, constructive, and good. The result is a complete change for the better in the trend of his life.

This man said to me, "You know, this is a great little pamphlet; it's too bad it can't be done."

I said, "What do you mean?"

And he said, "You can't control your thinking for one hour even, let alone seven days. It just can't be done."

The man was so positive about his statement that anything I had to say seemed extremely feeble. I thought to myself, "Some people certainly can work the power of Truth all right, but in reverse!"

So many Truth students say to me: "If only I could control my thinking, how much better my life would be! But I just can't seem to do it; so many opposing thoughts and feelings come in."

I cannot think of anything that is more important as a foundation for living the Truth of Christ than to control one's thinking. We understand that in Truth one of the aspects of God is divine intelligence and that the

demonstration of any good thing necessarily comes through the proper use of our faculties of mind and heart.

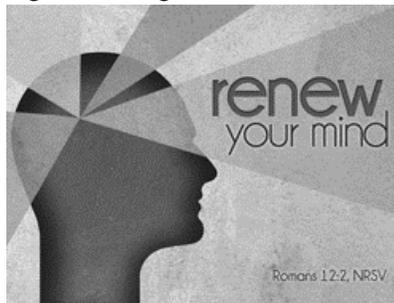
Someone has said, "Man is not what he thinks he is; but what he thinks, he is."

The Bible makes it plain that "as he [man] thinks in his

heart, so is he"; and Jesus spoke about sowing and reaping, teaching man to give love, understanding, and goodness to life. Then life returns even more good to him.

We need to realize that thoughts are things; they are the actual stuff we use to bring forth our experiences. We have discovered that we live in a vast, responsive sea of substance, God-substance, and it is always being molded and shaped into manifest expression in accordance with the quality of our thoughts. This is a law of the universe; and right now we are what we are and what we are becoming by virtue of the thoughts we are holding in mind.

--Continued on Page 4





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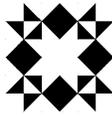
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New Adult Class: Join us beginning June 2, 7:00–9:00 p.m. for a five-week study of *Discover the Power within You* by Eric Butterworth. We will explore in detail the power of the divinity within along with Jesus' teachings on the art of prayer, spiritual law, forgiveness, abundance, and healing. Take this opportunity to develop tools for releasing your inner power and letting your light shine. Books will be available in the Book Store. This class will be offered for credit.



Quilts for Kids Group forming: Meetings will be on the 1st

Thursday of each month at 10:00 a.m. 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 at 5:30 on June 20th at Syberg's at 249 Arnold Crossroad Center 63010. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



June 14: Still Alice by Lisa Genova
July 12: The Light between Oceans by M.L. Stedman
August 9: The Hundred Year Old Man Who Climbs Out the Window and Disappears by Jonas Jonasson (Anyone who wants to attend the meetings are welcome, male or female, whether they have read the book or not.)



Feed my people

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

www.feed-my-people.org

Save These Dates:

August 27 - Apple Picking at Eckert's in Millstadt, IL. 10:00 -12:00
Sept. 11 - Spaghetti Lunch & Apple Fest following Sunday Service
Sept. 24 - Murder Mystery Dinner Theater

June Music

June 5th: Last choir performance until September (summer break). This will be a special performance with Dean.



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.



June Affirmations

Inner Peace: I find peace in the stillness of my soul.

Guidance: I listen to inner wisdom and make wise choices.

Healing: My body is a temple of divine life and light.

Prosperity: Attuned to prospering ideas, I draw my good to me.

World Peace: I envision all people as citizens of peace.

The Light Shines in the Darkness

“We are not to be too concerned with the appearances of inharmony, lack, and imperfections about us. These things are not real, and they will pass away quickly as truth takes hold in the consciousness. We are to remember that the Light shines in the darkness – and that in the very midst of the darkness, man’s mind opens to the Light, and for him there is no more darkness.”

-Myrtle Fillmore



Blessings Bestowed

When author Gary Smalley asked 100 people to share how they knew they'd received their parents'

blessing, they offered these memories of fatherly love:

- My father put his arm around me at church and let me lay my head on his shoulder.
- When my father faced a transfer at work, he purposely took another job so I could finish my senior year in high school.
- When I wrecked my parents' car, my father's first reaction was to hug me and let me cry instead of yelling at me.
- My father went with me to the store when I had to return a purchase I regretted.
- My father let me practice pitching to him for a long time after work.
- My father cried during my wedding because he was going to miss me being at home.

The Gift of Yourself

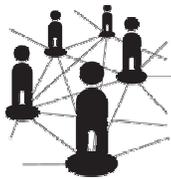
If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.

—Fred Rogers

Family Web

Genealogy research turns up some intriguing relations; for example, Barack Obama and Sarah Palin are 10th cousins, and Britney Spears and Prince Albert of Monaco are 17th half-cousins. In the Bible, Jesus is linked to Rahab and Ruth, members of nations that were enemies of Israel.

Searches for family connections quickly reveal not only roots but also a web. Only a few generations up in the branches of each family tree are so many people that trees intersect.



Scientists speculate that most people living today are related through a recent common ancestor. So there's a "web-like tapestry" rather than a "tree that fans out exponentially," according to writer Carl Zimmer.

Realizing we're all connected should affect how we treat others. After all, we're related to people with diverse backgrounds and opinions. In terms of genealogy, as well as living as Jesus' disciples, we belong to one another.

Life Is an Echo

A man and his young son were walking on a mountain trail when the boy tripped on a rock and twisted his ankle. "Ahhhhh!" he screamed in pain.

"Ahhhhh!" came a distant reply from the mountain.

The startled boy shouted back, "Who are you?"

"Who are you?" replied the voice from the mountain.

This made him angry, so he shouted, "You're a big coward!"

"You're a big coward!" was the reply.

The puzzled boy looked at his father and asked, "Dad, what's going on?"

"Son," the father replied, "listen to this." He then shouted, "I admire you!"

"I admire you!" answered the voice.

"You are wonderful!" shouted the dad.

And the voice replied, "You are wonderful!"

The father turned to his son and explained, "People call that an echo, but it's really life. Life always gives back to you what you give to it. Life is a mirror of all your actions. If you want to be loved, give love. If you want respect, give respect. If you want people to be patient with you, be patient with them. This rule of nature applies to every part of our lives."



"Quotable Quotes"

I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom.

—Umberto Eco

Spring being a tough act to follow, God invented June.

—Al Bernstein

It is only in the giving of oneself to others that we truly live.

—Ethel Percy Andrus

He who has God and everything has no more than he who has God alone.

—C.S. Lewis

The miracle is this — the more we share, the more we have.

—Leonard Nimoy

We must all work to make the world worthy of its children.

—Pablo Casals

Lord, make me see thy glory in every place.

—Michelangelo

Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.

—Jane Howard

Many an excellent man is tempted to forget that the best offering he can make his children is himself.

—Henry Neumann

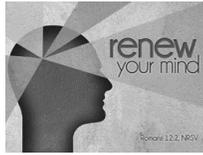
A baby is God's opinion that the world should go on.

—Carl Sandburg

I do not feel obliged to believe that the same God who has endowed us with sense, reason and intellect has intended us to forgo their use.

—Galileo Galilei

From Page One



One time at a county fair, a farmer exhibited a pumpkin grown in the exact shape of a two-gallon jug.

"When it was no bigger than my thumb," he said, "I stuck it in the jug and just let it grow.

When it filled the jug, it quit growing."

What the glass jug did for the pumpkin, our thoughts do for our life. We grow as big, as mature, and are as creative as the things we *think* about and believe in. But we always stop growing at the limit of our thoughts. Thoughts are creative, but they can also be limiting. They make us what we are, but restrict us to what they are.

Many people may be in agreement with this idea, but most of mankind is still in the dark about it. Yet we realize that, as the saying goes, "No horse gets anywhere until he is harnessed. No steam or gas has driving power until it is confined. No Niagara is turned into light and power until its force is harnessed."

No life ever grows great until it is disciplined and dedicated. And the only way we can get our life focused and disciplined so that great good will be our continuous experience is to control our thinking.

One of the first things we need do is to banish all such notions which say the control of thought is impossible or that it is not worth the effort. The only place where we can be in complete control is in our thought world. This is where we are a general, so to speak; for as a creation of God, we have been given a tremendous mind in which we can choose whatever we wish to think and dwell on, to plan, and to bring into our life.

We can control our thinking because we have a built in control tower called the will, and nothing can move into our mind, or for that matter into our life, unless the will has put its stamp of approval on the

delivery. The problem is simply that the will, the executive power of the mind, has not yet been taught the simple process for making right choices that lead to desired ends.

The role of the mind is to generate thought activity, and it does so in keeping with the level of consciousness, the personality, the character, and the emotional level. We are usually not too conscious of the constant activity of thought in mind, and so are not always conscious of the quality or character of thought we allow our mind to dwell upon. Yet where we stand in our spiritual growth, and in the full enjoyment of spiritual living, depends upon our present thought structure.

The proper basis for thinking is Truth. The idea that God, the good, is everywhere present is a Truth idea. And every thought we think is affirming this or denying it, accepting the good or rejecting it.

Watch your thinking for a while. You will see that it is either moving upward in quality toward the good, the true, and the beautiful, or it is moving downward toward the fearful, the negative, and, therefore, the false. Since thinking cannot be stopped, we should not try to stop it. Rather, we should seek to direct thought through choice-by choosing the Truth through affirmations and by rejecting the error through denials.

Denials always say "No!" to the appearance of difficulty, helping the mind to be aware that what appears has no power to harm in and of itself. Denials cleanse from the mind the belief in sickness, lack, or difficulty and open the way for the realization that only the good of God is real and lasting.

Affirmations always say "Yes!" to the Truth, to the good that is the essence of every person, condition, and thing. Affirmations make firm in our mind the love, life, and peace of God. Meditating upon an affirmation such as "*I am one with God, and His good now fills my life*" opens our

heart to the realization of Truth. To know the Truth is to have the Truth set us free.

Often we ask the question, "How can I affirm the Truth when I am faced with such inner turmoil and confusion, and my problems are so huge?"

The only things you and I are faced with are thoughts and their formations, and the formations change when our thoughts are changed. So here is what we can do: The same thought energy which we might have used in thinking, "I just don't know what I'm going to do; everything is so muddled," we can use in thinking, "I am one with the wisdom of God; I know what to do, and I do it."

The only time you can ever change your thinking is now; so right now, with your power of choice, choose God in your thoughts and continue to do so. Your thoughts will become feeling, and soon the outer actuality of your thoughts will appear as the happy, successful, fulfilling experiences you desire in life.

To so control your thought that faith, not fear; love, not hate; joy, not sorrow; peace, not tension; freedom, not bondage radiate through you is to have that level of consciousness which is able to receive from spiritual ideas the living power and authority of the Christ. Affirm the Truth in each moment of thought activity, and you will be amazed at the free and easy power that comes to you through the control of your thinking.

The Light of Unity

By Robert P. Sikking

"Do you *believe* in Unity?" That is a question that was recently asked of me by a devout Christian who belongs to a major denomination. My answer was an unqualified "yes," but since then, I have given that question further thought.

Just what do I mean? If your answer to that question were to be "yes," just what would *you* mean? Would you mean that you believed the teachings, the tenets, the "theology" of Unity to be true? Would that belief presuppose that you understood what Unity is trying to do or be or say? Would it mean that you succeed, or at least try to Jive, by those teachings?

I believe in Unity, because I know, through personal experience, that its headquarters are here in Unity Village, Missouri. Its grounds are familiar to me, for I am privileged to be employed here. I can look out my office window and see the Unity Tower, a landmark that is known by millions in the Midwest and through out the world. I don't have to walk many steps to see that window in which there is a light that shines for you and me and millions of others: the Silent Unity prayer room window.

My activities take me all over Unity, into Silent Unity, down to the Publishing Department, through the offices, the classrooms, yes, and even down by the motel and cottage accommodations near the lovely amphitheater, swimming pool, and nine-hole golf course nearby.

Yes, I believe in Unity, because I know it. I know its outreach in that beautiful edifice in Detroit, and the beautiful building overlooking the water in Miami. I have worked with and prayed with Unity friends in Santa Barbara, in Medford, in Colorado Springs, and in many other places in the United States.

Yes, I believe in Unity because I have some idea of what it is and what it seeks to do. I have been privileged to touch the consciousness of loving devotion and service of Unity friends in Trinidad, in Canada, in Nigeria, in cities of Ghana and Great Britain and Germany and Holland.

Surely there is no particular significance in the fact that I have been exposed to Unity, nor that I have been able to make some contribution to it through my minis-

try, my work, my skills or talents. Underlying this question, my answer to it, and the subsequent thought that has prompted this writing, there is an unconscious assumption that there is a value or validity to having some relationship with an institution or an organization. There is an underlying assumption that one's belief is somehow equated with an institution with which he has some association.

What earthly difference does it make whether one has a relationship with an organization or not, or whether one gives to or receives from such an organization a degree of support and significance? Yes, I believe in Unity, but so what?

The question that I ought to find a meaningful answer to is not, "Do you believe in Unity?" but rather, "Do you believe in *unity*?" Unity with a capital *U* is an organization, a teaching, a center of instruction and prayer with ministries all over the world, seeking to extend the ideas and ideals that are published and spoken in many languages. It is a place in Missouri known as Unity School; it is an association of centers and churches, it is magazines and radio and television programs and books and tapes; it is a way of life, both complicated and simple.

This Unity with a capital *U* is something that I love and to which I have given my life and whatever that may include. Even with my sense of total commitment to Unity, I must say that in the overall picture, Unity or my relationship to it has but little real significance. What is important is whether I believe in *unity*. That is, unity with a small *u*.

Unity is defined as a state of being one; singleness; absence of diversity; harmony; accord; a totality of related parts; a complex or systematic whole. It seems tremendously important, and especially at this time in history, that we should believe in this unity. We should come to believe and constantly increase our understanding of it. Surely one of the basic tenets of Unity is encompassed

in its familiar and often repeated affirmation: "*There is but one presence and one power in the universe, God, the good omnipotent.*"

Do we truly believe this? The unique truth that Unity offers to the world, to you and to me, is unity. Everything that Unity tries to say and do and be is an effort to say "unity." All of the complicated metaphysical terminology is aimed at saying that unity is true, that unity is the way it is. Out of "singleness," out of "absence of diversity," come harmony and accord.

As man grows in his realization and understanding of unity, he can come to see "a totality of related parts, a complex or systematic whole" that the universe is. In the light of unity, we can come to see that our world, the people and circumstances all around us, are but part of the whole that God is. If we believe in unity, then our attitude toward our world and all that is in it should be changing. In the light of unity, our understanding of God should be expanding and unfolding.

People generally have thought of God as being a deity or presence or power or personage outside themselves, separate and distinguishable from themselves. In the light of unity we must come to realize that God is the totality of the related parts. The life that we live and express is only a part of the allness and oneness of God.

The life in you and me is God expressing Himself as life in us, according to our consciousness of that life. Life is "the vital force, whether regarded as physical or spiritual, the presence of which distinguishes organic from inorganic matter." Scientists today recognize that the life force is everywhere equally present. That portion of science which deals with nuclear physics deals fundamentally with the life force. In the light of unity, we come to see that that force is only a part of (a related part of) the totality, and we call that God.

Most medical doctors today work from a great disadvantage, since rarely if ever does their training and education deal with the nature of health or wholeness, but rather with the nature of disease. Yet a doctor is motivated primarily by unity, and within the scope of his knowledge and skill, his efforts are directed toward the expression and manifestation of unity.

When we feel pain, or otherwise observe the evidence of disorder or disease in our body, the inherent intelligence within our body is motivating us toward unity. The nature of our being is unity, since all the parts, the related parts, make up a totality, and that totality is part of a greater whole, the unity that God is. In the light of unity our attitude toward our body and whatever it experiences ought surely to alter, for there is no need to be afraid, nor to ponder the negative beliefs that are born of diversity.

In our evolving awareness and understanding of God, we have come to accept that God is a loving Being, eternally desirous of fostering forgiveness and harmony. In the light of unity we also come to understand that God is not only loving, but that God *is* love.

When you or I express love in any degree, that is God expressing Himself as love in us. When we feel alone and unloved, unappreciated, we are again functioning from the standpoint of diversity, rather than unity. All the inharmony and unhappiness that we experience in our life is the direct result of our lack of awareness of and belief in unity.

In the light of unity we can know the infinite love of God and manifest that love in all our relationships. The person whom you distrust, the one who is unkind or who seems to wish you ill, is not an opponent to be fought against; he is part of the whole. If you can rise into a consciousness of your unity with him because you believe in your unity with God, with all life, you can draw forth harmony and accord.

Let us analyze national and international difficulties for a moment. Even at the risk of oversimplification, our human-relationship problems exist because we are dwelling, all of us, in a consciousness of diversity rather than unity. All of the minorities-racial, social, religious, economic, and age-are striving for unity. They may not realize it, for they too are pretty well hung up in the belief of diversity, but they *are* striving for unity.

The very fact that we classify people in different groups because of their race or their social standing, the church they go to, the kind of car they drive, or their age is evidence that we have need for a greater understanding and belief in unity. Among our young people in Unity there is a tremendous growing awareness of unity. And when they are together, the consciousness of diversity because of race or social or economic standing just doesn't seem to exist. They are showing us the way, the unity way.

I want very much to believe in unity, don't you? We *all* want to believe in unity and if we can just conceive the ideal, we are well on the way. If you go to a Unity meeting, you are always given three opportunities: to think, to meditate, and to accept or reject any given idea or concept.

Obviously, the purpose of this article is to give you these opportunities. I hope that as you read these words you will think about unity and just what it does mean or can mean for you, for those whom you love, and for the world. If we can get more and more people around the world thinking about unity, just imagine what could happen!

The second opportunity that is offered to you when you attend a Unity meeting is that of entering into a time of prayerful meditation, for the purpose of feeling the reality of Truth you have been considering in your mind. If we are to manifest unity's rich blessings we must rid

ourselves of the consciousness of diversity.

I know of no better way to dissolve diversity than with an affirmation of unity. You can affirm unity with life, love, understanding, and substance through your recognition that you have unity with God. There is *only* one Presence and one Power in all the universe, God, the good omnipotent, with whom you dwell in unity.

The third opportunity that is offered to you at a Unity meeting is the freedom to accept or reject any idea or concept, the freedom to act or refrain from acting as a result of the thought and feeling that has been proffered. One of the great mistakes that many well-meaning people make is to assume (unconsciously if not consciously), that the church or the religion or someone or something bears the responsibility for revealing and manifesting the good to which we aspire. In the light of unity, our unity with all that God is (and remembering that God is within us), the responsibility falls squarely back upon our shoulders. We must bring unity into manifestation.

Why not set aside the next three days and discipline yourself to recognize your unity with every person you meet, with every condition and every experience? For as you begin to see your unity with all life, as you begin to consider your inner and outer worlds in the light of unity, the sense of isolation, meaninglessness, and diversity will begin to disappear.



June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>AA Men's Group, 10 AM</i> <i>CA, 7PM</i>	2 <i>Quilts For Kids Group, 10 AM</i> <i>Discover the Power Within You Study Group, 7PM</i> <i>Ukulele Practice, 7 PM</i>	3	4
5 <i>Sunday Services 10:30 AM Youth Ed 10:30 AM</i>	6	7	8 <i>AA Men's Group, 10 AM</i> <i>CA, 7PM</i>	9 <i>Discover the Power Within You Study Group, 7PM</i>	10	11
12 <i>Sunday Services 10:30 AM Youth Ed 10:30 AM</i>	13 <i>Prayer Chaplain Meeting, 6:45 PM</i>	14 <i>Book Club Still Alice by Lisa Genova at Bread Co. at 2PM</i>	15 <i>AA Men's Group, 10 AM</i> <i>CA, 7PM</i>	16 <i>Discover the Power Within You Study Group, 7PM</i> <i>Ukulele Practice, 7 PM</i>	17	18
19 <i>Sunday Services 10:30 AM Youth Ed 10:30 AM</i> <i>Father's Day</i>	20 <i>Ladies' Night Out, Syberg's, 249 Arnold Crossroad Center, 63010 at 5:30 PM</i>	21	22 <i>AA Men's Group, 10 AM</i> <i>CA, 7PM</i> <i>Planning Mtg, 6PM Board Mtg, 7PM</i>	23 <i>Discover the Power Within You Study Group, 7PM</i>	24	25
26 <i>Sunday Services 10:30 AM Youth Ed 10:30 AM</i>	27	28	29 <i>AA Men's Group, 10 AM</i> <i>CA, 7PM</i>	30 <i>Discover the Power Within You Study Group, 7PM</i> <i>Ukulele Practice, 7 PM</i>		

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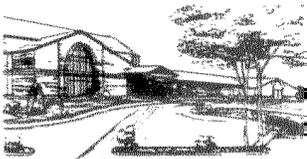
THE JUNE 2016 NEWSLETTER OF
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The light side -- A little holy humor

EVER WONDER ...

Why the sun lightens our hair, but darkens our skin?

Why don't you ever see the headline "Psychic Wins Lottery"?

Why is "abbreviated" such a long word?

Why is it that doctors call what they do "practice"?

Why is lemon juice made with artificial flavor, and dish-washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why isn't there cat-flavored Dog food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?!

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is congress the opposite of progress?

If flying is so safe, why do they call the airport the terminal?