

# 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

May 2016

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

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in Hand  
By Emmet Fox

## Listen, Beloved

*By Martha Smock*

Listen, beloved, to what you are –  
You are wonderfully and intricately made. Your body, which you may take for granted, or may despair of because of its aches and pains and failings, is a holy creation, it is the temple of the living God. Its trillions of atoms and cells are composed of life itself. You are alive with the life of God. **If** you need healing, the capacity for healing is there, right within you. God, who created you, dwells within you. He is always present to heal.

You are the very life of God in expression. You are one with eternal, unending life. You were created perfect; you are meant for perfection. You are a living miracle!

Listen, beloved, to what you are –  
You are a child of God. You are the Christ of God in expression in the world. In your Christ self you are triumphant, victorious, free. Nothing can hurt you, upset you, or make you afraid. As God's child, as the Christ of God that you are, you rise up out of any limitation; you are not downed by any circumstance. You are not defeated by setbacks or failures. You have the infinite capacity to hold fast, to persevere, to refuse to be discouraged or disheartened.

In all of life's experiences, you feel the strong, loving support of God's presence.

You know that you are not alone, that you do not have to meet anything alone. God is with you. In times of great joy, God is there. In times when you doubt yourself, God is there. In times when you feel rejected or unworthy, God is there. As you listen to the inner voice, your heart hears only assurances of love. God says in your secret heart: "You are my child. I love you. I have faith in you." The discouragement, the bitterness, the feeling of despair, the tears - all give way, all are as nothing.

God loves you. He sees you as His spiritual creation. He sees what you are and what you are becoming.

Listen, beloved, to what you are – You are wonderful, remarkable, lovable, unique!

You are a spiritual being, now and forever. You are needed and important. You have depths you have never plumbed, heights you have never soared. You have greatness of spirit. You have inner strength and power. You have a glorious capacity for living and loving and giving.

Listen, beloved, to what you are—  
It is the truth about you!





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## Wings

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At our **annual meeting** on April 24<sup>th</sup> Carol Ellerman, Denise Halbert-Raggio, and Paul Henley were elected

for a second term. We extend heartfelt thanks and appreciation to all of our board members for their generous service to our church.

### New Group Forming

Do you sew? Do you want to help children and/or do you have any fabric you would like to donate? This group is for you. We will be making charity quilts for children to donate to hospitals, police, fire departments or wherever children are in need. If you are interested, please come to the first planning meeting on **Tuesday, May 17, at 1:00 p.m. in the Old Sanctuary**. We will decide when and how often to meet. Come work with your Unity friends and make new friends. All are welcome. Bring some fabric, cutting tools and mats, and ideas. For more information contact Jane Vondruska (636-226-4562) or Sandy Etheridge (314-309-8136).

**The Ladies' Night Out Group** will meet on Monday, May 16, 5:30 at McGurk's, 1200 Russell Blvd. For more information call Mary Tumminello Home: 314-843-1807 Cell: 314-814-4530.



**May 10:** Finding Peter by William Blatty. If you have difficulty finding this book you can get it on Amazon used for \$.01 with \$3.99 shipping.

**\$4.00!**

**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** is associated with a national group called Ample Harvest which encourages people to donate any excess produce their garden grows to a local food pantry. They are always thrilled to have fresh fruit and vegetables to give out to their clients and



would be glad to receive any extra produce from your home garden.

www.feed-my-people.org

### Save These Dates:

May 7 – Dean's Concert  
Sept. 24 - Murder Mystery Dinner Theater  
Fall Family Fun Day - Apple Picking at Eckert's Farms - Saturday date TBA.

### Dean's Concert

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

### May Music

May 8<sup>th</sup>: Choir

May 15<sup>th</sup>: Bell Choir

May 29<sup>th</sup>: Choir

June 5<sup>th</sup>: 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.



### May Affirmations

**Inner Peace:** Centered in Spirit, I am calm and serene.

**Guidance:** Divine light

illuminates my thoughts, words, and actions.

**Healing:** Wholeness is the truth of my being.

**Prosperity:** God is my source. I am prosperous.

**World Peace:** I radiate peace to all people.

## Remember your Mother

Whoever you are, wherever you are, on Mother's Day, remember your mother. Without her and your father, you would only have been a dream and a hope, never a reality. No wonder God gave us the commandment: "Honor your father and your mother ..." (Exodus 20:12, nrsv). God gave us life through them.  
—Charles Ferrell

## Just Keep Swimming



In Athens, the apostle Paul responded to the people's worship of "an unknown god" by declaring, "[God] is not far from any one of us. 'For in him we live and move and have our being'" (Acts 17:23, 27-28, NIV).

Author Diana Butler Bass echoes that sentiment: "If the water is invisible to the fish, is God, as the One in whom we swim, also invisible?" (*Grounded: Finding God in the World*, HarperOne).

I, in turn, am reminded of Dory, the blue tang fish in *Finding Nemo*. Feeling overwhelmed and alone, she chants to herself, "Just keep swimming, just keep swimming." When we feel alone and can't see God, it's not that he doesn't exist or can't be known; rather, he surrounds us so closely that sometimes we miss the fact. God is the Living Water in which we swim. Sometimes we need to just keep swimming until we become aware of that again.

—Heidi Mann

## Encouragement for graduates

The late singer John Denver once gave a commencement speech at his old high school. "The best thing you have to offer the world is yourself," he said. "You don't have to copy anyone else. If you do, you're second best." He recalled how, after high school, he went to Texas Tech intending to become an architect.

"But I quit to become a singer," he said. "Not one person said I was doing the right thing. But I knew, deep down inside, I was born to sing to people. Singing is the most joyful thing in the world for me. It's what's inside you that counts. And if it's not what you want to do, don't do it. Listen to yourself. You'll always know what's right. Listen to that voice. That's how you'll find success as a human being. Don't be afraid to be who you are."

—Adapted from The SourceBook of Wit & Wisdom

## Memorial Day

Over the years, Memorial Day has become a big holiday weekend. It's now the unofficial start of summer, rather than a day of tribute to the departed it was originally meant to be.

Even if we plan fun events for Memorial Day weekend, it's important to stop long enough to bow our heads and pay respect to our departed loved ones — especially those who fell in battle while helping preserve America's liberties.

Let us take time to make the pilgrimage to various cemeteries and pause long enough to say, "Thank you, Father, for these special lives, for sacrifices made and for friendships we have shared."

## The Feather

The 12th-century mystic Hildegard of Bingen told this parable:

"There was once a king sitting on his throne. Around him stood great and wonderfully beautiful columns ornamented with ivory, bearing the banners of the king with great honor. Then it pleased the king to raise a small feather from the ground, and he commanded it to fly. The feather flew not because of anything in itself but because the air bore it along. Thus, I am a feather on the breath of God."



## "Quotable Quotes"

Intense love does not measure, it just gives.

—Mother Teresa

My mother had a great deal of trouble with me, but I think she enjoyed it.

—Mark Twain

Let us not look back in anger or forward in fear, but around in awareness.

—James Thurber

In every conceivable manner, the family is the link to our past and the bridge to our future.

—Alex Haley

Only those who see the invisible can do the impossible.

—Anonymous

After climbing a great hill, one only finds that there are many more hills to climb.

—Nelson Mandela

Do a little more each day than you think you possibly can.

—Lowell Thomas

A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.

—Tenneva Jordan

No matter how old a mother is, she watches her middle-aged children for signs of improvement.

—Florida Scott-Maxwell

The family is the nucleus of civilization.

—Ariel and Will Durant

All of God's people are ordinary people who have been made extraordinary by the purpose he has given them.

—Oswald Chambers

# Take your Thinking in Hand

By *Emmet Fox*

(Excerpts from an address given by  
Dr. Fox at Unity Headquarters in  
1936)

There is a poem that is popular in Truth circles, which incorporates the idea that nothing "can keep my own away from me." It is a wonderful poem. John Burroughs, who wrote it, was inspired, as all true poets are. It was a favorite in the Truth center in London for many years, but I didn't find that most Truth students understood it. "My own shall come to me," they say glibly, and then they sit down and fold their hands and hope the Lord will get busy; but in my experience, He never has.

I have known good people who have said for twenty five years, "My own shall come to me," and it has been coming all the time, but it has never arrived. They have been thinking and talking in generalities.

"The stars come nightly to the sky;  
The tidal wave unto the sea;  
Nor time, nor space, nor deep, nor  
high  
Can keep my own away from me."

True-but what is your own? That is the whole point. What is your own? Your own is what you are getting, and as long as you remain the person you are, you will keep on getting that. Why is it that nothing ever happens to most people? They are born casually, they grow up casually, they go to school casually, fall into a job casually, meet someone and get married casually, then one or two children come along casually. They go through life this way, and then pray for the end to come. They are always going to do something wonderful, but they never do because their mentality is casual.

Some of my students say, "Well, now, I haven't demonstrated yet, but I know it is coming at the right time."

I say, "What is the right time?" *Now* is the "accepted time." *Now* is the day of salvation. If you sit down and wait for things to happen-for health, for prosperity, for understanding-you will remain in that atmosphere, that attitude of simply waiting for something. If you want health, if you want understanding, if you want spiritual growth, and if you take the appointed means of God to get it, then your own will come to you. But nothing comes to you automatically, except what the race mind brings automatically.

In the Jesus Christ teaching we learn to draw ourself out of the race mind, and to tune in to Divine Mind. Then things begin to happen.

You have to make the contact with Divine Mind yourself. God never did anything for you and He never will. God never did anything for you or to you. He does it *through* you. He doesn't grow a rose for a rosebush. He grows it *through* the bush and the rose petals. He doesn't make a sunset for the sky. He makes a sunset *through* the sky. When you know the Truth, that is God working in you and through you. Nothing *happens*; you demonstrate.

Some people, of course, attract failure; some attract sorrow some sickness. A friend of mine reads medical books, and he knows about all kinds of diseases. When he finds a new disease, he is quite pleased-and he is always sick. Studying diseases is his hobby.

I heard the manager of a drugstore in London say that some people come in and pick up little bottles all over the store. They are always sick. "My own shall come to me."

You are what you think. That is your identity. And remember that in Mind, there is no extension. Until you learn the Truth, you dwell in the senses: sight, hearing, touch. The senses tell me that a wall is so many feet away. What is space? It means I can't get to the wall. What is time? It means the wall is out of reach. But in Mind there is no extension. The wall

is a few feet away. I could get there if the building caught fire, or if a tiger came in the window" in a split second.

From Los Angeles, you get to New York by train in two days; by plane, in a few hours. But I can think of New York as quickly as I can of something a few feet away. There is no extension in Mind. You are where your thoughts are. You know this is true, but do you realize it?

You are *where* you think. If you think of a person, you are with that person mentally, and you are just as close to him as if you accompanied him. If someone thinks of a sister-in-law or somebody else who was unkind, then he is in the company of a person he doesn't like. That is why you should be careful whom you think about. If you start to think unhappy thoughts, say, "Christ is in you," and let the person go. You don't have to like anyone, but neither do you have to think unkindly of him. Say, "The Christ is in him," and let him go.

Until you take your thinking in hand and begin to steer it, you cannot get anywhere. Your direction is in your thought. You have no dominion over material direction. The scientists, the physicists, are usually determinists, because in the realm of matter, determination is correct. Jesus said, "Which of you by being anxious can add one cubit to his span of life?" Your free will lies in your thought realm. Suppose you jump into a taxi and say, "I want to go to Grand Central," and then in a few minutes you say, "No, take me to the airport." The driver would say, "All right." Then you would say: "Grand Central." "Airport." "Grand Central." "Airport." Pretty soon, he would say, "Well, until you make up your mind, I can't take you anywhere."

But isn't this what most people do all day long? They don't know what they want, they don't know where they want to go, they don't know what they want to do. They are unhappy and dissatisfied; they say, "If it were only Friday, I would be

happy." Friday comes, and they are still miserable. "If I were only healthy, I would be happy," they say. When they get health, they want something else, because physical health has not satisfied them. They have not taken their thinking in hand.

As soon as you know the Truth and take your thinking in hand, if you are steering correctly, you can find the true place for you, you can be what you want to be, you can do what you want to do, you can have what you want to have. Your thinking is directed. You are no longer drifting in the breeze, you are directing your thinking.

When you get on a merry-go-round, you climb on one of the horses. There is a great deal of noise, and you go around and around and around. This goes on for several minutes. Then what happens? You are exactly where you began, when it stops (perhaps it should be called a sad-go-round, because it doesn't get you anywhere). As long as you are in the race mind you are on a merry-go-round, getting nowhere.

The way to get out of the race mind is by the scientific use of the Word. You have always had the power of the Word, but you have not always known you had it. Everything in your life today, you have spoken into existence by the Word at some time-everything, for good or for evil.

The presence of God in you is the Word. God is not an old gentleman living up in the clouds, a sort of highly inflated archbishop. God is infinite life, love, truth-the Principle of all action in you. All the time you are seeking God outside, you are missing Him. The Word is not necessarily a spoken word. The Word is any definitely formulated thought.

If you could read the minds of the people as you walk down the street, you would be surprised. You would see that most people have just a drifting current of thoughts passing across their minds. Did you ever observe your own thinking? Don't do it often, but do it once in a while.

Watch the thoughts that come walking across your mind. Just sit back and watch the thoughts, untouched by you, that come. You will see that many are meaningless and futile. These are not the Word; but a definitely formulated thought for good or evil, that is the Word.

If you say, "My lungs are bad," or, "I'm sure I'm going to be fired next month," or, "I'm sure our business is going downhill," or, "I know that a certain person doesn't like me" -that is the Word. If you think, "I am one with God, I am Divine Spirit, God is the only Power" -not drifting thoughts, you see, but definitely formulated thoughts-these are the Word.

The power of the Word makes us creators. The things you think today may not materialize next week, but they come back. Every definitely formulated thought is an order that you send into the future, unless you overtake it with a denial. But it is much easier to speak the Word in the mind than to overtake it and cancel it in the mind. If you spill coffee, you can get the stain out of the cloth, but it is easier to avoid spilling your coffee in the first place than to remove the spot afterward.

Remember that you get out of life just what you put into it. The law of the universe is, "Nothing for nothing." You get out of religion what you put into it. If you put in five percent, you get a five percent dividend; if you put in thirty percent, you get a thirty percent dividend; and if you put in one hundred percent, you get a one hundred percent demonstration. The whole universe is a universe of law. There is no chance. The events of everyday life follow along in the same way they follow a Law.

All material objects are but symbols of thoughts and spiritual ideas. Houses, trees, shoes, hats, clothing-all natural objects are really material symbols of things spiritual. For instance, you never saw a bird with three wings. If you saw a bird with one wing, you would know it

was crippled. The law of nature is that a bird has two wings. The Word must have two wings, too: knowledge and feeling. If it does not have knowledge and feeling, the male and female, it is not creative. We see the law in the human race, in the animal kingdom, in the organic world, as sex. In the inorganic world, the law is symbolized in the electron and the proton. So in the realm of thought, there must be knowledge and feeling.

If you fail to get results from speaking the Word, it means that either the knowledge or the feeling is missing. Every thought means something if it is a sane thought, but it must also carry a feeling. You know that you are divinely spiritual, but do you always demonstrate it? We don't demonstrate ten percent of what we could. We know we are Spirit, we know we are one with God; but do *we feel* it?

How many of us feel that we look it? How many of us look like divine gods? How many of us, when we look into a mirror, see divine perfection? Do we see there the image and likeness of God? Certainly we do not.

Why isn't the body redeemed? Why don't we regenerate? Because we know it, but we don't feel it. Why do we so often demonstrate evil, sickness, colds, headaches? Because we feel them, even if we think we don't believe in them. The feeling element is critical for human beings. The knowledge is just as important, but the trouble with humanity is in our feeling. Positive and negative feeling are the things that go under many, many different names.

Fear may go under the name of anger, doubt, resentment; yet it is the same thing. Negative feeling is fear, and positive feeling is love. That is the key to demonstration: *Negative feeling is fear; positive feeling is love*. There is nothing else. Love always creates. You never knew a man to make a success in life who did not love his job. Love is creative.

Fear kills love in a little child before he is grown. A baby, before he is taught fear, runs to everyone with outstretched arms and loves them. Love is expansive, but fear cringes. I have seen people under the influence of fear, with their faces shrunk to half their natural size. Fear is error. Fear shrivels up.

If your treatments are not giving you the results that you expect, find out whether the knowledge side or the feeling side is lacking. Usually, since you are a Truth student it will be the feeling, because you have the knowledge.

The man in the street does not know that he is spiritual and perfect. He believes in germs, microbes, doubt, and fear. We know Truth, so the only thing that we lack is the feeling side. Get the right feeling into your affirmations. Repeating affirmations without feeling accomplishes nothing. Jesus said it is the feeling that matters. But you won't get the right feeling until your all-daylong feeling begins to get right. You have to get the right feeling toward God, the right feeling toward yourself, the right feeling toward your fellow man, all day long.

If you think negatively and feel negatively all day, and then expect to get a quick restoration to wholeness and perfection from 9:00 to 9:15 at night, you will be disappointed. The real treatment we give ourself is our all-day-long thinking and feeling.

The first step is to forgive everybody. If you haven't already done that, do it now. But don't sit down and say, "I forgive Mary for hurting me so terribly, and I forgive Uncle Joe for his abominable conduct, and I forgive the landlord for wanting the rent." I knew a schoolboy who heard a poem about forgiving one's enemies. He went home and made a list of people he didn't like. He prayed for them for two or three nights, and then he saw that in making a list of enemies to forgive, he was really putting them on the blacklist, so (being sensible) he gave up the practice.

Just issue a general amnesty every morning. In the course of the day, when things come up that you could dislike, say "That's nothing," and let it go. Then at frequent intervals during the day, pause for a moment and send out a blanket thought of love to the whole world—just a feeling of love and goodwill. If you do this, you will find a very definite change in your feeling, and then a change in your direction.

## Meditation

*By Emmet Fox*

Relax, in the assurance that God has all power, boundless resources, infinite intelligence, and that God is love.

God knows you, loves you, and cares for you. You are very dear to Him, your welfare is dear to God. He cares for you.

You are a necessary part of God. You are His expression on this plane. God wishes you to be healthy and happy and free, learning more about Him every day. You know that, so you cooperate. You want this too, and that is all that is necessary.

You want God. You want a sense of His presence with you, and the peace and joy that comes with this. You want to cut all cables that may be holding you down—so they are cut. It is God who does the cutting and freeing, for God is with you. You feel His presence with you. You know you are surrounded with Him, by Him.

There is no fear, because God loves you. You want Him. That is loving Him, and divine love casts out fear. All is well. You are one with Him now, and you know it.

You will never be nearer to God through all eternity than you are at this moment. As time passes, you will realize it more and more, that you will not be any nearer to Him than you are now. God will never love you more than He does now; He

could not. You know that, you rejoice in it.

Nothing can move you from your base because you know that there is no power but the one Power.

You see God in every change, for every change is an unfoldment and a promotion. You know that God is outside of time, that time is an illusion of our limited mind. As you are one with Him, so there is no past to hold you down. No past hurts or injuries, no sufferings and no past mistakes, because they are as smoke and mist that the rising sun dissolves.

You cannot ever find yourself anywhere but that God is already there, knowing you and loving you. Nothing can ever come to you but by the action of God. We are all children of God and we can express only God. Nothing can come to you but the glory of God.

You watch the stars come out in the heavens; you watch the rising or setting sun. You do not try to bring these things to pass—you could not. But you rejoice in it, watch it, and thank God that these things are true. If you were foolish enough to want to change these things, you could not. You could change your belief about them or forget about them, but you could not change them.

Now you have prayed this prayer, and it is a perfect prayer because God prayed it through you. Man does not pray; man prays the thing God gives him. This prayer could not be more powerful, because God made it. We thank God for it; we believe in it. We know it will demonstrate, and so it will.



See what love the  
Father has given us,  
that we should be  
called children of God.

1 John 3:1, NRSV



# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <i>Sunday Services</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	<b>2</b>	<b>3</b>	<b>4</b> <i>AA Men's Group,</i> 10AM  <i>CA, 7PM</i>	<b>5</b> <i>Ukulele</i> <i>Practice, 7PM</i>	<b>6</b>	<b>7</b> <i>Choir Rehearsal,</i> 9AM <i>Bell Choir,</i> 10:30AM  <i>Dean Christopher</i> <i>Concert, 7PM</i>
<b>8</b> <i>Sunday Services</i> 10:30 AM <i>*Choir*</i> <i>Youth Ed</i> 10:30 AM  <i>Mother's Day</i>	<b>9</b> <i>Prayer Chaplain</i> <i>Meeting 6:45PM</i>	<b>10</b> <i>Book Club</i> <b><i>Finding Peter</i></b> by <i>William Blatty at</i> <i>Bread Co. at 2PM</i>	<b>11</b> <i>AA Men's Group,</i> 10AM <i>CA, 7PM</i>	<b>12</b>	<b>13</b>	<b>14</b> <i>Choir Rehearsal,</i> 9AM <i>Bell Choir,</i> 10:30AM
<b>15</b> <i>Sunday Services</i> 10:30 AM <i>*Bell Choir*</i> <i>Youth Ed</i> 10:30 AM	<b>16</b> <i>Ladies' Night Out,</i> <i>McGurks, 1200</i> <i>Russell Blvd. at</i> 5:30PM	<b>17</b> <i>New Quilting</i> <i>Group Planning</i> <i>Meeting, 1PM</i>	<b>18</b> <i>AA Men's Group,</i> 10AM <i>CA, 7PM</i>  <i>Planning Mtg,</i> 6PM <i>Board Mtg, 7PM</i>	<b>19</b> <i>Ukulele</i> <i>Practice, 7PM</i>	<b>20</b>	<b>21</b> <i>Choir Rehearsal,</i> 9AM <i>Bell Choir,</i> 10:30AM
<b>22</b> <i>Sunday Services</i> 10:30 AM <i>Youth Ed</i> 10:30 AM	<b>23</b>	<b>24</b>	<b>25</b> <i>AA Men's Group,</i> 10AM  <i>CA, 7PM</i>	<b>26</b>	<b>27</b>	<b>28</b> <i>Choir Rehearsal,</i> 9AM <i>Bell Choir,</i> 10:30AM
<b>29</b> <i>Sunday Services</i> 10:30 AM <i>*Choir*</i> <i>Youth Ed</i> 10:30 AM	<b>30</b> <i>Memorial Day</i>	<b>31</b>				

## ***Wings***

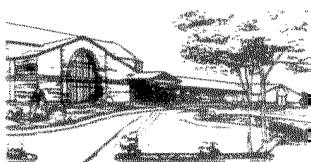
THE MAY 2016 NEWSLETTER OF  
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## The light side -- A little holy humor

Q: What do you call a fake noodle?

A: An Impasta.

Q: What do you call an alligator in a vest?

A: An Investigator.

Q: Did you hear about the hungry clock?

A: It went back four seconds.

Q: What do you call a boy who finally stood up to the bullies?

A: An ambulance.

Q: What do you get from a pampered cow?

A: Spoiled milk.

Q: What do lawyers wear to court?

A: Lawsuits!

Q: What gets wetter the more it dries?

A: A towel.

Q: What do you call a computer floating in the ocean?

A: A Dell Rolling in the Deep.

Q: Why didn't the skeleton go to the dance?

A: Because he had no-body to go with.

Q: How do crazy people go through the forest?

A: They take the psycho path.

Q: Did you hear about the angry pancake?

A: He just flipped.

Q: What do you call a fat psychic?

A: A four chin teller.

Q: What do prisoners use to call each other?

A: Cell phones.

Q: What do you call a cow with a twitch?

A: Beef Jerky.

Q: Did you hear about the hairdresser?

A: She dyed.

Q: Did you hear about the Italian chef that died?

A: He pasta way.